

# Chronic Pain Anonymous

4<sup>th</sup> Annual

## 2020 WORLD SERVICE CONFERENCE: SUMMARY REPORT

January 26, 2020



# 2020 WORLD SERVICE CONFERENCE: SUMMARY REPORT

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# WELCOME

**Submitted By:** Bruce

**Service Body and Position:** CPA Board of Trustee: Professional Advocacy

Hello, this is Dr. Bruce, a CPA Trustee and member of the Professional Advocacy Committee. It is my honor and pleasure to welcome each of you to our 4<sup>th</sup> annual Chronic Pain Anonymous World Service Conference.

This year commemorates the 16<sup>th</sup> year of our existence, and CPA has grown from a chance meeting in Baltimore to a world-wide service organization dedicated to the ideals of helping its members to recover from the emotional and spiritual debilitation of chronic pain and chronic illness. Through CPA, individuals around the world have discovered a richer serenity and greater meaning in life while living with their physical health conditions.

In my book of daily affirmations for people with chronic conditions, my reading for today, which is on Priorities, says in part, “Chronic conditions do not have to define us. Fears do not have to define us. We can identify our values through a willingness to sit with our thoughts and our hearts to understand not what is important to us but *what matters most.*” I find, the longer I stay connected to CPA, that what matters most in life is not the isolation brought on by a chronic condition but the deep human connection that we all share on our journeys with chronic pain.

CPA provides that connection and I want to remind us that we are here today at this World Conference not just to work on the priorities of our agenda but to celebrate the fact that this *is* a World Conference and that CPA has brought fellowship to people all of all kinds on nearly every continent. When we come together on a day like this – or by attending a CPA meeting – we choose *connectivity* over isolation and communion over pain and suffering. So, I want to thank each of you for making the time to participate in CPA to the extent -- and in any way -- that you can.

Now, onto some basic business for our Conference. I’d like to share the agenda with you briefly and, most importantly, let you know that the Board has listened and has put in a short break today to give each of us a chance to catch your breath.

We have much to accomplish today and I am sure that, together, we will get our work done in a timely fashion. With that said, please pace yourself today, stay hydrated, listen well, and speak from the heart.

Now it’s my pleasure to begin our Conference by inviting Carmel to lead us in the Serenity Prayer.

# PRESIDENT OF THE BOARD REPORT WITH EXECUTIVE DIRECTOR REPORT

(Combined report given by Judith at WSC as Executive Director and President of the Board of Trustees)

It is a privilege to be part of the 4<sup>th</sup> CPA World Service Conference. Today I'd like to share a bit of my story and then give a brief report as the outgoing President of the Board of Trustees and the current Executive Director of the General Service Virtual Office.

Although getting ill was not in my life plans, it turned out to give my life meaning and purpose in ways I never imagined possible. I was first diagnosed with a chronic condition in 1988 when I was 34 years old. This was followed by becoming increasingly ill and debilitated. Eventually I lost everything, including a job, a husband, financial security, my sanity and my will to live. There were no support groups and I went through many dark years mostly alone. In 2000 I began my first Twelve Step program, which brought healing to my spirit and my mind. Suicide was no longer in the forefront of my thoughts. To maintain my wellbeing I went to a meeting daily, sometimes 2 meetings. This is when I found a Higher Power and for the first time since I became ill, I experienced peace of mind and felt like my life was worth saving.

After many years of living with chronic illness, there had been some improvement and increase in my ability to function, yet my days were unpredictable due to the symptoms coming and going. Not being able to make plans with friends or able to hold a job, or participate fully in life, I had many periods of depression. I wondered if these miraculous Twelve Steps, which had transformed other areas of my life, would help me live more easily with my health challenges. About that time, I was in a Twelve Step bookstore and on a shelf was the book by Martha Cleveland - *Chronic Illness and the Twelve Steps*. This felt like a message from my Higher Power. Since we don't find recovery alone, I reached out to friends from several Twelve Step programs whom I knew lived with illness and asked them to join me in studying Martha's book. There were 10 of us who met weekly. About a year later I found the CPA website created by Dale and reached out to him. Dale and Barry had started a Twelve-Step group for chronic pain in Baltimore, and we decided to join forces. That was the beginning of CPA, a fellowship for those who live with chronic pain and chronic illness.

When I was ill and lost everything, I was nearly ready to give up on my life. It was my sponsor who said, "Don't quit 5 minutes before the miracle." Looking back now I am so grateful that I didn't quit. I didn't know then that I would someday be participating in a fellowship that touches many lives. I didn't know that I was capable of performing the daily responsibilities I have today to help CPA serve our fellowship and reach out to those who still suffer.

I am so grateful for a Power greater than myself who could see the bigger picture, and who brought me what I needed to get through the dark times, one day at a time. This is how I was able to arrive to this moment today as a member of CPA with a life filled with friends and purpose and joy.

Since those days when Dale and I started working together the growth of our CPA fellowship has been tremendous. I'm in awe of how much a group of people who are sick and in pain can accomplish when they work together. Since we do so little public outreach, I know that a Higher Power whispers to everyone who finds CPA and brings them to our fellowship.

For my report about 2019, I'll start off with a review of what the Board has accomplished in the past year and end with an overview of CPA and a vision for the future.

Service is a crucial element of our recovery program however our health issues can make it hard to make commitments. In the beginning of 2019, the Board and General Advisory Council began monthly meetings to jointly guide CPA so we can remain strong and solid as we grew. This required us to be aware of the unique needs of our fellowship with our members having to balance our responsibilities with the parameters of living with our health conditions. We explored several issues, including service in CPA, management of time and energy, and strategies for realistic growth. This led to putting into place some new documents that support service work.

We wrote job descriptions for the Board of Trustees, General Advisory Council and General Service Virtual Office. Now CPA members can learn about the positions which will help facilitate the practice of rotation of service in support of our Traditions.

Along with the job descriptions, the ideas generated in these joint meetings are becoming literature that explains how we can live with our physical health conditions and participate in CPA service work, both in our groups and at our service bodies. The new service brochure will help guide each of us in our service work as CPA grows so we can sustain our fellowship together in a way that is balanced and supports our individual wellbeing. Whether it is pain or symptoms, we don't know each day what functioning we will be capable of.

We support each other and no one has to work alone. The joint committee put into action the goal of 2 people working together in most service positions. Sometimes this is sharing a position, and sometimes it is a Chair and an Apprentice providing support. We created the Apprentice position so there is a long period of orientation and training to prepare members who lead in roles that involve a lot of detail and responsibility. This way we can ease into any new role and not be overwhelmed. This is still a work in progress, and I trust we will continue to learn what works best.

I feel grateful for the gift of CPA and working with others. It gives meaning to my life and gives me a reason to get up each day. We want this to be possible for all our members.

In addition to our focus on service and the long-term strategy for CPA's growth, I've included in the written report all that was accomplished in the last year. I want to highlight just a few items. Our logos, with and without the tagline, are now registered with the U.S. Patent and Trademark Office. We will be adding them to all the CPA literature. We created a YouTube channel and have 2 videos posted, including a Public Service

Announcement video we had made for CPA. In time we hope to use this video in public outreach. We hired a part-time bookkeeper, the first paid employee of CPA. Our planned budget covered all expenses and CPA is financially stable heading into this new year.

We are a very small fellowship however we are effective and are laying a strong foundation for the future. So often I tell someone about CPA, and they say, "I've never heard of it." Attraction is the Board's number one goal in the coming year. We can't attract anyone if they don't know we exist. We want our individual identities to be anonymous, however we want CPA's identity to be known.

There are now three Intergroups, two with their own websites. Our current meetings are growing larger, a good problem to have. Our members are finding happiness, serenity and strength and sharing this with others. This is the core of the program. One person who is suffering reaching out and helping another, sharing the solution of our CPA program.

More jobs are being rotated to new people, putting the Traditions into action. It is this willingness to serve, to include this ingredient of our recovery, that keeps CPA strong and meeting the needs of our members. So little by little I am turning over my responsibilities. This year we have a new President of the Board of Trustees, a new President of the Council, and two Apprentices of the Literature Committee. Due to CPA's growth in recent years, a position, Executive Director, was created by the Board last year, a role I was doing informally.

One thing I personally want to do in the coming year, as more people step into service, is to support innovation. I don't want to be the person who says, we did that, and it didn't work. It is important to encourage new ideas and to trust that our Higher Power is guiding all of us in our various roles. While respecting the Twelve Steps and Twelve Traditions as our framework and guide, new people bring new ideas and CPA will be better if we practice being curious and open-minded. Please feel free to remind me if I forget. Our fellowship won't be sustainable if there are not many voices guiding, leading and supporting our efforts.

Thank you to everyone who has contributed to the CPA fellowship in the past year. There are so many ways we can do service. Everyone can participate and we are all needed. All we have to do is start with something small. If you have chaired a meeting, or participated in an open forum, sponsored someone, attended a GAC meeting, reached out to a newcomer, or shared in a meeting and touched another member, you are helping to keep CPA thriving and carrying our message of hope and serenity.

Here is what I have learned in CPA. Recovery is not about being relieved of my symptoms and my pain. It is not about being relieved of my health issues. It is about learning how to live with them so that I can focus on what is good in my life, so that I can enjoy as many moments as possible. It means that when I do have good moments, I appreciate them, I savor them, and I am present with them. It means not worrying about the future. I am not in charge. I practice Let Go and Let God again and again and again. I focus on taking care of

myself as best as I can. We each receive what we need from CPA and I pray that each of you receive many blessings on your recovery path.

Thank you to everyone who has participated in keeping CPA strong and able to pass along the message of hope to newcomers. I look forward to sharing this journey with you in the coming year.

# MOTIONS FOR CONFERENCE APPROVED LITERATURE

## Serenity Prayer consistency of grammar and punctuation

### Discussion

#### PRO:

- Prefer the “I” version
- No change to meeting formats, only literature, so it is consistent throughout our literature
- Already used in *Recipe for Recovery*
- Each meeting is autonomous and has the right to decide they do not want to include the line “Thy will be done”
- No Group Conscious is required if they are not using this version today, each group is autonomous
- We are just trying to standardize our literature

#### CON:

- “Thy will be done” sounds religious
- Last line not in original version of Serenity Prayer
- It is singular instead of plural
- It’s telling people how to say the Serenity Prayer
- When prayer was first used, 90% of country was in one of three religions, and today it is 25%. It suggests a provincial God

**VOTE:            FOR: 28            AGAINST: 10            MOTION: PASSES**

## PSA: Isolation

### Discussion

#### PRO:

- A lot of thought and effort went into it. This is some of the best work I’ve seen
- We asked for this in the 3<sup>rd</sup> Conference. It could have a place someday on “In the Rooms”. It looks like what we talked about

#### CON:

- None stated

**VOTE:            FOR: 38            AGAINST: 0            MOTION: PASSES**

## Bruce Video: The Invincible Summer

### Discussion

#### PRO:

- None stated

#### CON:

- The volume was difficult to listen to
- It was not produced by a committee or CPA in the same sense
- Opposed to the quote “I got my life back”. We don’t get *our* life back, we get *a* life back, but not *our* life.

**VOTE:      FOR: 26      AGAINST: 12      MOTION: DOES NOT PASS**

#### ACTION ITEMS:

The Bruce video, The Invincible Summer, will go to a committee or task force for revision.

## Service Structure

**Approved with no objections**

## Tools Brochure

**Approved with no objections**

## Step Ten Inventory

### Discussion

#### PRO:

- There is a line, “When using this tool not every item may apply each day...”

#### CON:

- It is too wordy, especially the introduction; don’t need the first three paragraphs
- It seemed overwhelming
- It would be helpful to have a check box
- Difficult for some members to read so much

**VOTE:      FOR: 35      AGAINST: 3      MOTION: PASSES**

CPA in Brief Bookmark

**Approved with no objections**

Stories of Hope

**Approved with no objections**

ODAAT Explained Brochure

**Approved with no objections**

# MOTIONS FOR FELLOWSHIP APPROVAL

## Memorial Donation Proposal

### Discussion

#### PRO:

- Would increase funds

#### CON:

- Goes against 7<sup>th</sup> Tradition of being self-supporting
- Could be controversial or exploiting
- Stay with what works, *Keep It Simple*
- Keep it similar to A.A.

**VOTE:      FOR: 33      AGAINST: 5      MOTION: PASSES**

## Bequeathing Donations Through Wills

### Discussion

#### PRO:

- Would increase funds
- Donors could not determine where money is spent, no 'strings' attached makes it self-supporting

#### CON:

- There should be no cap on the amount given

**VOTE:      FOR: 38      AGAINST: 0      MOTION: PASSES**

## CAL Proposal Question 1

- What is CPA “Conference Approved Literature?”
- What is the process to approve CPA literature?
- What constitutes CAL?
- What literature can be used in meetings?

### Discussion

#### PRO:

- Meetings can choose what literature they want to use
- Information for the open forums is on the website so every member can participate in literature creation

#### CON:

- Explanation was too long to read in a meeting, a synopsis would be helpful
- Voting “Yes” to this will impact Question 3 Proposal

**VOTE: FOR: 38 AGAINST: 0 MOTION: PASSES**

## CAL Proposal Question 2

Do we want to create a symbol to be used on all CPA CAL to signify the item is for CPA members, was written and approved by CPA members, and is from the CPA point of view?

### Discussion

#### PRO:

- It’s really worth it and important
- It’s nice to have a symbol on the literature CPA created. I will know it comes from CPA members
- No one is telling us we can’t use other books
- It gives it more power
- The emblem could allow for non-CAL literature to be on the website

#### CON:

- This would eliminate non-CAL literature meetings like to use
- How do people know what they’re voting for without seeing the symbol

**VOTE: FOR: 37 AGAINST: 1 MOTION: PASSES**

## CAL Proposal Question 3

Do we want to remove all non-CAL literature from the CPA website?

### Discussion

#### PRO:

- None stated

#### CON:

- We are slim on literature, with a symbol to delineate, it would be better to bring up next year.
- It would do a disservice to remove books like *Living with It Daily* and *Martha Cleveland*, which so many meetings use.
- Would prefer not to see the 12x12 taken off the website until the CPA Traditions books comes out

**VOTE:      FOR: 0              AGAINST: 38      MOTION: DOES NOT PASS**

#### ACTION ITEMS:

This will be sent back to the Board of Trustees will create a Task Force to make suggested revisions.

# INTRODUCTION OF NEW BOARD OF TRUSTEE AND GAC MEMBERS

**Name:** Jan

**Service Body and Position:** CPA Board of Trustee: Treasurer

**JAN:** I would like to introduce you all to the new Secretary of General Advisory Council, Geoff. Geoff lives in London! He found CPA last year and quickly began doing service work such as assisting with our literature committee. He attends Pain to Gain Tuesday Zoom meeting and sometimes the daily 3<sup>rd</sup> step prayer meeting on Zoom. Geoff is hoping to start a face to face meeting in the UK soon. Geoff, will you say a few words to the conference?

**GEOFF:** Just want to say 'Hi'. Very grateful to the fellowship. This is my first Twelve Step group. I'm learning lots, not just about pain and illness. I'm not just learning tools, but a lot about the Twelve Steps and how it works. I've already got a sponsor and Judith has been a support. I have built a really great network throughout the world that I would never meet in any other sort of life situation.

**JAN:** Thank you Geoff and welcome. Next I would like to introduce you to Letha C. A couple of interesting things about Letha are that she lives on Maui and has a BA in theatre! She has been in CPA for over a year and jumped into service work quickly by becoming our Meeting Liaison. Letha brings a lot of energy to CPA even though she has a chronic illness. Letha, will you please say a few words to the conference?

**LETHA:** Hi everybody. Letha grateful and teachable member. I am so grateful to CPA. It saved my life. It is an honor and privilege to be of service to this fellowship. Huge shout outs to Geoff our secretary and Melissa our archivist. And the position of Vice-President is open for the GAC. I ask you all to search your hearts to consider filling the position. Remember: Higher Power does not call the qualified, Higher Power qualifies the call.

**JAN:** Thanks, Letha and welcome. Now I want to introduce you to P. Christine. She has been a member of CPA for eight years and has been active in service work, starting several meetings. P.Christine has served in the General Advisory Council, the Cross-Platform Intergroup, and secretary of Board of Trustees. She also participates in the Literature Committee as well Joint Service Committees, and has worked hard in planning this conference. It seems that everything that is going on in CPA, P.Christine is involved in! Her main role at this time is President of the Board of Trustees. P.Christine, will you please say hello to the conference.

**P.CHRISTINE:** Thank you Jan. That was very kind. I just want to listen to the fellowship and be guided by the fellowship and Higher Power. Keep CPA moving forward and providing for the newcomer and those who have been here for some time.

# REPORTS

## President

**Name:** Judith

**Service Body and Position:** President Board of Trustees

### 1. Accomplishments

- Budget completed for 2019 and 2020
- Hired a bookkeeper
- Proposed Memorial Donation
- Worked on job descriptions for Board members
- Got article written about CPA in health.com
- Hired a web design team
- Board members gave presentations about CPA to professionals at conferences for physicians and mental health professionals
- Organized Dropbox so all CPA documents are now on the cloud
- Worked with CPA members to create the service structure flow chart
- Created YouTube channel and guidelines; posted 2 videos, including a Public Service Announcement that was created for CPA
- Worked with lawyer to get logos registered and trademarked
- Board sent annual appeal letter in September
- Board approved funds for audio version of *Recipe for Recovery* and publication of book on the Traditions

### 2. Current projects

None

### 3. Metrics where applicable

No metrics.

### 4. Additional information

New Board President will begin planning to repeat the Member Survey in the fall of 2020.

# Executive Director

**Name:** Judith

**Service Body and Position:** Executive Director

## 1. Please list accomplishments in the past year

- Two CPA logos trademarked
- Planned the 2020 WSC
- Organized development of job descriptions for 3 service bodies: Board of Trustees, General Advisory Council and General Service Virtual Office
- Worked with web design team to maintain and revise CPA website
- Led open meetings to discuss Memorial Donations
- Led open forum meetings to discuss meeting challenges
- Organized Dropbox
- Initiated the creation of a Face-to-Face Intergroup
- Worked with Meeting Liaison to support new meetings
- Helped develop Welcome Packet for new meetings
- Facilitated creation of monthly Newcomer Meetings
- Daily management of CPA email accounts

## 2. Current projects

- Ensure CPA trademarked logo is added to all literature and CAL logo if needed
- Work with Web Design team to make improvements to website
- Edit history of CPA and put on website
- Work with Intergroups supporting CPA meetings

## 3. Metrics where applicable

No metrics

## 4. Additional information

None

# Financial

**Submitted By:** Jan

**Service Body and Position:** CPA Board of Trustee: Treasurer

## 1. Accomplishments

Big accomplishment for 2019 is that we hired and trained a bookkeeper. Jan has been doing the books on a volunteer basis since 2009 and this needed to be done in preparation for her retirement at the end of this year.

## 2. Metrics

- Cash on Hand: \$10,400.

Income and expense information for 2019:

- Total Income: \$9,085
  - Sales of books and literature: \$2,810
  - Donations from individuals: \$5,326
  - Donations from groups: \$947
  - Total Expenses: \$11,325
  - Expense breakdown for notable expense:
    - Legal fees, mostly for trademarking our logo: \$2,305
    - Website: \$1,415
    - Editing for the new Traditions book: \$4,096
    - Public outreach: \$1,429

Other miscellaneous expenses are mostly operations such as postage, office supplies, printing of brochures, Zoom, phone number.

# Professional Advocacy

**Submitted By:** Bruce and Anastasia

**Service Body and Position:** CPA Board of Trustees: Professional Advocacy

## 1. Accomplishments

- PSA Completed
- PSA and additional information added to professional workshop presentation
  - Fix Your Pain Forum
  - LPCA of Georgia Annual Convention
  - Atlanta Recovery Center
  - Georgia Department Of Behavioral Health and Development
    - Distribution of *What is CPA* brochure to 100 professionals
- Promote CPA quarterly on the GTN (Georgia Therapy Network) and Georgia PLA (Professional Liaison Association)

## 2. Current projects

- PSA and additional information added to professional workshop presentation
  - Pyramid Family Behavioral Healthcare November 2020
- Promote CPA quarterly on the GTN (Georgia Therapy Network) and Georgia PLA (Professional Liaison Association)
- Develop a package sent to rehab/pain centers to describe how CPA can be included in discharge planning and to rehab/pain centers/independent living to describe how CPA can be included in their on-site care

## 3. Metrics

No metrics.

## 4. Additional information

No additional information.

# Public Outreach

**Submitted By:** Carmel and Ron

**Service Body and Position:** CPA Board of Trustee: Public Outreach

## 1. Please list accomplishments in the past year

- Presentations by Ron:
  - “What is Chronic Pain Anonymous?”
  - “Chronic Pain Anonymous: An Asset for the Opiate Crisis”
  - St. John’s physicians, 10 *Recipe for Recovery* texts purchased
- Ron maintain and support SJMC Face to face monthly meetings
- Provide content creation and editing of job descriptions for Board of Trustees, General Service Virtual office, and General Advisory Council.

## 2. Current projects

- Development of CPA meetings in assisted living facilities
- Presentations by Ron at state and national chronic pain meetings
- Virtual Caregiver Summit Interview. Virtual format 20 to 30-minute interview. CPA is mentioned in Ron’s bio.

## 3. Metrics where applicable

No metrics.

## 4. Additional information

No additional information.

# Social Media

**Submitted By:** Lauren

**Service Body and Position:** CPA Board of Trustee: Social Media

## 1. Accomplishments in the past year

It was another year of growth and gaining a social media presence for CPA. Quotes from our literature are taken and put onto graphics. They are then posted on the media outlets: Facebook, Instagram and Twitter.

Because we are a fellowship of attraction, we do not engage in any discussion on our pages. The goal is to get people who need us to see our messages for attraction. Often, people will share our quotes which gives us an even stronger reach.

## 2. Growth for the year:

- Facebook – 2,356 followers (up 215 from last year)
- Instagram – 912 (up 56 from last year)
- Twitter – 301 (up 13 from last year)

## 3. Current projects:

To continue to attract new members and let them know we exist and are here to help

## 4. Metrics where applicable

No metrics.

## 5. Additional information

It has been an honor for me to serve as Social Media Coordinator for the past five years. I have loved it and have learned so much. I even taught myself how to make graphics in the beginning! As life circumstances change, I'm finding it difficult to keep up with my responsibilities and would like to have someone join the Social Media team and eventually take over for me. I would be more than happy to train someone. I believe this service opportunity is a fun one and does not require more than 1-2 hours per week. Please consider helping with this fun and rewarding service opportunity.

# Website

**Submitted By:** Alisa E.

**Service Body and Position:** Web Design Team

## **Accomplishments in the past year:**

Sean and Alisa took on the role as the web design team on October 1, 2019.

While the main focus has been keeping the website up, functioning, and with up-to-date information, we have made some major changes to the website as well.

Before we started, Jeff created and published the Meeting Calendar page, where everyone can see meetings sorted by the day they are being held. He also improved the registration process and the Contact Us form. Lastly, he helped hire Alisa and Sean.

In October Sean recreated the front page of the website, making it more inviting for both current and future members of CPA. He added our new PSA to show what we are all about. He also rearranged the graphics and removed other elements to ensure important information can be seen first, like upcoming meetings and how to donate.

In December, Alisa created a new Holiday Meetings page, a place where members can see all the special meetings for Thanksgiving, Christmas and the New Year. This was placed at the top of the Find a Meeting menu, and will be removed every January, then re-added every holiday season to keep members informed.

In January, Alisa went through all the meetings, in all categories, and ensured they were all on the calendar and set up to recur properly. She found a very large portion of the meetings were not recurring, so they were not showing up on the Calendar.

## **Metrics where available:**

No metrics.

## **Additional Information:**

We are very excited with what we have done so far, but we are also excited about our plans for 2020. We have several projects planned. This includes working with a new WordPress app to make it easier for members to find meetings that fit their schedule and location, creating a special page for newcomers to visit that can be accessed right from the front page, streamlining the website to ensure it is as fast as possible, going over financials and ensuring we are spending money on the website wisely, and going through the documents on the website and replacing them with trademarked documents.

# President of the GAC

**Submitted By:** Letha

**Service Body:** President - General Advisory Council (GAC)

## 1. Please list accomplishments in the past year

- Committees participated in:
  - Joint Board and Council Committee
  - WSC Planning Committee
  - Service Structure Flow Committee
  - Meeting Challenges Forums and the pending Chair Orientation Workshops
  - Memorial Donation Forum
  - Multiple Literature Drop-In Committees, including Media Kit, CAL Approval proposal, Welcome Packet, Service Position Duties and several more
  - Face-to-Face Intergroup Task Force
  - Hybrid Task Force

## 2. Current projects

- Continue to create GAC agendas and chair each monthly meeting
- Proof and distribute GAC minutes
- Respond to fellowship questions and concerns
- Communicate frequently with CPA's Executive Director and Board members

## 3. Metrics where applicable

- Of CPA's 42 Meetings, the GAC average attendance is 12.5
  - Officers-5
  - (General Representatives) GR's-5
  - Members at large-2.5
- Cross Platform (XP) Meetings are the largest represented

## 4. Additional information

- The position of Vice-President is open

# Literature Committee

**Submitted By:** Judith

**Service Body and Position:** Council – Chair of Literature Committee

## 1 Accomplishments in the past year

The Literature Committee completed new CPA literature presented at the WSC for approval. These documents are:

- Step Ten Inventory
- CPA Toolkit Brochure
- CPA in Brief Bookmark
- CAL literature document

Literature revisions sent to the WSC are the Serenity Prayer, so it is consistent across all literature, and a new version of the Service Structure chart. The committee also helped write the proposals for CAL and the Memorial Donations

## 1. Current projects

- Ongoing projects include writing 2 books – book on the Traditions and a daily meditation book
- The committee has begun work on a brochure about service work and a brochure for newcomers
- We are working on creating three new documents to support the Traditions book addressing Group Conscience, Business Meetings and Group Inventory
- Other documents to be written in the coming year are on Meeting Guidelines and a Sponsorship brochure
- Audio version of *Recipe for Recovery* is being explored
- Creation of postcards with quotes to sell in small packs
- In the area of public outreach, we are working on a Media Kit

The literature committee is preparing to add the registered CPA trademark symbol on the logo to all the literature. If there is going to be a CAL symbol that will be added to all literature at the same time.

## 2. Metrics where applicable

No metrics.

### **3. Additional information**

In 2020 the committee will review the Meeting and Service Handbooks. Geoff and Renee will be Apprentice Chairperson and will be trained over the next year.

# Meeting Liaison

**Submitted By:** Letha

**Service Body:** Meeting Liaison

## 1. Accomplishments in past year

- Terry M. as apprentice, created the CPA Remotely Accessible Meetings brochure
- Our 2019 goal of creating multiple Meeting Liaison training docs was achieved and the position further defined including an apprentice timeline.
- An Excel spreadsheet was created to replace CPA Master List to track meetings, contacts, GR's and delegates.
- Assisted in the creation of the Hybrid Meeting Guidelines
- In the process of assisting CPA members in Wyoming interested in starting a new meeting. I was introduced to and participated in the Walmart Wellness Days as a beta test making CPA information available to customers in Maui, Hawaii. I have created a "Do It Yourself" (DIY) document with suggestions on how any CPA member can participate in this helpful Public Information effort. In this same vein, I have participated in numerous local Health Fairs and was invited to join the Hawaii Opioid Prevention and Education Project (HOPE) to share the resource of CPA.
- I researched and forwarded the need for a Press/Media kit for the CPA Website

## 2. Current projects

- Continue to train, learn and grow with Terry M. in the role of Meeting Liaison, assisting new and existing meetings
- All tasks relating to tracking and communicating with CPA GR's and delegates for the WSC
- I attend all Phone and Cross Platform (XP) Intergroup monthly meetings and communicate with the web team

## 3. Metrics

- Face-to-Face Groups-            current- 17            added-4 – HI, CA, and 2 in PA,
- Phone Groups-                    current- 8             added- 0
- Video/Online Groups-            current- 17            added- 7

As of 12/30/2019- There are 42 different CPA meetings across all platforms

#### **4. Additional information**

It has been an honor, joy and a privilege to assist new and current CPA members and Healthcare Facilitators from Australia east to Europe.

# Phone Intergroup

**Submitted By:** Andy

**Service Body and Position:** Phone Intergroup

## 1. Accomplishments in past year

Purged list of 300 phone members and came off with less than 50 people to be taken off the phone contact list. Some people started coming back as a result of our purging list.

We had a full team of officers last year. This year it was hard to get officers. People did step up. Technical support and speaker meetings are a 'must have. People left one position to fill another. Unfortunately, nobody wants to be the chair person or the vice-chair. So we have to figure out how we're going to do it until we get people to step up into those positions.

We did open a second phone line and a couple of meetings have started on it.

We started archiving the Phone Intergroup website. Our tech person put it together and started making an archive so people can see how CPA phone meetings have grown.

## 2. Current Projects

There have been some problems with people getting in to the phone meetings. 80% are from the northeast. Tech did talk to the phone service and they said it's not the website's fault.

## 3. Metrics where applicable

No metrics

## 4. Additional information

None

# XP (Cross Platform) Intergroup

**Name:** Jes G

**Service Body and Position:** Cross Platform Intergroup, Chairperson

## 1. Please list accomplishments in the past year

- XPI hosted successful, well attended marathon meetings over the 2019 holidays.
- We offer a Zoom Hangout Room for members. When the Zoom account is not in use, international and U.S. members in need are finding fellowship and support
- During our year-end drive, we collected enough funds to purchase two Zoom accounts.
- Volunteers created and maintain a website with XPI meetings, events, and resources.
- A Zoom etiquette document was created and resides on the XPI website under Resources.
- XPI sponsors a Newcomer Meeting on the 4th Monday of the month at 4:00pm ET. An easy to follow format has been created and typically two experienced members who do step work together host the meeting.
- Similar to the Phone Intergroup, we have begun hosting a Creativity Workshop on the 3rd Saturday of the month at 4:00pm ET.
- YouTube account has its first video about how to sign into Zoom on an iPad.
- We have most of the XPI meeting formats on the website for ease of the membership.

## 2. Current projects

- We are in the process of moving our website to a paid platform and look forward to having an easier to remember web address (domain name).
- Volunteers have come forward to start a monthly speaker meeting.
- A breakout room training session will be hosted within the next 60 days for anyone interested in how to use this Zoom tool. This is a way for meetings to have smaller breakout groups to solve the large group size issues which have been brought up at XP Intergroup meetings.
- Still looking for a Treasurer and banking solution.

## 3. Metrics where applicable

- Collected \$543.43 at our fund drive.

## 4. Additional information

None.

# Face-to-Face Intergroup

**Submitted By:** Terry M.

**Service Body and Position:** Face-to-Face Intergroup Co-Chair

## 1. **Accomplishments in past year**

Meet monthly, on the 2<sup>nd</sup> Friday at 3pm ET. Considered meeting quarterly, but group conscience decided monthly, with strong emphasis on being a resource for new meetings

## 2. **Current Projects**

How to Start a CPA Meeting Workshop - for members who want to start a meeting in their community

## 3. **Metrics where applicable**

First met in October 2019, to explore the possibility of forming an Intergroup to represent the Face-to-Face CPA meetings

5-8 attendees, representing 6 Face-to-Face meetings (17 confirmed active F2F meetings – 35% participation)

## 4. **Additional information**

Why we think a Face-to-Face Intergroup is necessary: Improved representation on the Council and CPA service bodies

Support for Face-to-Face meetings, including new meetings and hybrid meetings

Exchange ideas for attraction, public information (business cards, flyers, Face-to-Face Intergroup Tip Sheet with additional ideas to support physical meeting members)

## NEW BUSINESS

### Item 1: Date for 2021 World Service Conference

**Motion** That the next WSC be held Sunday, January 31, 2021 at 10:00am PT

**Approved with no objections**

### Item 2: How to approve new literature, i.e. Traditions book, before next WSC

#### **Discussion**

- Do it via survey to avoid the work of gathering delegates for a mid-year meeting
- What is the rush?
- Are the delegates here willing to meeting again at another time this year?
- Task force idea does not work because it provides no way to regather delegates
- We could send out a vote to the delegates to approve the Task Force proposal

**Motion:** Create a committee to determine whether or not CPA should approve WSC literature in interims of the WSC and the vote will be done by survey of the 38 delegates attending the 2020 conference; 75% approval of the 38 delegates attending the 2020 WSC conference.

#### **PRO:**

- Survey creation is plausible solution
- Our fellowship is very weak in Tradition literature. It's very valuable information. It would be worth looking at the possibility of approving it before next January
- If we sit on it too long, it may get out there anyway

#### **CON:**

- We just approved how we approve CAL and thought and time went into that language and here we are trying to rush something because we're excited about it, and that may not be in the best interest of CPA.

**VOTE:      FOR: 38      AGAINST: 0      MOTION: PASSES**

#### **ACTION ITEMS:**

This will be sent to committee to determine whether or not CPA should approve WSC literature in interims of the WSC. If the recommendation of the committee is approved by an interim vote of 75% approval of the 38 delegates at the 2020 conference.

### Item 3: Inclusion of the Martha Cleveland book, “*Chronic Illness and the Twelve Steps: A Practical Approach to Spiritual Resilience*” as CAL or listed as a resource

**Motion:** Create a Task Force open to fellowship to gather feedback and make a proposal for the next WSC.

#### **Discussion**

- What is the implication of having non-Conference Approved Literature on our website?
- There is a Tradition about non-endorsement we should consider. We don't endorse outside enterprises
- We want to be able to use Martha Cleveland and *Living With It Daily* in our meetings
- Meetings are autonomous, and can choose whatever literature, but the Traditions suggest for singleness of purpose, that we stick to Conference Approved Literature
- Is it possible to have them under “Resources” can we put a disclaimer in a separate section which would list non-conference approved literature
- There are so many excellent books out there, where does it end in ‘Resources’
- It's very important that the CPA website that the world sees is without any exception in alignment with the Steps and Traditions

**VOTE:            FOR: 38            AGAINST: 0            MOTION: PASSES**

#### **ACTION ITEMS:**

This will be sent to the Board of Trustees to form a Task Force open to the fellowship to gather feedback and make a proposal for the next WSC.

## APPENDIX I – AGENDA

1. Open with Serenity Prayer	5 minutes	Carmel - Trustee
2. Delegate Role Call	20 minutes	Carmel - Trustee
3. President of the Board of Trustees Report	5 minutes	Judith
4. Executive Director Report	5 minutes	Judith
5. Motions for CAL to discuss and approve	20 minutes	Letha - President GAC
• Serenity Prayer consistency		
• PSA		
• Bruce Video		
• Service Structure		
• Tools Brochure		
• Step Ten Inventory		
• CPA in Brief Bookmark		
• Stories of Hope		
• ODAAT Explained Brochure		
6. Motions for fellowship approval	10 minutes	Anastasia – Trustee
• Memorial Donation proposal - discussion and vote		
• CAL Proposal – discussion and vote		
7. Introduction of new Board of Trustees	10 minutes	Jan - Trustee
8. Break	5 minutes	
9. Reports	35 minutes	Exec. Dir.
• Financial		Jan
• Professional Advocacy		Anastasia/Bruce
• Public Outreach		Ron/Carmel
• Social Media		Lauren
• Website		Alisa
• President of GAC		Letha
• Literature Committee		Judith
• Meeting Liaison		Letha
• Phone Intergroup		Andy
• XP (Cross Platform) Intergroup		Jes
• Face-to-Face Intergroup		Terry M.
10. New Business	20 minutes	P.Christine - Board Sec.
• Date for 2021 WSC – suggested Sunday, January 31, 2021 at 10:00am PT		
• How to approve new literature, i.e. Traditions book, before next WSC		
• Inclusion of the Martha Cleveland book as CAL or listed as a resource on the website [this topic may be addressed above under CAL]		
11. Gratitude Closing	20 minutes	Ron - Trustee

## APPENDIX II – LIST OF DELEGATES

1. Adell Stronger Together
2. Alisa Web Design Team
3. Anastasia Trustee - Professional Advocacy
4. Andy Phone Intergroup Representative
5. Bruce Trustee - Professional Advocacy
6. Carla B. Second Life
7. Carmel Trustee - Public Outreach
8. Carolyn Saturday Step Study
9. Catherine Faith and Footwork
10. Cindy One Day at a Time
11. Darren New Hope CPA in United Kingdom
12. Geoff GAC - Secretary
13. Jan Trustee - Treasurer
14. Jes Cross Platform Intergroup Representative
15. Josh Friday FACES Meeting
16. Judith Trustee - President; GSVO-Exec Director and Literature Comm Chair
17. Kathy T. Thursday Evening Beginners
18. Kristen Open Hearts
19. Lauren Trustee - Social Media
20. Lauryn B. The Language of the Heart
21. Letha GAC – President and Meeting Liaison
22. Melissa B GAC - Research/Archives
23. Mary Roswell Chronic Pain and Illness Anonymous
24. P.Christine Trustee - Secretary
25. Pat D. From Pain to Gain
26. Patti N. Wednesday Group
27. Reanna Third Step Prayer Meeting
28. Renee Tuesday Afternoon Light
29. Robin N. Hope for Today
30. Ron Board of Trustee - Public Outreach
31. Rose Gratitude Happy Hour
32. Seton Attitude of Gratitude with Chronic Pain
33. Shannon Chronic Pain and Illness 12-Step North Atlanta
34. Stefani It's the Journey, Not the Destination
35. Susan B. Living in the Solution Women's Meeting
36. Tammy J. Friday CPA Step Study Meeting
37. Terri R. Friday Group
38. Terry M. Face-to-Face Intergroup Representative

## APPENDIX III – LITERATURE FOR APPROVAL

### Serenity Prayer consistency of grammar and punctuation

At the 2019 World Service Conference it was brought to our attention that the CPA literature had different versions of the Serenity Prayer. With input from the fellowship the literature committee recommends the version below as the official CPA Serenity Prayer.

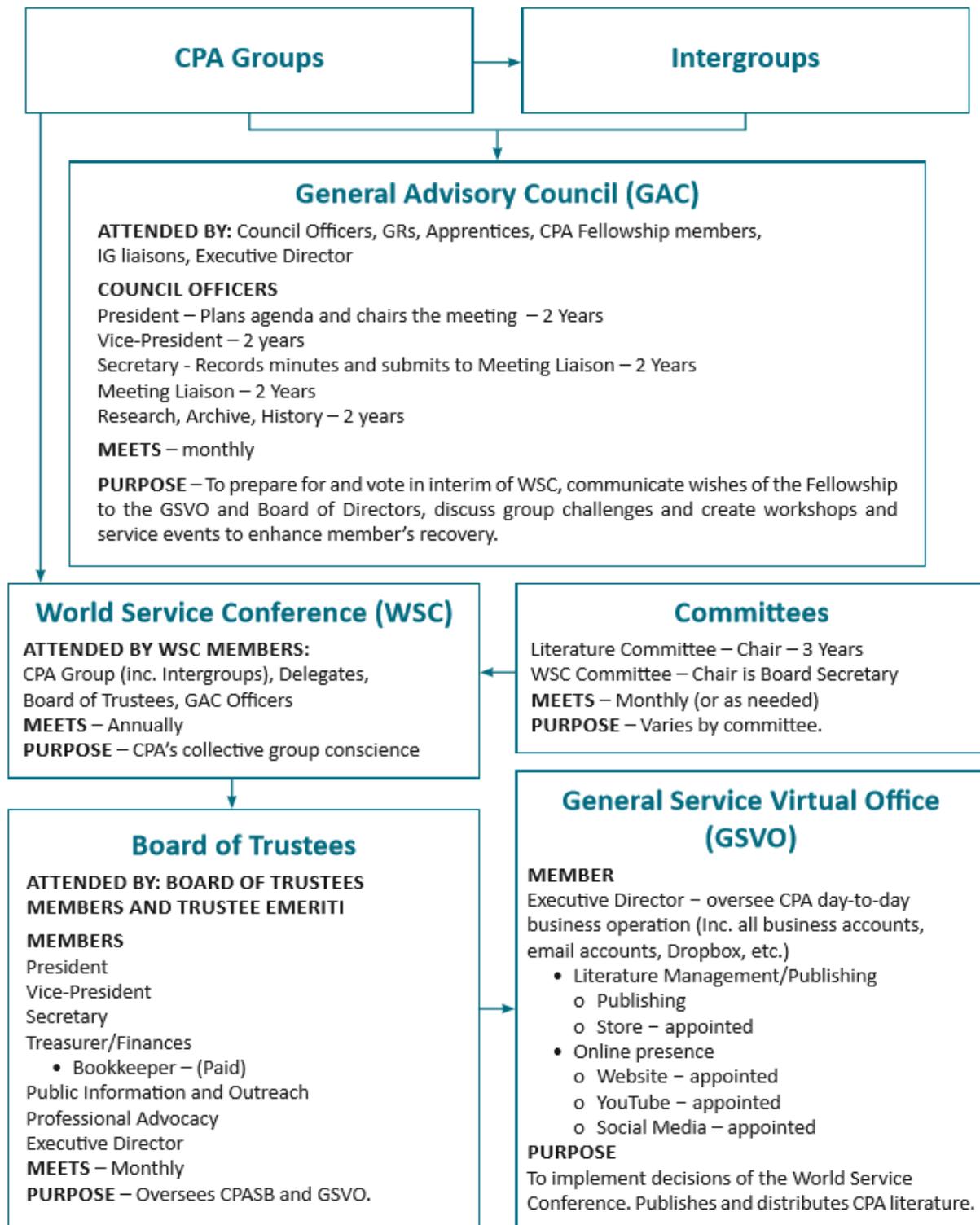
*God, grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.  
Thy will, not mine, be done.*

The literature with the Serenity prayer is: *Recipe for Recovery* book, *What is CPA?* brochure, *CPA and Meditation* brochure, the Suggested CPA Meeting format, and the CPA Phone meeting suggested format. These are all items that are either printed by CPA or found on the website.

Each CPA group will take a group conscience and vote on whether they approve the revision. The delegate will bring this to the vote at the 2020 WSC.

# Service Structure

## CPA Service Structure Flow – 2019



General Service Rep: Chosen by meeting groups to attend and vote at the GAC.

# Tools Brochure

## CPA TOOLBOX

In working the CPA Twelve Step program there are a number of tools members have found helpful in recovering from the disabling effects of chronic pain and chronic illness. Using these tools can help us shift our focus from our obsession with chronic pain and chronic illness to living comfortably, peacefully and joyfully with ourselves and others. The suggested tools are listed in alphabetical order for convenience.

### Anonymity

Anonymity means that we are all equal in the fellowship. We come together as equals living with chronic pain and chronic illness. Anonymity offers each of us freedom of expression and safeguards us from gossip. It assures us that our names and faces are not used in the media.

Whatever we share with another CPA member or in a meeting will be held in respect and confidence. What we hear at meetings remains there. We honor the anonymity of others and trust they will guard our anonymity as well.

### Fellowship Time

Whether in a physical or virtual meeting, we can remain after meetings to socialize with others in the group. This is a time we can ask questions, get to know each other better, share about our recovery, find a sponsor, and connect with new people in the CPA community. This helps foster the sense of fellowship that is so central to the group's success.

Between meetings we find it helpful to stay in touch with each other. We use a variety of communication tools to stay connected. Examples of some ways members reach out: telephone, text, video conference, chat, email, and writing letters. Some people in CPA call other members and their sponsors regularly. By communicating with each other we are ending the isolation which is so common among those living with chronic pain and chronic illness.

Reaching out to friends in the fellowship is how we ask for help and extend it to others. The telephone and computer provide support at times when emotions are strong, such as fear or grief, and we need a friend at our side. These can be a lifeline when we are struggling. During difficult times it helps to connect with someone daily.

### Gratitude List

A list of what we are grateful for helps us become aware of the good that is already present. It helps us to change our perspective. Rather than focusing on what we are lacking and/or have lost, this tool helps us to acknowledge the abundance that exists in our daily lives.

This list can be done at any time during the day as we identify what we are grateful for in that moment. It can be short, such as three items for the day. Some prefer a longer list, even naming one thing they are grateful

for using each letter of the alphabet. It can be an on-going list we add to regularly. We each find what works best as we practice gratitude.

### Higher Power

A Power greater than ourselves is the core of our program of spiritual recovery. Although the word God is used by some people, this is a personal choice. Some people identify it as “**Good Orderly Direction**” or the collective wisdom of the fellowship. We don’t need to be religious to have a Higher Power. We each define our own Higher Power.

It helps to be open-minded as some of us struggle with this concept. We read CPA literature, review the Steps, speak to our sponsor and talk to program friends as we explore. As we grow in our recovery, our relationship and understanding of our Higher Power can evolve.

### Literature

Daily reading of the CPA approved literature reinforces the Twelve Steps and program principles. It provides insight into our problems and gives us strength and courage to deal with them. It gives us hope that there is a solution for us. It is the collective wisdom of the members of our fellowship that guide us in our recovery journey.

CPA literature is used in our meetings, and we study the literature with our sponsors and other members, just as we read and review it ourselves. Some people in CPA start or end their day reading CPA literature.

### Meditation

There are many different approaches to meditation which allow us to remain present in the moment without judgment. Some view meditation as listening. It is an element of Step Eleven although can be practiced before working all the Steps.

There are many ways to practice meditation. CPA has a brochure called Meditation and CPA, which may be helpful.

### Meetings

Meetings are gatherings of two or more members of CPA who come together to share their personal experience, strength and hope. Meetings offer fellowship with other CPA members and give us an opportunity to identify with others. We share the gifts we receive through the program. We find we are not alone. At meetings we share our successes and struggles and continue to learn about the program and how to apply it in our lives.

In CPA there are many ways to attend a meeting: in person, telephone, video conference and more. This variety of meetings ensures accessibility for everyone. We learn there are solutions and help available.

## Prayer

Prayer is a tool that helps us maintain conscious contact with our Higher Power. It can provide an anchor and give us courage when we are having a difficult moment.

Some members start and end the day with prayer. We can find prayers that speak to us or write our own. Prayer is a tool that is accessible whenever and wherever we are. It can provide strength, comfort and guidance; knowing we are not alone. It is an element of Step Eleven although can be practiced before working all the Steps.

## Rest

Attending to our need for rest is vital to living with chronic pain and chronic illness. When we become aware that our symptoms or pain are flaring, or our emotions are reactive, remember the tool of rest. Rest is an action of self-care; it is not being idle. Rest slows us down and can be restorative.

Deciding what this tool looks like is a personal choice and can vary with our situation. For example, for some of us it is total quiet, or quiet activity, such as reading or listening to music. Each CPA member learns what works best for them. Rest may be for an hour, a day, or many months.

## Self-Compassion

Self-compassion is a tool in which we treat ourselves in a warm and loving way. When we are struggling emotionally or physically, we choose to be an inner ally rather than an inner enemy. We give ourselves understanding and kindness, just as we would for a dear friend who is having a hard time.

We practice this tool by being gentle and kind toward ourselves. When our life circumstances are challenging and feel too difficult to bear, we actively treat ourselves tenderly. We use a soft and caring tone of self-talk. We give ourselves permission for self-care and don't force solutions. We may take action that feels soothing and comforting. We remember that everyone suffers, and we are not alone or unique in our suffering.

## Serenity Prayer

This is a simple prayer which has provided solace and strength for many people. It can be the comfort during a challenging procedure or experience of intense physical sensations. It helps us to let go when we are unable to control a situation.

We reach for the Serenity Prayer and say it in our minds or speak it aloud whenever we need help from our Higher Power.

## Service

Service is vital to our recovery. The fundamental form of service is carrying the message of hope to others who still suffer from the emotional and spiritual pain of living with chronic pain and chronic illness. CPA thrives when we give back what we have received. We help ourselves by helping others.

Service keeps our meetings strong. Some examples of service: sharing our experience, strength and hope, leading a meeting, participating on a service body, being a group treasurer or sponsoring. We serve within our capacity so we may help others while caring for ourselves. We look forward to giving to others what was generously given to us and find it nourishes our spirits.

### Slogans

Slogans are short, brief reminders of how to work the CPA program of recovery. They are simple and easy to remember, particularly when we are in pain, tired and dealing with strong emotions. We can post them around us as reminders. They help calm us and provide accessible emotional and spiritual support. They give us guidance and help us slow down. We can use them at any time.

Some common slogans are *One Day at a Time*, *Let Go and Let God*, *First Things First*, *Do the Next Indicated Action*, *Easy Does It* and *This Too Shall Pass*.

### Sponsorship and Working the Twelve Steps

Sponsors are CPA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. Sponsorship allows us to continually renew and reaffirm our own recovery through sharing our experience, strength and hope. No matter how long we have been in CPA we need someone to speak with on a regular basis.

We ask a sponsor to help us through our program of recovery and guide us through working the Twelve Steps. We learn from each other. To find a sponsor, we look for those who have the recovery we desire. It is always ok to ask; we trust we will find the right sponsor in the right time. In meetings we are asked to share in a general way, however with our sponsor we often share about the personal details of our situation. A sponsor helps us to feel supported in our recovery process.

### STOP

#### S – Surrender

Stop what we are doing and surrender to what is in the moment. *Let Go and Let God*.

#### T - Time out

Step away and take a time out. Relax. *Easy Does It*.

#### O – Observe

Observe what we are feeling and thinking and see realistically what is happening around us. *Freedom from bondage of self*.

#### P - Prioritize

What is the next indicated action? *First Things First*.

## Writing/Journaling

Obsession and worry are common ways we cope with our chronic pain and chronic illness. When we write out our difficulties it can become easier to see situations more clearly and possibly to discern necessary action. For some, writing is a way to communicate with a Higher Power.

Writing can be done with pen and paper, on the computer, or using whatever means works best for the individual. Some people find it helps to have a regular time every day to write, others find it works best to write whenever particular feelings or thoughts are troublesome.

# Step Ten Inventory

## STEP TEN INVENTORY

In *Recipe for Recovery: A Guide to the Twelve Steps of Chronic Pain Anonymous* we read, “In Step Ten, we maintain our spiritual fitness by staying focused on the Steps and deepening our application of them over time.” (p. 92) How do we do this? One tool is to do a careful review and reflection each night. We identify the areas where we were successful at applying our spiritual program and those areas which need corrective measures.

The book goes on to state, “Spiritual growth requires us to be honest about what we do and who we are.” (p.94) As part of our CPA recovery we set our intentions for the day in the morning and at the end of the day, we see how we did applying our program. We may adjust the timing for these actions based on our capacity. We can also do “spot checks” any time during the day to determine if we are in alignment with our spiritual aims.

In *Stories of Hope: Living in Serenity with Chronic Pain and Chronic Illness*, we are reminded that Step Ten “makes it possible for me to accept myself as a human being and remember that when I do err, I can repair the situation.” (p. 71) Step Ten is a maintenance Step, continuing the process started in Step Four. We are human and we make mistakes. Recovery is a lifetime practice. The slogan, *Progress Not Perfection*, reminds us we are always learning how to incorporate the Steps into our daily lives. Over time we begin to forgive ourselves and love ourselves unconditionally. Soon we discover we offer forgiveness and love to others.

Step Ten supports our conscious decision to turn our attention toward our program. Practicing this Step nightly focuses our awareness throughout each day. It helps us deepen our emotional and spiritual recovery resulting in a gradual process of inner transformation. As we continue to ask our Higher Power to remove our resentments, fears, selfishness and unhealthy behaviors, over time we find we experience more serenity and happiness.

## Getting Started

The following inventory guide helps to bring clarity in the ongoing process of course correction. Like any tool in our program, this is merely a suggested method for Step Ten. It can be done in writing, as part of a meditation, or shared with a trusted friend. A Tenth Step partner to share our inventory with is one way to be accountable and gives us the opportunity to connect with a program friend. We keep in mind we use this tool with kindness toward ourselves.

Most importantly find a way that works best for you to make Step Ten a daily practice. It can be a quick and easy review, or you can set aside time for an in-depth assessment.

When using this tool, not every item will apply each day, we are free to choose questions to fit our changing circumstances. We may use portions of this tool on some days and utilize it more fully on other days. The questions are prompts, and with our Higher Power's guidance, we will know where we need to focus and can leave the rest.

The questions begin with whether we started our day in contact with our Higher Power, and how we set our intentions for the day. As we go through our day, we notice our behaviors, thoughts, strengths, and areas that need improvement. We examine self-care, including activity, diet and rest. We look at whether we did or did not use our program tools. We identify what we might want to change tomorrow. We close our inventory with gratitude as we prepare for restorative sleep, knowing nothing remains to be done in this moment, and we can rest in the care of our Higher Power.

One final word before beginning: we may want to start or end our session with prayer and meditation. We can write our own prayer or use one we find inspiring.

### **As I began this day:**

Did I start the day with prayer and other spiritual practices, such as meditation or readings, to put me in a sound frame of mind for the day ahead?

Did I start the day with conscious contact with a Higher Power as I understand this?

Was I able to put my trust and faith in my Higher Power?

Did I seek my Higher Power's will, keeping in mind, "Thy will, not mine, be done"?

### **During this day in my thoughts and actions:**

Was I resentful, demanding or ungracious?

Was I unselfish and considerate of others?

Did I try to see things from another's point of view? Was I critical of myself or others today?

Did I resist the temptation to gossip?

Did I act with patience, compassion, kindness and love toward others?

How did I offer patience, compassion, kindness and love to myself? Was I honest?

Was I hungry, exhausted, lonely and in pain? (HELP)

Did I exercise or do appropriate physical activity today?

Was I able to nourish my body well?

Did I rest and pace myself today?

What other self-care did I engage in?

Did I feel self-pity or like a victim?

Did I say yes when I wanted to say no?

When I experienced pain or physical symptoms, what program tools did I use?

Did I experience intense emotion, such as fear or anger?

Did I try to control and have things my way? Did I try to force a solution?

Did I focus on the solution and not the problem?  
Did I project negatively into the future? Was there joy in my life today?  
What positive traits did I exhibit today?  
Did I reach out to my sponsor or a program friend today?  
Did I do something difficult today and deal with it maturely?  
Did I renew my conscious contact with my Higher Power during the day?  
How was I of service today?  
Did I harm anyone today?  
What amends are needed?  
What have I put off and not dealt with today?

### **During this day when I think about my Step Four patterns:**

Was I aware of my character traits?  
Did I notice if any of my character traits created problems?  
Did I experience intense feelings? What brought them about?  
Did I become obsessed or fixated?  
Did any familiar patterns appear? Which ones?  
Did I pause today and ask my Higher Power's will?  
Did I blame anyone else for my behaviors or feelings?  
Do I need to admit I was wrong?  
Do I owe anyone an amends?  
Which Steps did I consciously work today?  
Is there anything I need to discuss with my sponsor or someone else?  
Did I feel unique and separate, or did I feel a part of humanity?  
Did I pray for the well-being of another?  
Was I able to accept myself as I am for this day only?

### **Inner reflections:**

Are there things that didn't go as well as I wished?  
Is there anything I need to do right now to improve the situation?  
What can I do tomorrow?  
Have I asked my Higher Power for guidance?

### **With an attitude of gratitude:**

In what ways was I grateful for my blessings during the day?  
At this moment, what am I grateful for?

**As I close the day:**

Who needs my prayers?

Am I in contact with my Higher Power?

Am I ready to go to sleep with a clear conscience?

# CPA in Brief Bookmark

## **Chronic Pain Anonymous in Brief A fellowship for those with chronic pain and chronic illness**

**What is CPA?** It is a non-profit worldwide fellowship of men and women from all walks of life who live with chronic pain and chronic illness. The members come together to support each other and learn how to find serenity and a meaningful life while living with the disabling effects of their physical health conditions.

**Who are the CPA members?** Within our fellowship are people who live with pain or illness which has persisted over time, reoccurs or progresses. The circumstances can be due to an accident, congenital disorders, surgery, cancer, arthritis and all other medical conditions that lead to pain and symptoms, which interfere with daily functioning and peace of mind.

**How is recovery defined in CPA?** Obsessing about our bodies and our health can lead to resentment, anger, depression and fear. We often find ourselves isolated, alienating loved ones, and unable to experience serenity or happiness. Recovery is the ability to live peacefully, joyfully and comfortably with ourselves and others.

**How will CPA help people who live with chronic pain and chronic illness?** We experience emotional and spiritual recovery no matter what our physical condition. Through sharing our experience, strength, and hope we find understanding and support with each other. We are no longer alone. We have simple tools in our program, such as the Twelve Steps, Serenity Prayer, books, and fellowship that guide us toward new attitudes.

**How is CPA supported?** CPA is fully self-supporting and does not accept contributions from nonmembers. There are no fees. Contributions from members are voluntary.

**Why is anonymity important?** Anonymity is the spiritual foundation of CPA. Our members are a fellowship of peers guided by a set of principles. Anonymity provides an atmosphere of safety for all members that what is said and who is seen at a meeting is not shared outside the meeting.

**Is CPA religious?** CPA is a spiritual program. It doesn't ally with any religion. Religious beliefs or lack of them are a personal choice. In our meetings we refer to a Power greater than ourselves. Each person defines this individually.

**How can health professionals support CPA?** The CPA fellowship cooperates, but is not affiliated, with any outside organizations. Many health care professionals suggest CPA as a resource for those who live with chronic conditions.

**How do I attend a meeting?** Regardless of your situation, there are accessible meetings for you. These include face-to-face, video conference, telephone and online meetings. Details are available on the CPA website.

**How can I learn more?** Our website, [www.chronicpainanonymous.org](http://www.chronicpainanonymous.org), has all you need to learn about CPA and where you can find a meeting today.

Chronic Pain Anonymous Service Board

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## APPENDIX IV – MOTIONS FOR APPROVAL

### Memorial and Legacy Donation Proposal

#### Memorial Donation Proposal

A task force of CPA members is proposing the creation of a donation category in memory of CPA members who have died. As a fellowship focused on chronic pain and chronic illness, the loss of our beloved friends is part of our experience.

The Tradition that addresses this decision is Tradition Seven: *Every CPA group ought to be fully self-supporting, declining outside contributions.*

There is precedence in Al-Anon to allow non-members to donate. Their contribution page offers a button for non-members and states:

*“one-time ‘Memorial Contribution’ in memory of deceased Al-Anon members from ‘family’ who are not Al-Anon members, up to \$500 are accepted ...Family is defined as anyone who has a close relationship of loving care and concern for another.”*

When you go to the link on the Al-Anon website to contribute, there is a space for “Memorial Contribution” and an option to enter “In memory of \_\_\_\_\_.” No last name is required.

Other fellowships, such as AA, do not allow any non-member donations.

#### POINTS FOR GROUP CONSCIENCE DISCUSSION

1. If we make this exception, we need to establish ways to safeguard the fellowship.
  - All Seventh Tradition donations are anonymous. This one-time expression of gratitude would need to be as well.
  - We would need to define clearly on the webpage that it is anonymous, that this is a one-time exception to Tradition Seven.
  - We are all equal. This is an opportunity for families and friends to express their gratitude for CPA. It is not an indication of individual prestige or power.
2. Quotes from the task force members:
  - “A donation can bring comfort to family and friends.”
  - “I would like it if people donated to CPA in lieu of flowers for me.”
  - “It is acceptable if my money is donated to CPA after I die. It would be ok if it were anonymous. It would be meaningful to family and they could feel good about donating.”
  - “AA does not accept money from family members. Al-Anon does. Since there is no similar version of Al-Anon for CPA family members, my husband would want to make the one-time gesture and expression of gratitude for what I have received from CPA.”
  - “We should proceed with caution whenever considering the breaking of Tradition.”
  - “This would set a precedent to break Tradition in CPA.”

It is suggested to place a maximum of \$500 for a memorial donation sent by a CPA member, family or friend of the CPA member who died. This is 8% of CPA's current annual budget.

CPA would send out a letter to thank the donor and offer comfort. This letter would not name the member.

#### Bequeathing donations through wills

The task force also looked at the option of bequeathing money to CPA in wills. In doing so they reviewed other fellowships, all of which allowed for such contributions. The amounts varied from dollar amounts to percentages of operational budgets.

The recommendations are:

CPA members can donate money to CPA in their wills, with a one-time maximum of \$3,000, which is the maximum allowed to donate to CPA for any member within in a given year. This is 48% of CPA's current annual budget. CPA doesn't accept funds in perpetuity. Amounts in excess of the maximum will be returned to the estate. All funds will go into the general accounts.

# Conference Approved Literature Proposal

## CONFERENCE APPROVED LITERATURE PROPOSALS - WSC 2020

This document has been written to define Conference Approved Literature (CAL) in CPA, to outline the process of approval, and to identify the materials that need conference approval.

There are 3 items to discuss in your group conscience:

1. Do we approve the proposal that describes CAL in CPA?
2. Do we want to create a symbol to be used on all CPA CAL to signify the item is for CPA members, was written and approved by CPA members, and is from the CPA point of view?
3. Do we want to remove all non-CAL literature from the CPA website?

### Question 1 Proposal

#### **What is CPA “Conference Approved Literature?”**

World Service Conference (WSC) approval ensures a piece of literature represents CPA members’ experience, strength and hope. These items go through a rigorous review process, with input from the fellowship and professionals. Conference Approved materials, whether written or audiovisual, go through the outlined literature process (see below). CAL was created to ensure that CPA literature expresses the CPA perspective. It is written and approved by CPA members, for the CPA fellowship, from the CPA point of view.

#### **What is the process to approve CPA literature?**

The process of conference approval indicates that CPA literature committee members, fellowship readers, and editors thoroughly review the material before publication so that it will be an expression of CPA’s principles supported by the group conscience of the fellowship.

Proposals for the creation of new literature or the broad revision of existing material are brought to the CPA Board of Trustees for approval. The material is then developed by members of the Literature Committee. The first draft is shared with the fellowship and a period of time is set for feedback. Feedback is reviewed by the Literature Committee, who creates the final draft. This draft is presented to the Board of Trustees. If the Board of Trustees recommends approval, the final draft is sent to all members of CPA so it can be voted on at the next WSC to be identified as Conference Approved Literature.

#### **What constitutes CAL?**

The materials published by CPA include: Books, public outreach materials, public information materials, Public Service Announcements, Steps, Traditions and Concepts, and service manuals.

Any books published by CPA are copyrighted with the Copyright Office, Library of Congress, Washington, D.C., USA. To ensure the continued integrity of CPA literature and to make sure the program is not distorted or diluted, permission to replicate the books must be obtained from the Board of Trustees.

All CAL can be purchased through the CPA website at [chronicpainanonymous.org](http://chronicpainanonymous.org). Not all materials provided by CPA are Conference Approved. Service materials, guidelines, Intergroup materials, and materials created by individual groups do not need to receive Conference Approval.

Other literature can be helpful in our program of recovery and CPA does not try to tell any individual member what they may or may not read.

### **What literature can be used in meetings?**

Tradition One: *Our common welfare should come first; personal recovery depends upon CPA unity.*

- One of the guiding principles of CPA is that groups and members practice “obedience to the unenforceable,” that trust is the engine that drives CPA groups. CAL is suggested because it is written and reviewed by CPA members, and reflects their experience, strength and hope. It carries the CPA message of recovery. It supports the CPA fellowship as shared literature creates unity.

Tradition Four: *Each group should be autonomous except in matters affecting other groups or CPA as a whole.*

- Each group can decide for itself what literature to use. CPA has no authority to guide groups in their affairs. It is important to be aware of how a choice affects CPA as a whole. A group’s choice of literature is expressed through the group’s conscience as guided by a Higher Power.

Tradition Five: *Each group has but one primary purpose -- to carry its message to people living with chronic pain and chronic illness.*

- The purpose of CAL is to ensure a common message to support our primary purpose.

No one has the authority to tell us what to do, however, if we fail to honor the Traditions, we risk conflict and disintegration. We each make the choice to apply the Traditions as we understand them. We have seen that if we don’t adhere to the Traditions it is possible our groups may no longer function or continue to carry the message effectively.

### Question 2 Proposal

**Do we want to create a symbol to be used on all CPA CAL to signify the item is for CPA members, was written and approved by CPA members, and is from the CPA point of view?**

Other Twelve Step fellowships, such as AA and AI Anon, have a symbol on their literature that signifies it is CAL. Is this something we want to have on all CPA literature?

### Question 3 Proposal

#### **Do we want to remove all non-CAL literature from the CPA website?**

Currently, there are a number of books on the CPA website that were not written and published by CPA, and we want to explore whether they should be removed from the website. This does not mean that groups can't use those books. However, in this proposal we are exploring whether these books dilute or distort the CPA program. Should only CAL books appear on the website?

# APPENDIX V – 2019 PROFIT AND LOSS STATEMENT

Submitted by: Jan

## Chronic Pain Anonymous, Inc.

### PROFIT AND LOSS BY CLASS

January - December 2019

	GENERAL	RECIPES FOR RECOVERY	STORIES OF HOPE	TOTAL
Income				
40000 Product Sales Income				\$0.00
40010 Miscellaneous Literature	296.90			\$296.90
40025 S of Hope Distributor Sales			40.70	\$40.70
40030 S of Hope other			1,352.73	\$1,352.73
40040 R for Recovery Distributor Sale		704.34		\$704.34
40045 R for Recovery Other		415.46		\$415.46
<b>Total 40000 Product Sales Income</b>	<b>296.90</b>	<b>1,119.80</b>	<b>1,393.43</b>	<b>\$2,810.13</b>
43400 Direct Public Support				\$0.00
43450 Donations from Individuals	5,325.76			\$5,325.76
43455 Donations from Groups	947.45			\$947.45
<b>Total 43400 Direct Public Support</b>	<b>6,273.21</b>			<b>\$6,273.21</b>
46400 Other Types of Income	-0.50			\$ -0.50
46410 Interest Income	2.09			\$2.09
<b>Total 46400 Other Types of Income</b>	<b>1.59</b>			<b>\$1.59</b>
<b>Total Income</b>	<b>\$6,571.70</b>	<b>\$1,119.80</b>	<b>\$1,393.43</b>	<b>\$9,084.93</b>
<b>GROSS PROFIT</b>	<b>\$6,571.70</b>	<b>\$1,119.80</b>	<b>\$1,393.43</b>	<b>\$9,084.93</b>
Expenses				
60900 Business Expenses				\$0.00
60920 Business Registration Fees	10.00			\$10.00
<b>Total 60900 Business Expenses</b>	<b>10.00</b>			<b>\$10.00</b>
61100 New Meeting Support	33.99			\$33.99
62100 Contract Services				\$0.00
62155 Bookkeeping Services	498.45			\$498.45
62190 Legal Fees	2,305.00			\$2,305.00
<b>Total 62100 Contract Services</b>	<b>2,803.45</b>			<b>\$2,803.45</b>
63000 Website				\$0.00
63010 Website Hosting	155.94			\$155.94
63015 Website Maintenance	936.80			\$936.80
63020 Domain Name	321.87			\$321.87
<b>Total 63000 Website</b>	<b>1,414.61</b>			<b>\$1,414.61</b>
64100 Video Communications	121.26			\$121.26
65000 Operations				\$0.00
65020 Postage, Mailing Service	551.93			\$551.93
65040 Supplies	147.42			\$147.42
65045 Pay Pal Fees	184.94			\$184.94
65047 Telephone	240.48			\$240.48
<b>Total 65000 Operations</b>	<b>1,124.77</b>			<b>\$1,124.77</b>
65100 Book and Literature Expenses	185.47			\$185.47
65106 Traditions book editing/costs	4,096.38			\$4,096.38
65110 Design	48.51			\$48.51
<b>Total 65100 Book and Literature Expenses</b>	<b>4,330.36</b>			<b>\$4,330.36</b>

Chronic Pain Anonymous, Inc. Profit and Loss by Class (January – December 2019)  
 (Cont.)

	GENERAL	RECIPES FOR RECOVERY	STORIES OF HOPE	TOTAL
65200 Ongoing Book Expenses	24.00			\$24.00
65250 Public Outreach	1,429.00			\$1,429.00
Uncategorized Expense	0.00		33.48	\$33.48
<b>Total Expenses</b>	<b>\$11,291.44</b>	<b>\$0.00</b>	<b>\$33.48</b>	<b>\$11,324.92</b>
NET OPERATING INCOME	<b>\$ -4,719.74</b>	<b>\$1,119.80</b>	<b>\$1,359.95</b>	<b>\$ -2,239.99</b>
NET INCOME	<b>\$ -4,719.74</b>	<b>\$1,119.80</b>	<b>\$1,359.95</b>	<b>\$ -2,239.99</b>