

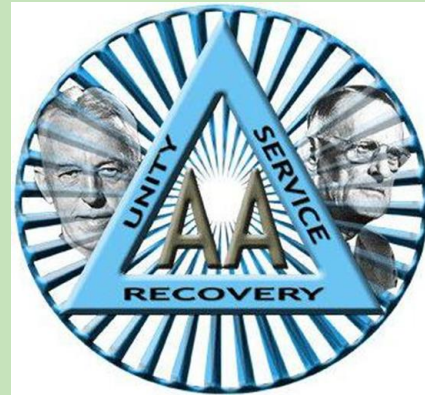
156 Club Newsletter

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



January, 2023

156 Club – Recover with Us!

A new beginning every day!

Happy New Year!

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. Meetings are held in person at the 156 Club, except for those held on-line.

[Note: Meeting schedules are NOT changed for holidays]

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

Step 1: “We admitted we were powerless over alcohol—that our lives had become unmanageable.”

Tradition 1: “Our common welfare should come first; personal recovery depends upon A.A. unity.”

JANUARY 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
						Fellowship & Speaker
1	2	3	4	5	6	7
Boundaries for Recovery 4:30		FLAS Annual Meeting 8pm				
8	9	10	11	12	13	14
	15	16	17	18	19	20
	21	22	23	24	25	26
	27	28	29	30	31	
		Board Meeting				

FLAS / 156 Club events:

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

- **Next Speaker Meeting – Jan 7th**
Fellowship/Pot Luck 6 - 7 pm
Speaker 7:00 pm = **Brian G.**
contact Brett M. @ btfrstlk@gmail.com
- **FLAS Annual Membership Mtg**
All welcome, Members may vote
Tuesday, Jan 10th, 8pm basement
- Approve By-Laws, Elect Directors, Review finances, Provide input to Board
- **Boundaries for Recovery:**
Repeat of prior session for women who missed it or wanting a refresher
- Sunday, Jan 8th @ 4:30pm (1hr)
contact Martin H. @ [651-276-7241](tel:651-276-7241)
- **FLAS Monthly Board Meeting**
(all welcome, Zoom link avail from Dave G.)
Tue, Jan 31st, 7:00pm Upstairs/Zoom

Other AA events/resources:

- St. Paul Intergroup info:
 - <https://www.aastpaul.org/>
 - 24 hr AA call line: (651) 227-5502
 - Lifeline Newsletter:
<https://www.aastpaul.org/?topic=12>
- Gambler's Anonymous info:
 - <http://www.minnesotaga.com/find-a-meeting.html>

News From 156 Club:

Fellowship News

Children's Christmas Party / FLAS Annual Meeting

Christmas Party recap - The Fellowship committee celebrated the season with a Kid's party with visit from Santa from 1:30-3:30, as well as Fellowship (Pot Luck) at 5:30pm and an open Gratitude candlelight meeting at 7pm. These events were well attended and all the kids got nice gifts from Santa!

Our **Alano Society Membership meeting will be on January 10th** at 8pm in the basement meeting room. We will have 3 open seats from Board members who's terms are expiring and we will ratify our Society By-Laws. All are welcome to attend and FLAS members in good standing can be nominated to the Board and vote. This will be a great chance to contribute your talent and experience to our house of recovery! The only requirement to join the Society and the Board is sobriety and your commitment to join the Alano Society (\$60/yr). If you are interested, contact Dave G (Board President) or any current Board member. Our contact info is listed in the box below.

A Step 1 reflection... [from p.24, *The Twelve Steps and Twelve Traditions*, 2009, AA World Services]: "[We admitted we were powerless over alcohol – that our lives had become unmanageable.](#)"

"Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

But upon entering AA we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built!"

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

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 from all.

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 annual pledge notice and envelopes at the Club

FLAS 2022 Board of Directors

President – Dave G (daveg0010@gmail.com)

Vice President – Trever B. (arsbud@hotmail.com)

Secretary – Brett M. (btfrstlk@gmail.com)

Treasurer – Pat C. (156patc@gmail.com)

Asst. Treasurer – Rudy B (rudybachelor@gmail.com)

Director & Maintenance Coordinator – David H. (dvdhgn@aol.com)

Director & Literature– Tanya S. (sboardmember@gmail.com)

Director & Squad Liaison – Martin H. (mhsix7@gmail.com)

Director & Intergroup Liaison – Paul B. (baulpowser@hotmail.com)

Fellowship rep - Brett M. (btfrstlk@gmail.com)