

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



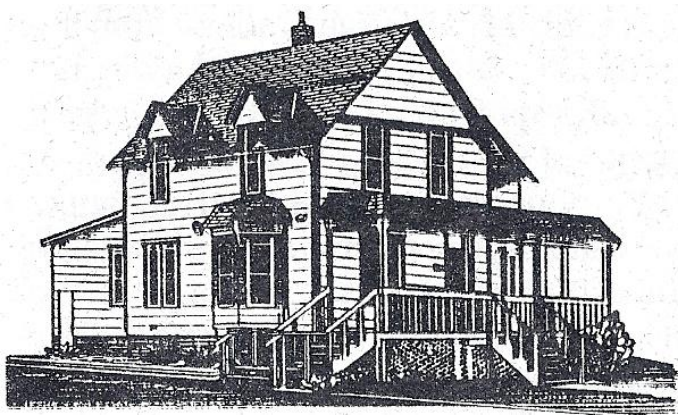
August, 2026

156 Club – *Recover with us!*

The 156 is home to 25 AA, NA, and Alanon meetings, either open or closed, for those in recovery and those with a loved one who is an alcoholic/addict. Meetings are held in person at the 156 Club, except for those held on-line via *Zoom*. In addition to our meetings, the 156 Club organizes activities and events, such as AA workshops, speaker meetings, potlucks, gatherings, and promoting fellowship for recovery.

Note: Meeting schedules are NOT changed for holidays.

For the most up-to-date information on meetings 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 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

A.A. Meetings:

Mon	10:00 am, 7:00pm
Tue	10:00 am, 7:00 pm (Men's), 8:00 pm, 7:00 pm (Alanon)
Wed	10:00 am, 5:00 pm 6:00 pm (Women's), 7:00 pm, 8:00 pm (Closed)
Thur	10:00 am, (Open Topic) 7:00 pm (Open), 7:00 pm (Big Book) 8:30 pm (Alanon)
Fri	9:00 am, 10:00 am (Meditation), 7:00 pm
Sat	8:00 am, 10:00 am 10:00 am (ZOOM) 7:00 pm (Open AA / Alanon)
Sun	9:00 am, 6:00 pm (Women's) 7:00 pm (Big Book)

FLAS / 156 Club events:

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

Other AA events/resources:

St. Paul Intergroup info:

<https://www.aastpaul.org/>

-24-hour AA call line: (651) 227-5502

<http://www.minnesotaga.com/find-a-meeting.html>

156 has Venmo!

Forest Lake AA Groups

@FL-156-AA-Groups



venmo

Scan this code to pay

News From 156 Club:

Fellowship News

- **A Heartfelt Thank You!!** Recently, the 156 Club experienced a theft of funds collected through our coffee donations and Thursday night Burger Night collection. While this was disappointing, the response from our members has been incredibly encouraging. Thanks to your generosity, additional donations were made to help replace the missing funds. The Board of Directors sincerely thanks everyone who stepped forward to support the club. Your kindness and commitment are a powerful reminder of the strength of our fellowship and the importance of protecting the house we all share.
- **Join us every Thursday for Burger Night.** All proceeds benefit the 156 Club.
 - \$8 hot dog meal
 - \$10 single burger meal
 - \$12 double burger meal
 - Meals include chips, cookie, and drink.
- **156 Club Yard Sale – 8/20–8/22!** All proceeds from the yard sale will benefit the 156 Club. Donations and volunteers are needed! Additional information and a volunteer sign-up sheet are available on the counter near the main entrance.

Step 8 and Tradition 8 Reflection

Step 8 asks us to honestly examine the harm caused by our actions without making excuses or rushing ahead to fix everything. At this stage, we are simply making the list and becoming willing. With humility, prayer, and guidance from a sponsor, we begin preparing to repair the damage of the past and continue moving toward freedom.

Tradition 8 reminds us that one alcoholic helping another is at the heart of AA and should never become a paid profession. We freely share our experience, strength, and hope because it was freely given to us. AA may hire people to perform necessary services, but carrying the message remains an act of fellowship, gratitude, and service.

Club Service Opportunities

- 156 Club Speaker Meeting is the first Saturday each month. Reach out to Blair if interested in sharing your story! 651-269-3992
- 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 A.A. We do accept service to the house from all.

FLAS 2026 Board of Directors

President – Adam E.

Vice-President – Trevor B.

Treasurer - Nick K.

Assistant Treasurer – Gary Z.

Secretary – Ashley W.

Communications – Blair B.

Maintenance Coordinator - Zach U.

Squad Liaison – Matt U.

GSR/Intergroup Liaison – Andrew M.

Email us! 156AAClub@gmail.com