

**Southern Appalachian Young Friends Worship Sharing Journal**  
**Atlanta GA**  
**October 2010**

*The worship journal is the written reflection that closes the retreat with love and relative worshipfulness.*

*At closing circle SAYFers should look inward and reflect on their experiences, thoughts and questions from the weekend.*

*The worship journal is the time we come together to express the feelings that you take from being part of a loving spiritual community.*

*What did this SAYF mean to you?*

When I first arrived I was really surprised at how few people were here at this retreat. I was also already sleep deprived and tired, so I figured I would get more sleep than usual. I did, but I am still just as tired this Sunday morning writing epistles. This retreat, despite all the mother-swaggering swaggots who didn't come, was pretty darn cool. My arms are still sore from the intense rock climbing we did, and I still don't believe that the walk there was only 1.9 miles. Before that though, I had an amazingly peaceful time in the meditation workshop. I felt as if I had gotten a couple more hours of sleep. That night, and while waiting to rock climb, I learned how to play Euchre and won a couple of times only because my partner Chad who was just beast at that game. Later that night, Jacob free-styled in the back room with Ian and Lincoln, (whose drums right by the microphone were SUPER loud) about a kid named Ralph who was 13 and had a huge swag. Then it kind of turned into a rap about Jacob's swag bag and resulted in 23 videos I think. Jacob, you have to put the good ones on facebook! After rehearsing for an hour, we went to the talent show and got to see some pretty amazing tricks (including the tea-bagging of the dude with the hat) (no offense dude-with-the-hat). That has to have been the best magic show I've ever seen! So, talking to Lekey about trips to India and Austria and Mexico was great. It brought back so many memories, and also made me realize how OLD I am. It's already been 8 years since I went to Europe. We will definitely continue our discussion Lekey! ☺. Well, this epistle is also definitely too long, but just to wrap it up, the only thing I regret is not getting to see Joshua, I mean Joseph in the parade. That was a JK because I could've crossed out 'Joshua' if I'd wanted to. Lastly, Kaitlyn, watch your elephant closely. It might just disappear.

~ Love, Emanuel

PS Jacob, being cool is not about having swag.

PPS I really hope no one tried that "Butter Its Not" stuff.

This was my first SAYF retreat. It was fun and I really enjoyed the awesome activities like rock climbing. I loved when we played wink. I thought it was a great game. I made a lot of new friends. I thought this retreat was really fun.

Well, obviously...SAYF was interesting to say the least. I had a decent time enjoying this worshipful community and friends. I do have to admit though that I was bit saddened by the small number of SAYFers that came to this retreat. I am pleased however with the amount of sleep I got. I would also like to express my liking of how during the past two retreats we included one big activity outside the Meetinghouse that brought us all together for fin. I thoroughly enjoyed the discussion with members of the Buddhist community. I hope to see a bigger turnout of SAYFers next time but I love you all.

Love, Tim

"I've got my sight set on you and I'm ready to \_\_\_\_\_. I've got a heart that will never retain. I knew you were something special when you spoke my name and I CAN'T WAIT TO SEE YOU AGAIN!!" ♥

Shout!!!- Outs

Tessa - OMG I was so sad you didn't come. You better next time. I love you.

Xavier- Broski!!! I missed you tons. Luckily for me you are crashing at my crib next weekend so we will have our own retreat.

Zan - Dude, come on, who was I supposed to catch Skittler in my mouth with?

Gressa - AHHH! Can't wait to see you again. Miss you so much. <3

Xela - New wife!!! So glad to meet you again and compare our sexy stylish hair.

Angelina - SEXY BEAST!!!!

Elise - You're super nice and pretty.

Emma - Oh, you're one of my favorite people to have my picture taken with. I love you.

Lincoln and Joseph - \*SWAG Block. JK. I love you guys.

\* Swag replaces swear words/other profanities.

*Dear Young Friends,*

*This weekend has passed so quickly. Throughout the weekend I was impressed by the cooperation and abilities shown by so many of you. Some of you can really take over cooking a meal.*

*The talent last night was also impressive. Thanks to all who shared with us.*

*This morning was the smoothest clean up I have seen. Thank you for your excellent help.*

*Hugs,*

*FAP Ceal*

This weekend was a lot of fun:

1. Going rock climbing even though I am scared of heights.
2. Making massive amounts of mac and cheese
3. Making a splatter paint peace sign
4. Singing round the rosie at open mic night
5. Playing a never ending game of red rover.

It's too bad we had to leave early , but I can't wait to see everybody next month at the first ever retreat in Chattanooga.

~ Caty

There needs to be more than one jug of cheeseballs. We should do rock climbing. People shouldn't cancel like Zan, Xavier and Nia.

~ Chris

PS Everyone should learn to play euchre. It's a pretty awesome card game.

Shoutouts because I don't know what to write about:

- Jacob, you are the best non-famous rapper I know, you should have free styled the rap during open mike but your jumping was awesome.
- Nick, bring your baby.
- Jackie, I'm going to get you.
- Emma, playing red rover was an awesome idea.
- Kofi, you need to show me how to do that ball trick!
- Angelina & John= funny stories.
- Lekey, you are beautiful inside and out, one day we need to sit down and out, one day we need to sit down and talk about your trip.

The end

*I'm really glad I came to this retreat. My mind, spirit, and body were nurtured by the activities throughout the weekend. It was comforting to see the SAYF community operate so beautifully at a smaller retreat. October retreats are often smaller due to academic demands this time of year. The spirit of the SAYF community is strong no matter how many come to the retreat. We missed those who couldn't be here, but we cherished the time we had with those who came. I especially liked seeing our older leaders nurturing our younger emerging leaders. You worked well together. Thank you for passing on your gifts to others in the community.*

~ Robin

Days pass by so slow,  
Hours pass by quick,  
Minutes don't seem real

We have no time to waste  
For we don't know how much time is left

When people see you  
Do they see you

Or

Someone they don't know?

Are you being who you  
Really are

Or are you just faking?

*Retreats are only once a month, but only last a weekend. The anticipation grows but never ceases, for we know when we leave we will see each other again soon. I have been struggling to make a decision on whether to come back next year or not. I want to, but it feels like everything has changed. I don't feel like I'm part of this community any more. I'm trying so hard to figure out why but I can't seem to find a reason. I don't know what my decision will be, but either way, everything happens for a reason.*

*XOXO*

*Highlights of the weekend:*

- ❖ No school this week ☺*
- ❖ Spending time with my best friend*
- ❖ Being one of the last people to fall asleep Friday night.*
- ❖ Rock climbing with Jackie*
- ❖ Getting creeped on by random people while waiting for everyone to get to the rock climbing place*
- ❖ Following boy(s) around with Angelina*
- ❖ Playing red rover with lovely SAYfers*
- ❖ Being able to crawl in wink with Jacob on my back :D*
- ❖ Drawing with Emanuel.*

*And many more!*

*Shoutouts:*

*Angelina: It's Fallon! His last name is Fallon!*

*Emma: You are no longer allowed to wake me up.*

*Emanuel: My elephant is my elephant. No more hiding it.*

*Jackie: text message creeper!*

*Tim: me and Emanuel will draw you more amazing pictures.*

*Newbs: There are so many of you! Come back soon.*

*I love you all!*

*~ Kaitlyn*

*PS Zan Where are you??*

Dear SAYF ♥,

I LOOVE LOVE LOVE You!!

Love, Elise A

PS Time is beautiful, and he smells good so you should hug him ♥.

PPS Since I'm leaving early I just want everyone to know I love them ♥ because I'm pretty sure I haven't hugged everyone, but I love you and you are all so beautiful.

Exhausted, we meet

Sharing thoughts feelings, no words

Timeless understanding.

I love you. I love you. I love you. I love you. I love you.

Thanks.

So, this retreat I went climbing. On some rocks. But they weren't real rocks! They were rock lobsters! Ba-do-do-do-dodo-dodododo. Ba-do-do-do-dodo-dodododo!

There were so many new people at this retreat! I love it! I can't wait to see how you develop into the bright future of SAYF, because SAYF is awesome.

Jacob has swagger.

Emily and Willamae

Came here very late

I want a haiku.

But can't think of a reason

For me to write one.

Here is a reason

There aren't any bout swagger

Ralph's swag-er-rif-fic.

First off, his name is Rolf.

That is a good reason, though.

I guess that is why.

**BRADEN MILLS** I missed you

XOXO Lekey

Emanuel,

Iloveyou!

~Kaitlyn

I was at SAYF this weekend and it was fun! I LOVE ANGELINA

~ Nick

Building a Strong Foundation with the Wider Community was our theme for this retreat weekend, and I felt the grounded strength of our SAYF values were evident to all of our guests, neighbors, supporters and Friends.

It was noted in the appreciations from everyone we associated and shared with.... From our Buddhist dialogue partners...from our workshop leaders...from our rock climbing and belayers...from the Friends of Atlanta Meeting...and just as importantly, from one another.

Being a part of this group continues to be a great joy, and it's diverse unity continues to provide firm footing when I stand for peace and compassion and justice in the wider world.

In Love and Peace, Aaron



