

## 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.

The above is reprinted with permission

from Narcotics Anonymous.

**www.na.org**

## SOUTHERN 5th AREA MEETING SCHEDULE

### ALTUS

\* **Altus NA Group**  
2087 E. Cypress St. 73521  
Not meeting at this time

### ANADARKO

\* **Phoenix Anadarko Group**  
301 W. Broadway 73005  
Tu (O) ..... 7 pm

### ARDMORE

\* **Step Forward**  
#12 Broadlawn Village, 73401  
Mo thru Su (O) ..... 6pm  
Sa (SP2)

### CHICKASHA

\* **The Way It Is Group**  
728 W Michigan Ave, (upstairs)  
Michigan Ave. Baptist Church  
Chickasha 73108  
Th (O,BT/JT,NS) ..... 7pm

### DUNCAN

\* **Recovery @ Work**  
706 Ridley Rd. 73533  
Su (O,NS) ..... 6:30pm  
Tu (O,NS) ..... 6:30pm  
Th (O,NS) ..... 6:30pm  
Fr (O,NS) ..... 6:30pm  
Sa (O,CL,NS) ..... 6:30pm

### LAWTON

\* **Circle of Hope**  
532 SW 11th St. 73501  
Mo (O) ..... 5pm

\* **Different Way**  
532 SW 11th St 73501  
Mo-Su (O) ..... Noon  
Mo-Su (O) ..... 7pm  
Wed (C) (W) ..... 5:30pm

### SULPHUR

\* **Straight Way**  
1113 West Vinita Ave,  
2 blocks North of Hwy 7 on 12th  
Not meeting at this time

\* **Manifest Group**  
Public Library, 500 W. Broadway  
Ave, Sulphur 73086  
Tu (O,NS) ..... 5pm  
Th (O,NS) ..... 6pm

## MEETING FORMAT CODES

(O) Open  
(C) Closed  
  
(AB) Ask It Basket  
(Ag) Agnostic  
(B) Beginners Meeting  
(BBL) Brown bag lunch  
(BD2) Birthday .. 1st Week  
(BD3) Birthday .. 1st Week  
(BD4) Birthday .. 1st 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 supervision  
(CW) Children welcome  
(D) Discussion  
(ENG) English speaking  
(Es) Espanol  
(FM) Face mask required  
(GC) Group conscience meeting  
(GL) LGBTQ  
(GP) Guiding Principles

(IP) Informational Pamphlet  
(IW) It Works  
(JT) Just for Today  
(L) Literature Study  
(LC) Living Clean  
(M) Men  
(ME) Meditation  
(NM) Not meeting at this time  
(NC) No children  
(NS) Non-smoking  
(QA) Question & 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  
(Y) Young People

## MEETING SCHEDULE

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



## APRIL 2024



**Local 405-524-7068**

**Toll Free 866-524-7068**

Last updated: April 9, 2024

## 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



## Literature Office

Basement of Wesley United Methodist Church  
1401 NW 25th St, Oklahoma City, OK 73106

**TEMPORARILY CLOSED**

[literature@wascokna.org](mailto:literature@wascokna.org)

Please submit meeting changes to:

[pr@wascokna.org](mailto:pr@wascokna.org)

## WESTERN AREA

### MEETING SCHEDULE

NOTE: Meeting schedules for a group marked with an asterisk (\*) have been confirmed and updated. Some groups' Zoom meeting information may be posted at the meeting facility location. You can also check our website for updated information on Zoom Meetings: [www.wascokna.org](http://www.wascokna.org)

#### ADA

##### \* Ada NA / Just Us Group

123 W. 7th 74820  
Mo & Wed & Fr (O,NS) ..... 8pm  
Tu & Thu (O,NS) ..... 9:00am  
Tu (C,W,NS) ..... 7pm  
Tu (O,NS) ..... 8pm  
Th (O,LC,NS) ..... 7pm  
Sa (O,NS) ..... 7pm  
Su (O,M,NS) ..... 2pm

##### \* Something Different Group

Ada Public Library, 124 S. Rennie Ave. Ada 74821  
Wed (O,L,NS) ..... 6pm  
Fr (O,D,NS) ..... 6pm

##### \* Women's H.O.P.E. NA (H)

301 E Kings Rd 74820  
(1st Presbyterian Church).  
Tue & Fri (C,W,D,NS) .. 7:30pm

#### ALVA

Face-to-Face only as of 8/1/23

\*AVO (Amor Vincit Omnia) Grp  
Corr Youth Ctr. 623 5th St 73717  
Tue (O,LC) ..... 7pm  
Sat (O,L) ..... 7pm

#### BLACKWELL

##### \* Joy of Recovery

Nazarene Church  
218 So. A Street 74631  
Tu & Th (O,CW,NS,WC) ... 7pm

#### CHANDLER

##### \* Never Fear NA

Not meeting at this time

#### CORDELL

##### \* Phoenix Group

501 N. College 73632  
(Church of Christ)  
(use middle door in alley)  
Fr (O,NS) ..... 7pm

#### EDMOND

##### \* 33rd Street Recovery (H)

(Christ Community Church)  
915 E 33rd St 73013  
Tu (C,L,WC,NS) ..... 6:30pm  
Su (O,L,WC,NS) ..... 6:30pm

##### \* Slaying the Dragon Group

New Covenant Church (South side)  
Discipleship Center  
2700 S. Blvd, Edmond 73013  
Th (C,SD,NS) ..... 6:30pm

#### EL RENO

\* We Do Recover Group  
Not meeting at this time

#### ELK CITY

##### \* Elk City NA Group

100 S Monroe Suite 18 73644  
Mon,Wed,Thur (C,L) ..... 7pm  
Tue,Fri,Sun (O) (TD) ..... 7pm

##### \* Back to Basics Group

207 West 5th St  
Mo (O,L) ..... 7pm

#### FAIRFAX

##### \* Fairfax NA Group

Full Gospel Assembly of God  
Church, 228 Donaldson 74637  
Tu & Th (O,LC,NS) ..... 7pm

#### GUTHRIE

##### \* Serenity Seekers

402 E Noble Ave 73044  
(First Christian Church)  
Th (O,NS) ..... 7pm

#### NICOMA PARK

##### \* Great News Group of NA

12236 NE 23rd St 73066  
Mo (C,IW,CW,NS) ..... 7:30pm  
Tu (O,LC,CW,NS) ..... 7:30pm  
Wed (C,BT,CW,NS) ..... 7:30pm  
Th (O,BT,B,CW,NS) ..... 7:30pm  
Fr (O,SP1,BDL,CW,NS) ..... 7:30pm  
1st Fri of month—SPK  
Last—Potluck at 6pm followed  
by Clean Time Celebration  
Sa (O,JT,CW,NS) ..... 7:30pm  
Su (O,SPAD,CW,NS) ..... 7:30pm

#### NORMAN

##### \* ACTS Zoom Only

Sa (O,W,WEB) ..... 11am

##### \* Living Room (Face2Face only)

1801 W. Brooks 73069  
(St. Stephen's Methodist Church)  
Fr (O,CL,BT,SD3,BDL,NS) .. 6:30pm  
Candlelight (Topic) -1st Friday  
Basic Text -2nd Friday  
Speaker/Disc - 3rd Friday  
Birthday Night- Last Friday

##### \* N.O.N.A.G.

(Norman Original NA Group)  
Memorial Presbyterian Church  
601 24th Avenue SW 73069  
Mo (O,L,B,WC,NS) ..... 3:30 pm  
Mo (C,GP,WC,NS) ..... 8:00pm  
Tu (O,L,WC,NS) ..... 3:30 pm  
Tu (C,LC,WC,NS) ..... 8:00pm  
Th (O,IW,WC,NS) ..... 3:30 pm  
Th (C,JT,WC,NS) ..... 8:00pm  
Fr (O,IW,WC,NS) ..... 8:00pm  
Sa (O,BT,WC,NS) ..... 8:00pm

##### \* Surrender Group (Norman)

601 24th Ave SW 73069  
(Memorial Presbyterian Church)  
Mo (O,L,CL,NS) ..... 6:30pm  
Th (O,L,NS) ..... 6:30pm

#### OKLAHOMA CITY

##### \* Breakfast Club

3332 N. Meridian Ave. 73112  
Wed (O,L,NS) ..... 8pm  
Fr (O,To,SP3,NS) ..... 8pm

##### \* Clean Champs, OKC

Temporarily closed—looking for new location

##### \* Freedom Group ZOOM ONLY

Mo (O,L/IP,WEB) ..... 6pm CST  
Tu (O,BK1,SG2,GP3,BD4,To5,WEB) ..... 6pm CST  
Zoom 6797128470  
PW: FREEDOM

##### \* Just For Today NA Group

New - **In Person** Meeting:  
Trinity Church of the Nazarene  
7301 S. Walker, OKC 73139  
Fr (O,To,NS) ..... 7 pm

New -- Zoom only Meetings:

M-W-F (O,WEB) ..... 9 am CST  
M-W-F (O,WEB) ..... 9 pm CST  
Meeting ID: 869 2136 7400  
Passcode: fqm37B

##### \*New Thing Group, The

1401 NW 25th 73106 Parlor Rm. of  
Wesley United Methodist Ch.  
Mo (O,W,To,NS) ..... 6pm

##### \*Newcomers

1401 NW 25th 73106 Wesley United  
Methodist Church—use back door

##### Face-to-Face Meetings:

Mo—Su (O,NS) ..... 8pm  
Fr (O,NS) ..... 10pm  
Sa (O,NS) ..... Noon  
Su (O,NS) ..... Noon

##### Zoom Meetings:

Mo, Tu & Th ..... 10pm  
Zoom No. 4053679299  
PW: 4053679299

##### \* No Grass Group

1021 NW 37th 73118  
(Crown Heights Methodist Church)  
Park & Enter on East Side  
Mo (O,L,NS) ..... 6:30pm  
Wed (O,L,W,NS) ..... 6:30pm  
Th (O,To,SP1,NS) ..... 6:30pm  
Thur.—Hybrid Meeting (Zoom and face-to-face)  
Meeting ID: 580581914  
PW: 001988

##### \*Open Doors Recovery

Meeting held at TEEM building -  
1st floor, Recovery Room  
(Not DOC only—all welcome)  
1501 N. Classen Blvd.  
Tu (O,IP) ..... 12 noon

##### \* S.S.R.I.P. (H)

(South Side Rec. In Progress)  
NEW LOCATION  
Lambuth Memorial Methodist Church  
3823 S. Shields Blvd, OKC 73129  
Mo (O,NS) ..... 8 pm  
Tu (O,NS) ..... 8 pm  
Fr (O,NS) ..... 8 pm

#### PONCA CITY

##### \* PB4P Group

(Principles B4 Personalities)  
210 N. 5th St, Ponca City 74601  
Mo-Su (O,NS) ..... 7pm  
Sa (O,NS) ..... 12 noon

##### \* This Is It Group

212 S. 3rd St, Ponca City 74601  
Wed (O,NS) ..... 5 pm

#### PURCELL

\* New Beginning Group  
No Meetings At This Time

#### SHAWNEE

##### \* S.O.G.N.A. (H)

(Shawnee Original Group of NA)  
122 N Broadway 74801  
M—Sa (O,WC) ..... 11:30am  
Tu—Fr & Su (O,WC) ..... 7pm  
Sun (O,WC) ..... 1pm

#### STROUD

##### \* Recovery on Route 66

205 W Main St 74079  
(New Covenant Church—north Rm)  
Th, Fr, & Sa (O,NS) ..... 8pm

#### TISHOMINGO

##### \* Rocking Recovery Group New Group

Calvary Baptist Church  
9700 US-377 73460  
Mo (O,NS) ..... 7pm  
Th (O,NS) ..... 7pm

#### WOODWARD

##### \* Bent Creek

802 9th St. 73801  
Tu (O,YP,NS) ..... 6 pm  
Th (O,SD,NS) ..... 7 pm  
Su (O,BT,NS) ..... 6 pm

#### WYNNEWOOD

##### \* A Simple Way

108 E. Robert S. Kerr  
Mo — Sa (O,L,NS) ..... 7pm

#### YUKON

##### \* Way Out West (H)

801 W Vandalment Ave 73099  
Th (O,To,NS) ..... 7pm  
Fr (O,BD1,GC2[8-9],SP4,NS) ..... 6:30pm  
Su (O,L,NS) ..... 7pm

To get an updated  
(current) meeting  
schedule, click on  
this QR code



## 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'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.