

Southern Appalachian Young Friends met on the weekend of April 3-5,2009 at Old Greer House in Banner Elk North Carolina for a weekend retreat on nurturing spirituality. This is our story:

Oh SAYF once again. This retreat there was a real sense of community I think. Maybe it was the large group activities of the discussions about the community but whatever it was, I felt closer to you people than I have at the last few retreats. The drive down was shorter than I thought it was. 5 hours instead of 7. So when we got here at 7:30, I was surprised. We were the first ones. Next to arrive were the best noobies ever. Then people came more quickly except Nashville. You guys are complete jerks. And then, the next morning, I found a book on the ground. The first entry was this: Pho-Pho's journal. April 4, 2009. Today, we played The Big Wind Blows. I found a trail. I ate a taco. Tonight, a comedian dies in New York. Somebody knows why.

Reading the journal was exciting, and some how familiar, but then we moved on to the next activity. Then free time, and watching Phorest's pet kitty get blown away over and over and over. And watching bikers – with or without shoe covers. Dinner was good. Bear was great, although (Michael and Delaney) kept running away illegally. I found the best hiding spot ever.

The Bonnie Remberance Thing was great. Bonnie, we'll all miss you greatly. Shout outs:

Phorest: Hey! If you had shoe covahs you'd be winnin' this thing!

Sam: So, Peeling Kofi today?

Jordan: People get arrested. Dogs get put down.

Laney: This retreat was Kofi Delaney nice.

Dex/Black Sheep: You lose.

Bonnie: Thou art sad. But beautiful. And having plenty of impeccable taste. And wearing no arm band and will be missed dearly, dear B-B-B-Bonnie.

Ian

PS I might not be able to come to SAYMA. If I don't, I'll see you in September. As a Nurturer.

Many thanks to Heidi for agreeing last minute to drive us to sayf. She is a hero! I had not been to SAYF since October, so I met many cool people who have started coming this year. Like Xavier, who can dance real good. I think he might have been to retreats I've been to but I'm not sure. Or Lily, who gardens and will be a teacher sometime soon. Or Caty, whose shoe I rescued. Not "Cathy". Caty like Katie, but C-A-T-Y. And many more. I am glad I came to this retreat.

- Sophie

PS Sam, I will miss you like a fruit loop misses another fruit loop. Go to Bonnaroo. love, Sophie.

Hi, I am Divine. Hoe are you guys? I love you guys. So, I wanna tell you guys this program was going better than I see some people was graduation on this program for example like Bonnie. I love you Bonnie. have good nice. You are so nice. Thanks so much friends.

At the Old Greer House, we were crowded in the space where the wood floor squeaked and old doors had a hard time latching shut. I feel many people like us spending similar days and nights here...Gathering in a circle together bringing each soul who wanders, search and perhaps finding the meaning of the Inner Light. Thank you all for creating the worshipful moment, and beautiful songs. ~Mari

As the weekend comes to a close, I'd like to reinstate that I wub you all, and I'll look forward with giggling excitement to seeing you all at the next retreat. For those who won't be coming back, namely Bonnie, I hope that you proceed safely through your travels and remember ach one of us the next time you emit your infectious laugh, or sing a moving rendition of "Crank Dat Soulja Boy".

Eagerly awaiting our next retreat, Jordan

On the weekend of April 3-5, Friends gathered at the Old Greer House in North Carolina....For The Big Bonnie Blowout Event! This is their story.

Hey guys. Nice Retreat!

- Phorest.

PS. I like your shoes!

PPS.Shoe covers.

PPPS. You can sit in My seat.

PPPPS. Wow...DONK!

PPPPPS. I'm on a Boat!

PPPPPPS. Hey! Where yo Shoe Covers at!

PPPPPPPS. I got sunburnt, HaHaHaHaHaHa!!!!

PPPPPPPPS. Joseph, you pimp.

PPPPPPPPPS. Who dumped my coffee out!?!?!

PPPPPPPPPPS. I hope your sock puppet is O.K.

PPPPPPPPPPPS. Bonnie

+

Phorest

HOBO

(don't ask why)

PPPPPPPPPPPS. If you were wearing shoe covers, you'd be winning this race.

The End

- p-h ORE-AST

PS. See You at SAYMA!

The companionship of Delaney, Ian & Michael was much enjoyed Friday night. And I love Annie's wedding ring! Love, hugs & kisses till SAYMA, Ellen

PS Bonnie: I actually do remember a particular Bonnie memory. I still remember what you said about Lilli & cars in September & I think I will remember it for a long time. That was sad, but you are a happy person. SAYF will be different w/o your lovely face, musicality & awesome nurturing ☺♥

PPS I do not want to end on any kind of sad, wistful or slightly negative note....so...

PPPS DeLaney's foot is right by my shoulder. It is pale and lovely. Isn't she gorgeous?

Angelinas – long- Epistle

This SAYF started out great, I met up with some friends and drove the 8 hour trip here. It probably wasn't 8 hours but it felt like it. When we finally did get here, after running up and down Wal-Marts Isles looking for double filled Oreos (yum yum) nobody came out and greeted us so we ran super speed into the warm and comfort of the house. It was really late so we had opening circle and dropped dead. (A saying not meant to be taken literally). I was the first kid to wake up on Saturday. Trust me I checked. So I did breakfast prep with some other cool peoples later. When the sleepy heads woke up! Breakfast, yummm. darn it NO MOR COFFEE LEFT FO ME! We went outside and hung out. A lot of people got sunburned (me, Terra, fofo, Terra, more Terra). Lunch time! Hang out outside more (Terra got even more sunburned). Race to the trampoline. Jump Jump Jump. Only two people on at a time! ☺ Lots of fun in the sun! I am forgetting lots of important stuff. ☺ sob * Then Terra cut my hair. Yea! Then all the cool people, not counting the cool people who weren't there, started yelling at bikers. I guess it was a big race because there was a lot! We would cheer and shout random things. Then we found out about a new and improved fad. SHOE COVERS. It all started when Xavier and fofo said "hey socks go on the inside of your shoes!" and the guy said "What? These are shoe covers man!" So we all started yelling shoe covas. So Taylor just told me that is not what they said. ☺. I thought it was. Bummer. Then we tried to make moss, sticks & rocks look like a bunny. Then Angelina had the most brilliant idea of making....the SOCK MAN! So cars would swerve out of their way not to hit no matter how much we told them to hit it Losers. Dinner! then BEAR! fun fun....extra fun fun. Then we all said things to make Bonnie feel better. So long Bonnie, you will be greatly missed! BEDTIME. Oh look everyone lets step on Angelina's head Yea! Good Night! Zzzzz Sunday Morning.... Wake up....Go away! And now here. Hopefully I will see you all at SAYMA. I can hardly wait! So long everyone! Oh wait I forgot the most important, well unimportant thing! Lekey, Phorest & I all made coffee, waited patiently for it to get ready (outside freezing our butts off). Then we came back and it wasEmpty. The FAPs had drained it because coffee is a Morning Drink! Nooo. This is my 3rd page so I will go! Love you all.

♥ Angelina♥

PS We missed you Bethany

PPS Terra, snort, snort, snort.

PPPS My birthday is Jun 3.

PPPPS Is yours?

PPPPPS haha Didn't think so.

PPPPPPS Shoe covas

PPPPPPPS Tight

PPPPPPPPS See you all in June! ☺.

Birthday. Frisbee. Trampoline. Bear. Fooseball. and cake. This place is awesome.

Chris

PS We are really gonna miss Bonnie.

PPS ☺ Frownie face.

PPPS. If you play bear don't hide under a sleeping bag on the heater.

Love Love Love Love (don't forget love)

sunburn = bad

Nashville – liars/losers (except Bonnie/Sophie)

trampoline = amazing

It was so sunny this weekend...I got horrible sunburn on my back/shoulders. Samantha and me have Kung Fu fights on the trampoline...awesomeness. I would not ever want to be a clerk or recording clerk...It is beastly. I do not like boring workshops. Angelina's parents are oranges...but she is not. Sam has a robot voice: Aleesay Trapp. Love you Alise (not Aleesay) ☺ So....there was a sock...in the road,,, and everyone who was driving by was like wtf?!? small animal? dildo?... pretty much hilarious. Certain people (who are mostly like losers) did not come, therefore much sadness. Two months until SAYMA ? Not good. Not at all.

Aright, lets jump on the bandwagon and do some of those shout outs things.....

Angelina: Haircut ☺

Lekey: no haircut? ☺

Zan: Oh, never mind, you don't get one (Loser face)

Samantha: OCD bangs...0.0

Rachel: you are ...my little raisin.....

I want to eat you....but

I cannot...so go to sleep

and I might eat you...

Tessa: I ❤ you, come back?

Gressa: you rhyme.....❤ you also

Bon-Bon: You be tasty, I shall miss you

Xavier: poke...poke...cheer up emo kid

Emanuel: haitcut also!

Oh shit. That's a buttload of shoutouts. If you were not mentioned, I ❤ you. Oh yes, I nearly forgot, if you are not at SAYMA, you be dead.

I haven't an epistle in a long time. it feels unnatural.

So much love,

Terra

PS. Does anyone know how many pairs of converse there were? A billion....

PPS. Bear. That was a friggin hot hiding place. No peeing!

PPPS. Dex= Loser Big one.

Lot's of ps. s. Delaney is cuter than a baby ladybug sitting on top of a baby Christmas tree. NO SQUISHY BABIES.

PPPPPS. It was like....tight.

All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. All work and no play makes Phorest a dull boy. THE END

Ehhh....

Peanut butter + jelly = Genius.

I am more tired than I've ever been at any retreat.

Getting here at like 7:30 isn't very fun. What's even LESS fun is Nashville tricking us into thinking they weren't coming. Grrr..... But then about a zillion people showed up. And everything was groovy.

Saturday was glorious and beautiful, I apparently didn't put on enough sunscreen though. Those tacos (or taco salads) were real tasty.

Seriously, sitting next to the road talking and singing to bikers was so much fun. Man, if you had some shoe covahs you could go so much faster.

AND THEN there was the "rabbit" made of moss and a cup which no cars stopped for, which evolved into a sock vampire that everyone went around. It was such a waste of grass. OH I mean time. BUT SO MUCH fun.

I wish there was a trampoline everywhere. So much fun, even when you get off and you can't jump at all. :P

Well, I'm getting kind of rambly and this will probably turn into one of my pointless stories. So here it ends.

Love,

♥ Taylor ♥

My week, well month, since I saw you guys has been pretty much hell. Me and Christina aren't talking and I can't say why, that may be an explanation of why I've avoided answering questions about her. . I miss her, but ya. Some things have been real hectic ay my house. If you know what was going on, it is better. I've been sick this week too, and have found myself feeling better today, due to you amazing people, SAYF was what I needed. This retreat out of all 4 years I've come here has shown me how nurturing this community is. Most of you would be surprised at how great you would be as a nurturer, and I think more people should consider it because of how much each of you have showed me. The outdoors is too cold for shorts, I've learned too. I want to thank all of you for making me smile more than I have all month in one weekend. NOW to the retreat! It was really amazing ☺. I had fun in the workshops, and jumping on the trampoline. this weekend has brought a great deal of sunshine to me. I love Terra's haircuts (oh, no more bangs!). I love Emanuel's long hair falling to the ground & us making exaggeration making his eyes wide with fear. I love the warm & brightness Bonnie can bring in a room just by stepping into it & how warm she can make someone feel with just one smile. I love the community & how much love it has brought & I wish we could all remember this when we are going through a rough time. SAYF has changed but its just getting stronger. I hope that everyone remembers this as time goes. Well I thank & love you all, and keep you so close to my heart.

♥ Samantha

pee-es ☺ milk or juice?

Well this retreat was fun, kinda weird. I'm going to name all the highlights of the retreat (for me).

Got here/ saw cool people

Stayed up till 6:30ish with pop tart and Terra, Emanuel and more

Woke up

Ate breakfast

Did fun stuff

Um...can't remember

Fast forward

Hung out with cool people/ Bonnie ceremony

Figured out who "whitehead" is

Won by 3000 points in fooseball playing

Nia

Now

Now

I am really going to miss Bonnie here. Her knowing and kindness have always made me feel welcomed. I will, and I'm sure we all will, miss her.

Sorry for the whole "Not going" thing.

ps. And I really missed Kama. The car ride wasn't nearly as fun or comfortable without her and the whole retreat was different without her.

Love,
Spiderman

This SAYF retreat was awesome. It was my very first time at the Old Greer House, and I liked it. It was like a 6 hour drive though, but it was worth it. I hung out with the awesome newbies: Gressa, Tessa and Rachel, too bad Rachel won't be coming again! I went on a run Saturday with Doug and others and when I got back half of SAYF was putting a plastic cup with grass on the road for cars to run over. Then I took a shower and Terra cut my hair. Samantha kept on scaring me about how I looked while Terra was cutting, but it looks awesome. Well, I guess I'll see everyone at SAYMA.

- Emanuel

PS We'll miss Bonnie!!

Emily

♥'s Ya'll, except Michael

Good retreat homes.

Love, Xavier

PS. dude, shoe covers

PPS. if you had shoe covahs you'd be in front of those two

PPPS. I ain't got no shoe covers

PPPPS I made 50 cents from Lekey

PPPPPS I love P-Zan

PPPPPPS I have vids of the sock getting run ova!

This retreat was bittersweet for me. It was lovely to see all of you and spend time with such wonderful people but this is also Bonnie's last retreat. Last night during that little baby graduation thing I couldn't find the words to say how much Bonnie means to me. She is the essence of SAYF – caring, beautiful and always there. I am still having trouble finding the words but maybe it's because there's not enough words in the English language to describe how great she is, or maybe I am illiterate and tired. Another sad thing about this retreat is graduation looming on the horizon. SAYF is going to seem so empty without the seniors Except Sam. No one will miss him. He makes apples cry sometimes. Just kidding. I will miss very last one of you. Thank you to everyone who made this such a nice retreat.

Love,
Delaney♥

PS Suck it Bonnie – Sam
pps I really liked the trampoline even though it was in a hole.

Dear Bonnie,

I LOVE YOU.

Indiscreetly, Unabashedly, Insanely, Pyrotechnically.

I Love You for **EVER**. I Love You **SOOOO** much it is in SPANISH and SIDEWAYS
~ Sam

Dear Sophie,

YOU LEAVE ME ALL ALONE.

I love you ~ gently, with the tingliest furs of my moustache.

~ SAM

Dear Sayf,

I love you.

Love, Leah

Dear Leah,

I love you.

Love, SAYF

There are so many words that can describe this retreat. Newbies ya'll are cool. I hope to see you at S.A.Y.M.A. and next years retreats. Well that's all I really have to say so I will see you all at SAYMA.

♥ Kaitlyn

PS Bonnie, I love You!

HAIKU BATTLE

Ian

Doug, you ain't just white!
You make Barry Manilow
Look like a brother!

Hey! Don't be sexist!
Know who's half-Tibetan?
Lekey Leidecker.

I'm not like you guys.
Break off pieces of me, and
Poof! Two new Ians.

You misspelled that word.
It's not like 'tight' it's like 'tyt'.
Can you speak English?

Lekey

Maybe if you had
Yo'self some shoe covahs brah!
Know what's WHITE? Ian.

Among other things
Odd! my children are oranges.
Do you has children?

Ian is special.
There's abundance of Converse
It's like, pretty tight.

Gabba Gabba hey
Oh Ian you foolish boy
I speakth RAMONE.

Michael sez;
TIE!

The Score:
Apples – 1 point.
Not apples – ZERO points.

Nobody said it was easy,
It's such a pain for us to part.
Nobody said it was easy,
But no one ever said it would be this hard.
I'm going back to the start.

I love love love you, Bonnie

Orange, written by Fish

*My skin, oh yes my skin and bones,
is already pretty much freaking beautiful
Oh, me, I know I love me so
for me I bleed myself dry.*

Ian, are you the Motha Flippa?
Oh, you know it!
But can you crunk?
I can crunk. I crunk like a monk.
Do you like green eggs and ham?
Pho-Pho, do you really have to ask me that?
But you said you can milk a cow, like the cat in the hat.
So, The cat in the hat ain't got no show covahs!
Say what! Dose Thing 1 and Thing 2 have shoe covers.
But dat Cat in the Hat ain't got none of those shoe covahs!
Dat Cat, Dat Cat in tha Hat got to go to Hibbet Sport, and get him some shoe covers!
(Picture of Hibbet Sports and cat coming out with shoe covers on)
YAY! Da Cats got Da covrs!
He'll probably lose 'em.
Oh no I just figured! Da cat in tha Hat, don't wear shoes!
Doh!
Now he got to go to Banana Republic an get some shoes!
An once he's got dose shoes, he can wear them shoe covahs!
F'in A M'er F'er!
Oh frikkin frik! Frikkin frikking frild frikkin frik frik frikkity frittin frik!
What other shoeless Stars can we help now
Tom Hanks has no shoes in Cast Away....
He got to make some shoes out of some coconut, an put some shoe covers made out of banana peels.
But what about his best friend, the volleyball? Don't he get no covers?
He don't have no feet. Can't have shoes. Can't have shoe covers.
Good Point.
Touche.
By the way, Bonnie, we got you a going away present..... SHOE COVERS!
Use them for good.
Remember, with great power comes great responsibility!
Keep them secret. Keep them safe.
I Love the smell of shoe covers in the morning...they smell like...victory!
Man, those shoe covahs are like tyt.
I invented shoe covers
* hair twirl *
So you suck as owe him ten cents.
All you bikers!
Man, that shoe covah set is the motha flippin.
Sweet Shoe covers
Baaadassss Song!

DAWG, You got some shoocuvuhs?
LS
PS DAWG, you ain't white. YOU NEON WHITE.
PPS Willamae, you lose.
PPPS What is so damn satisfying about seing stuffed rabbits get pwn'd?

Sayfers sleeping (maybe a little), eating, jumping, singing, dancing, loving, laughing. In my opinion: perfect.

Old Greer seems to be the place for newbies. We had a bunch this time and this is where my and Delaney's first retreat was.

Bonnie. You...inspired the most worshipful and profound thing we did this retreat. Fitting, I think.

This retreat seemed very crowded, and verrrry short.

I spent the better part of Saturday yelling about SHOE COVAHS! to random passersby. That was really....tight.

Seeing Leah again was amazing. This place brings back memories.

New Slang ~ the Shins
And if you took to me like
A gull takes to the wind
Well I'd have jumped from my tree
And I'd danced like the King of the eyesores
The rest of our lives would have fared well.

I fell asleep to that song at my first retreat. This time I was singing it. Maybe that is symbolic of what I hope is my changing role in this community.

I am having a hard time believing this is the last time Bonnie will gace us with her presence.

Hey, kind of like when I had a hard time believing that Nashville's driver had cancelled at th last minute and they are just going to Walmart. Fortunately, they are a bunch of lying

(insulting word plural)

Unfortunately, this time they are not lying. Bonnie is leaving us. However, she is one of those people who will be immortalized in SAYF stories for years to come.

Uh.....I love you. SAYMA is impossibly far away.

Lekey like Becky

PS. This is where shoutouts would go if I'd gotten enough sleep.

SOCK vs Sayfers!

By Madelyn, Emma, Angelina and Xavier

Step 1 Put a sock over a cup and draw a face. (Angelina's idea).

Step 2. Get a brave sayfer to put it in the road (like fofo) and a smart sayfer to look for cars (like Xavier).

Step 3. (plan 1) Hide and wait.

Step 4. Pretend to be scared of the cars as they get closer to the 'rabbit'.

Step 5. Fall over the hill and laugh because the car avoided a sock in the road!

Step 6 (plan 2). Sit on the hill and cheer on cars as they go by.

Step 7. Laugh at the run-over sock in the road.

Step 8. Have your pson put the sock back in the road.

Step 9. Tell them there's a car and watch them run.

Step 10. Repeat till sock is smoooshed.

PS Shoe covahs! Rock!

HEYYY! You there, you there Girl, standen over there. HEY!

I want to tell you what I think about SAYF. SAYF esta bien.

~Sam

Singing vulgar songs, eating not the noodle foot, and on couch sleeping GRAH

Eraser shavings & stray marks are all that I have to start this epistle. Nothing I could write in words is powerful enough to relay the love I feel for all of you in this community. You have taught me most of what I know and have been the single most grounding experience in my adolescence. Each one of you is a bouncy, joyous ball of light; I hope you can see how bright you shine as a community.

Sam Fisher: Remember bear frustrations and our conversation last spring? I don't think I told you enough how wrong you were about your character. You are selfless, supportive, and present. You may not see it, but I do.

Madeline: You really are the essence of a bubble bath. The only difference being you don't give me pruney fingers when I cuddle with you for hours.

Sophie: My other half, thankfully I do not have to let you go yet.

Ellen: Stop being so cute. You undermine my authority as cute when you are so adorable.

Delaney: Same applies to you as Ellen.

Alise: You goddess of order, I can only bow down in adoration, making you sacrifices like Phorest.

Pho: Don't worry about it boo!

Lekey: My girl, you are such a beacon to everyone at SAYF. I am excited to see you change the world.

Ian: You trump me in your nurturing abilities already! You will be an awesome nurturer.

Annie: You bring so much joy to this community. You are a natural leader.

Michael: You are way too cool. With your shades and guitar. Keep it fly Gingersnaps!

Lincoln: You are intelligent, energetic & charismatic. Sadly, you are 12, so I will find another soul mate.

Samantha: Your heart is overwhelmingly large. You lead this community with such ease. You go girl!

Ah! We are reading already! I want to thank so many more people that have taught me & shaped who I am.

Therese and Laura: Thank you immensely. I hope I will someday be the empowering woman I see in both of you.

All my heart,

All my love,

Bonnie

