

Intro to NA Meetings

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

Meetings are usually either discussion or speaker meetings. Discussion meetings allow members to take turns sharing. Speaker meetings allow one or more members to share for an extended period of time. Visitors and newcomers are usually asked to introduce themselves by their first name. Newcomers are usually welcomed with a hug or handshake and a welcome keytag. In most places, it is customary for members to gather in a circle to end the meeting with a short prayer or NA reading. Though you may hear prayers in meetings, ours is a spiritual, not religious program

Groups often mark or sign attendance sheets or court cards as a courtesy to people who request it, but some groups and members choose not to do so. If needed, it is best to ask how the group handles this before the meeting begins.

.NA relies on the *"therapeutic value of one addict helping another."* Nonmembers are asked not to share in meetings, though some groups may allow brief participation during NA birthday or anniversary celebrations.

Members are also encouraged to avoid "crosstalk," which means we share our own experiences instead of responding to other members. Individuals can have conversations before or after meetings.

Some groups ask members to refrain from sharing explicit details and descriptions of drugs and using in meetings, and to focus instead on how addiction and recovery have affected us.

We don't allow drugs or drug paraphernalia in any NA meetings.

We strongly discourage any harassment, threats, or disturbing behavior before, during, and after our meetings. This includes unwelcome sexual, romantic, financial, and religious solicitation. Our meetings are for sharing NA recovery. If you feel harassed or threatened, share your concerns with the meeting leader or a trusted servant.

We discourage side conversations. Even at a very low whisper, they distract others.

Phone calls and text messages also distract others. We ask members to turn off or silence their cell phones and other electronic devices during meetings.

In many places, hugs are a common NA greeting. If you're not comfortable hugging, don't hesitate to say so. Most members will be understanding about this.

SOUTHERN 5TH AREA MEETING SCHEDULE

ARDMORE
Step Forward
#12 Broadlawn 73401
Mon-Sun (O).....8pm

DUNCAN
Recovery @ Work
706 Ridley Rd. 73533
Sun (O).....6:30pm
Tue (O).....6:30pm
Thur (O).....6:30pm
Fri (O).....6:30pm
Sat (O)(CL).....6:30pm

LAWTON
Circle of Hope
523 SW 11th St. 73501
Mon (O).....5pm
Thur (O).....5pm

Different Way
532 SW 11th St 73501
Mon-Sun (O).....Noon
Mon-Sun (O).....7pm

SULPHUR
Straight Way
821 W 11th 73086
Mon (O).....7pm
Wed (O).....7pm
Fri (O).....7pm
Sat (O).....5pm
Sun (O).....3pm

OKLATEX AREA

ARDMORE
New Beginnings
1004 S. Commerce 73401
Mon-Sun (O).....6:30pm

PHONE LIST



WESTERN AREA MEETING SCHEDULE



MARCH 2019



Local 405-524-7068

Toll Free 866-524-7068

WASC P.O. BOX 12732

OKC, OK 73157-2732

WASC Literature Office

2808 NW 31st St. OKC, OK 73112

Hrs. Thur. 6pm-9pm Sat. 9am-3pm

wasclitstore@gmail.com

Visit us online at: <http://wascokna.org/>

Meeting Changes Contact

Webmaster@wascokna.org

ADA
Ada NA/Just Us
 3301 N Broadway 74820
 (Reaper Baptist Church)
Mon, Wed, & Fri (O).....8pm
Sat (O).....7pm

Women's H.O.P.E. NA (H)
 301 E Kings Rd 74820
 (1st Presbyterian Church)
Mon & Fri (W/O).....7:30pm
Sat (W/O).....7pm

BLACKWELL
Joy of Recovery
 609 W. Dewey Ave 74635
Tue (O)(IW).....7pm
Wed (O)(BT).....7pm
Fri (O)(LC).....7pm
Sat (O)(OT).....7pm
4th Fri (O)(SPK) & Eat.....6pm

CHANDLER
Never Fear NA (H)
 614 Manvel 74834
 (1st Christian Church)
 (Access from back alley)
Mon, Tue, & Thur (O).....8:15pm

CORDELL
Phoenix Group
 501 N. College 73632
 (Church of Christ)
 (use middle door in alley)
Mon (O).....7pm
Fri (O).....7pm

EDMOND
33rd Street Recovery (H)
 (Christ Community Church)
 915 E 33rd St 73013
Tue (C).....6:30pm
Sun (O).....6:30pm

EL RENO
We Do Recovery
 Northwest Community Center
 520 N Grand Ave(enter southside)
Mon, Tue, Wed, Thur (O).....7pm

ELK CITY
Elk City NA
 100 S Monroe Suite 18 73644
Sun (O).....1pm
Mon — Sat.....Noon
Mon, Wed, Thur, Sun (C).....7pm
Tue, Fri, Sat (O) (OT).....7pm

GUTHRIE
Serenity Seekers
 402 E Noble Ave 73044
 (First Christian Church)
Mon & Thur (O).....7pm

JONES
Unity in Recovery
 103 W Boston 73049
Wed (O).....8pm

NICOMA PARK
Great News Group
 12256 NE 23rd St 73051
Mon & Wed (C).....7:30pm
Tue, Thur, Fri, & Sat (O).....7:30pm
Sun (O).....7:30pm

NORMAN
ACTS (Women's Mtg.) (H)
 1801 W Brooks 73069
 (St. Stephen's Methodist Church)
Sat (W/O).....11am

Living Clean
 1433 W Boyd 73069
 (Generations Church)
Mon (O).....6:30pm

Living Room
 601 24th Ave SW 73069
 (Memorial Presbyterian Church)
 (Enter in the back)
Mon (O)(JFT).....Noon
Tue (O).....6:30pm
Thur (C/SS).....6:30pm
Fri (O).....6:30pm

N.O.N.A.G. (H)
 125 Triad Village Dr 73071
Sun (O).....6:30pm

Recovery in Action
 4400 E Alameda St 73026
Mon—Sun (O).....8pm

OKLAHOMA CITY
Freedom
 720 Culbertson Dr 73105
Tue (O).....7 to 8:30pm

Newcomers
 1401 NW25th Wesley United
 Methodist—use back door 73106
Mon—Sun (O).....8pm
Fri (C/CL).....9:30pm
Sat (O).....Noon
Sat (O) See Note*.....9:30pm
Sun (O).....Noon
 *Note: No meeting on 2nd Sat

No Grass (H)
 1021 NW 37th 73118
 (Crown Heights Methodist Church)
Mon & Thur (O).....6:30pm
Wed (W/O).....6:30pm
Wed (M/O).....8pm

Road to Recovery
 2145 SW 42 St. 73119
Sat (O).....7:30pm

S.S.R.I.P. (H)
 4740 S Pennsylvania 73119
Wed, Sat, & Sun (O).....9am
Mon & Tue (O).....Noon
Wed (C).....Noon
Thur, Fri & Sat (O).....Noon
Sun (O).....2pm
Wed, Fri, & Sat (O).....6pm
Mon & Sun (C).....6pm
Tue & Wed (O).....8pm
Thur (O).....8pm
Fri & Sat (O).....8pm
Sun (C).....8pm
Fri & Sat (O).....Midnight

PURCELL
New Beginning
 400 W. Main 73080
 (1st Baptist Church)
FRI (O).....7pm
SAT (O).....7pm

SHAWNEE
S.O.G.N.A. (H)
 122 N Broadway 74801
Mon — Sat (O).....11:30am
Mon — Sun (O).....7pm
Sun (O).....1pm

SAYRE
Sayre NA Group
 100 S. Broadway 73662
Mon (O).....Noon
Tue—Fri (O).....8pm
Sat & Sun (O).....Noon
Sat & Sun (O).....8pm

SHAWNEE
S.O.G.N.A. (H)
 122 N. Broadway 74801
Mon — Sat (O).....11:30am
Mon — Sun (O).....7pm
Sun (O).....1pm

STROUD
Recovery on Route 66
 205 W Main St 74079
 (New Covenant Church—north Rm)
Thur, Fri, & Sat (O).....8pm

TISHOMINGO
Stepping Out Group of NA
 609 North Byrd 73460
Mon (O).....7pm

WYNNEWOOD
A Simple Way
 103 North S. Dean A. McGee
Mon — Sat (O).....7pm
Sun (O).....2pm

YUKON
Way Out West (H)
 801 W Vandament Ave 73099
Thur (O)(BT).....7pm
Fri (O)(JFT).....7pm
Sun (O)(LC).....7pm

The Serenity Prayer

*God grant me the serenity
 to accept the things I cannot change;
 courage to change the things I can;
 and wisdom to know the difference.*

Who Is an Addict? Most of us do not have to think twice about this question. We know! Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

What is the Primary Purpose of NA? The Primary Purpose of NA is to carry the message to addict who still suffers from the disease of addiction.

What is the NA message? The message is that an addict, any addict, regardless of the drug, can stop using, lose the desire to use and find a new way of live. We abstain from all drugs, including alcohol and marijuana, in order to recover.

What's the basket for? There are no dues or fees to be a member of Narcotics Anonymous. The basket being passed around is one way of practicing our Seventh Tradition, which says, *“Every NA group ought to be fully self-supporting, declining outside contributions.”* The money we collect pays for rent, literature, and refreshments. Through contributions from our groups to various NA service committees, it also helps carry the NA message of recovery in our area and around the world.

What is an “Closed Meeting”? Closed NA meetings are only for addicts or those who think they might have a drug problem. A closed Narcotics Anonymous meeting provides a freedom that is necessary for more personal and intimate sharing by Narcotics Anonymous members. It does so by providing an atmosphere in which addicts can feel more certain that those attending will be able to identify with them, and share their own experience, strength, and hope.

What is an “Open Meeting”? An open meeting is an NA meeting that may be attended by anyone (e.g., judges, probation officers, professionals, family members) interested in how we have found recovery from the disease of addiction. Verbal participation, however, is limited to NA members only. An open meeting in Narcotics Anonymous allows people from outside of the fellowship to observe what Narcotics Anonymous is and how it functions. This can be very helpful to those individuals who are striving to reach a decision regarding their personal status as an addict.

MEETING FORMAT CODES

(O) Open
 (C) Closed
 (W) Women
 (M) Men
 (H) Handicap Accessible
 (NS) Non-smoking
 (CL) Candlelight
 (BT) Basic Text
 (LC) Living Clean
 (SS) Step Study
 (QA) Question & Answer
 (GL) LGBTQ
 (TD) Topic Discussion
 (JFT) Just for Today
 (IW) It Works
 (Y) Young People
 (SPK) Speaker
 (BEG) Beginners Mgt