



Newsletter

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TAP's Birthday Celebration

Come *JOIN* us.

The weather was beautiful for TAP's February Birthday Celebration. It felt more like spring than winter and everyone seemed to reflect that mood.

The celebration was made up of newcomers, primarily, and the speaker, Trevor S., held the audience captive as he shared his road to recovery. Although stories of addiction can prompt feelings of sadness and regret, folks are able to laugh at the moments where denial that seem so clear in retrospect. Trevor was able to lighten up his story with plenty of 20/20 hindsight with which many could relate.

There is no shortage of food at the celebration and TAP would like to thank Maynard's and Don T. for bringing their monthly contribution to the fare.

Everyone seems to enjoy the new menu. Thanks to Changing Echoes and Maynard's for making the trek to Oakland from the Sierra Foothills every month. TAP appreciates your support.

Recovery was celebrated by all the newcomers and everyone picked up their chips. Along with the newcomers,

Lou M. picked up his 7 year chip and TAP's own Chris D. picked up his 18 year chip. Congratulations to everyone!

Please join us next month, March 17, to hear Don T. discuss Relapse Prevention. We look forward to seeing you then.

RECOVERY CORNER

“There is no separation between the “spiritual part” and the rest of the program. Just as the facets of a diamond are not separate from the stone; they are perspectives on the whole. It’s all spiritual.” Living Clean, The Journey Continues Chapter 3, page 45

I spent many years not realizing that everything in the program is about spirituality. As I am writing this I just realized that in 18 years I have never looked up the definition of spirituality. The definition of spirituality is *the quality of being concerned with the human spirit or soul as opposed to material or physical things.* I love this definition. There is the cliché that “recovery is an inside job”. This definition helps make sense of this cliché.

There is a reason that alcohol and drugs is only mentioned in half of one step. All the other steps are about spirituality. Learning how to connect with our own spirit and in turn better connect with others. Later in this book it talks about the fact that we are not spiritually bankrupt when we get to recovery. We are spiritually disconnected. Our spirit is still there, we just muted it so that we don't have to deal with our feelings. The steps offer a path to live a spiritual life. Which is why the steps are full of spiritual principles.

There was a point when I had a few years clean where I wanted to explore meditation. I had done a few guided meditations and loved the connectedness that it provided. My boss at the time was a man named Dr. Barry Rosen. I knew that Dr. Rosen was really into meditation and so I asked him if he could suggest a good book about it. He asked me if I wanted him to teach me how to meditate and I said absolutely. He said that we could invite the whole staff and anyone who was interested could learn how to meditate. We

decided on a place to meet and we set a time for the following Thursday at 2pm. I let all the staff know and most of the staff were not only receptive, but very excited about the idea. I showed up the next Thursday at 1:30pm. I set up a bunch of chairs in a circle and waited for people to start showing up. No one came. Right at 2pm, Barry showed up. I was bummed that no one else showed up and was sure that we would cancel the lesson. Barry looked over at me, got a big smile on his face and said, "let's meditate". For the next three years Dr. Rosen and I would meditate just about every Thursday at 2pm. I am forever grateful for the amazing experience and opportunity. The meditation deepened my recovery and had a profound impact on my concept of spirituality. One of the lessons I learned is that people find and express spirituality differently just as we find different ways to work the steps and sponsor. The important thing is to find the things in your life that feed your spirit.

SAVE THE DATE FOR TAP's Annual Golf Tournament

Thursday April 19, 2018, 8:00a.m. Tee Time — Mark your calendar

34th Annual Teamsters' Assistance Program
 Labor-Management Golf Tournament
Poppy Ridge Golf Course
Livermore, CA



Anyone interested in playing, volunteering, purchasing a Sponsor or Major Sponsor sign, or just having lunch & participating in the raffle should call TAP (510) 562-3600!

TAP CONTINUING CARE MEETINGS

Women's Group	Mondays	6:30 pm	–	8:00 pm
Open Group	Tuesdays	6:00 pm	–	7:30 pm
Open Group	Wednesdays	7:00 pm	–	8:30 pm
Open Group	Thursdays	3:00 pm	–	4:30 pm
Open Group	Thursdays	7:00 pm	–	8:30 pm

TAP'S Continuing Care Meetings are open to anyone seeking support for recovery from substance abuse and the problems that impact the individual and the family.

FEBRUARY CELEBRATION PICTURES



