

# Chronic Pain Anonymous

5<sup>th</sup> Annual

## 2021 WORLD SERVICE CONFERENCE: SUMMARY REPORT

January 31, 2021





# 2021 WORLD SERVICE CONFERENCE: SUMMARY REPORT

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# WELCOME

Submitted By: Jan

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

Hello, everyone. Welcome to the 2021 World Service Conference. My name is Jan and I have been honored to serve on the board as Treasurer. Chronic Pain Anonymous is near and dear to my heart. I found CPA in about 2009 when I met Judith at another Twelve Step meeting. She had started a meeting in Phoenix which had closed, and we decided to restart the meeting. It was life changing for me. Chronic Pain Anonymous gave me the tools to live a fulfilling and joyful life in spite of chronic pain and illness. A year or so later I was asked to come on the board as Treasurer. Back then there were five of us on the board. Within about a year we were down to three, Dale, Judith, and me. Working with Dale and Judith has been a wonderful experience.

Most of you know we lost Dale a few years ago. This was the time to add more people to the Board and lay a foundation upon which CPA could continue to grow. Together the Board wrote the CPA Twelve Concepts of Service and scheduled the first World Service Conference where the Concepts were approved. And now here we are at the 5th WSC.

I think you will find this to be an exhilarating experience. We will be asked to make some decisions and we may have some differing opinions today. Keep in mind that our Higher Power is in charge. Stay flexible and be open, turning things over to our HP as we discuss and express our ideas. We are doing important work for our fellowship and every one of you is a valuable part of this conference.

Thank you for willingly giving your time and energy to this important work today. Your input is valuable and necessary for the continuing health of our fellowship. Now, let's get to work.



# PRESIDENT OF THE BOARD REPORT

Submitted By: P.Christine

Service Body and Position: CPA Board of Trustee - President

Welcome. I am P.Christine and I am Chronic Pain Anonymous' (CPA's) President of the Board of Trustees. The Board oversees the non-profit corporation, Chronic Pain Anonymous Service Board. It performs administrative duties, such as maintaining our non-profit status, copyrights, finances and initiates tasks at the direction of the World Service Conference (WSC). The Board delegates much of the WSC goals to its service arm, the General Service Virtual Office (GSVO), who then engage members in various ways to address these items.

In our service structure, groups have both the ultimate responsibility and authority for CPA.

The WSC is where the current voice of CPA members is heard. We come together to express the group conscience of CPA. The WSC unites and enables the fellowship to act as a whole. It represents the CPA membership, but does not rule or govern the fellowship, meaning the autonomy of the meeting group is maintained.

I am here today because of the work of the World Service Conference Committee, the many task forces and committees which serve the fellowship, all of you in attendance and the fellowship as a whole, who sent you here with their group conscience vote.

I came to CPA some time ago on an August day. I dialed into a phone meeting I wanted to try, but did not want to attend. I had been to many groups since my pain erupted, and these groups mostly dwelled in the problem. I wanted a solution. In that first phone meeting I felt home, I cried in relief, I cried in pain, and it was all accepted by the group members as part of 'our' journey. It was normal and okay. People called me, reached out to me, even sent a book written by the fellowship to me.

The book spoke to me in a way no other information about living with chronic pain and chronic illness had before. Thank you to those who contributed to *Stories of Hope*. These stories continue to offer strength and hope to those who need it. That is how CPA works – we, the members, support each other. In this we are unified. All people who come through our doors are welcomed into our home.

This year we saw the creation of new types of meetings. Our first meetings for specific audiences were formed long ago by our phone meeting groups. One for women, and shortly thereafter, one for men. Now we have young persons' groups and LGBTQIA+ groups. We added meetings on new apps for the first time. We welcome all of these groups under our umbrella of inclusivity.

We have phone meetings, video meetings, various online platforms, and face-to-face meetings. These provide access to people through many venues. We provide literature via paperback and electronic readers. This year we will provide audiobooks for *Recipe for Recovery* and *Stories of Hope*. It has taken us time to raise the funds for this project, but, thanks to your donations to CPA, it is now possible. Thank you, Seventh Tradition work is a form of service for which we are deeply grateful.



Last year we reviewed our website with membership input and implemented changes to provide more accessibility to new and returning members.

All of this because of you, the fellowship. And today, we come together with love and respect. We will listen to each group's position on items for approval, we will hear them and think to ourselves, *What would my Higher Power have me do for CPA as a whole?* We listen to all these voices which we include at our table, because without each other we are not a fellowship. Let us consider our unity, our inclusivity and our accessibility as we move forward.

There is much the Board accomplished last year at the direction of the fellowship. You will find the details in the World Service Conference Summary Report. These reports reflect the accomplishments of some of our fellowship's Trusted Servants. I wish to thank them all. It is a beautiful experience to work with such fine people on the Board, the GSVO, the GAC, the Intergroups and members-at-large.

I wish to thank all those who perform service at our meetings. Our chairs, our GR's and Intergroup representatives, those who share, give their contact information, and those who listen. Those who are new and those who have been around a while. We are the fellowship, all of us, and in being so, we serve each other, we have purpose, we are greater than we were before CPA.

I close with what is true for me. I am here because CPA and all of you are here for me. You are my gift for which I am ever so grateful. Thank you for letting me be of service.



# EXECUTIVE DIRECTOR REPORT

Submitted By: Judith

Service Body and Position: CPA General Service Virtual Office - Executive Director

Welcome to the 2021 World Service Conference! I am Judith, and I have had the privilege of being CPA's Executive Director, both informally and formally, for many years. I was part of the early days of CPA when there just a handful of groups and our members met in person or through an online meeting. Fast forward to this past year, when we had an explosive increase of members, meetings on various platforms, events, and growth of our service bodies.

Not only did we see changes in CPA, but in the world around us we experienced a year like none other. As a result of the pandemic, we lived through major upheavals in every corner of the world. Many of us were already living with uncertainty due to chronic pain and chronic illness. We were familiar with life being disrupted, but now there was a global experience of daily life altered in ways that made life unrecognizable from a year ago. So just like in our personal lives, the fellowship of CPA had to adapt quickly. And we were in a good position to pivot our systems, building on the foundation we already had in place with the majority of meetings occurring on virtual platforms.

My role is to manage the daily services provided to the CPA fellowship through the General Service Virtual Office. Did you notice...virtual office? We were already set for the new world as we have no physical offices in CPA. As guided by this Conference and the Board of Directors, the areas of operations that the executive director oversees are the online presence, including the website, social media and YouTube; the creation of new literature and publishing of all literature documents and books; administration of meeting registrations; sales in the CPA store; and ensuring replies to phone and email inquiries. As you can imagine there is a lot to do, and none of it is done solely by one person. Thankfully, many CPA members participate in service, and it is our combined efforts that keep CPA strong, meeting the needs of our members as well as serving people who want to learn about CPA.

It takes time for a fellowship to grow, and now we have more people than ever who can give back. CPA members who become trusted servants are willing to share their skills, time and energy to support our fellowship. Some of the roles require significant responsibility, and this is possible as members build their skills in service positions within a smaller scope. We learn in our recovery that we are capable of more than we imagined possible. This supports our ability to practice rotation of service.

This is certainly my own story. It is through service that I discovered new talents such as organizational skills and an ability to write. The more I turned over my life to my Higher Power, the more I found I had the energy and presence of mind to give to CPA. The accomplishments within CPA I participated in were not something I ever imagined a possibility for myself.

I want to take this time to thank each person who offered service this past year, and especially all of you here today as WSC Delegates. As it says in our new book, *Our Common Welfare*, "The service work we do is spiritually fulfilling and expresses our gratitude through action. We take



on service roles as volunteers—we are not paid for our Twelve Step work, whether we are serving as our meeting’s Group Representative, giving a talk in the community, or chairing a meeting. We are focused on our primary purpose—carrying the message—and not on personal ambitions. We are one among all the others who came before us, volunteers dedicated to sustaining and growing CPA. Our service is offered with humility and anonymity.”

We have seen a demonstration of how this looks in action over the last year, and I trust in the coming years this will continue.

We all need meaning and purpose in our lives. Service in CPA, no matter the number of hours we spend or the amount of responsibility we assume, gives each of us a reason to get up each day. Giving to CPA helps us to see that there is value in all of our life experiences, including living with a challenging health condition. We recognize that our physical health does not keep us from making a difference in another person’s life. We discover we can apply our talents and knowledge in creative and new ways. Giving to others leads us toward caring bonds of connection. With gratitude for what we are given, we open our hearts to each other. In service our life makes sense, and we find a renewal of peace, joy, and comfort in our lives.

We are no different than any other Twelve Step fellowship. We have an obsession, which for us is focused on chronic pain and chronic illness. That is the problem. And we have a solution, which is found in the Twelve Steps and the Twelve Traditions. Someone who has found the solution works must give it away to keep it. We pass this along in our shares at our meetings, as sponsors, and how we contribute within our various service roles. Yes, we live with health challenges, however that doesn’t make us unique. I know of people who live successfully with their chronic health problems. It is the obsession about our chronic pain and chronic illness that gets us into trouble. We need the same solution and the same spiritual principles that have led to success in other Twelve Step fellowships, and that is what I hope our new literature will bring to our members.

Thank you for graciously being patient with me as I learned and grew and made mistakes. The program gave me the tools to recognize when I erred, to be teachable, and to make amends and repair. I am so grateful for all the kind and loving people I have had the honor to work with in CPA -- to share the highs and lows of our lives and the blessings that are given to us by a Power that cares for us. This Higher Power cares about CPA, and I trust will continue to guide each person who steps into service, even if they do so as I did, with hesitation, fear, trepidation and doubt. When we are willing, our Higher Power provides in ways beyond our limiting beliefs of what is possible. I am so delighted to see so many people are part of keeping CPA strong and functioning smoothly. I look forward to being part of CPA in the coming years and contributing in many ways. And I hope to see old and new faces along the way.



## VOTING PROTOCOL

**Warranty Four: “that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity”**

When possible, issues are discussed until there is certainty that all minority opinions have been heard and most people can support the decision. We have “substantial unanimity”. Usually this means a two-thirds acceptance, but this ratio is decided at the Conference each year. So I would like to take a vote right now. Do we have a motion that 2/3 of participants voting qualify as a “substantial unanimity”. So at this time, based on all participants present, “n” votes will be considered our majority. This will be recalculated prior to each item voted upon.

The secretary must be notified prior to any change of delegate for a meeting.

We are guided to consider all viewpoints and strive for substantial unanimity. Differences can be discussed, and a solution can be found. We listen to others and have permission to disagree, and we abide by the group vote.

Motion made by P.Christine that 2/3 of participants voting qualifies as substantial unanimity. All in favor with no objections. Total participants are 37. A passing vote is 25 persons in favor.



## MOTIONS FOR CONFERENCE APPROVED LITERATURE

### Book: Our Common Welfare: Practicing the Twelve Traditions in All Our Affairs

#### Discussion

- Although a lot of literature goes along with other fellowships, the book was not representative of our voice, in the sense of diversification. It excludes non-binary individuals, has gendered language, and is not as inclusive as it could be.

Approved unanimously.

### Brochure: All About Service in CPA

#### Discussion

- Objection to the line that there is rotation of service with a time limit: *How long will I be asked to serve? Some positions, such as speaking at a Speaker's meeting, are a one-time event. Some, such as a GR, are over a period of time. All positions have a term of service that allows for rotation of service.* Make it be suggestions because the word "all" it sounds like a rule.
- Wants to see a paragraph about having several service jobs
- First paragraph in introduction, says from all walks of life, and this refers to careers and jobs, and using the word "walk" is disturbing. Wants it to say "diverse" instead.

VOTE:            FOR: 31            AGAINST: 5    MOTION: PASSES



## Brochure: Learning about the World Service Conference

Approved unanimously.

## Brochure: Newcomer Brochure

Discussion

- Attention span is short for our members. Including the meeting outline is a lot of information and it may scare people off.
- There might be closed meetings, and someone might want to bring a spouse or doctor, and it doesn't address that.
- The line on sponsorship doesn't represent the whole fellowship.
- Including information about the Newcomer's Welcome and Orientation on the 4<sup>th</sup> Monday can be a problem.

VOTE:            FOR: 33   AGAINST: 1   ABSTAIN: 1   NO VOTE: 2   MOTION: PASSES

## Resource Literature: Business Tools to Support CPA Meeting Unity Handbook

Approved unanimously.

## Video: An Invincible Summer

Discussion

- Language on recovery description which makes it sound like you could recover from chronic pain and chronic illness rather than the debilitating effects.
- Quote not from a member of the fellowship.
- Was not produced by the fellowship.
- It was fellowship produced and went to the WSC last year.
- This was voted down last year. How was it altered? Last year we implemented the changes that were suggested – sound quality and wording edits.
- Tone and voice are shocking, seems aggressive.

VOTE:            FOR: 1            AGAINST: 30   ABSTAIN: 6   MOTION: DOES NOT PASS

## Bi-Annual Revision: CPA Meeting Handbook

Approved unanimously.

## Bi-Annual Revision: CPA Service Handbook

Approved unanimously.



# PROPOSAL FOR FELLOWSHIP APPROVAL

## Conference Approved Literature Proposal

### Discussion

- This is being rushed and would rather slow down the process.
- Lots of opportunity for people to go to drop-in groups and contribute to the editing. The more literature we have available, such as a sponsorship pamphlet, we need to get it out.
- Last year we came up with this proposal so literature is not held up for a year when something is ready so we can get it to the fellowship.
- More important to have a say on the final draft then get it out quicker. Someone researched A.A. and Al Anon and that the WSC approves the concept in the beginning and the final draft. In Al Anon it takes an average of 9 years to get a book out.
- As a newcomer this year I didn't get an opportunity to participate. As a queer non-binary person my voice was not included.
- Reject this proposal and have 2 conferences a year.
- We are here to spread the message. We have to trust Higher Power. There are many people with opinions but let's focus on principles. These things were available for review and why didn't members share feedback when it was asked for during the year. It is up to each member to read the material when it is available. We are given plenty of time and opportunity to give our feedback.
- Concept of Conference Approved Literature is precious, knowing the whole fellowship approved this literature. It does make it a longer process. Everyone has the opportunity for input and there is still Conference approval.
- Last year we made an addendum that the delegates here represent the group for a year. They could be contacted for a virtual vote on any changes. Consider doing this going forward.
- It is our responsibility to contribute to literature throughout the year.
- The proposal violates the Second Tradition, and the Conference approves literature, not the Board.
- As we grow, will there be opportunities for revision?
- It's difficult for some people to go through all of the literature drafts and participate in the process. Consider accessibility for all our members.
- Suggest a final step in the process, to amend to the proposal, to receive final approval at the World Service Conference.

VOTE:            FOR: 18            AGAINST: 12            ABSTAIN: 7            MOTION: DOES NOT PASS



## INTRODUCTION OF NEW GSVO MEMBER

Hello everyone. I am happy to introduce you to our new Meeting Liaison, Terry M. Terry is from Bucks County, PA and attends the Thursday night Open Hearts meeting. She has shared with me how CPA has dramatically improved her attitude and outlook. Terry is the first person in CPA to participate in the Apprenticeship program. This a way to ease us into service work positions by working as an apprentice first and is effective in training us to become Trusted Servants in CPA. Terry, welcome.



# REPORTS

## President

Name: P.Christine

Service Body and Position: President Board of Trustees

1. Accomplishments in the past year
  - Approved Task Forces as directed by 2020 WSC
  - Requested Web-site team to update CPA Contribution page to include additional donation options approved at 2020 WSC
  - Budget completed for 2021
  - Hired an accountant
  - Completed bi-annual survey
  - Updated financial audit spot-checks
  - Upgraded Drop Box to provide process continuity for Board and GSVO members
  - Determined CPA CAL tagline and requested updates to all CPA CAL literature
  - Board members gave presentations about CPA to caregivers and professionals at conferences for physicians and mental health professionals
  - Conducted outreach to nursing homes and assisted living facilities
  - Hired new editor to review CPA literature
  - Conducted 2020 bi-annual membership survey
  - Created a CPA Service Board Agreement of Understanding to be signed annually by all board members.
  - Task Force created to include fellowship members in support of six-month plan for public outreach
  - Board sent annual appeal letter in September
  - Funds approved for both Recipe for Recovery and Stories of Hope audio books
  - Began outreach to pain clinics
  - Letter approved to introduce board health professionals and CPA to other health professionals
  - Proposed CPA Public Outreach Workbook
  - Created Privacy Policy for CPA website
2. Current projects
  - Information video for professional outreach
  - Welcome packet for professional outreach
  - Creation of audio books for Recipe for Recovery and Stories of Hope
3. Metrics where applicable
  - See Treasurer's Report



#### 4. Additional information

- Creation of Joint Task Force to include Board, GSVO, GAC and Intergroups to determine strategies for CPA and our continued growth to support both newcomers and those who have been attending CPA for some time.
- Goal: Write Journal articles about the positive impact of CPA on members lives



# Executive Director

Name: Judith

Service Body and Position: Executive Director General Service Virtual Office

## 1. Accomplishments in the past year

- Worked with web team to revise based on fellowship input
- Worked with web team to revise donation pages on website
- Met monthly with web design team for ongoing maintenance of website
- Worked with literature committee and web team to add trademark logo and CAL logo to all CPA CAL documents
- Participated in the 2021 WSC planning committee
- Created apprentice role for Executive Director
- Daily management of CPA email accounts, ensuring inquiries are responded to in a timely manner
- Helped Treasurer close Wells Fargo bank accounts and open accounts at Chase Bank
- Participated in Intergroup meetings
- Participated in hiring accountant
- Trained new social media coordinator
- Led open forum for a mid-year WSC vote
- As a result of the WSC, led task force to discuss which literature is on the website, particularly if we want non-CAL books.

## 2. Current projects

- Train apprentice
- Strategy planning for CPA resilience and growth
- Create history of CPA
- Work with Intergroups supporting CPA meetings

## 3. Metrics where applicable

## 4. Additional information



# Financial

Submitted By: Jan

Service Body and Position: Treasurer Board of Trustees

1. Accomplishments in the past year
  - a. Big accomplishment for 2020 is that we hired a part-time accountant.
  - b. Additional checks and balances were put in place.
2. Metrics
  - a. Cash on Hand: \$9,957.
  - b. Income and expense information for 2020:
    - i. Total Income: \$12,325.
      1. Sales of books and literature: \$2,862.
      2. Donations from individuals: \$8,631.
      3. Donations from groups: \$577.
  - c. Total Expenses: \$11,360.
    - i. Expense breakdown for notable expense:
      1. Accounting and bookkeeping: \$1,320.
      2. Website: \$1,041.
      3. Editing for the new Traditions book: \$4,646.
      4. Other literature editing: \$1,013.
  - d. Other miscellaneous expenses are mostly operations such as postage, office supplies, printing of brochures, Zoom, phone number.
3. Current Projects - None.
4. Additional information

As the outgoing treasurer for our fellowship, I would like to add a small commercial to this report. Members of CPA receive many services from our fellowship at no cost. There is no basket to pass at most meetings so please take a moment today to send in your Seventh Tradition donation to keep CPA around for all of us. Delegates, perhaps you could remind the members of your meeting when you report on this conference.



# Professional Advocacy

Submitted By: Bruce and Anastasia

Service Body and Position: CPA Board of Trustees Professional Advocacy

1. Accomplishments in the past year
  - Survey
  - Letter for Professional Health Care workers introducing CPA
  - Promote CPA as part of professional for mental health professionals.
  - Promote CPA on Georgia mental health list serves: Georgia PLA & Georgia Therapy Network
  - PSA- Bruce
2. Current projects
  - Commitment to attend CPA meetings
  - Webinar geared to professionals- How CPA Can Help Professional
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. Accomplishments in the past year

Developed a task force with Trustee and fellowship members to carry out the CPA Public Outreach plan, a two-year to develop the infrastructure to empower the fellowship in Twelve Step work

## 2. Current projects

### • CPA Public Outreach Plan

First Focus: Engage the fellowship in Twelve Step work.

1. There has been a significant increase in new members of our fellowship. As they have had their spiritual awakening, they will need some training and tools to effectively carry out their Twelve Step message to others.

Consequently, we are in a two-year plan to develop the infrastructure to empower the fellowship in Twelve Step work.

### ▪ 1<sup>st</sup> Year:

- a) Developed a task force with trustee and fellowship members to carry out the plan.
- b) We are creating a CPA Public Outreach Workbook

### ▪ 2<sup>nd</sup> Year:

- a) We will develop workshops for fellowship Twelve Step pathways of outreach.
- b) We plan to develop YouTube videos on how to do CPA presentations.

## 2. Personal Pathways: Having Group leaders encourage group members to share their CPA story:

- c) With their family, friends, and their health care providers
- d) In other Twelve Step meetings aware
- e) Let anyone know that CPA is available if they feel powerless over chronic pain or illness.

Second Focus: Independent, assisted living, and nursing homes.

Getting the CPA message into the Newsletters and Podcasts of these facilities.

Third Focus: Joining with our Professional Advocacy board members adding CPA as a resource for health care facilities:

Pain and Chronic illness Rehabilitation Centers, Clinics, Physicians, and Meetings

## 3. Metrics where applicable

## 4. Additional information



# Social Media

Submitted By: Catherine

Service Body and Position: General Service Virtual Office Social Media Coordinator

## 1. Accomplishments in the past year

Starting February 2020, we posted CPA quotes to Facebook, Instagram and twitter 3x per week and answered queries via message from interested individuals regularly. We set up a CPA email address for social media and purchased a Spark Post account for our new apprentice. Created document for social media coordinator duties.

## 2. Current projects

Transferring all older email addresses and passwords to the new email address and getting passwords to apprentice

## 3. Metrics where applicable

- February 25, 2020 stats:  
Instagram: 925 followers  
Facebook: 2,511 likes followers
- December 29, 2020 stats:  
Instagram: 1,099 followers  
Facebook: 2,595 likes and 2,699 followers (followers choose to receive posts without their names showing up as "fans")

## 4. Additional information

Light discussion about sponsored posts on social media to be discussed further in 2021



# Website Team

Submitted By: Alisa

Service Body and Position: General Service Virtual Office Web Design Team

## 1. 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.

## 2. Metrics where available

## 3. 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.



# Literature Committee

Submitted By: Judith

Service Body and Position: Literature Committee Chair

1. Accomplishments in the past year
  - Revised all CPA documents so they have the trademark logo and the CAL tagline.
  - Revised *Stories of Hope* and *Recipe for Recovery* so they have the trademark logo, CAL tagline, and a few additional revisions, such as correct office address, the Twelve Concepts and approved Serenity Prayer.
  - Along with the Publishing Manager, we worked with the graphic designer to complete final versions of the documents approved last year and worked with the web team to add them to the CPA website. This included:
    - Step Ten Inventory
    - CPA Toolkit Brochure
    - CPA in Brief Bookmark
    - Service Structure Flow Chart
  - The Literature Committee completed new CPA literature to be presented at the WSC for approval. We held drop-in weekly open meetings for members to participate in the writing and editing of all the documents. These documents are:
    - Newcomer Brochure
    - All About Service in CPA
    - Learning about the World Service Conference
    - Business Tools to Support CPA Meeting Unity Handbook
    - CAL proposal
  - We performed the biannual review and updating of the current handbooks with a task force formed for this purpose:
    - CPA Meeting Handbook
    - CPA Service Handbook
  - We completed work on a new book about the Twelve Traditions:
    - *Our Common Welfare: Practicing the Twelve Traditions in All Our Affairs*
2. Current projects
  - We hold weekly writing workshops to collect essays for the CPA daily reader, *Living in the Solution: Daily inspiration for a meaningful life living with chronic pain and chronic illness*.
  - We will be working on a brochure about sponsorship in the first half of the year. If the concept proposals to the WSC are approved, we will work on those projects.
3. Metrics where applicable



#### 4. Additional information

The Literature Committee has a list of potential new projects. We will go slowly to determine which ones will best serve the fellowship in the coming year.



## Meeting Liaison

Submitted By: Letha

Service Body: General Service Virtual Office 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.
- Introduced to and participated in the Walmart Wellness Days as a beta test making CPA information available to customers in Maui, Hawaii. 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.
- 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
- All tasks relating to tracking and communicating with CPA GR's and delegates for the WSC
- 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 12/30/2020 - 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.





## NEW BUSINESS

### Date for 2022 World Service Conference

Motion: That the next WSC be held Sunday, January 30, 2022 at 10:00am PT

Approved unanimously.



## APPENDIX I – AGENDA

- |   |            |                     |
|---|------------|---------------------|
| 1. Welcome  | 5 minutes  | Jan – Trustee       |
| 2. Open with Serenity Prayer  | 5 minutes  | Carmel – Trustee    |
| 3. Roll Call  | 20 minutes | Carmel - Trustee    |
| 4. President of the Board of Trustees Report  | 5 minutes  | P.Christine         |
| 5. Executive Director Report  | 5 minutes  | Judith – Exec Dir   |
| 6. Voting Protocol  | 5 minutes  | P.Christine         |
| 7. Restorative Break  | 5 minutes  |                     |
| 8. Motions for CAL to discuss and approve   | 30 minutes | Letha – Pres. GAC   |
| <ul style="list-style-type: none"> <li>• BOOK: Our Common Welfare: Practicing the Twelve Traditions in All Our Affairs</li> <li>• BROCHURE: All About Service in CPA</li> <li>• BROCHURE: Learning about the World Service Conference</li> <li>• BROCHURE: Newcomer brochure</li> <li>• RESOURCE LITERATURE: Business Tools to Support CPA Meeting Unity Handbook</li> <li>• VIDEO: An Invincible Summer</li> <li>• BI-ANNUAL REVISION: CPA Meeting Handbook</li> <li>• BI-ANNUAL REVISION: CPA Service Handbook</li> </ul> |            |                     |
| 9. Proposals for fellowship approval  | 15 minutes | Anastasia – Trustee |
| <ul style="list-style-type: none"> <li>• Conference Approved Literature Proposal</li> </ul>   |            |                     |
| 10. Proposals of literature concepts (optional)   | 15 minutes | Judith – Lit. Chair |
| <ul style="list-style-type: none"> <li>• BOOK: Book Living in the Solution: Daily inspiration for a meaningful life living with chronic pain and chronic illness” (daily reader)</li> <li>• BROCHURE: Sponsorship</li> <li>• BROCHURE: Anonymity</li> <li>• BROCHURE: Information for the family member</li> <li>• BROCHURE: CPA for the Health Professional</li> <li>• RESOURCE LITERATURE: Slogans, Acronyms and Prayers</li> </ul>   |            |                     |



11. Restorative Break	5 minutes	
12. Introduction of new Council members	5 minutes	Jan - Trustee
13. Reports	25 minutes (2 min. ea.)	Judith - Exec. Dir.
<ul style="list-style-type: none"> <li>• Financial</li> <li>• Professional Advocacy</li> <li>• Public Outreach</li> <li>• Social Media</li> <li>• Website</li> <li>• Literature Committee</li> <li>• Meeting Liaison</li> </ul>		Jan Anastasia/Bruce Ron/Carmel Catherine Alissa Judith Letha
14. Restorative Break	5 minutes	
15. Approval of 2022 WSC Date and Time	5 minutes	Judith – Trustee
<ul style="list-style-type: none"> <li>• Date for 2022 WSC – suggested Sunday, January 30, 2022 at 10:00am PT</li> </ul>		
16. Gratitude Closing	20 minutes	Ron - Trustee



## APPENDIX II – LIST OF DELEGATES

1. Adell - Eleventh Step Meditation
2. Alisa - GSVO – Web Team
3. Anastasia - CPASB
4. Billy S. - Free to be Me: CPA LGBTQ+
5. Bruce - CPASB
6. Carmel - CPASB
7. Catherine - GSVO - Social Media
8. Chris G. - New Hope CPA in UK
9. Christine “Paperwork”- Tuesday 3 pm Phone Meeting
10. Earth - Come as you are - 2SLGBTQIA+
11. Elsie - One Day at a Time - Colorado
12. Jan - CPASB
13. Jes – XP Intergroup Liaison
14. Josh - Friday FACES Meeting ITR
15. Judith - CPASB
16. Juliette - Experience, Strength, and Hope
17. Kathy T. - Wednesday Phone (alternate Crystal)
18. Kristin - Language of the Heart
19. Laurelle - Faith and Foot Work
20. Lauren- CPASB
21. Letha - GAC
22. Marn - Third Step Prayer
23. Mica - Open Hearts
24. Noah - Attitude of Gratitude
25. P.Christine - CPASB
26. Randy W. - Tuesday North Atlanta Meeting
27. Ron - CPASB
28. Sally - CPA Young Persons
29. Seton - Paths to Acceptance
30. Shelley - Friday CPA Step Study Meeting
31. Stefani - It’s the journey not the destination
32. Susan B - Phone Intergroup Liaison
33. Suzanne - Stronger Together
34. Terri B. - Gratitude Happy Hour
35. Terri R.- Friday 2 pm Phone Meeting
36. Terry H.- Imua Hybrid
37. Terry M. – Meeting Liaison Apprentice (non-voting)
38. Una - From Pain to Gain



# APPENDIX III – 2020 PROFIT AND LOSS STATEMENT

Submitted By: Jan

Service Body: CPA Board of Trustees Treasurer

## Chronic Pain Anonymous Service Board

### STATEMENT OF ACTIVITY BY CLASS

January - December 2020

	GENERAL	OUR COMMON WELFARE	RECIPES FOR RECOVERY	STORIES OF HOPE	TOTAL
<b>Revenue</b>					
40000 Product Sales Income					\$0.00
40010 Miscellaneous Literature	282.24				\$282.24
40025 S of Hope Distributor Sales				231.04	\$231.04
40030 S of Hope other				1,144.66	\$1,144.66
40040 R for Recovery Distributor Sale			696.67		\$696.67
40045 R for Recovery Other			507.16		\$507.16
<b>Total 40000 Product Sales Income</b>	<b>282.24</b>		<b>1,203.83</b>	<b>1,375.70</b>	<b>\$2,861.77</b>
43400 Direct Public Support					\$0.00
43450 Donations from Individuals	8,631.41				\$8,631.41
43455 Donations from Groups	576.50				\$576.50
43456 Donations From Outside Groups	20.00				\$20.00
<b>Total 43400 Direct Public Support</b>	<b>9,227.91</b>				<b>\$9,227.91</b>
44000 Conference Income	224.00				\$224.00
46400 Other Types of Income	5.06				\$5.06
46410 Interest Income	0.72				\$0.72
<b>Total 46400 Other Types of Income</b>	<b>5.78</b>				<b>\$5.78</b>
PayPal Sales	5.90				\$5.90
Uncategorized Income	0.00				\$0.00
<b>Total Revenue</b>	<b>\$9,745.83</b>	<b>\$0.00</b>	<b>\$1,203.83</b>	<b>\$1,375.70</b>	<b>\$12,325.36</b>
<b>GROSS PROFIT</b>	<b>\$9,745.83</b>	<b>\$0.00</b>	<b>\$1,203.83</b>	<b>\$1,375.70</b>	<b>\$12,325.36</b>
<b>Expenditures</b>					
60900 Business Expenses					\$0.00
60925 Bank Charges	20.00				\$20.00
<b>Total 60900 Business Expenses</b>	<b>20.00</b>				<b>\$20.00</b>
61200 Workshops and Education	18.45				\$18.45
62100 Contract Services					\$0.00
62155 Bookkeeping Services	735.00				\$735.00
62190 Legal Fees	45.00				\$45.00
62191 Accounting	585.00				\$585.00
<b>Total 62100 Contract Services</b>	<b>1,365.00</b>				<b>\$1,365.00</b>
63000 Website					\$0.00
63010 Website Hosting	219.26				\$219.26
63015 Website Maintenance	810.44				\$810.44
63020 Domain Name	11.71				\$11.71
<b>Total 63000 Website</b>	<b>1,041.41</b>				<b>\$1,041.41</b>
64100 Video Communications	151.86				\$151.86
65000 Operations					\$0.00
65020 Postage, Mailing Service	449.03				\$449.03
65030 Printing and Copying	46.58				\$46.58
65039 Office Expenses	280.62				\$280.62
65040 Supplies	46.58	99.29			\$145.87
65045 Pay Pal Fees	244.08				\$244.08
65047 Telephone	258.68				\$258.68
65050 Computer/Internet	228.00				\$228.00
65051 Dropbox	226.62				\$226.62
<b>Total 65000 Operations</b>	<b>1,780.19</b>	<b>99.29</b>			<b>\$1,879.48</b>
65100 Book and Literature Expenses					\$0.00
65105 Editing	1,013.01				\$1,013.01
65106 Our Common Welfare book editing/costs		4,646.41			\$4,646.41
65120 Misc Book and Literature	294.45				\$294.45
65200 Ongoing Book Expenses	-5.28		82.67	74.08	\$151.47
<b>Total 65100 Book and Literature Expenses</b>	<b>1,302.18</b>	<b>4,646.41</b>	<b>82.67</b>	<b>74.08</b>	<b>\$6,105.34</b>
65250 Public Outreach	620.02				\$620.02
PayPal Fees	28.06				\$28.06



# Chronic Pain Anonymous Service Board (cont.)

## STATEMENT OF ACTIVITY BY CLASS

January - December 2020

	GENERAL	OUR COMMON WELFARE	RECIPES FOR RECOVERY	STORIES OF HOPE	TOTAL
Uncategorized Expense	130.00				\$130.00
Total Expenditures	\$6,457.17	\$4,745.70	\$82.67	\$74.08	\$11,359.62
NET OPERATING REVENUE	\$3,288.66	\$ -4,745.70	\$1,121.16	\$1,301.62	\$965.74
Other Expenditures					
Reconciliation Discrepancies-1	-0.06				\$ -0.06
Total Other Expenditures	\$ -0.06	\$0.00	\$0.00	\$0.00	\$ -0.06
NET OTHER REVENUE	\$0.06	\$0.00	\$0.00	\$0.00	\$0.06
NET REVENUE	\$3,288.72	\$ -4,745.70	\$1,121.16	\$1,301.62	\$965.80