

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 .. 2ndWeek
(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



MAY 2024



Local 405-524-7068

Toll Free 866-524-7068

Last updated: May 2, 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 meeting finder

Literature Office

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

Will reopen May 2, 2024

literature@wascokna.org

For the Month of May — open Tuesdays from 6pm to 8pm
Or call Stacey at (405) 464-5280 to meet at literature store

Please submit meeting changes to:

pr@wascokna.org

WESTERN AREA

MEETING SCHEDULE

NOTE: 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

ADA

*** Ada NA Group**
123 W. 7th 74820
Mo (O,NS) 7pm
Tu (O,NS) 9:00am
Tu (C,W,NS) 6pm
Tu (O,NS) 8pm
We (O,NS) 7pm
Th (O,NS) 7pm
Fr (O,NS) 7pm
Sa (O,NS) 7pm
Su (C,M,NS) 2pm
Su (O,NS) 6pm

*** 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 Donalson 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,S62,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 NW25th 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 Vandament Ave 73099
Th (O,To,NS) 7pm
Fr (O,BD1,6C2[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.