



**Sunday 14<sup>th</sup> August 2016**

**Minutes @ 3pm – YMCA,**

**Marlboro Street, Cork City**

**Welcomed:** By the Southern Area Committee Meeting (SASC) Chairperson, Bert McC.

**Readings:** The concepts were read by Michelle W.

**Last Month's Minutes:** Were approved on the day.

**Apologies:** Damien D, Stephen B, Dermot M, Timmy O'C.

**Attendance List:** Bert McC (SASC chairperson), Geraldine C (GSR Freedom Group, Tralee), (James O'M (GSR Churchfield, Cork), Anthony K (SASC Outreach chair), Tasha F (SASC secretary), Valerie O'D (GSR Strength & Hope, Cork), Tony K (SASC treasurer), Joanne C (GSR Unity Group, Tralee), Dean O'G (member), Jamie B (GSR We Do Recover Group, Cork), Niall S (GSR acting), Michelle W (SASC ASR), Patrick S (SASC H&I chair), Dara L (GSR Skibbereen, Cork).

**Elections this month:**

- No Elections this month.
- AGM in September for the yearly elections of the Southern Area Committee.  
See the SASC Guidelines for positions.

Current Southern Area Guidelines are available on [www.nasouth.ie](http://www.nasouth.ie) for anyone interested in taking up a position.

**SOUTHERN AREA COMMITTEE REPORTS****Treasurers Report:**

Opening Balance: €6,085.80

Prudent Reserve: €5,670.00

Working Balance: € 415.80

**Donations Received by NA Groups**

• Solas Mon & Sat, Cork	€30.00
• S. Parish, We Do Recover, Cork	€55.00
• Strength & Hope, Wed & Su, Cork	€75.00
• La Verna, Thurs, Co. Cork	€11.29
• The Manor Group, Waterford	€10.00
• Schull, Mon, Co. Cork	€15.00
• Skibberreen, Fri, Co. Cork	€30.00
• Literature Refund	€44.58
• <u>Limerick City Group (Cheque)</u>	<u>€250.00</u>
Total group donations:	€520.87

**Expenses Paid Out to Sub Committees:**

• Rent D/D YMCA Office	€100.00
• Area Chairperson Travel Exp.	€ 30.00
• H&I Expenses for July '16 & Aug '16	€276.12
• PR Expenses for July '16	€ 60.00
• Unity Group 10am GSR Travel Exp.	€ 20.00
• <u>Area Secretary Exp.</u>	<u>€ 37.15</u>
Total Expenses:	€523.27

**Summary:**

Opening Working Balance:	€415.80
<u>Group Donations:</u>	<u>+ €520.87</u>
Total:	= €936.67
<u>Expenses:</u>	<u>- €523.27</u>
<b>Closing Working Balance:</b>	<b>€413.40</b>

- Lodgement to Bank: €359.60
- Closing Working Balance: €413.40
- Closing Overall Balance: €6,085.40

**Literature Report:**

All is going well. New medallion holder was gotten. Total sales for June - July: €630.52.

Thanks, Ciarán H.

**Outreach report:****Contact details for Southern Area Outreach:**Outreach email: [southernareaoutreach@gmail.com](mailto:southernareaoutreach@gmail.com)

Chairperson: Anthony K

Vice - Chairperson: **Needed**Secretary: **Needed**

Outreach made no visits to Southern Area meetings this month. Looking for members from Cork & Kerry areas to support the Tralee meetings, as they are in need of support.

Thanks, Anthony K.

**Webmaster Report:**

Just a reminder to members, let myself know of any changes are needed to NA meeting list to contact Paul N [webmaster@nasouth.ie](mailto:webmaster@nasouth.ie) or 087 1386120.

Thanks, Paul N.

**PR Report with the Clare Champion in July 2016:**

Due to having no PR Committee in Southern Area at the moment, members in Co. Clare came forward be involved with the PR opportunity that arose after a reporter with the Clare Champion Newspaper contacted Southern Area NA.

Members followed up on this venture. One NA member gave the interview on the day but was accompanied with another NA member for the duration of interview with the reporter. The members brought copies of NA meeting lists and some NA literature.

The article has since been written & was published in the Clare Champion on the 5<sup>th</sup> of August. The article contains an NA members experience, strength & hope, lists the local Clare NA meetings, the Southern Area Helpline phone number. & our Southern Area website, also our 'What is the NA Programme' reading was printed at the end of the article.

The article piece was forwarded to the sasc secretary for area. Members are reminded that as it is a PR effort, the name in the article is not the members real name, this is done in Narcotics Anonymous PR efforts to keep our anonymity with the public & also amongst the fellowship.

The article has received positive response, with the reporter of the article informing the members who took part that he is open to doing reports with NA's PR in the future. It has also lead to other professionals in Clare looking for a talk by NA among psychotherapy & counselling professionals after reading the 5<sup>th</sup> of August article. - Thank you from all those involved.

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

H&amp;I number: 087 - 459 2117

H&I email: [hospitals.institutes.nasouth@gmail.com](mailto:hospitals.institutes.nasouth@gmail.com)

Chairperson: Patrick S (087 - 415 0813)

Vice-Chairperson: Joe E

Secretary: **Needed****WATERFORD****Ceim Eile Meeting****Sec:** Carmel C**Speakers:** John, Keith.**Ave. Attendance:** 10**Expenses:** €70.00**Meeting Report:**

Ceim Eile has moved to new building which can accommodate more residents so meeting will be growing in near future. Relationship between NA and facility is very good.

**LIMERICK****Bruree Men's Unit Meeting****Sec:** James F, Mark W**Speakers:** John Paul C, Paul, D, Tom H**Ave. Attendance:** 24**Expenses:** €30.00**Meeting Report:**

James was on holiday for one of the meetings this month the person who was to cover couldn't make it on the night. Centre is happy that NA is getting in on regular basis now relationship is really good. All is going well.

**Bruree Women's Unit****Sec:** Philomena**Speakers:** Aileen, Jade**Ave. Attendance:** 25**Expenses:** €40.00**Meeting Report:**

A counsellor from the women's unit contacted me asking if we could do more meetings as this has worked to connect the men's group to NA in recent months, explained difficulties with finding women with own transport. Have asked members in Limerick and Clare to mention at meetings, any suggestions for someone who might be interested contact H&I Chairperson. The meeting at Bruree went well.

**Regional Hospital Limerick (5b)****Sec:** Philip**Speakers:** Liam, Rory**Ave. Attendance:** 3**Meeting Report:**

Members are beginning to attend now that continuity and structure is in place.

**Limerick Prison Women's Unit Meeting**

**Date:** 4<sup>th</sup> August 2016 (Newly started meeting in Dec 2015 - 1<sup>st</sup> Thurs. each month @6pm).

**Sec:** Tasha F

**Speakers:** Yvonne K

**Ave. Attendance:** 7

**Meeting Report:**

- Meeting is going very well. Relationship is growing with the staff & facility. Meeting started few minutes late. Sometimes going through security can be slow. Staff were friendly though. Once meeting started it went well. 7 girls attended, 3 of these girls are regular to the monthly meeting.
- Looking for more females to come forward for clearance. 1-year clean time, no outstanding warrants. Contact H&I committee for forms. Anyone who fills in a form, the info on the form will be kept private & forwarded on to the Irish Prison Services for processing.
- Literature need as I have no left in the bag.

**Limerick Prison Men's Unit Meeting**

- So far no meeting is running in the men's unit, due to a lack of male members cleared to enter prison. Forms are currently being processed for a handful of male members, H&I committee waiting to hear back on this.
- Good relationship forming between NA & a staff member in the Prison. The staff member has become a point of contact.
- Mark W from the Limerick City Group, has agreed to be secretary for the Men's Unit H&I of NA meeting in Limerick Prison when it is started. The meeting will possibly be on a Friday evening. This is to be confirmed, waiting to hear back from Prison on this. Any male members available to do speaker at the meeting - 1-year clean time, no outstanding warrants just fill in in an Irish Prison Security Prison Form. Please contact the Southern Area H&I Committee.
- The men's unit will need: A Preamble, Readings & Literature. H&I Basic's Pamphlets for the secretary to go through with speakers before entering Prison. It is important to keep the good relationship growing on a positive foot - Do's & Don'ts in this pamphlet help to continue build these good relationships.

**CORK****Cork Prison Meeting**

Was given a person of contact in the prison by area treasurer by the name of Siobhan Murphy, who is part of the substance misuse team in the prison. She referred me to the deputy Governor McCarthy who I spoke to, he was very open to NA continuing meetings in the new prison and asked if I could ring back at a later date as he was going on annual leave, I will try to have this sorted by next month or at least an update by then. Could GSR's in Cork area mention at meetings that we need a secretary for this meeting and also members with required clean time to go in to the prison share Experience, Strength & Hope.

**St. Helens Meeting 1**

**Sec:** James, Dara

**Speakers:** Stephen, Mick, Gerry,

**Ave. Attendance:** 11

**Meeting Report:** Going well.

**St. Helens Meeting 2****Meeting Report:**

Some nuns were visiting so one of the meetings couldn't go ahead otherwise, the group is going well majority of members connecting well with meeting.

**Cara Lodge Meeting 1****Sec:** Jamie**Speakers:** Mark, Edward**Ave. Attendance:** 8**Expenses:** €20.00**Meeting Report:** Meeting is going well.**Cara Lodge Meeting 2****Sec:** Joe**Speakers:** Penny**Ave. Attendance:** 5**Meeting Report:** All going well**Tabor Lodge Meeting 1****Sec:** Paul**Speakers:** Robert, Mairéad.**Average Attendance:** 15**Expenses:** €40.00**Meeting Report:**

Meeting went very well thanks to lads going out at short notice. Martin has expressed interest in taking up position but would like to take it on temporary basis for time being.

**Tabor Lodge Meeting 2****Sec:** Ciarán**Speakers:** Brendan, James.**Ave. Attendance:** 15**Farnanes Meeting****Sec:** Mairéad, Michelle.**Speakers:** Brendan, Michelle, Claire, Tracey.**Ave. Attendance:** 30**Meeting Report:**

Michelle has taken over secretary's position and her first meeting went well. Thank you to Mairéad for her service and job well done.

**Further in H&I Reporting:**

- The relationship with Limerick Prison seems to be growing on a positive note.
- Once the men's meeting is established in there, The H&I committee will spend the next year to keep consistent meetings running in both units once a month.
- As soon as a panel of 12-14 member's female members are cleared for women's unit meeting & 12-14 male members are cleared for the men's unit. The procedure for getting clearance is that once a year a bulk of male & female forms will be sent to Irish Prison services for Security Clearance processing. Instead of random forms being sent in.
- I have contacted the H&I of NA services in Liverpool and they have been very helpful & have sent on some great local literature on H&I services especially for in the prisons over there.
- I would like to also ask our ASR, Michelle to put it out at the next Region in September:
  - If any NA members are cleared in other prisons to get in contact with myself, Patrick S on 0851615784 or on the Southern Area H&I mobile number 0874592117, as Limerick Prison have agreed to let members cleared that have full Irish Prison Service Security

Clearance for other prisons in Ireland to attend the meetings in Limerick Prison. Female members to the women unit & Male members to the men's unit.

- The women's unit meeting is the 1<sup>st</sup> Thursday of every month @ 6pm in the E-Wing. Members need to arrive about 15-20 minutes early for security checks to start meeting on time.
- Will be in touch with a set meeting day & time for men's unit soon - looking like a Friday evening though.
- In the meantime, have been speaking with a member about creating H&I Induction pack, one of the previous Southern Area H&I Chairpersons, Tasha F started this a few years back, she is willing to send on the bones of what she has.
- Taking all that information & the information she collected from the H&I committee in New York, USA & combining it with the stuff I received from Liverpool I will look to create an induction pack to help inform members of the Do's & Don'ts of H&I, how to create or maintain healthy relationships, bring awareness to the purpose of H&I meetings & why they are different to regular NA meetings we attend ourselves. To encourage more members to get involved - it is a great service to those who are in facilities who have not yet been introduced to a new way of life in NA & or have before but can't get meetings.

Things are positive & exciting in Southern Area H&I, really looking to encourage members to get involved. Service is tough sometimes but it is a great way to be involved in the heart of

NA - H&I Service is really rewarding. Please do get in contact if interested in being a secretary or a speaker at a H&I meeting or on the Southern Area H&I committee. Support is always welcome.

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.ie](http://www.nasouth.ie)

[info@nasouth.ie](mailto:info@nasouth.ie)

Chairperson: Dermot M

Vice-Chairperson: **Needed**

Secretary: **Needed**

- 5 calls from members.
- 3 calls from concerned parents.
- 2 calls from newcomers, to which I organised members to meet or give numbers to the newcomers.

Thanks, Dermot M.

**AREA GROUP MEETING REPORTS****CORK**

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**Georges Quay Women's Group: (Mondays @ 6.30pm)****GSR:** Needed**Attendance:** 6**Group Report:** Renewal women's secondary treatment house meeting is at the same time as this group's meeting, this might account for the low attendance. Needs GSR desperately.**Rutland Street Men's Group: (Mondays @ 7pm)**

- No report given.

**Schull- Living Clean By the Sea Group: (Mondays @ 8pm)***Contact No. for member of group: Mary L: 085 889 3043***GSR:** Joe E.**Ave. Attendance:** 3**Group Report:** All positions filled. We have posers up in the village. Message is being carried.**Donation:** €15.00**Hillside Solas Group: (Mondays @ 8.15pm & Saturdays @ 8pm)****GSR:** Mike C**Ave. Attendance:** 20**Group Report:** Going well.**Donation:** €30.00**Eason's Hill Group: (Tuesdays @ 6.15pm)**

- No report given.

**Trinity Group: (Tuesdays @ 8.00pm)**

- No report given.

**We Do Recover Group: (Wednesdays @ 1pm & Friday @8pm)****GSR:** Jamie B**Ave. Attendance:** 25**Group Report:** Going well.**Donation:** €55.00**Churchfield Group: (Wednesdays @ 6.30pm) contact: [churchfield@nasouth.ie](mailto:churchfield@nasouth.ie)****GSR:** James O'M**Ave. Attendance:** 8**Group Report:** Going well, all positions filled. Sunday is doing well. Putting Sund meeting on the meetings list.



**Strength & Hope Group: (Wednesdays @ 8pm & Sunday 2pm)****GSR:** Valerie O'D**Ave. Attendance:** 20-25

**Group Report:** Meeting is going very well. Group conscience highlighted issue that at certain meetings more than half the meeting attendance is leaving before the end of meeting - to the newcomers. Wednesday secretary position is open.

**Donation:** €75.00**More Will Be Revealed Group, Ballincollig: (Thursdays @ 7pm)**

- No report given.

**La Verna Group: (Thursdays @ 8.00pm) contact: [laverna@nasouth.ie](mailto:laverna@nasouth.ie)****GSR:** Timmy O'C**Ave. Attendance:** 15**Group Report:** All okay. All positions filled.**Donation:** €11.29**Fermoy Group: (Thursdays @ 8pm)**

- No report given.

**Dominican Centre: (Fridays @ 11.30am) -*Was relocated, now held at Eason's Hill Community Centre*****GSR:** Rachel / Alternate Niall S.**Ave. Attendance:** 8

**Group Report:** Relocated to Eason's Hill Community Centre. Notify webmaster & Phoneline of relocation.

**Skibbereen Group: (Fridays @ 8.00pm) contact: [skibb@nasouth.ie](mailto:skibb@nasouth.ie)****GSR:** Dara L**Ave. Attendance:** 5**Group Report:** All positions filled, the message is being carried.**Donation:** €30.00**Dominican Centre Group: (Saturdays @ 3.00pm)****GSR:** Matthew**Ave. Attendance:** 22

**Group Report:** Meeting recommenced at South Parish Community Centre @ 3pm.

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

- No report given.

**PoljaNA Group: (Sundays @ 10am)**

- No report given.

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**KERRY**

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**Freedom Group, Tralee: (Mondays, Thursdays & Saturdays @ 8.00pm)****GSR:** Geraldine C**Ave. Attendance:** 10

**Group Report:** We have no donation because we were just up to date with our rent and won't have a donation because we are trying to save for literature. A member of our group would like to know what he has to do to open a meeting in Ballyduff.

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

- No report given.

**Dingle Group, John Street: (Tuesdays @ 7.30pm & Fridays @ 8.30pm)**

- No report given.

**Killarney Group, Rock Road: (Tuesdays & Saturdays @ 8pm)****GSR:** Dermot M**Ave. Attendance:** 3/4

**Group Report:** Rent is to date. All positions filled but the group could do with some support.

**Listowel Group: (Tuesdays @ 8pm) Contact: [listowel@nasouth.ie](mailto:listowel@nasouth.ie)**

- No report given.

**Unity Group in Tralee: (Saturdays @ 10am)****GSR:** Joanne C**Ave. Attendance:** 3

**Group Report:** Meeting struggling, it needs support. Treasurer & Secretary needed for the meeting. Proposed to change meeting time. This will be discussed at the next group con. Need to speak with staff of building.

**Talbot Grove Group: (Sundays @ 8:00pm)****GSR:** Stephen B**Ave. Attendance:** 15-20

**Group Report:** Group going well.

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**WATERFORD**

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**St. John's Group, Waterford:**

(Mondays @ 6pm, Tuesdays @ 8pm, Thursdays @ 7pm, Fridays @ 8pm, Saturdays @ 1pm and Sundays @ 8pm).

**GSR:** Carmel C**Ave. Attendance:** 10-15

**Group Report:** Meeting going good, all positions filled. Group decided to pass the cup around at the start of the meeting and at the end if the rent is not covered.

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**LIMERICK**

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**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

**Ave. Attendance:** 18-25 evening meetings receive higher attendance than morning meetings generally.

**Group Report:** Secretary is needed for Wed 8.30pm Step / Tradition meeting. Group & Meetings going well. The group is continuing to grow.

**Donation:** €250.00 (Cheque)

**Abbeyfeale Group: (Mondays @ 8pm)**

- No report given.

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**TIPPERARY**

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**Nenagh Group: (Mondays @ 8.00pm & Thursdays @ 8.30pm)**

- No report given.

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

- No report given.

**Aisieri, Cahir Group: (Wednesdays @ 8.30pm)**

- No report given.

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**CLARE**

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

- No report given.

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

- No report given.

**Shannon Group: (Sundays & Wednesdays @ 8.30pm)**

- No report given.

**NEW BUSINESS AT AREA - 14<sup>th</sup> AUGUST 2016**

- The minutes were asked to be approved at the area on 14<sup>th</sup> August after SASC, this was carried out & an apology was made that it had not been done in the last 2 years.
- SASC secretary pointed out she hadn't sent the minutes as she was uncomfortable with what was being said in the minutes, which is why she was unwilling to send them. The chairperson emailed the 10<sup>th</sup> July 2016 minutes after adapting the minutes drafted by the secretary originally.
- The minutes were approved.
- Webmaster is to be notified of all the meeting list changes mentioned at August.
- There is a new NA group running in Waterford, The Manor Group @ 8pm on Wednesdays, it has been running consistently for nearly 6 months.
- A copy of the article written by the Clare Champion Newspaper is to be emailed out to the Southern Area Committee, subcommittee & GSR's.
- A member mentioned there was no voicemail box on the Southern Area Helpline phone. He noticed this after he tried ringing the number, there was no answer & no voicemail box. However, he did point out that someone rang back from the Phoneline afterwards. Member suggested to the area a voicemail box be setup for future missed calls, with a brief message to leave name & number etc. The area agreed, the SASC phone chairperson will be notified of the decision to set one up.
- Southern Area welcomes members & Southern Area Convention 2017 proposals to come forward in September for election of its positions at the AGM in September @ 3pm.
- Few members requested Irish Prison Security Clearance forms, these will be emailed to members after the area meeting.
- SASC secretary requested €37.15 expenses, this was for printing that was done in preparation for the AGM, a copy of Local Guide to Services in NA Handbook & The 12 Concepts of NA Service Booklet purchased for the secretary position.
- Updated SASC Guidelines draft sent around for members to have a look over. The current Southern Area Service Committee members / subcommittee members / GSR's were all emailed a draft on 24<sup>th</sup> July. They are encouraging to take part in updating the guidelines for the areas future use. Few changes were made since the draft was sent on 24<sup>th</sup> July. The newest draft will be sent out to the members after this area meeting. Input & suggestions to be email to [munsterarea@hotmail.com](mailto:munsterarea@hotmail.com) 25<sup>th</sup> August is the latest suggestions are to be sent on for consideration in the final draft. The final draft will be proposed as the SASC Guidelines.
- Member asked when is the premises move still going ahead & when is it? The area was informed it is still going ahead and will be in October.
- Another opportunity for PR in Clare and a PR opportunity in Waterford Institute College, this will be referred onto the Regional PR Committee.

**Annual General Meeting (AGM)**

AGM is in September for elections of the Southern Area Service Committee positions and the subcommittee positions. Those interested for a position are asked to attend the AGM to be present for them to be elected.

**Narcotics Anonymous Related Sites**

World Service NA Site: [www.na.org](http://www.na.org)  
Irish Regional NA Site: [www.na-ireland.org](http://www.na-ireland.org)  
Southern Area NA Site: [www.nasouth.ie](http://www.nasouth.ie)

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

**Up Coming Narcotics Anonymous Events**

- IRCNA 31 Convention: 4<sup>th</sup> to 6<sup>th</sup> November 2016 in Hotel Westport, Westport, Co. Mayo.

**Next Southern Area Committee Meeting & AGM**

*(2<sup>nd</sup> Sunday of every month)*

Sunday, 11<sup>th</sup> September 2016 - begins with AGM @ 3pm followed by the area meeting in the YMCA, Marlboro Street, Cork City

**Next Irish Regional Meeting:**

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

Sunday 25<sup>th</sup> September 2016 @ 12pm at Blessed Sacrament Hall, Bachelor's Walk, Dublin

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