

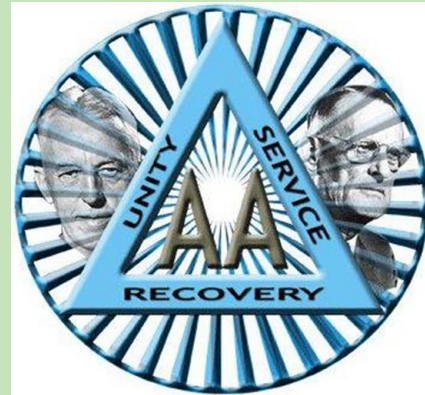
156 Club Newsletter

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



October, 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 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.”

OCTOBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						Fellowship & Speaker 1
Women's Workshop 2	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	Fall CleanUp 29
30	31					

FLAS / 156 Club events:

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

- **Next Speaker Meeting – Oct 1st**
Fellowship/Pot Luck 6 - 7 pm
Speaker 7:00 pm = **Seth**
contact Brett M. @ btfrstlk@gmail.com
- **Special Women's Recovery Workshop:**
“Boundaries for Recovery”
5 - 6 pm - Basement
contact Martin H. @ [651-276-7241](tel:651-276-7241)
- **Fall 156 Club yard clean up:**
11:30am - 2:30pm (or so)
- **FLAS Monthly Board Meeting**
(all welcome, Zoom link avail from Dave G.)
Tue, Oct 25, 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

New FLAS Board Members Elected

Please welcome Martin H. and Tanya S. to the FLAS Board! We thank them in advance for their service and wish them the best in their future with the Board. Please congratulate them both!

At our Annual Membership meeting on January 10th, we will as usual 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 10 reflection... [Excerpted from VeryWellMind.com/a-study-of-step-10, from Buddy T.]

What Is Step 10?

In step 10, personal inventory refers to emotional disturbances that can trigger a person to return to misusing drugs or alcohol. Watching for these disturbances on a daily basis—and taking a daily inventory—is an important part of recovery.

Step 10 helps to keep the spiritual house clean. All humans and are bound to make mistakes and errors. Owning up to those wrongs quickly settles the issue. Rather than weighing on the conscience or building up to produce greater consequence, the mistake is corrected promptly and the problem nipped in the bud.

Nobody likes to admit to being wrong, but it is absolutely necessary to maintain spiritual progress in recovery.

Please visit our website! 156AAClub.org

Club Service Opportunities

156 Club Fall Clean-Up: 11:30am on October 29th is the date for yard clean up. Contact David H. for info at (612)961-8992. Nov 5th is the raindate.

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 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– 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)