

**From June 11-14, 2009 the Southern Appalachian Young Friends gathered at Yearly Meeting to share our friendship with each other, and with the wider SAYMA community, and to say good bye to our SAYF graduates. This is our witness, this is our story:**

My SAYF Senior Quote:

“You might have succeeded in changing me  
I might have been turned around  
Leaving New York never easy  
I saw the Light fading out” ~REM

It is you who are the ones  
that your father sows the crop for.  
You are the 12 strong Children of  
the farmhouse. brave as they come  
and caring as the honeybees who  
each day return to drink the flowers.  
and the sun above is in you and  
it is made of you. in your father’s  
deep sunk eyes and the orange ball  
that flames the spirits of the earth  
the turning orb that grows the corn – children from  
the soils of rich potentials. the pearls from  
the sea of rich potentials,  
He sees you  
impossible as it may be, born from  
wind spirits and water, with an impossible streak of coin-toss luck you were  
granted the beating heart, the elemental eyes, the forging hands, skin of cloud,  
pearl teeth, and water hair.  
He carried you outside while you  
were helpless and soft as egg-white and the sun, the king of time  
Lion who runs the sky-sphere and chases forever  
what tomorrow brings, was proof to  
meet you, to finally see you.

In brief, in my experience at SAYF I see the miracle of Life. This is a poem about the power and  
unlikelihood of human existence, the forces that dwell in our spirit and the sheer life-force that  
runs itself through all of us.

~ Sam

PS Bonnie if you are reading this, suck my toe.

*I don't write epistles a lot but I've decided to write one for SAYMA. This retreat was awesome, I  
really enjoyed seeing my friends and getting a couple of new ones. I also enjoyed the contra  
dancing last night and the talent show.*

*I'm sad to see the seniors go, but wherever they are headed I think they will have fun.*

*peace - Elise A.*

*PS Colin, you still scare and you're a sunglass stealer.*

Lessons from SAYF:

~ no matter how long it's been since you saw someone, you can still totally love them like family.

~ Everything's hilarious at 5 in the morning

~ Sometimes, words aren't necessary to communicate

~ Even though the surface changes, the essence remains the same.

~ No matter what it is, Therese's smile and hugs will make it better.

~ All you need is love (What!?! The Beatles? Never heard of em).

Anyway... looking around this room is like time travel. There are people who have known me for all my 15 years, and people I remember meeting for the first time a year ago, and people who I met on Thursday. And I love all a dem. I've been trying to sort out this new role of nurturer that I now play at SAYF. I came to this retreat feelin sort of, okay, really down. So being a nurturer seemed a little backwards. Then I started watching 8<sup>th</sup> graders let seniors sit on their laps and people being SAYFers and I was like: it don't all depend on me. Which is what makes it so damn cool. That's why SAYF is called a community. You're down? Wait a little while, somebody will make you forget about it in the next couple of minutes. I love you all so much, and I owe you the same.

On a lighter note:

- ❖ What do you get when you roll lemons on a table? titty soft lemons.
- ❖ pineapple!
- ❖ shoe covahs still goin strong....
- ❖ Allah!
- ❖ If someone approaches you with a cup of water, tells you to lie down and open your mouth...DON'T DO IT.

Guys, this isn't working. I cannot convey these felings. I can't list all the people who deserve shout-outs, I can't deal with how fast this year has gone, can't tell the grads how mucghn they will be missed. But its okay. It don't all depend on me. I love you all.

Allah!

Le-key

PS Alright fine, here's shoutouts:

Joseph: You bitch!

Angelina: Ah loooove youuuuuuu.

Nigel: You're a jerk at wink and awesome at everything else.

DeLaney: Shut up baby! You so stuupiii....JK I love.

Alise: I rally am sorry bout the shirt.

Xavier: You make that bandana look hawt.

AHHH WE'RE READING.

Phorest: Aw, you know how it is. Love.

*Always a pleasure to come to SAYF at SAYMA and remind myself that....*

*I was so much Older then!*

*I'm Younger than that now!*

*~ Aaron*

Beautiful people. another year come and gone. and I have to say goodbyes once again. the seniors, wow you guys have been my friends since the first day I walked into this community. I hate seeing you go, but I know life has some great things planned out for you. I hope one day we will meet again buz buz buz buzzzzzzzzzzzzzz. a wonderful day to lay on a blanket beneath the trees, laughing the whole time. pictures in the trees, yes trees. time to play "let's send people on nurturing missions" so doug & Samantha can play on the air walk thing. I love you all & I'm sorry we did such a thing. well I've run out of things to talk....wait! Alise, Emily, willamea. not cool..... ☹ but I love you.

♥ Samantha Lauren

My second SAYF retreat at my first annual retreat was pretty amazing. I got to see all of the Friends that I met in Nashville back in March, and I got to meet some other Friends as well. full of laughs....pine-apple (courtesy of Phorest) ...and just hanging out. Graduation was pretty neat. The candles had a cool effect in the night out on the pavilion. The YAF's weren't random at all!

\* sarcasm \*

I'll miss Doug and even though I don't know Julie as much and Sam, they seem pretty cool especially since Sam's wearing a shoe covah! (shoe cover). They all are pretty tight! (courtesy of Phorest).

Oh yeah, since Julie is way more important, I blame Colin for taking up my sleeping bag last night. (Jsyk - we were ON it, not in it). Yeah, he better come to SAYF retreats from now until SAYMA or we'll just all go to Pennsylvania and drag him to SAYF.

Just kidding! That would be pretty tight though! Can't wait for September.

~ Braden

*Dearest SAYMA,*

*I like you a lot.*

*Best Regards,*

*Delaney*

*ps All you seniors are truly amazing people. I hope we meet again.*

*pps This weekend I learned that even with the help of a lot of really big people I can't get across the wink battlefield.*

*ppps. Thanks to all the big people who tried to help me.*

*pppps I like to swim.*

*ppppps All friendships that I terminated this weekend are now officially unterminated (for the time being).*

SAYFers,

You just don't know how lucky you are. Clearly some of you have an idea. Take advantage of this bond you have created. Reach out & share your love for each other with all SAYFers, those you are close to as well as those you are not. Don't forget to nurture the newbies.

You/we have fun at these retreats but it is more than just fun-fun. It's fun because of the bond you've created via the Light. It's the Light within that binds this Blessed Community.

Hold on to this special connection.

Wow, wow, wow, wow, wow... you know what? Pine-apple!

I will always remember this SAYMA as the one that had semi-good-ish food.

So you know what happens every graduation? I take some time to find the right words, I've got them all worked out on my head, I'm about to say them, and then the YAFs come and snatch the seniors away. So here we go.

Julie: We may not see as much of each other as we should, but we always have a good story to tell everyone when we do. Can't wait to see you at Ragweed, and I hope that you can always be nearby for me to steal your contact solution, or for you to give me directions to the washing machine.

Sam: I gotta get a copy of the George Fox Remix. I've met some Crazy/Awesome/Crazy people in my time, but after what you did to all those bugs last night, I think you may need a new category: Crazy/Awesome/Crazy/Say What/Oh I know you heard me/Bitch plazzzz/HALLA!/HOOHAA/Funner/Awesome.

Doug: Well... Who the hell am I to argue with about what movie to watch!?! I saw the guy who was wearing the pants you wore to graduation before he gave them to the free store. He was some goofy looking fella' with a long, black moustache in a green shirt; I wouldn't worry about it, he was just sitting in the corner scratching himself, he was the type of guy who you look at and say "He's not infected".

Well that's all for now, see you later.

- Phorest

PS. Remember when I said "Well that's all for now"?... I was lying.

PPS. There's a hulla Hoop up in a tree.

PPPS. Alise just said stop writing.

PPPPS. I have now stopped writing.

PPPPPS. PSYCK!

PPPPPPS. Step one, cut a hole in the notebook.

PPPPPPPS. Cupcakes make good candles.

PPPPPPPPS. Dylan, Lincoln wants his face back.

This is the first retreat I have been to in the last couple of months. I liked the dancing and the balancing on those wooden beams. I thought the talent show was awesome and the elves-wizards and giants game was cool and the chain tag was pretty fun and later during the dancing I got beat up by some munchkins. AAAHHH but I still had a great time.

Graduation as usual. It is always sad to see the seniors go but I hope they come back again. This retreat brought some well needed time to chill out. I have a lot to do during the summer and this may end up being one of my last retreats. If so I will miss you all very much.

Aloha,

Pat

*This was my first year if SAYF. I had so much fun. I've been coming to SAYMA for my whole life. I started out in JYM. That was so fun, and now I'm finally in SAYF. I had so much fun playing the different games and activities we did. I think my over all favorite was Wink. It was so fun. I also loved how everyone was so welcoming. I can not wait until the next retreat!*

~ Nick

This retreat feels like the beginning of a wonderful year of the life and evolution of SAYF. Everyone seems very focused and sincere and I feel a strong sense of the growth of community and the desire and ability for greater community spirit to continue to grow.

As we say goodbye to our graduates this year, I see the flowering of leadership blooming around us. We had a great business meeting with a lot of new nurturers coming forward and current Nurturers really flourishing in their roles.

Alise, this year you have gone from being pushed into a role you may not have felt ready for, to shining in it!

Chrissy, I am so proud of the growth and maturity you have shown as a leader.

Ellen, its mind boggling to imagine how much you have to contribute to this community and the world, given where you are at such a young age.

Delaney and Lekey, I am so excited that you will be on Nurturing committee since you have already been actively nurturing the community, and I see both of you taking a major role in the leadership of the future of SAYF. (Delaney don't lose faith in yourself!). I am sorry that you were cheated out of leading intergenerational games.

Thank you so much to all the other nurturers, new nurturers and future nurturers who keep the spirit of SAYF evolving.

I see so many of you in the middle school now, who I can't wait to see taking on the care and nurturing roles of this amazing community.

I love you all old and new, and hope to see you in August and September! ~ Wren.

PS Sam, I wrote a lot in your journal about how special you are, so I won't repeat myself here, but I want to express how much you have brought to this community. Your love, compassion, deep level of understanding and ability to share your understanding with others to help both the community and the individuals within it, have been invaluable to the growth of SAYF over the years you have been a part of it, and you will be missed. I love you.

PPS Kayla, what you wrote about jello was so great it made me cry.

Sorry, one last thing.

All the FAPS that were here this weekend are so great. I love you all more than I can say.

So SAYMA was great. I wasn't able to go to the free store ☹ but I still got some stuff that was outside of the store ☺. I was kinda happy when I got here, but I ended up kinda sad. It was great to see all of the seniors before they left SAYF. There were newbies that were really fun, and I hope to see them again. Shout outs:

Doug - I love you! I wish you the best for the rest of your life.

Sam F. - You and your musical skills will get you far in life. I ♥ U!

Julie - You are gorgeous. I love you and I know no matter what you do you will always come back with a smile on your face.

Bonnie - I wish you were here ☺. I know you will get far in life. You have a beautiful voice and you have a heart that will never be empty of love. I ♥ U!

Christina - You're gorgeous! I ♥ U and I always will. Thank you for always being there for me when I need to talk. And I hope you always will be there.

Alise - From sharing a room with you the day before SAYMA, I feel as if I know you more than ever! I ♥ U and you will always be in my heart.

Samantha - I love you. If you ever need to talk to me, I am always there.

Anglina - Gurl, we have been through a lot together, especially SAYMA. If you ever need to talk I am only a phone call away.

I think I am done.

♥ ya,

Kaitlynn

PS If you haven't signed my jeans or my t-shirt you need to!

PPS that's what she said!

If I'm not here 40 years from now, on this same beautiful campus with the same beautiful people than I had better be dead. Everything about this SAYMA made me understand just how lucky I am. From the sports to the cuddle puddles and the laughter to the hugs, everything added up to make this another memorable gathering. Thank you all.

Love,

Colin

Sam: You have to let me try that chocolate fountain.

Julie: Wren will never know!

Ellen: You have the most beautiful/free personality and it makes me smile.

Michael: You have to come see me in PA.

Madeline: I used to think that you didn't really like me but I think we became much closer this retreat and I'm glad because you are really cool.

Nigel: Keep coming to visit us!

Kofi: You really are a cool dude, and don't you ever forget it.

Everyone else! Too much happened to continue talking about everyone, but if I had the time, I could easily fill a book about how much you all mean to me!!!!

text me up: 814-558-8319

How is it that this SAYMA seemed to fly by even faster than most normal SAYF retreats? Whatever the reason, I don't approve. I felt connected to the community as a whole in a way that I hadn't for a long time. Things felt awfully disjointed at times this year, but I think we're really pulled our community back together again, and it's beautiful to see. I'm not generally a "shout-outs" kind of chick, but I'm feeling led to do some this morning:

Sam Fish - you're so lovely, in & out, through & through. You're going to go such marvelous places in life, I just know it. Hopefully Jo won't disappoint as your-next-in-line, but even so, really nothing can replace your spirit & presence in this community.

Julie - eek, I need to make these briefer. You are GORGEOUS & incredible, and you light my soul on fire like a magnifying glass burns insects w/ the sun.

Doug - I want to meet Dresden, someday. Can we make that happen?

Delaney - you have so much to give this community and the world, it blows my freaking mind. Stay w/ me forever?

Lekey - samesies as above. God, I'm running out of time!

Ellen - so snuggly & so sweet. You are fantastic.

Colin & Michael - grouping you together as one entity does not at all diminish how cool you are separately. I'm just seriously running out of time. You're both such fun, and can we please have our Airplane 2 partaaaay someday?

Alise - you have been such a beautiful constant in the SAYF community for the two years I've been here. And a better payback prank IS coming - be ready, love.

AHH! Too much pressure. I have a lot more to say, but time just ain't permitting. Oh, but super quickly: Bonnie - won't write to much here; just refer to my three page love note in your senior book. To summarize that note, you are so far beyond amazing & gorgeous, I don't even know what to call it. Imma call it Bonnie. I love you babyyyyy.

Boom Done.

Madeline

I think Ian looks badass in that hat and those glasses. Catch me!  
Xavier is so awesome and I just loooove him because he ate ice cream with me and say hi to Ella for me, okey-dokey?  
Daney is like a small, cute ball of fluff that kisses.  
Kofi needs to learn about brain boundaries, but he's still alright for short boys.  
Lekey, I love you so much and I wish we'd hang out more.  
One time my friend's mom said that people should be sparing with their "I love you's", but I disagree.  
Hey Colin, you're gonna write to me while you're being Quakerly w/o us next semester, right, love?  
Kofi, don't kick me.  
I think Alise is tired. ♥♥♥♥♥ for Healing and sleep.  
Michael is a great Wink partner.  
Tim, I am not in any way, shape or form, ignoring you. So yeah, just call me up sometime. After 9 if you want because you get free calls then.  
And marshmallows are good, but the ones you gave us were really dry for some reason.  
Lincoln, I love you.  
Jordan Miron, I don't think you understand how awesome I think you are. You just think I'm weird.  
But that's okay. for now.  
Caty is wearing 2 pairs of glasses. One on her face, and one on her head.  
What's for lunch today?  
I think its cool that Nigel came to spy on us, even though he could possibly be taking back all our secret recipes for oreos and milk, or wink games with YAFs, or effing awesome graduates and graduations or shower parties, or nurturing. I think the exchange idea from Meeting for Business is good. I volunteer.  
Dang, Emanuel, you didn't cut your hair!  
I think Nick is adorable.  
But Emma, you know, you're pretty sweet too, and ticklish. (hehehe).  
Samantha is gorgeous, and Thanks for all your help, whenever.  
Yes, I am avoiding the Graduates.  
Miyoshi, sorry if I'm spelling your name wrong. I really liked rooming with you for the 1<sup>st</sup> night. You're probably a great roommate during the daytime too, but I didn't really experience that. I enjoyed our conversations.  
Elise – IT IS OKAY.  
Colin – You know what I'm talking about, too, don't you?  
Nurturing Committee is really enlarging itself isn't it? It's just kind of opening its mouth up and swallowing people whole. Some of them get spit back out, but that monstrosity of a fluffy thing is growing by the Quaker oats.  
Okay, okay, fine! Sam, Bonnie, Julie, Doug – We love you! Fantastic luck! Extraordinary! Stupendous!  
Ha! Phenomenal! Stellar! Bravo!  
Autumn. whenever I say your name, it makes me wanna say, "Autumnal!" with the "nal" not silent. You are so beautiful.  
Zan, why aren't we friends?  
Joseph.....um.....Joseph.....is here...? What?  
Chrissy is not leaving.  
Hey Lekey, I'll come visit you okay? and Tim.  
I've decided that I really like the YAFs. They were pretty alright.  
Nose.  
This was a super retreat with tasty popsicles. The only thing that would b better is a bonfire @ the next retreat.  
Love and kisses, Ellen! ♥  
PS Thanks to the FAPs.

So I just realized that this was my third SAYMA. Wow. So on Thursday I arrived with my brother and sister, expecting to see virtually no one around, but we did, which was awesome. The query for the opening circle was very simple and allowed me to figure out exactly how I was doing. Friday was great. I really enjoyed the piano workshop and the pool afterwards. I also was able to find my little buddy Sylvan, from JYM and found out that at 7, he's already up my chest and I'm 16 ☺. Saturday was also fun minus the sadness of graduation. Now, all too quickly it is Sunday and sadly we must all leave and go our separate ways. Before we go, I've got some shout-outs:

Delaney: When I get back from my dad's, we need to plan a trip to Narnia, so we can party with fauns and other creatures.

Angelina: You definitely need to come live with me and have tons of fun.

Zan: You putting off getting my candy until on the way here cost me n=my candy!!! And you didn't make the bite mark last either ☹.

Miyoshi: Foot extensions???

Doug: Thanks for coming to Berea and staying for a while. I'm going to miss you at SAYF and can't wait for you to come back to Berea. Anyways, I guess I am done and I will see you all in September. Love,

Autumn

PS Having 5 little kids tackle and tickle you when you're not much bigger than they are is not recommended (or fun).

Weehooooo! First SAYMA under my belt, and it was amazing. Despite the times when people lay on my sleeping bag and pillow, and the time when I had to sit up to roll over, but besides those, it was cool. Black Sheep (aka pw) finally came back after a YEAR of absence, and people I haven't seen for months came back, and with good reason: SAYMA is a beast. Full of fun and cheer and intimidating redheads who draw on my knee (grrrrr....). I can see why people are all excited when SAYMA rolls around. I would say why everything here is amazing in its own right, but there are too many. So, everything was amazing. I'm definitely coming back next year. Shoutouts!

Willamae: O Willamae, how red is your hair, like copper wires attached to your scalp...

Eduardo: I sorry about cheese! If I knew would be gone, I no take as long!

Joseph: Such wonderful skin...

Pho-Pho: You know what they forgot in that "America" song? Shoe covahs. And pineapple.

Xavy: Love yo pink shoemies.

Laneybug: I no mean all these mean things! They just happen!

Bonnie: You should be here!

Seniors: You should not leave!

And more, but the 5 minute mark just passed. See you in September.

Ian

*To me SAYF is like a bowl of Jell-O. It's quirky, fun and can fit into small spaces. It's always moving and if you touch it you can't help but to fall in and be swallowed up by it, and last, its' immeasurably sweet and everyone who tries it loves it.*

*When I started coming to SAYF, I wasn't sure if I would fit in but just like in a bowl of Jell-O I was swallowed up by it and now I feel like part of the community.*

*~ Kayla*

Yet another SAYMA, another year, another adventure in this community. This rtrrat marks my second year coming to SAYF, and probably my 14<sup>th</sup> coming to SAYMA. I think it gets better every time.

I had fun most of this retreat. Getting here really late thanks to my dad wasn't so fun, but after a sort of impatient wait through opening circle, fun times happened. Staying up until like 5 am id so worth it, even if the majority of the conversation went something like this:

Somebody: This pillow/Lekey/blanket smells good!

Everyone else: \* smells pillow/Lekey/blanket \*

Somebody else: Step one...cut a hole in the (insert object here)....

Phorest:.....PINEAPPLE!

At 2 or 3 or 4 in the morning...that is so ridiculously funny.

Let's see.....Them community games were fun. I still think George Fox would have beaten the giants, wizards AND Elves. \* shaggy shaggy \*. And I seriously liked the name-swap game. How did everyone end up as Tim?

Friday night was a lot less exciting, but still not fun to wake up from. Especially when Doug steals your sheet and won't give it back until you go to the kitchen ☹. Maybe that's why I fell asleep in business meeting, waking up only to hear an argument about how far Chattanooga is from Chapel Hill. But after that I managed to stay awake. I went to this cooking workshop, in which cookies were made and lemons got real soft ☺.

Ah, graduation. You are so sad. Especially because this year I actually felt like I kinda knew the graduates. I'll miss y'all.

I don't usually do shout outs (mostly because the word "shoutouts" really bugs me) but here's a shout out for everyone: SAYF: I love you!

♥ Taylor

PS I almost fell asleep at business meeting again this morning. Maybe I shouldn't go to them without some coffee.

PPS The Freestore is my favorite...even if it's hours are fickle. The best thing? It's quite impossible to steal from.

PPPS I love y'all. ♥

AARON, YOUR NASTY LITTLE RAT TAIL IS GOING DOWN. OR, OFF, RATHER. YOU KNOW, AWAY

Just thought you should know.

Much love, Willamae

furthermore.....no, wait, that's it.

Doug, shut up!

Seriously!

Ian, What is it with you and your knees?

OMG Doug! Shut up!!! That means you, Epistle reader.

Alise, you got them bony knees.

god. Knees at this retreat are funky.

I love you all dearly. Sort of. especially the seniors.

Minus/plus doug, because he is reading OUT LOUD over my shoulder.

Hmmm..... Not the best SAYMA obv. reasons. First off, I was tired before I even got here and proceeded to stay up till 2:30. Ya Know? Graduation makes time go Zooming speedy fast! I mean wtf kind of 2 hours was that? I really wish that someone would mop the pavilion. OK, Nuff said, Shoutouts:

Office Max – You make kickass pens.

Xavier – Smells like woatch.

Ph-O-Rest – Still have those jellybeans?

Julie: It's what I got.

Winona: Damn school!

Colin: Your last name sounds BAMF-like. Ya know, like some Swedish UFC fighter. Hans Ulin? tim.....xo

BABS – Why must you take 1/3 of the couch?

Aaron – You would pimp-scrap ANYONE who attempted to cut off your tail.

Sam – you and Colin together 4EVA

Delaney – I feel sorry for your abused-by-Willamae personality! ♥

Willamae – Don't abuse Laney!

Bethany – Your reaction to spiders makes m laugh.

Lek-starr – The free store has some hot dresses.

Therese – Don't ya lov how people say “Threse” and NOT “Ter-e-sa” like it is. You be coo;

Emmanuel – Huber-freely

Lincoln – was shot dead.

Max/George – oranges are fun to kill. with a knife.

Chrissy you do stretches funny.

Ellen – Have a kid, cause you'd b the best MOM EVER.

Kinky Linky

PS1/2 look up “Grandma got run over by a reindeer” to see Doug @ his cutesy.

PS Who wants to join Pen 15?

PPS Yeah, Moar post-scripts.

PPPS What'd I tell yah?

PPPPS see?

PPPPPS K1 that's all.

Why does piglet smell bad?

Cause he plays with pooh!

UPS (uber post script)

This Sayma was really awesome. I'm determined not to write much but I still have to fit it in haha. that's what she said. lol. I will miss the grads so much especially doug. My dear dear dad DDD. This epistle is turning way cheesy. But the point is, this great reunion of good friends mans so much to me and I am so blessed to see all of you!

~ Angelina

PS I ♥ SAYMA

PPS SAYMA ♥'s me.

PPPS I ♥ you.

PPPPS You ♥ me.

PPPPPS We ALL LOVE EACH OTHER.

Awesome

Nice

Gorgeous

Elegant

Lean

Independent

Neat

Amazing

Delicious

Eggplant

Lucious

Awesome

Nice

Yummy

