

# Practise the Pause:

When in doubt...

**pause.**

When tired...

**pause.**

When angry...

**pause.**

When stressed...

**pause.**

And whenever  
you pause...

**pray.**

Winning Path



November 5, 2023

## In Ministry

Minister:

Scott Wagoner

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Organ:

Carmen Farlow

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Piano & Voice:

Wanda Simmons



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## Mark 1:32-39

32 That evening, at sunset, people brought to Jesus those who were sick or demon-possessed. 33 The whole town gathered near the door. 34 He healed many who were sick with all kinds of diseases, and he threw out many demons. But he didn't let the demons speak, because they recognized him. 35 Early in the morning, well before sunrise, Jesus rose and went to a deserted place where he could be alone in prayer. 36 Simon and those with him tracked him down. 37 When they found him, they told him, "Everyone's looking for you!" 38 He replied, "Let's head in the other direction, to the nearby villages, so that I can preach there too. That's why I've come." 39 He traveled throughout Galilee, preaching in their synagogues and throwing out demons.

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Message:  
"Practice the 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:** "It is Well with My Soul" #330

**Benediction:**

**Postlude:**

Thoughts for Reflection:

"...Jesus takes time in silence and solitude to rest and restore in the flow of the love of God. He takes time to rest and attune and align in the power and presence of the Spirit of God...Jesus again and again takes time to unplug from the emotional day-to-day surface turmoil of ordinary awareness...when Jesus unplugs, he is actually plugging into full awareness of the presence of God and showing us how we, too, can work the dial and tune in to the frequency of the love of God."

*(Caroline Oakes, "Practice the Pause")*



# High Point Friends Meeting

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Prelude: This is My Father's World *arr. Mark Hayes*

*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: "Loving God, help us to find those spaces and places in our life where we can replenish our souls. Help us to unplug from all the noise and distractions in life and discover the wide-open spaces of Your graces and goodness. Help us to give ourselves permission to come away from life so that we can return and be engaged with life. Amen."

Hymn: "He Leadeth Me" #431

Prayers & Concerns:

Offertory: Amazing Grace *arr. Mark Hayes*

Choir: You Are My Light *by Dave & Jean Perry*

Scripture: **Mark 1:32-39**

Hymn: Lord of All Hopefulness (insert)

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