

THE FRIENDLY LIGHT

June 2026

Birthdays

06/01

Michael Cushwa

06/04

Candace Heer

06/05

Linda Selleck

06/06

Lakai Mcdaniel

06/25

Carol Nichols

Anniversaries

06/06

Bob & Elizabeth Bowser

06/10

Gary & Anita Turner

06/14

Jeff & Debbie Albert

06/16

Tom & Jo Hayworth

06/18

Adam & Katherine Buxton

06/18

Ron & Linda Selleck

06/22

Terry & Leigh Ann Venable

The Seasons of our Lives

"Seasons is a wise metaphor for the movement of life, I think. It suggests that life is neither a battlefield nor a game of chance but something infinitely richer, more promising, more real. The notion that our lives are like the eternal cycle of the seasons does not deny the struggle or the joy, the loss or the gain, the darkness or the light, but encourages us to embrace it all – and to find in all of it opportunities for growth."

(Parker Palmer, "Let Your Life Speak")

I've often felt that if I had read the book of Ecclesiastes in Seminary that I may have had a better start as a pastor. It's in this book of wisdom that we have the very familiar words, *"For everything there is a season and a time for every matter under heaven."* (Ecclesiastes 3:7, NRSV) Coming out of seminary and into my first pastorate, I was ready to make things happen, and that was the error in my thinking. The notion that I could (or can) actually make things happen is both a bit naïve as well as arrogant. It assumes I'm the one in control and that should have been a real red flag to begin with.

The truth is that I'm not in control and I don't make things happen and this is what the natural cycle of seasons reminds us. Without asking me or getting my input, Summer makes its arrival in the same way that Fall, Winter, and Spring make their arrival. They just show up and do what each of those seasons do. I may not like that particular season, or I may not be ready for it, but I need to live in and through it, nonetheless. *At that point my work is to be aware of what season I'm in and adjust accordingly (Do I need a coat? Is it time for short sleeves? Should I turn on the heat or the AC?)*



The writer of Ecclesiastes reminds us that the seasons of life are the same way. The writer describes it this way, “...*a time to weep and a time to laugh; a time to mourn and a time to dance...*” (Ecclesiastes 3:4, NRSV) Life has seasons of weeping and seasons of laughter, seasons of mourning and seasons with joy that make us want to dance. I don’t make any of these seasons happen nor can I prevent them from occurring. The seasons just happen and in the midst of them I am invited to live and respond and pay attention to my growing edges in the midst of that season. As Quaker author, Parker Palmer put it, “*The notion that our lives are like the eternal cycle of the seasons does not deny the struggle or the joy, the loss or the gain, the darkness or the light, but encourages us to embrace it all – and to find in all of it opportunities for growth.*” If anything, the seasons of life remind us that we are always in a growing season – growing our soul through the season we are presently experiencing.

One thing I do know is that we were not meant to experience and navigate these seasons by ourselves. When I welcome others and their friendship, support, and presence I don’t feel as if I’m trying to live the present season all alone. And often there are others who have been through similar seasons and offer their wisdom, encouragement, and insight. As individuals, we need the presence of others as we navigate the seasons of life, and as a faith community we come together and collectively journey through whatever season our own faith community may be experiencing. No season lasts forever but the love of God does and that is where we often find our refuge in the harsh seasons of life. So, as we move from Spring to Summer, may we be aware of the seasons of our life and welcome the growth that awaits us and realize there is no failing in how we respond to the season, there is only the faithfulness of being present and open to God’s love and grace in the midst of the season.

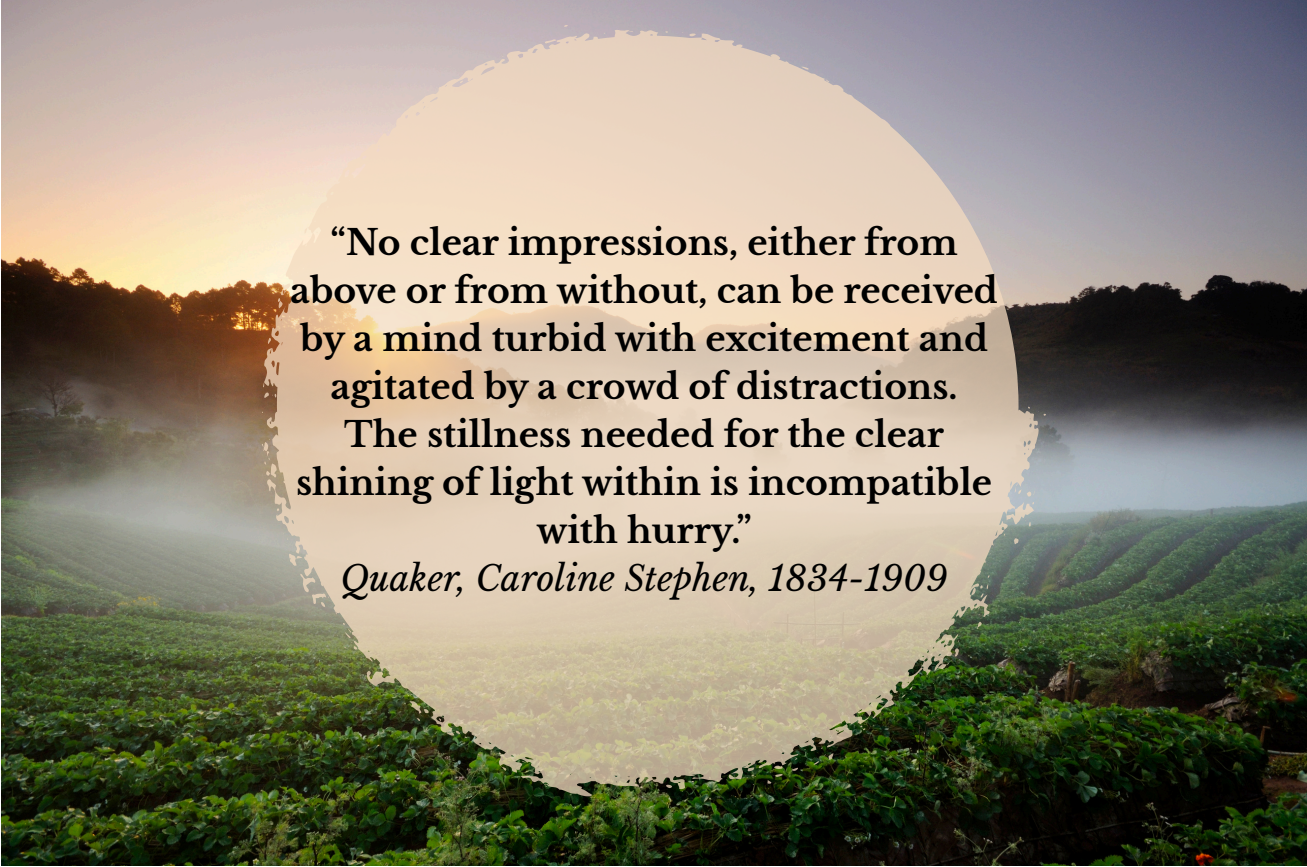
Grace and Peace, *Scott*

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”?

Take heed, dear Friends, to the promptings of love and truth in your hearts. Trust them as the leadings of God whose Light shows us our darkness and brings us to new life. Bring the whole of your life under the ordering of the spirit of Christ. Are you open to the healing power of God’s love? Cherish that of God within you, so that this love may grow in you and guide you. Let your worship and your daily life enrich each other. Treasure your experience of God, however it comes to you. Remember that Christianity is not a notion but a way.



“No clear impressions, either from above or from without, can be received by a mind turbid with excitement and agitated by a crowd of distractions. The stillness needed for the clear shining of light within is incompatible with hurry.”

Quaker, Caroline Stephen, 1834-1909

A note from Karin.....

Dear Friends,

May was a busy and emotional month for us at High Point Friends School. But as we enter into the summer months, we welcome a slower pace. That said, we are still hosting several camps for children of all ages. You can find more information and register here: <https://www.hpfs.org/summer-camp-registration-0>
I would also be glad to answer any questions you might have. Please don't hesitate to reach out. kheller@hpfs.org

While things may not have been quite as busy for High Point Friends Meeting, the slower pace of the summer months is the same. In both settings, this is a time for me to look back on the programmatic year and consider what worked, what didn't, what needs tweaking or tossing, and what we might want to add.

Friends are reminded that Godly Play story sharing will resume in September. Look for a calendar of events in the August newsletter. In the meantime, I welcome your thoughts, ideas, joys, and concerns.

With love and a grateful heart,

Karin Heller

P.S. High Point Friends Meeting will host our first annual intergenerational summer program **August 3-6, 5-7:30 p.m.** You can expect fellowship, dinner, story sharing, and crafts, all focused around our Quaker testimonies (aka S.P.I.C.E.S.)



That's a wrap!

High Point Friends School

celebrated the end of the school year with a field day led by Coach Watson, and parents Scott and Zar. The heat didn't slow down these Falcons from enjoying intergenerational fun!

On to HPFS Summer Camps!



Our growing community means we are in search of a passionate and creative elementary teacher.

We are seeking educators who are excited to teach in a small, student-centered learning community grounded in Quaker values. If you know someone looking for a collaborative, nurturing school environment, please share this opportunity with them.

We would love to connect with dedicated educators who are ready to make a meaningful impact.

Details can be found here: <https://careers.sais.org/job/4606/elementary-teacher/>





Pastor Scott -Master of the Water Faucet

We had a small but mighty group for our work day on May 9th. It was a beautiful day to pull weeds, plant flowers, dig up dead bushes, scrub benches and generally spruce up the Meeting House.



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



Summer Sermon Series

“The Story Of Our Lives” Journeying Through Genesis

Our lives are living stories and they tell a story. Sometimes when we meet someone we want to “know their story”. By this we mean who they are, where they are from, what makes them come alive, and where they see themselves going. In our own search for meaning and purpose we create our own stories through what we live for and what we live by. Often, though, we come to an awareness that the story we are living is too small and so we go in search of a larger and greater Story. This is what the book of Genesis offers us. It’s the story of of creation and the people of Israel but it’s also our story since our lives are about new beginnings and creativity and following God as best as we can into the future. Genesis is a story of the human condition and it’s our story as well. The late Eugene Peterson describes the Book of Genesis this way:

“We are given a succession of stories with named people, people who loved and quarreled, believed and doubted, had children and married, experienced sin and grace.

If we pay attention, we find that we ourselves are living variations on these very stories...The stories show clearly that we are never outsiders or spectators to anything in ‘heaven and earth.’ God doesn’t work impersonally from space; he works with us where we are, as he finds us. No matter what we do, whether good or bad, we continue to be part of everything that God is doing. Nobody can drop out – there’s no place to drop out to. So we may as well get started and take our place in the story – at the beginning.”

Starting Sunday, May 31, we’ll begin our journey through Genesis as we open our personal story to the God-Story we experience in the pages of Genesis as well as the lives of those who interact with God and God interacting with them. Along the way, maybe we’ll see our own lives in the lives of the many folks who show up in Genesis. Maybe we’ll see ourselves in their victories as well as their failures, in their joys as well as their sorrows, in their courage as well as their fear.

Each Sunday we’ll look at readings from Genesis in the Revised Common Lectionary and allow the Lectionary to guide us as we open ourselves to the guidance and formation of the Living Word. My hope is that we will enter into the Genesis story as fully as possible so that we might gain a better perspective on our own personal stories in connection with the larger God-Story.

On the Journey With You!
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.

thank
★ you ★

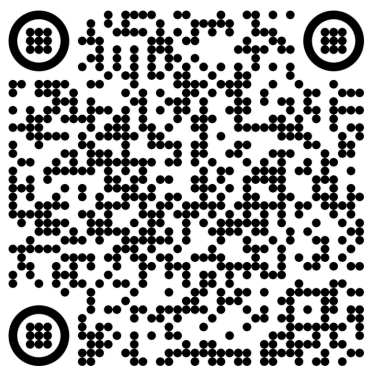
High Point Friends Online Giving Portal

← 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 new study beginning in June will be in the Book of Exodus.** 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 spends much of her time at home resting and taking short walks outside when she can and the weather is nice. She maintains a regular schedule of lab work and Doctor's visits as they monitor her post-CAR-T treatment process. Much of her limiting herself with folks has to do with her compromised immune system. She is deeply grateful for all the prayers and concern.

Joyce Wolford - Joyce and Jerry will be heading to the National Institute of Health (NIH) on June 1 for Joyce to begin the process of a bone marrow transplant. The process will involve a lengthy stay at the NIH so our prayers are with them as they are there and Joyce goes through this process.

Rob Kelley - We continue to offer prayers for comfort and strength for Rob and his family as they grieve the unexpected recent passing of Rob's wife, Ann. A beautiful Memorial Service was held at High Point Friends Meeting on Saturday, May 23.

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.



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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