

SAYF Worship Journal

October 2015 Retreat

Atlanta Friends Meetinghouse

On the weekend of October 16-18, 2015, the Southern Appalachian Young Friends met at the Atlanta Friends Meetinghouse. This is our witness. This is our story.

Dear Friends,

For my second retreat, I had planned to branch out, and not stick with the same few people. Whether I was, or wasn't successful, is unclear to me, so I'll just have to wait until next month to try harder. Even though I'm still kinda a newbie, I already feel attached and closer to everyone, and will miss you a lot.

- Matilda

Dear SAYF,

This retreat was just wonderful. It gave me a good reason to ignore ~~all~~ my responsibilities and focus on having fun. I never thought that midway through the stressful process of juggling college applications, a social life, and school, that I would discover how amazing it is to shave your legs. This retreat was truly a retreat, so thanks.

Best,

Benjamin Chapman

Dear SAYF community,

Thank you for sharing your thoughts this weekend, especially around health of us as individuals and as a community. Atlanta Friends, thank you for planning this retreat. I especially enjoyed the workshops, the walk through the woods, fishbowl sharing, and the healthy meals. I feel inspired by your thoughtful words and action. It really showed that you care. You mean so much to me. Thank you for coming to this retreat.

Love,

Mari

Dear SAYF,

This is only my second SAYF retreat and I already feel like a seasoned SAYFer. Everyone continues to be so amazing and friendly. This weekend I sat in on the mental health group and I learned a lot of useful tips. How to manage stress, how to not let your emotions get in the way when they don't need to be front and center. Most of all, I learned everyone has at least one strange mannerism, and that's ok. I thought my mental discrepancies were a little odd, but everyone deals with something. I can't wait to see everyone back in November.

Abner

Dear SAYF,

This was a prett swaggin retreat full of headaches and stars.

≈ Ick

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I missed last retreat and I'm glad I could make it to this one because it rocked! The workshops were really nice and so was the hike (except for crazy werewolf man) and the guacamole was killer. I feel like this retreat I talked a lot more to people who I don't always, which was really nice! Also – my first ever game of wink was super fun even though now my knees hurt. Anyway, SAYF is great and I love you guys. See you next month! Awoooooo!

Wynne

SAYF,

My affection grows stronger every retreat as well as my sadness at parting so often. Many thanks to Jane and squad who fed us this entire weekend. Thanks to all the community members who made this possible and all the FANs. I can't wait to see you all in Asheville.

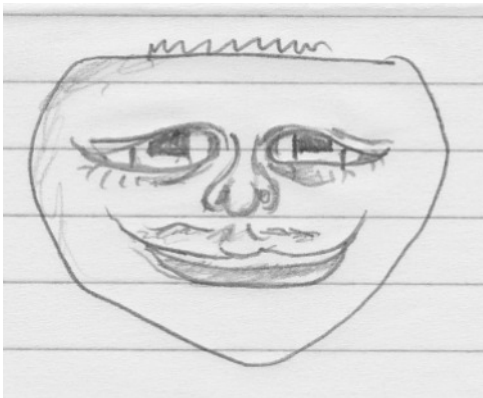
Endless love.

Thank you parents and members of our Quaker communities for making SAYF possible. We are terribly lucky to have this opportunity to spend an entire weekend together almost once a month. We've developed lasting friendships, deepened our fiath, and increased our engagement in the wider world as Friends. For all the support you've given us, from organization and coordination to driving and FANing, THANK YOU!!

Those six months without you people really stung. It's hard to believe that last time I saw everyone was in April. I'm unfathomably happy to be back. I'm not sure if I could handle missing another retreat. This SAYF was extraordinary. Hiking, pie, wink, no sleep, all the things that make SAYF almost perfect. It's the people that make it perfect.

- Aldo

Here's a drawing:



SAYF is a beautiful thing. It allows us to be however we choose and learn how to love while doing it. I would like to thank you all because around Saturday afternoon I experienced pure happiness. Everything about this retreat was absolutely perfect. I love you. And I mean that more than ever now. I love everything about each one of you because you be who you are. Y'all rock.

Julia

SAYF,

While this retreat wasn't quite as spiritual as the last it was just as fun. I wish I could have attended all four workshops on Saturday morning, but both the substance use and the sexual health were very thought provoking and interesting. Hiking was also quite a time, with the awesome graffiti ruins and creepy man following us around and howling. The fish bowl, too, was nice and worshipful and brought forward tons of really deep questions. Healthy food was amazing, and while I would have loved to pig out on oreos at 1:00 last night, I'm glad I don't feel like shit right now. This retreat has definitely inspired me to make a few healthy lifestyle choices, and I hope everyone else had a similarly positive experience. See you all in Asheville in a few weeks. Love and peace,

Asa

Dear SAYF,

It's been a couple of years since I wrote my last epistle, but I felt it necessary to write one this time since I had such a great retreat. It was really nice to actually have those late night convos with y'all. Thank you to those people, you know who you are. Thanks to the Atlanta Friends for planning such a great retreat! That hike was really fun and I'll definitely remember it for a long time. See you next time.

-Henry Chapman

P.S. Run from the wolf man.

P.P.S. Sorry for my bad handwriting, I feel bad for the SAYF who has to read this.