

Name this Newsletter Contest

January 2010

AND THE FIVE FINALIST NAMES FOR THE NEWSLETTER ARE...

A great committee of all ages have chosen these five entries out of the 20 that were suggested. Drum roll please....brrrrrrrrrr! Ting! And the finalist are...

- ◆ Walnut Hills Happenings
- ◆ The Walnut Journal
- ◆ Walnut Hills Spirit
- ◆ Walnut Hills Herald
- ◆ The JIST (Justice Interfaith Spirituality Tribune)

Now it is your turn. Pick your favorite one and email it to Mandi at mandi@whumc.org or check the STUB. You can only vote once and it is open to all ages (each family member has a vote). Voting closes at 9:00 a.m. Monday, January 11. The winner will be announced in the February newsletter and will win wonderful prizes!



A Message from Doug

Welcome to this first issue of our monthly newsletter. Our publications staff and communications team have worked hard to develop what we hope will be a more complete, more informative and more interesting newsletter about Walnut Hills. Its expanded format will give more people an opportunity to write articles related to our shared ministry. This shift from a weekly to an expanded monthly newsletter should not result in any loss of communication because our website (www.whumc.org) is also being updated and expanded.

As you know, we celebrated our 20th anniversary as a congregation on October 11th. Many terrific people worked tirelessly to create Walnut Hills. As a result we plan to take this entire year – Sunday, October 11, 2009, through Sunday, October 3, 2010 – to celebrate our first 20 years and to re-commit ourselves to the mission, vision, theological stance and relationships that have made us who we are today. I have one goal for 2010 and it is “re-founding.” Are we willing and eager to be the “re-founders” of Walnut Hills for the next 20 years?

We have become a Reconciling Congregation to make our welcome even clearer. We have created the Walnut Way to give us small groups in which we can explore our spiritual journeys. We offer phenomenal adult education through our Center for Progressive Christianity. We provide for our children and youth engaging and service-oriented ways to live their earliest years. During Lent we will ask 50-75 of you to participate in a specific program of one-on-one conversations with others in our church. Our worship arts program is expanding all the time to offer additional expressions of worship and gratitude.

And why do we do all this and more? Because we want to be here and we want to make our world better through our shared congregational life. Will you commit to this year of “re-founding?” Will you be among the active, energetic, enthusiastic “re-founders” of Walnut Hills who are preparing this church for those who will follow us through our 5-fold membership vows?

- ◆ Prayers – pay attention to your spiritual journey through Walnut Way or other groups
- ◆ Presence – worship here weekly if at all possible
- ◆ Gifts – give generously with grateful hearts
- ◆ Service – give your time and efforts in our ministries
- ◆ Witness – reach out to others and share your enthusiasm for Walnut Hills and the larger spiritual journey

Welcome to our 21st year and the “re-founding” of Walnut Hills. ~Doug



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Human Relations Day Offering on January 17

Human Relations Day is one of the opportunities for United Methodist Churches to celebrate our connectional work. This day of social action and raising awareness aims to heal social ills at the national level. It supports Community Developers, United Methodist Voluntary Service (UMVS), and the Youth Offender Rehabilitation Program. Please prayerfully consider how you can support this ministry.

- Spiritual Soundings

In her book *Night Vision*, author Jan Richardson talks about threshold places, those doorways in our lives which lead to new places or experiences. She says, "The thresholds of our lives serve as places to choose, to discern, to sort out what we consider important and where we feel called to go. We may find ourselves at a threshold by choice or by circumstance, arriving by our own design or landing there by events seemingly beyond our control. Whether or not it seems sacred at first, a threshold can become a holy place of new beginnings as we tend it, wait within it, and discern the path beyond."

As we enter this New Year, I would invite you to take time to look for those threshold places in your own life. How are you being called or led by God to make changes in your own life? Are there areas which need attention that you have been putting off? Are there ways that God has been speaking to your spirit? Many of us make New Year's resolutions, which we practice for a short time and from which we gradually drift away. But a threshold place is much different than just making a resolution – a threshold place can oftentimes be stressful because of the fear of the unknown, but it can also be a place of power and tremendous energy as God's spirit is at work in your life. As you live into this new year and new decade of life, I pray that you will pay attention to your threshold places. If I may be a resource to you, please be in touch.

I wish you blessings on the journey, and hope to accompany you on the path.

Blessings,
Susan

Outreach Giving Update

Thank you so much for all of the generous gifts that you have given to support our Outreach Grants during 2009! Organizations which received gifts from Walnut Hills are: Principe de Paz United Methodist Church; Habitat for Humanity; New Life Advance International; Emily Sinwell (clinic in Mexico); Des Moines Area Religious Council; DMARC Emergency Food Pantry; Children and Family Urban Ministries; Des Moines Area Hunger Hike; Shalom Zone; Urbandale Food Pantry; Iowa Justice for Our Neighbors; Trinity United Methodist Church; Las Americas Comunidad de Fe; AMOS; Interfaith Hospitality Network; Children and Families of Iowa; Homes of Oakridge; Compassion in Action; Cedar Rapids Flood Relief; Bidwell Riverside Center.

Children of Walnut Hills Musical Presentation

Please mark your calendars and save the date for Sunday, January 31, 2010. The children of Walnut Hills will be doing a musical presentation during the 10:45 a.m. service. All children in Sunday school and Kids Alive are welcome to participate. For more information, contact James at james@whumc.org.



January Sunday Services

January 3 - 8:30 & 10:45 a.m.

Susan's Message -
"Looking for Jesus"
Scripture – Matthew 2:1-12
Epiphany Sunday
Communion

January 10 - 8:30 & 10:45 a.m.

Doug's Message –
"You Are Mine"
Scripture – Isaiah 43:1-7
1st Sunday After Epiphany
Baptism of the Lord/
Renewal of Baptism

January 17 - 8:30 & 10:45 a.m.

Doug's Message –
"Many Different Voices"
Scripture – Isaiah 62:1-5
2nd Sunday After Epiphany
Human Relations Day

January 24 - 8:30 & 10:45 a.m.

Doug's Message –
"Who Are Your Heroes?"
Scripture – Luke 4:14-21
3rd Sunday After Epiphany

January 24 - 5:30 p.m. Vesper Service

Christian Unity Week
Pam's Message ~
"You Are Witness of These Things?"
Scripture – Luke 24:48
Vesper Service is an evening of traditional worship with liturgy, prayer, scripture, hymns from the United Methodist Hymnal and Holy Communion.

January 31 - 8:30 & 10:45 a.m.

Eric Guy's Message – "
Hometown Advantage"
Scripture – Luke 4:21-30
4th Sunday After Epiphany

Satellite Services

Sunday afternoons ~ Worship at Silvercrest Assisted Living - 2 p.m.

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

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 January:

- January 6: Walnut Hills Service Project
- January 13: Project Choice
- January 20: Drama/Craft Night
- January 27: Pajama Party

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.

- January 6: Walnut Hills Service Project
- January 13: Choosing to be a Christian: Jesus and Me
- January 20: Bullying: Making Good Decisions
- January 27: Living Positively in a Media Age

Stephen Ministries: Know more about our Stephen Ministry Program

Congregations today are overwhelmed with needs for care – At some points in life, everyone faces periods of crisis, transition or difficulty Stephen Ministry provides congregations with the plan and resources to organize, train, and guide lay persons to provide consistent, quality, one-to-one Christian care to those who need it.

With Stephen Ministry, people no longer have to go through crises and difficulties alone. Instead they have a Stephen Minister – a Christian friend with a caring heart and Stephen Ministry training who will walk alongside them for as long as necessary, providing the emotional support and spiritual care they need.

Pastors and Stephen Leaders identify people in need of care, introduce them to Stephen Ministry, make sure that Stephen Ministry is the right kind of care for them, and then match them with a Stephen Minister. Stephen Ministers typically have one care receiver at a time and meet with that person weekly for about an hour. Stephen Ministers are not on their own in their ministry. They gather twice monthly with their Stephen Leaders for supervision and continuing education. This gives them the support they need and helps ensure that they provide the best care possible. Stephen Ministry Resources are used in the training of Stephen Ministers which equip them to do high quality ministry confidently and effectively.

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



Thank you from 5th and 6th Grade!

Thank you so much for supporting our alternative gift market for Heifer International! We raised \$2430 toward our goal of \$5,000! We are almost half way there!!!!

Children's Sunday School Special Program

Join your children on Sunday, January 10 as we have Rachel Burrow come and share with us about her trip to Nigeria! We will meet together in the Celebration Center at 9:30 a.m. This will take the place of regular Sunday school for Preschool – 6th Grade. Parents are welcome to attend!

Created by God Study

Our 5th and 6th Grade Sunday school class will begin the *Created by God: Tweens, Faith, and Human Sexuality* study this January. If you have a child in 5th or 6th grade and would like to sign them up for the study, please check the STUB or contact Susan Guy at sguy@whumc.org or 270-9226. Please mark your calendars for a parent meeting on January 24 at 9:30 a.m. There will be more information to follow.

Easter Already?!

Did you enjoy hearing the choir during the Christmas program? Would you like to experience the joy and excitement of singing with the choir? Then please join the latest installment of low-time commitment choir experiences offered by the Worship Arts department. The Easter Choir will rehearse for the Easter Cantata beginning Thursday, January 8, 2010 from 7:00 to 7:40 p.m. in the Worship Arts room. Child care is provided. All ages from teen to adult are welcome. If you would like more information about the Easter Choir, please contact James at james@whumc.org.

Walnut Way Moment

N - Non-judgmental Way of Life

"Religious pluralism goes beyond mere tolerance for diversity and requires that we build positive relationships and work with one another. It is a state in which we respect one another's religious identity, develop mutually enriching relationships with each other and work together to make this world a better place".

- From the Interfaith Youth Core web site

THANK YOU!

It's great to be a part of a church, where the congregation is so supportive of the youth. You have helped us raise \$2747.77 so far from our three fundraisers - a bake sale, the soup lunch and yesterday's very successful Holiday Cookie Walk! This year's mission trip to York, Pennsylvania will cost approximately \$11,000 for 20 youth and chaperones. (We may adjust the mode of transportation, so that figure is not final) and you have given us a great boost toward raising it all. Thank you - thank you - thank - you! Watch for future opportunities to help out - February's Super Bowl sub sandwich sale, a Valentine sale, a Mother and Father's day car wash and of course, the Iowa Cubs Concessions beginning in the Spring.

- Walnut Hills Senior High Youth Group



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)
Nov. 29-Dec. 20: Advent Study
(The Thoughtful Christian)

Wednesdays from 7-8:30 p.m.

Sr. High Youth Group:

- Jan.6: On-site
- Jan. 13: 6:00 YLT - 7-8:30
Ice Skating at Brenton Plaza
downtown
- Jan. 20: Movie night (on site)
- Jan. 27: ISU Wesley Students
Here

** Lock-in - January 8-9th at the church.

Jr. High Youth Group:

- Jan. 6: On-site
- Jan. 13: Ice Skating at Brenton
Plaza downtown from 7-8:30
- Jan. 20: On-site
- Jan. 27: To be determined

Confirmation:

- January 3-31st: Confirmation Bible study
- January 17: Confirmation Class

Confirmation Inter-faith visits:

- Friday, January 15 - 5:45 - Basilica of St. John;
- Friday, February, 19- 6:45, Muslim Community Center; Saturday, March 27 - 11:15; Hindu Temple and Cultural Center (includes Indian lunch)



Cookie Walk

December 13, 2009 - Cookie Walk pictures taken by Julie Stone



Soup Lunch

November 22, 2009
Youth Soup Lunch
pictures taken by
Mandi Arthur-Struss



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. Please check the STUB if you plan to attend.

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!

You want me to sing what?!

January 17, 24, and 31, 9:30 a.m. Celebration Center, Join James Walters, Director of Worship Arts at Walnut Hills, for an exciting and entertaining look at how we use music in worship. We will take a [brief] journey through the Renaissance and Middle Ages up through today's modern music and how it all applies to our philosophy of singing during services. This class will aim to teach you about different styles of music in worship as well as the styles we use at Walnut Hills. Hymns, jazz, songs, canticles, pop music, psalms, rock and roll, and the ever-popular Gregorian Chant: why do we have so many different ways to present music in worship?!

Wednesday Evening Film Series

Join us from January 13 – February 10 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.

Groups Gather

- **Coed Volleyball:** Starts in January. If you are in high school and beyond...way beyond...we hope you will join us starting in January. 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. Please check the stub on Sunday if you are interested, or contact Marlyn McKeen at 253-9017.
- **Women's Book Group:** Tuesday, January 12, 7:00 p.m. at Starbucks across from Living History Farms on Hickman Road. The book for January is *The Space Between* by Kali Van Baale.
- **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).
 - January 6 - Torturing Democracy
 - January 13 - Martin Luther: The Reluctant Revolutionary Part 1
 - January 20 - Martin Luther: The Reluctant Revolutionary Part 2
 - January 27 - American Experience—Sister Aimee: Saint or Sinner?
 - February 3 - American Experience—America and the HolocaustFor full explanation of the classes go to www.whumc.org/events.html page.
- **Men's Roundtable:** Wednesday, January 13, 11:45. Host Frank Arbs and Wednesday, January 27, 11:45. Bring your own sack lunch.
- **Brunch Bunch:** Sunday, January 17, noon. For location call Louise Burch at 987-3762.
- **Parents of Teens:** Meet the second Sunday of every month, 9:30 a.m., Koth library.
- **"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 blankets. Please contact Abbie Smith for more information on how to get involved (664-9400, kevinandabbie@hotmail.com). Next work weekend is scheduled for January 22 (6-9pm) and January 23 (9am-3pm) in the church library.

Mature Adult Ministries 50s+

Monday Morning Bible Study begins, January 4th 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, January 25, 1:30 pm, 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

James D. Walters

On January 17, 2010, our Walnut Hills family will be learning about and celebrating Human Relations Day. This is a day of "social action and raising awareness, which aims to heal social ills at the national level."¹

This year, we will be singing "Lift Every Voice and Sing," a rousing hymn in 6/8 meter. The song was "performed first as a poem as part of a celebration of Lincoln's birthday on February 12, 1900 by school children at the segregated Stanton School. Its principal, James Weldon Johnson, wrote the words to introduce its honored guest, Booker T. Washington."² The words were later set to music by Weldon's brother, J. Rosamond Johnson.

The captivating words and triumphant tune, known as LIFT EVERY VOICE, has become the unofficial African-American national anthem. "Although 'Lift Every Voice' bears special meaning for African-Americans, it profoundly evokes images of hope and faith with which all who love freedom readily can identify."³

Sources

1. <http://new.gbmg-umc.org/give/specialsundays/humanrelations/>
2. http://en.wikipedia.org/wiki/Lift_Every_Voice_and_Sing
3. *The Hymns of the United Methodist Hymnal: Introductions to the Hymns, Canticles, and Acts of Worship*; ed. Diana Sanchez; copyright 1989 by Abingdon Press; pg. 177.



PowerPoint Info

The PowerPoint is an integral part of your Sunday morning worship experience. Not only does it give you dates and times, but it lets you know all the wonderful things going on at Walnut Hills in a colorful and visual presentation format. If you need information to be put into the PowerPoint, please have your information to Michelle Riesenberg and Rachel Burrow by Wednesday of the week before. Thanks.

Christmas Wrap-up

James D. Walters

A successful Christmas isn't measured by how many gifts you received or how much you spent on each person. A successful Christmas is one filled with love and the spirit of the season. Many showed their love by attending one of two nights of *A Festival of Lessons and Carols*, the yearly Christmas program presented to the congregation of Walnut Hills by the Worship Arts department.

The spirit of the season was shared by the many ensembles providing talent for this year's program. The Celebration Singers were once again center stage and were joined by The Ringmasters and Tintinnabulators. These two handbell groups showed their skills by ringing "God Rest Ye, Merry Gentlemen" and "Ukrainian Bell Carol," respectively. The Walnut Hills Chorale also joined in the singing with "O Magnum Mysterium" and "Lullay My Liking." The former is a Latin setting of the Christmas text regarding the animals present at the birth of Jesus.

The Brass Ensemble added their special touch to the program by playing "Wexford Carol" as well as accompanying the congregational hymns. In addition, Alyson Skahill and Christy Brown helped round out the sounds of the hymns and songs by accompanying on the keyboard and piano.

Since September 19, 2009, the Worship Arts department has been working on the music for *A Festival of Lessons and Carols*. A showstopper amidst the Seventh Lesson was "I Saw Three Ships." This is a piece arranged by Mack Wilberg, the musical director and conductor of the Mormon Tabernacle Choir. A formidable piece, there were many involved, including the Celebration Singers, Tintinnabulators, keyboardists, and special musical guest, Tad Guy, on the glockenspiel. This piece is the culmination of many hours of rehearsal and work by all those involved in this wonderful program.

If you weren't able to attend *A Festival of Lessons and Carols*, perhaps you were in attendance at the children's program on December 13 during the 10:45 service. Grades preschool through fourth grade from Sunday school and Kids Alive performed *A Simple Christmas Pageant*.

What a great representation of the younger generations of Walnut Hills! The children sang familiar songs, like "O Come, O Come Emmanuel," "Go Tell It on the Mountain," and "Away in a Manger," as well as some unfamiliar Christmas tunes, such as "The Angel Gabriel."

Tyler and Claudia were great as Joseph and Mary, and Noah was a shining star as the angel Gabriel. Many helped with this program, including the Sunday school teachers and Kids Alive helpers. Lauren Walters was also a huge help with this program, leading the first and second graders on Sunday mornings and the Kids Alive children on Wednesday nights.

Christmas may be over, but the love and spirit shared through music during this special time of year are much appreciated by the church leadership as well as those attending any of the musical presentations. If you missed this year's performances, you are in luck. Christmas will happen again next year. You can count on it!

- Pictures taken by the Steve and Susie Billingsley



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!

January 6: Decorated Snowflakes for Children at Blank Children's Hospital

SAVE THE DATE: JANUARY 30

Hope for the Hungry: Feeding Greater Des Moines. A one-day gathering to learn ways to help alleviate hunger in the greater Des Moines area. Saturday, January 30, 9:00 a.m.-4:00 p.m. Registration begins at 8:00 a.m. **\$15.00. Watch for ways to register in future publications and on the website.**

Diana Sickles: dsickles@mindspring.com; phone 255-5055 or Adam Hammes: adamhammes@gmail.com

Food & Faith: A Call to Action and Urban Ambassadors are joining forces to provide an inspirational, informative, and practical summit to assist all who want to help feed hungry people but don't know what to do or how to go about doing it. fed. For more information check our website at www.whumc.org.

Social Justice Lunch

Would you like to become involved with our Social Justice Team at Walnut Hills? Would you like to know more about our work with the Cool Congregations Program? Then come to lunch on Sunday, January 17 from noon – 1:30 p.m. at the church. Our Social Justice Team will be sharing about the work that they do, and inviting you to be a part of it. Please RSVP by checking the STUB or contacting Susan Guy at sguy@whumc.org or 270-9226.

Cool Congregation Tips for Energy Savings:

Energy Savings on Personal Computers

If you're wondering when you should turn off your personal computer for energy savings, here are some general guidelines to help you make that decision. For energy savings and convenience, consider turning off the monitor if you aren't going to use your PC for more than 20 minutes both the CPU and monitor if you're not going to use your PC for more than 2 hours. Make sure your monitors, printers, and other accessories are on a power strip/surge protector. When this equipment is not in use for extended periods, turn off the switch on the power strip to prevent them from drawing power even when shut off. If you don't use a power strip, unplug extra equipment when it's not in use. Make sure you have the power-down feature set up on your PC through your operating system software.



Service:

The Walnut Hills Way

Great Family 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 January is **Shampoo/Conditioner**. 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 March**. For information or to sign up, please contact Susan Guy at sguy@whumc.org or 270-9226 or check the STUB. Thank you!

Children & Families Urban Ministry Meal

Check Out the Children and Families Urban Ministry Meal Information on the Bulletin Board in the Hallway Nitch Between the East Gathering Area and West Gathering Area. **The next CFUM meal is Tuesday, January 19.** Preparers and servers are needed. Sign up at the bulletin board or check the Stub.

Food Pantry:

The suggested food items for the month of January are; canned and packaged soups

Spring Blood Donation Drive

Walnut Hills Mature Adult Ministry Team is sponsoring a blood donation drive this coming spring.

Please check the stub to let us know that you would be interested and available to donate blood. We will then inform The Blood Center of Iowa that the people of Walnut Hills would support the presence of the Bloodmobile and would provide a fantastic turn-out for a blood drive in the spring. As soon as we have at least twenty volunteers willing and able to donate we will schedule the date and times for blood donations.

Thank you for taking this opportunity seriously - Be sure to check the stub or call or email Pam 270-9226, pam@whumc.org.

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

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RETURN SERVICE REQUESTED

Publication Deadlines

Articles for the monthly newsletter for February are due January 4, 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

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.

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
