

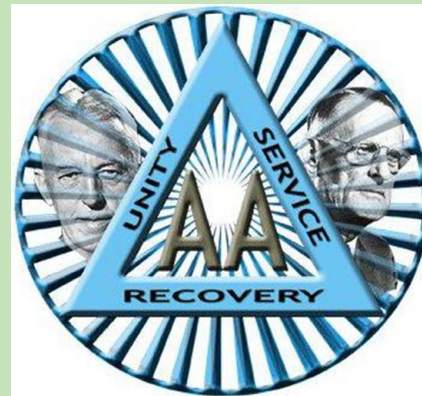
# 156 Club Newsletter

## 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



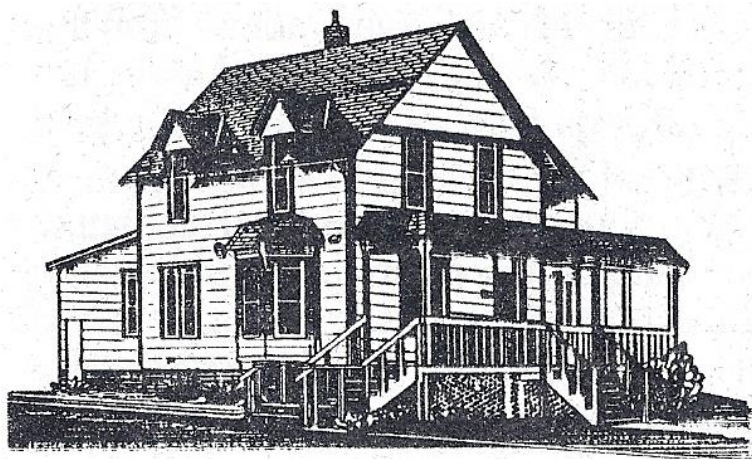
June, 2020

## Welcome BACK to the 156 Club!

### *A new beginning every day!*

Following the State's updated Covid-19 guidelines, we have reopened the 156 Club to meetings as of June 1<sup>st</sup>. **We must require mask use in the house** and when gathering near others outside. Space for indoor meetings is restricted to a smaller number. Even with these safety protocols in place, no public gathering is without risk. We hope you will carefully consider your health and the health of those around you as you decide if you can attend a meeting.

The 156 Club is home to 27 AA or Alanon open and closed meetings for those in recovery and those with a loved one who is an addict/alcoholic or a recovering addict/alcoholics.



Providing a Safe Place for Recovery Since 1975

*The 156 Club is administered by the Forest Lake Alano Society as a safe place for 12 Step meetings and those in recovery.*

**Step 3:** "Made a decision to turn our will and our lives over to the care of God as we understood him"

**Tradition 3:** "The desire to stop drinking is the only membership requirement."

## JUNE 2020

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					

## AA Calendar

### **FLAS / 156 Club events:**

- FLAS Board Meeting (all welcome) – Last Tuesday of the month at 7:00pm (**Note: Board meetings are via Zoom. To attend, please contact Dave G for a link to the meeting.**)
- Speaker Meetings (**On Hold**)  
- 1st Saturday of the month @ 7:30pm with 6pm potluck
- Squad Leader Meeting  
- TBD (**coming soon**)

### **Other AA events:**

- St. Paul Intergroup Spring Fling is **Canceled**
- Gopher State is **Canceled**
- The joint event of the Mpls/St Paul Intergroups' "THE FELLOWSHIP WE CRAVE" in June is **Canceled**.
- 2020 International Convention in July is **Canceled**.
- Other St. Paul Intergroup Events and regional info:  
- <https://www.aastpaul.org/>

# From the FLAS BOARD:

## *The Forest Lake Alano Society is YOU!*

The Board wishes to thank all members of our Forest Lake Alano society for the financial support given to the 156 Club with your membership! A big thank you also to others of you for your gifts of service and sobriety. If you are not a current FLAS member, please consider pledging. If you are a current member, please consider increasing your contribution. Each of your gifts make the 156 Club a place of comfort and hope for all of us. To become a FLAS member, just fill out the form you can find in the common area of the Club and pay the \$60 membership (\$5/mo). Many members are able to contribute even more.

**Please welcome Rich M, our newest member of the Board!** Rich has been attending meetings at the 156 Club for over 6 years and is the Squad leader for the 9am Sunday morning AA meeting. He has experience with other AA houses as well, so he brings some other ideas to the table. We thank Rich for stepping up to fill our Board vacancy and hope you give him your support!

### ***COVID-19 and the 156 Club***

The past few months have been difficult for all of us, but probably most difficult for those new to recovery or struggling with their sobriety dealing with the new stresses that this Covid-19 health crisis has brought us. Please reach out to those who may be in need of your fellowship.

We have asked the Squad leaders to continue to provide Zoom alternatives for members who are still not comfortable attending in-person meetings. Please ask your squad leader for this option.

So that we can connect better, please share your email address with the Board. We will keep this confidential and only use it in a "blind copy" mode. E-mail our Secretary, at Daveg0010@gmail.com. Thank you in advance for your understanding and support.

Remember to:

- Take advantage of On-Line 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.

### 2020 FLAS Board of Directors

**President** – Brett M. (btfrstlk@gmail.com)

**Vice President** – Chuck K.  
(Charles.Kropelnicki@dieboldnixdorf.com)

**Secretary** – Dave G. (daveg0010@gmail.com)

**Treasurer** – Jacki G. (gavettj@gmail.com)

**Asst. Treasurer** – Phil B.

**Director** – Brian K. (briank@tcicompanies.com)

**Director** – David H. (dvdhgn@aol.com)

**Director** – Gary T. (gt.interiors54@gmail.com)

**Director** – Rich M (jrwalle78@gmail.com)

If you have suggestions for improving our 156 Club please talk to any Board member or send us a note!

Join the Forest Lake Alano Society for \$5/month. This is a great way to enhance your recovery through service! Look for pledge envelopes in main gathering area.