



## *The Midweek*

*Wednesday, January 15, 2020*

Happy New Year! I hope and pray that each of you has a blessed, healthy and wonderful 2020. I also hope that you have a year of wonderful memories and amazing adventures.

One of my favorite New Year's memories is of the trip that my son and I took several years ago with my sister and her family to Disney World. We ushered in the New Year in Epcot somewhere between France and England in the World Showcase. But what really makes the memory is that my sister spent the entire week using one of the scooters that people find helpful after foot surgery.

That week taught me three things. The first was that Disney World is absolutely nutty during Christmas vacation and we will never visit at that time ever again. Second, there are many more small hills throughout Disney World than I had remembered from previous excursions. However, when one person in your group is on wheels, you figure that out quickly. And third, my sister was the epitome of a super trooper. Being on that scooter did not slow her down at all. She simply learned to overcome the temporary disability she was dealing with and make the most of her time in Disney World with her family.

There will always be times in our lives when conditions don't seem favorable for what we want to do. Some will be short-term like my sister's recovery from her foot surgery. Others will be of a lengthier duration and can drag us down and tire us out. Then there are the self-imposed excuses for why we can't and won't do things, like "I'm too busy" or "the timing is not right." If we all waited for the

perfect time when our schedules were clear to do the things we are called to do, we would never get anything done.

But whatever obstacles appear to be in our way and keep us from fulfilling our goals, we know that we can overcome all of them when we trust in God. Philippians 4: 11-13 reminds us to keep walking with the Lord through all adversities and hurdles and we will come out on the other side in a stronger and better place than when we started.

This scripture says, “Not that I speak from want, for I have learned to be content in whatever circumstance I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me.”

We often start the New Year by making lists of those activities and changes in our lives that we think are important and will benefit us in the long term. For some time we may even act upon them. But then slowly, and all too often, we find they slip into the back of our mind and disappear from our daily lives.

Let us start 2020 by taking God by the hand and walking with Him on the road we have in front of us. In that way, no matter what the circumstances, the journey will forever be doable.

And to God be the glory forever and ever.

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



## 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](http://www.pushpay.com/pay/avenueumc) to give through your computer.

### Upcoming Meetings

- ♦ SPRC Meeting, January 16<sup>th</sup> at 6:30 p.m. in Carpenter Room
- ♦ Trustees Meeting, January 21<sup>st</sup> at 6:30 p.m. in Grier Room
- ♦ UMW General Meeting, January 26<sup>th</sup> at 12:00 p.m. in Fellowship Hall
- ♦ Church Council Meeting, January 29<sup>th</sup> at 6:30 p.m. in Fellowship Hall

## **ANNOUNCEMENTS**

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

**ONLINE GIVING NOW AVAILABLE:** This past Sunday we announced the partnership with Push Pay to offer online giving from your phone, your laptop, or from our website. This tool creates another avenue for you to worship God and to support the ministries of Avenue Church through your giving. You can give using your Debit Card, Credit Card, or through an ACH transfer. You can give a one-time gift or set up recurring gifts just as you may do with online bill pay. Giving is easy and takes about thirty seconds to set up, and it is secure. Here is how it works:

**From Your Cell Phone-** Text “avenueumc” to 77977. You will receive a message with a link. Click on the link which will take you to our online giving page.

**From Your Computer-** In your browser, go to <http://www.pushpay.com/pay/avenueumc> This link will take you to our giving page from where you can make your gift.

**From Our Website-** Go to [www.avenueumc.com](http://www.avenueumc.com) and click on the red “Giving” button in the top-right corner of the homepage. That button will take you to our giving page.

Our leadership is excited about this tool and encourage you to use it as you giving purposefully and joyfully as an act of worship each week! If you have questions about the platform or the process, please contact Pastor Steve or Harriet Davies.

**ALTAR FLOWERS:** If you want to reserve a Sunday please call the church office then call Not Too Shabby at (302) 200-0752. Flowers are placed in the altar vases up by the cross.

**CHURCH ENVELOPES:** Giving envelopes for 2020 will arrive in your home mailbox from mid- to late-December. If you receive envelopes and prefer not to have them because you are switching to Push Pay for your giving, please return them to the church office. Then they can be issued to new members who joined after the envelope order had to be submitted. Thank you.

**PRAYER CONCERNS PAST WEEK:** The Helmick and Salevan families, the Dickerson family, Sherrie Morris and her family, Leslie Eaves and daughter and family, Bev, our denomination, Joe Zammetti and family, Pat Strickland, guidance through college, Dave Sockrider, Carla Tingle and her siblings, David Rutt, Linda Breedlove, Jerry Eisenhower, Janice Abbott, Bill Gaskill and family, four-year-old grandson, Jim, David S., Pam, Jessica, Alex, Jennifer, Brittany Poore, Alan Jester, DeeAnn, Bella, Sammy, Jean Layton, all victims of gun violence including the church in Texas, the victims of the Pennsylvania State turnpike accident, Yvonne Nelson, Chris, Joy Benham, David Achut, Craig, everyone seeking a job or promotion, all those with financial issues, Charlie Fleetwood, Barbara Fleetwood, the nation and its leaders, peace, the military being deployed to Iraq, a marriage in crisis, Bradley and Amanda, everyone traveling, Craig, Dan H, Jan Perkins, Danielle Briggs, and Josiah Adams.

**Rejoice with:** All who know Jesus as Savior.

**Praise God for:** Loving us all the time.

**PRAYER CONCERNS CURRENT WEEK:** The Harrington family, Jan Perkins, Louis LeBlanc, Olive Wuenstsel, Ginny Clendaniel, Jannie Martin, Bev, our denomination, Joe Zammetti and family, Pat Strickland, Dave Sockrider, Linda Breedlove, Jennifer Miller, Muriel Miller, Kim Attix, Janice Abbott, Bill Gaskill and family, Jim, David S., Pam, Jessica, Alex, Jennifer, Brittany Poore, Alan Jester, DeeAnn, Bella Sammy, Frank Martire, Jean Layton, all victims of gun violence, Sean and Megan, the victims and wildlife impacted by the Australian wildfires, Yvoone Nelson, Chris, Joy Benham, David Achut, Craig, everyone seeking a job or promotion, all those with financial issues, Charlie Fleetwood, Barbara Fleetwood, Esther LaMotte, the nation and its leaders, the situation in Iran, peace, the victims of the Ukrainian plane crash, a marriage in crisis, Bradley and Amanda, and everyone traveling.

**Rejoice with:** All those who know Jesus as savior.

**Praise God for:** Loving us all the time and answered prayers .

### **CONGRATULATIONS TO:**

**Richard and Sharon Brown** who will celebrate their **56<sup>th</sup>** wedding anniversary on **January 18<sup>th</sup>**.

### **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**

**CONFIRMATION CLASS** will begin on **Sunday, January 26<sup>th</sup> at 4:00 p.m.** Confirmation is for students in grades 7-12 with the aim of teaching the faith to claim it for themselves. Contact Pastor Steve at srlamotte@avenueumc.com with questions and to RSVP your son/daughter's participation.

**UMW GENERAL MEETING:** A speaker from Brandywine Counseling and Community Services will be coming to share with everyone on **Sunday, January 26<sup>th</sup>** following the 11:00 worship service. Please bring a covered dish and meet in Fellowship Hall to enjoy food and fellowship

and be informed about our new Counseling Center here in Milford.

We will also be collecting items for the center to share with their clients. They really need blankets, socks, winter hats, scarfs, and other cold weather items. Please put in the UMW Donation Box in Fellowship Foyer. Thanks and see you there.

**EXPERIENCING GOD:** Donny Hopkins will be teaching a class on Experiencing God (13 week course). An introductory night will be on **Monday, January 20<sup>th</sup> at 6:30 p.m.** in the Grier Room. For more information please contact Donny Hopkins at (302) 381-1083.

## **SMALL GROUP OPPORTUNITIES/MINISTRIES**

**TUESDAY MORNING SISTERS' BIBLE STUDY:** On **January 21<sup>st</sup>**, we will continue our study "A Nation in Crisis—Study Book of Joshua by David Jeremiah. in the **Grier Room at 10:00 a.m.** Any questions 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.

**DISCIPLE BIBLE STUDIES:** Next class will meet **January 20<sup>th</sup>** (Disciple 1) and **January 15<sup>th</sup>** (Disciple 3)

**SUNSHINE BIBLE CLASS FOR ADULTS:** Sunshine Bible Class for adults meets at 9:30 a.m. in the Grier Room. Our study for January is "Covenant." The lesson for January 19<sup>th</sup> lesson is "God's Covenant with David" based on 2 Samuel 7:1-29; January 26<sup>th</sup> lesson is "God's Covenant with Us" based on Jeremiah 31:27-37. This class is taught by Rev. John Van Tine, Retired. Please plan to attend these exciting lessons.

**EXPLORING FAITH BOOK CLUB:** Exploring Your Faith Book Club will meet on **Sunday, January 19<sup>th</sup>** in the Grier Room at 12:15. We will start the book "The Dream of God?" by Verna Dozier. This study is led by Rev. John Van Tine, retired. This group meets on the third Sunday of the month. All are welcome.

**HEALTH MINISTRY:** Here are some upcoming events in January. Mark you calendars!

☺ **Thursday, January 16<sup>th</sup>** from 8:30-9:00 a.m. in the Grier Room, Mary Lou Sheaffer will be teaching chair Yoga. Please try to attend and wear comfortable clothes.

## **COMMUNITY**

**MENTORING HELP NEEDED:** We are aware of a need at Benjamin Banneker Elementary School for mentors. Mentoring has been shown to make an impact in the life of the student. The commitment to mentoring can take the shape of your schedule, making it easy to get involved. If you are interested in learning more about mentoring, contact Beth Parker at [bparke42@comcast.net](mailto:bparke42@comcast.net).

**CODE PURPLE:** Code Purple is a ministry housed here at Avenue that provides overnight shelter for homeless men in our community. We are in need of volunteers to assist with Code Purple. If you are interested in learning more about Code Purple and the opportunities to serve, contact Dan Nelson at [bubbazanettiz1000@msn.com](mailto:bubbazanettiz1000@msn.com).

**If someone wants to donate socks, gloves, gently used or new jackets and jeans to Code Purple. These items can be taken to the Brandywine day center located in the old Halpern Eye Care location behind the McDonalds. If you take in donations, please ask for Patricia or Cat. Tom Chilton met with them regarding these donations.**

**INTERESTED IN OUTREACH?** We are looking to gather some folks who are interested in reaching out into the community to share God's love and to connect with our neighbors. If you are interested in being part of this team, please contact Pastor Steve at [srlamotte@avenueumc.com](mailto:srlamotte@avenueumc.com).

**MILFORD COMMUNITY PANTRY:** I would like to thank all of you who give to the Pantry in some way. Avenue members are ready to help those in need! We have been able to help many families thanks to your generous spirit. I want you all to know your support makes a difference. Some of you give through your envelope giving and the Pantry receives those donations in a lump sum each month. Harriet keeps track of that for you but I want to be sure you know we appreciate those gifts even though you don't receive a thank you note. We will continue with the Diaper Closet daily .... That seems to be working. RIGHT NOW, we are good for toilet paper. Thank you and Happy New Year from all of us at The Milford Community Pantry.

You can give to the Pantry through Smile.Amazon; the site will ask you for your charity and you can enter milford community pantry. Be sure to look carefully and select the milford,de site.





Health Ministry

**MOVE YOUR WAY™**

**PARENTS**

## Are my kids getting enough physical activity?

You know kids need physical activity to grow up strong and healthy.  
But did you know it can help them feel better right away?

- Better sleep
- Better mood
- Better grades

**And when your kids are feeling good, your life is easier, too. So find ways to help your kids fit more activity into their day.**

### How much do they need?

Kids and teens ages 6 to 17 need at least **60 minutes** every day.

Most of it can be **moderate-intensity aerobic activity**. Anything that gets their heart beating faster counts.

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At least 3 days a week, encourage your kids to step it up to **vigorous-intensity aerobic activity**.

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**Is it moderate or vigorous?**  
Use the “talk test” to find out.

When you’re being active, try talking:

- ✓ If you’re breathing hard but can still have a conversation easily, it’s **moderate-intensity activity**
- ✓ If you can only say a few words before you have to take a breath, it’s **vigorous-intensity activity**

As part of their daily 60 minutes, kids and teens also need:

**Muscle-strengthening activity**  
At least 3 days a week

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- 

Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

**Bone-strengthening activity**  
At least 3 days a week

- 
- 
- 

Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

### Psalms 139:13-14

**“For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made.”**





## Health Ministry

### My kids are younger than 6. What about them?

Younger kids love to be active naturally!

- Aim to keep them moving 3 hours a day — and more is better
- Limit time when they're just sitting around (like screen time)

### What counts?

Whatever gets them moving!



Encourage active play with friends



Give them rewards for active chores



Sign them up for free or low-cost sports or classes



### Or get active together!



Make your morning walks a race



Dance while dinner's in the oven



Show them your favorite ways to move

Most of all, help them find activities they really like to do!

### It all adds up. And so do the benefits.

Help them get active now, and they'll build healthy habits for life.

So take the first step. Get your kids moving. And when you can, move with them!

Find out how your kids can get 60 minutes of activity every day.

[health.gov/MoveYourWay/Get-Kids-Active](https://health.gov/MoveYourWay/Get-Kids-Active)



**Health Ministry Committee Meeting**  
**2<sup>nd</sup> Monday of the Month 6:30-8 PM in the Heritage Room**  
**Next meeting is February 10<sup>th</sup>**

Remember, Saturday February 15<sup>th</sup>, in Fellowship Hall  
CPR, AED First Aid Training starting at 8:45 AM  
For those that signed up and paid the \$25.00!!

**Launching January 26, 2020**

**CATALYST**



**Catalyst is a  
gathering time to  
discuss Scripture,  
Pray, and to  
Fellowship**

**This is for 6-12 Grade.  
11:00 AM to 12 PM**

# CALENDAR

## **SUNDAY 1/19**

- 8:00 a.m. Traditional Worship
- 9:30 a.m. Contemporary Worship
- 9:30 a.m. Adult Sunday School Class,  
Grier Room
- 9:30 a.m. Sunday School
- 10:30 a.m. Choir Rehearsals, Music Room
- 11:00 a.m. Traditional Worship
- 12:15 p.m. Exploring Faith Book Club,  
Grier Room
- 2:00 p.m. Christian Believers Class,  
Holz. Room
- 6:00 p.m. FUSION, Fellowship Hall and  
Wesley Room

## **MONDAY 1/20**

### **Church Office Closed**

- 11:00 a.m. AA, Wesley Room
- 6:30 p.m. Tiger Meeting, Heritage Room
- 6:30 p.m. Webelos Den
- 6:30 p.m. Experiencing God, Grier Room
- 7:00 p.m. 1<sup>st</sup> State Harmonizers,  
Fellowship Hall
- 7:00 p.m. AA, Room 206
- 7:00 p.m. Disciple 1 Class, Holz. Room

## **TUESDAY 1/21**

- 9:45 a.m. Sarah Circle Meeting at Joyce  
Voshell's residence
- 10:00 a.m. Sisters' Bible Study, Grier Room
- 10:00 a.m. DD Facilitators Meeting,  
Heritage Room
- 1:30 p.m. Mary/Martha Circles, Grier Room
- 5:00 p.m. Mispillion Children's Chorus,  
Music Room
- 6:00 p.m. MomentUM, Wesley Room
- 6:30 p.m. Lion's Den Meeting
- 6:30 p.m. Trustee's Meeting, Grier Room
- 7:00 p.m. Central Delaware Chess Club,  
Room 206
- 7:00 p.m. Praise Team Rehearsal,  
Wesley Room

## **WEDNESDAY 1/22**

- 10:00 a.m. DD Facilitators Meeting,  
Heritage Room
- 1:30 p.m. Knitting /Crocheting Group,  
Grier Room
- 3:00 p.m. Sanctuary Choir, Music Room
- 5:00 p.m. Women's Emmaus Reunion
- 6:00 p.m. AveNotes, Sanctuary
- 6:45 p.m. Voices of Delmarva,  
Fellowship Hall
- 7:00 p.m. Disciple 3 Class, Holz. Room

## **THURSDAY 1/23**

- 8:30 a.m. Men's Emmaus Group
- 11:00 a.m. AA, Wesley Room
- 2:15 p.m. Women's Emmaus Reunion
- 6:30 p.m. Arrow of Light Den,  
Wesley Room

## **FRIDAY 1/24**

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

## **SATURDAY 1/25**

- 8:00 a.m. Music School Recitals, Sanctuary
- 7:00 p.m. AA, Wesley Room

## **SUNDAY 1/26**

- 8:00 a.m. Traditional Worship
- 9:30 a.m. Contemporary Worship
- 9:30 a.m. Adult Sunday School Class,  
Grier Room
- 9:30 a.m. Sunday School
- 10:30 a.m. Choir Rehearsals, Music Room
- 11:00 a.m. Traditional Worship
- 12:00 p.m. UMW General Meeting/Covered  
Dish, Fellowship Hall
- 12:30 p.m. Music School Recitals, Sanctuary
- 2:00 p.m. Christian Believers Class,  
Holz. Room
- 6:00 p.m. FUSION, Fellowship Hall and  
Wesley Room