



A Message from Doug

One of the things I really like about Walnut Hills' people is your determination to help make life better for someone else. A number of you routinely prepare and serve meals to those who are hungry at the Churches United Shelter and at Children and Family Urban Ministries located at Trinity United Methodist Church. It's a humbling experience to compare what most of us take for granted with what so many in our community are lacking. The Rev. Denny Coon, pastor at Trinity, told me recently that he occasionally will approach someone from a church like Walnut Hills who is there lending a hand these questions, "Don't you get tired of doing this? Don't you get weary of making meal after meal and then coming here to serve that meal to hungry people?" He asks those questions to point out that feeding hungry people is only one part of caring for others. The other part is answering this question, "Why are there people who are hungry, or without homes, or without health care, or without civil rights in the first place?" Feeding hungry people is an act of mercy; asking what is keeping them hungry is an act of justice.

We observe Martin Luther King Day, not only in order to honor a person, but more importantly to remember his message (a message that originated with Jesus). That message is that to follow Jesus we must make sure that both parts of the message are followed. We feed the hungry and we work to change policies and conditions that keep them hungry. Thank you for being a church that cares fully for all God's people.

Super Bowl Sub Sale

The Senior High youth will be taking orders beginning Sunday, January 15 for their delicious sub sandwiches. These large meat and cheese or veggie subs can be sliced to serve 2-4 people and cost only \$10.00. Youth will take your orders through Sunday, January 29 and sandwiches can be picked up on Super Bowl Sunday, February 5. Look for the sign up table in the east gathering area.

Let's Go Bowling!

Walnut Hills is having an all-church bowling party on Sunday, February 19 at 3:00 p.m. at Warrior Lanes in Waukee. Warrior Lanes is smoke-free, so it's a perfect place to have fun with your family and socialize with other Walnut Hills friends. The cost of the party is \$10 per person, and it includes one game of bowling, shoes, pizza and pop. You can make your reservation through January 22.

Women of Walnut Hills Game Night

The Women of Walnut Hills are sponsoring a "Game Night," Friday, January 20 from 6:30-10:00 p.m. Come and enjoy board games, fellowship, and the use of a sauna, hot tub and pool. Game Night will be at Nancy Strickler's Condo, 3100 Grand in Des Moines. Bring a snack to share; drinks will be provided. Please check the stub if you plan to attend. For more information, please call Sandy Lorenzen, 221-2999.

Directions: Take the 31st Street exit off 235 to Grand Avenue - 31st street takes a little jog to the west then south again to go around a big apartment building. Parking is just to the south of the building, take the first driveway on the left after you cross Grand. The building is secured Go to the door on the west side of the building, between the Condo and Des Moines University. There is a door bell, please ring.

Jr. and Sr. High Youth Ski Trip

Jr. and Sr. High Youth lock in/ski trip scheduled for January 27-28 to Welch Village, Minnesota. Ski or snowboard 11:00 p.m. to 4:00 a.m. Friday, stay in cabin on site and ski Saturday (optional), returning Saturday evening. Registration sheets with detail are available on the ministry board table or contact Julie Stone - julie@whumc.org. Can take first 25 youth with chaperones to sign up so please get registrations turned into Julie as soon as possible.

The end of our Stewardship Commitment Time brings an opportunity to celebrate. Many of our Walnut Hills households took a substantial step in their spiritual journeys. On average, individual households increased their giving 22% compared to last year. What a wonderful response to our message of setting personal giving goals that reflect your desire to give.

Here is a breakdown of statistics you might find helpful:

Number of New Pledges	20
Number of Increase	129
Number of No Change	30
Number of Decrease	14

Total 2006 Pledging Households: 193

Anticipated Total Pledged Contributions for 2006: \$583,037.08

Thank you to all that communicated your giving intentions. We are extremely grateful for your continued support of the ministries of Walnut Hills. Our prayer is that your giving in 2006 brings you great personal joy and satisfaction.

If, by chance, you overlooked returning your intention-to-give card and you'd like to take a step in your spiritual journey, it's never to late to mail your bring your card to the Office Center."

~Peg Rasmussen, Financial Secretary

In the Spotlight...

AMOS - A Metropolitan Organizing Strategy

AMOS (A Metropolitan Organizing Strategy) is sponsoring many events in the upcoming months, please take a look and see how you can make a difference.

► "Principles and Practices of Broad-based Community Organizing" on Saturday, January 28 from 9:00 - 1:00 at St. Paul's Episcopal Cathedral, 9th and High Streets, Des Moines. An RSVP is required to William Summers, willsummers1@msn.com, or 277-6408.

► An evening of food, refreshments and music entitled "Beat the Winter Blues" on Saturday, March 11, 2006 from 7-10 p.m. at the Fitch Gallery, 15th and Walnut, Des Moines. Tickets will be available between worship services beginning February 5, and \$15 apiece. Proceeds go to support the operating budget for AMOS

► AMOS is putting together a program for their March "Beat the Winter Blues" event, and is asking area businesses to consider placing an advertisement in the program. Sizes range from a whole page ad to a name listing, and costs vary accordingly. Ad copy in a digital format needs to be received by February 17, 2006. For information contact Susan Guy at sguy@whumc.org, or 270-9226.

► Walnut Hills is forming a core group for AMOS (A Metropolitan Organizing Strategy). This group would meet periodically to talk about social justice issues in our community, and attend monthly AMOS core group meetings in the Des Moines area. If you are interested or would like more information, contact Tom Caudron at 987-1525, or check the stub.

Volunteer to Help our Guest from IHN

Many of you have already filled out the bulletin inserts indicating you wish to volunteer during the week of February 5th as Walnut Hills hosts guests from the Interfaith Hospitality Network, but we could still use help in the following areas:

- Preparation of Dinner Meals.
- Set Up after Church February 5th.
- Take Down at 7 a.m. February 12th.
- Overnight Volunteers.
- Volunteers to Transport our Guests in the new IHN Van.

Look for the insert in this Sunday's bulletin or call Sheryl Start at 999-2121 to volunteer. Thank you for your participation and your generosity.

Walnut Hills Preschool Openings in 2006

If you have a child who will be at least 4 years old by September 15, 2006 and would like them enrolled in our preschool, please call Sue Petersen at 270-9126. There are a few openings in the afternoon session on M, T, Th from 12:30-3:00 p.m.

This Sunday, January 15, 2006

DOUG PETERS' MESSAGE: "Rising Up, Lying Down, Staying Put"

SCRIPTURE: 1 Samuel 3:1-11

2nd Sunday After Epiphany

With Our Children

Next Pizza Night is February 1. If you are going to join us for pizza, check the STUB Sunday or call the church office. Pizza, salad, cookie or bar is served.

“Created by God” a Class on Human Sexuality for Older Boys and Girls: the class is for 5th & 6th graders. Classes are from 9:30—10:30 a.m. Final session for parents and students is February 19. Please contact Pam, at pam@whumc.org or 270-9226 for more information.

CAP - Creative Arts Program: Wednesdays 6-7 p.m. Participating in spiritual activities, crafts and music.

With Our Youth

Sunday School: 9:30-10:30 a.m.

Sunday School for 7th Graders meets from 9:30 -10:30 a.m. in room 003 - lower level.

8th Grade Confirmation Bible Study in room 007-008.

Freshman Club for all 9th Graders in the Koth Library.
10-12th Grade in the Sr. High youth room - lower level.

Jr. High Youth Group: Wed., 7-8:30 p.m.

Jan. 18: Fun & Fellowship.

Jan. 25: Fun & Fellowship.

Jan. 27-28: Ski trip.

Feb. 1: Pizza Night - Bring \$3.50 for pizza and pop beginning at 7:00.

Feb. 8: Ronald McDonald House visit.

Sr. High Youth Group: Wed., 7-8:30 p.m.

Sr. High Work trip registrations with \$50 deposit are due!

Jan. 15: Bake sale following both services for work trip. YLT meets at 10:30 a.m. in the Sr. High Youth room.

Jan. 18: Silly Supper at Kelli Stone's House.

Jan. 25: 6:30 Bible Study followed by Youth Group.

Feb. 1: Pizza Night - Bring \$3.50 for pizza and pop beginning at 7:00.

Feb. 5: Super Bowl Sub fundraiser.

In Our Prayers

✠ Michelle Riesenbergs friend, Sonya Coobs, recovering from surgery.

✠ Amy Winkler's sister, recovering from gall bladder surgery.

✠ Liz Coffman's friends, the Summer family in the death of their son Ron.

With Our Adults

Want to help recycle at Walnut Hills? Any one interested in being a paper recycling helper, check the STUB on Sunday.

Adult Sunday School: 9:30 a.m.
Contemporary Issues: Room 102

Faith & Life: Room 101
Sabbath Book Study: Kitchen Annex

Wednesday Bible Study: 6-8 p.m.
Disciple III: Conference Room
Disciple I: Koth Library

You can buy your Fair Trade Coffee at Walnut Hills! Starting Sunday, January 29, we will sell Fair Trade Coffee from Our Sister Parish in El Salvador on the last Sunday of the month following worship.

With Our Sr. Adults

Remember, Friday mornings at Silvercrest - 10:30-11:00 a.m. trauma doll stuffing and visiting. Join us for fun, and fellowship each Friday morning with the residents at Silvercrest Assisted Living.

Illahee Hills Retirement

Residence will be helping with our Trauma Dolls ministry.

Check the stub or call Pam at 270-9226 for more information on any of these programs.

With Our Music

MUSIC ON SUNDAYS...

January 15

Adult Choir

January 22

Special Music

January 29

Adult Choir, Soul Singers, CAP Kids Songspiration Kids at 10:45 a.m. only

February 5

Sheryl & Bob Start

February 12

Hymn Sing
Adult Choir & WH Ringmasters

February 19

Soul Singers

Soul Singers resume rehearsals on Wednesday, January 18 at 6:00 p.m. in the music room. Performance dates are Sundays - January 29, February 19 and March 5. Rehearsals will be on Wednesdays - January 18, 25 and February 1, 8, 15 and 22.

Groups Gather

◆ **Knitting Ministry:** Sundays, January 22 at 3:00 p.m. and Wednesday, February 1 at 6:00 p.m. in the Koth Library Questions? Contact Susan Guy at 270-9226, or sguy@whumc.org.

◆ **Men's Basketball:** Saturdays, 9:00 a.m. at Walnut Hills. All men welcomed!

◆ **Co-Ed Volleyball:** Sundays, 4-5:30 p.m. at Walnut Hills. All welcomed!

◆ **Brunch Bunch:** Sunday, January 15, noon at Mama Lacona's on 2743 86th Street. Hostess with be Jeannie Kuskulis.

◆ **Morning Parents:** Tuesday, January 17, 10:30 a.m. at Chuck E. Cheese for playtime and lunch. Call Amy Winkler at 276-0652 with any questions.

◆ **Women's Night Out:** Monday, January 23, 6:30 p.m. at Chicago Speakeasy, 1520 Euclid. Firm RSVP by noon January 22 to Liz Coffman at 278-8542 or check the STUB on Sunday.

Service to Others

Preparers and/or servers are needed for **CFUM Low Income Meal Program** (located at Trinity) Tuesday, January 17 and **Meals for the Homeless** (Churches United Shelter) Sunday, February 5. Check the STUB.

You are invited to attend the “Moral Witness for Children Rally” on Tuesday, January 24 from 4:00-4:30 p.m. at the Iowa State Capitol (west wing of the main floor rotunda). Ecumenical leaders and children will speak to the need and obligation of legislators to remember children as they set policy, raise and distribute funds and make laws that will govern the way we live together. Contact Susan Guy with questions, sguy@whumc.org, or 270-9226

The Des Moines District Committee on Hispanic Ministries is offering a mini-immersion into the Hispanic contact on Saturday, January 28 from 9:30 – 12:30. Our time together will include worship, singing, and Bible study. Lunch is included, and this event will be held at Easton Place United Methodist Church, 2412 Easton Blvd. in Des Moines. More information, contact Susan Guy, sguy@whumc.org, or 270-9226.

Satellite Services

Sunday afternoons ~ Silvercrest Assisted Living- 2:00 p.m. No worship January 15.

1st & 3rd Wednesday mornings ~ Worship at Timberline Care Facility-Deerfield-9:30-10:15. January 25 instead of January 18.

4th Sunday afternoons ~ Worship at Illahee Hills Retirement Residence- 3:30 p.m. Start Family providing special music January 22.

Walnut Hills United Methodist Church

12321 Hickman Rd
Des Moines, IA 50323

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Walnut Hills Office Hours

Monday-Thursday
8:30 a.m. to 4:30 p.m.
Friday, 8:30 a.m. to Noon

Walnut Hills United Methodist Church

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Des Moines IA 50323
Phone: 515-270-9226; Fax: 515-270-0838
www.whumc.org

ca
Doug Peters & Pam Deeds, Ministers

ca
8:30 & 10:45 a.m. Sunday Service

ca
9:30 a.m. Sunday School