

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

March, 2023



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. Meetings are held in person at the 156 Club, except for those held online.

[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 meetings and those in need of support for addiction recovery.

Step 3: “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Tradition 3: “The only requirement for A.A. membership is a desire to stop drinking.”

MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	Fellowship & Speaker
Boundaries for Recovery 4:30	5	6	7	8	9	10
	12	13	14	15	16	17
Back to Basics	19	20	21	22	23	24
	26	27	Board Meeting	29	30	31

www.free-printable-calendar.com

FLAS / 156 Club events:

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

• **Next Speaker Meeting – Mar 3rd**
Fellowship/Pot Luck 6 - 7 pm
Speaker 7:00 pm = **Brett M.**

• **Boundaries for Recovery (women’s session):**
- Sunday, Mar 5th @ 4:30pm (1hr)
contact Martin H. @ [651-276-7241](tel:651-276-7241)

Back to Basics Workshop
Sun, Mar 19th, 1-4:00 pm

• **FLAS Monthly Board Meeting**
(all welcome, Zoom link avail from Dave G.)
Tue, Mar 28th, 7:00 pm Upstairs/Zoom

Other AA events/resources:

• St. Paul Intergroup info:
- <https://www.aastpaul.org/>
- 24-hour AA call line: (651) 227-5502

• Gambler’s Anonymous info:
- <http://www.minnesotaga.com/find-a-meeting.html>

News From 156 Club:

Fellowship News

We are self-supporting!

We discussed our finances at our Society's Board meeting on February 28th. Although the Society has substantial reserves, we registered a slight loss for 2022. Over the last ten years, costs have increased by approximately 25%. The 156 Club does not receive government or outside funding and relies entirely on the "basket" in the meetings and membership. If you can and are a regular at the 156 Club, please consider putting a minimum of \$5 in the basket at your weekly home group. **"Every A.A. group ought to be fully self-supporting, declining outside contributions."**

Message from Brett M. (Board President):

I am honored to have been voted by the Board as President of the 156 Club. I will do my utmost to work for our Club and members to ensure the best possible environment for Twelve Step Recovery.

A Step 3 reflection...

In the Big Book, Step 3 states, "Made a decision to turn our will and our lives over to the care of God as we understood Him." Four pages in the Big Book are specifically on Step 3: pages 60 to 63 in Chapter 5, "HOW IT WORKS." After the a, b, and c, it talks about the actor who wants to run the show, trying to arrange the lights and everything in his way. It then describes the problem of the alcoholic in these famous words: "Selfishness-self-centeredness! That, we think, is the root of our troubles." Our ego, driven by fear about us, creates resentment, dishonesty, and many other character defects. "So our troubles, we think, are basically of our own making." It then says we are playing God, and it's only when we stop playing God, that we can start living life in recovery. The solution is then summarized in the beautiful Third Step Prayer on page 63. "God, I offer myself to Thee- to build with me and do as Thou wilt." And then "Take away my difficulties" so I can help others and be of service. Keep it Simple and Pass it On!

Please visit our website! 156AAClub.org

Club Service Opportunities

House fellowship and Spring Cleaning

commitments needed: Please get in touch with Brett M for more information @ btfrstlk@gmail.com

Support your FLAS: Please consider a FLAS membership. The membership cost will remain \$60/yr minimum or \$5/mo. The 156 Club only accepts \$ contributions from those in AA.

We do accept service to the house from anyone.

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 learn about online 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 the annual pledge notice and envelopes at the Club

FLAS 2023 Board of Directors

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

Vice President – Chuck K
(charleskropelnicki6@gmail.com)

Secretary – Petur E (petur.einarsson@gmail.com)

Treasurer – Abbey H (mamabear.jjbear@gmail.com)

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

Director & Maintenance Coordinator – Trever B.
(arsbud@hotmail.com)

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

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

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