

Southern Appalachian Young Friends Worship Sharing Journal
Chattanooga TN
November 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?

Sometimes in science
I write haikus because it
Reminds me of SAYF.
(also, they're kind of funny).

Recent Creative Things:

- ~ Sometimes I drive home different ways so I won't get bored.
- ~ Choosing lunch food in the cafeteria can get creative.
- ~ College essays: Must-be-unique-**agh!**
- ~ epistle writing (or while not at SAYF, other random tidbits & bobbits of writing).
- ~ choreography, rehearsal, dance
- ~ Titles
- ~spontaneity!

Though I sadly missed Saturday afternoon for obligations, this was a lovely weekend and I really feel better. Mustaches on Friday night, (multiple personas) with Zan & Rebecca, magic Tricks, Boggle, the fabulous massage from Autumn and Therese (thank you!), gigantic marshmallows, discussions with Gregor-not-Emerson, drawing Ansley, sniffles from Hannah, and time with Tim (haha) were wonderful, rejuvenating parts of the weekend, though certainly not the only good bits. Thanks for a beautiful weekend once again!

Love, Love, Love,
Ellen

This SAYF was not my best. I've been uber stressed lately and I had a hard time allowing that stress to dissolve, I had a hard time allowing my mind to be here. It kept wandering over to colleges and school work and obligations looming over my head. It took me until last night to realize "hey, I'm at SAYF and these things, for the time being, don't matter". It took me until last night to finally immerse myself in the awesomeness of Quaka' Love. But all this is okay and I'm really glad I SAYFed this weekend because I was reminded that even if I'm crazy-busy, I have to slow down and hold those I care about close. I need to take some time to simply exist.

All my love,
~Ansley Steinhice

This weekend was a much welcomed change of pace for me. This retreat gave me some much needed peace and relaxation, and I am highly thankful for that. It was nice seeing everyone after I missed the previous two retreats due to school related activities. Even though I sort of felt like I missed everyone just a little bit more than I was missed myself, it was great seeing everyone's smiling faces and spirits. Yoga on Saturday was very relaxing, but very exhausting at the same time and I loved it. Chattanooga Friends Meeting is a very beautiful place, and I'm thankful that the members of this Meeting allowed us to use this place. It was nice to see all the twobies and threebies that I haven't met. Hopefully most, if not all of you wonderful F/friends will be able to come to the upcoming January retreat in Atlanta. I love each and every one of you soooooooooo much and I hope you all will continue to be awesometastic.

Love and hugs,

Autumn

PS Braden sends his love to everyone!!!

The first thing I am going to do when I get home is eat some ABC soup. A whole lot. This retreat was amazing. This is a really beautiful Meetinghouse and I love it. It's good to be back since I missed the last retreat. These twobies are awesome and I'm glad they decided to come back a second time so I could meet them. I hope they come back many more times. The fire pit was awesome and the giant marshmallows were delicious. The drum circle was SO MUCH FUN! But now my hands hurt. But it's ok. It was worth it.

Asa and Kofi went Ham in wink.

I love you all.

~ Zan

PS I wrote this really cramped.

PPS. Everyone who isn't here needs to get here NOW!

Where are the anteaters nostrils?

What is it with this year and tiny retreats? I mean the noobs are going to start thinking there are 25 SAYFers instead of like, 40. Really guys. Step it up a notch and start coming. That said, I don't think Chattanooga Meeting House could hold any more SAYFers. It's kind of small. But pretty and small. Also, you guys need to start coming (again) because I only have 5 retreats left, if you count SAYMA as two. Six if you count the Nurturing Retreat.

So start coming.

I WILL SEE ALL OF YOU BEFORE I GRADUATE!

~ Ian

PS Might as well put something in about the retreat. Drumming was fun. Digging the fire pit was fun. I feel a lot closer to a lot of you than I did when this retreat started.

Dear SAYF,

This was a great retreat. This is only my second retreat but I already love it. SAYF is a great way to meet more people and I've already met a lot of new friends. I love SAYF!

The first night was all about lava lamps. Dreaming of houses made of lava, but then realizing the fire hazard. Then going to sleep and not dreaming at all. FUN! Yesterday was amazing, with skits and drums. My hands still tingle. ☺. And even with wink being sooo small, I think we did alright.

Last night I had a double dream. I hate those. That had nothing to do with anything. And right now, I'm not all here. I'm still tired, and my foot's asleep. I can't think of much to say, but that I love you all.

Angelina: Lava, Germans, broken knees and kitty snores. I love you, and don't think we're married. Than again...I don't know.

Ian: Puddin pops!

Gregor: New best friend. I love your hair! So long and soft....

Tim: I'm determined to make my sniffles do something to you.

Ellen: My sniffles + you = freakin cute! You're the best, love.

Guthrie: You're gonna grow up and be amazing. Thought I should tell you now.

Elise: I love you a lot! I hope you still have orange crush. If not, I'll try to make you another worm.

Kaitlynn: That girl + Zan = pretty smashed. I love you. Nuff said.

Therese: Oh Therese. I really tried to get out of that seat.

Terra: That was some good chapstick. Mmmm...☺

Chad: Hehe. Chapstick and gum mix up. She's still confused.

I can't think of anything else and I ran out of paper...for now.

Forever Yours,

Hannah Rain ♥

I think the word Joy is overused and often thrown about inappropriately. Joy, as I understand it, is not happiness or contentment it is a deep, transcendent, glowing rightness, a well-spring of love bubbling up from one's soul. Joy, to me, is a momentary knowing that all is in harmony and unfolding according to god's will; which is not to say that everything is perfect for me, only that I know God's presence in this moment and I know everything is perfect in God's time. I don't often recognize joy and feel it but I do today in this Beloved Community.*

Mary Linda

PS. Patrick, you are missed here!

** God = use whatever name you understand Love to spring from: Spirit, The Divine, Christ, the One, Energy, the Universe. I believe God is big enough to be whatever we are able to understand God to be.*

SAYF was lots of fun, we had:

1. really amazing skits by really creative sayfers.
2. yoga that was so fun that we fell asleep afterwards.
3. making dog treats out of baby food and peanut butter
4. a really beautiful bonfire
5. making smores with gigantic marshmallows.

Goodbye until January. Merry Christmas, Happy New Year.

Caty

This retreat was what I needed. Some where to get away from everything at home. The ride was short which was good. I enjoy being able to come here with my best Friend and stalking hot guys in cars. The drum circle was really fun except the fact that I have no coordination what so ever. The only bad part about this retreat is that I have been fighting headaches the entire time. I ended up getting a lot of sleep even though it wasn't during lights out. The bonfire was just what I needed. Singing songs with Jacquelyne, looking at the ashes as they float up to the stars with Dylan talking to Angelina, drawing on Katie's ear, tickling Hannah
Everything that I needed to make this weekend amazing!

Shoutouts:

Jackie: yo name be Jac-qua-lyne.

Hannah: * soft kiss*

Zan: I love your hugs. Theyu make everything so much better.

Angelina: I love being able to talk to you even if I don't tell you much...

I can't think of anything else. If I forgot your name I'm sorry. I love you all just the same.

XOXO Kaitlynn

♪ We gather together to ask the Lord's blessings ♪ It was great to have the SAYF community bless the Chattanooga Meeting by gathering here. I liked not having to travel Friday night, even tho we were busy getting ready for your arrival.

I appreciate each SAYFers contribution to making the gathering work in close quarters. I enjoyed our activities inside and outside.

I leave the weekend with a sense of peace (or is that just total exhaustion?), in part from having learned that Aaron is managing the entropy of the Universe. Thank goodness for that!

Until we meet again in Atlanta in January, I wish you all a sense of Thanksgiving in your own lives. I wish you a Merry Christmas, a Happy Hanukah, a Silly Solstice, a crazy Kwanza and a Happy New Year!

Best of luck in your academic lives, personal challenges, college applications, and keeping the joy of SAYF-dom in your hearts.

Love, Carla Askonas

Time by the fire was my favorite ☺ and that's all. ♥♥

But wait! Terra, dear sister, I love you!!! And lava lamps are wonderfully entertaining. But not as entertaining as getting slapped in the face with someone's butt. Right Rebecca? This epistle * cross out * WORSHIP SHARING JOURNAL is going no where. Lame. Boring. I might not put it in the pile to be read out loud. ><

But basically, I LOVE YOU ALL.

Love, Angelina

Oh and Zan, you're out of sugar bombs. You should buy some more, I'm getting hungry.

And Gregor, I love you, please show me your face?

Rebecca I love you.

Dear SAYF,

I enjoyed this weekend. Thanks for the love, the laughs and the rushin' prostitutes.

Take heed, dear Friends, to the promptings of Love & truth in your hearts. Trust then as the leadings of God whose light shows us our darkness & brings us to new life.

From Advices & Queries, London Yearly Meeting

How many times in my life have I been at a crossroad, not knowing where to go, but by following that still small voice, I have chosen. My choices are usually better when the leadings were followed.

It's been great having everyone here in Chattanooga. It has meant much to our SAYFers (and our Friends Community, as well). The drumming & yoga & dancing were way cool & the fire & marshmallows really added a lot. I'm sure the puppy dogs will enjoy the dog biscuits we made; the rain barrels will soon find a home; and the meeting will use the fire pit again, I'm sure. We have established a relationship with the children's home for future service projects for the Chattanooga SAYFers. I hope we have provided a working model for how to incorporate service projects into our retreats.

I guess I am really grateful for the example you have shown our meeting of the kind of community you have: a community of Love where each person is valued and listened to, a place where young Friends are SAYF to be who they are & don't mind hugging each other.

Thanks again for a wonderful weekend. Chuck

This was a semi-small retreat:

Playing on the drums with a guy my name, dancing terribly, staying up literally all night. This retreat was amazingly scrumptious. I love all the newbies, twobies, and threebies. Our community is growing and growing and its so great to see all those new amazing people here. The swag is almost at the max level. LOL.

Love, Kofi

SHOUTOUTS!!!

Gregor: teach me French, I wish I can be at least half as smart as you are, you're awesome.

Rebecca: cuddle with me please. Can't wait till my birthday.

Lincoln & Lekey: You strait trippin.

Asa: I've decided Chad is your father but we don't know that.....

Ansley: we have to hang more.

Chad: gimme some swag for my b-day.

Jacob: lacross sucks and so does basketball.

Zan: OMG

Austin: You have to show me your long hair pics.

Ruby & Tim: share some of that love.

Asa again: your patches are super-duper gangster.

Guthrie man: I love your Spanish music.

So I don't wan this to lag and I'm pretty tired so I love you all and have a great Thanksgiving, Birthday, Kwanza, Christmas and New Year. Love you all.

Dear SAYF, Thank you for being here when I needed you the most. Thank you for giving me place where I feel welcomed and at home. Thank you for bringing me together with the sweetest, kindest and best friends I could have. I think you are just smashing. ♥

love, Rebecca

Drumming, dancing, healing, loving,
Sayf, beautiful sayf.

You know, sometimes all you need is a good hug or two, a friendly dog, and some chocolate. This weekend we didn't have many people, but that's alright because we didn't have much room either. We painted rain barrels, had a wonderful drum workshop, a bonfire, and probably the smallest game of wink ever played. There are a ton of little newbies-twobies-threebies at this one. They're cute. And little. Ellen dear, I want to hysterically laugh with you forever. Aaron, Thank you. Thank you for being wonderful; not just Aaron but every single one of you.

Love, Terra

PS Hey Gregor. You're cool. Come back.

PPS LINCOLN... I really miss you.

Also, hey Chad. You should teach me some of that poi.

On a sadder note.... I have one more year of sayf. One. I can't comprehend life without you guys. It's mind boggling to think about the five years I've been here. They have gone by so fast...
the end ♥

Dearest SAYF,

You are so beautiful. There is no one and nothing in the world that is so full of love that can beat SAYF because SAYF is the fullest of love that was ever possible. If SAYF was one person and love was fat then SAYF would be one VERY fat person. I love you so much.

Love, Love, Love, Love, Love,

Elise A.

PS Than k you SAYF for coming to Chattanooga.

PPS Chapel hill, you were missed.

PPPS Lionel is a Quaker puppy. ♥

When I'm striving to be creative, this community is often my muse. Much appreciation to Chuck and Carla, and the Chattanooga planning committee, and all the SAYFers here for an amazingly creative weekend. And many thanks to the Chattanooga Friends for their support in providing such a cozy home for us to be creative in. The drum circle with Kofi (the Musician Kofi, not the Magician Kofi) was phenomenal and....I felt it was exemplary of how all our creative energies can come together in Community to make something beautiful.

With love to all my muses,

Aaron

So, this retreat felt a tad different from last. It wasn't as rawr or anything like that, it was more of a comfy time, a time to bond you could say. Yoga almost had tko-ed, but you know it failed. Making my rain barrel all camo and junk with Jane was very how do you say AWESOME! Bahahah XD. Wink, ahh yes wink. It wasn't the best but it was wink so, it was very much great.

A river flows through the woods

Just as any other. It brings life

To plants, humans and many others.

It' never ending, just like SAYF. (:).

XOXOXOXOXO Jacquelyne

