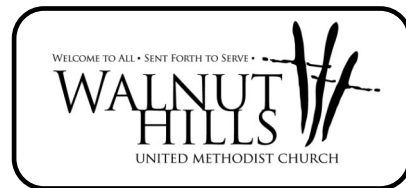


Walnut Hills United Methodist Church

12321 Hickman Rd
Des Moines, IA 50323



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Spirit: Walnut Hills Happenings

February, 2012

A Note from the Pastor

“And he [Jesus] was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah and Moses, who were talking with Jesus. Then Peter said to Jesus, ‘Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.’” - Mark 9:2b-5

I've wondered before about what Jesus' plan was for teaching the disciples – yes, there were the parables and the healings and the miracles. But what about his plan for taking them from being fishermen and ordinary folk to men who would so radically change their lives that they would expand their understanding and experience of life in God to be a journey of hope through the days of teaching and preaching...to the days of resistance and opposition...to the days of arrest and denial...to the days of new life and hope.

Peter, James, and John - the “inner circle” - journey up the mountain with Jesus. And according to the gospel writer Mark, the only words that are spoken are from Peter and then the voice from the clouds, God's words. These three men, no longer close to the fishing waters that they know so well, are shown brilliance beyond anything they had ever seen before. It was overpowering and they found no words to respond, only the offer to build, to create, to honor that moment.

But I believe that what was being built was not a holy dwelling place on a mountain, but a dwelling place within their very beings. The spirit of love would change them. The example of this Jesus would change them. The community around them would change them. The experience would work on them, shape them, and continue to transform and perhaps even transfigure them. This time would change them and forever alter every future encounter...with Jesus, with their small group of travelers, and with those they met along the journey of hope.

God's love, the experience of Jesus' grace, is meant to “work on” us also, to shape and transform, and perhaps even transfigure each of us! As we enter this season of Lent with the Ash Wednesday service on February 22 at 7:00 p.m., we will journey together.

In the words of C.S. Lewis, ‘with the possible exception of the equator, everything begins somewhere,’ so let us begin here!

Yours on the journey,
Carol

A Moment for Prayer

Christ has no body now on earth but ours,
no hands but ours,
no feet but ours,
ours are the eyes through which Christ's compassion
is to look out to the earth,
ours are the feet by which He is to go about doing good
and ours are the hands by which He is to bless us now.

- Teresa of Avila

Please send your newsletter submissions for March, 2012 to communications@whumc.org by February 15.

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 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.

Office Hours

Monday through Thursday 9:00 a.m. to 3:00 p.m.

Walnut Hills United Methodist Church Staff

Carol Sundberg, Pastor
James D. Walters, Director of Worship Arts
Emily Eastman, Christian Education Director
Rachelle Sorensen, Nursery Coordinator

Dick Clark, Retired Pastor
Pamela Ward, Business Administrator
Sue Petersen, WH Preschool Director
Mel Hollingsworth, Building Superintendent

Walnut Hills UMC | 12321 Hickman Road | Urbandale | (515) 270-9226 | www.whumc.org

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."



February, 2012 Worship Opportunities

Thursday, February 2, 2012

SpiritRoot worship experience - 6:30 p.m.
The Art of Prayer

Sunday, February 5, 2012

5th Sunday after Epiphany
Communion Sunday
Mythbusters
Jeremiah 22:16; 2 Corinthians 1:3-4

Thursday, February 9, 2012

SpiritRoot worship experience - 6:30 p.m.
The Art of Prayer

Sunday, February 12, 2012

6th Sunday after Epiphany
Jos Linn, guest speaker

Thursday, February 16, 2012

SpiritRoot worship experience - 6:30 p.m.
The Art of Prayer

Sunday, February 19, 2012

Transfiguration Sunday
Scout Sunday
Mountains, Valleys, and Plains
2 Kings 2:1-12; Mark 9:2-9

Wednesday, February 22, 2012

Ash Wednesday service - 7:00pm
Journey to Hope
Mark 8:31-37

Thursday, February 23, 2012

SpiritRoot worship experience - 6:30 p.m.
The Courage to Question: Bread

Sunday, February 26, 2012

1st Sunday in Lent
Journey to Hope
Mark 10:13-16

Satellite Worship

Sunday afternoons at Silvercrest Assisted Living at 2:00 p.m. For more information, contact Liz Coffman.

Children's Church Schedule

• February 5, 2012

8:30 a.m. - Heather Davison and Mason Statton
10:45 a.m. - Sharon Dieke and Ellen Bennett

• February 12, 2012

8:30 a.m. - Jennifer Jones
10:45 a.m. - Rachel Burrow and Sarah Henry

• February 19, 2012

8:30 a.m. - Kim Roby and Traci Schipper
10:45 a.m. - Sheryl Thornton and Meg Meyer

• February 26, 2012

8:30 a.m. - Susan Lekson and Carter White
10:45 a.m. - Diana Kern, Anna Pierce, and Claudia Kern

Women of Walnut Hills

Ladies Spa Day - Sign ups will begin February 19 for Spa Day at LaJames in Johnston. Sign up for a day of pampering and fun, as well as an enjoyable lunch with your friends on March 10. Stop by the tables after church to view the services offered by LaJames. Contact Sandy Lorenzen at 221-2999 with questions.

Secret Pals - The Women of Walnut Hills Committee is sponsoring a Secret Pal Exchange. You will be matched with another woman in the church and anonymously send small notes, poems, prayers or small gifts. The dates are March 25 - April 22, ending with a brunch on April 28. You do not need to be present each Sunday to participate in the exchange. Also, please feel free to attend the Brunch even if you are not participating in the Secret Pal Exchange. Sign-ups will begin February 19 after each service. Questions? Contact Sandy Lorenzen at 221-2999.

SpiritRoot in February

Come to SpiritRoot this February to begin two new series. The first will be about prayer: how to pray, when to pray, different types of prayer. Discussion will center around your own experiences and how your spiritual journey has been shaped by prayer.

The Thursday after Ash Wednesday, come back to Walnut Hills for the first Lenten SpiritRoot worship. You'll be a part of a six-week long discussion called "The Courage to Question." During this series you'll dive deep into the questions of faith we all ask at one time or another.

SpiritRoot is every Thursday at 6:30 p.m. and is open to anyone who would like to renew their spirit through singing, prayer, and community. Please come and experience this wonderful worship time.



I Am So Proud

I'm new to your congregation. I shopped online to find a United Methodist Church that would be a good fit for me. Having been very active in a rural Iowa UMC, and having held membership in MFSA for a number of years, I knew I was looking for a congregation who lived, and acted upon, their faith. I also knew my new congregation must be a Reconciling Congregation, as MY Jesus loves everyone.

Walnut Hills has been a wonderful "fit" for me. You are truly a welcoming congregation! And, in the month of November, I was able to participate in two events that deeply moved me: Reconciling Congregation Anniversary Sunday and the 25th Annual All Iowa AIDS Benefit. Gail & Susan's message that Sunday morning was so very powerful, as was their openness during Sunday School. I only wish *all* United Methodists had the opportunity to celebrate being Reconciling Congregations. (My prayer is that the General Church will become more like WH!) My husband and I were honored to sit with 10 other WH folks at the AIDS Benefit. Not only was it an evening of light, fun entertainment (with the Des Moines Gay Men's Chorus adding class), I was proud that our congregation understands that AIDS affects everybody, that bias and discrimination have no place in the fight against this horrible disease. In fact, I continue to be proud each day that our congregation understands that bias and discrimination have no place, period!

- Jean Swenson, Reconciling Ministries Team Member

Join the Collectors Group - No Meetings! No Dues! Just Collect!

- Campbell's Soup Labels - for Bidwell Riverside Center
- Plastic containers with lids - for Children and Families Urban Ministries
- Toiletries - for the Urbandale Food Pantry
- Food or money - for DMARC Food Pantry Warehouse. Mark your check or envelope "Food Pantry."

Please place all items in the appropriate basket or grocery cart in the East Gathering Area.

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, February 21, 2012**. Please check the STUB on Sunday mornings to volunteer.

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 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)

Urbandale Food Pantry

Walnut Hills has joined with other Urbandale churches in collecting personal care items on the third Sunday of each month. The item for February is **Kleenex**. Thank you for helping your neighbors in need!

DMARC Food Pantry

The suggested food items for the month of February is **Canned Vegetables** (tomatoes, green beans, mixed vegetables, or sweet potatoes - with no salt added).

If you are unable to purchase items needed, cash donations are always welcome. The food pantry can purchase 2-6 more times the food than what retail prices afford, due to the fact they buy at wholesale and in bulk from the Food Bank of Iowa and other wholesalers.

December, 2011 Giving

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

- DMARC - \$880.00
- Needles of Love - \$10.00
- Interfaith Hospitality Network - \$20.00
- Apportionments - \$660.00
- Pastor's Discretionary Fund - \$50.00
- Trinity Meals - \$680.00
- Prayer Shawl Ministry - \$10.00
- Bidwell Riverside - \$40.00
- Cookie Walk - \$888.18
- Christmas Offering for Trinity - \$4130.00

Walnut Way Moment

U-Unfolding Spirit

I Got Kin

Plant

So that your own heart

Will grow.

Love

So God will think

"Ahhhhh,

I got kin in that body!

I should start inviting that soul over

For coffee and

Rolls."

Sing

Because this is a food

Our starving world

Needs.

Laugh

Because that is the purest

Sound.

from *The Gift: Poems by Hafiz,*
the Great Sufi Master

Walnut Hills Preschool

Registration is going well for 2012-13. However, there are some openings in the afternoon Pre K program. Please let Sue know if you or a friend is looking for a preschool for a 4-5 year old.

Also, the annual Family Fun Night is approaching on Tuesday, February 21 from 6:00-8:00 p.m. The cost is ONLY \$5.00 per family with a free will offering for our meal. This year there will be a balloon twister and a new train inflatable, along with all of the fun game booths, and a delicious meal. Bring your kids and friends to join in a great night of fun, food and fellowship!

Sr. High Youth:

The Sr. High youth invite you to come join them for supper on February 22 before the Ash Wednesday service. The youth and their parents will be catering supper, with all of the proceeds going towards their work trip to South Dakota this summer. The youth have successfully raised almost half of the funds needed to serve the Sioux tribe on Standing Rock reservation. A big thank you to all of the members of the congregation who have helped them get this far!

Jr. High Youth

The Jr. High youth have been active this past month, performing service projects around the church, and even going bowling! Each week has been something new and exciting while building relationships between the youth and their leaders. Coming up in February, the youth group will be hosting a Valentine's Day party and a movie night, along with games and discussions throughout the month. Want to know more? Come join these great youth every Wednesday night at 6:30 p.m.!

Creative Kids

All of the kids on Wednesday nights have been very creative this past month – designing and painting their own wooden crosses and creating Valentine's Day cards to send to some of our Vets. The kids have also been continuing to learn how God loves and cares for them through Bible lessons and the actions of the volunteers each night. In February, they will continue to learn about God through Bible stories and crafts, including a fun way to celebrate the leap year. The Creative Kids would like to invite everyone to join them for a Valentine's day celebration and Family night on February 15! You will have the opportunity to make Valentines for each other, and enjoy a movie together in the Celebration Center. The festivities will start at 6:00 p.m., and we hope to see you there!

Sunday School

The children of Walnut Hills want you to come and see them perform their latest songs on March 4 at the 10:45 a.m. service. During the month of February, they will be hard at work learning some great songs, such as *This is the Day* and *Seek Ye First*, along with a song to get a workout in each Sunday morning. The Sunday School classes are also continuing to bring money and food items in for the Des Moines Area Religious Council Food Pantry. Currently they have raised over \$366.00 for hungry families, and are well on track to raise over \$400.00 by the end of February, along with all of the food items brought in. Congratulations to a continuing job well done by our Sunday School children!

For your calendars

There will be no Sunday School on March 18 or March 25 due to Spring Break week. There will also be no Wednesday night activities for children and youth on March 21.

Scout Sunday

Scout Sunday is being celebrated on February 19 at both services. If you are a member of one of the great scouting organizations, come dressed and ready to celebrate Boy and Girl Scouts in Iowa. Want to participate? Contact Emily at emily@whumc.org, or call the church office for more information.

Groups Calendar - February, 2012

Religious Studies Group - Every Thursday at 2:00 p.m. in the Koth Library
Monday Morning Bible Study - Every Monday at 10:00 a.m. in the Koth Library

Sunday, February 5, 2012

- Coed Volleyball - 4:00 p.m. in the Celebration Center

Tuesday, February 7, 2012

- Social Justice Team - 6:00 p.m. in the Koth Library
- Women's Book Group - 7:00 p.m. at Panera on University, *Molokai* by Alan Brennert

Wednesday, February 8, 2012

- Men's Roundtable - 11:45 a.m. in the West Gathering Area
- Morning Parent's Group - 9:30 a.m. at the home of Abbie Smith

Sunday, February 12, 2012

- All Leadership Retreat - 3:00 p.m. in the West Gathering Area
- Administrative Council - 5:00 p.m. in the West Gathering Area
- Coed Volleyball - 4:00 p.m. in the Celebration Center

Monday, February 13, 2012

- Women of Walnut Hills - 6:00 p.m. in the Koth Library
- Connecting Team - 7:00 p.m. in the Kitchen Annex

Tuesday, February 14, 2012

- SPRC - 6:30 p.m. in the Koth Library

Sunday, February 19, 2012

- Brunch Bunch - 12:00 p.m. (noon) at Shanghai Restaurant
- Coed Volleyball - 4:00 p.m. in the Celebration Center

Wednesday, February 22, 2012

- Men's Roundtable - 11:45 a.m. in the West Gathering Area
- Ash Wednesday Service - 7:00 p.m. in the Celebration Center

Sunday, February 26, 2012

- Coed Volleyball - 4:00 p.m. in the Celebration Center

Monday, February 27, 2012

- Game Day - 1:15 p.m. in the West Gathering Area
- Women's Nite Out - 6:00 p.m. at Haiku (1315 31st Street, DSM)

Tuesday, February 28, 2012

- Mission Committee - 5:00 p.m. in the Koth Library
- Reconciling Ministries Team - 5:45 p.m. in the Kitchen Annex

Groups Contact Info

Brunch Bunch: Anne Culp at 240-6290

Coed Volleyball: Connie and Marlyn McKeen at 253-9017

Game Day: Marjorie Putney at 225-6739

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

Morning Parent's Group: Amy Winkler at 276-0652 or acwinkler1@gmail.com

Reconciling Ministry Team: Christy Brown at 991-3605 or brown.christy@mchsi.com and Russ Kruse at 664-9705 or russkruse@aol.com

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

Social Justice Team: Rachel Burrow at joyful_0720@yahoo.com

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

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

Women's Nite Out: Peggy Palmer-Johnson at 577-4975 or lavenderim@aol.com

Children and Youth Dates - February, 2012

February 1, 2012

- Creative Kids – 6:00 - 7:15 p.m. - Hands on Bible study & crafts
- 56 Club – 6:00 - 7:15 p.m. - Games & Discussion
- Junior High – 6:30 p.m. - Discussion
- Senior High – 6:30 p.m. - Tubing & Snowboarding

February 5, 2012

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

February 8, 2012

- Creative Kids - 6:00 - 7:15 p.m. - Hands on Bible study & crafts
- 56 Club - 6:00 - 7:15 p.m. - Games & Discussion
- Jr. High Youth Group - 6:30 p.m. - Movie Night
- Sr. High Youth Group - 6:30 p.m. - Games & Discussion

February 12, 2012

- Sunday School - 9:30 - 10:30 a.m.
- Confirmation Interfaith Visit to Hindu Temple in Madrid

February 15, 2012

- Creative Kids/56 Club - 6:00 - 7:15 p.m. - Family Valentine's Day Party
- Jr. High Youth Group - 6:30 - 8:00 p.m. - Valentine's Day Party
- Sr. High Youth Group - 6:30 - 8:00 p.m. - Bowling

February 19 - 2012

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

February 22, 2012

- NO Children and Youth activities for Ash Wednesday

February 26, 2012

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

February 29, 2012

- Creative Kids/56 Club - 6:00 - 7:15 p.m. - Leap Year Party
- Jr. High Youth Group - 6:30 - 8:00 p.m. - Game Night
- Sr. High Youth Group - 6:30 - 8:00 p.m. - Leap Year Party

Wednesday on the Hill Schedule

Wednesday on the Hill Meal - 5:15 p.m. in the West Gathering Area

Celebration Singers - 5:45 p.m. in the Worship Arts Room

Tinnabulators - 5:45 p.m. in rooms 101/102

Creative Kids - 6:00 p.m. in the Celebration Center

Jr. and Sr. High Youth Groups - 6:30 - 8:00 p.m.

Adult Disciple Bible Study - 6:30 p.m. in the Koth Library

Ringmasters - 7:15 p.m. in rooms 101/102

Wednesday Night Meal Menu for February

February 1 – Pizza Night from Northern Lights Pizza

February 8 – Chicken Enchiladas catered by Dee Moore

February 15 – Potluck catered by the Celebration Singers

February 22 – Soup Dinner catered by the Sr. High Work Trip youth

February 29 – Walking Tacos catered by Heather Davison and Traci Schipper