



A place to call home where we are welcomed and sent forth to serve.

## Walnut Hills Camping Party

Join us this Sunday, January 30 from 2:00 - 3:30 p.m.  
Food, camping games and fun for the whole family!  
Staff from Wesley Woods will also be on hand to  
answer questions about camps this summer.  
It will be a great time!



## Super Bowl Sub Sale Ends this Sunday

The Senior High Youth group are taking orders for sub sandwiches after both services this Sunday, January 30. Today is the last day to order. Sandwiches are \$10.00 and made with a French style large loaf of bread that can serve 3-4. They will be freshly made on Super Bowl Sunday, February 6th and ready for pick up after both services.

## Walnut Hills Preschool Opening

We currently have an opening in our Monday, Tuesday, Thursday afternoon class due to a child going into full time child care. The child needs to have turned 4 years old as of last September 14th and going into Kindergarten next fall. Please call Sue at 270-9126 if you are interested.

## Vacation Bible School Help Needed

There is a wonderful time this Summer on July 31st-August 4th that you don't want to miss. Vacation Bible School is an experience like no other. This year's theme is Circle G Ranch, "Where God is at the Center and the Love Never Ends." But we can't do it without you. Join the Planning Team:

**VBS Director:** Facilitate the planning team.

**Mission Foreman:** Facilitate Mission Center/ Ranch Hands.

**Music Foreman:** Facilitate Opening/Closing Exercises/Music Ranch Hands.

**Bible Storyteller Foreman:** Facilitates Bible Story Center/Ranch Hands.

**Recreation Foreman:** Facilitate Recreation Center/Ranch Hands.

**Craft Foreman:** Facilitate Craft Center/Ranch Hands.

**Preschool Foreman:** Facilitate Preschool Leaders and Ranch Hands.

**Decorating Ranch Hands:** Team of Buck-a-roos who trace, paint, and put together the Ranch Atmosphere.

**Meal Crew: Chuck Wagon**

**Cookies:** plan and put together the meal for each evening.

**Ranch Hands** are also needed to help the Ranch Foremen.

Check the STUB on Sunday to help.

## Message from Doug

Sometimes there are some things that happen that just seem right. We received a notice that our friends at Trinity United Methodist Church were recently given a house. They are currently looking for people who will help them work on it so that they can sell it and use the proceeds to support their varied ministries. Trinity operates on a shoestring budget and yet serves so many people who might otherwise have even fewer opportunities than they have. The news of this gift makes me smile, and it reminds me just how grateful I am for people who are generous in so many ways. If you would like to help work on the house Saturday, February 5, please call Chet Guinn at 282-8054 or his cell phone 556-8054.

-Doug

## Soul Singers and C.A.P. Kids

The C.A.P. Kids & Soul Singers will be prepping and painting the banner for Ash Wednesday and Lent! **Soul Singers**, remember to wear clothes you can paint in on Sunday, January 30. **C.A.P. Kids**, your turn is Wednesday, February 2.

Songspiration Kids Sing on Sunday, February 13<sup>th</sup> at the 10:45 a.m. service. Kids can wear their orange "Music At WH" t-shirts!

Soul Singers and C.A.P. kids sing and participate in the Ash Wednesday Service on Wednesday, February 9<sup>th</sup> at 7:00 p.m. in the Celebration Center! C.A.P. Kids (3rd—6th graders) will have dress rehearsal for Ash Wednesday 6:00-6:45 p.m. before the 7:00 p.m. service. Please join us in worship!

## Ash Wednesday Service

Join us as we begin our season of Lent Wednesday, February 9 for the Ash Wednesday service at 7:00-8:00 p.m. All Children must be accompanied by an adult. This is a wonderful way to get prepared for Lent and Holy Week. Wednesday Night Alive will not be held that evening.

## Join Us for Spa Day on Saturday, March 5

Ahhh...the cold winter weather is coming to an end and warm summer weather is nearing, time for shorts, sandals...YIKES!!!! SANDALS??? To get ready for the warm weather or as an end of winter pick-me-up, the Women of Walnut Hills are sponsoring a SPA Day. It will be held on Saturday, March 5th at LaJames International College in Johnston. There will be a full range of services offered from manicures and pedicures to full body massages and facials. Even though this event is sponsored by the Women of Walnut Hills, it is open to both men and women. Lunch will be catered by our own Master Chef Terrie Kohl for an additional \$5. (Payment for lunch is requested at time of sign-up.) Check out the brochures and sign-up in the east gathering area after the 8:30 and 10:45 services on January 30th.

## Walnut Hills Preschool Family Fun Night!

Bring the whole family to join in the fun on Thursday, February 24th from 6-8 p.m. Cost is only \$5 per family plus a meal for a free will donation. Lots of new games and entertainment this year plus the Safari Train. Bring your friends along too!

## Knitters and Crocheters Needed

Walnut Hills needs knitters and crocheters for baby booties. Little feet are waiting for you. Contact Terri if you want more information at 270-9226 or terri@whumc.org.

**This Sunday, January 30, 2005**

**DOUG'S MESSAGE:** "The Focus on Dying"

**SCRIPTURE:** I Corinthians 1:28-31

**MUSIC:** Alyson Skahill & Susan Waller

**4th Sunday after  
Epiphany**

## With Our Children

Nursery for infants through 3 yrs.

Children's Church is provided after Children's time during first and second service. Children 4 yr. through second grade are welcome. **We are providing a special 3 yr. old Children's Church room led by a nursery staff person.** Children will come to this room after Children's Time during the morning service. The older children go to 108 & 107 as usual for Children's Church.

**Sunday School:** 3 year olds through 6th Grade, 9:30-10:30 a.m. Sunday Mornings.

**Songspiration:** 3 year olds through 2nd grade, 9:30-9:45 a.m. Sunday mornings.

### Wednesday Night Alive

#### Kindergarten through 2nd Graders:

6:00-6:30 p.m. Organized Playing Time  
6:30-7:00 p.m. centers based on Bible Stories: Jesus Calls the 12 Disciples.

#### February 2nd: Movie Center/Snacks

#### 3rd Graders through 6th Graders:

6:00-7:00 p.m. C.A.P. Program  
7:00-7:45 p.m. WH Ringminors

## With Our Youth

**Jr. & Sr. High Sunday School:** 9:30 - 10:30 a.m., lower level.

**Jr. & Sr. High Youth Group:** 7-8:30 p.m. Wednesdays

#### Jr. High Youth Group:

February 2nd: Video Program  
February 9th: 7-8:00 Attend Ash Wed. service. Follow up discussion in youth room.  
February 16th: Games/Rap, "Living in a Competitive World"  
February 23rd: Night of Service

#### Sr. High Youth Group:

Friday, January 28th at 8:00 p.m. - 8:00 a.m. January 29th: Lock in at the church. Must be registered.

Sunday, January 30th: Sr. High youth take sub sandwich orders after both services.

Sunday, February 6th: Super Bowl Sunday - youth make subs.

**\*Reminder: Registrations and deposit for Dulac work trip need to be turned in as soon as possible.**

**Applications and information on being a Page** for the Iowa United Methodist Conference is available on the Ministry Board table. Pages are youth (grades 9-12) who do tasks and wait upon members of the legislative or decision making body, during the conference June 9-12, 2005. Deadline for applying is April 15th, 2005.

## With Our Adults

### Adult Classes

**Sunday Christian Learning Time 9:30 to 10:30.**

*Healthy Living* class in Kitchen Annex. Facilitator: Sue Roberts.

*The Heart of Christianity* by Marcus Borg study in Celebration Center. Facilitator: Doug Peters.

*ProActive Parenting: 1-* Discipline with Children and Teens through January 30 in West Gathering Area.

*2-* Communication with Children and Teens begins February 6 through 27.

*Faith and Life* in room 101. Facilitators: Betty & Darrell Van Woert and Christy & Jim Brown.

*Contemporary Issues* in room 102. Facilitator: Ron Roberts.

### Wednesday Evening Adult Classes:

*Beginnings, An Introduction to the Christian Faith:* 6:30-8:00 p.m. in room 009.

*Disciple Bible I* in room 005, 6:30-8:30 p.m. Facilitator: Neil Barrick.

*Disciple Bible II* in office conference room, 6:30-8:30 p.m. Facilitator: Doug Peters.

*Rebuilding When Your Relationship Ends:* Starts February 16, 6 p.m. in Koth Library. Facilitator: Barb Allen. Check the STUB if you wish to attend this class.

## With Our Music

### MUSIC ON SUNDAYS...

January 30 Alyson Skahill & Susan Waller

February 6 Adult Choir

February 13 WH Ringmasters/  
10:45 a.m. - Songspiration Kids

February 20 A Cappella Singers

February 27 Soul Singers

## With Our Singles

**Tuesday, February 1:** Single Family Pizza Night, 6:30 p.m. at Pizza Hut, 8134 Douglas, Urbandale. Hope to see everyone there.

## Service to Others

Preparers and/or servers are needed for **CFUM Low Income Meal Program** (located at Trinity) Tuesday, February 15 and **Meals for the Homeless** (Churches United Shelter) Saturday, March 5. Check the STUB on Sunday.

## Groups Gather

- ♦ **Narcotics Anonymous:** Sundays, 5 p.m., Youth Rm.
- ♦ **Alcoholics Anonymous:** Mondays, 7 p.m., Youth Rm.
- ♦ **Adult Basketball:** Saturdays, 9:00 a.m. at Walnut Hills. Pick up game. Call Marlyn McKeen for more information at 253-9017.
- ♦ **Adult co-ed recreational volleyball:** Sundays, 4-5:30 p.m. at Walnut Hills.
- ♦ **Women's Night Out:** Monday, January 31, 6:30 p.m. at Saigon Cafe at 1945 NW 86th St., Clive. Check the STUB on Sunday.
- ♦ **First Thursday Breakfast Club:** Thursday, February 3, 7:00 a.m. at West End Diner.
- ♦ **Senior Singles:** Friday, February 4, 6:30 p.m. Colton's Steak House, 4570 University, West Des Moines. Call Lois Rowe for reservations 254-9221.
- ♦ **Morning Parents:** Monday, February 7, 9:30-11:00 a.m. at the church. Join us for a Valentine's Day cookie decorating party for the parents and children. Please bring one decorating item. Cookies will be provided.
- ♦ **Men's Roundtable:** Wednesday, February 9, 11:45 a.m. at Walnut Hills.
- ♦ **Hilltoppers:** Sunday, February 27, 5:00 p.m. at Paul & Betty Woodard's. More information to come.

## In Our Prayers

- † Celebration of the marriage of Kara Weigel and Barry Krohn in St. Lucia January 28.
- † Sandy Lorenzen's father, Paul Lee, who is scheduled to have eye surgery on January 31.
- † Sympathy to Mike Danley and his family in the death of Mike's father January 18.
- † Congratulations to Sarah and Chip Overton on the birth of Amanda Suzanne on January 6<sup>th</sup>. Amanda was also welcomed by her brothers Charlie and Samuel.
- † Liz Coffman's friends, Clarence Ziegler who is critically ill.
- † Bob Jordan, near the end of his life.
- † Sympathy to Keith Sheriff's brother's family, Gene and Evelyn Sheriff in the death of Evelyn's father, Dwain Schinagel of Chapin, IA.

## Walnut Hills United Methodist Church

12321 Hickman Rd  
Des Moines, IA 50323

## Walnut Way

W - Worshiping Community  
A - Acts of Service  
L - Learning  
N - Non-Judgmental Way of Life  
U - Unfolding Spirit  
T - Tithing

Walnut Hills United Methodist Church  
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Phone: 515-270-9226; Fax: 515-270-0838  
www.whumc.org

Doug Peters & Pam Deeds, Ministers

8:30 & 10:45 a.m. services

Christian Learning Time  
9:30 a.m.

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