

SAYF Worship Journal

January 2026 Retreat

Atlanta Friends Meetinghouse

On the weekend of January 16-19, 2026 the Southern Appalachian Young Friends met at the Atlanta Friends Meeting and traveled to Montgomery, AL. This is our witness. This is our story.

New Year New SAYF
(From: New Kukas)

I'VE MISSED YOU ALL SO MUCH!! I've been so sad missing all these SAYFs but you can trust that in the big two-six Kai will be pullin up. I've gained so much from this retreat that I feel has been missing from my life that I think was genuinely throwing off my grooves (like sleeping in a cold, cramped area trying to make sure my greasy ahh hair wasn't just fully in someone else's face). Thank you to the many new friends I've made (some of which I've met before but not been given a chance to talk to) and thank you to the friends I've known who have already improved my life and will continue to (whether you want to or not punks). I wanna throw out a few shoutouts k- thank you to aunt Jenny for being truly incredible hugger, Fleming for being a top tier best fiend, Lilli for many reasons but namely for having a 95% (or something) match rate with me on Spotify, hydi-dude for his slippery fruit, and lastly Baron for having some of my most meaningful conversations with me. I won't talk about the museum too much in this cuz it doesn't fit the vibe, but anyone who wants to have a convo about it, come get my number or something later because I feel like I have a lot to say. Thank you to SAYF itself and the people who make it happen because this is a place like no other and I wouldn't give it up for anything. I love all of you...

#Yo-YoREFERENCE CONFIRMED!

Dear SAYF,
This is my reflection in verse.
(Because at SAYF you don't need a purse).
Instead of fighting we play bear
(even if we break the chair_
We do not argue and we are true
(even if we waste fondue)
We reflect and reflect and reflect some more
(but you know me, I never get bored)

This time we went and saw a legacy
(with all y'all folks even when you're smelly)

The day before we played in the park
(went home for home-cooked smores at dark)
This here is almost my last retreat
(the thought is enough to make me bleat)
But after this weekend I am not scared
('cause I know you and you're prepared).

Love,
Baxter Henderson

This retreat was longer than normal and it was awesome! The trip to Montgomery to the museum was very fun! I really liked how the museum had a good balance of text to be read, videos to watch/listen to, artwork and interactive things. The memorial was cool and very meaningful to walk around. One of my favorite parts of the museum was this video I watched about the man who made the heads in the first room. (I also really liked the heads). One fact from the museum that really struck me was that 90% of people in Montgomery were black but only 1% of those people owned land and I felt like that was just shocking. The car ride back was very fun watching videos from the Fruit guy. Bear was really fun as always and I got to be bear for the first time so that was very fun. I loved all the card games I learned and magic tricks that were done. This retreat was very fun can't wait for March in Celo!

- Alice

Yahoo! Awesome SAYF guys! It was an interesting experience having SAYF through Monday but pretty cool. It felt good to have more time with friends. It was very fun looking @ graffiti on the beltline and hanging out in the park...It was also great to celebrate Adelani's birthday as always, the waffles are always hitting...I had a lot of fun with stickers...Also, all the food was so good. The curry was especially delicious, I'm getting hungry again thinking about it. Sunday was more serious and I had a good time at the museum and memorial. I felt like they were very impactful not only in content but in the way the info was displayed. It was very powerful to go through the exhibits and think about the people who lost their lives to racial violence and to think about those continuations today. It was so cold though. Besides the museum and everything, I also had fun on the trip to Alabama. Stopping @ the gas station on the way there and trying on hats with Lilli and Baxter, then on the way back going to bucces and watching Instagram reels with Kai, Cyrus, Baxter and Alice. Everyone was so great and I hope everyone else had a good time. It was also fun to just sit and talk with people about different things and taking quizzes with a bunch of people. It was great spending time with people and chatting and I'm excited to see everyone again soon! Love you all so much.

CJ

Cyrus
P-P-D-P-Pickle Productions
BJP stands for Bar Jonas Pickle
If I was a cactus I'd be Big Jerky Prickle
Call me John Paul Gaultier the way my bars can't be
Beatle
So much cologne on my neck its got my drip dripping aromas
I ride the train so often cuz my fare is free
Call me better than Shakespeare, my fair verona just got beat
You're so bad at getting chicks even HR is shocked

Girls pay for my number, just to get H&R blocked
I've been aged in brine
Ya mum's so fine
Might ring her line so we can sip on wine
You're a weenie crybaby
You're sweeter than pie
I'm sure you wouldn't mind if I spat
on you with my brine
I take coins from homeless peoples cups cuz
I really dyserve it
I'm better, I'm stronger, you mortal fools are worthless.
I could end this rap one thousand ways, but i'll just
leave ya with this, I'm Bar Jonas Picke, and you got dissed.

I'm thinking about the legacy museum again, so I'll write what I'm thinking, although it might be a bit disorganized. It's intimidating to think about the depth of human ignorance. Ignorance often seems to come from thinking that we know things. I'm listening to a Dune saga on audiobook, and there wa a saying in it that comes to mind. "Knowledge is the enemy of understanding." And I think it follows that hatred is a kind of knowledge. I know that you are evil. I know that you are lazy. I know that you are stupid. And so I cannot understand you. And I know that I am good. I know that I am smart. I know a thousand reasons why you are not worthy of my understanding, or of anything. And so I cannot understand myself. I'll wrap it up here. Thanks for listening. Let's do our best to forget what we know, and understand each other a little more.

- Lucius

I learned a lot about the slave era, and a lot about MLK Jr. I think Flemming is right about how it is terrifying that we are getting desensitized. But Bear was fun and I joined a night club. I hope that the next SAYF is as fun as this one.