



THE FRIENDLY LIGHT

July 2026

Birthdays

07/01
Anne Compton
07/08
Sam Gibson
07/15
Ella Ward
07/24
Jo Hayworth
07/25
Carmen Farlow
07/29
Joseph Neal

Anniversaries

07/21
Kyle & Hanna Moore
07/26
Scott & Lynda Wagoner

Reflections on A Summer Day

As we enter into the summer season, it always feels like a season of slowing and reflecting and paying more attention to what is going on around me and within me. It's also a time to pay attention to the world of creation around us. Recently Lynda and I were able to spend some extended time with our 4 ½ year old granddaughter, Maisie, who lives in Los Angeles with our daughter and son-in-law (Erin and Avery). Spending time with Maisie reminded both of us that there is much to pay attention to in nature. After the rain, Maisie made sure we would stop and help earth worms from the sidewalk back into grassy areas. If there were anthills, she would squat and investigate the whole area to see just how many ants were living and if any of them needed help. She reminded us that one should never lose their capacity for wonder and curiosity and attentiveness to the world that is right in front of us.

As part of my summer reflection, I also turn to a beautiful poem by the late Mary Oliver titled "*A Summer Day*". It's a poem that reminds me of the importance of paying attention, of asking questions of wonder, and curiosity. Mary Oliver's words remind me that prayer doesn't have to be anything elaborate or wordy or formal. Prayer can simply be paying attention to the sacredness of life and in that paying attention we listen deeply to what is being spoken to us. Most of all, the last three lines of Mary Oliver's poem always invite me to pause and reflect as she offers this question, "*Tell me, what is it you plan to do with your one wild and precious life?*"



So as we slowly move into the hazy and lazy days of summer, I offer this poem to you as something to help you reflect on your own life and see how it speaks to your condition.

*Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean—
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down—
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?*

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"?

Do you try to set aside times of quiet for openness to the Holy Spirit? All of us need to find a way into silence which allows us to deepen our awareness of the divine and to find the inward source of our strength. Seek to know an inward stillness, even amid the activities of daily life. Do you encourage in yourself and in others a habit of dependence on God's guidance for each day? Hold yourself and others in the Light, knowing that all are cherished by God.

Quaker Glossary

Quakers will often use terms and words that are unique to our expression of faith. These terms often have real intention around them as a way of bearing witness to our faith and the Quaker way. Here are a few...

Meetinghouse - Quakers often refer to their building as a "Meetinghouse" and not a "church". This is due to the understanding that we see the people as the church and that the building is simply the "meetinghouse" where people gather to meet. Friends believe that the people are the church, not the building.

Centering - This is the process of opening one's heart and mind to the workings of God's Light, usually within the context of worship. We often begin our worship with a moment of "centering" as a way of making space for each of us to open up our hearts.

Queries- Sets of questions that ask Friends to reflect on their faith and how it translates into action. These queries are sometimes paired with Advices, which are suggestions for right action. In our worship bulletin and monthly newsletter we offer a "Query of the Month".

Inner/Inward Light - Friends initially called themselves "Children of the Light" referring to the Light of Christ which they believe is available to every person, whether they know Jesus or not. The Light is both a guide and monitor. Its transforming work is central.

A note from Karin.....

Dear Friends,

I had a wonderful time leading a Peace Superhero camp with 6-10 year olds at High Point Friends School last week. We practiced quieting our minds and active listening, and we discussed how our mood can impact our understanding of situations and conflicts. The children also did several crafts and activities, including making “Super Goo”, flying mini super heroes, and decorating outlines of themselves to create their very own Peace Superheroes. One even had a kitty cat sidekick!

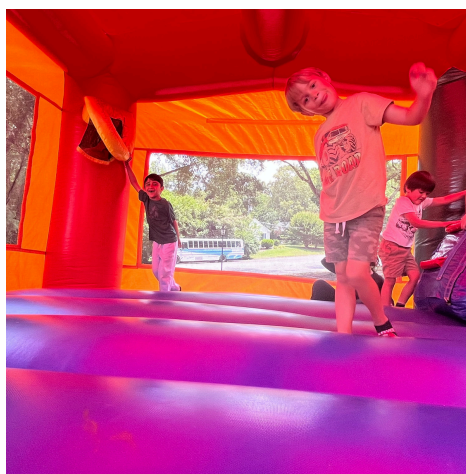
Now I’m looking ahead to August 3-6, 5-7 p.m., when High Point Friends Meeting will host our first Intergenerational Summer Program.

It is my hope that Friends of ALL ages and stages will join us for this opportunity to connect with one another over dinner, fellowship, stories, crafts, and games- all focused around our Quaker testimonies (aka S.P.I.C.E.S.)

You will find a flyer in this newsletter, and I will follow up with more information and details in upcoming weeks. In the meantime, please feel free to reach out with any questions, or if you are willing to provide dinner for an evening, or help with an activity or childcare.

With love and a grateful heart,

Karin Heller





Intergenerational Summer Program

at High Point Friends Meeting

A Fun & Faith-Filled Experience for Friends of All Ages!

AUGUST 3-6
5-7 P.M.

800 Quaker Ln.
High Point, NC
27262

**DO YOU KNOW
YOUR
Quaker S.P.I.C.E.?**

WHAT TO EXPECT

- Dinner
- Stories & Lessons
- Games & Crafts
- Friendship & Fun
- Join us for as many sessions as you would like!



SIGN UP TODAY!



QUESTIONS?
CONTACT KARIN HELLER

336-337-9836
kheller@hpfs.org





HIGH POINT FRIENDS SCHOOL

ENROLLING NOW: PRESCHOOL

Limited space remains for the 26-27 school year, ages 2 - Pre-K



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

Looking for a loving place to begin your child's education? We would love to share more about our approach to early childhood education which combines play with learning the fundamentals, along with how to be part of a classroom community.



Did you know that HPFS began in 1963 as a weekday kindergarten program? Getting students prepared for elementary school has always been part of our DNA.



High Point Friends Meeting - Larger Quaker Connections

Some of you may wonder what are the larger Quaker connections that High Point Friends Meeting is part of. High Point Friends Meeting is an independent Quaker Meeting that is connected with a larger Quaker community called "Friends United Meeting". We are, in fact, active members of Friends United Meeting (www.friendsunitedmeeting.org)

The Friends United Meeting community stretches far and wide across the globe. We are a collection of Christ-centered Quakers, embracing thirty-seven Yearly Meetings and Associations, thousands of local gatherings and hundreds of thousands of individuals.

From the Caribbean to Palestine, Africa to North America and scattered places in between, FUM is building a global partnership in a season of history when much of the world is being stretched and strained by cultural, political, and geographic differences. An important part of our work and witness is to express the love and peace of Christ with one another, believing God is transforming us into a people who are more lovely and whole than we could ever be on our own. As we are powerfully energized by the Holy Spirit, equipped for faithful service and leadership, and deeply connected to one another, we experience a unity that transcends our diversity.

Internationally, High Point Friends and Friends United Meeting have connections and partnerships with these areas: **Jamaica, Belize Ramallah (in Palestine), Africa, and Cuba**. In these areas, Friends are often involved in educational and medical ministries that seek to minister to the whole person while sharing with them the good news of the Living Christ and God's love.

Scott serves on the General Board of Friends United Meeting and also serves as the Assistant Clerk to the Board. He is also the Clerk of the Search Committee that has just begun the process of searching for a new General Secretary of Friends United Meeting. The present General Secretary, Kelly Kellum, will be ending his present tenure on September 30. Kelly and his wife, Kathy, are past pastors at High Point Friends Meeting and we invite prayers for them as they discern their "next steps" in this season of their lives.

Update on Joyce Wolford who is presently at the National Institutes of Health (NIH) for a bone marrow transplant. Their daughter, Brooke, helped to post this update on Joyce's Caring Bridge page. Please continue your prayers for Joyce, Jerry, and Brooke!

Mom was officially discharged around 3pm today (it would have been sooner but we had to watch Norway win their World Cup game)! She found it surreal to just walk right out of the Clinical Center and drive off the NIH campus like nothing happened—like the past 29 days were no big deal. I'm incredibly thankful she is in the physical shape to walk herself out of the inpatient unit and into this next chapter of recovery. To watch someone's immune system disappear and reemerge anew is a miracle.

We are all settled into the apartment provided by Friends of Patients at NIH. It's above a giant Harris Teeter which makes a NC girl happy and a Starbucks which makes my hot chocolate loving mom happy. I was able to move some stuff in yesterday which was super helpful.

Mom is tired as she hasn't had this much activity in a while. But she ate a really good dinner including tater tots which she has been dreaming of for days! I'm so proud of her for hanging in there.

We are right by the NIH campus so it will be easy to return for future appointments. Most weeks she will return on Mondays and Thursdays for bloodwork and to check in with the medical team. If you've mailed a card to her NIH address, don't worry! We will still be able to get her mail. However, future correspondence should be addressed to

**Joyce Wolford
8300 Wisconsin Avenue
Apartment 318
Bethesda Maryland 20814**

Thanks for all the support the last month! It has buoyed our spirits through both the ordinary and the overwhelming moments.





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 present study is 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 improve and get stronger each day. She continues to rest each day as well as getting in some “walking time” to build up her strength. She is also learning to live into this new season of her life “post-treatment” and retirement. She will continue with periodic lab work, trips back to Duke Cancer Center, and an upcoming PET Scan.

Joyce Wolford - Joyce has been moved to an apartment at the NIH (National Institutes for Health) as she continues her recovery from bone marrow transplant.

Michael Cushwa - Michael is now home from the rehab center and continues his recovery.

Rob Kelley - We continue to offer prayers for Rob as he takes it one day at a time while also managing his work at High Point Friends School. There is nothing linear about grief and we pray strength for Rob for each day.

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.



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