

156 Club Newsletter

156 Club location:

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

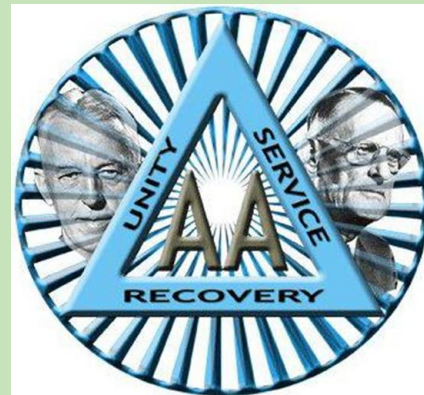
Mail & Donations to:

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

156AAClub@gmail.com

Website: 156AAClub.org

Aug, 2021



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 or a recovering alcoholic/addict.

The 156 Club is open to indoor and outdoor meetings! There are also some Zoom meetings being held on-line. **Masks are no longer required, but please respect those who wish to continue wearing masks.**

For the most up to date meeting and other Club information, visit 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 8: “Made a list of all persons we had harmed, and became willing to make amends to them all”

Tradition 8: “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

2021 AUGUST						
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
29	30	31				

www.free-printable-calendar.com

FLAS / 156 Club events:

- Club AA Meetings can be found at 156aaclub.org/schedule-1
- **Next Speaker Meeting – Sept 4**
Fellowship 6 pm
Speaker @ 7pm = tbd
- **Squad Leader / Fellowship Committee Meeting:**
Tues, Aug 11th, 7:30pm
Contact Rich M. for more info.
- **FLAS Monthly Board Meeting**
(all welcome, Zoom link avail from Dave G.)
Mon, Aug 31st, 7:00pm Upstairs
[Note: Board mtgs have been moved to Mondays @ 7pm from Jun - Nov]

Other AA events:

- St. Paul Intergroup Events and regional info:
 - <https://www.aastpaul.org/>
 - 24 hr AA call line: (651) 227-5502
- **Gopher State Roundup** – Doubletree Bloomington Hotel, Bloomington, MN
Sept 3-5, 2021 (see info on next page)
- [the 156 Club will have a suite!](#)
Info at: www.gopherstateroundup.org/

News From 156 Club:

Fellowship News

Aug 15th Rib Fest!

The 156 Club is holding its First Annual Rib Fest on Aug 15th at Mike D's home in Shafer, MN (just past Center City off of Rt 8). Mike D (651-356-2646) and Rich M (651-245-8594) will be leading this event and should be contacted for more information. Bring your family to enjoy chicken, pulled pork, hot dogs and water! If possible, please bring a side to share. Mike & Rich are looking for a few more judges to help pick the winners of the grilling contest (5pm)! A free will donation is requested.

Gopher State Roundup 2021 - Sept 3-5

After the Covid cancellation of this event in 2020, the 156 Club will have a suit this year at the 2021 Gopher State Roundup! This is an occasion to share the fellowship and to carry the message of AA; with Al-Anon and Alateen participation. Speakers and Meetings are Fri 4-11:45pm, Sat noon-Sun 3am and Sun 9-10am. Enjoy 70+ Hospitality Suites many with FREE food and beverages! One \$25 registration fee admits a member of AA, AFG, or Alateen to all Roundup activities. To register and see the full schedule go to: www.gopherstateroundup.org/

A Step 8 reflection... [excerpted from <https://www.verywellmind.com/a-study-of-step-8-69404/>]:

Whether you're working the 12 steps of Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Al-Anon, or any other program, step 8 can be humbling, but it can also lead to growth. The eighth step involves making amends with others who may have been harmed by your alcohol or drug use. This step is a chance to grow and improve your relationships with your friends and loved ones—which will only help you going forward in your recovery. The goal of this step is to end isolation from others. Not only is this an appealing goal, but it also targets one of the reasons why people often drink.

The 156 Club does not take contributions from outside the club, other than for service to the house. We really appreciate your contributions at meetings, your FLAS Dues and your support in all other ways!

Please visit our website! 156AAClub.org

Send comments or questions about the site to Dave G. at 156AAClub@gmail.com.

Club Service Opportunities

Zoom Meeting Leaders wanted: We have purchased a Zoom subscription that will be available for Club sanctioned AA meetings. Contact Dave G or Trevor B for info.

FLAS News: Please consider an FLAS membership. The membership cost will remain at \$60/yr minimum or \$5/mo – a great value to support such an important program! Many members choose larger donations (up to \$5K).

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 – Jackie G (gavettj@gmail.com)

Vice President – Dave G (daveg0010@gmail.com)

Secretary – Trevor B. (arsbud@hotmail.com)

Treasurer – Chuck K.
(Charles.Kropelnicki@dieboldnixdorf.com)

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

Director & Intergroup Liaison – Brett M.
(btfirstlk@gmail.com)

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

Director & Literature Coordinator – Paul S.
(pjfs60@yahoo.com)

Director & Squad Liaison – Rich M
(jrwalleye78@gmail.com)