

SEVENTH TRADITION FACT SHEET

CPA Seventh Tradition states: *Every CPA group ought to be fully self-supporting, declining outside contributions.*

“CPA’s groups have expenses and need money to operate. We create financial independence by taking on the responsibility of supporting ourselves and not receiving funds from outside sources. When members give money, time, and talents to our group, we have the funds and resources to take care of our needs and to reach out to others who still suffer.” *Our Common Welfare*, p. 122

How is the money from the Seventh Tradition used?

The Seventh Tradition finances the different CPA Service Bodies, which provide a variety of services such as:

- new meetings (providing tools and resources)
- public information (e.g., providing brochures and materials when requested)
- Intergroups, which combine resources for CPA groups, such as online or telephone resources or a geographic location
- website management (e.g., maintaining the website, tech aspects, search engine optimization)
- legal matters such as copyright protection and consultation with the CPA Service Board (CPASB)
- bookkeeping/accounting, including filing corporate papers and paying vendors, including special workers
- editing, designing and publishing our literature and documents (such as books like *Recipe for Recovery* and *Stories of Hope*, brochures, and other resources)
- producing audio recordings of our literature

In accordance with Tradition Eight—“Chronic Pain Anonymous should remain forever non-professional, but our service centers may employ special workers”—the following positions have traditionally been filled by Trusted Servants with a goal to hire special workers when the finances allow:

- Executive Director
- Publishing Manager
- Meeting Liaison
- Web Design Team Chairperson
- Literature Committee Chairperson
- Social Media
- History and Archives

Why do we contribute to the Fellowship as part of our own recovery?

“If I want all the benefits CPA has to offer, I have to be willing to work the whole program—not just the Steps, not just fellowship in meetings, but also giving back through service or financially. I am practicing my whole program, and the benefits have been enormous.” *Our Common Welfare*, p. 137

Who can make Seventh Tradition contributions to CPA?

Because CPA is self-supporting, only members of CPA can contribute. As the Third Tradition states, “The only requirement for CPA membership is a desire to recover from the emotional and spiritual debilitation of chronic pain or chronic illness.” Membership is self-defined. Each person gets to decide for themselves.

How can I contribute to the Seventh Tradition?

Some groups collect contributions, which are then redistributed to the different CPA service bodies. You can contribute to your group directly, or you can contribute directly to CPA service bodies via:

- your current Intergroup website
- the CPA website: <https://chronicpainanonymous.org>
- the CPA mailing address (see current address on the website)

The suggested breakdown of donations is:

- for groups after expenses:
 - Intergroup: 15%
 - CPA: 85%
- for individuals:
 - Intergroup: 15%
 - CPA: 85%
 - Memorial contributions are made by friends and family in honor of a member (maximum of \$500 per donor).
 - Legacy contributions are designated in a member's estate (maximum of \$3,000).

To learn more about the Seventh Tradition, you can read the Seventh Tradition chapter in the CPA Conference–approved book, *Our Common Welfare*.

"I contribute what and when it is reasonable for my situation and never see recovery as a free ride. I am part of my meeting as a giver and a receiver." *Our Common Welfare*, p. 135

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.