



*“... a fellowship for those with
chronic pain and chronic illness.”*

**8TH ANNUAL
2024 WORLD SERVICE CONFERENCE
SUMMARY REPORT**

January 27 & 28, 2024

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WELCOME

Submitted by: Irene P.

Service Body: Chronic Pain Anonymous Service Board (CPASB)

Position: WSC Planning Committee Chair

Welcome to the 2024 World Service Conference (WSC). My name is Irene, and I am a grateful member of CPA as well as the WSC Committee Chairperson. I am extremely honored to have this opportunity to serve CPA for our 8th World Service Conference and to be part of this young fellowship as we celebrate Turning 20 Together!

Did you know CPA has approximately 60 registered meetings? Today, we have approximately 27 meetings represented, which is about 45 percent of all meetings. This is our largest WSC yet! I want to thank all of our delegates for your commitment to serve today!

The WSC committee had a busy year! I want to thank each of our committee members for their support this past year. We did a lot of work, and it is great to know we are never alone in doing service work. Besides planning for today, we held six open forums that enabled us to share information with the fellowship, but more importantly, to hear from the fellowship. As a reminder, the most important voice today, and always, is from our members.

For the 2025 WSC, we are inviting members to join the WSC Planning Committee. If you would like to be a part of this great committee, please see the link on the WSC page around February 1 for more information and to submit a request to join. We meet the second Tuesday of the month at 3:00 p.m. ET, and we need your voice and your ideas to improve the conference.

Also new this year, we will be having question-and-answer opportunities at the end of the Service Board and General Service Virtual Office (GSVO) reports, which is new for this year's conference.

The WSC Planning Committee is here today to guide and support you with this large responsibility. This is your meeting! Please contribute this weekend by sharing your meeting's voice and bring back to your meetings the highlights of the conference. Within a few months, a Summary report will be emailed to delegates and sent to the General Advisory Council (GAC) as well as posted on CPA's website, in order for those who were unable to attend to receive detailed information. I also encourage you to share your experience during the WSC with the fellowship and to encourage members to serve as delegates in the future.

Now, sit back, take care of yourself, enjoy the conference, and let's enter our 20th year in celebration of what we have achieved in the past, and what our Higher Power has in store for the future of CPA.

ROLL CALL

Taken by Sherry D. (See Appendix II for list of delegate attendees.)

QUORUM

Irene reported that the Conference is not necessarily strictly about the number of people present, but there must be the right percentage of group delegates to service workers. We have to meet quorum. There has to be a balance between our service workers and our group delegates so it is balanced. It was determined both Saturday and Sunday that quorum was met. Thank you to those service workers who graciously gave up their vote to meet quorum.

CPA SERVICE BOARD CHAIR REPORT

Submitted by: Jes G.

Service Body: Chronic Pain Anonymous Service Board (CPASB) Chair

Accomplishments in past year

- a. Changed the internal terminology with which to refer to the officers of the CPASB:
 - i. Chair (President)
 - ii. Co-Chair (Vice President)
- b. Began reading Tradition and Concept of the month at the beginning of each meeting, with helpful ideas with which to apply them in our positions on the CPASB.
- c. "Request to attend" the CPASB meeting form added to the service tab of the website, to increase transparency and welcome membership participation.
- d. Brought forth proposal to change the non-profit name to reflect the purpose of the organization.

Current projects

- a. Transfer of institutional knowledge
- b. Service Manual
- c. Deep dive into WSC Charter and other related documents

Metrics where applicable

a. CPASB Members

(9 + GSVO Coordinator)

Chair: Jes G.

Co-Chair: Irene P. (*WSC Planning Committee*)

Secretary: Sherry D. (*WSC Delegate Registrar*)

Treasurer: Janet C. (*Finance Committee/PI*)

CPA Trustee 1: Billy

CPA Trustee 2: Terry M.

CPA Trustee 3: Terry H.

CPA Trustee 4: Halley D. (*ChronCon/History & Archives*)

Non-CPA Trustee 1: Ron W. (*CPC*)

Additional information

My name is Jes, and I'm a grateful member of this amazing program. It is my honor and privilege to serve the fellowship as the CPA Service Board (CPASB) Chair. This is such a special time to be a member of CPA. Twenty years of a new fellowship is

quite the achievement. We have made it through our adolescence and teens, and we are just beginning to hit our stride into adulthood. This means that we've learned a lot, most of what we will need to support us in the future. But what still needs our attention so that CPA is set up for guaranteed longevity and success?

At this point in the timeline of CPA, I find myself striving to search for ways to shore up the foundation of our fellowship so that the next twenty years will have a solid platform from which to build.

I'm certain we haven't seen the last of controversy or strife within our walls, but the beauty is that we have the tools with which to address them. The Twelve Traditions and Twelve Concepts of Service are here for us to ever rely upon when we are in doubt about where to go next or how to solve a problem. How lucky we are to have these treasures and to not have the need to create them for ourselves? I know my gratitude to the parent programs for these divine principles runs deep, but our own book *Our Common Welfare* is the text I grab whenever I'm in doubt.

After looking deeply into the *Chronic Pain Anonymous Service Handbook*, the project became bigger, and a group of us decided we needed to go in a different direction. We are hard at work on putting all the service-related handbooks into one service manual that will become a future book. And we hope that anyone who is interested in having a voice in helping to shape these projects reaches out. We'd love to welcome your voice and ideas.

We hope to grow the CPASB in this coming year. Please consider if this is the area of service in which you could see yourself adding value. The recommended qualifications for becoming a member of the CPASB are that members have completed the Twelve Steps, have at least two years in CPA, and have held another service position within the fellowship. The CPASB is responsible for the financial and legal health of the CPA non-profit corporation, which entails routine oversight of the GSVO, like interviewing committee chairs before voting to approve their application. None of our CPASB members are paid, and therefore they have no financial conflicts of interest that could skew their votes. First and foremost, the board serves the CPA members through hearing the voice of the meetings. You are who is at the heart of every decision we make.

Many of our board members gave up their votes for the count of the Steps and Traditions vote. Those who did so essentially became non-participants for that proposal. This was to show how much emphasis we put on the meetings having a weighted voice over service body delegates on such an important matter. We want this to become a standard whenever changes to these essential documents come to the WSC. Therefore, in the coming year, we hope to look at the WSC Charter to clarify terms and procedures. This is an area that can become more clear for future delegates. If you or your group have thoughts and ideas to share as we tackle this project, please don't hesitate to reach out. We want as many voices informing changes as we can gather.

I'd like to take a moment to thank Shelley S. for her service to the CPASB. She had to resign for health-related reasons. Her thoughts and participation were valued while she was able to serve on the board. We are grateful to her and miss her wise counsel.

I want to reassure the fellowship that you have an amazing, talented, loving, and encouraging board serving you. These wonderful people meet in committee meetings while they are at their worst. They come up with brilliant ideas and suggestions despite sometimes being in agony. Not that we want to encourage anyone to push through in their service work, but I think you would hear stories, if asked, about how the pain will at times take a back seat when doing service work. I know it is a tool in my toolbox for navigating my pain and illness.

I'd like to take a moment to thank these brilliant board members for all they do to keep CPA safe and secure for its future. Our officers Irene, Janet, and Sherry — thank you for your hours and hours of hard work this year. I couldn't have asked for a better team. Thank you to our newest member and our committee liaison, Halley, who is brilliantly stepping into her roles and carving out new paths with a much-needed youthful perspective. Thank you to the rest of our members who show up and add so much with their love of CPA: Terry M, Terry H, and Billy. I treasure all you have to offer. And of course, thank you to our longest-standing member, Ron W., who continues to support CPA by growing the Cooperation with Professionals Committee. How could we get by without our GSVO Coordinator, Letha, who held CPA together during a difficult time with love and laughter. I see you all, and I am grateful to all of you for your service.

This is a beautiful time to serve the fellowship, and it truly is the most fulfilling position I've ever been given. CPA has gifted me with a life full of friendships, while at the same time teaching me how to have the ability to live peacefully, joyfully, and comfortably in all my affairs. Thank you for letting me serve.

GENERAL SERVICE VIRTUAL OFFICE (GSVO) REPORT PUBLISHING MANAGER REPORT

Submitted by: Letha C.

Service Body: GSVO

Position: GSVO Coordinator and Publishing Manager

Accomplishments in past year

GSVO

- Processed two CPA email accounts: Serviceoffice@chronicpainanonymous.org and Literature@chronicpainanonymous.org.
- Managed the CPA telephone and Zoom account.
- Trained Leya as the Literature Committee Chair.
- Delegated authority of the inquiry@chronicpainanonymous.org email to the Meeting Liaison and began the restructuring process of this broad position.
- Restructured the Web Design Team Committee to improve communications and efficiency.
- Worked extensively with our Store Manager, Sherry, on repricing our inventory to reflect printing cost increases and postage considerations.

Monthly committees attended/reported

- XPI monthly meeting as needed
- General Advisory Council (GAC)
- World Service Conference (WSC) Planning Committee
- Web Design Team Committee
- Literature Committee
- Executive Committee
- Finance Committee
- CPASB of Trustees

Additional

- After years of committee membership on Public Information and ChronCon, I surrendered my membership. Delegation of authority and rotation of service continues to serve my spiritual journey of recovery.

Goals

- To continue to find even more opportunities to delegate authority and create new CPA service positions in an effort to reduce the number of "hats" current trusted servants have to wear.
 - The main focus of this effort is the restructuring of the Meeting Liaison position as the duties have become too broad.
 - This will involve coordination and feedback from the GAC officers and GSVO staff, and an Open Forum in March for fellowship feedback.

Additional information

The big news from 2023 is the creation and production of CPA's first daily reader, *Daily Peace, Joy, and Comfort* for fellowship review. The first mention of a CPA daily reader was in 2008, and in 2018 (ten years later), a member online group began the writing task. By 2021, the Literature Committee had all the raw submissions in its hands. After hundreds and hundreds of hours, myself and members of the Literature Committee edited the raw submission to ensure the voice of the fellowship was preserved, plus reviewed the work of all independent contractors involved. After fifteen years from conception to execution, it is available for you and CPA groups' feedback! Please visit our website on February 1 for free downloading and/or printing, or go to the online retail store that begins with an A if you would like to purchase the \$14.99 paperback version. Of the \$14.99, CPA nets \$2.76 after printing costs and fees.

I would like to thank each and every CPA member who contributed to this new CPA book. This incredible team effort has produced a stunningly beautiful Twelfth Step tool that I know will provide welcome, understanding, and comfort to those who still suffer.

NOMINATIONS TO THE CHRONIC PAIN ANONYMOUS SERVICE BOARD

On both Saturday and Sunday, the President of the CPASB, Jes G., called for nominations to the Board. There was one nomination throughout the 2024 WSC.

Stephanie M. nominated herself to the CPA Service Board.

Tammi C. seconded the nomination.

Discussion: none

VOTE = Yes: 23 No: 1 Abstain: 5

PERCENTAGE = 79.31%

RESULTS: The motion to nominate Stephanie M. as a member of the CPA Service Board: Passes.

This recommendation will be sent to the CPA Service Board for consideration.

If anyone is interested in being a member of the Board, here is the link to the CPASB application: [CPASB Application - Google Forms](#)

VOTING PROTOCOL

Warranty Four states “that it reaches 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. Usually a two-thirds acceptance means a motion passes, but this ratio is decided at the Conference each year.

Substantial unanimity

Substantial unanimity is the calculation of two-thirds of total members voting on any given item — not the total of registered delegates. Delegates may need to leave during the Conference for self-care or other reasons. The Delegate Liaison must be notified prior to any change of delegate for a voting session. 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.

Substantial unanimity explained in a different way

Substantial unanimity is when we have at least two-thirds of the fellowship present at the Conference championing what we are voting on. CPA does not aim for just 51 percent as in a simple majority vote. We strive for greater backing from the fellowship.

We are grateful for our trusted servants, who graciously volunteered to relinquish their votes to meet quorum and tally votes by reading the roll call, recording individual votes, and calculating substantial unanimity for each vote.

What does quorum mean? Why are some people giving up their votes?

The CPA Service Handbook states in the description section of Concept 4: *There is balance in that the Service Board of Trustees and service workers together make up no more than one-third of the voting at the WSC.* So, some members of the WSC Planning Committee volunteered to surrender their votes. This is so that the fellowship has the majority voice during the Conference.

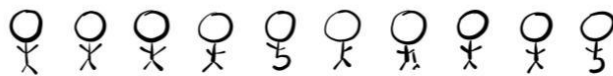
A quorum consists of two-thirds of the delegates registered for the WSC. Please note that if, for some reason, one-third of all delegates left the conference, we would not meet quorum and would have to end the WSC voting process.

What does it mean when someone abstains? How does that affect the vote count?

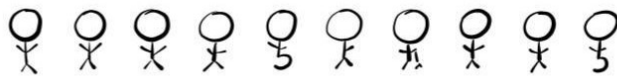
Abstention does not count in tallying the vote negatively or positively; when members abstain, they are in effect attending only to contribute to a quorum. This means we need two-thirds of all attendees to be present to vote. Abstentions still count toward substantial unanimity, and if the two-thirds is not met, the motion does not pass. Decimal points are rounded to the closest whole number.

Does an abstention count as a no vote?

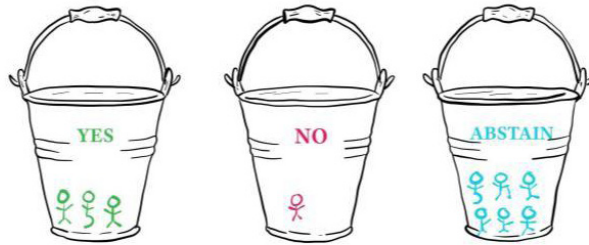
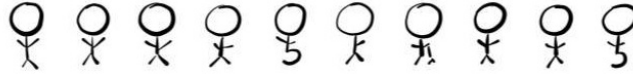
It is important that every delegate present for a vote understands their responsibility to that vote. You are counted whether you vote yes or no, or if you abstain. Enough abstentions might keep something from passing; however, that means that the item up for vote didn't have enough delegates championing the cause. It wouldn't be an accurate representation of the fellowship's support of something if it passed with only three votes because everyone else abstained. Let me show you...



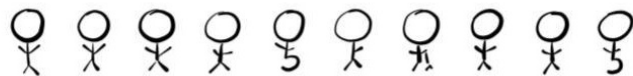
every voter must be counted



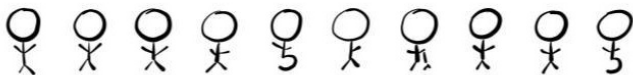
voted down



not enough support to pass



PASSES: substantial unanimity



consensus or what we strive towards

What is the importance of the minority opinion?

Concept Five honors the Right of Appeal/minority opinion. Any delegate may state their minority opinion, which ensures all views are honored and considered.

Once the minority opinion is shared, the chair asks if anyone who voted in accordance with the popular vote wishes to change their vote. If no one does, we move on with

the agenda. If even just one person does wish to change their vote, the chair will ask for a motion and a second to retake the vote. Keep in mind that if no one seconds the revote motion, the motion dies and we move on with the agenda. If there is a second one, call for a revote, the voting process begins again by the chair calling for discussion time.

And please remember, any member is welcome to request a moment of silence or the recitation of the Serenity Prayer before any vote, as we seek Higher Power's will for CPA, not our own.

SUBSTANTIAL UNANIMITY VOTES

Saturday

At this time, total participants are **35**. A passing vote is **23** in favor. This will be recalculated as needed.

Do we have a motion that two-thirds of participants voting qualify as "substantial unanimity"?

VOTE= Yes: 31 No: 2 Abstain: 2

PERCENTAGE FOR: 88.57%

Minority opinion: None

MOTION of 23 votes in favor are required for substantial unanimity.

Sunday

For the Proposal to use non-gendered and universal language when referencing a Higher Power in the Twelve Steps and the Twelve Traditions of CPA, substantial unanimity is three-quarters of the attendees voting yes. At this time, total voting participants are 28. A passing vote is 21 in favor. This will be recalculated as needed.

Do we have a motion that three-quarters of participants voting qualify as "substantial unanimity"?

MOTION to approve 21 "Yes" votes is equal to three-quarters substantial unanimity: Ed S.

MOTION SECONDED: Terry H.

DISCUSSION: None

VOTE = For: 25 Against: 1 Abstain: 2

Minority opinion: None

PERCENTAGE = 89%

MOTION of 21 or more votes in favor are required for substantial unanimity.

Proposal Part A: Proposal to use non-gendered and universal language when referencing a Higher Power in the Twelve Steps and the Twelve Traditions of CPA

We propose updating the Twelve Steps and Twelve Traditions of CPA to more accurately reflect our program. As we approach our 20th anniversary, we feel it's prudent that our main pieces of literature, the very base of our program, reflect the inclusive and non-religious nature of CPA. *Our Common Welfare* states, "In a world that is always changing, our fellowship needs to be flexible, adaptable, and inclusive..." (p. xiii)

To do this, we would like to update the Twelve Steps and Twelve Traditions to use more universal and gender-neutral language when referring to a Higher Power. *Recipe for Recovery* reminds us that "...our concept of a Higher Power, which is not defined for us by others" (p. 25) can come from any source, and the language we use in our Steps and Traditions should reflect this more clearly.

We believe that Twelve Step Literature should use Twelve Step language. The term "Higher Power" was specifically developed for Twelve Step programs. It might not be the best term, or even the one the majority of us use when referring to or naming our own Higher Power. As this term was specifically designed for these programs, it does not come with any outside connotations, nor does it exclude any particular set of beliefs. It is able to be tailored to our personal understanding, while still allowing for the use of structured religion as well. Much as we learn to use "program" language to speak in general terms to describe and communicate our struggles with pain and illness, we can do this with the term "Higher Power" as well. This is a way to embody Traditions 1 and 12, promoting CPA unity by focusing on our similarities over our differences.

We believe that the proposed changes will allow for more diversity in CPA, promote unity, and strengthen our primary purpose, as stated in Tradition Five, of carrying the CPA message by ensuring that every person who comes to CPA feels welcome, no matter where they are in their spiritual path.

Precedent:

- Other fellowships have tailored the Twelve Steps and Twelve Traditions to better reflect their programs.
- Specifically ITAA (Internet and Technology Addicts Anonymous) and SIA (Survivors of Incest Anonymous) do not use any pronouns or the word "God." ACA (Adult Children of Alcoholics Anonymous) and MA (Marijuana Anonymous) also use no pronouns.
- CPA has done similar tailoring by adding "thy will, not mine, be done" to the Serenity Prayer.
- March 2014: CPA approved changing wording of Step Six from "our defects" to "all these defects."
- January 2022: CPA approved changing "men and women" to "people" in the CPA Preamble.

Twelve Steps and Twelve Traditions with proposed changes:

- Recommended changes are highlighted in blue
- * indicates no changes suggested

Proposal A:

The Twelve Steps of CPA

1. *We admitted we were powerless over pain and illness—that our lives had become unmanageable.
2. *Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of a Higher Power of our own understanding.
4. *Made a searching and fearless moral inventory of ourselves.
5. Admitted to our Higher Power, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have our Higher Power remove all these defects of character.
7. Humbly asked our Higher Power to remove our shortcomings.
8. *Made a list of all persons we had harmed, and became willing to make amends to them all.
9. *Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. *Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with a Higher Power of our own understanding, praying only for knowledge of our Higher Power’s will for us and the power to carry that out.
12. *Having had a spiritual awakening as the result of these steps, we tried to carry this message to others with chronic pain and chronic illness, and to practice these principles in all our affairs.

The Twelve Traditions of CPA

1. *
2. For our group purpose there is but one ultimate authority—a loving Higher Power as expressed through our group conscience. Our leaders are but trusted servants; they do not govern.
3. through 12. *

MOTION made to approve Proposal A: Stephanie M.

SECONDED: Jolie Ann D.

Discussion – PRO:

- It was reported that there are people who will not attend Twelve Step programs because of the Word "God" and "Him" language. Very important that we do not exclude anyone.
- Non-binary people and people with religious trauma have difficulty with "God" and "He" usages.
- People have left CPA and other Twelve Step programs because of the usage of the word "God."
- CPA should be a program of accessibility; can we make the road to CPA wider and remove barriers? By doing this, it makes it more inclusive.
- One meeting wants this proposal to pass, but if not definitely pass Proposal B.
- Feel that God is a universal term, just like Higher Power is.
- We find the use of Him and God is offensive to many people in CPA.
- God is a religious term and Higher Power is not. Can we make the road to CPA wider and more accessible? Let's remove this barrier to others joining CPA.
- They wanted change because what there is now, is out of date.
- What we have is a version of the Judeo-Christian model and this person wants it to change.
- Other Twelve Step programs have amended the steps.
- If we want CPA to be worldwide, we should make this change.
- Higher Power is an umbrella that includes God.
- The younger people are identifying with spiritual rather than religious. They think both God and Higher Power should be in our literature.
- Higher Power brings back the idea of colonialism in some areas of the world.

Discussion – CON:

- There is nothing neutral about removing God from the Steps. The Founders believed that God is a personal one. If you change God from a who to an it, the principles start to fall apart. God and Higher Power can serve anybody.
- Don't fix it if it is not broke.
- This is a program of attraction rather than promotion. If we make it more open to more spiritual concepts, it would be more inclusive.
- Please do not change this.
- It is a slippery slope once we change the documents.
- It is offensive to some, already a mix of already using God and Higher Power.
- There is nothing neutral about removing God from the steps. Other Twelve Step programs have made these changes and they have fallen apart.
- This proposal, if passed, would create an unnecessary waste of time and money.
- The majority of people, in one group, do not want a change. This is a spiritual program.

- They fear disintegration of the meetings.
- Twelve Step programs are basically born out of Christianity. The foundations of it were human rights, equality, and having a personal God. Those morals rose from the Christian Faith.

SUBSTANTIAL UNANIMITY RECALCULATED

Substantial unanimity had to be recalculated due to the number of voting individuals present.

Substantial unanimity vote: With 29 total voters, 22 "Yes" votes are needed to pass these proposals. This is three-quarters of the voters present as required.

Discussion – PRO: No comments

Discussion – CON: No comments

VOTE = For: 26 Against: 1 Abstain: 2

PERCENTAGE = 90%

MOTION of 22 or more votes in favor are required for substantial unanimity: PASSES

MOTION for Proposal A: Stephanie

SECONDED: Jolie

Note: Discussion on this proposal occurred prior to the substantial unanimity vote.

VOTE = Yes: 11 No: 18 Abstain: 0

PERCENTAGE = 40%

Minority opinions:

- Really disappointed because history was cited a lot. We have a history of slavery and slaughtering of Native Americans. Doesn't like it when the reason that things can not be changed is because of history.
- Really heartbroken because changing the language to fit what is now and appropriate for all genders, religions, and sexual orientations. Things change, history changes, and they have a gender-neutral Bible that was just recently published. We want to be as open and as inclusive as we can. Chronic pain and chronic illness affect all genders and races, and we do not want to exclude anyone.
- We should be more accepting of more genders, sexual orientations, religions. We want to be open and accessible to everyone.
- We want to be open to everybody.
- This person said they can adapt to whatever is decided, but they are sorry that others are heartbroken.

- They want CPA to find a proposal that is more inclusive and they think God is a Higher Power.
- Someone in her group wants to stop talking about this. They do not think it is appropriate to bring more motions on this.
- Each group is autonomous and they can read anything, any way they want to.
- God is a Higher Power. Change is difficult for everybody. History changes and they find it more inclusive to use Higher Power.
- There is a second half to the fourth tradition: "that affects other groups or CPA as a whole." Changing the Steps affects CPA as a whole and our unity.
- Letha called "point of order." Regarding the last remark, only the people who voted yes should be speaking.
- Is there anyone here who, after hearing the minority opinion, wants to change their vote?
- No affirmative responses.

MOTION: Proposal A does not pass.

Proposal B:

Proposal B changes only the pronouns to be gender neutral but keeps use of the word "God."

The Twelve Steps of CPA

1. *We admitted we were powerless over pain and illness—that our lives had become unmanageable.
2. *Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understand-God.
4. *Made a searching and fearless moral inventory of ourselves.
5. *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. *Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. *Made a list of all persons we had harmed, and became willing to make amends to them all.
9. *Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. *Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

12. *Having had a spiritual awakening as the result of these steps, we tried to carry this message to others with chronic pain and chronic illness, and to practice these principles in all our affairs.

The Twelve Traditions of CPA

1. *
2. For our group purpose there is but one ultimate authority- a loving God as [expressed through](#) our group conscience. Our leaders are but trusted servants; they do not govern.
 - a. through 12 *

MOTION made to approve Proposal B as written above: Stephanie

SECONDED: Terry H.

Discussion:

- They think we are ready for this change although it may be hard.
- The challenge for us is that we can't even get people in the doors with God because they see the "G" word. Given the history of the father program, there is no opportunity to explain that it is as you understand. It is an immediate turnoff and a loaded judgment term when people see it. Some people have a direct association with the term "God."
- It's not ideal, we are talking about inclusivity. People can put "Goddess" in their minds if that is their belief system. I think this is a good compromise.
- The words themselves are just placeholders. They point to an underlying set of foundational values, ideals, and principles, which came from a particular faith community, and it would be of great importance that newcomers know the origins of this community.
- I call God, God, but there are a lot of newcomers who can't deal with it.
- Do we only vote on these things? Or can we make impromptu changes, like changing the words to include God and Higher Power to make everyone happy?
- Per Jes, It is probably best if it is too complicated to wait because we can't do that here unless you have something specific, then it could be an amendment. If it is very specific, we can, but if it is too generic now is not the time to do that.
- Can I make an amendment to change it to Higher Power as that is inclusive?
- No, as that is what we just voted on in Proposal A.
- They want to change Him to Higher Power God in Proposal B.
- Answer. If someone seconds the motion.
- Tammi seconds it.
- Point of order: We just voted on this.
- Clarification on motion: We want to change the word from Him to Higher Power.

- Point of order: When there is an amendment on the floor, we discuss them one at a time. The way this works is we have to take a vote on the amendment first and then we can proceed to the proposal.
- Discussion on the amendment:
- Another person wants to make another amendment.
- Point of order: The amendment on the floor has to be resolved, and then other amendments can be brought forth.
- Question: What is the exact language because it sounds funny?
- This is hard to do when you don't have it prepared in advance.
- It is hard to put the words together and de-gender the document, to make Higher Power replace God.
- This is becoming more murky as we proceed. What we want is some clarity to bring forth an amendment.
- Point of information: It doesn't appear that there is anything to vote on here. This is becoming more murky. An actual document with the exact language wanted for the amendment must be presented.
- One member is working on a document to include the changes.
- Point of order: An amendment must be clear and concise in order to proceed. Maybe this should be brought up at the next World Service Conference.
- Question: If there is an amendment, our group members are not here. How can we vote on something we don't have their vote on?
- Point of Information: As delegates, you have the Right of Decision, where you can vote as you believe they would want you to vote. Additionally, you can abstain from voting.
- A ten-minute break occurred at this time.

AMENDMENT #1

Step Three: replace "Him" with "Them."

Step Seven: remove "Him" and replace it with "Higher Power."

Step Eleven would read, "Sought through prayer and meditation to improve our conscious contact with Higher Power, praying only for knowledge of their will for us and the power to carry that out."

Second Tradition: replace "God" with "They."

**MOTION on the floor is for Amendment #1 to Proposal B: Maggie M.
SECONDED: Tammi C.**

Amendment discussion – PRO:

“God” was originally neutral. And over time, English had gender attached to nouns. “God” was used to describe a personal God. Modern English language does not use gender with nouns and female as the nouns in certain languages had to be classified as male or female. Christianity has had the growing idea that God is male. More recently, there is change moving toward God as a neutral being. If there is an obstacle to new members, it could be the usage of “He,” which is more difficult than “God.”

CON:

- They feel that this is too confusing.
- This is too fast and not understandable.
- Feels that the amendment could not be run by the meetings and they don't like it.
- Too big of a change to vote on today and without time to review the document over time.
- They don't think it's fair to have delegates vote on this by guessing what their meeting would want.

Amendment #1 on Proposal B (requires three-quarters approval to pass)

VOTE = For: 6 Against: 20 Abstain: 3

PERCENTAGE = 20.69%

Minority opinion: None called for.

MOTION: This amendment does not pass.

Amendment #2 on Proposal B (requires three-quarters approval to pass)

1. To change Step 3 to read “Made a Decision to turn our will and our lives over to the care of a God of our own Understanding.”
2. To change Step 11 to read “Sought through Prayer and Meditation to improve our conscious contact with a God of our own understanding, praying only for knowledge of God's will for us and the power to carry that out.”

MOTION to accept Amendment #2 on Proposal B: Kathy T.

SECONDED: Stephanie

Discussion – PRO:

- We are not prescribing a God for others.
- Question: What about the Traditions?
- Point of information: There are no changes to the Traditions at this time, in this amendment.
- Likes that this allows for each person to decide about God.

- One person reported that the usage “of our understanding” had a bad review from the survey document because “our” could be thought of as CPA’s. Change suggested as “our own” instead of “our.”Changes made to amendment as suggested. Kathy approved of the changes, and Stephanie seconded them.
- The document has a change of words and they are grateful for this amendment.
- Point of information: The changes to the amendment are noted above in Amendment #2.

Discussion – CON:

- One person reported they are confused about their role as they feel this should be taken to the fellowship.
- An individual inquired: Why don’t we keep on track, pass them or not? If they don’t pass, bring them up next year. Yes or no on proposals and no amendments at the WSC or changing anything?
- They are confused again because stuff has changed and we are not taking it to the fellowship. They want to keep on track.
- Point of information: Delegates can vote “no” on amendments if they don’t agree with the process.

Vote on Amendment #2 to Proposal B (requires three-quarters approval)

Yes: 12 No: 14 Abstain: 3

PERCENTAGE = 41%

Minority opinion: None

Is there any more discussion on Proposal B with no amendments?

No comments

RESULTS: This amendment does not pass.

Original Proposal B Vote (requiring three-quarters approval to pass)

(Has been MOTIONED and APPROVED and SECONDED PRIOR TO THE AMENDMENT)

Yes: 17 No: 12 Abstain: 0

PERCENTAGE FOR: 59%

RESULTS: Proposal B does not pass.

Point of order: Do we change the member’s vote to reflect their intention? Yes, the number above reflects the change in the vote.

Minority opinion: No comments.

Substantial unanimity change as the next vote only requires a two-thirds majority to pass: 33 people present will be voting, two-thirds of that is 21 “yes” votes for substantial unanimity.

**Motion to accept substantial unanimity as 21 votes in favor: Maria.
Seconded: Sherry**

Yes: 25 No: 5 Abstain: 3

PERCENTAGE = 66.63%

Minority opinion: No comments

RESULTS: Motion that 21 votes in favor is substantial unanimity.

NEW MOTION

For a period of three years, the WSC shall not revisit the subjects of non-gendered and universal language when referencing God/Higher Power in the Twelve Steps or the Twelve Traditions.

Discussion – PRO:

- Are we sticking to our traditions or allowing politics to interfere in getting the message of CPA through?
- Our Traditions are not being tended to because other issues come up that distract us from our business.
- The preamble of CPA was read, and one group believes we are messing with the Traditions.
- There was a question in the membership that we are not sticking with our Traditions when we are dealing with political cultural conflicts, which takes us away from the business of dealing with peoples' chronic pain and illness. They heard loud and clear from people voicing their opinions, and this is an equal and opposite reaction.

Discussion – CON:

- The preamble of CPA was read, and one group believes we are messing with the Traditions.
- If we vote yes, we are not going to bring this topic of gender and God up for three years in relation to the WSC.
- The idea of not changing things is totally against the ideas of our group.
- They find this discussion terrifying at a personal level and that CPA is for white, cis-gendered people, and we should be able to bring up anything that we think is important. So we as a community are going to outlaw conversations because they are difficult and they take up time?
- They understand what is being said here and it is totally against their belief system and a violation of what CPA is about. Is CPA is only for white cis-gendered people? How do things change if we don't talk about them?
- This person has a non-binary person in their family; they do not support not talking about this for three years. This does not feel good.
- Three years seems an arbitrary number pulled out of a hat. As a gay feminist, they think it is crucial to have everyone talk about these issues. We need to continue this discussion and have everybody involved

- Three years is a long time not to talk about it.
- I don't support this — three years non-talking about this issue.
- We as a fellowship recognize and listen to every voice. The WSC works really hard to encourage everyone's participation every year. One person's voice can result in a lot of work.
- We do it willingly for the fellowship.

Vote on motion as written above.

Yes: 8 No: 21 Abstain: 4

One person changed their vote from yes to no, and the total above reflects the change.

PERCENTAGE = 24%

Minority opinion: None

RESULTS: This motion does not pass.

2024 PROPOSAL TO CHANGE CPA'S NON-PROFIT CORPORATE NAME

Background

Currently the name of our non-profit corporation is "Chronic Pain Anonymous Service Board," which also happens to be the name of the service body that is responsible for the running of the corporation. But when you look at all of our literature, you will see this:

© 2021 by Chronic Pain Anonymous Service Board
All rights reserved

We all know that the Service Board does not write our literature, and we understand that all the members/meetings have a voice and a vote at the WSC. It is the WSC's group conscience that determines which literature gets published. Our Twelve Concepts of Service guide us to be cautious about the perception of power.

Warranty One: "that it never becomes the seat of perilous wealth or power"

We must always remember that CPA, like most other Twelve Step fellowships, follows the upside-down pyramid service structure. You and your meeting are at the top. You have the final say about CPA's future. The Service Board hopes that all our words and actions reflect this foundational notion. We want to ensure that future boards will not believe that they have any say over what literature the fellowship wishes to publish. The only opinions about literature that the CPA Service Board should ever express are those pertaining to legal or fiscal matters.

Proposal

To secure the future of CPA, we are recommending that we change our corporate name from:

~~Chronic Pain Anonymous Service Board~~

To:

Chronic Pain Anonymous World Services

This would mean that future literature would be published with the following:

© 2024 by Chronic Pain Anonymous World Services
All rights reserved

We believe this change will help to reflect the process of creating Conference Approved Literature (CAL) through the process determined by the Literature Committee and the WSC. This keeps the perception of the CPASB where it belongs, at the bottom of the pyramid.

Cost

Product/Service	Cost
10 ISBN (with new name)	\$295
Corporate filing in Arizona	\$25
Total	\$320

New CAL from 2024 WSC will be published under this name, and past CAL will be updated for new printings and editions. We believe it is of value to make this change and look forward to hearing from the groups.

MOTION to change CPA’s corporate name: Marcia F.

SECONDED: Keith

Discussion: None

VOTE = For: 21 Against: 1 Abstain: 4

PERCENTAGE = 81%

Minority opinion: No opinions expressed

RESULTS: The proposal to change CPA’s corporate name: PASSES

CPA SUGGESTED MEETING FORMAT

This is a suggested meeting format. Many meetings use this as a starting point in their group conscience for drafting their unique meeting format. Each meeting is autonomous. Please, take what you like and leave the rest.

(Ask for volunteers to read the Preamble, Steps, Traditions, and Concepts, if you wish. These are found at the end of this document.)

1. Before we begin, we ask that you please silence notifications on your devices. (Option for online/phone meetings: Please silence notifications on your devices before unmuting to share.)

2. Welcome to the _____ meeting of Chronic Pain Anonymous. My name is _____, and I live with chronic pain and chronic illness ("I am a grateful member," location, etc.). This is a ___ minute meeting. Let's begin the meeting with a moment of silence, followed by the Serenity Prayer.

SERENITY PRAYER:

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

3. Would someone (or name) please read the Preamble?

Would someone (or name) please read the Twelve Steps of CPA?

Would someone (or name) please read the Twelve Traditions of CPA?

(Some meetings also read the Concept corresponding with the current month.)

4. (Optional: Explain your platform-specific etiquette: venue requirements, priority seating, timekeeping, how to mute/unmute, use of chat, things to avoid [fragrances, loud beeps/noises, motion, vaping or smoking, eating, virtual backgrounds, etc.]).

5. Let's introduce ourselves by our first names. (Optional: People can introduce themselves with their location as well.) If you are new to the meeting, please let us know so we can welcome you. (If there is a newcomer, ask, "Would someone like to read the 'Newcomer's Welcome'?" This can be found at the end of this document.)

6. Meeting announcements (optional):

- Conference-Approved Literature (CAL) is available at the CPA Store at <https://chronicpainanonymous.org/>, and our books can be purchased from online distributors.
- Our monthly business meeting is held the _____ of each month. Any member may call a group conscience at any time.

- Trusted Servant reports:
 - General Advisory Council (GAC) report/highlights
 - Intergroup Representative report/highlights
 - Secretary report
 - Treasurer report
 - Literature report
 - Public Information (PI)/Cooperation with the Professional Community (CPC) report
- Are there any CPA-related announcements?
- Optional: Are there any non-CPA-related (e.g., facility/platform) announcements?
- Is anyone celebrating a CPA milestone?

7. Tradition Seven states, "Every CPA group ought to be fully self-supporting, declining outside contributions." While CPA has no dues or fees, we do have expenses. Our donations pay for services such as literature (professional edits, publishing, printing, and audio recordings), public information, website administration, and bookkeeping. Please give what you can. However, we need you more than we need your money.

- Optional: After meeting expenses are met, contributions are traditionally split 15% to Intergroup and 85% to CPA.
- Optional: As of 2022, if every member gave \$5 a month to CPA, we would be fully self-supporting. A once-a-year donation of \$10 is suggested for your local intergroup unless otherwise specified.

Optional: (Can be read or entered into chat for video meetings.)

<https://chronicpainanonymous.org/contributions/>

Send check or money order to:
Chronic Pain Anonymous Service Board
13802 N. Scottsdale Road
Suite 151-102
Scottsdale, AZ 85254-3403

Optional: Can we please observe 60 seconds of silence so that all who choose to do so may log on to <https://chronicpainanonymous.org/> and click the "Contribute" button?

8. This is a (topic, discussion, speaker, literature, step study, etc.) meeting. We use the CPA Twelve Steps and Twelve Traditions, exploring ways to apply the program to living with chronic pain and chronic illness. (We are currently reading _____/ Today's topic/speaker is _____.)

9. Sharing Guidelines:

In CPA, we concentrate on our feelings and attitudes about our situation rather than on the details of the situation. We reflect on how chronic illness and chronic pain have affected our thinking and our behavior. We look at the part we play in our problems and how the Twelve Steps can guide us toward recovery from the obsession with our chronic illness and chronic pain.

When we focus on ways to apply the principles of the program in our daily lives, we discover that our changed attitudes and actions can lead us to a meaningful life of peace and serenity.

Tradition Ten states, "Chronic Pain Anonymous has no opinion on outside issues; hence the CPA name ought never be drawn into public controversy." Therefore, in our meetings, we avoid discussions about religion or specific diagnoses, medications, therapies, doctors, insurance providers, and health care systems. If referring to our own medical issues, we find it is best to keep to general terms. We do not give medical advice. When we share, we guard against crosstalk. When one person responds directly to another who has shared, this is crosstalk.

We come together to share our experience, strength, and hope freely, without interruption. We listen to suffering individuals with compassion and understanding, to offer hope and support. We empower each other to be vulnerable by providing a nonjudgmental, safe meeting.

Optional: In order to give everyone an opportunity to share, please limit your time to _____ minutes or less. (Provide timekeeping instructions/information.)

10. Closing:

In closing, I would like to remind everyone that the opinions expressed here were strictly those of the person who spoke. Take what you like and leave the rest. Everything that was shared here was done so in confidence. Please respect the anonymity of this meeting and its members. Discussing who was at a meeting or what they shared is a breach of anonymity. Let what you heard here, stay here. Tradition Twelve states, "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities."

If you are new to CPA, we encourage you to keep coming back. We have found that while our health challenges may differ, how they affect us is often similar. Although today we may be feeling at our worst, in CPA we see the best in each other. In time, with the love and support we have found here, we begin to see the best in ourselves. We invite you to stay after the meeting and talk with someone who is familiar with CPA and the Twelve Steps.

Will all who care to, please join me in the Closing Prayer/Words.

Optional suggested closings:

(Groups can close the meeting in any way they choose while staying in alignment with the Twelve Traditions.)

1. Serenity Prayer:

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

2. CPA Set Aside Prayer:

God/Higher Power, help me set aside everything I think I know about You, myself, my obsessions, my body, the Twelve Steps, the literature, the people in the fellowship, and all spiritual terms, so that I may have an open mind and a new experience of all these things. Please help me see the truth.

OR God/Higher Power, today help me set aside everything I think I know about You, everything I think I know about myself, everything I think I know about others, and everything I think I know about my own recovery, so I may have an open mind and a new experience with all these things. Please help me see the truth.

3. The CPA Declarations (see Appendix)

4. "...sharing my experiences with the Twelve Steps can illuminate the path, so that another person doesn't have to wander alone in the darkness and be lost for as many years as I was. I am here to support others, and I am here to be supported. We are all in this together." (*Stories of Hope*, page 38)

5. Higher Power, we turn these matters over to You this day, so that we may move forward and better do Thy/Your will.

6. Closing Meditation:

Focus on an unpleasant emotion, recent situation, or sensation in your body.

Inhale...

Now say to yourself: "This is a moment when I'm suffering."

Exhale...

Now say to yourself: "Suffering is part of being human."

Put your hands on your heart, feel the warmth of your hands and their soft pressure, and be aware of your breathing.

Inhale...

Now say to yourself: "Let me be gentle with myself."

Exhale...

Now say to yourself: "I accept and love myself just the way I am."

APPENDIX

CPA Preamble

CPA is a fellowship of people who share their experience, strength, and hope with each other, so that they may solve their common problem and help others to recover from the disabling effects of chronic pain and chronic illness. We believe that changing attitudes can aid recovery. The only requirement for membership is a desire to recover from the emotional and spiritual debilitation of chronic pain or chronic illness. There are no dues or fees for CPA membership. We are self-supporting through our own contributions. CPA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to live our lives to the fullest by minimizing the effects of chronic pain and chronic illness in our lives and helping others to do the same. We do this by practicing the Twelve Steps and welcoming and giving comfort and understanding to each other.

The Twelve Steps of CPA

1. We admitted we were powerless over pain and illness—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all. 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others with chronic pain and chronic illness, and to practice these principles in all our affairs.

The Twelve Traditions of CPA

1. Our common welfare should come first; personal recovery depends upon CPA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

3. The only requirement for CPA membership is a desire to recover from the emotional and spiritual debilitation of chronic pain or chronic illness.
4. Each group should be autonomous, except in matters affecting other groups or CPA as a whole.
5. Each group has but one primary purpose—to carry its message to people living with chronic pain and chronic illness.
6. A CPA group ought never endorse, finance, or lend the CPA name to any outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every CPA group ought to be fully self-supporting, declining outside contributions.
8. Chronic Pain Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. CPA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Chronic Pain Anonymous has no opinion on outside issues; hence the CPA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television, film, and the Internet.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Twelve Concepts of Service

1. The final responsibility and the ultimate authority for the CPA World Services should always reside in the collective conscience of our whole Fellowship.
2. The CPA groups delegate complete administrative and operational authority to their World Service Conference and its service arms.
3. As a traditional means of creating and maintaining a clearly defined working relationship among the groups, the World Service Conference, the Service Board of Trustees and its service corporation, staffs, and committees, and of thus ensuring their effective leadership, it is hereby suggested we endow each of these elements of World Service with a traditional "Right of Decision."
4. The "Right of Participation" ensures equality of opportunity for all in the decision-making process. Participation is the key to harmony.
5. Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances will receive careful consideration.
6. The World Service Conference recognizes the chief initiative and active responsibility in most world service matters can be exercised by the trustee members of the Conference acting as the Trustee Board.
7. The Trustees have legal rights while the rights of the Conference are traditional.
8. The Trustees are the principal planners and administrators of overall policy and finance. The Service Board of Trustees delegates full authority for routine management to its executive committees.

9. Good personal leadership at all service levels is a necessity. In the field of world service, the Service Board of Trustees assumes the primary leadership.
10. Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.
11. The General Service Virtual Office is composed of the Executive Director, selected committees, and staff members.
12. The Conference shall observe the spirit of CPA tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserves be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform authoritative acts of government; that, like the Fellowship it serves, it will always remain democratic in thought and action.

Suggested CPA's Newcomer's Welcome

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

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

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

CPA offers many tools to deal with the emotional and spiritual challenges of living with chronic pain and chronic illness. Many of these can be found on our website.

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

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

We welcome you and hope you keep coming back.

The CPA Declaration

1. Fellowship, rather than loneliness and isolation, will be present in our life.
2. We will enjoy connecting with other people.
3. We will be compassionate and kind to ourselves as well as consider the needs of others.

4. Fear will be replaced by courage, strength and faith to rise and meet any challenges. We will even see challenges as opportunities for spiritual growth.
5. We will forgive those whom we perceive have harmed us so we can be free from the chains of the past.
6. Remembering progress, not perfection, we will approach each day with a positive attitude. We will choose to focus on gratitude, placing our attention on all that is good.
7. Our pain and illness will no longer be the primary focus of our day. We will feel serenity and peace regardless of what condition our body is in. Our body will not determine the joy we experience in life.
8. We will laugh and see the lighter side of situations.
9. We will value ourselves and believe we have something to give to the world. Self-pity will be replaced by a belief our life has meaning and purpose.
10. We will be open to new beginnings and no longer cling to how things were in the past.
11. We will believe we deserve to love and to be loved.
12. We will have faith in a Higher Power which does for us what we cannot do for ourselves. This Power is the foundation that will support and guide us as we move through each moment. Our life will be far better than we ever imagined possible.

MOTION to approve the CPA Suggested Meeting Format as CAL: Ed S.

SECONDED: Barry K.

Discussion PRO: No comments

Discussion CON: There was a question brought forth. If a typo was in a document does the document have to be amended? No, this is a minor issue handled by our editor. Jes reported that these would be corrected by the editor.

Yes: 31 No: 2 Abstain: 2

PERCENTAGE = 89%

Minority opinion: None

**RESULTS: The motion to approve CPA Suggested Meeting Format as CAL:
PASSES**

CPA CONFERENCE APPROVED LITERATURE (CAL) PROCESS – 2024

What is CPA “Conference Approved Literature”?

World Service Conference (WSC) approval ensures that 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, follow the process below. CAL was created to ensure that CPA literature expresses the CPA perspective. It is written and approved by CPA members, from the CPA point of view, for the CPA fellowship.

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. This ensures our literature will be an expression of CPA’s principles, supported by the group conscience of the fellowship.

Any CPA member can bring proposals for the creation of new literature or the broad revision of existing materials to the Literature Committee, and the proposals are submitted to the CPA Service Board for legal and fiscal approval. The material is then developed by members of the Literature Committee. The proposed pending CAL draft is shared with the fellowship, and a period of time is set for fellowship feedback. Feedback is reviewed and incorporated by the Literature Committee, which creates the final draft. The final draft is presented to the Service Board before being made available to all CPA members, to be voted on to become CAL at the next WSC.

What constitutes CAL?

The materials published by CPA include but are not limited to:

- books (print and audio)
- brochures and bookmarks
- suggested member resources and meeting materials
- service handbooks
- public information materials and public service announcements (PSAs)
- CPA’s Twelve Steps, Twelve Traditions, and Twelve Concepts

CPA owns the copyright to all its publications. All books published by CPA are registered with the Copyright Office, Library of Congress, Washington, DC, USA. To ensure the continued integrity of CPA literature, permission to replicate or translate the books must be obtained from the CPA Service Board.

All CAL can be found on the CPA website (<https://chronicpainanonymous.org/>). Not all materials created within CPA require Conference approval. Materials that do not require WSC approval include information documents, intergroup materials, and materials created by individual meetings.

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 meetings and members practice “obedience to the unenforceable.” That trust is the engine that drives CPA meetings. CAL is suggested because it is written and reviewed by CPA members and reflects our experience, strength, and hope. “By having mutually created and agreed upon literature, CPA ensures that its message of recovery is not diluted or distorted and that it remains clear and consistent.” Shared literature creates unity and carries the CPA message of recovery. (*Our Common Welfare*, page 6)

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

- A meeting’s choice of literature is expressed through the group conscience as guided by a Higher Power. CPA has no authority over meeting affairs. Each meeting can decide for itself what literature to use. However, it is important to be aware of how a choice impacts both CPA as a whole and the newcomer experience. “CAL conforms to the principles of our program, with consistent language and concepts approved by our members... CAL ensures the meetings stay consistent in their message so that anyone who seeks CPA, wherever they may be, will find the program they recognize that supports their recovery.” (*Our Common Welfare*, page 68)

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 safeguard a consistent message to support our primary purpose.
- “The best way to support the primary purpose of CPA is by taking care of ourselves and working our own program of recovery. Our group can’t carry out its purpose if the members are not willing to commit to their personal program and to serve the group. Our recovery depends on CPA unity, and that unity depends on aligning ourselves with our primary purpose.” (*Our Common Welfare*, page 86)

There are no rules or authority figures in CPA. When we are in doubt or when conflicts arise, we seek guidance from the Traditions. We have seen that if we don’t adhere to the Traditions, it is possible that our groups may no longer function or carry the message effectively. We each make a choice to apply the Traditions as we understand them. The Traditions were created to support unity as we recover together.

What literature may be used by CPA members in their individual recovery?

Non-CAL can be helpful in our individual program of recovery, and CPA does not tell any member what they may or may not read.

Voice of a Member

"Sometimes I find outside literature that helps me, and I think it could help others and consider bringing it to my CPA meeting and sharing it. It could be a self-help book or a book about my illness, or some type of spiritual literature. The question I ask myself is: Will bringing this literature into my group dilute the CPA message, thus reducing the ability for CPA to help in its own unique way? CPA is helpful to so many people, and if members started to change its unique message by bringing in outside literature, the effectiveness of CPA could be diminished. When I thoughtfully consider my desire to share outside literature with my group, it's clear that ultimately the right decision is to not bring this literature to my meeting. There may be some other ways I can share the material with others on an individual basis, as opportunities come up. This seems to me to be a balanced solution. My love of this literature is not wrong and does not confuse or dilute the CPA message as long as I don't bring it into a meeting." (*Our Common Welfare*, pages 75–76)

Motion to approve CPA Conference Approved Literature (CAL) Process 2024: Catherine P.

SECONDED: Terry H.

Discussion – PRO: No discussion

Discussion – CON: No discussion

VOTE = For: 31 Against: 0 Abstain: 4

PERCENTAGE = 89%

Minority opinion: No opinions expressed

RESULTS: The motion to approve CPA Conference Approved Literature (CAL) Process 2024 – PASSES

IT IS OKAY BOOKMARK

It is okay to feel angry
It is okay to feel scared
It is okay to feel alone
And it is okay to feel my feelings

It is okay to relax
It is okay to let go
It is okay to feel powerless
And it is okay to choose rest

It is okay to be upset with Life
It is okay to feel unsettled
It is okay to experiment
And it is okay to ask for help

It is okay to say goodbye
It is okay to release control
It is okay to surrender
And it is okay to express my needs

It is okay to look back
It is okay to take breaks
It is okay to honor my limits
And it is okay to be gentle with myself

It is okay to grieve
It is okay to share (or not)
It is okay to take a chance
And it is okay to trust the trustworthy

It is okay to change and be changed
It is okay to leave things unfinished
It is okay to practice
And it is okay to heal

It is okay to say, "No"
It is okay to say, "Yes"
It is okay to say, "Not now"
And it is okay to take care of myself

It is okay to put self-care first
It is okay to enjoy
It is okay to laugh and play
And it is okay to schedule “fun”

It is okay to be courageous
It is okay to make mistakes
It is okay to apologize
And it is okay to forgive

It is okay to start over
It is okay to dream
It is okay to be creative
And it is okay to take my time

It is okay to not be okay
It is okay to trust my intuition
It is okay to seek balance
And it is okay to love myself exactly as I am

Motion to approve It Is Okay Bookmark as CAL – Gail T. Seconded – Alisa E.

Discussion – PRO:

As someone who loves books, I am excited to see this piece of literature.
I love the bookmark.

Discussion – CON:

No discussion

Point of clarification: How long after these CAL items are approved will they be available in the store?

Irene responded with: usually within two months.

VOTE = For: 33 Against: 0 Abstain: 2

PERCENTAGE FOR: 94%

Minority opinion: No opinions expressed

RESULTS: The motion to approve It Is Okay Bookmark as CAL – PASSES

20 QUESTIONS BROCHURE

Is Chronic Pain Anonymous for Me? 20 Questions Brochure

Chronic Pain Anonymous (CPA) is a Twelve Step program for anyone with a desire to recover from the emotional and spiritual debilitation of living with chronic pain and chronic illness. How do I know if it applies to me?

Here are a few questions to help you decide:

1. Are you afraid of or have you lost the ability to care for yourself physically, emotionally, and financially?
2. Do you believe people don't or won't understand or support your medical condition(s), situations, and limitations?
3. Do you believe the medical profession is not doing enough, doesn't know enough, or doesn't care?
4. Do you feel overwhelmed by your health condition(s) and no longer in control of your life?
5. Have you lost purpose in life, feeling that life has no meaning or you have lost everything you ever cared about?
6. Do you obsessively think about or try to "fix" or "cure" your health condition(s) regardless of prognoses?
7. Do you experience guilt/shame about your health condition(s)?
8. Do you think that asking for help is a sign of weakness or that you are "less than" for needing help?
9. Do you feel frustrated, anxious, angry, resentful, depressed, and/or suicidal?
10. Have you become short-tempered, irritable, and disagreeable, sometimes without knowing it?
11. Do you feel the need to avoid family and friends even when your health condition(s) would allow social interactions?
12. Are you jealous of others because their health appears to be good?
13. Do you experience a decreased desire to engage in personal care?
14. Do you think there must be a better way to deal with your pain or illnesses?
15. Do you lie and make excuses for your behaviors, blaming your health condition(s)?
16. Do you deny, minimize, or exaggerate your health condition(s)?
17. Do you live in the past or the future, ignoring what you can do today?
18. Do you blame yourself or others for your health condition(s)?
19. Do you blame a Higher Power for doing this to you?
20. Do you think as long as the pain or illness exists, you can never be happy and life is over?

If you answered "yes" to any of these questions, Chronic Pain Anonymous may be for you! Please visit chronicpainanonymous.org for more information.

Closing:

All CPA members can answer yes to at least one of these questions. By connecting with others who understand, we no longer have to struggle alone. In working the CPA program, we find relief from the emotional and spiritual debilitation of living with chronic pain and chronic illness. We'd love to meet you in our fellowship and share our program of recovery together.

If you have additional questions, would like more information, or would like to find a meeting to attend, please visit the CPA website. You are welcome to attend any open CPA meetings. Please reach out to inquiry@chronicpainanonymous.org for any additional help you may need.

The CPA preamble and serenity prayer will be printed on the back of the pamphlet.

Motion to approve 20 Questions Brochure as CAL: – Barry K. Seconded: – Tammi C.

VOTE: Yes: 33 No: 0 Abstain: 2

PERCENTAGE Yes vote = 94%

RESULTS: The motion to approve the 20 Questions Brochure as CAL: – PASSES

Point of order: We had no discussion before the vote. Chair apologizes regarding that point of order.

Point of information: Letha will check with the copy editor for any problems with the document.

MINORITY OPINION

They voted "no" on this piece of literature – we are a very gentle group and we do not want to be seen as accusatory.

We did not feel respected in the Conference Approved Literature process.

The document says a few questions and there are 20.

Can we amend the document at this time to change the word from "few" to the word "some"?

Point of information: Amendments should be done before the vote. At this point, we would need another motion to open it back up.

It's harshness and judgment and the length of the document. May come across as harsh for the newcomer.

I see a need for this document, and it is good enough but could use some updates.

The Chair apologized for not asking for discussion prior to this vote. The publishing manager will bring the concern about changing the word "few" to the word "some," and ask for their professional opinion.

The Chair asked if anyone would like to change their vote that was in the majority?

One person agreed.

MOTION for (second) new vote to approve 20 Questions Brochure as CAL: Tammi C. SECONDED: Stephanie M.

NEW (second) VOTE ON THE 20 QUESTIONS DOCUMENT

Yes: 14 No: 13 Abstain: 8

PERCENTAGE = 40%

RESULTS: The motion to approve the 20 Question Brochure as CAL: – NOT APPROVED

SERVICE STATEMENT

Chronic Pain Anonymous (CPA) Service Statement

It is our intention to be present to help others while honoring our own recovery. When anyone, anywhere, reaches out for help, we share CPA's message of hope for those living with the emotional and spiritual debilitation of chronic pain and chronic illness. We shall keep this intention on our minds and in our hearts.

MOTION to approve CPA's Service Statement as CAL: Terry H.

SECONDED: Tammi C.

Discussion – PRO: Nicely written, especially like the last part.

Discussion – CON: Concern that this document has no purpose.

VOTE = For: 32 Against: 1 Abstain: 1

PERCENTAGE = 94%

Minority opinion: No opinions expressed

RESULTS: Motion to approve CPA's Service Statement as CAL:- PASSES

CPA SERVICE COMMITTEE REPORTS

FINANCE REPORT

Submitted by: Janet C.
Service Body: CPASB
Position: CPA Service Board Treasurer

1. Accomplishments in past year

- a. Venmo and Zelle were added as options for donations/payment.
- b. Quarterly Appeal contributions are now tracked separately from other contributions.
- c. Separate bookkeeping accounts for legacy and memorial contributions are established.
- d. Using mobile banking to reduce CPA's expenses.
- e. Free document management system is now available.
- f. Financial graphs provide a visual representation of our expenses and contributions.
- g. Adjusting entries were made to bring the account in balance.

2. Current projects

- a. Graph Developments
- b. Budget Development: fine-tuning budget to reflect departmental and general needs.
- c. Web Team and Treasurer: develop use of Google Pay and Apple Pay.

3. Metrics where applicable

2023 Year-End Financial Summary

Cash on Hand: \$19,168.94

Total Income:

Books and Literature: \$2,526.14

Direct Public Support: \$15,925.57

Other Income: \$4.58

Total Expense:

Accounting and Bookkeeping: \$4,889.50

Books and Literature: \$14,712.37

Additional information

CPA exists only as a result of financial support of its members as we are self-supporting and do not accept outside funding.

Our annual budget was reconfigured to get a clearer picture of departmental expenses vs. general business expenses.

To ensure banking transactions are legitimate and CPA's money has been used appropriately, random transaction sampling is done by a CPASB member every quarter of 2023. No discrepancies have been found.

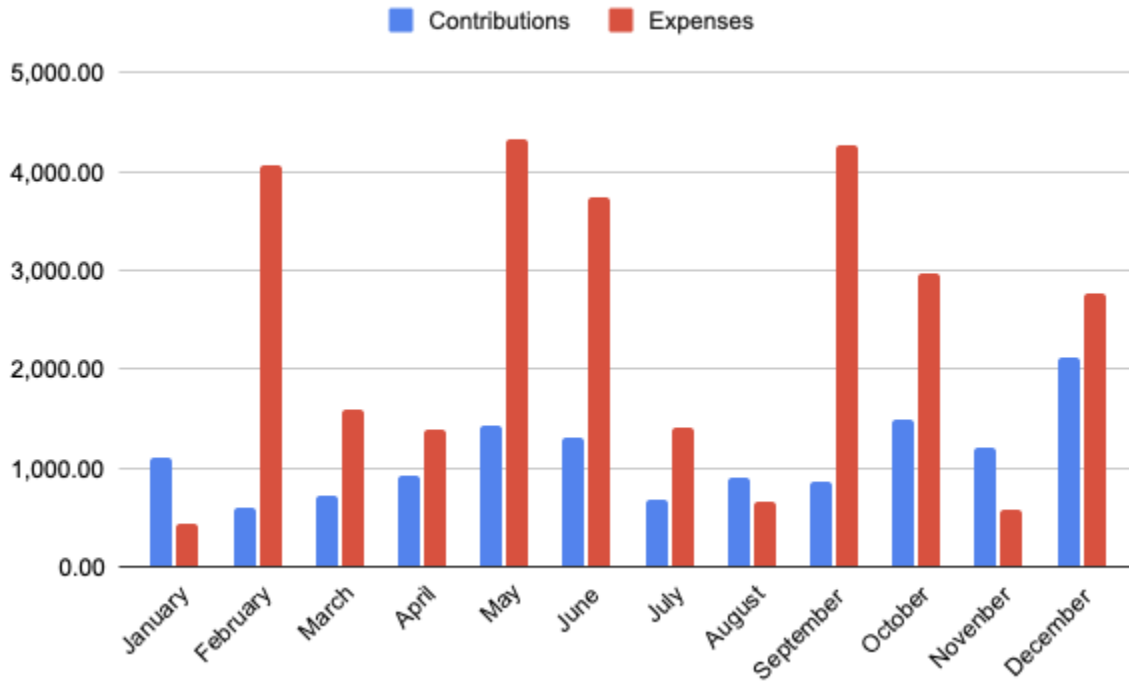
In a separate review, it was discovered that prior year prepaid expenses had not been recorded, so adjusting entry was made to bring this in balance.

I developed two graphs to give a more visual representation of our finances (shown below).

1) Donations vs. Expenses 2023

In 2023, contributions were \$13,287.57. Our expenses were \$28,260.61.

A large portion of the increase in expenses over 2022 were costs incurred for the editing and design for the Daily Reader, as well as other miscellaneous literature expenses, which were expected and planned for.



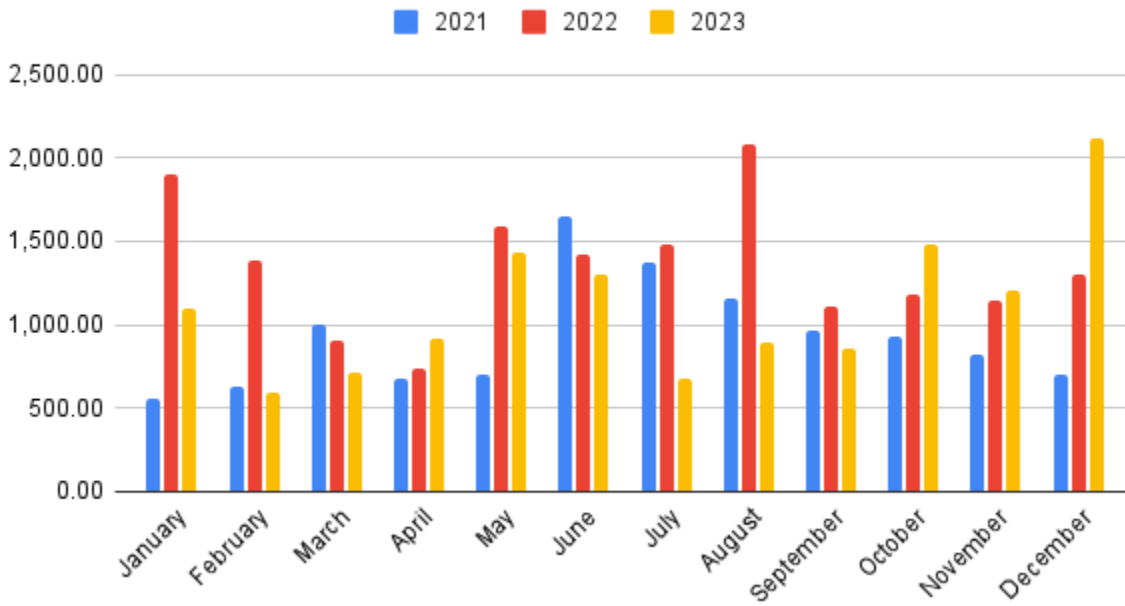
2023 contributions decreased 18.23%

2021	\$11,146,53
2022	\$16,249.61
2023	\$13,287.57

2) Annual Donation Comparison for 2021,2022, and 2023

This graph compares annual contributions over the last three years. Despite contributions being down about 18% from 2022, we continue to maintain our prudent reserve. A huge grateful thank-you to the fellowship for all your continued financial support.

2021, 2022 and 2023



CHRONCON

Submitted by: Halley D.

Service Body: CPASB

Position: ChronCon Committee Chair

1. Accomplishments in past year

- a. ChronCon 2023 "Discovering Serenity: Living Life to the Fullest" was awesome!
- b. First time using ZoomEvents was successful, with minimal tech issues.
- c. Ticket sales alone did not cover the event cost, but with the extra donations, it was covered. Future ticket prices will reflect this.

2. Current projects

- a. ChronCon 2024: Turning 20 Together: CPA's 20th Anniversary celebration
- b. 2024 session application form available January 15–March 15
- c. 20th Anniversary Memorials: Please add any CPA member that you'd like to be included in our Memorials session at ChronCon. This year, we are memorializing all members that have been lost in the last 20 years. A link to this form can be found on the ChronCon page, year round. https://docs.google.com/forms/d/19gNkkz8Ck-6kJ94GEIh_bspzSXFS49r_d2jO13sNgb4/edit?usp=drivesdk

3. Metrics where applicable

- a. 14 sessions, over 2 days
- b. 130 participants
 - i. One was a test ticket, so everyone who got a ticket came to something.
 - ii. Sessions ranged from 30 to 70 participants.
- c. Total event cost: \$768.50
- d. Total ticket sales: \$642.54 (131 tickets)
- e. Additional donations: \$225.00
- f. Final balance: +\$99.04

Additional information

ChronCon 2023 "Discovering Serenity: Living Life to the Fullest" was awesome! Many thanks to Margaret, who did an amazing job as Chair, leaving me with some big shoes to fill. It was our first time using ZoomEvents, quite successfully. Of course there were a few tech issues, but nothing we couldn't figure out.

This year's ChronCon will be a huge 20th Anniversary celebration, using the theme "Turning Twenty Together" in all the sessions.

And lastly, a Memorial form has been placed on the ChronCon page, where you can submit any CPA member over the last 20 years who you would like to have honored during our memorial service. This year, we are memorializing all members who have been lost in the past 20 years.

COOPERATION WITH PROFESSIONAL COMMUNITIES (PCP)

Submitted by: Ron W.

Service Body: CPASB

Position: Cooperation with Professional Communities Committee Chair

1. Accomplishments in past year

- a. We drafted an initial contact letter to be sent to professionals who might be interested in the Chronic Pain Anonymous program. Along with the letter, several brochures are to be included in the mailing. The purpose of this letter is to send our information so that professionals can make appropriate referrals to CPA.
- b. Our Committee created a process to provide information and structure to have CPA meetings in assisted living facilities, group homes, retirement communities, rehabilitation centers, and nursing homes.

2. Current

- a. CPA meetings were conducted in one facility for over one year. Unfortunately, the meetings are no longer being held.
- b. Because two members of our Committee have retired, we are currently seeking to replace them with new Board Members. Non-CPA members must possess and be able to understand the Twelve Step program of recovery concept, be able to speak and write clearly and professionally, be willing to serve for one to three years, and be able to attend monthly Board meetings.

3. Metrics

- a. A form has been created to collect information about professionals who may be interested in Chronic Pain Anonymous for their clients. This form can be used to create a database of professionals along with providing them with helpful information.

PUBLIC INFORMATION (PI) COMMITTEE

Submitted by: Janet C.

Service Body: CPASB

Position: PI Liaison to the Board

1. Accomplishments in the past year

- a. All Recovery Clubs (ARC) Challenge
- b. Creation of the challenge, rules, prizes
- c. Creation of letter to be sent to contacts
- d. Development of postcard-size CPA information card
- e. This resulted in 33 CPA members making submissions, resulting in 182 recovery clubs.

2. Current projects

- a. EMAIL PROJECT: contacting the ARC submissions via email to follow up to see that the postcards were posted.

3. Metrics

- a. ALL RECOVERY CLUB CHALLENGE
 - i. 33 members responded to the call for submissions.
 - ii. There were 182 submissions in all.
 - iii. Prizes were issued to many of the participants.
 - iv. Members involved donated the cost of supplies such as paper, envelopes, and colored cardstock along with the printing of the letters and postcards. One member donated all their expenses, including postage, as a Seventh Tradition contribution.
 - v. The total cost to CPA was \$82.50 for postage.

Additional information

In the past year, the Public Information (PI) Committee wrote a Mission Statement that has been reviewed and approved by the Committee.

The PI Committee worked almost exclusively on the All Recovery Clubs Challenge (ARC) during the 2023 calendar year. The Committee determined, with the help of CPA members, they could gather information about Alano and similar clubs familiar with Twelve Step programs. The Challenge was designed to encourage participation from within the fellowship by having members obtain contact demographics about organizations in their area and submit it to the PI Committee online. While the challenge was occurring, we decided to give ChronCon tickets to some CPA members as a form of appreciation for submitting the highest number of contacts. A letter was written to accompany neon-colored postcards containing CPA information. After the

submissions were obtained and analyzed by the Committee, we worked tirelessly to complete the mailings by the start of fall.

Currently, the PI Committee is reaching out via email to the ARC centers to ensure they received and have displayed the CPA information postcards. We have received a few responses, and our CPA card is being posted, so our message is being spread! Future projects may include continuing to collect recovery club organization contact information for areas that were not obtained during the challenge itself.

This year (2024), we plan to complete our review and recommendations for the Public Information Workbook. It is our hope and intention that the document will then follow through our literature process.

I am acting as the CPASB Liaison for the PI Committee as this Committee does not currently have a Chair; however, there are a few dedicated CPA members who meet regularly and complete Public Information duties.

HISTORY AND ARCHIVES

Submitted by: Halley D.

Service Body: CPASB

Position: History and Archives

1. Accomplishments in past year

- a. Maintained CPA History Document, adding firsts and notable moments, such as service structure changes and CPA-wide projects.
- b. History and Archives moved to the CPA Service Board.
- c. Membership Survey Committee becomes part of History and Archives.
- d. Completed the 2023 Membership Survey Report with Meeting Liaison (available on the CPA website in the "About CPA" section.).
- e. A few CPA mini-histories presented relevant information at the Open Forums.
- f. ChronCon 2023 "Time Travel and Trivia"

2. Current projects

- a. Supporting ChronCon 2024 sessions with integrating CPA history wherever possible to help celebrate our 20th Anniversary.
- b. Evaluation of 2023 Membership Survey and Design of 2025 Membership Survey (to be available January 2025).
- c. Supporting 20th Anniversary event. We hope to have a ChronCon session looking at the Membership Surveys. We will also be planning the 2025 survey during this year. If you have any experience with survey making, or it just seems interesting, please email historyarchives@chronicpainanonymous.org to join the committee.

I was also able to present mini-CPA histories on specific topics and a longer, more general, history of CPA session at ChronCon 2023. I look forward to supporting the 2024 session facilitators in incorporating CPA history into their sessions. And am also hoping to support in celebrating our 20th anniversary by helping in special projects throughout the year.

I'm also seeking an apprentice. Please contact me if you are interested.

Additional information

2023 was an interesting year to be CPA's Historian. Halfway through the year, History and Archives was moved from the GSVO to the CPA Service Board, so I was able to experience both service branches. When the move was proposed, I was supportive. It makes sense to have someone with access to the institutional knowledge of CPA on the Service Board.

There have been many position and name changes made this year, such as GAC President to GAC Chair, all noted in the internal CPA Complete History document. CPA "firsts" and projects were also noted, such as the Public Information's ARC Challenge.

After being welcomed onto the Board, I noticed the Membership Survey had no clear place, with only one Board member working on it. It seemed clear this would be a good History and Archives project, in conjunction with others. So we met a few times and then analyzed and wrote the results. The new 2023 Membership Survey and results will be available under Member Resources soon.

MEETING LIAISON

Submitted by: Terry M.

Service Body: GSVO

Position: Meeting Liaison

1. Accomplishments in past year

- a. Managed Meeting Liaison/Newcomer Task force for 9 months. We had two goals: 1) To examine the current workloads of the Meeting Liaison, Inquiry Team, and the Newcomer Coordinator
2) To restructure these service positions to (a) become more efficient and team-oriented, and (b) improve the quality of our inquiry responses
- b. Inquiry Team email templates and procedures were updated, with participation across the Inquiry Team, CPASB members, and the Literature Committee
- c. Paula, Beth S, and Tammi were trained to reply to newcomer phone calls; Tammi and Jolie were trained to reply to newcomer emails, according to updated guidelines
- d. Fellowship-wide email correspondence is now managed by the CPA Phone list, GAC, Delegate Registrar, XPI, or CPASB, as appropriate
- e. Transitioned internal (current member) communications to the GAC
- f. With the combined efforts of workload distribution and a well-functioning team, the Meeting Liaison's workload was reduced by approximately 40%
- g. After 5 years of service, first as Meeting Liaison Apprentice, then as Meeting Liaison, I am rotating out of this service position. Thank you for allowing me to serve.

2. Current projects

- a. Meeting Liaison position duties have been restructured to new GSVO positions of Inquiry Coordinator and Meeting Registrar
- b. Inquiry Coordinator – Reply to phone and email inquiries
- c. Meeting Registrar - Help register new meetings
- d. Coordinate with the Web Design Teams for website changes

3. Metrics where applicable

- a. Replied to 240 phone and email inquiries (75% increase, from 137 inquiries in 2022) NOTE: Prior to March 2023, Newcomer Coordinator outreach was not being tracked. If these are excluded, inquiries total 121 (12% decrease from 2022)
- b. Sent an average of 31 emails/month (44% decrease from 54/month in 2022)

c. Registered Groups:

	Total	Gain	Loss	Net Change in 2023
Face-to-face	13	2	-2 *	0
Phone	10	1	0	1
Video	35	4 *	0	4 *
Online	2	0	0	0
	60	7	-2	+5

* 1 hybrid meeting went fully video

4. Additional Information

My name is Terry, I live with chronic pain and illness, and I am grateful to have served as CPA's Meeting Liaison since January 2021.

Here is a summary report for 2023:

We currently have 60 CPA Meetings on 6 different platforms:

This includes 13 Face-to-face, 10 Phone, 35 Video, and 2 Online.

We added 3 new video meetings (including one Special Interest meeting), 1 new phone meeting, 2 new face-to-face meetings, and one face-to-face meeting transferred to Zoom and 2 face-to-face meetings ended. This gives a net increase of 5 meetings.

Last year, CPA received 240 phone and email inquiries from people living with chronic pain and illness, healthcare professionals, insurance providers, and people looking to start new meetings. This represents a 75% increase from 2022. However, it is important to note this is the first year that Newcomer Coordinator outreach began to be tracked. If these are excluded, inquiries are down 12% from 2022.

This brings me to express my gratitude for Tammi C's newcomer outreach. A task force was started in March to examine the current workloads of the Meeting Liaison, Inquiry Team, and the Newcomer Coordinator. The findings guided us toward a restructuring of these service positions to (a) become more efficient and team-oriented, and (b) improve the quality of our inquiry responses. These goals have been partially achieved.

When I began this service role, the Meeting Liaison was responsible for registering new CPA meetings; responding to phone and email inquiries from newcomers and current CPA members; and all WSC, GAC and Fellowship-wide communications.

Effective in 2024, two new GSVO positions will replace that of the Meeting Liaison: the Inquiry Coordinator and Meeting Registrar. As CPA grows and matures into its

20th year, the program adapts. One hope is that the practice of wearing multiple hats will become a part of CPA's history, as more trusted servants come forward to share the responsibilities. This possibility has become evident through this restructuring; effective teamwork decreased my outgoing emails by 44% versus 2022. More importantly, my personal peace, joy and comfort were supported through increased peer support and putting less pressure on myself regarding service work.

Thank you to the Meeting Liaison Inquiry Team and others who help out - including Tammi, Paula, Beth S, Jolie, Laura R, Leya, Margaret, Janet, Irene, Jes, and Letha. A special thank you to Alisa and Tom from our Web Design Teams, who provide our frequent website updates. We do not work alone and we are stronger together. I trust that HP will continue to guide the communication and teamwork among the service bodies and individuals who provide these important services for CPA. Thank you for entrusting me with this service position for the past 5 years, I am very grateful to CPA.

GSOV SOCIAL MEDIA

Submitted by: Laurelle

Service Body: GSOV

Position: Social Media

1. Accomplishments in the past year

- a. Memes with quotes from CPA literature were consistently posted on social media platforms.
- b. The social media contact information remains socialmedia@chronicpainanonymous.org.

2. Current projects

- a. Train Gabby as she transitions into the Social Media Staff for the GSOV.

3. Metrics

- a. 2023 Social Media Statistics: Twitter: up to 512 from 497 last year; Instagram: up to 1,226 from 1,187; Facebook: up to 5.3k from 3.9k.
- b. Audience: Top five cities with regard to page likes: New York, San Juan, Puerto Rico, Mexico City, Phoenix, and Los Angeles.
- c. Countries with regard to likes from the last quarter of 2023 are: 71% United States, 11% UK, 4% Canada, 3% Puerto Rico, 2% Mexico and Australia, 1% Ireland, Philippines, India, and South Africa.

STORE

Submitted by: Sherry D.

Service Body: GSVO

Position: Store Manager

1. Accomplishments in the past year

- a. Receipt, inventory, and storage of the 2023 CAL brochures
- b. Cost of Goods and Costs Postage Analysis: creation of detailed store spreadsheet
- c. Development of a new pricing system along with the GSVO Coordinator
- d. Implemented the new CPA Store (November 2023)
- e. Completion of the "employee evaluation" as requested by GSVO Coordinator

2. Current projects

- a. Ongoing evaluation of invoices/purchases since implementation of the new CPA Store
- b. Update the Store spreadsheet
- c. Increasing Store traffic/orders using new ideas when approved by the GSVO Coordinator

3. Metrics

N/A

Additional information

At the 2023 WSC, several brochures received CAL status. They were printed and added to inventory, and they are available for purchase. They are available to print from the website.

A systematic analysis of each Store order was conducted. The findings revealed the cost of goods sold and shipping costs were higher than income generated. A new Store was developed to include literature and shipping costs. Dollar amounts are revealed to the consumer prior to the close of sale. Computer-generated confirmations are immediately sent to the customer. Simultaneously, the Store Manager receives the invoice, eliminating any delay.

The Store fulfilled 25 orders from January 1 to November 4, 2023. The new Store generated 7 orders by the end of 2023. Revenue is now in line with expenses incurred.

I shall work to develop an increased number of orders by using creative ways and update the spreadsheet from receipt of invoice through the completion of an order, including all costs. Documentation shall be preserved in Google Docs.

If you have not checked out the new Store, stop by. There are many new items for the fellowship.

WEB DESIGN TEAM

Submitted by: Alisa E.

Service Body: GSVO

Position: Webmaster

1. Accomplishments in past year

- a. ChronCon has a new page, under Member Resources.
- b. Reimplemented our Meeting Calendar using new software due to constant issues with the old software.
- c. Created a page for Service Body Meetings under the Meetings sub-menu.
- d. Moved email hosting from our website host to Google Workspace to improve ease-of-use and spam control.
- e. Completely reprogrammed our contribution page to make it easier to use and add more payment options for fellowship members.
- f. Subheaders across the entire website were redone to make the website easier to read.
- g. Audiobooks were added to the Books page to help highlight them.
- h. Store was completely rebuilt using new software to help get the Store ready for new items and make it easier for shipping to be accurately calculated. All new items from the 2023 WSC were added to this new Store as well.
- i. Continually updated files, pages, the meeting calendar, and plug-ins as needed.
- j. Continually supported fellowship members and trusted servants with technology issues as needed.

2. Current projects

- a. Creating a page for our new Daily Reader so that the fellowship has all the information they need to review.
- b. Continuing to keep all pages updated, including information about each meeting, the WSC, ChronCon, etc.
- c. Continuing to support fellowship members and trusted servants with technology issues as needed.

3. Metrics

- a. N/A

Additional information

The Web Design Team has been extremely busy this year. While our main job as a team is ensuring the website is functioning and its information is updated, I am happy to report that three different, major parts of the website were completely redone this past year, to improve ease of use and prepare the website for future changes.

Behind the scenes, we also moved our email accounts to a new server, making it easier for service members to use their CPA email and reduce spam.

Going into 2024, we have a couple projects already in the works. We are actively looking for more CPA members to join the team, both to help keep the website updated and help bring input into our changes as they come along. ChronCon 2023's session videos are complete, making them closed-captioned to help the hearing impaired.

NEW BUSINESS PROPOSAL FOR 2025 WSC

Motion to approve January 25 and January 26 beginning at 1:00 p.m ET for 2025 WSC.

Motion to accept January 25 and 26, 2025, at 1:00 p.m. ET for the 2025 WSC: Keith Seconded: Terry H.

Discussion – PRO: None

Discussion – CON: None

VOTE = For: 27 Against: 1 Abstain: 1

PERCENTAGE = 93%

MINORITY OPINION: No opinions expressed

RESULTS: Motion to approve January 25 and January 26 beginning at 1:00 p.m. ET for 2025 WSC: PASSES

ANNOUNCEMENTS

A WSC feedback form will be sent to all delegates after the conference is over, via the email you used to register for the conference. This survey will also be listed on the WSC page on CPA's website. Please fill this out to let us know what went well during the WSC and what could be done better. The deadline for submitting feedback is Sunday, February 11.

The ChronCon session application is available on CPA's website, under Member Services>ChronCon tab. Apply before the deadline of March 15 to reserve your spot to be considered to facilitate a session!

Memorial submissions are also available on the ChronCon page. Please submit any CPA member who has passed in the last 20 years that you'd like to have honored during this year's Memorial session. Memorial submissions are due May 15.

A manuscript of *Daily Peace, Joy, and Comfort*, CPA's daily meditation book, is now available for download or purchase. On February 1, check out the dedicated tab on CPA's website with all the information you need to download a free copy or purchase a copy of this pre-CAL version.

There will be an open forum on Saturday February 24, 2024, at 4:00 p.m. ET in the GAC room. We will discuss all things related to the book *Daily Peace, Joy, and Comfort* to include, review of the designated web page, how to order the book, how to download the book, and provide feedback for the Literature Committee. Check the CPA calendar for meeting info.

Does anyone have any CPA announcements?

Thank you all for your participation and service to CPA!

APPENDIX I – AGENDA SATURDAY JANUARY 27, 2024

Chronic Pain Anonymous World Service Conference



Saturday, January 27, 2024

The World Service Conference is a two-day three-hour (each day) video-recorded conference held on Zoom starting at 10:00 a.m. PT/11:00 a.m. MT/12:00 p.m. CT/1:00 p.m. ET.

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|----|--|----------------------|
| 1. | Welcome & Review of Agenda | Irene P. |
| 2. | Open with Serenity Prayer | Ron W. |
| 3. | Roll Call | Sherry D. |
| 4. | Voting Protocol, Substantial Unanimity, Quorum | Billy S.
Keith B. |
| 5 | Substantial Unanimity | Irene P. |
| | Restorative Break (10 mins) | |
| 6. | Nominees for CPA Service Board | Jes G. |
| 7. | Pending CAL | |
| | a. CPA Suggested Meeting Format | |
| | b. CAL Approval Process | |
| | c. It is Okay Bookmark | |
| | d. 20 Questions Brochure | |
| | e. CPA Responsibility/Service Statement | Irene P. |
| | Restorative Break (10 mins) | |

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| 8. General Service Virtual Office (GSVO) | |
| a. GSVO Coordinator | Letha C. |
| b. Literature Chair | Letha C. |
| c. Meeting Liaison | Terry M. |
| d. Social Media Chair | Laurelle M. |
| e. CPA Store | Sherry D. |
| f. Website Team Chair | Alisa E. |
| 9. GSVO Q&A | Letha C. |
| 10. Announcements | Keith B. |
| 11. Closing with Gratitudes | Janet C. |

APPENDIX I (CONTINUED) – AGENDA SUNDAY, JANUARY 28TH, 2024

Chronic Pain Anonymous World Service Conference



Sunday, January 29th, 2024

The World Service Conference is a two-day three-hour (each day) video-recorded conference held on Zoom, starting at 10:00 a.m. PT/11:00 a.m. MT/12:00 p.m. CT/1:00 p.m. ET.

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|---|----------------------|
| 1. Welcome & Review of Agenda | Irene P. |
| 2. Open with Serenity Prayer | Terry H. |
| 3. Roll Call | Sherry D. |
| 4. Voting Protocol, Substantial Unanimity, Quorum, Abstentions | Billy S.
Keith B. |
| 5. Substantial Unanimity | Irene P. |
| Restorative Break (10 mins) | |
| 6. Proposals | Jes G. |
| a. Proposal to use non-gendered and universal language when referencing a Higher Power in the Twelve Steps and Twelve Traditions of CPA | |
| 7. Substantial Unanimity | Irene P. |

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| 8. Proposals | Jes G. |
| a. Proposal to Change CPA's Corporate Name | |
| Restorative Break (10 mins) | |
| 9. CPA Service Board Reports (CPASB) | Jes G. |
| a. Treasurer Report | Janet C. |
| b. ChronCon Chair | Halley D. |
| c. Cooperation with Professional Communities (CPC) Chair | Ron W. |
| d. History & Archives | Halley D. |
| e. Public Information (PI) | Janet C. |
| 10. Q & A | Jes G. |
| 11. Proposal for 2025 WSC Date & Time | Sherry D. |
| 12. Announcements | Alisa E. |
| 13. Closing with Gratitudes | Keith B. |

APPENDIX II – LIST OF DELEGATES

Name	Meeting/Trusted Servant
Alexis E.	Come As you Are LGBTQIA+
Alisa E.	GSVO Web Design Team
Aveiro B.	Imua Moving Forward with Strength
Barry K.	Houston Monday Night
Beth S.	Hope For Today (Phoenix in-person Mtg)
Betty L.	Path To Acceptance
Billy S.	CPASB Trustee
Carmen G.	From Pain To Gain
Carol D.	Thursday Night Phone Meeting
Catherine P.	XPI Chair
Cindy A.	Thursday Night Phone Meeting
Dan R.	Monday Night Phone Meeting
David G	Tuesday Traditions
Debbie S.	Friday Phone Meeting
Debi D.	Houston Monday Night
Deborah P.	One Day At A Time
Dory J.	Intergroup Speaker Meeting (Phone)
Ed S.	Language of the Hearts
Gale T.	Language of the Hearts
Greer P.	From Pain To Gain
Halley D.	CPASB History and Archives/ChronCon Chair
Irene P.	CPASB Co-Chair/WSC Committee Chair
James	Wednesday Night Live Men's CPA Toolbox
Janet C.	CPASB Treasurer/PI Liaison
Jennifer S.	Faith and Footwork

8TH ANNUAL 2024 WORLD SERVICE CONFERENCE SUMMARY REPORT

Jennifer W.	Gratitude Happy Hour
Jes G.	CPASB Chair
Jolie Ann D.	Chronically Creative
Kamaljit I.	Faith and Footwork
Kathy T.	Saturday Step Study Phone Meeting
Keith B.	GAC Chair
Kristin D.	Attitude of Gratitude
Laura S.	Come As You Are 2SLGBTQIA+Meeting
Laurelle M.	GSVO Social Media
Letha C.	GSVO Coordinator
Maggie M.	Next Generation Recovery 50 & Under
Marcia F.	Voices in the Stillness
Maria	Free To Be Me: CPA LGBTQIA+
Ron W.	CPASB Trustee/CPC Chair
Ross H.	Next Generation Recovery 50 & Under
Shari W.	GAC Secretary
Sherry D.	CPASB Secretary/GSVO Store/GAC Unity Chair
Stacy T.	Path To Acceptance
Stephanie M.	One Night At A Time
Susan B.	Living in the Solutions Women's Meeting
Tammi C	Experience, Strength and Hope
Teresa Y.	Open Hearts
Terry H	CPASB Trustee
Terry M	CPASB Trustee/GSVO Meeting Liaison
Walt W.	Make Today Count