

# The Friendly Light February 2024



## Birthdays

2/1

Colon Farlow  
Kathy Kellum

2/2

Kelly Kellum

2/8

Byron Clodfelter

2/11

Cindy Kearns

2/16

Mary Jarell

2/21

Libby Whitesides

2/22

Anita Turner

2/25

Marjorie Blair

Gerry White

## Anniversaries

2/6

Phillip & Theresa  
Fulton

## Looking To the Future

Appreciating everyone's busy schedules, I realize that not everyone will be able to make our half day retreat on Saturday, February 3<sup>rd</sup>. In the last two years, we have made time and space at the start of the year to meet and reflect backward so we can plan forward. As I have thought about the future, here are seven areas I will share on February 3<sup>rd</sup> that I would suggest we need to pay attention to as a Quaker meeting. *You may have other areas of focus, or you may not agree with all of these, and that's the beauty and challenge of community.* What are our most important areas of focus and what steps do we need to take as a community to move in that direction. *I would welcome your thoughts and input as you reflect on these seven areas. You can reach me at [scott.wagoner@highpointfriends.org](mailto:scott.wagoner@highpointfriends.org)*

**Financial Sustainability** – How will High Point Friends remain financially viable over the long term and what steps do we need to take to create a way forward for financial sustainability? How do we faithfully steward the resources we have been given from previous generations?

**Facility Flexibility** – How can we steward the space and facility so that it serves us as a spiritual community but is also open to other groups and individuals that might benefit from a functional and well managed space? How can our facility and space be an encouragement and resource for others?

**Transformational Community** – What does it look like for us to intentionally create a culture of spiritual transformation where lives are transformed through both the individual spiritual journey and as part of the community? What does spiritual transformation mean for each of us?

**Mission & Service Partnership** – How can we partner with other service/mission agencies both locally and globally so that God’s love is being made real both in our neighborhood and beyond? What are the tangible resources we can offer in this partnership with others?

**Quaker Witness** – What does it look like for High Point Friends to bear witness and live faithfully into its Quaker witness? How can we partner with High Point Friends School to promote the SPICES (Simplicity, Peace, Integrity, Community, Equality, Stewardship)

**Holistic Growth** – How can we encourage and nurture holistic growth for us as individuals and as a faith community? For the individual, it means our emotional life is as important as our spiritual life. For the community, it means we offer ministry for physical needs as well as spiritual needs. What does it look like for us to offer ministry and service for the whole person?

**Leadership Development** – How can we create a culture of *servant leadership* and what does it mean to be a leader in a Quaker meeting? How do we go about developing and training folks to move into leadership roles within the meeting? How can we make space and create opportunities for new leadership to emerge?

One of the signature practices of Quakers is that of offering queries or questions for reflection and consideration. I have offered these areas in the form of queries as a way for us to reflect on them, pray about them, and have conversations around them. Often our conversations will help to reveal ways of moving forward we can’t initially see. Queries also invite us to reflect upon our own role and responsibility in each of these areas.

I continue to believe that High Point Friends has tremendous potential both for the present and the future. Its potential is not only in its people but also in its present resources. I also believe that a faithful Quaker witness is very much needed not only in our world but in our community. There is a hunger for simplicity as well as community. There is a desire to see peace in our world as well as in our community. We are realizing that our society needs to continue to work towards equality at all levels, and we long for leaders and institutions to practice the kind of integrity that inspires trust in those they lead and serve. All of this is held together by a vision of stewardship in which we faithfully steward what has been given to us, not only by God, but by previous generations of faithful folks at High Point Friends Meeting.

With Hope and Gratitude,

*Scott*

*Be Still and Know that I Am God*

Psalm 46:10

*The Center for Prayer and Spirituality*

*St. Mary's Episcopal Church*

*Contemplative Outreach of Central North Carolina*

## INTRODUCTION TO CENTERING PRAYER SERIES

*"Centering Prayer is a discipline to foster interior transformation, initiated by God and leading, if we consent, to divine union. One's way of seeing reality changes, which empowers one to perceive and respond to everyday life with sensitivity to the divine presence in, through and beyond everything."*

(Thomas Keating, Open Mind, Open Heart)

**About the Series:** This seven session series is designed to establish a Centering Prayer practice.

**Session 1: Saturday, February 10, 10AM – 3PM** – Introduction to Centering Prayer

**Session 2-7: Thursday evenings, February 15 through March 21 6:30PM – 8:00PM**

**Location:** St. Mary's Episcopal Church Parish Hall, 108 West Farriss Avenue, High Point

**Presenter:** Diane Popalis, *Commissioned Centering Prayer Presenter for Contemplative Outreach*

**Registration: Cost is \$30 and includes a boxed lunch for Session 1 and a copy of Thomas Keating's Open Mind, Open Heart**

*Make Check Payable to St. Mary's Episcopal Church and send to the address above. Please include your name, phone number, email, and address.*

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## High Point Friends School

Presents

*The ABC's of Black Wall Street*

**February 29<sup>th</sup>, 3PM – 6PM**

In celebration of Black History Month, High Point Friends School will be presenting

*The ABC's of Black Wall Street* complete with the *Unity Café* for a **\$5.00**

**Diner Meal Deal.** Hot dog or Chicken Tenders/Chips/ Cookie & Drink Water or Soda

**All meals must be Preordered by February 23 and**

**Payment will be made AT the event – credit cards, check, or exact cash.**

**Black Wall Street, former byname of the Greenwood neighborhood in Tulsa, Oklahoma, where in the early 20<sup>th</sup> century African Americans had created a self-sufficient prosperous business district. The term Black Wall Street was used until the Tulsa race massacre of 1921.**

*Black Wall Street will be recreated in the **Kingrey Center** (gym) as a way to honor this forgotten business district and remind us of its importance during Black History Month*

### All-Meeting Half-Day Retreat -2/3/24

The date for the All-Meeting Annual Planning retreat was set for **February 3rd** with **February 10th being an inclement weather option**. It will also be a time to look back at 2023 and see what we can celebrate together and what we can learn from. Looking forward, we will name the challenges as well as the commitments we need to make to keep moving forward as a flourishing Friends meeting.

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### Serve Dinner - Open Door Shelter -2/6/24

High Point Friends will continue to provide the ingredients for dinner at Open Door Shelter on the first Tuesday of each month. Friends are invited and welcome to help serve the dinner in the dining room on that night. Dinner begins at 5:30PM and Friends may simply show up and help serve. If you have any questions, please contact the meeting office at [office@highpointfriends.org](mailto:office@highpointfriends.org)

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### Friends United Meeting -Saturday, February 17.

is hosting a planned giving event at **at 3:00 p.m.** at the Friends Home Guilford to Promote the Billy Britt Fund. FUM established the Billy Britt Fund in 2021 to continue the legacy of former North Carolina Yearly Meeting Superintendent Billy Britt through financial support for the North American Ministries of Friends United Meeting.

Friends who attend will learn more about Billy's legacy, as well gain a deeper understanding of FUM's North American Ministries priorities.

Participants will also receive helpful information about



### Guest Speaker - Sunday, February 18

- On Sunday, February 18th, Colin Saxton will be the guest speaker for 10AM meeting for worship and our 11AM discussion hour. Colin is the former General Secretary of Friends United Meeting and presently serves as the Stewardship Theologian and Director of Church Relations for Everence. Everence is a faith based financial services organization connected with the Mennonite Church that helps organizations, congregations, and individuals in the areas of stewardship and financial management. Colin also is Recorded Minister among Friends (Quakers) and travels widely among the Quaker world leading retreats, offering workshops, and speaking to Quaker gatherings. Colin and his wife, Jeanine, make their home in Newberg, Oregon.

## World Relief Presentation - February 25

On Sunday, February 25th, Jonathan Musser, the Mission Services Director of World Relief Triad, will be with us during our 11AM hour to share about the important work World Relief is doing in the High Point and the Triad. He will share about their mission as well as the many service/volunteer opportunities available for folks that might be led to serve with them. In this most recent email to partnering organizations, Jonathan shared this update on their ongoing work:

*2024 is off to a great start at World Relief Triad. This month alone we have welcomed 51 people from 10 different countries including: Pakistan, DRC, Myanmar, Afghanistan, Guatemala, Sudan, Syria, Eritrea, Rwanda, and Venezuela. With so many families arriving, we are working diligently to place families into permanent housing within 2 weeks after arrival and ensure that their new home is well stocked and furnished with items that communicate the love, care, and welcome of our community. With so many arrivals, we need your church's help in gathering some much needed household items. Will your church commit to doing at least one donation drive over the course of this calendar year? I've included a link below where your church can claim a specific date and collect items for World Relief (either in the days/weeks leading up to that date or on a specific Sunday you could ask your congregants to bring in certain items World Relief needs). Will you sign up below and help us welcome the stranger - for by welcoming them we welcome Christ! (Matt. 25:35, 45)"*

We look forward to hearing how High Point Friends both can partner with World Relief.

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## Sharing Space With New Church Plant -

Beginning most likely in March, a new church plant (Immanuel High Point - [www.immanuelhighpoint.org](http://www.immanuelhighpoint.org)) will be sharing space with us on Sunday mornings. This is a church plant connected with the Presbyterian Church USA and they have been meeting in the YWCA. They have been looking for a new space and approached High Point Friends about the possibility of renting the chapel space on Sunday mornings. In our January Meeting for Business, it was approved to enter into an agreement with them in the amount of \$750 per month. They will be meeting at 11AM on Sunday mornings. We will continue to meet at 10AM for our meeting for worship. We feel this is a win/win for both congregations and we look forward to working with them as a partnering faith community in High Point.

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## New Address Directory

We are in the process of updating our Address Directory and hope to have it to folks in the next couple of weeks. This will provide for you addresses, emails, and phone numbers for folks in the meeting.

# February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	~ Birthdays ~ ~ Anniversaries ~ ~ Church Events ~ ~ Other Events ~			1 Colon Farlow Kathy Kellum	2 Kelly Kellum	<div style="border: 2px dashed red; padding: 5px; text-align: center;"> <b>Planning Retreat 9:00-12:00</b> </div>
4 Un-programmed 9:00 Meeting  Faith & Learning	5	6 Bible Study  <i>Phillip &amp; Theresa Fulton</i>  <div style="border: 2px dashed blue; padding: 2px; text-align: center;">Shelter Meal</div>	7 D A Y O F P R A Y I N G  Choir Practice	8  Byron Clodfelter	9	10
11 Un-programmed 9:00 Meeting  Cindy Kearns  Choir Sings  Faith & Learning	12	13 Bible Study	14 O F P R A Y I N G  Choir Practice	15	16 Mary Jarrell	17  <div style="border: 2px dashed red; padding: 5px; text-align: center;"> <b>Billy Britt Fund Raiser @Friends Home</b> </div>
18 Un-programmed 9:00 Meeting  <div style="border: 2px dashed blue; padding: 5px; text-align: center;"> <b>Guest Speaker Colin Sexton</b> </div>	19	20 Bible Study	21 L I B B Y W H I T E S I D E S  Choir Practice	22 Anita Turner	23	24
25 Un-programmed 9:00 Meeting  Marjorie Blair Gerry White  Choir Sings  <div style="border: 2px dashed blue; padding: 5px; text-align: center;"> <b>World Relief</b> </div>	26	27 Bible Study	28 Y  Choir Practice	29  The ABCs of Black Wall Street 3-6 Kingry Center		



## 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	Have	
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:



800 Quaker Lane

High Point NC 27262



Web

[www.highpointfriends.org](http://www.highpointfriends.org)

Email

[office@highpointfriends.org](mailto:office@highpointfriends.org)

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

The Families of Martha Hayworth & Lewis Heavener

Our Ill & Recovering Friends:

Charles Riehs, Nancy Blair, Linda Embler, Theron & Eloise Farlow,  
Beverly Kemp, & Richard Marx

For Our World

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

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