

Clare	
<b>Sun 20:30</b>	NA Meeting, Rineanna View
<b>Mon 20:30</b>	NA Meeting, Ennis Friary, Abbey Street
<b>Tue 20:30</b>	NA Meeting, Lahinch Road
<b>Wed 20:30</b>	NA Meeting, Rineanna View
<b>Thu 20:30</b>	NA Meeting, Ennis Friary, Abbey Street
<b>Fri 19:15</b>	NA Meeting, Bushypark
<b>Sat 13:00</b>	NA Meeting, Lahinch Road
<b>Sat 20:30</b>	NA Meeting, Ennis Friary,, Abbey Street

### Cork

<b>Sun 10:30</b>	NA Meditation Meeting, Church Parish door at the back of the church, 10 Cork Road
<b>Sun 12:00</b>	NA Meeting, 109 Knockfree Avenue
<b>Sun 20:00</b>	NA Meeting, Sawmill Street <b>(To,WC)</b>
<b>Mon 19:00</b>	Men's Meeting, Sawmill Street <b>(M,WC)</b>
<b>Mon 20:00</b>	Living Clean by the Sea, Church of Ireland Hall <b>(BK,ME)</b>
<b>Mon 20:15</b>	Hillside Solas, Grattan Street <b>(St)</b>
<b>Tue 18:15</b>	NA Meeting, Easons Hill
<b>Tue 19:30</b>	Women's Meeting, <b>(W)</b>
<b>Tue 20:00</b>	Trinity, Friary, Fr. Mathew Quay <b>(To)</b>
<b>Wed 13:00</b>	We Do Recover, Sawmill Street <b>(WC)</b>
<b>Wed 18:30</b>	NA Meeting, 109 Knockfree Avenue
<b>Wed 20:00</b>	Strength and Hope, Erinville Hospital <b>(CL)</b>
<b>Wed 20:00</b>	We Do Recover, Mount Carmel Hospital <b>(CL,ME,Lit)</b>
<b>Thu 20:00</b>	La Verna, Grattan Street
<b>Thu 20:00</b>	NA Meeting, 42 McCurtain Street
<b>Fri 12:00</b>	Community Center, Enter via visitor center, Cathedral Street
<b>Fri 18:15</b>	Carrigaline Group, Upstairs, Church Road
<b>Fri 18:30</b>	NA Meeting, 109 Knockfree Avenue
<b>Fri 20:00</b>	NA Meeting, Next door to Benedict's Cafe, 49 North Street <b>(CL,ME)</b>
<b>Fri 20:00</b>	We Do Recover, Sawmill Street <b>(WC)</b>
<b>Sat 15:00</b>	NA Meeting, Popes Quay
<b>Sat 19:30</b>	NA Meeting, Meals on Wheels, New Road
<b>Sat 20:00</b>	Hillside Solas, Grattan Street

### Kerry

<b>Sun 20:00</b>	NA Meeting, Scartaglin Road
<b>Mon 20:00</b>	NA Meeting, Turn into cul de sac on the corner of Urban Terrace, Upper Rock Street <b>(St)</b>

Kerry (cont)	
<b>Tue 19:30</b>	NA Meeting, Contact Tor 0872220853 or Bert 0831246634 dinglemeeting @ gmail.com, Goat Street
<b>Tue 20:00</b>	NA Meeting, Family resource centre, John B. Keane Road
<b>Tue 20:00</b>	NA Meeting, Rock Road <b>(St)</b>
<b>Thu 20:00</b>	NA Meeting, Turn into cul de sac on the corner of Urban Terrace, Upper Rock Street
<b>Fri 20:00</b>	NA Meeting, Turn into cul de sac on the corner of Urban Terrace, Upper Rock Street
<b>Fri 20:30</b>	NA Meeting, Contact Tor 0872220853 or Bert 0831246634 dinglemeeting@gmail.com, Goat Street
<b>Sat 20:00</b>	NA Meeting, Turn into cul de sac on the corner of Urban Terrace, Upper Rock Street

### Limerick

<b>Sun 18:30</b>	NA Meeting, beside St Johns (no parking available on site), Cathedral Place
<b>Mon 11:00</b>	NA Meeting, beside St Johns (no parking available on site), Cathedral Place
<b>Mon 20:00</b>	NA Meeting, Condran Street
<b>Mon 20:30</b>	NA Meeting, 1 Little Henry Street <b>(CBH)</b>
<b>Tue 11:00</b>	NA Meeting, beside St Johns (no parking available on site), Cathedral Place
<b>Tue 20:30</b>	NA Meeting, Glenfield Road
<b>Wed 20:30</b>	NA Meeting, 1 Little Henry Street <b>(St,Tr)</b>
<b>Thu 11:00</b>	NA Meeting, beside St Johns (no parking available on site), Cathedral Place
<b>Thu 20:30</b>	NA Meeting, Mulgrave Street
<b>Fri 20:30</b>	NA Meeting, 1 Little Henry Street <b>(CBH,To)</b>
<b>Sat 12:30</b>	Meditation Meeting, beside St Johns (no parking available on site), Cathedral Place <b>(ME)</b>
<b>Sat 13:00</b>	NA Meeting, beside St Johns (no parking available on site), Cathedral Place
<b>Sat 18:00</b>	NA Meeting, Mulgrave Street

### Tipperary

<b>Sun 20:30</b>	NA Meeting, Opposite Church, 51 Marys Hall
<b>Mon 20:30</b>	NA Meeting, Friar Street
<b>Tue 20:30</b>	NA Meeting, Opposite Church, 51 Marys Hall
<b>Wed 20:30</b>	NA Meeting, Townspark
<b>Thu 20:30</b>	NA Meeting, Friar Street
<b>Fri 20:30</b>	NA Meeting, Opposite Church, 51 Marys Hall

Waterford	
<b>Sun 20:00</b>	NA Meeting, Parnell Street
<b>Sun 20:00</b>	Newcomers Priority Meeting, Love Lane
<b>Mon 18:00</b>	NA Meeting, Parnell Street
<b>Tue 20:00</b>	NA Meeting, Parnell Street
<b>Wed 20:00</b>	NA Meeting, 3rd Floor, Manor Street
<b>Thu 20:00</b>	NA Meeting, Patricks Street <b>(JT,St)</b>
<b>Fri 20:00</b>	NA Meeting, Parnell Street
<b>Sat 13:00</b>	NA Meeting, Parnell Street

### Key Guide to Meetings

BK	Book Study	CBH	Closed Bank Holidays
CL	Candlelight	JT	Just for Today
Lit	Literature	M	Men
ME	Meditation	St	Step
To	Topic	Tr	Tradition
W	Women	WC	Wheelchair Accessible

*Please notify meeting changes to*  
**webmaster@nasouth.ie or 087 1386120**

## 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

PHONELINE 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 MEETING LIST

## SOUTHERN AREA OF IRELAND

DECEMBER 2019

<https://www.nasouth.ie>

<https://www.na-ireland.org>

<https://www.na.org>



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