

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



October, 2025

156AAClub@gmail.com

Website: 156AAClub.org

156 Club – *Recover with us!*

Welcome to the 156 Alano Club in Forest Lake! With approximately 25 AA, NA, and Alanon weekly meetings, we provide a welcoming space for those seeking recovery.

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.

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

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it

Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

News From 156 Club:

Fellowship News

- Great work, everyone! Pledge membership increased in September, helping to significantly reduce our financial deficit. We still have some ground to make up to rebuild savings, so every contribution counts. Remember, we are 100% self-supported through donations and Alano Society memberships.
- Halloween Party - October 25 at the 156 Club! Flyers with event details will be posted on the message boards throughout the house.
- Burger Night - Every Thursday at 5 PM. Come enjoy great food and fellowship! All proceeds support the 156 Club.
- Speaker Meeting - November 1, Fellowship/Potluck: 6-7 PM, Speaker: 7 PM
- New Fellowship Committee Forming! Interested in helping out? Contact Mike at 612-282-6526.

Step 10 and Tradition 10 Reflection

- *The 10th Step in Alcoholics Anonymous involves self-reflection and a commitment to promptly admitting when one is wrong. Step 10 of AA encourages individuals to take a daily inventory of their behavior, admit any promptly wrongdoing, and continue personal and spiritual growth. This step aims to maintain emotional sobriety and prevent the accumulation of resentments and unresolved issues.*
- *Tradition 10 of Alcoholics Anonymous (AA) and Al-Anon is about avoiding controversy and maintaining focus on the fellowship's common purpose. It states that AA and Al-Anon groups and members should not express opinions on outside issues, such as politics, religion, or alcohol reform.*

Club Service Opportunities

- Fall Clean-up scheduled on Sunday 10/26 @ 10am. Reach out to Zach U. if you are interested/able to help.
- 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 2024 Board of Directors

President – Trever B.

Vice-President – Abbey H.

Treasurer - Nick K.

Assistant Treasurer - Tanya S.

Secretary/Communications - Adam E.

Maintenance Coordinators - Zach U. & Jordan F.

Squad Liaison – Chuck K.

GSR/Intergroup Liaison – Andrew M.

Email us!