

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

Mar, 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 3: “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Tradition 3: “The only requirement for A.A. membership is a desire to stop drinking.”

2022 MARCH

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		

FLAS / 156 Club events:

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

- **Next Speaker Meeting – Apr. 2nd**
Fellowship 6 - 7 pm
Speaker 7:00 pm = **Jim R.**
- **Quarterly Squad Leader Meeting:** tbd
- **Fellowship Committee Meeting:**
- this is a great service opportunity for some one or some group to lead!
- **FLAS Monthly Board Meeting**
(all welcome, Zoom link avail from Dave G.)
Tue, Mar 29, 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

New FLAS Board assignments:

Board members divide the tasks of keeping our club running. The new board members' roles are listed below. Feel free to contact these folks with suggestions or concerns about their areas of responsibility. Please also take the time to thank these folks for their service!

A message from the FLAS President: Having the opportunity to serve you as this year's Board President is an honor. The Board and I would love to hear from you with your ideas for improvement and with your thoughts on what we can do more or less of! Our Club and the Alano Society that administers to the house works best if we all chip in to help. I invite you to join with your fellows in recovery to help the Board out with the house and with Fellowship/Recovery activities. The Alano Board's only formal role is to ensure the buildings, grounds and recovery meeting environment is a good one. Since we are also working to strengthen our own recovery, we help with meeting and fellowship activities. However, the formal responsibility for these activities is with the Squad leadership and **you** the meeting attendees. The Board can only encourage and support these Club activities. There is a need for help to lead fellowship activities; if we all chip in the tasks are easy and fun! Thanks for supporting of our 156 Club and the Forest Lake Alano Society!

All the best in your recovery! Dave G. (daveg0010@gmail.com)

A 12 Step reflection...

[From Jason Wahler: <https://www.jasonwahler.com/12-steps-of-aa/step-three-of-aa-alcoholics-anonymous./>]

"Recovery is a spiritual process and step three is when the doors of hope, faith and trust are opened allowing us to once again take a deep breath and feel the serenity: a gift of sobriety. The essence of step three is turning over your will, getting out of the way, and being restored to reality, honesty, balance and peace of mind."

Please visit our website! 156AAClub.org

Club Service Opportunities

Fellowship Committee for 2022: If you have a passion for building the Club's community, we are looking for a **Fellowship Committee Chair or co-Chairs**. Please contact a Board member for details!

Calling perspective Webmasters: We are also looking for someone to help manage our website. If you can help, contact Dave G (daveg0010@gmail.com)

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)