

Jan 26 2017, 9:26 PM

GerriBaker: Hi everyone!

Jan 26 2017, 9:30 PM

PatriciaMoore: Hello

Jan 26 2017, 9:31 PM

Jennifer: HELLO FRIENDS!! HOW ARE YOU DOING TONIGHT?

Jan 26 2017, 9:31 PM

[Cindy March](#): Hello Everyone.

Jan 26 2017, 9:32 PM

EdithBanks: Hi!

Jan 26 2017, 9:32 PM

[Cindy March](#): Happy New 2017

Jan 26 2017, 9:32 PM

Jennifer: WELCOME TO THE JANUARY BOOK CLUB MEETING. THIS MONTH'S SELECTION WAS THE BOOK OF JOY! THIS WAS QUITE THE THOUGH-PROVOKING BOOK AND I'VE GOT LOTS OF QUOTES TO DISCUSS.

Jan 26 2017, 9:33 PM

Jennifer: WHERE IS EVERYONE CHATTING WITH US FROM TONIGHT?

Jan 26 2017, 9:33 PM

PatriciaMoore: Good but I'm on my tasblet going to switch to laptop

Jan 26 2017, 9:33 PM

[Maggie Dameron Clark](#): Ohio

Jan 26 2017, 9:33 PM

[Cindy March](#): New York.

Jan 26 2017, 9:33 PM

EdithBanks: Illinois

Jan 26 2017, 9:33 PM

GerriBaker: Utah

Jan 26 2017, 9:34 PM

AmmiDearmont: Texas

Jan 26 2017, 9:34 PM

Marcy (guest): Texas

Jan 26 2017, 9:34 PM

[Tiffany Mitchell](#): StL

Jan 26 2017, 9:34 PM

Jennifer: IS THERE ANYONE JOINING US FOR BOOK CLUB FOR THE FIRST TIME TONIGHT?

Jan 26 2017, 9:34 PM

[Veronica Wieland Knoll](#): Hi everyone

Jan 26 2017, 9:35 PM

[Veronica Wieland Knoll](#): Yes

Jan 26 2017, 9:35 PM

Jennifer: WELCOME VERONICA!

Jan 26 2017, 9:35 PM

[Veronica Wieland Knoll](#): New york

Jan 26 2017, 9:36 PM

Marcy (guest): Yes, first time

Jan 26 2017, 9:36 PM

Jennifer: I'LL BE PROMPTING THE DISCUSSION WITH A VARIETY OF QUOTES FROM THE BOOK, BUT FIRST LET'S SHARE SOME OVERALL IMPRESSIONS... (IT'S OK IF YOU HAVEN'T FINISHED)

Jan 26 2017, 9:36 PM

Jennifer: WELCOME MARCY!

Jan 26 2017, 9:37 PM

[Veronica Wieland Knoll](#): I read the first couple of chapters and then lost interest so I didn't finish it

Jan 26 2017, 9:37 PM

Marcy (guest): I loved it. I listened to it on Audible and shared it with others because I liked it so much

Jan 26 2017, 9:37 PM

Marcy (guest): If I had read it I probably wouldn't have enjoyed it so much

Jan 26 2017, 9:37 PM

Jennifer: OOH, I THINK I WOULD REALLY LIKE IT ON AUDIBLE.

Jan 26 2017, 9:37 PM

[Tiffany Mitchell](#): I am about 200 pgs in.....

Jan 26 2017, 9:37 PM

Jennifer: I FOUND THAT IT READ TOO MUCH LIKE AN AUDIO TRANSCRIPT AND FOUND THAT CHALLENGING TO FOLLOW AT TIMES.

Jan 26 2017, 9:38 PM

Marcy (guest): Audible used different voices so it was like a conversation

Jan 26 2017, 9:38 PM

CindyDavenport: Really enjoyed it. Got a lot of inspiration out of it. I agree that it was wordy at times.

Jan 26 2017, 9:38 PM

[Veronica Wieland Knoll](#): Maybe that's why I lost interest.

Jan 26 2017, 9:38 PM

GerriBaker: I'm still in the first few chapters, but I'm really enjoying it! I love the banter between 2 dear friends! Especially 2 people we think of as lofty

Jan 26 2017, 9:38 PM

EdithBanks: I have read some

Jan 26 2017, 9:39 PM

Jennifer: I'M GOING BACK FROM THE EIGHT PILLARS OF JOY AND MANY OF THE QUOTES I FLAGGED IN THE VERY FIRST SECTION CONNECT TO THEM... SO OUR DISCUSSION WILL SORT OF BOUNCE AROUND.

Jan 26 2017, 9:39 PM

CindyDavenport: Love the friendship aspect of it and how they are so down to earth and even at their age so full of life

Jan 26 2017, 9:39 PM

Jennifer: I WAS SURPRISED BY THE MISCHIEVOUS HUMOR THEY HAD BETWEEN THEM

Jan 26 2017, 9:39 PM

ShannonMinner: Sorry I'm late. I was trying to run through spelling words one last time.

Jan 26 2017, 9:39 PM

CindyDavenport: I was up till 3 am on night re-reading the "Acceptance" pillar. Really spoke to me

Jan 26 2017, 9:39 PM

ShannonMinner: I ended up listening to part of the audio CD. It didn't bring my kids joy when I listed to it though.

Jan 26 2017, 9:40 PM

Jennifer: LOL SHANNON

Jan 26 2017, 9:41 PM

[Cindy March](#): I am sad to say that I didn't get a chance to read this month's selection.

Jan 26 2017, 9:41 PM

Jennifer: BEFORE WE DIVE IN, I'M GOING TO OFFER THE CONTEXT WITH WHICH I APPROACH THESE DISCUSSIONS... NEARLY ALL OF OUR BOOKS HAVE NOTHING TO DO WITH SCRAPBOOKING AND MANY NOT EVEN TO DO WITH CREATIVITY... OUR MISSION IS TO APPLY THIS WISDOM TO BOTH IMPROVING THE MEMORY KEEPING PROCESS (ONE WHICH IS BOTH CREATIVE AND DEEPLY PERSONAL) AS WELL AS THE LIVES THAT SUPPORT/FACILITATE OUR ABILITY TO HAVE TIME AND ENERGY FOR HOBBIES.

Jan 26 2017, 9:42 PM

Teaching Assistant - Kim Edsen: I didn't either Cindy...I was on the hold list at my library, it was due back Jan. 11th! Guess they're a bit overdue!

Jan 26 2017, 9:43 PM

Jennifer: WELCOME KIM... I GUESS THE CAT IS OUT OF THE BAG.... KIM HAS BEEN A MEMBER SINCE 2014 AND I'VE ASKED HER TO BE OUR NEW TEACHING ASSISTANT. SHE'LL BE SUPPORTING YOU ALL IN A VARIETY OF WAYS!

Jan 26 2017, 9:44 PM

PatriciaMoore: congrats Kim

Jan 26 2017, 9:44 PM

Teaching Assistant - Kim Edsen: Ha, yes. I was surprised to see myself listed that way...kept trying to logout and back in to stay incognito!

Jan 26 2017, 9:44 PM

CindyDavenport: Hi Kim! The book is worth the wait

Jan 26 2017, 9:44 PM

Jennifer: IT'S NO PROBLEM!

Jan 26 2017, 9:46 PM

GerriBaker: Yeah, Kim!

Jan 26 2017, 9:46 PM

ShannonMinner: Congrats Kim!

Jan 26 2017, 9:46 PM

WendyKiely: I found the book hard to get into, I wanted the audio book but couldn't get hold of it. Congratulations Kim

Jan 26 2017, 9:46 PM

EdithBanks: Congrats Kim

Jan 26 2017, 9:46 PM

Teaching Assistant - Kim Edsen: Thanks, ladies!

Jan 26 2017, 9:46 PM

Maggie Dameron Clark: Congrats Kim

Jan 26 2017, 9:47 PM

Jennifer: ALRIGHT...WE HAVE MUCH TO DISCUSS... I'M BEGINNING BY SHARING WHAT THE DALAI LAMA AND ARCHBISHOP TUTU DESCRIBE AS THE RIGHT PILLARS OF JOY.. THESE ARE DETAILED IN THE LATTER 1/3 OF THE BOOK, BUT THERE ARE SIMPLE TO UNDERSTAND. FUNDAMENTALLY, THE AUTHORS FEEL LIKE COMPASSION AND GENEROSITY ARE CORE TO A JOYFUL LIFE.

Jan 26 2017, 9:47 PM

Jennifer: QUOTE // Four of the pillars are qualities of the mind: perspective, humility, humor, and acceptance. Four of the pillars are qualities of the heart: forgiveness, gratitude, compassion, and generosity.

Jan 26 2017, 9:47 PM

Jennifer: QUESTION // Q1. In your experience, which of the these pillars has contributed most notably to your satisfaction or joy in life?

Jan 26 2017, 9:48 PM

WendyKiely: Acceptance. One cannot control everything, you can only do your best.

Jan 26 2017, 9:48 PM

GerriBaker: Perspective and gratitude

Jan 26 2017, 9:48 PM

CindyDavenport: Pillars of the mind. No question. It hit me hard that I'm deep in a season of acceptance.

Jan 26 2017, 9:48 PM

ShannonMinner: Humor and gratitude night be my 2.

Jan 26 2017, 9:48 PM

Tiffany Mitchell: gratitude

Jan 26 2017, 9:48 PM

Teaching Assistant - Kim Edsen: Though I'm definitely a work in progress, I'd say perspective has had a big influence....don't sweat the small stuff and all that jazz

Jan 26 2017, 9:49 PM

Teaching Assistant - Kim Edsen: Wendy & Cindy - I need to take notes from you...I stink at acceptance, though I am getting better...

Jan 26 2017, 9:49 PM

EdithBanks: Acceptance and gratitude

Jan 26 2017, 9:49 PM

Jennifer: HUMOR STANDS OUT TO ME AS AN INCREDIBLE TOOL FOR BREAKING DOWN WALLS AND INVITING IN THE OTHER PILLARS

Jan 26 2017, 9:50 PM

CindyDavenport: Kim. . . .reading this book made me realize I need to work on acceptance also. Re-read that pillar several times!

Jan 26 2017, 9:50 PM

Marcy (guest): perspective and acceptance

Jan 26 2017, 9:50 PM

WendyKiely: Kim, I still have to stop and remind myself about it some times.

Jan 26 2017, 9:51 PM

CindyDavenport: Loved that we saw how both men used humor in their own lives and relationship. Loved that!

Jan 26 2017, 9:53 PM

Jennifer: QUOTE // On perspective as a pillar of joy... "The suffering from a natural disaster we cannot control, but the suffering from our daily disasters we can."

Jan 26 2017, 9:54 PM

Jennifer: QUESTION // Q2. This concept, of being in control of your reaction, has been transformational in helping me deal with stress. How else can we use this concept?

Jan 26 2017, 9:55 PM

CindyDavenport: Work to prevent them from happening. . . choose our words carefully, take care of our relationships & possessions, etc

Jan 26 2017, 9:55 PM

ShannonMinner: Learning to accept that we don't have to be perfect and sometimes what is good enough at that time is good enough period.

Jan 26 2017, 9:56 PM

Jennifer: OOOH, VERY GOOD CINDY... BEING INTENTIONAL... REMINDS ME OF THE FOUR AGREEMENTS.. 1. Be impeccable with your words

2. Don't take anything personally

3. Don't make assumptions

4. Always do your best

Jan 26 2017, 9:56 PM

Tiffany Mitchell: To evaluate how important something is an if it is worth the anxiety.

Jan 26 2017, 9:57 PM

Teaching Assistant - Kim Edsen: It makes me think of the Serenity Prayer....knowing what you can change (and changing it!) and accepting what you can't change.

Jan 26 2017, 9:57 PM

CarrieAnderson: it might help me when scrolling twitter....hahaahaha

Jan 26 2017, 9:57 PM

Cindy March: I as thinking of the Serenity Prayer also.

Jan 26 2017, 9:58 PM

CarrieAnderson: sorry...that was the first thing i thought of...not very deep...you guys have way better answers

Jan 26 2017, 9:58 PM

ShannonMinner: That's a good comparison Cindy and Kim.

Jan 26 2017, 9:58 PM

PatriciaMoore: UG Kim been trying to figure that one out for years

Jan 26 2017, 9:58 PM

Jennifer: OOH, VERY GOOD POINT CARRIE.. SUPER TANGIBLE... FACEBOOK AND INSTAGRAM HAVE THE ABILITY TO MAKE ME FEEL BAD, CAUSE MY OWN SUFFERING.. (FOR DIFFERENT REASONS)

Jan 26 2017, 9:59 PM

Jennifer: QUOTE // On humor as a pillar of joy... "To tease someone is a sign of intimacy and friendship, to know that there is a reservoir of affection from which we all drink as funny and flawed humans."

Jan 26 2017, 9:59 PM

Jennifer: QUESTION // Q3. We are all flawed. How can we outwardly embrace and leverage this to find more joy?

Jan 26 2017, 9:59 PM

GerriBaker: For me it's about taking 100% responsibility for my actions - I'm trying very hard to teach this to me boys!

Jan 26 2017, 10:00 PM

ShannonMinner: Laughing at ourselves

Jan 26 2017, 10:00 PM

Teaching Assistant - Kim Edsen: Shannon - that's exactly what I thought of too!

Jan 26 2017, 10:00 PM

Marcy (guest): not take things so seriously and accept others flaws

Jan 26 2017, 10:00 PM

GerriBaker: Yes, Shannon! I laugh at myself a lot!

Jan 26 2017, 10:00 PM

CindyDavenport: Be at peace with our limitations and use our strengths to the max

Jan 26 2017, 10:01 PM

Marcy (guest): being able to relax and not worry so much what others think

Jan 26 2017, 10:01 PM

Tiffany Mitchell: To remind us that we are all human....

Jan 26 2017, 10:01 PM

EdithBanks: Just having the ability to laugh at see humor when you are gong through tough times

Jan 26 2017, 10:01 PM

CindyDavenport: Love that Marcy.

Jan 26 2017, 10:02 PM

DionneJack: I agree Shannon and Marcy. I try to have fun with my reactions when small accidents happen.

Jan 26 2017, 10:02 PM

Teaching Assistant - Kim Edsen: Cindy - that's an attitude I definitely want to embrace

Jan 26 2017, 10:03 PM

CarrieAnderson: this one is really hard for me. i always take teasing really personal and cant laugh at myself...so thats definitely something NOT in my joy category

Jan 26 2017, 10:03 PM

CindyDavenport: I'm working on these myself Kim!

Jan 26 2017, 10:03 PM

Cindy March: Earning not to sweat the small stuff.

Jan 26 2017, 10:03 PM

Jennifer: MY FAMILY IS VERY ANTI-TEASING AND THAT'S ALL MY HUSBAND'S DOES.. IT'S BEEN INTERESTING TO SEE THESE WORLDS COLLIDE. I END UP NOT BEING SURE.

Jan 26 2017, 10:04 PM

Teaching Assistant - Kim Edsen: I'm not always good with taking teasing either Carrie! I tend to be a pretty serious person but I can laugh at myself, but am very sensitive too

Jan 26 2017, 10:04 PM

CarrieAnderson: jennifer....my husbands family too...they say you can tell when the DONT like you if they dont bother teasing you!! it was really hard for me...and honestly still is sometimes...

Jan 26 2017, 10:05 PM

ShannonMinner: Yikes, sounds like some things have happened with that Jennifer.

Jan 26 2017, 10:05 PM

Tiffany Mitchell: My family teases a lot, but it is more of the putting people down kind

Jan 26 2017, 10:05 PM

ShannonMinner: There's a fine line between good natured teasing and teasing that gets a little to personal.

Jan 26 2017, 10:05 PM

Marcy (guest): the older i get the better I become at relaxing and letting some things go

Jan 26 2017, 10:06 PM

CarrieAnderson: i definitely could stand to relax and let more go though...lol

Jan 26 2017, 10:06 PM

PatriciaMoore: yes Shannon....causes problems

Jan 26 2017, 10:06 PM

DionneJack: Very true Shannon.

Jan 26 2017, 10:06 PM

Jennifer: QUOTE // "It's wonderful to discover that what we want is not actually happiness. Joy is a far greater thing. Exploring joy is nothing less than exploring what makes the human experience satisfying."

Jan 26 2017, 10:06 PM

Jennifer: QUESTION // Q4. We constantly talk about what makes scrapbooking satisfying to you. There's an element of elegant simplicity in considering that feeling satisfied IS joy. What part of the hobby is the most satisfying to you?

Jan 26 2017, 10:08 PM

CindyDavenport: Taking photos because I'm engaged in an activity w/ people I enjoy or on a trip or doing something fun in general

Jan 26 2017, 10:08 PM

Marcy (guest): the creativity

Jan 26 2017, 10:08 PM

Marcy (guest): creating something that others may enjoy looking at later

Jan 26 2017, 10:08 PM

EdithBanks: The creativity and the finished page

Jan 26 2017, 10:08 PM

GerriBaker: The sense of accomplishment I get from creating - even if I haven't completely finished what I'm working on.

Jan 26 2017, 10:08 PM

Teaching Assistant - Kim Edsen: I like it when I feel like everything's going well and I get into a flow - usually that's when I'm writing out journaling (as that comes more easily to me than the embellishing, etc)

Jan 26 2017, 10:08 PM

ShannonMinner: Creating is my fav.

Jan 26 2017, 10:09 PM

Theresa Mischel: I think design and putting the pieces together.

Jan 26 2017, 10:09 PM

ShannonMinner: I also enjoy the photography and documenting.

Jan 26 2017, 10:09 PM

Cindy March: Everything. From taking the picture to picking the paper to showing off my albums. I just love the whole process.

Jan 26 2017, 10:09 PM

Jennifer: I THINK I GET THE MOST SATISFACTION FROM FINISHING A LAYOUT WITH JOURNALING.

Jan 26 2017, 10:09 PM

Marcy (guest): I get great joy from seeing my children involved in a scrapbook and talking about those memories

Jan 26 2017, 10:10 PM

GerriBaker: I also get a lot of joy from re-living the memories (I'm scrapbooking pics from 2004-2007ish)

Jan 26 2017, 10:10 PM

Teaching Assistant - Kim Edsen: I like that as well Gerri!

Jan 26 2017, 10:10 PM

Marcy (guest): I agree with Cindy ...it is the WHOLE process

Jan 26 2017, 10:11 PM

Theresa Mischel: I sometimes feel like I have only really lived a moment fully when I have scrapbooked it

Jan 26 2017, 10:12 PM

CindyDavenport: Wow. Great thought Theresa! I'm going to sleep on that one!

Jan 26 2017, 10:12 PM

Jennifer: FASCINATING THERESA!

Jan 26 2017, 10:12 PM

Jennifer: QUOTE // Joy is associated with feelings of pleasure, amusement, contentment, excitement, relief, wonder, bliss, exultation, radiant pride, elevation, and gratitude.

Jan 26 2017, 10:12 PM

Jennifer: QUESTION // Q5. Which of these feelings do you associate with scrapbooking or the creative process?

Jan 26 2017, 10:13 PM

Theresa Mischel: The pieces falling into place.

Jan 26 2017, 10:13 PM

ShannonMinner: Pleasure, Amusement, Excitement, Pride, and Gratitude

Jan 26 2017, 10:13 PM

Tiffany Mitchell: radiant pride, elevation, gratitude, excitement, and wonder.

Jan 26 2017, 10:13 PM

GerriBaker: Excitement, contentment, gratitude & sometimes wonder.

Jan 26 2017, 10:13 PM

CarrieAnderson: amusement, excitement, wonder, relief and radiant pride

Jan 26 2017, 10:14 PM

CindyDavenport: Contentment, pride and gratitude

Jan 26 2017, 10:14 PM

EdithBanks: Pleasure, contentment, and gratitude

Jan 26 2017, 10:14 PM

Cindy March: I would say gratitude because I am grateful to have events, people, memories....to scrapbook.

Jan 26 2017, 10:14 PM

Marcy (guest): pleasure, excitement, pride and gratitude

Jan 26 2017, 10:14 PM

Jennifer: FYI - exultation is "having accomplished a difficult or daring task"

Jan 26 2017, 10:15 PM

Teaching Assistant - Kim Edsen: LOL, sometimes accomplishing a layout can feel like exultation

Jan 26 2017, 10:15 PM

Jennifer: inner pride vs. radiant pride, which seems more outwardly focused

Jan 26 2017, 10:15 PM

CarrieAnderson: hahaahaha...sometimes i definitely feel that after a page

Jan 26 2017, 10:16 PM

CarrieAnderson: im always proud and a little awed when i get one done and it turns out just the way i want it

Jan 26 2017, 10:16 PM

CindyDavenport: I'm more inner pride

Jan 26 2017, 10:16 PM

GerriBaker: What would be the difference between radiant pride & inner pride?

Jan 26 2017, 10:17 PM

Jennifer: exultation or inner pride is about your own accomplishments whereas radiant pride is about someone else's, like your child

Jan 26 2017, 10:17 PM

ShannonMinner: Good question Gerri because I didn't get that far.

Jan 26 2017, 10:19 PM

GerriBaker: I guess I have both - depends on what I'm scrapping

Jan 26 2017, 10:19 PM

Jennifer: QUOTE // On compassion as a pillar of joy... "As we recognize others' suffering and realize that we are not alone, our pain is lessened."

Jan 26 2017, 10:19 PM

Jennifer: QUESTION // Q6. Within our Simple Scrapper community we try to emphasize that the challenges you face are shared by many. What is one common roadblock that's comforting to know others face?

Jan 26 2017, 10:20 PM

ShannonMinner: Lack of time

Jan 26 2017, 10:20 PM

Theresa Mischel: TIME

Jan 26 2017, 10:20 PM

Tiffany Mitchell: Loathing photo management

Jan 26 2017, 10:20 PM

CindyDavenport: That like me, many others have not scrapbooked in years

Jan 26 2017, 10:20 PM

GerriBaker: Limited time

Jan 26 2017, 10:20 PM

Cindy March: Time and space.

Jan 26 2017, 10:20 PM

EdithBanks: Getting stuck

Jan 26 2017, 10:20 PM

Teaching Assistant - Kim Edsen: Just getting started...

Jan 26 2017, 10:21 PM

CarrieAnderson: tiffany...yeah i feel about that strongly too...hahahaaa

Jan 26 2017, 10:21 PM

Marcy (guest): I'm not the only one that is not up to date

Jan 26 2017, 10:21 PM

GerriBaker: Cindy - I didn't scrapbook for over 10 years when I was able to play again in 2015! So glad to be back at it

Jan 26 2017, 10:22 PM

CindyDavenport: Welcome to the club Gerri & Marcy!

Jan 26 2017, 10:22 PM

ShannonMinner: Welcome back Gerri - I can't imagine going that long without scrapbooking. It's my jam

Jan 26 2017, 10:22 PM

CindyDavenport: Can we come live with you Shannon?!?

Jan 26 2017, 10:22 PM

ShannonMinner: Up-to-date...what is that? I got over that long ago. I scrapbook what moves me.

Jan 26 2017, 10:23 PM

ShannonMinner: Sure if you don't mind my husband and 9 & 6 year old boys I won't list the pets.

Jan 26 2017, 10:23 PM

GerriBaker: Lol Shannon!

Jan 26 2017, 10:24 PM

Jennifer: Hehehe

Jan 26 2017, 10:24 PM

Jennifer: WHEN I CAME INTO THIS HOBBY, I DON'T FEEL LIKE PEOPLE WERE TALKING ABOUT THE CHALLENGES IN A CONSTRUCTIVE WAY...

Jan 26 2017, 10:25 PM

PatriciaMoore: they weren't Jennifer...you started the talk

Jan 26 2017, 10:26 PM

CindyDavenport: I quit going to crops because I felt judged for being so far "behind" and using "old" stuff

Jan 26 2017, 10:26 PM

Jennifer: THAT'S STINKY CINDY, I'M SORRY YOU FELT THAT WAY

Jan 26 2017, 10:26 PM

Teaching Assistant - Kim Edsen: I think it means being vulnerable to share your struggles and that can often be hard, especially when this is a hobby, so there's pressure for it to be fun, fun FUN!

Jan 26 2017, 10:26 PM

CindyDavenport: It was for the best. Helped me find my focus. . . and Simple Scrapper

Jan 26 2017, 10:26 PM

ShannonMinner: Looking back methods weren't quick. We have PL now if you can stick to the simplicity of the program.

Jan 26 2017, 10:27 PM

EdithBanks: A colleague I worked with calls it "admiring the problem"

Jan 26 2017, 10:27 PM

CarrieAnderson: lol edith...i kinda like that

Jan 26 2017, 10:28 PM

CindyDavenport: Thanks for sharing that Edith. . . just wrote it down to use later!

Jan 26 2017, 10:28 PM

Theresa Mischel: I think there are people lately who talk about issues constructively "The Fringe Hours" comes to mind

Jan 26 2017, 10:28 PM

EdithBanks: Your welcome-

Jan 26 2017, 10:28 PM

Jennifer: WHEW.. TIME IS FLYING HERE.. TWO MORE QUESTIONS FOR YOU!

Jan 26 2017, 10:28 PM

Jennifer: QUOTE // "When joy arises at the level of your mind and not just your senses, you can maintain a deep sense of satisfaction for a much longer period of time."

Jan 26 2017, 10:28 PM

Jennifer: QUESTION // Q7. Might this be why scrapbooking is addictive?

Jan 26 2017, 10:29 PM

Cindy March: No matter what area, there are people who just like to complain.

Jan 26 2017, 10:29 PM

CarrieAnderson: definitely

Jan 26 2017, 10:29 PM

Melanie (guest): You guys are still here? Yay!!!

Jan 26 2017, 10:29 PM

EdithBanks: Yes

Jan 26 2017, 10:30 PM

ShannonMinner: Yes it could be.

Jan 26 2017, 10:30 PM

Tiffany Mitchell: that and there is always another story that could be told.....and more pretty paper to buy....

Jan 26 2017, 10:30 PM

CindyDavenport: Yes. Scrapbooking is a never ending work in progress

Jan 26 2017, 10:30 PM

Cindy March: It's a healthy addiction.

Jan 26 2017, 10:30 PM

GerriBaker: That makes a lot of sense.

Jan 26 2017, 10:30 PM

Jennifer: TOTALLY HEALTHY!

Jan 26 2017, 10:31 PM

GerriBaker: Definitely a healthy addiction!

Jan 26 2017, 10:31 PM

Jennifer: SCRAPBOOKING SATISFIES OUR MINDS IN WAYS THAT OTHER CRAFTS DO NOT

Jan 26 2017, 10:31 PM

JudiPartlo: Just got home from a meeting in time to stop in and say hi! Looking forward to reading the transcript!!

Jan 26 2017, 10:31 PM

CarrieAnderson: i dont know who said it....probably stacy julian....but they said....i dont ever want to be CAUGHT UP cause that means i have nothing left of life...no experiences no lessons no living...

Jan 26 2017, 10:32 PM

PatriciaMoore: Hi Jidi

Jan 26 2017, 10:32 PM

Jennifer: FINAL QUESTION...

Jan 26 2017, 10:32 PM

ShannonMinner: That's good Carrie!

Jan 26 2017, 10:32 PM

Jennifer: QUOTE // "We are wired to be caring for the other and generous to one another. We shrivel when we are not able to interact. ... The best way to fulfill your wishes, to reach your goals, is to help others, to make more friends."

Jan 26 2017, 10:32 PM

Erin Bright Fleming: Scrapping is very tangible. You can see your results. I also dance, and although you can record it, it is the process of dancing that brings me the joy. With scrapping I love the process, there is emotions tied to the pictures so then when I look back I have an emotional reaction again and again.

Jan 26 2017, 10:32 PM

Jennifer: QUESTION // Q8. How has being in community helped you find more joy and satisfaction?

Jan 26 2017, 10:32 PM

ShannonMinner: You know right off the bat that the people in the group share a similar interest and you can hit it off.

Jan 26 2017, 10:33 PM

Erin Bright Fleming: My community makes me accountable and helps me when I get stuck and can't move forward

Jan 26 2017, 10:33 PM

CarrieAnderson: i feed off the ideas and the energy and the feedback. i come for the encouragement and inspiration and the laughs!!

Jan 26 2017, 10:33 PM

ShannonMinner: I can't think of a time recently where I have been to a crop and someone was rude to me. Many people walk the isles and stop and chat with people as they work.

Jan 26 2017, 10:33 PM

Tiffany Mitchell: the support you get when you need it and a cheering section when you succeed.

Jan 26 2017, 10:33 PM

CarrieAnderson: i think this community as a whole covers all the pillars in one way or another

Jan 26 2017, 10:33 PM

CindyDavenport: Being amongst like minds, shared challenges, support, ideas....

Jan 26 2017, 10:33 PM

JudiPartlo: TONS more joy and satisfaction!!!! I LOVE having found communities that are welcoming and understand how important scrapbooking is to me!!

Jan 26 2017, 10:33 PM

Erin Bright Fleming: Outside eyes also see the overall beauty of your work when you are finished and sometime my persnickety-ness doesn't allow me to see the overall until they bring it to my attention again.

Jan 26 2017, 10:34 PM

Cindy March: That Imam not alone.

Jan 26 2017, 10:34 PM

EdithBanks: Yes Carrie - and the validation

Jan 26 2017, 10:34 PM

CarrieAnderson: good point Erin!!

Jan 26 2017, 10:34 PM

CarrieAnderson: defintiely Edith

Jan 26 2017, 10:34 PM

Jennifer: WOW... SO MUCH GOODNESS HERE!!

Jan 26 2017, 10:35 PM

PamelaMontagno: Hi I joined late had to work but I am reading all your responses loving it

Jan 26 2017, 10:36 PM

JudiPartlo: HI Pam - I just got here, too!

Jan 26 2017, 10:36 PM

PamelaMontagno: Hi Judi

Jan 26 2017, 10:36 PM

GerriBaker: The feeling of inclusiveness

Jan 26 2017, 10:36 PM

Cindy March: Thanks Jennifer

Jan 26 2017, 10:37 PM

Jennifer: THANK YOU ALL FOR A WONDERFUL CHAT TONIGHT... FOR THOSE WHO CAME IN LATE, WE'LL BE POSTING THE QUESTIONS AND THE FULL TRANSCRIPT WITHIN THE NEXT DAY OR TWO.

Jan 26 2017, 10:37 PM

Jennifer: NEXT MONTH WE ARE READING SWITCH BY CHIP AND DAN HEATH, A BOOK ON BEHAVIOR CHANGE

Jan 26 2017, 10:37 PM

PamelaMontagno: Thanks

Jan 26 2017, 10:37 PM

Tiffany Mitchell: There was a quote in the book that resonated with me when it came to scrapbooking..... "Stress and anxiety often come from too much expectation and too much ambition." I usually am not realistic when it comes to how much I can get done in any given time. Too many projects and not enough time. This reminded me to be more realistic in my scrappy goals!

Jan 26 2017, 10:37 PM

ShannonMinner: Thanks Jennifer!

Jan 26 2017, 10:38 PM

Teaching Assistant - Kim Edsen: Thanks, everyone!

Jan 26 2017, 10:38 PM

Erin Bright Fleming: I already have next month's book from the library. Yeah!

Jan 26 2017, 10:38 PM

Teaching Assistant - Kim Edsen: Tiffany, I can relate!

Jan 26 2017, 10:38 PM

JudiPartlo: I like that quote, Tiffany!

Jan 26 2017, 10:38 PM

CindyDavenport: Good night all!

Jan 26 2017, 10:38 PM

CarrieAnderson: thats going in my book Tiffany!!!

Jan 26 2017, 10:38 PM

DionneJack: Love that quote Tiffany.

Jan 26 2017, 10:38 PM

ShannonMinner: That is a great quote Tiffany! We always want to be our best and we can be hard on ourselves when we think we aren't being our best.

Jan 26 2017, 10:38 PM

EdithBanks: Goodnight everyone

Jan 26 2017, 10:39 PM

PamelaMontagno: Goodnight

Jan 26 2017, 10:39 PM

ShannonMinner: Good night. I am wiped out so I'm off to bed!

Jan 26 2017, 10:39 PM

Jennifer: LOVE THAT TIFFANY.. THANK YOU! I WISH WE COULD SPEND HOURS ON THIS ONE..

Jan 26 2017, 10:39 PM

ShannonMinner: We could take it to the message board and just keep adding to the post Jennifer.

Jan 26 2017, 10:39 PM

JudiPartlo: Goodnight!!!

Jan 26 2017, 10:40 PM

PatriciaMoore: Good night...thanks Jennifer

Jan 26 2017, 10:40 PM

Jennifer: GOOD NIGHT ALL!

Jan 26 2017, 10:43 PM

GerriBaker: Good night! Thanks