

FELLOWSHIP

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.

The primary purpose of CDA as a whole is to remain clean and to help others like us gain recovery. By sharing our Experience, Strength, and Hope with each other, we solve our common problem and help others recover from chemical dependence which has made our lives unmanageable.

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.

CDA’S TWELVE STEPS

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:

- 1. We admitted we were powerless over mood-changing and mind-altering chemicals and that our lives had become unmanageable.
- 2. We came to believe that a power greater than ourselves could restore us to sanity.
- 3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4. We made a searching and fearless moral inventory of ourselves.
- 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6. We were entirely ready to have God remove all these defects of character.
- 7. We humbly asked Him to remove our shortcomings.
- 8. We made a list of all persons we had harmed and became willing to make amends to them all.
- 9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10. We continued to take personal inventory and when we were wrong promptly admitted it.
- 11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to the chemically dependent and to practice these principles in all our affairs.

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.

CDA’S TWELVE TRADITIONS

- 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.

The CDA Gifts

- 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.

As we continue on our journey, the possibilities are endless  
Remember, "The Sky's the Limit!"

*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.*

Am I Chemically Dependent?

- 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?

If you answered, "yes" to three or more of these questions, this indicates that you have a problem with chemicals. Only you can make that statement about yourself.

PHONE NUMBERS



WHERE and WHEN

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

P.O. Box 423  
Severna Park, MD 21146

Meetings are subject to change without notice. We apologize for any inconvenience.

Download the latest copy of the Where and When from:

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

MEETING TYPES

- (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 (O, NS)	<b>Can’t Do It Alone (CDA)</b> Focus on the Gifts St. John’s College McDowell Hall (Park in Mellon Lot) First Floor Annapolis. MD
6:30 PM (O, NS, S, WC)	<b>Sunday Serenity</b> Magothy United Methodist Church 3703 Mountain Road Pasadena, MD
6:30 PM (O, WC)	<b>Finding Serenity</b> St. Stephen’s Episcopal Church 1110 St. Stephen’s Church Road Crownsville, MD
MONDAY	
6:30 PM (O, NS, WC)	<b>Sharing and Caring Group</b> South Shore Recovery Club 199 General’s Highway Crownsville, MD
TUESDAY	
7:00 PM (O, NS, WC)	<b>Steps to Serenity (Step Mtg.)</b> Community United Methodist Church 1690 Riedel Road Crofton, MD
7:30 PM (O, NS, S. WC)	<b>Herald Harbor Group</b> (Step Meeting 1 <sup>st</sup> Tuesday of Month) Union Protestant Church 440 Herald Harbor Road Crownsville, MD
WEDNESDAY	
6:30 PM (O, NS)	<b>Principles Before Personalities</b> St. John’s College – McDowell Hall (Park in Mellon Lot) Room 35, Third Floor Annapolis, MD
7:00 PM (O, M, WC)	<b>Shot of Hope Men’s Meeting</b> St. Elizabeth Ann Seton Church 1800 Seton Drive Crofton, MD

THURSDAY	
7:00 PM (O, NS, WC)	<b>Beacon Light Meeting</b> Beacon Light Church 1945 Drew Street Annapolis, MD
7:30 PM (O, NS, WC)	<b>The HOW Group</b> Magothy United Methodist Church 3703 Mountain Road Pasadena, MD
FRIDAY	
8:00 PM (O, NS, WC)	<b>Straight From The Heart</b> South Shore Recovery Club 1199 General’s Highway Crownsville, MD
CENTRAL MARYLAND	
SUNDAY	
6:00 PM (O, NS, WC)	<b>Sunday Fun Bunch</b> Greenbelt Step Club 143 Centerway Greenbelt, MD
MONDAY	
7:00 PM (O, NS, WC)	<b>Fellowship Group</b> Trinity Lutheran Church 6600 Laurel-Bowie Rd (Route 197) Bowie, MD
TUESDAY	
12:00 PM (O, NS, WC)	<b>Cellar Dwellers</b> Greenbelt Step Club 143 Centerway Greenbelt, MD
7:00 PM (O, NS)	<b>Champ House Tuesday</b> Champ House 8655 Normal School Road Bowie, MD
WEDNESDAY	
7:00 PM (O, NS, W, WC)	<b>12-Step Girl Talk</b> Step Meeting 1 <sup>st</sup> Wed of Month) Village Baptist Church 1950 Mitchellville Road Bowie, MD

THURSDAY	
7:00 PM (O, NS, WC)	<b>Primary Purpose</b> Village Baptist Church 1950 Mitchellville Road Bowie, MD
FRIDAY	
7:00 PM (O, NS, WC)	<b>CDA 2<sup>nd</sup> Edition (Literature Mtg.)</b> Serenity Center 9650 Basket Ring Road Columbia, MD
7:00 PM (O, NS, WC)	<b>Friday Night Happy Hour Group</b> Greenbelt Step Club 143 Centerway Greenbelt, MD
SATURDAY	
7:00 PM (O, NS, WC)	<b>Stayin’ Alive Group</b> Village Baptist Church 1950 Mitchellville Road Bowie, MD
EASTERN SHORE	
SUNDAY	
8:00 PM (O, NS)	<b>Conscious Contact</b> Community Church at Ocean Pines 11227 Racetrack Road Berlin, MD
TUESDAY	
5:00 PM (O, NS)	<b>It’s 5 O’clock Somewhere</b> The Atlantic Club 11827 Ocean Gateway Ocean City, MD
7:00 PM (O, NS)	<b>Shore Serenity</b> Community Center St. Marks Methodist Church 100 Peachblossom Road Easton, MD

WEDNESDAY	
8:00 PM (O, S, NS, WC)	<b>Step To It</b> First Presbyterian Church 13 <sup>th</sup> Street on the Bay Ocean City, MD 21842
THURSDAY	
8:00 PM (O, S, NS, WC)	<b>Progress Not Perfection</b> Dover Street Club Easton, MD 21842
LOWER DELAWARE	
SUNDAY	
5:00 PM (O, NS, WC)	<b>Sober Sunday</b> Dry Dock 32682 RD 277 (Angola Road) Lewes, DE
MONDAY	
6:30 PM (O, NS, WC)	<b>GT Beginners</b> Georgetown Presbyterian Church 203 N. Bedford Street Georgetown, DE
WEDNESDAY	
8:00 PM (O, NS)	<b>New Way of Life</b> H&R Block Building Rt. 113 (No Street Address) Millsboro, DE
SATURDAY	
8:00 PM (O, NS)	<b>Serenity Saturday Night</b> Georgetown Presbyterian Church 203 N. Bedford Street Georgetown, DC