

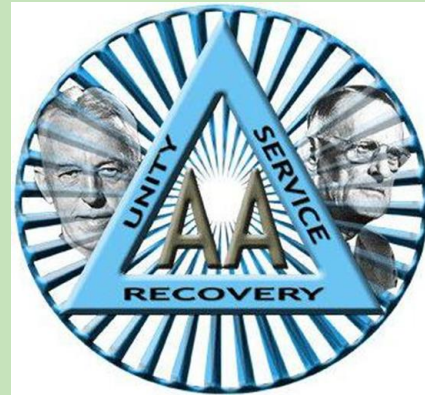
# 156 Club Newsletter

156 Club location:  
156 NW 3<sup>rd</sup> 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](mailto:156AAClub@gmail.com)

Website: [156AAClub.org](http://156AAClub.org)



**August, 2022**

## 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.

The 156 Club is open to indoor and outdoor meetings! (Weather permitting). There are also meetings being held on-line. Masks are not required, but please respect those who wish to continue wearing masks and follow social distancing protocols.

For the most up to date meeting and other Club information, visit our website at: [156AAClub.org](http://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.”

### AUGUST 2022

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		

### FLAS / 156 Club events:

Club AA Meetings can also be found at [156aaclub.org/schedule-1](http://156aaclub.org/schedule-1)

- **Next Speaker Meeting – Aug 6<sup>th</sup>**  
Fellowship/Pot Luck 6 - 7 pm  
Speaker 7:00 pm = **Martin H.**  
(see our website for most current info)  
contact Brett M. @ [btfrstlk@gmail.com](mailto:btfrstlk@gmail.com)
- **Quarterly Squad Leader Meeting:**  
tbd
- **Fellowship Committee Meeting:** tbd
- **FLAS Monthly Board Meeting**  
(all welcome, Zoom link avail from Dave G.)  
**Tue, August 30, 7:00pm**  
Upstairs/Zoom

### Other AA events and resources:

- St. Paul Intergroup info:
  - <https://www.aastpaul.org/>
  - 24 hr AA call line: (651) 227-5502
  - **Ice Cream Social Aug 13<sup>th</sup>, 1-4pm**  
Lutheran Church of the Redemer  
285 Dale St, St. Paul, MN
- St. Paul Intergroup Lifeline Newsletter  
<https://www.aastpaul.org/?topic=12>

# News From 156 Club:

## Fellowship News

### FLAS Board Opening

Welcome back to Brett M. who will be rejoining the FLAS Board as Secretary for the rest of this year! We still have 1 opening. The Board meets once a month on the last Tuesday of the month. If you have been looking for a service opportunity in the club or thinking about joining our board, this is a great time, since it would only be for 2022 with no long term commitment. The only requirement is your commitment and to be willing to join the Alano Society (\$60/yr). If you are interested, contact Dave G (Board President) or any current Board member. Our contact info is below.

**The July 22 AA Thought for the Day captures our Society's philosophy well!** - "One of the finest things about A.A. is the diversity of its membership. We come from all walks and stations of life. All types and classes of people are represented in an A.A. group. Being different from each other in certain ways, we can each make a different contribution to the whole. Some of us are weak in one respect, but strong in another. A.A. can use the strong points of all its members and can disregard the weaknesses. A.A. is strong, not only because we all have the same problem, but also because of the diversified talents of its members. Each can contribute his part. Do I recognize the good points of all my group's members?"

**A Step 8 reflection...** [from <https://www.verywellmind.com/a-study-of-step-8-69404#:~:text=The%20eighth%20step%20involves%20making,to%20end%20isolation%20from%20others>]

"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."

**Please visit our website!** [156AAClub.org](http://156AAClub.org)

## Club Service Opportunities

### **Intergroup Phone and Night Owl help**

**needed:** Please contact Paul B. for more information @ [baulpowser@hotmail.com](mailto:baulpowser@hotmail.com)

**156 Club Deck Refinishing:** Our deck is in need of being sanded and stained. If you have the skills and tools to do this, please let David H. know if you can help! (612)961-8992

**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 AA. We do accept service to the house.

### **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** – Dave G ([daveg0010@gmail.com](mailto:daveg0010@gmail.com))

**Vice President** – Trever B. ([arsbud@hotmail.com](mailto:arsbud@hotmail.com))

**Secretary** – Brett M. ([btfrstk@gmail.com](mailto:btfrstk@gmail.com))

**Treasurer** – Pat C. ([156patc@gmail.com](mailto:156patc@gmail.com))

**Asst. Treasurer** – Rudy B ([rudybachelor@gmail.com](mailto:rudybachelor@gmail.com))

**Director & Maintenance Coordinator** – David H. ([dvdhgn@aol.com](mailto:dvdhgn@aol.com))

**Director & GSR/Squad Liaison** – Rich M ([jrwalleye78@gmail.com](mailto:jrwalleye78@gmail.com))

**Director & Literature** – Open

**Director & Intergroup Liaison** – Paul B. ([baulpowser@hotmail.com](mailto:baulpowser@hotmail.com))

**Fellowship (non-board)** - Brett M. ([btfrstk@gmail.com](mailto:btfrstk@gmail.com))