

PLEASE KEEP US
UPDATED, ON YOUR
GROUP.
THE INFORMATION
HERE IS ONLY AS GOOD
AS YOU GIVE US.
918-627-2224
NECS@AANEOK.ORG



The Latest Updates
Meetings that are open
Online Meeting Access

Starting Monday, October 19th, the Central Service Office will be open from 12pm-5pm Monday-Friday. If you can't make it to the office during these hours, we are happy to ship your items to you and take payment over the phone. You can reach us at necs@aaneok.org or call 918-627-2224 between 9 am & 4:45 pm to place an order. We look forward to serving you! If you have new or updated information for any groups, please contact us ASAP so we can keep our information up to date! Thanks!

Please note that the list of Online Meetings & Resources begins on page 4!

Groups That ARE Meeting In Person (groups alphabetical, then clubhouses): These are the only groups that have informed us that they are still holding (or have resumed holding) traditional meetings

****indicates mask required**

TULSA AREA GROUPS

****Beginners Big Book Study 2900 S Harvard Fellowship Congregational Church**

M-Sat 12pm

Only 10 people allowed inside, using picnic table as outdoor overflow meeting space

****Beginning Group 620 S. Garnett, Garnett Road Baptist (North Parking Lot)**

Bring your own book, social distancing

M/F 7:30pm

Broken Arrow Action Group 1631 S Main St

Hybrid in person & Zoom

Monday: 12pm, 5:30pm (beginner's), 7:30pm

Tuesday: 12pm, 5:30pm (women's), 7:30pm

Wednesday: 12pm, 6pm, 7:30pm (beginner's)

Thursday: 12pm, 5:30pm (men's), 7:30pm

Friday: 12pm, 5:30pm, 7pm

Saturday: 8:30am (men's), 10:30am (women's), 7pm

Sunday: 10:30am, 6:30pm

Broken Arrow Promises 4407 S Olive (129th) E. Ave, Abiding Harvest United Methodist

Hybrid In person & Zoom

T/Th 6 pm

****Broken Arrow Wisdom Group 4250 W. Houston, St. Patrick's Episcopal Church**

Hybrid In person & Zoom:

M/Th: 7:30pm

Friday: 8:00pm

Saturday: 10:00am (men's meeting), 9:30pm (candlelight)

*****New Address*****

****Cornerstone 5635 E 71ST St, St. Dunstan's Episcopal Church**

M/Th 7:15 pm—In person & on Zoom

Friendship Group 10513 E. Admiral Pl, St. Mark's Methodist Church

M 7:00 pm will resume on 6/1

Th 7:00 pm will continue to meet on Zoom only until further notice

Genesis 8707 E. 51st St, Regency Park Church

Side entrance, meets in Friendship Room

M-F 7:00am

Going to Any Lengths 6540 E 21st ST Ste G

Meeting online and in person, using multiple rooms to maintain social distancing

M/W/F/Sa 7:30pm

Grateful Heart Group 6215 S 107th E Ave, The Heart Church

In person & online Sun 3:00pm

Temperature checks required, masks optional

****Last Chance Group 9100 E 21st St. Espiritu Santo Episcopal Church**

Bring your own book

Monday 7:30 pm

Thursday 7:30 pm meeting suspended until further notice

**** Miracles Group 1307 West 22nd Street, Southwest Church of the Nazarene**

Sun/W 7 pm

New Haven 5603 S. New Haven, New Haven Methodist Church

In person & online

T/F 7:30 pm

Oil Capitol Group 2900 S. Harvard Fellowship Congregational Church

Wednesday 7pm

****Original Group 6815 E. 15th Street *NON-SMOKING***

Sunday-Friday 12pm & 5:30pm

****Original Westside Group**

TEMPORARILY MEETING AT UNANIMITY CLUB 8749 S LEWIS Ave

T/Th 7:00 pm

****Read the Book 5590 S Lewis Ave, Southern Hills Baptist Room 206**

M/Th 7:30 pm

Temporarily NO CHILDCARE AVAILABLE

South Bixby AA 14 E Dawes Ave

Hybrid In person & Zoom W 7 pm

Monday Zoom only

****Southside Traditions 10901 S Yale Ave, Christ Church Episcopal**

Sun/Th 7:00 pm Hybrid Zoom/In Person meeting

Social distancing, masks required, bring your own coffee

Tulsa Big Book 2901 S Yale Ave Yale Church of Christ

Tuesday meeting in person only 7:30pm

CURRENTLY NO BABYSITTING AVAILABLE

Friday Zoom only

**Twelve & Twelve Group 4818 E 9th St. Saint Luke's Episcopal Church

W/Sat 7:30 PM

TULSA AREA CLUBHOUSES

****Indicates Masks Required**

Buddy Room (at 12&12 facility) 6333 E. Skelly Dr

Awakening M-Sun 6:45am

Another Chance M/Th/Sat 7:30pm

Solutions W/Sun 7:30pm

Dry Dock Club 5525 E 51st St Ste 403 (Use back entrance of building)

Serenity Harbor Daily 12pm *New Group Name*

Happy Hour Daily 5:30pm

Open Arms Sat-Thurs 9pm

REBOS Clubhouse 3355 S. Jamestown Ave—Building behind Unity Church

Back to Basics Fri 7:30 pm

Evening Sunrise M/W/Sun 7:00 pm

**Tulsa Group 3010 E King St

Bring your own book, social distancing required

M-Sat 12:00 pm

Th-Sat 5:30pm TEMPORARILY SUSPENDED

W 6pm Women's meeting

Sun 10:30 am

Unanimity Club 8749 S. Lewis Ave

**Sunrise M-F 6:30am, Sat-Sun 7am

**ODAT Daily Noon

**SOS Daily 5:30pm

**7:15 Group M/W/F 7:15pm

**PATS Sun-F 9pm, Sat 10pm

SURROUNDING AREA GROUPS

Ada

- Three Legacies Group

Bartlesville

- Downtown

Bristow

- Into Action

Catoosa

- Port of Catoosa

Claremore

- AA Meeting
- Claremore Big Book
- Claremore Early Bird
- Claremore Easy Does It
- Outlaw Safe Cracker—New Meeting Tues 6:30pm Open Lit Study
- Pioneer

- Sobriety Offers Serenity
- Sunday Big Book Group

Cleveland

- Cleveland Group

Checotah

- Checotah Group

Coweta

- Design for Living Group

Cushing

- Common Solution Group

Eufaula

- Lake Eufaula Group

Grove

- Grove Turning Point

Henryetta

- Old School 12 Steps

Inola

- Inola Big Book

Langley

- Langley Group

Locust Grove

- Locust Grove Group

Mannford

- Mannford Nomad

Monkey Island

- Monkey Island Group

Muskogee

- Happy Hour
- Muskogee Brown Bag
- Muskogee Donut Hole Group

Owasso

- Owasso Group
- The Loft Clubhouse—**Limited to 10 persons**
 - Koop Group
 - Before & After
 - Primary Purpose
 - Owasso Fresh Start

Ponca City

- Power of We

Pryor

- Pryor Downtown
- Pryor GTO

Salina

- Solution to Freedom

Sallisaw

- Sallisaw Serenity

Sand Springs

- Tanglewood

Sapulpa

- Sapulpa Serenity

Tahlequah

- Bottoms Up—Tues hybrid/**Thurs Zoom**
- Chapter 5--Hybrid
- Tahlequah Eastside

Turley

- Turley Lighthouse

Wagoner

- Wagoner Big Book

Local Online Meetings (Groups alphabetical, then clubhouses)

** OPEN Meeting—All are welcome to attend

** CLOSED Meeting—Only for alcoholics & those who have a desire to stop drinking

Awakening NS

Conference Call Only, Mon-Sat 7am **OPEN**

Call in number: (951) 799-9267

Broken Arrow Action Group

In person and online

Password for all meetings: action

Meeting times & ID's:

- 8:30am Sat Men's: 585 268 404 (**CLOSED**)
- 10:30am Sat (Women's—**CLOSED**) & Sun (**CLOSED**): 260 428 500
- Noon Mon-Fri: 770 154 932 (**CLOSED**)
- 5:30pm Mon (**OPEN**), Tues (Women's—**CLOSED**), Fri (**CLOSED**): 611 705 279
- 6pm Weds (**OPEN**), 6:30pm Sun (**CLOSED**): 838 249 872
- 7pm Fri/Sat (**OPEN**): 816 513 711
- 7:30pm Mon-Thurs: 960 401 021 (Weds—**OPEN**, all others **CLOSED**)

7th Tradition Venmo account: @Brokenarrow-Actiongroup last 4 of phone #: 1707 <https://venmo.com/?gclid=aw.ds>

Broken Arrow Wisdom Group

In person & online

Mon/Thurs 7:30pm: <https://us04web.zoom.us/j/802026534> **CLOSED**

Fri 8pm: <https://us04web.zoom.us/j/426385082> **OPEN**

Sat 10am "Men's": <https://us04web.zoom.us/j/115424780> **CLOSED**

Sat 9:30 "Candlelight": <https://us04web.zoom.us/j/116818928> **OPEN**

Password: Wisdom

Chapter 5 (Tahlequah)

In person & online

M/W/Sat 6:30pm **OPEN**

Zoom ID: 390 563 1519

Password: CH5

Cornerstone

Monday & Thursday 7:15pm **OPEN**

<https://us02web.zoom.us/j/298915522?pwd=ak9HT2lFSkhBVWVUOXdBcU1Yb1RtUT09#success>

Common Solution Group (Cushing)

In person & on Zoom

Th 7pm, 4th Sat 7pm **OPEN**

Thurs ID: 840 4848 9468

Sat ID: 836 9930 8741

Desire Group

Tuesday 7:30 PM/Friday 8 PM **OPEN**

Meeting ID: 715 879 6009

Password: sober Phone call Password: 544282

Easy Does It (Claremore)

Tuesday noon: **OPEN**

641928859

Pswd: 095921

Wednesday noon: **OPEN**

483181573

Pswd: 091071

Saturday noon: **OPEN**

427642734

Pswd: 039093

Friendship Group

Zoom meetings Thursday 7pm **OPEN**

Meeting ID: 657 492 0090

Password: 723895

Gaunt Prospector Speaker Group

Sunday 7 PM **OPEN**

Zoom ID- 449 181 4542

Password- Love

Grateful Heart

Online meetings Sun 3pm **OPEN**

Meeting ID: 918 894 0898

Password: grateful

Gratitude Day Women's Group **OPEN**

Daily at Noon

GoToMeeting 297-164-549

Download app & enter access code

Lambda Unity

Zoom meetings only

Sat 5:30pm **OPEN**

T/Th 7pm **OPEN**

For meeting access email lambdaunitytulsa@gmail.com

Last Call (formerly PATS Zoom group)

Zoom meetings only

Daily at 9:00 pm

Meeting ID: 662 141 017

Password: 123456

<https://us04web.zoom.us/j/662141017>

McIntosh County Virtual Group

Su/W/F 7pm **OPEN**

<https://zoom.us/j/3134497254> Password: 678130

Midtown Men's Group

Wed **CLOSED**

6:30 pm: Fellowship, 7-8 pm: Big Book study

<https://zoom.us/j/318062064?pwd=Q29SOXM2eG1TNW80SjA2dkFSc3RrQT09>

Meeting ID: 318 062 064

Password: 098098

New Day

M/W/F at Noon **OPEN**

Meeting ID: 715 879 6009

Password: sober

Join by Phone call (audio only) +1 346 248 7799

Password: 544282

New Haven Group

Online meetings only, Tuesday (**CLOSED**) & Friday (**OPEN**) 7:30PM

Access: Zoom Link <https://zoom.us/j/2316257821>

Meeting ID 231 625 7821

Password: 913074

Join by phone 312 626 6799

New Hope

Contact Bill T for login information 918-810-5991

Owasso Group

M/F 8pm **OPEN**

Meeting ID: 363 839 932

Meeting Password: 081750

<https://us04web.zoom.us/j/363839932?pwd=aUV2cmpvTTlydTJEbXN1eGNOZTdyUT09>

Promises (Broken Arrow)

Hybrid Meetings

T/Th 6pm **OPEN**

Meeting ID: 532 869 048

Password: Welcome

Rebos Nooner

Online meetings only M-Fri 12pm **OPEN**

Link: <https://join.freemeetingcall.com/mawlaw8?fbclid=IwAR0qpKoyQWGAAppPtWPEggBdIPFVuJbw6Ib4iuFs4VQd-tUygExmYItZB6IQ>

Call in number: (339) 209-6556

Sooner Group

M(**CLOSED**)/Th(**OPEN**) 7:30pm

Meeting ID 876 3091 1415

Password: 670797

South Bixby AA

Online meetings only M 7pm **OPEN**

Hybrid in person/online W 7pm **OPEN**

Meeting ID: 707 971 073 Password: SBixby456!

Southside Traditions

Sun (**CLOSED** except LAST Sun is OPEN)

Th 7 pm **OPEN**

Meeting ID: 820 0470 5015

Password: 021261

Sundays: Closed Step/Tradition study, Last Sunday Open Speaker meeting

Thursday: Closed Big Book Study (Open Beginner's Meeting available)

Tulsa Big Book

Friday 8pm Zoom Only **OPEN** (Tuesday in person only)

<https://us04web.zoom.us/j/488258636>

We Agnostics

Zoom meetings only

Sunday 9:00 AM **OPEN**

Meeting# 957426312

Password# 382887

Wed 7:00 PM **OPEN**

Meeting# 267155590

Password# 382887

Clubhouses:

Unanimity Club

-PATS

In person only. The former online PATS meeting is now listed as the Last Call group

-ODAT

In person and online Daily 12pm **OPEN**

Meeting ID: 478 332 211

Password: ODAT123

<https://zoom.us/j/478332211?pwd=OUo4Q1g3cGdZY09hZXFMb2JJMDc3dz09>

-Sunrise

In person & online M-F 6:30am, Sat-Sun 7:00am **OPEN**

Meeting ID: 429 010 1394

<https://us04web.zoom.us/j/4290101394>

For password contact Timothy (text only) 918-720-7374, or Susie R (text or call) 918-899-0052.

The Loft (Owasso)

Online & In person (In person limited to 10 people)

Primary Purpose Group

Sunday: 5:30 pm **OPEN**

ID 400436590

PW 027251

Koop Group

Sunday: 7:00 pm **OPEN**

ID 124645448

PW 009594.

Koop Group

M/T/Th/F: Noon **OPEN**

ID 491085756

PW 005049

Before and After

Monday: 7:00 pm **OPEN**

ID 934268072

PW 007799

Primary Purpose Group

Tuesday: 7:00 pm **OPEN**

Foundation Meeting

ID 733259579

PW 026571

Fresh Start Group

Wednesday: Noon **OPEN**

ID 491085756

PW 005049

Before and After Group

Wednesday 7:00 pm **OPEN**

ID 713240490

PW 025401

Before and After Group

Saturday: Noon **OPEN**

ID 491085756

PW 005049

If you would like to contribute via the 7th tradition the Loft has a PayPal account, the email is loftkoop@gmail.com.

Additional Local Online AA Meetings:

Dr. Bob & Good Oldtimers Study (Run by Josh A)

Sunday 7pm

<https://us02web.zoom.us/j/4491814542?fbclid=IwAR1-OJAK1bgIRReVKkAKDHwyhpAF3v-QtKjzrobuVnIjVnMSeXOcqh5BNzk>

Women's Meeting

Thursday 6:30pm

<https://us02web.zoom.us/j/3781924196>

Databases of Online AA Meetings

<http://www.aa-intergroup.org/?fbclid=IwAR0Ibj4edhiB-yIwG4KfPkJrVqJK5sL5raVyfgorxloBYtZb0QUOSTZUzgA>

https://www.thetokenshop.com/Online_AA_Meetings?fbclid=IwAR0kAWKdL1o2CbaSckiTA9XpodrHSbhckfwUqtA7T18yJCc04cjEsPo2HwA

https://docs.google.com/spreadsheets/d/1FotwE5g0AX0edZ29XyJfLF9U0WVn7_OYECfRtn1hV1U/htmlview?fbclid=IwAR044VrvViZoc_jUj92j-Mtk_okN5N-70gZ4zXAXhoJdyVI03_f4wyeF9sM

https://sites.google.com/view/aameetings?fbclid=IwAR1ibniM1G1clkYows-7sZY_BvuWWOx5MzL9IJR5mpBVIgMkG5Kqg7umgYE

<http://intherooms.com/?fbclid=IwAR3QIYG24AMEGGp9mOtDj7CgulqrfTP0lpXKZc1IG-DTdmkEOwKA6tIwuV4>

Links to Online Speaker Tapes

<https://www.xa-speakers.org/pafiledb.php>

Recoveryspeakers.com