

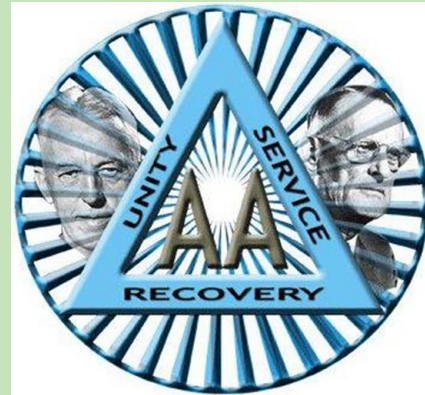
156 Club Newsletter

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, 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 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.”

SEPTEMBER 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Fellowship & Speaker
						3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
		Board Meeting				
25	26	27	28	29	30	

FLAS / 156 Club events:

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

- **Next Speaker Meeting – Sept 3rd**
Fellowship/Pot Luck 6 - 7 pm
Speaker 7:00 pm = **Mark (from AZ)**

contact Brett M. @ 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, Sept. 27, 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>

News From 156 Club:

Fellowship News

FLAS Board Opening

We still have 1 Board seat available. 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.

A Step 9 reflection... [Adapted from step intros by 156 Club 8-Z Squad leader Jake J.]:

“Hippocrates is credited with the phrase, "...to do good or to do no harm." In a practical sense, it advises us to do a risk and benefit analysis before committing to an action. The second part of Step Nine addresses this same sentiment. I want to make amends to the people I've harmed but I don't want to do so at the cost of doing them or others further harm.

When I was first sober, this appeared to me to be an easy escape clause, an excuse to procrastinate in making an amends to someone. As I have progressed in my sobriety, I realize that procrastination is not the answer to the task of Step Nine. The Step requires more creative thought than I first imagined. Finding ways to promptly make amends and still do no harm is now the goal I strive for. Staying sober is a good start toward making amends in general, but it does not always address the specific harm I may have done somebody.”

Please visit our website! 156AAClub.org

Club Service Opportunities

Intergroup Phone and Night Owl help needed: Please contact Paul B. for more information @ 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 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 pledge envelopes at the Club

FLAS 2021 Board of Directors

President – Dave G (daveg0010@gmail.com)

Vice President – Trevor 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 & GSR/Squad Liaison – Rich M (jrwalleye78@gmail.com)

Director & Literature – Open

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

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