



THE FRIENDLY LIGHT

May 2026

Birthdays

05/01

Kathy Baker
Martha Lewis

05/06

Ron Selleck

05/09

Keith Lambeth

05/21

Brenda Minnick

05/23

Becke Jones

05/24

Willie Davis

05/31

Clark Pierce

Anniverasries

05/13

Clark & Carol Pierce

05/20

Stephanie Weimer & Nichole Looney

05/25

Allen & Rosa Albertson

05/30

Kelly & Kathy Kellum

A Journey Towards Wholeness

“How do we find wholeness? How do we love well? What are the forces behind the fractures? What kind of spiritual formation do we need to embody? In sum, what does it mean to have our lives formed by God’s love? These are the questions I’ve been sitting with for years...”

(Rich Villodas, “Good and Beautiful and Kind”)

I was driving to the Meetinghouse the other morning and I heard deep in my soul these words, “*It’s time*”. You might ask, “*Time for what?*” It’s time for me to spell out exactly where I’m headed and the journey I am inviting you all to take. This isn’t a journey to a physical or geographical place but an inward journey to the heart and soul. And, to be fair, you don’t have to take the journey if you don’t want to, but it’s a journey I am ready to take as I explore why sometimes my life seems turned in on itself or I live with a divided heart or there are fractures that never seem to heal. And all of this has its repercussions and effects on those around me as well as life. Author Rich Villodas puts it this way:

“We exist in a world eating away at itself. A world fractured from within. A world aching for wholeness. Whether the fractures are related to politics, race, religion, public health, or sexuality – to name a few of the polarizing issues we feel daily – our lives are not often marked by love, goodness, beauty, and kindness but by reactivity, impatience, judgementalism, violence, and the inability to hold space with one another.”



The journey I'm inviting us to consider taking is that of one towards wholeness. Admittedly the term "wholeness" might be hard to wrap our heads and hearts around so sometimes I liken it to living with an undivided heart. Quaker author, Parker Palmer, describes it this way:

"Afraid that our inner light will be extinguished or our inner darkness exposed, we hide our true identities from each other. In the process, we become separated from our own souls. We end up living divided lives, so far removed from the truth we hold within that we cannot know the 'integrity that comes from being who you are.'" Parker Palmer goes on to describe his own experience, *"I yearn to be whole, but dividedness often seems the easier choice."*

The way forward towards wholeness begins with a deep awareness of the love of God and dwelling and abiding in that love. Moving towards wholeness doesn't mean "fixing all our issues" or "perfection" but accepting brokenness as an integral part of life and experiencing God's healing love and grace in the midst of that brokenness. It means realizing that in our imperfections and our brokenness, we are enough and God's love is enough.

As we journey towards wholeness, I have found there are three pathways to get us there:

- **Paying attention to what forms us** – *how is my soul being formed on a daily basis and am I aware of what or who forms me?*
- **Sharing in community** – *how am I sharing life with others and how can being in community with others invite me to greater wholeness? Am I doing life with others or going it alone?*
- **Engaging in acts of service** – *I have found that engaging in simple acts of serving others often keeps me from just ruminating on myself. Instead, it offers a deep sense of meaning and fulfillment. Another way of putting it is engaging in acts of "creative goodness".*

During the month of May, I will invite us to be part of this journey towards wholeness as we consider these three pathways of formation, community, and service. I'm grateful to be on the journey with you as our community.

Peace and Grace, *Scott*

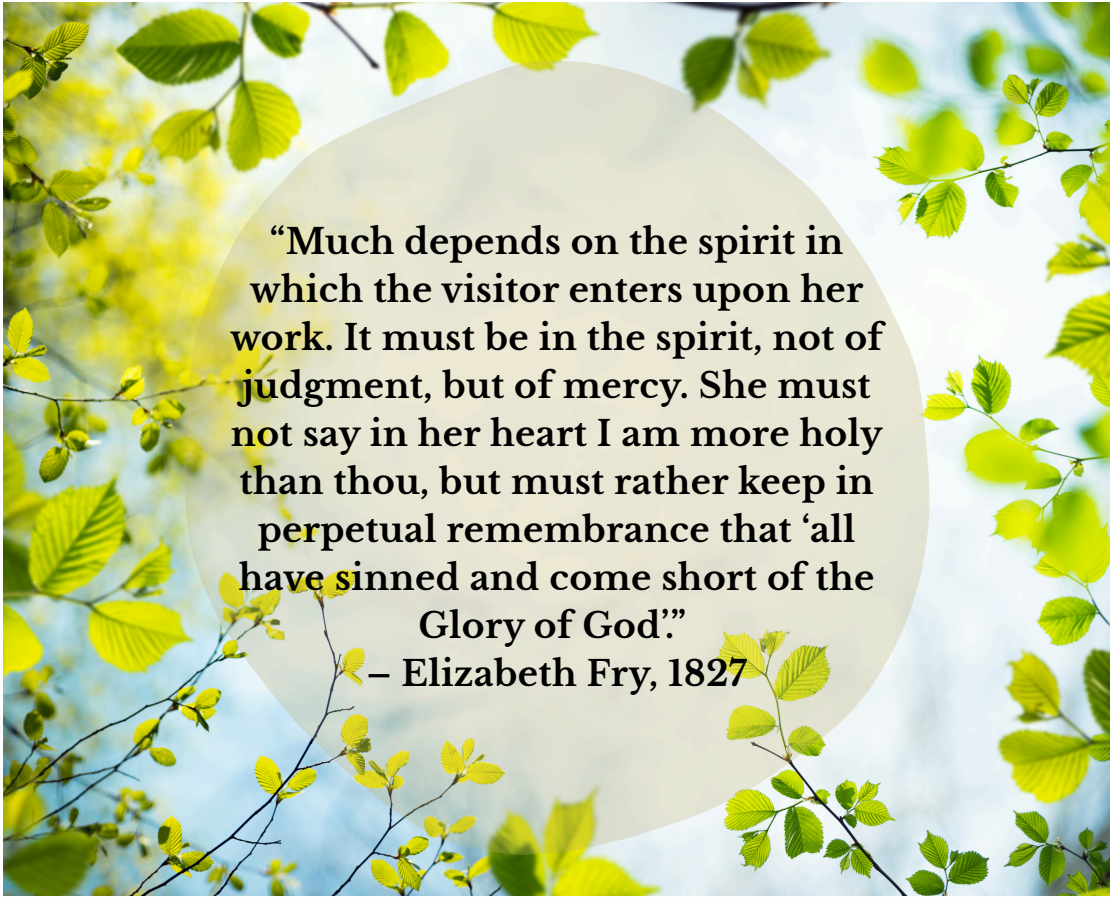
Quaker Corner

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.”

(Britain Yearly Meeting Advices and Queries)



“Much depends on the spirit in which the visitor enters upon her work. It must be in the spirit, not of judgment, but of mercy. She must not say in her heart I am more holy than thou, but must rather keep in perpetual remembrance that ‘all have sinned and come short of the Glory of God’”

– Elizabeth Fry, 1827

A note from Karin.....

Dear Friends,

Despite taking a week off for Spring break, High Point Friends School managed to pack a lot of activity into the month of April!

On the 10th and 11th, The Giving Closet hosted a free swap in the gym, giving many families the opportunity to give away items they no longer need, as well as obtain some items that they do- all free of charge.

We celebrated Earth Day on April 22nd and 23rd with lots of fun outdoor activities, and a visit from Katy, a farmer at Growing High Point. Katy shared with us about the work that Growing High Point does for the environment, and in our local community. We also started bean, watermelon, and cucumber seeds for our school garden and to share with families at our upcoming family picnic.



On the 27th, Sarah Nareau, Youth and Children's Librarian at High Point Public Library visited kindergarten and middle school classes. She helped students sign up for library cards and shared about all the incredible offerings available for children and youth at the library. It is always a joy to see children excited about books and the library!

Looking ahead, we are eager for students, families, and staff to spend the afternoon in fellowship on May 2nd, 1-3 p.m. during our Spring Family Picnic. This time together will be especially sweet as we prepare for the end of the school year and our promotion ceremonies (PreK-K on May 21, 1st-8th grade on May 22).

The last several weeks of the school year are always bittersweet. But things on campus are likely to be just as exciting during the summer. High Point Friends School is offering a number of wonderful summer camp opportunities. I look forward to leading a "Peace Superheroes" camp for children ages 6-10, June 22nd-26th.

You can find more information about all the camps and register here:

<https://www.hpfs.org/summer-camp-registration-0> bit.ly/summerHPFS



While perhaps less busy, things have been plenty exciting at High Point Friends Meeting! It was so lovely to watch our youngest Friends gleefully search for eggs on Easter Sunday.



I also enjoyed bringing the prepared message a few weeks ago, and of course, our Godly Play story on April 12th.

On May 17th, we will share our next Godly Play story, “The Parable of the Good Samaritan”. You can find the flyer for the event in this newsletter. This will be our last Godly Play story offering until September.

Over the next few months, I will be working on the Godly Play calendar and stories for the 2026-2027 season. If you have any joys, concerns, or ideas to share, I would love to hear from you. kheller@hpfs.org

Warmly,
Karin Heller

GODLY PLAY

WITH FRIENDS

HIGH POINT FRIENDS MEETING

800 Quaker Ln. High Point, NC 27262

Please join us on *Sunday, May 17th at 11 a.m. in Ragan Fellowship Hall* for fellowship, refreshments, and Godly Play. This month we will share, “Parable of the Good Samaritan”

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



New Baby Announcement

We celebrate and congratulate Thomas and Hannah Jackson and big brother, James. Robert Ruhe Jackson was born Sunday, April 26 at 4:14PM and weighed in at 7lbs and 13 oz and 20 inches. Everyone is doing well and James is very excited to soon meet his new baby brother! We have set up a Meal Train so that Friends can help the family with meals as they get resettled and adjusted after they come home. If you would like to participate in the meal train please contact Nichole or Scott.



Quarterly Meeting for Business

Sunday, May 3rd



We'll have our quarterly Meeting for Business following our 10AM meeting for worship.

Join us for a Simple Carry-In beginning at 11:15AM with the Business Meeting to follow the meal.

All meeting members/attenders are invited and welcome to attend and participate.

Memorial Sunday-June 14

"This is the comfort of friends, that though they may be said to die, yet their friendship and society, are, in the best sense, ever present, because immortal."
(Quaker, William Penn, 1693)

Sunday, June 14, will be our annual Memorial Sunday. On this day, we take time in our Meeting for Worship to honor and remember those in our Meeting and Quaker faith community who have passed away in the last year. We honor their memory through the reading of their name and invite a family member or friend to light a candle in honor of their life. High Point Friends Meeting is over 130 years old and who we are in the present has as much to do with the choices we make as it does with the faithfulness of those who have gone before us. We honor our ancestors and their faithfulness and we do it in the context of worship so that we can all have an opportunity to hear God's call on our lives.

I hope you will be able to join us at 10AM, Sunday June 14, for this meaningful and special time.

Grace and Peace,
Scott



One of the blessings we experience as a Quaker faith community is a very functional facility and Meetinghouse. It's our hope and intention that we steward it in such a way that it provides a space a place for the spiritual nourishment of our faith community as well as a place of hospitality and welcome for the surrounding neighborhood and community. To that end, here are some ongoing projects to help maintain it's functionality...

- Presently finishing up the repair of the air handler between the Kitchen and the Music Room. This will enable us to run the AC and heat efficiently.
- Installation of outdoor lights around the Columbarium area that will help illumine it at night as we provide a place of solace and peace for family members.
- Repair of the air handler that services our chapel (Haworth Chapel)



We will be having a Light Work Day on **Saturday, May 9 and Saturday, May 23** (for anything that didn't get finished up on May 9) This will mainly be light work around the Worship Room/Sanctuary - cleaning up flower beds and trimming hedges.

We'll also clean up the area around the Columbarium as well as plant flowers in the flower boxes we have near the entrances. We'll have more information to send out in our regular emails.

Quaker Men

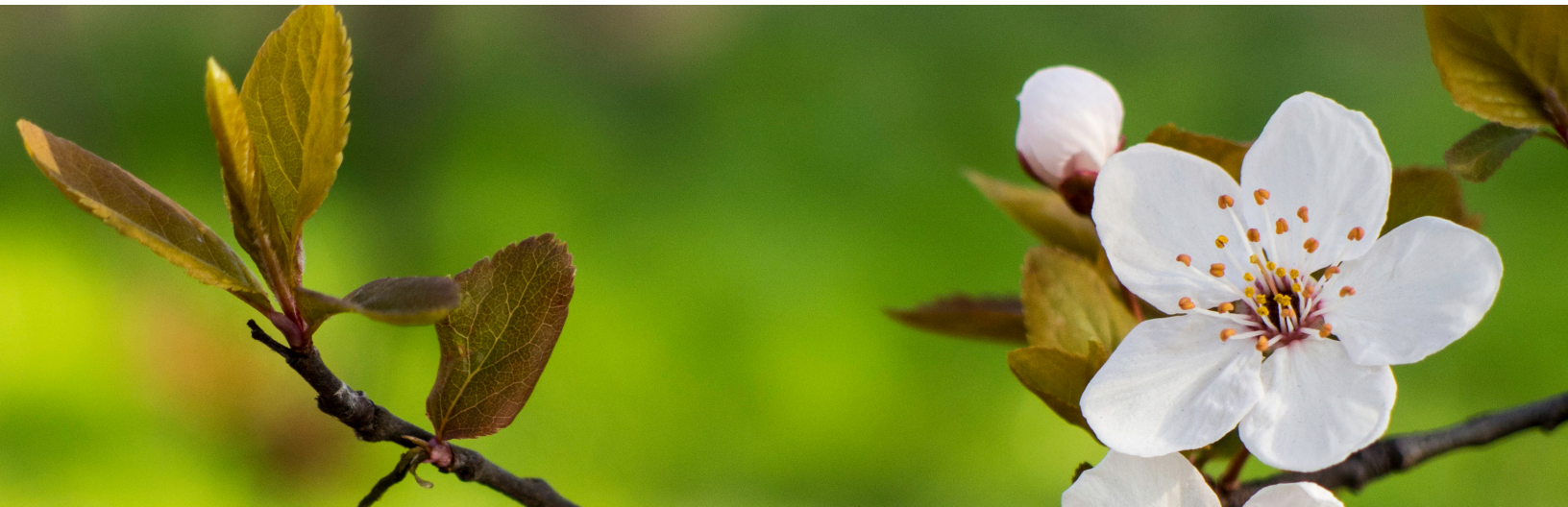
Quaker Men of North Carolina invite all men ages 5 to 105 to their spring gathering on Monday, May 4th at Forbush Friends @ 6:02PM. Guest speaker will be Eddie Kilbourne, a Christian minister and co-pastor at Cornerstone House of Prayer in Big Stone Gap, Virginia.

Eddie is a Nationally known Tribute Artist representing Ernest T Bass of The Andy Griffith Show. Eddie believes that good clean comedy is food for the soul and uses a comedic ministry to share Christ. He looks and sounds like the original Ernest T Bass and often has to convince his fans that he isn't the original Ernest T.

Forbush Friends Meeting
4460 Forbush Road, East Bend, NC 27018

Please note: the usual Speer Bridge Rd exit from US 421 is closed due to construction. Travelers from Winston Salem should follow posted detour signs or use the alternate route provided by organizers.





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.

thank
★ you ★

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

Betty Briles is home recovering and getting stronger each day. She is recovering from a car accident she had a couple of months ago. We're grateful for her continued recovery.

Lynda Wagoner continues to rest and recover from her CAR-T Cell Therapy. She is scheduled for a PET Scan on May 15 at Duke Hospital and that will provide more information on how the treatment plan is going. Continued prayers for her healing and rest.

Joyce Wolford - Joyce welcomes prayers from Friends as she anticipates a bone marrow transplant at the National Institutes of Health in the spring in her ongoing battle with a rare disease.

If there are other folks we have missed or need to add to our prayer list, please let us know at the office at office@highpointfriends.org.



**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**