



"Pause where you are  
and ponder the wonders of God."  
(Job 37:14, The Voice)

HIGH  
POINT

*Friends*

MEETING

336-884-1359

August 13, 2023

In Ministry

Minister:  
Scott Wagoner

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Organ:  
Carmen Farlow

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Piano & Voice:  
Wanda Simmons

Psalm 46 (NRSV)

- 1 God is our refuge and strength,  
a very present help in trouble.
- 2 Therefore we will not fear, though the earth should  
change, though the mountains shake  
in the heart of the sea,
  - 3 though its waters roar and foam,  
though the mountains tremble  
with its tumult. Selah
  - 4 There is a river whose streams  
make glad the city of God,  
the holy habitation of the Most High.
  - 5 God is in the midst of the city; it shall not be  
moved; God will help it when the morning dawns.
- 6 The nations are in an uproar; the kingdoms totter;  
he utters his voice; the earth melts.
  - 7 The Lord of hosts is with us;  
the God of Jacob is our refuge. Selah
  - 8 Come, behold the works of the Lord;  
see what desolations he has brought on the earth.
  - 9 He makes wars cease to the end of the earth;  
he breaks the bow and shatters the spear;  
he burns the shields with fire.
  - 10 "Be still, and know that I am God!  
I am exalted among the nations;  
I am exalted in the earth."
  - 11 The Lord of hosts is with us;  
the God of Jacob is our refuge. Selah

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Message:

## "The Power of Pause"

**Open Worship:** In this time of open worship, Friends take time to center down, wait on God to provide ministry to your soul and see if God wishes to use you as an instrument of grace.

**Hymn:** Dear Lord and Father of Mankind #338

**Benediction:**

**Postlude**

Thoughts for Reflection:

*"Practice the pause. Pause before judging. Pause before assuming. Pause before accusing. Pause whenever you're about to react harshly and you'll avoid doing and saying things you'll later regret."*

*(Lori Deschene)*

*"There are two kinds of pause. One is passive: I stop, I let go, I'm still, and I breathe out. The other pause is active: I am attentive, I'm conscious in this moment, I take responsibility for the life I have right now, and I breathe in. Why call this the power of pause? because there is power in our awareness that our choices to in fact make a difference."*

*(Terry Hershey)*

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# High Point Friends Meeting

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Prelude: The Love of God/Think About His Love

*As the music begins, we invite Friends to settle into a silence that serves to prepare us for our time of worship.*

*Welcome the music to gather us together as a faith community at worship.*

Welcome & Announcements:

Centering Prayer: "God, when all of life seems to be collapsing around us, You hold the center firm. There is no reason to get worked up over disruptions in the world around us. You walk with us. Your Spirit gives us strength. Dwelling within Your love we will never be shaken. Amen."

*~ Based on a prayer by Jerry Webber*

Hymn: Great Is Thy Faithfulness #28

Prayers & Concerns:

Offertory: Share His Love

Choir: Jesus Lover of My Soul - Wesley Martin

Scripture: Psalm 46

Hymn: Be Still and Know (See Insert)

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