## **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 (Č)	

### **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 (Ć)	6:30pm
Fri (0)	6:30pm
Sat (Ó)	Noon

## LAWTON

Circle of Hope
Comanche County Mem. Hospital
Oak Rm 3
3401 W Gore Blvd 73505
Mon (O)
Thur (Ó)5pm
Different Way
532 SW 11 <sup>th</sup> St 73501
Mon-Sun (O)Noon
Mon-Sun (O) 7pm

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lon-Sun	(0)	)	 	 	

#### SULPHUR Straight Way

821 W 11 <sup>th</sup> 73086	
Mon (O)	7pm 🗖
Wed (Ó)	7 pm
Fri (0)	7pm 🗖
Sat (0)	
Sun (O)	

### WAURIKA

Gypsy	
<u>Gypsy</u> 438 E D Ave 73573	
First United Methodist Church	
Tue (0)	n
Thur (0) 70	



## PHONE LIST

# WESTERN AREA **MEETING SCHEDULE**



# JANUARY 2018



# 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

<u>Ada NA/Just Us</u> 3301 N Broadway 74820 (Reaper Baptist Church) Mon, Wed, & Fri (0)......8pm 

Women's H.O.P.E. NA (H) 301 E Kings Rd 74820 (1st Presbyterian Church) 

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

### CHANDLER

Never Fear NA (H) 614 Manvel 74834 (1st Christian Church) (Acess from back alley) Mon, Tue, & Thur (0).......8:15pm

#### EDMOND

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

### EL RENO

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

### ELK CITY

Elk City NA 100 S Monroe Suite 18 73644 Sat (O).....Noon Sun (O)... 

### GUTHRIE

<u>Serenity Seekers</u> 402 E Noble Ave 73044 (First Christian Church) 

### JONES

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

### NEWALLA

Middle of Nowhere
16733 Winding Creek Dr. 74857
Fri (0)
Sun (Ó)4pm

NICOMA PARK
Great News Group
12256 NE 23rd St 73051
Mon & Wed (C)
Tue, Thur, Fri, & Sat (0)7:30pm
Sun (O)1pm
Sun (0)

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) Non (0)..... ....6:30pm

Living Room 601 24th Ave SW 73069 (Memorial Presbyterian Church) (Enter in the back) Fri (0)......6:30pm

<u>N.O.N.A.G.</u> **(H)** 125 Triad Village Dr 73071 Sun (O)......6:30pm

Recovery in Action 4400 E Alameda St 73026 

### OKLAHOMA CITY Freedom 720 Culbertson Dr 73105 Tue (0).....7 to 8:30pm

Newcomers	
3121 N. Classen Blvd 73	118
(Upstairs Rm 209)	
Non-Sun (O)	
Fri (O/CL)	
Sat (0)	Noon
Sun (0)	

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

(C) Closed (W) Women (M) Men (H) Handicap Accessible (NS) Non-smoking (CL) Candlelight

(O) Open

(BT) Basic Text

(LC) Living Clean

(SS) Step Study (QA) Question & Answer (GL) LGBTO (TD) Topic Discussion (JFT) Just for Today (IW) It Works (Y) Young People (SPK) Speaker (BEG) Beginners Mgt

### The Serenity Praver

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.

Get Right PURCELL New Beginning

PAOLI

701 W Monroe St 73080 Wed, Fri, & Sat (O......7pm

> SEMINOLE Unity Group 600 E Strothers Ave (Old Armory)

S.S.R.I.P. (H)

4740 S Pennsylvania 73119

Tue & Wed (Ó)......8pm

Fri & Sat (O)......Midnight

Way Ou<u>t North</u> (H)

2717 W Hefner Rd 73120

(Chapel Hill United Methodist)

(North parking lot Rm G-H2)

STROUD

Mon & Tue (O)......Noon (New Covenant Church—north Rm)

Recovery on Route 66

WEATHERFORD

WYNNEWOOD

A Simple Way

YUKON

MEETING FORMAT CODES

Surrender to Win (H) 934 W Main 73096

103 North S. Dean A. McGee

Way Out West (H) 801 W Vandament Ave 73099

Sun (O......2pm

.8pm

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

Sun (O......1pm