Oct 20 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
Miranda	member at large
Paula	Newcomer Q&A xpiqanda@gmail.com ChronCon Co-Chair
Shari	Voices In The Stillness voicesinthestillness@gmail.com XPI Secretary Apprentice
Stacy T	Path to Acceptance
Tammi	Committed to Hope tammilacahill@gmail.com
Tara Las Vegas	Free To Be Me
Tom	XPI Website Admin cpaweb12@gmail.com
NAME	**REPRESENTING**
Anthony J	XPI Zoom Co-ordinator xpizoom@gmail.com, Come As You Are
Barbara H	member at large
BB	Mon ODAT, Host Trainer
Beth S	Gratitude Happy Hour storiesofnope@gmail.com
Carmen	XPI Chair xpichairperson@gmail.com, Chair Chat++
Cat	XPI Speaker Meeting
Jennifer	XPI Secretary xpisecretary@gmail.com
Julie E	Young Warriors
Kathy T	Phone Committee cpaphonelist@gmail.com, Newsletter newsletter@chronicpainanonymous.org
Laurelle	Weekend Beginners

REPORTS/ANNOUNCEMENTS

XPI Treasurer - Maria Las Vegas

Sep XPI Balance	$609.56
Donations to XPI	$47.27

Current Balance *$656.83*

- Maria is seeking an XPI Treasurer Apprentice
- job description is in the works

Procrastination & Paperwork - Beth S storiesofnope@gmail.com

- Tues @ 2pm$^{ET\ RM}$1 #741-104-609
- another meeting has been using the 3pm timeslot which has meant no fellowship time for the Procrastination & Paperwork meeting
- usually meetings are scheduled to allow for at least one hour in between
- Jeff and Anthony (Zoom Co-ordinator & Apprentice) are taking steps to address this issue and are working on a resolution with the 3pm meeting

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
- **NOTE:** please do not refer newcomers to WhatsApp as it is not CPA approved
  - please refer them to chronicpainanonymous.org where there is an abundance of information and a meetings calendar

Speaker Meeting - Cat

- 2nd 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
- **NOTE:** speakers are asked to focus their share on their CPA recovery and avoid discussing outside issues as per the 12 Traditions

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

- 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
- **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

XPI Website Coordinator - Tom cpaweb12@gmail.com

- if members can not find the answers to their questions on the website, please refer them to the "Contact Us" page www.xpintergroup.org/contact-us

Zoom Committee - Anthony & Jeff xpizoom@gmail.com

- there have been some issues with meetings being "locked", please ensure that the meeting Host is present at all times and/or have a Co-Host
- CPA is removing all XPI Service Meetings from their calendar
  - please refer to xpintergroup.org/recurring-events for XPI Service Meeting info

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

- 2nd Tues & 4th Sat each month @ 3pmET RM2 #111-283-488
  - www.xpintergroup.org/recurring-events
- please announce this training opportunity at meetings as it is not on the CPA calendar
- ideas are formulating around creating a service meeting similar to Chair Chat ++ but for Host/Co-hosts

OLD BUSINESS

XPI Zoom Coordinator Apprentice

- MOTION PASSED: to accept Jeff as the XPI Zoom Coordinator Apprentice

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

- attendance seems to be improving
- **PLEASE** ensure that someone is in the room a couple of minutes before the start time in order to welcome newcomers

NEW BUSINESS

XPI Secretary Apprentice

- MOTION PASSED: to accept Shari as the XPI Secretary Apprentice

XPI Annual Appeal - Carmen

- please read the following at all meetings:

> *Do you like Zoom meetings?*
> *Do you want to keep the lights on?*
> *Your contribution will support our annual expenses for our Zoom rooms and XPI hosting and Domain registration fees. Suggested donation is **$10** a year*

per person but whatever you can afford is appreciated. The link to our donation page is: xpintergroup.org/seventh-tradition
Thank you for your past generosity and your continued support.
For more information see XPI Annual Appeal 2025

- please consider adding a request for XPI 7th Tradition to your regular meeting format as the majority of XPI Funds come from the Annual Appeal but are very low at other times
- MOTION PASSED: that the suggested annual donation be $10
- MOTION PASSED: that $200/year, in addition to the Prudent Reserve, be saved to cover unforeseen expenses and/or a 3rd Zoom Room
- MOTION PASSED: to wait until after Annual Appeal to discuss what percentage of XPI Funds above the Prudent Reserve should be donated to CPASB

Service Happy Hour - Cat

MOTION PASSED: to move Service Happy Hour from GAC to XPI

- future discussions:
  - adapt name to indicate that this is a Speaker Meeting
  - feasibility of scheduling Service Meetings in the same timeslots but on alternating weeks

NEXT XPI MEETING: Nov17

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

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