

**Sunday 13th March Minutes 2016 @ 3pm – YMCA, Marlboro Street, Cork City****Welcomed:**

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

Apologies:

Tasha F, Thérèse K & Mike.

Attendance List:

Bert Mc (SASC Chairperson), Anthony K (member), Damien D (Limerick City Group GSR) Jamie B (SASC Outreach Chairperson), Michelle W (SASC ASR), Tony K (SASC Treasurer), Paul J (Member), Geraldine C (Freedom Group, Tralee GSR), Annmarie M (Member), Joanne C (Unity Group, Tralee GSR), Claire A (Women's Group GSR), Dara L (Skibbereen GSR), Dermot M (Killarney GSR), Jason Callaghan (Solas - Mon GSR), Mike C (Solas - Sat GSR), Timmy O'C (La Verna GSR), John F (More Will Be Revealed GSR), Carmel C (Waterford GSR), Patrick S (SASC H&I Chairperson), Cailim F (Solas - Sat Treasurer), Mark W (Rutlin St. Secretary), Stephen M (Easons Hill GSR), James O (Churchfield GSR).

Elections this month:

1. Anthony K elected as new Outreach Chairperson
2. Dermot M elected as new Phone Chairperson

Southern Area Committee Reports:**Treasurers Report:****Southern Area Business Meeting 13th March**

Opening Balance: €6,209.80

Prudent Reserve: €5,620.00

Working Balance: € 589.80

Donations Received By NA Groups

Women's meeting, Mon. - Cork	€10.00
Solas, Mon. - Cork	€20.00
Strength & Hope, Wed & Sun - Cork	€250.00
La Verna, Thurs - Cork	€ 7.00
Ballingcollig, Thurs 7pm - Cork	€10.00
S. Parish, Fri & Sun - Cork	€70.00
Dominican, Sat 3pm - Cork	€10.00
Solas, Sat - Cork	€30.00
Skibberreen - Co. Cork	€30.00
Waterford	€20.00
Limerick City Group	€100.00 (Cheque)
Churchfield, Wed - Cork	€ 5.00
Easons Hill, Tue - Cork	€20.00
<u>Dingle, Co. Kerry</u>	<u>€20.00</u>
Total Group Donations	€602.00

Expenses paid out to subcommittees:

Rent D/D YMCA Office	€100.00
Area Chairperson Travel Expenses	€15.00
H&I - Bruree Men's Unit	€15.00
H&I - Ceim Eile	€30.00
H&I - Tabor Lodge	€20.00
H&I - Travel Expenses Chair	€30.00
H&I - Literature	€104.70
Phone & Office - NA Phone Credit	€20.00
<u>Outreach</u>	<u>€25.00</u>
Total Expenses	€359.70

Summary:

Opening Working Balance	€589.80
Group Donations	+ €602.00
Total	€1,191.80
Expenses	- €359.70
Working Balance:	€832.10

- Lodgement to bank €342.30 (*€100.00 + €342.30 cash*)
- Regional Donation €832.10 (*Next Region Meeting 3/4/16 - Dublin*)
- **Closing Working Balance €0.00**

Thank you, Tony K.

Vice - Chairperson Report:

The CAR workshop on 21st of February went well in St. John's Cathedral, John's Square, Limerick. I was sick that day so had leave early but it was very interesting it's pity wasn't more support for it there was a small amount of members but was very interesting and definitely worthwhile, hopefully they get more support at other workshops because more people that go more people will know, and have an input to it. I didn't get this much done this month as haven't been well and have been in hospital which am still here apologises for missing area this month see you all next month in mean time if anyone needs help or support don't hesitate to contact me will help if I can. Thanks, Thérèse K

Literature Report:

Chairperson: Ciarán H

Alt. Literature: Daniel F

Total sales for Literature Office: €695.00

No expenses & all is well. - Thanks, Ciarán H

Outreach report:Killarney 8/3/2016

Driver: Stephen B

Passengers: Alan C, Dermot M & Jake K

Attendance: 16

Report: Very happy with Killarney meeting & progress its making would like to see these numbers consistent and definitely keep Outreach going to the area.

Expenses: €25.00

Also, Anthony K took up the Outreach Chairpersons position.

Thanks, Jamie B

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: Pat

Average Attendance: 27

Group Report:

Counsellor approached James asked if would be possible for NA to organise a meeting once a week. James is happy to take on one extra meeting from next month.

Expenses: €15.00

Bruree Men's Unit Meeting 2

Sec: Mark W

Speakers: Martin

Average Attendance: 27

Group Report:

Meeting is going well Mark happy to take on extra meeting starting from next month.

Bruree Women's Unit

- No report given

Regional Hospital Limerick (5b) - 10th March 2016

Sec: Rebecca McL

Speakers: Orla

No. Meetings: 1

Average Attendance: 1

Group Report:

New secretary is needed for this meeting; Rebecca's position is finished.

Limerick Prison Women's Unit – 10th March 2016

Sec: Tasha F

Speakers: Yvonne K

No. Meetings: 1

Average Attendance: 2 - 4

Group Report:

Meeting was due to take place on the 3rd March but due to the secretary being ill could not go ahead but did take place the following week. No members turned up that night. Staff were friendly and next meeting 7th April. Looking for more members for clearance to come in as speakers. 1-year clean time needed & to fill in a clearance form.

Also, Men needed to get Men's Prison Meeting up and running. Contact me for a form if interested or Tasha on 0860776991. Changing meeting dates as they are trying to find a more suitable & consistent day on their part.

WATERFORD**Ceim Eile - 25th Feb 2016**

Sec: Vicky

Speakers:

No. Meetings: 1

Expenses: €30.00

Average Attendance: 10

Group Report:

Secretaries position time is up so looking for new person to fill position. Also members from outside the Waterford fellowship required to share experience, strength and hope.

Also, Aiseri intend to open another secondary treatment centre in Waterford for women this month. H&I providing NA Literature Meeting starter pack.

CORK**St. Helens Meeting**

Sec: Dara & James

Speakers: Rory & Tony

No. Meetings: 2

Average Attendance: 10

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

Expenses: €10.00

Cara Lodge Meeting 1

- No report given

Cara Lodge Meeting 2

- No report given

Tabor Lodge Meeting 1

Sec: Aisling

Speakers: Elaine

Average Attendance: 10

Group Report:

Aisling has finished up with her service position Pam is taking over for her on 22nd of March.

Thank you to Aisling for her service

Expenses: €10.00

Tabor Lodge Meeting 2

- No report given

Farnanes Meeting

Sec: Mairead

Speakers: Valarie D

Average Attendance: 37

Group Report: Meeting going great

H&I Area Report

- New secondary treatment centre for women opening in Waterford 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 5B in the Regional Hospital meeting in Limerick. 1 year, 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.
- Limerick Prison H&I meeting in men's unit is trying to get going but needs more support from members coming forward for clearance.

H&I Literature Expenses Literature: €104.70

Total H&I Secretary expenses: €65.00

Travel Expenses for Chairperson: €25.00

Total Overall Expenses for H&I Expenses: €194.70

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

Chairperson: Dermot M

Vice Chairperson: Needed

Secretary: Needed

A number of calls made to phoneline this month. I have phone on all day instead of the usual 6pm to 9pm as I have the time currently to be available for the phone. Most of calls coming to Southern Area are early in the day.

- 2 calls from concerned parents about teens using drugs.
- A call came through also from someone seeking an 'Open Meeting', looking to attend an NA with boyfriend as he is just out of treatment.
- 5 calls made by members who were looking for NA meetings times & directions. One for these was from a member in Co. Monaghan who was looking for meetings and hoping to return to treatment.
- A call from American members looking for an NA meeting in Cork.
- A few calls have come from up the country.
- 2 calls from professionals - Was asked is there an age limit on members attending NA. It was explained there is no limit. They will put NA helpline number in their leaflets.
- I arranged 2 meet ups with NA members after calls came through to phone line for newcomers looking for support to NA meeting. These were successful. Thanks Dermot M.

Area Group Meeting Reports:

CORK

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

GSR: Claire A

Average Attendance: 8-10

Group report: All going well

Donation: €10.00

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

- No report given

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

GSR: Joe E

Average Attendance: 4

Group report: Meeting going well

Hillside Solas Group: (Mondays @ 8.15pm)

GSR: Jason C

Average Attendance: 8

Group report: Going well. All positions filled.

Donation: €20.00

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)

- No report given

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

- No report given

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

GSR: Paddy

Average Attendance: 15

Group report: Meeting going well. Attendance down a bit.

Donation: €250.00

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

GSR: John F

Average Attendance: 14

Group report: Meeting going well, Tally Sheets are handed back.

Donation: €10.00

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

GSR: Timmy O'C

Average Attendance: 25

Group report: All going well

Donation: €7.00

Fermoy Group: (Thursdays @ 8pm)

GSR: Dave D

Average Attendance: 6

Group report: Group going well

Dominican Centre: (Fridays @ 11.30am)

- No report given

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

GSR: Dara L

Average Attendance: 6

Group report: All positions filled. Meeting going well.

Donation: €30.00

Dominican Centre Group: (Saturdays @ 3.00pm)

GSR: Tony K

Average Attendance: 15

Group report: Meeting going well. All positions filled. Literature order of €35.21 made.

Donation: €10.00

Hillside Solas Group: (Saturdays @ 8pm)

GSR: Mike C

Average Attendance: 16

Group report: Going well, all positions filled. Literature filled.

Donation: €30.00

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: 8

Group report: Rent is up to date

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

Group report: Meeting going well

Donation: €20.00

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

GSR: Dermot M

Average Attendance: 6

Group report: Meeting going well and opening a new meeting on Saturdays @ 8pm.

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. Literature up to date & rent up to date

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

- No report given

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: 15-20

Group report: All going okay. Rent up to date. Tally Sheets handed back.

Donation: €20.00

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

Group report: Going well. Rent paid. 12 Traditions Workshop each Saturday at 2.30pm in St. John's. Finishing with Tradition 12 on 2nd April.

Donation: €100.00

Abbeyfeale Group: *(Mondays @ 8pm)*

- No report given

TIPPERARY

Nenagh Group: *(Mondays @ 8.30pm)*

- No report given

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

- No report given

Aisieri, Cahir Group: (Wednesdays @ 8.30pm)

GSR: Caroline L

Average Attendance: 15 - 20

Group report: All is going well. Rent is paid. Service positions are difficult to fill.

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: Mairead 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:

- Keys lost for YMCA, Keys held by Bert Mc (SASC Chairperson), Ciarán H (SASC Literature Chairperson) and Michelle W (SASC ASR)
- Wheelchair access is an issue at YMCA and rent in South Parish is an alternative venue for Southern Area meetings. Paul J & Annmarie will look into alternative Area venues and Literature Office.
- An issue was brought up by a Cork member for discussion at Area. The discussion was had on do member feel their needs are being met in NA? Is there an atmosphere of recovery? Why are long term members leaving the NA Fellowship? That newcomers felt there wasn't enough old - timers & experience at meetings, meetings lacked maturity & clean time. It has been pointed out there is no forum for discussion for members to air their grievances. Also that there is not enough emphasis on the recovery program and too much emphasis on service. The member also brought up concerns at World Service level at the direction of the way NA is going, and that NA has been moved away from the original program as written in the Basic Text and It Works: How & Why. These questions came up and were discussed. In the course of the discussion the chair pointed out that while it is obviously desirable that old -timers continue to come to group meetings, willingness to attend NA meetings is a matter for the individual member. NA cannot compel any member old-timer or otherwise to show up.
- There is no chair for Public Relations (PR) currently, Paul J has been in touch with Simon Community.
- Ennis looking for PR event to be had in a secondary school in Ennis, Co. Clare.
- Anthony K interested in taking over Outreach from Jamie B, they spoke briefly no election was had but Anthony K to come back for elections next month.
- Reminder to members, that the Southern Area Service Committee position elections are at the Annual General Meeting (AGM) in September 2016. The positions are for 13

months starting in September. (12-month position plus 1-month handover to the next elected member in that position).

- Re- elections are held the following AGM in September 2017. Currently we have positions not filled those who take them up and are voted in before Sep 2016, those positions will be up for re - election regardless in Sept 2016.
- On top of the few months between now and then, (the member who takes up a position now) can go for the election of the position in AGM Sept 2016 to be elected for the full term of Sept 2016 - Sept 2017

New business this 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.

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

Subcommittee Positions Also Available:

- H&I subcommittee secretary
- H&I Secretary for Regional Hospital Limerick in 5B Unit.
- Phoneline Vice-Chairperson
- Phoneline Secretary
- H&I secretary for 5B Unit in the Regional Hospital, Limerick.

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

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 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. Eastern Area Service Committee Convention (EASCC - 18): Friday 8th, 9th & 10th of April 2016 in Arklow Bay Hotel.
2. World Service Conference (WSC) 2016: 24th - 30th April 2016 in Los Angeles, USA.
3. Mid-Summer Campout: Friday 17th - 19th June 2016 in Rathcam, Co. Westmeath.

Next Southern Area Committee Meeting

(2nd Sunday of every month)

Sunday 17th April 2016 @ 3pm at the YMCA, Marlboro Street, Cork City

Next Irish Regional Meeting:

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

Sunday 3rd April 2016 @ 12pm at Blessed Sacrament Hall, Bachelor's Walk, Dublin 1.