



## A Message from Susan

I have been busy this week filling out one of the many year-end reports that go into the United Methodist Conference center, this particular one having to do with Walnut Hills' charitable giving to local, national, and international agencies. Having worked with the Outreach Committee here at the church I was aware that we do a pretty good job of intentional giving, but I was not prepared for the results that were before me.

In 2005, Walnut Hills gave an incredible \$56,671.00 to 22 ministries. Some of this giving was disbursed through the Outreach Committee, and included ministries such as Compassion in Action, the Iowa Camps Capital Campaign, Children and Family Urban Ministries, Bidwell Riverside Center, Churches United Shelter, Amanda the Panda, and the GLBT Safe Schools Initiative. Some was through partnerships that Walnut Hills supports, such as Principe de Paz United Methodist Church in San Antonio, Des Moines Area Religious Council, the Interfaith Hospitality Network, and AMOS (A Metropolitan Organizing Strategy). Some was in response to disasters, and included giving to the United Methodist Committee on Relief, and support of our adopted family who relocated to Woodward from New Orleans.

Think of the lives that you have touched through your generosity – people that you may never meet, people who cannot come to you and say "Thank you" because of distance or circumstances. On their behalf, let me be the one to say "Thank you." I am so grateful for all the ways that you feel "sent forth to serve." ~Susan Guy

## Valentines for Sale!

Send a valentine to someone you love and support our youth at the same time! For only a \$1.00, the senior high youth will make valentines and post them in the west gathering area, ready for pickup on Valentines Day. You can choose one of the suggested messages on the order forms or write your own. Forms are available in the east gathering area.

## Join Us for Munch and Learn on February 9

February 9 Munch and Learn begins at 6 p.m. with a light meal and ends at 7:15. Following the meal, Doug Peters will lead the group in a "mock" Walnut Way Journey Group. Come experience a journey group without making a year long commitment.

Munch and Learns are designed as an opportunity for those new to Walnut Hills to meet others and get to know the church a bit better. All attending Walnut Hills, whether new or veterans, are invited to join. Please RSVP to the church office, 270-9226. Child care is provided. Munch and learns are typically offered the 2nd Thursday of the month.

## Join Us for Lobby Days

**Health Care Lobby Day** has been set for Tuesday, February 7, to share with legislators the critical importance of quality health care for all Iowans. A lobby training will be held on Monday, February 6<sup>th</sup> from 7:30-9:00 p.m., and events on February 7<sup>th</sup> will begin at 7:00 a.m. and last until 1:00 p.m. For more information, contact Kirsten Running at [Kirsten@iowaforhealthcare.com](mailto:Kirsten@iowaforhealthcare.com) or 319-338-0353; or Susan Guy at [sguy@whumc.org](mailto:sguy@whumc.org) or 270-9226

**Youth Lobby Day** will be held on Tuesday, February 20 at 10:00-3:00 p.m. at the Iowa Methodist Conference Center. Call Julie Stone, 270-9226, for more information.

**Lobby Day**, co-sponsored by the Iowa Conference Social Witness Advocacy & Education Ministry, will be held on Tuesday, February 28 from 8:30 a.m. until 3:00 p.m. at Calvary Baptist Church, 606 E. 9<sup>th</sup> Street, Des Moines. The morning session is packed with crucial information about the social justice issues currently being debated by Iowa legislators, and there will be an opportunity to meet with legislators at the state capitol in the afternoon. You can also plan to attend the Bishop's Breakfast at 7:30 a.m. at the state capitol. RSVP's are needed for both events, and you can contact Kristin Clark at 974-8911 or [kristin.clark@iaumc.org](mailto:kristin.clark@iaumc.org).

## AMOS Core Group

We will host an informational session for those who are interested in being a part of our AMOS core team at Walnut Hills on Sunday, February 12 at 9:30 a.m. in the Music Room. Paul Turner, AMOS organizer, will be our special guest for the morning. Check the stub if you plan to attend, or contact Susan Guy, [sguy@whumc.org](mailto:sguy@whumc.org) or 270-9226.

## Walnut Hills Justice Group

The Walnut Hills Justice Group meets on the 3<sup>rd</sup> Wednesday of each month at 9:00 a.m. in the Koth Library. We are currently discussing plans for an intergenerational workshop on the environment and a Speaker Series. Our next meeting will be February 15, and new members are welcome!

## Amanda the Panda Grief Support Groups

Grief support groups for children ages 6-18 and adults who have experienced a death through accident, illness, suicide or homicide will be starting on Tuesday evenings in February at Amanda the Panda, DM. To register call (515) 223-4847 or go to [www.amandathepanda.org](http://www.amandathepanda.org).

## In the Spotlight...

### New Sunday Adult Learning

Mark your calendars for two new 9:30 a.m. Sunday morning adult learning opportunities! On March 5, we will begin a study entitled "Victory and Peace or Justice and Peace?" by John Dominic Crossan. This dvd study will be facilitated by Susan Guy and Charlie Adams, and will conclude on April 30 (skipping April 16 – Easter Sunday).

On March 19, Doug Peters will begin a four-week study on Marcus Borg's book, "The Heart of Christianity." Books are available at local bookstores, or online at [www.amazon.com](http://www.amazon.com). Check the stub to sign up, or call the church office at 270-9226.

### AMOS - "Beat the Winter Blues"

AMOS will be hosting an evening of food, refreshments and music entitled "Beat the Winter Blues," Saturday, March 11, 7-10 p.m. at the Fitch Gallery, 15<sup>th</sup> and Walnut, D M. Tickets will be available beginning February 5, and are \$15 apiece. Proceeds go to support the operating budget for AMOS.

### Spa Day

The Women of Walnut Hills are sponsoring a Spa Day on Saturday, March 4 at LaJames International College, Johnston. There will be a full range of services offered. 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 \$7. Check out the brochures and sign up in the east gathering area after the services on , February 5 and 10.

### Special Offering

On Sunday, February 26 Walnut Hills will be collecting a Special Offering for three of our United Methodist special Sundays:

- Human Relations Day, which strengthens United Methodist outreach to communities in the United States and Puerto Rico encouraging social justice and work with at-risk youth.
- One Great Hour of Sharing, which enables the United Methodist Committee on Relief to respond to do business and to send 100 percent of all designated funds to the selected programs.

- Native American Ministries Sunday, which nurtures outreach with persons of all ages and provides scholarships for United Methodist Native American seminarians.

These offerings give another opportunity for Walnut Hills to be in ministry in places that we cannot be physically present. Please respond generously!

## You are Invited to Be a Children's Church Leader

Now is the time to sign up to rotate through the next 6 month schedule with other adults and Sr. High youth to work with our Children's Church program. Provided: Dated rotation schedule, lesson plans, and general information. Supplies, examples, and lesson plans are set up in rooms 107 and 108 each Sunday. Fill out the 6 month sign-up sheet provided in your bulletin, or call Pam at 270-9226.

**This Sunday, February 5, 2006**

**PAM DEEDS' MESSAGE:** "Jesus Serves Us, That We May Serve Others"

**SCRIPTURE:** Mark 1:29-39

**MUSIC:** Sheryl & Bob Start

**5th Sunday After Epiphany**

## With Our Children

**Next Pizza Night** will be in April. There will be no Pizza Night in March.

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

**“Created by God: A Class on Human Sexuality for Older Boys and Girls”** is a class for 5th and 6th graders. It meets Sunday mornings at 9:30. The last class is a parent and student session on February 19. For those 5th and 6th graders not participating are welcome in the 4th grade Sunday school room 004. Please call Pam Deeds at 270-9226 or email pam@whumc.org for more information.

**Children’s Offerings Provide Animals for the Heifer Project.** We are happy to announce that the children’s Sunday school classes have provided funds for the Heifer Project through their weekly offerings. Each class chose certain animals to work toward. The younger children earned their animals and because the older children’s animal goals were quite high the younger children decided to join them in working toward a water buffalo. So far they have earned for Heifer Project:

2 sets of chicks	
3 trios of rabbits	2 ponds of fish
1 llama	1 water buffalo

We are tallying the offering from the last week of January and have more offering money that will be added to this year’s total. Watch for the final report in our next newsletter. **Great work boys and girls!**

## 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 room 007-008.

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

**Mark your calendars for February 20, Youth Lobby Day,** 10:00 - 3:00 p.m. at the Iowa Methodist Conference Center.

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

Feb. 8: Ronald McDonald House visit, parents needed to drive.

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

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

Feb. 5: Super Bowl Sub fundraiser, gather at 6:30 a.m. in the kitchen.

Feb. 8: 6:30 Bible Study - 7:00 opening worship followed by youth group in Celebration Center.

## With Our Adults

There is an interest in creating a **new Bridge group** at the church. If you are interested in playing Bridge, please check the stub.

**Adult Sunday School:**  
9:30 a.m.

**Contemporary Issues:**  
Room 102

**Faith & Life:** Room 101

**Wednesday Bible Study:**  
6:00-8:00 p.m.

**Disciple III:** Conference Room

**Disciple I:** Koth Library

**You can buy your Fair Trade Coffee at Walnut Hills!**  
The next date to get your coffee will be Sunday, February 26 after worship.

## With 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 the Trauma Dolls ministry.

**Trauma Doll Ministry** at Silvercrest and Illahee Hills is a partnership with the North West Kiwanis. Check the stub or call Pam at 270-9226 for more information on any of these programs.

## Satellite Services

Sunday afternoons ~  
Silvercrest Assisted Living-  
2:00 p.m.

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

4th Sunday afternoons  
~Worship at Illahee Hills Retirement Residence - 3:30

## In Our Prayers

† Libby Geistkemper’s co-worker, Joyce, custody battle.

## With Our Singles

**Sunday, February 5:** Meet at Autographs on 100th, Urbandale for Super Bowl Sunday. Food and contests will be going on. Kids are welcome.

**Sunday, February 12:** Brunch after services at Granite City on University in Clive. Adults are \$13.99 and kids are \$5.99.

**Friday, February 17:** Meet at 6:30 p.m. for Happy Hour at The Star Bar, Des Moines.

**Sunday, February 29:** Lunch after the 10:45 service. Decide where to go as a group after the service.

**Needed:** A volunteer to host a movie night once a month. You can choose the theater and the day. Email Kelli at kelic@whumc.org.

## With Our Music

**MUSIC ON SUNDAYS...**

February 5 Sheryl & Bob Start

February 12 Hymn Sing

Adult Choir & WH Ringmasters

February 19 Soul Singers

## Groups Gather

♦ **Knitting Ministry:** Sunday, February 12, and Sunday, February 26 at 3:00 p.m. Questions? Contact Susan Guy, 270-9226 or sguy@whumc.org.

♦ **Co-Ed Volleyball:** Sunday February 5, starts at 3:30 p.m. because of the Super Bowl. Will resume regular time of 4 p.m. on February 12.

♦ **Co-Ed Basketball:** Saturdays, 9:00 a.m. at Walnut Hills. Everyone welcomed!

♦ **Men’s Round Table:** Wednesday, February 8, 11:50 a.m., Walnut Hills. Host: Chuck Stewart.

♦ **Brunch Bunch:** Sunday, February 19 at Perkins on 74th, WDM. Host is Marj Putney.

♦ **Morning Parents:** Tuesday, February 21, 6:30 to 8:30 p.m., Pampering Party at Susie Billingsley’s. Please bring a dish to share, and a gift under \$10 to exchange. Any questions, call Susie at 274-9401.

## Service to Others

Preparers and/or servers are needed for **Meals for the Homeless** (Churches United Shelter) Sunday, February 5 and **CFUM Low Income Meal Program** (located at Trinity) Tuesday, February 21. Check the STUB.

**Bidwell Riverside Center** is hosting their Annual Pancake Breakfast, Saturday, February 25, Grace United Methodist Church, 3700 Cottage Grove, DM, 8:30 – noon. Cost is \$5 for adults, \$3 for children 4 to 12 years old. Children under 4 eat free. Tickets are available from Susan Guy, sguy@whumc.org, 270-9226.

## Walnut Hills United Methodist Church

12321 Hickman Rd  
Des Moines, IA 50323

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Organization  
U.S. Postage  
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Des Moines IA  
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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

12321 Hickman Rd  
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 Services

ca  
9:30 a.m. Sunday School