

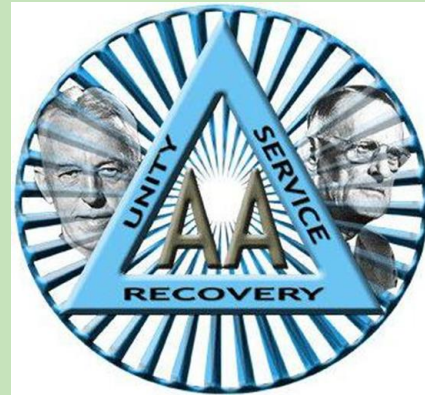
# 156 Club Newsletter

156 Club location:  
156 NW 3<sup>rd</sup> 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](mailto:156AAClub@gmail.com)

Website: [156AAClub.org](http://156AAClub.org)



**July, 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](http://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 7: “Humbly asked Him to remove our shortcomings.”**

**Tradition 7: “Every A.A. group ought to be fully self-supporting, declining outside contributions.”**

JULY 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
31						

www.free-printable-calendar.com

### FLAS / 156 Club events:

Club AA Meetings can also be found at [156aaclub.org/schedule-1](http://156aaclub.org/schedule-1)

- **Next Speaker Meeting – July 2<sup>nd</sup>**  
Fellowship/Pot Luck 6 - 7 pm  
Speaker 7:00 pm = (see our website for most current info)  
contact Brett M. @ [btfrstlk@gmail.com](mailto:btfrstlk@gmail.com)
- **Quarterly Squad Leader Meeting:** tbd
- **Fellowship Committee Meeting**  
**TBD**
- **FLAS Monthly Board Meeting**  
(all welcome, Zoom link avail from Dave G.)  
Tue, July 26, 7:00pm  
Upstairs/Zoom

### 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

### 2 FLAS Board Openings

The Forest Lake Alano Society, who's mission is to provide a home and environment at the 156 Club for 12 Step Recovery squads, has 2 openings on our Board. We thank Pat C. and Paul S. for their Board service prior to them having to step down! The Board meets once a month on the last Tuesday of the month. If you have been looking for a service opportunity in the club or thinking about joining our board, this is a great time, since it would be a only a 7 month appointment with no long term commitment. If you've been on the fence this is the perfect time to check it out! The only requirement is your commitment to helping and to be a paying member of the Alano Society (\$60/yr). If you are interested, contact Dave G (Board President) or any current Board member. Our contact info is below.

### A Step 7 reflection... [from Jake J's Zoom meeting intro - Aug 2021, 156 Club, Sat 10am]

"This is the shortest of all the Steps and, indeed, the briefest of descriptions is given of it in the Big Book. It is one paragraph consisting almost entirely of a prayer to a Higher Power. Upon completing the prayer, the Big Book concludes: "We have then completed Step Seven." And that's it in a nutshell. We simply have to ask (or pray to) our Higher Power to remove our shortcomings. For many the most difficult part is becoming ready to ask for help."

Please visit our website! [156AAClub.org](http://156AAClub.org)

## Club Service Opportunities

**Intergroup Phone and Night Owl help needed:** Please contact Paul B. for more information @ [baulpowser@hotmail.com](mailto: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](mailto:daveg0010@gmail.com))

**Vice President** – Trever B. ([arsbud@hotmail.com](mailto:arsbud@hotmail.com))

**Secretary** – Open

**Treasurer** – Open

**Asst. Treasurer** – Rudy B ([rudybachelor@gmail.com](mailto:rudybachelor@gmail.com))

**Director & Maintenance Coordinator** – David H. ([dvdhgn@aol.com](mailto:dvdhgn@aol.com))

**Director & GSR/Squad Liaison** – Rich M ([jrwalleye78@gmail.com](mailto:jrwalleye78@gmail.com))

**Director & Literature** – Jeff W. ([jeffwamsley@gmx.com](mailto:jeffwamsley@gmx.com))

**Director & Intergroup Liaison** – Paul B. ([baulpowser@hotmail.com](mailto:baulpowser@hotmail.com))

**Fellowship (non-board)** - Brett M. ([btfrstlk@gmail.com](mailto:btfrstlk@gmail.com))