

SAYF Worship Journal

October 2016 Retreat
Berea Friends Meetinghouse

On the weekend of Oct 7-9, 2016, the Southern Appalachian Young Friends met at the Berea Friends Meeting. This is our witness. This is our story.

Dear SAYF,

I'd considered it, but this wasn't an opportunity that I thought I'd get again. I don't think a day goes by that I don't think about you all; past, present and future community members. The book shelf at the foot of my bed still has all my epistles; my candle, and graduation notebook. My family moved to a new city in the spring, so on Thursday and Friday I was unboxing all the memorabilia that I had piled up in my new room. I found a mask I made at an Asheville retreat. I hope I can wear it to a Halloween party or something.

I have much respect and love for you all, and I hope my presence here as a FAN was useful. There's a lyric that's running through my head, I can't remember the song title but it goes: "I keep you with me, in my heart, you make it easier when life gets hard." It rings true for me. I know some people couldn't make it this time round, but I thought about you anyway. :)

I'll end here, with a reminder to high school students to come visit Earlham. It's a great environment, and I know Asa, Laura and Sven miss you all dearly. They send their love.

I won't see you till SAYMA, but I'll be holding you all in my thoughts till then.

Love,
Grace Beavin (Gran-Gran SAYF)

P.S. I don't know who copies these out now, but special thanks to whoever you are!

Dear SAYF,

I have come out of this retreat understanding the value of a good night's rest; I don't think I've ever been this tired. Despite this, I tried my best to stay engaged and present. This was my first retreat of the year and it went really well for me! I'm looking forward to getting to know all the new folks and stepping up as a nurturer. I guess we're almost a "new era" of SAYFers so let's all make this the best. Thank you so much to the Berea FANs and SAYFers for planning and executing such a lovely retreat. Without you, this wouldn't have been possible.

I love you!

I love you!

I love you!

-Tallulah

Ten Understated Feelings SAYF Edition

1. That rush of happiness you get when you finally reach your destination and see everyone.
2. The cold but sweaty feeling (Evangeline, you know what I mean)
3. Cuddling in general
4. That pumping heart feeling you get in bear
5. Wet feet from running on wet grass
6. Star tripping
7. Laughing so much that you hurt all over
8. The saltiness of cheese balls
9. Eating mentioned cheese balls w/ chopsticks
10. Constantly being filled to the brim of warmth + loved (that made no sense gramatically)

I love this place and all the people. I'll miss you!

HECK YEAH,
Matilda

P.S. Here's some runner ups for the dubbing competition:

- Jonas
- Shea
- Lorenzo

P.P.S. But let's be real, all of those competitions ended with a quakerly tie!

Early Quakers like George Fox and Isaac Penington used to write about being "brought low" or "kept low" which meant being humble.

It has also been said that the pun is the lowest form of humor. We have certainly kept low this weekend. In lowness of spirit and humor,

Mark

This may or may not be my last SAYF retreat, so in case it is, I'll leave you with this:

Thank you so much for these years filled with love, I will never forget that. All of you beautiful people inspire me to carry love and compassion wherever I go. I feel that this describes my experience with SAYF well, so I'll finish with some lyrics of a song by Marina and the Diamonds.

"Happy"
Couldn't relax,

Couldn't sit back,
and let the sunlight
in my lap.
I sang a hymn,
to bring me peace,
and then I found
a melody.

It felt so sweet
it felt so strong,
it made me feel like
I belong.
And all the sadness
inside me,
it washed away,
and I was free.

(Sorry if some of it was off)

Thank you, SAYF. You have all of my love.
Astrid ☐

(I'm here to talk anytime)

This retreat was absolutely incredible! One of my favorites by far. There were moments of bliss when I would look at all of you together and become completely overwhelmed with joy. Moments such as the Atlanta combined with Berea singing along to Astrid's ukulele the van ride back from hiking, throwing the frisbee around with the guys while laughing at each other, taking wonderful wacky photos in the garden, sitting around the campfire listening to Kate, and sitting out in the cold all gathered together singing along to Cora play the guitar. You all make me so happy. Those moments are the reason I love SAYF so dang much. You all make me such a proud Mama SAYF. I love you.

Your friend,
Julia Hudson

Dude, I'm so tired.
- **Everyone**

Dear Friends,

It was such a pleasure to have you travel to Berea for this retreat, and spend time at our meetinghouse with its creeks, fields and Friends. To see some of the natural beauty in our piece of Appalachia, as well as experiencing a bit of the music, and visual poetry of this space many of us call home.

I thank you for bringing your joy, laughter, ideas, fun and frenzy. I was delighted to show all of you off to Berea Friends, knowing that your spirit has sunk into our walls, our floors, and the very foundation that the meetinghouse rests on.

Beth Myers, Berea Friends

DEAR SAYF:

APPROPRIATE THAT THIS IS STARTING OUT WITH A TECH FAIL! MY G-2 GEL PEN JUST DIED, BUT WE HAVE PLENTY OF OTHER PENS AND I'LL TRY TO MAKE DUE HERE. :) (SVEN WOULD UNDERSTAND IF HE WERE PRESENT.)

WHAT A WONDERFUL WEEKEND HERE IN COZY AND QUAIN T BERE A! A GREAT RETREAT TO RE-CONNECT WITH OUR COMMUNITY; A GREAT SETTING FOR RELAXING; NICE NOT TO HAVE ALL THE RESPONSIBILITY TO DEAL WITH THIS TIME... I'VE BEEN LEAD FAN THE PAST COUPLE OF RETREATS AND FELT TOO BUSY TO PARTICIPATE, SO IT HAS BEEN A JOY TO JUST BE PRESENT TO SAYF AGAIN! BEING UNPLUGGED WAS ESPECIALLY APPRECIATED IN MAKING SPACE FOR THIS.

THE CHERRY ON TOP FOR ME WAS THE GUIDED DISCUSSION CONSIDERING HOW OUR COMMUNICATION TECHNOLOGIES IMPACT OUR LIVES, BOTH POSITIVELY AND NEGATIVELY. AS A TECHIE GEEK WHO HAS BEEN AN ACTIVIST ON THESE ISSUES FOR MANY DECADES, I HOPE SHARING MY HISTORICAL PERSPECTIVES AND EXPERIENCES RAISED EVERYONE'S AWARENESS OF SOME OF THE MOST IMPORTANT CONCERNS. APOLOGIES AGAIN FOR THE LENGTHY SOAP BOX SERMONIZING, AND MANY THANKS FOR LETTING ME FEEL SO WELL HEARD.

IN PEACE, WITH LOVE FOR ALL OF YOU,

AARON

hi SAYF,

Missed y'all lots ☐ loved seeing new and old faces this retreat! I'm so glad that the love and kindness and warmth here has not diminished in the time that I was gone.

See you in November!

Lucy

Berea, October 2016

This was such a fun, relaxing, and peaceful retreat for me. Thank you SAYF community, for continuing to welcome me. Some highlights for me included -

- The hike, and the fact that no one fell off the edge.

- THE BAGELS AND CREAM CHEESE!!!
- Learning to play Hot Cross Buns on a cardboard dulcimer
- Folding about 3,000 paper balloons for Mary Linda
- Relaxing in the perfect weather, reading my book
- Everything about the talent show
- Singing the fast part of "Take Me Up" faster than I think I've ever sung it before, and getting to sing it with my Cora girl.
- And last but certainly not least, reading a drooling cat into existence by the fire.

Thank you, SAYF!!!

Much love,
Kate the FAN