

Spirit

Walnut Hills Happenings



THE WINNER IS... AHUM! THE WINNERS ARE...

Congratulations to Martha Schut who was chosen as the winning name for the newsletter and Kimbra Smyth for the subtitle. The congregation vote was so very close with over 175 people voting that it was decided to combine the top two! Round of applause for all the finalist. Thank you all who participated!

- ◆ Walnut Hills Spirit by Martha Schut
- ◆ Walnut Hills Happenings by Kimbra Smyth
- ◆ The JIST (Justice Interfaith Spirituality Tribune) by Darrell Van Woert
- ◆ The Walnut Journal by Jonah Guy
- ◆ Walnut Hills Herald by Betty Van Woert

A Message from Doug

When we sent our newsletter the week just before our 20th anniversary on October 11th of last year you might remember that we included the front page of our very first Walnut Hills' newsletter. Two things stood out for me on that 20-year-old page:

- ◆ The number of people who, after one service, were excited to get involved
- ◆ The strong desire to get acquainted with their new church community

This year has been designed as a year of "re-founding" for Walnut Hills. We are the "re-founders" of our church for the next 20 years, and it is imperative that we equal or exceed the desire for involvement and connection that motivated our founders. I want you to know what we want/need from you:

- ◆ **Ministry Teams** – It is our desire that more of our people get involved in a team that provides ministry, service and outreach in a variety of ways. The first need 20 years ago was for a team of people who would prepare the Western Hills School gym for worship. We need a Worship Assistance Team that will offer the same preparation for the Celebration Center. It would be a huge help to have some of you prepare for communion, baptism, colors of the seasons, candles, etc. A number of you are already providing tremendous assistance. If others of you will help please e-mail me at doug@whumc.org.
- ◆ **Lenten Conversation Campaign** – Because we are a large and very diverse church there are many of us who don't know each other as fully as we would like. Bill Lepley and AMOS organizers Paul Turner and Yasmin Radjy have been working with a team of about 15 persons along with me to develop a program of one-on-one get-acquainted sessions during Lent. We will prepare a number of you to be Lenten Visitors within our congregation. If you are interested in being one of those who will visit with others please contact me at my e-mail address. For the others of you, please respond warmly when someone asks to meet you to get acquainted sometime during the 6 weeks of Lent. In addition, let's all plan for the official start during the Ash Wednesday service – **Wednesday, February 17, 7 p.m.**
- ◆ Please save **Sunday, February 14, Noon – 2 p.m.** as a time to attend a light luncheon and a Wills/Estate Planning Seminar sponsored by our Permanent Endowment Committee. More information will arrive soon.

Because we prepare our newsletter so far in advance, I am writing this on the morning of Christmas Eve with the threat of a serious winter storm all around. From the safety and warmth of this beautiful church I am reminded that it is a privilege to be one of Walnut Hills' "re-founders" with all of you.

~ Doug

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- Spiritual Soundings

In an article that I read recently on “goals for becoming the best you” or some such thing, the author listed one of the goals to be attained as “Be Fearless.” I was struck by that, and in fact I read it several times just to be sure that I had it right. Be fearless. Don’t let fear keep you from enjoying things in life. Get out there and “just do it.”

But, I thought, isn’t some level of fear healthy? Can’t fear be an internal monitor of a dangerous situation? Doesn’t fear sometimes keep us from injuring ourselves or worse? I certainly think that it can.

But as I continued to reflect on fear, I also reminded myself of the times that fear can hold us back. What about the times that we miss out on trying something new and, while using the excuse that “we are too busy” or “we aren’t interested,” we realize that it is simply the fear of the unknown that is holding us back? In our society fear is not an acceptable reason to give, but not having time is.

Curious, I referred to my Bible concordance. “Fear” is used in the Bible 438 times, not even counting all of its related entries such as “feared,” “fearing” and “fears.” “Afraid” is listed another 217 times (Mary is told “do not be afraid” by the angel Gabriel in Luke 1:30), and “terrified” 47 times (the shepherds were “terrified” – sometimes translated “sore afraid” in Luke 2:9).

I decided to look up “fear” in the dictionary to see if it could offer me any guidance. According to the Encarta Dictionary, fear is an “unpleasant feeling of anxiety or apprehension caused by the presence or anticipation of danger.” Very good – that is healthy fear that keeps us safe. Fear is also “an idea, thought, or other entity that causes feelings of fear.” Not helpful to use the word in the definition. So moving on – fear is “a concern about something that threatens to bring bad news or results.” This seems like fear that we can use as an excuse not to do something. And finally, fear is “reverence: respect or awe for somebody or something.”

Proverbs 1:7 says “The fear of the Lord is the beginning of wisdom.” I don’t suspect the writer was using “fear” in the sense of “a feeling of anxiety” or “worry about bad news.” I think what may be closer to the truth here is “reverence for God is the beginning of wisdom.” Or we can look at Psalm 40:3 which says, “Many will see and be in awe (fear) and put their trust in the Lord.”

So my advice for all of us is this: Don’t be fearless. Be full of fear – full of respect, full of awe, full of reverence for all of the places that you find God each day.

Blessings,
Susan

Monthly Vesper Service Offered

Please join Pam once a month for an evening of traditional worship. You will experience liturgy, prayer, scripture, hymns from the United Methodist Hymnal and Holy Communion.

The next Vesper Service will be **Sunday, February 21st at 5:30pm** to celebrate the beginning of the Lenten Season

Please join us for a new, meaningful, and traditional worship experience.

Future Vespers Services

March 21 – Last Sunday in Lent

April 25 – Celebrate God’s Creation

May 23 – Pentecost

February Sunday Services

February 7 - 8:30 & 10:45 a.m.

Doug’s Message ~

“Messengers of Surprise”

Scripture –Isaiah 6:1-5;

Luke 5:1-11

Communion

February 14 - 8:30 & 10:45 a.m.

Doug’s Message ~

“The Fear of Shining”

Scripture – Luke 9:28-36

Transfiguration Sunday

February 17 - 7:00 p.m.

Doug’s Message ~ “Re-founding
– The Acceptable Time”

Scripture – 2 Corinthians 6:1-10

Ash Wednesday

**Beginning of Lenten Listening
Campaign**

February 21 - 8:30 & 10:45 a.m.

Doug’s Message ~ “Re-founding
– The Gratitude for Place and
Purpose”

Scripture – Deuteronomy 26:1-11

1st Sunday in Lent

February 21 - 5:30 p.m. Vesper Service

Pam’s Message ~

“Why Tell This Story?”

Scripture – Psalm 91

Deuteronomy 26:1-11

Luke 4: 1-13

Lenten Season

February 28 - 8:30 & 10:45 a.m.

Doug’s Message ~ “Re-founding
The Challenge of Prophetic
Call”

Scripture – Luke 13:31-35

2nd Sunday in Lent

Satellite Services

**Sunday afternoons ~ Worship at
Silvercrest Assisted Living – 2:00pm**
– Join us for worship and visiting. Call
Pam at 270-9226 for more information

**4th Sunday afternoons ~Illahee Hills
Retirement Residence – 3:30 fourth
Sunday of the month.**

Let's Party!

The Kids Alive had a wonderful time at their Christmas Party in December. Pictures were taken by Steve Billingsley.



Bake Sale to Benefit Heifer International

Our 5th and 6th Grade class is working hard to meet their goal of \$5,000 for Heifer International! Please stop by our bake sale on Sunday, February 14 and pick up something for your sweetheart (or for yourself!) Free will donations will be accepted.



On the Move!

The children's music presentation scheduled for January 31 is moving! All children involved with Kids Alive and Sunday School are now invited to perform on February 21, 2010 at the 10:45 a.m. service. The kids will be using the Boomwhackers to showcase favorite hymns and songs of faith. Please join us on February 21 during the 10:45 a.m. service for a "booming" good time! If you have any questions, please email James at james@whumc.org.

Walnut Way Moment U - Unfolding Spirit

God Everywhere

God to enfold us, God to surround us,
God in our thinking, God in our speaking,
God in our sleeping, God in our waking,
God in our waiting, God in our hoping,
God in our minds, God in our hearts,
God in our lives, God in our deaths,
God in our ever-living souls,
God in our eternity.

Celtic oral tradition

Children's Wednesdays

Kids Alive

All kindergarten – 4th grade children are invited to join us on Wednesday evenings from 6:00 – 7:15 p.m. for a fun time with your church friends! We'll spend time in music each week, along with the following themes for February.

- February 3: Family Service Project
- February 10: Project Choice
- February 17: No Kids Alive – Ash Wednesday
- February 24: Drama/Craft Night

56 Club

All 5th and 6th graders are invited to join us on Wednesday evenings from 6:00 – 7:15 p.m. for a time of fellowship and learning more about your faith! Friends are always welcome to attend with you.

- February 3: Family Service Project
- February 10: Choosing to be United Methodist
- February 17: No 56 Club – Ash Wednesday
- February 24: Service Project

Stephen Ministries: Know more about our Stephen Ministry Program

Would You Like To Be Trained as a Stephen Minister?

We are offering our next Stephen Ministry Training April 23rd, 24th and 25th in a retreat style setting; with a Saturday meeting/training date to be announced after the retreat. At this time we have five more openings for those interested in being trained as Stephen Ministers.

Contact Pam or pam@whumc.org, Doug or doug@whumc.org, check the Sunday morning STUB, or call the church office, 270-9226 for more information.

Youth News

Regular Weekly Schedule:

Sundays from 9:30– 10:30:

- ◆ 7th Grade meets (room 003)
- ◆ 8th Grade Confirmation Bible Study (room 006)
- ◆ 9-12th Grades in room (room 001)

Wednesdays from 7-8:30 p.m.

- ◆ Jr. & Sr. High Youth group
February 3, 10, 17 & 24th.
- ◆ Note: February 10: Sr. High YLT - 6:00 p.m.
- ◆ February 17: Ash Wednesday service - youth group will be held

Sr. High Work Trippers:

- ◆ *Super Bowl Subs* will be made and distributed on Sunday, February 7 (early morning). Valentine's from Valentine sale will be put up

Confirmation Class:

- ◆ Sunday, February 21
- ◆ Interfaith Visit to Muslim Community Center - Friday, February 19 at 6:45 p.m.

Looking ahead:

- ◆ Confirmation Class is March 7 (due to Spring break)
- ◆ Sunday School/Confirmation Bible Study *will not be held* March 14, *but will be held* March 21.
- ◆ Youth Group will not be held March 17
- ◆ Interfaith visit to the Hindu Temple is Saturday, March 17 at 11:15.

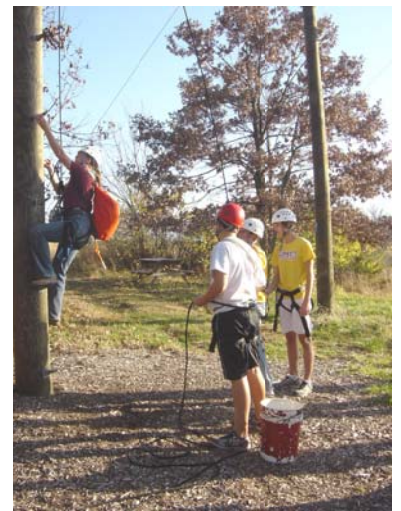
Theologian in Residence Program at Ames

Ames United Church of Christ-Congregational
February 20-21, 2010

The visiting theologian will be the Rev. Peter S. Sawtell, founder and executive director of Eco-Justice Ministries in Denver, Colorado. The theme for the weekend is "Biblical Faith and Ecological Hope: Rethinking Theology for the Healing of Creation". Details are on Ames United Church of Christ's website, www.amesucc.org.

Remembering the Warmth

This fall the Senior High tackled the ropes course at Wesley Woods. Enjoy the sun! Photos by Julie Stone



El Salvador Healthcare Mission Donations

The medical/dental team going to El Salvador in March could use the following donations of items and will have a box available in the East Gathering area until February 21st:

- ◆ Waterless hand cleaner
- ◆ Vitamins: Adult & children's w/iron, infant vitamin drops
- ◆ Aspirin, Advil (Ibuprofen), Aleve (Naproxen), Tylenol (Acetaminophen): adult & children's
- ◆ Benadryl (can be generic)
- ◆ Cold meds; adults & children's
- ◆ Eye drops, saline
- ◆ Antacids ("Tums" types)
- ◆ Imodium
- ◆ Ointments & creams: Triple antibiotic, antifungals, Hydrocortisone, A & D, zinc oxide
- ◆ Band-aids, gauze pads/rolls, ACE wraps
- ◆ Toothbrushes/Toothpaste
- ◆ Snack size ziplock bags
- ◆ Wet wipes
- ◆ Crayons/Coloring books

Thanks for your continued support!!

Current Adult Classes:

Money and Faith: Part 2: January 3 – February 7 at 9:30 a.m. in Room 103. Facilitated by Chuck Stewart and Bill Warren. Using the book *Money and Faith* edited by Michael Schut, the discussion will center around what our faith teaches us about money, and what money teaches us about our faith.

Sandwich Generation Group Short-Term Classes 9:30-10:30am

- ◆ Sunday, February 21:
Conversations With Aging Parents/In-Home Care
 - ◆ Sunday, February 28: Dr. Robert Bender II MD of The Orr Center: Healthy Aging and Memory Loss
 - ◆ Sunday, March 7: Ann Cochran, Care Consultant For the Aging: Des Moines Area Elder Care Resource Handbook (handbooks will be given to all participants)
- Please check the Sunday morning STUB, or call or email Pam if you plan to attend. 270-9226, pam@whumc.org.

Contemporary Issues: Sundays, 9:30 a.m. room 102, Contemporary Issues with John Reiher is a great way to meet fellow church members and express yourself on the topics of the day. Join the fun and perhaps even learn something new.

Faith and Life: Sundays, 9:30 a.m. room 101, Attend the Faith and Life class Sunday mornings and discuss the spiritual issues we all face living Mondays thru Saturdays! Christy & Jim Brown and Betty & Darrell Van Woert share facilitation of this forum/class which is always open to "drop-in-when-you-can" attendance!

The Power of Forgiveness:

Join us on February 24 from 6:00 – 8:00 p.m. for this documentary which features Elie Wiesel, Thich Nhat Hanh, Thomas Moore and others who reflect on the psychological and physical effects of forgiveness on individuals and within relationships. Please check the STUB if you plan to attend.

Groups Gather

- **Coed Volleyball:** Continues through February. If you are in high school and beyond....way beyond...we hope you will join us. We meet from 4-5:30 in the Celebration Center. Co-ed city rules to guide our play, but it is just that, play. We have fun and laugh and get to know each other. If you are interested, or contact Marlyn McKeen at 253-9017.
- **Women's Book Group:** The next meeting is on Tuesday, February 2 at 7:00 p.m. at Starbucks across from Living History Farms on Hickman Road. The book for February is *Nickel and Dimed: On (Not) Getting by in America* by Barbara Ehrenreich.
- **Thursdays Religious Studies Group:** Meets weekly from 2 to 4 p.m. in the Koth Library, featuring DVD programs with viewing guides and discussion. Everyone is welcome. For more information call Charlie Adams (993-1818) or email (adamschsh@msn.com). February 3 - American Experience: America and the Holocaust. Other topics to be scheduled.
- **Men's Roundtable:** Wednesday, February 10, 11:45. Host Al Flores and Wednesday, February 24, 11:45. Host Ivan Lyddon.
- **Parents of Teens:** Meet the second Sunday of every month, 9:30 a.m., Koth Library.
- **Brunch Bunch:** Sunday, February 21, noon. Host is Anne Kulp. For location call Anne at 240-6290.
- **"Chat with Doug"** sessions will be held the 3rd Wednesday night of each month from 6-8 p.m at Walnut Hills.
- **4/5/6 ers...A Fellowship Group:** If you are in your 40's, 50's or 60's, married or single, this group may be for you. For more information, give Connie McKeen a call, 253-9017.
- **Adoptive Families Group:** A community of families created through adoption that gathers regularly throughout the year to support one another on our journeys. This group is open to all who have been touched by adoption: international, domestic, foster, waiting, those with children, or those just starting to think about adoption. Contact Abbie Smith for more information on upcoming events (664-9400, kevinandabbie@hotmail.com).
- **Needles of Love:** A group of people dedicated to creating items that remind others of God's love for them. Current projects include baptism quilts, prayer shawls, and Precious Angels items. Please contact Abbie Smith for more information on how to get involved (kevinandabbie@hotmail.com, 664-9400).

Wednesday Evening Film Series

Join us from January 13 – March 24 from 6:00 – 8:00 p.m. as we watch a film and follow with conversation. Films included in the series are: The Visitor; Seven Pounds; The Kite Runner; Expelled: No Intelligence Allowed; and The Corporation. Eric Guy and Chuck Stewart will be facilitating the discussions. Please check the STUB if you plan to attend.

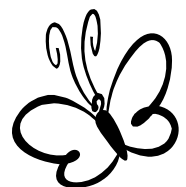
Mature Adult Ministries 50s+

Monday Morning Bible Study at 10:00am in the Koth Library. Using the United Methodist Curriculum : Adult Bible Studies – Winter 2009-10 We will be studying and discussing scriptures from the books of Ruth, Isaiah, Matthew, and Luke. Check the STUB, or email pam@whumc.org for more info.

Game Day: (4th Monday each month) Monday, February 22nd at 1:30pm in the Koth Library.

Friday Mornings at Silvercrest 10:30-11:15 am trauma doll stuffing and visiting. Join us for fellowship with residents at Silvercrest Assisted Living.

Trauma Doll Ministry at Silvercrest is a partnership with the North West Kiwanis. Call Pam at 270-9226 for information.



The Hymns We Sing

My Duty to God and Country

James D. Walters

Amidst a month commemorating Black History, we find ourselves on a Sunday celebrating so many events. February 14, 2010 will be a day to remember the transfiguration of Jesus while he prayed with three of his disciples upon a mountain. It is also a day to remember those we love as we celebrate St. Valentine's Day. The history of St. Valentine is a little fuzzy, so I won't go into it here.

February 14, 2010 is also Boy Scout Sunday. There are probably many in the Walnut Hills family who were once a Boy Scout. I, myself, remember taking the obligatory picture at church in front of the American flag in my drab Scout shirt and plaid neckerchief. I still have these pictures and cherish them because they were taken with my dad and late grandfather, both former Scouts.

Most people can recite the Boy Scout motto: "Be prepared." But most people don't know the Boy Scout Oath, which admittedly I had to look up. The Oath is as follows: "On my honor, I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake and morally straight."¹

It seems only fitting to sing a hymn that exemplifies the second part of this code: "...to help other people at all times," which seems to align itself with the Social Justice vision theme that we have at Walnut Hills.

"For the Healing of the Nations" is a prayer for peace and justice. The text calls us to "rise and pledge our word" for the healing of the nations, to face our own pride and divisions, and to grow in the image of God. "This text, one of Fred Kaan's most widely used, is matched with the strong and popular Welsh tune CWM RHONDDA."²

I hope that you will take time to reread the scripture explaining Jesus' transfiguration, spend time with someone you love, think of the strength and courage of those we remember who made history during this month, and, of course, honor a Boy Scout you know.

Sources

1. <http://usscouts.org/usscouts/advance/boyscout/bsoathlaw.asp>
2. *The Hymns of the United Methodist Hymnal: Introduction to the Hymns, Canticles, and Acts of Worship*; ed. Diana Sanchez; copyright 1989 by Abingdon Press; pg. 150.



Looking Through a Prism: God Moments

The Almighty is too mysterious and vast to view him/her in only one way. This personal view point probably comes from all my friends, their mix of religions and the way I experience life. My understanding is that there is no one absolute truth, just many individual truths. If something does not work out, I *know* there is something else for me right around the corner. I believe that all of these ideas come together to cause what I call "God Moments" in my life. These instances are the wows, gasps and the being "knocked off" my spiritual and physical feet because of this belief of not being locked down to one way of thinking or experiencing. These many events have happened throughout my life ranging from saving a kitten in a grain bin, to the Walnut Hills Preschool children "milking" a rubber glove (aka cow) for Iowa State Fair day, to jumping tandem out of an airplane. These are just a few of the little life happenings that may not seem like "ah ha" moments to others. I admit one seems like "you are an insane person" moment but all changed my life in some way.

Even as a child I was open to these events. At age 8 I heard a scared meowing up high. By following my curiosity, I found a wild kitten stuck in a barn grain bin. I dared to go into that grain bin and carried the kitten out. By taking that "God Moment" that was offered, I rescued another little life and gained a friend. I learned to follow my curiosity and dared to go into something unknown for another.

The preschool at Walnut Hills gives me "God Moments" all the time, but the one that runs through my head is the Iowa State Fair day that was held. As I walked down the hall watching the State Fair activities I happened to notice two blonde cuties trying to "milk" a glove that represented a cow. Their faces scrunched up in concentration until one got it to work. Now many have experienced the smile of a child that knows she did something right but both smiles of accomplishment just took my breath away. You can gain more spiritual enlightenments from a child's smile of pure, innocent joy than all the sermons in the world.

Now jumping out of a plane is not considered sane by most, but my "God Moment" was not the jump out of the plane nor the landing. It was the three hour wait, the few seconds in the air and what happened up there. The reason why was I was not the one going to jump. Angie, my sister, was jumping in celebration of her birthday. I was there to support her. After a three hour wait because of Angie's lost reservation and my mind finally picking up that maybe this was suppose to be a "God Moment" for me, I chose to go with Angie. I remember everything perfectly. My partner in the jump asked me what I wanted to do and I stupidly said, "You know what you are doing, you are in charge". We ended up somersaulting four times out the plane then coming out into a free fall. But the "God Moment" happened next. My jump partner was showing what he could do in the fall with the parachute open. I remember him saying, "Let me do this." It was that moment we hit perfect silence. No buzz from the wires, no sound of the parachute, no wind ... only me saying "Wow!" looking over a clear blue sky and farmland as far as the eye can see. Only a few seconds long, but that was one "God Moment" I am forever glad I grabbed onto and did not let go. By the way, I am afraid of open heights.

These instances are just three on a huge list of events in my life that are "God Moments". Now ask yourself, what are your "God Moments". Maybe they were just a little nudge or a cosmic 2 by 4 to the back of the head that sent you into a direction that made you go "WOW".

~Mandi Arthur-Struss

Walnut Hills Service Nights

Join us on the first Wednesday of each month as we join together with other Walnut Hills' members and families to be in service to our community and world! Each month we will begin with a **potluck dinner at 5:30 p.m.**, and then at 6:00 we will work together on our service project. This takes the place of Kids Alive and 56 Club programming on these evenings, so please plan to participate as a family! **Children need to be accompanied by an adult. Please check the STUB if you plan to attend!** This is an intergenerational activity – all are welcome! **February 3:** Family Potluck at 5:30 p.m.; Decorating Sugar Cookies to sell on Sunday, February 7 as a fundraiser for Children and Family Urban Ministries. (Please bring 2 dozen plain sugar cookies to decorate).

Children & Families Urban Ministry Meal New & User Friendly Menu

Occasionally during our year of preparing and serving once a month meals for Children and Families Urban Ministries located at Trinity United Methodist Church we ordered pizza and served tossed salad and brownies for dessert. Visiting with staff at CFUM it was found that Pizza Night from Walnut Hills was much appreciated and enjoyed. Ordering pizza using money donations from the congregation and then giving folks the opportunity to donate lettuce and dressing for the tossed salad and pans of brownies along with milk, coffee, and paper products is much more efficient and provides more persons with the opportunity to participate. Six to eight servers are needed to serve the meal each third Tuesday of the month. Serving begins at 4:45, so persons who are volunteering this way, need to be at Trinity UMC no later than 4:30.

CFUM Meal Menu, January 2010 - December 2010

- ◆ **Pizza Night:** Total cost with \$10 tip = \$231.10 = 30 pizza's
Collect \$15 from each preparer (for 15 preparers), totals: \$225.00 and tell them it is for pizza. Whatever we are short, we will ask for donations during church the Sunday before the serving date. Please let Pam know if more money donations are needed to make the total of \$231.10.
- ◆ **Salad:** Have 2 persons bring 2 of the 3-pound bags of ready to serve salad. Have 2 persons bring two large bottles of salad dressing (same kind.) Prior to serving mix the dressing into the salad.
- ◆ **Dessert:** Brownies – Have 4 people bring 4 dozen each.
- ◆ **Milk:** Need 4 gallons white, 6 gallons chocolate – Have 2 people bring 5 gallons each.
- ◆ **Coffee:** Need one 2-3 pound can – Have 1 person bring.
- ◆ **Paper items:** Need 150 strong paper plates, 150 napkins, 150 medium-size Styrofoam cups, 150 forks and spoons – Have 1 person bring plates and napkins and 1 person bring cups and utensils.

Cool Congregation Tips for Energy Savings:

- ◆ Ask your utility company for a home energy audit to find out where your home is poorly insulated or energy inefficient.
- ◆ Don't overheat or overcool rooms. Adjust your thermostat (lower in winter, higher in summer)
- ◆ Clean or replace air filters as recommended. Cleaning a dirty filter can save 5% of the energy used.
- ◆ Install a programmable thermostat to automatically adjust temperatures.
- ◆ Caulk and weatherstrip around doors and windows to plug air leaks.



These combined tips can save over 2,500 pounds of CO2 per year!

Service:

The Walnut Hills Way

Great Service Projects!

HERE'S SOMETHING EASY TO DO

Save those Campbell soup labels for Bidwell-Riverside Center. They are using them for supplies for their Early Childhood Development Center and for a van. Bring them to the church and put them in the Campbell's Soup can in the East Gathering Area.

PLASTIC CONTAINERS WITH LIDS are needed by Children and Families Urban Ministries. They use them to send food home for families. Bring them to the church and put them in the box in the East Gather Area. These are great family projects. Get the children involved!

Urbandale Food Pantry Personal Product Collection

Walnut Hills is joining other Urbandale churches in collecting personal care items on the 3rd Sunday of each month. Our item for February is **Kleenex**. Thank you for helping your neighbors in need!

Children's Church Leaders Needed!

We are in need of leaders and assistants for Children's Church at both the 8:30 and the 10:45 worship services. Please consider whether you would be willing to share in a story and activity with our children ages 3 to 1st Grade **during the month of April**. For information or to sign up, please contact Susan Guy at sguy@whumc.org or 270-9226 or check the STUB. Thank you!

Food Pantry:

The suggested food items for the month of February are **boxed dinners**.

The Next CFUM Meal

Next CFUM is Tuesday, February 16th. Preparers and Servers are Needed. Check out the Children and Families Urban Ministry Meal information on the Bulletin Board in the hallway outside the Celebration Center. Sign up at the bulletin board or check the STUB.

DMARC Food Pantry Service Opportunity

Once a month pick-up of food donated here at Walnut Hills to be delivered to The Des Moines Area Religious Council Food Pantry. A pick-up schedule is made for the year and if we receive enough response each person will pick-up once or twice during the months of January – December of 2010. Check the STUB, or call or email Pam, 270-9226, pam@whumc.org for more information. Persons volunteering will receive a pick-up schedule & reminder call.

Walnut Hills United Methodist Church
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Des Moines, IA 50323

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RETURN SERVICE REQUESTED

Publication Deadlines

Articles for the monthly newsletter for March are due February 1, 2010.

Sunday Service Bulletin Information

is due no later than 8:30 a.m. on Thursday of that Sunday's bulletin. Must be sent in email format to mandi@whumc.org.

Bulletin Insert Information

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Walnut Hills Newsletter and Calendar Online

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

Electronic newsletter can be emailed to you.

Email the church office at mandi@whumc.org to request it by email.

Walnut Hills on Facebook

We are on face book! Youth, Worship Arts and Walnut Way all have pages along with Walnut Hills Fan Page.

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

Office Hours

Monday through Thursday 8:30 a.m. to 4:00 p.m., Friday 8:30 a.m. to noon



12321 Hickman Rd
Urbandale, IA 50323
Phone: 515-270-9226;
Fax: 515-270-0838
www.whumc.org

☞
Doug Peters, Pam Deeds &
Susan Guy, Ministers

☞
8:30 & 10:45 a.m. Sunday Services

☞
9:30 a.m. Sunday School

How to Reach Your Ministers

Doug, Pam and Susan want you to feel free to contact them:

Church Office - 515-270-9226

Doug Peters, Senior Minister

E-mail - doug@whumc.org

Pam Deeds, Associate Minister

E-mail - pam@whumc.org

Susan Guy, Associate Minister

E-mail - sguy@whumc.org