

Chemically Dependent Anonymous is a 12-step fellowship for anyone seeking freedom from drug and alcohol addiction. We of CDA do not make distinctions in the recovery process based on any particular substance. The basis of our program is abstinence from all mood-changing and mind-altering chemicals, including street-type drugs, alcohol and unnecessary medication.

CDA is not affiliated with any political, religious, or commercial organizations or institutions. CDA remains grateful to the co-founders and fellowship of Alcoholics Anonymous for the Twelve Steps and Twelve Traditions which are the basis of our program.

If you want what we have and are willing to make the necessary effort, then you are ready to take certain steps. Here are the Steps that we took which have made our recovery possible:

- There is one thing more than anything else that will defeat us in our recovery: This is an attitude of indifference or intolerance toward spiritual principles. Although there are no *musts* in CDA, there are three things that seem indispensable. These are HONESTY, OPEN-MINDEDNESS, and WILLINGNESS to try. With these we are well on our way.

1. Our common welfare should come first; personal recovery depends upon CDA 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 CDA membership is a desire to abstain from all mood-changing and mind-altering chemicals, including all street-type drugs, alcohol, and unnecessary medication.
4. Each group should be autonomous except in matters affecting other groups or CDA as a whole.
5. Each group has but one primary purpose - to carry its message to the chemically dependent person who still suffers.
6. A CDA group ought never endorse, finance, or lend the CDA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every CDA group ought to be fully self-supporting, declining outside contributions.
8. CDA should remain forever nonprofessional, but our service centers may employ special workers.
9. CDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. CDA has no opinion on outside issues; hence, the CDA 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, films, and social media.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

1. We live one day at a time with dignity and self-respect.
2. We replace fear and self-pity with courage and gratitude.
3. We accept the changes in our life with optimism and hope.
4. We learn how to lighten up, laugh often and have fun again.
5. We find that challenges and setbacks become the touchstones of spiritual growth
6. We discover our talents and gifts and unlock their full potential.
7. We experience freedom as we forgive ourselves and others.
8. We are willing to take risks as we choose growth over fear.
9. We develop healthy relationships as we learn how to communicate with respect and love.
10. We believe that love and service are the foundation of a lifetime of happiness.

The Twelve Steps and Twelve Traditions have been adapted with the permission of Alcoholics Anonymous World Services, Inc. [A.A.W.S.]

Permission to adapt the Twelve Steps and Twelve Traditions does not mean that A.A.W.S. is affiliated with this program. A.A. is a program of recovery from alcohol only — use of A.A.'s Steps and Traditions or an adapted version of its Steps and Traditions in connection with programs and activities which are patterned after A.A., but which address other problems, or use in any other non-A.A. context, does not imply otherwise.

1. Has chemical usage caused you financial difficulties?
2. Have you lost time from work due to the use of chemicals?
3. Do you use chemicals to build up your self- confidence?
4. Have you ever had a complete loss of memory while under the influence of chemicals?
5. Do you crave chemicals?
6. Has chemical usage caused unhappiness in your home life?
7. Have you ever been treated by a physician for chemical use?
8. Do you ever feel remorseful after using?
9. Do chemicals make you careless of your family's welfare?
10. Has chemical usage affected your reputation?
11. Do you associate with lower companions and an inferior environment when you are using?
12. Do you get high to escape from your worries or troubles?
13. Has using put your job, schooling or business in jeopardy?
14. Do you use chemicals daily?
15. Do you need to get loaded to have a good time?
16. Do you use chemicals when you are alone?
17. Have you ever been in an institution or a hospital due to the use of chemicals?
18. Are you ashamed of your behavior after using?
19. Does chemical usage decrease your ambition?
20. Do you feel bad when you are not using chemicals?

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[www.cdaweb.org/meetings](http://www.cdaweb.org/meetings)

|      |                       |
|------|-----------------------|
| (O)  | Open Meeting          |
| (C)  | Closed Meeting        |
| (NS) | Non-Smoking           |
| (S)  | Step Meeting          |
| (W)  | Women's Meeting       |
| (M)  | Men's Meeting         |
| (WC) | Wheelchair Accessible |

ANNE ARUNDEL COUNTY

SUNDAY

9:00 AM **Can’t Do It Alone (CDA)**  
(O, NS) Focus on the Gifts  
St. John’s College McDowell Hall  
(Park in Mellon Lot) First Floor  
Annapolis. MD

6:30 PM **Finding Serenity**  
(O, WC) St. Stephen’s Episcopal Church  
1110 St. Stephen’s Church Road  
Crownsville, MD

MONDAY

6:30 PM **Sharing and Caring Group**  
(O, NS) South Shore Recovery Club  
WC) 199 General’s Highway  
Crownsville, MD

TUESDAY

7:30 PM **Herald Harbor Group**  
(O, NS, (Step Meeting 1<sup>st</sup> Tuesday of Month)  
S. WC) Union Protestant Church  
440 Herald Harbor Road  
Crownsville, MD

6:00 PM **The Sky Is The Limit**  
(O, NS, 84 Janwall Street  
WC) Annapolis, MD 21403

WEDNESDAY

6:30 PM **Principles Before Personalities**  
(O, NS) St. John’s College – McDowell Hall  
(Park in Mellon Lot)  
Room 35, Third Floor  
Annapolis, MD

7:00 PM **Shot of Hope Men’s Meeting**  
(O, M, Zoom Meeting  
WC)

THURSDAY

7:30 PM **The HOW Group**  
(O, NS, Magothy United Methodist Church  
WC) 3703 Mountain Road  
Pasadena, MD

7:30 PM **Men’s Meeting**  
(M) Mid Atlantic Community Church  
2485 Davidsonville Road  
Gambrills, MD 21054

FRIDAY

8:00 PM **Straight From The Heart**  
(O, NS, South Shore Recovery Club  
WC) 1199 General’s Highway  
Crownsville, MD

CENTRAL MARYLAND

SUNDAY

6:00 PM **Sunday Fun Bunch**  
(O, NS, Greenbelt Step Club  
WC) 143 Centerway  
Greenbelt, MD

MONDAY

7:00 PM **Fellowship Group**  
(O, NS) Trinity Lutheran Church  
WC) 6600 Laurel-Bowie Rd (Route 197)  
Bowie, MD

TUESDAY

12:00 PM**Cellar Dwellers**  
(O, NS, Greenbelt Step Club  
WC) 143 Centerway  
Greenbelt, MD

7:00 PM **Champ House Tuesday**  
(O, NS) Champ House  
8655 Normal School Road  
Bowie, MD

WEDNESDAY

7:00 PM **12-Step Girl Talk**  
(O, NS, Step Meeting 1<sup>st</sup> Wed of Month)  
W, WC) Village Baptist Church  
1950 Mitchellville Road  
Bowie, MD

THURSDAY

7:00 PM **Primary Purpose**  
(O, NS) Village Baptist Church  
WC) 1950 Mitchellville Road  
Bowie, MD

FRIDAY

7:00 PM **CDA 2<sup>nd</sup> Edition (Literature Mtg.)**  
(O, NS, Serenity Center  
WC) 9650 Basket Ring Road  
Columbia, MD

7:00 PM **Friday Night Happy Hour Group**  
(O, NS, Greenbelt Step Club  
WC) 143 Centerway  
Greenbelt, MD

SATURDAY

7:00 PM **Stayin’ Alive Group**  
(O, NS, Village Baptist Church  
WC) 1950 Mitchellville Road  
Bowie, MD

EASTERN SHORE

SUNDAY

8:00 PM **Conscious Contact**  
(O, NS) Community Church at Ocean Pines  
11227 Racetrack Road  
Berlin, MD

TUESDAY

5:00 PM **It’s 5 O’clock Somewhere**  
(O, NS) The Atlantic Club  
11827 Ocean Gateway  
Ocean City, MD

7:00 PM **Shore Serenity**  
(O, NS) Community Center  
St. Marks Methodist Church  
100 Peachblossom Road  
Easton, MD

THURSDAY

8:00 PM **Progress Not Perfection**  
(O, S, Dover Street Club  
NS, WC)Easton, MD 21842

LOWER DELAWARE

SUNDAY

5:00 PM **Sober Sunday**  
(O, NS, Dry Dock  
WC) 32682 RD 277 (Angola Road)  
Lewes, DE

MONDAY

6:30 PM **GT Beginners**  
(O, NS) Georgetown Presbyterian Church  
WC) 203 N. Bedford Street  
Georgetown, DE

WEDNESDAY

8:00 PM **New Way of Life**  
(O, NS) H&R Block Building  
Rt. 113 (No Street Address)  
Millsboro, DE

SATURDAY

8:00 PM **Serenity Saturday Night**  
(O, NS) Georgetown Presbyterian Church  
203 N. Bedford Street  
Georgetown, DC