

AREA MEETINGS

AREA SERVICE meets the 4th Wednesday of each month at:

7:00 - 8:30 p.m.

Rockville Metro Club
12319 Washington Ave
Rockville, MD 20852

H&I COMMITTEE meets the 4th Wednesday of each month at:

7:00 - 8:30 p.m.

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SPECIAL EVENTS COMMITTEE meets every 4th Wednesday of each month at:

7:00 – 8:30 p.m.

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12319 Washington Ave
Rockville, MD 20852

PHONE NUMBERS:

HELP LINE NUMBER: (301) 368-9202

Visit us on the web at www.tradition5.org/wmdvaca or call us at (202) 368-9202 and someone will return your call within 24 hours.

WHAT IS COCAINE ANONYMOUS?

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self supporting through our own contributions. We are not allied with any sect, denomination, politics, organization, or institution. We do not wish to engage in any controversy and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.

THE TWELVE STEPS

1. We admitted we were powerless over cocaine and all other mind-altering substances — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. 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 addicts, and to practice these principles in all our affairs.

COCAINE ANONYMOUS

We're Here & We're Free



MEETING DIRECTORY
(DC/MD/VA)

**Summer/Fall
2010**

Sunday

4:30-5:30 p.m.

NEW WAY OF CA

Rockville Metro Club

1st week (Speaker)

2nd week (Book)

12319 Washington Avenue

Rockville, MD 20852

Monday

6:00-7:00 p.m.

NEW WAY OF CA III

Rockville Metro Club

1st week (Speaker)

2nd week (Book)

12319 Washington Avenue

Rockville, MD 20852

Tuesday

7:30-9:00 p.m.

NO PAIN, NO CAIN

(open meeting/non-smoking)

Rehab Center

4213 Walney Road

Chantilly, VA 20151

Wednesday

6:00-7:00 p.m.

NEW WAY OF CA II

Rockville Metro Club

1st week (Speaker)

2nd week (Book)

12319 Washington Avenue

Rockville, MD 20852

Thursday

7:00-8:00 p.m.

8818 - POSITIVE ATTITUDES

(open discussion/non-smoking)

Calvary Lutheran Church

9545 Georgia Ave.

Silver Spring, MD 20910

Friday

6:00-7:00 p.m.

NEW WAY OF CA IV

Rockville Metro Club

1st week (Speaker)

2nd week (Book)

12319 Washington Avenue

Rockville, MD 20852

Saturday

5:30-6:30 p.m.

NEW WAY OF CA V

Rockville Metro Club

1st week (Speaker)

2nd week (Book)

12319 Washington Avenue

Rockville, MD 20852

6:00-7:30 p.m.

HOW DO YOU LIKE US NOW

(open discussion/book study/step)

Rehoboth Church

621 Alabama Avenue SE

Washington, DC 20003

8:00-9:00 p.m.

GIMME SHELTER FROM THE ROCK

(open discussion/non-smoking)

Homeless Prevention Center

14945 Jefferson Davis Highway

Woodbridge, VA 22191



THE SERENITY PRAYER

GOD, grant me the serenity to accept
the things I cannot change, courage to
change the things I can and the wisdom
to know the DIFFERENCE!