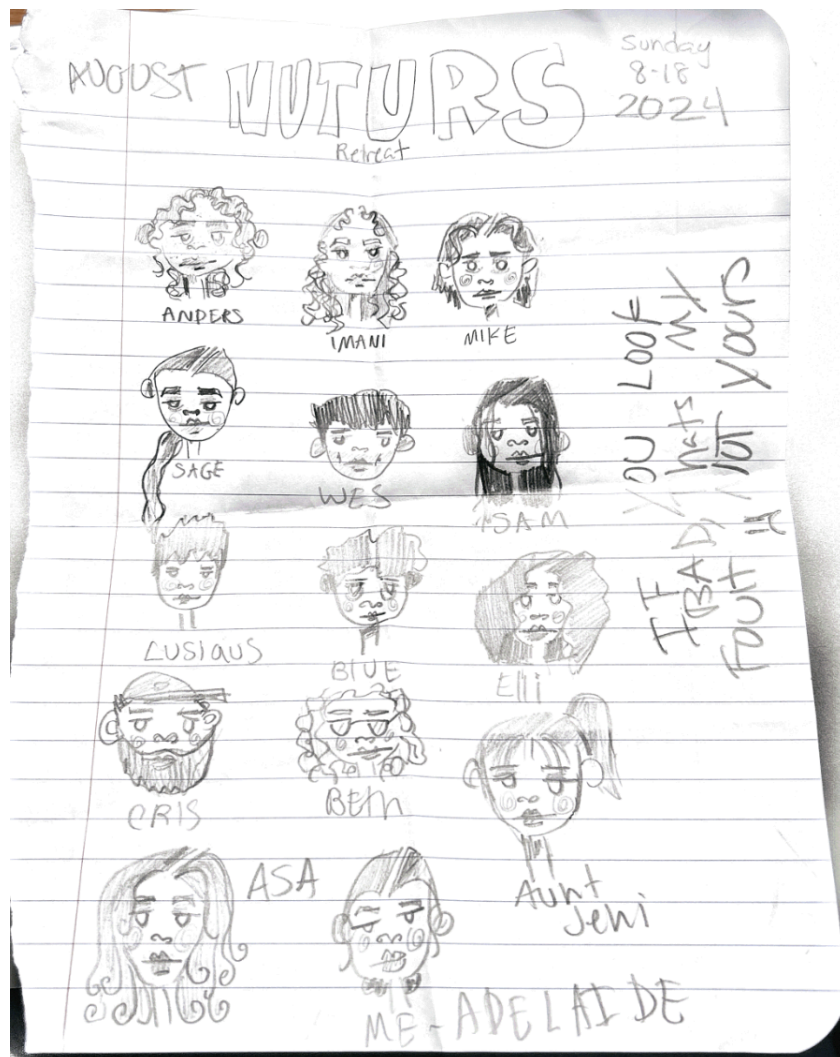


SAYF Worship Journal
August 2024 SAYF Nurturing Retreat
Swannanoa Valley Friends Meetinghouse

On the weekend of August 16-18, 2024 the Southern Appalachian Young Friends met at Swannanoa Valley Friends Meeting. This is our witness. This is our story.

As I finished my last song, I closed the wooden door used to protect the keys. I took my foot off the sustain pedal and walked away. As I was the only one in the meeting house at the time, there wasn't much for me to do. The air conditioner breathed. Crickets buzzed. As time went on, these noises slowly disappeared. Silence. I would have been alone were it not for my thoughts. My thoughts kept me company on most days. Not now. Soon, the AC started again. Breathing, through the entire room. It wasn't long after when I heard footsteps approaching. Fast, heavy footsteps. I braced myself for the worst, only to see Anders and Adelaide burst through the door. I finally knew: my adventure had begun.



I appreciate more than I can say the trust we all have in each other and how much we ask of each other. The honest talk about doing chores completely changed how I look at my time at retreats. I LOVE that y'all understand and want the responsibility of the often thankless tasks that are very necessary in Nurturing this community.

With love, Aunt Jenny

Dear SAYF,

Communities are what make being human worth it, I think. Being known, being loved, being cared for. Being challenged, being asked to grow, being needed for something other than your own personal gain. It's a ton of work but so, so worth it.

Thank you for being community - to me, to each other, to the young friends who you are going to meet this year. I got a text from N. and Sylvie's parents saying they had a great time and everyone was "militantly friendly"...so mission accomplished I guess? Keep being wonderful.

Love, Chris