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.

SOUTHERN 5TH AREA MEETING SCHEDULE

**ARDMORE**
*Step Forward*
5712 Broadlawn 73401
Sun thru Sat (O)………………..…6pm

**DUNCAN**
Recovery @ Work
706 Ridley Rd. 73533
Sun (O)……………………………..6:30pm
Tue (O)……………………………..6:30pm
Thur (O)……………………………..6:30pm
Fri (O)……………………………..6:30pm
Sat (O)(CL)………………………………6:30pm

**LAWTON**
Circle of Hope
532 SW 11th St. 73501
Mon (O)……………………………………………….5pm
Thur (O)……………………………………………….5pm

**Different Way**
532 SW 11th St 73501
Mon-Sun (O)………………………Noon
Mon-Sun (O)………………………7pm

**SULPHUR**
Straight Way
821 W 11th 73086
Mon (O)……………………………………………….7pm
Wed (O)……………………………………………….7pm
Fri (O)……………………………………………….7pm
Sat (O)……………………………………………….5pm
Sun (O)……………………………………………….3pm

WESTERN AREA MEETING SCHEDULE

**ARDMORE**
*Step Forward*
5712 Broadlawn 73401
Sun thru Sat (O)………………..…6pm

**DUNCAN**
Recovery @ Work
706 Ridley Rd. 73533
Sun (O)……………………………..6:30pm
Tue (O)……………………………..6:30pm
Thur (O)……………………………..6:30pm
Fri (O)……………………………..6:30pm
Sat (O)(CL)………………………………6:30pm

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Sun (O)……………………………………………….3pm

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Visit us online at: http://wascokna.org/

Meeting Changes Contact
literature@wascokna.org
MEETING FORMAT CODES

- (LS) Literature Study
- (O) Open
- (C) Closed
- (W) Women
- (M) Men
- (H) Handicap Accessible
- (NS) Non-smoking
- (CL) Candlelight
- (BT) Basic Text
- (LC) Living Clean
- (S/T) Steps/ Traditions
- (SS) Step Study
- (QA) Question & Answer
- (GL) LGBTQ
- (TD) Topic Discussion
- (JFT) Just for Today
- (IW) It Works
- (YP) Young People
- (SPK) Speaker
- (BEG) Beginners Meeting
- (GP) Guiding Principles

ADDA
Add NA/Just Us
123 W. 7th Ave 74820
Mon, Wed, Fri & Sun (O) 7pm
Sat (O) 7pm
Sun (O/XM) 7pm
Mon, Wed, Fri & Sun (O) 7pm

Women’s H.O.P.E. NA (H)
306 E Kings Rd 74820
(1st Presbyterian Church)
Mon & Fri (W/O) 7:30pm
Sat (W/O) 7pm

ALVA
AVO (Amar Vinici Omnic) Group
13th & Santa Fe 73117
(In the Red Barn)
Tue & Thur (W/O) 7pm
Sun (O) 7pm

BLACKWELL
Joy of Recovery
509 W Dewey Ave 74615
No Meetings At This Time

CHANDLER
Never Fear NA (H)
614 Manvel 74834
(1st Christian Church)
(Adjoining back alley)
Mon, Tue, Thur (O) 7pm

CORDELL
Phoenix Group
501 N College 73632
(Church of Christ)
(use middle door in alley)
Mon(O) 7pm
Fri (O) 7pm

EDMOND
33rd Street Recovery (H)
(Christ Community Church)
915 E 33rd St 73103
Tue (O) 7pm
Sun (O) 7pm

EL RENO
We Be Recovery
Northwest Community Center
520 N Grand Ave (enter southside)
Mon, Tue, Wed, Thur (O) 7pm

ELK CITY
Elk City NA
100 S Monroe Suite 18 73644
Sun (O) 7pm
Mon - Sat 7pm
Mon, Wed, Thur, Sun (O) 7pm
Fri, Sat (O) 7pm

GUTHRIE
Serenity Seekers
402 E Noble Ave 73044
(First Christian Church)
 Thur (O) 7pm

JONES
Unity in Recovery
103 W Boston 73104
Wed (O) 8pm

NICOMA PARK
*Great News Group
1225 NE 23rd St 73106
Mon & Wed (C) 7pm
Fri (O) Mask Required 6pm
Thu, Tue, Thur & Sat (O) 7pm
Sun (O) 7pm

NORMAN
ACTS (Women’s Mtg.) (H)
1801 W Brooks 73109
Sat (O) 11am

N.O.N.A.G.
Speaker Meeting 3rd Friday

PURCELL
*Outsiders Group of NA
213 SW 42nd St 73017
Sun - Sat (O) 7pm
Wed (O) 8pm
Sun - Sat (O) 7pm

*S. O.G. N.A. (H)
122 N Broadway 74601
Sun - Sat (O) 7pm
Mon - Sun (O) 7pm

TSHOMINGO
Shopping Group of NA
209 North Byrd 73460
Mon (O) 7pm

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 lived to use. 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.