

Video Replay: <https://vimeo.com/850655068/790135ce5e?share=copy>

11:26:43 From Joy Parks : Joy Parks Great Falls, SC

11:27:09 From Keri Drowatzky : Keri Drowatzky in Bartlesville OK attending.

11:27:10 From Pam Rork : Pam Rork, Sylvania Ohio

11:27:18 From Jill Swinderman : Jill Swinderman Parma Ohio

11:27:23 From Pam : Pam in TN

11:27:25 From Sheri Millenbaugh (Faber) : Sheri Millenbaugh (Faber) Ohio

11:27:30 From Scott and Susanne : Susanne King, Montrose, CO

11:27:37 From Amanda Natividad : Amanda Natividad North Carolina

11:27:48 From Joy Forrest : Reacted to "Amanda Natividad Nor..." with ❤️

11:27:51 From Tabitha Westbrook, LMFT, LCMHC, LPC : Tabitha, Wake Forest & Flower Mound

11:28:08 From gretchen sewart : Gretchen from WA State

11:29:27 From Brooke Eggen : Brooke, Puyallup, WA

11:29:28 From Tanja Jarvis : Tanja J. Colorado

11:29:31 From John : John Stonehocker in Oklahoma

11:29:36 From Nancy Kantsios : Nancy Kantsios from Aldie, VA

11:29:44 From Amalia : Amalia Davis-Levittown, PA

11:29:47 From Amanda : Amanda Clayborn, Bethlehem, Pa

11:29:51 From Tara : Tara, Idaho

11:30:02 From Jolene Underwood : Jolene Underwood, Ellicott City, MD

11:30:07 From Peggy Peterson : Hello from Eric and Peggy Peterson, Nashville, TN

11:30:17 From rose : Rose in GA

11:30:29 From Angi Beery : Angi Beery, Goshen, IN

11:30:48 From Priscilla : Priscilla from Nanaimo, Canada

11:30:55 From Lynns : Hi Lynn Sutherland NC

11:31:03 From Suzanne Jones : Suzanne Jones in Pittsburgh

11:31:15 From Laura's iphone : Laura Lathrop from Attica IN

11:31:44 From Hannah : Hannah Lippert, Stilesville, IN

11:31:51 From Ann : Ann Lawrence Roxboro, NC

11:31:56 From Ladonna : Ladonna Hafen, Whitefish Montana

11:31:57 From Brenda Carpenter : Brenda Carpenter

11:32:06 From Judy Croutch Beachy : Judy Beachy

Nappanee, IN

11:32:24 From Amy Gillesby's iPhone : Amy G Mi

11:32:36 From Reenie Brown : Reenie Brown Waxhaw, NC

11:32:48 From Tara : QUESTION: Would it be wise to ask her to share what she heard as being said, so as to assess whether she is interpreting things in a way that things were not actually having been said?

11:32:48 From Sheryl, Ohio : Sheryl, Ohio

11:32:59 From cindymorris : Cindy Morris, Franklinton (Raleigh), NC

11:33:05 From Cathy Simmons Sage : Cathy Sage, Swanzey, NH

11:33:05 From Kendra : Kendra from Ohio

11:33:06 From Carrie : Carrie foldberg Williamsburg VA

11:33:13 From Audrey Whitaker : Audrey Whitaker Hutch ks

11:33:19 From Eric and Peggy Peterson : Missed it.... What are we volunteering for?

11:33:23 From Amy Henderson : Amy Pickens, SC

11:33:24 From Vanessa Satterfield : Vanessa Satterfield - North Carolina

11:33:46 From peggybarrett : Peggy Barrett, Durham, NC

11:33:49 From Erica : Erica in Wichita, KS

11:33:56 From Julie : Julie Burns. Midlothian. TX

11:33:57 From BB's phone : Beth Burke in Burlington NC

11:34:05 From Marjorie Lea : Marjorie Lea in Texas

11:34:06 From Suzanne Jones : I'd be happy to proof-read the book/workbook, Joy. I've taught English Comp at a university for 8 years. So glad to help

11:34:14 From Lynns : I am willing to read quickly through your book Joy

11:34:16 From Amy Paquette : Amy Paquette Albuquerque, NM

11:34:19 From Tanja Jarvis : I'd volunteer to read the revisions Joy!

11:34:24 From Eric and Peggy Peterson : Me please!!

11:34:34 From Rachel Tomazin : Rachel Tomazin - Columbus GA

11:34:44 From Joy Parks : Did you post your email, Joy

11:34:55 From Ariella : Ariella, Israel

11:34:58 From Christy Estelle : Christy Estelle, Jacksonville, NC

11:35:10 From Kim : I would love to volunteer

11:35:12 From Tynetta : Tynetta Chastain from St. Louis, Missouri

11:35:31 From Deborah Stahl Waters : Good Morning Everyone, Deborah Stahl Waters - Macon, GA

11:35:50 From Joy Forrest : Sorry put my email in a private message. Here it is.

11:35:54 From Joy Forrest : joy@calledtopeace.org

11:36:03 From Chelsea Leonard : Chelsea Leonard Sweet Home Oregon

11:36:04 From Barbie : Barbie from Ohio

11:36:05 From Helenmary : Good Morning from Virginia! --Helenmary

11:36:11 From Tanja Jarvis : Thanks Joy!

11:36:18 From Amanda : Reacted to "joy@calledtopeace.or..." with ❤️

11:36:22 From Joy Parks : Reacted to "joy@calledtopeace.or..." with ❤️

11:36:25 From Sheryl, Ohio : This is a great idea and resource!

11:36:40 From Priya : Good Morning, Devapriya from CA

11:36:44 From Shannon Mullen : Shannon Mullen, Jamestown NY

11:36:51 From Amy Gillesby's iPhone : Should we be registering our clients? I tried to copy link and I didn't allow me to do that.

11:37:29 From Dr. Debra : <https://www.houseofpeacepubs.com/IPSV.htm>

11:37:34 From Brooke, CTPM Advocate Coordinator : Replying to "Should we be registe..."

I will send you the emails I sent out to our list. Can you send me an email? Brooke@calledtopeace.org

11:37:56 From Julie : is that course open to women coming out of those circumstanes? or advocates alone?

11:38:03 From Julie : ah, got the answer already.

11:38:03 From Joy Forrest : Reacted to "I will send you the ..." with 👍

11:38:11 From Keri Drowatzky : How much will it cost?

11:38:13 From Amy Gillesby's iPhone : Reacted to "I will send you the ..." with 👍

11:38:15 From Maryann : Maryann from Franklin TN

11:39:00 From yuklinling : Y Ling NY

11:39:05 From iPhoneTina Lawson : ? What's the class?

11:39:29 From iPhoneTina Lawson : Tina from Florida

11:39:30 From rose : dates for class / title of class repeat please

11:39:43 From KAMILLA : Intimate Partner Sexual Violence IPSV
<https://www.houseofpeacepubs.com/IPSV.htm>

11:39:48 From Brooke, CTPM Advocate Coordinator : WEBINAR: To register for the "Understanding Family Court Basics for Survivors" webinar, please click on the following link: https://us06web.zoom.us/webinar/register/WN_cMjS8EbTRVGI7RGp13wKRg After registration, you will receive a confirmation email with the webinar access details.

11:39:57 From Kendra : REMINDER: if you have a question in the chat, please put QUESTION in all caps and then proceed with your question. This makes it easier for our team to catch those all-important questions!!

11:40:08 From Christine Felser : Christine Felser King of Prussia PA

11:40:29 From Brooke, CTPM Advocate Coordinator : WEBINAR: "Is it abuse?" To register for the webinar, please visit https://us06web.zoom.us/webinar/register/WN_zBNHCWeGT4eCgtYLS0LokQ. Kindly register early, as we have a limited number of seats available to ensure an interactive and engaging experience.

11:41:00 From Brooke, CTPM Advocate Coordinator : WEBINAR: To register for the "Resources for Survivors of Domestic Abuse" webinar, click on the following link: https://us06web.zoom.us/webinar/register/WN_XXIGbPHtRsKYDq7OyjNzUQ . Upon registration, you will receive a confirmation email containing the access details for the webinar.

11:41:18 From JoAnna Schultz : JoAnna Schultz, Murrieta Ca

11:41:53 From Chief : Gerry Bissell (aka Chief) Indpls, IN

11:42:42 From Nicole Toyne : Nicole Toyne, CA

11:42:44 From Tabitha Westbrook, LMFT, LCMHC, LPC : As we walk through hard things, remember to take care of you. You are the only you that you have. Get up, walk around, move your body, step away if you need to, breathe deeply. No matter what hard things we talk about, God has not fallen off the throne.

11:42:58 From Joy Forrest : Reacted to "As we walk through h..." with ❤️

11:43:09 From KAMILLA : Remember if you have a question in the chat, please put QUESTION in all caps and then proceed with your question. This makes it easier for our team to catch those all-important questions!!

11:43:20 From iPhoneTina Lawson : Reacted to "As we walk through h..." with ❤️

11:43:26 From Kendra : Reacted to "As we walk through h..." with ❤️

11:44:06 From Kendra : Same, Tabi!

11:44:16 From Cindy Stashenko : Cindy S, Asheville NC

11:45:12 From Cheryl Bennett : Cheryl Bennett Acworth, Ga

11:47:52 From Shonquella Terrell (BeSHE) : HELLO Beautiful people:) Shonquella Terrell, Holly Springs NC

11:49:15 From Gunita : Gunita P. - Miami, FL

11:49:21 From Kendra : II Cor. 1: 3-4: Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

11:50:10 From iPhoneTina Lawson : Reacted to "II Cor. 1: 3-4: Prai..." with ❤️

11:50:12 From Dayna Martin : Dayna Martin, Williston ND

11:50:24 From Keri Drowatzky : Looks like a bunch of yarn.

11:52:28 From iPhoneTina Lawson : I use to say "I'm computer illiterate" when I bought my Curves franchise & had dial up...but now may not be tech savvy but I do a lot!

Love ❤️ you ladies & your humor 😂 about yourselves!

11:52:43 From Kendra : Reacted to "Looks like a bunch o..." with 😂

11:53:22 From Joy Forrest : Reacted to "I use to say "I'm co..." with 👍

11:53:48 From Joy Parks : Reacted to "II Cor. 1: 3-4: Prai..." with ❤️

11:55:11 From Suzanne Jones : Love it hahaha!

11:56:01 From Joy Parks : Wow - this video is great

11:56:07 From Deborah Stahl Waters : This is too cute! ❤️ the visual...helps me connect better

11:56:45 From Cathy Simmons Sage : QUESTION: Can we have the link for this video?! It's great!

11:57:26 From Dr. Debra : [Link to the video](#)

11:57:28 From Dr. Debra : <https://www.albertafamilywellness.org/resources/video/brains-journey-to-resilience>

11:58:17 From Nicole Toyne : Reacted to "https://www.albertaf..." with ❤️

11:58:20 From Keri Drowatzky : I love homeschooling moms, they know and learn where to find such unique materials to teach from like this video. Great job Brooke!

11:58:30 From Joy Forrest : Reacted to "I love homeschooling..." with ❤️

11:58:46 From Chelsea Leonard : Reacted to "I love homeschooling..." with ❤️

11:58:56 From Kendra : "fulcrum flexibility!" 🤔

11:59:08 From Kendra : Reacted to "I love homeschooling..." with ❤️

11:59:18 From Suzanne Jones : ::applaud::

11:59:20 From Sheryl, Ohio : 🙌🙌🙌

11:59:25 From Shonquella Terrell (BeSHE) : Love it:)

11:59:54 From iPhoneTina Lawson : So Love that 🙌❤️

12:00:14 From Judy Crutch Beachy : I'm sharing it with my adoption community. Such a great video for adoptive parents, too!

12:00:19 From iPhoneTina Lawson : Question 🤔 ...Can we get access to it?

12:00:26 From Joy Forrest : Reacted to "I'm sharing it with ..." with ❤️

12:00:38 From Kendra : Replying to "Question 🤔 ...Can w..."

Dr. Debra listed the link above.

12:00:47 From Kendra : Reacted to "I'm sharing it with ..." with ❤️

12:01:00 From iPhoneTina Lawson : Ty Joy...was trying to watch 🤔

12:01:07 From Judy Beachy : Reacted to "I love homeschooling..." with ❤️

12:01:24 From Brooke, CTPM Advocate Coordinator : Replying to "I love homeschooling..."

It was actually, @Tabitha!! She has such depth of experience with information like this.

12:01:32 From Judy Beachy : Reacted to "It was actually, @Ta..." with ❤️

12:01:36 From Kendra : Reacted to "It was actually, @Ta..." with ❤️

12:01:51 From Kendra : Ps. 139

12:03:34 From Kendra : 3 yr olds: "I can do it myself!"

12:04:15 From iPhoneTina Lawson : Replying to "II Cor. 1: 3-4: Prai..."

I say "What the enemy means for my harm, God can use for our good & His glory"....sure needed this reminder as things are so hard & unfair right now!

12:04:26 From Shonquella Terrell (BeSHE) : TOO FUNNY!!!! 🤔

12:05:58 From Shonquella Terrell (BeSHE) : Rite

12:09:03 From Amanda : Ahh, thank you for that, Tabi ❤️

12:09:27 From iPhoneTina Lawson : Replying to "Question 🙋 ...Can w..."

@Kendra can't seem to open it?

12:10:37 From Dr. Debra : Replying to "Question 🙋 ...Can w..."

I will make sure it's available in the chat.

12:11:20 From Kendra : Reacted to "I will make sure it'..." with 😊

12:12:27 From Suzanne Jones : What happens between 30-35? 😊

12:12:35 From Keri Drowatzky : Dingbatism is a unique position to be held.

12:12:45 From Deborah Denise Sharp, MD : Sorry, I keep getting booted off, but I am present

12:13:06 From Amy : Oops! Forgot to state my name: Amy Albertsen Montana

12:13:59 From iPhoneTina Lawson : Difficult when 2 of my Adult daughters & grandkiddos are estranged from me...not seeing the Truth...still in toxic church w' their father 😞

12:14:21 From Kendra : Replying to "What happens between..."

There's overlap in the Intimacy Years section (15-45 yrs)

12:14:24 From Amy : Reacted to "What happens between..." with 😞

12:15:01 From Suzanne Jones : Oh, right...

12:16:38 From iPhoneTina Lawson : Replying to "WEBINAR: To register..."

Question 🙋 ...How long will webinars be?

I get done work @ 8E

12:16:54 From Brooke, CTPM Advocate Coordinator : Replying to "WEBINAR: To register..."

@iPhoneTina Lawson 1 hour.

12:17:08 From Brooke, CTPM Advocate Coordinator : Replying to "WEBINAR: To register..."


It's 7:30 pm EST


12:18:02 From Suzanne Jones : We act and think according to our: affections (emotions), volition (will) and our thinking (mind).


12:18:08 From Amy : Listening to Dianne Langberg the other day and she was sharing about "layers of trauma" with abuse and the daily abuse of coercive control has made me very concerned for my teenage son being able to heal. So thank you Tabitha for encouraging us to remember that healing is possible even if our kids have "layers of trauma."


12:18:29 From Audrey Whitaker : Reacted to "Listening to Dianne ..." with ❤️

12:18:35 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Listening to Dianne ..." with 

12:18:51 From Judy Beachy : Reacted to "Listening to Dianne ..." with 

12:19:54 From iPhoneTina Lawson : Question  ...Do you see a lot of people that stay emotional little people in adult bodies that is separate from our brains  ?

12:20:16 From iPhoneTina Lawson : Reacted to "Listening to Dianne ..." with 

12:21:28 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Question  ...Do yo..."
We aren't ever separate from our brains. Brain, soul, and body are inextricably linked.


12:24:11 From Kendra : Reacted to "Listening to Dianne ..." with 

12:25:51 From Amanda Natividad : QUESTION: can you tell me more about the mismatch game the mom did with her daughter?

12:26:10 From Audrey Whitaker : wonderful a judge would actually give credence to what a child is comfortable with


12:26:22 From Suzanne Jones : Praise the Lord!!!


12:27:01 From Amy : It makes me sick that they even require kids to try reunification. That's doubling the trauma.

12:27:14 From Amy : Reacted to "Praise the Lord!!!" with 

12:27:31 From Judy Beachy : Reacted to "It makes me sick tha..." with 

12:28:05 From Audrey Whitaker : I believe this wholeheartedly, equip and empower your children on what is healthy a relationship and boundaries. there is scripture for that mismatching words and actions," you say but you don't do." watching what people do.

12:28:24 From Audrey Whitaker : Reacted to "It makes me sick tha..." with 

12:29:29 From Kendra : Reacted to "It makes me sick tha..." with 


12:29:38 From KAMILLA : [THE BEHAVIORIAL CHANNEL - uTube](#)


12:31:30 From iPhoneTina Lawson : Talk w' my hands as well...was accused of being disrespectful to my MIL by church leaders when I was only trying to say no I won't be going (as she had me blocked in the church office)...If they only knew how much self control I had...SMH 


12:32:07 From Ladonna : QUESTION: Is it true that being an "empath" or "feeling people's vibes" can be a sign of experiencing trauma or is it just well developed emotional intelligence?


12:32:22 From iPhoneTina Lawson : Reacted to "We aren't ever separ..." with 

12:32:49 From Brooke, CTPM Advocate Coordinator : The difference between autism and abuse is a willingness to learn what might hurt someone and trying to stop doing it versus a refusal to change.

12:33:06 From iPhoneTina Lawson : Reacted to "The difference betwe..." with 

12:33:06 From Judy Beachy : Reacted to "The difference betwe..." with 

12:35:27 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "The difference betwe..." with 

12:36:31 From Chelsea Leonard : Reacted to "The difference betwe..." with 


12:37:22 From Tanja Jarvis : QUESTION: I have never been able to really understand how you can taste or touch or smell how I feel. Even recognizing where in my body I feel anxiety or other emotions is really difficult. IS this a sign that I am still disassociated or is it just not something that everyone can do?

12:38:42 From Kendra : Jesus wept.


12:38:52 From Kendra : God is a jealous God.

12:38:55 From Suzanne Jones : Amen, our emotions talk to us.

12:39:08 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "God is a jealous God..."
Jesus was so anxious in the garden he was sweating blood.

12:39:17 From Audrey Whitaker : Reacted to "Jesus was so anxious..." with 


12:39:19 From Kendra : He delights over us with singing.


12:39:26 From Kendra : Reacted to "Jesus was so anxious..." with 

12:39:31 From Brooke, CTPM Advocate Coordinator : Emotions are a gift from God to let us know there is something going on with our thoughts and/or body.


12:40:29 From Nicole Toyne : One of my favorite verses, Zeph 3:17

12:41:09 From Deborah Stahl Waters : Joy tku for addressing the emotion put downs. I experienced that so much...such condemnation.

12:41:27 From iPhoneTina Lawson : Reacted to "Emotions are a gift ..." with 

12:41:40 From iPhoneTina Lawson : Reacted to "Jesus wept." with 

12:42:19 From iPhoneTina Lawson : Replying to "Jesus wept."

So comforting 

12:42:44 From Julie : I wonder if you all might be willing to include some of the spiritual development theory from Fowler and/or Hagberg and Guelich. I love the convergence of all of these. And the spiritual development information is also very helpful to the healing and recovery of trauma and how it fits in with a stage. Impacts our spiritual response, etc. Just a thought for the future. Love this variety of theory and how it all contributes greatly to understanding ourselves and others!!!! Thank you.

12:42:47 From KAMILLA : **DBT - Dialectical Behavioral Therapy**

12:43:51 From Kendra : Interesting that "excitement" and "nervousness" cause the same physiological changes in your body. I would tell my students to tell themselves "They are excited to see how much they have learned," rather than, "I'm so nervous about this exam I'm taking today."

12:44:28 From Joy Forrest : Reacted to "Joy tku for addressi..." with 👍

12:44:37 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Interesting that "ex..." with ❤️

12:44:48 From Joy Forrest : Replying to "Joy tku for addressi..."

I'm so sorry. I've seen that too many times.

12:45:38 From Kendra : Reacted to "Joy tku for addressi..." with 😬

12:48:17 From Keri Drowatzky : I lack big time in every area of these intelligences.

12:49:15 From Nicole Toyne : Now Im hungry for a cheese toasty.

12:49:25 From Joy Forrest : Reacted to "Now Im hungry for a ..." with 😋

12:50:08 From Kendra : Reacted to "Now Im hungry for a ..." with 😋

12:51:44 From iPhoneTina Lawson : Such comfort food grilled cheese 🧀 & Mac n' cheese 😊

12:51:53 From Nicole Toyne : Reacted to "Such comfort food gr..." with ❤️

12:51:57 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Such comfort food gr..."

Yes

12:53:02 From Audrey Whitaker : if only orange juice was our biggest problem lol

12:53:15 From Amy : Reacted to "if only orange juice..." with 😋

12:53:27 From Amy : Replying to "if only orange juice..."

agreed

12:53:28 From Judy Beachy : Reacted to "if only orange juice..." with 😋

12:53:52 From Amy Paquette : Reacted to "if only orange juice..." with ❤️

12:55:26 From Dr. Debra : Here's the link to the resilience video <https://youtu.be/VNCL1glwyOI>

12:56:25 From Keri Drowatzky : Take the bags and caffeine with you have fun in seeing what God can do and where He leads.

12:57:35 From Tabitha Westbrook, LMFT, LCMHC, LPC : Time to get Brooke YouTube Premium.

12:57:48 From KAMILLA : Replying to "Time to get Brooke Y..."

Yes!!

- 12:58:02 From Kendra : Reacted to "Time to get Brooke Y..." with 👍
- 13:00:05 From JoAnna Schultz : Reacted to "Time to get Brooke Y..." with 😄
- 13:00:36 From Keri Drowatzky : I need this video. Thank you.
- 13:01:29 From Suzanne Jones : Random jazzy music
- 13:01:37 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I need this video. T..."

Dr. Debra posted the link above.

- 13:01:45 From Audrey Whitaker : Reacted to "Random jazzy music" with 😄
- 13:02:20 From Julie : 'that is awesome!
- 13:02:43 From Nicole Toyne : Faith, YES!
- 13:02:51 From lauriefitzgerald : Can we get the link for that?
- 13:03:10 From Kendra : Replying to "Can we get the link ..."

It's posted above.

- 13:03:24 From Nicole Toyne : Replying to "Can we get the link ..."

Scroll up, Dr Debra posted in the chat.

- 13:06:13 From Sheryl, Ohio : QUESTION: Why do we use the word equip instead of empower? I know words matter, so I was curious :-)

- 13:07:27 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION: Why do we ..."

Some religious leaders don't like that word.

- 13:09:48 From Kendra : Podcasts at breakfast or when I'm doing household/gardening chores.
- 13:10:00 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Podcasts at breakfas..." with ❤️
- 13:10:25 From John : Reacted to "Podcasts at breakfas..." with 👍
- 13:10:38 From Julie : Ques: One video attributed a genetic component to resilience strength right from birth. The other denied that we have any resilience at birth. Just curious where you all land.
- 13:10:50 From Brooke, CTPM Advocate Coordinator : Talk with not at children.
- 13:11:08 From John : Reacted to "Talk with not at chi..." with 👍
- 13:14:44 From Kendra : **REMINDER: Q&A this Saturday @ noon (Eastern). Same zoom link as today.**

13:14:47 From KAMILLA : ANNOUNCEMENT: This Saturday, 12-1 EST, is the Q&A for this course. Please bring any questions you want to ask.

13:15:38 From Cathy Simmons Sage : Thanks everyone!

13:16:03 From Cheryl Bennett : QUESTION: Is someone available to stay on for a few minutes after class to answer a question regarding my client's case?

13:16:54 From KAMILLA : Amen!!

13:16:55 From Kendra : Know, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord (Romans 8:37-39).

13:17:12 From Judy Beachy : Thank you, everyone!

13:17:20 From Helenmary : Thank you all so much for another great session.

13:17:21 From Jolene Underwood : So good taking that in. Thank you, Tabi

13:17:22 From iPhoneTina Lawson : Amen 🙏❤️

13:17:29 From yuklinling : Thank you 😊