

**On the weekend of September 18-20, 2009 Southern Appalachian Young Friends met at the Atlanta Meetinghouse for the first retreat of the new year. This is their witness; this is their story:**

This weekend I will never forget.... like how we Jerked in the parking lot while it was raining. Or how we fit 21 people on 2 couches. That was hard, I sat on 1 person and someone sat on me. It ended up the girl I sat on had 3 people on her; you could only see the top of her head. Also we played wink. One of the hardest games ever. I only got 2 rug burns, not bad. But like I said, this was an awesome weekend, full of meeting new people, making friends, hugs, laughter, silliness; it was all there in 1 weekend. And all the newbies were super cool.

PS The window song was awesome too.

from Flannery Williams.

So this weekend was pretty awesome. I actually got a decent amount of sleep!!! I loved seeing everyone after 3 months withdrawal, and as always the community really gave me the boost of happiness that I needed.

Shout-outs!

Zan: Your teeth cut my hand.

Kama: I'm glad you came. I had missed you bunches.

Emanuel: Maybe next time you won't have a stupid drivers ed class over the weekend & you can come!

Angelina: I missed you!!!

Xavier: WINDOW!!!

Anyways, the time as once again come for us to depart & go our separate ways. Hopefully I will see you all next month.

Love and kisses,

Autumn

PS Bethany misses all of you.

*Rain makes everything beautiful, worshipful and slippery. There aren't enough words for how much each of you mean to me, including - ESPECIALLY \_ newbs.*

*There's so much that could b said, but caffeine has stopped taking an effect on me.*

*Hope your retreat was as excellent as mine. If it wasn't, next time come find me and we'll work on that.*

*I loooove you all dearly,*

*Lekey*

*PS Delaney it makes no sense that you are gone and you missed SOOOOOO much. Probably almost as much as I missed you. Next retreat I'm not buying it if you say you're going to "November fest".*

*Love.*

This weekend was a lot of fun. It was my first time coming to SAYF and I was open to doing what Quakers did. I really enjoyed myself. Everyone is so loving and I love hugs so the hugs were great. My favorite thing to do was play Wink and hang out with the people here. I'm very happy that I came and got to experience this. It's an experience I will never forget. I hold these people in my heart!

Chantal

So yeah, my third SAYF was just like Nashville and SAYMA.....TIGHT! I've definitely grown as who I am as a Quaker. I've realized that I can be a mixture of different things and it's okay. I loved seeing AFM. The main meeting room is beautiful with skylight and the ....windows! Oh yeah, I also learned how to jerk (dance move, not sexual activity). It was fun.

I saw a lot of peeps from SAYMA and even met a few. I really wish the Huber-Feely's cam because when they are gone, it feels like a part of SAYF is gone. I'll hope to see them in Asheville (which will be my third time going to that area this year). Cool!

So shout outs to my BEST FRIENDS Alise and Emily, Xavier, Jacob, Stinzlicious, SANtha, Kaitlynn (hope your dad's recovery goes well), to Phorest, Kama, and Zan (who left already because they're just....not....nice), to Elise and Ellen (whom I survived Nicole's house with), Nicole, Kofi (keep it tight), Jordan, Kayla, Emma, Ansley, Miyoshi, Orianna, Jenna, the Joseph's, every other SAYFer basically because you are all amazing. Yes Willamae that means you too, to Nicole for being a beast at wink, and to my Berea SAYFer, especially Heather for surviving her first game of wink.

I will miss you all until 3 weeks and 5 days from now (yes I counted). So yah, 18<sup>th</sup>, that one guy!

PS Why did Doug have to be a jerk and graduate?

PPS I'll miss Jesus.

PPPS Pine-a-pple

PPPPS Man, we need to revive In the Can soon!

*Dear Friends,*

*I didn't think I could write this morning. I feel so worried about my daughter and her husband after their crash last night. I am struggling to leave this all in the hands of God.*

*But I have to tell all of you how wonderful you were this weekend. So many young people cooperating together was great to see. This seemed such an easy weekend for the FAPs.*

*The Atlanta Planning Committee did a fantastic job of setting up, keeping us on schedule and making the best of things in all the rain. This felt like a wonderful community this weekend.*

*Love,*

*Ceal/Grammy*

Rainy retreat

Hugs

Piano playing

yummy cake

feeling loved and held in the light

deep silence

remembering past Sayfers

having Nicole return to SAYF

new friends

deepening friendships

looking forward to Aaron loosing his rat tail

Wyndow

This was an interesting retreat. I don't know how many epistles I've started with this line, but all of them are.

The ride down didn't seem like 7 hours. It was a good ride though. I showed everyone how humerous Back in Black is when sped up. Including the driver.

Man! Noobs! It's been so long since I was a noob, but I remember it clearly. I hope you feel as welcome as I did my first retreat way back when.

Talk about a good retreat! From massages, to that BAMP Wink game to Window (W-I-N-D-O-W!), Birdfight, and Stuck in Your Eyes, twas good. That's a nice word, twas.

Twas, twas, twas, twas, twas, twas, twas. Now, whoever's reading this, wasn't that fun! Oh yeah! Almost as fun as a Manwich, the single best sandwich EVER! I can show you after epistles, if you haven't seen it.

Shoutouts!

Ellen: Tickly hair of Tim + hole in knee of Tim + Xavy's shoelace + kindness of Lawe = Turning Violet Potion!

Xavy: Window!

Phorest: Manwich, a la mode, on the rocks. Awesome.

Tim: Waooooooooooh!

Joseph: Crunk!

Joseph: Lame!\*

Annie: Lame!\*

Laney: Lame!\*

Leah: Lame!\*

Angelina: Lame!\*

All other persons gone AWOL: Lame!\*

Lekey: Tom Waits FTW!

Heather: You know what's weirder than tear ducts in yo nose? Eystalks where arms and hands should be, arms/hands sprouting out of your neck, and the rest of your face on your palms.

I might not be able to make the next retreat. I probably have a play that weekend, which I can't skip out on.

See ya'll later,

Ian

\* Lame for not being here.

See ya next time, Ho's!

- Phorest

I was worried, at first that I wouldn't be included – I'm a newbie and I only knew three people coming into this. This worry was unfounded. I came here and within an hour I was duct-taping people to the ground and piling onto couches with 20 other people. The community here made everything feel natural. –Ansley Steinhice.

Hey Delaney!

You should be at SAYF. But instead you are at Oktoberfest. IN SEPTEMBER.

f. you. ♥ Willamae

Emma: SAYF  
Ori: Pretty much  
Emma: Awesomeness  
Ori: W-I-N-D-O-W Window!  
E: Dance in the rain, Jerk.  
O: You a jerk!  
E: And I ♥ you!  
O: And so does Jesus. He just said so.  
E: massages \* Bam \*  
O: Emma, do I have permission to – gasp- touch you?  
E: Oh yeah!  
O: You know, that sentence didn't really give me anything to work with.  
E: shut up! ~ 678-9998212  
O: Oooh Yeah! We (Joseph) hung up on Soulja Bot!  
E: What then son, What then?  
O: que?  
E: no hablo espanol?  
O: I noticed. Yo sí hablo español. PWN!  
E: pho-get-U!  
O: I love you, you love me, we're a happy family!  
E: Don't you diss my elmo!  
O: with a great big hug....  
E: Da da da da, da da da da, ELMOS WORLD!  
O: I can't believe they made the cookie monsta in2 the veggie monster.  
E: What does that have to do with anything, you tired o something?  
O: No, staying up till 3/2:30 does NOT make me tired!  
E: hey tay tay! ~ don't look at me like that! You think I'm crazy o something?  
O: Dudette, we knows you crazy o something.  
E: OMG! this is SUPER LONG! We should duct tape it to the floor!  
O: just like kinky linky!  
E: YAY!  
O: y rug burn hurts like nobody's business.  
E: but that's ok.....We love you SAYF

♥ ~ Ori

& mma

PS seenester.....

PPS Lauren is a wonderful masoose.

*This retreat was okay other than the bad news I received Saturday night. Wink was fun. I eventually ended up with carpet-burn on my knees. Hanging out with a bunch of people outside♥ to watch Xavier and Jacob 'jerk' was fun. In all, I enjoyed being able to come.*

♥ Kaitlynn Tippin

Really great weekend. I especially enjoyed the yoga and masseuse workshops. The talk about El Salvador was interesting. The walk in the rain was lots of fun & as usual being with all of you made the time totally worth it. I look forward to Asheville already and the many other SAYF retreats this year as well.

Love ya all  
Chuck

Lincoln SEZ HHI

~ Lincoln

PS BIRD FITE

PPS Yew think this is funny this ain't no joke... Why you talking so long wu it refillin mah Coke!?

PPPS Xavier...you ain't gone platinum. You gone plutonium.

BUT WAIT!

There's MOAR!

PPPPS JERK

PPPPPS Kofi, they're 8-10 feet long.

*So I somewhat learned how to jerk.... but I can't get passed 2.*

*Jacob- We should def have a parking lot party next time.*

*Joseph - I love how you jerk.*

*Jenna + Chanty – Thanks for coming, hope you liked it.*

*MMMM. I'm sleepy.*

*Stay beautiful,*

*Christina Rex*

*PS! Whoever didn't go when they said who loves stinalicious, you fail! That should have been a bread basket!*

*Oh. pray for my daddy & Amy. love you all.*

Hi. Wow It's been a very long time for me. I graduated SAYF 2 years ago. It seems like a lifetime. It was great to see everyone again. If y'all need to contact the Nate my email is [camaroson88@yahoo.com](mailto:camaroson88@yahoo.com).

love yall.

love, Nate

PS I want waffles.

## A Poem for SAYF

SAYF is a retreat  
a place to get away  
it's a place with too much love (impossible)  
a place I'd like to stay.  
But there's only one a month  
it's a special weekend away. 'A weekend with no worries  
just a weekend with jerk & wink play.  
- Jacob

### Highlights of the retreat:

Friday night/Saturday morning with Lauren, Kofi, and Joseph. Goldfish. That's what she said. Tea.

Being the Golden Goddess. I love Ian.

Soothing and stimulating during massage workshop.

Learning how to play C-scale and what the notes on the piano are with Oriana as my lovely, able teacher.

Ansley is my Newbie.

Thank you. Love, Ellen

Sometimes being involved in a community where we believe that everyone has an equal share of the wisdom, and that any authority is only what's granted by all of us and is temporary, it can feel all helter-skelter and raggedy and frustrating to get anywhere and keep it together. Sometimes it takes a lot of patience and doubt.

But often if we can sit/run/splash/sing/eat/jump/jerk/wink together in silence – or noise- it turns out to be the best thing that ever was.

Don't give us people with answers, great spirit, give us questioners with questions!

George O.

Wowiee So you guys wanna know an interesting fact, I'm gonna be the next best Indie artist Ever.... that wasn't my interesting fact, the REAL fact is.....this time last year was my first sayf true stuff, crazy right? This sayf was one of the best thus far. I think Indie Jerk is gonna be the next hot thing. much love, Xavier

**BUT WAIT THERE'S MORE!!!!**

**WINDOWWWWW!!!**

My cd will be free to all sayfers..... (tips. required)

and be lookin for the music videos of Bird fight, Window and Stuck in your eye. More vids to come next month/ Promise.

Peace

..... Jerkinnnnnnnnnnnnn

My weekend

This was my first retreat I have ever gone on. I really liked it, everyone was really nice and welcoming.

I had a really good time!!

I think wink was the best part and making friends.

Jenna Jenson

This weekend was as I expected, physically exhausting, but also mentally and spiritually renewing. Young Friends fill me with awe, faith, and so much love.

All my sweet sweet Quaka lovin,'

Nicole

PS I enjoyed George's lively explanation of how meal clean-up is done.

This retreat for me was mainly about soul searching. For most of the weekend I was off... doin my own thing trying to find th answers to my struggles. Mary Ann said the best advice you can get is the advice you give to yourself. She was right. I really found some of myself. I love being here.

Lauren

Tom Waits = Awesome. Vouch, Big in Japan.

*Oh man, he is like...OMG.*

Dear God, yes. When you slow Beatles, Jack White and Buckwheat Boyz down, they sound like Tom Waits. It's like a sign from God.

*Has it occurred to you, that maybe, Tom Waits might be God?*

Yes. I think he is. He's sending signs from himself, to make everyone sound like him when slowed down. A genius, that man is.

*Wow.*

Yeah.

*So, when Quakers talk about listening to God, do that mean ITS JAMMIN TIME?*

I sure hope so, or else I've been missing something all these years.

*It makes sense really. His tunes be divine messages. OH MY GOD (Tom Waits). That means the inner light is.....*

A Filipino Box Spring Hog.

*Praise God. Tom Waits. Amen.*

Signed, Hoist That Rag

*Big in Japan*