Welcome to the New Hope UK 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. Thy will not mine be done.

Please mute your microphone when you are not speaking. This is to avoid background noise. (For people who called on the phone to mute and unmute press *6.)

Please save the chat feature for meeting purposes only as this can be very distracting for the person chairing the meeting and for people who share.

Would someone like to read the CPA Preamble?

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 like to read the Twelve Steps?

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 our 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.
Would someone like to read the Twelve Traditions?

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 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 to 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.

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.

Announcements

- Our next business meeting is on......
  11th of July 2019
  3rd of October 2019
  2nd of January 2020
  2nd of April 2020
  2nd of July 2020

- Are there any other CPA related announcements?

Introductions

Now it’s time for introductions. In CPA we introduce ourselves by our first names only and whether we live with chronic pain and/or chronic illness. We avoid the details of our specific illness, pain or disability so that we can focus on the things which bring us together rather than those which may set us apart.
Discussion

Today we will read from “book title”, we will start from “story’s title, paragraph, page number” (say the title or the first few words of the paragraph for digital readers)

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 and/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 12 Steps and other CPA tools we suggest the following discussion guidelines. According to our 10th 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, 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 in our meetings. When one person responds directly, either positively or negatively, to another who has shared, this is crosstalk.

Closing

(When about 3 minutes are left in the meeting please read)

Now it’s time to end the meeting. I’d like to thank those who read tonight. 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. Remember to leave the first few minutes of fellowship time for newcomers and questions.

Would anyone 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. Thy will not mine be done.