



*For though I am free from all,  
I have made myself a servant to all,  
that I might win more of them.*

*- 1 Corinthians 9:19*

***First Friends Meeting  
February 4, 2018***

## *Gather and Center*

**Prelude**                      *Lord, I Want to Be a Christian*                      arr. Callahan

**Welcome and Announcements**                      Beth Joyce

**Joys and Concerns**

**Silence for Centering Prayer**

## *Listen and Respond*

**Hymn 35**                      *Morning Has Broken*

**Anthem**                      *On Eagle's Wings*                      Hayes

**Offertory Invitation and Prayer**                      Sara Beth Terrell

**Offertory**                      *Savior, Like a Shepherd Lead Us*                      arr. Rice

**Scripture Reading**                      1 Corinthians 9:16-23                      Sara Beth Terrell

**Hymn 574**                      *I'm Gonna Live So God Can Use Me*

**Message**                      "For the Sake of the Good News..."                      Don Durham

**Waiting Worship After the Manner of Friends**

*If led to speak, please stand and wait for a host to bring a microphone.*

*Please allow for a few minutes of silence between messages.*

## *Go Forth in Spirit*

**Benediction**                      Don Durham

**Sung Response**

*I'm gonna live so God can use me anytime and anywhere.*

*I'm gonna live so God can use me anytime and anywhere.*

Please close Meeting for Worship by shaking hands with your neighbors.

**Joining Don on the facing bench is Sara Beth Terrell.** Sara Beth loves flowers and enjoys watching birds at the bird feeder outside her kitchen window. She also loves hearing stories of where God is moving in our lives—or where we're struggling with God/faith, etc. Sara Beth offers guided meditations and more on her website: [www.imaginingtheword.com](http://www.imaginingtheword.com).

### **1 Corinthians 9:16-23**

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission.

What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them.

To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law.

To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law.

To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

**First Friends warmly welcomes visitors.**

Please complete the visitor card and place it in the offering plate.

We invite you to contact pastoral staff with any questions.

Please help yourself to Quaker literature in the foyer.

**Activity packets** are available for children as well as a fully staffed nursery.

**Hearing devices are also available.**

Please see a morning host for assistance.

**Gentle Reminder:** Please silence all electronic devices.

*You who dwell in the shelter of the Lord,  
Who abide in His shadow for life,  
Say to the Lord: "My refuge,  
My rock in whom I trust!"*

**Chorus:** *And he will raise you up on eagle's wings,  
Bear you on the breath of dawn,  
Make you to shine like the sun,  
And hold you in the palm of His hand.*

*The snare of the fowler will never capture you,  
And famine will bring you no fear:  
Under His wings your refuge,  
His faithfulness your shield.*

*You need not fear the terror of the night,  
Nor the arrow that flies by day;  
Though thousands fall about you,  
Near you it shall not come.*

*For to His angels He's given a command  
To guard you in all of your ways;  
Upon their hands they will bear you up,  
Lest you dash your foot against a stone.*

## JOYS AND THANKSGIVINGS

Thanks to the **Unprogrammed Worship**, all who helped in facilitating, and those who attended last weekend's Labyrinth Walk.

Our thanks to **Barbara Potts and Jay Bumm** who diligently worked on regluing the loose stair treads in the Meetinghouse.

### IN THE LIGHT

**Jack Kirk** had successful cataract surgery Wednesday. Prayers for his recovery are appreciated.

**Brad McHargue.** We continue to hold Brad in our prayers.

**The family of Rebecca Phillips, Guilford County District Attorney's Office and colleagues.** Rebecca, Assistant District Attorney, 31 years old, died of a heart attack last weekend.

**Jay McCracken and Diane Burn's granddaughter Ruby**, age 4 months, went six days last week without seizures. Let's continue to pray for her improvement.

### PRAYERS FOR ONGOING HEALTH CONCERNS

Fred and Jean Small. Jim Wilkinson. Ray Hurley. Norman Rider. Dawn Davis' mother. Heidi McLaughlin's son Christopher. Edith Shepherd's friend Jan. Mary Elizabeth Barwick and Patrick Tillman's mother, Marian. Traci Cossman's Aunt Polly and Uncle Bob. Helen's Hoffman's mother, Laurel Hayes. Akil Ramsey. Janis Hammett's cousin Alan Cochran. Diane Burn's granddaughter, Ruby. Jan Potter.

### CALENDAR AND ANNOUNCEMENTS

#### **This Sunday, February 4, 2018:**

- 9:00am Unprogrammed Worship
- 10:00am Godly Play will be learning the story of Ezekiel in Room 205.  
The Youth Group will meet in Room 203  
The Adult Gathering will meet in Room 208. Jennifer Brigman will facilitate a self-reflective meditation on inter- and intra-personal power.
- 11:00am Meeting for Worship
- 12:00pm Ministry and Counsel, Library

**2018 Officiaries** are now available in the foyer. Feel free to pick one up at your convenience.

**Sheila Hoyer.** Chris and Sheila are taking a vacation and celebrating their one year anniversary. If you need immediate assistance please contact the office at 336-299-8869 or office@firstfriendsmeeting.org. Otherwise, she will begin working to return emails, as soon as possible, when she returns on February 6. With Joy!

**From the House and Grounds Committee:**

All of the stair treads in the building have now been checked, and ones that were loose have been re-glued. The stairs are safe and the caution signs have been taken down. House and Grounds will continue to monitor the stair treads; please notify a member of the committee if you notice a problem with the stairs or any other part of the building.

**Peace and Social Concerns** will meet on Wednesday, February 7, 7:00pm in the Gathering Room.

**Healing Rhythms, Sunday, February 11 at 3 pm.** Sponsored by Inner Ground, and facilitated by Monica Citty Hix. Many things can throw us into a season of grief – the death of a loved one, the loss of a job, a frightening medical diagnosis, a wounded relationship, relocation to a new community, the loss of a pet, and transitions of all shapes and sizes. Healing Rhythms is a circle of creative expression that taps into the ancient practice of drumming to tend our grief and promote healing. Medical research has shown that drumming accelerates physical healing, boosts the immune system and helps to release emotional trauma.

If you are grieving, we invite you to join us for Healing Rhythms. We meet in Forest Chapel at College Park Church, 1601 Walker Avenue, Greensboro, NC. We provide a variety of drums or you may bring your own. There is no charge, though donations are appreciated and used to purchase additional drums. We look forward to welcoming you into the circle.

**Sara Beth Terrell** seeks volunteers to test drive and give feedback on a two-hour workshop she's developing. The workshop will examine ways the normal, often unconscious patterns of oppositional and avoidant energy we use to try to change relationships or situations actually keeps them stuck. Please email Sara Beth at sarabethterrell@gmail.com if you are willing to help. A few more volunteers are needed. Time and place: Saturday, February 17, 1:00-3:00pm in the Gathering Room.

# COLORING PAGE



Paul preached the Good News in Jerusalem and in many other cities around the Roman World, and many people became followers of Jesus.

**First Friends is a Quaker Meeting  
building healthy relationships  
with God, one another, and all creation.**

**336-299-8869  
www.friendlymeeting.org  
office@firstfriendsmeeting.org**

**Office Hours:  
Monday: Closed  
Tuesday-Friday: 10:00am-3:00pm**

**Ministers: Everyone**

**Don Durham, Intentional Interim Pastor  
Sheila Hoyer, Pastor of Education and Outreach  
Monica Citty Hix, Minister of Music  
Ellen Ramsey, Office Manager  
Pam Reese, Treasurer  
Sidney Holliday, Nursery Care  
Adrian Quarles, Nursery Care  
Bill Davis, Monthly Meeting Presiding Clerk  
Beth Joyce, Clerk of Ministry and Counsel  
Margaret Rowlett, Clerk of Personnel Committee**

**To email a Clerk or Staff: (first name)@firstfriendsmeeting.org**  
Don, Sheila, Bill, Beth, Monica, Jean, Ellen or Pam

### **Sunday Gatherings**

Unprogrammed at 9:00 a.m. in the Gathering Room  
Choir Practice at 9:45 a.m.  
Sunday Morning Gatherings at 10:00 a.m.  
Semi-programmed at 11:00 a.m. in the Meetingroom

*Childcare available in the Nursery  
(Six years of age and younger)*