

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



July, 2026

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 7: Humbly asked him to remove our shortcomings.

Tradition 7: Every A.A group ought to be fully self-supporting, declining outside contributions.

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

- Join us every Thursday for Burger Night. All proceeds benefit the 156 Club.
 - \$8 hot dog meal
 - \$10 single burger meal
 - \$12 double burger meal
 - Meals include chips, cookie, and drink.
- House will be Open on July 4th!
 - Open at 9am until Midnight
 - Grill will be ready for use. BYOM! (Bring Your Own Meat)
 - Fellowship Potluck at 6pm
 - Speaker meeting at 7pm
 - Parking available for regular attending members of 156 Club all day.
- Clubhouse Deck Upgrades This Summer! Thanks to a very generous donation, FLAS 156 Alano Society will be repairing and resurfacing the clubhouse deck this summer. We are grateful to our donors for making this important safety improvement possible. Timeline updates will be shared as construction gets closer.

Step 7 and Tradition 7 Reflection

- *The pivotal part of Step 7 is often humility. The 7th Step of AA encourages self-reflection so a person can acknowledge their flaws and seek spiritual guidance for personal growth. Where humility comes into play is in determining how one handles difficult emotions that may arise when interacting with Step 7 of AA. Whether one is asking a God or a secular source of inspiration for help, they will need to acknowledge their relative lack of power over their struggle with alcohol.*
- *As a newcomer I was told "we have to give it away in order to keep it." As I began to adopt the principles of Alcoholics Anonymous in my life, I soon found it was a privilege to give to the Fellowship as an expression of the gratitude I felt in my heart. My love of God and of others became the motivating factor in my life, with no thought of return. I realize now that giving freely is God's way of expressing Himself through me.*

Club Service Opportunities

- 156 Club Speaker Meeting is the first Saturday each month. Reach out to Blair if interested in sharing your story! 651-269-3992
- 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 2026 Board of Directors

President – Adam E.

Vice-President – Trever B.

Treasurer - Nick K.

Assistant Treasurer – Katie S.

Secretary/Communications – Kelly P.

Maintenance Coordinator - Zach U.

Squad Liaison – Matt U.

GSR/Intergroup Liaison – Andrew M.

Email us! 156AAClub@gmail.com