

Walnut Hills United Methodist Church
12321 Hickman Rd
Des Moines, IA 50323

Non-Profit
Organization
U.S. Postage
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Des Moines IA
Permit No. 3566

Are You Serving Sunday?

August 1, 2010

Greeters - John and Sheri Susich
Ushers - Riesenber Family
Candlelighter - Nicole Gilbert

August 8, 2010

Greeters - Gene and Ann Koth

August 15, 2010

Ushers - Julie McCormick and Steve Little

August 22, 2010

Ushers - Scott, Ann, and Jackson Crouse

August 29, 2010

Kiosk - Kathleen Moore - Johnson
Greeters - Gene and Ann Koth
Candlelighter - Isabela Yamen

RETURN SERVICE REQUESTED

Spirit: Walnut Hills Happenings

August 2010

A Message from Carol

In worship on August 8 the Senior High youth of Walnut Hills UMC will be sharing their stories of mission work in York, Pennsylvania. Yet because of newsletter deadlines I am writing this note to you before the bus has pulled out of the parking lot for their cross country travel and it has me thinking about past mission trips for me. There is something freeing about mission work – freed from the routines of everyday life that allows space for listening, working, and reading and attending to the awareness of being with God and others. Many of the “things” and “tasks” of lives are simply put on hold and we have nothing more to do than what has been placed in front of us for mission and service in and through the team of fellow travelers. It is the kind of freedom that the Apostle Paul spoke of – not freedom to do as you will, but freedom to love God and neighbor, known and unknown.

For many, even most, a mission trip has been an essential part of their faith development. I know that has been true for me. Over the past 16 years, I have been on a Habitat for Humanity Blitz Build, three international “Volunteers in Mission” trips (Chile, Russia, and Mexico), two intergenerational mission trips to Gulfport, Mississippi, four youth mission trips (South Dakota, Chicago, Springfield, Missouri, and St Louis, Missouri). You never know what God might do with those experiences – you might be led to go to seminary, get ordained, and come to serve at Walnut Hills UMC in Urbandale, Iowa!

Several weeks ago I was talking with Mikhala and Jordan, two Senior High youth at WHUMC, and Mikhala asked me if I might be going on the youth mission trip to York this year. I stumbled with my response, knowing that it would not be the right time for that, but also knowing that my heart yearns to do mission work. So I will not be on the bus for 18 hours on July 17/18 and July 23/24, but my heart will be traveling with them and my prayers will include them all.

Yours on the journey of faith,
Pastor Carol

Walnut Way Moment

U - Unfolding Spirit

“We can experience ‘enlightenment’ any time we lighten up through levity, particularly when we choose to laugh at those things we consider the most serious.”

Steve Bhaerman in *Wake Up Laughing:
The Transformational Power of Humor*



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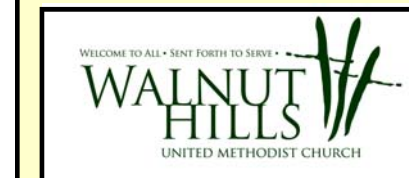
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Please send your newsletter submissions for September to communications@whumc.org by August 10, 2010.

Sunday Service Bulletin and Insert Information

Submissions are due no later than 8:30 a.m. on Tuesday of that Sunday’s bulletin. Please send information in an email format 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 it 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 8:00 a.m. to 5:00 p.m.
Friday 8:00 a.m. to 12:00 p.m. (noon)



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Staff:

- Rev. Carol Sundberg** - Senior Pastor
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- Rev. Pam Deeds** - Associate Minister
pam@whumc.org
- James D. Walters** - Worship Arts Director
james@whumc.org
- Amber Gillotti** - Christian Education Director
amber@whumc.org
- Pam Ward** - Business Administrator
pamela@whumc.org
- Joyce Milner** - Administrative Assistant
joyce@whumc.org
- Rachelle Sorensen** - Nursery Coordinator
- Mel Hollingsworth** - Building Superintendent

Walnut Hills: Who We Are

Mission Statement

A place to call home where we 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."

A Moment for Prayer

Our hearts - that throb for contact with you -
our hearts are open.
They are not always open by our choice,
for we would like sometimes to
close our hearts and our minds and our hands.
But they are open, because
our hearts cannot resist
your steady care and address.
Our hearts are open for you, very God.
You are the one who has made us
so that our hearts are restless
till they rest in you.

- Walter Brueggemann
Prayers for a Privileged People

WHIFF XIX

Mark your calendars for the 19th Annual WHIFF Golf Tournament. This year's match will be on Sunday, August 29, 2010 starting at 3:00 p.m. at Woodland Hills Golf Course. If you would like more information, please contact Brian Mclean, Bill Warren, or Ron Roberts. You may also check the STUB on Sunday morning.



Sunday Morning

9:30 a.m.

August 1, 2010

Tenth Sunday after Pentecost *Set Your Mind*

- Luke 12:13-21
- Colossians 3:1-4
- Communion Sunday

August 8, 2010

Eleventh Sunday after Pentecost *God Sighting*

- Worship by and with Jr. & Sr. High Mission Teams

August 15, 2010

Twelfth Sunday after Pentecost *First Things First*

- Hebrews 11:1-3, 8:16
- Luke 12:32-40

August 22, 2010

Thirteenth Sunday after Pentecost *Known by God*

- Jeremiah 1:4-10
- Psalm 71:1-6
- Outdoor worship
- Hymn sing

August 29, 2010

Fourteenth Sunday after Pentecost *A Place at the Table*

- Luke 14:1, 7-14
- Hebrews 13:1-8, 15-16

Satellite Worship

Sunday afternoons

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

Fourth Sunday afternoons

at Illahee Hills Retirement Residence at 3:30 p.m.

Worship Arts News

A little break from the ordinary is always nice. As I'm writing this, I'm preparing to go on my second Senior High Youth Work Trip. After we return I'll be going on vacation, which will help me to gear up and get ready for the church programming year Kick Off. This year, programming will begin Sunday, September 12. This means a return to two services, Wednesday night activities, Sunday School, and music rehearsals.

Recently, Walnut Hills has experienced a brave amount of change. The wonderful thing about change is that it never stops! I enjoy change and although some change is difficult, other change is great. With that philosophy in mind, Walnut Hills will experience one more piece of change with the start of the programming year. In the past, the Worship Arts Department has had its main night of rehearsals on Thursday night. The Ringmasters have practiced from 6:00-7:00 p.m and the Celebration Singers followed from 7:00-8:30 p.m. This is all about to change.

Through a lot of discussion and deliberation, a new schedule has been formed. Rehearsals for The Ringmasters and Celebration Singers will now be on Wednesday night. The Tintinnabulators will continue to practice on Tuesday nights. The Celebration Singers will begin at 5:45 p.m. and The Ringmasters will be at 7:15 p.m. This coincides nicely with the children and youth programs that will be happening at the same time.

If you would like to see it another way with how the children and youth programming works with the Worship Arts schedule, here it is:

5:15 p.m. - Wednesday night meal

5:45 p.m. - Celebration Singers rehearse

6:00 p.m. - Kids Alive begins

7:15 p.m. - Kids Alive ends, Celebration Singers rehearsal ends, The Ringmasters rehearse

8:30 p.m. - The Ringmasters rehearsal ends

Everyone is invited to join the adult music groups. You don't have to be a great singer or bell ringer. You don't need to be able to read music. Everyone is welcome, no matter what! Join the Worship Arts Department this fall to embark upon this new change. For information, please contact James Walters at james@whumc.org

Mature Adult Ministries

Bible Study: Begins again August 30. Mondays at 10:00 a.m. in the Koth Library. The study will be using the United Methodist Curriculum: Adult Bible Studies, and will involve reading and discussing the biblical books of Jonah, Ruth, Gospels, and Epistles. If you plan to attend, please check the STUB on Sunday mornings or contact Pam at pam@whumc.org.

Game Day: Fourth Monday of each month at 1:30 p.m. in the Koth Library. Please come to the next Game Day on August 23.

Trauma Doll Ministry: Friday mornings from 10:00 - 10:45 a.m. at Silvercrest Assisted Living. This important ministry is a partnership with the North West Kiwanis. Please come for fellowship with residents and so much more. For information,



Quick Quote

"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."

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, August 17, 2010**. Please sign up on the bulletin board or check the STUB on Sunday mornings.



Prepare

Menu Needs:

- Pizza + \$10 tip for delivery = \$235.00
- Tossed salad with dressing
- Brownies
- Milk - 4 gallons white
6 gallons chocolate
- Coffee - One 2-3 pound can
- Paper Items - 150 strong paper plates, 150 napkins, 150 medium-size Styrofoam cups, 150 forks and spoons



Serve

• Urbandale Food Pantry

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



Donate Shampoo

• Food Pantry

The suggested food items for the month of August are Baby Food and Formula (no glass jars, please). Place all donated food items in the red shopping cart in the East Gathering Area.



Donate Baby Food



Donate Baby Formula

Shalom Zone Backpacks

Come join in filling backpacks with school supplies for the Shalom Zone Ministries and McKinley's Back to School Health Fair! This year, volunteers will help stuff backpacks on August 5, 2010 from 9:00 a.m. to 12:00 p.m. (noon). The school supplies will be packed at Casady School at 16th and Allison in Des Moines.

If you are interested in helping, getting a little exercise, or sharing in a time of fellowship and service, please contact Pam Deeds at 270-9226 or by email at pam@whumc.org.



IHN

Walnut Hills is a partnering congregation with the Interfaith Hospitality Network. During the week of August 1 - 8, the congregation will host homeless families in the church building. There are a variety of ways to help. If you would be willing, please fill in the insert in the Sunday morning bulletin.



Children and Youth Dates

August 7, 2010

- Sr. High Youth Lock-in starting at 7:00 p.m.

August 8, 2010

- Jr. and Sr. High Youth - Work Trip reviews during the 9:30 a.m. service.

Children's Church Schedule

August, 2010

August 1 - Sharon Dieke
Jennifer Hellman

August 8 - Bethany Johnson
Laura Linn

August 15 - Kelli Hill-Hunt
Heather Davison

August 22 - Jennifer Jones
Liz Coffman

August 29 - Sheryl Thornton
Amy Winkler

Spotlight On...Christian Education Director

Amber was born and raised in Johnston, IA and then went to Iowa State University where she graduated with a degree in Elementary Education. After graduating from ISU, she moved to Denver, Colorado for five years. While in Denver, Amber had a variety of jobs including being a nanny, Kindergarten teacher, flight attendant, and marketing work. She returned to Iowa in April to be closer to family. Amber has a strong background in education and has always been involved in church groups. Her hobbies include: traveling, walking her dog (Rocco), soccer, bike riding, and cooking. Amber is very excited to be a part of Walnut Hills, working with all aspects of education.

Sunday School Supply Drive



The school year is quickly approaching, which means Sunday school will be starting as well! Walnut Hills is asking for any donations of school supplies that could be used in the Sunday school rooms. Specific things that Sunday School needs are:

markers, glue sticks, Kleenex, pencils, crayons, hand sanitizer, and disinfecting wipes.

Thank you!

Preschool Dates

August 26, 2010

Parent Orientation Meeting for New Parents - 6:00-7:30 pm.

August 30, 2010

Parent Orientation Meeting for Returning Parents - 6:00-7:00 p.m.

August 31 - September 3, 2010

Orientation days for Preschoolers



Doing Justice

In June, Walnut Hills members Judy Zobel and Jos Linn traveled to Washington, DC to attend the RESULTS International Conference. RESULTS is a grassroots advocacy organization working to create the political will to end poverty. Both are members of the local RESULTS chapter in Des Moines. Jos and Judy joined people from all over the world at the conference to get educated on specific poverty issues and how to best advocate on those issues with legislators. The culmination of the conference was a "Lobby Day" where Judy, Jos and the other attendees traveled to Capitol Hill to meet with members of Congress. Jos and Judy met face-to-face with Sen. Grassley, Sen. Harkin, Rep. Latham and staff from Reps. Boswell, Braley and Loeb sack to talk about tax credits for the poor and other issues. It was an exciting and empowering experience for both of them and they have come back home fired up to do more about ending poverty in the U.S.

If you would like to learn more about the local RESULTS group, please contact judyzobel@msn.com.

If you would like to learn more about the Walnut Hills Social Justice Group, please contact Jos at jos.linn@mchsi.com.



Calling All 8th Graders and Their Parents/Guardians

Confirmation is coming...and soon!

Our Confirmation program consists of:

- Weekly Biblical study for eighth graders or older during Sunday School time (taught by Kathi Hall)
 - Confirmation Class one Sunday per month (typically 3rd Sunday of the month & taught by Pastor Carol)
 - 6-7 Inter-faith visits throughout the year that the entire family is welcome to join
 - Volunteer opportunities on Sunday mornings
- Adult mentors working with youth to help guide their spiritual journeys

There will be a **mandatory** Confirmation kick-off orientation on Sunday, August 29th for the youth, parents/guardians, and mentors. The orientation will follow the 9:30am worship service. At this time, the program and expectations will be outlined and a calendar of events will be provided. During orientation, parents will also sign up to help with monthly Confirmation lunches. Since this meeting is mandatory, we will be expecting you. If for some reason you are unable to attend, please inform our Christian Education Director, Amber Gillotti.

We all look forward to the start of a great new year!

Confirmation Guidance Team Members: Kathi Hall, Cindy Hewett, Sandy Lorenzen, Sarah Meek, Pam Miller, Amber Gillotti,

A Special Thank You

Dear Walnut Hills Friends -

Thank you so much for the very generous gift of money you gave to us as we were preparing to leave Walnut Hills. We will always be grateful to you for your love and friendship over our years with you. Thank you again. Love, Doug and Martha

Groups Gather

Brunch Bunch: Sunday, August 15, 2010 after church at the Olive Garden. For more information, please contact Avis Richards at 223-5482.

Men's Roundtable: Wednesday, August 11. Afternoon I-Cubs Game
Wednesday, August 25. Please bring a sack lunch.

Religious Studies Group: Thursdays from 2:00-4:00 p.m. in the Koth Library. Featuring DVD programs and dramas, with viewing guides available. There is absolutely NO homework and everyone is welcome! For more information, contact Charlie Adams at 993-1818 or by email at adamschsh@msn.com.

Social Justice Group: Tuesday, August 3, 2010 at 7:00 p.m. in the Koth Library.

Theology on Tap: Are you interested in discussions about theology? Do you like to discuss the story of water into wine with your favorite beverage in hand? If you think the two don't mix, try out the newest group at Walnut Hills: Theology on Tap. If you would like more information about this group, please contact Bethany Johnson at bmjohn22@gmail.com.

Women's Book Group: The next discussion will be Tuesday, August 3, 2010 at 7:00 p.m. at the Starbucks at 11084 Hickman Road. The book for August is *Perfectly Imperfect* by Lee Woodruff. For more information, contact Kellie Kahle by email at kkahle522@aol.com or by phone at 987-7319.

Women's Night Out: Monday, August 23, 2010 at 6:00 p.m. at Jethro's BBQ (3100 Forest Avenue, Des Moines, IA 50311). If you would like more information about this group, contact Peggy Palmer-Johnson at lavenderim@aol.com.

Spotlight On...Stephen Ministry

My name is Christy Brown. Six years ago I joined with several others and went through forty hours of training to become a Stephen Minister for Walnut Hills. The Stephen Ministry program is a ministry of trained lay people who offer caring, Christian friendship and a listening ear for those going through tough times. As a congregation we know that no one is immune to crisis or difficulty in life. While challenges, transitions, and losses are a given for each of us, handling those challenges alone is not. That is why Walnut Hills has a Stephen Ministry Program.

As Stephen Ministers, we are trained to faithfully listen, empathize, encourage, and pray for any person inside or outside the church who is facing a crisis, an illness, loss, loneliness, or any type of transition. Stephen Ministry is an extension of pastoral care that provides quality caring ministry for as long as people need it.

Your Stephen Ministers, in addition to myself, are Neal Barrick, Nancy Strickler, Brad Gannon, Ann Apprill, Betty Van Woert, and Kim Roby. We are all here for any of you, for whatever reason, for one visit or years of visits. We do not give advice, counseling, or therapy. We do not judge or criticize. We do offer a listening ear, encouragement, support, and prayer. Stephen Ministry has a strict code of confidentiality and supervision. If you would like to sit down over a cup of coffee with one of your Stephen Ministers, please contact Pam Deeds, or check the STUB at church.

Groups Calendar

Social Justice Group
Tuesday, August 3, 2010
7:00 p.m.
Koth Library

Women's Book Group
Tuesday, August 3, 2010
7:00 p.m.
Starbucks

Religious Studies Group
Thursday, August 5, 2010
2:00-4:00 p.m.
Koth Library

Men's Roundtable
Wednesday, August 11, 2010
I-Cubs Game
Principal Park

Religious Studies Group
Thursday, August 12, 2010
2:00-4:00 p.m.
Koth Library

Brunch Bunch
Sunday, August 15, 2010
10:30 a.m.
Olive Garden

Religious Studies Group
Thursday, August 19, 2010
2:00-4:00 p.m.
Koth Library

Women's Night Out
Monday, August 23, 2010
6:00 p.m.
Jethro's BBQ

Men's Roundtable
Wednesday, August 25, 2010
12:00 p.m. (noon)
Coffee Shop

Religious Studies Group
Thursday, August 26, 2010
2:00-4:00 p.m.
Koth Library

