

Edmonton Alcoholics Anonymous Central Office

#205, 10544—114 ST

Edmonton, AB, T5H 3J7

Office Hours: Monday through Friday 8.30 AM- 4.30 PM

Telephone: (780) 424 5900 Phone Service until midnight 7 days a week

www.edmontonaa.org Information, News, Meeting Lists, Calendar of Events More than an information center......

Central Office sells a number of Items

Alcoholics Anonymous Books, Grapevine Books, Pamphlets, Slogans, Newcomer Packages, Committee Information, Cards, Laminating Service, Group Handbooks, CDs, DVDs, Chips, Medallions, Engraved Medallions and Meeting Directories. <u>Volunteer Opportunities:</u>

To sign up as a volunteer for 12 Step Calls, go to our website

http://edmontonaa.org/contact/12-stepcalls/

TST Publisher Daniel R., Rainbows To Recovery

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Subscribe to the Twelve Step Times online

12steptimes.com

We are glad that our December Service Edition of the Twelve Step Times was such a success. It is still available for download at

www.edmontonaa.org



Please keep in mind that there is no official way of doing the Steps. The instructions are found in the book "Alcoholics Anonymous" and it is suggested to go through the Steps with a sponsor. We hope, however, that some of the suggestions on how to approach the steps prove helpful to you or others.

> Source of this Step 6 Guide: http://www.barefootsworld.net

In the Big Book, all of Step Six can be found in the first paragraph of page 76. The first line says:

"If we can answer to our satisfaction, we look at Step Six."

If we can answer WHAT to our satisfaction? The Book is talking about the questions in the last paragraph of the page before this, page 75. These are the questions we ask ourselves when we take the hour of reflection AFTER we do our Fifth Step by asking us to review whether or not we were thorough and honest in completing the first five Steps. So the Sixth Step is done IMMEDIATELY after taking the hour of quiet time after the Fifth Step.

Starting with the second line on page 76, the book now makes a statement and then asks us two simple questions:

"We have emphasized willingness as being indispensable (which means absolutely essential. What follows is the FIRST question). Are we now ready to let GOD remove from us all the things which we have admitted are objectionable? (And here is the SECOND question) Can He now take them all - everyone? If we still cling to something we will not let go, we ask God to help us be willing."

So in the last three sentences here the book asks us two questions, and depending upon what our answer is FOR these two questions, will depend upon whether we need to involve the last sentence. According to the "Big Book", immediately after we do our Fifth Step, it will be decision time once again.

After going over Step Six in the Big Book, the person or person's hearing your Fifth Step will ask you the first Sixth Step question, which is for nothing more than the WILLINGNESS, or to be entirely ready, to have God remove the defects of character that block us off from our Higher Power working in and through us. These "unsalable goods" or "shortcomings" were disclosed in our Fourth and Fifth Steps. Take a moment of silence to reflect on whether you are entirely ready, by asking yourself if you are willing to let God help you with these defects.

After you answer the first Sixth Step question, whoever is hearing your Fifth Step will ask you the second Sixth Step question, which is if you believe that the God of your own understanding is capable of now taking them all - every one.

Notice that the Book says in the last line of the first paragraph on page 76, that if there is still a defect of character that we are NOT willing to ask God to help us with, we pray for the willingness. That is all there is to the Sixth Step: Is the God of my own understanding capable of removing my defects, and am I willing to ask my Higher Power to help me with these shortcomings? If I am NOT yet entirely ready to turn over one or more of these human failings to my Higher Power, I pray to ask God to help me become willing.

If you are NOT willing to go to God with one or more of these defects, please remember to pray daily for the willingness and it WILL come, but still go on to Step Seven with the REST of the flaws you ARE willing to let God help you with.

Tradition 6 "We don't need money."

"An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

The sixth of our 12 Points of A.A. Tradition is deemed so important that it states at length the relation of the A.A. movement to money and property.

Too detailed to print here, this Tradition declares in substance that the accumulation of money, property and the unwanted personal authority so often generated by material wealth comprise a cluster of serious hazards against which an A.A. group must ever be on guard.

Tradition 6 also enjoins the group never to go into business nor ever to lend the A.A. name or money credit to any "outside" enterprise, no matter how good. Strongly expressed is the opinion that even clubs should not bear the A.A. name; that they ought to be separately incorporated and managed by those individual A.A.s who need or want clubs enough to financially support them.

We would thus divide the spiritual from the material, confine the A.A. movement to its sole aim and insure (however wealthy as individuals we may become) that A.A itself shall always remain poor. We dare not risk the distractions of corporate wealth. Years of experience have proven these principles beyond doubt. They have become certainties, absolute verities for us.

Thank God, we A.A.s have never yet been caught in the kind of religious or political disputes which embroil the world of today. But we ought to face the fact that we have often quarreled violently about money, property and the administration thereof. Money, in quantity, has always been a baleful influence in group life. Let a well meaning donor present an A.A. group with a sizeable sum and we break loose. Nor does trouble abate until that group, as such, somehow disposes of its bank roll. This experience is practically universal. "But," say our friends, "isn't this a confession of weakness? Other organizations do a lot of good with money. Why not A.A.?"

Of course, we of A.A. would be the first to say that many a fine enterprise does a lot of good with a lot of money. To these efforts, money is usually primary; it is their life blood. But money is *not*the life blood of A.A. With us, it is very secondary. Even in small quantities, it is scarcely more than a necessary nuisance, something we wish we could do without entirely. Why is that so?

We explain this easily enough; we don't need money. The core of our A.A. procedure is "one alcoholic talking to another," whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all A.A. needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars a piece a year, easily met by voluntary contributions. Trivial indeed, *our*expenses!

Nowadays, the A.A. group answers its well wishers saying, "Our expenses are trifling. As good earners, we can easily pay them. As we neither need nor want money, why risk its hazards? We'd rather stay poor. Thanks just the same!"

Bill W., Grapevine Editorial, May 1948



On behalf of AA as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognises that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

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The General Service Conference and the Trustees are organized very much like a modern corporate structure. It is necessary to have qualified and dedicated people to maintain AA's Twelve Traditions at a global level. The reason the corporate model was chosen is because it has proven to be the most effective in matters of policy, business and finance. One of the reasons that the Conference exists is because individual groups would not be able to manage it on their own, unless they are willing to spend a great deal of time and responsibility on the matters at hand. Anyone who has ever been to a business meeting or steering committee meeting knows that the process is sometimes slow and awkward; that combined with the fact that a lot of us don't really have a concept of global perception.

It is important, however, to carefully consider how much authority and responsibility must be granted. It is not only for the direction they choose today, but how that will impact the future integrity of AA throughout the world. It is very important that the Trustees clearly demonstrate professional and financial skills that will ensure that we are capable of true present and future leadership. The decision to appoint Trustees is based on a great deal of experience. This is important; matters affecting us on this level can not be made by people who do not have a full understanding of the groups Statement of Purpose. Again, this is not only important for today, but also to maintain the structural integrity so that alcoholics seeking recovery in the future may share the singleness of purpose that we have.

We all know that it is important to grow and change. This is true not just on a personal level. In the present, we have the ability and the responsibility to ensure that the organization of Alcoholics Anonymous not only endures, but continues to grow and thrive. That is the responsibility we have to the alcoholic who still suffers. And to do this we need dedicated, experienced people doing the kind of service which is required.

Brian C Sunny Dunes 5th Tradition Group, Palm Springs



Shifters



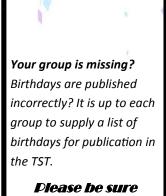


60 Mins To Sobriety	
Last Sunday	
Ayla P.	1
Ken P.	1
Bill L.	16
Cheryl W.	28
Beaumont Friday	
Last Friday	
Lori B.	6
Ross	6
Beverly	
3rd Friday	
Ken G.	6
Shirley C.	27
Breathe Easy	
First Friday	
Cece C.	1
Chris C.	20
By The Books Group	
Linda H.	1
Campus Group	
Last Monday	
Renee D.	26
Sherry Y. 🏮	30
Webb D.	34
Randy M.	35
Capilano	
1st Thursday	
Kevin F.	32
Clareview BB Study	
Last Wednesday	
Don M.	2
Ron B.	2
Daily Reflections	
Last Wednesday	
Courtney	5
Sheldon B.	19
Eastwood Group	
2nd Monday	
Mary-Jane L.	40
Fulton Place	
Last Friday	
Jordan M. 🛛 💧	2
Jasper Place	
Last Tuesday	
Rick C.	28
Tom B.	39

Love At Work	
3rd Wednesday	
Rob B.	4
Millwoods Group	
First Tuesday	
Leslie S.	2
Jerry S.	27
Mustard Seed	
Last Sunday	
Harvey 🧧	25
North Edmonton Grou	цр
Last Thursday	
Bill W.	28
Providence Group	
Last Wednesday	a -
Stan V.	35
S.A. Sunday Breakfast	
Last Sunday	
Cam M.	10
Melly	30
S.A. Sunday Step St	uay
Last Sunday	
Glenn B.	1
Danielle A.	5
Edna B.	6
S.A. Tuesday Night	
1st Tuesday	
Vicki	7
Steve C.	15
S.P. 12 Steps To Ser	enity
Last Monday	
Jeff D.	5
Lorraine M.	24
S.P. Happy Hour	
Last Friday	
Rick M.	6
S.P. Millshaven	0
Last Wednesday	
Paul B.	6
Kathy M.	13
Brian B.	29
010	

Shinters	
Last Saturday	
Dana	2
Michelle	3
Todd B.	6
Scott M.	7
Bob B.	12
Ron C. 👔	12
Janet P.	29
Southside	
3rd Friday	
Chrissy M	1
Hannah	1
Melody B. 📍	2
Carrie G.	9
Mike A.	22
S.S.Y.P.	
Last Sunday	
Virginia H.	11
John M.	12
Strength & Hope 👔	
Last Tuesday	
Raymond C.	7
The Why	1
Last Saturday	
Christine	6
Linda P.	17
Linda P. Jim R.	17 33
Jim R.	
Jim R. West End	
Jim R. West End Last Wednesday	33
Jim R. West End Last Wednesday Tim N.	33 3
Jim R. West End <i>Last Wednesday</i> Tim N. Rick S.	33 3 8
Jim R. West End Last Wednesday Tim N. Rick S. Patti K.	33 3 8 9
Jim R. West End Last Wednesday Tim N. Rick S. Patti K. Gisele S.	33 3 8 9
Jim R. West End Last Wednesday Tim N. Rick S. Patti K. Gisele S. Westgrove	33 3 8 9
Jim R. West End Last Wednesday Tim N. Rick S. Patti K. Gisele S. Westgrove Last Sunday	33 3 8 9 16
Jim R. West End Last Wednesday Tim N. Rick S. Patti K. Gisele S. Westgrove Last Sunday Dave M.	33 3 8 9 16
Jim R. West End Last Wednesday Tim N. Rick S. Patti K. Gisele S. Westgrove Last Sunday Dave M. Peter K.	33 3 8 9 16
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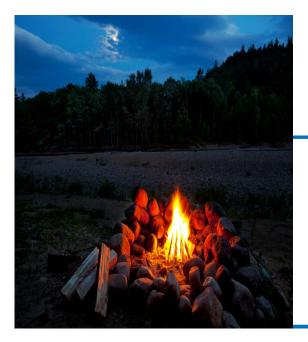
Central Office has your latest, updated birthday list. There are almost 200 meetings per week in the greater metropolitan area and we are not able to hunt for

Information. Please do your part so we can better serve YOU.

Groups that celebrate on the first meeting of the month will have last months birthdays published.

Please contact us:

780-424-5900 edmontonaa@hotmail.com



LIST OF EVENTS

ALCOHOLICS ANONYMOUS

Edmonton A.A. Central Office 780-424-5900 #205 10544 - 114 St. NW Edmonton AB T5H 3J7 Open: Mon-Fri 8:30 - 4:30 pm

For detailed information.

Visit us online at

www.edmontonaa.org

Colored copies of poster packs \$3.00

DATE	EVENT	More Info
<u>JUNE 5-7th</u>	2nd ANNUAL AA FAMILY CAMPOUT	SUGGESTED 7th FEE \$20/PERSON
<u>HAY RIVER</u>	<u>BRING YOUR OWN FOOD</u>	MORE INFO:
<u>ESCARPMENT CREEK</u>		867-875-7248
<u>JUNE 5-7TH</u>	23RD ANNUAL CAMPOUT & SPRING	REGISTRATION \$25
<u>ATHABASCA</u>	<u>ROUNDUP</u>	CAMPING FREE
	<u>20 KM NORTH OF ATHABASCA HWY #2</u>	RAY 780-690-6724
<u>JUNE 6</u>	AA & ALANON ROUND~UP	\$25 INCLUDES BANQUET, LUNCH
<u>CYPRESS HILLS</u>	<u>"A DESIGN FOR LIVING"</u>	PROVIDED 7TH TRADITION
	<u>ELKS HALL 521 FIFTH AVE</u>	JANET @ 306-662-4357
<u>JUNE 12-14th</u>	<u>17th ANNUAL FAMILY CAMP OUT</u>	\$45/FAMILY \$20/PERSON
<u>DIDSBURY</u>	ROSEBUD COMMUNITY HALL	\$15 SUPPER ONLY
	<u>COME ONE COME ALL</u>	C.C.O. @ 403-777-1212
<u>JUNE 13</u>	SUIT UP & SHOW UP GROUP	CAMPFIRE MEETING @ 8PM
<u>16503 103 AVE</u>	<u>ANNUAL BAR b QUEER</u>	GREAT FOOD & FELLOWSHIP
<u>EDMONTON</u>		50/50 DRAW
<u>JUNE 13</u>	JELLINEK SHOW&SHINE	\$10 REGISTRATION-VEHICLE
<u>113 St 100 AVE</u>	<u>RECOVERY HOUSE</u>	LEONARD @ 780-430-7434
<u>EDMONTON</u>	<u>FUNDRAISER CAR SHOW</u>	OR 780-488-1160
<u>JUNE 12-14</u>	<u>34th ANNUAL GRATITUDE ROUNDUP</u>	FULL WEEKEND \$75
<u>GLENMORE</u>	<u>2720 GLENMORE INN</u>	Registration only \$25
		Contact C.C.O.403-777-1212
<u>JULY 17-19</u>	EDSON & AREA BACK TO BASICS	COST \$50 FOR FULL WEEKEND
<u>EDSON</u>	<u>ROUNDUP & CAMPOUT</u>	\$25 FOR KEYNOTE & BANQUET
	<u>PINEGROVE HALL</u>	CALL PAT 780-723-6652
<u>JUNE 19-21</u>	MAREAN LAKE CAMP ROUND UP	CABINS \$20/NIGHT
<u>CHRIST KING CAMP</u>	<u>"GET HOOKED ON AA"</u>	ELECTRICAL \$10
<u>26km south TISDALE</u>		EMAIL-
JUNE 19-21	84St PRESENTS CARDIFF AA ROUNDUP	WEEKEND/\$35 KIDS 7-14 \$25
<u>CARDIFF, ALBERTA</u>	<u>CAMP OUT</u>	LAWRENCE @ 780-266-0871
		E.C.O. @780-424-5900

JUNE 19-21	"TRUE COLORS"	TICKETS \$25 INCLUDES SAT BBQ &
		KEYNOTE . KEVIN C. SAN ANTONIO
<u>SANDHILLS ROAD</u>	<u>RAINBOWS TO RECOVERY 2nd ANNUAL</u> ROUNDUP	CALL IAN K 780-257-4649
<u>HWY 16 A WEST</u>	<u></u>	
<u>JUNE 26</u>	<u>2015 SANDY BEACH ROUND UP</u>	THE 7TH TRADITION IS OBSERVED
<u>25 km west of</u>	"EASY DOES ITbut do it"	REGISTRATION 7:30PM JUNE 26
<u>MORINVILLE</u>		CALL DENISE 780-913-9036
<u>SANDY BEACH</u>		CAMPING SPACE AVAILABLE
<u>JUNE 28</u>	ANNUAL ALANO CLUB CHARITY	TICKETS \$150
<u>EDMONTON GARRISON</u>	FUNDRAISER	BBQ STEAK LUNCH
<u>MEMORIAL GOLF CLUB</u>	TEXAS SCRAMBLE TEE OFF 9AM	CONTACT ALANO CLUB
<u>JULY 10-12</u>	<u>RECOVERY THROUGH GIVING BACK</u>	\$30 ENTIRE WEEKEND &BANQUET
<u>STETTLER, AB</u>	<u>34th ANNUAL ROUNDUP</u>	MANY HOTELS & MOTELS AROUND
	<u>NEVIS COMMUNITY HALL</u>	CALL KAT @ 403-742-1887
<u>JULY 12</u>	STAMPEDE BREAKFAST	4015- 39A AVE SW
<u>CALGARY, AB</u>	PRESENTED BY CALGARY	COST 7TH
	CENTRAL OFFICE	DARYL @ 403-228-1520
		C
<u>JULY 24-26</u>	27TH ANNUAL CONSORT CAMPOUT	REGISTRATION \$20/PERSON
<u>GOOSEBERRY LAKE</u>	AA & AL-ANON	CAMPING \$15 PER NIGHT SITE D
<u>PROVINCIAL PARK</u>		403-575-5623MORE INFO
AUGUST 7-9	DISTRICT 20 WAINWRIGHT	ROUND UP IS 7TH TRADITION
RIVERDALE MINI PARK	ANNUAL CAMPOUT	RESERVATIONS 780-842-2996
20KM NORTH OF		CALL JANICE 780-915-8433
WAINWRIGHT		
<u>AUGUST 21-23</u>	<u>8TH ANNUAL YOUNG AT HEART</u>	FELLOWSHIP, POTLUCK, SWIMMING
<u>MANITOU DISTRICT</u>	<u>AA CAMPOUT ROUND UP</u>	EMAIL: STEFANLS2@HOTMAILCOM
<u>REGIONAL PARK</u>		CAMPISTE 306-946-2588
<u>WATROUS SASK</u>		
<u>AUGUST 28-30</u>	1ST ANNUAL INNISFAIL CAMPOUT	REGISTRATION \$20 PER PERSON
<u>ANTLER HILL</u>	<u>" KEEP IT SIMPLE "</u>	NO HOOKUPS NO FIRES
<u>COMMUNITY HALL</u>		CALL TOM 403-227-6717



Westmark Whitehorse Hotel & Conference Centre

201 Wood Street Whitehorse, Yukon Canada Y1A 2E4 (867) 393-9700

Group Code: WECA091015

September 11- 13, 2015

Friday: 7pm - 10pm Saturday: 9am - 9:45pm Sunday: 9am - 12pm

First Time Orientation

We especially welcome you if this will be your first Regional Forum. There will be an orientation session for first-timers right before the Forum starts, and we have a special firsttimer handout just for you.

Sharing Sessions/Ask-It Basket

What have you been wondering about? Come up to the mike, maybe others have been wondering too. Share your thoughts and ask your questions. If you don't want to come to the mike, you can write out your comment or question and drop it into the "Ask-It" Basket.

Presentations

You will hear presentations covering topics such as A.A. Around the World, Self-Support and Carrying the Message. Each presentation features hand-outs and time for questions and answers. It's a great way to get to know members of the General Service Board, Directors, and Staff and Directors from the General Service Office and A.A. Grapevine.

A.A. Grapevine / La Viña

Meet the Staff from A.A. Grapevine and La Viña, "our meetings in print" and learn how the magazines carry experience strength and hope to A.A. members in a vast number of settings. You can learn how to contribute stories and participate as a Grapevine/ La Viña representative.

Workshops

The workshop topics come from recommendations made by Forum attendees the last time we were in your Region. Usually some workshops cover practical "how-to" topics and others deal with themes related to unity, recovery and service. At the end of the Forum we will ask you for ideas for the next Forum in your Region.

First Time Forum Attendees

Those of you attending your first A.A. Regional Forum, are especially welcome! Come and meet other A.A. members and learn about the rich variety of service opportunities that our Fellowship offers. Whether you are new to service or have been sober and active in A.A. service for years, the Regional Forum experience is a wonderful way to learn and share about our worldwide life-saving Fellowship.

More than a Presentation

Presentations cover topics such as A.A. Around the World, Who are Our Trustees and What Do They Do? Your General Service Office how it helps my group carry the A.A. message? Self-Support, and much more. Most presentations features hand-outs and time for questions and answers.

Workshops, we need your voice

Regional Forums provide a great opportunity for members to exchange group, district, area and regional experience. You will find that Area Delegates and committee members also come to listen and share their experience.

Spiritual Principles Practical Experience

As we all know, communication –one alcoholic talking to another is the vital link for all of us in A.A. Regional Forums create another important link in that chain. Whether it is a one-on-one chat during a coffee break, asking a question at the microphone during a Sharing Session, or just absorbing information, each member's attendance at these Forums helps to further our primary purpose—staying sober and helping other alcoholics to achieve sobriety.

 $\hat{\mathsf{A}}$ Would you like to become involved in service work within and see if this is the kind of service work you would like to AA? Our committee (PI/CPC) meets the last Wednesday do, keeping within our A.A. Traditions: of every month at the Alano Club (10728-124 St.) at 6:30 **p.m**.

Public Information (PI) in Alcoholics Anonymous means attraction rather than promotion; we need always maincarrying the message of recovery to the still-suffering tain personal anonymity at the level of press, radio, films, standard alcoholic by informing the general public abo**ut** the A.A. *(and electronic media)* 🗱 program. We carry the message by getting in touch with the media, schools, industry, and other organizations which can report on the nature and purpose of A.A. and http://edmontonaa.org/contact/public-information/ what it can do for alcoholics.

Cooperating with non-alcoholic professionals (CPC) is another effective way to carry the message to the sick alcoholic. Through professionals such as health care workers, alcoholics may be reached who might otherwise never find the A.A. program, or they may be reached sooner with the help of informed non-A.A. personal. If you would like to assist our committee in reaching out to non-A.A. individuals, please drop in and attend one of our meetings

Tradition Eleven -- Our public relations policy is based on

You can get in contact with the committee at

http://edmontonaa.org/contact/contact-c-p-c/



NEW GROUP

TUESDAY NIGHT SPECIAL

BIG BOOK STUDY

TUESDAY 7:30 PM

CHAPTERHOUSE

8318-104 ST, EDMONTON

STRATHCONA BAPTIST CHURCH

BREATHE EASY MOVED!

New address:

9009-163 ST NW

Hosanna Lutheran Church

(Closed meeting, Wheelchair accessible)

FRIDAYS 8:00 PM

VISIT A GROUP THAT NEEDS YOUR SUPPORT

NORWOOD GROUP Wednesday 8 PM 9516 114 Ave LAST CHANCE GROUP Thursday 8 PM 11004 96 St. NW St. Peter's Lutheran Church JELLINEK JUMP~START Wednesday 8 ΡM 11229 100 Ave Side Door Bsmt RIO TERRACE GROUP Monday 7:30 PM 15108 76 Ave Bsmt Rio Terrace Moravian Church LAST CALL GROUP Wednesday 7:30PM 8801 163 St. NW Jasper Place Baptist Church

To the Fog and the Redwoods

At the end of his drinking, he went home, thinking it was to die

Giving a gift?



orving a girt.

Buy a gift subscription

GRAPEVINE Quote of the Day

"My concept of a higher power is the power of good."

Pasadena, Calif., April 1978 "The Power of Good," Spiritual Awakenings

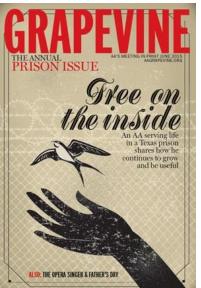
"There has got to be another way to live," I thought aloud as I stared at my haggard reflection in the mirror on the morning of November 16, 2010. I was coming off another bender to which I could recall very few specifics. It started with one beer with dinner on my birthday and it ended four weeks... Read more

The June Issue of Grapevine Is Here

This month's magazine is our annual prison issue

It can't be easy to get sober and stay sober in prison, especially when many institutions don't even have meetings. We get letters from inmates all the time who express their gratitude that Grapevine is

sometimes their only lifeline to



sobriety. This month's special section features stories of hope from our members inside and outside of prison.

Subscription Options



Select Country 🚽

A Meeting Anytime

- Share & Pass it On
- Buying multiple copies? Click here for pricing chart.



Online



 Online edition of monthly Grapevine magazine

 8-10 new online stories added each month

\$34.97

 Access to archives 1944-present

Audio recordings of stories

Grapevine Complete



- Combines both the print magazine and complete online access
- 12 issues of GV print and online
- 12 issues of audio recordings
- 6 issues of La Viña online

\$49.97