

## What is the NA Program?

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organisations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion. We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help.

The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

### Contact Numbers:

Name: \_\_\_\_\_

No: \_\_\_\_\_

Name: \_\_\_\_\_

No: \_\_\_\_\_

Name: \_\_\_\_\_

No: \_\_\_\_\_

Name: \_\_\_\_\_

No: \_\_\_\_\_

## LIVE CLEAN

### HELPLINE 087 1386120

### Nightly 6 p.m. to 9 p.m.

#### SUGGESTIONS

Pick up the phone FIRST.

Don't use - Go to meetings.

Find and use a sponsor.

Avoid the people, places and things you used, stick with the winners.

Read a piece of N.A. literature every day.

Make a meeting a day for the first 90 days.

Come to a meeting early and help set up.

# NARCOTICS ANONYMOUS MEETINGS DIRECTORY

## SOUTHERN AREA OF IRELAND

### January 2012

<http://www.nasouth.ie>

<http://www.na.ireland.org>

<http://www.na.org>

PO Box 89, Cork, Ireland



## MY GRATITUDE SPEAKS WHEN I CARE AND WHEN I SHARE WITH OTHERS THE NA WAY

## CORK

|              |              |   |
|--------------|--------------|---|
| <b>Mon</b>   | <b>8.15</b>  | 4 Hillside, The Honan Chapel, O'Donovan's Road <b>(SS)</b>                    |
| <b>Tues</b>  | <b>6.15</b>  | North Cathedral Presbytery, Chapel St. Shandon, Cork                          |
|              | <b>8.00</b>  | Friary, Holy Trinity Church, Fr. Matthew's Quay, Cork,                        |
| <b>Wed</b>   | <b>6.30</b>  | Churchfield Community Trust, 109 Knockfree Ave, Churchfield, Cork <b>(NM)</b> |
|              | <b>8.00</b>  | Occupational Therapy Room, GF, Cork University Hospital                       |
| <b>Thurs</b> | <b>8.00</b>  | LaVerna, Grattan Street, Cork <b>(N)</b>                                      |
|              | <b>8.00</b>  | Resource Center, Fermoy, Co. Cork   |
| <b>Fri</b>   | <b>11.30</b> | Dominican Center, Popes Quay.   |
|              | <b>8.00</b>  | YMCA 11/12 Marlboro St. <b>(JFT)</b>  |
|              | <b>8.00</b>  | Nagle House, Main Street, Youghal   |
|              | <b>8.00</b>  | Basement Room, Perrot House, Skibb Hospital, Skibbereen.                      |
| <b>Sat</b>   | <b>3.00</b>  | Dominican Centre, Popes Quay, Cork  |
|              | <b>8.00</b>  | 4 Hillside, The Honan Chapel, O'Donovan's Road                                |
| <b>Sun</b>   | <b>8.00</b>  | YMCA 11/12 Marlboro St., <b>(JFT)</b>   |

## KERRY

|              |             |   |
|--------------|-------------|---|
| <b>Mon</b>   | <b>8.00</b> | Tralee Community Development Project Centre Upper Rock St. Tralee <b>(SS)</b> |
|              | <b>7.30</b> | Pastoral Center, Killarney.   |
| <b>Tues</b>  | <b>7.30</b> | Sli na Slainte (opp old CBS car park) John St, Dingle.                        |
|              | <b>8.00</b> | St. Marys Parish Hall, Killarney  |
| <b>Thurs</b> | <b>8.00</b> | Tralee Community Development Project Centre Upper Rock St. Tralee             |
|              | <b>7.30</b> | Pastoral Center, Killarney  |
| <b>Fri</b>   | <b>8.00</b> | Family Resource Centre,Stokers Grove, John B. Keane Rd.,Listowel              |
|              | <b>8.00</b> | Tralee Community Development Project Centre Upper Rock St. Tralee             |
| <b>Sat</b>   | <b>8.00</b> | Tralee Community Development Project Centre Upper Rock St. Tralee             |
| <b>Sun</b>   | <b>8.00</b> | Talbot Grove, Scartaglin Road, Castleisland <b>(O)</b>                        |

## LIMERICK

|             |             |  |
|-------------|-------------|--|
| <b>Mon</b>  | <b>8.30</b> | Social Service Centre, Henry St. Limerick City <b>(SS, TM)</b> |
| <b>Tues</b> | <b>8.00</b> | Holy Family Church, O'Malley Park, Southhill, Limerick         |
| <b>Wed</b>  | <b>8.30</b> | Social Service Centre, Henry St. Limerick City                 |
| <b>Fri</b>  | <b>8.30</b> | Social Service Centre, Henry St. Limerick City <b>(SS, TM)</b> |
| <b>Sat</b>  | <b>1.00</b> | Br. Russell House, Mulgrave St., Limerick City                 |
| <b>Sun</b>  | <b>8.00</b> | Br. Russell House, Mulgrave St.. Limerick City <b>(NM)</b>     |

## TIPPERARY

|              |             |   |
|--------------|-------------|---|
| <b>Mon</b>   | <b>8.30</b> | New Institute, Friar St., Nenagh                          |
| <b>Wed</b>   | <b>8.30</b> | Aisiri Treatment Centre, Cahir                            |
| <b>Thurs</b> | <b>8.30</b> | New Institute, Friar St., Nenagh                          |
| <b>Fri</b>   | <b>8.30</b> | 51 Mary's Hall (Opposite Church) Upper Irishtown, Clonmel |
| <b>Sat</b>   | <b>5.00</b> | Legion Hall, Church Grounds, Roscrea <b>(NM)</b>          |
| <b>Sun</b>   | <b>8.30</b> | 51 Mary's Hall (Opposite Church) Upper Irishtown, Clonmel |

## CLARE

|              |             |  |
|--------------|-------------|--|
| <b>Mon</b>   | <b>8.30</b> | Friary Hall, Abbey St. Ennis   |
| <b>Thurs</b> | <b>8.30</b> | Friary Hall, Abbey St. Ennis   |
| <b>Fri</b>   | <b>8.30</b> | Bushypark Treatment Centre, Bushypark, Ennis                                     |
| <b>Sat</b>   | <b>9.00</b> | Friary Hall, Abbey St. Ennis   |
| <b>Sun</b>   | <b>8.30</b> | Shannon Meeting, Response Centre, Rinneana View Hall, Tullyvarraga, Shannon Town |

## WATERFORD

|             |             |   |
|-------------|-------------|---|
| <b>Mon</b>  | <b>6:00</b> | St John's Church, Parnell St. (*left and rear above the sacristy) |
| <b>Tues</b> | <b>8.00</b> | St John's Church, Parnell St *                                    |
| <b>Wed</b>  | <b>8.00</b> | St Francis Hall, Lady Lane (opp Men's Hostel) upstairs.           |
| <b>Fri</b>  | <b>8.00</b> | St John's Church, Parnell St. *                                   |
| <b>Sat</b>  | <b>1.00</b> | St John's Church, Parnell St. *                                   |
| <b>Sun</b>  | <b>8.00</b> | St John's Church, Parnell St. *                                   |

Please notify meeting changes to [webmaster@nasouth.ie](mailto:webmaster@nasouth.ie) or 087 1386120

### KEY GUIDE FOR MEETINGS

**C:** Closed meetings - for addicts only or those who think they might have a problem with drugs. This applies to every meeting that isn't (O) open.

**O:** Open meetings. **SS:** Step study meeting

**TM:** Tradition meeting **WM:** Women's meeting

**N:** Newcomers meeting **B:** Basic Text Meeting

**NM:** This meeting is running less than 6 months and subject to change **JFT:** Just For Today