

In a Nutshell

February 27, 2026

Roman 12:1- *I appeal to you therefore, brothers and sisters, on the basis of God's mercy, to present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable act of worship.*

One of our Sunday School classes is doing The Bible In A Year: A 52-Week Journey Through God's Word. Often Bible in year studies become daunting. It's easy to start off with the best of intentions to read the whole Bible in a year and get caught up in overwhelming efforts to cover the whole Bible in a year. This spiral study book instead focuses on weekly themes and daily verses related to the topic of the week. So far, the class has covered themes like Creation and God's Nature, God's Love, Faith, Prayer, Salvation, the Holy Spirit, and the Church.

In the week on Worship there is the verse from Romans 12:1 that speaks to how we worship. Worship seen as surrendering our whole selves to God's glory includes but is not limited to singing, reading, the sacraments of baptism and communion, but to how we live into the fullness of who we are not just asking ourselves "when do we worship" but how do I live reflecting worship to God?

Lent, for us, is a season to be reminded of the intention we take for our everyday worship of God. Whether it's diving deeper into scripture, getting more comfortable with silence, or slowing down to respect the Sabbath, we know there are many ways to worship our Lord and Savior Jesus Christ. By embodying mercy, we find ways to reach out to those who need reminders of God's strong love.

May our prayer today be simply this – for God to meet us where we are. Whether we are joyful overwhelmed, or without a care in the world, may God speak just the right word for us to grow. May we stay open to the many ways we can faithfully worship, both on Sundays and in the ordinary moments of every day. By God's grace, we respond to all God has done for us. May the way we live point back to God's goodness and mercy. Praise be to God!

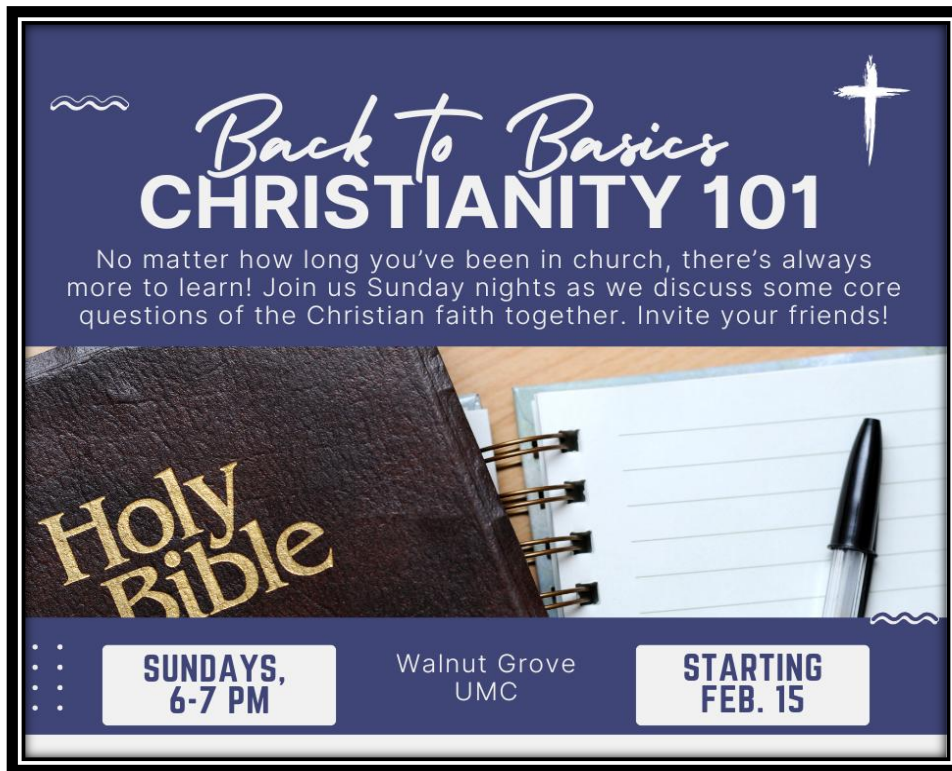
~Pastor Laura

NEW AND IMPORTANT INFORMATION

Sunday Night Meal RSVP

Please sign up if you plan to attend and eat a meal during our Sunday night fellowship! This helps our cooks prepare the right amount of food. [SundayNightMeals.RSVP](#)

Sunday Night Adults (Back to Basics - Christianity 101)



The poster features a dark blue background with a white cross in the top right corner. The title "Back to Basics" is written in a white cursive font, with "CHRISTIANITY 101" in a bold, white, sans-serif font below it. A wavy line is on the left. The text reads: "No matter how long you've been in church, there's always more to learn! Join us Sunday nights as we discuss some core questions of the Christian faith together. Invite your friends!" Below this is a photograph of a brown leather Bible with "Holy Bible" written in gold, next to a spiral notebook and a black pen. At the bottom, there are three white boxes: the first contains "SUNDAYS, 6-7 PM", the second contains "Walnut Grove UMC", and the third contains "STARTING FEB. 15".

Back to Basics
CHRISTIANITY 101

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**SUNDAYS,
6-7 PM**

Walnut Grove
UMC

**STARTING
FEB. 15**

Early Response Team Training- Saturday, March 7th

We are excited to host this important training, which prepares teams to respond after disasters such as floods, fires, or hurricanes. The basic training is from 8:30am-4:30pm. A four-hour recertification class is available only for those whose certifications have expired within one calendar year. Please register at this link:
<https://nccumc.org/disaster/training/>



The poster has a red background with a white hand icon in the top left. The title "EARLY RESPONSE TEAM TRAINING at Walnut Grove UMC" is in white. The text reads: "ERT Classes help participants understand how United Methodists are involved during a disaster, how we get prepared for a disaster, and what we can do when a disaster strikes. This 8 hour training is required to receive an ERT badge and become part of a fully certified team. A four hour recertification class will be offered as well. Lunch and snacks are provided." Below this is a circular photo of two people, one in a red vest, handling supplies. To the right, the date and time "MARCH 7, 2026 8:30AM - 4:30PM" are listed. A white box contains "REGISTER ONLINE. \$20 FEE PER PARTICIPANT." At the bottom, it says "FOR MORE INFORMATION : https://nccumc.org/disaster/training/#ERT" and features a white cross logo.

EARLY RESPONSE TEAM TRAINING
at Walnut Grove UMC

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FOR MORE INFORMATION :
[HTTPS://NCCUMC.ORG/DISASTER/TRAINING/#ERT](https://nccumc.org/disaster/training/#ERT)

Youth Visit to Judea Reform Congregation, March 13th

Youth and their families, join us Friday March 13th at 6pm for the 6pm Shabbat service at Judea Reform Congregation in Durham. This is a unique opportunity to experience fellowship with our Jewish brothers and sisters in faith. Please let Lauren know if you are planning to attend or have any questions at laurenwelch880@gmail.com

2026 Lake Junaluska Music and Worship Arts Week Monday, June 22 to Friday, June 26

Let's talk summer with the warmth and beauty of the North Carolina mountains! Registration is now open for this year's music week at Lake Junaluska Assembly. This is an annual event designed for worship leaders, pastors, musicians, and singers of all ages. We will leave from the church on Sunday afternoon, June 21. Worship services and rehearsals start on Monday, June 22. Children who have completed the 3rd grade, youth, and adults are welcome to attend. Chaperones are also needed.

Activities and events include worship services, choir rehearsals, youth talent show, crafts/games, recreation (swimming, etc.) We will stay in a large house overlooking the lake. If your child, youth, or you are interested, let Leigh know at 919-818-3317 or leighmcfalls@gmail.com

**Reality Ministries
fosters friendships
amongst people of
all abilities marked
by mutuality,
authenticity and
the reality of
Christ's love for
all.**



Reality
ministries

SPRING 2026 FUNDRAISER

*An evening of desserts, story-sharing, and
learning how to support Reality's beloved
community*

**Wednesday, March 11th
7-8:30pm**

The Reality Center
916 Lamond Ave, Durham

Important Health Information

Flu season is upon us. Numbers are high. Several members of our congregation have already had it...and more are likely to get it. There are things we can do to decrease our risk of getting it and to decrease the risk of complications if we do.

- Stay home if you're sick! A general rule of thumb for returning to gatherings is that you should be fever-free for at least 24 hours WITHOUT the use of fever-reducing medication (acetaminophen, ibuprofen) and feel well enough to resume activity. Even though you may feel like returning sooner, please think of the high risk and especially vulnerable people in church that may end up in the hospital with complications.
 - WASH YOUR HANDS! Many folks just do not understand how important this is. For a while, I'm encouraging that we abstain from handshaking. If you shake hands with someone who just shook hands with 3 other folks, it's like you're shaking hands with all 4. (Personally, I don't like shaking hands at all. Many things other than flu are spread through handshaking.)
 - Increase cleaning of commonly touched surfaces (doorknobs, faucets)
 - Consider masking if you're going to be in a group. Masks do reduce the transmission of respiratory viruses. Hopefully we'll be making some masks available in the back of the sanctuary for a while. Feel free to pick one up and use it (and please take it with you when you leave 😊).
 - Get a flu vaccine. Though the strains in the '25-'26 vaccine aren't a great match for the circulating flu strains, some people will get some protection. It improves your chances of not having serious complications even if you do get sick...and it's better than nothing.
 - Stay hydrated! If well-hydrated you can better handle these illnesses if you get them. Things that we do to reduce our risk of flu help with the transmission of other respiratory illnesses as well.
 - COVID is alive and well...making us feel lousy and unwell. Vaccine is available.
 - RSV is a real issue for young children often putting them in the hospital. Let's protect these babies by getting ourselves vaccinated if 75+ years old OR 50-74 but high risk.
 - PNEUMONIA can hit any of us. Any of respiratory viruses and other bacteria can lead to pneumonia. No one needs pneumonia. The more things you prevent, the better your chance of not getting pneumonia. Also check into getting a pneumonia vaccine if you're 50 or older or younger and have high-risk conditions.
 - We have at least 2 schools in our end of the county experiencing PERTUSSIS (WHOOPING COUGH) right now...there may be more. I don't know about you, but coughing for 100 days and coughing until I throw up is not my idea of a good time. Kids are vaccinated as infants with a booster dose given at 7th grade entry....then we should all get boosters (Tdap) at least every 10 years. Pertussis frequently puts young kids in the hospital. They can't be fully vaccinated until they've received 4 vaccine doses given between 2 months and 18 months of age. We need to prevent pertussis in ourselves to protect them.
- MEASLES is near and it won't be surprising, at all, if we get cases. South Carolina has 434

confirmed cases so far...and hundreds exposed and in quarantine. Quarantine for unvaccinated persons exposed to measles lasts from around Day 5 after exposure to Day 21 after last exposure. This means no school, no work, no visitors for at least 16ish days. Fortunately, our vaccine compliance numbers are good (as measured by kindergarten entry data). But we do have pockets of folks who have chosen not to vaccinate and if measles enters those communities, it'll go on for weeks. Even fully vaccinated persons can get measles with enough exposure. Measles complications can last a lifetime.

Measles is the most infectious disease known. If a person with measles is in a room, the virus remains in the air for 2 hours just waiting to jump on an unvaccinated person. Children are usually vaccinated at 12 months-of-age and again at 4-5 years-of-age. People born before 1957 are generally considered to be immune to measles because we probably had the disease...I know I did...I remember it. If born after 1957 and don't know your immunization status, get the vaccine unless you're pregnant or immunocompromised. 1 dose gives good protection, but 2 doses give great protection.

These are interesting times...and scary times for those of us in Public Health and other healthcare-related fields. Please pay attention, seek valid information sources and help us all look out for each other.

Stay well!!

~Judy Butler

Tithes and Offerings

We now have five ways to give to our ministries. If you would like your offering to be allocated towards a specific ministry, please indicate it in the memo of your check or you will be prompted on the website.

1. Give during our weekly Worship Services.
2. Mail in a check to 7215 Walnut Grove Church Road, Hurdle Mills, NC 27541.
3. Use our church [website](#). Click **GIVE** in the upper right corner.
4. Use our "My Church" mobile app. Click GIVE in the lower right corner.
5. Use our Vanco QR Code, which you can find on the back of the Sunday bulletins or right here in the weekly *In A Nutshell*.

Vanco QR Code

As we continually adapt to the gift of technology, Walnut Grove now has a Vanco QR code provided on the back of the bulletin and in the Nutshell for online giving. Simply hold your phone or tablet's camera over the code for the link to Vanco. You may also access the link on our website for convenient giving. Alternatively, cash or check contributions continue to be accepted through our tithes and offerings. Your generosity helps us continue serving Christ and reaching out to our community in mission and faithful witness.



JOYS & CONCERNS

Prayer List

- John Facklam from Charlotte, who is in hospice. Prayers for Tish Nowack, her mother, and sister as they await Mr. Facklam's transition. He is the father of Tish Nowack, one of our Walnut Grove Crafters
- Rick Johnson with health issues. He is friends with Judy Butler and many other church members.
- Locklynn Gribble, preemie in NICU. Locklynn's grandmother is a friend of Judy Butler.
- Paul Beck, with health issues. He is a member of Walnut Grove UMC.
- Rev. Meg Hoffman, battling cancer. She's the director of Seeds of Faith at Camp Chestnut Ridge.
- David Leonard having complications from surgery. He is the dad of a friend of Faith Parker.
- Timmy Parker with serious health issues. He is Barry Parker's brother
- Worth Miller with serious health issues. He is a friend and neighbor of Jimmy and Brenda Berry.
- Neil Donnelly with health issues.
- Helen Miller with serious health issues. She is the aunt of Pat Beck's brother-in-law.
- Leo Brooks Populorum (7 Months old), from Pittsboro, has very serious health issues. Leo is the grandson of John and Judy Guibert who are friends of Beverly Huey.
- Ben Lloyd, Cheryl Humphrey's father, with serious health issues
- Gilbert Lee in Prince George, VA, who recently had surgery for cancer. He is Richard Lee's father
- Herbert and JoAnn Cates, both with health issues. They are members of Walnut Grove UMC.
- Jerry Forrester, bilateral lung cancer
- Liz Matthews, friend of Katie Whitaker
- Debbie Langdale diagnosed with stage 5 kidney disease, waiting for transplant. Friend of John and Brooke Sherron
- Kelly Schoch, with brain cancer. She is co-worker of Erica Nading
- Kathy Kimrey with health concerns. She is the sister-in-law of Lorraine Hines and Pam Kimrey.

Prayer is powerful and we love praying for one another!! If you have a request on the prayer list, we would be grateful for any updates needed. This helps us know how to continue praying and when requests may be removed or celebrated. Please let us know how we can best pray for you and your loved ones.

Quilt

Ray Ann Ewing from Greenfield, TN has a recurrence of breast cancer. Ray Ann is a friend of Emma Beckham!

(The prayer quilt will be at the front of the sanctuary on Sunday. You're invited to tie a knot and say a prayer before or after the service or during communion.)

Birthdays

Friday 2/27 – Todd Cates, Debbie Clayton

Sunday 3/1 – Derek Murray

Monday 3/2 – Judy Butler

Tuesday 3/3 – Rodney Cates

Wednesday 3/4 – Mackenzie Creech, Xan Freeland

Thursday 3/5 – Candi Roberts, Katie Boling Gilmore, Linda Wilkerson, Michael James

Friday 3/6 – Frances Walters

If your birthday is incorrect or missing, please contact Kim at the church office at 919-732-5722 or by email at office@walnutgroveumc.org so we can update our records.

STAYING CONNECTED

[WG YouTube](#)

[WG Facebook](#)

[Website](#)

Serving in Worship

March 1st

Acolytes: Isabella Conway/Kinsleigh Dillard

Greeters: Barry & Cheryl L Parker

Ushers: Fred Nading/Faith Parker

Scripture: Erica Nading

Nursery: Ashley Parker/Stephanie Smith

Trustee Open/Close: Cheryl Humphrey

Financial Rep Emma Beckham:

Communion Servers: Courtney Humphrey/Grace Dunlap

PM Nursery: Cathy Boling/Lorraine Hines

March 8th

Acolytes: Ellen Johnson/Magnus Kemnitz

Greeters: Clay & Cheryl S Parker

Ushers: Barry & Cheryl L Parker

Scripture: Courtney Humphrey

Nursery: Debby Donnelly/Margaret Williams/Michael Roberts

Financial Rep: Rick Huey

Trustee Open/Close: Johnny Clayton

PM Nursery: Ashley Parker/Leigh McFalls

NOTE: If you're unable to serve in your role listed above, please find someone to serve in your place and notify the church secretary of the change. This will allow us to have an updated listing to publish each week.

Upcoming Happenings

- Fri-Sat., February 27-28 Walnut Grove Crafters
- Sunday, March 1 9:30am Sunday School
10:30am Worship Service
5:30pm Dinner
6:00pm - 7:00pm Kids Krew, Youth,
 Adults (Back to Basics - Christianity 101)
- Tuesday, March 3 7:00pm Men's Group
- Wednesday, March 4 6:30pm Worship Band
7:00pm Worship Choir
- Saturday, March 7 8:30am-4:30pm - ERT Training
- Sunday, March 8 **Daylight Saving Time begins – Spring forward**
9:30am Sunday School
10:30am Worship Service
10:45am Children's Church
5:30pm Dinner
6:00pm - 7:00pm Kids Krew, Youth,
 Adults (Back to Basics - Christianity 101)
- Wednesday, March 11 6:30pm Worship Band
7:00pm Worship Choir
- Friday, March 13 5:30pm Youth visit to Judea Reform Congregation
- Sunday, March 15 9:30am Sunday School
10:30am Worship Service
5:30pm Dinner
6:00pm - 7:00pm Kids Krew, Youth,
 Adults (Back to Basics - Christianity 101)
- Tuesday, March 17 7:00pm Men's Group
- Wed., March 18 6:30pm Worship Band
7:00pm Worship Choir
- Sunday, March 22 9:30am Sunday School
10:30am Worship Service
10:45am Children's Church
5:30pm Dinner
6:00pm - 7:00pm Kids Krew, Youth,
 Adults (Back to Basics - Christianity 101)

Wed., March 25

6:30pm Worship Band
7:00pm Worship Choir

Fri-Sat., March 27-28

Walnut Grove Crafters

Sunday, March 29

9:30am Sunday School
10:30am Worship Service
11:45am Easter Egg Hunt

Tuesday, March 31

7:00pm Men's Group

See You Sunday!!