

**Southern Appalachian Young Friends Worship Journal  
Asheville, NC September 2010**

*The worship journal is shared with the wider community; therefore you should not say anything private or offensive to others in it.*

*The worship journal is the written reflection that closes the retreat with love and relative worshipfulness.*

*At closing circle SAYFers should look inward and reflect on their experiences, thoughts and questions from the weekend.*

*The worship journal is the time we come together to express the feelings that you take from being part of a loving spiritual community.*

**What did this SAYF mean to you?**

Usually shoutouts are slightly frowned upon, since they can be sort of exclusive. But this new role I find myself playing (very willingly) at SAYF seems to warrant some. They'll be good, I promise.

Newbies in general: I love your shiny presences in this community. I hope your first retreat turns into many many more. Thanks for giving this place a try.

Kofi, Emma, Braden, Caty M. and others! You've been taking more and more leadership in SAYF. It is unbelievably awesome to see. Rock on.

Kathryn, Patrick and Reonna: COME BACK!

I've just been seeing a big change in the community over the retreat. Like, a good one. Hopefully you all felt welcome and loved at least most of the time. If not, I told you to come find me, and that is a standing invitation.

Ian: Finally, we got our second gig. Audience of one? Yes please.

Annie: Why aren't you here?

Delaney: There was something missing for most of this retreat. I think it was you. I love you foreverrrrr.

The usual suspects – Ellen, Emily, Joseph and other SAYF veterans seem to eb feeling old this retreat. I think it's just the flood of tingly and exciting newbie energy.

Creativity gone.

Exhaustion blurs all insight.

Only love remains.

Rafting was amazing. Dinner was amazing. That little song circle last night was amazing. It was good to see y'all. I like conversations with people whose names you don't know. Naomi, thanks for the pet rock. Same to Hannah.'

Till next timeeee,

~ Lekey

PS Samantha. See you next time, RIGHT?

*I like movies. I like rafting. I like sleeping.*

*All my love, Emily*

*Sometimes my favorite testimony is simplicity.*

*PS Lekey – Happy bandiversary!*

## A Simple Life

A simple life  
No worries no pain

A simple life  
No riches no fame  
A simple life  
Only lovers and friends  
A simple life  
Only time and bookends

We are both children of the sun  
Her waters flow through my veins and heal my pain.  
May the winds that blow through  
Her leafy mane guide my feet  
On clays of many colors  
And when she dances across  
The skies  
She moves me  
And my soul begins to dance  
And I am not afraid.

~ Lauren

It's the beginning of the end for me. The first retreat of my last year. SAYF has been on my mind recently, as I do college searches and all that other senior stuff. And you know what? I really don't want to leave.

Rafting was fun. More fun than I thought it would be. I've had several bad experiences with cold water, and I was thinking this would be another one. But it wasn't.

Willamae, babyheads can be really creepy. But you already knew that.

See you in October,

Ian

*This was our first time participating in SAYF and we both had a great time. This trip was to Asheville, NC and here we stayed at the Asheville Meetinghouse and went white water rafting on the French Broad river.*

*This was a meaningful experience, because of the way we had to cooperate in a raft of six people all working together to create a more exciting time.*

What I did at this retreat: hacky-sack, cuddle, hacky-sack, more cuddling, more hacky-sack. Repeat 20X. Duck boat adventure. Then cuddle a whole lot more. Oh yeah, and add some sick beats in there. Well Jacob spit some mean rhymes. The new people were pretty AWESOME: I love you all.

- Nighthawk,  
AKA Zan

Last night Chad and I were talking about SAYF, and how it was when he was a SAYfer compared to now. One of the big differences that I see is that, SAYF always used to have growing pains, especially at the September retreat. When Friends would lament the loss of “the old SAYF” where last years seniors were irreplaceable leaders, and this year seemed unfocussed and immature. For years there used to be a perception by older SAYFers, that SAYF was ‘going down hill’ and people always missed the old days.

Now I think this has changed. Here we are at the first retreat of the year, and the feeling of the community is fantastic, inclusive, mature, co-operative and loving. WOW!

The community has matured. Not just the people in it, but the whole entity of SAYF.

Lekey commented last night that she felt older, and saw that her role in the community had matured. I have to say that is true for all of you. So many of you who started as young newbies have now matured into amazing community elders. Way too many to name, but I do feel that I have to say something about the planning group – CH/DFM especially Jordan and Emma, for their leadership this retreat. And thanks to Asheville Young Friends for taking such good care of all the food plans.

And I am excited about all the newbies and twobies that came and shared so much of themselves with us. I can’t wait to see you all growing into the future leaders as I think you will.

People sometimes thank me for the ‘work’ I do in SAYF. And I just want to say, this is the opposite of work to me. What I do here is a privilege and a blessing, and I deeply appreciate being part of the community.

I love you all very much and thank you.

Wren

This was my first SAYF retreat. It was a great experience for me and it was really fun meeting other Quakers from so many different places. Rafting was also fun. I can't wait to come back to SAYF on the next retreat. I met a lot of great people and everybody was really nice. The activities were awesome especially making pet rocks.

It was a good sayf for me. I have been feelin' the love. 'nuff said. Shoutouts are called for: Angelina – I love you and am so glad we got to talk; that was long overdue...and there's much more to come. ❤

Nick – You’re the best little brother and bear partner in the whole wide world. even if you did try to sacrifice me. I love you (:

Oliver – best. manly. grunters. ever. ❤

Bethany – thank you for my dino-rock :D you still need to name it though!

Tim – soo glad that we finally got to hang out! Love yo, SSS forever, yo! ❤

Zan – can’t wait to get married. Love you (:

Also I must say a few last things; I love pet roaks, downtown Asheville and Jacob freezeen is my favorite rapper forever.

With love, Rebecca

Yet another milestone has passed. This was my 10<sup>th</sup> retreat (counting SAYMA) This really means a lot to me. After coming to SAYF for a year and a half, I don't want it to end, but I know it will eventually.

Asheville is such a beautiful place. The meetinghouse is lovely, especially when people are in line for the bathroom at the top of the stairs.

Although I was cursing like a sailor every two minutes, rafting was a fun, and wet learning experience. The rocks and I just had a thing for each other. Maybe it was love.

Speaking of love, I love the Marx Brothers. I love silent walks....in the pouring rain. I love my pet rock Lauren made me. And I love you all. Oh yeah, Colin too.

I'm betting it'll feel really weird not seeing you lovely people until January. Sucks, I know.

It's going to be difficult, but I think I'll manage. You know what I found to be very difficult?

Speaking out during worship sharing was pretty tough. It's like the ability to speak is no longer there and you have to find it like it's somewhere else. You really want to speak, but you can't seem to find your voice.

I'm glad I found mine.

And I'm glad I missed an away football game for this. You know we have to cheer at those too?

And there's seven of them this year. It's crazy. Homecoming is the same weekend as Atlanta in October and Chattanooga happens to be the weekend before our first competition. So I won't be back for four months. Please come kidnap me! Until then,

That One Guy (Braden...in case you haven't caught on)

PS nah....I'm not gonna pull no Phorest.

PPS That was a double negative.

PPPS Okay I'll stop now. See you in 2011.

This weekend was amazing. I'm glad to see we had a lot of newbies. The best part about this retreat was the white water rafting & jumping off a rock 6 ft in the air even though it gives you an adrenaline rush. But its worth it. I love listening to Jacob's raps. They always make me laugh.

The silent walk yesterday was amazing. It was peaceful and as it started raining it was even more peaceful. I love being able to get away from everything at home and coming here to where it feels like it has disappeared. I have come to realize that even though things may get rough, if you work together things will turn out a whole lot better. I feel like I have come a lot closer to people here than before but as usual, the weekend ends and its time to say goodbye once again. But on the bright side of this goodbye, we get to see each other again in 1 month!!

I love you all so much!

XOXO Kaitlyn

*SAYF was pretty fun this year. I really enjoyed rafting and making new friendships. I hope to be able to go to more sayfs in the future and am sad that I have missed so many this year. Well it was wonderful as always, can't wait for next time.*

*Naomi*

This retreat has gone by all too fast. But I have to say I've enjoyed it far more than some of the other ones I've gone to. After not coming to sayf since April, I really needed this.

This school year seems to be zipping by as well. It seems like just last week school started but it has already been a month.

I would love to write something deep and meaningful now, but my brain is fuzzy from lack of sleep, and that is making it quite difficult.

Shoutouts:

Emma: Next time we have to play SAYF, so you and Emma can take my shoes off again.

Taylor: I wish you were here. We needed to write another awesome story! ❤

Miyoshi: I wish you were here too.

Lekey: I am so so so glad you're finally back. I'm just gonna go ahead and say that for the hundredth time.

Okay, I guess that is all.

I hope to see you all again soon!

Madelyn ❤

PS....And that's when the refrigerator feel on them.

Ahhh, back to the cramped living conditions and a lack of hygiene. Not ot mention getting up at 8AM after passing out at 2. I love SAYF.

Rafting was awesome in the literal sense. Man, class 3 is fun.

The rest of the weekend was fun, except for the shower BS today. This isn't really going anywhere, so imam be lame and hit up the shoutouts:

Zan: You all buff'n'stuff. You also make for a good pillow.

Zavier: And I have skinny jeans cause tha burner keep rubbin.

Willamae: You're not as bitchy as I remember you. Which is a good thing, I think. I still enjoy watching you greet Delaney with some obscene remark. XD.

Emily: So did we get "rich person's Monthly" magazine for the White House?

Delaney: I still don't understand why you're friends with Willamae. It works out somehow.

Bethany: So I own a whip and handcuffs. That doesn't mean I'm kinky.

*This is only my second retreat, and so far I love it! I've had so much fun here in Asheville, what with falling out of a raft and running head long into Jacob (violent experiences). You guys are the coolest people I know (even though I can't remember most of your names) and I definitely am coming back! Could we fit any more people in this room?*

*Patrick*

*PS Asheville might not get their pen back. I made my epistle into a paper airplane.*

*Gratitude for this lovely, loving weekend.*

*Blessings on y'all,*

*Mary Linda*

I'm looking at everyone else, watching their pens move, and I think.... 'wow...I love them all!' There is no place I'd rather be than right here, right now. This weekend bought me to some of my favorite people on the planet, and got me closer to some that I didn't know so well. I'm grateful to my loving friends that brought me here in the first place. Really, I was waiting all summer for the beginning of another year of SAYF, and I'm pretty sure Braden and I were counting down the hours until our vans left the Meetinghouse. I think that every time I go to sayf, I leave sick. NOTHING AGAINST YOU ALL!! It just sucks. Right now, I really have to cough....

I really want to write something deep and reflexive about the weekend but my train of thoughts is still boarding at the station. And this seems to happen a lot...

But whatever. And there are a gazillion and one things I could say about you all, but words could not contain them. So I'll do the best I can.

Angelina, I must admit. When you were roaming around roaring while we were playing bear, I was pretty scared.

Xavier, I'm glad we're married. I'll bring my pants to you asap.

Ruby, I love you. Lets just face the facts.

Lekey, You Are the best wife a woman could have.

Kaitlyn, You're also the best wife.

Lekey and Kaitlyn – You both win in being gorgeous.

Jordan, thank you for making Willis. Even if I think he got swept up and thrown away.

Jacob, You're just great to e around. You make my heart go 'fwoosh'.

Elise, I'm catching you doodle over everything, and I wish I was as awesome as you. The worm's name is orange crush.

Everyone! I love, love, love, love, love, love, love you.

♥ Hannah Rain

PS I think I'll write a song.

The last time I went white water rafting was at a SAYF retreat about 12 years ago when my daughter was still in the program. It was one of my first retreats serving as a Friendly Adult Presence instead of a supporting parent.

I was led to recall (and laugh at) the way I tried to micro manage and regiment the rafting activity. The experienced FAPs, as well as the Young Friends, just kind of politely played along, and let me spin my obsessive-compulsive wheels until I (eventually) realized that all my fussing and "fixing" was pretty pointless. Fortunately, with the help of FAP-ing about 20 more retreats, I think I have the white water rafting lessons for building and working within communities down pat: Don't paddle any harder than what's needed to maintain your momentum and always, ALWAYS go with the flow.

In Peace

With Love and Thanks to all the awesome SAYFers

Aaron

PS Gregor – great to have you on the retreat and in the raft, but now I am seeing cubist turtles every where too!

In my minds eye I see baby panda bears. And dinosaurs. Lots and lots of dinosaurs. Which has nothing to do with SAYF, it just happens to be something everyone should know. This retreat

went by so fast, and I'm sure there's some people I haven't even said 'hi' to yet. \* sigh \*  
...rafting. I was way too busy being excited for it to realize how hard it would be!! I'm sore all over and had to listen to Braden cursing like a sailor when we both got stuck on a rock, but overall I had an (\* presses caps lock \* button) AWESOME (\*unpress\*) time. But I seriously overestimated my strength. My tiny arms have no strength left in them whatsoever. I'm too tired to think, so in about 2 seconds I'm gonna pass out. >:D Good night.

Much love, Angelina

PS My shirt glows in the dark.

PPS Please don't typo the word "shirt".

PPPS I drew a compass on my pants with north facing down. And Bethany says it will never wash out.

So, even if it's only my 2<sup>nd</sup> retreat, Asheville, including every element (even rain!) was awesome. I learned a lot of new things. Simplicity

Peace  
Integrity  
Community  
Equality  
Stewardship

So much easier to remember! And, I ❤️ the simplicity.

I really appreciate SAYF and especially those who make it happen! Can't wait to come back!

♥ Reona

PS Everyone! is awesome of pet rock making. I ❤️ mine and it was so fun to do!

*A weekend of words. Putting words to thoughts to feelings, for the first time. Perhaps this is just the first time I remembered them.*

*If I sleep this much at every SAYF retreat perhaps I will come back. If I feel this much at another SAYF retreat I probably won't. It is hard to stay aloof when you are disappointed and worried and confused. But I know more, though not much more, than I did when I left. I love you all. Sort of. A little bit. Well, sometimes. If I loved you all the time my heart would break, explode. I don't want to deal with that.*

*Yours, more than my own,*

*Willamae*

My first SAYF retreat as a FAP was wonderful! I cannot put into words the joy I've felt this weekend being surrounded by so many bright, talented, enthusiastic and caring people.

SAYF is a community built on trust, respect, open-mindedness, and fun, none of which could be possible without the efforts made by all its members to share their gifts, their love, and their spirit, so form the bottom of my heart, thank you, thank you, thank you a thousand times for being who you are and making this community everything that it is. Whatever 'it' is, SAYF got 'it' in spades, and I can't wait for the next opportunity the wonder that is a SAYF retreat.

I loved this retreat. Listening to Lincoln sing "teach me how to dougie", making a dinosaur and a turtle out of rocks, sleeping on the porch, RAFTING, making lots of bracelets and little bows,

and everything else about the weekend was amazing. I'm so glad I came. Rafting was not only super fun, it was also at a beautiful place. The mountains and the clouds, the water, it was all gorgeous. I want to go again sometime ☺. Well, I never know how to end my epistle so...see ya at another SAYF retreat.

♥ Bethany

PS Thank god for those annoying white helmets or else getting hit in the head TWICE with other people's paddles would've hurt a lot more.

On Sunday mornings at SAYF retreats there is the bad kind of light. Fluorescent light that you can't feel that leaks past your eyelids before you even wake up. The rest of the retreat is filled with the good kind of light. Inner light that you can feel and that is not painfully intrusive.

Every grain of love in this tiny little heart,

Delaney

PS I love Willamae

#### *Little SAYF Treasures*

- ~ a pet rock of Einstein's brain
- ~ Chad telling us about his 1<sup>st</sup> SAYF retreat & what he found there
- ~ Saxophone playing
- ~ the peace of last night's worship sharing
- ~ seeing Wren's glorious creativity through the jewelry she makes
- ~ the pleasure of being in the company of each and every one of you.

Love,

Therese

September, October, November. 2011. January, February, March, April. Graduation. September's weekend reconstruction is over. I won't be here for October's. I will be touring colleges.

Thank you for welcoming me once again, as you have done unfailingly every retreat for the last four years. Some weekends are more helpful than others, but each of them has layered my love, released my doubt, fanned my hope.

Good Morning, love, XOXO

EAT, please.

Angelina: I'm sure glad you're here, like fo real.

Aaron: MURIKA. Luh IT OR Leave IT.

Lekey: "Yeah, it cost 4 rupees". "LIKE ZELDA?" ".... Sure."

So that's all. I hope I can get a ride to Atlanta in October.....

Lincoln

PS I don't actually own a whip or handcuffs.

On this weekend of Sept 10-12 I have seen that you must work together to get a job done the right way. Also that helping others is also helping yourself. Out of this whole weekend I mostly learned rapids are a pain in the butt. Example of what happens when things go wrong:

(*EDITORS NOTE: What followed is some lovely pictures of Kaitlyn falling out of a boat with people coming to save her. And another picture of hitting a rock and falling out of a boat. Unfortunately , the pictures were small and the scanner was not able to capture them in a way that made them printable here.*)

In conclusion you have learned: I can't draw and myself and Kaitlynn both fell in the cold water, but hey, it was fun.

XOXO Jackie

### E.L.E.

Evhebody  Evhebody

Love,  
Kofi

PS Becca txt me back

PPS Kofi ❤ Erhebody

PPPS I didn't put a pickle up my nose.

Phorest and some of the Haiku masters are gone, so me & Zan decided to write a song, A song about SAYF, How you make memories you can never erase, Memories with lots of hacky sacking, & piles of people not really napping, memories of Zan dropping crazy beats But only when he can stay on his feet.

The rafting trip was also

A rapping trip. We

Almost touched the sky, and we

Didn't even die.

Well this was supposed to be a long song, but since we barely slept, our brains are gone, And I know that's the second time where song & gone didn't really rhyme, But I can do that because good rhymes , take quality time.

By Jacob and Zan

### Editors Notes:

1. My apologies for not being able to scan in 2 different pictures. They were gorgeous but drawn too lightly for the scanner to pick up the picture.
2. A cd of photographs from the rafting trip is uploaded on our website [www.awesomesayfers.org](http://www.awesomesayfers.org) for those who were not able to be there and want to view them.

