**Times and locations may change. Please call contact person or check our website - www.seattleoa.org - for updates.**
**Groups are listed in this meeting directory at their own request.**

## King County

| CITY/TOWN | TIME | FOCUS | LOCATION | CONTACT NAME/PHONE |
|---|---|---|---|---|
| **SUNDAY** | | | | |
| **Bellevue** | 8:30-9:30a | BB / FF / SS | Alano Club of Eastside. "Happy, Joyous and Free in Recovery" 12302 NE 8th St (1 block west of 124th Ave NE) | Heather S. (425) 417-1091 |
| **Capitol Hill** | 9:00-10:00a | FF / NC / V | Group Health, enter through Urgent Care 125 - 16th Ave E, Rm A-93 | Marian (206) 290-8192 |
| **Ballard** | 5:30-6:30p | */OAHOW/V/NC | St Paul's Church of Christ, 6512 12th Ave NW, Room 2 | Sharon L. (206) 783-0500 |
| **Mercer Island** | 5:30-6:30p | SS | Holy Trinity Lutheran Church - 8501 SE 40th St. (up Island Crest Way ~1 mile from I-90) | Lauri D. (425) 221-3304 |
| **Edmonds** | 6:30-7:30p | * / H / V | Edmonds Lutheran Church, 23525 - 84th Avenue W | Judith (206) 362-8897<br>Jeannie (425) 771-2593 |
| **Greenlake** | 7:00-8:15p | * / FF / NC / V | Samaritan Center of Puget Sound, 564 NE Ravenna Blvd (east side of bldg., downstairs) | Marc D. (206) 390-8631 |
| **MONDAY** | | | | |
| **Phinney** | 10:00-11:30a | * / FF / H / SS / NC | St John Lutheran Church, Library "Together We Can" 5515 Phinney Avenue N (across from Woodland Park Zoo) | Sharon L. (206) 783-0500 |
| **Burien** | 10:30-11:30a | D / H / * | Highline United Methodist Church, 13015 - 1st Avenue South | Ruby (206) 241-0433<br>Jean (206) 243-1587 |
| **Issaquah** | 12:00-1:00p | CC / H / SS | Our Savior Lutheran Church, 745 Front St So (Brown Bags Welcome) | Claudia (425) 868-0860<br>Holly B. (425) 392-2488 |
| **Maple Valley** | 7:00–8:00p | | St George Episcopal Church, "Dignity of Choice" 24219 Witte Rd, Maple Valley | Nancy P. (206) 409-4731 |
| **Bothell** | 7:00–8:15p | * / H / V | Emmanuel Presbyterian Church, 19540 104th Avenue NE | ?? |
| **Columbia City** | 7:00–8:00p | */ LS/ NC /S | Columbia City Church of Hope - 3818 South Angeline St | Emily L. (206) 618-8298 |
| **TUESDAY** | | | | |
| **Univ. District** | 12:15-1:30p | * / LS / M / W | University Christian Church "Mid-Day Serenity" 4731-15th Ave NE, Library (Brown Bags Welcome) | Carin (216) 502-5168 |
| **Burien** | 5:30-6:30p | BB | The Solution, 207 SW 153rd St. | Jen (206) 491-4332 |
| **Ballard** | 6:30-7:30p | * / OA HOW / SS | St Paul's Church of Christ, 6512 12th Ave NW, Room 1 | Penelope (206) 557-7040 |
| **Kent** | 6:30-8:00p | OA HOW / V | Alliance Bible Church, 19320 SE 240th Street (Covington) | Vicki A (206) 234-4028 |
| **Northgate** | 7:00-8:15p | * / LS / NH | Haller Lake United Methodist Church 13055 - 1st Ave NE | Jana O. (206) 368-8322 |
| **Renton** | 7:00-8:00p | LS / NH | Renton First United Methodist Church - 2201 NE 4th St, Downstairs Rm 3 (use lower parking lot) | Sue H. (206) 612-6796 |
| **Bellevue** | 7:00-8:00p | OA HOW / LS | East Side Alano Club - 12302 NE 8th St | Claudia (925) 872–9040 |
| **WEDNESDAY** | | | | |
| **Burien** | 5:00-6:00p | LS/M/NEW/W | The Solution - 207 SW 153rd Street | Valerie (425) 736-8740 |
| **Milton** | 6:00-7:30p | D/LS/OA-Only | Milton United Methodist Church, 1403 10th Ave | Brent (253) 441-1086 |
| **Bellevue** | 7:00-8:00p | V | St Luke's Church - 3030 Bellevue Way NE | Carolyn (425) 746-0746 |
| **Mercer Island** | 7:00-8:00p | BB/NEW | Holy Trinity Lutheran Church - 8501 SE 40th St. (up Island Crest Way ~1 mile from I-90) | Stefani B. (425) 301-7458 |
| **Shoreline** | 7:30-8:30p | H/M/V | City Calvary Chapel (Lower N. Parking Lot Entrance) 15211 15st Ave NE "Steps by Candlelight" | Sheila (206) 363-0951 |
| **Queen Anne** | 7:00-8:15p | */LS/M/NH/V | Queen Anne Presbyterian – 414 West Howe Street | ?? |
| **THURSDAY** | | | | |
| **Ballard** | 10:00-11:15a | */BB/FF/NC | St Paul's Church of Christ, 6512 12th Ave NW, Room 2 | Sharon L. (206) 783-0500 |
| **Burien** | 10:30-11:30a | */D/H | Highline United Methodist Church - 13015 1st Avenue S | Ruby (206) 241-0433 |
| **Federal Way** | 7:00-8:10p | LS/V | Brooklake Community Church - 629 So 356th St, Rm #109 | Lydia L (206) 423-2220 |
| **West Seattle** | 7:00-8:15p | */LS/M/S/W | Peace Lutheran Church - 8316 39th Ave SW (corner of 39th & Thistle, in basement - enter on 39th) | MJ: (206) 979-6665 |
| **Mill Creek** | 7:00-8:30p | LS | North Creek Presbyterian Church 621 - 164th Street SE (Enter through the side doors of church) | Shauna (206) 228-5332 |

| CITY/TOWN | TIME | FOCUS | LOCATION | CONTACT NAME/PHONE |
|---|---|---|---|---|
| **FRIDAY** | | | | |
| **Downtown** | 12:00-1:00p | */ OA HOW /LS/NH | YMCA, 4th & Marion, Brown Bags Welcome (check at reception for room assignment) | Jenny H. (206) 931-9805 |
| **Burien** | 5:00-6:00p | BB/NEW | The Solution - 207 SW 153rd Street | Julie (206) 870-2716 |
| **Downtown** | 7:00-8:15p | M/W/S | Denny Park Lutheran Church – Basement, 766 John St "Not a glum lot" – Brown Bags welcome | Sherry T. (206) 446-0526 |
| **SATURDAY** | | | | |
| **Woodinville** | 8:30-10:00a | */SS | Woodinville Community Methodist, Memorial Room 17110 - 140th Avenue NE (use entrance on NE 171st) | John (425) 821-3638 |
| **Mill Creek** | 8:30-9:45a | LS/Sat Serenity | Advent Lutheran Church, 4306 132nd St SE Bldg. A | Kim (425) 344-9223 |
| **Bellevue** | 8:30-10:00a | BB/FF/S/V | Alano Club of the Eastside 12302 NE 8th Street (1 block west of 124th Ave NE) | Diana K (425) 221-1655 |
| **Bellevue** | 9:00-10:00a | NEW/FF/D/NC | St Andrew's Lutheran Church, Room 122, South Hall 2650 - 148th Ave SE, Bellevue, WA 98029 | Sandy (425) 246-6225 |
| **Kent** | 10:00-11:00a | LS | Kent United Methodist Church, 11010 SE 248th, Rm 22 | Lori (253) 508-2428 |
| **Ballard** | 10:00-11:30a | */SS/M | St Paul's Church of Christ, 6512 12th Ave NW, Downstairs | Carolyn C. (206) 7821659 |
| **Univ. District** | 10:00-11:30a | */CC/SS/NC | University Christian Church, 4731 15th Avenue NE (Room 201, ring bell at main entrance on 15th) | Stacey (206) 683-3466 |
| **W. Seattle** | 10:00-11:00a | OA HOW | Peace Lutheran Church 8316 39th Ave SW | Maryann (206) 329-5263 |
| **Columbia City** | 4:00-5:00p | BB/NC | Columbia City Church of Hope 3818 South Angeline Street | John FL. (206) 226-7941 |
| **Columbia City** | 5:15-6:15p | S/BB | Columbia City Church of Hope 3818 South Angeline Street | Chris (206) 660-9978 |

## Snohomish / Skagit / Island/ Whatcom Counties

| | | | | |
|---|---|---|---|---|
| **SUNDAY** | | | | |
| Edmonds | 6:30-7:30p | D/S/NC | Edmonds Lutheran Church 0 23525 - 84th Ave West | Judith (206) 362-8897 |
| Bellingham | 9-10:30a | */BB | St. Joseph's Hospital Main Campus, Physician's Dining Rm | Mary (360) 420-1044 |
| **MONDAY** | | | | |
| Anacortes | 10:30-11:30a | FF/V | Anacortes Lutheran Church, 22nd & "O" Avenue | Arlene (360) 757-2324 |
| Everett | 5:30-6:45p | LS | Providence Medical Ctr 916 Pacific Ave, Monte Cristo Rm | Dawn (206) 398-9479 |
| Mt Vernon | 6:00-7:00p | */V | First United Methodist Church, 1607 East Division St | Dottie (562) 857-0588 |
| Langley | 6:00-7:00p | V | Langley Fellowship Hall, 432 2nd St | Leslie (360) 320-2539 |
| Bellingham | 6:30-7:30p | LS | St. Luke's Ed Ctr 3333 Squalicum Pk | Richard (360) 201-3786 |
| Bothell | 7:00–8:15p | */H/V | Emmanuel Presbyterian 19540 - 104th Avenue NE | ?? |
| **TUESDAY** | | | | |
| Bellingham | 5:30-6:30p | | Garden Street Methodist Church, 1326 N Garden St | Justina (425) 238-5683 |
| **WEDNESDAY** | | | | |
| Bellingham | 5:30-6:30p | *SS + Relapse | St Luke's Education Ctr – 3333 Squalicum Parkway | Marc (360) 510-4560 |
| Camano Island | 6:00-7:00p | LS | St Aidan's Episcopal Church Library, 1318 WA-532 | Ira (425) 259-9123 |
| Oak Harbor | 7:00-8:00p | */FF/V | Oak Harbor Lutheran, 1253 NW 2nd Avenue | Allen (360) 678-9358 |
| **THURSDAY** | | | | |
| Eastsound | 5:30-6:45p | V | Orcas Island Community Church, 176 Madrona St | Susan H (360) 461-9846 |
| Marysville | 6:00-7:00p | */V | Mt View Presbyterian Church, 5115 100th Street NE | Ruth (425) 350-6595 |
| Anacortes | 7:00-8:00p | 11th Step | Center for Spiritual Growth, 1013 5th St | Jennifer (951) 237-8626 |
| Monroe | 7:00-8:00p | NC | Monroe Congregational Church, 301 South Lewis St Fellowship Hall | Michal (425) 444-0217 |
| Mill Creek | 7:00-8:30p | LS | North Creek Presbyterian Church, 621 164th St SE (Enter through side doors of church) | Shauna (206) 228-5332 |
| **FRIDAY** | | | | |
| Bellingham | 12:00-1:00p | SS/TS | 1st Congregational Church, 2401 Cornwall Ave, Rm 11 | Amanda (360) 366-8974 |
| **SATURDAY** | | | | |
| Mill Creek | 8:30-9:45a | LS | Advent Lutheran Church, 4306 132nd St SE Bldg. A Saturday Serenity | Kim (425) 344-9223 |
| Bellingham | 10:00 -11:30a | LS | St James Presbyterian Church, 910 14th Street | Elaine B (360) 715-1681 |
| Friday Harbor | 9-10:00a | V | 395 Spring St. House next door to church | David (360) 378-8436 |

## Pierce County Intergroup & South Sound Intergroup: Thurston / Mason / Lewis / Grays Harbor Counties

| CITY/TOWN | TIME | FOCUS | LOCATION | CONTACT NAME/PHONE |
|---|---|---|---|---|
| **SUNDAY** | | | | |
| West Olympia | 4:00-5:00p | OA HOW | Capital Medical Center, 3900 Capital Mall Dr. SW, 98502 | Greg (360) 888-0995 |
| **MONDAY** | | | | |
| Fircrest | 12:00-1:00p | */D/H | Redeemer Lutheran Church, 1001 Princeton St. Discussion and Literature Study. | Becky (253) 312-3353 |
| Aberdeen | 5:30-6:30p | LS | Harbor Crest Behavioral Health, 1006 N "H" St, Rm 413 | Jennifer (805) 260-6471 |
| West Olympia | 5:30-6:30p | SS | Capital Medical Center, 3900 Capital Mall Dr. SW | Mary S. (360) 280-5165 |
| **TUESDAY** | | | | |
| Olympia | 12:00-1:00p | FT | St John's Episcopal Church, 114 20th Ave SE | Michael Mary (360) 357-9692 |
| Tacoma | 5:30p-6:30p | * | Mason United Methodist Church, 2710 N. Madison St. Park in back lot, enter lower doors and go upstairs | Debbie (253) 302-2331 |
| Yelm | 6:00-7:00p | OA HOW | United Methodist Church, 408 - 2nd Street | Jeanette (360) 359-8728 |
| **WEDNESDAY** | | | | |
| Tacoma | 12:00-1:00p | V | First Congregational Church, 7209 S Puget Sound Avenue | Barb (253) 380-0164 |
| Olympia | 5:30-6:30p | OA HOW | St Peter Hospital, 413 Lily Rd NE, Montreal Room | Kathy B (360) 359-2755 |
| Milton | 6:00 – 7:30p | OA-Only | Milton United Methodist Church, 1403 10th Ave Literature/Discussion meeting | Brent (253) 441-1086 |
| Gig Harbor | 7:00-8:00p | LS/V | United Methodist Church, 7400 Pioneer Way, Rm #4 | Eric (509) 979-0399 |
| **THURSDAY** | | | | |
| Tacoma | 12:00-1:00p | LS/V | Gloria Dei Lutheran Church, 3315 So 19th St., in Fireside Room (or look for sign) | Sue (253) 537-4478 |
| Shelton | 5:30-6:30p | LS | Shelton Christian Church, 115 W. Arcadia Ave | Lori H. (360) 970-8249 |
| Lakewood | 6:00-7:00p | OA-Only/LS | St Clare Hospital, Medical Pavilion 1st Flr, Classroom C (bldg. closest to Bridgeport Way SW) | Amanda (253) 310-7218 |
| **FRIDAY** | | | | |
| Puyallup | 6:30-8:00p | BB | Christ Community Baptist Church - 8016 - 176th St E | Jackie D (360) 628-9532 |
| **SATURDAY** | | | | |
| Shelton | 10:00-11:00a | SS | St. David's Episcopal Church, 218 North 3rd Street | Betty B. (360) 432-0662 |
| West Olympia | 10:00-11:00a | VOR | Capital Medical Center, 3920 Capital Mall Dr. SW Physician's Pavilion | Jean (360) 915-4110 |
| Gig Harbor | 11:00a-12:00 | */SS | Chapel Hill Presbyterian Church, 7700 Skansie Ave, Rm #229 (Entrance A) | Cayanne (253) 802-6237 |

## Peninsula Area

| CITY/TOWN | TIME | FOCUS | LOCATION | CONTACT NAME/PHONE |
|---|---|---|---|---|
| **MONDAY** | | | | |
| Pt Angeles | 9:00a | D | St Andrew's Episcopal Church, 510 E Park Ave, Conf Rm | Mary (360) 477-1858 |
| Poulsbo | 10:00a | D/H | St Olaf's Catholic Church, Religious Education Bldg. 18943 Caldart Street | Carol (360) 297-3187 |
| Sequim | 4:15p | | St Luke's Episcopal Church, 525 North 5th Avenue | Connie (360) 582-1969 |
| Pt Townsend | 5:30p | SS | St Paul's Episcopal Ch, 1032 Jefferson St (Fenn House) | Karen (360) 379-1513 |
| Pt Orchard | 5:30p | Newcomers | 1730 Pottery Ave, Ste 120, Port Orchard | Toby (360) 871-7764 |
| Pt Orchard | 6:00p | D | 1730 Pottery Ave, Ste 120, Port Orchard | Toby (360) 871-7764 |
| **TUESDAY** | | | | |
| Sequim | Noon | D/V | St Luke's Episcopal Church, 525 North 5th Avenue | Roberta (360) 582-9549 |
| Poulsbo | 7:00p | | St Olaf's Catholic Church, Religious Education Bldg. 18943 Caldart Street | Carol (360) 297-3187 |
| **WEDNESDAY** | | | | |
| Bainbridge Is | 12:00-1:00p | LS | Winslow Arms Apartments, 220 Parfitt Way SW. (park in front, walk to Recreation bldg. behind main apt. bldg.) | Sara (206) 276-2633 |
| Pt Angeles | 5:30p | LS | Bethany Pentecostal Church, 508 South Francis Street | Jessica (360) 457-8395 |

| CITY/TOWN | TIME | FOCUS | LOCATION | CONTACT NAME/PHONE |
|---|---|---|---|---|
| **SATURDAY** | | | | |
| Pt Orchard | 7:00a | MEN | 1730 Pottery Ave, Ste 120, Port Orchard | Lee (360) 373-4755 |
| Pt Orchard | 8:00a | D | 1730 Pottery Ave, Ste 120, Port Orchard | Tom (206) 459-3035 |
| Pt Hadlock | 9-10:00a | | Hadlock Fellowship Hall, 711 Nesses Corner | Judith (360) 437-2394 |
| Bainbridge Is | 9:00a | SS | Eagle Harbor Congreg Church, 105 Winslow Way W | Linda (206) 330-1203 |
| Bremerton | 10-11:00a | LS | 5910 Wilmont Street | Toby (360) 871-7764 |
| Sequim | 10:00a | LS | St Luke's Episcopal, 525 North 5th Ave (Basement) | Margie (360) 452-0227 |

**EXPLANATION OF MEETING SYMBOLS**

| | | | |
|---|---|---|---|
| ***** Handicapped Accessible | **FT** "For Today" Book | **NH** No Meetings on Holidays | **W** Writing, Various Formats |
| **123** Step Study, 1-2-3 Only | **H** Holidays, call for information | **OT** Old Timers—Focus on Long term (3+ yrs) abstinence | **Y** Youth Welcome |
| **BB** Big Book Study | **LL** Lifeline Magazine | **SS** Step Study, 12 & 12 | **Special Interest Groups (Open to All):** |
| **OA-Only** Only open to OA members | **LS** Literature Study | **S** Speaker—Speaker shares Experience, Strength, & Hope | **GLBT** Gay, Lesbian, Bisexual, Transgender Focus |
| **CC** Child Care Available (call first) | **M** Meditation | **TS** Tradition Study | **OA HOW** HOW concept (a more structured approach to traditional program) |
| **D** Discussion or Topic | **NEW** New Meeting | **V** Varied Format | **MEN** Men's Focus |
| **FF** Fragrance Free (No perfume or cologne) | **NC**—Special Focus for newcomers, all welcome | **VOR** Voices of Recovery | **WOM** Women's Focus |

**GREATER SEATTLE INTERGROUP - Group No 09194**
**PO Box 17415, Seattle, WA 98127**
Intergroup Chair e-mail: chair@seattleoa.org
Monthly Meeting: 7:15 pm to 8:45 pm, 1st Tuesday every month
**Please email or see online directory for location.**
*Fragrance Free, please*

**Directory changes, suggestions, or assistance finding meetings?**
Email: **directory@seattleoa.org**
Online updates posted periodically. New meetings, please provide day of the week, starting/ending times, focus, location, and contact name and number. ***Please also register with OA World Service at www.oa.org/meetings (select "Add a New Meeting" at right)***

**OA HOW** Study Materials contact **Pam C**... ..... .(206) 724-4169

**Delegates to World Service:**
Cindy C..... Delegate2@seattleoa.org
Sandra C..... Delegate1@seattleoa.org

**Seattle OA 24–Hour Warmline (206) 264-5045**

**CONTACT NUMBERS FOR OTHER AREAS**
Anacortes .....(360) 293-8671
Bellingham/Whatcom Co. .....(360) 366-8974
Bremerton Area.....(360) 692-7040
Everett Area .....(360) 651-7530
Skagit/Island counties .....(360) 678-9358
Olympia Area.....(360) 352-8159
Tacoma area.....(253) 238-2287
Port Angeles area .....(360) 417-1570
Whidbey Island.....(360) 678-9358
OA World Service Office (all other areas):.....(505) 891-2664

**Find us on the web at:**
Greater Seattle Intergroup .....www.seattleoa.org
Region One ..... www.oaregion1.org
Website ..... www.oa.org
Email..... info@oa.org
Subscribe to Lifeline .. http://bookstore.oa.org/category/Lifeline

**To update meeting information*** on the OA World Service website, visit https://www.oa.org/edit-a-meeting/ or call
Greater Seattle Intergroup .....Avram.....(206) 679-9142
Pierce County Intergroup .....Cindy W ..... (253) ??
South Sound Intergroup .....Jean J .....(360) 915-4110
North Cascade Intergroup .....Marjorie .....(360) 678-9358

**COMING EVENTS**: ***Printable flyers and additional information may be found at www.seattleoa.org or www.oaregion1.org***

| | |
|---|---|
| **Region One Convention**<br>"Recovery in the Emerald City"<br>**Oct. 13-15 2017 Seattle, WA**<br>https://sites.google.com/site/2017oaregion1convention/ | **SAVE THE DATE: OA HOW Spring Retreat**<br>Camp Houston<br>**Friday June 2nd-4th Chair:** Pam C (206) 724-4169 |
| **Monthly Telephone Workshops** (once or twice each month).<br>**Phone Number: 1-424-203-8405, PIN: 925619#**<br>See http://www.oaregion1.org/events.html for topics, future dates, and other details | |