

San Diego's OA Public Information Chair Susan first went to an OA meeting at the age of 17. Since then, she has overcome many obstacles, from alcoholism to abusive relationships. Now in her early '50s, she has reunited with OA and says that this is the most stable she has ever been.

"After working the steps, now I can see when I'm in trouble, step back and self evaluate," she said. "Now I can make that change. I have control of it."

Susan stresses that the recovery process is not always a stable one, and it's very important to be prepared for relapse. At OA, they truly care about the people and try to support them when they are relapsing.

"It's very hard to be in recovery (from eating disorders) because we still have to eat every day. We can't just avoid food," she explained. "We have to work on it one day at a time, one meal at a time."

To make sure that people in the Twelve Steps Program have constant support, there are meetings every single day all throughout San Diego. There are even online meetings for those middle-of-the-night cravings.

The leaders of OA provide their cell phone numbers and e-mails, and try their best to be available to help anyone at any time.

All over the country and the world, OA has become a community. Here in San Diego, it holds all kinds of events such as weekend retreats, workshops and conventions. It is not a dull crowd. The meetings are often full of laughter, enthusiasm and hope.

More often than not, people say that they have experienced these issues since childhood. Right now, San Diego OA's goal is to reach out to high school and college students and help them before they spend most of their lives suffering and feeling alone.

OA recently started a panel at Southwestern College and hopes to keep expanding to San Diego State and other surrounding schools.

For anyone who is interested in being a member or has a loved one that might need help, visit the Web site www.oasandiego.org or e-mail oasd@sbcglobal.net. Meetings are held every day all over San Diego, including La Jolla, Mission Gorge, Encinitas, Hillcrest and Carlsbad. Youth meetings are held on Wednesdays at the OAsis.

Megan explains that OA has now become a part of her life. She has done the Twelve Steps but feels that she will never really be finished.

"It's a little overwhelming, but this is a lifelong process, and I plan to be in OA forever," she said with a smile.