

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 for you to get it, 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 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 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; be 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 and films.
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 DEPENDANT?

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

February 2010



Maryland & 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 latest copy of Where & When from www.cdaweb.org/meetings

| ANNE ARUNDEL | |
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| SUNDAY 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 |
| 7:00 PM (O, NS) | Together We Can Steel Workers Hall—2nd Floor 540 Dundalk Avenue Baltimore, MD 21224 |
| TUESDAY 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 (<i>Park in Mellon Lot</i>) 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 | |
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| SUNDAY 10:30 AM (O, NS, S) | Step Up to The Journey Serenity Center 9650 Basket Ring Road Columbia, MD |
| 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 |

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| TUESDAY 12:00 Noon (O, NS) | Cellar Dwellers Greenbelt Step Club 155 Centerway Road Greenbelt, MD |
| 7:00 PM (O, NS) | Takin' The Steps Good Shepherd Lutheran Church 4200 Olney Latonsville Rd (Rt 108) Olney, 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) | Midweek Crisis Group Unity Place 8610 Railroad Avenue Bowie, MD |
| 7:00 PM (NS, W, WC, S) | CDA Women's Meeting Greenbelt Community Church 1 Hillside Road Greenbelt, MD |
| 7:00 PM (O, NS, WC) | Livin' Life to the Full Cedar Ridge Community Church 2410 Spencerville Road Spencerville, MD |
| 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 | |
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| SUNDAY 5:00 PM (O) | Braindead Salisbury Substance Abuse Community Center (SSACC) 720 South Salisbury Blvd (Rt 13) Salisbury, MD |

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| 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 |
| 6:30 PM (O) | Go with the Flow Presbyterian Church 617 N Washington Street Easton, MD |
| 7:00 PM (O) | New Freedom Group Charter Behavioral 1202 Old Ocean City Road Salisbury, MD |
| WEDNESDAY 8:00 PM (O, S, NS, WC) | Step To It First Presbyterian Church 13 th Street on the Bay Ocean City, MD |
| 12:00 Noon (O) | Lunch Bunch Salisbury Substance Abuse Community Center (SSACC) 720 South Salisbury Blvd (Rt 13) Salisbury, 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 th Street Ocean City, MD |
| 8:00 PM (O, NS) | 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 | |
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| SUNDAY 11:00 AM (O, WC) | Sunday Morning Detox Beginners Meeting Kent Sussex Detox Ctr 700 Main Street (Rt 16) Ellendale, DE |

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| 6:00 PM (O, WC) | Let Go Let God Administration Building The Circle Georgetown, DE |
| 8:00 PM (O, NS, WC) | Sober Sunday Dry Dock RD 277 Angola, DE |
| 8:00 PM (O, WC) | Sunday Night Detox Kent Sussex Detox Ctr 700 Main Street (Rt 16) Ellendale, 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 |
| TUESDAY 7:00 PM (O, NS) | New Life Beginners Step St Paul's Episcopal Church Pine and Academy Streets Georgetown, DE |
| WEDNESDAY 8:00 PM (O, WC) | Beginners Meeting Kent Sussex Detox Ctr 700 Main Street (Rt 16) Ellendale, DE |
| THURSDAY 8:00 PM (O) | Corinthian House Race Street Georgetown, DE |
| FRIDAY 8:00 PM (O, WC) | New Beginnings at the Beach Beebe Hospital Docs' Conference Room 424 Savannah Rd Lewes, DE |
| SATURDAY 10:30 AM (O, WC) | Beginners Meeting Kent Sussex Detox Ctr 700 Main Street (Rt 16) Ellendale, DE |
| 7:00 PM (O) | Gratitude Place 14 W North Street Georgetown, DE |
| 8:00 PM (O, WC) | Graduate Hospital Pepper Pavilion 19 South Street Philadelphia, PA |
| Midnight (O, WC) | Midnight Candlelight Dry Dock, Rd 277 Just South of Rt 24 Angola, DE |

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