

## 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>*Manifest Group</b> 500 W. Broadway Ave, 73086 Th (O, NS)..... 6:00 PM
<b>WYNNEWOOD</b>
<b>*A Simple Way</b> 108 E. Robert S. Kerr, 73098 Mo thru Sat (O,L) 7:00 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



**June 2026**



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

Last updated: 5/12/26

**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

ADA
<b>*Ada NA</b> 123 W. 7 <sup>th</sup> , 74820 Mo, (O, Tr)..... 7:00 pm We & Sat (O)..... 7:00 pm Th (O, L)..... 7:00 pm Fr (O)..... 6:00 pm Su (O)..... 6:00 pm <b>*Recovery Revolution</b> First Presbyterian Church 301 E. Kings Road, 74820 We (O, NS)..... 5:00 pm Sa (O, NS)..... Noon Su (O, NS)..... 4:00 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 Th..... 6:00 pm Tu & Fr (C, W, D, NS)..... 7:30 pm
ALVA
<b>*AVO (Amor Vincit Omnia) Group</b> Carr 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 Hayes between 7 <sup>th</sup> & 8 <sup>th</sup> Su, Mo, We & Fr (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 E. 33 <sup>rd</sup> Street, 73013 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 Tu (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 & Fr (O, L)..... 7:00 pm
EL RENO
<b>*Out Of The Trenches</b> 1300 W. Watts, 73036 Fr (CL)..... 8:00 pm Su (BK)..... 7:00 pm
ENID
<b>*NA Purist</b> 501 W. Broadway, 73701 Mo & We (O, To, WC)..... Noon 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 NE 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 am
<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) Calvary Church 3730 N. Porter, 73071 Sa (O, BT)..... 7:00 pm

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, GP3, 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> TEEM Building 1 <sup>st</sup> Floor (not just DOC - all welcome) 1501 N. Classen Blvd. Tu (O, TO)..... Noon Fr (O, L)..... 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 & Fr (O, NS)..... 7:00 pm Tu (O, NS)..... 6:00 pm Sa (O, NS)..... Noon
<b>*More Gratitude Less Attitude</b> 5207 N. Western, 73118 (North side of Western Club) Sa (O, NS, To)..... 7:00 pm

OKLAHOMA CITY (cont'd)
<b>*We Do Recover Group</b> 3721 Staton Drive, 73111 Mount Carmel Baptist Church Mo, Th & Fr..... 7:00 pm
<b>*Una Nueva Oportunidad</b> Lambuth Memorial Methodist 3823 S. Shields Blvd, 73129 Th..... 6:00 pm
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> <b>**NEW ADDRESS**</b> 406 E. Neill Armstrong Pl., 73460 Mo & Th (O, NS)..... 7:00 pm
WOODWARD
<b>*Bent Creek</b> 802 9 <sup>th</sup> Street, 73801 Tu (O, YP, NS)..... 6:00 pm Th (O, SD, NS)..... 7:00 pm Su (O, BT, NS)..... 6:00 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.

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