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 help others like us gain recovery. By sharing our Experience, Strength, and Hope with each other, we solve our common problems 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 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 person who still suffers.

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 stop using 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 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 carry the message in groups 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 sm 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 Skye is the Limit!"

Am I Chemically Dependent?
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.

1. Do you get high to escape from your worries or troubles?
2. Have you lost time from work due to the use of chemicals?
3. Do you ever feel remorseful after using?
4. Do you associate with lower companions and an inferior environment when you are using?
5. Do you get high to escape from your worries or troubles?
6. Have you ever been in an institution or a hospital due to the use of chemicals?
7. Are you ashamed of your behavior after using?
8. Do you use chemicals daily?
9. Do you develop a tolerance to chemicals?
10. 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
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

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
<table>
<thead>
<tr>
<th>DAY</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUNDAY</td>
<td>8:00 AM</td>
<td>Spiritual Awakening  Zoom</td>
<td>MtG ID: 889 5370 7686 PASSCODE: 123456 (Readings &amp; Contemplative Discussion on Non-Religious Spiritual Literature)</td>
</tr>
<tr>
<td>MONDAY</td>
<td>6:30 PM</td>
<td>Sharing and Caring  Live</td>
<td>South Shore Recovery Club 1199 General’s Highway  Crownsville, MD 21032</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>6:00 PM</td>
<td>The Sky’s The Limit  Live</td>
<td>Club 164 2016 Industrial Drive  Annapolis, MD 21401</td>
</tr>
<tr>
<td></td>
<td>7:30 PM</td>
<td>Herald Harbor Group  Live</td>
<td>Union Protestant Church 440 Herald Harbor Road  Crownsville, MD 21032</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>6:30 PM</td>
<td>Principles Before Personalities  Live</td>
<td>Calvary United Methodist Church 301 Rowe Boulevard  Annapolis, MD 21401</td>
</tr>
<tr>
<td></td>
<td>7:00 PM</td>
<td>Men’s Shot of Hope  Zoom</td>
<td>MEETING ID: 912 731 350 PASSCODE: 684512</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>7:00 PM</td>
<td>Men of Serenity  Live</td>
<td>The MACC 2485 Davidsonville Road  Gambrills, MD 21054</td>
</tr>
<tr>
<td></td>
<td>8:00 PM</td>
<td>Straight From The Heart  Live</td>
<td>South Shore Recovery Club 1199 General’s highway  Crownsville, MD 21032</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>7:00 PM</td>
<td>Fellowship Group  Zoom Meeting</td>
<td>(CDA First Edition Study) MEETING ID: 825 9156 0830 PASSCODE: 115140</td>
</tr>
<tr>
<td></td>
<td>7:00 PM</td>
<td>Champ House Tuesday  Live</td>
<td>Champ House 8655 Normal School Road  Bowie, MD 20720</td>
</tr>
<tr>
<td></td>
<td>7:00 PM</td>
<td>Women’s 12-Step Girl Talk  Zoom</td>
<td>MEETING ID: 854 5997 7149 PASSCODE: 919163</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>7:00 PM</td>
<td>Primary Purpose  Zoom</td>
<td>MEETING ID: 819 4487 4162 PASSCODE: 895677</td>
</tr>
<tr>
<td></td>
<td>7:00 PM</td>
<td>CDA Columbia Literature Meeting</td>
<td>Meeting ID: 818 8753 8313 Passcode: 142783</td>
</tr>
<tr>
<td></td>
<td>7:00 PM</td>
<td>CDA Cornholeo  Live</td>
<td>Unity Place 8610 Railroad Avenue  Bowie, MD 20720</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>7:00 PM</td>
<td>Stayin’ Alive  Zoom</td>
<td>Meeting ID: 798 983 8011 Passcode: UnityCD20</td>
</tr>
</tbody>
</table>