

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

November, 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 following social distancing protocols.

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 11: “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

Tradition 11: “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”

NOVEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 Fellowship & Speaker
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29 Board Meeting	30			

www.free-printable-calendar.com

FLAS / 156 Club events:

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

- **Next Speaker Meeting – Nov 5th**
Fellowship/Pot Luck 6 - 7 pm
Speaker 7:00 pm = **Pétur E.**
contact Brett M. @ btfrstlk@gmail.com
- Special Women’s Recovery Workshop:
“Boundaries for Recovery”
See bulletin board for new session
contact Martin H. @ [651-276-7241](tel:651-276-7241)
- **FLAS Monthly Board Meeting**
(all welcome, Zoom link avail from Dave G.)
Tue, Nov 29th, 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
- St. Paul Intergroup Lifeline Newsletter
<https://www.aastpaul.org/?topic=12>
- Gambler’s Anonymous
- <http://www.minnesotaga.com/find-a-meeting.html>

News From 156 Club:

Fellowship News

Children's Christmas Party / FLAS Annual Meeting

Christmas Party, Dec 17th - The Fellowship committee is in the planning stages for a great family event for all of our 156 Club community! We'll be celebrating the season with a pot luck, a visit from Santa and gifts to the kids!

At our **Annual Membership meeting on January 10th**, we will have 3 open seats from Board members who's terms are expiring. This will be your next chance to join our group and contribute your talent and experience to our house of recovery! The only requirement to join the Board is sobriety and your commitment 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.

A Step 11 reflection... [Excerpted from VeryWellMind.com/a-study-of-step-11]:

What Is the Intent of Step 11?

Alcoholics Anonymous is non-religious but rather spiritual in design. Its cornerstone is that members find a higher purpose or higher power. God can be described as a religious being, or for atheists and agnostics, it can simply mean the group dynamic experienced as a member at an AA meeting. "The Big Book" has many references to God and religious themes, and step 11 is no exception. In a nutshell, step 11 calls for discovering the plan your higher power has for your life, and finding the power to carry it out.

Please visit our website! 156AAClub.org

Club Service Opportunities

Intergroup Job Openings: St Paul Intergroup is looking to hire someone help run their office. Call Intergroup office @ (651) 227-5502 for more info.

Intergroup Phone and Night Owl help needed: Please contact Paul B. for more information @ baulpowser@hotmail.com

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 from all.

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 annual pledge notice and envelopes at the Club

FLAS 2021 Board of Directors

President – Dave G (daveg0010@gmail.com)

Vice President – Trever B. (arsbud@hotmail.com)

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

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

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

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

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

Director – Martin H. (mhsix7@gmail.com)

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

Fellowship (non-board) - Brett M. (btfrstlk@gmail.com)