

Compassionate Activism Session 1 - Chat Log

15:52:16 From js.jaime85 : Hi!
15:52:26 From jillianmiller : Hello
15:52:39 From owner : Hello! :)
15:53:20 From Mareena : afternoon:)
15:53:25 From abbyalexanian : Hi!
15:53:26 From josettesouza : Hi!
15:53:32 From Katrina Andberg : Hey
15:53:37 From Liz Byrd : Hello all!
15:53:44 From Priya : Hi!
15:54:05 From Priya : Press play maybe?
15:54:12 From josettesouza : Without pressing play
15:54:12 From Alisia Drew : try the "view" button on the upper left side
15:54:14 From jillianmiller : We have to hide the thumbnail video on our screens
15:54:38 From js.jaime85 : Or on the View options perhaps?
15:54:43 From josettesouza : She tried the view options sadly
15:54:50 From js.jaime85 : oh ok
15:54:52 From Mareena : sorry this is my first time using this
15:55:01 From owner : I can't hear the sound. :(
15:55:07 From josettesouza : Are you on mute owner?
15:55:19 From jwpanama : can you hear me?
15:55:34 From owner : I click unmute but it is not working. No I can't.
15:55:35 From josettesouza : Jwpanama not sure
15:55:53 From josettesouza : Oh no, can you check you mic output/input on your computer?
15:56:05 From Priya : yes
15:56:32 From justiceh : Hey everyone!
15:56:47 From genna : lol
15:57:02 From Esther Pena : Hi Sandra!
15:57:04 From js.jaime85 : If you click on participants you can click on a Rename button
15:57:34 From Esther Pena : Thank you again for having me!
15:57:55 From Esther Pena : Hi Everyone!
15:57:55 From KairaShadow : Question, I'm currently in a public place, If i join the audio conference, will my mic turn on?
15:57:56 From Derek : To hide the slide panel, go to View > Inspector > Hide Inspector
15:58:09 From Student : Hi , I am also unable to change my name. I am Lindo .
15:58:14 From josettesouza : You mic can turn on but you can mute it Derek
15:59:03 From josettesouza to Student (Privately) : Derek - the instructions didn't work?
15:59:09 From genna : hi lindo
15:59:10 From josettesouza to Student (Privately) : I still see it - it's gone for

Sandra but not for me
15:59:56 From josettesouza : Derek - she did that but I still see it - it's gone for Sandra but not for me
15:59:58 From KaiEoa : I can't hear anything now?
16:00:08 From Derek : ha - got it ;)
16:00:09 From Nirmala Nataraj : Me either
16:00:18 From josettesouza : We're gonna get started now
16:00:59 From josettesouza : Ya'll don't hear now?
16:01:11 From Nirmala Nataraj : I hear Sandra now.
16:01:16 From josettesouza : Okay cool!
16:01:19 From owner : No, I still can't. :(
16:01:22 From lorraine : I have no audio
16:01:28 From KaiEoa : I have audio no
16:01:32 From KaiEoa : *now
16:01:44 From josettesouza : lorraine - you mean you can't hear Sandra or you can't talk?
16:01:54 From josettesouza : Everyone is on mute now because we have so many people
16:01:57 From lorraine : I can't hear Sandra
16:02:09 From josettesouza : Okay can you check your speaker output on your computer?
16:03:47 From josettesouza : my number is 970-215-3645
16:04:15 From josettesouza to lorraine (Privately) : Are you still having sound issues?
16:12:11 From josettesouza : Yes!
16:12:23 From Nirmala Nataraj : Zoom is awesome :)
16:12:23 From Tresia Biagi : can I call you
16:12:29 From Jessamyn : I use zoom every day for work :)
16:12:35 From josettesouza to Sandra Kim (Privately) : Tresia - sure!
16:12:41 From michellewalsh : Zoom is great!
16:12:43 From Esther Pena : First time
16:12:44 From josettesouza to Sandra Kim (Privately) : Are you having technological problems
16:12:45 From NLap : Yes
16:12:45 From josettesouza to Sandra Kim (Privately) : Yes
16:12:46 From Priya : yes
16:12:46 From RFVega : yes
16:12:48 From Brittany Rea : yes
16:12:52 From Esther Pena : yes it was cool to connect
16:12:54 From Tresia Biagi : I ok
16:12:56 From Nirmala Nataraj : No, I was in your group, Sandra, and it looks like there were quite a few of us.
16:12:57 From Alisia Drew : Same. Couldn't hear.
16:12:59 From Alisia Drew : that well.
16:13:01 From Katrina Andberg : mine was good
16:13:03 From Jessamyn : One thing I know about zoom is that it takes a minute to

pick up audio

16:13:04 From Pratiksha : yes it was fine

16:13:07 From Jennifer : I'm not sure how to get into the breakout rooms

16:13:10 From Bernardita's iPhone : zoom worked ok for us!

16:13:11 From Michelle : mine worked fine

16:13:12 From michellewalsh : I'm sorry I was late. I don't know what a breakout room is.

16:13:13 From josettesouza : Tresia - sure you can call me

16:13:14 From Deanna : My partner was muted on their phone.

16:13:18 From Aliya : mine was good but my partner got disconnected...

16:13:22 From Esther Pena : it worked for me

16:13:23 From Akila Richards : mine worked well with Jasmine, check the Unmute button

16:13:23 From josettesouza : It worked great for me

16:13:24 From RFVega : worked perfectly for me

16:13:25 From Jessamyn : worked perfectly for Akila and I

16:13:25 From Brittany Rea : mine worked

16:13:26 From Sar'z : it worked for me

16:13:27 From abbyalexanian : worked for us!

16:13:28 From Liz Byrd : ours worked

16:13:29 From aliciarivera : fine here

16:13:34 From lorraine : It seemed to solve my audio issues, so now I can hear you

16:13:38 From Tresia Biagi : I can hear you but you can hear me

16:13:45 From Priya : My partner couldn't hear me.

16:13:52 From Nirmala Nataraj : No, I was here at 6.

16:13:54 From Jennifer : its possible

16:14:03 From tiana : My camera's not working, but it worked otherwise. I think the camera's due to a permission setting, so is my fault, not Zoom's.

16:14:06 From michellewalsh : I came after

16:14:07 From josettesouza to Tresia Biagi (Privately) : Hi tresia - you can call me

16:14:55 From KaiEoa : my bandwidth is iffy D:

16:15:04 From kfernandez : We're on the phone but still couldn't hear our partner

16:15:10 From josettesouza : Ooh good to know!

16:15:12 From Deanna : Could everyone please mute their speakers if you aren't speaking?

16:15:15 From Adventuress42 : Is there a number for Canadians to call in without it being long distance?

16:15:18 From genna : I have great bandwidth and it did work well with this connection

16:15:21 From Nirmala Nataraj : I stopped my video. It can be distracting and sometimes screws up the program.

16:15:32 From josettesouza : There's background noise from someone

16:15:40 From michellewalsh : Bandwidth matters. It also is better if everyone except the person speaking mutes their audio. That cuts out a lot of feedback.

16:15:42 From Nirmala Nataraj : Yes, muting is probably a good idea if you aren't

talking. :)

16:15:59 From josettesouza : Sandra I can't hear you
16:16:00 From KaiEoa : can't hear you
16:16:03 From Esther Pena : Sandra you are muted
16:16:04 From kfernandez : Now you're muted!
16:16:05 From aliciarivera : sandra is out
16:16:08 From aliciarivera : k
16:16:14 From josettesouza : Yay!
16:16:22 From genna : :)
16:16:49 From josettesouza : Yes
16:17:09 From josettesouza : On mute
16:17:17 From owner : finally hear through phone
16:17:26 From josettesouza : I think Jennifer asked if they should be "unmuted"
16:17:31 From josettesouza : Everyone should be muted unless they're talking
16:17:35 From Priya : Wait, I think you mean we should be muted
16:19:58 From Kayla DeCant : Yes please everyone mute. Some people are not muted and it is causing echoes
16:22:33 From josettesouza : You're breaking up
16:26:20 From Deanna : share
16:26:23 From Andrea Boyd : I did not hear what Kim asked us to discuss in break out.
16:26:52 From Sandra Kim : 1. What is a type of situation that is moderately emotionally charged for you?

2. Why is it emotionally charged for you?

3. What is your typical reaction to it?

16:27:15 From Andrea Boyd : OK
16:29:17 From Nirmala Nataraj : I didn't get to talk but I enjoyed hearing other people's shares.
16:29:17 From Mareena : breakout room was good :)
16:29:18 From jaysonflores : It went well! ^_^
16:29:18 From Esther Pena : it was hard with background noise
16:29:21 From Jen : it worked perfectly for me both times
16:29:22 From Sar'z : Mine was brilliant :D
16:29:26 From josettesouza : Worked well for me
16:29:28 From aliciarivera : good
16:29:29 From Liz Byrd : ours was fine!
16:29:30 From tiana : Worked well!
16:29:30 From Veronica Guevara : It worked great.
16:29:30 From owner : went well
16:29:31 From Pratiksha : Went well!
16:29:32 From NLap : it is easier with typing
16:29:35 From Brittany Rea : worked well once i unmued myself
16:29:35 From Alice : went well!

16:29:35 From Nirmala Nataraj : There were about 8-10 people in my room, strangely.

16:29:35 From Bailey : worked well

16:29:36 From bvillani : it worked well, we used the chat option not audio

16:29:36 From Student : It went well for me!

16:29:36 From rebekahgowler : breakout worked really well for me and my partner

16:29:37 From Priya : owner and I got it!

16:29:37 From RFVega : My breakout room was good

16:29:38 From abbyalexanian : very well!

16:29:39 From lturnere : It was fine!

16:29:41 From Bethany : mine was awesome

16:29:42 From Michelle : good

16:29:42 From Juan : Went well

16:29:43 From bvillani : my breakout room only had 2 people

16:29:44 From camilleholmes : we were in a larger group which was confusing

16:29:45 From Laura Anne Haave : All three of us got a chance to speak and could hear each other! Good conversation

16:29:45 From Aurora : We had a little bit of audio feedback but we could see and hear one another!

16:29:45 From first5la : worked well. not enough time thoug

16:29:46 From michellewalsh : Worked well, just background noise which may have to do with bandwidth and type of internet connection

16:29:46 From jillianmiller : thumbs up

16:29:48 From Jennifer : very well

16:29:48 From Esther Pena : me

16:29:50 From Janvieve Williams Comrie : it worked well for me

16:29:51 From Adventuress42 : My microphone has some issues but that's my computer

16:29:51 From Y'honatan : Did not work for me

16:29:52 From jaysonflores : In my room everyone was able to participate.

16:29:54 From camilleholmes : I was in the later assigned group

16:29:55 From Ms.Livia : worked well

16:29:57 From owner : yes, this works.

16:30:03 From Mareena : found out the chat room also has chat for those who can't hear

16:30:05 From lorraine : worked first time but no one in my chat room the second time

16:30:10 From Aliya : it didn't work so well for me...there was a big lag time :(

16:30:13 From Kayla DeCant : There was three of us and one individual was muted and maybe could not figure it out? But the other person I was with did it with it worked really wekk!

16:30:15 From Kayla DeCant : *well

16:30:17 From Nirmala Nataraj : Didn't work for me in the chatroom, although I liked hearing other people.

16:30:21 From first5la : We have 3 people from our org in our room, so we run out of room.

16:30:33 From kfernandez : on the phone we had to physically unmute it on the computer...

16:30:34 From Aliya : Also, perhaps a little more time next time!

16:30:35 From Laura Anne Haave : I'm on an ipad FYI and am using the camera and microphone from the ipad

16:30:36 From Brittany Rea : Anyone who starts zoom on mute should check their default setting

16:31:14 From kfernandez : YOU'RE DOING GREAT SANDRA AND TEAM!

16:31:16 From Ms.Livia : was trying to unmute my phone but discovered unmute on screen instead

16:31:27 From Nirmala Nataraj : I love that there are so many of us here together.

16:31:32 From josettesouza : Thanks for telling us about the phone not working well - that was the first time we used the phone on here

16:31:34 From Clyanna : hello everyone!

16:31:46 From Clyanna : did we start yet? im super late :(

16:31:51 From Jessamyn : we had a lot of people but we could hear each other]

16:32:03 From josettesouza : Hi Clyanna yes we've started

16:32:09 From camilleholmes : still was a good process even though larger group.

16:32:18 From NLap : Hi Clyanna we did start but we are just scratching the surface :)

16:32:22 From josettesouza : I heard someone asking if we heard them

16:32:32 From Tresia Biagi : I am at work so in a few I will have to log off and take my patient back to her resident

16:32:38 From Adventuress42 : how do ppl get in on the conversation? I unmute but no one can hear me. I have a question

16:32:48 From josettesouza : Adventuress can you type your question here?

16:32:58 From josettesouza : I think I heard you - but it sounded far away

16:33:04 From Adventuress42 : How do you unmute on a phone and is there a canadian free number?

16:33:09 From Aliya : Do we get these slides??

16:33:10 From michellewalsh : Hang in there Sandra! Technological glitches are the worst headache.

16:33:14 From Clyanna : will we get these ppts later? this session will be posted somewhere for us to access later, yes?

16:33:28 From josettesouza : Adventuress - I'll looking into a phone for international people

16:33:32 From Clyanna : i would very much like to be able to go back and study it

16:33:43 From NLap : Clyanna I think it's being recorded

16:33:50 From dawnennis : I hope Adventuress42's question is answered at some point: How do you unmute on a phone?

16:33:51 From josettesouza : I believe you can unmute on phone - we can also manually unmute you if you send me a private message

16:34:00 From Bernardita's iPhone : are there slides up right now? i cant see anything :(

16:34:12 From josettesouza : Bernardita - yes there are slides on the screen

16:34:17 From Adventuress42 : I saw an international number on the email but not a 'free' one. And as the gentleman mentioned, how do we unmute ourselves on phone?

16:34:20 From josettesouza : Do you see the screen at all?

16:34:23 From dawnennis : Josetteouza: If I'm on a phone I can't send you a message.

16:34:30 From Bernardita's iPhone to josettesouza (Privately) : i only see Sandra

16:34:39 From josettesouza : Dawnennis - the phone would be only for audio

16:34:41 From Bernardita's iPhone : i only see sandra

16:34:47 From josettesouza : You'd use the computer to see the screen and chat

16:35:03 From josettesouza : Bernardita - oh that's weird! Can you try logging back in?

16:35:06 From dawnennis : Right, but what I'm trying to figure out is if I have to use the phone again, how do I unite?

16:35:07 From Esther Pena to josettesouza (Privately) : Do we get a copy of slides after webinar?

16:35:11 From dawnennis : unmute?

16:35:41 From Bernardita : i see it now! thanks!

16:35:43 From josettesouza to Esther Pena (Privately) : Probably!

16:35:49 From josettesouza to Esther Pena (Privately) : I'll ask Sandra after :)

16:35:53 From josettesouza to Esther Pena (Privately) : I don't see why not

16:36:11 From Esther Pena to josettesouza (Privately) : thanks

16:36:18 From josettesouza : Dawnennis - Sandra can unmute you manually

16:36:27 From josettesouza : If you want to be unmuted, let us know here

16:36:37 From josettesouza : I will look into another option now

16:36:57 From Alice to josettesouza (Privately) : will there be a break for people to get food, bathroom, etc.

16:37:15 From josettesouza to Alice (Privately) : That's a good idea, I'll ask Sandra!

16:37:20 From dawnennis : OK, I'm fine now in the laptop form. I am just looking to find out what to press on my cellphone if that's how I'm connecting, to unmute. Thank you.

16:37:27 From josettesouza : Yay okay for phone users: mute and unmute is *6

16:37:29 From josettesouza : on the phone

16:37:55 From dawnennis : YAY! I tried * and # combinations but gave up before 6!
Thank you!!!

16:37:56 From Adventuress42 : Great, thank you josettesouza

16:38:04 From josettesouza : :D Yay it worked, that's awesome!!

16:38:14 From michellewalsh : Poor baby Sandra, I think you're sick and still trying to do this call! Healing energies!

16:38:30 From josettesouza : That's sweet, thanks Michelle!

16:42:10 From Esther Pena : So what I need! This is great!

16:42:15 From Student : i have a question

16:42:19 From josettesouza : Will there be bathroom breaks? - someone asked earlier

16:42:34 From michellewalsh : This is great, and this is really hard, right? How do you stay compassionate and not resentful?

16:43:18 From Alisia Drew : Can you repeat the question it was difficult to hear :)

16:43:34 From Alisia Drew : Thank you.

16:43:38 From josettesouza : Canadian friends - Zoom's website says this is a Canadian number to call in with:
+1 647 558 0588. Does this work for you?

16:43:52 From Laura Anne Haave : Acknowledge v. accept -- that's a helpful distinction

16:43:55 From michellewalsh : I think maybe the issue of resentment comes up when there are clear power differentials for me.

16:44:43 From cbfigurs : Yes, for me there is a lot of fear that comes up when power dynamics are at play

16:44:48 From Nirmala Nataraj : Sandra, I'm sure this is something we'll explore later, but I think I struggle with feeling resentful about having to "educate" people I know who might express willful ignorance around power differentials or who say things that are sexist and racist. I don't want to have to assume the onus of educating them.

16:44:49 From michellewalsh : yes

16:44:52 From kfernandez : Right michellewalsh!

16:44:54 From JuneCara : So if we acknowledge, then we move to community in every moment to move forward...to remain quiet or address it

16:45:46 From Nirmala Nataraj : Good point, JuneCara! I often find myself in situations where I'm the "odd person out" or I don't feel supported in my convictions and beliefs.

16:45:53 From genna : This makes so much sense

16:45:59 From Brittany Rea : yes

16:46:03 From Alice to josettesouza (Privately) : Maybe can you send the actual questions for Sandra it would help and Sandra could reiterate questions.

16:46:06 From Esther Pena : It's hard when it triggers my issues still healing from

16:46:08 From Jessamyn : For me a big part of staying out of resentment is freely choosing when I educate or engage. As a woman who works in tech I could have spent most of my time trying to address sexism.

16:46:36 From Nirmala Nataraj : YES!

16:46:41 From JuneCara : This is an aha! moment for me! I can remain stuck or I can choose forward movement...

16:46:45 From Monique's iPad (2) : this totally reminds of some buddhist principles about delusion, or not seeing things for how they are

16:46:46 From lorraine : so...how would you express the goal in this model?

16:46:46 From tiana : What Jessamyn said.

16:47:00 From josettesouza to Alice (Privately) : That's a great idea - do you mean repeating other participants questions from the chat or from voice or both?

16:47:02 From justiceh : How do you move through the triggering that microaggressions might create in order to respond in a compassionate way?

16:47:11 From Esther Pena : Not taking things personally this is so right on

16:47:21 From Jessamyn : And I have absolutely chosen not to be in the hardest situations. I don't work in rampantly sexist companies.

16:47:29 From Jen : or how to choose when you should react? Or should you never react?

16:48:00 From michellewalsh : it can be a privilege to make that choice not to work in particular companies, right? this is what i'm talking about, how to deal with resentment that comes from choices that are more limited

16:48:16 From genna : The campaign I just finished was really vitriol and many had hurt feelings in the community on all sides ... in order to heal the totality of the change did not happen - but company the protest is against picked up a campaign to help break the stigma I said they were promoting. I think that's a great start.

16:48:30 From josettesouza to Sandra Kim (Privately) : Questions:

16:48:30 From josettesouza to Sandra Kim (Privately) : This is great, and this is really hard, right? How do you stay compassionate and not resentful?

16:48:38 From Nirmala Nataraj : Hmm, I think of responsiveness rather than re-activeness. I've done a lot of work with nonviolent communication. It's very challenging but so rewarding.

16:48:40 From josettesouza to Sandra Kim (Privately) : Will there be bathroom breaks? - someone asked earlier

16:48:42 From Jessamyn : Absolutely, Michelle. It took years to develop enough economic security to make those choices. AT the same time, I do think there are often options we don't see due to our distress.

16:48:51 From michellewalsh : yes i agree

16:48:53 From josettesouza to Sandra Kim (Privately) : Sandra, I'm sure this is something we'll explore later, but I think I struggle with feeling resentful about having to "educate" people I know who might express willful ignorance around power differentials or who say things that are sexist and racist. I don't want to have to assume the onus of educating them.

16:48:54 From Bernardita : hmmm such truth!

16:48:59 From michellewalsh : i just want to talk about this some more

16:49:09 From Jessamyn : Hear hear to Nirmala!

16:49:25 From josettesouza to Sandra Kim (Privately) : so...how would you express the goal in this model?

16:49:38 From josettesouza to Sandra Kim (Privately) : How do you move through the triggering that microaggressions might create in order to respond in a compassionate way?

16:49:45 From Nirmala Nataraj : Definitely not easy, but it helps to approach people with compassion (including ourselves!).

16:50:02 From josettesouza to Sandra Kim (Privately) : or how to choose when you should react? Or should you never react?

16:50:06 From michellewalsh : yes i agree, buddhism has been a big help to me

16:50:11 From Nirmala Nataraj : Me too

16:50:14 From josettesouza to Sandra Kim (Privately) : it can be a privilege to make that choice not to work in particular companies, right? this is what i'm talking about, how to deal with resentment that comes from choices that are more limited

16:50:21 From Liz Byrd : me too! :)

16:50:34 From Aliya : and me!

16:50:42 From Nirmala Nataraj : The four immeasurables have helped me in my activist work.

16:50:43 From Jessamyn : so interesting, I've never been able to connect with Buddhism but I see how useful it is to many! :)

16:51:12 From Jen : I have never tried it, but starting to consider I should!

16:51:38 From Aurora : I need to step out for a second

16:51:40 From Liz Byrd : I recommend Pema Chodron's books and videos as a nice intro to it :) especially anything about maitri (loving-kindness)

16:51:41 From michellewalsh : there are different forms of buddhism like there are different forms of Christianity and different forms of Judaism, etc. etc.

16:51:46 From genna : rage to heal is a term I recently heard that hit home ...

16:51:47 From cbfigurs : When i was working to build safe space for a group when a very controversial person of power was joining our space, I was told "no one is physically unsafe" this exact point of fear and safety only being measured through physical representation is hard to fight

16:51:47 From Nirmala Nataraj : Yes, Liz!

16:51:51 From michellewalsh : Yes 100% on Pema

16:51:51 From Aliya : If you're interested in Buddhism, Tara Brach is a great place to start

16:52:00 From Liz Byrd : yes, she is great too!

16:52:01 From Nirmala Nataraj : Tara Brach and Pema Chodron are great

16:52:06 From Aliya : (Along with Pema Chodron!)

16:52:06 From Akila Richards : What would you actually say in acknowledge a situation? Say e.g. You just told a sexist joke and it hurts and undermines me as a woman .. and then stop there?

16:52:10 From Nirmala Nataraj : I also like the works of Chogyam Trungpa

16:52:26 From michellewalsh : ooh I like that - rage to heal, I also like Tara's "radical self-care" model

16:52:28 From Liz Byrd : Nirmala, I go to Naropa, the school he founded

16:52:29 From Jessamyn : wonderful wisdom, Sandra :D

16:52:38 From josettesouza to Sandra Kim (Privately) : What would you actually say in acknowledge a situation? Say e.g. You just told a sexist joke and it hurts and undermines me as a woman .. and then stop there?

16:52:43 From Iturnere : I like the idea of focusing on self-healing but worry about becoming self-absorbed

16:52:43 From Nirmala Nataraj : Akila, I think it can be tricky and language that isn't shaming/blaming can help to open up dialogue.

16:53:02 From michellewalsh : We were talking about power relations and resentment, Sandra

16:53:09 From Nirmala Nataraj : @Itturnhere, I think self-healing is part of healing, period. The earth, racism, sexism, etc. That's how I like to see it.

16:53:11 From Laura Anne Haave : Can anyone recommend resources on the "rage to heal" concept?

16:53:12 From michellewalsh : A lot of conversation back in the thread on this

16:53:21 From josettesouza to Sandra Kim (Privately) : I sent you a bunch sandra

16:53:22 From kfernandez : resentment!

16:53:24 From abbyalexanian : what about how this relates to trauma?

16:53:43 From Nirmala Nataraj : Very cool, Liz, re: Naropa. Chogyam Trungpa is one of my heroes.

16:53:46 From first5la : What can be done when you are dealing with a group dynamic?

16:53:53 From Jennifer : Laura Anne, Ruth King has a book called Healing Rage that I recommend

16:53:54 From KaiEoa : can we get a transcript of the chat at the end? I have a save chat option, but I was dropped for a minute and lost a lot of the great stuff people have been saying.

16:53:56 From Nirmala Nataraj : Wow, I love all these comments/questions.

16:54:00 From DT : i want to ask: how does the concept of fullness relate to folks who are trans, two spirit, gnc, etc?

16:54:06 From Nirmala Nataraj : A transcript of the chat would be so cool.

16:54:14 From Aliya : You can save the chat

16:54:24 From Nirmala Nataraj : Cool, I just saw that button.

16:54:28 From Aliya : :)

16:54:50 From KaiEoa : I can't save the chat because I lost part of it when I was dropped.

16:54:55 From Aurora : Back!

16:55:32 From Akila Richards : Will we have access to the power points as they are very helpful ...

16:55:34 From michellewalsh : I have to go to another commitment tonight, but this is great! Thanks! I'll watch the video later! Get some rest Sandra if you've been sick! :)

16:55:37 From Laura Anne Haave : I know in-person programs are easier, but I deeply appreciate the opportunity to participate in this course even though I don't live in DC anymore!

16:55:50 From Bethany : is the chat saved if we review the session later? i keep getting dropped

16:56:00 From Nirmala Nataraj : Me too. I loved the workshop that Sandra gave. Watched it twice.

16:56:06 From Brittany Rea : Canada is grateful too have access to this program too :)

16:56:15 From Aliya : i love this idea of curiosity! I've been thinking about taking this approach lately

16:56:18 From abbyalexanian : Boston is also grateful for access to the program!

16:56:20 From Jessamyn : High five Brittany from a fellow Canadian!

16:56:24 From Brittany Rea : Yay!

16:57:02 From KaiEoa : I'm finishing up my graduate degree in the next month, and will be moving across the country. So happy that I'll be able to participate in this regardless of my location!!

16:57:07 From Bethany : south dakota loves this

16:57:24 From cbfigurs : and Detroit!!

16:57:39 From KaiEoa : Oregonian currently "abroad" in Pennsylvania!

16:57:51 From justiceh : And Philly!

16:57:52 From Priya : Cincinnati/Northern KY area :)

16:57:57 From Nirmala Nataraj : New York in the house :)
16:58:07 From genna : fresno ca here
16:58:14 From Aliya : Toronto!
16:58:15 From Jen : Costa Rica!
16:58:19 From KaiEoa : Eyy west coast!
16:58:21 From Jennifer : Vermont here
16:58:22 From Aurora : Boston suburb =)
16:58:23 From genna : 559
16:58:26 From Laura Anne Haave : Southern Minnesota!
16:58:30 From michellewalsh : Boston, and regrettably leaving now for real LOL!
16:58:36 From Jessamyn : Aliya me too!
16:58:40 From Alisia Drew to josettesouza (Privately) : Will you save time at the end so that we can save the chat? I'm having difficulty keeping up with the great info. being shared in the chat since it's a moving chat box.
16:58:40 From Jessamyn : (also in Toronto)
16:58:45 From Aliya : Awesome :)
16:58:57 From Katrina Andberg : North Carolina
16:59:02 From Marjorie Trueblood-Gamble : Hey all, I have a conflict but will review later
16:59:25 From Sechelela to josettesouza (Privately) : hi josette whats your number again? and where will the recording be available?
16:59:31 From KaiEoa : anyone from outside the Americas?
16:59:47 From Sechelela : im in Tanzania!
16:59:50 From Nirmala Nataraj : I think that's why it's so important for me to be able to articulate my own experiences. I often use "I don't know" and the fact that our realities aren't shared to downplay my feelings.
16:59:58 From KaiEoa : Whooohooo! Welcome!
17:00:14 From Sechelela : thanks!!!!
17:00:16 From Liz Byrd : Nirmala, yes, me too! I
17:00:18 From Esther Pena : especially with children not honoring their feelings
17:00:20 From Student : I am in Mauritius but originally from South Africa
17:00:21 From KaiEoa : Intent vs. impact! So Important
17:00:23 From josettesouza : Hey all, you'll have a recording of this and I'll ask Sandra to send slides too
17:00:31 From Liz Byrd : Thanks, Josetta
17:00:31 From Jessamyn : yea what KaiEoa said :)
17:00:38 From Jennifer : thanks Josetta
17:00:49 From josettesouza : What?
17:00:53 From dawnennis : Thank you, Josettesouza!
17:00:57 From Esther Pena : especially with children not honoring their feelings
17:00:59 From josettesouza : You're very welcoe!
17:01:02 From josettesouza : Welcome
17:01:02 From genna : I am on the autism spectrum and find that 'm showing logic and am surprised whenit's said to be something different due to big emotions. Facts seem not to matter anymore and this is helping me greatly understand the interaction better

17:01:40 From josettesouza : For people who keep getting dropped, I can send out the saved chat too

17:01:50 From Sechelela to josettesouza (Privately) : Great! Its 2am so i gotta listen to the rest tomorrow, but thanks for creating such a safe space!

17:01:50 From Jessamyn : that'd be wonderful, Josette :)

17:02:05 From josettesouza : Thanks for coming!

17:02:18 From tsheldon : Anyone know how to turn up the volume?

17:02:19 From Bethany : please send it to me josette

17:02:32 From Adventuress42 : I'd like the chat later as I can't keep up with all the chatter and pay attention to the speech.

17:02:55 From Jessamyn : @tsheldon it should be your computer or phone volume

17:02:55 From Caroline De Oliveira Bertolino : compassionate self-accountability would be self-compassion?

17:02:56 From josettesouza : My number is 970-215-3645 (Colorado) and the recording will be sent out via email

17:03:29 From Bethany : my email is justbeth90@gmail.com

17:03:33 From tsheldon : Got it, thank you!

17:03:55 From Ms.Livia : thanks much Josetta

17:04:40 From josettesouza : You're very welcome!

17:04:44 From Nirmala Nataraj : You know, it strikes me that in some ways, people who are sexist/racist are suffering.

17:04:54 From Nirmala Nataraj : I never really looked at it that way before.

17:04:55 From Jessamyn : Nirmala absolutely agree

17:05:10 From Bethany : i agree too

17:05:12 From JuneCara : @nirmala—then aren't we all suffering?

17:05:33 From Jessamyn : that has been hugely on my mind lately — particularly related to my big focus lately which is disrespect of physical boundaries

17:05:39 From Jessamyn : June I think we are, yes

17:05:40 From Nirmala Nataraj : I do think we're all suffering.

17:05:48 From Esther Pena : so much info to process

17:05:49 From dawnennis : My question, Sandra, concerns truth. My truth is not her truth, is not his truth, is not their truth. And my truth is something she/he/they don't acknowledge. How do we deal with that?

17:05:50 From Sar'z : I think we are taught that we must hold oppressors accountable and forget their feelings, they need to be punished and that becomes the focus.

17:05:52 From JuneCara : considering internalized messages

17:06:07 From Bethany : everyone is suffering in their own way so thts why we are al here

17:06:11 From Nirmala Nataraj : I think oppressors should be held accountable, but that doesn't have to be "punishment."

17:06:23 From dawnennis : Agreed Nirmala!

17:06:28 From Sar'z : I found that I was becoming just like that which I hated, it is not a good look and so draining.

17:06:36 From Liz Byrd : oppressors should be accountable, but it's difficult to connect if their feelings aren't acknowledged first, in my experience

17:06:56 From josettesouza : Also, honestly, I believe we're all oppressing others in some way

17:07:08 From Sar'z : Of course they should I did not say they shouldn't I said the accountability of oppressors becomes our/my focus and that is part of the problem.

17:07:10 From josettesouza : I grew up poor and very angry, but my status as a US citizen is part of an oppression

17:07:31 From josettesouza : I think seeing everyone (or most people anyways) as both has been very helpful to me

17:07:35 From dawnennis : But Liz, in a court of law, feelings won't be considered, just so-called "facts." Which again brings us to "truth" and the fact perspective is reality.

17:08:06 From Nirmala Nataraj : Sad'z, what do you think the focus should be?

17:08:10 From Nirmala Nataraj : Sar'z

17:08:18 From Bethany : im sorry for your experience josetta

17:08:29 From Aliya : There's a really interesting quote that I love: "If we could read the secret history of our enemies, we should find in each man's sorrow and suffering enough to disarm all hostility"

17:08:42 From Student : I find its hard to understand why as the "victim" I must have the burden of bringing the "perpetuator" to understanding why their actions are oppressive?

I have my feelings to look after, asking me to extend my compassion to the "perpertuator" is asking for too much

17:08:46 From josettesouza : Thanks for your compassion Aliya, that's really kind

17:08:46 From Nirmala Nataraj : Oh, I love that, Aliya

17:08:53 From josettesouza : *Bethany

17:08:58 From Bethany : josette cant spell or type sorry!!

17:08:58 From josettesouza : Also, great quote!

17:09:08 From josettesouza : Hahah it's okay - I'm making mistakes all over the place, haha

17:09:09 From Jessamyn : @Student in my opinion when you are feeling that way, it's time to be compassionate to yourself and not think about the others

17:09:25 From Sar'z : I don't know what it should be, that is why I am on this course to learn how I focus effectively without having oppressive people/systems drain me.

17:09:29 From Nirmala Nataraj : @Student, I totally understand. And I think that healing happens in layers. It's a huge process. We need to honor where we are every step of the way.

17:10:09 From Esther Pena : thats ego right?

17:10:26 From Jessamyn : @Student also a good time to reach out for support and congruent community

17:10:48 From Nirmala Nataraj : @Sar'z, yes, I understand that. I think I've begun to see that it's less about labeling things "right" and "wrong," "black" and "white," and more about using my energy effectively.

17:10:59 From josettesouza : Yeah - Sandra always says that it's not your job to educate the person hurting you if you can't or don't want to - it's society's job

17:11:10 From josettesouza : So for example, at Everyday Feminism, it's our job to do that educating

17:11:23 From josettesouza : We hear what people want and we make content to fit those questions

17:11:29 From josettesouza : You never have to engage if you don't want to

17:11:35 From JuneCara : intent versus impact

17:11:38 From josettesouza : We can all be allies to someone else

17:11:41 From Bethany : if you look at everything as shades of gray instead of absolutes ,it gets easier

17:11:43 From genna : terrible feeling :(

17:12:34 From Sar'z : I think that is what I am learning balance, and why I am here. I like what Sandra is saying here, acknowledging my own oppressive behaviour, my own flaws without focusing on the other person all the time and then getting drained.

17:12:49 From Bethany : sandra, you are human. everyone messes up

17:14:29 From Bethany : josette, you are very wise!

17:15:11 From Nirmala Nataraj : I would love to see who I can be an ally to. I want to be better at offering myself as an ally.

17:15:21 From dawnennis : Josettesouza you're great at being Sandra's "sidekick"

17:16:29 From josettesouza : Haha thank you!

17:16:50 From Esther Pena : keep our own house in order

17:16:51 From josettesouza : <3 You all are so cool - what a blessing it is to have you all here

17:16:55 From Jessamyn : yes yes yes!

17:16:59 From dawnennis : <3

17:17:11 From Esther Pena to josettesouza (Privately) : you're awesome!

17:17:11 From Bethany : i agree <3

17:17:24 From josettesouza to Esther Pena (Privately) : Thank you Esther! You're super awesome yourself!

17:17:38 From Esther Pena to josettesouza (Privately) : Awww thanks

17:17:40 From Jen : I love how peaceful this talk is, everyone tries to build rather than bring down, thank you so much!

17:17:50 From aliciarivera : yes!

17:18:03 From Nirmala Nataraj : Yes, it's super heartening. Gives me hope that this kind of community is possible.

17:18:11 From lorraine : I like to say it's not my fault I learned to be oppressive...it was taught to me. My job is just ot change it.

17:19:00 From Nirmala Nataraj : Oppressors, as I've discovered, have often been victims. I like the idea of breaking out of the victim/oppressor dichotomy altogether. They feel like two sides of the same coin.

17:19:16 From Jessamyn : Yes, I think it's more helpful to talk about roles rather than people

17:19:20 From Liz Byrd : Yes!

17:19:21 From Esther Pena : hurt ppl hurt ppl

17:19:24 From Bethany : very true nirmala

17:19:33 From Jessamyn : in this moment, this person is behaving oppressively toward this other perosn

17:19:52 From dawnennis : So true, Esther!
17:20:02 From Student : there is a literature called "When victims become killers" by Mamdani . Great literature
17:20:38 From justiceh : Thanks for the recommendation, Student!
17:20:50 From KaiEoa : Hey all I'm back! Now with better internet!
17:20:58 From Sandra Kim : 1. What is a type of situation that is moderately emotionally charged for you?

2. Why is it emotionally charged for you?

3. What is your typical reaction to it?

17:21:12 From Sandra Kim : 1. What gets in the way of you acknowledging that you might not know everything about this situation already?

2. What gets in the way of you being curious about the other person's internal reality and asking questions to learn more?

3. What gets in the way of you being curious about your own internal reality and digging deeper to get in touch with it?

17:31:01 From genna : how do you do that? self-reflection?

17:31:44 From Nirmala Nataraj : self-reflection and being patient with myself. I am constantly trying to cater to other people before tending to my own feelings.

17:31:51 From aliciarivera : boundaries of a peer relationship

17:31:53 From JuneCara : hurt

17:31:54 From Nirmala Nataraj : I have difficulty with the idea of conflict.

17:31:55 From Aurora : One thing that came up with us was, being part of marginalized groups, we assume we can't oppress others

17:31:58 From Student : EMOTIONS

17:31:58 From kfernandez : anger

17:32:00 From jillianmiller : anger

17:32:02 From Alisia Drew : Can you type the questions, in their entirety, in the chat box, again please.

17:32:03 From Esther Pena : EGO

17:32:06 From NLap : the initial visceral reaction

17:32:11 From genna : assumption

17:32:12 From Larissa : anxiety/fear

17:32:17 From Janvieve Williams Comrie : upset

17:32:23 From Aliya : Anger!

17:32:25 From Sar'z : ego and fear of betraying self

17:32:28 From Katrina Andberg : past experiences that are very similar, seem to repeat

17:32:30 From justiceh : feelings of self betrayal

17:32:30 From Akila Richards : having to acknowledge the other person's humanity

17:32:36 From Jessamyn : I've often been very good at guessing, which can interfere with me being present to the possibility I may not know.

17:32:37 From Adventuress42 : not wanting to waste a second of my time with such crap. Total shut down.
17:32:41 From Laura Anne Haave : If I feel that I'm not being listened to, validated or respected, it is incredibly hard for me to grant those things to others
17:32:46 From Brittany Rea : I dont see it either
17:33:15 From Katrina Andberg : specifically the same sexist/homophobic or seemingly sexist/ homophobic comments
17:33:16 From oanhtruong : you have to be in full screen mode i believe
17:33:16 From JuneCara : I am trying to be gentle with myself, but I'm really surprised that I didn't realize this before.
17:33:18 From Sandra Kim : 1. What gets in the way of you acknowledging that you might not know everything about this situation already?

2. What gets in the way of you being curious about the other person's internal reality and asking questions to learn more?

3. What gets in the way of you being curious about your own internal reality and digging deeper to get in touch with it?

17:33:42 From Jessamyn : A big block to being curious is being angry at other people for not being better. It helps if I remember that not everyone has my knowledge and skills.
17:33:44 From rebekahgowler : wanting to distance myself from the beliefs/perspectives of other white people gets in the way of engaging and being curious
17:33:55 From DT : feeling like ill have to do all the work
17:34:14 From Kayla DeCant : No space for the conversation to happen/ unwilling participants
17:34:14 From Pratiksha : 1. We face systemic oppression everyday and its so obvious and internal to us, we can't imagine why others cannot see that.
17:34:16 From Alice : my own fear!
17:34:17 From Jessamyn : The big block to being curious about myself is fear that I'll find something really terrible in myself.
17:34:25 From Adventuress42 : When typing pls remember to mute yourself!
17:34:25 From Nirmala Nataraj : Jessamyn, YES!
17:34:32 From Clyanna : please be cognizant of your mute buttons!
17:34:48 From Pratiksha : 2. Fear of being told that we are over reacting. Fear of losing friends and loneliness.
17:34:59 From Adventuress42 : hahaha. internally as well! (mute button cognizance!)
17:35:00 From Nirmala Nataraj : Pratiksha, I've had that happen. :(
17:35:01 From Liz Byrd : Jessamyn - yes!
17:35:05 From Jessamyn : Pratiksha your 1. answer seems very insightful to me.
17:35:32 From Katrina Andberg : feeling unsafe
17:35:35 From Pratiksha : 3. Digging deeper just opens the door to more pain.
17:35:57 From Pratiksha : @Nirmala - yeah :(

17:36:19 From Jessamyn : Oh, goodness, Pratiksha that was my experience for so many years! More and more and more pain. It isn't my experience anymore but it sure took a lot of healing to be here.

17:36:22 From Nirmala Nataraj : It's so painful to lose people when we speak our truth.

17:36:34 From JuneCara : Yes, Normal!

17:36:42 From Jessamyn : Nirmala yes that can be so sad

17:36:56 From JuneCara : Yes, Nirmala! (sorry for the autocorrect)

17:36:57 From Pratiksha : @Jessamyn - thanks! That emotion is what usually makes me mad and then unable to progress with any reasonable conversation.

17:37:06 From Brittany Rea : Health anger!

17:37:12 From Brittany Rea : healthy***

17:37:55 From Pratiksha : @Jessamyn - so brave! It's amazing that you are at a place where you don't let this affect you.

17:38:32 From DT : @OANHTRUONG Sorry i got kicked out of our room earlier. thank you for sharing what we did.

17:38:49 From Bernardita's iPhone : josette, no need to apologize for being AWE-SOME!! you and sandra both rock!!!

17:38:53 From josettesouza : Thanks so much!

17:39:22 From josettesouza : 1. What do you *not know for sure* about the *other person* as related to this situation?

17:39:38 From Jessamyn : @Pratiksha it still affects me, but differently. There is still pain, but not as much pain, and it's rarely overwhelming. When it is, I have people I can reach out to. Often, I can be delightedly curious about what is going on for me — I have a lot more skills now to be with myself, plus I have many experiences of the pain dissolving so I have trust it will work again.

17:39:38 From josettesouza : 2. What do you *not know for sure* about *what's underneath* your initial reaction

17:40:02 From josettesouza : 3. What would you like to know *specifically* about the other person's thinking and your reaction in order to better understand and respond to the situation?

17:42:04 From Tresia Biagi : we can't read there thoughts.

17:51:18 From Sar'z : This has been great thank you so much!

17:51:41 From aliciarivera : lost the argument! thanks for the laugh!

17:51:44 From Y'honatan : I am really lost with the breakout rooms

17:51:47 From Nirmala Nataraj : It's been amazing. I wish I could take you all with me into my life. :)

17:51:59 From Jen : I was in a room with a person on the phone who couldn't un-mute

17:52:00 From Pratiksha : @Jessamyn - thanks for that reply. It makes so much sense & I'm happy to hear that!

17:52:02 From Aurora : @dawnennis shout out from a fellow "loose nut behind the wheel" =)

17:52:02 From aliciarivera : :(

17:52:03 From Brittany Rea : Out breakout room wasnt working so we just did a personal chat!

17:52:10 From Michelle : i had an alone break out room too before
17:52:21 From Brittany Rea : Our*
17:52:22 From Michelle : so dont stress :)
17:52:29 From Bethany : we can still talk after this and we have 10 weeks to get to know each other
17:52:34 From josettesouza : Aw sorry for the technical issues - we're learning as we go and I hope that as we go on we'll be able to fix it
17:52:37 From Aliya : True
17:53:01 From JuneCara : Thank you so much for such a wonderful first session. I wasn't sure what to expect. I am truly looking forward to subsequent sessions! Thank you!
17:53:09 From Brittany Rea : It is very hard to take it easy when we live in such a fast pace world :(
17:53:10 From josettesouza : For people on the phone - unmute is *6
17:53:13 From Jessamyn : This has been fantastic!
17:53:26 From Priya : Taking it easy... Makes me lose the fire to do good work in SJ
17:53:26 From Brittany Rea : fast***
17:53:50 From Jessamyn : <3 you Sandra!
17:54:01 From Tresia Biagi : Awesome, I wish I could interact a little more
17:55:03 From abbyalexanian : @Priya yes I grapple with that - how to balance the passion with taking a step back to do self-care
17:55:28 From Jessamyn : yes, balance is an ongoing thing in life, I think
17:55:42 From josettesouza to Y'honatan (Privately) : The breakout rooms are private chats between 2-3 people
17:55:46 From josettesouza to Y'honatan (Privately) : So you all can talk together
17:55:59 From tiana : Oooh, good point.
17:56:01 From JuneCara : If it's hard than we're doing good work? I often make that assumption. What if SJ was easy?
17:56:05 From josettesouza to Y'honatan (Privately) : When Sandra does the breakout room, a box should pop up where it says "enter breakout room"
17:56:09 From Jessamyn : June: love it!
17:56:16 From jillianmiller : that is so on point
17:56:31 From Bernardita's iPhone : someone once told me to remember: i'm no better than anybody. and nobody is better than me.
17:56:45 From Bernardita's iPhone : its really helped me to love myself and be open to loving others more
17:56:48 From Y'honatan to josettesouza (Privately) : Yeah, a new window opens and nothing happens
17:56:52 From Nirmala Nataraj : SJ, for me, is about letting my heart crack open even wider. It's a beautiful journey.
17:56:58 From Jessamyn : so true, so much of what we are trying to learn is how to stay calm and not in fight/flight/freeze
17:57:06 From Aliya : I love that-"we give them a uniform"
17:57:08 From Nirmala Nataraj : Yes, practicing equanimity.

17:57:14 From josettesouza to Y'honatan (Privately) : So that means you were in a room by yourself, so sorry for that!

17:57:28 From Nirmala Nataraj : I really love being surprised by myself and by others.

17:57:36 From Adventuress42 : As there are so many people maybe we can create the clarity rather than have many interruptions to the teacher/facilitator... there's a button to put the hand up, or we could type here for later discussion, so as not to interrupt and take up class time

17:57:42 From Alisia Drew : How will we access the archived chat text?

17:57:49 From josettesouza to Y'honatan (Privately) : We'll keep working on making sure that it's not happening in the future

17:58:05 From josettesouza : Yes I'm saving the chat and can send it out to everyone

17:58:19 From Mareena : what if you think that others are much farther ahead, and so when they don't live up to expectations that causes disenance

17:58:20 From Y'honatan to josettesouza (Privately) : Thanks, I am really lost here

17:58:21 From josettesouza : You can also hit "save chat" (a button at the bottom of the chat

17:58:41 From Student : Another literature to engage on is "Allegory of the Cave - Book VII The Republic by Plato" ...

Speaks quite well on "knowing better than others", makes one acknowledge the privilege of having access to things that make us to be social aware.

17:58:41 From tiana : Donnae: YES! We owe others the opportunity to show us who they are.

17:58:48 From Brittany Rea : I hurts when people hold your social awareness against you too

17:58:50 From Jessamyn : Mareena that is exactly my experience and I was talking about it earlier! I am much kinder when I am more honest about where others are at.

17:59:08 From JuneCara : Mareena: YES! I experience those feelings!

17:59:14 From Nirmala Nataraj : Me too

17:59:21 From josettesouza : To all the people who were in breakout rooms by themselves - we'll keep working to make sure that doesn't happen again. If it does happen again, you can use that time to think about the questions and answer them

17:59:54 From Bethany : josette youre awesome!!

18:00:02 From josettesouza : Aw thank you! <3

18:00:12 From JuneCara : We're all on a journey. My stop isn't further ahead or behind anyone else's—it's just my layover.

18:00:13 From Jessamyn : Josette I did save the chat a couple times, but it seemed to clear after each breakout room.

18:00:16 From Nirmala Nataraj : Josette or Sandra, I wonder if there's an opportunity to have a buddy system in this course? I'd love to be able to check in with someone this week, if possible. Might be too complicated to figure that out, though, but I really wish I could continue the discussions here.

18:00:19 From Bethany : <3 anytime

18:00:20 From Jen : thanks josettesouza! I did that :) I just thought I'd let you know so you could try and fix it. But is also an opportunity for a bathroom break hahaha

18:00:28 From Priya : I would like having a buddy

18:00:28 From Jessamyn : I would definitely love a buddy system

18:00:33 From JuneCara : THANK YOU!!!

18:00:34 From Aliya : Me too

18:00:39 From josettesouza : That'd be cool! I'll talk to Sandra about it!

18:00:41 From Liz Byrd : I would like a buddy too... can't wait to see y'all next week

18:00:42 From Kayla DeCant : Buddy system sounds amazing

18:00:45 From Jessamyn : And I also think it'd be great to have a closed Facebook group or some other place to have ongoing conversation.

18:00:49 From Esther Pena : thank you so grateful for this and you guys

18:00:51 From abbyalexanian : love the buddy system idea!

18:00:51 From JuneCara : I like to buddy system too!

18:00:54 From genna : would love a closed group facebook

18:00:55 From Tresia Biagi : thank you! and your very welcome

18:00:59 From Aliya : yes to a fb group!

18:01:01 From Kayla DeCant : ooh facebook would be a great idea too

18:01:01 From abbyalexanian : FB group would be great!

18:01:02 From Liz Byrd : yes to the Facebook group and would be great for ongoing discussion after the course neds

18:01:02 From Alisia Drew : That would be nice.

18:01:04 From Liz Byrd : * ends

18:01:05 From tiana : Josette: I wonder if jumping out of solo breakout rooms would reassign into new rooms?

18:01:09 From RFVega : Thank you everyone. Great first session!

18:01:10 From Aurora : Love FB group and buddy system idea!

18:01:12 From Jen : yes! FB group! keep the conversation going :)

18:01:13 From Alisia Drew : I like the idea of meeting new people, over one identified buddy.

18:01:13 From Sar'z : I don't do facebook.

18:01:17 From Alice : Can someone send out feedback form?

18:01:20 From tiana : Happy to test if needed.

18:01:30 From josettesouza : Ooh that'd be cool @Tiana

18:01:32 From Priya : Staying off Facebook is my own self-care :)

18:01:35 From josettesouza : We can def try that

18:01:41 From Sar'z : Transcripts would be a great thank you,

18:01:46 From Tresia Biagi : will we have access to powerpoint

18:01:47 From dawnennis : Thank you, Sandra, Josettesouza and everybody!

18:01:50 From tiana : @Josette I'll stay on a bit if you like.

18:01:53 From josettesouza : Thanks to all of you!

18:01:53 From Janvieve Williams Comrie : Thank you all!

18:01:56 From Nirmala Nataraj : Thank you all so much

18:02:01 From jillianmiller : Thanks!

18:02:05 From Jen : @josettesouza I could also be a tester :)

18:02:07 From Akila Richards : Please accept my apology for not being able to make the next session and I will view the recording. See you at the third one. It was a great first one and really enjoyed it!

18:02:07 From Alice : Thanks everyone!

18:02:08 From Bethany : thank you all!!!

18:02:10 From Nirmala Nataraj : Josette and Sandra, you did great!

18:02:11 From josettesouza : Thanks everyone!

18:02:17 From Aliya : Thank you Sandra! Thank you Josette! <3

18:02:24 From justiceh : Thank you everyone!

18:02:28 From Bernardita's iPhone : thank you so so so much!!!

18:02:33 From Jen : thanks! see you next week :) It was lovely to meet you :)

18:02:35 From abbyalexanian : Thanks everyone!!

18:02:35 From Akila Richards : Oh yes please the templates look great

18:02:37 From jaysonflores : Thank you so much Sandra!

18:02:39 From Liz Byrd : Thank you all! <3

18:02:41 From genna : love this. thank you!

18:02:42 From vbellaton : Thank you!

18:02:44 From Priya : Thanks! Bye all

18:02:44 From josettesouza : <3

18:02:47 From Mareena : thank you <3

18:02:47 From Larissa : thank you! <3

18:02:49 From Student : Thank you!

18:02:50 From Andrea : Email me a copy of the slides?

18:02:51 From Nirmala Nataraj : Bye all!

18:02:54 From Pratiksha : Thanks!

18:02:54 From josettesouza : bye!

18:02:57 From Akila Richards : Thank you very much !

18:03:01 From Adventuress42 : Thank you and to everyone I got to chat with! So great to see and hear your experiences! Often so much more clarity for my own self too!

18:03:06 From nina : Thank you.

18:03:06 From josettesouza : To people who volunteered to stay, we'll end now and see later abotu what we can do

18:03:10 From josettesouza : <3 Thanks so much !!

18:03:16 From tiana : Okay. Thanks all! <3

18:03:23 From Bethany : bye for now

18:03:39 From tiana : What an awesome group!