

## FELLOWSHIP

Chemically Dependent Anonymous deals entirely with the disease of addiction. We of CDA do not make distinctions in the recovery process based on any particular substance, believing that the addictive-compulsive usage of chemicals is the core of our disease and the use of any mood-changing chemical will result in relapse.

CDA is not affiliated with any political, religious, or commercial organizations or institutions. 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 to recover from chemical dependence which has made their lives unmanageable.

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 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 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 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 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 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!**



## Chemically Dependent Anonymous

April 2011



Maryland & Delaware  
**WHERE and WHEN**

Hotline Number  
**1-888-CDA-HOPE**

[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.

Please e-mail CDA at [info@cdaweb.org](mailto:info@cdaweb.org) with changes or corrections to this schedule.

Download latest copy of Where & When from [www.cdaweb.org/meetings](http://www.cdaweb.org/meetings)

## ANNE ARUNDEL

### SUNDAY

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 Mountian 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)  
**Train Wreck Tuesday**  
 Harbor House Recreational Center  
 214 Presidents Street  
 East Port, Annapolis

8:00 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

### THURSDAY

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)  
**Sunday Fun Bunch Group**  
 Greenbelt Step Club  
 155 Centerway Road  
 Greenbelt, MD

### MONDAY

7:00 PM (O, NS, WC)

**Fellowship Group**  
 Trinity Lutheran Church  
 6600 Laurel-Bowie Road (Rt 197)  
 Bowie, MD

7:00 PM (O, NS, S)

**Burtonsville Step**  
 Church of the Resurrection  
 3315 Greencastle Road  
 Burtonsville, MD

### TUESDAY

12:00 Noon (O, NS)

**Cellar Dwellers**  
 Greenbelt Step Club  
 155 Centerway Road  
 Greenbelt, MD

7:30 PM (O, NS)

**Steps to Serenity**  
 Community United Methodist Church  
 1690 Riedel Road  
 Crofton, MD

### WEDNESDAY

7:00 PM (O, NS, WC)

**Livin' 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

7:00 PM (O, Mens')

**Shot of Hope Men's Meeting**  
 Fitness Matters Gym, Room 1  
 1612A Professional Blvd  
 Crofton, MD  
*Ring door bell*

### THURSDAY

7:30 PM (O, NS)

**CDA West**  
 Good Shepherd Lutheran Church  
 4200 Olney Latonsville Rd (Rt 108)  
 Olney, MD

8:00 PM (O, NS)

**Primary Purpose and Get to Steppin' - Step Group**  
 Village Baptist Church  
 1950 Mitchelville Road  
 Bowie, MD

### FRIDAY

5:00 PM (O, S)

**CDA Columbia**  
 Serenity Center  
 9650 Basket Ring Road  
 Columbia, MD

7:00 PM (O, NS)

**Happy Hour Group**  
 Greenbelt Step Club  
 155 Centerway Road  
 Greenbelt, MD

### SATURDAY

7:00 PM (O, NS, WC)

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

## EASTERN SHORE

### SUNDAY

5:00 PM (O)

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

8:00 PM (O)

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

### TUESDAY

12:00 Noon (O)

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

7:00 PM (O)

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

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  
 13<sup>th</sup> Street on the Bay  
 Ocean City, MD

### THURSDAY

12:00 Noon (O)

**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

6:30 PM (O, WC)

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

### FRIDAY

8:00 PM (O, NS)

**Ocean City CDA**  
 Church of the Holy Spirit  
 100<sup>th</sup> Street  
 Ocean City, MD

### SATURDAY

11:00 AM (O)

**In The Moment**  
 The Atlantic Club  
 11827 Ocean Gateway  
 Ocean City, MD

8:00 PM (O, NS)

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

## LOWER DELAWARE

### SUNDAY

8:00 PM (O, NS, WC)

**Sober Sunday**  
 Dry Dock  
 RD 277  
 Angola, DE

### MONDAY

6:30 PM (O)

**Transitional Housing**  
 16 W North Street T-4  
 Georgetown, DE

8:00 PM (O, NS, WC)

**Last Chance CDA**  
 Beebe Hospital  
 Docs Conference Room  
 424 Savannah Rd  
 Lewes, DE

### FRIDAY

8:00 PM (O, WC)

**New Beginnings at the Beach**  
 Beebe Hospital  
 Docs' Conference Room  
 424 Savannah Rd  
 Lewes, DE

### SATURDAY

8:00 PM (O, WC)

**Graduate Hospital**  
 Pepper Pavilion  
 19 South Street  
 Philadelphia, PA

**(O) Open Meeting; (C) Closed Meeting;  
 (NS) Non Smoking; (S) Step Meeting;  
 (W) Women's Meeting;  
 (WC) Wheel Chair Accessible**