

Here are the instructions on how to connect using the Lifesize App:

- 1) Open the app and login with your account info or access as a guest
- 2) Click "Call"
- 3) Type in the name OLFFor the number 982044then click "Start with Camera On" or "Start with Camera Off"

* You can mute and unmute your microphone or video during the meeting by pressing the icons that appear on the meeting screen.

* You can leave the meeting by clicking the phone icon on the meeting screen or clicking on the X in the upper right of the window.

Here are the instructions on how to connect using a web browser:

- 1) To connect through your web browser (Google Chrome on Android, MacOS or Windows, Microsoft Edge on MacOS or Windows, or Apple Safari on iOS or MacOS) click this link to join the meeting <https://call.lifesizecloud.com/982044>. If promoted, you will also need to have the LifesizeCloud app installed (free download option will be offered when you click the login link)
- 2) You will participate as a guest. If prompted, type in your name. The call extension should already be filled in (982044). You do not need to enter an email address. Press the "Next" button to continue.
- 3) In the new window, choose the options for video and audio then press the "Join" button.* You can mute and unmute your microphone or video during the meeting by pressing the icons that appear on the meeting screen.

* You can leave the meeting by clicking the phone icon on the meeting screen or clicking on the X in the upper right of the window.

Here are the instructions for how to call in by phone:

United States: Toll Free 1 (877) 422-8614 , meeting extension 982044#United States: +1 (312) 584-2401, meeting extension 982044#Other ways to call:
<https://call.lifesizecloud.com/otherways/9482044>

Tips for Participating

- Whatever computer or device you use will need to have a webcam and microphone if you want to be seen and heard during the meeting.
- The connection works best if you are actually plugged into the internet by a cable; the video connection takes a large bandwidth that can really slow-down on wifi.
- Using a headset may also be helpful depending on how the sound works (sometimes there is a lot of echo oth-erwise).
- Know how to mute your microphone whenever you are not speaking.

- Realize there is a slight transmission delay between sites so it may take a few moments for you to be heard if you ask a question or when praying along with the group.

If you have any questions please feel free to email [Hannah Gonneville](#).