



# January 2024 The Friendly Light

## Birthdays

1/1

Barbara Nixon

1/8

Claudia Blair

1/10

Phil McDonald

1/16

Wanda Simmons

1/23

Angeline White

1/26

Debbie Albert

Brad Bulla

1/28

Nancy Blair

## Turning Good Intentions

### into Life-Giving Expression

*“If we have embraced God’s intention and stepped into relationship with God, then we too, will live out our lives with God’s motive. When love is the driving force of the universe, everything moves toward intimacy; everything is informed by empathy; everything we create brings life.”*

(Erwin McManus, *The Artisan Soul*)

I can’t help it but every year, at the end of the year, I think about goals and resolutions. I know for some folks, that’s not how they are wired up, and that’s perfectly fine. For me, the turning of the calendar to a new year feels like a fresh start and a clean slate. The days between Christmas and New Years Day feel like an empty space in which I’m able to simply reflect, ponder, and plan. I try to do it with a reflective posture and look back to the past year and ask myself, *What can I celebrate? What do I regret? Who am I becoming? What do I want to do differently? Where do I want to invest my best energies? Where am I feeling most alive?*



And you're right, those are a lot of questions and, to be truthful, I probably don't answer them all. But what they do is help to at least create in me a space of awareness and exploration. By asking the questions, I hope I am opening myself up to deeper awareness of who I am becoming, what I need to be about, where I'm headed, and how will I get there? I find it's always good to have a pen and paper nearby so I can at least jot down notes to myself about what I discover.

But there's more to it than just asking myself questions and jotting down ideas on paper. There is also turning these good intentions into life-giving expressions. Many times, I have ended a year with the statement, *"I had good intentions..."* realizing that my intentions went stale. The key is to turn these good intentions into life-giving expressions of the life of God at work in me. I've always appreciated the words of the Apostle Paul in his letter to the Philippians when he wrote, *"...work out your salvation with fear and trembling; for it is God who is at work in you, enabling you both to fill and to work for his good pleasure."* (Philippians 2:13, NRSV) In other words, the life of God is at work within us, and the intentions we set for ourselves help to channel that life towards life-giving expression. As pastor/author Erwin McManus writes,

*"Humanity is God's culminating act of creativity, designed with the highest intention to reflect most personally the likeness of God...If God's intention was to ensure the re-creation of life, we should choose no lesser intention for our lives. Every word, every action, every creative act should have as its ultimate intention to bring life to others."* God was (and is) intentional about creating goodness. The story of Genesis tells us that God created (intentionally) and called it good! That same creativity, that same *"creative goodness"* is at work within us and finds expressions through the intentions that we set. *But the key is to set intentions rather than simply drifting through life.* To live intentionally isn't to live a neurotic life of perfection and over-achieving goals. Rather, to live

intentionally is to acknowledge that we have been created for goodness and that through our actions we can express the God-life of creative goodness at work within us.

The first step is acknowledging that God is at work in you and paying attention to where God is at work. I'll give you a hint – *it's usually the places in which you feel most alive and energized*. When you serve in a certain way and it makes you feel alive, God is at work. When you offer your presence, gifts, and abilities in a certain way and you feel energized, God is at work. When you create something or offer an act of creativity, and you feel alive afterwards, *God is at work*. Pay attention to these places of aliveness and you will discover where God is at work in your life. *As we also pay attention to those places of aliveness and energy within High Point Friends Meeting, we will discover where God is at work in our life as a faith community*. As the late Howard Thurman wrote, *“Don't ask what the world needs. Ask what makes you come alive and go do that, because what the world needs is more people who have come alive.”* And it's those who are alive that bring life to the world and everything else they are about.

Life is too short to live it unintentionally, at least I think so. To live without intention devalues the gift of life by not being open to how we can channel life in creative life-giving ways. To live with intention still leaves room for surprise, adaptation, and moments of serendipity while we are open to focusing our best energies on the places that need the best light, life, and love we have to offer. The late poet, Mary Oliver, once wrote, *“Tell me, what is it you plan to do with your one wild and precious life?”* I would paraphrase it just a bit and ask, *“What is it you intend to do with your one wild and precious life?”* Only you can answer that question for yourself.

With Gratitude and Intention,

*Scott*

## Quick Review of 2023

Here is a brief snapshot and review of what has been happening at High Point Friends this past year, and what we can build on for the year to come.

☐ **We continued the ongoing refurbishing and updating of the meetinghouse.** The kitchen is all but finished up with two new commercial ranges/stoves, a new commercial dishwasher, new metal wire shelving, and a new double sink. We also updated both the interior and exterior lighting with brighter, more efficient light bulbs. New blinds were installed in the upstairs rooms facing the school, and new custom-made shutters were installed in the library windows.

☐ **Our Tuesday Bible Study at 10AM continues to meet on a weekly basis** with anywhere from 12-15 in attendance. This continues to offer an opportunity for spiritual formation and fellowship. For the new year, we hope to consider other times/opportunities for Bible Study for those that can't make the 10AM Tuesday time.

☐ **Our choir continues to offer a positive presence in meeting for worship** as well as special days (i.e., Easter and Christmas Candlelight Worship). They sing twice a month and meet weekly for rehearsal. We're very grateful for their commitment and the guidance of Wanda Simmons as our Music Director.

☐ **We were able to update and refurbish our Columbarium area** which continues to offer a place of peace and rest for loved ones and those that seek to visit and pay their respects. We also replaced the benches in the breezeway connecting the Chapel and Worship Room as well as adding two new benches to the front yard area. This continues to make our outdoor space inviting and welcoming for many folks that pass through during the day.

☐ **Our meeting for worship attendance continues to grow** as we average anywhere from 35- 45 (and sometimes around 50) on a Sunday morning. We also welcomed in new folks for membership this past year and have others considering taking that next step into membership.

☐ **High Point Friends officially joined Friends United Meeting** as an independent member of Friends United Meeting. To date, there are only two Friends meetings that hold independent membership with Friends United Meeting – Winchester Friends in Winchester, Indiana, and High Point Friends Meeting. The hope is that as other meetings join Friends United Meeting as independent meetings, a larger association called Association of Independent Meetings (AIM) will begin to form.

☐ **We continue to offer a virtual presence** through livestreaming our 10AM meeting for worship. This is a welcoming space for many folks that participate with High Point Friends through the livestream and, for some, consider High Point Friends Meeting their primary worship/faith community through the livestream. It also offers a way for folks to participate that can't make it in person on Sunday morning.

☐ **The building continues to be used more by various groups and the school.** Monthly High Point Friends School meets in the Haworth Chapel for the All-School Meeting for Worship. Another group uses the Ragan Fellowship Hall in the evening monthly for a time of fellowship. A Quaker group called "School of the Spirit" met at High Point Friends for a weekend for their annual planning retreat. We also are a polling place for local and national elections and will be for the Presidential Election in November of this coming year. As part of our effort to offer a hospitable and functional space for various groups to rent and use, we have provided ample Wi-Fi coverage around the meetinghouse and brightened up the rooms with fresh coats of paint and new lighting.



□ **In the last couple of months, we started inviting folks to intentional prayer on Wednesday.** This can be in whatever form is comfortable for each person and wherever that might be. We have opened our chapel (Haworth Chapel) **from 10AM – 5PM on Wednesdays** as a space for anyone seeking a place of silence for reflection and prayer. **We'll continue to offer this in the new year.**

□ **We held a Christmas Carry-In Meal** on Sunday, December 10<sup>th</sup>, after meeting for worship, which was well attended and delicious! With new kitchen equipment, the hope is to have more times where we can gather as a faith community and share around the table both in food and fellowship.

□ **An Advent Retreat was** offered on the first Saturday in December. This was a retreat that offered experiences in “worship sharing” (group sharing), personal reflection, and silence. This is just a brief overview. There are many other things happening at High Point Friends Meeting. Our hope is to build on all that is good and fruitful while also paying attention to what is no longer working and serving our mission. We will explore all of this further at our All-Meeting Futuring and Planning Retreat scheduled for Saturday, February 3<sup>rd</sup>.

**Congratulations to Hanna and Kyle Moore** on the birth of their first child. A big welcome to William Leon Moore. William was born on Friday, December 15<sup>th</sup>. Hanna also serves as the Clerk of Ministry & Oversight / Monthly Meeting for Business at High Point Friends Meeting.

**Open Door Shelter** – High Point Friends Meeting presently provides the evening dinner for Open Door Shelter on the first Tuesday of every month. Right now, we purchase the ingredients and deliver them to the shelter, and they cook the meal. In conversation with the Volunteer Coordinator, they would like to have, if possible, High Point Friends Meeting prepare the meal or partner with another organization that can prepare the meal. If we prepare it, this means preparing it in our kitchen or at the Open Door Shelter kitchen. We'll be delivering the ingredients for the January meal (January 2) so that is covered, but it might be good for us as a meeting to have a further conversation around what our role might be in the future. Is this something we want to continue with in partnership with Open Door Shelter? If so, how do we get others in High Point Friends Meeting to be engaged and involved with it?

**High Point Friends School** – Head of School Search Update – High Point Friends School is presently in the middle of a search for a new Head of School to be in place by the start of the new academic year in 2024. Presently, the Search Committee has held a first round of interviews and will be selecting the candidates from that first round for the next round of interviews. The Search Committee will eventually make a recommendation to the High Point Friends School Board of Trustees.

# January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>Barbara Nixon</i>	2 Bible Study <b>Shelter Meal</b>	3 DAY Choir Practice	4	5	6
7 9:00 Silent Worship Choir Sings Faith & Learning	8 <i>Claudia Blair</i>	9 Bible Study	10 Y OF Phil McDonald Choir Practice	11	12	13
14 9:00 Silent worship Choir Sings Faith & Learning	15	16 Bible Study <i>Wanda Simmons</i> <b>M &amp; D 4:00</b>	17 R Choir Practice	18	19	20
21 9:00 Silent Worship <b>Monthly Meeting</b>	22	23 Bible Study <i>Angeline White</i>	24 A Y Choir Practice	25	26 <i>Brad Bulla</i> <i>Debbie Albert</i>	27
28 9:00 Silent worship <i>Nancy Blair</i> Faith & Learning	29	30 Bible Study	31 L R Choir Practice	~ Birthdays ~ ~ Anniversaries ~ ~ Church Events ~ ~ Other Events ~		

## What is “A Pounding”

An Old-Fashioned Pounding believed to originate in the 16th Century, and often accredited to the Quakers. It is thought to be called a ‘pounding’ due to the fact that most of the items – coffee, grain, flour, sugar, etc. – were sold by the pound.

An Old-Fashioned Pounding was a way to welcome a new minister to a church. The congregation would each bring an item to the minister’s home and stay to visit for a bit.

This gave both the minister and the congregant an opportunity to get to know each other. In many churches, this practice is still continued today. One of our goals is Meeting. Meeting together and meeting the community needs.

Let's celebrate our refurbished Meeting House and Kitchen. Attached list will help us furnish the kitchen and prepare us for our next step in planning for Meeting together for fellowship and Meeting the Community.

Most items should be dishwasher safe;  
stainless steel or glass

Kitchen Needs 2023		
ITEM	NEED	QUANTITY
BASTING BRUSH		
CAN OPENER - INDUSTRIAL	Have	
CAN OPENER - SMALL		
CASSEROLE - BAKE / SERVE	Have	
COLLANDER		
CUTTING BOARD -Silicone Meat/Veg		2
FLOUR SIFTER		
FUNNELS		
FORK - MEAT		
GRATER - CHEESE		
GRATER - MULTI PURPOSE		
GRILL PAN		
GRIDDLE (TO FIT OVER 2 BURNERS)		
IMMERSION BLENDER		
KNIFE - BREAD		
KNIFE - CHEF (SEVERAL)		
KNIFE - PARING (SEVERAL)		
KNIFE - SLICER (SEVERAL)		
LADLES - SAUCE / SOUP / VEG		
MANDOLINE		
MEASURING CUPS DRY (METAL)		
MEASURING CUPS WET (METAL)		
MEASURING SPOONS		
MIXER HAND	Have	
MIXER STAND	Have	
MIXING BOWLS (METAL)		
MUFFIN TIN		
PAN - CAKE BUNDT		
PAN - CAKE LAYER		
PAN - FRY - LARGE / SMALL		
PAN - PIE		
PAN - SAUTE - LARGE / SMALL		
POT - 1 QUART		
POT - 2 QUART		
POT - 4 QUART		
POT HOLDERS / HOT PADS		
POTATO MASHER		
PREP. BOWLS		
ROASTING PAN WITH LID - Recangle.		
ROASTING PAN WITH LID - POT		
ROLLING PIN		
SCALE		
SCISSORS - KITCHEN COOKING		
SHEET PAN - FULL/ HALF / QUARTER		
SPATULAS - WIDE / NARROW		
SPOONS - COOKING - LRGE / SML		
SPOON - MIXING / SLOTTED		
STEAMER BASKET		
STORAGE CONTAINERS		
STRAINER - LARGE / SMALL		
THERMOMETER - INSTANT READ		1
TONGS LARGE/SMALL		
TONGS SALAD		
TOWELS HAND / DRYING		
VEGETABLE PEELER		
WHISK - EXTRA LARGE	Have	
WHISK - LARGE / SMALL		

Come See Us:



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Phone

336-884-1359

Minister: *Scott Wagoner*

Meeting Clerk: *Hanna Moore*

Organist: *Carmen Farlow* ~ Piano, Voice & Bells: *Wanda Simmons*

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## **WAYS TO SUPPORT**



**ATTEND SPIRIT NIGHTS** (1st Wed of the Month) in Selected Restaurants

**LINK YOUR DISCOUNT CARDS AT:** Lowes Foods, Staples, Publix  
(Harris Teeter VIC Card HPFS #4844)

**HPFS AmazonSmile Profile:** Can be added to your Amazon Account.

Prayer Request / Concerns Our Absent Friends

Our Grieving Friends

Our Ill & Recovering Friends:

Charles Riehs, Nancy Blair, Linda Embler, Theron & Eloise Farlow,  
Martha Hayworth, Brian Waters, Beverly Kemp, Gerrie Bowles, Viola Britt,  
Lisa & Scott Kemp, Mary Jarrell, & Richard Marx

For Our World

The homeless, sick, those who are Caregivers and Healthcare workers, and  
prayers for peace for the citizens of Ukraine, Israel, Palestine, Syria and the World.

Child Care is Available Each Sunday  
at 10:00AM  
During Meeting for Worship