THE OPEN CHURCH

Chat Box File from October 19, 2026

00:12:45	Rev. Veronica Johnson:	Good evening TOC Fam!
00:12:54	Kamala Via:	Reacted to "Good evening TOC Fam!" with 💜
00:13:01	The Open Church:	Reacted to "Good evening TOC Fam!" with 🎉
00:13:23	Kamala Via:	Hello Everyone! Welcome to our October Re:Heath presentation!
00:13:53	Vincent Dion Stringer:	Reacted to "Good evening TOC Fam!" with 💜
00:14:09	Vincent Dion Stringer:	Reacted to "Hello Everyone! Welcome to our October Re:Heath presentation!" with 👍🏾
00:19:08	Sadeek Colquitt, CPBN:	Good evening, everyone! It's a pleasure to be here.
00:19:17	The Open Church:	Reacted to "Good evening, everyone! It's a pleasure to be here." with 💜
00:20:10	ER Shipp:	Reacted to "Good evening, everyone! It's a pleasure to be here." with 💜
00:20:20	Susanne McCoy:	Good evening, everyone!
00:20:30	The Open Church:	Reacted to "Good evening, everyone!" with 💜
00:20:59	Amelie Landry:	Good evening TOC friends and family. Hey Chi Town 😘 💕
00:21:56	ER Shipp:	Hello, everyone ❣️
00:28:31	Rev. Veronica Johnson:	volume not coming through well
00:29:15	Wanda Walker:	Maybe his noise resistance
00:31:35	ER Shipp:	Wake Up Everybody
00:33:20	Kamala Via:	That's what we do at the holidays!
00:48:12	Amelie Landry:	155 thousand diabetic or diabetic?
00:51:28	Amelie Landry:	Called diss-ease for a reason!
00:55:06	The Open Church:	"Turn off the faucet."
01:08:15	Kamala Via:	Hmmmmm.....
01:08:26	Denise Cabrera:	Not the yardbird!
01:08:36	The Open Church:	About 94% to 95% of American adults do not get enough dietary fiber
01:09:16	Wanda Walker:	Same
01:09:36	El Bynum:	Reacted to "Not the yardbird!" with 😊
01:09:49	El Bynum:	Reacted to "Hmmmmm....." with 😊

01:11:14	Kamala Via:	Sadeek started with violence!
01:11:22	The Open Church:	Reacted to "Sadeek started with violence!" with 💯
01:11:46	Wanda Walker:	Absolutely not
01:12:13	El Bynum:	Reacted to "Sadeek started with violence!" with 😇
01:12:16	Wanda Walker:	Never heard it put that way before. So intelligent.
01:12:22	Jrome Andre:	None
01:13:31	Jrome Andre:	Real talk.
01:13:45	Marco K. Merrick:	Americans don't agree politically, but we agree on fiber deficient diets! YIKES!
01:14:45	Marco K. Merrick:	Eat too much liver
01:14:55	Jrome Andre:	Eggs
01:15:44	Jrome Andre:	Cholesterol 1 large whole egg 186 mg
01:16:32	Amelie Landry:	You're doing great with the real talk. 💯 👐
01:17:16	Wanda Walker:	Keep my chicken out yo mouth!! 😂
01:17:27	Kamala Via:	Reacted to "Keep my chicken out yo mouth!! 😂" with 🤣
01:22:04	Alaina Jenkins:	You skipped over the vegan formula slide, can you put it back up?
01:22:33	Kamala Via:	I'm a little angry...
01:22:50	The Open Church:	Reacted to "I'm a little angry..." with 😂
01:23:02	Wanda Walker:	Reacted to "I'm a little angry..." with 😂
01:23:13	El Bynum:	Reacted to "I'm a little angry..." with 😂
01:23:34	El Bynum:	Reacted to "Keep my chicken out yo mouth!! 😂" with 🤣
01:24:39	Sadeek Colquitt, CPBN:	nuformcenter@gmail.com
01:26:53	Jrome Andre:	Real talk
01:29:32	El Bynum:	Me too!
01:31:30	El Bynum:	This is eye opening, wow!
01:31:49	Kamala Via:	Reacted to "This is eye opening, wow!" with 👣
01:34:30	Wanda Walker:	Reacted to "This is eye opening, wow!" with 👣
01:34:34	Wanda Walker:	True
01:34:49	Jrome Andre:	Whole foods!
01:35:17	Sadeek Colquitt, CPBN:	Partner.nuformnutrition.com
01:35:36	Wanda Walker:	Reacted to "Partner.nuformnutrition.com" with 👍🏾

01:37:52	El Bynum:	Great awareness on coloring consistently helps to know how to make better choices
01:39:07	Wanda Walker:	Preach!
01:40:29	Wanda Walker:	Reacted to "Great awareness on coloring consistently helps to know how to make better choices " with 👍🏾
01:40:46	Wanda Walker:	Love mushrooms!
01:49:04	Wanda Walker:	It is a testimony. Thank you for sharing.
01:49:45	Amelie Landry:	Never too late, we start plate by plate! Great quote 👍
01:49:50	Jrome Andre:	They are legal Drug Pushers
01:51:07	Marc Thpmpson:	The porch lights are coming on.
01:51:17	Wanda Walker:	Wow
01:53:14	Wanda Walker:	Ty!
01:53:28	Amelie Landry:	Thank you so much for this intelligent information. Plate by plate change is the greatest thing to keep for motivation of the possible.
01:53:45	Wanda Walker:	Replying to "Thank you so much fo..." 💜
01:54:24	Wanda Walker:	Thank you TOC Re Health
01:54:51	Denise Cabrera:	Thank you Sadeek!
01:55:31	Kamala Via:	Knew up front it was going to take multiple sessions.
01:55:38	Wanda Walker:	Preach Maestro!
01:55:52	Amelie Landry:	Reacted to Preach Maestro! with " ❤️ "
01:56:51	Wanda Walker:	Or Greek yogurt
01:57:33	Denise Cabrera:	Two sessions may not be enough
01:58:02	The Open Church:	Talenti is really good.
01:58:27	Wanda Walker:	And my Southern Baptist meetings. No chicken, banana pudding, pound cake.....
01:58:29	Susanne McCoy:	This was excellent!
01:58:38	Alaina Jenkins:	Do they make cashew-based Greek yogurt?
01:59:07	The Open Church:	Replying to "Do they make cashew-based Greek yogurt?" Yes, search for plant-based Greek yogurt.
01:59:28	Alaina Jenkins:	Reacted to "Yes, search for plant-based Greek yogurt." with 👍
01:59:31	Deidra Bryant:	There is a great cashew-based yogurt and it's good!
01:59:35	Vincent Dion Stringer:	There you go with those tongues again!

01:59:52	Kamala Via:	Replying to "There is a great cashew-based yogurt and it's good!" What's the name?
02:00:24	Amelie Landry:	So much more available now than in the 1980's!
02:00:48	Marc Thpmpson:	Dairy free cashew yogurt at amazon.
02:00:57	Susanne McCoy:	Yes, come and cook for TOC!
02:01:00	Wanda Walker:	TOC PICNIC 2027!!!!
02:01:04	Vincent Dion Stringer:	Lion’s Mane Mushrooms
02:01:13	El Bynum:	👋 Thank you for bringing this knowledge this evening! See you at the next one. 👋
02:01:17	Susanne McCoy:	Good night!
02:01:26	Wanda Walker:	Night night
02:01:28	Jrome Andre:	Blessings