

# compassionate activism

## Healing from Toxic Whiteness

### Chat Log for Practice Session 1 - October 18, 2016

19:27:51 From elaineguardo : Hi, I'm Elaine from Brooklyn..I missed the first two sessions but I plan to go back and listen to them asap..I'm excited to be here.

19:29:33 From clairemortifee : Hey ! I'm Claire, calling from Toronto Canada. I was at the first sesh and have the other one pulled up to watch tomorrow. Excited for this !!!!  
<3

19:30:01 From elaineguardo : How can I participate in this session by audio only?

19:53:33 From J Zirbel : J Zirbel, Rainbow Community Cares in Raleigh, NC.  
Understanding the disconnect we white people live and perpetuate through lack of deep reflection. I am feeling transformed from the chance to pay real attention to my ability to feel my compassion!

19:55:03 From Lloyd Graham : Lloyd from Bloomington, IN...the first session was easier to "swallow" than the second. The second session seemed more disheartening due to the emotional labor POC are expected to endure.

19:55:33 From Sandra Kim : @elaineguardo, you can just turn off your video

19:56:34 From Jenny : Hi! Jenny from St. Louis here. Perfectionism as white supremacy + vulnerability as anti-racism work and self-compassion and mindfulness have really stood out for me. Also, humble curiosity--asking questions, and 'accepting a thing is happening does not mean acceptance of that thing.'

19:58:10 From Liberata : Liberata, Keene NH. I live in vocal Trump country. Homogenous white zone. Learning how to engage with people in a forward positive manner. Also, grew up in a very openly racially divided area in NJ in 70s. Terrible. Thought I had rejected and refined. This is fine tuning my focus on what's residual that I thought was gone, overcompensation... and my anger at rigidity of others to even try.

19:58:40 From Jennifer : Hi I'm Jennifer from Philadelphia, PA and what stood out for me from the first two sessions is how we overcome assumptions about ourselves and others.

19:58:49 From Alaina : Alaina from Seattle, WA. Something that really stood out to me was creating a space to say "I'm not sure if I'm ready" and "I need to engage with myself more first" because I haven't always allowed myself to think those thoughts. That was really difficult for me to wrap my head around, since I tend to engage in self sabotage and "push through it for the sake of others" even when I'm not ready.

19:59:07 From Sandy Robinson : Sandy Robinson - Waupaca, Wisconsin. What stood out: a sense of community, a safe space for talking about painful, important things. I'm grateful that we have access to the sessions for as long as the internet exists. :-)

19:59:14 From Alaina : We can hear you Ariana!

19:59:16 From Liberata : yes! HELO VOICE

19:59:19 From Jenny : We can hear you!

19:59:21 From Harah : Harah from Detroit> I'm amazed at the shift in focus from POC to white pain...the guilt, shame. Amazing to think racists are hurting, have disconnected from their Buddha nature (tho I know Sandra would not use those terms).

19:59:25 From Maria Flores : Hi, Maria from Milwaukee. I'm a POC and it was enlightening for me to learn about the challenges for white individuals to engage in race dialogue.

19:59:54 From Lili Trenkova : Lili from NY. Knowing that I will have to work on my shit to be more compassionate with people who are not there yet. Argh, even the word "compassionate" is hard!

20:00:07 From Ben : HI everyone,

20:00:09 From Marla Cornelius : Hi, Marla from Oakland. Stood out - gaslighting, and the core pains..

20:00:10 From midrucker : Hello! My name is Michael, I'm calling in from the Hudson Valley of New York. The first 2 training sessions helped me believe that it is important to slow down.

20:01:41 From Marta : Hi, I'm Marta from Silver Spring MD. Thanks for the workshop, I have experiences that the thought processes offer ways to manage myself in those situations that would have been more comfortable for me and perhaps for the other person.

20:02:01 From Rachel : Hi, I'm Rachel in Iowa City. What stood out to me is perfectionism as a white supremacy and compassion as a necessary, not necessarily empathy, and interacting in an honest and compassionate way to affirm another's humanity.

20:02:06 From Ben : I'm Ben, from Brooklyn, what stood out for me was the space given to people who aren't willing to engage, and the patience and compassion it takes to say, okay, this is what it is and move on to doing the work in other ways. Letting stuff go...

20:02:14 From Cindy : Hi, Cindy in the Hudson Valley.

20:03:53 From Alaina : @Harah In the spirit of this course, I would like you to consider the harm you may cause through your use of the word Buddha. I think if you're concerned about how our wonderful facilitator may feel about your usage of this word, you should not use it. Instead, maybe try to think of other ways you can get your point across without bringing in an out-of-context cultural term.

20:04:07 From Mayliss : Good evening to all! I'm Mayliss from Montreal, Canada. Also I originally come from France. I felt the 2 workshops acknowledge the pains that I felt and still feel. I learned to question myself about how I engage with less conscious white folks about systemic racism. I'm glad to meet you all.

20:04:15 From Courtney Neubauer : Hey everyone, my name is Courtney and I am in Seattle WA. I really appreciated the opportunity to acknowledge your own pain, and starting to talk about interacting with people with different levels of analysis especially family.

20:04:46 From Rocky : Good evening! I'm Melissa from NJ.

20:05:04 From Alison Traina : Hey all! I'm Alison from Oakland, CA. Happy to be with each of you tonight!

20:05:50 From S. Ryan Johnstone : Hello! I'm Ryan, from NYC, currently in the suburbs of Chicago. Thank you for the first two workshops - I'm inspired by the invitation to humility and curiosity with myself and others.

20:07:49 From Alavida : sound problems

20:07:55 From scottferreter : Hey Everyone! Scott from Sacramento, CA. What stood out was the trained tendency in white people to want to be “right,” and the possibility of engaging in difficult conversations without needing our experiences to be the same.

20:08:03 From AC : Sound keeps getting muddled

20:08:05 From SaraKay : sound or mic problems

20:08:25 From Alavida : sound is muted

20:08:28 From Bernie Smith : sound is muffled

20:08:44 From Marta : Someone doesn't isn't muted!!!!

20:08:51 From Veronica : You may need to mute all other than speakers

20:09:39 From A : what question are we discussing?

20:09:57 From Jenny : Our take-away from the first two sessions

20:11:38 From janetgray1 : Hi all, Janet in New Jersey—still working on skills for using white (and other) privilege to resist racism, especially institutional racism, in ways that don't border on “whitesplaining” and “rescuing.” I appreciate thoughts people shared from the previous session.

20:11:47 From breeshiaturner : Hey Everyone! Please try to remember to “mute” yourself when typing etc so that background noise doesn't interrupt the talk

20:12:34 From rachel : Breeshia - we can hear some people typing, is it possible to mute all other people except Sandra? thanks!

20:18:43 From Luke : Can you please explain a little more about the differences between the two ways of relating

20:18:54 From Terry : You are very clear and easy to follow

20:19:01 From Sofia : can you talk about how the external situation becomes more consensual?

20:19:03 From janetgray1 : Yes, Josette, you're very clear! But it all bears repeating.

20:19:05 From A : is there a powerpoint slide for this point (it helps me to focus on the points)?

20:19:43 From Roberta Gillin : Re two ways-- is one defensive, and one curious?

20:19:54 From breeshiaturner : Hey Luke, please expound and we'll get back to you :)

20:20:36 From Luke : I'm not very clear on the external one. I get the how I relate to the situation and how that can cause self-blame (because that's what happens for me), but I'm don't get how people react in the second way you described

20:20:43 From Luke : and the negative outcomes

20:21:03 From Liberata : I find it very difficult to deal with the racism of others, is that part of what is non-consensual and also shifting this responsibly.

20:21:36 From Liberata : yes - you're starting to talk about that, thank you.

20:21:57 From Sofia : How does that relate with when you're a white person who has acted in racist ways? Would you still consider the external circumstances non-consensual?

20:23:23 From Terry : Should you tell the other person "I am always aware of your color"? Even when you don't want that to be true.

20:25:28 From Terry : People with whom you have a relationship

20:26:52 From breeshiaturner : Good question, Terry. There isn't an inherent problem with "seeing color." EF has some good articles on the color blind theory. Color itself, culture itself—these differences are beautiful, and to erase/not acknowledge them can be disrespectful to a person's identity/humanity. It is a form of erasure. Racism and discrimination comes when we add value (or devalue a person) based on their culture/skin color. Does that make sense?

20:27:36 From Terry : Thank you. I'll look for those articles

20:28:06 From breeshiaturner : Sure thing

20:29:09 From Bernie Smith : Kind of like...one could try to recognize if they themselves are being defensive...which can be a good sign one is in the toxic swirl?

20:29:44 From breeshiaturner : Welcome back, Bernie :) Yes, indeed.

20:30:20 From janetgray1 : "Everything goes back to you"—wondering what strategies we have to identify the external reality? I can think of some...

20:30:44 From Terry : ..and yes B. that makes sense. I don't mean as disrespect more as getting that out of the way , acknowledging so it loses it's power.

20:31:01 From Bernie Smith : Good to see you too, breeshia. :)

20:31:12 From Terry : But I will read the articles, that may help too

20:31:20 From breeshiaturner : Gotcha, Terry

20:33:02 From Cindy : star 6 on phone

20:33:09 From kendallmackey : Can the prompt be pasted in the chat?

20:33:43 From Sandra Kim : What signs of toxicity are you noticing in how you're relating to the situation?

What shifts, if anything, if you consider that everyone is coming to the situation from a different place and there's a reason for their experiences?

20:39:19 From Sandra Kim : If you'd like to download the latest Zoom, go to:  
<https://zoom.us/download>

20:44:19 From rachel : can you explain how to share on the whiteboard again, thank you!

20:44:21 From Jennifer : Challenging assumptions and talking about experiences and concepts that are outside the purview of our white privilege.

20:44:56 From Jenny : Mouse over the white board, click options, click annotate

20:44:58 From Sofia : Up top, "Options" "annotate"

20:45:18 From Hanna : I experienced a sense of connection having the opportunity to talk with a like minded soul

20:45:33 From Sadie : Had a good discussion about mutual experiences of being called out and how to work through those feelings.

20:45:37 From Kari, Alasaka : I feel that as a white person my friends are always worried that I might fail them.

20:45:38 From Sister Ocean : there are so many instances that i imagine i don't notice, where it's very subtle but felt. microaggressions, etc... there seems to be a universal freeze followed by, "what to do?!"

20:45:39 From Jenny : Excellent talk with my partner re: hierarchies and stepping stones

20:45:43 From Noel : Having a hard time coming up with emotionally charged situations to think about. Not sure if that's because I've separated from them or because I've become comfortable and/or careful enough not to get into super charged situations lately.

20:45:47 From Katie Kuriyama : what came up for me is how the language of disconnection helps me understand emotionally charged conversations with more compassion

20:45:48 From Courtney : To focused on my own reality instead of thinking about the multiple realities that are existing at the same time

20:45:57 From Lili Trenkova : FRUSTRATION!

20:46:03 From A : Self-hatred and shame is so easy

20:46:10 From Ben : one thing that came up for me is that thinking about the situation after the fact it seems obvious that the other person is coming from another place, I need to work on taking the time to think about it in the moment, slooowwww down...

20:46:13 From mercedes : I totally resonate with what you said Noel

20:46:20 From midrucker : My story I reflected upon happened a year and a half ago, but it wasn't until 6 months ago that I could really understand the other person's 'internal reality'. I could only understand mine. I wonder if I had Sandra's Compassionate Activism steps, how much faster I would have soothed my fear and anger and understand the other person's internal reality.

20:46:41 From Jenny : Flag for me is wanting to be right, and the drive to be perfect--and what shifts is seeing everyone along the journey, and being more compassionate for self and others.

20:47:20 From eswankeyes : Jenny, yes, this is such a huge part of white conditioning for me, needing to be right.

20:47:56 From Liberata : overcompensating with other ethnic groups in a predominantly white area, feeling out of place and fearful with prejudice outspoken whites as a common confusion.

20:48:35 From rachel : we acknowledged that part of the toxicity that shows up (with the shame, fear, anger) in an initial reaction is wanting to distance ourselves (as white people) from the fear that we could be racist

20:48:37 From clairemortifee : Not knowing what degree to call someone in to

20:48:41 From Liberata : very upsetting inner conflict with children asking why

20:49:53 From clairemortifee : Is there a course like this for male privilege?

20:50:08 From Kari, Alasaka : I am feeling like some of my friends are just waiting for me to hurt them. They have been taught you can never trust a white person.

20:50:43 From Lynette : When we can't even acknowledge what is really happening, we can't address what is really going on.

20:50:55 From breeshiaturner : Thank you for sharing that, Kari

20:51:13 From breeshiaturner : I don't think so clairemortifee, but will pass the idea along to Sandra :)

20:51:32 From Bernie Smith : this can be applied to male privilege

20:51:43 From breeshiaturner : Absolutely!

20:52:24 From clairemortifee : I'd love my fiancé (who is a wonderful black transman) to have similar training around masculinity

20:53:18 From Harah : "acknowledge"

20:54:18 From Alavida : what about when it's not accidental?

20:55:28 From clairemortifee : Thanks breeshiaturner ! :)

20:56:04 From kendallmackey : what was point #5?

20:56:58 From breeshiaturner : When what isn't an accident, Alavida?

20:57:22 From Alavida : a racist statement



20:57:58 From breeshiaturner : Im unsure about point 5, but the slides should be sent to you after each webinar

20:58:13 From Leora : "Activism culture" I guess you'd call it, doesn't really give us room to not be ready to deal with things. I guess since we feel we have to overcompensate due do mainstream white culture's not wanting to deal with racism, so we tend to be hard on ourselves and each other and insist we face hard truths ready or not.

20:58:52 From breeshiaturner : please expound more, alavida, when you're ready

21:03:00 From Veronica : Would it be possible to share slides in advance so we can keep them handy and follow along? Many thanks for this!

21:05:30 From Ariana Manov : I agree Leora. Is this an irreconcilable contradiction?

21:06:48 From breeshiaturner : I will check in on the slides during a Q&A time

21:07:23 From Leora : I don't necessarily think so. We could acknowledge hard truths have to be dealt with while still having compassion for ourselves and others, and helping us get to the place where we CAN face them, as opposed to just insiting.

21:07:26 From Liberata : yes Leora... no Ariana, that's why we're here \*wink

21:07:53 From Lili Trenkova : I noticed how my burning sensations shifted.

21:07:57 From Jennifer : I feel anxiety about saying or doing the wrong thing

21:07:57 From Alavida : @breeshiaturner, I mean what if a racist situation is not an accident, i.e. when someone uses a racial epithet.

21:08:06 From Ben : need for self forgiveness

21:08:22 From phyllisstern : Giving myself more space

21:08:24 From A : it's super cool checking in with ourselves like this. It's like tapping into secret knowledge. Also helps calm the storm of emotions.

21:08:28 From scottferreter : I noticed that there were layers. Under the panic was the shame. Under the shame was the grief.

21:08:45 From breeshiaturner : What would you like to know about that situation— can you expound on what you're asking about? Do you want to know "what do I do?" And, if so, what do you mean by "do?"

21:08:45 From Hanna : I felt angry, and I felt uncomfortable with and pained by this anger. My anger told me that I need to nurture myself, nourish myself. I committed to treating ME the way I treat others

21:08:47 From Jenny : scott, I had a similar experience with the layers

21:09:01 From Mayliss : it's very comforting to recognize our emotion. very useful tool

21:09:08 From Alavida : i noticed grief beneath my anger and self righteousness

21:09:10 From dfs : Now I know why I couldn't think of anything...I found it in that exercise. A time when I didn't speak up. I feel such sorrow and guilt. I wish I could find the person and apologize

21:09:13 From Kari, Alasaka : It was good to think about how I wanted to deny that I could ever hurt my friends and I need to except their reality that based on how I have been raised I very well could hurt them.

21:09:34 From Marta : Yes, something shifted, I tho't I felt sad, but closer to my internal reality is hurt, ignored, and angry the person I unintentionally hurt won't talk about it again.

21:09:45 From Alaina : I noticed that I felt shamed/humiliated that the work I had done wasn't enough yet, and that I had more work to do. At the time, it felt like a smack in the face. But reflecting on the experience, I notice it as an opportunity to be gentle with myself (something I'm working on in all aspects of my life) and accepting of my current reality.

21:09:53 From janetgray1 : Hard to figure out what to call the feeling...feels like aggression, tried rage and sadness—most obviously it's pain that I ignore.

21:10:01 From clairemortifee : I felt disgusted at this white man, then under that both guilt + self-righteousness

21:10:14 From clairemortifee : Then relief to accept it all ! Thank you

21:10:30 From rachel : my body can tell me so much, WOW.

21:10:47 From Katie Kuriyama : i noticed how i carry my feelings in my body. i am wondering if the pain and feelings i carry contribute to my bodily pain and tension. i was called forth to stretch and i decided to do that.

21:11:21 From Bernie Smith : one way to counter perfectionism is to allow yourself and recognize that you will make mistakes

21:11:48 From scottferreter : The response to “what do you need?” that brought tears to my eyes was, “I need you to know that I am deep-feeling and tender, and that I hurt deeply when I hurt”

21:12:22 From Jenny : I feel more vulnerable, and it's scary, but also...good.

21:12:50 From Rocky : self doubt & feeling like i didn't do good enough

21:13:18 From Olivia : I understand that perfectionism is part of white supremacy - though I feel like I only have a surface understanding of this idea. If there is time, Sandra, would you talk more about this? Or suggest a resource about this topic? Thanks!

21:13:23 From Hanna :

I volunteer

21:15:19 From Roberta Gillin : Re the speaker, struggling with microaggressions she accidentally perpetuates...

21:16:55 From Roberta Gillin : ...I had the experience as a therapist of encouraging a client to challenge herself, to be brave, to not cross the street when she has to walk by POC. She tried, and was attacked, and her purse was stolen. What do you do with THAT?

21:18:43 From Bernie Smith : @Roberta...that's a long session

21:19:19 From eswankeyes : Roberta, the therapist was accidentally perpetuating the idea that there is a formula for dealing with racism. There is not a formula, or a “right” way to be; there is awareness of ones feelings and one's conditioning. When we develop awareness of the conditioning and of our feelings we are better able to respond to each situation with greater choice and wisdom,

21:19:51 From janetgray1 : Indeed, Bernie.

21:20:34 From eswankeyes : Oh, Roberta, I see you were the therapist. Awesome self-revealing. :)

21:21:16 From Veronica : @Roberta - I think there's no easy answer here. I think the first step is to recognize the impulse to cross the street and to acknowledge what is driving that (likely unconscious bias, if not conscious). And then to consider what is the best, most compassionate action for you to take at that time. Being compassionate can

extend to ourselves as well as others. So perhaps the right choice might be to cross if you're truly feeling unsafe (as a woman, if the person is a man, that can feel safer regardless of race). And to continue to find ways to counter bias, unconscious and unconscious, in other parts of life. Thank you for sharing this, how challenging it must have been for both of you. I feel for you

21:22:23 From Bernie Smith : Great response Veronica

21:22:25 From Roberta Gillin : We had been talking about moving forward and challenging her fears, to not go to the knee-jerk place of assuming non-safety. I felt like my suggestion moved her backward rather than forward.

21:23:12 From janetgray1 : Appreciating others' answers to Roberta. What I think of is the fact that, as a white child, I was bullied and beaten up by children of color—and that I've had to learn how NOT to let those traumas derail my capacity to grow in anti-racism.

21:23:53 From Bernie Smith : I don't think it was your suggestion so much as just by chance something bad happened that really wasn't likely to happen.

21:27:30 From janetgray1 : I think the tools Sandra is sharing with us are extremely helpful in facing and releasing the kinds of trauma that block us—such as the trauma that Roberta's client experienced.

21:27:36 From Veronica : @Roberta - Bernie makes a great point. If the outcome had been different, we'd be focusing on how amazing it was that you were able to encourage your client to adjust her behavior. That's still pretty amazing. I feel like this would be very hard - it may be possible to try to tap into what you were initially able to do with her to try to help her stand back up, and to help her see what she accomplished, even if in this specific instance she was harmed. Perhaps she can sit with and honor her needs with this experience, and continue to find ways to explore her boundaries and actions in ways that are authentic and appropriate for where she's at. Wow. And @janetgray1, that is also extremely hard and it's phenomenal that you're here with us continuing to grow. You give me inspiration - you both do :)

21:28:13 From scottferreter : @Roberta, I feel you. I ended up in a situation in which my friends and I got robbed at gunpoint. In hindsight, I saw that I was in a toxic swirl and was trying to "prove" to my friends that we were safe. I acted from inside of the "imaginary world" of how I think things should be, in denial of my real feelings, and that kept me from responding appropriately to the situation. I also agree with the above

comments. There's no way of knowing what would have happened had your client crossed the street.

21:29:22 From janetgray1 : <3 Veronica, Scott.

21:29:36 From eswankeyes : As my son (a young black man born to a white mother and black father) says: there are times when it is right to cross the street. There is no formula, no "right" way to be in every situation. Part of the perfectionism whiteness seeks, as was mentioned earlier, is that there is one "right" way to be. And if we get it wrong (as we often will) we are bad. If we do it "right" we are good. We have to get out of the idea that there is one "right" way to be, especially when it comes to anti-racism work.

21:29:53 From Roberta Gillin : Thanks everyone.

21:30:05 From Bernie Smith : What about the facebook page?

21:30:19 From Terry : ty for that eswankeyes

21:30:28 From janetgray1 : Beautiful, eswankeyes.

21:30:34 From Alavida : yes, do we have a FB group where we can connect?

21:30:39 From Leora : I guess she could learn to distinguish what bad vibes she gets are due to that person's body language, and what bad vibes are due to her own prejudices, and learn which ones to act on and which ones not to, so she can feel safer from a more secure place? Maybe attend social situations with people of color in "safe" spaces, so she can learn to have more associations of safety with people of color? These are in my admittedly non-professional opinion.

21:30:42 From eswankeyes : Scottferreter, that was beautiful

21:30:48 From Lili Trenkova : really beautiful. I would have broken into tears. And crying means being too vulnerable and I'm very scared of it.

21:30:53 From Ben : emotions under emotions...

21:31:09 From Jenny : I can definitely relate to that--anger on anger, for sure.

21:31:28 From Jenny : And very helpful to see someone go through the process.

21:31:28 From Terry : Staying with it helped her to really work through it.

21:31:37 From Alaina : It was difficult for me to stay engaged during the experience you two shared together. I think I am still trying to identify my core pains every day but today I am not in the best space to engage.

21:32:03 From Kari, Alasaka : I think more healing is possible from acknowledging my pain.

21:32:24 From Marta : I noticed a familiar struggle, different words, but nevertheless, listening to her felt familiar. Then i felt less alone, so I want to keep in touch with these lessons.

21:32:25 From Hanna : It hit me in a very deep, vulnerable place when Sandra asked, Who would you be if I let go of these judgments... I would absolutely be a more confident woman

21:32:31 From nikkikaul61 : I never let myself sit with this long enough to dig through all the layers of feelings and thoughts I have around this. Also noticing difficulty staying engaged with it.

21:32:50 From Mayliss : in my experience, I shifted from blame or shame to guilt to anger to self compassion

21:32:53 From scottferreter : I perceived a shift from resistance to sadness. And in that, I felt my heart burst forth with feeling. That feeling was so different than what normally comes up for me in hearing someone else's topic. I see how I would elicit more understanding in others if I could express that root sadness as opposed to the shells I've built around it.

21:33:20 From Terry : ty scottfetterer

21:33:20 From sea : respect for being honest even when it was awkward/difficult/tedious

21:35:28 From Bernie Smith : it could be thought of as sometimes honesty ending where one's comfort zone begins

21:36:24 From Bernie Smith : meaning, when we get uncomfortable, sometimes we become less honest

21:37:13 From nikkikaul61 : can you share the slide shows? I haven't seen it on the emails or the website.

21:37:35 From Alaina : @nikki the slideshows are shown as links below the videos on the website. :)

21:37:37 From Kari, Alasaka : Thank you so much!

21:37:39 From Bernie Smith : facebook page?

21:37:44 From Sofia : how does the one-on-one coaching work?

21:37:47 From janetgray1 : Happy vacation, Sandra!

21:38:12 From Jenny : fb page--accessible from online portal, on PC is easiet I've found.

21:38:17 From Lili Trenkova : Enjoy your time off! Thank you so much!

21:38:21 From Rocky : Thank you!

21:38:26 From Jenny : Thank you so much!

21:38:28 From sea : Thank you.

21:38:28 From Leora : Have fun. :)

21:38:34 From Jenny : Have fun!

21:38:34 From Luke : thank you!

21:38:36 From scottferreter : Thank you thank you thank you!

21:38:36 From Liberata : Hooray for vacation! Thank you for everyone's work. a lot to think about

21:38:38 From Mayliss : good retreat to you!

21:38:39 From breeshiaturner : Thank you all!

21:38:40 From nikkikaul61 : thank you!

21:38:47 From phyllisstern : Thank you, Sandra~

21:38:52 From Olivia : Thanks you!

21:38:54 From Sandy Robinson : Thank you, Marta. It was very nice meeting and talking with you. Sandy

21:39:14 From Sandy Robinson : Thank you!

21:39:19 From Liberata : thanks to my chat room partner. that was nice and useful

21:39:31 From Ben : Thank you Sandra, I am so grateful!

21:39:55 From Sandy Robinson : Thank you!