

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

May, 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 5: “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Tradition 5: “Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.”

MAY 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					

FLAS / 156 Club events:

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

- **Next Speaker Meeting – May 7th**
Fellowship/Pot Luck 6 - 7 pm
Speaker 7:00 pm = **Nick S.**
contact Brett M. @ btfrstlk@gmail.com
- **Quarterly Squad Leader Meeting:** tbd
- **Fellowship Committee Meeting**
Sat. May 21, 11:30am w Pizza
- contact Brett M. to give headcount for lunch @ btfrstlk@gmail.com
- **FLAS Monthly Board Meeting**
(all welcome, Zoom link avail from Dave G.)
Tue, May 31st, 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 is May 27, 28 & 29. This year's theme is "**Rocketed Into a 4th Dimension!**". It will be held at the DoubleTree by Hilton at Hwy 100&494 in Bloomington. Be inspired by AA meetings, speakers, fellowship, hospitality and recovery films. Registration is only a \$30 contribution. Info @ gopherstateroundup.org. **Visit us at the 156 Club Hospitality Suite #203.** We hope to see you there!

"Rocketed Into a 4th Dimension!"



GOPHER STATE
ROUNDUP XLVII
May 27th, 28th & 29th
2022



A Step 5 reflection... [Adapted from the Step 5 Intro by Jake J for the 156 Club Group 8Z meeting.]

"This Step evokes honesty, humility and courage - character traits that are necessary for me to complete this Step and the Steps that follow. In my using days, it was nearly impossible to admit wrong-doing. I lacked the courage to do so as well as the humility and honesty. I'm not sure which comes first, but over-coming denial and being honest with myself had to come early on for my sobriety to take hold. Humility is necessary to put aside my ego and to admit that I need and trust in a Higher Power. Courage is necessary to accept change. Without a change in my life, I would still be a practicing addict."

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

Heads up for Spring Clean Up: We are looking at early May to have a spring clean up of the 156 Club property. Please contact David H. @ 612-961-8992 for more information and to offer your services.

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. (btfrstlk@gmail.com)