

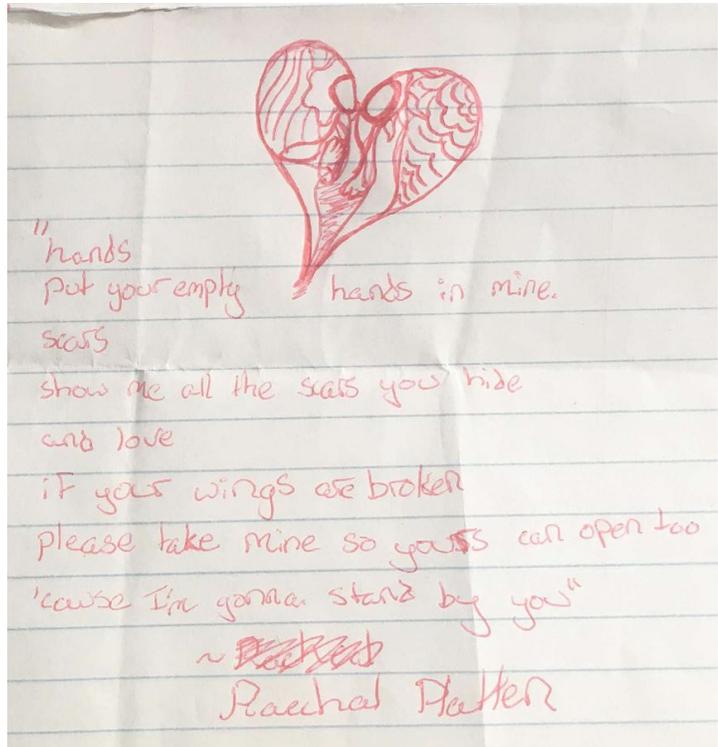
**SAYF Worship Journal**  
October 2019 Retreat  
Asheville Friends Meetinghouse

***On the weekend of October 18-20, 2019 the Southern Appalachian Young Friends met at the Asheville Friends Meeting. This is our witness. This is our story.***

Perspective

on love

1. soft,  
comfortable,  
laughter.  
strange how friends can change  
+start tingles running down your  
spine,  
heart thumping,  
as you stay perfectly still -  
stay right here.  
fight now.  
breathing with me  
for hours.



Dear SAYF,

I was stressed out about this retreat because it's difficult to organize a retreat off-site of your home meeting, and because Asheville retreats in the past have been painful for me personally for different reasons. I want to thank all the SAYFer teens for their eagerness and energy in embracing the theme and putting a lot of creative effort into their projects. I'm glad I now have some positive memories to carry with me from Asheville.

Beth

Berea Friends FAN



Dear SAYF Community,

As always, it is great to see you all. I receive so much internal energy from watching and interacting with you (SAYFers) even though my physical body gets tired from not sleeping so well. So thank you to each one of you. The pictures you took were impressive yesterday. Each picture had a message of its own. Its own perspective. Hearing your thoughts while looking at those pictures gave me new perspective, and made the pictures more meaningful. Thank you for the activities Berea friends! Thank you Aaron for the technical support for the great presentation.

It is still grey outside, but the light inside you shines brightly to me.

All my love,  
Mari

Haikus to SAYF Asheville 2019

Small Retreats are Good  
Seeking Connections With All  
Enjoyed this Weekend

A small group and still...  
So many perspectives through  
Eyes that aren't my own.

Found wisdom in youth  
Together we make meaning  
Ideas grow here

- Jennifer

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