

Southern Appalachian Young Friends Epistle
Atlanta Meetinghouse January 15-17, 2010

Retreat #6 is over with and it was a really good retreat. The storytelling activities were pretty fun. I did an improv workshop with an awesome group of SAYFers, Aaron and Kofi's mom. She was cool.

Oh look, it's Colin! Ahhh! It was so unexpected and so surprising....even with the beard. I met peoples and saw peoples. Like Charlie (not the unicorn or the one who bit me), Flannery, Orianna, BEST FRIENDS Emily and Alise, PhoPho, Ellen, Elise, Madeline, Ansley, D-Ray, Nick Wells, Kama, Emanuel, Angelina, Emma, Chrissy, Santha, Kaitlynn (that's what I said), Savanna, the 'essas' the list of like 50ish teens is gonna go into Loll, so I'll conclude it with the lovely everybody of SAYF (FAPs included).

*Wink was okay this time * grumble * Team D * grumble * Love you Laney....just not your body guard system. It ruined the game pretty much...and yes, I lost the game. Hate me for it on Facebook.*

I can add a few more teens like Rivers, Paola, Micala, Zan, Lauren, Michael, Joseph-squared, Dylan-squared, etc.

Man, the next retreat is in March and in Berea. Yay! I get to travel two whole minutes. It'll be SO LONG! (That's what she said).

That's pretty much it.

Signed, that One Guy

PS Yep! ♥ ☺

PPS DeLaney will always be my Courduroy...if Charlie and Madeline allow it!

PS-cubed I have gymnast feet from tumbling uberly in the main room, yeah. I need my back handspring. Cartwheels get boring after about, I don't know, 13 years?

Ansley – bonding experience with Mac & cheese and more Grave Robbers! XD

I was super glad after two months to finally get to see all you lovely sayfers. I was especially glad to see some of my close friends. Friday night was fun. I had a great time catching up with people. Oh and I got into fights with Tessa and Ian in which I won most of the fights except against Ian. I got very little sleep because I was with the loud group of people being constantly shushed. Saturday was great too because I thoroughly enjoyed the nonverbal story telling activity. I would love to thank everyone who helped make the meals, they were all delicious. Saturday was fairly nice except I got slapped in the eye but it was okay because I was having fun. Too tired to think of more But I love you all.

~Tim

PS Sleeping arrangements on Saturday were great, and oh yeah, Gressa isn't so great at the helicopter game but if you aren't careful she might beat you at air hockey.

This SAYF retreat was really fun. I learned how to do a cartwheel. Again. Also I thought the chicken nuggets dinner was a pretty cool idea. Ummm.... Oh ya I met Carson too. Kinda. I knew her a while ago. Also the Lucky Charms were good like always!

- Nick

So this SAYF was, as always, amazing. I have no random and/or obscene inside joke to write about and confuse the hell out of the non-sayfer reading this (cept for jerkin but that's so September 2009) which is mildly disappointing, but okay. I got to see two of my wives (Elise and Autumn, I love you guys) but Heather and Miyoshi were missing for some reason. Me and Braden bonded over making mac & cheese and I learned that I can cook (which is good because now, according to my uncle, I can get a man).

I got to play Grave Robber and lay on top of people. There were a lot of newbies and people I didn't know this time and I think I freaked some of them out a little. Oh and thanks to Lekey I'm now a huge fan of Sublime or at least the date rape song. So I love you all and I will shut up now.

~ Ansley

In starting this epistle, every sentence I have thought through sounds like my eulogy. This is silly – I'm not graduating, but many would not know if I had which is pretty ok I suppose. – I'm tired. What am I writing? Joseph, thank you for coming, even if you didn't particularly want to and indeed, still do not wish to be here. We have, after all, known each other for fourteen years. It is embarrassing that we have so little to talk about. Jordan – Thanks for making awkward conversation with me on Saturday night. I feel like this happens a lot. Maybe next time I won't be so judgey. Delaney – thanks for nothing buttface.

W.B.B.

This retreat was ok. It was full of a lot of lovin people just like it should. I was happy to come to SAYF to get away from drama at school and at home, but I end up having some here too. The yoga was really the only thing that calmed me, and talking to my sister. Later that night there was a dance party in the 'ba room' which was fun even if you didn't dance.

ShoutOuts!

- ❖ *Xavier – I missed you tons (:*
- ❖ *Jacob – "party in the back room!!"*
- ❖ *Christina – I love you and I'm here if you want to talk.*
- ❖ *Kama – happy Kama = yay!*
- ❖ *Rivers & Christina – no tickling!!*

But as always, the retreat has come to an end.

I love you all lots!

Kaitlynn Tippin ♥ ♥

Dear sayf,

Thanks for letting me have the time of my life. I love yaw so so much and thanks to all the alsom faps. Yaw were great! And thanks Jack for making this fun!

Love, Carson B

10 things I loved about this sayf

1. Drum circles/singing
2. Dorks with electronics
3. Dance party and water fight in the rain on the playground
4. Watching cute small people dance together
5. Not getting up when the small kid tells us to.
6. Getting smelled, a lot....Ahem! Zan...
7. Powdered lemonade + Goldfish
8. Getting totally freaked out when the train comes under us at night, or thinking it's thunder every time.
9. Jacob & Forest, down& dirty during improve games.
10. tickle fights.

I had a great time.

Tessa

PS. HI IAN!! HI!!!

Tim! I'm very mad at you, because you took my shirt and filled my pocket with goldfish. I'm going to fill your pants with coffee now.

Xavier...Where are you?

I hope you don't mind we remixed your song. The PhoPho, D-Ray, and rah-reh, Window remix will be on facebook real soon.

Wink was fun, but it was more painful than the first time I played, but fun as always.

Now that we have a rule about P.P.P.P.P.P.P.P.Sing, I will now say all the random stuff I would say.

My school is getting off winter break when I get back, I've been out for a month and my handwriting got worse.

Colin=Jesus

Goldfish crumbs!?!?

When Rivers and I have a baby it will be called 'wilderness'.

WINDOW!!!

Savior PhoPho?....no

Axe Fight!

- The End

-Phorest

What a joy to be part of the SAYF community again. It's great to see it thriving and growing. I especially liked seeing how the old timers nurture the newbies. Thank you for keeping the tradition alive and going strong.

- Robin

I feel like there were so many attempts at napping yet so little sleep was actually acquired. The rain should've been snow, had the weather decided to follow Atlanta January retreat tradition. This retreat was very lazy, like an old, fat cat (probably Colin's cat), but in a cozy way. Lauren & I are so much cuter than the cutlery drawer, but they continue to deny it. This retreat in a nutshell: nose kisses, yoga love (and a little gansta luv, too), storytime, tator tots and nuggets, not enough sleep but soooooo very much snuggling...oh, and tomatoes.

Been away too long,
Madeline

Dear January SAYF retreat,

You were very nice though cold. If you're going to be so cold, you should go ahead and snow. I like nose kisses (with Madeline specifically), cutlery drawers, big strong people who help me play wink, improve, teddy bears with missing buttons, cleaning up unknown liquid in the boy's bathroom, vinyl homecoming dresses, finding my soul snuggler (this being Charlie. I just made up the term soul snuggler, do you like it? I do.), Willamae's face, creepy uncles and so on and so forth.

I love you all.
Until we meet again,
Delaney

Wow, what a crowd. This was great having sooo many SAYFers. I hope it's a sign of what's to come. And the meeting for business and the meetings for worship were full and spiritual. I know Gary would have appreciated all that was said. You continue to grow as a group and as individuals. It's so nice seeing you all blossom.

Chuck

This retreat helped bring my mind in focus. It is so easy to feel lost in busyness. I am thankful for the comfort that came from hearing about Gary's death in the place where I met him. I really wanted to get to know him better.

I loved talking, making peace cranes, listening, Samantha's stories that go nowhere, teasing Aaron about cutting off his rat tail, learning about beards from Mark and Epistles.

Dear SAYF Friends,

Thank all of you for an enjoyable weekend. I was so happy to see each of you.

The memorial for Gary was especially helpful to me. Gary was a dear Friend who I miss very much. He did a lot for our SAYF community.

This was a large retreat and I appreciate all the cooperation of everyone here.

Love,
Ceal

Even though every SAYF I've gone to is amazing, I have to say that this one has been the best, From the car ride to Atlanta to me writing this, I have been enjoying myself to no end. The newbies here are awesome. I hope you all come again. The people in this community are so loving, and I think the world would be a much better place if it were like it here every where. I am extremely, endlessly excited for the next retreat, and seeing you all again. Love, Oriana.

Shoutouts:

Emma – You are the most amazing friend ever! I love you to death, you and your awesome jacket. You are also a crazy BS/speed player.

Carson: You are so cute! If I weren't on the other side of the room I would be begging on my hands and knees for you to come back.

Autumn: You're awesome. I love you. End of story.

Joe: I am so glad you came back and I got to meet you. You are so cool.

OK we're reading, so I'm going to stop. I love each and every one of you to the end of time.

New faces remind me I was once a newbie

Old faces remind me we don't have forever

Everything reminds me how much I love you all.

It was fun learning the five steps to being Jacob with Emily. It was fun talking fun-fact exchanging with Ellen. It was fun-ish being complimented to death and eating carrots instead of playing Wink. It was really great to remember Gary the way that we did.

There were soooooo many hats this retreat... It's just ridiculous. It was fun watching Tessa take down Tim over and over and over again, even though I totes don't approve of violence.

Love and caffienation,

Lekey

P.S. Sometimes when you're talking to certain bearded Chapel-Hillians, their pants fall off. It's hilarious. Keep an eye out, it might happen again.

What a lovely query for candle circle! I remembered stories that I had forgotten about and the ones I did remember, I appreciated all the more.... And I think that from now on, when ever I hear any Dr. Seuss story, I will have a wonderful picture in my head of Alise reading it to us with a sweet, sweet smile.

Thanks for a nice weekend.

Therese

Smile and frown, sunshine and clouds, love and hate, hit and hug. It was so powerful to see the acting of these images.

Thank you friends for the beautiful weekend together.

Mari

HI GUYS!!!

Mmmm...Interesting book you have there Emily...entertaining. My sister right before going to sayf: Muauh I DON'T WANNA GO!!!! And so far I've been really random. And yes Zan, I STILL played wink even though I have a lip that has a little "X" marks on the inside, courtesy of my braces and a chair. @ this retreat, I felt like I got to know everybody a lot better. And no matter how many truckloads of Lucky Charms you bring, there will NEVER BE Enough. This is boring, so Imma pull an old faithful with shoutouts.

Zan – Don't worry, I still love you with a burning passion.

Cody – Nice story about the jacket.

Ian – You can't see an invisible ninja can you>

Gressa – (Forget) zippers. Velcro is better!

Tessa – 1,3,5,7. The magical tickle bunny will get you!!!

Pho – I may be your lucky charm, but I'm not a marshmallow.

Therese- -Let Brian drive and we won't have to pay \$200.

This is such a big retreat and I didn't get to hang out whit y'all...That's why sayf needs to happen for a week, not a week-end.

I'm done...

Lincoln

PS Get on facebook, find the group Team D, and BE a fan!

Two whole cars. Gary. Storytelling! Snickerdoodles from Nicole so appreciated. What an epic nap. Nice Delaney cuddle (but brief).

Normally, I do not do shoutouts, but I'm breaking out of that habit today.

Lekey: I really, really enjoyed our conversation last night. Can we do that every retreat?

Funfact: I like windows.

Ian: We did not talk much this retreat. Only about pterodactyls & animal noises & wink.

I feel like there's usually a conversation about academic team some where, so I need that email.

Charlie: You're such a cool newbie! I had so much fun with you; can we picnic together sometime?

Annie: dear wife, I missed you so much. I am counting on you to be healthy & very present at the February Nurturing retreat.

Miyoshi: You were not here either, and I was really looking forward to seeing you. So I am planning for us to be roommates @ SAYMA again, if that's okay, just in case I never get to see/talk to you. ♥

Love, Love, Hugs,

Ellen!

Every time I come to SAYF, I learn and grow spiritually. I leave exhausted, but spending time with you is more than worth my energy. I loved the creative presentation of SAYF's values and Alise and Emily's story reading. The performances with the stories were rad. Thank you Friends. All my sweet, sweet Quaka lovin, Nicole

This has title-
Epistles

People start reading
Eyes begin closing slowly
They'll come in the mail.

The name should be changed.
We shouldn't have haiku wars;
Haiku consensus.

Men in red dresses
Or just women with sideburns?
So hard to decide.

Maybe it is both...
Oh god! What a bad image!
Nonononono!

The lack of sleep is
Catching up to you Ian.
Handwriting gets worse.

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First five syllables,
Then write seven syllables
Then just five again.

I know, Ms. Lekey.
I've done this for a long time.
Before you were born.

You thupid baby
Writing alla dem haikus
You makin us sick.

Man, this is so cool.
Writing haikus with SAYFers.
Heck, we are so cool.

*Someone didn't get
Enough sleep, huh Ian boy?
'cept those in Early.*

*What made you notice?
The red eyes or the closed (1 syllable) ones?
Oh look – butterflies!*

*Time is running out!
All you base arebe (1 syllable) long to us!
Quickly, make your time!*

*Oh my god the stress!
Writing hyper speed haiku
Five-seven-five bitch!*

*Oh God why so hard
Thoughts spilling out of my head
With nopunctuation*

*Haiku to the max
Why never enough room for
All people at SAYF?!?*

*There are 59
Lovely people in this room.
Maybe less or more.*

*We should wrap this up;
We are running out of time.
This should be our last.*

*It is.
Much, much love –
Lekey ♥
Ian*

D-Ray

This weekend was definitely a good one but different than the usual SAYF. A little more serious. It kind of seemed like we were reviewing rules & regulations for a little while. But I still had a good time.

-D-Ray

R-Munny

This was a different weekend. This was my third retreat and it was fun. It was kind of a sad atmosphere because everyone seemed sad. I had fun wit all mah peeps. It's sad to think I won't be back till June. I'm sad because of that and I'm sure others are sad too.

Till next time,

Dr. R-Munny

Mah peeps:

Zan: My Zebra

Pho-Pho: You're like an ocean

D-Ray: Yup

Lekey: I really really love you...a lot. Your eyes are shiny.

Emily: Kiminem and Eminem

Because this atmosphere is Sad! There be some haikus written

D-Ray

PhoPho no haiku

Makes me sad but not to sad

Refrigerator.

R-Munny

D-Ray is bunny

He makes me laugh funny

I miss my mother

D-Ray

This retreat was good

Tickle fights, back rubs, hugs all good

Friends are inspiring

R-Munny

Zan is a zebra

Kiminem and Eminem

Hello River s.

D-Ray

Last one was stretched Rivers

So I will stretch one too

New window was saad.

But I'm the coolest so its ok.

Zsizzle (Zan)

Not really sure if the retreat was worth coming for. RMoney, I love you too man. Lookin forward to lunch class. I'm goin to give you pink eye Chris.

This is the title of this epistle (yes, it has a title), which will be read three times. This is the first line of said epistle. This is the second line of said epistle. This sentence informs you that the author of this epistle will be referred to as "I" throughout this epistle. This sentence tells you that the ride down here was long and loud. This sentence is saying that it was amazing to see everyone again. For those who haven't figured it out, this sentence tells us that this is a self-referential epistle. The purpose of this sentence is to say that silent storytelling was cool. This is the title of this epistle (yes, it has a title), which will be read three times. This sentence wishes to inform you that the improve workshop was the best thing ever, and that it is too big for Nicholas. This sentence says that wink was cool and fun and that Team D is the best thing ever. This sentence expresses my heartfelt feelings of soul-rending sorrow that this retreat is almost over. This sentence's purpose in life is to tell you that this self-referentiality will be discontinued for shoutouts:

Rivers: I do not need!

Zan: A microphone!

Lekey: We did it! No death for the Lekkster.

Charlie: You're cool. Come back.

Laney: You make such a cute bear!

Angelina: You're so tiny! I still can't get over it!

This is the title of this epistle (yes, it has a title), which will be read three times.

Tessa: Not Gressa!

Gressa: Not Tessa!

This sentence informs you that self-referentiality is being turned back on. This is the next to next last sentence, which tells you that you are cool. This is the next to last sentence, which wishes you good bye and says my name is Ian. This is the last sentence of this epistle. This sentence says that the last three sentences lied and that this is the last sentence and says "Pterodactyl" to Ellen and tells Madeline that I love her feet.

My first retreat. I came with Friendly anticipation as well as some worry and concern. Would I be up to the task of enjoying so many awesome SAYFers at one time? I did enjoy the retreat and the opportunity to meet new people of all ages from around the YM. It was a good experience for me.

Watching the SAYFers run their community inspired my admiration. Thank you for including me. I look forward to the next gathering in which I am a FAP – whenever it may be.

Carla Askonsas

Limeric Time!

There was once a man named Jacob
he really like wearing makeup
one day he wanted to wear a dress named Jacob
The dress was red
When it saw Jacob he wanted to go to bed
But Jacob wanted to wear a dress named Jacob.

By Flannery Williams