

Spirit: Walnut Hills Happenings

July & Aug
2011

A Message from Carol

Engage in the Journey...Encourage others to join...Embrace God's radical love

On the Pentecost celebration this year, I shared thoughts about my vision for Walnut Hills. It is a vision that enhances the mission statement, the statement of inclusion, and the pillars of Walnut Hills, for this time and place. I will continue to talk about these ideas over the next few months, but for now I would like to share with you the "Living the Faith" statement given by Darlene Riggs in worship on May 29. As you read, you might listen for the how she has engaged in the journey (of faith)...encouraged others to join (in the journey of faith)... and embraced God's radical love in acts of mercy and movements of social justice. We each have stories of grace and challenge and faithfulness in our lives. Thank you, Darlene for these words.

What does it mean "Living the Faith"? Over the years it has meant many different things to me. As we all know, Faith is not stagnant.

As a child...it seemed to me that living my faith meant I were suppose to be a "good girl" and follow the 10 commandments as well as Jesus' commandment to love God and love neighbor as yourself. I also remember as a child having a book of Bible stories which were really pretty scary. You know, like Daniel in the Lion's Den.

But one of the factors that changed my perspective on the Bible came when I was a senior in high school. We had a new young pastor who led our youth group for a while. One night he suggested that as we looked at the Creation Story, maybe the 7 days of creation may not have been 7 days as we perceive 7 days, but maybe it took years or centuries for creation to occur. It literally blew my mind. I could hardly wait until the next Sunday to hear more. What about other Biblical Stories? This was so exciting to me. Sadly to say, our group never discussed the concept again. However, that same year our youth group visited a Jewish Synagogue and the Rabbi explained how important Stories are in the Jewish faith. He explained that stories are used to help understand a greater truth. Wow, that all fit together for me.

I believe these two events made a significant difference in my faith development. I worked hard within the structure of the United Methodist Church to grow and express my faith as I understood the scriptures and my understanding of the God I knew.

However, it did not seem to me that I was in step with the traditional church... the churches that I attended did not always support my beliefs. In fact, individuals quoted me scriptures to prove I was wrong. By the time we moved to Urbandale I was determined to quit attending church...but (we knew we would) really miss the church community...our daughter recommended Walnut Hills, a new church that was meeting in a school in West Des Moines. What a blessing! I found people who surrounded us with warmth and acceptance - plus a community that encouraged progressive theology. My basic premises have not changed but I feel like I am continuing to grow. Now, as always, my challenge is to go forth into the world and "Live my Faith."

Yours on the journey,

Carol

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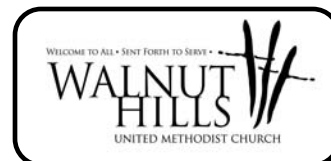
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Please send your newsletter submissions for September, 2011 to communications@whumc.org by August 15, 2011.

Thank you from Pam Deeds

Sunday morning was a wonderful experience of worship and good-bys for me. What a gift! Then to receive a monetary gift also was a happy surprise. Larry and I will be putting your gift toward a trip for our thirty-fifth wedding anniversary for some "together time, away".

I am so thankful I came to visit Walnut Hills on that first Sunday of worship in the "new building" seventeen years ago. This congregation has been there through the joyful happy times and the times of great grief and sorrow; always loving, concerned and supportive of me and my family.

I thank you for your resilience in stressful times and your love for this church community. I thank you for blessing me with the opportunity to answer my call to ministry; as you nurtured and challenged me along the way. I will continue to grow in my spiritual journey and ministry carrying you all in my heart.

I thank you, remembering and cherishing your ongoing ministries as a faith community who follows Jesus the Christ.

"God be with you till we meet again," Pam Deeds

Thank you from Amber

Thank you, Walnut Hills, for welcoming me into this church for the past year as the Christian Education Director. I have recently accepted another job in sales and will be finishing my work with Walnut Hills at the close of the senior high work trip. Thank you to everyone who has supported me and the Christian Education Department. It has been a very fun year and I have learned a lot that I will take with me in my future career. Thank you SO much!

Amber Gillotti

Summer Choir

The Summer Choir will sing! When? In the summer, of course! Starting July 10, the Summer Choir will meet at 9:00 a.m. in the Worship Arts Room to rehearse, and then sing during that morning's worship service. This is a relaxed, simple way to get involved with the vocal music area at Walnut Hills. Even if you can't make it every week, even if you aren't a member of the Celebration Singers, you – yes, YOU - are invited to come and sing with this joyous ensemble! See you there

A Moment for Prayer

Now may every living thing, young or old, weak or strong, living near or far, known or unknown, living or departed or yet unborn, may every living thing be full of bliss.

The Buddha

Worship Opportunities

July 3, 2011

3rd Sunday after Pentecost
Parables: Subversive Storytelling
Mark 4:10-12 & Matthew 13:10-13
Communion Sunday

July 10, 2011

4th Sunday after Pentecost
Smooth Operator
Luke 16:1b-8a

June 17, 2011

5th Sunday after Pentecost
"Jesus, Where Is Your Kingdom?"
Mark 4:30-32

July 24, 2011

6th Sunday after Pentecost
Strike!
Matthew 21:33-39

July 31, 2011

7th Sunday after Pentecost
Equal Pay
Matthew 20:1-15

August 7, 2011

8th Sunday after Pentecost
Not Keeping Score
Matthew 18:23-34
Communion Sunday

August 14, 2011

9th Sunday after Pentecost
Parables of Mission: Reflections by the Senior High Youth

August 21, 2011

10th Sunday after Pentecost
Multiplying Profits
Matthew 25:14-28
Blessing of Backpacks

August 28, 2011

11th Sunday after Pentecost
Table Manners
Luke 14:7-14

Satellite Worship

Sunday afternoons
at Silvercrest Assisted Living
at 2:00 p.m. Come for
worship and visiting. For
more information, call Pam.

Preschool Openings for 2011-2012

Fall 2011 - 2012 Preschool Year: There are still openings for the Pre K program.

Fall 2012 - 2013 Preschool Year: all members of WHUMC can register their children from now until September 30 for the fall of 2012. Your child must be 3 years old by September 15, 2012.

Please call Sue at 270-9126 or email her at sue@whumc.org

Walnut Way

N- Nonjudgmental Way of Life

There were two artists. One said, "I have traveled the world, but have been unable to find [one] worth painting. Whenever I see a face, I note only the flaws and deficiencies. Therefore I seek in vain."

The other said, "I have not traveled the world. My work has kept me close to home. But when I look at the faces of those closest to me, I see that each one's flaws and deficiencies mask at least one redeeming quality. Therefore I paint, and am satisfied."

Portraits of the World, based on a parable of Soren Kierkegaard from Candles in the Dark

July Children's Church Volunteers

July 3

Leader

Sharon Dieke

Assistant

Kelli Hill Hunt

July 10

Leader

Kim Roby

Assistant

Marcy Swalley

July 17

Leader

Jennifer Jones

Assistant

Laura Linn

July 24

Leader

Heather Davison

Assistant

Traci Schipper

July 31

Leader

Liz Coffman

Assistant

Sheryl Thornton

August Children's Church Volunteers

Aug 7

Leader

Kelli Hill Hunt

Assistant

Sharon Dieke

Aug 14

Leader

Marcy Swalley

Assistant

Kim Roby

Aug 21

Leader

Laura Linn

Assistant

Jennifer Jones

Aug 28

Leader

Sheryl Thornton

Assistant

Liz Coffman

Senior High Work Trip

On Saturday, July 9, twenty members of Walnut Hills will depart for Durango, Colorado to help serve in the community. They will be helping elderly members of the community work on their homes, doing yard work, painting, home repair, etc. They will return to Iowa on July 16 and on Sunday, August 14, they will present their experiences to the congregation during worship! Please join us!

Mark Your Calendars!

July/August 2011

Children and Youth Dates

July 1, 2011

Senior High Youth Group working at the Iowa Cubs game. Meet there at 5:00 p.m. Game time is 7:05 p.m.

July 8, 2011

Senior High load up vans for work trip 7:00 - 8:00 p.m. at the church

June 9, 2011

Senior High Work Trip Departs for Durango at 9:00 a.m.

June 16, 2011

Senior High Work Trip participants return to Walnut Hills

August 14, 2011

Junior and Senior High Work Trip Participants present their experiences during worship

Committee and Administrative Council Meetings

Missions Committee

Wednesday, July 6, 7:00 p.m.

Connecting Team

Monday, July 11, 7:00 p.m.

SPRC

Tuesday, July 12, 7:00 p.m.

Social Justice Team

Wednesday, July 13, 6:00 p.m.

Property Committee

Tuesday, July 19, 6:00 p.m.

Finance Committee

Tuesday, July 19, 7:00 pm.

Outreach Committee

Tuesday, July 19, 7:00 p.m.

Social Justice Team

Tuesday, Aug 2, 7:00 p.m.

Connecting Team

Monday, August 8, 7:00 p.m.

SPRC

Tuesday, August 9, 7:00 p.m.

Administrative Council

Tuesday, August 16, 7:00 p.m.

Groups Calendar

Women's Book Group

Tuesday, *July 5th*
7:00 p.m. at Julie McCormick's
Heaven is for Real
By Todd Burpo
*No meeting in *August*

Men's Roundtable

Wednesday, *July 13, 27 & August 24*
11:45 a.m. West Gathering Area

Wednesday, *Aug 10*
ICubs game

Brunch Bunch

Sunday, *July 17*
11:00 a.m.
Mama Lacona's

Sunday, *Aug 21*
11:00 a.m.
Applebee's

Women's Night Out

Monday, *July 25*
6:00 p.m. Baby Boomers Café
(East Village)
Carpool from at church 5:30 p.m.

Monday, *August 22*
6:00 p.m. Albe Restaurant
Carpool from church at 5:30 p.m.

Game Day

Monday, *July 25*
1:30 p.m.
West Gathering Area

Monday, *Aug 29*

1:30 p.m.
West Gathering Area

Groups Contact Information

Brunch Bunch: Marjorie Putney for July at 225-6739; Avis Richards for August at 223-5482

Religious Studies Group: Charlie Adams at 993-1818 or adamschsh@msn.com

Women's Book Group: Kellie Kahle at 987-7319 or kkahle522@aol.com

Game Day: Marjorie Putney at 225-6739

Mission Team: Andrea Addington at 277-6901 or addinga4@msn.com

Reconciling Ministry Team: Christy Brown at 278-2897 or brown.christy@mchsi.com and Russ Kruse 664-9705 or russkruse@aol.com

Women of Walnut Hills: Sandy Lorenzen at 221-2999 or slorenzen@cdsfulfillment.com

Interfaith Hospitality Network

Walnut Hills will host IHN the week of July 31- August 7th. Please keep those dates on your calendar! As some families may be going on vacations during this week, it may be tougher to get people to fill the volunteering positions. We will need people to serve as evening hosts, provide meals, drive the van and host their overnight stay. We will start sign up sheets in the church bulletin on July 3rd. If you would like to help volunteer that week, sign up on the bulletin inserts or contact me at 993-4196 or email me at kimbo6179@aol.com or Andrea Addington at addinga4@msn.com. Thank you so much for your support of the families in IHN!! Kim Roby

New Group to Start this Fall!

Are you a parent with a free morning during the week? Do you want to connect with other parents at Walnut Hills? A parents group will be starting this fall just for you! At our first meeting children will have playtime to get to know one another while parents will spend time discussing group activities. Possibilities are outings around town, book studies, craft time, speakers on topics of interest to the group or other interests. If you are interested in being involved in this group or would like more information please contact Amy Winkler at acwinkler1@gmail.com or 276-0652.

Women of Walnut Hills

I am sure many times you have seen events posted for Women at Walnut Hills. I just wanted to tell you a bit about our committee and some of the events we plan. We are a group of women from the church that enjoy planning events for all women at Walnut Hills. Committee members are: Janet Hanlin, Abbie Smith, Dee Moore, and Sheryl Axmear.

We always kick our year off in the fall with a **24-hour retreat at Wesley Woods**. Some of us are frightened at the thought of staying at Wesley Woods. Trust me, our accommodations are close to staying in a hotel with Mother Nature right outside your door. We begin our weekend on a Friday night and end late Saturday afternoon. This year we will begin on Friday night with a slumber party theme. Games, Movies and of course food! Then on Saturday after a morning stretch, Deke Ryder, camp director of Wesley Woods, will lead us thru a theme called "Nature and God". The weekend is a very special weekend of bonding, faith and relaxation. This fall the weekend is planned for September 23 & 24. Mark your calendars now. Sign-ups will begin in September.

The next event we plan is the **Women's Advent Service**. The date this year is Sunday, December 4 @3pm. It's a wonderful way to begin the holidays with fellowship and music. This year the Readers Theater group from Walnut Hills will be reading the story "The Give Away". I hope you add this to your calendar and make time to slow down and remember the meaning of the Advent season.

Then along comes spring and it is time to pamper ourselves. It's our **Day at the Spa**. Come sign up, let us know what services you would like and we will schedule your appointment. We also have some time together to enjoy lunch in-between everyone's appointment; or just come have lunch with your friends. We don't have the day scheduled yet, but we try to schedule the Saturday prior to Spring Break.

Then, it's time for **Secret Pals**. Sign up and be matched with another woman at Walnut Hills. During the month of April, shower your secret pal with poems, cards or special gifts. Get to know someone else at our church. Then at the end, meet your secret pal for lunch. Or even if you don't participate in the Secret Pal exchange, come to lunch and just enjoy some time with other women at our church.

I hope to see you at our upcoming events. Everyone is welcome. We are also always looking for people to be on the Women of Walnut Hills committee. So if you are able to be on the committee or if you have some fun ideas for us, let any of us know. We'd love to plan other events too. Have a Happy Summer! Sandy Lorenzen

To Do:

• Children and Family Urban Ministry Meal

Six to eight servers are needed to serve the meal each third Tuesday of the month. Serving begins at 4:45 p.m., so persons who are volunteering in this way need to be at Trinity UMC no later than 4:30 p.m. The next CFUM Meal is Tuesday, July 19, 2011. Please check the STUB on Sunday mornings to volunteer.



Prepare

Menu Needs:

- Pizza + \$10 tip for delivery = \$300.00
- Ready Salad - 3-4 bags
- Italian Dressing - 4 bottles
- Cookies - 16 dozen
- Milk - 4 gallons white, 6 gallons of chocolate
- Coffee - One 2-3 pound can
- Paper Items - 150 strong paper plates, 150 napkins, 150 medium-size plastic or paper cups, 150 forks and spoons
(Please no Styrofoam.)



Serve

• Urbandale Food Pantry

Walnut Hills has joined with other Urbandale churches in collecting personal care items on the third Sunday of each month. Items for July are Toothpaste and for August are Deodorant. Thank you for helping your neighbors in need!



July/Toothpaste & Aug/Deodorant

• DMARC Food Bank

The suggested food items for the month of July are items for "Thanksgiving in July" and August are baby food and formula (No glass Jars.) Place all donated food items in the red shopping cart in the Donation Corner.



"Thanksgiving in July" & Aug/Baby Food and Formula

August 2011

U = Unfolding Spirit

I think God wants us to be whole, too. But maybe sometimes the only way God can make us whole is to teach us things we can learn only by being not whole." And I remember reading...the book [J.W.N. Sullivan] wrote on Beethoven, in which he said that Beethoven's deafness was necessary for his full genius. As I think over Beethoven's work chronologically, this seems to be indisputable. How amazing to think that the paean of joy in the Ninth Symphony was written when Beethoven was totally shut off from any external sound. And Milton wrote *Paradise Lost* after he was blind.

Madeleine L'Engle in a conversation with a friend, *Glimpses of Grace*

Going the Extra Mile...

Members of Walnut Hills gave to these special funds in March:

- Bidwell - \$40.00
- DMARC - \$180.00
- Garden Fundraiser - \$848.48
- Interfaith Hospitality Network - \$20.00
- Joplin, Missouri - \$20.00
- Native American Awareness - \$120.00
- Needles of Love - \$35.00
- Reconciling Ministries - \$100.00
- Trinity Meals - \$135.00

Trinity 100th Year Celebration

A huge thanks to the people of Walnut Hills who helped serve 300 persons at the Trinity United Methodist 100th building celebration, Saturday, June 11th.

By donating food items, paper products and several hours helping to cook, transport, set-up, serve, and take down; these folks helped bring a close to a great day of celebration with lip smacking, good food!

We went home tired, but happy knowing that this special day ended with loud and joyful music, full tummys, and friendly hearts wide open.

Thank you again Walnut Hills for your generosity of gifts and time to bring God's love into full bloom. Pam

Reconciling Ministry

On June 12, members of Walnut Hills gathered together at the State Capital to march in the Annual Gay Pride Parade. This event is part of the Annual PrideFest Celebration. We wore our rainbow pins, rainbow stoles, rainbow scarves, and even carried rainbow umbrellas. We led with our Walnut Hills Banner and handed out 1000 colorful cards with Walnut Hills Info (and candy attached of course) but we ran out about half way thru the parade. Next year, let's go for 2000.

Thanks to all who helped staple the candy to the cards (a big thanks to Molly and Mason!) and to Pamela Ward who designed and printed the cards. You rock, Pam. Thank you to Pastor Carol for these words to us: "Thank you for representing the very best of the Christian church and saying "Yes, welcome, and blessings" to our sisters and brothers, neighbors and friends, and those who are yet strangers. You are all amazing!" As a United Methodist Reconciling Church, we are proud to represent this congregation in a celebration of togetherness. Next year, we plan on see YOU there in the parade handing out cards telling the Des Moines community that we joyfully declare our congregation to be welcoming to all.



Needles of Love

Needles of Love Work Weekend – July 22 (6-9pm) and July 23 (9am-3pm): We will be working on baptism quilts as well as other projects. Please RSVP to Abbie Smith (kevinandabbie@hotmail.com; 664-9400) if you are interested in attending part or all of the weekend. We'd love to have you!

Prayer Shawl Ministry

I am very excited to be restarting the prayer shawl ministry here at Walnut Hills. A prayer shawl ministry is where individuals work to make knitted or crocheted shawls. Despite working on these together or individually, there are prayers in every stitch. They are made with love and they are given with love to individuals going through medical treatments, a time of loss, or other times of stress and change. They come in all shapes, sizes and colors. We are looking for people to help crochet or knit shawls. You can be an advanced knitter/crocheter, a beginner, or anywhere in between. We also need the help and support of the congregation. If are not gifted in crocheting or knitting, you still can help support this ministry by donating yarn or purchasing gift card to craft stores in the area to help us buy yarn. Also if you know someone who could use a prayer shawl to know that they are thought of, prayed for and cared for, please let the church know so that they can receive a prayer shawl. If you have questions, or would like more information, please feel free to contact Rachel Burrow at joyful_0720@yahoo.com or 515-339-5266.

Women at the Well Re-entry Ministry

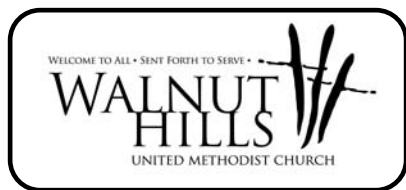
Walnut Hills UMC in partnership with Wesley UMC is embarking on a **new ministry** to help women from the Mitchellville Women's Prison Congregation, **Women at the Well, who are reentering life outside of guarded walls** in a positive and life-giving way. If you are interested being a part of this ministry please contact Pastor Carol, 270-9226 (church office from 9 am-2 pm) or 729-6260 (cell) for more information.

Mission Opportunity

The new Missions committee at WHUMC are inviting all volunteers for a short work trip to the tornado ravaged area around Storm Lake, Iowa on August 5,6,7. We hope to stay at the Storm Lake UMC, and help out the area with clean-up duties. We will be using chain saws and picking up debris left by the storm. If interested, please contact Andrea Addington, at addinga4@msn.com. Families welcome, with teenaged children who would be able to help.

Walnut Hills United Methodist Church

12321 Hickman Rd
Des Moines, IA 50323



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RETURN SERVICE REQUESTED

Walnut Hills: Who We Are

Mission Statement

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



Vision Themes

Interfaith Acceptance
Social Justice
Spirituality

Inclusion Statement

"We, the members of Walnut Hills United Methodist Church, welcome all individuals into the life and work of our faith community. We resolve to follow Jesus' admonition to 'love one another, as I have loved you,' regardless of age, race, ethnic background, gender, marital status, physical or mental ability, sexual orientation, gender identity, socio-economic status, or any other human condition. As a reconciling congregation, we believe we are being reconciled to God and to one another."

Sunday Service Bulletin and Insert Information

Submissions are due no later than 9:00 a.m. on Tuesday of that Sunday's bulletin. Please send information to communications@whumc.org.

Walnut Hills Newsletter and Online Calendar

See the latest and past issues of the Walnut Hills Newsletter in pdf format and a calendar of events at www.whumc.org/whatsnew.html.

An electronic newsletter can be emailed to you

Email the church office at communications@whumc.org to request the newsletter by email.

Walnut Hills is on Facebook

- Walnut Hills UMC Fan Page
- Walnut Hills UMC Youth Page
- Walnut Hills UMC Worship Arts Page
- Walnut Way

Office Hours

Monday through Thursday 9:00 a.m. to 2:00 p.m.

Staff

Pastor Carol Sundberg - Senior Pastor
carol@whumc.org

Pastor Dick Clark - Retired Pastor
clarkrl@q.com

James D. Walters - Worship Arts Director
james@whumc.org

Pamela Ward - Business Administrator
pamela@whumc.org

Sue Petersen - WH Preschool Director
sue@whumc.org

Rachelle Sorensen - Nursery Coordinator

Mel Hollingsworth - Building Superintendent

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