*Transcript*

**S1 - Episode 01: Julia Massey**

[Julia Massey Episode Clip]

***Moe****: Sometimes I think... “my funeral would be fun!” [Laughter]*

*You know? Think of all the cool people you’d see..*

***Julia:*** *[Laughter]**Yes! Oh..* ***Moe:*** *Your friends would be there..*

***Julia****: It’s true…*

***Moe****: You’d be like, “Amanda, It’s good to see you.”*

***Julia:*** *I’d be like,“ I don’t need to a plan hanging out with you people.. I’ll see you at Moe’s funeral..” [Laughter]*

*Prologue*

***Moe Provencher:*** *Hi Everyone ~ I’m Moe Provencher, and this is Grief/ Relief. Every first and third Tuesday of the month you'll hear me in conversation with some of my favorite people as we explore the impact grief has had in our lives, and how it transforms us in unexpected ways. I want to know... How do different people react to loss? Change can be both painful, beautiful, funny, chaotic, and devastating. This is Grief/ Relief, and we're gonna feel it together...*

**Moe Provencher*:*** Thanks for joining us for episode one of grief/relief. This episode features Julia Massey. She’s a Seattle based musician, mom, and all around badass woman. We sat down in my living room in Seattle - drank some tea, and talked about the death of her dad 20 years ago when she was 15 - Her 3 ½ year old son Carl, and everything in between..

**Moe:** Well, hello, Julia..

**Julia:** Well, hello, Moe..

**Moe:** Umm… We’re sitting here in my living room.

**Julia**: We are..

**Moe**: This is the inaugural interview for grief/relief.. I’m so excited..

**Julia:** I’m so delighted.. I feel...I really do feel honored to be here. I really do.. I’ve been looking forward to it ever since you told me about the idea.

**Moe**: Also, what’s interesting is that the audience will have just heard your lovely song, “A Bit of a Hard Time.”

**Julia**: Oh yes!! That’s right.. Yay!

**Moe:** That’s going to be the theme music..

**Julia:** Thank you

**Moe:** This is the Julia Massey

**Julia:** [Laughter] Here I am.. On the mic.

**Moe:** Mmmhmmm

**Julia**: Yes

**Moe:** I love that you’re the first one.

**Julia:** Mmm.. Oh, like I said I am honored and I’m delighted, and I’m glad that you thought to use that song, because that like - I kind of think captures what you were saying the idea for the podcast is - The heaviness in the lightness

**Moe:** Mmmhmm

**Julia:** It’s funny.. In preparation.. *PREPARATION!* [In British accent] for coming here today. I knew that we were going to talk about my dad, and just this last week it's been the 20 year anniversary of his passing - and.. I always told my mom in the years following his death when she would bring up like, “ oh it’s dad’s birthday today. We should really recognize that”, or “it's the anniversary of when he died.” I remember feeling really angry about that, and I remember saying to her, “I don't grieve according to the calendar.” I think that in my teenage life that felt really like I was taking a stand about something, but I've surprised myself in this 20-year anniversary because I'm going, “Oh wait, the calendar is useful in some ways with the grieving process.” Cuz I'm going, “Wow 20 years” since that major.. I'll call it a cataclysmic event of my life, and it kind of provided a measurement of, “here's where I am, and here are my feelings and thoughts about it now” as compared to other benchmarks along the way.

**Moe Provencher:** Julia’s dad was a middle school principal who started in pre-med.He was a kind and loving person who had a great rapport with children. He was always interested in being a healer. He did this cool thing for her and her sister where every year on their birthdays he would write them a letter detailing the successes, and failures, and foibles of parenting.

**Julia:** He was also the kind of parent who when he made the inevitable mistakes, which every parent does - every human does in every relationship - He would always humble himself, and own up to it. He would say, “I'm doing the best I can as a dad, but sometimes I really screw up.” and I think that is like the thing that I treasure most about being his child - was that he helped to model trying your best as a human, and admitting when you get it wrong. I think that the spirit of those two things are why he was so totally beloved.. And so, I think that he probably said that in person, but the memories aren’t as concrete, but to have it in writing really was a massively healing component, because I think when you lose someone it's very easy to develop a hero or heroine worship about them because now they're gone so.. I can't think about the bad things about our relationship, or I can't admit that maybe they weren't always this perfect wonderful person, cuz they're gone now and I feel like my dad gave me the gift of, “you don't have to hero-worship me.” Like, I was a human being who erred. I also loved you unconditionally.” So.. I'm really lucky that I have that.

**Moe:**  I hadn't realized that you had lost your dad as a teenager until we were chatting one day.. Umm.. Probably about a year or so ago, and I was telling you.. You know, because I basically got divorced.. I had an eleven year relationship end..

**Julia:** Yes

**Moe:** At the end of 2016 - and we were chatting maybe a year later and I had just run into someone that I considered a friend, but who I hadn't seen in maybe 17 months, or something.. [laughter]

**Julia:** Mmhmm mmhmm

**Moe:** There are alot of good humans out there that I love dearly that I count on my friends list that you sometimes don't see for years..

**Julia**: Totally!

**Moe:** and, I had run into this person who was just asking me how Aimee was.. like, “Oh..Are you guys? - Do you have any tours coming up, or like what’s going on? How’s Aimee?” And I just thought, “Oh”... [Laughter]

**Julia**: What?

**Moe:** and.. umm.. It wasn't painful at all. It was almost absurd..

**Julia:** [Laughter] Yeah..

**Moe:** Or it wasn’t.. Yeah.. It’s just..

**Julia:** It’s completely unexpected..

**Moe:** I’m still having to tell people about the split which was very acutely painful in the first few months, and it just felt like neverending having to tell people, and talk about it, and make it known. Umm.. but, we were having this conversation, and you shared with me a funny kind of absurd story about your pharmacist.

**Julia:** Oh yeah.. One of the other things about my dad is that he always went to a business where he knew the people. If he didn’t know them already he became their friend eventually, and it was just that way. So, we always went as a kid to see Willie at the pharmacy. So, she was a real part of the fabric of just you know, my daily routines and errand running, and she was so kind. So, when my dad died we didn't go to the pharmacy anymore, because it was just everything changed, and I didn't really think about, “where am I going to go for my prescriptions [laughter] if you were going somewhere else”, but it must have been at least seven years later maybe ten, and I found myself in the neighborhood of Paradise. It’s the name of the neighborhood, and I walked into the pharmacy and I think as I walked in I thought, “gosh! I think this is where I used to come with Dad and I think Willie is here.“ I walked in there and sure enough she was still there, and we locked eyes, and she recognized me, and I recognized her, and it was like this, “Hey!! Reunion.. “Oh, how wonderful to see you.. Oh my gosh!” and in my head I was thinking, “Well, of course she knows my dad died.” I mean, it was in like all the local papers - Like, 700 people were at his funeral.. Like, “Word has gotten to Willie.” I didn’t even really think much about it, and without like one minute passing by in the back and forth she goes, “Now.. how’s your father? How is he doing?” and I was like, “Oh no..” [Laughter] in my head I thought, “I have to do this again?” and I just couldn't believe it, and this is literally one mile from my house. Somehow in the circuit of communication it did not stretch out that far.. And I’m going, “Oh shoot.. I gotta tell Willie that this man who she loved - who she hasn’t seen, by the way, in a long time, like, “Well.. There's a reason he hasn't been in, Willie, and that’s because he’s dead.” And, she immediately burst into tears. Of course… This is somebody who was beloved to her - who had a beautiful relationship with her child - who was a wonderful teacher, and .. you know, a ray of light in her life. Who she wasn’t sure where he had gone, and so.. She had to know the whole story. You know, of course she deserved to know the whole story. So, I tried to distill it for her as much as I could without derailing her day, and I said, “oh my gosh, Willie.. He died in 1998 from kidney cancer. It was really sudden. He was diagnosed and then he passed, and I'm just so sorry word didn't get to you.” and.. We had an exchange, and the little that I remember of it was that she was so sad, but I was glad that I was able to finally tell her where this person who she cared about went.

**Moe Provencher:** Julia’s mom was a little worried about her when she got home that day and shared the story about running into Willie.. And.. I asked Julia a little more about that - how we're taught often unconsciously to avoid feeling pain, and how we often don't learn that it can be healing just to allow ourselves to feel it.

 **Moe**: My experience culturally is that we’re taught to not feel outwardly..

 **Julia**: Totally

 **Moe:** So.. I imagine.. Was shesorry that you had to relive the story?

**Julia:** Exactly!

**Moe:** Because the assumption is that it is painful instead of healing.. or?

**Julia**: Right! Maybe..

 **Moe:** Or avoiding talking about it? Which for some people that may be true, but also…

 **Julia:** Yes..

 **Moe:** I wonder why the impulse is to think that it must be hard for you to talk about him when really it seems like kind of beautiful.. I'm picturing this woman.. First of all I love that her name is Willie. [Laughter]

 **Julia**: I know.. I know..

 **Moe**: I don’t know really who I am picturing, but I just see this beaming face that’s thrilled to see you to immediately say, “how's your dad?”

 **Julia:** Yes... Yeah!

 **Moe:**  To me that seems like a beautiful experience… Like you said to remind you that he was love, and still lives on in all these people's experience of him.

 **Julia:** Totally.. Totally

 **Moe**: Umm… and your mom's reaction is to be fearful for your feelings..

 **Julia:** Well being - Emotional well being.. Yes! I think that my experience of talking about my dad, and being generally very open about it made it so that in that moment I felt like I had to tell Willie, but I wasn't… I don't remember experiencing any fear around it. It was just like, “okay.. This is what I'm going to do right now. This is the moment of my day where I have to talk about this again, and talk about it with this person.. Umm.. and I think that my mom's journey of grief has been completely different, because when a person is lost who is an integral part of the fabric of the family and immediate family everybody who is within it, and for me it was my sister, and my mom who were… I’ll put it this way, on the front lines of that - continue to deal with it, and is different of a way as we are different people, and I think it was easy for me to place judgment on the way that they were dealing with it, because I'm my own person and it's just an easy way to compartmentalize the process.. But, today twenty years later, I can appreciate that my mom has her way of doing it, and my sister has her way of doing it, and I have my way of doing it.. And my way has worked very well for me, so far as I can tell, but I still am working on it.. And, I think that my mom and sister both acknowledge that they're both still working on it too, I think... But, I agree that our culture does not like to face unpleasantness around loss outwardly.. And, I think I struggle with that too. I remember in the wake of my dad dying really only letting myself full fledgedly like ugly cry, as they say, by myself in the basement after everyone had gone to sleep, and getting out the photo albums and just letting myself just grieve, and weep, and weep, and weep, and weep.. That was very cathartic, but there was some element of me that wanted no one else to see that.. And, I think I carry that with me today as part of my identity around it.

**Moe**: Private grieving?

**Julia**: Yeah...Jared my partner, I let him see me do that which has been a real gift, but it's very very rare.

**Moe**: Yeah..

**Julia**: Yeah..

**Moe:** One thing that I gleaned from my therapist was that sort of the notion that we have a tendency to choose chronic pain over acute pain.

**Julia**: Right!

**Moe:** and… I wanted to push back on that, but he was right! I have found with grieving that sort of ugly crying, or just really sitting with feelings of loneliness, or sadness, or anger is so painful when it's acute and often for me that would manifest as like crying very intensely..

**Julia:** Oh yes!

**Moe**: but.. As he told me.. He’s like, “nobody can actually physically cry for that long, so just do it! [Laughter] Like… Get it out, and you're maybe going to feel spent and exhausted, but like those feelings - that energy is a physical thing. If you keep it in there it's not going anywhere”, and then that's chronic - It's not going anywhere.. You chronically feel bad..

**Julia:** Yes!

**Moe:** If you just sit with the acute pain you’re gonna let it out into the atmosphere, but it’s not forever.

**Julia:** Exactly

**Moe:** Feel it and then move on.. Sooo..Yeah..

**Julia:** Yes… You have to let those feelings out… Or, you have the choice to let those feelings out because if you keep it in there it’s not going anywhere. It’s energy that gets trapped. It feels like, “Oh I’ll be able to survive longer if I just have…. If I'm slightly uncomfortable my whole life”

**Moe:** [Laughter]

**Julia:** As opposed to feeling it.. [Laughter] Because I think when the acute pain is there sometimes you might feel like you're going to die.. Like, “I'm going to die from this.. This is going to kill me.” - but, nobody can cry forever. Like.. On days where I'm feeling really low I think, “okay.. I'm feeling this level of low right now, but in 7 minutes maybe i’ll feel lower.”

**Moe**: [Laughter]

**Julia**: but, It’s gonna change.. It’s gonna change..

**Moe:** Right.. [Laughter] You can comfort yourself by thinking it could change.. It could get worse.. “You know what? It’s gonna get worse..” [Laughter]

**Julia:** but.. It’s gonna be different.. It’s gonna be different.. [Laughter] Who knows what it will be.. Somehow that gives me hope.. [Laughter] Anyway..

**Moe:** That's funny…

**Julia:** Yeah… But the acute - letting the acute thrive..

**Moe**: Yeah, and that reminds me of one other anecdote that I know from your experience is that because some people... I'm not trying to imply that people need to sit down and feel their feelings or cry.. Everybody, I've already said I'm not a therapist.. [Laughter]

**Julia:** Right… Right.. [Laughter]

**Moe:** I am not a healthcare professional, but… At your dad’s funeral there was a moment of absurdity that kind of makes you laugh right now..

**Julia**: Oh yes...Yes..

**Moe:** With your mom…

**Julia:** This was right… I don’t know if it was the day before, or what the timeline is, but when a person dies a lot of times the protocol with the funeral home is they put the body in the casket, and they… You go to identify the body. Of course everybody knew was my dad, but it is a hugely impactful part of closure, because then you’ve seen the dead body. So, you know.. My twelve year old sister (I’m a fifteen year old) , and my mom, we went in there, and there’s my dad - his corpse laying there, and I was crying. My mom was really overcome with grief, and my sister at twelve years old was I think completely shocked. So, she was looking in there just like a deer in headlights. (as I remember) I don't know what her feelings were in that moment, but she was just staring at him.. And, my mom in the waves of her grief is looking at my sister and going, “how come you're not crying over this?” [Laughter]

**Moe:** [Laughter] She’s yelling at her… [Laughter]

**Julia**: She’s like.. “Come on cry!” and.. It was a very... At the moment was like really painful, and I remember sitting her watching my mom crying, and in my head thinking.. “Well gosh, Catherine, shed a tear or two for mom. It seems like she wants us to cry right now.” [Laughter] and, now I’m looking back on it like, “Ok.. Yelling at somebody to make them cry is not really productive.” [Laughter]

**Moe**: [Laughter] It’s not helping…

**Julia:** but, you know… I also really empathize with my mom at the time. I’m sure it was just like, “We need to have the acute feeling comfort us.. Let’s feel the acute feeling of grief TOGETHER.” but.. [Laughter]

**Julia:** I think in my sister’s mind it was like, “uhh.. What the Hell am I??? What the Hell is going on right now?” Like ok… I do in some ways see the humor and absurdity in that moment.. Umm.. Stepping back from it.. You know, I look back and I’m looking at these three players looking in the moment like, “Oh my God! Maybe there was another way to.” but, you never know until you are there. You never really know until you are there..

But…Yes.. For me seeing that felt like personal proof that this was - This is just the remainder, and what was the real self of my dad was no longer there. So, it was kind of like silly now… I’m looking at like it’s sort of silly to weep over the…

**Moe:** The vehicle.. Yeah.. It’s the empty vehicle.. [Laughter]

**Julia:** Yeah.. The thing that is not there.. but, you know, we are human beings.. We’re still stuck in our meat suits.. What’s it? But, it’s an essential part of the process.. And.. Mom, if you are listening to this.. I’m so grateful that you forced us to go and do that, cuz that was essential to moving on for Catherine and me. (my sister and me)

**Moe:** Yeah..

**Moe Provencher:** I asked Julia a little more about her experiences trying to grieve at the funeral itself.

**Julia:** I remember feeling like,“Oh my god! I’m going to lose it. I’m just going to cry this whole entire day.” This is another thing that blows my mind about the crap that people say to you in the wake of a loss.. [Laughter] I was fifteen at the time, and I remember somebody came and said to me, “Well, you know you have to be strong for your family now.” I remember this, and I remember going into the bathroom at the funeral home, you know - fighting back like the acute feelings.. I remember slapping myself in the face, looking in the mirror, and saying like, “get it together.” I remember that. I remember that, and then going out and just like receiving the people who were there. I really do remember that. [Laughter] Whoa! That was.. You know, one of my coping mechanisms at that time, but I think about that experiencing that has helped me when I see other people going through grief, or maybe a child, or this or that.. I like to think that I somehow communicate to that person,“You know, I'm here for you and you can show whatever emotion that you need to show to me if you need to, because you don't have to be strong when you're going through this stuff. You really don't”, and I know that rationally, but I think that 20 years of this being told that I'm the strong one, or this kind of a thing has totally affected me. Yeah..

**Moe:** But...What does even being strong mean?

**Julia:** What does it even mean?

**Moe:** Does being strong for your family mean just crying and holding each other, or is it pretending like everything is fine?

**Julia:** Right.. Right..

**Moe:** I think people interpret that as being strong is code for; Pretend like everything is fine, and it’s so backwards..

**Julia**: Toxic.. It is backwards. It ends up weakening yourself… Totally.

**Moe Provencher:** We chatted for a while about Julia's son Carl, and what she thinks she's lost in terms of having her own family now.

**Julia:** I would say in terms of parenting Carl the thing that I have lost is showing my dad, and having an exchange with my dad, and a celebration with him about parenting myself now. I’m really really fortunate to have that with my mom, and I am by the way, extraordinary fortunate to share with my bonus dad. That's what we refer to our step family as in my family, because in both of our families everybody gets it.. There is somebody that our mother and my bonus brother and sister and their kids understand their mother who we're always going to love, and our parents love each other and they are together, but it’s ok that we still miss and love this other person..

**Moe:** The O.G. [Laughter]

**Julia:** [Laughter] Yeah.. Exactly.. The O.G parental unit... I think that we, my sister and I, and my bonus sister, and bonus brother, all know what we have lost. What we lost is.. You know, it sounds kind of silly, but like I don't get to show off how great Carl is to my dad, and have him just burst with pride over the fact that he can ride on a balance bike now.. Like he’s missing that in a way that I would have expected and hoped for him to see. It’s kind of the reward of his own parenting. Everyone tells me that grandparenthood is just like the huge reward for all the difficulties of parenthood, but like you were saying this experience of the loss of my dad has made me who I am.

**Moe Provencher:** Julia and I laughed for a while about different ways that humor can help in the midst of severe trauma. She shared a story about visiting a dying friend in hospice, and how the dad of this friend's partner came into this room that was full of somber energy, and tried to make everyone laugh..

**Julia:** It’s all serious. It’s just so serious.. [Laughter]

**Moe:** Whatever you do not laugh.. This is very serious.. [Laughter]

**Julia:** I have to share this other aspect of my friend right now, and I hope it doesn’t come off as insensitive.. So..Jared and I went over and we were playing some music and he comes into the room and he’s like, [*banging on the table sounds*] doing hand percussion all around the room and *da da da da da.*. [Laughter]

And he’s coming up to our friend in the bed and singing harmonies in his ear. [*Sing song voice*]

**Moe:** [Laughter] Love it!

**Julia:** I mean.. Carl was with us so I think there was an element of him being like, “I'm going to clown around with this kid.. We’re gonna make this..”

**Moe:** Lighten it up.. You and Jared are like, “he’s singing a very sweet song for our friend.” [Laughter]

**Julia:** [Laughter] I looked over at his partner whose dad it is and I’m just like looking at her with this big grin like, “Whoa.. This is not what I expected.” [Laughter]

And she looks at me like,“This is my dad. This is how he's processing it”, and I just I laughed so hard when I got home. I was just laughing so hard about it. I was like, “you know what? Everybody processes this differently.” and.. [*drumming on the table sounds*] hand percussion on all the walls everywhere.. Oh my God.. [Laughter]

**Moe:** but, Carl gets to see that.

**Julia:** Carl got to see it.. He got to see it, and it made it.. What it is doing for Jared and I is.. Like all death, it kind of makes us think about, “well, how would like it to be for our own time”, if it ends up being something of that nature where we actually have the time? I don’t know.. Do you know what you would like?

**Moe:** No.. I mean.. I generally like the idea of seeing humor in things. I have an old song written years ago.. It’s not a great song, but it’s about having a party.. Like.. I like imagining my funeral as being a fun time, because all of the people that I love that would come would really enjoy each other and revel in it. I like to imagine everybody drinking and laughing, and loving. It sounds fun. Like.. Sometimes I think, “my funeral would be fun!” [Laughter] You know? Think of all the cool people you’d see.. Don’t you think that sounds fun?

**Julia:**  [Laughter] Yeah.. No.. Totally! My feelings are identical to yours.

 **Moe:** Yeah..

**Julia**: Identical.. It’s asking a lot in some ways, because it’s like, you know the people who love you - They’re going to experience grief. They’re going to experience that sadness, but yeah.. like, having a big ole’ party - I mean, I think that’s part of the point of having the funeral - To say goodbye and throw a big party for the life of whoever there was.

**Moe:** If you had to go to my funeral next week think of all the cool people you’d see. Your friends would be here. [Laughter]

**Julia:** [Laughter] Oh.. It’s true

**Moe**: You’d be like, “Amanda, It’s good to see you.”

**Julia:** I’d be like, “I don’t need to a plan hanging out with you people.. I’ll see you at Moe’s funeral.” [Laughter] That’s where we will just drink and be merry. Oh totally.. Totally! Carl would be there cracking jokes.. Oh yeah.. Absolutely.

**Moe:** Carl would be there. He would be thrilled..

 [transition music]

**Moe:** Well, I feel like I could talk to you for three more hours about this stuff..

**Julia:** I know.. I know. It’s fascinating..

**Moe:** Is there anything - Like any general arc that we didn’t touch on that you wanted to share, or talk about?

**Julia:** You know, there’s one last thing I wanted to talk about in terms of my dad - Something that I just wanted to share with the audience, and thank you for the audience for listening. I think this is an important and beautiful podcast. So, thanks again for having me.. But, I will never forget the morning after my dad died. I went for a walk in my neighborhood and everything looked different. It was the only other time I've experienced something comparable was when I did mushrooms. Where you are just like literally hallucinating, and it felt like I was hallucinating, but it was beautiful. Like, the leaves on the trees - the edges of the leaves - were bursting with light, and it looked like I was looking at my neighborhood that I had grown up in - It felt like I was looking at it for the first time. It was spectacular, and it filled me with great joy and peace.. And, even though the weeks and months that followed carried with it a great amount of sadness and sorrow, that initial peace and joy, and beauty that I experienced immediately following.. I don't know if that was a gift from my dad, if we have any choice or ability in that transitory period to do that for our loved ones, or if it was just even within my own self, but it was clear to me even as a 15 year old that it was okay - and it was okay - and that I would certainly remain whole, and anybody out there who is wondering if they will be okay, or they will remain whole, I want to implore to them that the answer is ‘yes’. That’s about it.

**Moe:** Thank you so much, Julia

**Julia:** Thank you, Moe

**Moe Provencher:** Thanksso much to Julia Massey for making this first episode of Grief/Relief so special. Coming up this fall we’ve got some great people lined up including... Poet, Imani Sims:

 [Imani Sims Episode Clip]

***Imani:*** *You figure out how to rebuild, and grow wings, and phoenix out of the ash. I mean, otherwise you become a smoldering pile of, “I’m stuck in this moment”, and I don’t think grief was built for that. I think grief was built for transformation.*

**Moe Provencher:** My 84 year old uncle Laval:

[Laval Provencher Episode Clip]

***Laval:*** *Here I am 84 years old, and I have gone through a lot of changes in my life, but from another point of view I’m still the same person deep down. Change is always there, and it’s very very hard to adjust to change. I think some people adjust easier than others.*

**Moe Provencher:** and Comedian, Emmett Montgomery:

[Emmett Montgomery Episode Clip]

***Emmett:*** *Everything changes - like your outsides and your insides. The way I poop is different.*

 ***Moe:*** *Really?* ***Emmett:*** *Yeah.. It looks different. Yeah.. well, because it.. my diet..*

 ***Moe:*** *Oh yeah. Yeah.. Well, mine looks different, but I still poop the same way… I mean the poop is different, but the method is the same. [Laughter]*

***Emmett:*** *Well, yeah.. I mean it’s coming out of the same place.. [Laughter] but, it’s.. I think it’s a different…*

**Moe Provencher:** You can find us online at griefreliefpodcast.com. Theme music for the series is by: Julia Massey, and music in this episode was by: Sera Cahoone. Thanks for listening, everyone.

 *[Outro music - Julia Massey: ‘A Bit Of A Hard Time’]*

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