

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.

THE TWELVE STEPS

If you want what we have and are willing to make the effort necessary, then you are ready to take certain steps. Here are the steps we took which 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 God.
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 God 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 God, 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 other chemically dependent persons 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 towards 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.

THE 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 it's 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 to 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 usage?
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 business, job or schooling 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 hospital due to the use of chemicals?
18. Are you ashamed of your behavior after using?
19. Does chemical use 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!

NUMBERS



Chemically Dependent Anonymous

JUNE 2018



Maryland and Delaware WHERE and WHEN

Hotline Number
1-888-CDA-HOPE

www.cdaweb.org

P.O. Box 423
Severna Park, MD 21146

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

Please e-mail CDA at: info@cdaweb.org,
with changes or corrections
to this schedule

Download the latest copy of the WHERE and WHEN
from: www.cdaweb.org/meetings

ANNE ARUNDEL - BALTIMORE

Sunday
9:00 AM (O, NS) *Can't Do It Alone (CDA) Focus: The Gifts*
St. John's College
McDowell Hall (Park in Mellon Lot)
Room 35, Third Floor
Annapolis, MD

6:00 PM (O) *Come As You Are (CAYA)*
St. Paul's Church
25 Church Street (Rt. 231)
Prince Frederick, MD

6:30 PM (O, NS, S) *Sunday Serenity*
Magothy United Methodist Church
3703 Mountain Road
Pasadena, MD

Monday
6:30 PM (O, NS) *Sharing and Caring Group*
South Shore Recovery Club
1199 General's Highway
Crownsville, MD

Tuesday
7:00 PM (O, NS) *Steps to Serenity*
Community United Methodist Church
1690 Riedel Road
Crofton, MD

7:30 PM (O, NS, S) *Herald Harbor Group and Herald Harbor Step Group*
Union Protestant Church
Herald Harbor Road
Crownsville, MD

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

7:00 PM (O, M) *Shot of Hope Men's Meeting*
St. Elizabeth Ann Seton Church
1800 Seton Drive
Crofton Md. 21114

Thursday
7:00 PM (O, NS) *Beacon Light Meeting*
Beacon Light Church
1943 Drew Street
Annapolis, MD

7:30 PM (O, NS) *Heal the Spirit Meeting*
Native American Lifelines of Baltimore
106 Clay Street
Baltimore, MD 21201

8:00 PM (O, NS) *The HOW Group*
Magothy United Methodist Church
3703 Mountain Road
Pasadena, MD

Friday
8:00 PM (O, NS) *Straight From the Heart*
South Shore Recovery Club
1199 General's Highway
Crownsville, MD

CENTRAL MARYLAND

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

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

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

7:00 PM (O, NS) *Champ House Tuesday*
Champ House
8655 Normal School Road
Bowie, MD 20715

Wednesday
7:00 PM (O, NS, WC) *12-Step Girl Talk*
Village Baptist Church
1950 Mitchellville Road
Bowie, MD

7:00 PM (O, NS, WC) *Living' Life to the Full*
Cedar Ridge Community Church
2410 Spencerville Road
Spencerville, MD

7:00 PM (O, NS, WC) *Midweek Crisis Group*
Unity Place
8610 Railroad Avenue
Bowie, MD

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

8:00 PM (O, NS) *Get to Steppin' - Step Group*
Village Baptist Church
1950 Mitchellville Road
Bowie, MD

Friday
7:00 PM (O, S) *CDA Columbia*
Serenity Center
9650 Basket Ring Road
Columbia, MD

7:00 PM (O, NS, WC)

Happy Hour Group
Greenbelt Step Club
143 Centerway
Greenbelt, MD

6:30 PM (O, WC)

Become a Better You
St. Christopher's Catholic Church
1861 Harbor Drive
Chester, MD

Saturday
7:00 PM (O, NS, WC)

Stayin' Alive Group
Village Baptist Church
1950 Mitchellville Road
Bowie, MD

Saturday
8:00 PM (O, NS)

Clean and Serene
Eastern Shore Alano Club
932 Washington Avenue
Chestertown, MD

LOWER DELAWARE

Sunday
5:00 PM (O)

Braindead
Salisbury Substance Abuse
Community Center (SSACC)
720 South Salisbury Blvd (Rt 13)
Salisbury, MD

Sunday
8:00 PM (O, NS, WC)

Sober Sunday
Dry Dock
32682 RD 277
(Angola Road)
Lewes, DE

8:00 PM (O)

Conscious Contact
Community Church at Ocean Pines
Rt 589 and Beauchamp Road
Ocean Pines, MD

Monday
6:30 PM (O,NS)

Gt Beginners
Georgetown Presbyterian
Church
203 N Bedford Street
Georgetown, DE 19947

Tuesday
5:00 PM (O)

It's 5 O'clock Somewhere
The Atlantic Club
11827 Ocean Gateway
Ocean City, MD

Wednesday
8:00 PM (O, NS)

New Way of Life
No Street Address
H&R Block Building
Rt. 113
Millsboro, DE

7:00 PM (O)

New Freedom Group
Charter Behavioral
1202 Old Ocean City Road
Salisbury, MD

Saturday
6:00 PM (O, NS)

Serenity Saturday Night
Georgetown Presbyterian
Church
203 N Bedford Street
Georgetown, DE 19947

7:00 PM (O)

Shore Serenity
Community Room
at St. Marks United Methodist Church
100 Peachblossom Road,
Easton, MD
Adjacent to the Easton YMCA

Wednesday
8:00 PM (O, S, NS, WC)

Step To It
First Presbyterian Church
13th Street on the Bay
Ocean City, MD

Thursday
12:00 (O)

Noon Lunch Bunch
Salisbury Substance Abuse
Community Center (SSACC)
720 South Salisbury Blvd (Rt 13)
Salisbury, MD

6:00 PM (O, NS, WC)

Progress Not Perfection
Dover Street Club
315 Dover Street Easton, MD