

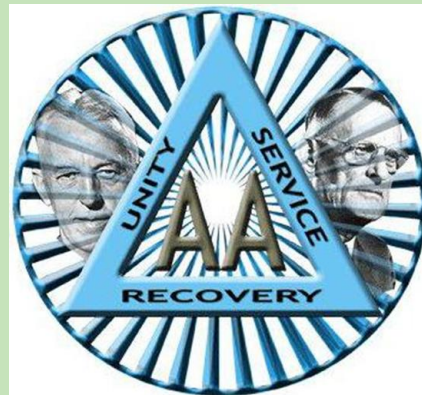
# 156 Club Newsletter

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)



**October, 2021**

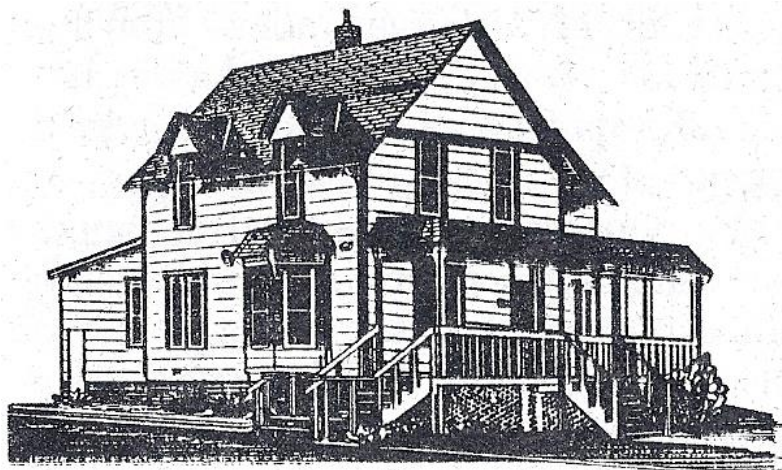
## 156 Club – Recover with Us!

*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 or a recovering alcoholic/addict.

The 156 Club is open to indoor and outdoor meetings! There are also some Zoom 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 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 2021						
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						

www.free-printable-calendar.com

### FLAS / 156 Club events:

- Club AA Meetings can be found at [156aaclub.org/schedule-1](http://156aaclub.org/schedule-1)
- **Next Speaker Meeting – Oct 2**  
Fellowship 6 pm  
Speaker @ 7pm = Rudy B.
- **156 Club Booya / Cribbage Tournament – Oct 9<sup>th</sup>**
  - Cribbage Tourney @ Noon
  - Booya served at 4pm (\$10 donation)
  - Speaker at 5:30 – Ricky J.
- **Chili Cookoff – 2pm, Oct 23<sup>rd</sup>**
  - Mike D's place in Shafer
- **Fall Clean Up – 1pm, Oct 30<sup>rd</sup>**
- **Squad Leader / Fellowship Committee Meeting:**  
Tues, Oct 12<sup>th</sup>, **8:00pm (new time!)**  
Contact Rich M. for more info.
- **FLAS Monthly Board Meeting**  
(all welcome, Zoom link avail from Dave G.)  
Mon, Oct 25<sup>th</sup>, 7:00pm Upstairs  
*[Note: Board mtgs have been moved to Mondays @ 7pm from Jun - Nov]*

### Other AA events:

- St. Paul Intergroup info:
  - <https://www.aastpaul.org/>
  - 24 hr AA call line: (651) 227-5502

# News From 156 Club:

## Fellowship News

### October 9<sup>th</sup> Booya and Cribbage Tournament at the 156 Club!

The 156 Club is having our 2<sup>nd</sup> fall Booya in October and this time we'll have a Cribbage tournament as well. Come join us for some competition & great food (a \$10 goodwill donation for the Booya is appreciated). **The Cribbage Tournament will start at 12 Noon. The food is being served around 4 pm, Ricky J is speaking at 5:30!** Contact Rich M. at 651-245-8594 / [jrwalleye78@gmail.com](mailto:jrwalleye78@gmail.com).

### 1st Annual Chili Cookoff! – 2pm, Oct 23rd

The Fellowship Committee will be hosting a Chili cookoff on Oct 23<sup>rd</sup> starting at 2pm. Just bring your pot of Chili to enter! Judging (ie. eating) will begin at 4pm. The cookoff will be held at Mike D.'s place in Shafer. Contact Rich M. 651-245-8594 / [jrwalleye78@gmail.com](mailto:jrwalleye78@gmail.com) for directions and any other info.

### A Step 10 reflection... [excerpted from <https://www.hazeldenbettyford.org/articles/step-10/>]:

*“The Twelve Step program of recovery from alcoholism and other addictions rests on a notion of spirituality that is not about having the “right” beliefs. Instead, it is about adopting daily practices that help people stay clean and sober”. “Here the word “inventory” means taking stock of our emotional disturbances, especially those that can return us to drinking or other drug use. Step 10 suggests that we watch for these disturbances every day and make an immediate response. Taking a daily inventory is important to all people, but especially to those in recovery.”*

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

Send comments or questions about the site to Dave G. at [156AAClub@gmail.com](mailto:156AAClub@gmail.com).

The 156 Club does not take contributions from outside the club, other than for service to the house. We really appreciate your contributions at meetings, your FLAS Dues and your support in all other ways!

## Club Service Opportunities

**FALL CLEAN UP:** Sat, Oct 30<sup>th</sup> is the day to rake and clean up the 156 Club property! Join us at 1:00 pm. Bring your rakes, etc! Contact Dave H if you have specific skills to contribute.

**FLAS Board Openings for 2022:** The Board will have 3 members who's terms are expiring this January. If you are interested in helping our house with Board service, please talk to any Board director listed on this nRudyewsletter.

**Support your FLAS:** Please consider an FLAS membership. The membership cost will remain at \$60/yr minimum or \$5/mo.

### **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** – Jackie G ([gavettj@gmail.com](mailto:gavettj@gmail.com))

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

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

**Treasurer** – Chuck K.  
([Charles.Kropelnicki@dieboldnixdorf.com](mailto:Charles.Kropelnicki@dieboldnixdorf.com))

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

**Director & Intergroup Liaison** – Brett M.  
([btfrstlk@gmail.com](mailto:btfrstlk@gmail.com))

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

**Director & Literature Coordinator** – Paul S.  
([pjfs60@yahoo.com](mailto:pjfs60@yahoo.com))

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