

SAYF Worship Journal
W. Knoxville Meetinghouse
November 18-20, 2011

The worship journal is the written reflection that closes the retreat with love and relative worshipfulness.

At closing circles SAYFers should look inward and reflect on their experiences, thoughts, and questions from the weekend.

The worship journal is the time we come together to express the feelings that you take from being part of a loving spiritual community.

There is no wrong way to write a worship journal, however it's shared with the wider community therefore you should not say anything private or offensive to others in it.

What did this retreat mean to you?

There's a balance that must be struck at each retreat between fun and spirituality. I don't mean that spirituality can't be fun, but that we can't take it too seriously or it can get boring. SAYF has been struggling with this balance recently, but I think this retreat was really good. Maybe it's because there were half as many teens as usual, I don't know. There was just a good division of serious (Fishbowl) and fun (cooperative games). I think the size of the retreat was also good because with only 20 teens, everyone is in on the inside jokes! FOR DAYS.

Sooo this is my 25th retreat, mhm, and guess what, my 1st non-SAYMA retreat was right here in this meetinghouse. I'm so glad the cheese pillows are still here!

Hannah, Braden, Madelyn etc: It's jam packed...

Eric (or with a K?) What the devil is going on here?

Elise: Now I'm addicted to Munchoes.

Austin: Thanks for the back-scratch :D

Anna: Sorry we couldn't lift you. We're weaklings...

Katie: It's too bad we couldn't do double dutch. Thanks for trying to teach us though.

We'll guess that's about it. Sorry for being kind of a reclusive hipster this retreat. Really I love y'all.

Love, Taylor

PS Madelyn & I are writing a story! Get ready....

PPS Knock knock.

Who's there?

Oh never mind.

PPPS. Don't fall in the lava.

PPPPS I'm not Phorest. That's enough P's.

I've been trying to figure out what Christ means to me. I was down with God and good with the bhistorical Jesus but couldn't wrap my head around Christ. Right now what I'm understanding is that God is the Energy from which all things flow and Christ is the Love created by our connection with the Energy and One Another. The love of Christ is present when we heed God's will for us. I experience SAYF as a place where God's love, expressed by Jesus and manifesting in Christ, flows freely.

Mary Linda – Nashville FAP

Best weekend ever? I think SO! Between saying for days...for days, to totally owning the Lava, and jump rope activities, I had a great time!

I also played my first game of wink! Which let me tell you, that made me feel LOVED!

Even though our great friend Aaron Ruschetta and many others could not be here in person, I feel as if everyone else represented them in spirit! Now for some shoutouts:

Hannah – Life buddies for DAYS!

Braden – Lupin can't sing. Lupin can't sing. Lupin cannot sing.

Anna - (Wongdu child): Being you felt awesome.

Guthrie- You sure do know how to play Wink.

Madelyn – you're cool.

Everyone – I love y'all so much! Literally my homes away from home.

- Erik

Now onto all that sentimental stuff right? Right!

Ever since I came to SAYF I have felt like, and quite literally, a million dollars. It's the only places in my life where I don't feel like I have to impress someone. The people here are a godsend! Each and everyone of you! I can come here to truly be myself. I can't wait till next SAYF when hopefully I get to see you all again!

Sincerely – Erik Love Bucket Life Buddy Pim you people grin for days....Nilsson

PS Extra shoutouts:

Kaitlynn – You're cool and you've bitten me more times in one day than my dog has in a lifetime.

This Sayf...just what I needed. No soccer for once & no people to bug me about pointless drama. This was a pretty awesome retreat & relaxing too. I can't wait for Jan. retreat so see y'all there.

R. (Katie R)

Shoutouts:

Kaitlynn: Thanks for making my hair look beautiful.

Jane: I'm mad at you.

Flannery: I want my hashbrowns cuz you know....I won the bet. Luv ya!

Others: We should talk more.

Levi: J Hi

Anna: Luv your hat.

I have not gone to SAYF since SAYMA. It was very nice to be back. There is very few people at this retreat which meant less hugs. The Knoxville Meetinghouse is very nice with it's many windows. The Dancing through Life theme was great. The cooperative games were really fun. I liked the spider web game because you really had to figure out how to get everybody through, and then you had to actually do it. I want to thank the Atlanta Meeting for driving me here, If they had not I would not be here so thank you. Bye everybody.

By Noah Huber-Feely

PS Haiku Time:

SAYF is fun with friends

It is irreplaceable

Forever it is.

I felt this weekend was a little better than the last SAYF retreat, meaning there was little more spirituality. I feel, however, that there is still a lack of spirituality at SAYF. I'm hoping that this is just cyclic as Wren has mentioned. Other than that, I had a good weekend.

Chad, it was so great to see you again, and thank you for being the one who instantly got my 1990's television references!

The cooperative games were as fun as they have always been. But seriously, I think the W. Knoxville Friends and neighbors should contemplate on relocating. Chuck always finds the earth's crust breaking with pits of lava flowing every where. They should also plan on saving the balance beam from being burned.

Overall, this retreat was jam packed (YEAH!) with love and Erik's laughter. I will always love everybody, FAPs included. The adults just add more love and fun to the community with their guidance and their phriendship (with a ph).

Should this epistle end? Why are you asking if this epistle should end? Do you think it has the right length? How should I know? Don't you write these all the time? Did you forget that I write one almost once a month? Is this game over yet? Do you want this game to be over? I don't know ...DANG!

Haiku Time!

And that was when he
Refrigerator fell on
All them lovely teens

I'm uber-excited for more fun and love in ATLANTA for the first time in two years. Yes, it has been two years. January 2010 –January 2012.

Well, this is the part where it ends. Happy Thanksgiving! Merry Christmas! Happy Hanukkah.

Happy Kwanza. Happy Boxing Day, Kama! Happy New Year!

Alright, I'm out....platinum. Peace, ho.

Signed, That One Guy

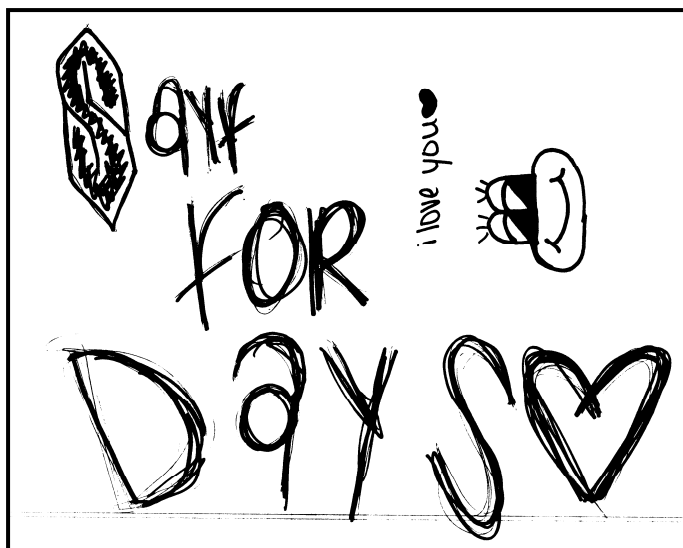
PS Happy Black Friday.

PPS Can you believe Black Friday has turned into Black Thursday Night? Whaa. New Katy Perry holiday single. Black Thursday Night! Do it all again..... on Friday. Friday, gotta Christmas shop on Friday. Everybody's looking forward to the Christmas weekend.

PPPS I made about five references in this epistle. I think I beat the Russians.

I swear this is the last one.....PPPPS You guys, I do Danish gymnastics and I'm on YouTube.

Search Berea Dances set 6.



Sunday November Twentieth Twenty Eleven

These retreats are my get-a-way. Every time a retreat rolls around, there is so much I'm going through and when I get here it all just fades away. The games led by Angelina and Rebecca were fun. Doing the outside games like we did two years ago brought back so many memories. Especially the spider web. I forgot how difficult it was to crawl over people on the balance beam. Oh boy have I lost all my balance. Well I'll see you all in January.

Shout Outs:

Hannah – My baby's eyes look just like yours.

Anna and Noah – I loved eating popcorn outside with y'all. Y

Levi – You're just so cute; and remember I always win. (:

Erik – You're the coolest. Y I love you even though I had to change my password because of you -

-

Flannery – thanks for being my date last night even though you left me.

Patrick – I'm glad we finally actually hung out.

Austin – I'm complaining that you're complaining about me complaining about complaining. YYY

Nick – Even though you told me no about coming to see me in January, I still love you.

Angelina – Rose art loves crayola berry-berry much.

Rebecca – hearts to mental institution? Only because we're cool.

Guthrie – You're such a adorable nerd, but I still see no point in playing magic.

Katie – your hair is SEXAYY.

Mary Linda, Therese, Grampy and Anna: I love playing bananagrams with you all. Y

Chad – I will always win. Btw it's NOT allowed.

Noah g – thanks for sharing that huge monster. (:

Erik (again) – thanks for sitting with me at taco bell when I fell. Y

Zan – come back please.

Anyways, I love you all very very much.

XOXO Kaitlynn; Y

Wow, what a weekend! It was great to see you all. Thank you Mark Wutka, for bringing your guitar, and thank you to everyone who shared your musical gifts (piano, guitar and voice). I have missed the sing-s-longs of SAYF very much. Sadly I am running out of time so I'll simply share some of the queries on my mind and let you mull them over yourselves:

How do you find your center?

How much time at SAYF do you spend seeking your center?

How do you carry that center-ed-ness beyond SAYF?

Haikus are easy

But do not always make sense.

Refrigerator.

Love always,

Chad

Haikus for Dayyys

Sayf is delicious
bagels for breakfast for days
this haiku should rhyme

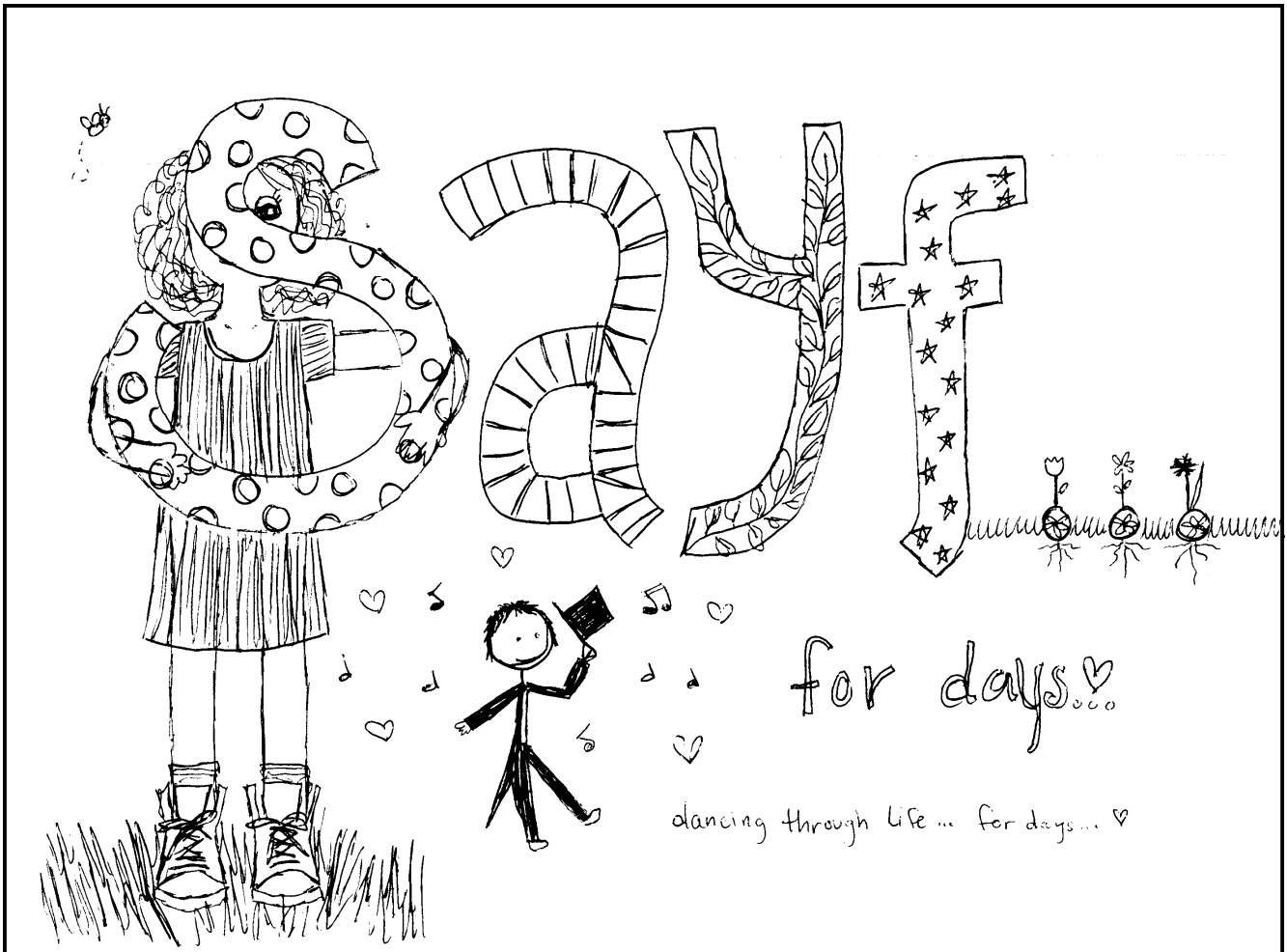
writing epistles
leaving notes in the journals
this still doesn't rhyme.

i drew a picture
on the top right hand corner
and you can't see it. =3

erik has a 'stache
flanflan's camera has no 'stache
we should give it one.

there once was a man from Nantucket
that's 9 syllables.

Guthrie MVXVIIIIMI



SAYF, SAYF, SAYF, I love SAYF. This was the first SAYF I've been to this school year and it was wonderful to be back even if I did sleep half of the time. I love you all and I can't wait to see you all again in 2012.

YYY elise a.

PS Chapel hill you were missed greatly. Y



This was an awesome retreat. I got to cross a pit of lava and – whoa – got enough sleep. I have so many things to say thank you for! Knoxville is gorgeous. I can't wait for the January retreat. Shoutouts!

Grace – Your singing voice is so pretty.

SaraWilla – PURPLE!

TAYLOR – PURPLE!

Katie – It says TACO on your shoe.

Chuck – Thank you so much for that swing!

Levi – good luck with those milk duds.

Elise – I love your carrot. He's adorable!

Erik – I'm sorry I can't give you Wangdus leather jacket. I'm not a dugong. FOR DAYS.

Noah – my hat looks awesome on you! (PS I meant Noah Huber- Feely).

I love you all,

Anna

I came full of stress;
 Celebrated Life with you,
 Recharged my cells.

Shared about our stress
 What got us through daily chores
 And how we all cope

Laughed, Loved Together
 Co-opt Strategized Solved
 Hugged Each Other Tight.

Prept Cookt Cleaned Ate Played
 Swang, Jumped Rope, Rolled in Leaves
 Hugged and Kissed Some More

Shared our lives ups/downs
 Saw the Light inside us all
 Celebrated together.

One Two Three Four
 FAPS IN ALL, ONE MORE CAME LATE
 ONE, TWO MORE WERE MISSED.

HAPPY THANKSGIVING
 HAPPY HOLIDAYS TO ALL
 WE'LL SEE YOU IN JAN.

We look forward to
 SAYF RETREATS IN NASHVILLE
 TWO PAIRS: LOVING ARMS

UNTIL THEN I SAY
 PRACTICE STRESS RELIEF
 LOVE LIFE IN FULLNESS.

Chuck Jones

I got here late so it was kind of strange but it was still fun so even if I only got know a few people it was still fun. OK Now stuff I want to say to some people ok.

1. little Noah next time we can ultimate Ping Pong all the way.
2. Anna son of a chair
3. Austin, Guthrie, Levi & Ethan I still don't understand it but it was fun watching you guys play magic.
4. Taylor I liked your B-Day cake.

~ Sarawila C. VillatoraWeir

SAYF for DAAAYSSS. I think that I have fallen in love with Knoxville. I really like the view of the city lights, in contrast with the rest of the world. I really, really liked the games yesterday, I hope Angelina's hand is o.k. I never got to see the cliffs, so I believe that their non-existent. I really wish we were allowed to climb on the rafters, I was really tempted some times. The food this retreat was the BOMB! Although it is a fact that potatoes, salad and croutons are stupid, I really love them. So all in all, playing pianos, jumping into lava, getting eaten by spiders and Kaitlynn, and playing wink, I think this was an awesome retreat.

Shout outs:

Flannery – I am really happy for you jumping in your first leaf pile.

Grace – You are completely wonderful at singing.

Erik – Hey Ze-bra.

Hannah – I love you, just saying.

Kaitlynn – I'm glad you actually do know how to sweep.

Others – Love ya',

Levi

SAYF is a very fun place.

True, it doesn't have a base

Kind of like this rhyme

Made up in short time

For many a happy face.

(Mark, Jonathan, that was for you!)

Knoxville last year was my first retreat. I was really nervous, but Katy and Pat made me feel better.

It doesn't really seem like that long ago now. Anyway, there was this little children's book like the ones you find in cereal boxes, and it was written in English with the Spanish translation. The last line was "Todo el mundo es todos nosotros". "All the world is all of us".

It made me happy and sort of summed up SAYF. SAYF is a tight knit community and when I'm here, the outside world doesn't seem to matter as much.

Thank you Therese and Jonathan for bringing us here. Especially Therese, I'm proud of you, you're really brave. Everyone get home safely. (haha).

Love,

Grace

Love goes to Aaron

And his partner Sally

May the Light shine Bright.

...and my thanks to Chuck

And the planning committee

The weekend was great.

...and to all Young Friends

When it is Thanksgiving Day

I'll give thanks for you.

Love, Therese

A very short story – by Madelyn and Taylor

Once upon a time, there was a flamingo. Her name was Clementine. This is because she liked to eat clementines. Also, she was Orange, because flamingos get their color from their food. She was seriously exotic.

She was a sad little flamingo, because her friends would always make fun of her for her color and say that she was tanning too much.

But really she didn't, because birds can't tan. One day Clementine met a fox named Frederico, who was blue.

"Frederico" she said, "Why are you blue. I was under the impression that foxes were generally reddish brownish orange".

"Oh" he replied, "It's kind of a long story...".

"But I thought flamingos were usually pink".

Clementine blushed, orange of course, and said, "Well I like to eat clementines. So I turned orange. But tell me why you're blue?"

He sighed heavily, and told her to sit down as it would be a very long story.

"One day I was walking in the woods. And I saw a bush full of pretty blueberries. I was starving, since I hadn't eaten anything since breakfast. So I decided to eat some. But then I saw a sign. It said 'Caution: Magic berries'".

Clementine gasped. "Oh no! Did they turn you blue?" Frederico shook his head. "No, but they did make me grow twice as big. So I went to see the wizard, because I thought he could fix it. But he was a bad wizard, and turned me blue, too."

"Oh poor baby" said Clementine. "That sucks".

They decided to go on an adventure to a nearby stream. It was really exciting, because the stream was purple. "Man," said Fred the Fox, "What's with the colors in this story?"

"What story?" Clementine was confused. "This is my life...".

"Oh right. I forgot." Said Frederico, laughing. "Wanna hear a joke?"

"Sure!" said the flamingo.

"Knock Knock."

"Who's there? Clementine loved Knock Knock jokes.

"Interrupting fruit salad"

Interrupting fruit salad-" He cut her off. "Peaches Pears Plums Apples Pomegranates GRAPE-FRUIT!"

Clementine was nonplussed. That's a great word, nonplussed. Anyway, she gave Freddy a Look and turned back to the water. "I wonder if anything would happen if we drank this?" she said.

"Let's find out!" exclaimed Fred. They leaned down to drink from the stream.

And that's when the refrigerator fell on them.

Gathered in November's gloom
Their love and energy fill the room
Crunching leaves and joyous laughter
No time for sleeping, that's for after.

What brings you joy? What makes you stressed?
Isn't being here the best?
Spiders, balance jumping rope
That's not a real lava pit, I hope

Planners and nurturers all did great
And nearly everyone washed their plate
It's sad when such a great retreat ends
So until next time, good bye dear Friends.

With love,
Mark Wutka

