

**Sunday 17th April Minutes 2016 @ 3pm – YMCA, Marlboro Street, Cork City****Welcomed:**

By the Southern Area Committee Meeting (SASC) by Southern Area Chairperson, Bert McC.

12 Concepts Read by:

Michelle W.

Apologies:

Thérèse K, Joe E, Dara L.

Attendance List:

Bert Mc (SASC Chairperson), Timmy O'C (La Verna GSR), Mike C (Solas GSR), Anthony K (SASC Outreach Chair), Damien D (Limerick City Group GSR), John F (More Will Be Revealed GSR), Tasha F (SASC Secretary), Geraldine C (Freedom Group, Tralee GSR), Mike B (Talbot Grove GSR), Joanne C (Unity Group, Tralee GSR), Dermot M (SASC Phone Chair & Killarney GSR), Carmel C (Waterford GSR), Paul J (Member), Annmarie M (Member), Seán T (Abbeyfeale GSR), John D (Member), Andrew H (Member), Michelle W (SASC - Area Service Representative), Conor C (Trinity Group Treasurer), Patrick S (SASC H&I Chair).

Elections this month:

No elections made this month. Positions still available are Public Relations (PR) Chairperson, Events & Fundraising Chairperson, Alternate ASR.

All positions will be up for election in the yearly AGM in September 2016, current Southern Area Guidelines are available on www.nasouth.ie for anyone interested in taking up a position.

Southern Area Committee Reports:**Treasurers Report:****Southern Area Business Meeting 17th April 2016**

Opening Balance: €5,620.00
Prudent Reserve: €5,620.00
Working Balance: € 000.00

Donations Received by NA Groups

La Verna, Thursday - Cork	€32.83
Rutland, S. Parish, Fri & Sun - Cork	€47.00
Solas, Mon & Sat - Cork	€15.00
Dominican, Sat @ 3pm - Cork	€50.00
Strength & Hope, Wed & Sun - Cork	€50.00
Unity Group, Tralee, Sat @ 10am	€20.00
Clonmel, Tue, Fri & Sun - Tipperary	€400.00 (Online Donation)
Waterford Group	€16.00
Total Group Donations	€630.83

Expenses paid out to subcommittees:

Rent D/D YMCA Office	€100.00
Area Chairperson Travel Expenses	€30.00
H&I - Bruree Men's Unit	€15.00
H&I - Women's Unit	€20.00
H&I - Ceim Eile	€40.00
H&I - Tabor Lodge	€15.00
H&I - Limerick 5B	€15.00
H&I - St. Helen's, Blarney	€10.00
H&I - Cara Lodge	€10.00
H&I - Travel Expenses Chair	€30.00
H&I - Literature	€44.56
Phone & Office - NA Phone Credit	€20.00
Receipt Books for Treasurer x 10	€80.00
Outreach	€36.00
Total Expenses	€465.56

Summary:

Opening Working Balance	€ 00.00
Group Donations	+ €630.83
Total	€630.83
Expenses	- €465.56
Working Balance:	€165.27

- Cost of €120.00 next month for moving office.
- Lodgement to Bank €00.00 because of €400.00 online donation which left €230.83
- Cash on donations to pay out on €365.56 on expenses excluding rent D/D for YMCA@ €100.00. Leaving a shortfall of €136.00 for Outreach, €36, Phone & Office €20.00 and rent receipt books for treasurer €80.00 to be paid next month.

Thank you, Tony K.

Literature Report:

Chairperson: Ciarán H

Alt. Literature: Daniel F

Total sales for Literature Office: €1,840.00

Huge increase in sales, which is great. - Thanks, Ciarán H

Outreach report:**Contact details for Southern Area Outreach:**Outreach email: southernareaoutreach@gmail.com

Chairperson: Anthony K

Vice - Chairperson: **Needed**Secretary: **Needed**14/3/16 - Outreach visited Abbeyfeale Group, Co. Limerick

Driver: Anthony K

Passenger: Chris S

Attendance: 12

Report: Good meeting, grateful for the support from Area. Needs some more support.

Expenses for travel: €15.00

29/3/16 - Outreach visited Listowel Group, Co. Kerry

Driver: Anthony K

Passenger: Chris S, Patrick M & Tasha F

Attendance: 14

Report: Good meeting, support was appreciated & would welcome further visits.

Expenses: €15.00

- I have setup an email account for members & groups to contact and request support from Outreach. Posted it on the Jimmy K and the How It Works - Kerry Facebook pages.
- Printed copies of Outreach Handbook for committee members. Expenses €6.00
- Contacted a Clare member to organise Outreach to Ennistymon meetings on Tuesdays & Saturdays which needs support.
- Total overall Outreach expenses is €36.00

Thanks, Anthony K.

Hospitals & Institutes (H&I) report:**Contact details for H&I:**

H&I number: 087 - 459 2117

H&I email: hospitals.institutes.nasouth@gmail.com

Chairperson: Patrick S

Vice-Chairperson: Joe E

Secretary: Needed**LIMERICK****Bruree Men's Unit Meeting 1**

Sec: James F

Speakers: Pa M, Neil S & Mark W

Average Attendance: 22

Group Report: Extra meeting in Bruree this month, The centre very grateful for NA and secretaries for extra meetings.

Expenses: €15.00

Bruree Men's Unit Meeting 2

Sec: Mark W

Speakers: Damien D & Tom R

Average Attendance: 22

Group Report: meeting is going well.

Bruree Women's Unit

Sec: Philomena

Speakers: Lisa, other speaker cancelled.

No. Meetings: 1

Average Attendance: 30

Group Report: All going well

Expenses: €20.00

Regional Hospital Limerick (5b) - 14th April 2016

Sec: Rebecca McL

Speakers: Philip

No. Meetings: 1

Average Attendance: 3

Group Report: Rebecca is finished her position Philip has taken up the position as of next month. H&I would like to thank Rebecca for her service.

Expenses: €15.00

Limerick Prison Women's Unit – 10th March 2016

Sec: Tasha F

Speakers: Rebecca Mc L

Group Report:

Meeting was due to take place on the 7th of April but due to events totally unrelated to NA after security clearance the meeting could not go ahead.

Staff were friendly and apologetic. Looking for more members for clearance to come in as speakers. 1-year clean time needed & to fill in a clearance forms. Also Male members needed to get Men's Prison Meeting up and running. Contact me for Prison Clearance forms Tasha or Damien D.

WATERFORD**Ceim Eile 29th March 2016**

Sec: Vicky

Speakers: Jamie

No. Meetings: 1

Expenses: €40.00

Average Attendance: 10

Group Report: Meeting went.

New women's unit opens on the 22nd will be speaking to manager next week about possible meeting.

CORK**Cork Prison**

NA H&I meeting has no access to prison at the moment, due to new renovations.

St. Helens, Blarney Meeting

Sec: Dara

Speakers: Callum

Average Attendance: 10

Expenses: €10 .00

Group Report: Group is going well majority of members connecting well with meeting.

Cara Lodge Meeting 1

Sec: Jamie

Speakers: Martin L & Eddie N

Average Attendance: 7

Group Report: Meeting went well

Expenses: €10.00

Cara Lodge Meeting 2

Sec: Joe E

Speakers: Patrick & Seamus

No. Meetings: 2

Average Attendance: 5

Group Report: All going well

Tabor Lodge Meeting 1 - 6th April 2016

Sec: Paul

Speakers: Valerie & Dermot

Average Attendance: 14

Group Report: Pam is unable to hold onto her secretary position at the moment so position is vacant could GSR's ask groups if they could put the word out please.

Expenses: €15.00

Tabor Lodge Meeting 2

- No report given

Farnanes

Sec: Máiréad

Speakers: Michelle W

Average Attendance: 35

Group Report: Meeting going great Máiréad's position time is up looking for a secretary could GSR's tell their groups and if people are interested could they let me know.

H&I Area Report

- New secondary treatment centre for women opening in Waterford on 22nd April not sure of the situation with requirements for women being accepted yet or if NA will be invited to set up meeting there, will know more next month.
- New secretary needed for Tabor Lodge and Farnanes both in Cork, 1-year clean time requirement, if it could be announced at meetings.
- More members asked to come for clearance for new Limerick Prison H&I meeting in women's unit. 1-year clean time and contact Tasha for the forms on 0860776991. With Damien D looking after men's unit. Men's unit is trying to get going but needs more support from members coming forward for clearance.

H&I Literature Expenses Literature: €44.56

H&I Secretary Expenses: €125.00

Travel Expenses for Chairperson: €30.00

Total Overall Expenses for H&I Expenses: €199.56

Thank you to all in H&I service, Patrick S.

Phone report:**Contact details for Southern Area Phone:**

Southern Area Phoneline number: 087 - 138 6120 (6pm - 9pm daily)

www.nasouth.ieinfo@nasouth.ie

Chairperson: Dermot M

Vice Chairperson: Needed

Secretary: Needed

This month's breakdown of Southern Area Phone line calls:

- 7 calls from concerned persons
- 3 calls made from professionals
- 7 calls from members
- 4 calls from newcomers
- 5 calls about Nar Anon
- 1 call about Poster change
- 2 success meet ups arranged with newcomers

Thanks, Dermot M

Area Group Meeting Reports:

CORK

Georges Quay Women's Group: (Mondays @ 6.30pm)

- No report given

Rutland Street Men's Group: (Mondays @ 7pm)

- No report given

Schull- Living Clean By the Sea Group: (Mondays @ 8pm)

GSR: Joe E

Group report: Meeting going well

Hillside Solas Group: (Mondays @ 8.15pm & Saturdays @ 8pm)

GSR: Mike C

Average Attendance: 12

Group report: Going well. Solas Monday Group & Solas Saturday has joined back together.

Donation: €15.00

Eason's Hill Group: (Tuesdays @ 6.15pm)

- No report given

Trinity Group: (Tuesdays @ 8.00pm)

GSR: Needed

Average Attendance: 20

Group report: Rent paid. Position of GSR available if any member would like to take up this position, please attend the next meeting.

We Do Recover Group: (Wednesdays @ 1pm & Friday @ 8pm)

GSR: Jamie B

Average Attendance: 20

Group Report: Group going well

Donation: €50.00

Churchfield Group: (Wednesdays @ 6.30pm) contact: churchfield@nasouth.ie

- No report given

Strength & Hope Group: (Wednesdays @ 8pm & Sunday 2pm)

GSR: Valerie O'D

Average Attendance: 10- 15

Group report: Meeting is strong and service is strong. Issue with making

Donation: €50.00

More Will Be Revealed Group, Ballincollig: (Thursdays @ 7pm)

GSR: John F

Average Attendance: 9

Group report: Meeting going well, Attendance has dropped.

La Verna Group: (Thursdays @ 8.00pm) contact: laverna@nasouth.ie

GSR: Timmy O'C

Average Attendance: 25

Group report: All going well

Donation: €32.83

Fermoy Group: (Thursdays @ 8pm)

- No report given

Dominican Centre: (Fridays @ 11.30am)

- No report given

Skibbereen Group: (Fridays @ 8.00pm) contact: skibb@nasouth.ie

GSR: Dara L

Average Attendance: 5

Group report: Meeting going well.

Dominican Centre Group: (Saturdays @ 3.00pm)

GSR: Tony K

Average Attendance: 20

Group report: Meeting going well. All positions filled.

Donation: €50.00

Community Centre, Sawmill Street: (Sundays @ 8pm)

- No report given

KERRY

Freedom Group, in Tralee Community Development Project: (Mondays, Thursdays & Saturdays @ 8.00pm)

GSR: Geraldine C

Average Attendance: 10

Group report: Rent is up to date but only just. All positions filled.

Tralee Our Lady & St. Brendan's Pastoral Centre Group: (Tuesdays & Wednesdays @ 1.30pm)

- No report given

Dingle Group, John Street: (Tuesdays @ 7.30pm & Fridays @ 8.30pm)Contact: Tor 0872220853 or Bert 0831246634) or email: dinglemeeting@gmail.com

- No report given

Killarney Group, Rock Road: (Tuesdays & Saturdays @ 8pm)

GSR: Dermot M

Average Attendance: 6

Group report: Meeting going well & rent is up to date.

Listowel Group: (Tuesdays @ 8pm) Contact: listowel@nasouth.ie

- No report given

Unity Group in Tralee: (Saturdays @ 10am)

GSR: Joanne C

Average Attendance: 4

Group report: Meeting is going well. Average attendance is 4 + Children & non-members

Donation: €20.00

Talbot Grove Group: (Sundays @ 8:00pm)

GSR: Mike B

Average Attendance: 20

Group report: Rent is up to date & going very good.

WATERFORD

Manor Group: (Wednesdays @ 8pm)

- No report given

St. John's Group, Waterford: (Sundays, Tuesdays & Fridays @ 8pm, with Mondays @ 6pm, Thursdays @ 7pm & Saturdays @ 1pm)

GSR: Carmel C

Average Attendance: 10 - 15

Group report: All secretary positions filled. All meetings going good. Colin has finished treasurer & Patrick has taken over.

Donation: €16.00

LIMERICK

Abbeyfeale Group: (Mondays @ 8pm)

GSR: Seán T

Average Attendance: 9

Group report: Good meeting. Filled up on literature for group.

Limerick City Group: (Mondays, Wednesdays & Fridays @ 8.30pm in Social Services, with Mondays, Tuesdays & Thursdays @ 11am, also Saturdays @ 1pm & Sundays @ 6.30pm in St. John's Parish Hall)

GSR: Damien D

Average Attendance: 20 - 25

Group report: Meeting going well at the moment. Good numbers. Finished the Traditions workshop. Looking for a chairperson for Limerick City Group Conscience Chairperson.

TIPPERARY

Nenagh Group: (Mondays @ 8.30pm)

- No report given

Clonmel Group: (Sundays, Tuesdays & Fridays @ 8.30pm)

GSR: Needed

Average Attendance: 15

Group Report: Meeting going well. All positions filled.

Donation: €400.00 (online)

Aiséirí, Cahir Group: (Wednesdays @ 8.30pm)

- No report given

CLARE

Ennis & Bushy Park Group: (Mondays, Thursdays & Saturdays @8.30pm in Ennis Friary with Fridays @ 8.30pm in Bushy Park) contact: ennisfriarygroup@nasouth.ie

GSR: Máiréad B

Average Attendance: 10

Group report: Going well

Ennistymon – Just For Today Group: (Tuesdays @ 8pm & Saturdays @ 1pm)

- No report given

Shannon Group: (Sundays & Wednesdays @ 8.30pm)

- No report given

Old business from last month:

- Thanks to all those who finished up in their service positions this month.
- Donation of €832.10 decided on for Region this month.
- Michelle W is organising a trip to Gougane Barra for NA members, it was suggested at Area to organise this for mid-May or propose a date at next Area. Limerick & Kerry are interested in bringing a few members.
- Paul J & Annmarie M went to look at the prospect of having Southern Area & Literature Office at South Parish (Rutland Street) - There is no front door ramps but there is wheelchair access from the back door, the janitor is very accommodating with NA. Offering an area for us to keep literature, however, we need to have a cupboard built. Paul J will price this through Churchfield community.
- Next Southern Area Committee Meeting postponed until April 17th 2016.

New business this month:

- Tasha F will contact a member in Tipperary to try get a contact for Nenagh group to see if meeting is still running & if they would like or need support from Outreach.
- Update draft of Southern Area Guidelines to be made as current guidelines are outdated.
- Paul J & Annmarie M have been looking into a new venue for Area that is wheelchair accessible and has space for a literature office. They have asked for €120.00 for converting a space in the building for an NA literature office. Area is grateful for their service.
- Paul and Annmarie agreed to draft a timetable for the move to South Parish and information on any elements which impact on the move.
- Area to move to South Parish hall soon, members will be informed of dates when move is to be made.
- Southern Area Unity - Walk in Gougane Barra, West Cork: 7th May 2016, contact Michelle W.

Subcommittee Positions Also Available:

- H&I committee - Secretary
- Outreach committee - Vice Chairperson & Secretary
- Phone line committee - Vice Chairperson & Secretary

NA Service committees are welcoming of any support members can give.

Elections Positions Still Available:**Public Relations (PR) Chairperson:**

Clean Time: 2 – 3years

Commitment: 1 year

Duties:

- To serve as a central resource of PR information and experience for Groups with the Southern Area.
- To be a central point of contact and to help co-ordinate any PR Activity that involves more than one group or that takes place over the entire Southern Area.

- To actively seek out opportunities to carry the NA message through PR efforts, within the Southern Area.
- To organise and conduct PR/PI Learning Days, as requested by the groups.
- Submit written monthly report at SASC meeting highlighting all PR/PI activity including all expenses.

Fundraising & Events Chairperson:

Clean Time: 2– 3 years

Commitment: 1 year

Duties:

- Organise regular events to promote unity within Southern area.
- Submit written monthly report at SASC meeting highlighting all committee activity.
- Organise fundraising events in southern area as requested by the Southern Area.
- Manage funds responsibly.
- A detailed financial report is required following each fundraising event, including expenses, profit etc.
- Submit written monthly report at SASC meeting highlighting all fundraising activity including all expenses.

Area Service Representative Alternate (Alt. ASR):

Clean Time: 2 – 3 years

Commitment: 1 year

Duties:

- In the absence of the ASR to serve as ASR.
- To attend the Regional Service Committee of Ireland (RSCI).

Southern Area Convention Chairperson:

Clean Time: 2 – 3 years

Commitment: 1 year

Please attend Area if you would like to take up a position at Area or on an Area subcommittee.

Narcotics Anonymous Related SitesWorld Service NA Site: www.na.orgIrish Regional NA Site: www.na-ireland.orgSouthern Area NA Site: www.nasouth.ie

*For those with Android devices 'NA Ireland' App is available for download in the PlayStore.
For those with Apple devices 'NA Ireland' App is available for download in the iTunes Store.*

Up Coming Narcotics Anonymous Events:

1. World Service Conference (WSC) 2016: 24th - 30th April 2016 in Los Angeles, USA.
2. Mid-Summer Campout: Friday 17th - 19th June 2016 in Rathcam, Co. Westmeath.
3. Southern Area Unity - Walk in Gougane Barra, West Cork: 7th May 2016.

Next Southern Area Committee Meeting

(2nd Sunday of every month)

Sunday 8th May @ 3pm at the YMCA, Marlboro Street, Cork City

Next Irish Regional Meeting:

(Last Sunday every second month - Jan, March, May, July, Sept, Nov.)

Sunday 29th May @ 12pm at Blessed Sacrament Hall, Bachelor's Walk, Dublin 1.