

CPA Thanksgiving Holiday Marathon Phone Meeting Format

Dial in: 667-770-1484 – access code: the698401#

Welcome to the Thanksgiving meeting of Chronic Pain Anonymous.

My name is _____ and I live with chronic pain and/or illness. I would like to begin the meeting with a moment of silence, to do with as you wish. I will then lead us in the Serenity Prayer as I ask you all to follow along silently.

God,
Grant us the Serenity to accept the things we cannot change, the Courage to change the things we can, and the Wisdom to know the difference.
Thy will, not ours, be done.

Would someone trained on the dashboard or phone controls step forward to help on today's meeting? **Allow time for someone to volunteer.**

Thank you.

If no one steps up at this time: For now, individuals will enter this conference line not muted.

Once the default is set to mute on the board or phone controls, people entering the meeting will come in already muted and a voice will say you are muted.

In order to keep the phone line clear of background noise, please keep your phone muted when you are not sharing. Mute your phone by pressing *6, and to unmute press *6.

Who would like to read the CPA Preamble?

CPA Preamble

CPA is a fellowship of people who share their experience, strength and hope with each other so that they may solve their common problem and help others recover from the disabling effects of chronic pain and illness. We believe that changing attitudes can aid recovery. The only requirement for membership is a desire to recover from the emotional and spiritual debilitation of chronic pain and illness. There are no dues or fees for CPA membership. We are self-supporting through our own contributions. CPA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to live our lives to the fullest by minimizing the effects of chronic pain and illness in our lives and helping others to do the same. We do this by practicing the Twelve Steps and welcoming and giving comfort and understanding to each other.

Who would like to read the Twelve Steps of CPA?

The Twelve Steps of CPA

1. We admitted we were powerless over pain and illness—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood God*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others living with chronic pain and illness, and to practice these principles in all our affairs.

Who would like to read the tradition of the month (and the twelfth tradition)?

Twelve Traditions of CPA

1. Our common welfare should come first; personal recovery depends upon CPA unity.
2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for CPA membership is a desire to recover from the physical, emotional and spiritual debilitation of chronic pain and illness.
4. Each group should be autonomous except in matters affecting other groups or CPA as a whole.
5. Each group has but one primary purpose – to carry the message to people living with chronic pain and illness.
6. Each group ought never endorse, finance, or lend the CPA name to any outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every CPA group ought to be fully self-supporting, declining outside contributions.
8. Chronic Pain Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. CPA, as such, ought never be organized, but we may create service boards or Committees directly responsible to those they serve.
10. Chronic Pain Anonymous has no opinion on outside issues; hence the CPA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, film and the internet.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Announcements

Once again, I'd like to remind everyone to please keep your phone muted whenever you are not currently sharing. When you'd like to share press *6 to unmute; then when you're finished press *6 again to mute.

For anyone who would like to use it, there is an app available for smartphones to call this meeting for free. The app is on the phone meeting web site at cpaphoneig.wixsite.com/mysite under the "What's New?" tab.

To be added to and receive a copy of the phone meeting contact list, please send your name, email address, phone number, times available to receive calls, and city and time zone where you live, to cpaphonelist@gmail.com.

The last five minutes of the meeting are usually reserved for our new members to share. Then, when the meeting is over there is fellowship time. The first priority is for newcomers to ask any questions and then for sharing by anyone who didn't get time at the meeting. This is a good time to talk with others and ask any questions you might have. To participate, just stay on the line when the meeting is over.

Are there any other CPA related announcements?

7th Tradition

Our 7th Tradition states, *“every CPA group ought to be fully self-supporting, declining outside contributions.”* If you'd like to contribute to CPA, please go to the ChronicPainAnonymous.org website and click on the “Contribute” link found on the home page. If you are unable to access the Internet, you can send a check or money order to: Chronic Pain Anonymous Service Board, 13802 Scottsdale Rd., Suite 151-102, Scottsdale, AZ 85254-3403. Optional: If you contribute and attend phone meetings, please note that with your contribution.

Introductions

Now it's time for introductions. Please identify yourself by your first name and tell us where you are from. If you are new to the group, please let us know so we can welcome you. We will start with the Eastern time zone, then Central, Mountain, Pacific, then anyone outside of these time zones and anyone who may have missed their time zone.

Topic

It's now time for the meeting topic. I will read a brief description covering a topic from CPA approved literature and then open the meeting for discussion. **(Let the group know what you are reading from, book name, page # or section.)**

Gratitude in honor of Thanksgiving would in whichever reading is picked.

In order to give everyone an opportunity to speak, please try to limit your shares to 3 minutes or less. For a smooth transition between people sharing I'd like to ask that you end your share by saying something like “I'm done.” Is there someone who would like to volunteer to be a “spiritual timekeeper” to be responsible for keeping track of the amount of time each individual shares and to let people know when their time is up by simply saying “time”? **(Allow time for someone to volunteer.)** Please acknowledge the timekeeper when they let you know your sharing time has expired. Wrap up your share quickly, or you may be interrupted by the chairperson.

In CPA, we concentrate on our feelings and attitudes about our situation rather than on the details of the situation. We reflect on how chronic illness or chronic pain has affected our thinking and our behavior. We look at the part we play in

our problems, and how the 12 steps can guide us toward recovery from the obsession of our chronic illness or chronic pain. In focusing in this way we discover that changed attitudes and actions can lead us to a meaningful life of peace and serenity.

According to our 10th tradition, “CPA has no opinion on outside issues” as such we avoid discussing specific doctors, medications, therapies, diagnoses or health care systems. When discussing spirituality, or referring to a Higher Power, we avoid naming specific religions. We refrain from crosstalk in our meeting. When one person responds directly, either positively or negatively, to another who has shared, this is crosstalk.

Reading

Sharing

(leave 5 min. for newcomers)

Closing

(When about 5 minutes are left in the meeting please read)

It's now time to end the meeting. I'd like to welcome our new members, _____ . I'd like to thank _____ for reading the Preamble; _____ for reading the Steps; _____ for reading the Traditions; and thanks to _____ for keeping time.

In closing, I would like to say that the opinions expressed here were strictly those of the person that spoke. Take what you want and leave the rest. Things you heard were spoken in confidence and should be treated as confidential.

I would like to add a few special words to those of you who haven't been with us long. Whatever your problems, there are those among us who have had them too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

Happy Thanksgiving!

Keep coming back!

Would anyone like to lead us in the 'Serenity Prayer' to close the meeting, as we all follow along silently?

God,
Grant us the Serenity to accept the things we cannot change, the Courage to

**change the things we can, and the Wisdom to know the difference.
Thy will, not ours, be done.**