



THE FRIENDLY LIGHT

January 2026

“Even the saddest things can become, once we have made peace with them, a source of wisdom and strength for the journey that still lies ahead.”

(Frederick Buechner)

Birthdays

1/1

Barbara Nixon

1/3

Brindon Christman

1/8

Claudia Blair

1/10

Philip McDonald

Pat Sams

1/16

Wanda Simmons

1/17

Wade Clodfelter

1/23

Angeline White

1/26

Debbie Albert

Bradford Bulla

If it were possible to ask for a return on the events in your life the same way one returns a shirt or an appliance after Christmas, then Lynda and I would ask for a return on the last half of 2025. If anything, the last half of 2025 reminded us that life can unfold in ways you don't anticipate and all of your well laid plans quickly evaporate into a muddled mess of "what's next?" and taking it one day at a time.

It's been four months since Lynda was diagnosed with Large B Cell Lymphoma cancer and in those four months she has been through four cycles of chemotherapy. In the next few weeks, she will transition to a new treatment plan called "CAR T Cell Therapy". CAR T-cell therapy is a type of immunotherapy that genetically engineers a person's own T-cells (immune cells) in a lab to create *Chimeric Antigen Receptor* (CAR) T-cells, equipping them with synthetic receptors to recognize and attack specific cancer cells, essentially turning the patient's immune system into a living, targeted cancer-fighting drug that can multiply and provide lasting treatment. Lynda will be engaged with this new treatment through at least mid-March.



On December 26, we received the news that Lynda's mother (Carol Shoemaker) very unexpectedly passed away from a heart attack. Her Memorial Service will be on Saturday, January 10, in Lafayette, Indiana. This, added to Lynda's cancer journey, seemed like a surreal script that had been written but could never actually happen in real life. But it is real and it's not a script and, unfortunately, there is no way to edit any of it.

What I can say – and I feel Lynda shares this same sentiment – is that we have both been deeply moved and touched by the care, love, kindness, generosity, and presence of folks in our life who have reached out to us, prayed for us, listened to us, provided meals for us, and texted us on occasion to check in and see how we are doing. All of that has meant so much to us and given us strength for this particular journey.

The late Frederick Buechner wrote that even the saddest things can become a source of wisdom and strength for the journey ahead once we have made peace with them. I can appreciate those words, although, I would add that making peace with those sad things takes time. It is a journey as well. Where we do experience grace is in the reality that we don't take this journey alone. We are grateful to the High Point Friends Meeting community that has surrounded us with love and a deep caring presence. We will continue to draw on that in the weeks ahead and we welcome your continued prayers and loving, healing Light. We also recognize that many of you have experienced your sad and painful moments this past year and, if anything, we truly do know what that feels like and what you are experiencing. Through all of this, I pray that we will continue to know what, as the Apostle Paul wrote, what it means to have a "...mutual concern for each other" so that when life turns out in ways we don't anticipate, we will know that, through it all, we have each other and we will be there for one another.

With Deep Gratitude,

Scott

Quaker Corner

Quaker Query/Advice of the Month

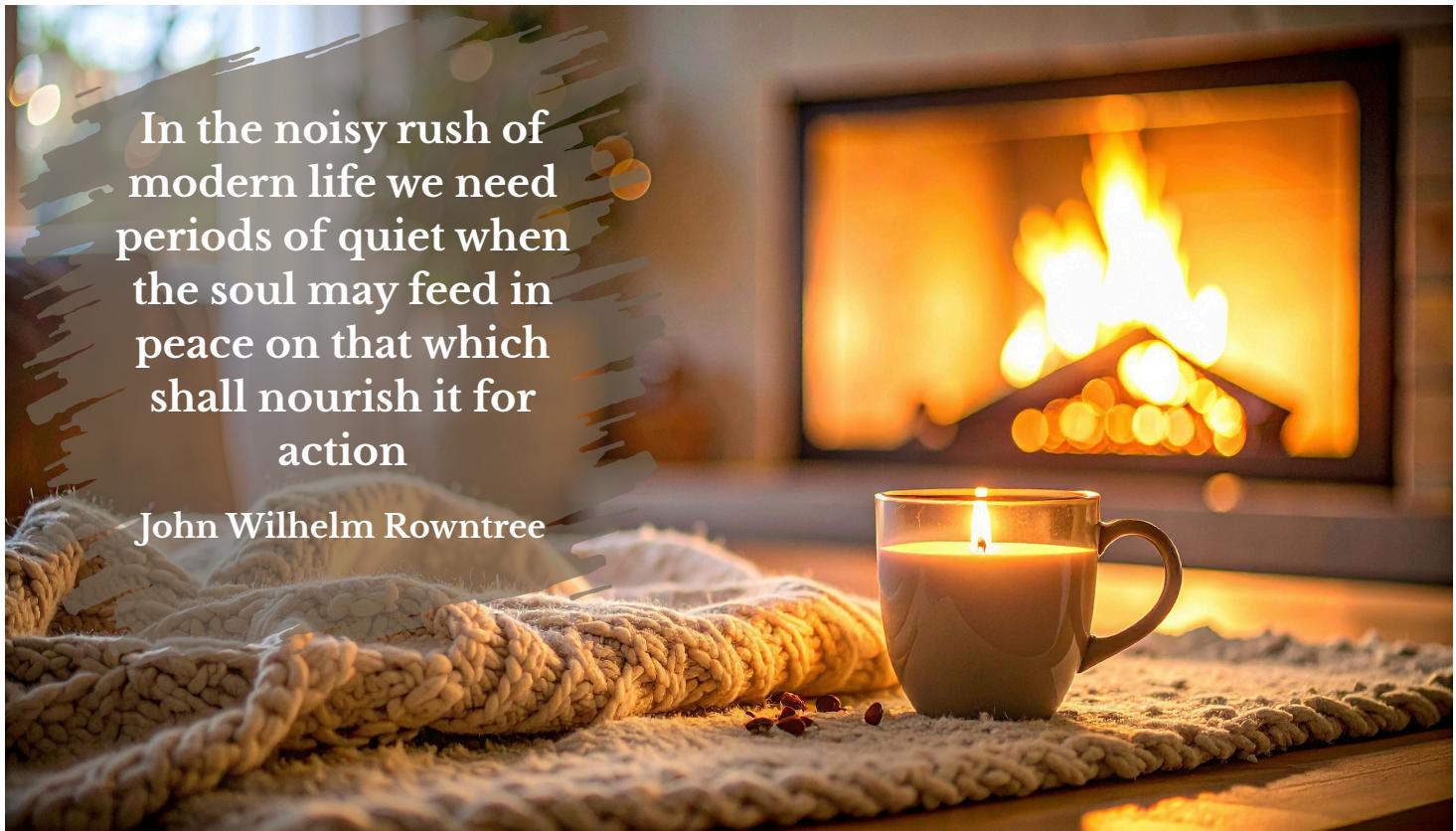
Take time to reflect on this query throughout the month and pay attention to how it speaks to your condition and how it challenges us as a Quaker community. Especially during this busy time of year and season, how are you being invited to pay more attention to the world around you and your own “inner landscape”?

Live adventurously. When choices arise, do you take the way that offers the fullest opportunity for the use of your gifts in the service of God and the community? Let your life speak. When decisions have to be made, are you ready to join with others in seeking clearness, asking for God’s guidance and offering counsel to one another?

(Britain yearly meeting faiith & practice)

In the noisy rush of modern life we need periods of quiet when the soul may feed in peace on that which shall nourish it for action

John Wilhelm Rowntree



GODLY PLAY

WITH FRIENDS

HIGH POINT FRIENDS MEETING

800 Quaker Ln. High Point, NC 27262

Please join us on *Sunday, January 11th, at 11 a.m. in Ragan Fellowship Hall* for fellowship, refreshments, and Godly Play. This month we will share, 'Parable of the Leaven'

Please join us, and bring a friend!

This is an intergenerational offering. We welcome and encourage Friends of all ages to attend.

You can learn more about Godly Play on their website,
<https://www.godlyplayfoundation.org>

For more information, email Karin Heller at
kheller@hpfs.org



A WILLINGNESS TO KEEP SHOWING UP by Mary Anne Byrne

For those times when making "resolutions" feels overwhelming, holding "intentions" offers a more gentle way to keep ourselves open to growth...

"I step into this new year
gently, without resolutions,
with just a simple willingness,
 to keep going,
 to keep moving forward.

Not the bright, declarative kind of decision
 that arrives with banners and promises,
 but the quieter kind,
 the one that asks for nothing grand.
 No transformation.

Just an honest effort
to place one foot in front of the other,
without needing it to be a victory march.

To keep going isn't strength.
It's letting the days arrive as they are,
 some heavy,
 some hollow,
 some unexpectedly kind.

It's allowing grief, fatigue, memory, and love
 to share the same room,
without insisting that any of them leave.

There is no list.
No reinvention.
No deadline for becoming someone new.

There is only the steady choice
 to remain present,
 to trust that willingness itself
 is an act of grace.

So this year begins
not with resolve, but with intention:
 the intention to stay present,
 the intention to try again tomorrow,
the intention to simply keep showing up."

 Mary Anne Byrne

High Point Friends Meeting Half-Day Retreat - January 24

Over the past few years, we have held a half-day retreat at the Meetinghouse to make time and space for celebrating and discerning. We celebrate what has been accomplished and we discern God's guidance for "next steps" into the new year. This year, we will meet on Saturday, January 24, from 9:30AM - 12 Noon in Ragan Fellowship Hall. Our theme will be "High Point Friends Meeting Reimagined" as we imagine and reimagine who we can become for the coming year and beyond. We'll draw upon the words of Paul in his letter to the Ephesians where he writes that God "...is able to do far beyond all that we could ask or imagine by his power as work within us..." (Ephesians 3:20, CEB). Here are some key points for the day...

- This is open to anyone and everyone at High Point Friends Meeting...from new attendees to long-time attenders.
- Our focus will be to deepen our sense of community as well as discern a framework for being faithful stewards of God's gifts to High Point Friends Meeting.
- We'll hope to appoint a "High Point Friends Reimagined" Working Group who will continue the process beyond January 24.
- We also hope to start making plans to celebrate the 70th Anniversary in October of High Point Friends Meeting being located at 800 Quaker Lane.

We'll have more to say about this leading up to January 24th, but if you are able, we hope you will make plans to join us for part or all of that morning.

With Gratitude,
Scott

New Resource on Quakers - "The Quaker Faith: Friends of Love and Truth" by Stuart K. Masters

One of the newest books to come out that offers a very helpful perspective on the historical origins of Quakers as well as the spirituality of Quakers and the diversity among Friends is "The Quaker Faith: Friends of Love and Truth" by British Friend/Quaker, Stuart Masters. In his Introduction, Stuart Masters writes:

"Perhaps what is most distinctive about Quaker spirituality is the attention Friends have always given to the possibility of directly receiving and acting on divine revelation and guidance both as a community and as individuals. This is the principal focus of their communal worship and spiritual practices."

The book can be purchased through any book outlet. If there is enough interest in doing a book study/conversation around the contents, I would be happy to facilitate. Just let me know if you are interested.



Choir Rehearsal Schedule

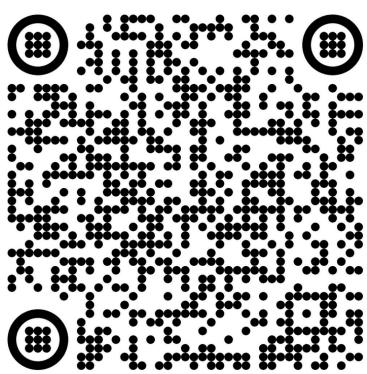
The choir rehearses every Wednesday beginning at 5:15PM and meet in the Worship Room (Sanctuary). If you can give a little time (and your voice), the choir welcomes new singers! We appreciate what they and Wanda bring to our time of worship.

Springfield Friends Annual Blood Drive

Please put Saturday, February 28th on your calendar in 2026 for the next annual blood drive in memory of Sophie Lane Bryant at Springfield Friends Meeting. Each unit is divided into thirds, so many more people will receive the gift of life.



High Point Friends Online Giving Portal



← Scan the QR CODE
or go to the website below to donate
securely from your phone or other smart device.

<https://giving.servantkeeper.com/highpointfriends/1902>

Your support helps High Point Friends Meeting continue to fulfill its mission and ministry effectively.

Thank you!

Center for Spiritual Deepening and Development

High Point Friends Meeting

“To live contemplatively means simply to approach life with openness, availability, and growing responsiveness to the God who speaks in everything, to the God who speaks from the depths of our very selves, to the God who spoke us into existence.”

(Roger Owens, Everyday Contemplative)

Dear Friends,

It is my dream and hope to begin to offer experiences and gatherings (half-day retreats, book studies, Zoom gatherings, etc.) that offer opportunities for folks to explore the spiritual life in a deeper way if one feels led to do so. The Quaker author, Richard Foster, wrote many years ago, *“The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.”* I believe that to still be true today. Over the next few weeks and months, I’ll slowly introduce opportunities for Friends to participate in offerings that invite us into that deeper experience as well as the abundant life Jesus offers us.

With Gratitude

Scott

Still Waters Contemplative Call - Every Wednesday and Sunday evenings from 8:00PM - 8:30PM, I offer a simple contemplative prayer call via Zoom for anyone that would like to participate. I'll include the links in our regular emails. Please feel free to join the call any time.

Intentional “Pause & Pray” Wednesdays - This is simply a day I invite each of us to give intention to pray for one another and the concerns for our world. We often open our Haworth Chapel from 10AM - 4PM for anyone that would like to use the space to sit and pray in the silence.



WEEKLY BIBLE STUDY

Tuesday Bible Study at 10AM in Ragan Hall.

Our weekly Bible Study meets every Tuesday morning in Ragan Fellowship Hall. This study is open to anyone and study guides are provided. We use the *Illuminate* study guide published by **Barclay Press** (Quaker publisher) *Our study is presently focusing on the book of Genesis*. There is always a lively discussion and conversation and plenty of space for each person to explore their own spiritual journey as well as support one another in their spiritual journey.

Join us at 10AM on Tuesdays

Everyone is Welcome

& Coffee is always on!

Intentional “Pause & Pray” Wednesdays

We are opening our Haworth Chapel and Meeting Library from 10AM-4PM for anyone that would like to avail themselves of the space to simply be present and pray. We invite Friends to take time on these Wednesdays to pray for our world, one another, and our own personal needs and concerns.

Please keep these Friends in prayer

Candace Heer continues to reside at Piney Grove Nursing and Rehabilitation Center. If you would like to send her a card, their address is **728 Piney Grove Road, Kernersville, NC 27284**. She would welcome and appreciate your cards!

Lynda Wagoner - Prayers for Lynda as she starts a new therapy for her Large B-Cell Lymphoma cancer. She will be undergoing CAR-T Cell Therapy over the next few weeks. Also, her mother, Carol Shoemaker, very unexpectedly passed away on Friday, December 26, from a massive heart attack. The Celebration of Life will be held on Saturday, January 10, in Lafayette, Indiana.

Keith Lambeth - Keith is presently at Pennybyrn in High Point for continued rehabilitation for his recent heart bypass surgery. if you would like to send him cards or visit him, the address is **Congdon Rehab Center, 111 Penny Road, High Point, NC 27260**. He will be there for a few weeks.

Carmen Farlow- Carmen’s mother, Eloise, recently passed and the Memorial Service was held on December 29. Prayers for him and the family.



**HIGH
POINT**

friends

MEETING

**800 Quaker Lane
High Point NC 27262
Phone: 336-884-1359
www.highpointfriends.org**



Meeting Clerk-- Hanna Moore

Pastoral Minister-- Scott Wagoner

Piano & Choir Director-- Wanda Simmons

Office Administrator-- Nichole Looney

Dir. of Intergenerational Ministries & Community Life -- Karin Heller



Established in 1892

134 Years of Service in the High Point Community