

**On the weekend of November 7 - 9, 2008 Southern Appalachian Young Friends met at the W. Knoxville Meetinghouse for a retreat on the theme of looking deeper. This is our message, this is our story:**

And so another retreat comes to an end. I laughed, I cried, I was smothered by pillows. I've enjoyed this retreat greatly especially wink, business meeting and best of all CAKE (shout out). Manacle laughter.

Knoxville retreats are generally my favorite. I've seen old Friends met new ones and generally have enjoyed myself and I hope I have been at least some what helpful.

Signing off +Patrex

*I think this was really good retreat. A couple of the activities were kinda cool and so was wink! It was cool to see peeps like Lekey & stuff who hadn't been here for the past retreat.*

*Wink was fun because even though there were not a lot of people playing, I wasn't stuck with the same person the whole game. Cool thing.*

*Sayf is awesome and so are sayfers! I'm really having a hard time thinking about what to write, so bye till January!*

*Taro*

This is Emmanueline of November 9, 2008. I have a good time to say Good Morning for everyone. I am very happy and I am very happy because I see many young friends at friend meeting in Knoxville. I see everything funny. I like this group because something is very funny. Elise I like you very much because you so very nice girl, you so very good girl and your sister. I know the sentence God say love them like God love everybody and I know another one God say who is the children say I need fish and get give the children a snack. I know this group is so funny because I see one boy ho so funny and he like play very much. Thanks very much. God bless everyone!!!!

My name is Rose. I have a good time to say hey to everybody. I am feel happy because I see something is very good. Thanks for this groups like young peoples. bye everyone. God bless everybody. I love will!!!!

Okay, I haven't been to SAYF since SAYMA, and to be honest I was kinda afraid to come back, But I'm so glad I did!! I really missed you guys! and I ♥ the newbies!!! Cody is adorable and Zan makes a pretty Chinese girl ^.^ Samantha ...;D and my phone vibrates too loud! >:P but anyways...I always ♥ coming to this retreat although this is only my 2nd time, but it's gorgeous, especially in Fall. And I also ♥ the tire swing, it's so fun and relaxing, but it's also scary cause you almost hit the trees it's tied to. My hand hurts so I'm gonna stop writing but I ♥ U & can't wait 'till the January retreat! XD

Love, Bethany

PS We're going to need a silver spoon.

PPS Michael, you never did get that picture! muahaha! =D

Dear Sayf,  
I love you.

For some reason I always fel like starting my epistle with "Dear Sayf" so now I have. Yeah, this was an okay retreat. It was fun to be a planner, but I think I like not being a planner better. Or just planning & not leading anything. That would be okay. I did have fun making the schedules though.....

Waah space out. (I tend to do that when I'm tired...) I didn't get sufficient sleep (duh) so I'm really spacey right now....

Lekey, I'm glad you came this time...and thanks for talking to me a lot. I miss you!

I hope people liked our cake.

The cold ground is a strange place for a cuddle pile.

Fall leaves are so pretty when thy rain from the sky.

Laney is cute.

Happy Birthday Lincoln!

Me & Lekey have a talent, and that is phunk-ifying Piano Songs.

Autumn has an awesome haircut & Terra should be a hairstylist.

Ian is creepy...But that's ok.

The cheese has been embraced.

YOGURT!

I'm glad we had enough lunchmeat this time.

I can't think of anything else.....

So I bid adieu to you all. Ian, I forgive you for knee-ing me in the head. I will see you all in January.

♥ Love

Taylor

(Teehee, no PS!)

*Julie, bonnie, Sophie, Xavier, Leah, Dex, Annie, Willamae and all the other great, but lame sayfers who missed this retreat...you missed a lot & ur real lame. Well, this was a great retreat all and all. I really don't know what to write.*

♥ + sayf =happiness forever

The autumn sun shining through yellow and orange maple leaves...the getting to know new Friends....the flying of Chuck's kite on winds so high... the smile of Laura out of a pile of leaves....the good spirit of all the teens....these are a few of my favorite things from the weekend with SAYFers and FAPs

Dick

This retreat was ok. I was sick so it sucked, but awesome people were here, so it was cool. But to much video game like things were being played. So, it was okay.

- Zan

Dis retreat was fun.

- Nia

Okay, so this was my first sayf retreat and I absolutely loved it! It was so much fun! And for once to be surrounded by people who aren't afraid to be themselves! Oh and that voted for Obama . or would have if they are old enough! At my school practically everybody is for McCain and they are all talking bad about Obama! That gets on my nerves a lot! Okay so as soon as I got her I was really tired because I had just been sleeping in the car. I sort of felt left out but then I was like "Hey, I don't think so!" And once I did that I was all happy! Oh and I found my long lost sayf family!

Doug: father

Stella: Mother

Sam & Chrissy: Other mothers

Ian: Uncle

Elise: I ♥ you Sister

Terra: Sister, best friend! everything she is.

Beth You're my Chinese doll okay?

I love my sayf friends,

Love,

Angelina

PS peace and love to everyone!

*Scooby Snacks, Scooby Snacks,*

*Scooby Snacks, Scooby Snacks.*

*You know what was great about this retreat?...That game of wink that we played. I didn't get totally beat up, because, except for Ian, there were no tall people with a lot of muscle climbing on top of me.*

*I think that the Knoxville retreat is always my favorite, but they need to get a new carpet, like the floor in Atlanta, you know, soft....and silky smooth!*

*Oh! And I really liked how we went without saying "Don't be donut!...Be a croissant"...Oh, oops....sorry Alise.*

*Oh Boy! Singing with 'Ginger Mike' rockin' the key board! Making hymns into rock songs is fun! You probably heard us during the baseline..... Scooby Snacks, Scooby Snacks, Scooby Snacks, Scooby Snacks.*

*...I think SAYF needs more bananas.*

*I'm out!*

*Phorest*

*(PhoPho like moro)*

*PS Hmmm.... never mind.*

*PPS For good luck, rub Michael's smooth leg. It's the one on the left.*

*PPPS I have to go now. I'm meeting Frank & Joey on th Happy Highway at 4:00.*

*FRANK + JOEY = SAM!! (Just what we need, another person called Sam).*

**RUB MICHAELS SILKY SMOOTH LEG....ALL the COOL KIDS DO IT!**

**- Frank & Joey (Sam)**

What to say, what to say. I'm having severe writers block right now, so please forgive me if things seem out of place. I did not get enough sleep last night, like that's anything new, so I'm pretty tired.

The number for this retreat is six 6. VI, Siete Six. One more and I'm a Nurturer! Woo hoo! Even though I won't get to join until SAYMA. Oh well, What is love? No rally, what is it?

Fairly good retreat. Too tired to write. Complete sentences. Had a good theme.

You know what annoys me? When people use 'good' when they should use 'well'. 'Good' is an adjective, people! I liked this retreat. 'Twas good (NOT 'well'). I mean, it wasn't my favorite, but it was still pretty good.

Shoutouts:

Cody: My God. What an amazing hat. I'll have to get me one of those.

Caleb: Sweet bass.

Terra: I'm still waiting on that reason for me to get out of the doorway to the kitchen.

Angelina: My niece!

Bethany: You will never be Stella to me.

Tim: I will survive!

Taylor: Great cake.

Katie: Great cake.

Emma: 6 on 1 = incredibly unfair.

Phorest: Remember: Never stick your hand in a jar of jellybeans.

Kaitlynn/Patrick: STOP STALING CODY' HAT!!

Phorest: Joey is Hungarian.

Lincoln: How do you own the world? How do you own disorder, disorder?

Phorest: Don't push the red one.

Michael: Clockwork Orange? Or not? Maybe something else!

Phorst: Scooby snacks!

And that's it.

See you people in January.

- Ian

Happy B-day Kama ☺

Happy B-day Lincoln ☺

Happy B-day Max ☺

Happy B-day Mommy ☺ (even though you guys don't know her)

Nice to see newbies ☺

Nice to see Doug.... ☺

Nice to see you guys again ☺

Love, Chrissy & Alise

PS I'm mad no one came \* cough, cough \* Emily, Willamae, Joseph (both), Madeline, DEX!!!, Leah, Bonnie, Sophie, Julie, and EVERYONE ELSE. ☹

PPS hahaha.... Michael has one shaved leg ☺

Lets eat a bunch of Scooby snacks and shave Michael's other leg!

- Obama Girl

I have a few comments about this retreat. one where the heck is everyone? Two, why so many electronic usages? I completely remember someone saying from the planning committee that they did not want people using electronics at all. but maybe I was mistaken. but I feel that since all these new electronics came out thy are always being used. can't anyone go without them. I can even tough I don't seem like it. ok well I'm through with that talk. I love the way that if you look at something more closely you s a whole lot more than when you glance at it. My favorite part of this retreat would have to be the singing. I think that should be done much more often. I liked the nice warm showers over at the Tracy's house, with nice funny dogs for company. Well I ran out of things to say so I'll see you all in January.

♥ Samantha

*I really enjoyed this retreat. The apple game: I never understood that. But in the end it all turned out ok. My mind was off in some other planet, so that's why I wasn't all happy. But I came sad and I'm leaving happy. So thanks to all the people who put a smile on my face.*

*Shout Outs:*

*Cody – You're awesome*

*Autumn – love the hair (even though you look like a Chinese person from far away)*

*Doug – I will get revenge!*

*- person*

This is my 4<sup>th</sup> retreat and my first epistle. I really liked this retreat because everyone seemed happier than the others I have attended. Wink was a lot of fun but I got trampled by Ian a couple of times, and it seemed like Doug barely moved. I also enjoyed playing with Zan's hair because his hair is Amazing!

I don't know what else to say so I will see y'all in January. I love you!

Love, Elise A.

PS Phorest didn't know Ellen was my sister! naughty boy. I love my sister.

PPS Where is Bonnie? I kiss her. Too many people are missing.

something

somfin'

sumem'

The following words may never again be used in Epistles EVER AGAIN!

1. oober
2. ginormis
3. radical
4. tubular
5. sick (as in awesome)
6. Faced (it's like 'burn')
7. Bra (as in 'sup' Bra !?!)

I'm sleepy but had fun. I hope I get to go to future retreats.

- Josh

On my searching for what to add to our “shrine”, what I found that most fit what I worship was something I could not carry.

The sun was shining through the woods and the yellows, oranges, reds and browns were lit up glowing with the Life Light. I was drawn to a large tree, and as I looked up its trunk I could feel the power and strength of its life. So I hugged the tree, it was solid. SO powerful and connected it was to the earth, so full of life and wisdom.

That tree and all trees stand in silence for their entire life, and yet they speak. We can learn so much from the silence, the power and the majesty of creation. Heaven on Earth is all around us. We must learn to live our lives in that heavenly spirit.

Well I would have to say this retreat turned out nice. I mean we planned it so why wouldn't it. I did sorta feel our activities could have been deeper but I feel people enjoyed them. I really liked the advertising activity. It helped me realize that half-naked men make me want to buy cologne and that I too could bounce/walk on water if I used just the right stuff. My favorite ad though was the Quaker Quakies. I never knew before that spirits could be put in food and that you could obtain the spirits through eating the food. My, I wish Quaker Quakies were still around. I could use some spirits of beautiful youth. Other than that, my day was pretty plain. I am glad that I had Lekey and Taylor to hang with and Laney to tease. (What did I owe you Laney? Like 40 warm fuzzies). By the way, the battlefield of wink is dangerous. I got hurt just walking through there and I wasn't even playing. I did gain a new friend. His name is Cody. Not only does he have cool eyes, he has my favorite colors and an awesome fashion sense. Well anyways, I'm too tired to think anymore. So....shoutouts!!!

Delaney - As much fun as it was teasing you, I didn't mean any of it and you is gorgeous.

Lekey - You were a true friend when I really needed one.

Cody - You cool and you let me wear your clothes all day.

Taylor - You fun to be with and you make a great pillow & cuddle buddy.

Love you all,

Tim

*Another SAYF retreat has come and gone & as usual, I feel a lot better leaving than I did when I arrived. I was very happy when I showed up on Friday because I found the pillow that looked like a cheese wheel. The activities were fun even though I was uber tired.*

*Shout-out Time!*

*Ian & Taylor: Embrace the cheese.*

*Terra: Thanks for the awesome haircut. Me likey.*

*Zan: I own your left arm. And thanks for talking me out of my emo mood on Friday.*

*Angelina: You are coolness. And your bro fails at life.*

*Emanuel: You fail at life!!!*

*Cody: Awesome newbie. Nice cloths & comfy lap. Keep coming to SAYF.*

*Doug: Glad you came back, I missed you lots.*

*Anyways, I am done. I will miss you all but I will see you in January.*

*Love, Autumn*

Rawr means I love you in dinosaur. ♥

I am glad I came, Just because I had the chance to meet all you amazing people.

- Cody

There are people that I hoped to see here and did not. But those that were here did such a good job of lifting my spirits that it hardly mattered.

Love, Ellen

PS #1 shaving Michael's left leg.

#2 seeing Daney b/c I thought she wouldn't be here.

#3 finding Caleb's absolute most ticklish spot.

#4 many, many cuddle puddles.

#5 Wink, wink

#6 obstacle course in the hallway!

#7 snacking w/ Phorest, Ian, Michael, Caleb, Delaney, Jordan right before lunch. Throw assorted crackers down assorted shirts!

#8 Catch me!

#9 the windows in this meetinghouse are amazing!

#10 This retreat was perhaps one of the least musical and most huggy-kissy retreats I've been to.

#11 I feel much closer to some people now than I did before this retreat.

#12 I wonder how Quaker Quakies compare to Lucky charms....

PPS These were various fab-o memories (& thoughts) from this retreat. Not necessarily in order from best to something else. They're all great. Mwah! Love!

I have always been grateful that SAYF exists for the Young Friends in our region and now for my own children. This being the first retreat I have come to, it was the first time I'd seen the whole scene. I am thankful my children have a place to connect with other Quaker youth and a place where they can feel comfortable showing affection for many. I loved the singing, especially in the corner with Mari and Laura. I felt like background music to the game show wink. It was nice to connect with SAYMA adults in a smaller setting also.

I also appreciate the group work of setting up, and cleaning up. There's something about working together that brings people closer. Work IS love made visible!

Wendy Satterthwaite

PS Thank you for celebrating Lincoln's birthday – esp Taylor for making the cake!

This was a great retreat. Thanks to Therese and the planning committee, and to West Knoxville Friends for their great hospitality. I wasn't very talkative for a lot of the weekend, but I still enjoyed being in the midst of such a special community. I'm looking forward to seeing you all in Atlanta in January.

With love,

Mark Wutka

*I am thankful that I was able to spend a wonderful retreat with all of you. I felt encouraged to see all of us looking deeper into the world with our eyes open and ready – Walking softly on the Knoxville Friends Meeting woods felt really good.*

*Peace, Mari*

Wooo, SAYF! What color is your favorite? Lalalalala

Dear Delly/Ellen,

I love love love love love you. I am super glad I didn't die before I met you. Blarsh Blarsh Blarsh

Love,

Your Daney

I would have to say that this was a good retreat. I loved having a big air mattress this Tim. I was warm. Woooo, It was Lincoln's birthday this weekend. Happy Birthday to you!! I now have a new wife, her name is Stella! We have a child named Angelina! She has a child named Joshy with Zan as the father! So CRAZY! I also found Daney's most ticklish spot! lol

Well I love you all!

Doug (AKA Chef Shane)

PS My facebook is Shane Hatche spelled S-H-A-N-E H-A-T-C-H-E-R for anyone who doesn't have it.

PPS Mary, my air pump is always going to be yours also. So next time use it as much as you want! XOXOXOXOXO

PPPS Oh and Lincoln you will be on dessert menu!!

PPPPS What did I tell you girls, you can't get away from me in Wink! hahaha

Okay, this might be getting confusing because this is Doug's AND Delaney's epistle. Crazy right? Anyhooo I really enjoyed this retreat but I missed a lot of people like WILLAMAE come back! Tickling is man. I'm glad me and Timmy have started anew and he is no longer mean to me. Ian is creepy yet still loved. Wink is painful. Michael's leg is hairless. Phorrest should now be referred to as Pho Pho like Mo Fo (hence Lekey like Becky). I like Lekey charms. Samantha is going to come visit me at my school and I can't wait. My back is toasty. I think Doug might be biting me. I like kiss wars. CATCH ME!!! I like being a road block. My legs are soft. I'll stop this now.

Love you all!

DeLaney

ps Jordan – you ruined \_\_\_\_\_ mustaches.

pps How do you spell moustaches?

ppps I think everyone should write me letters. Just ask for my address. ☺

pppps I just lost a kiss war ☹ with Doug

This retreat was not the best (of 4) I have been to. Yes, even though it was my birthday. OK, so the opening circle was PWN. Even though it was too late I got 5+ hours of sleep on Friday, and .....6:30 hours on Sat. The abundance of LECKY Charms was great! on Saturday night. The extreme lack of Winkers was not cool. Ian, Designate the number, PLOX! OK, fine, Shoutouts!

Doug: I'll be on the dessert menu!

Conrad: Come to Meeting PLOX!!!

You will kill me for this. ELF!!!

Stella: Not my wife....

Crissy: You were the first one to happy B-dya me!

Mom: HA I!

Delaney: NYMPH!!! (nice S)

Caleb: I lyk yah Bass!

Phorest: Broken nose?

Michael: Its all smooooooth!

Ian: Catch me!

Bethany: D

Most of Chapel Hill: Gonezo!

Lekey: Like Becky!!!

Ellen: I am glad you didn't get shot by a felon! (lu ur yellin)

Alise: You aren't Crissy. At least I know that... \* stares at mat \*

Kama: Happy Birthday!

Lincoln Satterthwaite

PS Ha!

#### Epistle from a FAP-in Training Nov. 9, 2008

This retreat was I think a lot of fun for the young people. I wonder if there might have been more work on the theme "Digging Deeper". This might have been done with:

1. a short meeting for worship in the morning before the days activities
2. Workshop size session on queries using Quaker dialog then,
3. bringing results of workshops to a larger session
4. Friends know the spirit lives in the body – we needed much more physical activity: running, games, tai chi, dancing, long walks 1-3 hours + a day
5. One theme Young Friends need to work on is respect for others
  - a) their friends
  - b) the program of the retreat
  - c) the place where the retreat is being held
6. There should be some thing in programs to engage the mind – The program on advertising worked well but there could have been discussion
7. Nurturers need to practice the leadership skills used by clerks & conveners in Meetings (so should FAPS-in – training)
8. On planning the retreat Nurturers & FAPs should work on teaching moderation especially in eating, use of voice, and encourage self-respect in our behavior with each other.
9. Singing build community. Sing ½ hour a day. Make sure there is someone to lead.

Oh lord. What to say.... the words make perfect sense in my brain.... Too bad it doesn't work so well on paper.

The community: my comfort object.

The tire swing: pimpin

The planning committee (myself included): AH-MAZING.

This meeting house is completely adorable, the (2) Sayfers from Knoxville should consider themselves lucky. Minus the lack of showers/bathrooms.

It doesn't seem that long ago that I was a little newb going to my first retreat in October 2007.

But sooo much evolving has gone on since then, in Sayf and in m. Seniors graduate, new people join, everyone and everything changes except the love, warmth and acceptance one finds at Sayf.

This is my 7<sup>th</sup> retreat. This makes me a nurturer-eligible.... :)

- The Ramones are amazing
- So is Nightwish.
- hope y'all njoyed my absentee – epistle from last retreat (heh heh)
- I really liked the pizza.

And Now.... a poem.

Falling Asleep in Meeting

Comfy teens suffice for a bed  
 Eyelids droop despite valiant efforts  
 Count the leaves on that tree...  
 Must stay awake!

It  
 doesn't  
 work.

////////////////////////////////////

Thanks for the gorgeous community. January couldn't be farther away.

Love,  
 Lekey like Becky

PS How long do you think Michael's leg will remain hair-free?

PPS There are tons of people deserving of shoutouts, but I'm tired and lazy. So, just know I love all of you. Fo' sho'.

This was my first SAYF retreat. It was a lot different than how I imagined it would be. But there was many good things about it. Everyone was hospitable, I am grateful to have received so much compassion from people I don't know, including the family who brought me and the wonderful couple who opened their home to me.

The Knoxville meeting house is amazing and my stay here was enjoyable. During meeting for worship this morning I noticed how resilient and spiritual this community is and I want everyone to know how thankful I am to have been a part of it.

Nicole Prebula (from Chattanooga TN)

I really enjoyed this retreat...while some small things were extremely unsatisfactory. Oh well, it was cool seeing friends again! I brought my best friend Cody who is lets face it, amazing. And one day me and Santha will stalk him unnoticeably...hopefully. I'm glad to see Alise & Chrissy again. And happy Michael came this time. It's my bday! Yay. I will spend it in a van with four of my favorite guys! Hopefully they don't tickle me too much. I love you guys. And Ellen thanks for the love much lov back! As well as Delaney! Zan thanks for awesome cuddling and ubber fun outside on the porch with Nia & Santha singing with me.

Kama "Camry"

I'll make this brief by saying thank you to everyone for this awesome weekend, and especially thank you to Michael for letting us share the bajeesus out of his hairy leg. Also, happy birthday to the people that had birthdays this weekend; here is your birthday present.

(It's a dinosaur) - Jordan

Love to all! I wish this were a haiku, but its not. Love, Ellen

This is for Caleb:

Do you know what it is?

4-20-08: Dear SAYF,

I hope that things are still just as fabulous as they once were. If you keep true to yourselves then I know you will. This place is too cool to go away or have some sort of dramatic changes. Our spirit unites us no matter what. Black – white, gay-straight. fun – boring...we are love, and love is our spirit. This is my value.

I love all of you unconditionally, no matter what year it is. You mean so much to me. In your eyes, the future lays. In your hands is where you make it.

Much love and more,

Conrad Honicker

Hard labor Creek, GA 4/18/08