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.

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**WASC Literature Office**
2808 NW 31st St. OKC, OK 73112
Hrs. Thur. 6pm - 9pm Sat. 9am-3pm
wasclitstore@gmail.com
**MEETING FORMAT CODES**

- **O** Open
- **C** Closed
- **W** Women
- **M** Men
- **H** Handicap Accessible
- **NS** Non-smoking
- **C** Candlelight
- **BT** Basic Text
- **LC** Living Clean
- **SS** Step Study
- **QA** Question & Answer
- **LGBTQ**
- **JFT** Just for Today
- **IW** It Works
- **YP** Young People
- **SPK** Speaker
- **BEG** Beginners Mgt

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**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 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 addicts who still suffer 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 life. 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.

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**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.

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**Women’s H.O.P.E. NA (H)**
100 S Monroe Suite 18 73644
Mon, Wed, & Fri (O)..................................8pm
Sat (O).............................................7pm

**GUTHRIE**
Serenity Seekers
402 E Noble Ave 73044
(First Christian Church)
Mon & Thur (O)......................................7pm
Wed (W/O)........................................8pm
Mon-Thur (O)......................................6:30pm
Wed (M/O)........................................8pm

**JONES**
Unity in Recovery
103 W Boston 73049
Wed (O).............................................8pm

**NICOMA PARK**
Great News Group
1225 NE 23rd St 73105
Mon & Wed (C)....................................7pm
Mon & Wed (O)....................................7pm

**NORMAN**
ACTS (Women’s Mts.) (H)
1801 W Brooks 73069
(St. Stephen’s Methodist Church)
Sat (W/O)............................................11am

**OKLAHOMA CITY**
Breakfast Club
3707 N Meridian Ave 73112
Wed (O).............................................8pm

**STROUD**
Recovery on Route 66
205 W Main Ste 70401
Mon — Sat (O).....................................11:30am
Mon — Sun (O).....................................7pm
Mon — Sat (O).....................................6pm
Mon - Sat (O).....................................1pm

**WINNEWOOD**
A Simple Way
103 North S. Dean A. McGee
Mon — Sat (O).....................................7pm
Sun (O).............................................7pm

**YUKON**
Way Out West (H)
801 Vandaemon Ave 73099
Fri (O)(CFT)........................................7pm
Sat (O)(LC).........................................7pm

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