

Spirit

Walnut Hills Happenings

March 2010



Palm Sunday and Holy Week

Please join us for Walnut Hills Holy Week. Look to the weekly bulletin, now online at www.whumc.org on the "what's new" page, for more information.

- ◆ **Sunday, March 28: Palm Sunday** at 8:30 and 10:45 a.m. services. Celebrate with the children's palm parade.
- ◆ **Sunday, March 28: Palm Sunday Peace Procession:** *2:30 pm, Gather at the Capitol West Mall *3 pm, Process down Grand Avenue *3:45 pm, Celebrate peace in word and music at First United Methodist Church, 1001 Pleasant Street in Des Moines. You are invited to attend either or both parts of the program.
- ◆ **Wednesday, March 31: Jewish Seder/Passover** All church event at 7 p.m. Art Dinkin will be our leader.
- ◆ **Thursday, April 1: Maundy Thursday Service** at 7 p.m. Communion
- ◆ **Friday, April 2: Good Friday Service** at 7 p.m. Tenebrae/Service of Shadows
- ◆ **Saturday, April 3: Easter Egg Hunt** at 10 a.m.
- ◆ **Sunday, April 4: Easter Sunday** at 8:30 and 10:45 a.m. services
- ◆ **Sunday, April 11: A Time for Alleluia concert** - Celebration Singers, Drama readers, and Easter Orchestra performs at 8:30 and 10:45 a.m. Services.

Easter Offering

The Outreach Committee has a goal of raising \$5,000 through our Easter Offering to support Habitat for Humanity. Any additional funds raised will support the Des Moines Area Religious Council's Emergency Food Pantry. The offering will be collected March 21 – April 11. Please prayerfully consider how you can contribute to these important ministries.

A Message from Doug

By the time you read this the earthquake in Haiti will have been "old news." It will have been well over a month since the millions of people who live in and near Port-au-Prince realized the terror that shook both their land and their spirits. It will have been well over a month since the people of the world scrambled to do whatever we could do with our money and our muscles and our minds. It will have been well over a month since the monumental task of preserving life and burying the dead occupied the days of countless professionals and volunteers. So if we proceed as we often do as a world, the stark realization of what has taken place will have slipped from the forefront of our collective minds and hearts. And that's not because the majority of the people are heartless, uncaring people. It will be because something else in the world or in our individual lives will have moved to the center.

During this Lenten season let us remember that we worship a God and follow a Christ Spirit that never relegates our broken hearts and our broken spirits and our broken bodies to "old news." The Lenten season is a time especially set aside for us to contemplate what is truly important. The collective pain we often share as a world is remarkably important, as is the spirit of collective hope, peace, compassion and justice that comes to bathe us all in a love that is beyond our comprehension. And no one is outside these arms of comfort. No one's story is insignificant; no one's journey is old news. Bring your stories, your tears, your laughter, your emptiness, your strength to share with your community of faith as together we journey through this season. Bring your questions, your doubts, your frustrations. Bring your gifts, your wisdom, your insights. Bring your hunger and whatever plentitude to have to share. We are in a significant moment together. I look forward to these days of Lent with you.

~ Doug

Reconciling Congregation

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-Spiritual Soundings-

As I sit here writing this in early February, I am watching yet another snowfall out my window. This may possibly be the longest winter in my lifetime, and I find that little signs of hope are all that I can ask for: a day with sunshine, the amaryllis bulb which is blooming to life in my living room, and birds which never seem to be defeated by the snow. While I have to say that I love all birds, it's the cardinals that catch my attention the most with their lovely bright red feathers and their determined song. It reminds me of one of my favorite poems by Mary Oliver, entitled "Red Bird":

Red bird came all winter
firing up the landscape
as nothing else could.

Of course I love the sparrows,
those dun-colored darlings,
so hungry and so many.

I am a God-fearing feeder of birds.
I know He has many children,
not all of them bold in spirit.

Still, for whatever reason –
perhaps because the winter is so long
and the sky so black-blue,

or perhaps because the heart narrows
as often as it opens –
I am grateful

that red bird comes all winter
firing up the landscape
as nothing else can do.

I would urge you to take some time and reflect on those places that you are finding hope – maybe you've found it in some big transition in your life, and maybe it's to be found only in one or two small ways. Be grateful for each way that hope presents itself. It is my privilege to journey with you.

Blessings,
Susan

One Great Hour of Sharing

On March 7th we will be collecting a special offering for One Great Hour of Sharing, one of the six United Methodist Special Sundays throughout the year. This offering underwrites the operating costs for the United Methodist Committee on Relief (UMCOR), so that 100% of your designated gifts can be directed to emergency relief. Please prayerfully consider what you can give to this important ministry.

Monthly Vesper Service Offered

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, March 21st at 5:30pm** to celebrate the Lenten Season

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

Future Vespers Services

April 25 – Celebrate God's Creation

May 23 – Pentecost



Picture by Craig Calhoun

March Sunday Services

~ Lenten Season ~~~~~

March 7 services 8:30 & 10:45 a.m.

Doug's Message:

"Re-founding – The Longing"

Scripture: Psalm 63:1-8

3rd Sunday in Lent

Communion

March 14 services 8:30 & 10:45 a.m.

Doug's Message:

"Re-founding

– The Outrageous Welcome"

Scripture: Luke 15:1-3, 11b-32

4th Sunday in Lent

March 21 services 8:30 & 10:45 a.m.

Doug's Message:

"Re-founding

– The Anticipation"

Scripture: Isaiah 43:16-21

5th Sunday in Lent

March 21 service 5:30 p.m.

Vesper Service

Lenten Season

Pam's Message:

"God is Doing a Great Thing"

Scriptures: Psalm 126

Acts 9:36-43

John 10:22-30

March 28 services 8:30 & 10:45 a.m.

Doug's Message:

"Re-founding

– The Faithfulness"

Scripture: Luke 19:28-40

6th Sunday in Lent (Palm Sunday)

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.

Pop Can Drive to Benefit Heifer International

Our 5th and 6th Grade class has raised over \$2,800 toward their goal of \$5,000 for Heifer International! Their next fundraiser is a pop can drive from March 21 – 28. Please bring your donated pop cans to Walnut Hills for them to take and recycle with all monies benefiting Heifer International.

Vacation Bible School

The dates for our 2010 Vacation Bible School are June 20-24, so mark your calendars! Our theme this year is Galactic Blast! If you would like to volunteer please contact Susan Guy at sguy@whumc.org or 270-9226, or check the STUB on Sunday mornings!

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.

- March 3: Family Service Project
- March 10: Project Choice
- March 17: No Kids Alive – Spring Break
- March 24: Drama/Craft Night
- March 31: No Kids Alive – Holy Week

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.

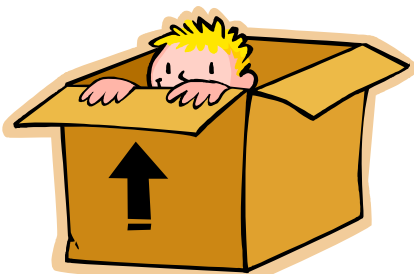
- March 3: Family Service Project
- March 10: Living Positively in a Media Age
- March 17: No 56 Club – Spring Break
- March 24: Service Project
- March 31: No 56 Club – Holy Week

Children's Sunday School

Classes are available for children from ages 3 – 6th Grade. Preschool – 2nd Grade meets in the upper level, and 3rd - 6th Grades meet on the lower level. Please stop at the welcome kiosk for help in finding your child's classroom. **Please note there are no classes on March 14 for Spring Break and April 4 for Easter.**

Save Those Appliance Boxes!

Our Vacation Bible School decorating team will be in need of large appliance boxes for our Galactic Blast this June! If you are having appliances delivered, please save the boxes for us and we will be happy to take them off your hands. Please contact Susan Guy if you have any to share: sguy@whumc.org or 270-9226. Thanks!



New Nursery Check In Forms

Please be aware that our check-in process for nursery care will be changing with new Child and Youth Safety Policy information. Parents will be required to sign their children in and out of the nursery, and we will also be updating contact information as well as information on allergies, medications, and any other special information for your child. Our goal is to be sure that your children are safe at all times while they are in the care of our professional staff. If you have questions, contact Susan Guy at sguy@whumc.org or 270-9226.

Thank You!

Our cookie sale for Children and Family Urban Ministries raised \$320.00! Thanks for supporting this ministry on behalf of our Walnut Hills Service Nights!



Pictures taken by James Walters

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
March 3, 10, 17, 24 & 31.

Confirmation

- ◆ Class is Sunday, March 7
- ◆ Interfaith visit to the Hindu Temple - Saturday, March 17 at 11:15.

**Spring Break is March 12 - 20 so there will be no classes on Sunday or youth group on Wednesday, March 14. We will have classes on March 21 and youth group will be held on March 31.

**Senior High Work Trip Date
changed to July 17-24**

Thank You for Your Support!

The Sr. High youth traveling to York, Pennsylvania in July for their annual work trip say - THANK YOU! We sold 110 Super Bowl Subs and 41 Valentines, helping us raise over \$1000 for the trip! We hope you enjoyed them as much as we enjoyed making them for you.

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.

Wednesday Evening Film Series

Join us on March 10 and March 24 for the final two films in our film series.

March 10: Beyond Our Differences

In addition to documenting the work of great leaders such as Gandhi, Desmond Tutu and the Dalai Lama the film also follows several modern-day visionaries whose faith have afforded them the courage to promote social change. Not Rated.

March 24: Seven Pounds (rescheduled)

An IRS agent (Will Smith) with a fateful secret embarks on a journey of redemption by changing the lives of seven strangers. Rated PG-13.

Current Adult Classes:

Sandwich Generation Group Last Short-Term Class 9:30-10:30am

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!

Interfaith Power and Light Forum:

Join us on Sunday, March 21 at 9:30 a.m. for a special presentation by Tim Fink, Executive Director of Iowa Interfaith Power and Light as he shares information on climate change and how we can all make a difference! Please check the STUB if you plan to attend.

El Salvador Forum:

On March 28 two of our members, Betty Van Woert and Andrea Addington, will share information about their medical mission team's trip to El Salvador. Join us in the Celebration Center at 9:30 a.m. to hear their stories.

Walnut Way Moment T - Tithing

"Though many of us are well-intentioned, we have invested our lives in consumerism. We have a love affair with "more" - and we will never have enough. Consumerism is not simply a marketing strategy. It has become a demonic spiritual force among us, and the theological question facing us is whether the gospel has the power to help us understand it."

from The Liturgy of Abundance,
the Myth of Scarcity by Walter Brueggemann

Groups Gather

- **Women's Book Group:** The next meeting is on Tuesday, March 2 at 7:00 p.m. at Starbucks across from Living History Farms on Hickman Road. The book for March is *The Help* by Kathryn Stockett. Our April 6th book will be *How Starbucks Changed My Life* by Michael Gates Gill.
- **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).
- **Ladies reminder that Spa Day is Saturday, March 6.** Pampering and lunch with your friends at LaJames Spa. Lunch will be catered by Terrie Kohl.
- **Secret Pals:** March 7 is the last day to sign up to be a Secret Pal. Would you like to get to know other women in Walnut Hills? The committee for the Women of Walnut Hills is sponsoring a Secret Pal exchange. Sign up and you will be matched with another woman in our church. You will anonymously send small notes, poems, prayers or small gifts from March 28 - April 30th. Then on May 1, come to brunch and meet your Secret Pal. Brunch will be at The Gateway Market, 520 Market Street in West Des Moines. Questions, contact Sandy Lorenzen 221-2999.
- **Coed Volleyball:** Ends March 7th. 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.
- **Men's Roundtable:** Wednesday, March 10, 11:45. Host Gordon Watson. Wednesday, March 24, 11:45. Host Carl Johnson.
- **Parents of Teens:** Meet the second Sunday of every month, 9:30 a.m., Koth Library.
- **Brunch Bunch:** Sunday, March 21, noon. Host is Pam Deeds. For location check the weekly bulletin.
- **"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).

Walnut Hills: Who We Are

Our Mission Statement

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

Our Vision Themes

Interfaith Acceptance
Social Justice
Spirituality



Our 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."



Mature Adult Ministries 50+

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) Next Game Day, March 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

Looking toward Palm Sunday

James D. Walters

We enter Lent with the same anticipation that we feel during Advent, but the anticipation takes on a different form. During Lent we are reticent to sing the "Alleluias" that throng the air during the Advent and Christmas seasons. Lent teaches us to be patient and to give up those things that hinder us from experiencing God's love in the first place. Lent is a time for reflection and recommitment.

As Lent ends we find ourselves excitedly welcoming Jesus into our lives and through the city gates of Jerusalem. On Palm Sunday, that glorious day of welcoming, our Walnut Hills congregation will be singing *All Glory, Laud, and Honor*, a shining hymn written by Theodulph of Orleans and translated by John Mason Neale. The date this hymn was written isn't clear, nor are the conditions under which it was written. Some have stated that the hymn was "probably written when Theodulph was imprisoned in the cloisters of the Cathedral of Angers in 821."¹

An almost-believable legend that surrounds this hymn concludes with Theodulph, the Bishop of Orleans, being reinstated into his post after Charlemagne's son, Louis the I (the Pious), visited the cloister prison and heard Theodulph singing this hymn in his cell. This has been proven wrong by many since "it is almost certain that Theodulph was never really restored [to Bishop]."²

The original hymn had thirty-nine, two-line stanzas making it appropriate for a Palm Sunday processional. The text "contrasts Jesus' festive entry into Jerusalem with the foreshadowing of his passion."³

The tune is the triumphant ST THEODULPH and was written by Melchior Teschner. Teschner was born in Fraustadt, Silesia in 1584 and became a cantor in the Lutheran church of his town. "This chorale tune was composed, in 1613, for another German hymn text."⁴ Bach found the tune so moving that he borrowed it for his masterful work *St. John's Passion*.

1. 2. *Our Hymnody*; Robert Guy McCutchan; copyright 1937 by The Methodist Book Concern of New York; pg. 162.

3. *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. 105.

4. *101 More Hymn Stories*; Kenneth Osbeck; copyright 1985 by Kregel Publications; pg. 28.



Save the Date!

Please save April 11, 2010 as a "must attend" Sunday. During both of the Sunday morning worship experiences, you will be treated to a spectacular performance by the

Celebration Singers, Drama readers, and Easter Orchestra of *A Time for Alleluia*. This wonderful cantata by Joseph M. Marin chronicles Jesus' life from promised coming to biblical resurrection using the familiar scripture Ecclesiastes 3:1-9. Please join us for a wonderful finish to your Easter worship season! If you have any questions, please contact James at james@whumc.org.



Looking Through a Prism: Skipping Stones

Skipping stones was a favorite pastime growing up. I was never good with it. Sometimes, if not almost all the time, it would sink with a big "glug" but every once in a while I would get a great skip. Bouncing from one to another to another, jumping merrily along until slowly sinking below the water surface. Looking back it was just a fun hobby to waste time while camping. I think it was up there with the clam racing.

Looking at it from another angle, skipping stones is actually a very interesting way to view how a person lives. Every action, every idea is a stone. Every day a person skips thousands of the stones from choices, actions, words...breathing. The lists go on and on. Each event becomes "skippers" or "glugs." By throwing these stones he or she learns then moves on to the next stone. The thing is these "skippers" and "glugs" are just very small parts of the equation of life.

When a person "skips" a stone, it causes ripples in the water. Sometimes big, sometime little but they go on touching the other ripples from the "skipping" stone. Bouncing off of each other, action and reaction. What is so exciting about this is the stone is already long gone. The "skipping" stone has no idea what ripples it caused but maybe gets a small glance at the end once it slips below the surface. But those ripples bouncing off of each other cancel or push more ripples out. They can go on and on affecting so many others in thousands of ways. It could be years before one realizes what good that "skipping stone" did or he/she may never hear about it.

Now the "glugs" are different. Many may see the "glugs" as failures but others see them as trials and learning opportunities. The stone is still there below the surface where it actually witnesses the ripples but in a "watery" way. Sometimes these ripples can be very uncomfortable and all the person can do is focus on his/her self. But what happens may be a surprise if he/she would try to really peer through the water. How one person's "glug" can ripple into someone else causing them to throw a "skipping stone". How someone's trial or pain can teach someone else to pick up a totally different stone to skip. Different choices, different "skipping" paths.

We, as a society, want to be noticed in good ways and sometimes in bad ways but many times we feel so alone. What a person needs to realize is everyone makes impacts in other lives but maybe more through a "skipping stone" or "glug" impact. Maybe instead of "casting stones" change your thought to "skipping stones" and how one small action can effect so many people in a positive way without a person even realizing it.

~Mandi Arthur-Struss

Walnut Hills Service Nights

Join us on the first Wednesday of each month as we join together to be in service to our community and world! This is an intergenerational project, so children and adults of all ages are welcome! 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. **Children need to be accompanied by an adult. Please check the STUB if you plan to attend!**

Upcoming service night are:

March 3: Family Potluck at 5:30 p.m.; Thinking of You cards for homebound and hospitalized members at 6:00 p.m.
Please bring any cardmaking supplies you would be willing to share!

Children and Families Urban Ministry Meal New & User Friendly Menu

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 p.m.

CFUM Meal Menu, January 2010 Through December 2010

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.

Pizza Night: Total cost with \$10 tip for delivery pizza = \$231.10 = 30 pizza's
Salad: Tossed salad with dressing
Dessert: Brownies.
Milk: Need 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

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

Cool Congregation Tips for Energy Savings:

- Reduce waste by recycling. For every gallon of garbage reduced per week, you save 100 pounds of CO₂. CO₂ reduction for 10 less gallons per week: 1000 pounds per year!
- Reduce waste by buying minimally packaged goods; choose reusable products over disposable ones; begin composting; reuse your own cloth grocery bags, buy food in bulk. CO₂ reduction for one gallon less garbage per week: 100 pounds per year.

Figure out your carbon footprint. The link is found on our website www.whumc.org, click *what's new* button and then the *survey* page link.



Service:

The Walnut Hills Way

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 March is **Toothpaste**. 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 May**. 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 March is **rice**.

The Next CFUM Meal

Next CFUM is Tuesday, March 16. 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.

Six Month Sign Up Continues

You can still sign up to be on a email/calling list to help volunteer on Sundays and Wednesdays. Fill out the inserts on Sundays until March 14. Remember to sign your name.

Blood Drive

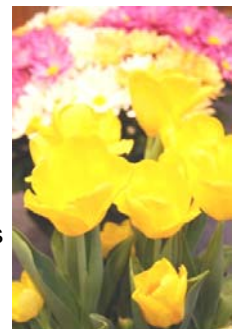
The Blood Drive is scheduled for April 21. Sign up and more information coming in March.

Easter Flowers

The final day to order your Easter Flowers in honor and/or memory of your loved ones is March 7.

The list of flowers available and pricing are located on the insert that is located in the weekly bulletin. There will be a wide range of choices.

Remember when you make your check out to Walnut Hills write "flowers" in the memo area. All the flowers will be on display on Easter day. You can take your flower after the service.



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 April are due March 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

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 facebook! Youth, Worship Arts and Walnut Way all have pages along with a 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

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