Friday Team - Session Thursday 22nd Oct 2026

Present: Kona Mahu, Evan Mariano, Bob Wilson, Jacques Reverseau, Juan Ramirez (lost internet connetion later during the session)

Note: This transcript is slightly edited for ease of use. Only the discussion with Celestial is recorded here.

Ready to Publish

TR: Evan Mariano, **Facilitator:** Jacques Reverseau and Kona Mahu

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Centering moment as a Team by Jacques

Jacques 17:15:18

Okay dear Friends, we have discussed a lot today about how to best serve the plan of Christ Michael because this is our real concern for us. There are so many bad news around us, but we understand we should not focus on that. Instead, we have to focus and to propose solutions for the world, for our family, neighbors, community and nation.

So, before that, just let's just relax on your seat and forget what is negative. Relax your mind, take some deep breaths: in and out. Connect with your Thought Adjuster, your Guardian Angels. And connect with the universe to this beam of light coming from the Paradise Center, this divine love, this healing light removing all interferences we may have around us. We are connected with the universe through all our chakras down to the earth.

We connect as human from our heart line, clockwise around the globe, collecting those who are missing today, those who cannot join today. Then we connect our mind line counter-clockwise around the globe. And as human, we are encircuited.

It is time to call our Celestial Management Team from above: Machiventa, Sondjah, Asiah to join. We think about also our Stellar Friends and those on the Sea of Glass who are watching at us. And we stay silent for 3 minutes.

Opening Prayer by Bob

Bob 17:21:33

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Eternal Father. We come to you as a small group. We ask that your Spirit be with us. Please help us be able to deliberate and do those things you want us to do, the decisions that you want us to complete. Please guide and direct us in paths that you want us to follow. We appreciate the many things you have done in the past for us, and continue to do this for us. We do appreciate your Sons and Daughters like Michael and Nebadonia.

We want to thank them as well for the many things they have helped us with and continue to help us with, our work and with completing your plans for us in the Correcting Time and the Teaching Mission. You know, these great projects are very important to you and your Sons and Daughters; we know that we need to have further development in these areas.

Please help us do those things you want us to do to complete some of these tasks. We want to carry them out in the ways that you want to do so, to reach more people, bring more people on board, both for our group here and for the general, the public, for them having a better understanding of your work. Father, we ask for Your guidance and direction be upon everyone that comes into these knowledges that they may be further fulfilled by having relationships with You and your Sons and Daughters. That they may partake in celestial communication and understand the value and purpose of that communication. Father, we appreciate all these things, and we say these things in the name of your Son, Christ Michael, Christ Jesus. Amen.

Jacques: Amen. Thank you, Bob for this prayer. As you have said the Celestial helpers are always to be on the right track, so that the message is not lost. So that we concentrate on what is important for people to know to understand this life, their life. I don't know if there are celestials here, listening to us and ready to answer questions and deliver a message for us. Let's see what could be delivered.

Main Addresses with Mother Nebadonia

1. Moving Forward with Ease: Divine Companionship, Soul Growth, and Love

Evan 17:25:46

I think I have a message from Mother Spirit; oh, they're from Nebadonia, one moment.

Nebadonia: My dear Children this is your Mother Spirit, Nebadonia, and I'm here with… Christ, Michael to tell you that we are happy to see you, your team exploring new avenues to reach the audience, and as you would say the world around you. It is a very difficult thing that you do. So, **I would say to you: To be a little bit slow and relax and take it easy**. As this is going to be a long career for you here. (**Evan**: That was a chuckle from Mother Spirit!)

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A long career for you, not only here in Urantia, but in your future as ascending towards other lives that you will have, so, this is the start only. So have a little bit of ease, in whatever it is that you intend to do. We are very happy to see and very very glad that you are taking the time so seriously to check-in [at the beginning of each session] to say what you want to say, express what you want to feel or say. But that is part of our thing; our thing is a relationship. You keep us with you, and we keep you with us.

When I say we hear it, [on] the other side of your veil… but see, there is no separation between you and us, and neither are you separated from what they call ethereal worlds, or Morontial worlds, or spirit worlds. We're all one in the same Universal Loving Father. We are not separate; we are together always as we go through our lives and in whatever shape or form or planet you are in.

So, take that as a little comfort … comfort, encouragement that you don't need to push yourselves to do this or that. You do need to work on things that we are co-creating, [that] we are doing with you; we are producing good material for everyone to read.

But Spirit is pragmatic. Christ Michael's plan is very pragmatic, and We are pragmatic Parents. So, what does that mean? It means that we are practical and understand the difficulties that limit you in your world. There is a long way to go, my dear Children. So, keep it light, keep it easy, keep it just connected with spirit because we're always with you.

And if there are messages that you need to tell people, it is about what they can do in their lives, individually: The purpose of their existence is a very deep subject. And you can go from all kinds of topics regarding your soul growth because that is the most important thing for everyone on this planet. Your Divine Parents, Me, as your Mother, as the Infinite Spirit of your universe, Christ Michael is your Creative Son, we are of course, looking at everything, every little moment of existence. Not only in your planet but then the other planets, that we'd have, that we have been given to watch and care for, care for by our Father, who loves us all very much.

So let that be your underlying motive or underlying purpose in life. But the Father He's full of love for His Children, and that His Children need not worry about anything else, except… except the love that they also have for each other and for themselves, especially their own selves, love yourselves. Because we love you, you are lovable children don't forget that. This is Mother Spirit, bidding you adieu, and bidding you a very wonderful day. Thank you.

Jacques 17:31:56

Thank you, Mother Nebadonia, thank you, Evan. Thank you to tell us to be at ease, to just relax and progress slowly in our task. That's important for us to understand. It was

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a beautiful message, Evan, and finally it answers our questions about what we need to do.

Kona, I don't know if you're gonna have another message from Sondjah or from another celestial Being. It was very profound anyway.

Kona 17:33:08

Thank you so much, Evan. Thank you, Mother Nebadonia. Yeah, it was very clear.

Jacques: It was clear and loud.

Kona: I appreciate that. I'm generating questions in my head. If this is our team meeting, our production meeting, you know, she's told us to relax. And… But my mind is going, what message would we have for our audience, but I'm saving that for Monday, because I'm… Otherwise, we're producing another transcript today. That's gonna need… Translating and editing in a video.

Jacques: I will transcribe this message anyway!

End part 1

CPM Meeting Format and Content Priorities

Team Discussion Summary

22 October 2026

Participants: Kona, Jacques, Juan, Bob and Evan. Juan lost his internet connection during the discussion.

Overview

The team reviewed its workload and how to make its publications more useful to readers. **The discussion favoured one weekly content session and one working session,** supported by clearer questions, distinct facilitator and transmitter receiver roles, and better use of existing teachings.

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Main Themes and Short Summaries

1 Sustainable workload and meeting structure

Kona described the strain of producing two transmissions each week while also managing editing, videos, the magazine and website work. Jacques and Juan agreed that material is accumulating faster than the team can review and use it.

Group agreed that the emerging direction is one content session on MONDAY and one working session on THURSDAY, with a transmission during the latter only when needed, implementation details remain to be confirmed.

2 Private check ins and meaningful public context

Personal check ins should remain brief, around three to five sentences, with sensitive matters kept off screen. A separate, shareable discussion can explain the concerns behind a transmission so audiences understand its relevance. Members should consciously decide what they are comfortable sharing, particularly where personal or political circumstances require discretion.

3 Purposeful co creation and separate team roles

The content session should develop concerns and pertinent questions before meditation and transmission, followed by reflection on the response.

Kona emphasized that the facilitator and transmitter receiver should be different people. Evan's dedicated TR role allows Kona to facilitate; if Evan is absent, Jacques could facilitate while Kona transmits. This structure is intended to make the co creative process more deliberate and visible to learners.

4 Returning to the 7 core values and the schematic

The team needs to resume its educational work on the 7 core values and demonstrate how the design team schematic tests assumptions, biases and agendas. Empathy, compassion and love need fuller development. Kona connected this work with the syllabus, the next magazine issue and the foundations needed for future training. These remain development priorities rather than completed content.

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5 Reader relevance and publication strategy:

Evan and Jacques questioned the value to outside readers of messages focused mainly on team encouragement or internal business. Public content should offer clear subjects and practical spiritual meaning.

Kona clarified that selected weekly transcripts should remain intact for the mailing database, while Juan can create video clips and shorts.

Magazine articles can develop one subject using material from several transmissions. Publishing only one small extract each week was not adopted as the main transcript strategy.

6 Using existing material and improving the websites

Juan highlighted the depth of the September 21 material and the need to develop its lessons rather than continually add new source material.

Existing core value articles and syllabus work can support the next issue.

Kona suggested reviewing the glossary and frequently asked questions for clarity and helping Evan become familiar with the CPM website.

Evan explained that her limited time may be better used for local outreach; no glossary assignment to her was accepted.

7 Language access and culturally relevant outreach

Evan described the importance of local language communication for people in the Philippines who have limited time or reading ability.

Kona supported exploring recorded messages or podcasts in Evan's language and discussed possible regional CPM Facebook groups. These were possibilities for future work, not launched initiatives. Jacques reported that he had already invited 42 French Urantia Book readers to visit the website and magazine.

8 Question preparation and audience participation

Members should prepare concise, useful questions in advance or develop them during the content discussion. Evan can give her questions to Jacques so that they can be asked while she transmits.

Questions from readers could eventually be submitted and screened for relevance. Kona emphasized that curiosity driven or repetitive questions require firm moderation and that the team is not yet ready for unrestricted public participation or live questioning.

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9 Constructive focus and practical coordination

Evan proposed considering current events through the seven core values. Kona and Jacques recalled prior guidance to concentrate attention on stillness, inner guidance, education and constructive choices rather than political news analysis.

Kona suggested a possible session explaining this focus. Meeting times were also discussed with Evan's late evening participation in mind; daylight saving arrangements require clear confirmation across time zones. Jacques undertook to prepare and share this discussion summary, including with Juan.

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Actions and Follow Up

The list distinguishes explicit commitments and agreed directions from suggested work. Owners and deadlines not settled in the discussion should be confirmed by the team.

1. Share this discussion summary. Jacques committed to prepare an AI assisted summary from the captions and share it with Juan and the team.

2. Confirm the weekly meeting pattern. Team direction: move toward one content session on MONDAY and one working session on THURSDAY, with a transmission during the latter only when needed, No implementation deadline was set.

3. Prepare the content session agenda. Team and facilitator: select relevant concerns, develop concise questions, and agree what can be shared publicly. Keep private check ins brief. Kona proposed using the working session to prepare for the following content session.

4. Maintain distinct facilitator and TR roles. Apply the separation emphasized by Kona. Evan can serve as dedicated TR; if she is absent, the proposed arrangement is Jacques facilitating and Kona transmitting. Confirm availability each session.

5. Seek feedback on the proposed changes. The team intended to enter meditation and ask clear questions about the revised meeting format.

6. Prioritize existing teachings and educational content. Suggested team follow up: identify material to develop from earlier sessions, including September 21; resume the schematic and remaining core value work; select subjects for the next magazine issue.

7. Coordinate transcript and video production. Continue the complementary work described: Jacques prepares transcripts and summaries, Kona edits, and Juan produces videos and clips. Align the workload with one weekly public content session. A reliable release timetable still needs confirmation.

8. Review the glossary and frequently asked questions. Kona suggested contributions from Bob and Evan. Confirm who has capacity; Evan explained that local language outreach may be a more suitable use of her limited time.

9. Explore local language audio and regional outreach. Evan and the team can discuss suitable subjects, language, recording format and distribution for her community during an operations session. Regional Facebook groups remain optional proposals.

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10. Develop a screened reader question process. Possible future work: define submission and moderation criteria before inviting outside questions. No decision was made to open live sessions or launch a submission channel.

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CPM Content Planning and Team Coordination

Part 2 Team Discussion Summary

22 October 2026

Participants in this excerpt: Kona, Jacques, Bob and Evan. Juan was absent from this part of the discussion (he lost the internet connexion).

Overview

Following Mother Nebadonia's message, the team discussed how to apply a pragmatic approach to its workload, prepare more purposeful content sessions, and maintain coordination during upcoming travel ok Kona. Kona confirmed the revised content format for the following Monday. The group also explored using November to develop articles and process existing material while keeping regular contact by having several scheduling and coverage details remain open.

Main Themes and Short Summaries

1 Pragmatism and boundaries around publication work

Kona challenged the habit of turning every recorded message into another production obligation. Bob felt Mother Nebadonia's message was worth sharing, while Jacques emphasized preserving useful material. Kona stated that she would not edit or distribute this particular message and that Juan was not required to produce a video. Jacques could retain a transcript and summary for future reference. The practical distinction is between keeping material available and committing the whole team to publish it.

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2 A more deliberate content session format

Kona confirmed that the revised format would begin the following Monday: a brief personal check in, followed by an on camera discussion of concerns and subject matter, then meditation and transmission.

Members should discuss their questions beforehand so that the transmission addresses a clear purpose. Jacques supported keeping the discussion focused on the next magazine issue and avoiding scattered ideas.

3 Humanity Becoming and the next session topics

Kona identified stillness, spiritual meaning making and foundations through the 7 core values as the initial areas of focus for Humanity Becoming.

Kona wanted to explore three questions for the next content session:

1. **How does the practice of stillness help "Humanity Becoming"?**
2. **How does spiritual meaning-making contribute to "Humanity Becoming"?**
3. **How do our foundations—the seven core values—support "Humanity Becoming"?**

Action Team Members: to provide their Question for the next session.

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4 Establishing a weekly transcript release rhythm

The team reviewed the transcript from the Monday session earlier that week. Jacques reported that his transcript and summary work was done, while Kona clarified that her final edit still needed to be completed.

Jacques to prepare the reader letter in Constant Contact and said she would provide the edited transcript for posting by Juan. The intended rhythm is to prepare Monday's material by Thursday for release before the next weekly transmission, including sending the current release before Jacques leaves.

Action Done: Letter Prepared

5 Travel coverage and continued team contact

Jacques said he would be away the following week. Kona planned to attend Monday, November 2, then travel to Mexico on November 3 for approximately three weeks, returning for Thanksgiving 26 no 2026.

Her internet access would be restricted, making attendance at the usual meeting time difficult. Jacques offered to arrange Zoom working meetings and facilitate progress checks during her absence. Final arrangements should include Juan's input and confirmation of available participants.

6 November writing priorities and scheduling options

Kona proposed using November to process the transcript backlog and write articles on stillness, spiritual meaning making, foundations and ethics. She mentioned possible writing rates, including one article a week, but no individual quota was agreed. Email could support coordination. Jacques preferred maintaining regular contact to coordinate topics and avoid duplicated effort, with shorter meetings where appropriate. Time changes in France and the United States, Evan's late evening availability, and Kona's uncertain connectivity require confirmation of actual meeting times. Separate technical discussions with Kona, Jacques and Juan remain an option.

Actions and Follow Up

1. Apply the revised content format. Confirmed direction — Team and facilitator: begin the new format the following Monday, with a brief private check in, a broader recorded discussion, prepared questions, then meditation and transmission.

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2. Prepare the Humanity Becoming questions. Planned follow up — Kona and team: develop questions on stillness, spiritual meaning making and foundations through the seven core values. Jacques was asked to note the questions. Only the stillness question is fully stated in this excerpt.

3. Complete the final edit of the previous Monday transcript. Explicit commitment — Kona: finish her edit and return it so that the transcript can be posted and used for the next reader mailing.

4. Prepare the reader letter and coordinate release. Explicit request — Jacques: prepare the letter in Constant Contact. Coordinate the final transcript posting with Juan and aim to send the release before Jacques's vacation. Juan's video status was not confirmed in this discussion.

Letter prepared

5. Preserve the current message from Mother Nebadonia without adding automatic production duties. Boundary stated — Jacques may retain the recording, transcript and summary for future use. Kona will not edit or distribute this particular message, and Juan is not required to create a video. No team wide publication commitment was made.

6. Confirm travel coverage and local meeting times. Pending coordination — Team: review arrangements the following week with Juan. Account for Jacques's absence, Kona's November travel, daylight saving changes and Evan's availability. No replacement meeting time was finalized.

7. Arrange working meetings during Kona's absence if needed. Offer made — Jacques: use the available Zoom access to organize and facilitate progress checks. Members can coordinate articles and avoid duplicated work; meetings can be shorter when appropriate. Confirm attendance and frequency.

8. Agree a realistic November writing plan. Proposal — Team: choose subjects from stillness, spiritual meaning making, foundations and ethics, and identify backlog material to develop. Agree contributors and attainable targets; the suggested article rates were not adopted as quotas.

9. Keep communication open during travel. Planned and optional follow up — Share the next session recording with Jacques, as Kona indicated. Use email to coordinate work. If necessary, explore a separate technical meeting for Kona, Jacques and Juan; Kona's phone participation depends on connectivity after arrival.