

SAYF Worship Journal
SAYF Nurturing Retreat
August, 2019

On August 16-18, 2019 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, This was my first nurting retreat. I had a really great time with all of you.

Love,
Sun Shine Wilton

This was my first nurturer retreat, and I had some doubts at first. But they quickly melted away as I noticed the business meetings were not that bad. It feels nice knowing that you can make a difference, and I feel a lot more like I can do that now I am a nurturer. I liked contributing to the possible changes in the guidelines, and hope I can help someone down the road.

Nevin

Lads, and ladettes, get ready to get thanked. Thanks for this cool and productive sayf retreat. Business meeting was cool, even though I might have forgotten how to spell business meeting. alright sayf, stay
SLICK

- Jacob Mixson

This is maybe my fifty-first SAYF Retreat (I'm not counting), and my first actual sleep-here retreat in about ten years. SAYF changes (electronic devices, for example) and SAYF remains the same (loving, supportive, community facing challenges with hope and spirit). This Nurturing Committee/Steering Committee/Support Committee retreat involved lots of work, with even more work to continue back home. The Nurturer-led business meetings, clerked by Mandy, were refreshingly Quakerly. There was time for fun. Lead FAN Jennifer provided great food. Our Swannanoa Valley Meeting House space was excellent (Thank You!).

SAYF remains vibrant, strong, and Spirit-centered.

Thank you, Friends! - Sig

Noticing -

that the SAYFers are very focused on building community, and out of meeting space seem free and self-valuing and kind to each other. In our small group tasks/and in meetings the reasons shared for opinions were solidly grounded in SAYF values - i.e. inclusion and self + other care. A few were pretty quiet but also seemed engaged and spoke when important.

The SAYFers make this Safer. People's fears aren't expressed but maybe later at night (- except in meeting and striving to find solutions and ways to improve.)

Kindness and good manners prevail and conformity didn't seem required. I came away with feelings of love and respect and grateful to be in the midst of SAYF.

Time sharing ourselves
Empowering each other
Rewriting Guidelines

One then One point five
Supporting uplifting too
Revising the Book

Swannanoa House
Wrap around porch soft green grass
Creek running smoothly

Sleeping together
Laughing Rowan Spinning Tops
Writing Rewriting

I'm feeling a fresh sense of urgency. I feel the joy and expectation that this community will be safe and welcoming. I feel the pressure to keep SAYF loving and caring and reject the negative influence that is brought by the media and larger systems of influence. I hear the desire to bring balance through love and care and the need for accountability and respect. I am excited about the passion I see in young friends as well as the deep learning that we all do together. As a community in the Spirit we are strong and we hold each other up.

We are allys and we are friends.
SAYF will be what we believe it can be.

With Love and respect and Light,
Jennifer

Dear SAYF,

Jonas was the person that helped me become brave enough to become a nurturer. This is only my second nurturers retreat, and I was sorta nervous to come, knowing that the person who always had my back wouldn't be here. I guess this retreat showed me that I don't need anyone else to make me want to be a nurturer, I just need SAYF so that it's possible. I definitely miss our graduates, but I can't wait to see what this year brings for SAYF! I love you all.

Stay Awesome Always
Or At Least Until I See You Next
- Marissa Beatty

P.S. Nancy is going to be a great FAN!