

156 Club Newsletter

156 Club location:

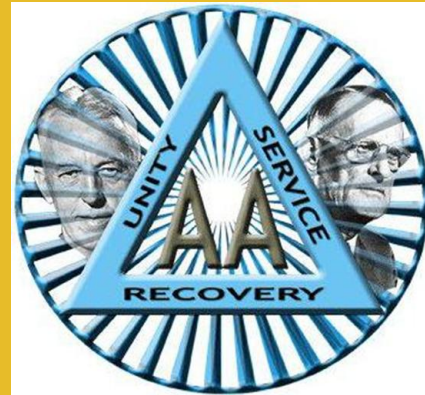
156 NW 3rd Street
Forest Lake, MN 55025
651-464-9906

Mail & Donations to:

Forest Lake Alano Society
PO Box 101
Forest Lake, MN 55025

156AAClub@gmail.com

Website: 156AAClub.org



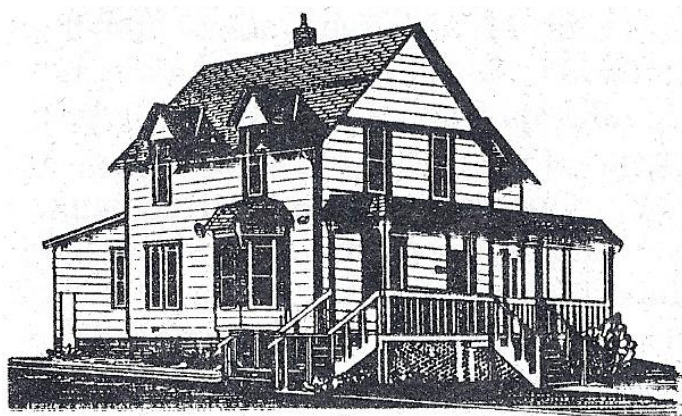
April, 2026

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 4: Made a searching and fearless moral inventory of ourselves.

Tradition 4: Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

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

- Gopher State Roundup LI (51) is set to kick-off 5/22–5/24. Club 156 will be in Suite 203! There is a sign up in the kitchen if you'd like to serve as a host during the event, or text Trever at 651-305-1282.
- *What is Gopher State Roundup? Minnesota's largest gathering focused on AA, Alanon and Alateen. Experience speakers, meetings, fellowship, films, hospitality suites, food, and most importantly, the message of this amazing program. Registration and information can be found at: www.gopherstateroundup.org*
- Spring clean-up and summer projects are right around the corner. Volunteers will be needed. See Zach U., Trever B. or Adam E. if you are interested.

Step 4 and Tradition 4 Reflection

- *Taking Step 4 - "Made a searching and fearless moral inventory of ourselves" - is a powerful and introspective milestone in the recovery journey. It marks the vital shift from mere surrender to active healing. By courageously identifying our hidden patterns of resentment, fear, and selfish behavior, we begin to truly understand our own role in past conflicts. This honest accounting isn't about dwelling on the past; rather, it is about accepting responsibility to clear the way for profound spiritual growth and lasting change.*
- *Tradition 4—"Each group should be autonomous except in matters affecting other groups or A.A. as a whole"—is the essential balance between freedom and responsibility. It celebrates the unique spirit of every group, allowing for local creativity and diverse approaches to the recovery message. However, this autonomy is not a license for isolation; it is a call to mindfulness. By reflecting on how our group's decisions impact the wider fellowship, we protect our common welfare and ensure that the "whole" remains strong, inclusive, and unified.*

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