



AVENUE  
UNITED METHODIST CHURCH

## *The Midweek*

*Wednesday, July 12, 2017*

*From the desk of our Pastors . . .*

I went to school in the Central Bucks School District of Bucks County, Pennsylvania. Elementary School was K-6, Junior High was grades 7-9 and High School was grades 10-12. Even though you were considered a high school freshman, you were still taught in the Junior High School.

The same went for sports teams. 9<sup>th</sup> graders were expected to play and compete on the junior high teams unless there was a sport that was only available in the high school. If you wanted to be part of the swim team for example, the district would allow 9<sup>th</sup> graders to get on a bus that was provided and go to the high school after classes were over to participate in those activities. There were several sports that met these criteria but swimming was the one that drew the most participants.

I was a tennis player in junior high but it was a fall sport and as a freshman I decided I wanted to do a winter sport as well so I decided to try out for the swim team. I had always loved to swim and when I was younger I had swum on the community teams before leaving the sport to focus on tennis.

So off to the pool I went every day to “train” and tryout for the high school swim team. I don’t remember much about it other than it was a disaster. I was not in shape to swim on the high school team, my strokes were rusty, and the mechanics of my starts and turns didn’t exist. But I kept going and finally the day came for time trials to see who would make the team.

We each had to do two races against the clock. One had to be a 100-yard freestyle and the other was 100 yards in the stroke of our choice. I was so clueless I really didn’t know what stroke that the other race should be but somewhere in the locker room I heard that

breaststroke was considered a resting stroke. That was exactly what I needed. I needed to be able to rest in the middle of my race when (being so out of shape), I got tired.

Long story short...that didn't work out so well and I didn't make the team.

For some reason, I decided to try again in my sophomore year but this time I was ready for what was to come. From the year before, I knew that my 100-yard freestyle was strong but there was no way I was going to swim breaststroke again. That was the beginning of my backstroke career and I made the team. I eventually went on to swim butterfly and backstroke, and stepped in on freestyle every now and then but my breaststroke was always horrible. It was the one stroke that kept me from ever swimming the individual medley (one swimmer doing each of the strokes in the same race).

I thought I was "trying hard" by going to practice every day and completing the workouts but when the time came to actually perform I succumbed to what I thought would be the best way to protect myself. I wanted to take the easy way out by swimming what I thought was a resting stroke (breaststroke) but by undertaking what I found to be harder (backstroke), I succeeded in making the team. For all you breaststrokers out there, I am not in any way maligning your specialty. I simply could not do it so I have nothing but respect for those of you can.

Isn't this the way we so often live our Christian lives as well? We show up in church, we say the prayers, we go through the motions no matter how rusty or uncomfortable they may be, and we hope it's enough. But we know that simply doing the minimum to get by won't be enough to make a difference. When the time comes for us to really put ourselves out as Christians we find a way to rest through it.

Colossians 3:23 reminds us that "Whatever your task, put yourselves into it, as done for the Lord and not for your human masters." We all need to "up our game" for Christ no matter how hard we think we are working or performing on this spiritual journey.

Honest, hard work is something God seeks from all of us. The Lord's words tell us we are not to take the easy way out but to live in such a way that we do the difficult work for God. Coasting through our life in Christ in a resting mode won't give us the fullness of what God created us to have. With this goal of working hard, and with faith and hope in mind, it can lead to the great things He has planned for us.

And 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 Conference Director .....*

## Emotions

One time, when my daughter, Joy, was about three, I had an all-day meeting out of town. Joy stayed with my husband, Bo, for the day. While he had a meeting with someone, Joy fell and hit her head on a desk, cutting open the skin around her eyebrow. As you know, facial cuts bleed profusely anyway, but Joy's cut needed stitches. When I returned home, she told me all about the incident, from her three-year old perspective. Apparently, she had been very frightened, and Bo had to hold her head still for the doctor to stitch up the cut. She told him she felt very scared, and he replied that she was very brave. She struggled to understand how both could exist. She asked: "How could I be brave, Mama, when I felt so scared?" I explained to her that being brave did not mean that you do not feel the fear; it just means that you go on in spite of the fear. You face the fear and take action. She said having her daddy there helped her to be brave, and I responded that having people around us often helps us to be brave even when we feel afraid.

As the kids grew up, we often talked about feelings and how to handle them. We did not want them to ignore their feelings, but neither did we want their emotions to be in the driver seat of their actions. I would share with them the quote from Rev. Dr. Martin Luther King, Jr.'s "Letter from a Birmingham Jail," where he wrote that he wished the church of his day more closely resembled the early church: "In those days the church was not merely a thermometer that recorded the ideas and principles of popular opinion; it was a thermostat that transformed the mores of society." I used a similar analogy to explain the role of their feelings. Our emotions should serve as a thermometer or gauge of what is going on in our hearts. But they should not be the thermostat, which determines the response. Thermostats decide what temperature they need to maintain, and the thermometer serves as a feedback loop to help the thermostat direct its energy. We should allow time for our heart and mind and spirit (our emotional thermostat) to reflect on other input, besides just our emotions, before we make a decision about how to respond. Processing our emotions in this way allows our souls to drive our actions over time, instead of allowing our emotions to simply react to every situation.

Fear, especially, serves as a terrible driver of the brain and its responses. When we become afraid, all of our brain chemistry shifts its focus to the amygdala, the reptilian part of the brain which responds to fear with fight, flight, or freeze. In this state of fear, our brains have a hard time overriding these ancient warning signals. Fear evolved to help early

humans survive. They needed to know that when threatened they could run away from a predator, they could fight it, or they could freeze and hope the predator would not see them. Fear still serves a valuable purpose, as it warns us against dangers, such as walking in traffic or provoking a mama bear. Fear works best in short-term dangerous settings.

Unfortunately, many people live in chronic fear today. The world around us changes so very rapidly, that often people feel off-balance. Fear often accompanies these feelings of uncertainty. But, while the rush of chemicals to the amygdala works well in immediate danger, the way it shuts down higher conscious decisions harms us in extended situations or in times of perceived, but not actual, threat. When we live in this state, we lose our ability to think creatively and strategically, as our brain forfeits its capacity for higher-level reflection and planning. The resulting anxiety attempts to alleviate itself by placing people in categories, in order to better recognize the threats. (*Captain America: The Winter Soldier* has a great scene where Captain America and Falcon are running and Falcon asks how to recognize the enemy. Captain America replies that if they are shooting at you, they are the enemy.)

Our amygdala likes to put people in categories of friend or foe to help us face threats. (Categories for us might be: conservative vs. liberal, Republican vs. Democrat, right vs. left, growing church vs. dying church, young vs. old, etc.) However, when we live like this, we can no longer see our neighbors as sisters and brothers. We fail to keep the second commandment Jesus stated when asked about the greatest ones: “Jesus replied, “The most important one is *Israel, listen! Our God is the one Lord, and you must love the Lord your God with all your heart, with all your being, with all your mind, and with all your strength*. The second is this, *You will love your neighbor as yourself*. No other commandment is greater than these.” (Mark 12:20-31.)

If we are honest, many of us will recognize fear in our own lives and also in the life of our church. Fear often paralyzes church leadership from making important, but frightening, changes in order to continue to live out our witness. We see churches who struggle to let younger people have leadership roles and make decisions, and we see that this behavior inhibits the discipleship of young people. We see churches whose leadership boards feel they must control every decision in order to lessen their fear, and we see how this need for control inhibits the movement of the Holy Spirit.

So, if we belong to a church controlled by fear, what can we do? I think Joy’s experience teaches us three things. First, listen to the fear, but remember that being brave means taking action in spite of the fear. Second, take someone with you, especially someone you love. We need to remember that we do not face these “threats” alone. God gave us the gift of community in our local congregations, to support each other in times of need. Take the time to dialogue together around the fears and the courage required. Finally, take some time out to reflect (in prayer or by journaling, etc.) and assess the nature and the real threat of the fearful situation. Slow down your responses, giving time for your soul to listen to God’s thermostat and not just the thermometer of your emotions. Pausing to reflect differs greatly from the paralysis of freezing in fear. Reflecting can actually drive

out the fear, as your rational brain takes over the reins.

Our world calls for us to be courageous in the face of the dizzying speed and depth of changes surrounding us. How is God calling you to be brave today? How is God calling your congregation to face its challenges with courage instead of fear? How can you support another Christian who feels overcome with fear? How can you ask for support for yourself or your congregation as you wrestle with fear? What practice can you and/or your church adopt which will help ease your fear?

And remember the vision God has given to the Annual Conference. We believe that we make disciples best when we are: “Connected Christians offering the hope of Jesus Christ to today’s world.” Let’s stay connected and spread seeds of that hope wherever we go.

Blessings on the journey,

*Vicki*

Rev. Dr. Vicki Gordy-Stith

Director of Connectional Ministries



- ♦ **Leadership Team & SPRC Meetings**—cancelled for July
- ♦ **Trustees Meeting**—July 17<sup>th</sup> at 7:00 p.m., Grier Room

# ***2017 Yard Sale at Avenue United Methodist Church***

Donations for Yard Sale will be accepted  
Monday, July 24<sup>th</sup>—Monday, July 31<sup>st</sup>  
(8:30 a.m.—4:30 p.m.)

Large item pick up by appointment only!  
Larry (302) 745-4331 Sonny (302) 690-4953

Thursday, August 3<sup>rd</sup> 2:00 p.m.—6:00 p.m.  
**“Early Bird Special” (\$1 admission this day only)**

Friday, August 4<sup>th</sup> 8:00 a.m.—5:00 p.m.

Saturday, August 5<sup>th</sup> 8:00 a.m.—12:00 p.m.

All proceeds go to missions of the church

*Avenue United Methodist Church  
20 N. Church Street  
Milford, DE 19963  
(302) 422-8111*





**We need Summer Go Bags to hand out to the homeless in the community. You, your family, or your organization can put items into individual large (or extra large) zip lock bags for us to distribute to those in need.**

**Great Summer Items for Go Bags:**

**Dental care items, deodorant, bug spray, sunscreen, mini lint rollers for tick removal from clothing, water bottles, band aids, mini container of peanut butter, pop top can of soup or other protein like Vienna sausages, soft granola bars and/or fruit cup, a sleeve of saltine crackers, napkins, plastic spoons, and a note of encouragement with scripture.**

**If you, your family, or your organization would like to donate a meal to feed 20 men one night each month during our Code Purple season (Mid November through Mid March), please contact our coordinator, Joyce Bonnoni, at [Jbonnonicp@gmail.com](mailto:Jbonnonicp@gmail.com) We also need open-hearted volunteers to share the love of Christ as intake and overnight volunteers through the winter months. Please pray about being the hands and feet of Christ to the most needy in our community. You will be blessed by the experience!**

**Contact Joyce Bonnoni for more information!**

# Sweet Summertime

## FUSION SUMMER TOUR 2017

### JUNE

SUMMER SEND-OFF	11TH	5PM
YOUTH WEEK BEGINS	18TH	6PM
BEACH BIBLE STUDY	20TH	10AM
YOUTH WEEK ENDS	22ND	6PM

### JULY

MIDDLE SCHOOL IGNITE		
CAMP DEPARTURE	10TH	3PM
BUBBA DOWLING STRONG MAN SHOW	13TH	8PM
MIDDLE SCHOOL IGNITE		
CAMP RETURN	15TH	1PM
HIGH SCHOOL IGNITE		
CAMP DEPARTURE	17TH	3PM
JARED HALL ILLUSIONIST SHOW	20TH	8PM
HIGH SCHOOL IGNITE		
CAMP RETURN	22ND	1PM
YOUTH SUNDAY	23RD	8AM
STATE FAIR TRIP	25TH	10AM

### AUGUST

BEACH BIBLE STUDY	1ST	10AM
BEACH BIBLE STUDY	8TH	10AM
BEACH BIBLE STUDY	15TH	10AM
PAINT BALL DAY	16TH	11AM
BEACH BIBLE STUDY	22ND	10AM
FALL KICK OFF	SEPTEMBER 10TH	5PM

20 NORTH CHURCH STREET, MILFORD, DE · AVENUEUMC.COM  
CALL CLIFF @ 302.258.5683

# Cub Scout Pack 186 Fundraiser



This is the 1st fundraiser of this type the pack has ever done. Please come out and support us with an evening of fun and enjoyment :-)

**WHEN:** July 17, 2017  
**WHERE:** Avenue United Methodist Church—Fellowship Hall  
20 N. Church St  
Milford  
**TIME:** Painting will start at 6:30  
**PRICE:** \$40/pp

Please send names of attendees via an email to:  
[pack186@comcast.net](mailto:pack186@comcast.net)

\*\*\*Pre-pay by cash, check (written to Pack 186) or credit card.

Mail check to: Avenue United Methodist Church  
attn: Carrie Huot  
20 N. Church St  
Milford, DE 19963

Credit Cards via: [cubscoutpack186.ecwid.com](http://cubscoutpack186.ecwid.com)



## Summer News from Austria

by Missionary Lisa Ward  
Summer 2017



### Prayers for the Women of Haus Daria

We have precious ladies from many different nations. Many of them have told me stories that are unspeakable of events that happened to them, or they witnessed. Just this week one of the ladies from Syria received the bad news that her uncle had been killed in the conflict.

Please pray for these ladies and their families, that they will come to know Christ as their personal Savior. Please pray for the team of Ladies, as we go each week to minister to them and show them the love of Christ, that we will have Christ shine through us.



### Friends Day in the Park

In June, we had our Celebration service in the park. We had over 3000 people attend. Many people who were passing by came and joined us. We had people make say the sinners prayer. I love when we get outside the church walls and right into the heart of our city.

Vienna is a city had needs the love of Christ. There are so many people here who do not know him. Please pray for us as we continue to reach out to the city of Vienna to spread the Gospel of Christ.

### Family News ☺

In the month of June, I was blessed with a 3<sup>rd</sup> son-in-law. My daughter, Dianna, married Kyle Kennish and our family grew bigger.

In December 2017, my daughter Annette will be giving me my 2<sup>nd</sup> grandbaby. We are all excited to meet our newest family member.



Thank you to all my faithful partners for your generous prayers and financial giving. We are making a difference in people's lives. ☺

Online giving: [www.giving.ag.org](http://www.giving.ag.org) Giving by mail: Assemblies of God World Missions 1445 North Boonville Avenue Springfield, MO 65802-1894. MA # 294891-7.

**Living Proof Simulcast 2017 with BETH MOORE**



*Jesus Rocks!*

**REGISTRATION FORM**

**September 16, 2017**

***Union United Methodist Church***  
2 North Laws Street, Bridgeville, Delaware

**9:30 AM to 4:15 PM** (*doors open at 9:00am*)



**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Email** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Home Church** \_\_\_\_\_

**Early Bird Registration - \$25** (*must be received by August 16<sup>th</sup>*)

**Regular Registration - \$30** (*August 17<sup>th</sup>-September 12<sup>th</sup>*)

**SPACE IS LIMITED TO THE FIRST 125 PAID REGISTRATIONS**

- Continental Breakfast and Lunch will be provided
- Ladies age 14 and over (*Childcare is not available*)

**Make check payable to: UUMC** (On the memo line: *Simulcast*)

Mail or return to: Union United Methodist Church, 2 North Laws St., Bridgeville, DE 19933

For additional information, contact the church office at: 302-337-7409 or [uumchurch@comcast.net](mailto:uumchurch@comcast.net).



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*For Office Use Only:*

Date Received: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

Cash: \_\_\_\_\_ Check #: \_\_\_\_\_

Guests: \_\_\_\_\_

## 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 Milford Plant, Flower and Garden Shop at (302) 422-4961. Flowers are placed in the altar vases up by the cross.

**PRAYER CONCERNS PAST WEEK:** Cheryl C., Kathy's daughter, Linda's husband, Melanie Robinson, Dave and Sharon Dawson, Pat Lane, Bobby Walls, April McIntyre, Bill and Jill Gustin, Jacob Hudson, Boy Scout Troop 186 and Troop 116, Paul Russel, our military, God's guidance, Greg Brennan, Michelle Barto Winn, Colleen Dunham, Bill Salvin, Christopher, Betty Ziesel, Howard Haverkamp, Lacy, Bill Gaskill and family, John Siegrist and family.

**Rejoice with:** Lillie Brittingham and all blessed by God.

**PRAYER CONCERNS CURRENT WEEK:** Kim's family in the death of her daughter, Jean Hutchman, Dave Dawson, Pat Lane, Bobby Walls, April McIntyre, Bill Gustin, Jill Gustin, Neil Parker, Boy Scout Troop 186, Vonnie Bowe, Michelle Barto Winn, Cheryl C. , Richard and Camella Bergez, and Jim Goodman.

**Rejoice with:** All of our middle school Ignite campers who are in Denton at camp with Fusion, Jake Macklin who is traveling to England for a 10 day Wesleyan pilgrimage and Karen Williams who praises God for the best husband in the world.

### WEEKLY MUSIC REHEARSALS:

#### ♪Handbells

Resume on Monday, September 11<sup>th</sup> at 6:30 p.m., Sanctuary

#### ♪MomentUM Praise Team

Tuesdays at 6:00 p.m., Sanctuary

#### ♪Mispillion Children's Chorus

Resume on Tuesday, September 5<sup>th</sup> at 6:15 p.m., Music Room

#### ♪Praise Team

Tuesdays at 7:00 p.m., Sanctuary

#### ♪Sanctuary Choir

Resume on Wednesday, September 6<sup>th</sup> at 3:00 p.m., Music Room

#### ♪AveNotes

Resume on Wednesday, September 6<sup>th</sup> 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**

**AVENUE UNITED METHODIST MEN:** The Annual Yard Sale is right around the corner. **We need your help on Sunday, July 23<sup>rd</sup> at 12:15 p.m.** to set up tables, move sale items out of the trailer and storage shed for the yard sale. Any and all members of the Church Family that can help will be most welcomed. **THANK YOU**, Rob Craig.

**2017 YARD SALE** will be **August 3<sup>rd</sup>—5<sup>th</sup>**. Donations will be accepted Monday, July 24<sup>th</sup>—Monday, July 31<sup>st</sup> from 8:30 a.m.—4:30 p.m. Any questions, please call Peggy Hughes at (302) 424-3970 or (410) 212-7391.

**LIFETOUCH PICTURES HAVE ARRIVED:** If you ordered the “complimentary” 8x10 picture most of them have arrived at the church office. Please contact Kelly for pick up.

## **SMALL GROUP OPPORTUNITIES/MINISTRIES**

**TUESDAY MORNING SISTERS’ BIBLE STUDY:** We will continue our study -“10 Questions Christians Ask” by David Jeremiah. Please join us at any time. Contact 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 will meet on **July 18<sup>th</sup>** at 10:00 a.m. in the Grier Room.

**SUMMER ADULT BIBLE STUDY:** The Summer Adult Bible Study will be studying the calling of prophets in the month of July. These prophets are Isaiah, Jeremiah, Ezekiel, and Amos. All are welcome to join us in the Grier Room at 9:30 a.m.

**ALZHEIMER’S SUPPORT GROUP:** The Alzheimer’s Caregiver’s Support Group will meet the **2<sup>nd</sup> Monday of each month**. The next meeting will be **August 14<sup>th</sup>** at 4:00 p.m. in the Grier Room

**WIDOW/WIDOWERS/LOST AND FOUND GROUP** will resume on **September 6<sup>th</sup>** at 2:00 p.m. in the **Heritage Room**. Come join us. Contact Janice Abbott at (302) 422-1863.

## **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 31<sup>st</sup>. You can contact the preschool office at (302) 422-8775 for information or send an email to: [office@avenuepreschool.org](mailto:office@avenuepreschool.org). Be sure to visit our Facebook page and website at: [www.avenuepreschool.org](http://www.avenuepreschool.org).

**THE MILFORD COMMUNITY PANTRY** had a slow start to the year with fewer families than last year . That trend seems to be changing and we are back to a more active stream of families so the backlog of food is now almost gone. We need cereal, we prefer the low to no sugar varieties since we are trying to train families in good food choices.

We also need someone with a pick up and daytime availability. We go to the Food Bank ONE DAY A WEEK at the most. We have some drivers with SUVs but there are times when we need a larger cargo area. Is the Lord nudging you to use your time and your pick up???? Call Tita Lewis 664-1321 or Diane Dolan 242-5125.

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## CALENDAR

### SUNDAY 7/16

- 8:00 a.m. Traditional Worship
- 9:30 a.m. Contemporary Worship
- 9:30 a.m. Summer Adult Bible Study,  
Grier Room
- 11:00 a.m. Traditional Worship, Baptism
- 5:00 p.m. Alaskan Stockholders Dinner,  
Fellowship Hall

### MONDAY 7/17

- 11:00 a.m. AA, Wesley Room
- 5:00 p.m. Pack 186 Paint Fundraiser,  
Fellowship Hall
- 7:00 p.m. 1st State Harmonizers,  
Music Room
- 7:00 p.m. AA, Room 206
- 7:00 p.m. Trustees Meeting, Grier Room

### TUESDAY 7/18

- 10:00 a.m. Sister's Bible Study,  
Grier Room
- 6:00 p.m. MomentUM, Wesley Room
- 7:00 p.m. Central Delaware Chess Club,  
Room 206
- 7:00 p.m. Praise Team Rehearsal,  
Sanctuary

### WEDNESDAY 7/19

- 10:30 a.m. Diabetes Prevention Program,  
Heritage Room
- 1:30 p.m. Knitting Group, Grier Room
- 5:00 p.m. Women's Emmaus Reunion,  
Room 202
- 6:30 p.m. Pride of Delmarva,  
Fellowship Hall

### THURSDAY 7/20

- 8:30 a.m. Men's Reunion Group,  
Conference Room
- 11:00 a.m. AA, Wesley Room
- 2:30 p.m. Women's Emmaus Reunion,  
Room 202

### FRIDAY 7/21

- 11:00 a.m. Wrap Around DE,  
Holzmueller Room
- 8:00 p.m. AA, Wesley Room

### SATURDAY 7/22

- 7:00 p.m. AA, Wesley Room

### SUNDAY 7/23 ~ Youth Sunday

- 8:00 a.m. Traditional Worship
- 9:30 a.m. Contemporary Worship
- 9:30 a.m. Summer Adult Bible Study,  
Grier Room
- 11:00 a.m. Traditional Worship,

### LAST WEEK AT AVENUE

Attendance:	2016	2017
8:00	67	51
9:30	198	159
Sunday School	31	32
11:00	66	74
<u>FUSION</u>	<u>0</u>	<u>0</u>
<b>Total</b>	<b>362</b>	<b>316</b>