

Episode 137-- The Reality of Rebuilding Part 1

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SPEAKERS

Patience Murray, JJ Janflone, Kelly Sampson



JJ Janflone 00:08

This is the legal disclaimer where I tell you that the views thoughts and opinions shared on this podcast belong solely to our guests and hosts, and not necessarily Brady or Brady's affiliates. Please note, this podcast contains discussions of violence that some people may find disturbing. It's okay, we find it disturbing too. Hey everybody. I'm JJ and I am the co host of this podcast, which you're currently listening to right now,



Kelly Sampson 00:42

which is Red, Blue, and Brady.



JJ Janflone 00:44

And that's my amazing co host, Kelly.



Kelly Sampson 00:45

And in this episode, the amazing JJ and I have an opportunity to speak with an absolutely phenomenal emphasis on phenomenal woman, Patience Murray.



JJ Janflone 00:57

Yes, I thought you're gonna say amazing. And you know what, that would work, too. We could have been the amazing, the three amazing amigos. But I think that just underscores how much we loved chatting with Patience. In this episode, you're only getting a part one of our conversation with her who you know, honestly, Kelly, I wanted to talk forever.



Kelly Sampson 01:15

Yeah, I mean, 100% she's just amazing. But it's awful that the reason why we met her in the first place is because of gun violence. She's a survivor of the 2016 mass shooting at the Pulse nightclub in Orlando, Florida.



JJ Janflone 01:28

And for those of you who don't know, you know, during that shooting, 49 people were killed and 53 people were injured. Now two of those injured were Patience that are best friend, Tiara, and of those lives tragically taken was her friend who was 18 year old Akyra Murray.



Kelly Sampson 01:44

And in the years following the shooting patients has been a major creative force fighting not just for gun violence prevention, but also for survivor services and outreach.



JJ Janflone 01:54

And here in part one of her episode with us patient shares her memories of Akyra, the youngest of the pulse victims, what her own experience of the shooting was like, and how she's begun to heal. Patience, can we have you introduce yourself to our listeners?



Patience Murray 02:11

Well, my name is Patience Murray, I am an author, speaker, wife, Pulse survivor. And also a step mom! And I'm so glad to be here with you all today, to share more about my story, what I'm doing with the GVS foundation that I'm newly, actually I'm the impending chief visionary officer, but currently, I'm the Outreach Director. So I'm super excited about the future of that, and just being here with you today.



JJ Janflone 02:36

Okay, so we're definitely gonna have to talk about that later. Because chief visionary officer is an amazing title.



Patience Murray 02:41

Thank you. I thought it was cool, too. I'm like, I don't even know what that is.



Kelly Sampson 02:45

But I have the same thought of like, wow, that's so compelling.



JJ Janflone 02:49

I want to go off of that sort of this idea of, of knowing this is the really awkward part, right, the beginnings of all of these conversations, because obviously, a big part of your agent, you know, is survivorship. But obviously like I that's not all that a person is. And so before we kind of get into what happened that night, and and all of that so that we can talk about, you know where you're going. I wonder if we can start with someone who sounds like they were absolutely amazing, which is can we talk about Akyra?



Patience Murray 03:21

Absolutely. And I wish my husband was here because that's his little sister. So even though she's not physically here in spirit, he honors her every single day. And he does push ups with each year that she is. So it started at 20. And then he continued 21, 22, 23. That's that how many pushups he does every single day for that year for her birthday. And for me personally, Akyra was somebody that I just admired from a distance. To be perfectly honest, I thought she was so cool. I thought how can somebody be so unfazed just by life and just had this swagger and I think that's the right way to describe it. This swagger and she also had this influence. And I learned about her influence, so I never got a chance to see her actually physically play basketball. And I always and I talked about this in my book, about when you finally get the opportunity to know someone on a deeper level, you got to really take advantage of it. Because you never know when they're going to leave. We don't know when all of us are going to leave. So when you have those opportunities, take full advantage. And just learning about Akira from a third person point of view. After she passed after feeling this desire to want to get to know her and then actually having an amazing night, that night at Pulse and then dancing together and seeing the energy that we bring together like you've got to be my best friend. And then she's gone. You know so

what I have to say about Akyra is her light. Her light still shines. And that says more about who she is than anything I could ever say. So and I'm honored to be her sister-in law in spirit. And then you know, physically so...



JJ Janflone 05:14

That's got to be an interesting transition to to go from knowing somebody like as a friend. To then as a family member, that's a, it's just different perspectives.



Patience Murray 05:23

And you know, here's the thing. And like I said, I talked about this more in the book about how awkward sometimes I was around Akyra just trying to ask her like questions. So we could like begin conversation because I was really bad with like, making friends. I don't know if anybody else has this issue. I'm still learning, but just trying to have like these really weird conversations, and it was okay, so I never left Philadelphia to get on a plane. All right and going to Orlando was my first time ever getting on a plane and my first time ever being in an airport, right? So she actually had her laptop, and I was sitting next to her, and I couldn't figure out for the life of me how she was able to access the internet. So I asked her, I'm like, how do you have Wi Fi in here, you know, and she's like, you know, they have internet in the airport. Oh, that is an example of an awkward conversation. So when we actually got a chance to spend some real time together, and this was our first time going out together as girls, so I was excited nonetheless. But the night went better than I could have ever expected before the shooting happens. It was like one of those movie moments where we were having like the ultimate girls night, and we were already saying in the club, hey, we're gonna come back here every single day of vacation, because this is the spot where we are having the best time here and it sucks. There's no other words, it sucks. It sucks that she's not here. It sucks that that memory was the last memory that we have. But it's also it's also bittersweet, because I'm glad that I got the chance to really see who she was personally before she left. And I know, I know, without a shadow of a doubt that if she was here, she would be happy for me and Alex and Alex is her older brother, my husband. He's back there on a poster board somewhere. Yeah, and we're definitely going to dive more into your relationship with your husband later. And, and I just feel her spirit. I feel her spirit. Whenever we talk about it. Whenever my husband talks about it, it's just like, thank you, Sis, and I don't even you know, and like you're not even here physically, but I feel you.



Kelly Sampson 07:34

Thank you so much for sharing a little bit about her. You said, because when you say her light still shines, that does tell me a lot about this sort of person, and the sort of impact that she must pad on everyone around her. And I mean, to JJ's point, we. And to your point, it does, it just sucks that we have to talk about this. And so you know, to whatever extent that you're comfortable, or if you're not comfortable, totally fine, but if you're comfortable. Could you tell us a little bit about what happened on June 12 2016. And what you experienced?

P

Patience Murray 08:10

Absolutely, and I have no problem with talking about it. And I think even in the beginning, I didn't really have an issue with talking about it because it was coming from a more again, like a third person point of view. Like even though I wasn't there, you know, so, but now when I've talked about it, I've realized and I recognize that I am a survivor of gun violence and and I am a survivor of this mass shooting where 49 lives were taken and yes, they could have been me. So when I talk about it now on our way to Pulse even just walking into the nightclub with this expectation of joy with this happiness and well we got to the front door receiving that joy and that happiness entering into the club and you know, just engaging with the other you know, people in the club and we were still receiving that joy and the happiness and I was like how could we possibly How can we possibly in this night on any sour note that was pretty much how it was that night. And when we're dancing and we were literally literally me and Akyra we had like a little circle around us because there's a video there's actually video of me and Akyra like dancing like this like we were really getting it and it was people just smiling at us. And we were receiving more joy and more happiness so 1:58am I was sitting next to Akyra and Tierra is actually her cousin. That's actually how I know who my husband is and how I know who Akyra is because Tierra was my best friend at the time who invited me to her family's vacation in Orlando, which they do like every year at that point. They did like every year that's how I got inspired to even want to get on the plane because she showed me pictures of their previous family vacation. So, and just being a girl from Philadelphia, like, of course I want to go, you know, I've never seen anything else. So at 1:58am I'm still in the framework of being in a place where dreams, you know, are just manifested, right? And I asked Akyra, how are we going to home because at that point Akyra's parents actually dropped us off at the club, but I knew they weren't going to come back to get us. So it was pretty much understood that we'd have to figure it out on our own, Akyra told me she was about to order over it. I remember seeing her swipe across her phone screen. And then in those moments, that's when we heard the gunshots start going off in the other room the club, so it wasn't in our room. So we were in a, it was like three different entertainment spaces. For Pulse it had this like Caribbean style space where we spent some time and I met Amanda, who is no longer with us, but she's so sweet. And she's actually the reason why I got in free

that night. Even though it was only 10 bucks, Amanda actually saw us at the door and was like, Hey, you know, I don't have my friends didn't make it. And I have an extra ticket here you go. And so I saved my 10 bucks that night, thanks to Amanda and I still love you Amanda. And there was another space, the main space in the middle where they had the entertainers on stage. So Oh my god, and there was Beyonce. That is the one entertainer that I remember now wasn't a real Beyonce, but she came pretty close. So I remember her and just that joy and that energy in that space. But the space we were in, it was called the Adonis room, right. And it was like towards the back. And it was where they were playing like the earth and like hip hop music style, just naturally. Me and my friends - You know, whatever that word is, we went there because they were playing our kind of music. And we have so much fun. So when the gunshots started going off in the other room, and I didn't even experience gun violence in Philadelphia. As I write that means now...



JJ Janflone 12:10

No, I don't think that's strange at all. You're completely unprepared. And I'm sure especially with music playing and everything that's going to be shocking.



Patience Murray 12:19

So I didn't know what I was hearing. So I dropped to the floor, like I'm just in shock at this point. And Tierra she ran towards the bar, and Akyra, she's just kind of like, in between the both of us not really knowing which way to go. So all this is happening simultaneously. So just bear with me. And I'm scooting like on my butt like scooting backwards. And before I knew it, my hands were actually touching the ground outside. And Akira I could see her running towards me. So I had realized I made it out of the club somehow. And when I say it now it's, it even sounds miraculous. But I for some reason I didn't. I didn't really see the gravity of what happened in that moment. I made it out of the club. And I that didn't even know where I was going. And Akyra made it out of the club. And she saw me and we didn't know what we were going to do. But when I asked her where's Tierra? she said Tierra was still inside. I said we got to go get her. Akyra ran back in. I pushed myself up off the ground. I went back in tears by the bar she was squatting, like her eyes literally were paralyzed with fear like they were what. And I could see the pain in her face, I could see the terror in her face. So it simultaneously was confirming that this was really happening. So not realizing what we should do. We saw other people running into the bathrooms. So there was two bathrooms. There was one towards the left. And one towards the right. We saw most people running towards the left. And that was the one that was closest to us. So we ran and followed them. We were the last girls to enter that bathroom and the actual bathroom stall. So the bathroom stall that we saw that still had room was the handicapped one all the way in the back and ran in there. Akyra shut the door behind us.

And there was just so many people already in there. There was like 20 people in there already. And there was this one girl holding her arm bleeding. bleeding in the middle of the bathroom floor. And I remember I remember asking her like what happened to you? Like, you know what happened to you like, mind you. I'm still in denial a little bit because just a couple minutes ago. You know, I'm in Philadelphia never, I've never been on a plane before. So this is my first time being in Orlando, and I'm still mesmerized by the trees and how nice everyone is at the club and never really experienced gun violence back home. Never thought that I would experience gun violence on vacation. So I'm still in denial.



JJ Janflone 15:15

And you all are babies, too.



Patience Murray 15:17

I mean, I believe you and Tiara are like 20 Akyra is only 18. So, exactly. So it was a lack of process in those moments, but I was just looking at her like, no, no, and she said she had been she had been shot. So I couldn't really process that moment, in the moment until the gun man actually came in our bathroom. And I actually remember hearing the footsteps before the gunfire started in our bathroom. And it was literally nothing that I have experienced in my life not even witnessing it on TV or on the news. It was like the entire bathroom was just like lighting up. Everything was firing off don't like it the chips from the cement or the actual wall material was flying everywhere. And when the shooting stopped. The gunman said "damn my gun is jammed." So that's the only reason why it stopped. And even now when I look at that, that too, was miraculous. Yeah, after his gun jammed, and he switched over to a handgun and he would peek in with the handgun into our stall, I realized, I realized that I was shot. I looked down on my leg. Because at this point, I had wiggled my way. You know, it was my right side wiggle my way on my right side laying down on the stall floor. And something didn't feel right. So when I look down at my leg, I saw a big hole streaming, like pouring blood. And I'm just in shock. And I look across from me, because at this point where I'm positioned, if I looked over this way, and down at my feet, I could see Tierra and I could see Akyra. So I could literally just see them and communicate with them. I saw Akyra holding her arm and holding her phone to her ear because she was making calls to her family and making to let them know what was going on. To let them know, they're shooting in here. And I remember hearing her saying they shooting they shooting. And I heard other people simultaneously starting to make calls. And then out of nowhere. The gunman said get off your phones. And that and I remember wanting to reach for my phone. But at this point, I knew number one, I was in excruciating pain. I was in shock, I didn't really have an eye on where the shooter was in

this moment. Because after his gun jammed and he like circled back and forth, it was silent. And this is where people were able to make calls. And this is where possibly I should have been able to make a call. But I didn't tell my Dad. I didn't tell my dad that I was even going to Orlando. And the relationship with my father was already really strained. So I didn't feel like I had to tell my dad that I was going to Orlando. So calling him at whatever time of morning. This is like a little after 2am at this point to let him know that I'm in the shooting right now. It just felt a little selfish to me. And maybe that has something to do with my lack of self love at the time. But I chose not to make any calls. And I just laid there. And it made me the more I listened to Akyra. I was just glad that she had the courage to and I think that says a lot about her character right there as well.



JJ Janflone 18:57

I think that just goes to show what an amazing brave young lady she was. And then I think also too for folks who don't realize, you know, just how long three hours is and how much all of y'all went through, who were trapped inside.



Patience Murray 19:12

And the shooter comes back into the bathroom. And at this point, he's pacing like he's pacing back and forth. He's making calls to 911 he's saying all sorts of crazy things to us asking us weird questions and, and it's all happening in this moment of being terrified. In every single second mind you this person just stopped shooting because his machine gun jammed. And now he has this other gun in his hand and he's walking around tormenting us and every single second going by was terrifying terrifying. We were in there for three hours, waiting, hoping wishing, praying that this gunman doesn't get upset and start shooting again. Three hours went by, and I still had life. I still had breath. But even that was scary. And I remember asking God, literally, please just take the soul out of my body. Just take the soul out of my body because I was in pain. I was afraid not only for my life, my friends life, everybody's life in there, and I'm like, I don't want to live in this fear anymore. I don't want to experience this pain anymore. And I was terrified because in one of the calls that the shooter had made, he informed the police that he had bombs in his car that could blow up a city block. So not only did I have to worry about getting shot again. And my biggest fear was getting shot in the face. And I don't even know why I had that fear. But something was telling me it just be afraid of getting shot in the face. So that's I turned my face over into the stall next to me. And I could see people dying over the toilet, just stacked on top of each other just dying on one another. And I could never unsee that. But I was so afraid of getting shot in the face. Because that literally the stall door right so I was right at the front of the door. Because we were the last ones to enter in the handicap stall. So we were right there. So if he opened the door, boom, right in the

face. That was my biggest fear. And when he actually three hours go by and I remember a Tierra just tapping my foot to make sure I was alive and remember doing like little hand thing to tell her I was still okay. At that point. Akyra she was just it looked. She just looked lifeless. She just looked lifeless. It wasn't for sure. We didn't know for sure if she would gone. But she wasn't communicating with me like Tierra was. The gunman comes back in. I hear the police now. So three hours go by the police is finally here. And I'm like, okay, God, I'm still here. I hear an explosion. In the other part of the club, or what I thought was an explosion. It was the police entering in the club. But I thought it was an explosion. Then I heard another loud sound just like that. So I really thought he's detonating the bombs. This is what I thought. And all of a sudden, something didn't feel right, because I heard his feet scurrying as if he was scared. And then he came into our stall. He completely came into our store with the handgun. And I heard him say, "Hey, you," he shot somebody. He shot another person. And then the the man laying next to me, Jason, I felt I felt his body just move closer to me. And I felt his breath like in my ear, like really, really close. And then the gunman shot again. And I heard Jason scream so loudly in my ear. And that's when the wall came crashing down. And the police exchanged gunfire with him. And at this point, because they just burst through the wall. It was debris covered all over me. So I'm like, covered under debris at this point. And I only see a little hole like through the debris, where I could see the exchange of the lights just flashing of gunfire. And then once that quieted down, I heard the police yelling inside "Hey, are there any more shooters are there more shooters" and they're just like trying to get it get our attention. So I started pushing the debris off my face and pushing out from my body. And I sat up and I saw Tierra holding Akyra on her lap. And there was this other guy in the bathroom stall who said it was just us four. But Akyra wasn't responsive. So we immediately started freaking out, right. And the guy who was in the bathroom with us in the bathroom stall with this check to a pulse because he saw streaky now. And he told us that she still had a pulse. So after we found that out, we calmed down to listen to whatever the police was shouting at us at this point. And then all of a sudden, this police officer with the armor and the you know the helmet machine gun in his hand comes in and points at me and says can you get up?

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Kelly Sampson 24:33

And just to be clear for listeners who may not have caught it. But you had actually been shot in both legs at this point.

P

Patience Murray 24:41

And then I tried the first time nothing. I couldn't it was painful. Tried again. Painful, like I can't like help me in my head like you know, and then my friend just yells Patience you got to get up. You got to get up So I tried to get this this time I put all of my weight onto the

stall wall that literally fell. So I put all my weight on that push myself up and just leaped over into the police officers arms. And he took me to the wall with then I actually saw something and sometimes PTSD and trauma you mean you're experiencing things in the moment it gets a little fuzzy and you're not really sure where things are placed directly, but I do remember before leaving before leaving the club and getting pulled through the wall, I saw my my phone case. So a little backstory about the phone case it was a pink charger case. Akyra had her phone inside of my pink charger case because we were on our way to the club in her parents car. I noticed that her phone was dying. My phone was completely charged. So I asked her what kind of phone do you have iPhone six I have an iPhone six. Hey, put your phone in my charger case, boom had a phone in my charger case, but for some reason, I saw the charger case the phone was turned down into the water. And at this point the water was the pipes had burst and it was blood mixed with water mixed with it was disgusting. But I reached down and picked up the phone and I held on to it. Somebody pulled me out through the wall underneath my arms and started running with me started literally running with me and remind you, I was shot in both of my legs I didn't even know I was shutting in my left leg until they cut my clothes off. But I knew for sure I will shut in my right leg because it was excruciating. Something was definitely wrong. But being dragged I just felt my legs doing like this. And it was so painful. And then I remember getting thrown back of the truck and then getting taken to an ambulance and then getting on the ambulance bed and then taken to the hospital then gonna go on to another bed it was just so excruciating was so scary itself and at a point when I was actually in the ambulance, I was in so much pain, I see the paramedic just like going crazy at the driver like slow down, slow down, watch the bumps like it was so painful. I didn't realize that my thought like my right femur was shattered, it was completely shattered. That's why it hurts so bad. So now I have a metal rod and screws in my legs for the rest of my life for the rest of my life. And well when I first got to the hospital, and here comes my dad again. They asked me Is there anyone that you could call. And for some reason, I remembered my father's number, by heart and I said it to the nurse and she called him. They handed the phone to me and I remember just from a third person point of view and at this point in life, right? So I went to school, I was actually in school at NYU, for media culture and communication because I had this dream of becoming like a reporter. So I started to put on my little reporter hat, aspiring reporter hat like Dad I'm okay. I was shot. But I'm okay. You know, I know I'm in Orlando, but I'm okay. And he's just like, "what?" And mind you, I didn't tell my dad that I was going to Orlando. So all of this is hitting him at one time. And at this point, it's like four in the morning or something. So after that conversation, I just. But the reason why I did that is because I didn't want to worry, right. But it was beyond that at this point. And I was also terrified that there was going to be more shooters coming to the hospitals. For some reason I thought it wasn't over. And for some reason, I thought before I could even make it into surgery that it would be guns blazing in this hospital. And, and that would be another experience. So I didn't even want

to say too much because I felt like it wasn't over yet. But when I actually got put into the surgery room, I had to get taken to another hospital because the hospital took me to wasn't able to perform the surgery that I needed. So they transported me and I just remember looking like this was a episode of like, ER, and I used to watch those er shows with my grandmother all the time. And I'm like, wow. And my grandmother has passed away. I'm just wondering if she was with me like, this is like really like one of those ER shows right now. And the last thing I see is the light above the, you know, the bed and then everything goes dark, and I'm waking up and waking up in a hospital room. So that's that experience. That was a lot I know.



Kelly Sampson 29:30

No, no. Yeah. I'm so sorry that you had to experience that. And yeah, I don't even really have any words to say. But I'm glad that you're here.



JJ Janflone 29:42

Well, and I want to thank you for how open and transparent you've been about this whole experience from from the start to where you are now because I mean, I even remember seeing the press conference that you had done from the hospital so only you know, I think it was a day or so after after the shooting had happened. You know, you getting up and reading this, this poem, or the guilt of feeling grateful to be alive is heavy, which I think was really one of the first things I ever heard or, you know, ever read, I think really articulated survivor's guilt. Super well. And so hearing you talk about the you know, hearing you read that poem at the at the press conference, and then hearing you continue to talk about it since then, about feeling guilty, even about, you know, feeling pain, feeling guilty about going back in with Akyra, I just, you did an amazing job talking about something really, really difficult that I wouldn't, you know, someone who hasn't been through it wouldn't understand otherwise without your perspective.



Patience Murray 30:40

And, and that was a part of the guilt, right, that was a part of the survivor's guilt when I wrote that poem, and I didn't realize it then. And I really didn't realize it until this year, truthfully, that the root of that poem wasn't just out of nowhere. It wasn't just from looking at the name scroll at the bottom of the screen. It was being with Akyra outside for those few seconds, and just naturally realizing that technically, I'm older, so I should have had more wisdom, you know, and feeling like I should have had more wisdom to navigate in that situation. And she's 18 you stay I go in whatever. That was what I was struggling with,

in those moments when I was laying in a hospital bed watching the news over and over again. It's like, I felt guilty because I was the last person outside with Akyra. And her mother, it's so crazy and I had never actually got a chance to really tell her this is why I put in the book. I talked about it in like a recent interview. But her mom was really the person that helped me deal with survivor's guilt at first because she so this was actually at a point where I had to use a bedpan. So I was again never thought that I would have to use a bedpan or anything. And everybody had to leave like my hospital room so I could go to the bathroom and then she was one of the first people to come back in. And I remember my friend's mom Tierra's mother before Akyra's parents got to the hospital and me now like Don't, don't you bring any extra their way they're already dealing with the just don't, you know, basically make them feel worse about what's going on with Akyra. Because at this point, we knew that she had passed. But I couldn't not say anything to her if I saw her come back in. And it was this this time that we had together. And I said, I basically explained to her like, I feel so guilty for being out there with her, I should have told her today. And she just cut me off. She's like, Listen, you guys came together. And you guys were going to leave together. And everybody can feel guilty about a part that they played. And she explained her own feeling of taking us there. Like there's guilt in there. So we all have and she basically brought it together and like a couple sentences and like, I never actually got a chance to thank her for that. So thank you, Miss Natalie, for explaining it to me that way. But when I had wrote that poem, and I was still, you know, dealing with it, right. But it was in the middle of the night, my nurse, Nurse Jackie came into the room with this floral pink notebook with the flow pin attached to the side, and encouraged me to write, right, like one of those movie moments. And I'm like, Yeah, okay, put the journal next to the bed. I'm still up watching the news. Because my thing was, when I was in hospital, just watch glued like eyes glued to the news, not changing the channels to anything, I don't see anything, I just want to see the news because I couldn't believe I couldn't truly believe that this happened, I survived. And something compelled me to pick up the book and write. So I picked it up, I didn't really know what I was gonna say. And at this point, I'm just like, I don't even know why I'm picking this up right now. And the more I just sat there holding it, the words just came. The guilt. The guilt, of feeling grateful to be alive is heavy. And it felt so real. And I just kept writing because it felt real. And that's the poem that you guys saw at the press conference. And I actually plan to not say it. I just brought it just in case I ended up breaking down throughout the entire like, because I didn't know what it was about. I never been to a press conference. I didn't know what a press conference was going to be like, so when I went there, you know, I said if I can't make it through the questions, I'm just gonna read the poem. But I ended up just reading the poem anyway, because I felt compelled to looking at all those cameras and those people with, you know, just they're just like ready to take down notes. And I'm just like, I think I should just start here because this is the most real to me, and hopefully you guys can feel the realness through me saying it and that's exactly what happened.



JJ Janflone 34:57

And I think with that poem too what you articulated was something that I think one happens to every survivor of a shooting, but like happens to their families. But then I think like happens to the, like it happens to the communities that shootings happen because we sit, we watch the news, and you're thankful that you're not there. But like your loved ones are home, you know, that the nights when you've gone to the club and like, followed girl code, which has everybody who came in the Uber leaves in the Uber, like the general rule, that, unfortunately, with like, the way that things happen to you is that like, you've been lucky. So I it was, it's amazingly written, but I think you really tapped into something in that moment that hinted towards one of the things that then you I've seen you work on with a lot of your creative work that you've put out since then, which is that like this road of recovery, that people have to go through, where you're in a hospital, you have rehab, you have therapy of all the psychological work that you have to do. And then, you know, you threw in, on top of that, you know, in finding the love of your life too, which is gonna be a complication, in the middle of all of that. And so I'm wondering if we could talk just a little bit about, you know, how you even begin to conceive of that recovery? Or can anyone even know what it's like when you're when you're starting out of like, what it's even gonna look like? Or take?



Patience Murray 36:20

Yeah, I, it was negative, the beginning was very negative. And I thought really long, a really long time, in a negative headspace. viewing my situation as something that, of course happened to me, but I really embraced that victim mentality, I really embraced it. And I didn't even realize that I was embracing such a negative mental victim mentality. Because I would say things that were powerful, I would say things that were inspiring to other people. But in the reality of feeling the pain and feeling like I had to basically learn how to walk again, right at 20. You know, feeling like I have to depend on someone every single second of the day, because I can't be that little independent, fearless girl who went out to New York and was living her best life, that girl was no longer now I literally was dependent on someone. And the fact that my family dynamics were so strained and so complicated, I didn't have a mother in my life she was gone at the age of 2, never seen her. My siblings don't know where she is, my father doesn't know where she is my father struggling with his own demons with alcoholism and, and different things. So just, and then having just just terrible family dynamics. After that, I really didn't feel like there was somebody that I can actually call on and those moments to help me get through. So I had to depend on my friend who was going through the exact same thing that I was going through. On top of that, she also lost her cousin. And now also had to depend on her mother, who not only had to deal with a daughter, who was now a gun violence survivor,

but some other girl, or some other girl a friend who is also now a gun violence survivor, but who needs more help than her own daughter does. So I felt guilty about even putting that weight on them. At that time, I felt sad that I didn't have the family to lean on. In those moments, I felt angry that God will even allow me to go through something like that after everything that I already been through, right? I thought this was supposed to be the good times, I thought there's supposed to be a time where I got to college. And this is like that Happy Ending Story Ever After why would this happen to me? What did I do to deserve this? Do I still deserve it? Am I even supposed to be here? So I struggle with that a lot in that negative headspace, until God and until God really helped me see and sadly to say that it took five years for me to really get to this place of positivity that I am now. But it took so long because I was in denial. And I think to anybody who's experiencing gun violence, or anybody who has experienced some rarity, like a mass shooting, right? Because that accounts for what 1% of shootings and gun violence in America. So I experienced something in the one percentile, that a lot of people might not understand the gravity of that including, like my uncle in Philadelphia. So you know, how he said you really got to be better, you know, more more aware of your surroundings. I survived something that only one only happens 1% in America, so there's no way I could have been aware of those surroundings, right? But a lot of people didn't get it. So expect. Expect that negative space that is naturally you know, come to you but you have to make a choice. You have to make a choice to say I don't want to be this angry, bitter person. I don't want to have these thoughts of suicide, or feeling like I'm not worthy of feeling like this world is better off without me feeling like you know, it could have just been me. I don't have anybody that cares about me and I don't have any family just really negative thoughts, right, I had to make a choice not to have those negative thoughts anymore and really train my mind and give those things that were too hard to deal with to God. And trust that there was some bigger picture to all of this. And I think if anyone is ever feeling like at that little place where I know that I was and it didn't take you know, and I wrote "survived and lived" in that negative headspace, surprisingly, right. But I still try so hard to be this facade of what I thought a real person look like, that I actually didn't do the work to heal, do the work to heal.

K

Kelly Sampson 40:43

I think that's an incredible word to kind of talk about. And that's something that JJ and I have heard from other people who've been in similar situations of sometimes having to be so strong for other people outwardly, but having faith so I'm sure what you've just said will help a lot of people or maybe just touch people where they're at.



JJ Janflone 41:03

For now, though, I just want to thank you so much for all you've shared so far, I think because it's way too easy for people to think of healing after something like this almost as a checklist, where you know, if you do X, Y, and Z, everything is just magically fine. And that's just not how it works.



Kelly Sampson 41:17

Exactly. And I can't wait to dig into that particular topic more with both of you. So listeners, please be sure to join us next week for part two where Patience discuss this growth, faith creativity, and being in the public eye while healing.



JJ Janflone 41:31

And while you all wait for part two, please check out all the links in the description of this episode for both our work and Patience's work. Are you ready for a small moment of levity Kelly?



Kelly Sampson 41:43

Always assuming it actually is levity.



JJ Janflone 41:46

We're not going to talk about definitions, Kelly. You know what we will talk about?



Kelly Sampson 41:51

Uh oh what are we going to talk about?



JJ Janflone 41:54

Airports!



Kelly Sampson 41:56

Rapidly losing faith it will actually be funny!!!



JJ Janflone 41:59

Yeah, I'm gonna steal a quote from Robert Heinlein. There's haha funny and then there's haha sad. This might be haha sad. It takes place in Pennsylvania at the Arnold Palmer regional airport security checkpoint. Where just for fun fact here, Kelly during a snowstorm in 2013. I got my car trapped in that parking lot.



Kelly Sampson 42:17

That sounds miserable. And I have a lot of questions, but I hope you were at least able to find you know that airport bar considering it's Arnold Palmer. But I digress.



JJ Janflone 42:26

Oh, I wasn't. But I will say their maintenance staff are very, very nice and dug me out. But anyway, the TSA there at the airport, which is tiny, but very nice. According to my memory, the TSA officers had to physically inspect a baby stroller that was too big to fit the security checkpoints X ray machine, which I'll be honest, I've never thought about but I guess is the thing that happens. While doing so an agent found a loaded 380 caliber handgun hidden in the pocket of the stroller. The gun held six bullets.



Kelly Sampson 42:59

So I know we're not talking about definitions. But where's my levity? Because a fully loaded baby stroller, ain't it!



JJ Janflone 43:06

Maybe? Yeah, ah, we might need to rename this segment. TSA agents confiscated the gun. I'm just gonna ignore that question Kelly. TSA agents confiscated the gun, called the police as per national policy who questioned the parents. The father stated that when they quote "take their dogs and child for a walk that he keeps his loaded gun in the rear shoulder pocket and forgot to remove it when they came to catch their flight" end quote.



Kelly Sampson 43:29

So I mean, I think the first and foremost point is this. This is not safe storage. tossing a loaded gun in a baby stroller. Not safe storage. Point blank period.



JJ Janflone 43:40

I think actually Karen Keys Turner which by the way, amazing name, who is TSA's Federal Security director for this airport, said it best and she said this quote. "If you own a firearm, you should know where it is at all times. Not knowing that you have a loaded gun with you is an accident waiting to happen." end quote, and just an additional not so fun fact that is not a moment of levity. So again, I apologize, Kelly. This is the fourth hand gun found this year found at this airport.



Kelly Sampson 44:09

This tiny airport.



JJ Janflone 44:11

Yeah, this tiny this tiny little babby airport. And it's not yet July.



Kelly Sampson 44:15

Yeah. No, those aren't good, not great.



JJ Janflone 44:18

It's in it's in Latrobe though that's home of the it's the birthplace of a banana split.



Kelly Sampson 44:23

I mean, fun fact. I've never had a banana split.



JJ Janflone 44:26

See, there's there's our moment of levity, we found it!



Kelly Sampson 44:30

In the news this week. We sadly report some horrifying numbers out of Iowa City, Iowa. According to the Iowa Department of Public Health, a record 353 Iowa residents died from gunshot wounds in 2020 including 263 who died by suicide and 85 who died by homicide. These deaths represented a 23% increase from Iowa's previous high of 287 in 2019

including an 80% jump in homicides. But these numbers were released this week at the same time, that an Iowa law went into effect allowing the permitless carry of guns is particularly disturbing. Under this new law, people purchasing handguns no longer need a permit, which previously was required along with passing a background check to obtain one. These purchases must still pass federal background checks to buy handguns at federally licensed retailers, but they are not bound to do so if they're purchasing a firearm from a private seller. Ultimately, this means more people in Iowa will now be able to purchase handguns without a background check.



JJ Janflone 45:37

Meanwhile, in Florida, a federal judge has upheld a 2018 state law that prevents people under age 21 from buying guns in the state including rifles, shotguns and other long guns. Under federal law already, handguns couldn't be sold to folks under 21. And a new ruling chief US District Judge Mark Walker upheld the law that was passed after the 2018 shooting at Marjory Stoneman Douglas High School. However, it is important to note that the law doesn't prevent people under the age of 21 from being gifted a firearm from family members over the age of 21. Hey, want to share with the podcast? Listeners can now get in touch with us here at Red, Blue, and Brady via phone or text message! Simply call or text us at (480) 744-3452 with your thoughts, questions, concerns, ideas, whatever! Kelly and I will be standing by!



Kelly Sampson 46:24

Thanks for listening. As always, Brady's lifesaving work in congress, the courts, and communities across the country is made possible thanks to you. For more information on Brady, or how to get involved in the fight against gun violence, please like and subscribe to the podcast, get in touch with us at bradyunited.org, or on social @bradybuzz. Be brave, and remember: take action, not sides.