

156 Club Newsletter

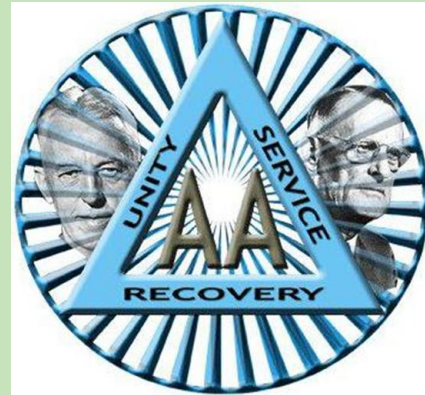
156 Club location:
156 NW 3rd Street
Forest Lake, MN 55025
651-464-9906

Mail & Donations to:
Forest Lake Alano Society
PO Box 101
Forest Lake, MN 55025

156AAClub@gmail.com

Website: 156AAClub.org

June, 2022



156 Club – Recover with Us!

A new beginning every day!

The **156 Club** is home to 27 AA, NA and Alanon meetings, either open or closed, for those in recovery and those with a loved one who is an alcoholic/addict.

The 156 Club is open to indoor and outdoor meetings! (Weather permitting). There are also meetings being held on-line. Masks are not required, but please respect those who wish to continue wearing masks and follow social distancing protocols.

For the most up to date meeting and other Club information, visit our website at: 156AAClub.org.



Providing a Safe Place for Recovery Since 1975

The 156 Club is administered by the Forest Lake Alano Society Board of Directors as a safe and encouraging place for 12 Step meetings and those in need of support for addiction recovery.

Step 6: “Were entirely ready to have God remove all these defects of character.”

Tradition 6: “An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige diver us from our primary purpose.”

JUNE 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

FLAS / 156 Club events:

Club AA Meetings can also be found at 156aaclub.org/schedule-1

- **Next Speaker Meeting – June 4th**
Fellowship/Pot Luck 6 - 7 pm
Speaker 7:00 pm = **Anne C.**
contact Brett M. @ btfrstlk@gmail.com
- **Quarterly Squad Leader Meeting:** tbd
- **Fellowship Committee Meeting**
TBD
- **Ad-hoc Overeaters Anonymous**
- **meeting has been discontinued.**
(If you have an interest in starting this again, please let someone on the board know.)
- **FLAS Monthly Board Meeting**
(all welcome, Zoom link avail from Dave G.)
Tue, June 28th, 7:00pm Upstairs

Other AA events and resources:

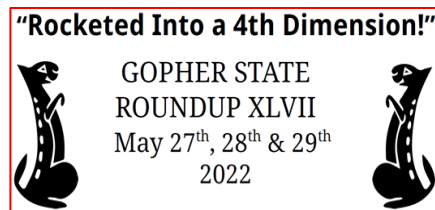
- St. Paul Intergroup info:
- <https://www.aastpaul.org/>
- 24 hr AA call line: (651) 227-5502
- St. Paul Intergroup Lifeline Newsletter
<https://www.aastpaul.org/?topic=12>

News From 156 Club:

Fellowship News

Gopher State Roundup 2022!

Gopher State Roundup XLVII was a success!!! About 5,048 people attended the Round-up this year. Our 156 Club had a suite at the event to welcome current and perspective members. The hosts from our club were also able to meet with reps from other clubs to share and be inspired by best practices. Over 600 people stopped by our Club's suite and shared in the fellowship that was provided. This was more than double the number of visitors compared with previous pre-Covid years! Clearly our new location was great! Thanks to the Club reps, led by Trever, Brett and Nick1, for doing a great job of organizing our participation and to the room hosts this year! We can't wait 'till next year!!!



A Step 6 reflection... [Adapted from www.jasonwahler.com/12-steps-of-aa/step-six-of-aa-alcoholics-anonymous]

"Step Six is all about the removal of what doesn't work in our lives anymore. If you have completed Step Four and Five you surely have plenty of things that were revealed to you about what you need to get rid of! So now it's time to allow a Higher Power to cut out these attitudes, beliefs and behaviors at the source. You get to partner up with your Higher Power and make a firm decision to let go of the character defects and flaws that have been ruling your life and seemed to have you hell bent on self-destruction. The sixth step can bring about significant and very noticeable change when it comes to the thought patterns and behavior that have been with us for a long time... It's about making a commitment and being content with patient improvement."

Please visit our website! 156AAClub.org

Club Service Opportunities

Intergroup Phone and Night Owl help

needed: Please contact Paul B. for more information @ baulpowser@hotmail.com

156 Club Deck Refinishing: Our deck is in need of being sanded and stained. If you have the skills and tools to do this, please let David H. know if you can help! (612)961-8992

Support your FLAS: Please consider an FLAS membership. The membership cost will remain at \$60/yr minimum or \$5/mo. The 156 Club only accepts contributions from those or on behalf of those in AA. We do accept service to the house.

Also Remember to:

- Take advantage of On-Line recovery resources
- Talk to your Sponsor and Use your Phone List to talk to others in your squad or find out about on-line video AA meetings.
- Join the Forest Lake Alano Society for \$5/month. This is a great way to strengthen your recovery with service! Look for pledge envelopes at the Club

FLAS 2021 Board of Directors

President – Dave G (daveg0010@gmail.com)

Vice President – Trever B. (arsbud@hotmail.com)

Secretary – Paul S. (pjfs60@yahoo.com)

Treasurer – Pat C. (156patc@gmail.com)

Asst. Treasurer – Rudy B (rudybachelor@gmail.com)

Director & Maintenance Coordinator – David H. (dvdhgn@aol.com)

Director & GSR/Squad Liaison – Rich M (jrwalleye78@gmail.com)

Director & Literature – Jeff W. (jeffwamsley@gmx.com)

Director & Intergroup Liaison – Paul B. (baulpowser@hotmail.com)

Fellowship (non-board) - Brett M. (btfrstk@gmail.com)