

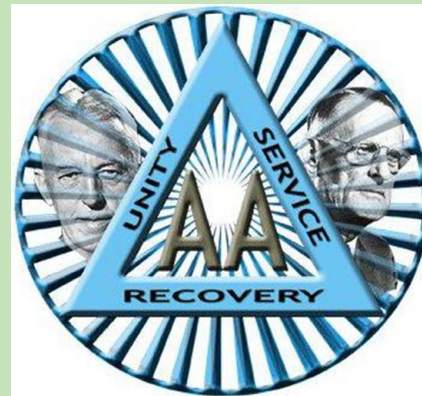
# 156 Club Newsletter

## 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



July, 2020

## Welcome to the 156 Club

*A new beginning every day!*

The house has been open to limited size indoor and outdoor meetings since June 1<sup>st</sup>. There are also Zoom meetings being held on-line. For the most part attendees are doing a good job of social distancing, but as a reminder – **masks must be used inside the house**. Please consider your health and those around you as you decide if you can attend a meeting.

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



Providing a Safe Place for Recovery Since 1975

*The 156 Club is administered by the Forest Lake Alano Society as a safe place for 12 Step meetings and those in recovery.*

**Step 4:** “Made a searching and fearless moral inventory of ourselves.”

**Tradition 4:** “Each group should be autonomous except in matters affecting other groups or AA as a whole.”

## July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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:

- **Speaker Meeting (Outdoor)**
  - Sat. Aug 1<sup>st</sup>, Front Lawn
  - Fellowship – 6:30 – 7:15pm
  - Speaker – 7:30 – 9:00pm
- **Squad Leader Meeting**
  - Tues, July 21<sup>st</sup> at 7:30pm
  - Note: ALL Squad leaders** are asked to attend this important meeting. If you cannot attend, please have someone from your squad attend in your place.
- **FLAS Board Meeting** (all welcome) – Last Tuesday of the month at 7:00pm (Zoom link available)

## Other AA events:

- **St. Paul Intergroup**
  - New Location (Open House 7/25)
  - 33 Wentworth Ave. E.
  - West St. Paul, MN 55115
- **Other St. Paul Intergroup Events and regional info:**
  - <https://www.aastpaul.org/>

# From the FLAS BOARD:

## The Forest Lake Alano Society is YOU!

Thank you to all members of our Forest Lake Alano society for the financial support gifts of service given to the 156 Club with your membership! If you are not a current FLAS member, please consider pledging. Each of your gifts make the 156 Club a place of comfort and hope for all of us. To become a FLAS member, just fill out the form you can find in the common area of the Club and pay the \$60 membership (\$5/mo). (The form is attached for email recipients of this newsletter.) Many members are able to contribute more.

**The FLAS Board has an open position.** If you are a member of the Forest Lake Alano Society (dues paid for 2020) and have an interest in serving on our Board, please contact Brett M. The Board meets once a month and manages the 156 Club house and budget. We do not run the AA meetings themselves, but do work to provide an environment for recovery at the Club for all of us.

### COVID-19 and the 156 Club

The past few months have been difficult for all of us, but probably most difficult for those new to recovery or struggling with their sobriety dealing with the new stresses that this Covid-19 health crisis has brought us. Please reach out to those who may be in need of your fellowship.

We have asked the Squad leaders to continue to provide Zoom alternatives for members who are still not comfortable attending in-person meetings. Please ask your squad leader for this option.

So that we can connect better, please share your email address with the Board. We will keep this confidential and only use it in a "blind copy" mode. E-mail our Secretary, at Daveg0010@gmail.com. Thank you in advance for your understanding and support.

Remember to:

- Take advantage of On-Line 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.

### 2020 FLAS Board of Directors

**President** – Brett M. (btfrstlk@gmail.com)

**Vice President** – Chuck K.  
(Charles.Kropelnicki@dieboldnixdorf.com)

**Secretary** – Dave G. (daveg0010@gmail.com)

**Treasurer** – Jacki G. (gavettj@gmail.com)

**Asst. Treasurer** – Phil B.

**Director** – **Open** (See Brett M. if interested)

**Director** – David H. (dvdhgn@aol.com)

**Director** – Gary T. (gt.interiors54@gmail.com)

**Director** – Rich M (jrwalleye78@gmail.com)

If you have suggestions for improving our 156 Club please talk to any Board member or send us a note!

Join the Forest Lake Alano Society for \$5/month. This is a great way to enhance your recovery through service! Look for pledge envelopes in main gathering area.