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 1st Week
(BD2)	Birthday 2nd Week
(BD3)	Birthday 3rd Week
(BD4)	Birthday 4th 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 supervis
(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 1st week
(SP2)	Speaker 2nd week
(SP3)	Speaker 3rd week
(SP4)	Speaker 4th 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

Narcotics Anonymous®

November 2026

Helpline

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

Last updated: 10/28/26

Western Area Service Committee (WASC)

P.O. Box 54433, OKC, OK 73154

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. 7th, 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

ALTUS

***Just For Today**
615 N. Mains St., 73521
Su (O)..... 8:00 am
Th (O)..... 6:30 pm

ALVA

***AVO (Amor Vincit Omnia) Group**
Corr Youth Ctr 623 5th 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 7th Street
Enter on Hayes between 7th & 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. 33rd 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

EDMOND (cont'd)

***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 (W, WC)..... 6:30 pm
Fr (O, CL, To, WC)..... 10:30 pm
Sa (O, Me, WC)..... 10:30 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 Donalson, 74637
Tu & Th (O, LC, NS)..... 7:00 pm

NICOMA PARK

***Great News Group of NA**
12236 NE 23rd 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)..... 11:00 am
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

WESTERN AREA MEETING SCHEDULE

NORMAN (cont'd)

***N.O.N.A.G Cont'd**
Sa (O, BT, SP3)..... 7:00 pm
Su (O, SPAD)..... 7:00 pm

***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) 9:30 am
***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 25th, 73106
Mo (O, W, To, NS)..... 6:00 pm

***Newcomers**
Wesley United Methodist (back door)
1401 NW 25th, 73106
Face to face Meetings:
Tu & Fr (O,NS)..... 6:00 pm
Mo thru Su (O, NS)..... 8:00 pm
Sa (O, NS)..... 12:15 pm
Su (O, NS)..... .....Noon
Zoom Meetings:
Zoom ID: 4053679299
Zoom PW: 4053679299
Zoom every night 10 pm

***No Grass**
Crown Heights UMC (East Side)
1021 NW 37th, 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 1st 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

OKLAHOMA CITY (cont'd)

***S.S.R.I.P. Cont'd**
Tu (O, NS)..... 6:00 pm
Sa (O, NS)..... .....Noon

***More Grattitude 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. 5th Street, 74601
Mo thru Su (O, NS)..... 7:00 pm
Sa (O, NS)..... .....Noon

***This Is It**
212 S. 3rd Street, 74601
We (O, NS)..... 5:00 pm

SHAWNEE

***SOGNA (Shawnee Original Group)**
122 N. Broadway, 74801
Mo thru Sa (O, WC)..... 10:30 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 9th 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.

The above is reprinted with permission from Narcotics Anonymous .