

AVENUE
UNITED METHODIST CHURCH

The Midweek

Wednesday, April 12, 2017

From the desk of our Pastors . . .

I recently got a Fitbit. If you are not familiar with this new high-tech gadget, it is a band that I wear on my wrist. It tracks how far I walk on a daily basis, how many hours per day I trek more than 250 steps, how long I sleep, and how many calories I am burning. I can also monitor what I am eating, water consumption, and other health factors if I update that information directly into the app. It syncs with my smart phone so I can keep watch on how I am doing with meeting my daily fitness goals.

My Fitbit has quickly become my best friend and a bad enemy. I love it when I'm doing well but I dislike it when I know I won't meet my daily expectations. However, it has changed my exercise habits. If I am close to my daily goal of 10,000 steps I will take an extra walk at the end of the day instead of dropping in front of the television. I really make an effort to get my 64 ounces of water consumed and protein, instead of carbs or sugar, is now my choice when I am hungry or it's time for a meal.

These are all habits that I have always known I should have. For me to now be focused on those activities is a good thing and I hope it will help in my goal to get healthier, become more energetic and lose some weight. If you want to see my Fitbit just ask. It's that bright magenta band on my left wrist.

What surprised me the most however was that the Fitbit actually

changed my attitude towards other parts of my life. For example, I used to dread going to Walmart. It was always crowded, it seemed to take forever to get around the store and the parking lot was a bumper car event waiting to happen. But now I consider Walmart to be an opportunity to improve my health.

I find myself parking far from the other cars and walking all over the store so that I can add more steps to my daily number. The longer I am in line the less likely I am to have a donut or soda. It also helps that I am getting the things I need instead of avoiding Walmart until it's absolutely necessary that I go. This actually lowers my stress level so I'm not trying to figure out when Walmart will be least crowded or how I can get a quick trip in when I really don't have time.

All that was required was an attitude adjustment to make some personal improvements, start a training routine and increase my self-discipline. Walmart is no longer that place to be avoided. Now it's a great chance to walk more and cut some calories. Who knew?

Scripture tells us that an attitude adjustment can do more for our lives than "just" improve our health or change bad habits. Romans 12:2 says, "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

While it's a good thing to live healthy lives it is even better to live into the will of God and find what He wants for us. We don't always want to get rid of our bad habits because it takes work and change is hard but if we can change our attitude and look at the opportunity to modify our spiritual disciplines, the benefits will far outweigh the amount of effort it will take. After all, who would not like to live a life that God finds to be good, acceptable and perfect? That is a life-altering opportunity that will bear results not only in this life but in the life to come.

To God be the glory forever and ever.

A handwritten signature in blue ink that reads "Pastor Andy". The signature is written in a cursive, flowing style.



From the desk of our Bishop. .

United Nations Then and Now

I am a baby-boomer, born of parents who experienced World War II. My father was a tail gunner in the air force on the Island of Guam. After the war, in 1948, the nations of the world decided to start the United Nations for the purpose of working for diplomacy that would prevent more world wars in the future. In elementary school I learned about this wondrous building in New York City and remember clearly the music teacher bringing her piano on wheels into our classroom and teaching us this song:

*“United Nations of the World, United Nations flags unfurled
When there is trouble brewing, don’t run for cover, Let nations get together and just talk it over!”*

While in high school, in 1968 I went on an annual conference youth bus trip to NY City to visit the UN Building and again I was struck by the enormity of the task. We learned about apartheid on that trip and I wondered greatly about this process of diplomacy vs war. It would be a long time from 1968 until the end of apartheid in South Africa but it happened. Last week I attended the spring board meeting of the General Board of Church and Society. I serve on this board along with five other bishops and many lay and clergy from around our connection. Rev. Megan Shitama Weston (Pen Del) is one of the clergy from our area serving on this board with me. So much has changed since 1948 and 1968 but the theme is still the same: talk things over, come around common goals for the planet, have respect for all people. This is none other than God’s work!

In 2015 the United Nations established the “Seventeen Sustainable Development Goals to Transform Our World by 2030.” They are as follows:

- No poverty
- Zero hunger
- Good health and well being
- Quality education
- Gender equality
- Clean Water and sanitation
- Affordable and clean energy
- Decent work and economic growth
- Industry, innovation and infrastructure
- Reduced inequalities



Sustainable cities and communities
Responsible consumption and production
Climate action
Life below water
Life on Land
Peace, justice and strong institutions
Partnerships for the goals

Much of the work of the United Methodist Church and the church universal believes and works toward these goals. There is something that each one of us can personally do. We can engage in diplomacy in our local settings to promote equality and peace. We can share our means to eradicate hunger and inequalities. We can vote for laws that protect our environment and promote health care for all.

The leaders of the Gen. Board of Church and Society have asked that we ask our ambassador to the UN to promote these development goals. (She is a United Methodist). Please write to her at:

H.E. Nikki R. Haley
Ambassador Extraordinary and Plenipotentiary
Permanent Representative
US Mission to the United Nations
799 United Nations Plaza
New York, NY 10017

In this way, your voice can be heard to promote peace in this world. It is the responsibility of all of us.

The ending of the song that I learned in elementary school goes like this:
*"UN we know that you'll build peace and understanding.
We know the toughness of the job that we're demanding.
So let all our flags be every unfurled!
The United Nations of the World."*

This is the world that God made and loves and wants to redeem. It is slow work. It is our work.



Peggy A. Johnson

EXPERIENCING GOD

KNOWING AND DOING THE WILL OF GOD

April 12, 2017

Dinner at 6:00pm and Study at 7:00pm

at the home of Poncho and Lisa Johnson

Led by Donny Hopkins



Vacation Bible School
June 18th - 22nd
5:00 - 8:00 p.m.

Upcoming Meetings and Information

There will be a Sunday School meeting on **Thursday, April 27th**, at 6:30 p.m. in the Fellowship Hall to discuss plans for next year's Sunday School. All interested members, parents, and grandparents are encouraged to attend. We are in the process of revamping our current Sunday School practices and would love your input in the process. Please come out and support Christian Education here at Avenue Church.

Sunday, April 30th, during each of our worship services, we will celebrate the life of Ralph Spain. As part of the celebration we will be taking a special offering to support the Spain Grant program at Camp Pecometh. Let's send as many kids as we can to camp in Ralph's memory. Please help us by contributing to this special offering. Your love and care of Ralph and his family will be appreciated for years to come through your giving on April 30th.

Click the link below to register for your spring photo session:

<https://booknow-lifetouch.appointment-plus.com/9r52t450/>



Photo Dates: May 11th, 12th, 13th, 16th, 17th, 25th, 26th and 27th

AVENUE PRESCHOOL

ONLY \$35.00

It's beginning to look like SUMMER!!!
Get in the spirit by coming out to paint
(on a wooden palette)
this beautiful picture and help support
Avenue Preschool



Wednesday, April 26 ~ from 6:30 - 8:00
in Fellowship Hall - Avenue United Methodist Church
Doors will open at 6:00
for more information please contact
Belinda at 302-422-8775 Avenue Preschool or
302-422-0448 Home

This is a borrowed picture so our painting will not be exactly this ~ will use as an example.
Everyone will leave with a beautiful creation that is completely their original.

MARK YOUR CALENDAR!

The Auxiliary of Milford Memorial Hospital presents

“AN EVENING WITH THE RESCIGNOS”

Join us for an a night of fun!



Saturday, May 20, 2017
5 - 9 p.m.

Milford Senior Center

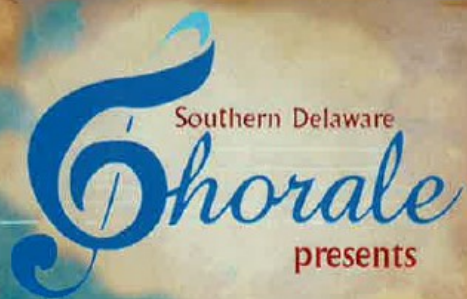
\$50 per person

ENJOY DINNER AND THIS
ENTERTAINING CABARET SHOW!

To purchase tickets, or for information, please call 302-242-9490.

Proceeds to benefit  **Bayhealth**





How Can I Keep From Singing?

May 7, 2017
4 p.m.

Indian River High School
29772 Armory Road
Dagsboro, DE 19939

Adult: \$20; Student \$8

Advance ticket purchase available by phone at **302-260-7022**;
at Browseabout Books in Rehoboth Beach or Puzzles in Lewes;
online at southerndelawarechorale.org,
or, space permitting, at the door.

Delaware
Division of the
Arts

This program is made possible, in part, by a grant from the Delaware Division of the Arts, a state agency dedicated to nurturing and supporting the arts in Delaware, in partnership with the National Endowment for the Arts.

ANNOUNCEMENTS

HOSPITAL VISITS: Please help the pastors by calling the church office at (302) 422-8111 when someone from the church is hospitalized.

ELECTRONIC GIVING is being offered at Avenue Church. An *Information Sheet with Authorization Agreement* is available on the table in Fellowship Foyer. Simply fill out the authorization agreement and return it to the church office.

ALTAR FLOWERS: If you want to reserve a Sunday please call the church office then call Country Flowers. Flowers are placed in the altar vases up by the cross.

PRAYER CONCERNS PAST WEEK: Joan and Bill Dudley, the family and friends of Jim Bailey, Charles Shockley, Debbie and Bob, April McIntyre, Al, Colleen Dunham, Marion Jarrell, Bill and Colleen, Leslee, Karen Moore, Leslie Wuentsel, Dave and Sharon Dawson, Lillie Brittingham, Debbie, all those killed and injured in the suspected gas attack in Syria, Kirsten Pearce, Howard Haverkamp, Betty Ziesel, the friends and family of Kay Martell, all who are seeking jobs, Bill Gaskin and family, John Siegrist and family, Code Purple guests who are still sleeping outdoors, The Feed the Need Ministry, the Milford community, Vinnie, everyone affected by the tornado in Chesapeake and Virginia Beach, all impacted by the floods in Colombia, the Marney family, Zee Martinez, Donald Saint, Charlie, Jack Slater and Bill Salvin.

Recently hospitalized: Pam Wilkerson.

Rejoice with: Ken, Luisa Combs and Jen Antonik.

PRAYER CONCERNS CURRENT WEEK: Joan and Bill Dudley, Debbie and Bob, Jake Slater, April McIntyre, Al, Amber Scott and her mom, Jay and Martina Williamson, Colleen Dunham, Marion Jarrell, Karen Moore, Dave and Sharon Dawson, Colleen and family, Joe Siegrist and family, Lillie Brittingham, Kirsten Pearce, our nation and its leaders, Howard Haverkamp, Art Blanchet, Betty Ziesel, Bill Gaskin and family, Janice Abbott, Jesse, Alice, George, Malachi Hostedler, Martha Simpson, the Sandifer/Shockley family, Jacob Robertson, Lauren and Faryn Downes, Ariana, Bill Salvin, the victims in Sweden, Chris Owen and his classmates, Luisa Combs, Erica and family, all dealing with the heroin epidemic, the victims in Syria, the victims in Egypt, Butch Warren and Pete Rossing.

Recently hospitalized: Pam Wilkerson.

Rejoice with: The men who were at Emmaus, Kathy Sullivan, Ed Aiken, Dylan Lloyd, Charles Clendaniel and family.

BIRTHDAYS:

Please join Robert Mercer and his family in celebrating his **104th** birthday on **April 20th** by sending a card to 1167 McKee Road, Apartment 106, Dover, DE 19904.

Anita Van Horn who will celebrate her **94th** birthday on **April 20th**.

Marian Dickerson who will celebrate her **96th** birthday on **April 22nd**.

ANNIVERSARYS:

Bill and Joan Dudley who will celebrate their **66th** anniversary on **April 20th**.

WEEKLY MUSIC REHEARSALS:

♪Handbells

Mondays at 6:30 p.m., Sanctuary

♪MomentUM Praise Team

Tuesdays at 6:00 p.m., Sanctuary

♪Mispillion Children's Chorus

Tuesdays at 6:15 p.m., Music Room

♪Praise Team

Tuesdays at 7:00 p.m., Sanctuary

♪Sanctuary Choir

Wednesdays at 3:00 p.m., Music Room

♪AveNotes

Wednesdays at 6:00 p.m., Sanctuary

Do you like to sing? Do you play an instrument? If you are interested in using your musical gifts here at Avenue Church please contact Kevin Chamberlain, kbchamberlain@avenueumc.com or (302) 236-1276.

UPCOMING

HOLY WEEK SERVICES AT AVENUE:

April 9th, Palm Sunday Services

8:00, 9:30 and 11:00 a.m.

April 13th, Holy Thursday Service with communion 7:00 p.m.

April 14th Good Friday Service at 7:00 p.m.

EASTER SUNDAY SERVICES:

6:30 a.m. - Sunrise Service

8:00 a.m. - Festival Worship

with choir, brass and organ

9:30 a.m. - Worship with praise team

11:00 a.m. - Festival Worship

with choir, brass and organ

SCHOLARSHIPS: Avenue offers a number of scholarships each spring. Graduating Seniors can get applications from the church office by emailing Kelly Hudson at churchoffice@avenueumc.com or they can be downloaded from the webpage. Then complete the applications on your computer and return them to Mrs. Hudson. Handwritten applications will not be accepted. **Please keep these two dates in mind:**

- May 1st, 3:00 p.m. deadline to return all Avenue Scholarship applications to the office.
- May 21st, 9:30 a.m. is when scholarships will be awarded, along with gifts and recognition for all the Class of 2017. **Please plan to join us.**

ALASKA MISSION TRIP 2017 is scheduled for **June 10th-17th**.

JELLY BEAN JARS: The Jelly Bean Jars are back for children and adults. The yellow sign-up sheet is for children up to 12 years old and the green sheet is for those 13 and up. The one who guesses the closest wins the jar of Jelly Beans. The winner will be announced on Easter Sunday. Good luck to everyone.

UNITED METHODIST WOMEN: A new **mission project** for people in the Congo, Africa. There is a need for more soft, fabric eyeglass cases for those people who are having cataract surgery at one of Jonathan and Donna Bakers eye missions. You can make these cases from fabric or buy them from drug or dollar stores and bring them into Avenue. United Methodist Women are working on this and welcome donations from the Avenue and greater Milford community. Lets help these folks have a safe place to keep their glasses. Please, no hard cases, only fabric. Look for the donation box in Fellowship Foyer during April and May. Thanks so much.

SMALL GROUP OPPORTUNITIES/MINISTRIES

TUESDAY MORNING SISTERS' BIBLE STUDY: We will continue our study on **April 18th**, Women of Easter by Liz Curtis Higgs. Please call Ginny Van Tine (302) 422-4282, Brenda Powers (302) 422-8821 or leave a message in the church office if you would like to join us. We meet at 10:00 a.m. in the **Heritage Room**.

WIDOW/WIDOWERS/LOST AND FOUND GROUP will meet on **May 3rd** at 2:00 p.m. in the **Heritage Room**. Come join us. Contact Janice Abbott at (302) 422-1863.

H.O.P.E.: H.O.P.E. is a safe place to talk and express your feelings. Whether you are discouraged, dealing with sadness, have no one to talk to, or feel like life is hopeless, this group is for you. H.O.P.E. is an inspiration and hope-seeking support group. Hold On because Pain does End. H.O.P.E. will continue every Wednesday at 6:00 p.m. until 7:00 p.m. in HolzmueLLer Room. If you are interested, please contact Brittany Gunderson at blg2011motherof2@yahoo.com with questions and comments.

ALZHEIMER'S SUPPORT GROUP: The Alzheimer's Caregiver's Support Group will meet the **2nd Monday of each month**. The next meeting will be **May 8th** at 4:00 p.m. in the Grier Room

EXPLORING FAITH BOOK CLUB meets on the third Sunday of the Month at 12:15 in the HolzmueLLer Room. Our next study is **April 23, 2017**. The Book is "The Will of God" by Leslie Weatherhead. When bad things happen to good people, is this the will of God? If it is not, what is the will of God? If these questions have sparked an interest in you, then plan to come and "explore your faith" as these questions and others pertaining to God's Will are discussed.

OUTREACH

AVENUE PRESCHOOL: Registration for the 2017-18 school year. Registration is now taking place for current and former Avenue Preschool families for the 2017-18 school year. Please contact the school as noted below if you are a former family interested in enrolling your child. Registrations must be done in person. Space is very limited. To be eligible, a child must be at least 36-months old on or before August 31st. You can contact the preschool office at (302) 422-8775 for information or send an email to: office@avenuepreschool.org. Be sure to visit our Facebook page and website at: www.avenuepreschool.org.

COMMUNITY

ALASKA MISSION TRIP TEAM will be hosting a Fundraiser at "The Palace" in Milford on **April 18th** from 4pm to close. A portion of the evenings proceeds will be donated to the Mission Trip for Alaska. Coupons are on the foyer table.

ARENA'S IN MILFORD is hosting a fundraiser for the AUMC Alaska Mission Trip on **Monday, April 24th from 5pm- close** and a portion of the evenings proceeds will be donated to the Mission Trip. No need for a coupon and if ordering on the phone to go, just specify the Mission Trip. Thank you for all your support!!

ARC OF DELAWARE is holding a 5K/1 Mile Run, Walk and Roll event at Wild Quail Golf and Country Club on **May 6th** at 9:00 a.m.. Sign up on sheet in foyer to donate or participate. Funds raised support Arc's programs.

Homeless school children are in need of personal care items and school supplies at this time of year. Please consider donating soap – any types, shampoo, deodorant, pencils, pens, lined paper, 1” and 2” binders, highlighters and book bags. A donation box is available in Fellowship Foyer. Let us all reach out and make a child's day better.

LAST WEEK AT AVENUE

Attendance:	2016	2017
8:00	80	79
9:30	215	240
Sunday School	88	69
11:00	85	69
Thursday Service	0	5
FUSION	0	46
Total	468	503

CALENDAR

SUNDAY 4/16 ~ Easter

6:30 a.m. Sunrise Service
8:00 a.m. Traditional Worship
9:30 a.m. Contemporary Worship
9:30 a.m. Sunday School
11:00 a.m. Traditional Worship

MONDAY 4/17

Church Office Closed

11:00 a.m. AA, Wesley Room
7:00 p.m. First State Harmonizers,
Fellowship Hall
7:00 p.m. AA, Room 206

TUESDAY 4/18

9:45 a.m. Sarah Circle Meeting,
Conference Room
10:00 a.m. Sisters Bible Study,
Heritage Room
1:30 p.m. Mary/Martha Circle, Grier Room
6:00 p.m. MomentUM Praise Team
Rehearsal, Wesley Room
6:00 p.m. Covenant Discipleship Group,
Wendy's Office
6:15 p.m. Mispillion Children's Choir,
Music Room
7:00 p.m. Ester Circle, Fellowship Hall
7:00 p.m. Central Delaware Chess Club,
Room 206
7:00 p.m. Praise Team Rehearsal,
Sanctuary

WEDNESDAY 4/19

10:30 a.m. Writing Group, Grier Room
1:30 p.m. Knitting Group, Grier Room
5:00 p.m. Women's Emmaus Reunion,
Room 202
6:45 p.m. Pride of Delmarva,
Fellowship Hall

THURSDAY 4/20

11:00 a.m. AA, Wesley Room
2:30 p.m. Women's Emmaus Reunion,
Room 202
7:00 p.m. SPRC, Holzmueller Room

FRIDAY 4/21

8:00 p.m. AA, Wesley Room

SATURDAY 4/22

7:00 p.m. AA, Wesley Room

SUNDAY 4/23

8:00 a.m. Traditional Worship
9:30 a.m. Contemporary Worship
9:30 a.m. Sunday School
10:45 a.m. Confirmation Class, Grier Room
11:00 a.m. Traditional Worship
12:15 p.m. Exploring Faith Book Club,
Grier Room
6:00 p.m. FUSION, Fellowship Hall and
Wesley Room

**“A Dynamic Faith Community Growing in
Hope, Love and Service”**