

CJ 1/-20/24 Berea

I had a lot of fun this retreat despite missing almost everyone. I really wish we had everyone here with us but I know there will always be next time. Some of my favorite moments were:

- Pouring Kai juice and he makes a bunch of noises like I'm doing it wrong so I give it to him and he pours it all over the floor
- Going to sleep next to Lucius, Phoenix, and Sage and hearing Blue and Stitch giggle about hot dog man
- Noah's metaphor pumpkin
- Jackbox with Blue, Stitch, Adia, Sage, Isaac and Sam
- Rigel, Lucius and Sam's frisbee game
- Eating Phoenix's oatmeal
- Hiking and talking to Isaac and Kai
- Learning to play mao
- This felt really weird and different from a norm at SAYF but still enjoyed it.

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I had a great time can't wait to come back also;

Utah empire be coming

You better start running

Oh no their here

Walk up stairs to Heaven

Droppin down to earth

I sure can't give birth

Wow look a rock

Now I can't remember my own song

Now that's not Pog

Hit song by Sam, Lushy, CJ, Blue

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SAYF Oct. 2024

This retreat was a bit of a rollercoaster. As a Fan there is a lot of planning that takes place before and during a retreat. There were times I felt really good about that and others that I felt judgmental of myself. I trust no one went hungry, LOL! The time at the Pinnacles was my favorite. It was a beautiful day and a great time.

Your hard work at the meeting house is so appreciated! Berea Friends Meeting is very small right now and those who attend regularly expressed feeling burnt out and overwhelmed by the care of the meeting house. Your willingness to give your time and effort contributes to a greater sense of support and community by the Berea Friends. I look forward to an opportunity to offer that kind of support to our friends in WNC, who have suffered such devastation from Hurricane Helene. Just by existing you are a light, keep being yourself and letting your light shine. You can't know the kind of impact you can have on others if you do.

I love this community for its authenticity, energy and compassion.

Love Danielle FAN (Berea)

SAYF Rap – In the style of “Without Me” by Eminem

1. I've created a friend
2. Cuz nobody wants to see homework again
3. They want SAYF there's no end
4. Well if you want SAYF this is what I'll give ya
5. A couple of hugs mixed with some cake batter
6. Some chocolate that'll start my heart quicker
7. Then the compliments I receive from Sage
8. All these warm fuzzys got me feeling SAYF
9. Now this looks like a job for we
10. So everyone give warm fuzzies
11. Cuz we need a lot less cold pricklies
12. It feels so empty without we

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Dear SAYF,

I always love these retreats. No matter what happens, SAYF finds a way. From a hurricane to leaving the SAYF boxes in Atlanta. We still got an Asheville friend, and started new epistle notebooks. I loved watching the talent show, you were all impressive, from the bag that can hold anything to Lucius and Rigel's juggling/baton acts. Thank you Blue for sharing Jackbox with us. I loved playing with you, Stitch, Adia, CJ and Isaac. The pumpkins are beautiful, and I loved trying to make a plane. *(It can't fly, but I wasn't expecting it to). I truly slept better last night in the not quite cuddle puddle of me, CJ, Lucius, and Phoenix. As I'm sitting here trying to think of what to write I've started filling out the notebook with customary SAYF stuff like art and words of advice.

Hugs and love to all

Sage