



Sunday 12th June 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 Timmy O'C.

Apologies: Damien D, Dara L, Joanne C, Seán T, Thérèse K, Joe T, Michelle W.

Attendance List: Timmy O'C (GSR La Verna group), Anthony K (SASC Outreach chair), Dermot M (SASC Phone chair & GSR Killarney group), Bert McC (SASC Chairperson), James O (GSR Churchfield group), Tasha F (SASC secretary), Pam W (GSR Trinity group), Valerie O'D (GSR Strength & Hope group), Carmel C (GSR Waterford group), Patrick S (SASC H&I chair), Tony K (SASC Treasurer), Stephen B (GSR Talbot Grove group), Ciarán H (SASC Literature Chair).

Elections this month: Pam W has elected as the Alternate ASR.

Current Southern Area Guidelines are available on www.nasouth.ie for anyone interested in taking up a position.

SOUTHERN AREA COMMITTEE REPORTS

Treasurers Report:

Opening Balance: €5,858.30

Prudent Reserve: €5,670.00

Working Balance: € 188.30

Donations Received by NA Groups

• Churchfield, Wed, Cork	€10.00
• Strength & Hope, Wed & Sun, Cork	€40.00
• La Verna, Thurs, Cork	€33.75
• Hillside Solas, Mon & Sat, Cork	€50.00
• Ballingcollig, Thurs, Cork	€40.00
• Killarney, Tue & Sat, Kerry	€29.00
• Waterford, St Johns group	€11.00
• Trinity, Tues, Cork	€40.00
• Rutland - S. Parish, Fri & Sun, Cork	€30.00
• Ennistymon, Tu & Sat, Clare	€50.00 (online donation)
• <u>Clonmel, Tipperary</u>	<u>€300.00 (online donation)</u>
Total group donations:	€633.75

Expenses Paid Out to Sub Committees:

• Rent D/D YMCA Office	€100.00
• Area Chairperson Travel Exp	€ 30.00
• Outreach	€ 75.00
• Phone & Office (Mobile Credit)	€ 20.00
• H&I Chair Travel Exp	€ 30.00
• H&I Literature	€ 42.10
• H&I Bruree Mens	€ 15.00
• H&I Bruree Womens	€ 20.00
• H&I Prison Meeting Limerick	€ 20.00
• H&I Ceim Eile meeting	€ 30.00
• H&I Cara Lodge meeting	€ 20.00
• H&I Tabor Lodge	€ 20.00
• <u>South Parish Office Move Exp..Paul</u>	<u>€150.00</u>
Total Expenses:	€572.10

Summary:

Opening Working Balance:	€188.30
<u>Group Donations:</u>	<u>+ €633.75</u>
Total:	= €822.05
<u>Expenses:</u>	<u>- €572.10</u>
Closing Working Balance:	€249.95

- Withdrawal from Bank Acc €190.00 as explained below.
(South Parish Office €150.00 + Tony K €40.00)
- Area Treasurer Tony K owed €40.00 cash as he paid out of his own money to Outreach as there wasn't enough cash on the day to cover expenses from group donations.
- Cost of moving office to South Parish was increased be €30.00 (From €120.00 to €150.00)

Thank you, Tony K.

Literature Report:

Total sales: €332.32. All is going well. Positions are filled. Thanks, Ciarán H.

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

Chairperson: Anthony K
Vice - Chairperson: **Needed**
Secretary: **Needed**

Saturday 14th May 2016

Group: Just for Today group in Ennistymon, Co. Clare.

Report: Members attending with outreach support were Anthony K, Tasha F, Daryl O'C & Lisa H.

Expenses: €15.00

Monday 16th May 2016

Group: Nenagh group, Co. Tipperary.

Report: Group going very well.

Expenses: No expenses.

Tuesday 24th May 2016

Group: Just for Today group in Ennistymon, Co. Clare.

Report: Members attending with outreach were Anthony K & Tasha F. The other 2 passengers dropped out at the last minute.

Expenses: €15.00

Group: Killarney group, Co. Kerry.

Driver: Natasha

Passengers: Jamie B, Edward M & Peter O'S, Meeting going well.

Expenses: €20.00

- Ennistymon Just For Today group are grateful for area's outreach support but will no longer need the support at the moment.
- Outreach chairperson expenses to area: €25.00
- Total expenses for Outreach: €75.00

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 or 087 1386120.

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 (087 - 415 0813)

Vice-Chairperson: Joe E

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

Sec: James F

Speakers: John Paul & Paul O'D

Average Attendance: 23

Group Report: Centre happy that NA is getting in on regular basis now, relationship there is good.

Expenses: €15.00

Bruree Men's Unit - Meeting 2

Sec: Mark W

Speakers:

Average Attendance: 23

Group Report: All going well.

Bruree Women's Unit Meeting

Sec: Rebecca McL

Speakers: Shauna K & Lisa H

Average Attendance: 30

Group Report: Philomena G was on holidays so Rebecca filled in.

Expenses: €20.00

Regional Hospital Limerick (5b)

Sec: Philip

Speaker: Rebecca McL

Attendance: 0

Group Report: Format of meeting has been changed might take some time to get us to.

Limerick Prison Women's Unit - Thursday 2nd June 2016

Sec: Rebecca McL

Speakers: Yvonne K

Group Report: Prison were under staffed when members arrived to hold meeting. They were not allowed to hold meeting this month as a result.

Expenses: €20.00

WATERFORD**Ceim Eile - 26th May 2016**

Sec: Carmel C

Speakers: Anthony K

Expenses: €30.00

Attendance: 7

Group Report: Going well.

CORK**Cork Prison**

Currently, no NA H&I meeting in Cork Prison at the minute. Will be speaking to welfare officer that works in the prison in work when come back from holiday will try to bring this up with her if opportunity lets me.

St. Helens - Meeting 1

Sec: James

Speakers: Stephen

Attendance: 11

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

St. Helens - Meeting 2

Sec: Dara

Attendance: 11

Group Report: Going well

Cara Lodge - Meeting 1

Sec: Jamie

Speakers: Mark & Edward

Attendance: 8

Group Report: Meeting went well.

Expenses: €20.00

Cara Lodge - Meeting 2

Sec: Joe

Speakers: Stephen M

Attendance: 4

Group Report: All going well

Tabor Lodge - Meeting 1

Sec: Paul

Speakers: Robert & Mairead

Attendance: 15

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

Expenses: €20.00

Tabor Lodge - Meeting 2

Sec: Ciarán

Speakers: Brendan & James

Attendance: 15

Group Report: Going well.

Farnanes H&I Meeting

Sec: Mairéad

Speakers: Michelle

Attendance: 30

Group Report: Michelle has taken up secretary position her first one will be next Friday.

Thank you to Mairéad for her service & job well done.

Also

- Looking for female members to come for clearance for new Limerick Prison H&I meeting in women's unit. 1-year clean time. Please contact Patrick S forms.
- Total H&I Expenses: €198.60 (inc. secretaries exp, literature expenses & H&I chair travel exp.)

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

info@nasouth.ie

- 3 calls from members
- 4 missed calls - 1 from switchboard and 3 didn't answer when I called back.
- 2 calls from professionals
- 1 call from concerned person & I arranged a member to meet with the person and go to a meeting.
- I changed the phone top-up package to a €10.00 deal. This gives phone a month of free calls.
- Still looking for vice chairperson for Southern Area Phone Committee.

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)

Attending member of the group Mary L (085 - 889 3043) to contact if looking for the recently opened Schull, Living Clean By the Sea group NA meeting.

Group report: Going well. Positions are filled.

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

GSR: Mike C

Average Attendance: 15

Group report: Group going well. All positions filled. Literature is fully stocked.

Donation: €50.00

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

- No report given.

Trinity Group: (Tuesdays @ 8.00pm)

GSR: Needed

Average Attendance: 20

Group report: All going well. Priority to home group members but opportunity offered to any member willing to commit for 12 months. Tea secretary position available - No clean time required.

Donation: €40.00

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

GSR: Jamie B

Average Attendance: 20

Group report: Going well. Planned a trip for this month

Donation: €30.00

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

GSR: James O

Average Attendance: 8

Group report: Group doing well. All positions filled. New meeting started on the Sunday & is doing well.

Donation: €10.00

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

GSR: Valerie O'D

Average Attendance: 15 - 20

Group report: Meeting attendance strong. Service is consistent.

Donation: €40.00

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

GSR: John F

Average Attendance: 16

Group report: Group running really well. Rent paid up to date. Full literature.

Donation: €40.00

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

GSR: Timmy O'C

Average Attendance: 20 - 25

Group report: Going well.

Donation: €33.75

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: Good.

Group report: Going well. Positions are filled. Hoping to make a donation next month.

Dominican Centre Group: (Saturdays @ 3.00pm)

GSR: Matthew

Average Attendance: 15

Group report: All positions filled. Meeting going okay.

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

- No report given.

PoljaNA Group: (Sundays @ 10am)

Location: St. Augustine's Church, Washington Street, Cork (On the ground floor).

- No report give.

KERRY

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

GSR: Geraldine C

Average Attendance: 6

Group report: Going well but attendance numbers down a bit.

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

GSR: Joe T

Average Attendance: 5

Group report: All going well. Had a group conscience 2 weeks ago & group is expanding to 2 meetings a week.

Dingle Group, John Street: (Tuesdays @ 7:30pm & Fridays @ 8.30pm)Contact: Tor 0872220853 or Bert 0831246634) or email: dinglemeeting@gmail.com

Average Attendance: Low attendance with 1 sometimes 2 attending.

Group report: Needs support.

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

GSR: Dermot M

Average Attendance: 3 on Saturdays & 6 on Tuesdays

Group report: Going well. Saturday meeting could do with support. Rent is up to date.

Donation: €29.00

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

- No report given.

Unity Group in Tralee: (Saturdays @ 10am) - allocated as a Child Friendly meeting

GSR: Joanne C

Average Attendance: Low attendance

Group report: Secretary & Treasurer needed for group. Low attendance & needs support.

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

GSR: Stephen B

Average Attendance: 15

Group report: Going well. Secretary position needs to be filled. Meeting extended time of meeting to 8pm to 9.15pm

WATERFORD

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: Meeting going good. All positions filled. Rent up to date. Some members plan to meet up next month to get a proposal together for Southern Area Convention for 2017.

Donation: €11.00

LIMERICK

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 to 25

Group report: GSR sends his apologies for not being able to attend but the group is going well. Looking for a literature secretary all other positions filled. Looking for info on child friendly meeting insurance & format for making a child friendly meeting.

Abbeyfeale Group: *(Mondays @ 8pm)*

GSR: Seán T

Average Attendance: 6

Group report: Going well, numbers are up & down but group is going very well.

TIPPERARY

Nenagh Group: *(Mondays @ 8.30pm)*

GSR: Needed

Average Attendance: 10 to 12

Group report: Going well. Good numbers at meetings & have opened a meeting on Thursday @ 8.30pm in the New Institute Building, Friar Street, Nenagh, Co. Tipperary. (Same location as the Monday 8pm meeting).

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

GSR: Needed

Average Attendance: 12

Group report: Group going well. GSR needed all other positions filled.

Donation: €300.00

Aisieri, 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

- No report given.

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

GSR: Needed

Average Attendance: 3

Group report:

- Meeting going well. The group will no longer need area's outreach support, group is grateful for support that was given. Believe our meeting has sufficient attendance but would appreciate support from local groups, if it could be announced at the local meetings in Co. Clare.
- Have asked for 20 x The NA helpline posters, we have made labels of meetings for posters and will distribute them around Co. Clare throughout the month. Goal is to have them up before Fleadh in July.
- And to note, that recording real time & location of where NA helpline posters are being placed proved difficult to pass on to Southern Area.

Donation: €50.00

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

- No report given.

Old business from last month's SASC meeting:

- An updated version of the current SASC Guidelines to be made for area. This will then be revised by members and groups before being voted as the new SASC Guidelines for Southern Area.
- €147.08 donation to be made to Region by our ASR at the next Regional meeting on May 29th.
- Any group looking for insurance forms contact Michelle W.
- A request made to Michelle to ask for Regions Current Treasurer's details.
- Our SASC Treasurer asked could Region use receipts for the donations made by Southern Area for keeping in the Southern Area's treasurer records. Keeping our records transparent.
- Southern Areas ASR to get flyers for the NA Campout in June for groups.
- New NA Group has started. It is a Russian speaking meeting. Held in St. Augustine's Church, Washington Street on Sundays @ 10am.

New business at this month SASC meeting:

- Members of the We Do Recover group in Cork are organising a trip to encourage Unity among NA members. Contact Jamie B for more information.
- H&I chairperson is looking to restart the Cork Prison H&I meeting. Is going to contact the welfare officer and a member at area has another contact for him if necessary. Will need a new secretary for meeting. It is a male only members meeting for the men's unit. Looking for members to come for clearance. Any members interested in supporting the H&I Cork Prison meeting contact Patrick S.
- Waterford putting together a proposal to hold an NA convention in Southern Area in 2017. The members forming proposal asked by the area to come to AGM in September 2016 if looking to be elected as Southern Area Convention Chairperson for 2017 & the Southern Area Convention Treasurer also elected at AGM. All support welcomed.
- SASC secretary still working on updating the Southern Area Guidelines.
- New address for the Irish Service Office (ISO), 14b Upper Kevin Street, Dublin 8. For any groups that order their literature from the ISO. Those groups who receive literature from the office in Southern Area is still the YMCA office before area starts. Awaiting the dates of premises move for area & Southern Area's literature office.
- A discussion was had on child at NA meetings.
- 1 discussion had in relation to the NA insurance policy. Does our insurance cover children at Southern Area meetings that are allocated to the child friendly meetings? A member noted that there are laws outside of NA to protect the safety of children called the Children First Act 2015.
- And a 2nd discussion on the difference between a closed meeting & a child friendly meeting. Members from Southern Area noted that Closed Meetings are only for attendance of NA Members with a desire to stop using. See Tradition 3.
- It was noted there is a child friendly meeting in Tralee on Sat @ 10am. A preamble like this is used and is proving helpful and meeting has adapted a safe & NA appropriate format for a child friendly environment, plus recovery atmosphere. Further guidance on both discussions to be sought from Region for next month's SASC meeting. Children & Non-members are welcomed to OPEN NA MEETINGS - 'are open to anyone who wants to attend' while CLOSED NA MEETINGS - 'are only for addicts or those who think they might have a drug problem'. (Quoted from the NA - The Group Booklet Revised).
- From this discussion, brought up the question of what about minors at NA meetings (18 years under)?
Narcotics Anonymous shares that "Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion." (Taken from The Basic Text, 6th Edn. Pg. 9). The sense at area was that anyone with a desire to stop using can attend our meetings (see Tradition 3) and that we are a 12 Step Programme with the 12 Steps, 12 Traditions & 12 Concepts of Narcotics Anonymous.
- It was brought up in AOB that the men's meeting in Cork is struggling to pay rent and that it has no GSR or Treasurer. Members are needed for service & support for this group.
- A member had already checked with the landlord of the Rutland about possibly combining the rent between the groups. Other than combined rent the men's meeting would still be separate home group with its own GSR, Treasurer etc.

Elections Positions Still Available:**1) 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.

2) 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.

3) Southern Area Convention Chairperson & Treasurer positions.

Clean Time: 2–3 years & Commitment: 1 year.

- See the Irish Regional Convention Guidelines and Suggestions booklet.

Please attend Area if you would like to take up a position at Area. Annual General Meeting (AGM) in September for area elections.

Update on Southern Area Premises Move:

- The expenses for materials for the cupboard in new building given today for Paul J and Dan Joe to build.
- No notice has been given to the YMCA yet but Paul J has been emailing them about a move in the future without giving official notice.
- September 11th 2016 is the proposed date for our last area in the YMCA with area starting the South Parish in November.
- Members will be notified in advance of the move of the monthly Southern Area meeting.

Narcotics Anonymous Related Sites

World Service NA Site: www.na.org

Irish Regional NA Site: www.na-ireland.org

Southern Area NA Site: www.nasouth.ie

*For those with Android phones 'NA Ireland' App is available for download in the PlayStore.
Apple app will be available for download soon.*

Up Coming Narcotics Anonymous Events:

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

Next Southern Area Committee Meeting

(2nd Sunday of every month)

10th July 2016 @ 3pm at the YMCA, Marlboro Street, Cork City

Next Irish Regional Meeting:

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

7th August 2016 @ 12pm at Blessed Sacrament Hall, Bachelor's Walk, Dublin 1.