

**SAYF Worship Journal**  
August 2025 SAYF Nurturing Retreat  
Ferguson Cabin, GA

***On the weekend of August 15-17, 2025 the Southern Appalachian Young Friends met at the Ferguson Cabin. This is our witness. This is our story.***

Dear SAYF,

I believe this has been my absolute favorite retreat ever! Although when I first arrived the cabins seemed dingy and creepy, soon those cold corners full of spider webs transformed into warm and jolly rooms of laughter and friends.

Thank you so much

Miles Howland

Coming to Ferguson cabin is always a special experience for me because of all the old memories and nostalgia it brings up. I remember coming here as a little kid, drawing water from the well and playing on the swing. I remember making a fire and throwing rhododendron leaves on the meers to listen to the fire cracker pops as they explode. I loved canoeing out to snake island then paddling out as far as I could until the wooden dock looked like a tiny point in the distance. It is so vivid to come back now as an adult and see how it has changed and how I have changed. Most important it is great to see the new generation making use of the cabin and enjoying their time, even if we are disconnected from the outside world. I'm looking forward to seeing where the cabin is another 40 years from now!

From ellie

This retreat was lit. But also a bit short. I had fun at the lake and getting a mud massage was very satisfying. Burritos were great and so was the cookie cake. Can't wait to see you all in Atlanta.

It's been a small intimate retreat. This was my first nurturing retreat and my first time to Ferguson cabin. It's a lovely location. We took a break from meetings after lunch to swim in Lake Burton. It was a beautiful day. As we wrapped up our financial meeting it started raining. We had a cookie cake while doing epistles Saturday night. A small group is staying the night and leaving early tomorrow. There has been so much laughter and stillness. We have appreciated the time disconnected from our phones and the internet.

Danielle FAN

This is the retreat where I learned that a SAYF retreat doesn't have to be anything. It doesn't matter if we write Epistles on Saturday night or Sunday morning. It doesn't

matter if a few SAYFers come or a whole bunch. Technology is \*not\* required. We might all get dysentery, but Oregon Trail will never die.

Thanks for helping me get started as Steering Clerk.

I love you all,

Aunt Jenny

Mountain Meeting  
Epistle (Lulu)  
Best sunset I've ever had (or remember)  
Nap upstairs  
Sitting on a perfect day in a perfect lake in perfect water in a perfect amount of time  
Finance meet process who again!  
Dinner - Perfect!  
Back to home today after cleaning epistles  
QED

Arrive home before 9:30  
Drive to Lake Pontchartrain  
Make copy  
Coffee, look  
1st night out for  
BEST  
Atlanta  
6:00 AM  
Dinner - Perfect!  
Back to home today after cleaning epistles  
QED  
Arrive Atlanta 11 PM?

New with pony

Kiss the Forest