

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

September, 2025



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 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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

- Pledge membership is down. If you're able to give again, and are willing to increase your pledged amount, now is an ideal time to do so. The minimum pledge remains just \$60 per year (\$5/month), but any additional support you can offer helps us all stay sober and keeps our facility open and running. Your contributions directly support essential expenses like rent, utilities, and maintenance, ensuring we have a safe and welcoming space for recovery. You can choose to pay your pledge annually, quarterly, or monthly.
- Speaker Meeting on Saturday September 6th Fellowship Potluck 6–7 pm, Speaker at 7 PM.
- Join us every Thursday starting September 4th at 5 PM for Burger Night! All proceeds benefit the 156 Club.
- SQUAD LEADERS! Reminder to write your squad number on your money envelopes and get a second initial next to the dollar amount. It's important for our club to be precise! Thank you!

Step 9 and Tradition 9 Reflection

- *In the Big Book (Chapter 6, Into Action), we're told that "remorse, guilt and shame are not enough" — we must take action to set things right. Step 9 is where faith becomes works. Bill W. writes that "our real purpose is to fit ourselves to be of maximum service to God and the people about us." That means our amends are not just about clearing our own conscience, but about repairing the damage we've done so we can live freely and usefully. The Big Book also stresses careful judgment: amends are not to be made if they would cause harm. This step brings freedom from the chains of the past.*
- *Tradition 9 reminds us that healthy recovery communities, like healthy individuals, need structure without control. AA thrives because it isn't over-organized; instead, it relies on trusted servants who serve, not govern. This preserves both freedom and unity.*

Club Service Opportunities

- 156 Club Speaker Meeting is the first Saturday each month. Reach out to Zach if interested in sharing your story! 651-200-5288
- I 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 2025 Board of Directors

President – Trevor B.

Vice-President – Abbey H.

Treasurer - Nick K.

Assistant Treasurer - Tanya S.

Secretary - Adam E.

Communications – Joy F.

Maintenance Coordinator - Zach U.

Squad Liaison – Chuck K.

GSR/Intergroup Liaison – Andrew M.

Email us! 156AAClub@gmail.com