

Southern Appalachian Young Friends gathered on January 16-18, 1009 for a weekend of fun and spirituality. This is our message; this is our story:

Another retreat come and gone. When I first saw Emily in that amazing outfit on the front of my forms I thought "My God" This will be superlative. After the 6 hour drive down however, I was to see Emily in not her Captain Emily suit, but rather in a cow hat. It was a cow hat, though so it was all good. After an eternity of greeting the same people over and over, another van came. Then another. Soon after that, everyone was here. I carried some couches and got punched in the eye, then went to sleep.

Dawn, daybreak. Another day, during which I ate Reese's Pieces and pretzels and water. The Morning activity was good, made better by team testosterone's TARDIS, including sound effects (compliments of yours truly). I washed lunch dishes, meaning everything that has ever existed ever, then we were done. I contributed Helen Keller and Immature to the best Apples to Apples game EVER made. Then we played it. The talent show that night was good. Wink was even better, and I have completely valid reasons for being winker twice. Both times, people conspired against me. It was unfair to the max. Meh. This morning I ate breakfast and carried more couches. But Now its over so I shout out to:

Michael: I will come to one of your concerts someday

Bonnie: I will remember you.

Tim: Are you feeling happy now?

Katie: Forgive me please?

Jordan: So there was a rat...

Alise: I'll bet that butcher is the American Sweeney Todd. I really don't have anything to say, I just thought you'd like an inclusion.

Mysteriously Sincerely,

Ian

PS: Delaney, Here is your shout out.

Dear Friends,

Another good weekend has come and gone. At no point during this retreat would I say I was having a bad time, but I wish I could say for the sake of everyone If I could pick one nmoment I wanted to never end it would be right now. For some reason there still seems to be a fair amount of energy among the others but I for one got about 8 hours of sleep, I don't have time to elaborate on this but I wish I could and hopefully next SAYF I will be able to find the light sooner and get more of my thoughts out sooner.

Pop pop click gurgle trill ungh

<3 WB

PS. This translates roughly to "urine, Vomit, Whales, What?"

Fun!!! I still remember my first real SAYF retreat here... Ahh good times. I really liked the lack of electronics. Mole communication. I was very disappointed in the lack of Dex. >.< I'm glad we did a talent show. That was > funny. Now that I think about it, I only had one bowl of lucky charms.

K, Shoutouts:

Lecky: thanks for letting me wear your shirt.

Doug: Much love. Thanks for the 19 inch TV;
Bonnie, Sam, Joseph: Soulja Boi up in dat HO... srsly, yall could make a million.
Terra: Like men hair
Tim: Hand on knee...?
Xavier: Houses went up for sure!
Laney: :[] an irish nymph!
Willamae: are you a bit of a hippie?
Palin: you betcha!
Julie: JSYK I'm addicted to sublime.
Phorest: Jelly bean jars are dangerous.
Sam: Hungarian Singers!!
Miyoshi: Do you play yoshi's Island?
Zion: If you're havin gift problems I feel bad for your son.
Winnie: <3 *needs heart drawing lessons*
Ian: I got died.
Beth: One

Lincoln

This was my first SAYF retreat, but it was amazing. The people here were very nice and loving. It felt like a very SAFE community. I have never been to a place that was this welcoming and accepting. There was also a really great feel of community here. When I first got here I was afraid that I wouldn't fit in, or people wouldn't like me, but everyone made me feel like a part of the group. I am looking forward to the next SAYF to hang out with all the awesome people again.

PITY THIS BUSY MONSTER MAN-UNKIND

- E. E. CUMMINGS

Awesome! It was totally awesome, except for the fact that I got rug burns on my elbows. =b I don't really know what to write, because I am **VERY** sleepy! But thanks guys, it was awesome.

-Angelina

-Angelina

This weekend was pretty amazing. Even if I was totally out of it, Friday was kind of weird, not only because I had no school, but because we (Berea) were the 2nd group here besides Atlanta. The best part was when during freetime yesterday, when the couches were put together and loads of people (with the help of Tim's headphone jack) were able to listen to music together. Wink was fun too, even though I almost never moved. Well, that's all I have to say except sorry for being out of it and I hope to see you all in March.

Much love,
Autumn

*This weekend was fun, I was out of it because of drama, but other than that, I really enjoyed this retreat. Christina, nice hat.
Katie.*

This weekend was my first retreat and I enjoyed it very much. I think that the questions asked were very interesting, and I had fun pondering them.

TO QUOTE THE GREAT WORDS OF NIA DON'TKNOWHISLASTNAME, "DIS RETREAT WAS FUN" WOOOT!!

It is SAYF, but I am no waif, Much love to my homedizzles. Or is it just Hizzem? I don't know what that means except that I am white.

a lot of white.

... yeah.

Look! Shout out for Delaney!

Burr Blarsh blarsh click click mer unhhhhh

This was a lovely retreat.

Love you all,

Delaney

ps. I had a boring opening circle thing, AND a boring epistle.

pps. I'm not going to tell you what the beginning part translates to because I want you to use your imagination. It was written in the mlar mlar click language of the mlar mlar clickians of mlar mlar click land.

ppps. You cows are hard to tip. Seriously, fall over next time, okay?

pppps. I liked the no electronics thing a lot.

Once upon a Quaker time a bunch of teens showed up at the doors to Atlanta Friends Meeting. "I can't wait to get this retreat started!"shouted the teens arriving @ the doors. They brought their stuff indoors and set it down. Then they ran to the parking lot for grocery shopping at the Kroger. Once the FAP gave them their shopping lists, they took off for some fun. Playing bumper carts down the aisles, and making trains, they finished up their shopping and headed back. Two of the girls were hungry, so they got snacks while they put up food. They stacked chairs and cleared the meeting room. Going to talk about the schedule and rules. Dun dun dun! Berea! "Ah! People!" Shouted Atlanta Friends, "but we still have to go over the rules, so shh!"

The Bereans were so happy to be there that it was hard to stay quiet. So instead of hugging ATL people they hugged each other until they were finished making Atlanta distracted. The meeting ended and the people went into the big room to do cartwheels etc. After they finished that, they lay there until Nashville came! All of the teens ran outside to greet their friends. They grabbed their friends and ran inside for it was too cold for one's feet. The rest of the SAYFERS came along after that and they had opening circle and the rest. Next morning they woke up to cereal and bagels, then some amazing morning games led by Emily and Willamea. Some groups were fabulous, but others were goofy. They had a lot of fun drawing the future. Then Young friends split into workshops. One group making amazing rock pets!! That was a lot of fun to them! They showed every one their lovely rocks and started to have cuddle piles again. Then groups went to dinner prep and eating and played in the snow for a little bit. Once they realized that the snow wasn't going to last, they ran back to the couches and put their headphones that were hooked up to a huge headphone plugger in thingy and watched Xavier and Vincent jam out to some system of a down. Cracking up to that and then getting into an arch for the talent show! There people showed some amazing talents where Santhas and Stinas handshake didn't fit in. Stina told Santha that it was dumb but amy

insisted that they should do it, so they did. Then the talent show ended with some Soulja boi which led into the birthday song, followed by cake and ice cream. Then wink? Ah what else is there to say about that? *crunching bones and bruises* Then talking after now lights out. Sleep OMG RINGING PHONE NEVER STOPS!!! URG SPENCER!!! I'll kill you next time. Eh... breakfast and clean up... not so much fun, now we sit in silence remembering the weekend time for goodbyes. Wake-up Kama! She's snoring, Oh no. Hold people in the light! -silence-

THE END

I've enjoyed getting to know many of you better. The talent show was lots of fun and sharing the weekend with you once again has proven to be a worthwhile experience. I really appreciate your openness to each other and to the SAUF community.

Chuck

Wonders of the Day
small wonders though they may be,
Enliven our hearts
 Lighten our days.
Out of the chaos they come,
 Out of the silence they sing.

Annie, I love you. I don't think it's right to say that I enjoyed our craziness last night, but it was good to be able to be sad while laughing.

Ok, everyone! Good retreat.

-Phorest

PS. I am the mother flipper

PPS. 2pac Lives!

PPPS. Hey, Hey baby!

PPPPS. There was once a hot dog named Philip. He was all covered in catsup. The end.

PPPPPS. Holla!

PPPPPPS. Say What?

PPPPPPPS. Ian is still god

PPPPPPPPS. I am the Dr. Pepper.

PPPPPPPPPS. New page.

PPPPPPPPPPS. Stay away from black jelly beans.

PPPPPPPPPPPS. Phorest sucks => much love.

PPPPPPPPPPPS. You know this place is pretty darn loud to be a quaker house.

PPPPPPPPPPPS. (insert your own words here)

PPPPPPPPPPPS. Zombies are coming.

PPPPPPPPPPPS. The end -fofo like mofo.

Oh no! In all of the syrupy sugar coated commontion, I forgot to give a shout out to my noobz! Flannery, Dana, Spencer, and Miss Palin, it was lovely to meet you all and I hope you stay involved with SAYF.

The only poem I ever wrote was about you
And how you changed my life.
Your voice echoed through the forests
I was moved, you, you understood
the poem I wrote you will never see
But I hope one day,
you will forgive me
Everything about you, makes me feel
less afraid
When you're near my mind is filled
with things to say
but soon they'll slip and wait another day.
but even though this is true
please know,
I'm here for you
These words may make you confused,
but they're the only ones I know to use.
-Lauren

Dez niededed

this retreat was fun except I seemed to get hurt a lot on Saturday. Ummmm... We need another couch here. I wish it snowed more. Thank you Bonnie for teaching me how to juggle. The peanut butter and jelly sandwiches were good. I made a coul(??) guy. Sam wasn't as scary in Wink as I thought he would be. I wish people didn't use the thingy with people's names starting with 'D'. Those cookies were good.

Chris (A.K.A Catwoman)

PS. GO Bama

This was my first SAYF retreat, and it was so much fun! It was pretty intimidating at first, because everyone was friends already (not to mention that they were hugging and sitting on each other). I go to Carolina Friends School, and that's probably how visitors there feel. But everyone's really welcoming and by Saturday I felt like part of the group. I had been looking forward to meeting some awesome new people, and having this experience my friends had told me about, and I was not let down. I'm excited to keep coming to SAYF, and to become a part of the community. <3

Samantha

SAYF,

Remember that game we played on Saturday morning? What we hope to see in the future for people? Here's what I hope for you:

-evolving, growing, changing, but staying the same. The same love and beauty that is the pulse, the heartbeat, the essence of you presently. I believe that will be what happens.

This retreat was fun, especially the 3 – 5 minutes of snow. Wink was fairly AMAZING, as usual. A few people I really wanted to see weren't here, but they will be back soon, or else. (Leah)

I'm soooo tired, and Ellen's lap is becoming gradually more and more inviting, so I will leave you with this (hopefully) lasting thought:

A lot of things aren't necessary, but a lot of them are still pretty ballin'.

I love all of you. A LOT

Lecky

This weekend I learned that Quakers are all a happy family no matter what state they live in. I learned that teamwork can move a lot of couches. I learned that you are not alone and there are people waiting to help you even though you don't seem them they are there. I learned some fight and bicker, but that just means that they care about them in a strange way they may hit and fight but still they still love them just like every other person in this room. And I learned that when I heard music and there it was a group of people dancing and singing all as a whole and that is what I learned this weekend.

Atlanta Retreat Jan/18/2009

Thank you, awesome SAYFERS for a Friendly retreat. The workshop on envisioning our futures was a highlight for me and seeing the repeating message with Obama from each subgroup. The talent show was a view of lots of raw creative energy. And very entertaining.

See many of you in the March Nashville SAYF retreat.

Dick Houghton, FAP

I DON'T HAVE ANYTHING INTERESTING TO SAY, SO INSTEAD LET'S ALL CLOSE OUR EYES AND IMAGINE I WROTE SOMETHING REALLY PROFOUND FOR THE NEXT THIRTY SECONDS.

- JORDAN

This weekend has been so nice and relaxing for me. I've been stressed lately, so this is just what I needed. I love coming here and being with my best Friends, I love everyone here so much.

Today, no retreat is, but was. We eat it up, like yesterday's sausage, microwaveable and bright, sweaty and good tasting. Each time a rising sun new times cook up and water boils so we must take the kettle off the pot before the water is black hole gone, evaporated. And so we make life good with excellent timing. Like sausages we are all composed of generally the same meat. We are packaged into different plastic wrap groups and so, by the nature of our package's cook we may taste good or bad. It takes a frying pan and oil along with the fires of time. Now, you may all eat me up, but soon a new water is ready for a new hot chocolate and jumping into snow rushing for the transient opportune moment we roll inside combined forms on an assembly of the long couches of circumstance.

Sam Fisher

My passion for pet rocks is upstaged only by my love for this community. Thank you Atlanta Planning Committee and Laura. Goodbye Atlanta meetinghouse and thank you for the glorious memories. I think that I am incapable of writing anything not drenched in Nostalgia, so I will roll out with love for you all in my heart.

Bonnie.