

# **N.A. SOUTHEN AREA SERVICE COMMITTEE**

Report: **13<sup>th</sup> March 2011**

**Tradition 3:** The only requirement for membership is a desire to stop using.

**Attendance:** Dee H, Jessica G, Martin D, Lorraine W, Jenni H, Darach C, Dave W, Mick S, Dan Joe M, Brian D, John Anon.

## **GROUP REPORTS:**

**Churchfield:** (Wed): Positions need filling; New secretary; No Donation; Need support;

**Clonmel:** Going well; Attendance 10; Donation € 60; Workshop in May.

**Dingle:** Small meeting; Attendance 2; Need support; Request PI talk to community.

**Dominican:** Saturday: Going well; Attendance 38; Donation € 51;

**Ennis:** Friary: Going well; Positions newly filled; Attendance 7; No Donation;

**Fermoy:** Going well; Attendance 5; No Donation;

**Hillside:** Saturday: Going well; Attendance 10; No Donation;

**Killarney:** Pastoral Centre: Going steady; Attendance 8; Donation € 30;

**Killarney:** St. Mary's: Need GSR; Small regular Group, mostly newcomers;

**La Verna:** Going well; Attendance 27; Donation € 40;

**Listowel:** Apologies for absence at area; Need support; Attendance 4; Meeting moved upstairs;

**Nenagh:** Need support; Attendance 3; No Donation;

**Skibbereen:** Going well; Attendance 6; No Donation;

**Tralee:** 4 meetings per week: Mon, Thurs, Fri, Sat; all 8pm

**Unity:** Going well; Attendance 8; No Donation;

**Waterford:** St. John's & Lady Lane: Going well; Attendance 9; No Donation;

**Y.M.C.A:** Friday needs support; Donation € 30;

**Youghal:** Need support; Attendance 4; No Donation;

**Aiseiri:** No Report

**Dominican:** Friday: No Report

**Cahirciveen:** No Report

**C.U.H. / G.F:** No Report

**Ennis Freedom for today:** Closed

**Ennis Bushy Park:** No Report

**Hillside:** Monday: No Report

**Limerick:** Henry St.: No Report

**Limerick:** Br. Russell.: No Report

**Limerick:** Southill: No Report

**Roscrea:** Apologies

**Shannon:** No Report

**Trinity:** No Report

**Talbot Grove:** No Report

## **COMMITTEE REPORTS:**

**Hospitals and Institutions:** Lorraine & Bert: € ? total exp. Thanks to all speakers.

Mercy Hospital – going well      Cara Lodge – badly need speakers (Shane)      Bru Ri – going well  
St. Helen's, Blarney – going well      Tabor Lodge – new secretary      Prison – need secretary  
Developing new H&I meeting at Farnannes' Treatment Centre, (women only).  
Workshop at Unity Day event, to inform on and generate interest in service.  
Will miss next two Area meetings, but will send Rep.

**Public Information:** Jenni: 085 – 163 0753      €70.26 exp.

Public (speaker) Meetings went well this month. Thanks to all speakers and secretaries.  
Hope to start new public speaker meeting after Easter, anyone interested please let me know.  
Speakers & secretaries needed for March 21, April 6 + 11; please contact Jenni: 085 – 163 0753  
Southill & GF/CUH need support.

**Outreach:** Tina T.:      Petrol Expenses € 35;

Have Attended: Southill & Churchfield:      Both meetings struggling and need support;  
Will Attend: Listowel & Youghal

**Website:** Aoife:

**Q?** How do I respond to emails when members abroad, with a view to coming on holidays, request contact details and info regarding B & B's? I have been giving website info and helpline number but sometimes they request further info.

**A:** Give meeting list, perhaps direct them to Failte Ireland.

**Literature & Office:** Brian D:

€428.77 Box - €383.35 Literature Purchased - €5.30 Expenses = €41.12 Float  
H&I: Expenses € 9.96 + 2 \* €11.55 (Starter packs Roscrea + Limerick) = € 33.06;  
Requests: New printer toner € 150; Increase Literature Bank by € 100;

**Workshop & Events:** Dave W.

The last event, 19<sup>th</sup> Feb, was well attended, thanks to all who helped with the success of the event. The workshops went well and overall the feedback has been positive. We covered our costs and have a donation of €445.

Next event will be held in the same rooms at the Ambassador Hotel on Saturday 4th of June. Same format; i.e. two workshops with crèche 5 - 8pm; "finger food" 8pm; music 9pm - 1am.

One workshop devoted to H&I; Open to suggestions for topic of second workshop. Anyone who wishes to take part in the workshops or help with the organisation please contact Dave W, Trevor, Jenni, Regina or Lorraine.

Tickets €20.00 available from Dave W, Trevor. PLEASE mention the event at EVERY meeting you attend. Ambassador Hotel, Saturday June 4th 5pm - 1am.

**Secretary:** John      Expenses € 50;      Some groups not receiving their post.

Meeting List Inventory / Accuracy project report attached. Discuss report at next Area.

**A.S.R:** Tom: No Report

**Fundraising:** No committee

**Phone:** Bert: No report

**Vice-Chair:** No Vice Chair

**Treasurer's Report:** Therese: No Report

**ANY OTHER BUSINESS:**

- “Suggested Guidelines” for NA Meetings and Service Position “Duties and Responsibilities” to be sent out to groups. These had been asked for by some groups. They are suggestions only, since each group is autonomous.
- Literature Bank increased by €100
- H&I need speakers for hospitals, prisons & treatment centres. Please contact Lorraine, Bert, Shane.
- PI need secretaries & speakers for public speaker meetings. Please contact Jenni 085 – 163 0753.
- New Event: Ambassador Hotel, Cork, Saturday 4<sup>th</sup> June, 5pm - 1am.
- Q? Should committee members phone numbers be put on Minutes? A: Not private numbers.
- Area Treasurer, Secretary stepping down. Area Committee also needs a Vice-Chairperson.
- Groups Requesting support: Churchfield, Dingle, Listowel, Nenagh, Southill, YMCA(Fri), Youghal.
- Suggestion that nearby groups reach out and support each other, forming bonds of strength and friendship. For example: Listowel and Limerick, Youghal and Waterford.

**Please Write your Group’s Report on the attached form. Thanks.**

**NEXT AREA MEETING WILL BE HELD ON**

**Sunday, 10<sup>th</sup> April, 2011,**

**@ Y.M.C.A, CORK at 3pm.**

**ALL ARE WELCOME.**

## **Meeting List Group Inventory** (Conclusions / Comments)

### **Good to hear from / request support:**

**Dingle:** Posted Reply - Small meet; Att 2; **Need support; Request PI talk to community.**

**Listowel:** e-mailed reply; Apologies for absence at area; **Need support;** Att 4;

**Nenagh:** Posted Reply; **Need support;** Attendance 3; No Donation;

**Tralee:** Posted Reply; 4 meetings per week: Mon, Thurs, Fri, Sat; all 8pm

**Killarney:** St. Mary's: Posted Reply - Need GSR; Small regular Group, mostly newcomers;

### **No Replies from:**

**C.U.H. / G.F:** No Contact Details – No Minutes sent out.

**Ennis:** Freedom for today: Not known at this address - Closed

**Aiseiri:** No Reply to letter, occasionally at Area – Are Minutes received?

**Churchfield:** No Reply to letter, occasionally at Area – Are Minutes received?

**Dominican:** Friday: No Reply to letter, occasionally at Area – Are Minutes received?

**Dominican:** Saturday: No Reply to letter or e-mail, often at Area – Are Minutes received?

**Roscrea:** No Reply to letter, occasionally at Area – Are Minutes received?

**Waterford:** St. John's: No Reply to letter, yes to e-mail, often at Area – Are Minutes received?

**Waterford:** Lady Lane: No Reply to letter, yes to e-mail, often at Area – Are Minutes received?

**Shannon:** No Reply to letter or e-mail, never at Area – **Are Minutes received?** Does meeting exist?

**Talbot Grove:** No Reply to letter, Never at Area – **Are Minutes received?** Does meeting exist?

**Cahirciveen:** No Reply to letter, Never at Area – Are Minutes received? **Does meeting exist?**

**Ennis:** Bushy Park: OK – e-mailed reply Run by: Ennis Friary Group

**Limerick:** Br. Russell.: No Reply. Run by Henry St. Group?

We have Changed: Roscrea 12pm to 5pm

We have Removed: Churchfield Sun 3pm

We will change: **Tralee:** 4 meetings per week: Mon, Thurs, Fri, Sat; all 8pm

We will remove: **Ennis:** Freedom for today: Wed 8.30 Maria Assumpta Hall, Station Rd.

## **Meeting List Group Inventory** (All Groups)

**Aiseiri:** No Reply to letter

**Cahirciveen:** No Reply to letter

**Churchfield:** (Wed): No Reply to letter

**Clonmel:** Meeting List Details OK – e-mailed reply

**C.U.H. / G.F:** No Contact Details

**Dingle:** Posted Reply - Small meeting; Att 2; Need support; Request PI talk to community.

**Dominican:** Friday: No Reply to letter

**Dominican:** Saturday: No Reply to letter or e-mail

**Ennis:** Freedom for today: Not known at this address - Closed

**Ennis:** Friary: Meeting List Details OK – e-mailed reply

**Ennis:** Bushy Park: Meeting List Details OK – e-mailed reply Run by: Ennis Friary Group

**Fermoy:** Meeting List Details OK

**Hillside:** Saturday: Meeting List Details OK

**Hillside:** Monday: Meeting List Details OK

**Killarney:** St. Mary's: Posted Reply - Need GSR; Small regular Group, mostly newcomers;

**Killarney:** Pastoral Centre: Meeting List Details OK - Posted Reply

**La Verna:** Meeting List Details OK – e-mailed reply

**Limerick:** Br. Russell.: Run by Henry St. Group

**Limerick:** Henry St.: Meeting List Details OK - Posted Reply

**Limerick:** Southill: Meeting List Details OK - Posted Reply

**Listowel:** e-mailed reply; Apologies for absence at area; Need support; Att 4;

**Nenagh:** Posted Reply; Need support; Attendance 3; No Donation;

**Roscrea:** No Reply to letter

**Shannon:** No Reply to letter or e-mail

**Skibbereen:** Meeting List Details OK – e-mailed reply

**Talbot Grove:** No Report

**Tralee:** Posted Reply; 4 meetings per week: Mon, Thurs, Fri, Sat; all 8pm

**Trinity:** Meeting List Details OK

**Unity:** Meeting List Details OK

**Waterford:** St. John's: No Reply to letter, yes to e-mail

**Waterford:** Lady Lane: No Reply to letter, yes to e-mail

**Y.M.C.A:** Meeting List Details OK

**Youghal:** Meeting List Details OK – e-mailed reply.

# **NA Meeting**

(Suggested Guidelines)

Welcome to the ..... Closed meeting of Narcotics Anonymous.

My name is ....., I am a recovering addict and your group secretary.

I would like to open the meeting by asking ..... to read "What is the NA Programme"

Now, ..... will read "How it Works"

For the protection of the group, drugs and associated paraphernalia are not permitted in the meeting room.

If you have used today, you are requested not to share during the meeting, but please do speak to somebody afterwards and keep coming back.

If you are here for the first time you are very welcome. It is suggested that in order to benefit most from this meeting, we try to identify with what we hear, rather than looking for differences.

Before I hand you over to ... ..... who has agreed to share his / her experience, strength and hope, we will pause for a moment to reflect on why we are here and to think of the still suffering addict.

\*\*\*\*\*

There are no dues or fees for NA membership, but we are self-supporting through our own contributions. We will now take up a collection to pay for our rent (which amounts to €.... per meeting), literature and refreshments. Any surplus is used to support our Service Committee in carrying the message to the still suffering addict.

Are there any other NA related announcements?

Recognise clean time (optional).

Who you see here, what you hear here, when you leave here, let it stay here.

Please join me in thanking ..... for sharing his / her experience, strength and hope.

We show that we are a responsible NA Group by:

1. Introducing ourselves to the newcomer,
2. Paying the rent,
3. Leaving the meeting room clean and tidy.

Before we end the meeting with the Serenity Prayer, I will now ask ..... to read our Twelve Traditions.

### **Duties of Secretary**

1. Organise speaker to share experience, strength and hope.
2. Organise seating arrangements.
3. Ensure supply of NA literature.
4. Follow pre-arranged meeting format, as agreed at Group Conscience.
5. Maintain order throughout meeting.
6. Organise a collection in accordance with the 7<sup>th</sup> tradition to pay for rent, literature refreshments, and donation to the relevant Service Committee.
7. Organise refreshments before / after the meeting.
8. Ensure that the meeting room is left clean and tidy after each meeting.
9. Ensure that the group honours its rent commitments by payment in cash or by way of literature donation.
10. Ensure that Group Conscience takes place on a regular basis.

### **Duties of G.S.R.**

1. Be present at Group Conscience and the meeting of the relevant Service Committee.
2. Act as a link between the Group and the Service Committee.
3. Discuss upcoming Service Committee business and get direction on how the Group wishes to be represented, should a vote be required on the various topics.
4. Make donations on behalf of the Group to the Service Committee.
5. Purchase NA literature on behalf of the Group from the Literature Sales Committee.

### **Duties of Treasurer**

1. Maintain records of all income and expenditure. This is done by recording (a) money in the kitty prior to the meeting (previous balance), adding (b) monies taken up at the collection and taking away monies spent on (c) rent, (d) literature, (e) refreshments, (f) donation to service committee to end up with (g) current balance.
2. Give regular financial reports to the group (e.g. At a monthly group conscience)
3. Ensure that monies are deposited in a secure location.

Please do not leave monies in the meeting room as this is not good stewardship of Group funds.