



The Midweek

Wednesday, November 27, 2019



Health Ministry

Happy Thanksgiving

Enjoy your Thanksgiving meal with a few healthy thoughts in mind.

1. Get Active

Take a walk early in the day and then again after dinner.

2. Eat Breakfast

Experts say eating a small meal in the morning can give you more control over your appetite.

3. Lighten Up

Make your recipes healthier with less fat, sugar, and calories.

4. Police Your Portions

Select reasonable-sized portions of foods you cannot live without. Don't waste your calories on foods that you can have all year long.

5. Skip the Seconds

6. Slowly Savor

Eating slowly, putting your fork down between bites, and tasting each mouthful.

7. Go Easy on Alcohol drink sparkling water between drinks

8. Be Realistic strive for weight maintenance

9. Focus on Family and Friends more than food

For more information on healthy eating and a healthier lifestyle, please contact a Medical West Dietician at 481-7934.

Source: www.webmd.com



Psalms 107:1 KJV “O give thanks unto the Lord, for He is good: for His mercy endureth forever.”

POINSETTIA ORDER FORM

The Sanctuary is never prettier than it is when the poinsettias arrive for December. Placing poinsettias in the church in memory or honor of loved ones is a beautiful and cherished tradition.

This year we will again only be ordering 6.5" pots of poinsettias at \$7.00 each. The Altar Guild has requested that we only order 75 pots of flowers and in RED only. All additional funds will go to the Parish Purse.

Sponsor's Name _____

Memory of _____

Honor of _____

The cost for each Poinsettia is: 6.5" pot \$7.00 _____

The Altar Guild has requested that we order only **RED** Poinsettias this year.

Please Print Clearly

Please use a separate order form for each name
in memory of or honored

Names of sponsors and those remembered and honored will be in the Worship Folder on December 22nd.

Please make checks payable to Avenue United Methodist Church

Orders MUST be in no later than Wednesday, December 18th





The Milford Community Band

Southern Delaware's Premier Music Organization

2019 Christmas Concert Schedule

Saturday, December 7 ~ 3:00 PM
First Baptist Church - 301 Walker Road, Dover

Sunday, December 15 ~ 3:00 PM
Milford High School Auditorium - 1019 N. Walnut Street, Milford

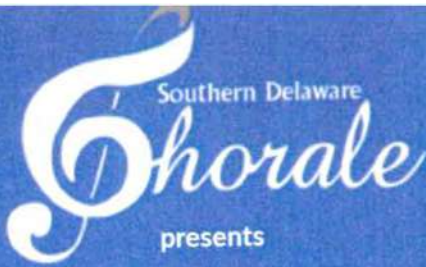
FREE ADMITTANCE ~ DONATIONS WELCOME

Delaware Division of the Arts
This organization is supported, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with the National Endowment for the Arts. The Division promotes Delaware arts events on www.DelawareScene.com.



302-398-9394

www.milfordcommunityband.org



Carols & Lullabies



Dr. Colin Armstrong
Artistic Director & Conductor

Sunday, December 8, 3pm
Epworth United Methodist Church
Tickets \$25

For tickets: southerndelawarechorale.org

This event is supported, in part, by the Delaware Division of the Arts, a state agency in partnership with the National Endowment for the Arts. The Division promotes Delaware Arts at: www.DelawareScene.com





Vouchers cannot be handed out on premises. Disregard to this policy will result in termination of the event.

Please Join Us for a Fundraising Event!

Cub Scout Pack 186
Milford- Silicato Way
December 10, 2019 | 4 to 9pm

When this voucher is presented at time of order, an amount equal to 20% of your total bill will be donated to Cub Scout Pack 186.



This offer valid for 12/10/19 and 12/11/19 only | GrottoPizza.com |  

Give Online from Your Phone

1. Text "avenueumc" to 77977
2. Click on the Link you receive as a text
3. Make a Gift through Debt/Credit Card or ACH Transfer
4. Type in Confirmation Code (can opt-out of this step in future)
5. Considering make your gift recurring

Go to www.pushpay.com/pay/avenueumc to give through your computer.



SOUNDS *of* CHRISTMAS *featuring*

The Mispillion Children's Chorus

Sharon Starling, *director*

Kevin B. Chamberlain, *accompanist*

with

First State Harmonizers

POLYTECH High School Chamber Choir

Christmas Carol Sing-a-long

December 13, 2019
7:00 p.m.

Avenue United Methodist Church
20 N. Church Street
Milford, Delaware 19963
302-422-8111



December 22nd during 9:30 a.m. service

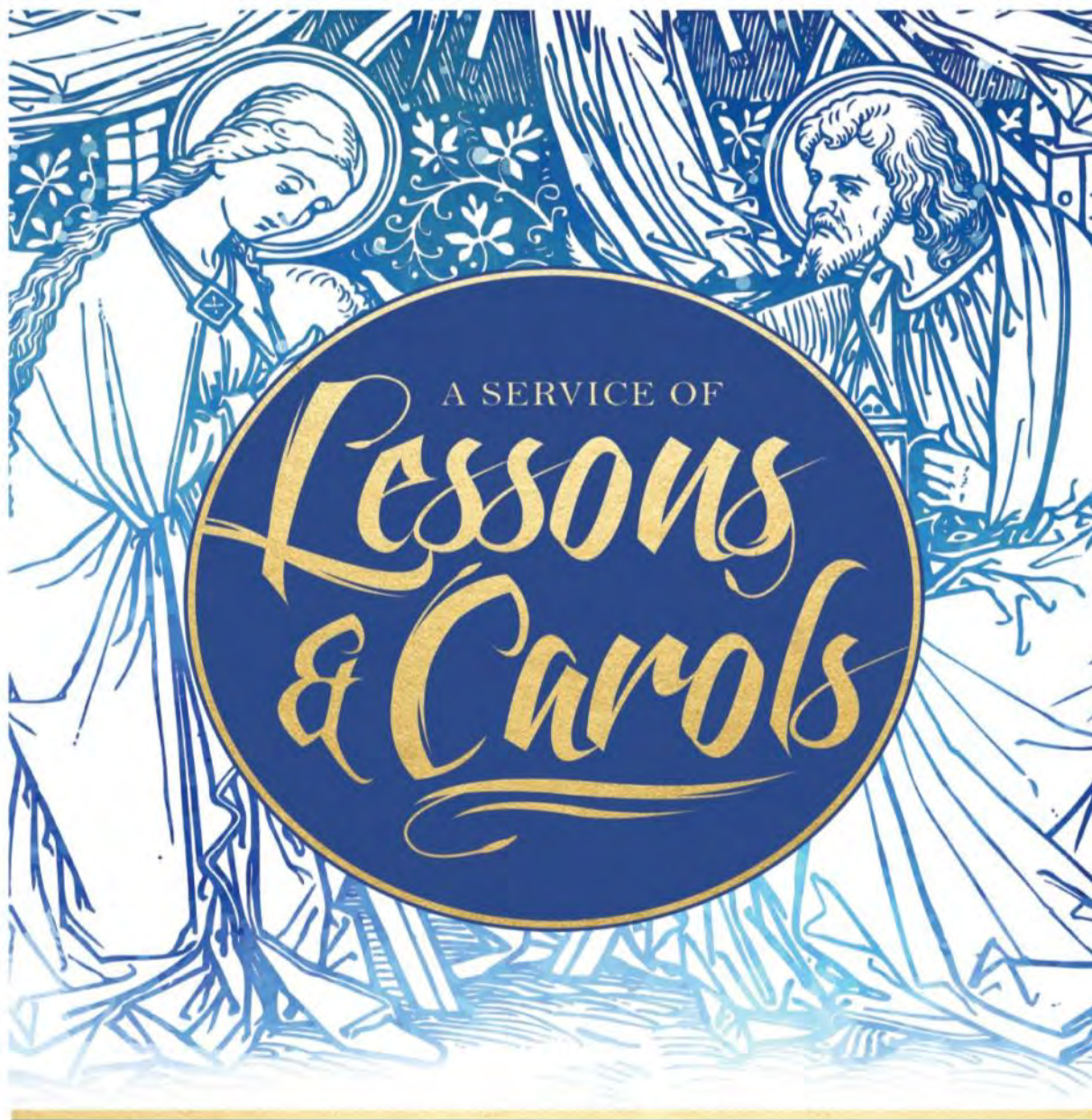
Our program will be the Nativity Story with our Sunday school children serving as the actors. We are planning on having practices take place during Sunday school with a possible "dress rehearsal" on Saturday, December 21st in the morning.

All costumes and props will be provided by the Sunday school.

If your child is interested in participating in the Christmas program please sign up in your child's classroom or email sundayschool@avenueumc.com. Parent volunteers would be greatly appreciated.



AVENUE UNITED METHODIST CHURCH



FEATURING THE FESTIVAL CHOIR AND ORGAN
SUNDAY DECEMBER 22ND AT 4:00PM

20 N. CHURCH STREET | CHILDCARE WILL BE PROVIDED
PLEASE JOIN US | FREE & OPEN TO THE PUBLIC



Join us for *Christmas at Avenue Church*

12/4 Advent Family Dinner (6pm)

12/18 Blue Christmas Service (6:30pm)

12/22 Children's Program (9:30 am)

12/22 Lessons and Carols (4:00 pm)

12/24 Christmas Eve Candlelight Communion Services

3:00 pm Traditional

5:00 pm Modern

7:00 pm Modern

9:00 pm Traditional

avenueumc.com
fb.com/avenueumc
20 N. Church St. Milford
302-422-8111