

compassionate activism

Session 5 Chat Log

18:00:26 From Akila Richards : Greetings Sandra, good to see you and look forward to this next session.

18:01:03 From Sandra Kim : Hi everyone! Glad we're about to start this session! While we wait a couple min, please share where you're calling in from!

18:01:31 From Shari : Los Angeles!

18:01:32 From Brittany Rea : Ottawa, Canada

18:01:32 From Josette Souza : :) Colorado, USA

18:01:37 From nziemba : North Carolina

18:01:38 From Deanna : Vancouver, Canada!

18:01:41 From walsh_michelle : I'm in Boston and happy to be here with you again tonight! :)

18:01:44 From Kath : Richmond, VA

18:01:45 From Laura Anne Haave : Northfield, Minnesota!

18:01:50 From Mareena : Maryland

18:01:59 From Janvieve Williams : Bronx New York

18:02:01 From Akila Richards : Hailing from the UK by sea in the south

18:02:02 From Kat : Asheville North carolina

18:02:02 From Sandra Kim : Rockville, MD near DC

18:02:03 From Mareena : :)

18:02:12 From RFVega : Boulder, Colorado

18:03:02 From Sandra Kim : josette@everydayfeminism.com

18:03:30 From Kayla DeCant : Chicago!

18:09:56 From Laura Anne Haave : I'm actually thinking of a situation that happened like 30 minutes ago! Too many emotionally charged situations to choose from.

18:17:34 From Esther : so is it like not being comfortable with other people's reactions/feelings?

18:18:18 From NLap : Okay.. so more along the lines of acknowledgement and letting go

18:18:31 From NLap : To clarify

18:18:45 From walsh_michelle : I think it's also about how to be more effective in the relationship too

18:19:14 From NLap : Yes, it would be effective in any relationship dynamic

18:19:18 From NLap : I think..

18:21:19 From abbyalexanian : What about when we use "they should have done that differently" thoughts to validate ourselves when we are trying to recognize that we weren't treated well in a particular situation? I guess my question is, how to get past this inclination to paint a picture of what WOULD have felt good in the situation in order to contrast it with what actually happened?

18:22:42 From Kayla DeCant : ^ great question

18:22:47 From walsh_michelle : yes
18:24:47 From mmanzanedo : testing
18:27:21 From Jessamyn : someone I was maybe starting to date decided to break things off
18:27:24 From abbyalexanian : I've been trying but finding it hard!
18:27:41 From jillianmiller : i have used it and was successful today
18:28:00 From mmanzanedo to Sandra Kim (Privately) : can you repeat question when you get a second, please, Sandra :)
18:29:27 From nziemba : Thanks for sharing
18:29:33 From Josette Souza : Yes thank you!
18:29:34 From Kat : thank you for sharing
18:33:28 From Sheila : Not really about the stuff.....
18:33:39 From Deanna : It sounds to me like maybe you don't feel respected.
18:34:01 From Mareena : <hugs>
18:34:17 From Akila Richards : Yes I hear you keep going
18:34:20 From nziemba : "it's no big deal" is incredibly invalidating
18:34:24 From walsh_michelle : <heart> and <hugs>
18:34:52 From mmanzanedo : <hugs.love.light>
18:36:11 From Brittany Rea : Keep going!
18:36:12 From jillianmiller : don't worry
18:36:13 From mmanzanedo : It's OK, many of us can relate
18:36:17 From abbyalexanian : don't worry about the time!
18:36:19 From jillianmiller : take your time
18:36:20 From Deanna : Share what you're comfortable with.
18:36:26 From Aliya : keep going!
18:36:31 From Laura Anne Haave : I hear what you're saying as a kind of gaslighting, like nziemba said above -- invalidating your feelings and making YOU feel wrong for having them -- the opposite of trying to understand other people's realities. Your feelings are valid!
18:36:34 From Aliya : <3
18:36:35 From Josette Souza : <3
18:36:47 From walsh_michelle : gas lighting is so shitty
18:36:48 From Esther : sweetie you matter
18:37:03 From Deanna : You deserve to be respected, your space deserves to be respected!
18:37:14 From Akila Richards : You being upset about it matters
18:37:38 From Aliya : Your need to feel respected matters
18:37:52 From Emily : I am SO HAPPY this sharing is happening, this issue is so real for so many people
18:38:12 From Aliya : I agree Emily!
18:38:13 From mmanzanedo : Yes, Amen to that, Emily!
18:38:27 From Aliya : It sucks to be called oversensitive :(
18:38:58 From Josette Souza : Calling someone "oversensitive" is violence, it's a form of violence
18:39:03 From walsh_michelle : you're reality is valid and real
18:39:12 From aa : your internal reality

their internal reality

external reality

18:39:14 From mmanzanedo : It's not just in your head, you were abandoned by those that were supposed to love and care for you, more than anyone else in this world.

18:39:37 From jillianmiller : That reality is reasonable for your history

18:39:39 From Aliya : no reality is reasonable...it just is :)

18:39:40 From abbyalexanian : oppressive systems make us feel like our realities aren't "reasonable"

18:39:45 From NLap : Who says your reality is unreasonable

18:40:00 From Adventuress42 : We are all here to learn how to have a more 'reasonable' reality. Accepting whatever IS seems the only reasonable thing.

18:40:07 From NLap : Just because a few people say it is not true doesn't make that a reality

18:40:53 From Emily : I think the distinction is important to make between « external reality » from this idea that there's some « objective reality » somewhere out there that we all have access too (in the way that colonial/« western » science insists on)

18:41:11 From Laura Anne Haave : Yes to abbyalexian, we are taught that emotion and calling people out on their harmful behavior is not "reasonable" as a way to allow people to continue to harm and oppress others without consequence. We should all be more UNreasonable perhaps.

18:41:56 From abbyalexanian : ^agreed!

18:42:29 From Aliya : :)

18:42:43 From bvillani : people are pretty awful sometimes.

18:42:44 From Deanna : Finding acceptance with yourself is so important.

18:43:12 From Emily : Eō, sister <3 <3 <3

18:43:40 From Akila Richards : Wow you are doing fantastic right now in expressing what you feel about the past and how much it matters!!!

18:44:21 From Aliya : we see your pain and we care

18:44:23 From Adventuress42 : I see your pain and I care too

18:44:31 From Deanna : We see your pain & we care.

18:44:34 From mmanzanedo : I see your pain, Jessamyn, and I care, too

18:44:38 From Josette Souza : I see your pain and I care

18:44:45 From Mareena : yes we see your pain and we care

18:45:28 From Emily : I see my mother in this conversation too. It can make such a difference in shifting away from harmful responses to other's realities when we see they could just as easily be our own loved ones and take them seriously

18:46:03 From Aliya : waiting can be so disempowering

18:46:38 From mmanzanedo : waiting can be so painful

18:47:29 From abbyalexanian : It sounds like you want to take back control of the situation

18:47:39 From Brittany Rea : Great job!

18:47:43 From Josette Souza : <3!!!

18:47:49 From Kat : good job!

18:47:56 From Emily : yaaaasssss ! <3

18:47:56 From Esther : so powerful

18:47:58 From Mareena : :) good job

18:48:00 From Deanna : Thank you soooo much for sharing your story & emotions with us, Jessamyn!

18:48:15 From RFVega : Thank you, Jessamyn. Great modeling, I learned a lot.

18:48:16 From Akila Richards : Your sharing helped me a lot, so very much appreciate it

18:48:17 From Josette Souza : Godddd that was powerful

18:48:20 From Josette Souza : You are so powerful

18:48:24 From Josette Souza : I have so many chills

18:48:25 From Josette Souza : Thank you so much

18:48:29 From Josette Souza : Your power is radiating

18:48:37 From mmanzanedo : Thank you, Jessamyn

18:49:17 From Brittany Rea : Ooh I have phone phobia too :D

18:49:28 From Adventuress42 : Learning about Childhood Trauma we actually do get 'stuck'. Everything else grows up and matures but that thing, that area, that was traumatized gets stuck. Work likes this - directly exploring the emotions and supporting ourselves in that trauma is how we can come through it. So good to share in this journey which reflects so much to me, too

18:49:35 From RFVega : phone phobia here.

18:49:47 From RFVega : I'm afraid to know what that means, though I have an inkling.

18:49:51 From lorraine : Kudos to you! You worked so hard in this moment and you have so much burden to carry from your past. Thinking about how your story started, I find that misunderstandings can bloom so easily when we communicate by text or email -- it's often hard to read tone and intention. We don't know what your friend's reality was at the beginning of the text interchange. I wonder if in the very beginning of the dialogue it might be helpful to offer some kind of acknowledgement of the visit you had first? -- eg. "Hey it was so nice to see you! Did you know you left your bag here? Just wondering if you want to come by and get it? It would be nice to see you again." Then if you still get a crappy response, you have a lot of information to make a decision; but if you get a good response, then the whole path might be different. Does that make any sense?

18:50:15 From Kayla DeCant : 100% have no responsibility to make sure that item gets back to them. That burden does not fall on you

18:50:15 From Josette Souza : Tahnk you!

18:50:58 From aa : I need a like button to reinforce the affirmations.

18:51:15 From walsh_michelle : Thank you for sharing

18:51:57 From Jessamyn : lorraine - that's actually pretty close to the text I did send initially, which is partly why it hurt so much to not have any of that acknowledged

18:52:37 From Adventuress42 : Please put that slide back up for another minute!

18:52:43 From RFVega : slide, please

18:52:50 From Mareena : yes please

18:52:55 From Adventuress42 : :)

18:54:09 From Aliya : That is hurtful Jessamyn....there's rejection in there that really really stings :(

18:54:18 From Jessamyn : thank you so much everyone for the words of support and encouragement

18:54:26 From Kayla DeCant : What if you deal with self-handicapping? Like you diminish yourself or your capacity? So you are battling against yourself.

18:54:41 From Jessamyn : I've been thinking lately that most of my reactions are about 15% current time and 85% history

18:54:54 From Brittany Rea : Im the opposite

18:54:57 From Akila Richards : I guess its really hard when one gets caught in the childhood trauma and therefore hard to see what the reality really is

18:55:11 From walsh_michelle : I think it's also important to remember that this process of individual mindfulness is amplified and helped through a communal process in which we just have engaged.

18:55:37 From Jessamyn : Michelle yes!

18:55:38 From Laura Anne Haave : Yes. I wish we could engage this way every week forever.

18:55:47 From Kayla DeCant : ^ agreed

18:55:47 From Jessamyn : I've been trying to do this on my own for the whole week since it happened, and it's been super hard

18:55:56 From Aliya : haha me too Laura!

18:56:02 From walsh_michelle : I'm part of different Facebook groups that help in this sense.

18:56:07 From Josette Souza : @Jessamyn, the more practice, the stronger the muscle grows

18:56:10 From mmanzanedo : We can, Laura Anne. Maybe we start a group and stay connected...

18:56:17 From Akila Richards : Same here Jessamyn, was quite difficult to keep going

18:56:18 From Josette Souza : There's the FB group. :)

18:56:22 From walsh_michelle : yes

18:56:24 From Laura Anne Haave : I am a verbal/outward processor, so it's often hard for me to do this just by myself or in my own head; I need a witness

18:56:37 From mmanzanedo : Which FB group, Josette?

18:56:44 From Jessamyn : Josette I've been practicing so hard for so long, but I think I haven't *really* been practicing truly accepting the strength of my own emotions

18:56:56 From Jessamyn : mostly I've done a lot of CBT type stuff, where you try to alter your emotions

18:56:59 From walsh_michelle : There's a FB group for this group

18:57:06 From Josette Souza : I believe in the emails about the sessions, there are instructions for how to join the FB group we made

18:57:11 From Josette Souza : @mmanzanedo

18:57:11 From walsh_michelle : yes

18:57:30 From mmanzanedo : Thanks so much @Josette! :)

18:57:33 From Adventuress42 : how did you directly invite them to support you?

18:57:56 From Josette Souza : @Jessamyn - I feel that — we had a lifetime of hurt, we have a lifetime of healing ahead as well

18:58:05 From walsh_michelle : yes

18:58:06 From Josette Souza : You're welcome @mmanzanedo!

18:58:09 From Janvieve Williams : Actually I do not know how to join the FB group. What is the name?

18:58:33 From Josette Souza : @Jessaymn, my single mother abandoned me suddenly when I was 16, and I so greatly appreciate you sharing

18:58:35 From walsh_michelle : Maybe the directions on how to join the FB can be sent out again

18:58:55 From Jessamyn : haha, and sometimes we don't have the greatest of parents

18:58:59 From Josette Souza : @Janvieve - you'll need to follow the directions in the email because there are a couple of steps (like friending a dummy account)

18:59:13 From jillianmiller : me too!

18:59:25 From jillianmiller : One crappy math teacher!

18:59:39 From Jessamyn : to everyone who talked about respect, YES!

18:59:47 From walsh_michelle : Yes, what Sandra's talking about is how powerful shame is - Brene Brown is excellent to listen to and read on in this area

19:00:00 From Kat : yes brene brown!

19:00:15 From walsh_michelle : There's also Kristin Neff on self-compassion

19:00:24 From walsh_michelle : Look for both of their TED talks

19:01:48 From Deanna : That's a really powerful point, Sandra.

19:02:41 From Laura Anne Haave : I work as an advocate for survivors of sexual violence, and I've found the Trauma Stewardship book and course helpful. <http://traumastewardship.com/inside-the-book/> That's kind of specific, but in case anyone else here is engaged in work supporting others who have survived trauma and find it difficult to manage their own trauma while doing that work -- another resource.

19:02:49 From walsh_michelle : "I can feel tired, and that's OK." love button Sandra! :)

19:03:10 From walsh_michelle : OH YES that Trauma Stewardship book is great!! :)

19:03:11 From Josette Souza : Haha love the love button!

19:03:23 From RFVega : Doing nothing is also an action.

19:03:29 From Adventuress42 : Furthering this I feel like they can be allowed to think it's funny but to be made aware that it is making the work place uncomfortable and toxic to the person having to hear things that directly slander and dismiss them based on nothing but the second chromosome that created their body.

19:03:47 From walsh_michelle : :)

19:05:19 From Kayla DeCant : Can you elaborate more about not being able to say yes until saying no?

19:06:05 From mmanzanedo : Ahhh mothers... the biggest triggers EVER!

19:06:17 From Kayla DeCant : ^ seconded

19:06:41 From Adventuress42 : I'd also like if Sandra could go back to her personal story and share how she invited this person to support her while she was triggered in feeling not important - with perhaps a few different ways she has invited people to support her /ways to do this.

19:08:05 From lorraine : I think that kind of "what's wrong with you" question is often not really a question. It's a declaration that they think there IS something wrong with you, ie. judgement. No one likes to be judged.

19:08:18 From Kayla DeCant : You are not alone in this!

19:08:25 From mmanzanedo : Mothers are very powerful like that...we can be in our 40's and still feel like a kid...

19:08:55 From Jessamyn : oh gosh yes

19:09:36 From Kayla DeCant : With my mother it is like a bottomless pit in my stomach. Like I've been punched in the gut. And then I usually shut down

19:09:59 From mmanzanedo : ^sorry to hear that

19:10:23 From Kayla DeCant : I appreciate that acknowledgement.

19:10:39 From mmanzanedo : ^hugs :)

19:10:45 From Kayla DeCant : thanks :)

19:10:56 From walsh_michelle : <more hugs and heart everyone>

19:11:32 From Adventuress42 : This is good to have your story to work through my own answers to this, my own physical feelings, and take this time to look at mine and follow these ideas and patterns and reminders. Thank you for sharing and this flow

19:11:54 From walsh_michelle : I throw other references in here, and I'll throw in Pema Chodron and the idea of sitting in the "charnal ground" with self-compassion

19:12:24 From Josette Souza : Thank you for sharing Ester!

19:12:56 From Akila Richards : Thank you Ester this is really important

19:13:03 From Deanna : I can hear you giving yourself the space to accept your feelings. Very powerful.

19:13:23 From walsh_michelle : Thank you Ester!

19:13:37 From Kayla DeCant : Thank you for sharing!

19:14:46 From walsh_michelle : Kat - I love seeing your cat! :)

19:14:58 From Akila Richards : Wow I can feel this Ester - you deserving acceptance. Thank you for sharing this difficult example with your mother

19:15:05 From Mareena : <3 thank you

19:15:15 From Kat : her name is lunchbox

19:15:24 From walsh_michelle : that's so cute! <3

19:15:48 From Esther : thanks everyone

19:16:00 From Kat : thank you ester

19:16:24 From walsh_michelle : I love to hear that you box, Sandra! I love to box too! <3

19:18:51 From walsh_michelle : Great to see you Jessamyn!

19:27:29 From abbyalexanian : how can we make it ok to say no?

19:28:11 From Kayla DeCant : ^ yes

19:28:19 From abbyalexanian : Like with the eating healthy example - how do we help ourselves feel like this isn't an obligation?

19:29:10 From Josette Souza : She's answering that now, plus the process of saying "i don't want to/i don't choose to, and that's okay"

19:29:30 From abbyalexanian : yes, thanks!

19:29:57 From Brittany Rea : And if you say no, is that okay?

19:30:02 From Josette Souza : Yes!

19:30:07 From RFVega : Good question and explanation. Thank you.

19:30:08 From Brittany Rea : thank you

19:30:50 From abbyalexanian : I can try giving an example!

19:31:14 From Jessamyn : thank you walsh_michelle

19:31:44 From walsh_michelle : you're welcome, i appreciate it when i can see video of folks!

19:32:08 From Brittany Rea : Being indecisive sucks :(

19:32:15 From walsh_michelle : Thanks for sharing Abby - the frozenness is real

19:32:54 From walsh_michelle : How about those situations when you really don't want to do something but there is a real consequence to saying no - as in a work situation

19:35:17 From Jessamyn : gosh I sure relate

19:35:25 From Brittany Rea : neglecting yourself?

19:35:31 From Jessamyn : that sense that if you ever feel less than good, it's obviously due to some mistake you make

19:35:43 From Jessamyn : it's not possible that you might just be tired or out of sorts or have a cold

19:36:15 From walsh_michelle : My husband I were talking about this the other day about how this is so symptomatic of a legacy of Protestant Calvinistic culture here in the U.S.

19:36:24 From Jessamyn : yes!

19:36:32 From Jessamyn : Matt Kahn would say if you're tired, you deserve more love not less.

19:36:45 From walsh_michelle : yes

19:36:47 From Brittany Rea : But you are!

19:37:24 From Emily : Damn that is so real

19:37:28 From Brittany Rea : (I am not trying to deny how you feel)

19:37:56 From walsh_michelle : That's a powerful practice, Sandra!

19:38:13 From lorraine : I think it's so hard to feel like we deserve love and caring and respect even when we mess up.

19:38:26 From Brittany Rea : So true

19:38:54 From Jessamyn : yes

19:38:55 From walsh_michelle : To me it connects to very powerful spiritual messages about conditions to worthiness in contrast to unconditional love and self-compassion

19:40:11 From Jessamyn : I have been working with these affirmations lately and they seem very related to this topic: <https://laviedelarose.com/product/trauma-recovery-solutions-new/>

19:41:11 From Jessamyn : e.g. " I receive the gentle support and encouragement of my Soul. I learn to nurture myself and accept nurturing from others. As I am nurtured, I am able to nurture others. In stable, safe and nurturing relationships, I develop inner security and self-love."

19:43:06 From walsh_michelle : That's beautiful Jessamyn

19:43:55 From mmanzanedo : Thanks @Jessamyn

19:44:28 From lorraine : always good to breathe! :)

19:45:02 From Aliya : You're doing great Abby!

19:45:10 From walsh_michelle : yes Abby

19:46:34 From Mareena : <3

19:47:44 From Josette Souza : Thank you Abby!

19:48:29 From mmanzanedo : Thank you so much, Abby <3

19:48:32 From walsh_michelle : Thank you Abby for sharing!
19:48:38 From Deanna : Beautiful conclusion!
19:48:51 From RFVega : Brava!
19:48:59 From Aliya : <3
19:49:09 From Kat : thank you abby
19:49:50 From Akila Richards : Wow that was quite awesome to watch abbeyalex
avian and so many thanks for sharing
19:49:57 From Adventuress42 : Sandra, could i have some suggestions of different
words/ways/things to say while triggered to invite others to support us?

I find while triggered I feel they won't

19:50:13 From Jessamyn : wow thank you abby
19:50:24 From abbyalexanian : Thanks everyone!
19:51:01 From Adventuress42 : Abby - this was great. I followed along and learned
alot about my own reality too. Similiar in many things.
19:53:01 From Deanna : Toxic swirl seems like a child that lives inside us that's
been neglected. Acknowledging our feelings, therefore acknowledging the presence of
this inner child, helps us to accept its purpose & its message.
19:53:10 From Adventuress42 : finding the priorities for the moment. Stay up and
finish or sleep well...eat well or not and teh responsibility and simple consequenses of
those choices... they are just choices and I get to make them! The freedom and the
consequence is mine and they create who I am, slowly. And I can create a new me by
doing different things! <3 it.
19:53:24 From Adventuress42 : Deanna! YES!
19:53:41 From walsh_michelle : I think it is great to do mantras like that in front of a
mirror - and to smile at ourselves as well, Sandra! I learned that from someone else
once!
19:54:19 From walsh_michelle : Deanna that's a great analysis and sounds a lot
like how an internal family systems therapist would approach it!
19:54:45 From Jessamyn : like what Sandra is saying, those flower essence affir-
mations have been having that effect on me!
19:54:47 From Deanna : Now that you mention it, Michelle, I think I've actually cov-
ered that in therapy myself. :P
19:54:50 From Jessamyn : they are such a powerful contradiction
19:55:12 From walsh_michelle : :) Deanna!
19:55:21 From Akila Richards : Sorry good people I have to go I am extremely tired
as its almost 1 am. Good night and good bye and many many thanks.
19:55:27 From Josette Souza : What is the one thing you want to take away from
today?
20:00:02 From Esther : I matter
20:00:10 From PriyaWalia : Acceptance of reality: We have choices
20:00:15 From jillianmiller : I have choices!!!
20:00:17 From Jessamyn : really being present to how I feel, whatever it is and
whatever intensity — not diminishing or avoiding that
20:00:18 From Josette Souza : I have choices - i am in control
20:00:18 From Brittany Rea : Choice

20:00:20 From walsh_michelle : I love the reminder about mantras to ourselves in the mirror in the morning - with a smile! I deserve to be happy!

20:00:25 From Kat : allow myself to have options

20:00:27 From Deanna : Not ignoring the negative feelings.

20:00:29 From lorraine : when the feelings surge I can pause, check in, make choices

20:00:30 From Laura Anne Haave : I want to print out the slide with the four affirmations and tape it above my desk to remind myself to practice them. Also I need a "practice buddy" who will help me saying them aloud.

20:00:30 From mmanzanedo : We don't need to wait. We have the power to make our own choices.

20:00:31 From Monique Wright : language of the heartb

20:00:31 From Aliya : My needs/feelings matter

20:00:55 From Jessamyn : noticing when I'm focusing on the other person, or escaping into intellect or action

20:01:00 From Adventuress42 : The coming into the physical sensations in the body and how that brings out a fuller awareness of feelings and ideas and traumas and stuck-i-ness.

20:01:01 From Deanna : The power of sharing our feelings with this group!

20:01:22 From walsh_michelle : yes

20:01:46 From Brittany Rea : Great job everyone!

20:01:51 From Jessamyn : high five everyone!

20:01:51 From Deanna : Your stories were so incredibly powerful & showed such bravery.

20:02:01 From Aliya : So true

20:02:03 From RFVega : Thanks to all of the brave souls for sharing!! Lots of learning today. And lots of love.

20:02:03 From walsh_michelle : yes

20:02:12 From Jessamyn : it's very powerful to reminded we're all in this together

20:02:14 From abbyalexanian : It's definitely so powerful to feel like others face similar struggles

20:02:34 From Brittany Rea : Thank you Sandra for another great session

20:02:57 From Jessamyn : yeah! someone asked me to do a women in tech panel on the 17th, something I normally love to do, but I'm loathe to miss class for it!

20:02:59 From walsh_michelle : Yes, Sandra - you are great! You are part of a larger movement and helping to change our world! Thank you! <3 <3

20:03:07 From Jessamyn : that is how great this class is :)

20:03:13 From Mareena : thank you <3

20:03:17 From Jessamyn : <3

20:03:23 From walsh_michelle : And thank you Jessica for your tech help!

20:03:29 From Deanna : Just think of how what you've learned here can be taken to the panel with you!

20:03:34 From Aliya : Thanks you everyone <3

20:03:34 From walsh_michelle : oops Josette!

20:03:34 From Kat : thank you everyone!!

20:03:43 From Josette Souza : Hahah no worries, thank you!

20:03:47 From mmanzanedo : Thank you, Sandra and Everyone <3
20:04:06 From walsh_michelle : goodnight!
20:04:07 From RFVega : THANK YOU!
20:04:10 From Deanna : Goodnight!
20:04:15 From abbyalexanian : Goodnight!
20:04:21 From mmanzanedo : Thank you, Josette!
20:04:27 From RFVega : Facebook group name?