

LIFELINE

Salt Lake City Central Office Newsletter

April 2011

Searching and fearless . . .

Having been in and out of AA's twelve step program for several years now, and I gratefully kept "coming back" as was suggested to me. Through what I deem "the Grace of God" I have had a chance to view not only my life experiences differently, but Life Itself. Having come to believe in a Power that is Life Itself (The very Author of Life) a Loving God, that I witnessed manifest in the lives of the people in the rooms of AA. The Power and Love of Life became very vital to me. I also came to believe that Loves Powerful Will for me is to have a life, being "happy, joyous and free!" Would I have it? Of course I would! Accepting I was at choice in the matter of how I would live my life, believing that for me "to drink was to die!" I decided to choose again. My decision to choose "Life" has been a major source of strength.

Having a spiritual guide has been key for me in trying to live a life on "Life's Terms" and along the line suggested in AA's Twelve Steps, which I have chosen as my "design for living." He was wise enough to suggest to me what he called "the promises of the fourth and fifth steps" as found on page 75 of "The Big Book" Alcoholics Anonymous "We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone and at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now begin to have a spiritual ex-

perience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway walking hand in hand with the Spirit of the Universe." (The Spirit of Life.)

I knew I could not live a life based on fears and grievances. Raging and shouting my grievances so loudly towards others I could not hear the voice of my Higher Power. I had to quietly, honestly and with much open-mindedness and willingness go within and put them down on paper. Looking at my part in the situations of my life. I came to believe there must be a better way.

Shocking enough to me, my inventory revealed a truth to me "that holding grievances toward myself or others was holding a grievance toward my God. That in and of itself engendered all the fears I had known in my life. The greatest gift of the fourth step to me has been that of forgiveness. Forgiveness of myself, forgiveness of others, forgiveness of God. My Higher Power (Whom I choose to call Life, Light, Love, Peace and Joy.)

I no longer regret the past, as I try to stay in the present moment (The Now of Life) I try to live my life as honestly as I can, keep an open-mind when possible and willing to see things differently. As a former spiritual guide would say, "Life is good and then it gets better!"

~ The New Yorker, a step study group

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The Monthly Newsletter of
Central Office of Salt Lake City, Inc.

We welcome your correspondence and will publish/ your material, space permitting, if it meets editorial criteria. *Share your experience, strength, and hope with another alcoholic.* For a free subscription or to submit articles, suggestions or contributions, contact Central Office of Salt Lake City:

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Salt Lake City, Utah 84115
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Groups Represented at the March 2011 Central Office Representatives Meeting

- 12 O'Clock High Group
- Acceptance Group
- An AA Group
- Bog Irish BB
- Bountiful Community Group
- City @ Seven
- Closed Group of AA
- DCMC Dist. 2
- Dog on the Roof
- Early Morning Friendship
- Foothill Group
- Garden Variety
- Grapvine Group
- Happy Destiny
- Murray Group
- New Life
- No Nonsense Group
- Nomatic Lunch Bunch
- Nutbuckets
- Off the Cuff
- Park City Men's Group
- Round Table Group
- Salt Lake Group
- Sharing & Caring
- Spiritual Quest
- Stepping Stones
- Sunday Breakfast
- The New Yorker
- Thunderheart
- Uppgroup
- Vision for You
- We Care
- Welcome Home



7th Tradition Contribution Addresses

AA World Services
Box 459
Grand Central Station
New York, NY 10163

Central Office of Salt Lake City
80 West Louise Ave.
Salt Lake City, UT 84115

Area 69 Treasurer
PO Box 1422
Salt Lake City, UT 84110

District 2 Treasurer
PO 615
Salt Lake City, UT 84110

District 10 Treasurer
PO Box 57271
Murray, UT 84157

District 11 Treasurer
1065 North 400 West
Bountiful, UT 84140

Central Office Statement of Purpose

The purpose of the Central Office is to provide the basic services listed, to include, but not limited to:

- To carry the A.A. message and help those individuals who suffer from alcoholism;
- to maintain a 24-hour Twelve-Step phone list; to answer phone inquiries as needed;
- to compile, update and print meeting lists;
- to maintain A.A. approved literature for sale to members and the public;
- and to print and distribute a newsletter.

Specifically excluded shall be the operation of any club, clubhouse or drying-out place, and acts in violation of the Twelve Traditions of A.A.

Congrats to our birthdays

It works, it really does!

Hillcrest Group

Rob	30 Days
Charles	30 Days
Dan	30 Days
Emily	30 Days
Brian	30 Days
Desiree	30 Days
Joe	30 Days
Mike	30 Days
Lindsay	30 Days
Krista	30 Days
Phil	60 Days
Troy	60 Days
Anthony	90 Days
Sam	90 Days
Jared	90 Days
Dan	90 Days
Brian	6 Months
Pam	6 Months
Trevor	6 Months
Patricia	9 Months
Clark	9 Months
Gary	9 Months
Jean	9 Months
Jason	1 Year
Jennita	1 Year
Charlie	1 Year
Lisa	1 Year

Sally	2 Years
Shane	4 Years
Steve	4 Years
Corey	5 Years
Colby	5 Years
Patrick	6 Years
Peggy	6 Years
Lance	7 Years
Martin	7 Years
Karen	13 Years
Josh	14 Years
Donna	20 Years
John	21 Years
Judy	22 Years
Andy	24 Years

Jenny	1 Year
John N.	1 Year
Sally J.	18 Months
Robyn S.	18 Months
Bruce	2 Years
Diane	2 Years
Joel	2 Years
Steve	6 Years
Jenn	11 Years
Wyoming Carrie	11 Years
Rusty	19 Years
Al	32 Years
Mike	33 Years

Garden Variety

Scott	1 Year
Kristin Q.	3 Years
Chris E.	5 Years
Bob P.	7 Years

Nomadic Lunch

Shawn	30 Days
Miquel.	30 Days
Shawn	60 Days
Bonnie	6 Months
Jenni	6 Months
Sharon	9 Months
Christine	9 Months

Please send your group birthdays to LIFELINE@saltlakeaa.org by the 15th of the month

From: The Chair in the Corner

Nick R. here, Chairman of the Board at your Central Office. It's hard to believe that today is the first day of spring, especially when the thermometer says 38 degrees and snow flurries are landing on my barbecue.

So much for my place. Have you heard what's going on at your place? Did you know that until further notice any time you make a purchase at C.O. you are eligible to enter a drawing for a ten dollar gift certifi-

cate good for anything C.O. has for sale. Winners will be drawn at the monthly C.O. reps meeting.

Our webmaster Clark has asked for help from anyone with graphic design experience to help improve our already great website. Please contact him at saltlakeaa.org if you would like to help.

Big Al says he has openings for groups or

individuals to take the phones when C.O. is not open. This is a great chance to do AA service work at the responsibility level. Whenever anyone anywhere reaches out I want the hand of AA to always be there and for that I am responsible. Contact your C.O. rep for details.

At our last Reps meeting one of our members Wendi W. made a motion to form a committee to design an outreach committee

whose purpose will be to reach out to the AA community, the groups and the individual to find out what you want your Central Office to look like going forward. The findings of this committee will be presented to the Reps at the April meeting to take to their groups for discussion. Please consider this idea so we can vote on it at the May Reps meeting.

Our by-laws committee met again on the third Tuesday at 6:15 at C.O. I would like to personally thank the members of this committee for their tremendous work. I am in awe of the care and concern they show when considering each line, word, letter, punctuation mark of this document as well as the impact it will have on C.O. as a whole. I believe the result of their dedication and hard work will be a document that will guide C.O. for years to come.

On a lighter note our activities coordinator Kimmy announced the date for Central Office picnic. It will be August 28th at Murray

Park, Pavilion 5. Can you believe it another chance for service work. Are you an organizer, a supervisor or a worker bee. Please give a little time, get involved and have some fun helping us make this the best picnic yet.

Also on June 4th we are having our first xtreme yard and garage sale along with a home group team obstacle course and competition. Is your home group ready? Mine will be. What will the tasks be? I'm not sure something physical, spiritual or emotional? Maybe a little mud, a soda chug? More will be revealed.

GOT STUFF? If your garage or closet looks like mine then you are a sick puppy. Want to get healthy? Grab a bag, a box, a wheel barrow, a pickup or a flatbed trailer (depending on the seriousness of your condition) a good rule of thumb if you haven't worn it, used it, or abused it for 2 or more years it probably ought to belong to someone else. Donations will be accepted at Central Office

and stored in my garage until June 4th. Don't worry I have a big garage. My challenge to you, make me park outside.

There is a lot more happening at C.O. but I'm probably out of space. Ask your C.O. Rep for details. Give them your time and attention. Remember they are doing service and they need your input to do there job.

Don't have a C.O. Rep. GET ONE. GET ONE NOW. Ask them to participate at our meeting on the second Tuesday of the month, every month, at 6:30 at Central Office #80 West Louise Ave. (2860 south) new Rep orientation at 6:15. What are you waiting for? Please! Get off your butt, get excited and get involved, we want your input. We need your help. Help us make Central Office what you want it to be.

Got a gripe, a suggestion or just an attaboy. As always I want to hear from you. Call me 801-664-1206

Each group should be autonomous . . .

Each 12 step group has complete freedom to decide for itself the program content of its meetings and the topics that will be discussed. The group can decide if the meeting will be opened or closed and when and where the meeting will be held. Each group can decide to change its meeting format and has complete authority to spend its funds as needed. The group can also decide how it wishes to open and close its meetings. Some groups close with a prayer, while others have a moment of silence. In these matters, each group has total freedom. It is entirely up to the membership of that individual group.

But the second part of this tradition reminds each group that it has a responsibility also to the worldwide fellowship. By adhering to the traditions and principals of its program, each group can assure that it will not stray too far away from the program's basic tenets.

The "autonomy" provided in Tradition 4 does not mean an individual group has the authority to re-word the steps or traditions, or to create its own literature. Nor should groups introduce, discuss, or sell "outside" literature at its meeting place.

Many a meeting has gotten away from the look and feel of its primary purpose by using non-conference approved literature, showing vidoes of popular self-help speakers, or allowing treatment professionals to speak at open meetings on the latest therapy techniques.

There is a saying that there is no "right or wrong" way to hold a meeting, but the group can cease carrying the message if it stray too far way from its traditions and concepts. But other than that, groups have complete freedom to design its program to the needs of its members, which can result

in a wide variety of formats, as this visitor to the About.com Alcoholism site writes:

When I first came into this program I learned how it was in my little group, as I went to the other groups in neighboring towns I would think, "They don't do their meetings right." They have too much laughter and don't start on time and so on. Today these little things that use to bother me now make me realize that they are what makes all these groups unique and different.

I look forward to the different meetings now because we are unique in our own rights. As long as the guidelines of the program are followed and the basic message is there for us (old and new) this is one more example of why AA works.

Ed T.

From Isolation to Participation

Good Evening. My name is Arnold R., and I am an alcoholic. My sobriety date is June 20, 1982. I am a General Service Trustee on the General Service Board of Alcoholics Anonymous, and I also have the privilege this year of serving as the Chairman of the Board of the A.A. Grapevine, Inc. which publishes two magazines in both English and Spanish, commonly known, as our "Meeting in Print" or the International Journal of Alcoholics Anonymous.

"There is another good reason for "participation," and this has to do with our spiritual needs. All of us deeply desire to belong. We want an AA relation of brotherly partnership. It is our shining ideal that the "spiritual corporation" of AA should never include any members who are regarded as "second class." Deep down, I think this is what we have been struggling to achieve in our world service structure. Here is perhaps the principle reason why we should continue to ensure "participation" at every important level...The "Right of Participation" is therefore a corrective of ultimate authority because it mitigates its harshness or misuse. It also encourages us who serve AA to accept the necessary disciplines that our several tasks require. We do this when we are sure that we belong, when the fact of our "participation" assures us that we are truly the "trusted servants" described in AA's Tradition Two." It is a joy and special honor for me to participate in this evening's workshop. I would like to thank Greg T., in his absence, and Annemarie for giving me the opportunity to serve.

The threads of this tapestry are based on shades of Step Three, Tradition Three, Tradition Nine, Step Seven, Concept IV, and Step Eleven.

As I began to think about the threads of this tapestry, I was amazed at how closely these principles parallel the theme of last year's General Service Conference. The Conference theme in April 2005 was "Ba-

sics of Our Home Group – Recovery, Unity and Service.

During the course of the week long business meeting which is the General Service Conference, an Advisory Action accepting the revisions to the A.A. Group Pamphlet was approved, bringing to a close, a process that covered several years of activity. Reading from the introduction of this revised piece of literature, one finds the following:

As it says in Concept I: The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship. The A.A. Group—the Final Voice of the Fellowship Alcoholics Anonymous has been called an upside down organization because "the ultimate responsibility and final authority for world services resides with the groups—rather than with the trustees, the General Service Board or the General Service Office in New York." ("Twelve Concepts For World Service Illustrated").

The entire structure of A.A. depends upon the participation and conscience of the individual groups, and how each of these groups conducts its affairs has a ripple effect on A.A. everywhere. Thus, we are ever individually conscious of our responsibility for our own sobriety and, as a group, for carrying the A.A. message to the suffering alcoholic who reaches out to us for help.

A.A. has no central authority, minimal organization, and a handful of Traditions instead of laws. As cofounder Bill W. noted in 1960, "We obey [the Twelve Traditions] willingly because we ought to and because we want to. Perhaps the secret of their power lies in the fact that these life-giving communications spring out of living experience and are rooted in love." A.A. is shaped by the collective voice of its local groups and their representatives to the General Service Conference, which works toward unanimity on matters vital to the Fellowship. Each group functions inde-

pendently, except in matters affecting other groups or A.A. as a whole.

A.A.'s essential group work is done by alcoholics who are themselves recovering in the Fellowship, and each of us is entitled to do our A.A. service in the way we think best within the spirit of the Traditions. This means that we function as a democracy, with all plans for group action approved by the majority voice. No single individual is appointed to act for the group or for Alcoholics Anonymous as a whole.

Each group is as unique as a thumbprint, and approaches to carrying the message of sobriety vary not just from group to group but from region to region. Acting autonomously, each group charts its own course. The better informed the members, the stronger and more cohesive the group—and the greater the assurance that when a newcomer reaches out for help, the hand of A.A. always will be there.

Most of us cannot recover unless there is a group. As Bill said, "Realization dawns on each member that he is but a small part of a great whole. . . . He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not."

I believe that I can provide some additional guidance for us to assess how well we are integrating these principles into our collective sobrieties by sharing some of my early experiences in the fellowship when I was transitioning from being isolated into participating in my own recovery.

As a newcomer, I was fortunate to have been surrounded by a group of A.A. members that wanted to give me everything they had been given when they came to Alcoholics Anonymous. They wanted me to experience all the promise and potential of this Fellowship. They wanted me to be a part of and not apart from. They gave me a family.

They taught me to be able to answer four basic questions for myself at any time: Who's my sponsor? What Step am I working on today? What's the name of my home group? What service position do I hold?

The men in my sponsorship lineage talk about sponsors and grand-sponsors, about brothers and uncles in sobriety. It felt good. It felt secure. This family encouraged me early in sobriety to meet the other extended family members and to commit to a home group. I'm grateful for the experience of finding my first home group under their watchful eye. They showed me a healthy way to find such a group. They taught me that there is a difference between being a group member and going to meetings.

Vital signs are terms most generally used in the medical profession. Numerical readings and observations give indications as to whether the stress of illness is increasing or subsiding, whether a fit condition is intact or whether certain measures need to be taken to restore health. I can do the same observations with a home group. Although I don't come up with numerical readings, I have clear indicators of "fit spiritual condition."

First of all, I check for alertness. Much as a patient might be asked, "Do you know your name? Do you know what day this is?" I can ask questions that test the alertness of the group: Who's the GSR of your group? When is your group's business meeting? How does this group utilize its Seventh Tradition? Healthy home groups are filled with members who have learned that it is the responsibility of the group to link to A.A. as a whole. The uninvolved group can get every bit as sick as the individual member going it alone.

After checking for basic alertness, I check on the health of the three legacies of Alcoholics Anonymous. I take the blood pressure of the group. At the very core, pumping life into each member of the group, should be the legacy of Recovery as outlined in the basic text of our Fellowship. Do I hear solutions? Are references made to the

uniform literature of Alcoholics Anonymous? Are members sharing their own experience, strength, and hope? I might see a few "bleeding deacons" with high blood pressure and some members with what appears to be low blood pressure. Yet most members of a healthy home group address recovery through actively sharing, one alcoholic to another. How is the group's temperature? The legacy of Unity can be read through the warmth of the group. How does this group treat newcomers or perhaps just those folks they haven't yet had a chance to meet? What about the pulse of the group? Is the legacy of Service apparent in the heartbeat of the group? Are folks happy, joyous, and free as they give away what was so freely given to them? Is the pulse of service stronger because the principle of rotation keeps adding to the chorus of that heartbeat?

To follow on with the medical analogy, I look into the eyes of the group members. Those windows to the soul tell me about the health of Tradition One. There is a look in the eyes of alcoholics attentive to the common welfare of Alcoholics Anonymous. What's being talked about before and after the meeting? Is there a strong sense of Tradition Five as the purpose for gathering? Is the group's message based on Traditions One, Two, Three, and Four? Is there a sense of wholeness that comes from seeking and following the will of our ultimate authority?

Disease might still crop up in any home group, but strong vital signs checked on a regular basis indicate a group constitution able to meet the difficulties. Watching for vital signs is ongoing. We can take them often in our own home groups, and we should always pay careful attention to the readings that day. When the doctor takes your vital signs, he doesn't want to know if you ever had a pulse or a temperature. It matters, if you have a pulse, right now. How are the vital signs of your home group?

In closing, I would like to share a few paragraphs from the Keynote address to last year's Conference given by John K, a rotat-

ing General Service Trustee. This talk is given at the start of the Conference Week and is designed to focus the participants on the week ahead.

John shared that the Conference was gathered in a representative capacity. He indicated further that our common constituency was all of Alcoholics Anonymous. "We are in some sense, like an A.A. Group here this week, and our entire Conference one gigantic business meeting.

Our focus is on the home group, which, in a sense, operates in the same fashion as our recovery. Whereas alcoholism is isolating, insulating, and self-centered, recovery looks outward, outward to reality, outward to Twelfth-Step work, and outward to service. Healthy A.A. groups function the same way. Each needs to provide service opportunities to its members to carry the message of recovery. The real autonomy of a group is not preserved by its distance from other groups, but by its proximity to them, by its creative diversity, and by its willingness to work together with other groups through the service structure.

We all know that there is a difference between attending a meeting and belonging to a group. A home group is a haven, a safety net, and a source of emotional balance – a place to be helped and to help others. The distinction between a group and a meeting is often lost in large urban areas, where the bonds of support and loyalty suffer by transitory nature of attendance. Our Traditions speak only of groups, not meetings.

All three sides of our triangle – recovery unity and service - coexist on an equal footing, though sometimes unity is given the short straw. Doing so, may create a dangerous imbalance, because, neither recovery nor service can long survived in the absence of unity.

Our responsibility in service is to listen, to learn, to love, and to lead – but first of all to listen. That process begins with the groups and with the service structure that communicates with the Fellowship through

them. Our Traditions and Concepts place groups first, for it is the groups that are found at the top of the inverted triangle. As it says in The A.A. Service Manual: "For most A.A.'s, membership in a home group is one of the keys to continuing sobriety." (p.S23)

Lastly, I leave you this evening with your Rights as an A.A. member.

- You have the right to remain sober. If you give up this right, your misery will be cheerfully refunded.
- You have the right to a sponsor of your choice. If you cannot choose a spon-

sor, your group may find you a temporary sponsor to set your feet on the "Road of Happy Destiny".

- You have the right to participate in all matters affecting A.A. both locally and worldwide.
- Thank you, and may God bless all of you.

April Phone Coverage

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 ■ 9:00 AM 9a-12p Bill J. ■ 12:00 PM 12p-6p An AA group	28 ■ 9:30 AM C.O. open 930a-530p ■ 5:00 PM 530p-1030p No nonsense ■ 10:00 PM 1030p-12a Clark S.	29 ■ 12:00 AM 12a-6a Bethanne ■ 6:00 AM Open 6a-930a ■ 9:30 AM C.O. open 930a-530p ■ 10:00 PM 10p-12a Ally	30 ■ 12:00 AM 12a-930a Ally C ■ 9:30 AM C.O. open 930a-530p ■ 5:30 PM Eddie 530p-12p	1 ■ 12:00 AM Eddie 12a-930a ■ 9:30 AM C.O. open 930a-530p ■ 5:00 PM 530p-12a Dave S.	2 ■ 12:00 AM 12a-6a Bethanne ■ 6:00 AM Open 6a-930a ■ 9:30 AM C.O. open 930a-530p ■ 5:30 PM -10p Park City Women's Reflections	3 ■ 12:00 AM 12a-10a Troy J. ■ 8:00 AM C.O. open 10a-2p
3 ■ 12:00 AM Open 12a-9a ■ 9:00 AM 9a-12p Bill J. ■ 12:00 PM 12p-6p An AA group ■ 6:00 PM 6p-9p 974 group	4 ■ 9:30 AM C.O. open 930a-530p ■ 5:00 PM 530p-1030p No nonsense ■ 10:00 PM 1030p-12a Clark S.	5 ■ 12:00 AM 12a-6a Bethanne ■ 6:00 AM Open 6a-930a ■ 9:30 AM C.O. open 930a-530p ■ 10:00 PM 10p-12a Ally	6 ■ 12:00 AM 12a-930a Ally C ■ 9:30 AM C.O. open 930a-530p ■ 5:30 PM Eddie 530p-12p	7 ■ 12:00 AM Eddie 12a-930a ■ 9:30 AM C.O. open 930a-530p	8 ■ 12:00 AM 12a-6a Bethanne ■ 6:00 AM Open 6a-930a ■ 9:30 AM C.O. open 930a-530p ■ 5:00 PM 530p-8p Early Beginnings	9 ■ 12:00 AM 12a-10a Troy J. ■ 8:00 AM C.O. open 10a-2p ■ 2:00 PM 2p-7p Its in the book ■ 7:00 PM 630p-12a Basic young peoples
10 ■ 12:00 AM Open 12a-9a ■ 9:00 AM 9a-12p Bill J. ■ 12:00 PM 12p-6p An AA group ■ 6:00 PM 6p-10p Salt Lake Group	11 ■ 9:30 AM C.O. open 930a-530p ■ 5:00 PM 530p-1030p No nonsense ■ 10:00 PM 1030p-12a Clark S.	12 ■ 12:00 AM 12a-6a Bethanne ■ 6:00 AM Open 6a-930a ■ 9:30 AM C.O. open 930a-530p ■ 10:00 PM 10p-12a Ally	13 ■ 12:00 AM 12a-930a Ally C ■ 9:30 AM C.O. open 930a-530p ■ 5:30 PM Eddie 530p-12p	14 ■ 12:00 AM Eddie 12a-930a ■ 9:30 AM C.O. open 930a-530p	15 ■ 12:00 AM 12a-6a Bethanne ■ 6:00 AM Open 6a-930a ■ 9:30 AM C.O. open 930a-530p ■ 10:00 PM 10p-12a Karrie	16 ■ 12:00 AM 12a-10a Troy J. ■ 8:00 AM C.O. open 10a-2p ■ 2:00 PM 2p-6p Sharing & Caring
17 ■ 12:00 AM Open 12a-9a ■ 9:00 AM 9a-12p Bill J. ■ 12:00 PM 12p-6p An AA group	18 ■ 9:30 AM C.O. open 930a-530p ■ 5:00 PM 530p-1030p No nonsense ■ 10:00 PM 1030p-12a Clark S.	19 ■ 12:00 AM 12a-6a Bethanne ■ 6:00 AM Open 6a-930a ■ 9:30 AM C.O. open 930a-530p ■ 10:00 PM 10p-12a Ally	20 ■ 12:00 AM 12a-930a Ally C ■ 9:30 AM C.O. open 930a-530p ■ 5:30 PM Eddie 530p-12p	21 ■ 12:00 AM Eddie 12a-930a ■ 9:30 AM C.O. open 930a-530p	22 ■ 12:00 AM 12a-6a Bethanne ■ 6:00 AM Open 6a-930a ■ 9:30 AM C.O. open 930a-530p ■ 10:00 PM 10p-12a Troy J	23 ■ 12:00 AM 12a-10a Troy J. ■ 8:00 AM C.O. open 10a-2p
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List of Currently Open times and days to volunteer for After-Hours Phones for the month of April:

- Sundays – 12 a 9a, 6p-12a on the 20th & 27th, 9p-12a on the 6th, 10p-12a on the 13th.
- Mondays – 12a-930a
- Tuesday – 6a-930a, 6p-10p
- Wednesday – Covered
- Thursdays – Covered
- Fridays – 6a-930a, 530p-12a on 1st Friday, 8p-12a on the 8th, 530p-10p on the 15th & 22nd, 10p-12a 29th
- Saturdays – 2p-12a on 2nd & 23rd