

SAYF Worship Journal

November 2014 Retreat

Asheville Friends Meetinghouse

On the weekend of November 14-16, 2014, the Southern Appalachian Young Friends met at the Asheville Friends Meetinghouse. This is our witness. This is our story.

I passed up the last retreat due to previous plans, and while I did have a blast there, I missed you all like crazy. At first I was just kind of sad I missed it, but as this retreat comes to a close, I realize how much I rely on you all to keep me sane, when back home is an environment seemingly designed to keep me insane. Anywhoo, I had special fun frisbee-ing, hero-ing, and jamm-ing. December is gonna be awful slow waiting for the next retreat, and since I won't see you until then, Happy Thanksgiving, Merry Christmas, Happy Hannukah, and Happy New Years.

Until next time...

-Levi Saderholm

Dear SAYF,

Whether you vacuumed the stairs because your favorite color was blue, or dove off a cliff to save someone who just fell over, you each are heroes. For many, mustering the courage to start yet another day of their hard life is difficult, but at SAYF all of these fears and hardships are released in this supportive community.

This retreat showed me once more the power of SAYF and its almost magick ability to part the waters of our life and give us a brief respite to grow and rejuvenate. And it is because of all of you that SAYF is this way.

-Noah

Dear Community of SAYF,

Everytime when the roll call I missed the teens from Celo. I wished they were here to experience the fun and spirit moving activities. My spirit was moved by insightful sharing during the opening circle. May we always remember S.P.I.C.E. and our heroes that motivate and encourage us to do what needs to happen. May we remember our supportive parents, teachers, friends, and also the much much greater something that surround us that we are even unaware of.

Peace,

Mari

Dear SAYF,

Why did you stop talking to me ?

-Sarawila

P.S. Did you like the retreat? I love you guys!

Dear SAYF,

I never really know how to begins letters, but I'm getting better because I write like all the time now. I'm really sad that Celo couldn't make it. I was really looking forward to seeing Ian Zakelj! (Ian if you read this I miss you bunches!)

Over the summer I sat in the Stillwater meetinghouse at the Olney Friends School, it's over 200 years old & still has viewing benches & elders which are Quaker practices that I've never really known about. Anyway, I stood up and spoke at one point and I said, "As a Quaker, I'm taught to wait expectantly on the word of god, but as a person I struggle with what to do when I don't hear anything." I then proceeded to have an extremely moving meeting where emotional breakdowns were had and a lot of people who I never thought would be were in tears. I also learned, however, the most important piece of knowledge I've ever known, and I'm about to lay it on you guys, so get ready, deep breaths.

Live purposefully. And that doesn't mean live luxuriously or peacefully by any means, but always be present in the moment, because the past has passed, the future could be anything, but the now is a gift. That's why they call it the present.

With much love,
Sven

P.S. Congratulations to Julia & Henry. I thought you were Nurturers from the moment I met you.

WOW. THIS RETREAT WAS PRETTY LIVELY. THIS IS ONE OF THE MOST UNIQUE RETREATS THAT I HAVE BEEN TO. I'M GLAD THAT I COULD BECOME A NURTURER BECAUSE I WANT TO HAVE A LARGER PRESENCE IN THE COMMUNITY. SCHOOL'S REALLY BUSY, SO I HOPE I CAN CONTINUE TO COME TO RETREATS. I LOVE YOU GUYS SO MUCH.

-ANON

Dear SAYF,

I feel so blessed to have a place like this to escape to every month. I'm the only one of my friend group at school that has a positive "church" experience and that's something that makes me incredibly happy. I have just recently started to consider and appreciate what SAYF is, and how lucky we all are to have it. Anyways...this was an awesome retreat. From the SPICE guys to playing hand-freezing ultimate at the lake to catch phrase I think this was one of the best retreats this year. Even though it wasn't scheduled, I'm glad we got to do business meeting and I'm super pumped about our new nurturering crew. I'm sad we didn't get to play bear or wink, even though we planned it all out, but that just means we will have a super duper freaking awesome game in Atlanta. I love you all and hope to see everyone in January (I know, it's a long time to wait).

Much love,
Asa

SAYF,

I found this retreat to be very enjoyable! Sometimes you just need a place to get away and unwind and SAYF does just that. I can't wait for the next retreat in Atlanta!

Much love,
A fellow SAYFer

Hello beauties. I'm going to get right into this. When I get to SAYF that first night I never know what to expect. SAYF is always different, the places, the activities, the people. It's always changing. This time my sister came for her first time. This didn't change it for me though. I hope she liked it. Anyways I want to leave enough room for a strange drawing so I'm going to wrap it up with this. "What at SAYF, expect the unexpected."

Goodbye lovelies. I look forward to January (maybe a little too much). ATLANTA HERE WE COME!! AGAIN!!

Love Alden.



I loved this retreat very much. I felt so much love and care. I also got closer to more people, new and old. One of my favorite parts of this retreat was when we went to the park. Ya it was cold but it was beautiful. The sun was shining perfectly through the trees and all you could hear was laughter. So many smiles were given to me that I can now survive until next time. I really do love this place (SAYF).

Julia

It's my last Asheville retreat. At my first Asheville retreat more than half of you weren't here. I feel old. This has always been my favorite meetinghouse. I think it's mostly because of the singing and also because I should have been born a North Carolinian.

So farewell, Asheville. Your death trap waiting to happen, your moldy, and your kitchens too small, but you've got a lot of love inside you.

I'm going to miss you beautiful faces out on the porch eating breakfast and/or singing. But, all's well that ends well, and I have so many good friends here. I love you all very, very much.

-Mama SAYF

Grace

P.S. I appreciate those of you doing stuff I usually handle. It was nice to let myself step back and really be a SAYFer again.

Thank you, SAYFers and SAYF community, for welcoming me to my first SAYF retreat as a FAN-in-training. The love in this community is very evident and palpable and it was an honor to see it in action. Thank you for setting such a great example of how to build and nourish the beloved community. I hope to get to know you all better at future retreats.

- Kate Wingate, Nashville, TN

My dear SAYF community,

As always, my sincere gratitude for the weekend. It's been absolutely lovely. To the new nurturers, welcome. I know we'll do great things together. To the Asheville Meeting, thank you so much for hosting us in your beautiful meetinghouse. To our FANs and night shepherds, thank you. And finally, to my SAYFers: you all keep me sane. In the midst of having a job, being a junior in high school, and all the stuff that comes along with that, you all somehow manage to keep me smiling, laughing, and having a great time. You truly can't understand how much you guys do for me. I know it's not super good for me to do, but a big shout out to Miles, who continues to provide an example to me of what being a truly wonderful community member means. Welcome to the newbies, and much love and anticí-PATION - for the next retreat.

With an endless

bounty of love,

Laura Kelley

This notebook has two pages left. Of all the random things on it, I recognize Emma, Hannah, Lekey, and Tessa's handwriting. It's weird to think how many generations of SAYFers have done what we're doing.

This retreat was really good. I liked the Hero thing Saturday and I like that we didn't exactly follow the schedule. My B-day was Monday but I slept thru cake.

"I like your face. May I borrow it?"
- From the journal

Best Wishes,
Patrick Dunn

P.S. There's a lot of French in this notebook.
P.P.S. And some German? Good job SAYFers
P.P.P.S. Thank you Phorest

Yo,

It was a pretty cool retreat. I really liked being super heroes with everyone and drawing on "the SWAG" poster thing with Abadear (Alden) and Laura. And then hanging out in the Park was fun, even though it was hella cold. I don't know how to end this epistle so I'm just going to draw a Bear:



Hi SAYFers!

Despite the fact that I slept most of the time, I enjoyed this retreat. At first I was like, "Why am I here, I want to go home." Now, I still want to go home, but I remembered what an awesome group of people you all are.

Lots of hugs,

Lucy

P.S. I think I'm a nurturer or something now? That is pretty cool.

Dear SAYFers and FANs,

I've said it before and I'll most likely feel the need to say it again in the future:

Y'all Rock!

We had a bunch of FANs here this retreat but I felt we were almost extraneous because you all did such a beautiful job of tending to your community. Props to Adrienne and Robin for the planning and prep. Props to Asheville SAYFers for planning such a deep and fun retreat!

With love,

Mary Linda

Hey SAYF,

This retreat was a big croissant. I felt like the community was very welcoming in general, and being welcoming to everyone is something I strive for. Last retreat was also a croissant, but a little. Our activities about heroes helped me explore my strengths and weaknesses, especially the hero league thing. Go Butt Brigade, go Karma-man and Brodude, Ultimate Frizboy and Tallulearn and me, Super Good Sameritan (yes, I know I spelled it wrong). Lying outside in the freezing cold wind was chill, and next I'll make sure to bring the Swiss Miss. Shout out to the FANs and Asheville Meeting, I've had an awesome and heroic weekend.

Stay shafty,

Julian

P.S. SAYF needs more Ultimate.

I FORGOT THIS, BUT A SAYFER HELPED ME REMEMBER; YOU ARE LOVED BY SO MANY PEOPLE, ALL OF WHOM CARE ABOUT YOU. YOU ARE AMAZING, AND YOU ARE MEANINGFUL. THIS RETREAT REMINDED ME OF THAT, AND IT ADDED TO MY JOY IN COMING TO SAYF. I HAVE SO MUCH FAITH IN THE FUTURE. THANK YOU FRIENDS.

-BENJAMIN CHAPMAN

P.S. I ALWAYS LOVE TO HEAR FROM FOLKS, AND I LOVE TO SEE YOUR FACES WHEN WE'RE NOT HERE.