

**SAYF Worship Journal**  
September 2018 Retreat  
Atlanta Friends Meetinghouse

*On the weekend of September 7-9, 2018, the Southern Appalachian Young Friends met at the Atlanta Friends Meeting. This is our witness. This is our story.*

As we rest on this rock,  
I feel the moss peeking up through the cracks in the ground,  
The vastness of the Earth beneath us,  
Our warm, weary hands pushing into the tough floor.  
I feel at peace.

As we work, giving back to the earth,  
I hear the birds chirping overhead,  
Feel the hot sweat dripping from my brow.  
See the plants, in their gratitude, lifting their heads.  
I feel at peace.

While it may not be alive,  
While it may not speak to us in a way we can listen,  
I know  
This rock appreciates us as much as we do it.

To SAYF, my dearest friends,  
Oliver.

Thank you all for a fun weekend!  
Some highlights of the retreat:

- liberating squash plants
- Getting misted by Kenya
- Crowbar's excellent navigational assistance
- Lying on a sun-warmed rock under a gorgeous sunset
- The Cakes made from scratch!
- Feeling more at ease as a FAN than I have in a long time
- Bella the dog!

One of my favorite quotes is "Attentiveness is the natural prayer of the soul," and being attentive to you all has been a joy.

Peace,  
Kate

I feel happy to be going home, at the same time I feel a bit sad that I did not get to know everyone here.

Teo M.

Why didn't I do this earlier? Why is it so hard to find community? Never mind all that, I've found it here. Can't wait to come back, I had so much fun. Met so many friends and did so many fun things. Kudzu wacking cake making, pillow fights, even hiking was made more fun than I could imagine. Can't wait to come back,

Robert B. King

As a FAN I am impressed with the self organizing, self governing nature of the group: truly Quaker. Being at the top of Arabia Mountain with you was truly special.

Kelly

This is the first time I've come to a retreat as a FAN instead of just a driver.

I've been really trying to grapple with what the word responsible means. It is used everywhere and thrown around.

I see it as a virtue, a characteristic, a burden, a cause, a goal, and much more. It's a strange thing since it connotes existing or being in something more than just your body or the path you walk.

Sean\_Chapel Hill Friends

I had a fun weekend at SAYF. At the farm I knew that plants would grow due to our work. I liked to meet the amazing people at SAYF. I felt peace at the top of the Arabia Mountain. I enjoyed talking to the people I met at SAYF, thank you for a fantastic weekend.

*Thanks. This was a ton of fun and I feel like I gained a lot from it. It kinda reminds me of a mountain camp [I know]...both of these places have amazing, amazing views I greatly appreciate.*

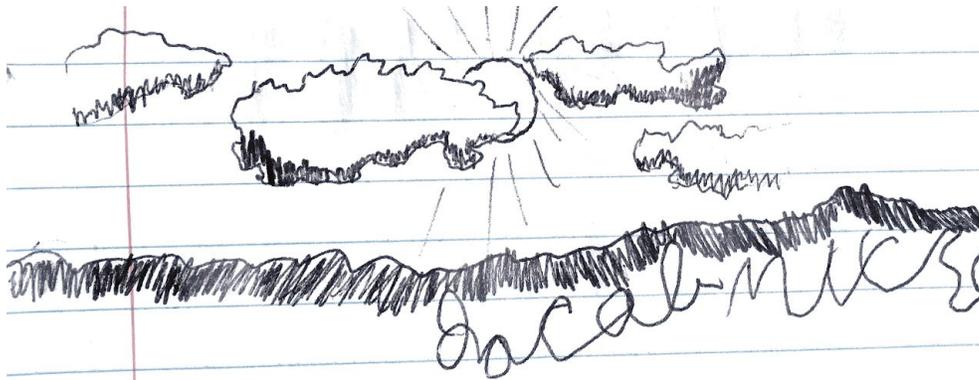


Dear SAYF (my home sweet home),

I am so happy that SAYF is here. This magical place is truly a good one. The amount of love here is almost overwhelming, but only in the best possible way. For quite some time, I have always wanted to be older, and smarter, and bigger than I currently am, but seeing how quickly the world is turning, I want to savor every age, before these days are gone. I don't want SAYF to slip away too fast. You all are my family and I love you so big.

Love,  
Aslan Joy

This SAYF was extremely adequate. Although we didn't do much, it was still very cool. Among the things we did do, starting the KUDZU Extermination Front was one of my favorites (thumb blisters hurt tho) the silent (kinda) pillow fight was pretty cool too. I especially enjoyed the hike, as the mountain of solid rock was a good change of pace from the squishy ground that I'm used to. Also, tree pool with newbies was great. This retreat was also the first retreat that I think I found my nurturing niche at.



(Jacob Mixson)

### **WE REALLY OUT HERE?**

**- PERSON WHO'S OUT HERE AT SAYF.**

Yeehaw my quakes,

This week was not the hottest. I'm going through a lot and so are a lot of my friends. I was hesitant to come this weekend, due to the crappy week, and how much homework I had. I was so glad I did come. Lately I've been thinking a lot about grief, and when is an acceptable time to let go of it. On the way down the hill (I refuse to call it a mountain) I had an interesting on being in-between things. Life is very scary. I am currently stuck between numerous chapters and endings in the Great Storybook of Matilda. Being able to come back to the SAYF chapter over and over again is a welcome relief. It's so good to know that I always will have a place to fall back on when times are tough. Much love to all of you. Keep on yeehawing and being your best self. (Insert cowboy emoji).

P.S. I'll miss y'all in Nashville.

With love,  
Matilda