

CfBS Decolonization School Webinar

Confronting Divisive Wounds and Re-Membering Solidarity in a Time of Shifting World with Olivia Sawi and Jana Lynne Umipig

March 22, 2020

Chat Log

Check Ins Were Not Recorded

12:41:30 From Vanessa Gomez : I'm here

12:54:28 From Doris Garcia : You good Maria, thank you for sharing!

12:54:28 From Diana Halog Sicat : Notes from our group:

Thich Nat Hahn - he READ me.

Loving-kindness & interconnectedness of the world (humans to animals)

The strength of our ancestors and our own Kapwa

Introspection - how do we support each other while being isolated?

Do work in the healing of yourself and Kapwa vs. productivity in the name of capitalism

Self-care: Do not overcommit yourself to online options

12:54:30 From bodhi and zo (they/them) : @glynda I think you got cut off but thank you for sharing

12:56:39 From Mai : Notes from our group:

reconnecting with family, even after falling out

finding ways to heal - how to care for ourselves during this time of uncertainty

being where you are, making the best with who you're with

12:57:13 From Doris Garcia : Group 10: (Verma/Vanessa Sharing) - Joining to be in community - not just in the time of Corona/but also in the time of decolonization

How do we navigate what could be within us, not just the virus, but everything that was there before.

How do we sustain our solidarity? It's great to connect, but how do we sit and be present. Isolation can be good - so we can show up in our fullest selves.

What are ways we can be gentle with ourselves.

Destroying systems while simultaneously creating new ones. Feeling pulled in different directions

Re-Create to Co-Create!

12:57:21 From Beverly Perez : Thanks, Mai!

12:57:22 From April Munoz : How can I be in better relation, or build relationships in a good way to community?

12:58:53 From aimee : Stephanie T, Sha, Liza, Huilin - thank you for connecting all!

12:59:28 From aimee : I have to leave but I see each and every 60 + of you. I will watch the rest of the webinar later. Salamat po beautiful Kapwa.

12:59:50 From Lukayo (siya/they/them/their) : <3 Ingat ka, kapatid.

13:00:08 From Stephanie Tuazon : Thank you sis! Take care hope to connect again soon xo

13:00:28 From Huilin Chen : bye aimee <3

13:00:36 From Vanessa Gomez : nice notes doris Garcia!!❤️😊

13:00:43 From Stephanie Arcayena : I think it was beautiful to witness how different we are but one in the same when it comes to being humans. Such as witnessing folks in our group who are not of PI decent /different upbringings but being brave enough to be bridges to connect the human race as a diaspora on Earth

13:00:46 From sha : Salamat Mama Aimee <3 Sending lots of love for the rest of your day. Ingat po!

13:01:06 From Jenavie Villaflor : ❤️❤️❤️

13:01:55 From Beverly Perez : Thanks for representing our group, Gigi!

13:02:21 From Vanessa Gomez : so nice to b here. kapwatid! have some stuff to share but maybe i will at some point during this webinar! so much shared values going on here!!!

13:03:28 From glynda velasco : can someone send me the readings please. my email is gtvelasco707@gmail.com

13:03:52 From Lukayo (siya/they/them/their) : <https://docs.google.com/document/d/1n0Q8bbfkQTRDV3ZaSk9yu63SlcVuGXJC16okcnhzZp0/edit>

13:06:57 From ryPhone : hey everyone, grateful for you all. i'll watch the rest of the webinar later- feeling overwhelmed but supported by this space existing. care for all of you, be well and safe. sacred prayers and wishes to our continued health and our ability to nurture more healing to those that need it now

13:09:08 From Olivia Sawi : Thank you!!!

13:44:19 From beverlydemafileXS : When I let capitalism dictate my relationships, my relationships become volatile and reactionary. Someone is always gaining while I am being depleted.

13:44:24 From Elmina Bell : what is fomo

13:44:30 From Jenavie Villaflor : thank you 🙏

13:44:37 From Olivia Sawi : FOMO = Fear Of Missing Out

13:44:40 From Jenavie Villaflor : fear of missing out

13:44:48 From Kristin Resurreccion : Thank you @bodhi!

13:44:54 From Elmina Bell : thanks

13:45:07 From Olivia Sawi : <3 <3 <3

13:45:10 From Jenavie Villaflor : whoa

13:45:42 From Francesca Fernandez McKenzie : When we let capitalism dictate our relationships we fight against one another rather than working together. We become less empathetic, less humane. The focus is on profit rather than being in relation to one another.

13:45:50 From Jenavie Villaflor : wow thank you for that share 🙏

13:45:51 From Mai : Christianne, I relate. thank you for sharing. Thank you for sharing Bodhi.

13:46:32 From Christianne Paras : Thank you, Mai. And thank you for sharing too, Bodhi.

13:49:19 From Mailyne (Mai) Kilantang : hiii Lukayo!!

13:50:05 From Jenavie Villaflor : that reminds me of how I was feeling bad about needing support and my friend said that wasn't a donation it's me contributing to being in community with you and that gave me so many feels ❤️

13:51:02 From Diana Halog (she/her) : mhm how many times have we "centered whiteness first" with how we are taught to exist in order appease folks in this society.

13:51:19 From Doris Garcia : Thank you so much for naming that Lukayo.

13:51:28 From Jenavie Villaflor : yes thank you 🙏

13:51:37 From April Munoz : Radical honesty.....

13:51:38 From Stephanie Arcayena : Yessss radical honesty

13:51:44 From Mailyne (Mai) Kilantang : wow

13:51:46 From Othelia J (they/them) : oof this resonates so deeply

13:51:53 From Vanessa Gomez : whoaaaa lukayo!!! xoxo

13:51:56 From Kristin Resurreccion : same

13:52:08 From andradio : Your words are making my heart beat harder! <3
13:52:10 From bodhi and zo (they/them) : mmm thank you lukayo for reminding us to slow down and heal the self so we can be more aware of and redirect our responses to center our most marginalized siblings
13:52:13 From andradio : Thank you thank you
13:52:14 From beverlydemafileXS : thank you Lukayo!
13:52:32 From Christianne Paras : Thank you...that resonated deeply.
13:52:38 From Gigi Bio : Thank you!
13:52:47 From Mailyne (Mai) Kilantang : thank you Lukayo <3
13:53:15 From Diana Halog (she/her) : Thank you everyone for speaking. Tell that truth Lukayo!
13:53:24 From Lukayo (siya/they/them/their) :
<https://4.files.edl.io/5457/10/08/18/185135-311947e4-0291-43d1-9359-826061edd9dd.pdf>
13:53:38 From Jenavie Villaflor : learning so much thank you everyone 🙏🙏
13:53:44 From Huilin Chen : thank you Lukayo <33
13:54:03 From colleenviana : <3
13:54:06 From Doris Garcia : Thank you also for the quick link!
13:54:40 From Joellene Buccat : Thank you Lukayo
13:54:45 From Lukayo (siya/they/them/their) : Gugurang Mabalos everyone! (That's Bikol for thank you/ may the ancestors give back to you what you have given me)
14:13:45 From Mailyne (Mai) Kilantang : sorry I don't have a video!!
14:14:25 From Liza Quiñonez : Can we request for our partner?
14:14:44 From Liza Quiñonez : All good!
14:14:58 From Meg (she/her/hers) : Clarifying question - does eye contact in this context mean looking into the camera, or looking into the eyes of the person on the screen?
14:15:04 From Jeri Moomaw : I'm not on video either
14:15:46 From Meg (she/her/hers) : Thank you!
14:17:58 From Jeri Moomaw : I'm confused how do I hey yo my partner
14:26:32 From Joyelle Marie : I'm going to have to leave shortly, but am ever grateful for sharing this time, space, and learning. Love, blessings, peace. Keep safe, keep healthy, KAPWA <3
14:26:52 From Diana Halog (she/her) : Thank you for your energy and presence!
14:27:01 From Vanessa Gomez : soooo amazing that last share. true kapwa joyelle💜💜💜 thank u for this jl, olivia n EVERYONE here on zoom n those who cannot b here at moment!!!
14:27:22 From Mailyne (Mai) Kilantang : thank you for sharing that Jenavie!!
14:28:35 From Maria (They/Them) Aragon : 🙏🙏🙏🙏💜💜💜🥹
14:28:43 From Lukayo (siya/they/them/their) : I feel the same Manay Raya, thank you so much for sharing.
14:28:45 From Stephanie Tuazon : Beautiful sis thank you
14:28:52 From bodhi and zo (they/them) : thank you raya for sharing
14:28:54 From Gigi Bio : I see you, thank you
14:28:54 From Mailyne (Mai) Kilantang : I feel this. Thank you Raya.
14:28:55 From sha : Salamat for sharing Raya <3
14:29:02 From andradio : Damn. Thank you Raya.
14:29:06 From Othelia J (they/them) : that was so powerful Raya. thank you
14:29:08 From Kristin Resurreccion : thank you raya <3
14:29:08 From Liza Quiñonez : I see you Raya, thank you
14:29:09 From Beverly Perez : Beautiful, Raya. Salamat!
14:29:09 From Michelle Casten : Thank you for sharing. I see you and relate to your story.
14:29:24 From Raya Heart's iPad : Thanks, Kapwa. I love you all
14:29:27 From Jenavie Villaflor : 💜💜💜

14:29:43 From Olivia Sawi : Thank you so much, Raya <3 <3 <3

14:29:59 From Myla Ablog : TY, Raya. A challenge is having compassion for those closest to us who were indoctrinated with colonialism. xo I see you.

14:30:08 From Maria dela Cruz : Salamat sa lahat! ♥

14:30:19 From Mailyne (Mai) Kilantang : Sending you virtual love Jillian.

14:30:50 From Beverly Perez : You have community, Jillian. You are supported and loved.

14:30:50 From Michelle Casten : You are not alone Jillian <3

14:30:56 From Jenavie Villaflor : loving you sis ♥♥♥

14:30:59 From Stephanie Tuazon : Here with you Jillian!

14:31:00 From Kristin Resurreccion : I see you Jillian <3 thank you!

14:31:01 From Liza Quiñonez : You're not alone Jillian. You are valued and loved!

14:31:04 From Mailyne (Mai) Kilantang : We are here. Thank you Jillian.

14:31:04 From andradio : You are valued, you are loved, you are supported!

14:31:05 From sha : <3 <3 <3 salamat mama jillian <3 <3 <3

14:31:06 From Camille Ramirez : We see you Jillian

14:31:08 From Alicia : <3 You are definitely not alone. We're here for you!

14:31:09 From Lukayo (siya/they/them/their) : Namumuton taka, Jillian. Mahal kita. You're not alone.

14:31:11 From Diana Halog (she/her) : Here for you!

14:31:12 From beverlydemafileXS : ♥ thank you sis. you are loved!

14:31:13 From Othelia J (they/them) : thank you for your vulnerability Jillian

14:31:16 From Vanessa Ramalho : So beautiful. Resonates so strongly in me as a mother as well.

14:31:17 From Doris Garcia : Wrapping you in so much love Jillian. Thank you for your voice

14:31:18 From Jenavie Villaflor : we see you were here ♥

14:31:20 From Raya Heart's iPad : Thank you Jillian for your deep share. I too am a not so perfect mother; that's hard to say out loud. Heartfelt thank you.

14:31:20 From bodhi and zo (they/them) : we see you Jillian

14:31:25 From colleenviana : ~virtual hug~

14:31:41 From Maria dela Cruz : I see you Jillian. We are with you.

14:32:05 From Christianne Paras : Thank you, Jillian. I see you.

14:32:06 From Alaina Carly Moguel : Agyamanak, Jillian! <3

14:32:25 From Jillian Sudayan : Maraming salamat folks ♥🙏🌱 Sending love and light to you all~

14:32:28 From Erik Gray : I want to make sure I get a copy of the recording for this. This webinar is so powerful, thank you.

14:32:35 From Maria dela Cruz : Thank you to our powerful hosts, Jana and Olivia. ♥

14:32:40 From Erik Gray : Thank you thank you

14:33:57 From Diana Halog (she/her) : is there an online community? facebook group? something like that? to continue this journey/discovery?

14:34:31 From Vanessa Gomez : yesss Jillian!!!! u r not alone!!! I FEEL weak when I'm most strong...isnt that strange n beautiful?

14:35:55 From Beverly Perez : This is such a beautiful circle. Sending so much love to all of you, kapwa! Daghang salamat, JL and Olivia for holding space for all of us.

14:38:21 From Gwen Snider : Diana - we have a slack group

14:38:24 From Gwen Snider : Email olivia

14:38:59 From Christianne Paras : Deep gratitude for all that was shared today. Thank you Jana and Olivia for facilitating and offering space for such meaningful conversations. Agyamanak. If anyone would like to stay in touch and continue this journey/discovery, my email is christianne.paras@gmail.com.

14:43:26 From Francesca Fernandez McKenzie : Thank you for holding space for us! I am so grateful for all of you. Thank you JL and Olivia love to everyone be well :)

14:43:28 From Mailyne (Mai) Kilantang : My heart is so full. thank you Olivia and Jana Lynne. Thank you to everyone who has joined in this circle today. Salamat ang tanan.

14:43:52 From Lukayo (siya/they/them/their) : Thank you so much everyone, especially space holders JL and Olivia! Gugurang mabalos sa gabos! If you'd like to keep in touch, Lukayo Estrella on FB and Lukayo.estrella@gmail.com

14:43:57 From beverlydemafileXS : thank you all. so much work to do. excited to move forward with al of you ❤️

14:43:57 From Vanessa Gomez : giant n required! thank u 🙏🙏🙏🙏

14:43:58 From Diana Halog (she/her) : Thank you! <3 for all your work everyone facilitators and participants.

14:44:21 From Carina Pineda : Thank you everyone!

14:44:27 From Raya Heart's iPad : can screen be cleared so i can see everyone thanks