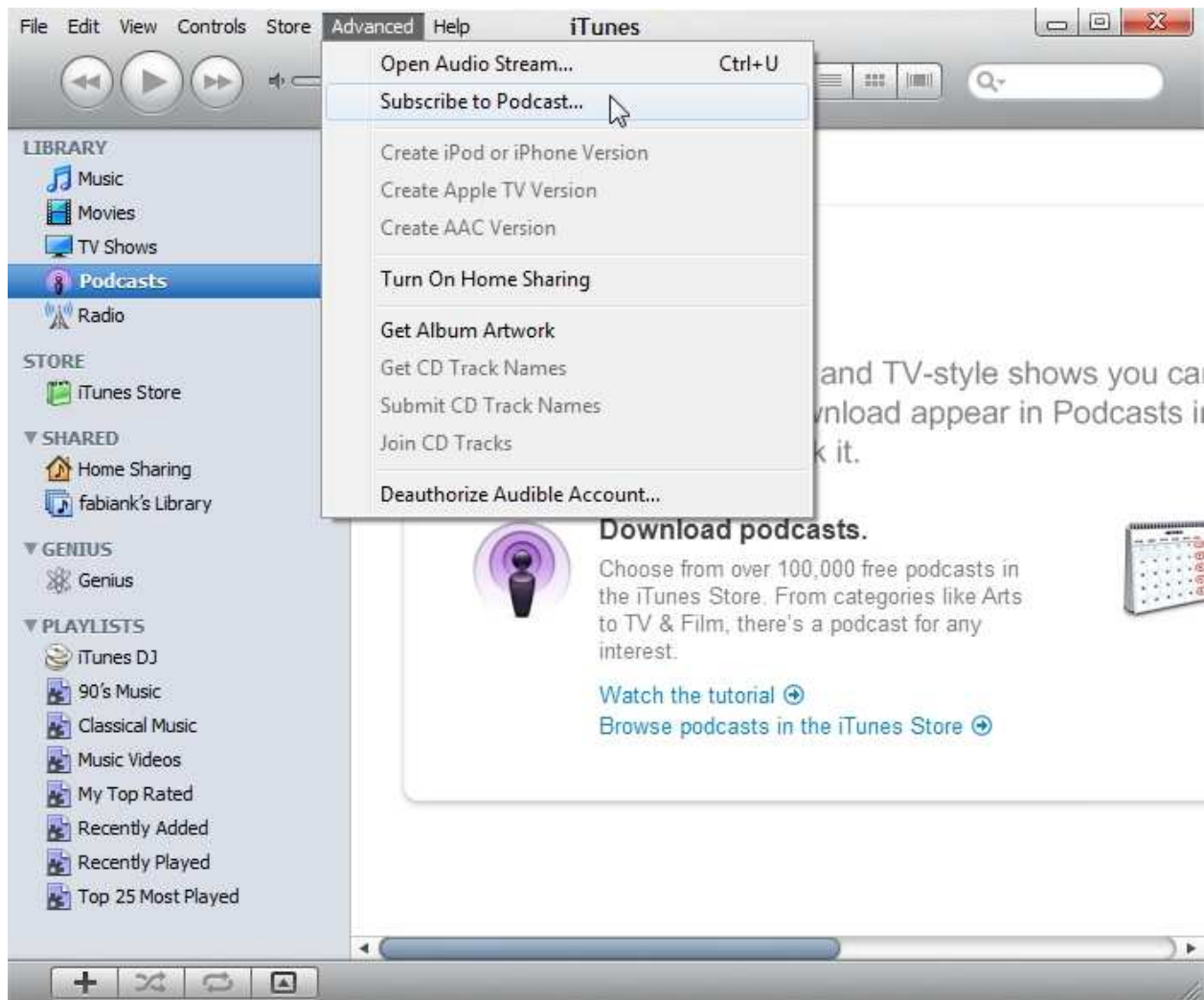


Podcast Instructions:

Step 1: If you have not already done so, download the latest version of iTunes (go to <http://www.apple.com/itunes/download>)

Step 2: Once iTunes is installed, click on “Podcast” from the left-hand side source bar.

Step 3: From the top menu bar, select “Advanced - Subscribe to Podcast...”.



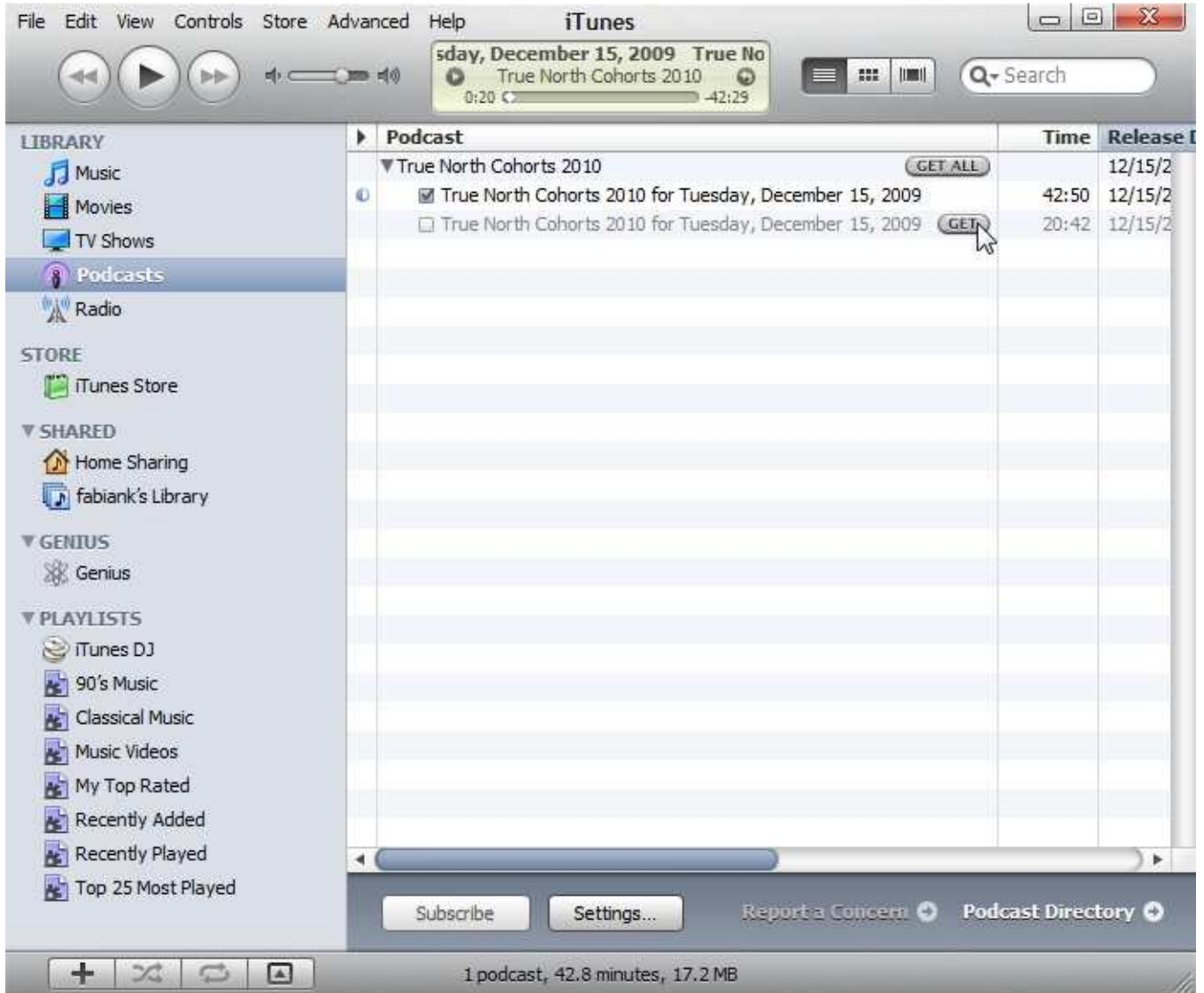
Step 4: In the “**Subscribe to Podcast**” dialog box, enter “**http://njag.org/files/podcast/cohorts_2010_podcast.xml**” (without the quotes) then click OK.



Step 5: Now, you should see the sermon files start to download. Remember, this process can take a long time depending on your Internet connection. Wait until the file you want to listen to has completely downloaded.

Step 6: When ready, click on the “**arrow**” next to the name “**True North Cohorts 2010**”. A list of available sermons will appear. Click on the first sermon in the list (this one should be completely downloaded) and then click on the “**Play**” button as shown in the diagram below. You should now be hearing the sermon selection.

Step 7: To download more sermons, click on the **“GET”** button next to the sermon you wish to download. When it has finished downloading, click on the sermon title and then click the **“Play”** button. Click **“Refresh”** (lower-right of window) to list and download any new additions.



We at NJ District Council hope these podcasts will be a blessing to you. New podcasts will be posted on a regular basis so come back often to hear the latest selections. Enjoy the Podcasts.