

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

EFFECTIVE November 23: Due to the increase of risk to those working in the office the executive committee has made the decision to close the office to foot traffic until further notice. The full board will convene in two weeks and reevaluate the situation at that time. As always, the phone lines will remain open 24/7 and if there's anything you need from the office, I will be happy to mail it to you. We apologize for any inconvenience and hope that you all have a safe and healthy holiday season.

**\*\*Please note that the list of Online Meetings & Resources begins on page 5!\*\***

## **SPECIAL NOTICE: HOLIDAY MARATHON MEETINGS**

The Broken Arrow Action Group will be hosting a Thanksgiving Alcahthon & Thanksgiving Potluck over Thanksgiving weekend. Meetings start Thursday November 26<sup>th</sup> at 9 am and go through Sunday November 29<sup>th</sup> at 9 pm. The Potluck will be on Thursday 11/26 @ 2:00 pm. In addition to their regularly scheduled meetings they will hold an additional 23 meetings. All are open meetings in person and online. Regular meetings will have the usual Zoom ID's and passwords. For all additional meetings:

**Zoom ID: 837-7640-5011**

**Password: action**

**Thurs 11/26**

9:00 am - Gratitude  
3:00 pm - Discussion  
10:00 pm - Gratitude  
12:00 am- discussion.

**Friday 11/27**

1:00 am Step study  
4:00 am Discussion  
7:00 am As Bill Sees It  
10:00 am Discussion  
3:00 pm Discussion  
10:00 pm Big Book  
12:00 am Discussion

**Sat 11/28**

3:00 am Newcomer  
7:00 am Discussion.  
2:00 pm Tradition  
4:00 pm Discussion  
10:00 pm Gratitude  
12:00 am Discussion

**Sun 11/29**

2:00 am Newcomer  
4:00 am Step Study  
8:00 am Discussion  
2:00 pm Discussion  
4:00 pm Discussion  
9:00 pm Gratitude

**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**

**\*\*Acceptance 12424 E 31st St, St. Matthew's Methodist  
T/Th Noon**

\*\*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\*

\*\*Brookside Men's Group 3832 S. Peoria Ave, Hope Fellowship Church

Saturday 9 am—hybrid meeting

\*\*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

Going to Any Lengths 6540 E 21st ST Ste G

Meeting online and in person—see group member for online meeting info

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 22<sup>nd</sup> 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 \*NOW 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

Rose Garden 2435 S Peoria Ave Tulsa Rose Garden at Woodward Park

Sun 8:00 am Meeting on the steps outside the Rose Garden.

Will meet outside throughout the season (no greenhouse this year).

In case of rain will meet in the shelter in Woodward Park.

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 51<sup>st</sup> 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

#### McAlister

- Broken Bottle
- McAlester Noon Big Book

#### 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

#### Sallisaw

- Sallisaw Serenity

#### Sand Springs

- Tanglewood

#### Sapulpa

- Sapulpa Serenity

#### Skiatook

- Broken Brain

#### Tahlequah

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

#### Turley

- Turley Lighthouse

#### Wagoner

- Wagoner Big Book

### **Local Online/Virtual 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

#### Bottoms Up (Tahlequah)

Tues Hybrid **OPEN** /Thurs Zoom only **OPEN**

Meeting ID: 879 5987 0835

Password: Unity

<https://us04web.zoom.us/j/87959870835>

**\*\*SEE SPECIAL NOTICE ON PAGE 1 FOR THANKSGIVING MARATHON MEETINGS\*\***

Broken Arrow Action Group

In person and online

Password for all meetings: action

- 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)

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

Last Friday "Birthday Meeting": <https://us04web.zoom.us/j/87803174786> OPEN

Password (if applicable): Wisdom

Brookside Men's Group

In person & online

Zoom ID: 838 521 536

Password: 467946

Chapter 5 (Tahlequah)

In person & online

M/W/Sat 6:30pm OPEN

Zoom ID: 390 563 1519

Password: CH5

Cornerstone

Monday (CLOSED, beginners meeting available) & Thursday 7:15pm (OPEN)

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

Common Solution Group (Cushing)

In person & on Zoom

Th 7pm, 4<sup>th</sup> 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: CLOSED

# 641928859

Pswd: 095921

Wednesday noon: CLOSED

# 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 Group (Women's) **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](mailto: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

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

Tulsa Big Book

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

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

**\*\*BEGINNING SATURDAY 11/14/20 HYBRID MEETING AVAILABLE\*\***

Twelve & Twelve

In person & online Wed (CLOSED)/Sat (OPEN) 7:30pm

Zoom ID: 892 8860 3298

Password: sober

We Agnostics

Zoom meetings only

Sunday 9:00 AM OPEN

Meeting# 957426312

Password# 382887

Wed 7:00 PM OPEN

Meeting# 267155590

Password# 382887



## Clubhouses:

### **REBOS Club (Tulsa)**

#### -Rebos Nooner

Conference Call meetings only M-Fri 12pm **OPEN**

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

Call in number: (339) 209-6556

### **Unanimity Club (Tulsa)**

-PATS: In person only. The former online PATS meeting is now 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

Password: 101729

### **The Loft (Owasso)**

Online & In person (In person limited to 10 people). Loft PayPal account: [loftkoop@gmail.com](mailto:loftkoop@gmail.com)

#### Before and After Group

Monday: 7:00 pm **OPEN**

ID 934268072

PW 007799

Wednesday 7:00 pm **OPEN**

ID 713240490

PW 025401

Saturday: Noon **OPEN**

ID 491085756

PW 005049

#### Fresh Start Group

Wednesday: Noon **OPEN**

ID 491085756

PW 005049

#### Koop Group

Sunday: 7:00 pm **OPEN**

ID 124645448

PW 009594

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

ID 491085756

PW 005049

Primary Purpose Group

Sunday: 5:30 pm **OPEN**

ID 400436590

PW 027251

Tuesday: 7:00 pm **OPEN**

Foundation Meeting

ID 733259579

PW 026571

## **Databases of Online AA Meetings**

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

[https://www.thetokenshop.com/Online\\_AA\\_Meetings?fbclid=IwAR0kAWKdL1o2CbaSckiTA9XpodrHSbhckfwUqtA7T18yJCc04cjEsPo2HwA](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://docs.google.com/spreadsheets/d/1FotwE5g0AX0edZ29XyJfLF9U0WVn7_OYECfRtn1hV1U/htmlview?fbclid=IwAR044VrvViZoc_jUj92j-Mtk_okN5N-70gZ4zXAXhoJdyVI03_f4wyeF9sM)

[https://sites.google.com/view/aameetings?fbclid=IwAR1ibniM1G1clkYows-7sZY\\_BvuWWOx5MzL9JIR5mpBVIgMkG5Kgg7umgYE](https://sites.google.com/view/aameetings?fbclid=IwAR1ibniM1G1clkYows-7sZY_BvuWWOx5MzL9JIR5mpBVIgMkG5Kgg7umgYE)

<http://intherooms.com/?fbclid=IwAR3QIYG24AMEGGp9mOtDj7CgulqrfTP0lpXKZc1IG-DTdmkEOwkA6tlwuV4>

## **Links to Online Speaker Tapes**

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

[Recoveryspeakers.com](http://Recoveryspeakers.com)