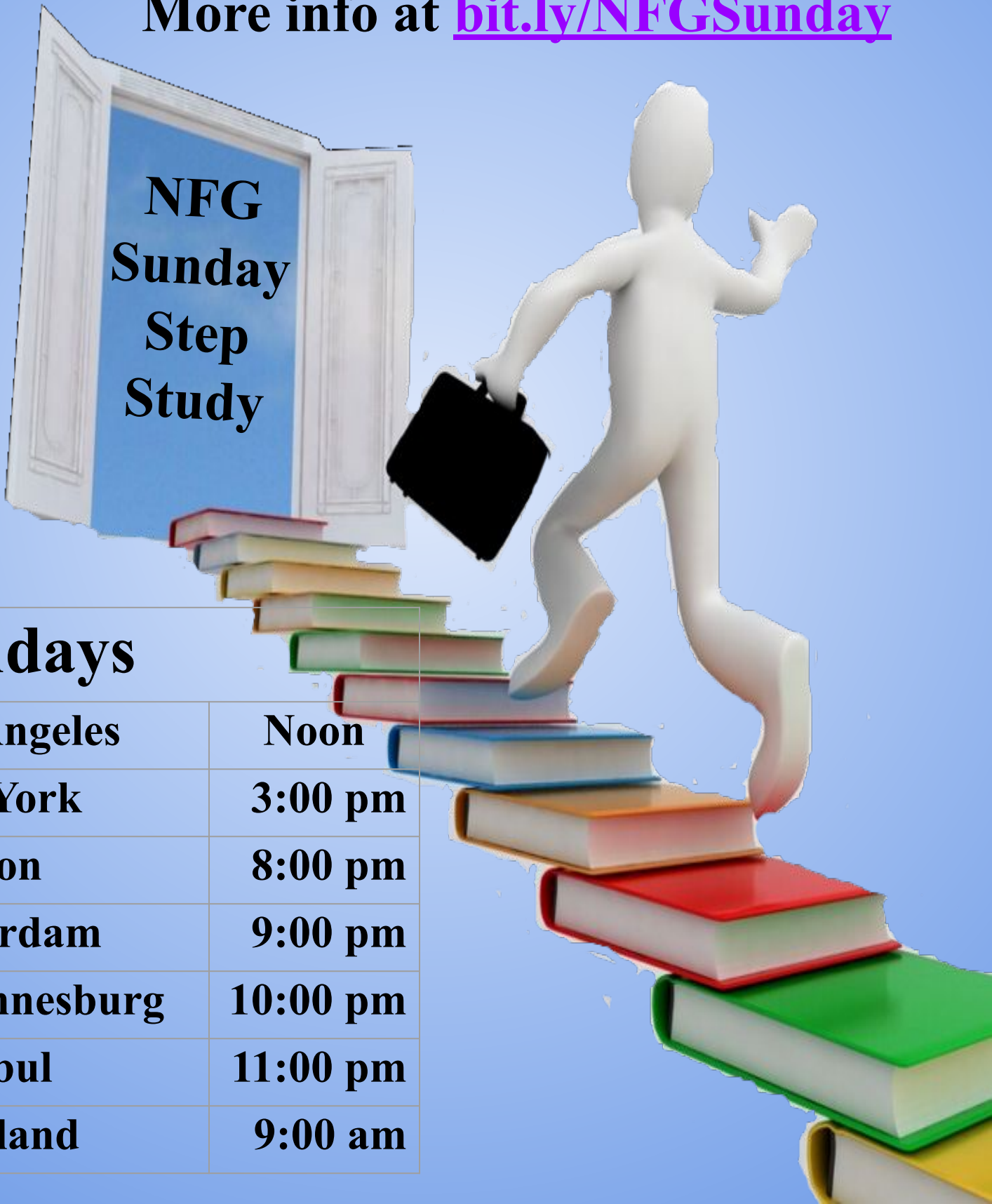




Start **2023** with a new Step
Start with **Step 1** on January 8
Zoom **745 977 7458**
More info at [**bit.ly/NFGSunday**](https://bit.ly/NFGSunday)



Sundays

Los Angeles	Noon
New York	3:00 pm
London	8:00 pm
Rotterdam	9:00 pm
Johannesburg	10:00 pm
Istanbul	11:00 pm
Auckland	9:00 am