

CPA Phone Speaker Meeting Format

Meeting Phone: 1-712-775-7465, access code 698401#

(Please note: Words shown in red are notes for the meeting secretary only and should not be read aloud.)

Welcome to the monthly Intergroup Speaker Meeting of Chronic Pain Anonymous. My name is _____ and I live with chronic pain and/or chronic illness. Let's begin the meeting with a moment of silence. I will then say 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.

In order to keep the phone line clear of background noise please mute your phone by pressing star-6. Then to un-mute, press *6 again. Please do not use the mute feature on your phone instead of *6 as technical sound difficulties can occur.

Would someone please read the **CPA Preamble?**

CPA is a fellowship of men and women who share their experience, strength and hope with each other, so that they may solve their common problem and help others to recover from the disabling effects of chronic pain and chronic 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 or chronic 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 chronic 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.

Would someone please read 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 Him*.
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 with chronic pain and chronic illness, and to practice these principles in all our affairs.

The Tradition of the month is Tradition ____: (read Tradition corresponding to the number of the

month, followed by Tradition 12.)

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 emotional and spiritual debilitation of chronic pain or chronic 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 its message to people living with chronic pain and chronic illness.
6. A CPA 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, television, film and the Internet.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Once again I'd like to remind everyone to **mute** your phone if you are not currently sharing. To mute press (*)6. Then to un-mute, press (*)6 again. Please do not use the mute feature on your own telephone instead of (*)6 as sound difficulties can occur.

If you are **new to CPA, welcome!** *If you have questions* about CPA, please stay on the line after the meeting. There will be a chance then for you to ask questions & get phone numbers.

Now it's time for **Introductions**. In CPA, we introduce ourselves by our first names only and whether we live with chronic pain or chronic illness. If anyone is new to CPA, or new to this meeting, please let us know so that we can welcome you. Let's start with the Eastern Time zone, then Central, Mountain, Pacific, all other time zones or anyone who missed their time zone.

Our speaker will share experience, strength and hope for up to 25 minutes, followed by brief Intergroup announcements and two-minute shares. Will someone please volunteer to be our spiritual timekeeper?
Ask the speaker at what point(s) they'd like a "heads up".

Tonight's **Speaker** is _____.

ANNOUNCEMENTS: In order to leave time for sharing, we will now have Intergroup announcements only. Other announcements may be made after the meeting.
This speaker meeting is held on the 3rd Saturday of every month.

- On the 1st Saturday of every month, we have our Intergroup Committee Business Meeting for all of the telephone meetings. It is at 4:30 Eastern Time on this same phone line and access code. All CPA members are welcome and may participate in discussion, although only Intergroup Reps

and Intergroup Officers may vote.

Before we begin sharing, here are the **Discussion Guidelines**:

In CPA meetings, 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 Twelve Steps can guide us toward recovery from the obsession of our chronic illness or chronic pain. When we focus on ways to apply the principles of the program in our daily lives, we discover that our changed attitudes and actions can lead us to a meaningful life of peace and serenity.

In order to maintain the integrity of the group and keep our focus on recovery using the Twelve Steps and other CPA tools, we further suggest the following discussion guidelines. According to our Tenth Tradition, "CPA has no opinion on outside issues..." as such, we avoid discussions about specific doctors, medications, therapies or health care systems. Sharing about our own medical histories is best kept to general terms (for everyone other than the speaker), reserving the details for a more private discussion with a sponsor or other trusted individual. When discussing spirituality, or referring to a Higher Power, we avoid naming specific religions. We refrain from crosstalk--when one person responds directly, either positively or negatively, to another who has shared, this is crosstalk.

Because this is a large meeting, please limit your share to two minutes or less. The timekeeper will say "Gentle reminder" when your time is up. Please let the timekeeper know you've heard them and wrap up quickly. When you are finished, please let us know by saying something like "I'm done."

The meeting is now open for **Sharing**: Who would like to begin sharing? (If the speaker suggested a topic, repeat it. Because the shares are short, a topic is often not needed).

Thanks, everybody. **That is all the time we have** for sharing. If you didn't have a chance to share, please feel free to speak with someone after the meeting. To participate in fellowship time, just stay on the line after the meeting. Please leave the first few minutes for newcomers or for those who have questions.

Our **7th Tradition** states: Every CPA group ought to be fully self-supporting, declining outside contributions. To contribute to CPA, please go to our website, "ChronicPainAnonymous.org", and click on "Contribute." If you don't have access to the Internet, let us know after the meeting and we can give you an address to use. CPA appreciates your support.

Now it's time to **end the meeting**. I'd like to thank those who read today. (Say the names of those who read the Preamble and Steps as well as the timekeeper and other helpers.) And I'd like to thank our speaker once again, _____.

If you are new to CPA we welcome you and encourage you to keep coming back. We have found that while our health challenges may differ, the way they affect us is often the same. Even when we are at our worst, in CPA, we can see the best in each other. And with time, and the love and support we have found here, we begin to see the best in ourselves. We leave the first few minutes of fellowship time for newcomers and questions.

Would someone like to lead us in the 'Serenity Prayer' to close the meeting as the rest of us 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.

Chronic Pain Anonymous Service Board, 8924 East Pinnacle Peak Road, Suite G5-628, Scottsdale AZ 85255.

<http://cpaphoneig.wixsite.com/mysite>

Revision history:

Revised 9/20/2024 by Kathy T.

(Started by Michael C on 8/8/19)

V1: Original version was based on the standard CPA mtg format

V2: Sent by Chris G on 6/17/17

This version was modified by Bob K along the lines of the Monday Men's Mtg format. V3: Michael C 8/8/19, per Phone IG July 2019: Replaced "Team Leaders" with "Intergroup Officers". Also corrected a typo in the Traditions.