

## SAYF Epistle April, 2012

*On the weekend of April 13-15, 2012 Southern Appalachian Young Friends met at the Berea Friends Meetinghouse with a theme of Light, Nature and the four Elements.. This is our witness. This is our story.*

Dear SAYF,

I love you all so much. So much that I have no words to describe it. I'm currently in the process of writing an analytical essay for my English class that just so happens to be about Harry Potter. In my essay I say how I finally understand "undying love". SAYF is the same way. If there is one thing in the world that I love as much as Harry Potter its SAYF. I love you all so much and I'm sorry to say that I will be missing SAYMA his year for the first time in my memory. Despite this sad fact though, I'll be in Spain on a painting trip with about ten other art students from my school. I know I'm going to see some beautiful things on the trip though I doubt there will be anything more beautiful than the love here at SAYF. I love you all more than anything and I'll miss you all until I see you again.

Love, Elise A.

PS Seniors – This group of seniors is the group I've been closest to. I honestly can't imagine my life without y'all. You mean the universe to me (not just the world).

PPS My address and phone number because I want some letters & texts & calls:

Elise Askonsas the beautiful  
13 Ozark Place  
Chattanooga TN 37415 USA  
~ and ~ (423)208-1294

Dear future me, also posterity,

Hey, its my last normal retreat. And boy was it ever not a normal retreat. Only 28 people? We still got 6 boxes of macaroni. I went to bed super early on Friday, so that was nice. Morning is such a better concept after 8 hours of sleep. I think I could stay in child's pose forever. Did you know we don't have a vegetable peeler? What a shame, I love peeling carrots. The fields = awesome. Ladder golf CHAMP and oh I bet you've never flown a kite with your feet. Kites are awesome. I'm a kite! That got a sunburn. I just can't win. Cakes made, book read, then dinner and the play. And my wildflower adventures with Flannery and not Hannah because of tall grass or something. Seeing our spaceship school through new eyes. And then dancing on the beach, because all bonfires are on the beach. S'more perfection and stick finding adventures. My, have you ever seen so many sentence fragments? Wink, cake, bed. Croissants in the morning and now it's waiting for SAYMA. To those of you who will never be at another retreat with me, good bye. I'll miss you.

I can't imagine that I have anything else to say. Here is my one and only shoutout:

Lillian – You're going to be an excellent nurturer.

~ Taylor

PS Tim has really small toenails. Or just really big toes.

An Ode to Elements ~ a haiku cycle

Seeking Light and heat  
Iron and flint spark in friction  
Earth ignites the air.

Mist and air collide  
Lightning arcs on falling spheres  
The thirsty earth drinks

Rock flows like water,  
Magma from the molten core,  
Fire builds the mountains.

Breathing on the coals,  
Hydrogen joins oxygen  
Flame creates water.

Thank you SAYFers for another healing and nurturing weekend. Like the four elements, the energy of love flows between you all shaping, feeding and creating so many unique, separate and beautiful people.

in peace and with all my love,  
aaron

I don't know what I can say to express how thankful I am for SAYF, and the Quaker community as a whole. So just thank you.

I loved being in the field on such a glorious day blowing bubbles and watching that huge purple kite. Also, the yoga was refreshing and kind of made me want to fall asleep. All the candles turned out very pretty, and impressively creative. I'm not sure if we're still not supposed to do shoutouts or not, so let me just say that Kofi tells good stories, Hannah gave me Panda earrings and Jane is a bubble-popping ninja. Oh, and Lillian, we should do more songs sometime! It was lovely being here, and it will be lovely seeing you all again at SAYMA.

Keep in touch.

Much love and thanks,

Anna ♥

PS People and Nature Doing Awesome: PANDA. Too good of an acronym not to mention.

Dear SAYF,

This was a great retreat. Both candle making and yoga were lots of fun and so were the fields. I think this retreat went by a lot quicker than others, and I'm sad that it's over, but I can't wait for SAYMA. It feels like it's just been 2 or 3 retreats since last SAYMA but I'm ready to go back. The Berea Meeting house is amazing, but it feels so small for all the SAYFers from here. Overall, this was a very good retreat and I can't wait to see everyone at SAYMA.

Love,  
Asa



So, a little story:

Zoe, our yoga teacher, has rented the Meetinghouse at other times to do other yoga workshops. However in the past, she has listed to me a number of reasons why she thought the big meeting room was not the best place for a yoga workshop. Nothing big....just several small things.

So yesterday, when she arrived and walked into that room full of sleeping bags, suitcases, morning breakfast leftovers, sleepy teens and adults, Ipods, Ipads, computers, guitars, a stuffed carrot and other assorted things, she looked around and said: "What an ideal place to do a yoga workshop!"

So, I think she picked up right away on all the good energy and sweet sweet Quaka lovin' that filled the room and of course made it a perfect place for a yoga workshop.

I love you all. Enjoy the springtime, the last weeks of school, the graduations, the class trips and all the other events that will take place between now and SAYMA.

Therese.

### ***JUMBO Crayons***

**FTW**

***Mnnnn ☺***

**Lolwut...**

***Idk I don't wanna go home yet***

**Ikr! We should go hop in the freezer.**

***EW No! too cold***

**Hehe ILY.**

***ILY2 these crayons are huge. And noisy.***

**Haha yeah I am writing w/my r hand**

***Lol not bad. I'm thirsty...and!***

***Asa: Can I have your shoes and notebook when you're done with it?***

**:P**

Last time I was at SAYF I didn't get a chance to say good bye really, so I will be giving extra hugs to all of you.

This retreat, I didn't feel like I was really present. I was either tired from the play, or worried about the next performance. The only time I felt both my mind and body were really at the Meetinghouse was during yoga, so I'm really happy we got to do that.

Y'all made me a nervous wreck last night but I'm so glad you came. In the end, the nerves helped. Mrs. Flara says you guys can come back any time. Because of you alone, we earned \$130.00. Thank you so much for the flowers. I'm going to do a couple of shoutouts now.

Erik – If you come to SAYMA, please bring Kermit, I miss him...and you of course.

Caty and Guthrie – I'm glad you got to go to D.C. because it's wonderful, but I missed you here.

Madelyn – Thanks for everything. I love you, and I know it will work out.

Austin – I missed my back massage but I'll get one at SAYMA.

Dear Vinnie,

Mary Linda and I found out what an automat is. One of them. Do think they serve vodka and pickles.

Love, Cecily

PS Everyone else! I love you! And I'm sorry I won't be seeing you Cray....You're great! And I said solitaire.

SAYF, It's like sanctuary for me and I regret not coming sooner. The theme of this SAYF really spoke to me, and I thought it was interesting that almost everybody was a fire/water person. Anyways, I regret to inform you that I won't see any of you youngins' for 5 months, I have to work so no SAYMA. But this meeting was amazing, full of joy and adventure, seeing old friends and making new ones, and falling on the ground. A lot, But it was worth it! I love each and everyone of you dearly, and will miss you all, so do me a favor and have so much fun at SAYMA and then tell me all about it.

This was only my 3<sup>rd</sup> retreat, but it was the best. So were the other retreats. Nothing beats SAYF! Peace, love and Happiness! Oh!!! And may the odds ever be in your favor.

~ Lillian Hazen  
Nashville Friends Meeting

"It's better to light a candle  
Than it is to shun the darkness.  
~ Ms. Roosevelt

First and foremost, I would like to thank everybody who came to see the play last night. It meant so much that all of you lovely people were there for my last BCS production. I have been a part of that theatre for many years and there is no other way I would've wanted to end. Moving on, this retreat didn't feel too much like a retreat, but that's not SAYF's fault. It's probably the fact that my house is less than a mile away and I had to leave after I went home for my shower. However, this weekend with everybody was great. I was ready to see Quakers and I wish there was more time before SAYMA, but there isn't, and I accept that. I also accept that not everybody will be at SAYMA. Erik, Elise, and Cray, you all are amazing people.

Erik – I'll love you fer days!

Cray – I wish we spent more time together so I could've known you better, but it didn't take long for me to know that you are a really good guy.

Elise- I will always remember what was probably our first legit conversation on the tire swing at Celso. I always love hearing about your school and how many times I was there teaching you biology. I know I'll see you soon \* hint hint \*. Maybe when Ellen is on her way home from Broberlin \* hint hint \*. Well anyway, I love you and I hope that "tienes un bueno tiempo en España".

Now it's time to be quirky with all my BFF's: YOU GUYS!

Wait for it..... \* boom \* BOOM! HUNGER GAMES!

I'm going to tell a joke now:

\* in high pitched voice \* "What do you call someone who brings a Muggle into the magic world?" A SMUGGLER! Get it? Smuggle. Muggle.

I love funny SAYF moments, especially when Rebecca fell out of their car. I love you! I'm glad you weren't hurt, but it was still hilarious!

Katie, we actually had a conversation! It was about your foot, but oh well.

Well, it seems my SAYF journey is coming to an end, but I'll save being sentimental for SAYMA. I'm too busy bein' quirky with all my BFF's. I'll see everybody who is going to SAYMA at SAYMA. Caty and Guthrie, I hope it's fun with Mr. Lincoln. Vinnie Out!

Signed, That One Guy

PS It's Zannifer, everybody!

PPS Lauren, be expecting a lot of hugs!

PPPS I wonder if Dee owns some Adidas.

I'm done now...or am I? \* strokes chin in deep ponderization \*.

I posted the "A SAYFer world is a Saner World/What would you do with a trillion dollars" video to my facebook wall. A friend commented that all the young people in it are so poised. I look around this room at all of you and I do see poise and so much more. Y'all have so much love inside that when you come together it bubbles out to be shared with one another freely. Although I shouldn't have been, I was surprised at the amazing number of ways everybody found to decorate their candles yesterday; the level of creativity and innovation in this room blows my mind. The way you cooperate and collaborate is always a wonder to observe. And, of course, the care and tenderness you show for one another is completely inspirational.

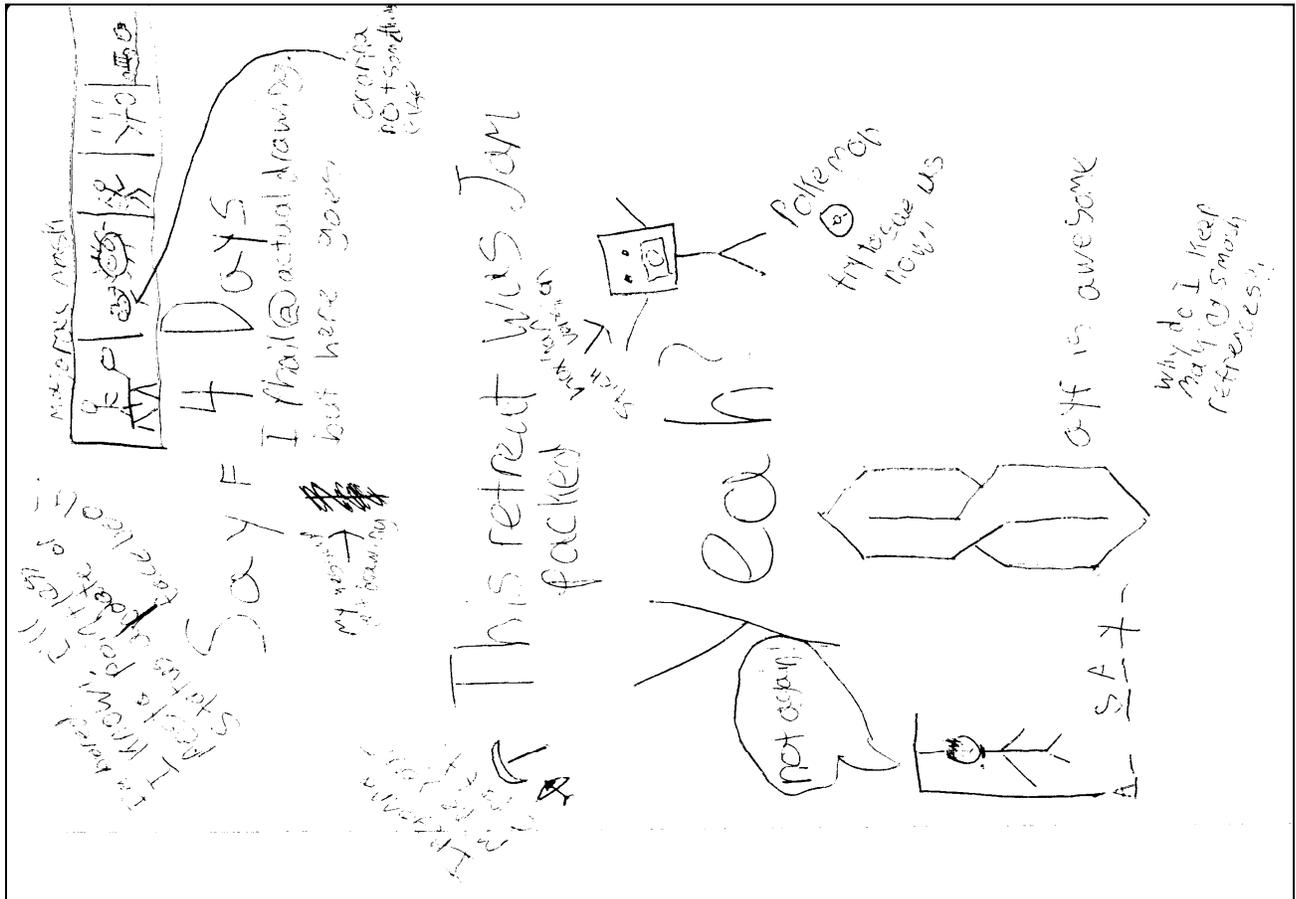
Crey - I'll be thinking about you and holding you in the Light as you transition to your next phase of life. Be well!

My love to you all -

Mary Linda

PS May 12 Nashville Mark and Mary Linda's wedding.

Cray V. Seeger  
(423) 834-2414

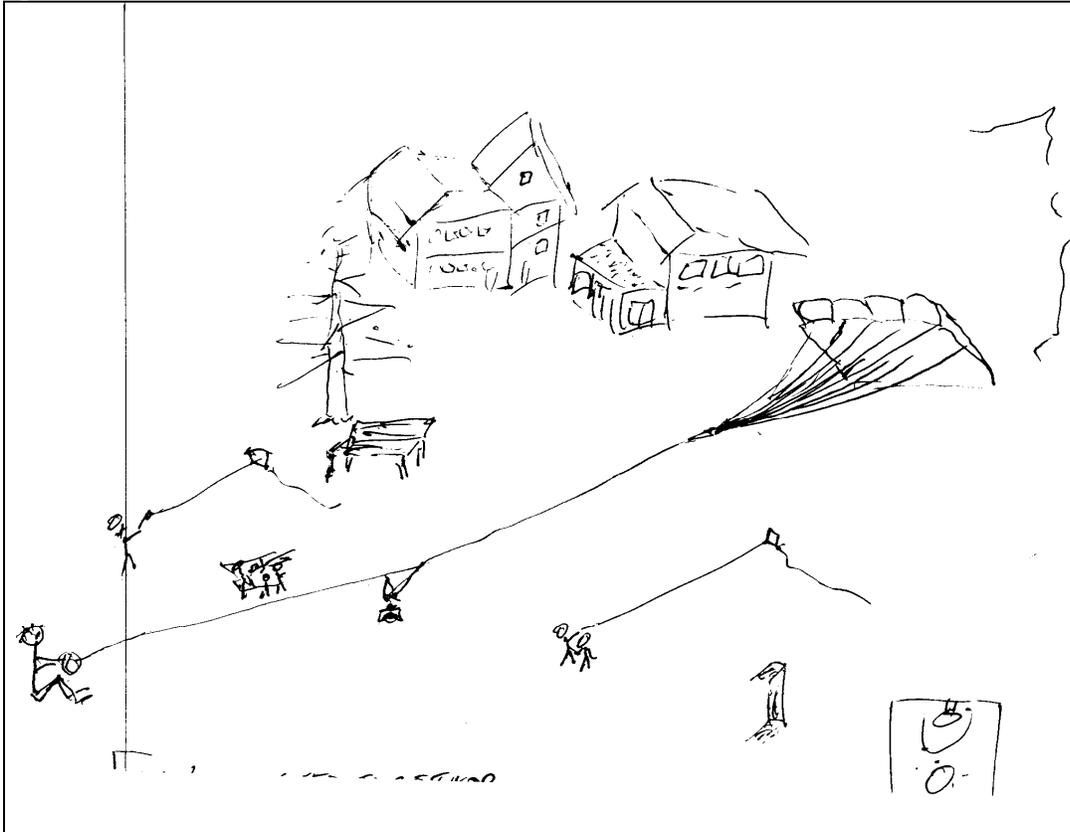


Flying kites together  
Sleeping on Hard Floors in piles  
Smores at bonfire

Puppy Puddles Yes!  
Playing Laughing and Loving  
Together at SAYF.

Chuck Jones

Earth Wind Fire Water  
Which ones identifies you?  
Spirit Ties as One



4/17/11

Hey SAYF!

By the time you get to this page I'll be long gone. I miss you & love you always.  
SAYF IS A COOL PLACE TO BE.

♥ Delaney (SAYF Grad 2011)

