08:02:06 From Katherine Clark To All Panelists:

I don't see two. Sometimes, Zoom is glitchy this way.

08:02:51 From Margie Dir To All Panelists:

Good morning from Margie in Washington State!

08:04:04 From Katherine Clark To All Panelists:

Idalia caused me to miss last week. There's a recording I can watch, correct? Yes

08:04:06 From Susan Sharp To All Panelists:

Thank you! What a nice gift...

08:04:08 From Jessica Kershaw To All Panelists:

Jessica Kershaw, London, ON Canada

08:05:30 From Bethany Harman To All Panelists:

Are y'all still NOT showing those participating. Just didn't want to show off my dirty dishes

08:05:54 From Dr. Debra Wingfield To All Panelists:

No, only panelists show up.

08:06:24 From Brooke Eggen To Everyone:

We have recorded each session and there is a link to each session on the course website.

08:06:49 From Brooke Eggen To Bethany Harman and All Panelists:

We cannot see you. Only Host and Panelists have video enabled

08:08:32 From Carrie Barnett To All Panelists:

Good morning. Carrie from Colorado here.

08:19:44 From Bethany Harman To All Panelists:

Is it ever Too Late to take legal action? For example, my ex used to traffic me out to all his friends and random people. But it was 10 years ago

08:20:59 From Bethany Harman To All Panelists:

Thank you I appreciate it

08:22:44 From Gwen Hertzler To All Panelists:

Gwen from Oklahoma

08:35:48 From Porscha Green To All Panelists:

Amen!

## 08:44:44 From Nancy Gustafson To All Panelists:

How does one heal from sexual brokenness if one does not meet another with whom we want to share such things? How can we even look for someone to share such things if one is completely broken? And it requires marriage to test the healing. And sometimes I just want to pound on God's chest as I am angry at him about how broken I am and how I was used! I do not need to be told that God designed sex to be good. I have always believed this.

08:50:15 From Porscha Green To All Panelists:



08:51:20 From Breanna Perez Osborne To All Panelists:

Sorry can you say again what is single sexuality

08:52:03 From Brooke Eggen To Everyone:

Amen!! Singleness is a legitimate and God honoring choice!

08:52:37 From Breanna Perez Osborne To All Panelists:

Oh I see, not alluding to having sex with self

08:53:37 From Jenelle Chadwick To All Panelists:

I'm looking forward to hearing more of what you have to say on healthy sexuality. @Tabitha

08:54:48 From Katherine Clark To All Panelists:

I am looking forward to your book, Tabi!

08:56:03 From Joy Parks To All Panelists:

That Sounds Fun podcast - Annie F. Downs - With my former counselor Jim Cress (CSAT) talked in depth about M. If anyone wants to check that one out.

08:56:07 From Shaun Seya To All Panelists:

This is so well-explained and I can't wait for the book to come out. THANK YOU SO MUCH. It's so important for everyone to understand the goodness of God's intentions for us concerning our sexuality.

08:56:38 From Bethany Harman To All Panelists:

I always had the opinion IF it was a sin, I'd rather sin by myself rather than sin with someone else by having a one night stand. I don't believe its a sin just to be clear as long as your not putting that desire above God

08:57:33 From Ingrid May To All Panelists:

Thank you Tabi!!! We need to talk. I have a client struggling with this right now and I am so thankful you are not afraid to talk about this

08:58:53 From Tabitha Westbrook, LMFT, LCMHC, LPC To Ingrid May and All Panelists:

My pleasure!!

08:58:53 From Dr. Debra Wingfield To Ingrid May and All Panelists:

Sounds good to reach out to Tabi.

09:05:16 From KAMILLA To Everyone:

Tabitha Westbrook's contact info: tabitha@thejourneyandtheprocess.com

09:05:40 From Ingrid May To All Panelists:

Thanks Kamilla

09:16:58 From Nancy Gustafson To All Panelists:

So if I am aroused and have no righteous outlet, what do I do with that arousal?

09:34:27 From Joy Forrest To Everyone:

That's great!

09:34:36 From Katherine Clark To All Panelists:

Can we post those books, Brooke?

09:36:34 From Brooke Eggen To Everyone:

The Talk: 7 lessons to introduce your child to Biblical Sexuality: <a href="https://www.amazon.com/Talk-">https://www.amazon.com/Talk-</a> Lessons-Introduce-Biblical-

Sexuality/dp/1500659444/ref=sr\_1\_1?crid=24GY6658JNSD4&keywords=gilkerson&qid=1694018160&sp\_refix=gilkerson%2Caps%2C401&sr=8-1

09:36:46 From Porscha Green To All Panelists:

I've used this book for little people that needed support around sexual abuse in the past

https://www.amazon.com/Very-Touching-Book-Little-People/dp/0961103418

09:37:08 From Brooke Eggen To Everyone:

Changes: 7 biblical lessons to make sense of puberty: <a href="https://www.amazon.com/Changes-Biblical-Lessons-Sense-">https://www.amazon.com/Changes-Biblical-Lessons-Sense-</a>

09:37:49 From Brooke Eggen To Everyone:

From Porscha: I've used this book for little people that needed support around sexual abuse in the past

https://www.amazon.com/Very-Touching-Book-Little-People/dp/0961103418

09:38:23 From KAMILLA To Everyone:

2024 He Makes All Things New Women's Retreat – May 2-5 in Lake Junaluska, North Carolina. The theme is BELOVED! "I am my beloved's" – S. of Sol. 6:3

Join Called to Peace Ministries (along with Chris Moles, Elyse Fitzpatrick, Darby Strickland, Renee Best and more) for an extended weekend and discover just how powerful it is to know our great God's love. We invite you to rest with us as we seek to unbind the lies, fear, and anxiety that past experiences of abuse have implanted into our hearts, and walk into the freedom and peace that come from the intimate knowledge of His love.

Learn more and register here:

https://www.calledtopeace.org/survivor-healing-retreat/?mibextid=Zxz2cZ

09:39:53 From KAMILLA To Everyone:

Dan B. Allender – "Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation" da <a href="https://a.co/d/hriSsIX">https://a.co/d/hriSsIX</a>

09:42:01 From Porscha Green To All Panelists:

Professionals being involved is a great step. I recently recommended someone to take their kid to a doctor due to suspected abuse after visitation so it could be documented by a third party and action could be taken by them

09:42:42 From Brooke Eggen To Everyone:

This is the book I recommend for self-care for believers: <a href="https://www.amazon.com/Burned-Out-Beloved-Wounded-">https://www.amazon.com/Burned-Out-Beloved-Wounded-</a>

Healers/dp/B08NLJGG3Q/ref=sr\_1 1?crid=2L9HXD03L4WKY&keywords=gilkerson+from+burned+out+to+believed&qid=1694018526&sprefix=gilkersonfrom+burned+out+to+believed%2Caps%2C173&sr=8-1

09:44:03 From Brooke Eggen To Everyone:

Go to your monthly advocate meeting!!

09:44:07 From Porscha Green To All Panelists:

Every month except APRIL, AUGUST AND DECEMBER

09:44:22 From Brooke Eggen To Everyone:

From Porscha: Every month except APRIL, AUGUST AND DECEMBER

09:45:12 From Ingrid May To All Panelists:

How can we join the monthly meetings?

09:47:02 From Brooke Eggen To Everyone:

If you are an affiliated advocate check BAND for the links to the monthly meetings. If you are not affiliated - you can become an affiliated advocate

09:48:03 From Ingrid May To All Panelists:

I am affiliated...I will check this out but I am not musical! ;)

09:48:17 From Breanna Perez Osborne To All Panelists:

Thank you so much for all the clarification and the education!

09:48:22 From Nicole T To All Panelists:

This was really good. Thank you.

09:48:24 From Katherine Clark To All Panelists:

This has been wonderful. Thank you all so much. Carry on, Sisters!

09:48:29 From Margie Dir To All Panelists:

Thank you all.

09:48:35 From Brooke Eggen To Ingrid May and All Panelists:

Have you joined BAND? If not reach out to your Advocate Coordinator via email

09:48:52 From KAMILLA To Everyone:

Porscha Green's email: Porscha@calledtopeace.org

Brooke Eggen's email (For anyone in the Pacific; Mountain Region in the USA): Brooke@Calledtopeace.org

09:49:08 From Claudia Stephens To All Panelists:

survey?

09:49:12 From Ingrid May To All Panelists:

Thank you!!