



THE FRIENDLY LIGHT

March 2026

Grace in the Wilderness

For the past two to three weeks Lynda and I have been “living” in Durham at a Marriott Residence Inn. This is part of the protocol for Lynda’s CAR T-cell therapy which started on February 19. We need to be within thirty minutes of the Duke Blood Cancer Center and the hospital in case there is an experience of severe side effects. So far that hasn’t happened although Lynda has experienced daily fatigue, some low-grade temps, and body aches. As of today, when I’m writing this essay (February 27), she seems to be making it through the most vulnerable time when the side effects could be worse. If that’s the case, we’re so grateful and looking forward to being home by March 7.

During this time, I started writing Daily Lenten Reflections and using a passage in the book of Jeremiah to frame my reflections. The specific scripture reference is Jeremiah 31:2-7 and I’ve always been drawn to this section because of one verse: “*The Lord proclaims: The people who survived the sword found grace in the wilderness.*” (Jeremiah 31:2, CEB) In that verse is the phrase, “*grace in the wilderness*” which I find to be a most hopeful and encouraging description.

Jeremiah 31 was written during a dark and hopeless time in Israel’s history. They were about to be exiled to Babylon and then experienced exile in Babylon. This time of exile caused fear, uncertainty, hopelessness, and a sense that their world had come to an end.

Birthdays

3/3

Tom Hayworth

3/12

William Carr

3/18

Robert Malpass

3/19

Brian Heller

3/24

Linda Embler

Anniversaries

3/25

Keith & Joella Anderson



That's what a wilderness can feel like for you and I. Whether it's the loss of a relationship, the unwelcome news from a medical test, the anxiousness over world events, or a sudden and unexpected life change, we often have our wilderness experiences. Even our spiritual journey goes through a wilderness experience when we find ourselves changing, evolving, and letting go of old understandings while making our way toward new understandings. It feels like a wilderness since there are no maps, markers, or signs to show us the way. We feel as if we are on our own and making our way on our own. But it's in those moments – those wilderness moments – that Jeremiah says we will discover grace in the wilderness. And not everyone's "wilderness moments" are the same but they don't need to be because whatever each of us is going through, it's very real to us.

I remember driving through what felt like a wilderness years ago as I was driving on I-70 out west through Utah. The landscape on either side of the interstate was a wilderness, but a kind of wilderness that looked barren and beautiful all at the same time. And this is the paradox of the wilderness experience. It has its moments of barrenness when we feel as if there is nothing left to hope for or nothing left to celebrate and then out of nowhere there is a moment of beauty when our hearts are lifted, our souls are replenished, and we find our footing again. *This is what grace in the wilderness looks like – it's that moment of hope, encouragement, strength, joy, peace, and even laughter when everything around you feels overwhelming, foreboding, and barren.* It will come when you least expect it and often when you don't even ask for it, *but that's what grace is all about.*

Grace and Peace to You,

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”?

“How can we make the meeting a community in which each person is accepted and nurtured, and strangers are welcome? Seek to know one another in the things which are eternal, bear the burden of each other’s failings and pray for one another. As we enter with tender sympathy into the joys and sorrows of each other’s lives, ready to give help and to receive it, our meeting can be a channel for God’s love and forgiveness.”

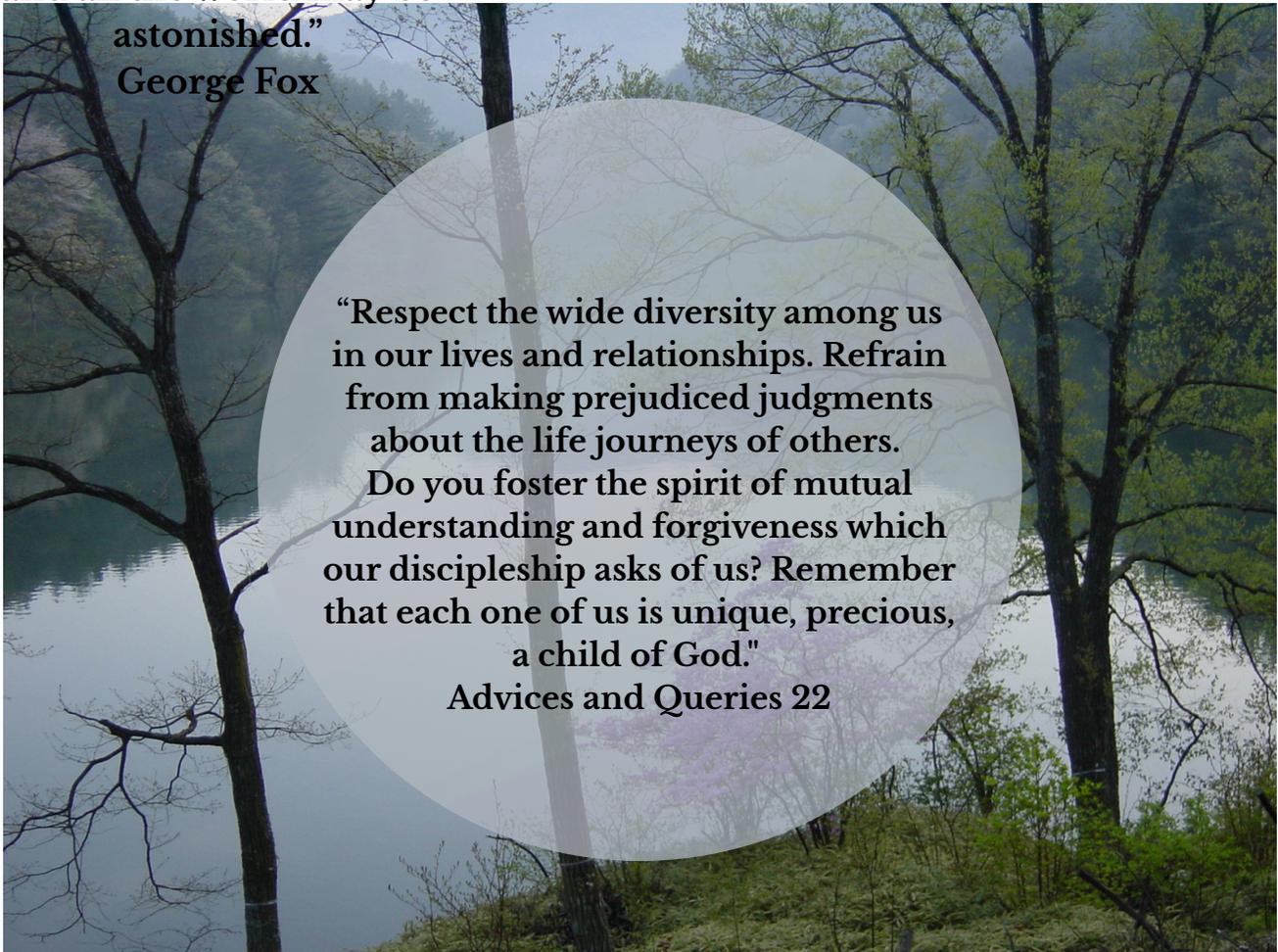
“Walk in the power of the Truth
that the name of the Lord God may
be glorified among you, his renown
may be seen in you and among you,
and all the world may be

astonished.”
George Fox

“Respect the wide diversity among us in our lives and relationships. Refrain from making prejudiced judgments about the life journeys of others.

Do you foster the spirit of mutual understanding and forgiveness which our discipleship asks of us? Remember that each one of us is unique, precious, a child of God.”

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A note from Karin.....

Dear Friends,

Last Sunday during our most recent Godly Play story sharing, we reflected on, and enjoyed a discussion about, “The Parable of the Mustard Seed”. I look forward to sharing the next story, “The Parable of the Great Pearl”, on Sunday, March 8th. You can find the flyer for that event in the newsletter.

You will also find a flyer for High Point Friends School’s first annual Peace Walk, co-hosted by High Point Public Library on March 7th, 11a.m.-1 p.m. We will meet on the front lawn of the library, walk around the block following a story walk, and end in the sensory garden at the library peace pole. Students will make signs in art class to carry as we walk together as witnesses for peace. The High Point Friends Meeting community is both welcome and encouraged to join us.

Things have been busy over the past couple months at High Point Friends School! In January, we opened up our middle school program to homeschool families with our new hybrid program. Hybrid students attend school on Tuesdays and Thursdays, and complete work at home the rest of the week. We have been delighted to welcome several new students (including my son who is making new friends and enjoying himself immensely). If you or someone you know is interested in learning more, that can be done here: <https://www.hpfs.org/hybrid-homeschool-program-high-point-friends-school>

The school is also hosting open houses for preschool on Tuesday, March 3rd, 9-10 a.m., and for Middle School (including the hybrid program) on Thursday, March 5th, 9-10 a.m. You can learn more about those events on the website and register here: bit.ly/HPFSopenhouse

As always, I remain grateful to work in, and build community with all of you. I encourage you to reach out with any joys, concerns, and/or wonderings.

Warmly,

Karin Heller
(336)337-9836
kheller@hpfs.org



GODLY PLAY
WITH FRIENDS
HIGH POINT FRIENDS MEETING
800 Quaker Ln. High Point, NC 27262

Please join us on *Sunday, March 8th at 11 a.m. in Ragan Fellowship Hall* for fellowship, refreshments, and Godly Play. This month we will share, "Parable of the Great Pearl"

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



HIGH POINT FRIENDS SCHOOL
Peace Walk

Saturday, March 7, 11a.m.-1p.m.

Please join us as we walk together as witnesses for peace. We will begin in front of High Point Public Library, and end in the sensory garden.

Questions? Email Karin Heller
kheller@hpfs.org

“Be patterns, be examples in all countries, places, islands, nations wherever you come; that your carriage and life may preach among all sorts of people, and to them; then you will come to walk cheerfully over the world, answering that of God in everyone; whereby in them you may be a blessing, and make the witness of God in them to bless you.”

George Fox

(Founder and Visionary of the Quaker movement)



**HIGH POINT
FRIENDS SCHOOL**

**NOW ACCEPTING
APPLICATIONS!**

for the 2026-27 school year: ages 2 - 8th grade



**Experience the difference of a Friends School education.
Schedule a tour today!**

For more information, contact: Emily Martin, Assistant Head of School
emartin@hpfs.org (336) 886-5516 hpfs.org

Open House Events

Preschool, Kindergarten Open House

Tuesday, March 3: 9:00am-10am

Includes a school tour, informational session with school leadership and activity for children

Middle School (5th-8th grades) Open House

Includes our Hybrid Program

Thursday, March 5: 9:00am-10:00am

Includes a school tour and informational session with school leadership; students are invited to attend

RSVP: bit.ly/HPFSopenhouse



“Pete Seeger, the famous American Folk Singer, used to say, “*A good song reminds us of what we are fighting for.*” May I add, so does a good music video. Music is unifying and uplifting. This video is positive and motivating, a Call to Action. It is meant to be used as a tool for educational purposes to inspire action. “*We Can Do This, Oh Yes We Can*” (last verse from the song).

This is God's planet, not ours. We are temporary stewards charged with caring for this precious earth. Sadly, we are not do a very good job of it.

Quaker Friends are well-known for being at the forefront of peace / social justice / environmental movements. The Climate Change Movement is no different. Quaker groups are out front, involved and making a difference.

This upbeat, positive, engaging video is a Call to Action. Please use it to educate, motivate and inspire action to save our planet.“

Pat Scanlon - Vietnam Vet, member of Vets for Peace, and song writer.

You can watch the video here:

YouTube link: <https://youtu.be/i8yC9Sh4qz0>

Vimeo link: <https://vimeo.com/1119912993>

For more information on how Quakers are working on Earthcare concerns and inspiring Spirit-led action toward ecological sustainability and environmental justice check out <https://quakerearthcare.org/>



“Only when we see that we are part of the totality of the planet, not a superior part with special privileges, can we work effectively to bring about an earth restored to wholeness.”
– Elizabeth Watson

At our recent Quarterly Meeting for Business, I (Scott) offered this proverbial “30,000 foot view” of our journey as a Quaker faith community over approximately the last five years. I tried to identify as best as possible our Celebrations, Challenges, and our Concerns.

Celebrations - What can we celebrate?

- ~ welcomed 30-35 new folks since 2021 / approximately 20 new households
- ~ refurbished the building so that its much more functional and available for use by our own faith community, the local community, and renters
- ~ grateful for resources that have been “bequeathed” to us - facility, funds, and Friends heritage
- ~ continued positive traditions such as the Candlelight Service
- ~ active weekly bible study
- ~ active virtual online community / livestream outreach
- ~ more connected with High Point Friends School
- ~ inviting Karin Heller to serve on staff at High Point Friends Meeting

Challenges - What are some of the challenges moving forward?

- ~ shaping and forming a new culture with new folks joining our faith community
- ~ redesigning effective processes and systems that help us as a faith community manage our resources well as well as the gifts and talents each person brings
- ~ inviting all of us into deeper engagement with the Meeting based on availability, gifts, personal abilities, and personal calling
- ~ Living out fully the areas of Formation, Community, Service and our Vision Statement
- ~ managing change and being open to who we are becoming and not getting stuck on who we have been (*celebrating our history without getting stuck in the nostalgia of it*)
- ~ Engaging in outreach that fits our culture and doesn't tax us energy wise

Concerns - What concerns do we need to keep our eyes on?

- ~ Stewardship concerns - Becoming a Generous Church / increased and consistent giving from our Meeting members/attenders
- ~ Deepening our spiritual life in very shallow world / paying attention to what is forming us - growing inwardly as well as outwardly - *how are we being formed in the way of Jesus and in the way of our own Quaker spirituality? What does it look like for us to intentionally live the testimonies of simplicity, peace, integrity, community, equality, and service?*
- ~ Burnout - making sure that 20% aren't always doing 80% of the work - *How can we invite more people to active engagement in the Meeting and welcome their involvement?*
- ~ pastoral care coverage and connecting with folks - *How can we make sure that we are offering adequate care, concern, and presence to those in our Meeting who need it?*

My hope is that this will help initiate and prompt conversations within our Meeting so that we are able to discern wisely what our actions need to be and we can keep moving towards positive growth in our Meeting. The Quaker witness is a much needed presence in our world right now and High Point Friends Meeting can be a significant part of the witness! ~ Scott



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.

Thank you to all who have donated items for the West End Ministries Food Pantry. Don't forget that you can place non-perishables, canned food and personal care items in the donation box under the main bulletin board any time as we continue our support for the local community.



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 for this quarter is focusing on the Gospel of Matthew.** 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

Judy Burton - Judy recently had surgery to remove her gallbladder and is recovering. Prayers for Judy in her ongoing recovery.

Lynda Wagoner - Lynda started her CAR-T Cell Therapy for her cancer on February 19. For two weeks following she will be monitored daily with regular lab work at the Duke Blood Cancer Center. Prayers that she will recover well from the treatment and the therapy will put the cancer in remission.

Clark Pierce - Clark recently fell while working in his yard and broke his left arm. Prayers for

Myra Clodfelter - Myra's brother, **Mike**, has had persistent health issues and is scheduled to have his left leg amputated below the knee. We offer prayers for Mike as he recovers and prayers for Myra and she offers care and presence.

Friends United Meeting - Friends United Meeting is facing many difficult challenges at this time which include finances. Prayers that the leadership and Board will discern a way forward and prayers for our Friends that work on staff at Friends United Meeting. Former Pastoral Minister of High Point Friends, Kelly Kellum, serves as General Secretary.



**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**