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 Oakland, CA 94621
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TAP's Birthday Celebration

SEE YOU soon...

We had several special treats for the month of October. Trevor shared his experience, strength and hope with us and did a fantastic job setting the tone for a great meeting.

We had a special performance from Wayne of Changing Echoes. Wayne performed a recovery ballad and had us all singing with him, "God's got a plan for your life". It was a great interlude to pass out recovery medallions since we had quite a few big birthdays to celebrate.

We celebrated 132 years of collective recovery time. Debbie C celebrated 14 years, Melvin celebrated 24 years, Willie P celebrated 27 years, Bob celebrated 28 years and Jack V celebrated 39 years.

Thanks as always to Maynard's and Changing Echoes for always showing and bringing a little something to the celebration.

Join us in November to celebrate Sandy and Floyd's recovery milestones birthdays.

SAVE THE DATE

We Cordially invite you to our
 37th ANNUAL HOLIDAY PARTY
 Saturday, December 8th
 11:00am to 2:00pm
 @
 Piedmont Veteran's Memorial Building

Bring your family and friends. Santa will arrive and bring gifts to children ages 12 and under. There will be crafts for kids, holiday music, prize raffle and the holiday lunch. Parking is available on the street and is limited.

SEE YOU THERE!

RECOVERY CORNER

Holidays

The holiday season can be a wonderful time, but for those in recovery, it can also be a minefield. High expectations, over commitment, and fatigue can lead to heightened emotions and mood swings. Travel and busy schedules increase stress. You might be away from your support network and routines, enhancing a feeling of isolation. Holiday traditions with alcohol or drugs may tug at you. But there are ways to prepare for the high-risk season and safeguard the greatest gift you ever gave yourself and those you love: your sobriety.

1. Plan your support system ahead of time.

Prepare a plan to protect your sobriety ahead of big holiday events, whether at work or at home. This may mean going to a Twelve Step meeting before or after the event, attending the occasion with your sponsor or a friend in recovery, and making sure you can leave at any time and are not dependent on someone else for transportation. It can also include “bookending” the event with planned before-and-after telephone calls to someone in recovery. Limit time in stressful situations or around difficult people and always have an escape plan. Relapse prevention is about planning.

2. Understand the emotional complexity of the holidays.

Talk with your sponsor, a friend, or a member of your support group about the emotions and expectations you have wrapped up in the holidays. The holidays will not be like they were when you were six years old. Everybody will be tired and stressed, possibly depressed, as past holiday disappointments may hang in the air. Know this. Awareness will help you lower expectations and be forgiving of yourself and others. Instead of entering a holiday event on the defensive, orient your thinking to be on the offensive: What is the next right thing for me to do in this situation?

It’s also important to be aware that some people are most vulnerable after the holidays. The stress and resentments that may come up over the holidays can lead to rationalization—we can convince ourselves we’re entitled to drink or use—and sometimes as addicts we do better through the crisis than after it. Remember, the disease of addiction is as powerful the day after a holiday as it is the day before.

3. Focus on others

The holidays offer a spiritual opportunity to practice focusing on others with gratitude and joy. Adopting this perspective can take tremendous courage. Because you are in recovery, you have already demonstrated the capacity for tremendous courage and change. Look for ways to think about others. Serve a meal at a homeless shelter or reach out to a newcomer.

4. Keep track of what you are drinking, and steer clear of rationalizations.

At social gatherings, it’s generally helpful to have something to drink in your hand so people aren’t constantly offering you a drink. Be proactive! Get your own beverage, watch how it is being made, and keep track of it. If you ask someone to get a beverage for you, he or she may forget or not know your situation and bring you an alcoholic drink. If you accidentally pick up the wrong drink and swallow some alcohol, this doesn’t mean you relapsed but can be very triggering. Tell someone who is supportive of recovery about it as soon as possible. A mistake is not a relapse—but it can lead to one if kept a secret.

5. Avoid vulnerable situations.

If you know Aunt Lucy is going to criticize your hair and shoes, avoid her. If Uncle Bob will try to mix you a stiff drink, stay away from him. If you know the office New Year’s party is all about alcohol and drugs make a brief appearance or don’t attend. It is unrealistic to say, “I can soldier through.”

6. Remember self-care.

Celebrate the holiday season by taking time for yourself. Maintain your spirituality. The holidays are a time for reflection and connection with those you love. It is critical to take some quiet time each day for relaxation and meditation, even for a few minutes, no matter how busy you are.

7. If you need treatment, consider getting it during the holidays.

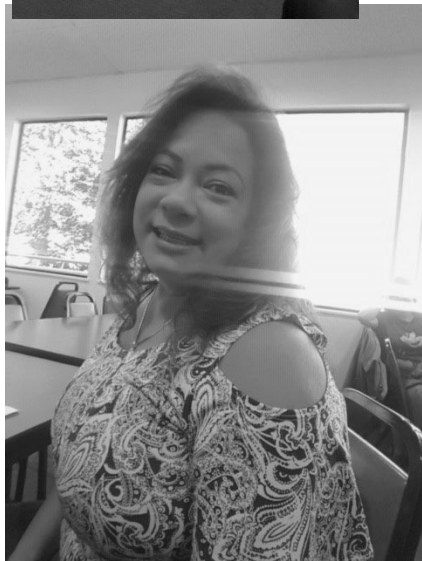
Many families mistakenly think the holidays are an inappropriate time for treatment, when it’s the best time. Their logic is that holidays are a happy time when everyone should be together, even if this is not the case. Addiction generally ramps up over the holidays. The holidays more likely are an emotionally stressful time when use of alcohol or other drugs is prevalent, making it difficult for someone with addiction to avoid use. Treatment initiated during the holidays could be the best gift you give to your family.

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	7:00 pm	8:30 pm
Birthday Celebration	3rd Saturday of month	11:00 am	2:00 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.

OCTOBER BIRTHDAY CELEBRATION



1. Saturday, November 17, next TAP

Sobriety Birthday Celebration will be held at the: the TAP office 80 Swan Way, Ste 320 Oakland, CA. Doors open at 11:00 a.m.

2. Alumni Association anyone interested in becoming a member of The Alumni Association speak with Terry Compaglia.

3. If you know of an upcoming event that supports sobriety please send a flyer to: TAP Office, 80 Swan Way, Ste 320, Oakland, CA 94621 and we will post and include in our newsletter.

TAP is a Labor-Management; California 501-(c) (3) non-profit organization committed to providing services for those with drug/alcohol related problems. The outreach education and continuing care services provided by TAP are generated from fundraising events. These services include an array of trainings as well as fellowship activities that are advertised in this newsletter.

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