

SUGGESTED CPA NEWCOMER'S WELCOME

[This is a suggestion of how we can welcome newcomers at our meetings. Please feel free to use or modify as the group sees fit.]

Hi, welcome! We are glad you are here today.

It can take courage to attend your first meeting. Many of our lives have changed from focusing on the limitations of living with chronic pain and chronic illness to living peacefully, joyfully and comfortably with ourselves and others. CPA has given many of us renewed hope. Here we have found others who understand.

CPA offers many tools to deal with the emotional and spiritual challenges of living with chronic pain and chronic illness. Many of these can be found on our website, including our monthly Newcomer's meeting.

CPA offers a variety of meetings. We suggest that you attend at least six different meetings before deciding if CPA is for you. During the meeting, each of us has the opportunity to share in a safe and supportive environment. We invite you to tell us what brought you here, if you would like to.

Many of us come early or stay late to chat or ask questions. We call this fellowship time and we hope join us.

We welcome you and hope you keep coming back.