

**SAYF Worship Journal**  
**SAYF Nurturing Retreat**  
**August, 2018**

*On August 10-12, 2018 the Southern Appalachian Young Friends met at the Swannanoa Valley Friends Meeting, in Black Mountain, NC. This is our witness. This is our story.*

Dear SAYF,

After being absent from a few non SAYMA retreats this past year for reasons such as random ice storms preventing us from leaving Nashville or that Durham/Chapel Hill is apparently “too far away” \*eye roll\*, I didn’t realize how much I missed sleeping on a hard floor and even the once I thought of as unsavory task of cleaning the meeting house on Sunday mornings, etc. I love these things because of y’all. The unconditional love I feel here is by far unmatched. This love was so prominent in the decisions made this weekend. So much so that at times we had to realize our love and ambition for this community at times surpasses what we can realistically do. The wise input and ideas this love inspires in y’all never ceases to amaze me. I feel beyond privileged to be a part of all of it.

Love you endlessly,

Emma

P.S. Thanks for being my makeup models!

Dear SAYF friends,

Thank you for sharing and giving all of what you have to offer to this community. I was moved by hearing loving words expressed at the meeting. I listened to those words and knew that Spirit was giving those words to us. I miss dear ex steering committee members, but I am excited to have the new group. I am learning so much from all of you.

Much love, Mari

Dear Friends,

I probably say this all the time, but my heart swells for all of y’all. I’m so thankful that I was able to wrap up my summer with folks who are so inclined to listen, stand up for the people they love, and sit through Quaker process. I always emerge from nurturing retreats feeling immensely accomplished, and that is simply a product of the people here. I’m so excited about this next year at retreats. One of the primary themes that came up was communicating with the wider community in regards to what we do here and the way that we’ve furthering Quaker spirit - and so I’m looking forward to seeing the plans and that sentiment move us forward into welcoming newcomers, planning etc. etc., and restoring gratitude for the meeting houses that welcome us.

SO MUCH LOVE,

-Tallulah

To Love as I am loved  
To Love as we are loved.

I have felt your love and your work here this weekend in concert with my own love and work here this weekend. To know as I step newly into this space that I am loved as I have loved you and as Spirit loves us all fills my heart with peace.

P.S. I am done being surprised that you all are so amazing. I have come to expect it and I cherish that expectation as a gift you give freely to those who listen and pay attention.

In Peace,  
Jennifer (Dickie)

Dear Friends,

I love you all endlessly and have enjoyed this weekend so much. I am so thankful that I have this place and all you wonderful people. I'm listening to the river and thinking about how the last time I was here I 100% called it a creek. When does something stop being a creek and become a river? I'm also now thinking about how these get archived and how I had no clue that my teenage SAYF ramblings were going to be immortal. I think it's really cool though. I'm so glad that we can have such a vivid and meaningful snapshot of our experiences preserved for many years. I am beyond thankful for all of you and am always impressed by the work we do together. I've got you all archived in my heart.

Love,  
Cora

Today concluded my first retreat after a year of no quaker interaction. I can't express through words how great it was, the pure real love that is SAYF is such a magical thing and I had almost forgotten what it was to be in that type of space. The amount of appreciation that I have for every single person here is unreal. I continue to feel blessed to be in y'all's presence. I love and thank each and every one of you. I give this retreat a solid 27 Radians out of 3 years.

So much love,  
~ Jonas

P.S. I miss y'all so freakin much you have no idea.