

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

SOUTHERN 5TH AREA MEETING LIST

ANADARKO

*The Anadarko Group

700 W. Petree Rd (Rec Ctr), 73005

Mo (O)..... 7:00 PM

ARDMORE

*Step Forward

#12 Broadlawn Village, 73401

Mo thru Su (O)..... 6:00 PM

Sa (SP2)..... 6:00 PM

CHICKASHA

*The Way It Is Group

728 Michigan Avenue, 73018

Fri (O)..... 7:00 PM

DUNCAN

*Recovery @ Work

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

LAWTON

*Circle of Hope

532 SW 11th Street, 73501

Mo (O)..... 5:00 PM

*Different Way

532 SW 11th Street, 73501

Mo thru Su (O)..... Noon

Mo thru Su (O)..... 7:00 PM

Wed (C) (W)..... 5:30 PM

SULPHUR

*Manifest Group

500 W. Broadway Ave, 73086

Th (O, NS)..... 6:00 PM

WYNNEWOOD

*A Simple Way

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 st Week
(BD2)	Birthday 2 nd Week
(BD3)	Birthday 3 rd Week
(BD4)	Birthday 4 th 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 st week
(SP2)	Speaker 2 nd week
(SP3)	Speaker 3 rd week
(SP4)	Speaker 4 th 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



September 2026



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

Last updated: 9/20/26

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 25th Street, Oklahoma City, OK 73106
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	
*Ada NA	
123 W. 7 th , 74820	
Mo, (O, Tr).....	7:00 pm
Tu (O).....	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
*Recovery Revolution	
Ada Homeless Services Day Ctr	
330 S. Johnston, 74820	
We (O, NS).....	5:15 pm
*Something Different	
Ada Public Library	
124 S. Rennie Ave, 74821	
We (O, L, NS).....	6:00 pm
Fr (O, D, NS).....	6:00 pm
*Women's H.O.P.E. NA	
First Presbyterian Church	
301 E. Kings Road, 74820	
Th (W).....	6:00 pm
Tu & Fr (C, W, D, NS).....	7:30 pm
ALVA	
*AVO (Amor Vincit Omnia) Group	
Corr Youth Ctr 623 5 th St, 73717	
Tu (O, LC).....	7:00 pm
Sa (O, L).....	7:00 pm
BLACKWELL	
*Joy of Recovery	
Nazarene Church	
218 S. A Street, 74631	
Tu & Th (O, CW, NS, WC).....	7:00 pm
CLINTON	
*The Mission Group	
Mission House Dining Hall	
300 South 7 th Street	
Enter on Hayes between 7 th & 8th	
Su, Mo, We & Fr (O, NS).....	6:30 pm
CORDELL	
*Phoenix Group	
Church of Christ (middle alley door)	
501 N. College, 73632	
Fr (O, NS).....	7:00 pm
EDMOND	
*33rd Street Recovery	
Christ Community Church	
915 E. 33 rd Street, 73013	
Su (C, L, WC, NS).....	6:30 pm
*Slaying the Dragon Group	
New Covenant Church (South Side)	
Discipleship Center	
2700 S. Blvd, 73013	
Th (O, SD, NS).....	6:30 pm
*Warriors NA	
New Covenant Church (South Side)	
Discipleship Center	
2700 S. Blvd, 73013	
Tu (O, SD, NS).....	7:00 pm

ELK CITY	
*Elk City NA	
100 S. Monroe Suite 18, 73644	
Mo, We, Th (CL).....	7:00 pm
Tu, Fr, Sa, Su (O, To).....	7:00 pm
*Back to Basics	
105 S. Main Street, 73644	
Sa (O, L).....	7:00 pm
EL RENO	
*Out Of The Trenches	
1300 W. Watts, 73036	
Fr (CL).....	8:00 pm
Su (BK).....	7:00 pm
ENID	
*NA Purist	
501 W. Broadway, 73701	
Mo & Th (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	
*Fairfax NA	
Full Gospel Assembly of God Church	
228 Donaldson, 74637	
Tu & Th (O, LC, NS).....	7:00 pm
NICOMA PARK	
*Great News Group of NA	
12236 NE 23 rd 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	
*ACTS (Zoom Only)	
Sa (O, W, Web).....	im
Zoom ID: 95113085990	
Zoom PW: 215992	
*Living Room	
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
*N.O.N.A.G	
(Norman Original NA Group)	
Calvary Church	
3730 N. Porter, 73071	
Fr (O, IT, BD1).....	7:00 pm
Sa (O, BT, SP3).....	7:00 pm
Su (O, SPAD).....	7:00 pm

WESTERN AREA MEETING SCHEDULE

NORMAN (cont'd)	
*Surrender Group	
Generations Nazarene Church	
1433 W. Boyd Street, 73069	
(Parking & Entrance in back)	
Mo (O, L, CL, NS).....	6:30 pm
OKLAHOMA CITY	
*Breakfast Club	
3332 N. Meridian Ave, 73112	
We (O, L, NS).....	8:00 pm
Fr (O, To, SP3, NS).....	8:00 pm
Deconstructing Madness	
NA Men's Group	
1900 NW 12th St., 73106	
Sa (M.O).....	
*Freedom Group (Zoom Only)	
Zoom ID: 6797128470	
Zoom PW: FREEDOM	
Tu (O, L1, L2, GP3, BD4, SPAD5)....	6:00 pm
*The New Thing Group	
Wesley United Methodist (parlor room)	
1401 NW 25 th , 73106	
Mo (O, W, To, NS).....	6:00 pm
*Newcomers	
Wesley United Methodist (back door)	
1401 NW 25 th , 73106	
Face to face Meetings:	
Tu & Fr (O, NS).....	6:00 pm
Mo thru Su (O, NS).....	8:00 pm
Sa (O, NS).....	Noon
Su (O, NS).....	Noon
Zoom Meetings:	
Zoom ID: 4053679299	
Zoom PW: 4053679299	
*No Grass	
Crown Heights UMC (East Side)	
1021 NW 37 th , 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	
*Open Doors Recovery	
TEEM Building 1 st Floor	
(not just DOC - all welcome)	
1501 N. Classen Blvd.	
Tu (O, TO).....	Noon
Fr (O, L).....	Noon
*S.S.R.I.P.	
(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

OKLAHOMA CITY (cont'd)	
*More Gratitude Less Attitude	
5207 N. Western, 73118	
(North side of Western Club)	
Sa (O, NS, To).....	7:00 pm
*We Do Recover Group	
3721 Staton Drive, 73111	
Mount Carmel Baptist Church	
Mo, Th & Fr (O).....	7:00 pm
Tues (W, O).....	7:00 pm
*Una Nueva Oportunidad	
Lambuth Memorial Methodist	
3823 S. Shields Blvd, 73129	
Th.....	6:00 pm
PONCA CITY	
*Principles Before Personalities	
210 N. 5 th Street, 74601	
Mo thru Su (O, NS).....	7:00 pm
Sa (O, NS).....	Noon
*This Is It	
212 S. 3 rd Street, 74601	
We (O, NS).....	5:00 pm
SHAWNEE	
*SOGNA (Shawnee Original Group)	
122 N. Broadway, 74801	
Mo thru Sa (O, W, C).....	3:30 am
Tu thru Fr & Su (O, WC).....	7:00 pm
Su (O, WC).....	1:00 pm
STROUD	
*Recovery on Route 66	
The Methodist Church (South Alley)	
324 N. 2nd Ave. Stroud, 74079	
Th, Fr, & Sa (O, NS).....	8:00 pm
TISHOMINGO	
*Rocking Recovery	
NEW ADDRESS	
406 E. Neill Armstrong Pl., 73460	
Mo & Th (O, NS).....	7:00 pm
WOODWARD	
*Bent Creek	
802 9 th Street, 73801	
Tu (O, YP, NS).....	6:00 pm
Th (O, SD, NS).....	7:00 pm
Su (O, BT, NS).....	6:00 pm
YUKON	
*Way Out West	
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)	
Zoom/Virtual Only	
*Oklahoma Connection	
Mo (O, Web).....	7:00 pm
Zoom ID: 9216263087	
Zoom PW: 1953	

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.