

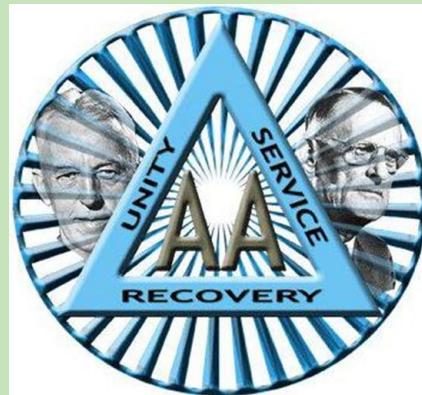
156 Club Newsletter

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



January, 2022

156 Club – *Happy New Years!*

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.



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 1: “We admitted we were powerless over alcohol - that our lives had become unmanageable.”

Tradition 1: “Our common welfare should first; personal recovery depends upon A.A. unity.”

JANUARY 2022						
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					

FLAS / 156 Club events:

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

- **FLAS Annual Meeting 2022**
Tues, Jan 11 @ 8pm, basement
Open to all
- **Next Speaker Meeting – Jan 1st**
Fellowship 6 pm
Speaker @ 7pm = Crysil D.
- **Squad Leader / Fellowship Committee Meeting:**
Tues, Feb 8th, 8:00pm
(NO Jan meeting due to FLAS Annual Mtg)
- **FLAS Monthly Board Meeting**
(all welcome, Zoom link avail from Dave G.)
Tue, Jan 31st, 7:00pm Upstairs
[Note: Board mtgs have been moved back to Tuesdays]

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

Outgoing message from FLAS President, Jackie G:

"Serving on your Board of Directors the past 3 years has been a pleasure and great experience for me. I have met some fantastic people in the program and made some great friendships. I have been able to be a part of a team that all have the same goals to give back to a house, and those in it that have done so much for us.

My main goal in joining the Board of Directors of the 156 Club was to stay sober by doing service work. I soon realized that not only did it help me stay sober, but it helped me be a part of something bigger. Being on the Board gave me the opportunity to help keep a house functioning for many others to stay sober plus so much more including fellowship events. I am always reminded that this is not a "me" program, but a "we" program and we need the "we" to continue the progress that was started so long ago.

I will forever be grateful for the opportunity that was given to me to serve. As your out-going President, I wanted to thank you for allowing me to be a part of this club and I look forward to what our Board of Directors will keep doing to improve this house of recovery! If you have thought about joining the Board before, or are considering it now, I strongly encourage you to do so. The sacrifice is small compared to the what you will get in return!"

2022 Annual Society Meeting - Jan 11th:

The Annual Meeting of the Forest Lake Alano Society will be held at 8pm on Tues, January 11, 2022. We will review of our financials, elect 3 new Board Members and get your input! We will also be setting up a Zoom connection to this meeting if needed. Please get the link from Dave G. at Daveg0010@gmail.com.

A Step 1 reflection... [From weekly step introductions by 156 Club Squad 8-Z leader, Jake J.]:

"I have heard it said many times that the only Step we alcoholics need to do perfectly is this First Step. We repeat these Steps to remind us that this is a life-long plan for living, not a one and done. I try to think about Step One every day to remind myself that I will always be an addict. I cannot be cured, but I can be treated for this disease. These Steps and this fellowship are my treatment!"

Please visit our website! 156AAClub.org

Send comments or questions about the site to Dave G. at 156AAClub@gmail.com.

The 156 Club only takes contributions from those in our AA squads, 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

FLAS Board Openings for 2022: We have 3 Board openings in January. We are also looking for a **Squad Liaison** and **Fellowship Committee Chair**. Please contact a Board member for details!

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)

Vice President – Dave G (daveg0010@gmail.com)

Secretary – Trever B. (arsbud@hotmail.com)

Treasurer – Chuck K.
(Charles.Kropelnicki@dieboldnixdorf.com)

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

Director & Intergroup Liaison – Brett M.
(btfirstlk@gmail.com)

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

Director & Literature Coordinator – Paul S.
(pjfs60@yahoo.com)

Director & Squad Liaison – Rich M
(jrwalleye78@gmail.com)