## Freedom Church Community Drum Circle

"I felt really stressed before I came. This was a great healthy way to spend a Friday without drinking or being around the wrong crowd. Thank you."

"I really enjoyed the freedom of playing an instrument without rules. I'm not musically gifted, but had a GREAT time! Thanks!

"Awesome!! I will come back again. I feel less stressed and relieved of anxiety !!!

"My opinion on this event was rather different than I had thought it would be. While it was loud, it was also very soothing and I would like to do this again."

"I had fun because the rhythm makes me feel alive."

"My favorite part is the beat of my heart in the drums."

"It was fun. Great way to express your feelings."

"This was great! My first experience with drums has been memorable. Would like to do this again!"

"I enjoyed the relaxing effect of feeling and hearing the beat of the instruments. Thank you for a good time. Thanks for the great testimony."

"Very fun relaxing. It was very pumping and exciting."

"Relieved stress and was a great family activity that the children enjoyed."

"I had a really good time. It came at a time when I needed to just unwind and de-stress. I particularly found a sense of serenity when I heard the story the young man told. I will remember to try to have patience and remind myself of this."

"I loved tonight. It was really fun. I'm glad I came. I smiled and laughed a lot"

"Love it! Very well done; thought it was wonderfully led."

"What a jam out session! I haven't been to a SA drum circle in years because it was low turnout. This was a surprise (# of people) & lots of fun."

"Good job with facilitating. You made it a lot of fun."

"It was very fun. I had a great time. I think I will save money to buy one of them."

"Enjoyed it as always-Great way for family fun/music inspiration –keep on! For The Lord!!

"I have not beat a drum in almost thirty years. I forgot how good it felt. Ochoa, you were fantastic. Thank you!!!"

"It was great. Good, wholesome, clean, fun. And at a church. Amen. I thank my Lord Jesus Christ that I can still play. Amen!

" My thoughts are that this was a very good night and we should do it again :) I loved it!"