Aug 18, 2025 - XPI MINUTES

SERENITY PRAYER

INTRODUCTIONS

NAME	REPRESENTING
Anthony J	XPI Zoom Co-ordinator xpizoom@gmail.com, Come As You Are
BB	Mon ODAT, Host Trainer
Beth S	Gratitude Happy Hour storiesofnope@gmail.com
Brian	member at large
Carmen	XPI Chair xpichairperson@gmail.com, Chair Chat +
Cat	XPI Speaker Meeting
David C	member at large
Irene	CPA Service Board
Jade	member at large
Jeff M	XPI Zoom Co-ord #2
Jennifer	XPI Secretary jenniferlay@hotmail.com
Joe	Men's Step Discussion
Kathy T	Phone Committee cpaphonelist@gmail.com, Newsletter newsletter@chronicpainanonymous.org

NAME	REPRESENTING
Laurelle	member at large
Maria Las Vegas	XPI Treasurer
Melissa R	Zoom Host Training Coordinator, xpihosttrainer@gmail.com Pain to Gain
Miranda	member at large
Paula	Newcomer Q&A, Weekend Beginners xpiqanda@gmail.com
Sabra	member at large
Shoshie	Experience, Strength, & Hope
Stacy T	Path to Acceptance
Steph	Meeting Registrar meeting@chronicpainanonymous.org
Stephen C	member at large
Suzanne – Winnipeg	member at large
Tammi	Committed to Hope tammilacahill@gmail.com
Tom	XPI Website Admin cpaweb12@gmail.com

REPORTS/ANNOUNCEMENTS

Treasurer - Maria Las Vegas

July XPI Balance	$596.55
Donations to XPI	$10.60
Current Balance	*$607.15*

Phone Committee - Kathy cpaphonelist@gmail.com

- Aug 30 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

Newsletter - Kathy newsletter@chronicpainanonymous.org

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

Welcome Newcomers - Paula xpiqanda@gmail.com

- welcome to Julie as the new apprentice!
- 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

- 4th Thurs each month @ 3pmET RM2 #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 (Arizona Face-to-Face Meeting) - Paul B 602-677-5050
    - moved to Zoom Aug 19 and will regularly be held:
        - Tues @ 4pmET RM2 #111-283-488
        - everyone welcome

- Procrastination and Paperwork - Beth S storiesofnope@gmail.com
    - Tues @ 2pmET RM1 #741-104-609
        - meeting focus is to overcome procrastination with action
        - everyone welcome

- Meetings Definitions
  MOTION PASSED: to post Meeting Definitions (as written below) to the XPI "Meetings" page

    - **OPEN** - Anyone is welcome to attend.
    - **CLOSED** - For individuals who identify as CPA members. Any person who wishes to recover from the emotional and spiritual debilitation of living with chronic pain and/or chronic illness can self identify as a "CPA Member."
    - **FOCUSED** - These meetings focus on a particular interest or demographic, such as mental health, LGBTQ+ & Allies, art, etc., any individuals can attend, whether they identify with the focus, or not.
    - **SPECIAL INTEREST** - These meetings are specifically intended for a particular group of people, such as women, LGBTQ+, 50 and under, etc. and only those who identify with that group are asked to attend.

Delegate Registrar - Stepanie delegates@chronicpainanonymous.org

- Part 1: A nomination and application for Secretary of the CPASB has been received and seconded. Please use this form for comments and to cast your vote by **September 20th, 2025. Each group is limited to only one vote, if multiple delegates registered, please pick one to fill out the voting form.**
- Part 2: Once all the votes have been received, delegates will be emailed the results and all comments for their group to review, on **September 22nd, 2025.**
- Part 3: After reviewing the comments with your meeting, if desired, groups will then be able to change their vote by notifying the delegate registrar (delegates@chronicpainanonymous.org) before **October18th, 2025.**
    - If your meeting did not receive the email to vote, please contact delegates@chronicpainanonymous.org

- World Service Conference Open Forum
    - Sat Aug 30 @ 4pm[ET] [RM]229-516-538
        - Review Service Structure Flow Chart
    - Sat Sept 28
        - Choosing a Delegate, passing on the information from your home group, review of voting procedures, substantial unanimity, practice vote.
    - Sat Nov 29
        - Review items for vote @ WSC, tips from Delegates to collect votes from their groups
    - for more info on WSC chronicpainanonymous.org/member-resources/wsc/

- Fourth Step Emotional Inventory Feedback Form
    - available until Sept 1st
    - It can be filled out by an individual or by a group

XPI Website Coordinator - Tom cpaweb12@gmail.com

- Interested in starting a new meeting? Check out the new "button" on the XPI Meetings Page which will explain the process and lead you to an availability calendar
- please keep in mind that there are already MANY meetings that struggle to find hosts/chairs and/or have low attendance
    - it is possible that these meetings would be interested to try your format ideas

Zoom Committee - Anthony & Jeff xpizoom@gmail.com

- speaker recordings - speaker info is ESSENTIAL. Without it, the recording WILL NOT be posted
- Floating Emojis: to disable, click the following:
    - Zoom Home Page > Settings > Meetings > Reactions > Animate emojis

- 3rd Zoom Room
    - continued discussion on the requirements and management needs of a 3rd Zoom Room
    - a 3rd room would offer more opportunities to start new meetings
        - however, many existing meetings struggle to find hosts/chairs and/or have low attendance
        - suggestion that those wanting to start a new meeting, attend one of these struggling meetings, and propose a business meeting to explore their format ideas
    - suggestion to move XPI Service and Event meetings to Zoom rooms that are currently used for CPA committee meetings
        - this would require discussion with CPA Board
    - a 3rd room would require moving to a higher and more expensive subscription with Zoom and may mean a change in room numbers
    - practical issues would include changing calendars, websites, etc

        - suggestion to form a committee with a Rep from each area that would be affected, if the decision is made to purchase a 3rd room
        - committee members: Stephanie, Tom, Anthony, Jeff, Melissa, BB, Carmen

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
- thanks to Miranda for creating the new poster on the website indicating the 6 trainees limit
- shout out to Miranda and Greer for tech help in revamping training to add visuals using "share screen" and "screen shots"

OLD BUSINESS

XPI Secretary

- Jennifer is seeking a Secretary Apprentice, contact xpichairperson@gmail.com
- check out the job description XPI Secretary Job Description

NEW BUSINESS

Young and Young at Heart Sun 12pmET RM1 #741-104-609

- very low attendance
- main concern being that a newcomer may show up to an empty meeting

MOTION PASSED: to table this discussion to Sept 15

ONAAT Wed 9:30pmET RM1 #741-104-609

(July 21) MOTION PASSED: that ONAAT be removed from the meeting schedule for now

- removing meeting from calendar has been discussed for a year+ due to low/ no attendance
- main concern being that a newcomer may show up to an empty meeting
- since July 21 there has been some new interest in reviving the meeting
    - business meeting will be held Wed Aug 20 9:30pmET

NEXT XPI MEETING Sept 15

- proposed agenda item:
    - process of disseminating info about closed meetings or meeting that have been removed from the calendar

Closing Prayer