

# **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  
Thur (C).....6pm  
Sun (C).....6pm

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

**DUNCAN**  
*Recovery @ Work*  
706 Ridley Rd. 73533  
Sun (O).....6:30pm  
Tue (C).....5:30pm  
Thur (C).....6:30pm  
Fri (O).....6:30pm  
Sat (O).....Noon

**LAWTON**  
*Circle of Hope*  
Comanche County Mem. Hospital  
Oak Rm 3  
3401 W Gore Blvd 73505  
Mon (O).....5pm  
Thur (O).....5pm

*Different Way*  
532 SW 11<sup>th</sup> St 73501  
Mon-Sun (O).....Noon  
Mon-Sun (O).....7pm

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

**WAURIKA**  
*Gypsy*  
438 E D Ave 73573  
First United Methodist Church  
Tue (O).....7pm  
Thur (O).....7pm

## **PHONE LIST**

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# **WESTERN AREA MEETING SCHEDULE**



## **AUGUST 2017**



**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

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**

**ALTUS**  
Survivors NA  
 317 N Main 73521  
 Rm 201  
**Mon, Thur, & Fri (O).....7pm**

Old Skool Recovery  
 615 S Navajoe St 72521  
**Mon—Sun (O).....7pm**

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

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

**EL RENO**  
Living Free  
 208 S. Evans Ave 73036  
 (Sacred Heart Catholic Church)  
 (Enter in back)  
**Mon & Fri (O).....7pm**

We Do Recovery  
 Northwest Community Center  
 520 N Grand Ave (enter eastside)  
**Tue, Wed, & Thur.....7pm**

**ELK CITY**  
Elk City NA  
 100 S Monroe Suite 18 73644  
**Mon—Sun (O).....7pm**  
**Sat (O).....Noon**  
**Sun (O).....1pm**

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

**HOBERT**  
Junkies R Us  
 430 S Hill 73651  
**Tue & Thur (O).....8pm**

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

**NEWALLA**  
Middle of Nowhere  
 16733 Winding Creek Dr. 74857  
**Fri (O).....7:30pm**  
**Sun (O).....4pm**

**NICOMA PARK**  
Great News Group  
 12256 NE 23rd St 73051  
**Mon & Wed (C).....7:30pm**  
**Tue, Thur, Fri, & Sat (O).....7:30pm**  
**Sun (O).....1pm**  
**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)  
**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  
 3121 N. Classen Blvd 73118  
 (Upstairs Rm 209)  
**Mon—Sun (O).....8pm**  
**Fri (O/CL).....9:30pm**  
**Sat (O).....Noon**  
**Sun (O).....Noon**

No Grass (H)  
 1021 NW 37th 73118  
**Mon & Thur (O).....6:30pm**  
**Wed (W/O).....6:30pm**

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 (C).....8pm**  
**Fri, Sat, & Sun (O).....8pm**  
**Fri & Sat (O).....Midnight**

The Black Experience  
 720 Culbertson Dr 73105  
**Mon (C/JFT).....7 to 8:30pm**

Way Out North (H)  
 2717 W Hefner Rd 73120  
 (Chapel Hill United Methodist)  
 (North parking lot Rm G-H2)  
**Tue & Fri (O).....7pm**

**PAOLI**  
Get Right  
 304 W Davis St 73074  
 (1st Baptist Church enter east door)  
**Fri (O).....7pm**

**PURCELL**  
New Beginning  
 701 W Monroe St 73080  
**Wed, Fri, & Sat (O).....7pm**

**SEMINOLE**  
Unity Group  
 600 E Strothers Ave (Old Armory)  
**Mon & Tue (O).....7pm**  
**Fri & 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**

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

**WEATHERFORD**  
Surrender to Win (H)  
 934 W Main 73096  
**Mon, Wed, & Fri (O).....8pm**

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