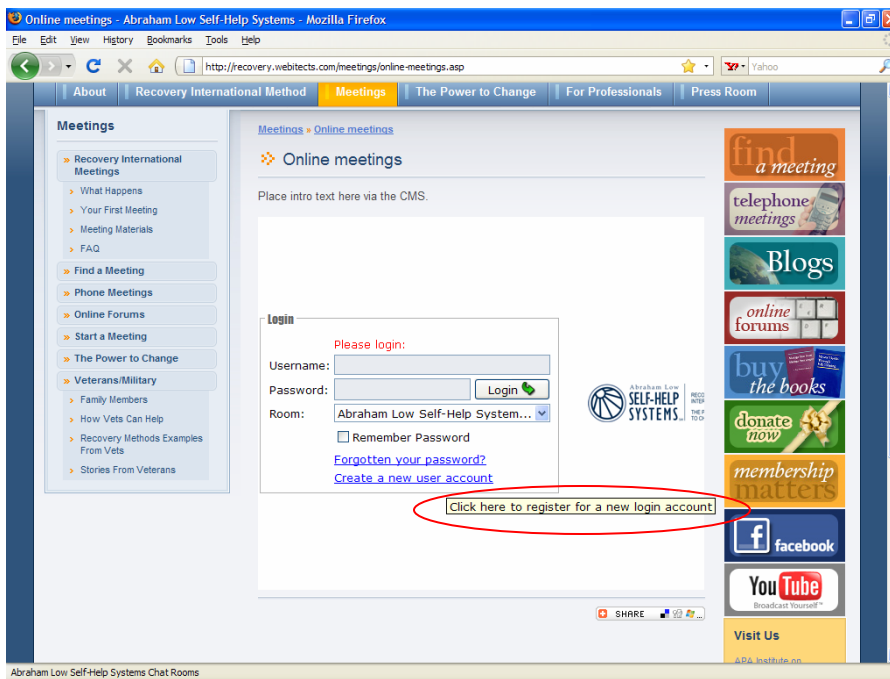
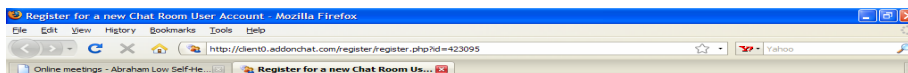


Setting Up a Username/Password for Abraham Low Self-Help Systems Chat Room

1. Navigate to the login page at <http://www.lowselfhelpsystems.org/meetings/online-meetings.asp>. Click on the link "Create a new user account."



That will bring up the registration page.



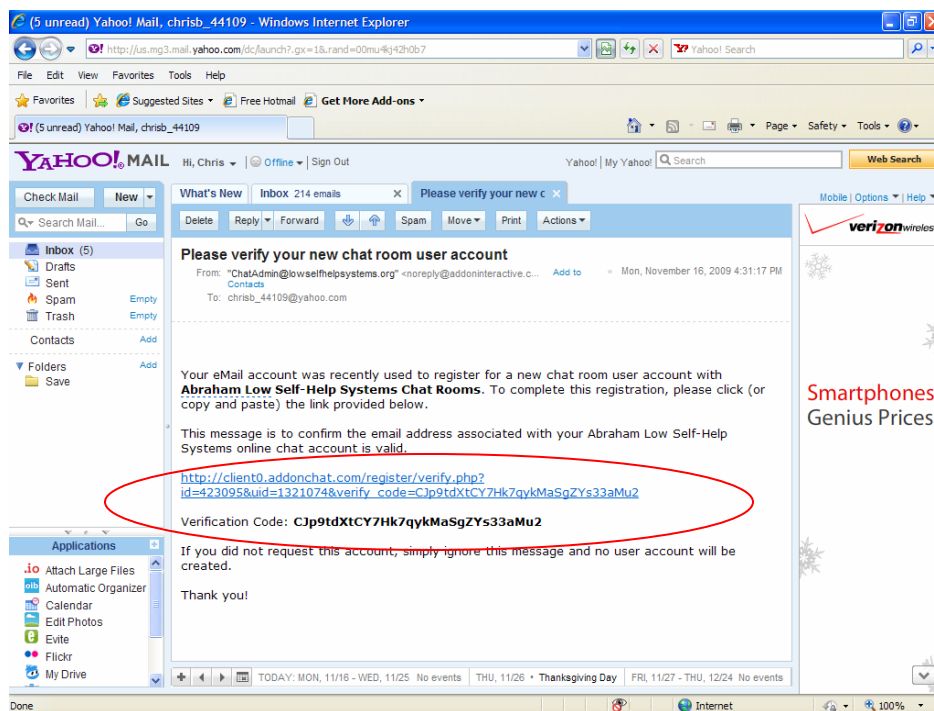
Abraham Low Self-Help Systems Chat Rooms	
Thank you for registering for the Abraham Low Self-Help Systems online chats. We have received your registration and you will be notified shortly of your registration approval.	
Username:	chris3
Password:	*****
Re-enter Password:	*****
Email Address:	chrisb_24109@yahoo.com
Click Here to Proceed...	

2. Enter your desired username, password (twice) and email address then click on “Click Here to Proceed...”

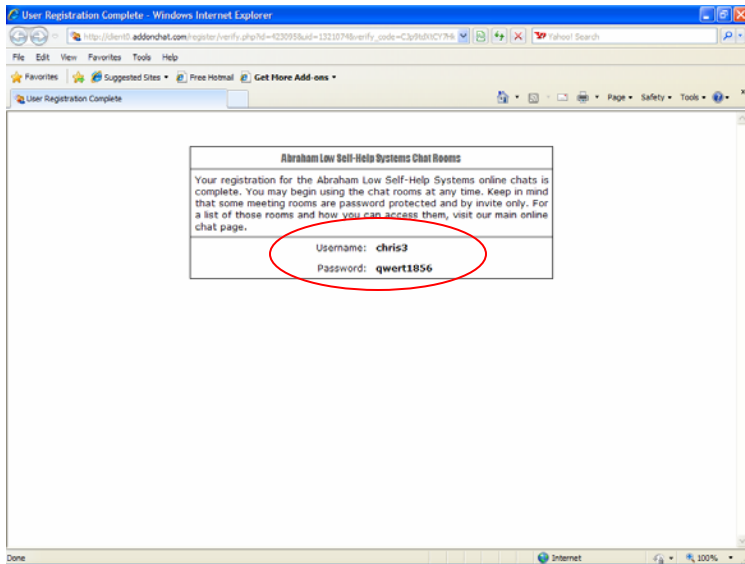
3. Open the email account for the email address you entered in the registration screen and open the “Please verify your user account” email message.

4. Click on the hyperlink to verify your account. If the hyperlink does not work, copy and paste the hyperlink into your Web browser

Note: If the email does not appear in your Inbox, check your Junk or SPAM folders.



You will be directed to the registration verification page.



5. Enter your username and password.

6. Navigate back to the initial log-on page at <http://www.lowselfhelpsystems.org/meetings/online-meetings.asp> and log in with your username and password.

That will take you to the main chat room. Enter a message to announce yourself and click the Send button. Welcome to the wonderful world of internet chatting at www.LowSelfHelpSystems.org.

Click on the double forms icon to make your chat window larger and easier to read.

The screenshot shows a web browser window titled "Online meetings - Abraham Low Self-Help Systems - Mozilla Firefox". The address bar shows the URL "http://recovery.webitects.com/meetings/online-meetings.asp". The page has a navigation menu with "Meetings" selected. The main content area displays a chat room interface with a welcome message and a list of online users. A toolbar at the bottom of the chat window contains several icons, with the "double forms" icon (two overlapping rectangles) circled in red. The right sidebar contains various promotional banners for services like "find a meeting", "Blogs", "online forums", "buy the books", "donate now", "membership matters", "facebook", and "YouTube".