

# 156 Club Newsletter

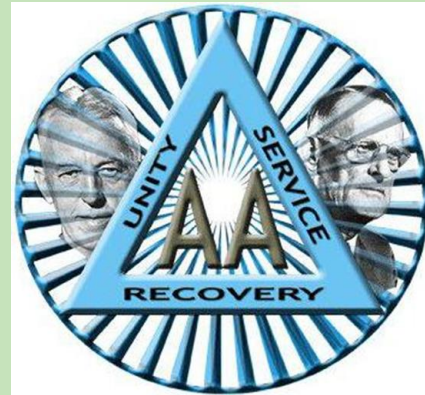
156 Club location:  
156 NW 3<sup>rd</sup> Street  
Forest Lake, MN 55025  
651-464-9906

Mail & Donations to:  
Forest Lake Alano Society  
PO Box 101  
Forest Lake, MN 55025

[156AAClub@gmail.com](mailto:156AAClub@gmail.com)

Website: [156AAClub.org](http://156AAClub.org)

**Feb, 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](http://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 2:** “Came to believe that a Power greater than ourselves could restore us to sanity.”

**Tradition 2:** “For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

### 2022 FEBRUARY

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					

### FLAS / 156 Club events:

Club AA Meetings can also be found at [156aaclub.org/schedule-1](http://156aaclub.org/schedule-1)

- **Next Speaker Meeting – Feb 5<sup>th</sup>**  
Fellowship 6:30 pm  
Speaker 7:00 pm = **Amy B.**
- **Quarterly Squad Leader Meeting:** tbd
- **Fellowship Committee Meeting:** tbd
- **1st ad-hoc meeting of Overeaters Anonymous**  
– Feb 7th, 7:00 pm  
(contact Pat C @ 651-285-9348 for info)
- **FLAS Monthly Board Meeting**  
(all welcome, Zoom link avail from Dave G.)  
Tue, Feb 22<sup>nd</sup>, 7:00pm Upstairs

### Other AA events:

- 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 and Officers Elected at Jan 12<sup>th</sup> Meeting!**

This year's annual meeting was held on site and via zoom on Jan 11<sup>th</sup>. 15 FLAS members attended. At the meeting, the members elected 3 new Directors for 3-year terms. **They are Paul B., Rudy B. and Jeff W. Welcome to our new Directors!**

At our Jan 25<sup>th</sup> monthly Board meeting the new Board also elected FLAS Officers for 2022. **They are Dave G (President), Trevor B (Vice President), Paul S (Secretary), Pat C (Treasurer) and Rudy B (Asst. Treasurer).** **Please congratulate and support your new Directors and Officers as they are "but trusted servants, they do not govern"!**

**Overeaters Anonymous (OA)** is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food. OA is a Twelve-Step Fellowship much like Alcoholics Anonymous and has a one-day-at-a-time approach. OA will hold their first meeting at the 156 Club on **Monday, February 7<sup>th</sup> at 7:00 PM**. For additional information please contact PatC @ 651-285-9348 or email [156PatC@gmail.com](mailto:156PatC@gmail.com)

## A 12 Step reflection from OA...

[From The Twelve Steps and Twelve Traditions of Overeaters Anonymous.]:

*"Our way of life, based on these twelve steps and twelve traditions, has brought us physical, emotional and spiritual healing, that we don't hesitate to call miraculous. What works for us will work for you too."*

## Please visit our website! [156AAClub.org](http://156AAClub.org)

Send comments or questions about the site to Dave G. at [156AAClub@gmail.com](mailto:156AAClub@gmail.com).

The 156 Club only accepts contributions from those or on behalf of those in AA. We do accept service to the house. We really appreciate your contributions at meetings, your FLAS Dues and your support in all other ways!

## 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](mailto:daveg0010@gmail.com))

**Support your FLAS:** Please consider an FLAS membership. The membership cost will remain at \$60/yr minimum or \$5/mo.

### **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](mailto:daveg0010@gmail.com))

**Vice President** – Trevor B. ([arsbud@hotmail.com](mailto:arsbud@hotmail.com))

**Secretary** – Paul S. ([pjfs60@yahoo.com](mailto:pjfs60@yahoo.com))

**Treasurer** – Pat C. ([156patc@gmail.com](mailto:156patc@gmail.com))

**Asst. Treasurer** – Rudy B ([rudybachelor@gmail.com](mailto:rudybachelor@gmail.com))

**Director & Maintenance Coordinator** – David H. ([dvdhgn@aol.com](mailto:dvdhgn@aol.com))

**Director & GSR/Squad Liaison** – Rich M ([jrwalleye78@gmail.com](mailto:jrwalleye78@gmail.com))

**Director** – Jeff W. ([jeffwamsley@gmx.com](mailto:jeffwamsley@gmx.com))

**Director** – Paul B. ([baulpowser@hotmail.com](mailto:baulpowser@hotmail.com))

**Intergroup Liaison** – Brett M. ([btfrstlk@gmail.com](mailto:btfrstlk@gmail.com))