

# 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.

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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.

The above is reprinted with permission from Narcotics Anonymous."

Please submit meeting changes to: [pr@wascokna.org](mailto:pr@wascokna.org)

SOUTHERN 5TH AREA MEETING LIST
<b>ANADARKO</b>
<b>*The Anadarko Group</b> 700 W. Petree Rd (Rec Ctr), 73005 Mo (O)..... 7:00 PM
<b>ARDMORE</b>
<b>*Step Forward</b> #12 Broadlawn Village, 73401 Mo thru Su (O)..... 6:00 PM Sa (SP2)..... 6:00 PM
<b>CHICKASHA</b>
<b>*The Way It Is Group</b> 728 Michigan Avenue, 73018 Fri (O)..... 7:00 PM
<b>DUNCAN</b>
<b>*Recovery @ Work</b> 706 Ridley Road, 73533 Su (O, NS)..... 6:30 PM Mo (W, C, NS)..... 6:30 PM Tu (O, NS)..... 6:30 PM Th (O, NS)..... 6:30 PM Fr (O, NS)..... 6:30 PM Sa (O, CL, NS)..... 6:30 PM
<b>LAWTON</b>
<b>*Circle of Hope</b> 532 SW 11 <sup>th</sup> Street, 73501 Mo (O)..... 5:00 PM
<b>*Different Way</b> 532 SW 11 <sup>th</sup> Street, 73501 Mo thru Su (O)..... Noon Mo thru Su (O)..... 7:00 PM Wed (C) (W)..... 5:30 PM
<b>SULPHUR</b>
<b>*Expectations Freedom</b> 515 SW 11th Street, 73086 Tue..... 5:30 PM Wed..... 5:30 PM Thu..... 5:30 PM Fri..... 5:30 PM
<b>*Manifest Group</b> 1015 NW 11 <sup>th</sup> Street. 73086 Tu (O, NS)..... 6:00 PM Tu (O, NS)..... 6:00 PM

MEETING FORMAT CODE LIST	
(O)	Open
(C)	Closed
(AB)	Ask it basket
(Ag)	Agnostic
(B)	Beginners
(BBL)	Brown bag lunch
(BD1)	Birthday 1 <sup>st</sup> Week
(BD2)	Birthday 2 <sup>nd</sup> Week
(BD3)	Birthday 3 <sup>rd</sup> Week
(BD4)	Birthday 4 <sup>th</sup> Week
(BDL)	Birthday last week
(BDY)	Birthday
(BL)	Bi-lingual
(BK)	Book study
(BT)	Basic text
(CCA)	Child care available
(CH)	Closed holidays
(CL)	Candlelight
(CP)	Concepts
(CS)	Children under supervisi
(CW)	Children welcome
(D)	Discussion
(Esp)	Spanish speaking
(FM)	Face mask required
(GC)	Group conscience
(GL)	LGBTQ
(GP)	Guiding principles
(IP)	Informational pamphlet
(IW)	It works
(JT)	Just for today
(L)	Literature study
(LC)	Living clean
(LWBSE)	Little White Book Spec
(M)	Men
(ME)	Meditation
(NC)	No children
(QA)	Question and answer
(S)	Step study
(SD)	Speaker / discussion
(SG)	Step study guide
(SP1)	Speaker 1 <sup>st</sup> week
(SP2)	Speaker 2 <sup>nd</sup> week
(SP3)	Speaker 3 <sup>rd</sup> week
(SP4)	Speaker 4 <sup>th</sup> week
(SPL)	Speaker last week
(SPK)	Speaker
(So)	Speaker only
(SPAD)	SPAD / Spirituality
(To)	Topic
(Tr)	Traditions
(W)	Women
(WC)	Wheelchair / Handicap
(WEB)	On line meeting/Virtual
(Y)	Young people

# MEETING SCHEDULE

For the **WESTERN AREA** and  
The **SOUTHERN 5th AREA** of



## February 2026



**Local 405-524-7068**  
**Toll Free 866-524-7068**

Last updated: 2/19/26

**Western Area Service Committee**  
**(WASC)**

**P.O. Box 12732, OKC, OK 73157-2732**



For the most updated meeting information  
And directions, please visit us online at:

<http://wascokna.org>

This QR code takes you directly to our WASC web site meeting finder

## Literature Office

Basement of Wesley United Methodist Church  
1401 NW 25<sup>th</sup> Street, Oklahoma City, OK 73106  
[literature@wascokna.org](mailto:literature@wascokna.org)

Store Hours: 6:00 pm to 8:00 pm Tuesdays  
Or text Jennifer at (316)461-0367

## WESTERN AREA MEETING SCHEDULE

ADA	
<b>*Ada NA</b>	
123 W 7 <sup>th</sup> 74820	
Mo (O, NS).....	7:00 pm
Tu (O, NS).....	9:00 am
Tu (O, W, NS).....	6:00 pm
Tu (O, NS).....	8:00 pm
We (O, NS).....	7:00 pm
Th (O, NS).....	7:00 pm
Fr (O, NS) (No banners signed).....	7:00 pm
Sa (O, NS).....	7:00 pm
Su (O, NS).....	2:00 pm
Su (O, NS).....	6:00 pm
<b>*Something Different</b>	
Ada Public Library	
124 S. Rennie Ave, 74821	
We (O, L, NS).....	6:00 pm
Fr (O, D, NS).....	6:00 pm
<b>*Women's H.O.P.E. NA</b>	
First Presbyterian Church	
301 E. Kings Road, 74820	
Tu & Fr (C, W, D, NS).....	7:30 pm
ALVA	
<b>*AVO (Amor Vincit Omnia) Group</b>	
Copp Youth Ctr 623 5 <sup>th</sup> St 73717	
Tu (O, LC).....	7:00 pm
Sa (O, L).....	7:00 pm
BLACKWELL	
<b>*Joy of Recovery</b>	
Nazarene Church	
218 S. A Street, 74631	
Tu & Th (O, CW, NS, WC).....	7:00 pm
CLINTON	
<b>*The Mission Group</b>	
Mission House Dining Hall	
300 South 7 <sup>th</sup> Street	
Enter on Haves between 7 <sup>th</sup> & 8 <sup>th</sup>	
We (O, NS).....	6:30 pm
CORDELL	
<b>*Phoenix Group</b>	
Church of Christ (middle alley door)	
501 N. College, 73632	
Fr (O, NS).....	7:00 pm
EDMOND	
<b>*33<sup>RD</sup> Street Recovery</b>	
Christ Community Church	
915 F 33 <sup>rd</sup> Street 73013	
Tues - Cancelled as of 11/1/25	
Su (C, L, WC, NS).....	6:30 pm
<b>*Slaying the Dragon Group</b>	
New Covenant Church (South Side)	
Discipleship Center	
2700 S. Blvd, 73013	
Th (C, SD, NS).....	6:30 pm
<b>*Warriors NA</b>	
New Covenant Church (South Side)	
Discipleship Center	
2700 S. Blvd, 73013	
Th (C, SD, NS).....	7:00 pm

ELK CITY	
<b>*Elk City NA</b>	
100 S. Monroe Suite 18, 73644	
Mo, We, Th (CL).....	7:00 pm
Tu, Fr, Su (O, To).....	7:00 pm
<b>*Back to Basics</b>	
105 S. Main Street, 73644	
Mo (O, L).....	7:00 pm
Fr (O, L).....	7:00 pm
ENID	
<b>*NA Purist</b>	
501 W. Broadway, 73701	
Mo (O, JT, WC).....	7:30 pm
Tu (O, L, WC).....	7:00 pm
We (O, To, WC).....	7:00 pm
Th (O, BT, WC).....	7:30 pm
Fr (O, CL, To, WC).....	10:00 pm
Sa (O, Me, WC).....	10:00 am
Sa (O, SPAD, WC).....	7:00 pm
Su (O, LWBSE, WC).....	7:00 pm
FAIRFAX	
<b>*Fairfax NA</b>	
Full Gospel Assembly of God Church	
228 Donaldson, 74637	
Tu & Th (O, LC, NS).....	7:00 pm
HARRAH	
<b>*New Journey Group</b>	
Not Meeting At This Time	
NICOMA PARK	
<b>*Great News Group of NA</b>	
12236 NF 23 <sup>rd</sup> Street 73066	
Mo (C, IW, CW, NS).....	7:30 pm
Tu (O, LC, CW, NS).....	7:30 pm
We (C, BT, CW, NS).....	7:30 pm
Th (O, BT, B, CW, NS).....	7:30 pm
Fr (O, SP1, BDL, CW, NS).....	7:30 pm
Sa (O, JT, CW, NS).....	7:30 pm
Su (O, SPAD, CW, NS).....	7:30 pm
NORMAN	
<b>*ACTS (Zoom Only)</b>	
Sa (O, W, Web).....	
	11:00 pm
<b>*Just for Today</b>	
3565 Macdonnell Drive, 73069	
Su (O).....	5:30 pm
<b>*Living Room</b>	
St. Stephen's Methodist Church	
1801 W. Brooks, 73069	
Tu (O, L, NS).....	6:30 pm
Fr (O, CL, BT, SD3, BDL, NS).....	6:30 pm
<b>*N.O.N.A.G.</b>	
(Norman Original NA Group)	
**Not Meeting At This Time**	

## WESTERN AREA MEETING SCHEDULE

NORMAN (cont'd)	
<b>*Surrender Group</b>	
Generations Nazarene Church	
1433 W. Boyd Street, 73069	
(Parking & Entrance in back)	
Mo (O, L, CL, NS).....	6:30 pm
OKLAHOMA CITY	
<b>*Breakfast Club</b>	
3332 N. Meridian Ave, 73112	
We (O, L, NS).....	8:00 pm
Fr (O, To, SP3, NS).....	8:00 pm
<b>*Freedom Group (Zoom Only)</b>	
Zoom ID: 6797128470	
Zoom PW: FREEDOM	
Tu (O, L1, L2, 6P3, BD4, SPAD5).....	6:00 pm
<b>*The New Thing Group</b>	
Wesley United Methodist (parlor room)	
1401 NW 25 <sup>th</sup> 73106	
Mo (O, W, To, NS).....	6:00 pm
<b>*Newcomers</b>	
Wesley United Methodist (back door)	
1401 NW 25 <sup>th</sup> 73106	
Face to face Meetings:	
Mo thru Su (O, NS).....	8:00 pm
Sa (O, NS).....	Noon
Su (O, NS).....	Noon
Zoom Meetings:	
Zoom ID: 4053679299	
Zoom PW: 4053679299	
<b>*No Grass</b>	
Crown Heights UMC (East Side)	
1021 NW 37 <sup>th</sup> 73118	
Mo (O, L, NS).....	6:30 pm
We (O, L, W, NS).....	6:30 pm
Th (O, To, SP1, NS).....	6:30 pm
Th Only - Hybrid (Zoom and F2F)	
Zoom ID: 580581914	
Zoom PW: 001988	
<b>*Open Doors Recovery</b>	
TFFM Building 1 <sup>st</sup> Floor	
(not just DOC - all welcome)	
1501 N. Classen Blvd.	
Tu (O, IP).....	Noon
Fr (O, IP).....	Noon
<b>*S.S.R.I.P.</b>	
(South Side Recovery In Progress)	
Lambuth Memorial Methodist	
3823 S. Shields Blvd, 73129	
Su (O, NS).....	9:00 am
Mo (O, NS).....	7:00 pm
Tu (O, NS).....	6:00 pm
Tu (O, NS).....	8:00 pm
Fr (O, NS).....	7:00 pm
Sa (O, NS).....	10:30 pm

OKLAHOMA CITY (cont'd)	
<b>*More Gratitude Less Attitude</b>	
5207 N. Western, 73118	
(North side of Western Club)	
Sa (O, NS, To).....	7:00 pm
<b>*We Do Recover Group</b>	
3721 Staton Drive, 73111	
Mount Carmel Baptist Church	
Mo.....	7:00 pm
Th.....	7:00 pm
Fr.....	7:00 pm
<b>*Una Nueva Oportunidad</b>	
Not Meeting At This Time	
PONCA CITY	
<b>*Principles Before Personalities</b>	
210 N 5 <sup>th</sup> Street 74601	
Mo thru Su (O, NS).....	7:00 pm
Sa (O, NS).....	Noon
<b>*This Is It</b>	
212 S 3 <sup>rd</sup> Street 74601	
We (O, NS).....	5:00 pm
SHAWNEE	
<b>*SOGNA (Shawnee Original Group)</b>	
122 N. Broadway, 74801	
Mo thru Sa (O, WC).....	11:30 am
Tu thru Fr & Su (O, WC).....	7:00 pm
Su (O, WC).....	1:00 pm
STROUD	
<b>*Recovery on Route 66</b>	
New Covenant Church (North Rm)	
205 W. Main Street, 74079	
Th, Fr, & Sa (O, NS).....	8:00 pm
TISHOMINGO	
<b>*Rocking Recovery</b>	
Calvary Baptist Church	
9700 US-377, 73460	
Mo (O, NS).....	6:30 pm
Th (O, NS).....	6:30 pm
WOODWARD	
<b>*Bent Creek</b>	
802 9 <sup>th</sup> Street 73801	
Tu (O, VP, NS).....	6:00 pm
Th (O, SD, NS).....	7:00 pm
Su (O, BT, NS).....	6:00 pm
WYNNEWOOD	
<b>*A Simple Way</b>	
108 E. Robert S. Kerr	
Mo thru Sa (O, L, NS).....	7:00 pm
YUKON	
<b>*Way Out West</b>	
801 W. Vandament Ave, 73099	
Th (O, To, NS).....	7:00 pm
Fr (O, BT, NS).....	6:30 pm
Su (O, L, NS).....	7:00 pm
(BD1, GC2 8-9, SP4)	

### 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 the 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 is a "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.

*The above is reprinted with permission from Narcotics Anonymous .*