Sep 15, 2025 - XPI MINUTES

SERENITY PRAYER

INTRODUCTIONS

NAME	REPRESENTING
Maria Las Vegas	XPI Treasurer
Melissa R	Zoom Host Training Coordinator, xpihosttrainer@gmail.com Pain to Gain
Paula	Newcomer Q&A, Weekend Beginners xpiqanda@gmail.com
Stacy T	Path to Acceptance
Steph	Meeting Registrar meeting@chronicpainanonymous.org
Tammi	Committed to Hope tammilacahill@gmail.com
Tom	XPI Website Admin cpaweb12@gmail.com
NAME	**REPRESENTING**
Alex	member at large
BB	Mon ODAT, Host Trainer
Carmen	XPI Chair xpichairperson@gmail.com, Chair Chat +
Cat	XPI Speaker Meeting
Gail N	Young & Young at Heart, ONAAT
Jeff M	XPI Zoom Team
Julie E	Young Warriors
Kathy T	Phone Committee cpaphonelist@gmail.com, Newsletter newsletter@chronicpainanonymous.org
Marcia	member at large

REPORTS/ANNOUNCEMENTS

Treasurer - Maria Las Vegas

Aug XPI Balance	$607.15
Donations to XPI	$2.41
Current Balance	*$609.56*

Phone Committee - Kathy cpaphonelist@gmail.com

- Sep 27 5pm^{ET} Fellowship Clubhouse (not official CPA room) $^{\#}$8340 6983 429 ^{PSWD}club

- this is a working session to update the CPA Phone Meetings formats, all welcome

Newsletter - Kathy newsletter@chronicpainanonymous.org

- please consider contributing a short vignette about your journey in CPA

Welcome Newcomers - Paula xpiqanda@gmail.com

- Newcomer Q&A - 4th Mon each month @ 4pm$^{ET\ RM}$2 #111-283-488
  - encourage "seasoned" members to attend to support the newcomers
- Beginner's Meeting (regular style not Q&A) - Sat @ 8pm$^{ET\ RM}$2 #111-283-488

Speaker Meeting - Cat

- 3rd Sat each month @ 3pm$^{ET\ RM}$1 #741-104-609
  - 4 months regular attendance in CPA is required to speak
- contact Jessa to volunteer to speak jessahasfaith@gmail.com

Chair Chat+ - Carmen www.xpintergroup.org/recurring-events

- NOTE: please encourage new members to chair, offer to be their back-up and/or split the meeting with them, help them to find formats at xpintergroup.org/meetings-menu
- 4th Thurs each month @ 3pm$^{ET\ RM}$2 #111-283-488
- bring your questions and experience to discuss how **everyone** can be of service in meetings

Meeting Registrar - Stephanie meeting@chronicpainanonymous.org

- Hope For Today (previously Arizona Face-to-Face) - Paul B 602-677-5050
  - Tues @ 4pm$^{ET\ RM}$2 #111-283-488
  - time/room may change due to scheduling overlap, please check calendar for updates
- Wisdom, Trust & Faith name changed to Empowered Together
  - Tues @ 10pm$^{ET\ RM}$1 #741-104-609
- ONAAT ^{RM}1 #741-104-609
  - group conscience changed time to **Sun 9pm^{ET}**

XPI Website Coordinator - Tom cpaweb12@gmail.com

- team is working well together
  - Kudos to Belle for seeming to take care of everything!

Zoom Committee - Anthony & Jeff xpizoom@gmail.com

- Zoom account settings have been updated to be more streamlined and enhance security
- COMING SOON: passwords for room and email accounts to be changed
- Zoom team met with Meeting Registrar to discuss some potential procedural/policy updates in an effort to eliminate confusion between the XPI Website and the CPA Website

Zoom Host/Co-Host Training - Melissa & BB xpihosttrainer@gmail.com

- 2nd Tues & 4th Sat each month @ 3pmET RM2 #111-283-488
  - 4 months regular attendance in CPA is required
- Melissa will facilitate Tuesdays and BB Saturdays, and provide back-up for each other
  - both have access to the email, Drive files, and Master List
    - Master List: confidential list and contact info of members who have completed Host Training with the purpose of sharing updates on any changes involving hosting and/or Zoom Bombers
- Melissa has created a job description for the position of Zoom Host Training Coordinator which can be viewed at
  XPI Host Training Coordinator Job description.docx
  - to be voted on next month

OLD BUSINESS

Young and Young at Heart Sun 12pmET RM1 #741-104-609
ONAAT Sun 9pmET (previously Wed 9:30pmET) RM1 #741-104-609

- very low attendance, struggle to get chairs, sometimes meeting starts late
- main concern being that a newcomer may show up to an empty meeting

Gale N. spoke as a representative for both meetings:

- ONAAT had a group conscience to move meeting to Sun @ 9pmET
- Gale read a letter from the groups describing how important these meetings are to them and asking that they neither be removed from the calendars nor cancelled
- the letter also expressed comments from these groups that:
  - other meetings struggle to find chairs
  - members do not know about the XPI Business Meeting
  - there should be a complaint form on the website
  - process of starting a new meeting is too cumbersome and is made more complicated by having two websites
  - many emails have been sent to have the format added to the website but either no response or referred to another email address

Comments from the floor:

- unfortunately getting chairs is endemic to CPA due to people having pain/illness
- a solution is being worked on to get information out about XPI and GAC… more to follow
- Newcomer Q & A mentions XPI Business Meeting and encourages newcomers to try out and ask questions about service work
- Inquiry Team and other Service Members can answer any questions that members, newcomers, or general public have at inquiry@chronicpainanonymous.org or on the "Contact Us" page of the XPI and CPA websites

Suggestions from the floor:

- deal with each meeting as it happens and bring concerns to XPI Business Meeting
- encourage newcomers to review meeting format on XPI website, offer to co-chair with them

Note from Meeting Registrar:

- CPA can not put formats/scripts on its website as it would imply that CPA is endorsing the formats and their content. Several formats do not align with CPA 12 Traditions.

MOTION PASSED: that the suggestion be taken to the business meeting of these groups, to always have a member present at the beginning of each meeting. Topic to be revisited at Oct 20 XPI Business Meeting

NEW BUSINESS

3rd Zoom Room - Stephanie, Tom, Anthony, Jeff, Melissa, BB, Carmen

Taskforce presented a summary of their discussion regarding adding a 3rd Zoom Room:

- PROS:
    - cost would increase from $640 to $800 which is within XPI's budget
    - more flexibility in scheduling meetings
    - opportunities for members to start new types of meetings
    - as CPA continues to grow, more meetings may be needed
    - to free up space in Rm1&2:
        - committee and service meetings could be moved to Rm3 (would require discussion with CPA Board)
        - daily meetings could move to Rm3

    - not having chairs/hosts is endemic to CPA regardless of number of meetings due to the nature of living with pain/illness
- CONS:
    - concern around newcomers showing up to empty rooms
    - many meetings have low attendance
    - more meetings may dilute existing meetings
    - only 3 new meetings have started in past 8 months
    - there is a history of people starting new meetings and then not keeping them going
- SUGGESTIONS:
    - that those wanting to start a new meeting, attend struggling meetings, and propose a business meeting to explore their format ideas
    - that struggling meetings complete a Group Inventory

MOTION EXPIRED: that a 3rd Zoom Room be voted on and added today

MOTION DEADLOCKED: that XPI reps take the above info back to their groups for discussion

MOTION PASSED: that the topic and vote be deferred to a later date

XPI Zoom Coordinator Apprentice

MOTION PASSED: to extend today's meeting by 5 mins in order to address this topic

MOTION DEADLOCKED: to vote Jeff M as the second XPI Zoom Coordinator

DISCUSSION:

- Jeff has extensive experience being Tech & Zoom Coordinator in another 12 Step program
- job description XPI Zoom Coordinator Job Description states:
    - 12 months in CPA and working the CPA 12 steps
    - Willing to commit to a 2-year term.
        - First year as XPI Zoom Coordinator Apprentice, working with Coordinator
        - Second year as XPI Zoom Coordinator, training new Apprentice

MOTION PASSED: that the topic and vote be deferred to the Oct 20 XPI Meeting

NEXT XPI MEETING: Oct 20

https://us02web.zoom.us/j/111283488?pwd=Q1lyVjh4WmJycyt2V1cvc1ZQYTNadz09

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