

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, 2025

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

- Pledge membership is down. If you're able to give again, and are willing to increase your pledged amount, now is an ideal time to do so. The minimum pledge remains just \$60 per year (\$5/month), but any additional support you can offer helps us all stay sober and keeps our facility open and running. Your contributions directly support essential expenses like rent, utilities, and maintenance, ensuring we have a safe and welcoming space for recovery. You can choose to pay your pledge annually, quarterly, or monthly.
- Speaker Meeting on Saturday September 6th. Fellowship Potluck 6–7 pm, Speaker at 7 PM.
- SQUAD LEADERS! Reminder to write your squad number on your money envelopes and get a second initial next to the dollar amount. It's important for our club to be precise! Thank you!

Step 8 and Tradition 8 Reflection

- *Step 8 taught me that amends are not about getting forgiveness — they're about taking responsibility. It's a chance to live in alignment with my values instead of my past mistakes. This step reminded me that recovery is not just for me, but also for those I've affected. With the help of my Higher Power, I'm preparing myself to walk into Step 9 with honesty, humility, and courage.*
- *Tradition 8 reminds us that "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers." This tradition helps keep the heart of AA focused on one alcoholic helping another—freely and without expectation of payment. It protects the integrity and spirit of our fellowship by making sure that sponsorship and Twelfth Step work remain acts of service, not professions. At the same time, it recognizes the practical needs of the organization—allowing for paid workers in roles that support the structure, like clerical or technical help, so that the fellowship can function smoothly. It's a balance between preserving AA's spiritual foundation and meeting its everyday responsibilities.*

Club Service Opportunities

- 156 Club Speaker Meeting is the first Saturday each month. Reach out to Zach if interested in sharing your story! 651-200-5288
- I 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 2025 Board of Directors

President – Trever B.

Vice-President – Abbey H.

Treasurer - Nick K.

Assistant Treasurer - Tanya S.

Secretary - Adam E.

Communications – Joy F.

Maintenance Coordinator - Zach U.

Squad Liaison – Chuck K.

GSR/Intergroup Liaison – Andrew M.

Email us! 156AAClub@gmail.com