1. Welcome to the Faith and Footwork 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, followed by the Serenity Prayer.

SERENITY PRAYER: God, Grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference. Thy will, not mine, be done.

2. This is an open meeting of Chronic Pain Anonymous, everyone is welcome to attend. Before we begin, please silence all cell phones and mute your microphones when not sharing. Would someone please read the CPA Preamble: Would someone please read the 12 Steps of CPA: (Chairperson reads Tradition of the month)

3. Let's introduce ourselves by first name only, if you are new to the group or to CPA, please let us know so we can welcome you. We encourage everyone to stay after the meeting for fellowship time where more of your questions will get addressed. [If there is a newcomer, the last few minutes of the meeting will be made available for newcomers to share or ask questions]. Are there any CPA related announcements?

4. Our group conscience meetings are held on the first friday of the month. In observing Tradition Seven, we have no dues or fees in CPA. We are self-supporting, declining outside contributions. Your donations help pay for literature, rent for this room and other services incurred by the group. A portion of your contribution also goes to support CPA Service Board. Please make donations on the CPA website at: chronicpainanonymous.org. Books, pamphlets, and meeting materials are also available on the website.

5. This meeting is an open discussion of CPA approved literature, including the website materials and brochures and the stories in the back of Recipe
For Recovery. Tonight we will be reading from ___. First, here are our suggested sharing guidelines:

In CPA we concentrate on our feelings and attitudes rather than on the details of our situations. 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/chronic pain.

In our meetings we avoid discussions about our specific diagnosis and symptoms, doctors, medications, therapies, insurance providers, the health care system or religion and we refrain from giving medical advice. Please be respectful and only speak when it’s your turn and when not sharing, please mute yourself. We request that anyone sharing speak in “me” terms and not speak for the rest of the group. When we share we guard against crosstalk, defined as one person responding directly to another who has shared.

Feel free to use the chat feature if you are not up for speaking. However, please be considerate of others. Using chat during a Zoom meeting is the same as having a side conversation with someone in a physical meeting. Please keep your share to 4 minutes so that all will have a chance to share.

[readings/sharing til 7:55]

6. CLOSING

In closing, I’d like to remind everyone that the opinions expressed here were strictly those of the person that spoke. Take what you want and leave the rest. Things that were shared here were done so in confidence. Please let what you heard here, stay here. If you are new to CPA we encourage you to keep coming back. We have found that while our health challenges may differ, how they affect us is often similar. Although today we may be feeling at our worst, in CPA we 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.

Would someone like to lead us in the Serenity Prayer?
Moment of silence followed by SERENITY PRAYER