



# *The Midweek*

*Wednesday, February 5, 2020*

As I am on vacation this week, I will share the words of my dear friend Pastor Heidi. And to God be the glory.

With the memory of Christmas to guide us, let us remember that God's gifts to us are freely given, life-giving, and spirit enhancing: his love, his Son, his amazing grace, his generosity. "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you" (Matthew 7:7 NIV).

Thinking about giving, reminds me of St. Francis of Assisi's prayer, "For it is in giving that we receive." Several months ago, Pastor Dave Smith opened a sermon by asking us, "Who is the most generous person you know?" My first thought was my husband, Clark, but I will save those stories for another time. Next, I remembered my grandfather who gave me a valuable lesson in the power of generosity. He encouraged my love of music with my first piano lessons when I was 8 years old. Practicing on a full-sized wooden piano keytop that first year, I sang the notes as I played. At lesson time, I got to hear the music on a real piano! The next year, my grandfather made it possible for my parents to purchase an upright piano, and in return, I earned my lessons by transcribing music for my teacher. Years later, I thanked my grandfather for the generosity that had made a lasting impact on my life; and he replied that he had no idea how important those first lessons were for me, which in turn, made the gift somehow purer and deepened the lesson on generosity.


Jesus said, "It is more blessed to give than to receive"(Acts 20:35 NRSV). Why is that? What is generosity really? God asks us to give without expectations, even when we do not know why, or how much. God does not ask us to hold back, or to be measured with our gifts. What about Joseph's gifts? You know the story: as the youngest son, Joseph was left in the wilderness by his jealous brothers to be picked up by a caravan. He became a slave, but God gave him great talents, and after many trials, he became a powerful man in the Egyptian court. During a time of widespread famine, his brothers came asking for grain, and he did not refuse them. His generosity was bigger than the grievous harm that his brothers had caused him. He had learned to forgive in the original

meaning of the word from the Latin, “perdonare” “to give completely, without reservation” ([English.stackexchange.com](http://English.stackexchange.com)). [Love] “keeps no record of wrongs” (1 Corinthians 13:5 NIV).

Jesus pointed out the widow woman who gave more than the Pharisees expected or wanted her to give. What do you suppose they were thinking when they noticed her generosity? Were they judging her, and looking down on her situation? Or wondering where she got the money? Or feeling guilty that they could not be so generous? Did her gift help them understand how the giver is more blessed? “If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?” (1 John 3:17 NIV).

“Do not forget to do good and to share with others, for with such sacrifices God is pleased” (Hebrews 13:16 NIV). Paul reminded us: “As for you, brothers and sisters, never tire of doing what is good” (2 Thessalonians 3:13 NIV). God provides us with many opportunities to be generous with whatever gifts and talents and funds that we have. Take heart, forgive, and do not tire of being generous. According to God’s will, your gift will have consequences far beyond your intentions.

A handwritten signature in blue ink that reads "Pastor Henry". The signature is written in a cursive style with a large, stylized 'H'.



## 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.

## Avenue Podcast

Sermons delivered digitally  
each week

Available on  
iTunes, Spotify  
and at

[avenueumc.com/events-news/sermon](http://avenueumc.com/events-news/sermon)



## **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.

**END OF THE YEAR STATEMENTS** are available for pickup. They are on the Fellowship Foyer table.

**PRAYER CONCERNS PAST WEEK:** Jan Perkins, Andrea Prettyman, Jack and Zelda McDuff, K.C. Carter, Jeanie Zaimas, everyone in Puerto Rico, Brian, Betty Gilette, Ginny Clendaniel, Jannie Martin, our denomination, Dave Sockrider, the family and friends of Ming Lau, Linda Breedlove, Amy Arnold, the Miller family, Amy, Jean Layton, Janice Abbott, David S., Cheryl C., the family and friends of Bill Johnson, Bill Gaskill and family, Jim, Barbara Sidel, Alan Jester, DeeAnn, Bella, Sammy, Frank Martire, all victims of gun violence, the families and friends of Kobe Bryant and those who died with him, Chris, Craig, everyone seeking a job or promotion, all those with financial problems, Charlie Fleetwood, Barbara Fleetwood, this nation and its leaders, peace, a marriage in crisis, and everyone traveling.

**Rejoice with:** All who know Jesus as Savior and all who have answered prayers .

**PRAYER CONCERNS CURRENT WEEK:** Puerto Rico, Amy Arnold, Richard and Carmella Bergez, Mary-Beth Nimple, Connie Grishop, Buzz Gildea, Craig, Bob and Erica McGuire, Frank Matire, Wil McCloskey, Family and friends of Spencer Malcom III, Bill Gaskill and family, Ping Smith, Bobby Walls, Kris Gibbons, Tori Nelson and her friend David, Prayers for the upcoming Chrysalis and Emmaus Weekends, Jehnna Moore, Dee Ann, Sam Miller, Bella, KC Carter, Andrea Prettyman, Millie Remmick, Charlie Fleetwood, Pray for our local, national, and international leaders and Pray for The United Methodist Church as we approach General

Conference 2020.

**Praise God for:** Answered Prayers and Praise God for our awesome pastoral staff and worship team.

**CONGRATULATIONS TO:**

**Josh and Elaine Willey** who will celebrate their **62<sup>nd</sup>** wedding anniversary on **February 15<sup>th</sup>**.

**WEEKLY MUSIC REHEARSALS:**

♫**Handbells**

Mondays at 6:30 p.m., Sanctuary

♫**MomentUM Praise Team**

Tuesdays at 6:00 p.m., Sanctuary

♫**Misphillion 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**

**THE WESLEYAN WAY BIBLE STUDY:** Rev. John Van Tine, Retired will be teaching a class on Wednesday nights from 7:00—8:00 p.m. beginning February 5<sup>th</sup> through April 8<sup>th</sup> in the Grier Room. The class is the “The Wesleyan Way” by Scott Jones. This class will enable us to make following Jesus a way of life. Plan to attend these classes that will deepen your faith.

**LENTEN STUDY ON THE BEATITUDES** will be led by Pastor Steve on Thursday's beginning **February 27<sup>th</sup> at 6:30 p.m. in the Grier Room.** We will be looking at each of the Beatitudes and reading the book *Words from the Hill* by Stu Garrard. If you are interested in signing up for the study, please do so on the sign-up sheet on the round table in the Fellowship Foyer, or by emailing Pastor Steve at [srlamotte@avenueumc.com](mailto:srlamotte@avenueumc.com).

**CONFIRMATION CLASS:** Our next class will be on **Sunday, February 16<sup>th</sup> at 4:00 p.m.** in the Grier Room. 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](mailto:srlamotte@avenueumc.com) with questions.

**CONGREGATIONAL BIBLE READING:** In the month of February, we will be reading through the Gospel of Matthew as a community. With 29 days in the month and 28 chapters in Matthew, we'll read one chapter a day. For further interaction, there will be a Facebook post each day where you can leave your thoughts, share your insights, and interact with other members of the community. Join us as we commit to spending time in God's Word!

**GENERAL CONFERENCE 2020** will be held on May 5-15 in Minneapolis, Minnesota. General Conference is a gathering of United Methodist delegates from around the world. It is the only body that can write the doctrine and polity of the church. They will be discussing and voting on all matters regarding the church and our future. As General Conference draws closer, let us pray for the 800+ delegates who will gather in Minnesota and for the leaders of our church.

## **SMALL GROUP OPPORTUNITIES/MINISTRIES**

**EXPERIENCING GOD:** Donny Hopkins will be teaching a class on Experiencing God (13 week course). Our next class will be on **Monday, February 10<sup>th</sup> at 6:30 p.m.** in the Grier Room. For more information please contact Donny Hopkins at (302) 381-1083.

**TUESDAY MORNING SISTERS' BIBLE STUDY:** On **February 11<sup>th</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 **February 10<sup>th</sup>** (Disciple 1) and **February 12<sup>th</sup>** (Disciple 3).

**SUNSHINE BIBLE CLASS FOR ADULTS:** The Sunshine Bible Class for adults meets at 9:30 a.m. in the Grier Room. Our study for February is "Holiness." The lesson for February February 9<sup>th</sup> lesson is "Holy Presence" based on Exodus 40:1-28; February 16<sup>th</sup> lesson is "Holy People" based on Psalm 24:1-6; and February 23<sup>rd</sup> lesson is "Holy Purpose" based on Isaiah 61:1-11. 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, February 16<sup>th</sup>** in the Grier Room at 12:15. We will continue our study "The Dream of God?" by Verna Dozier, Chapter 2. 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:** On **Thursday, February 6<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**

**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.

**We need cereal and Sizes 4 & 6 diapers also.**

**TICKETS NOW AVAILABLE:** Tickets for the Southern Delaware Chorale Black History month concert "A Choral Tapestry" are now available. Contact Ginny Van Tine at 302-422-4282 or go to the website. Adult \$25 / Student \$10.

# HELP US REACH NEW PEOPLE THROUGH WORSHIP

Avenue is continuing to look for ways to reach new people while improving the worship experience on Sunday mornings. We would like to extend the reach of our worship services by live streaming our gatherings on the internet. This would make our worship services available to shut-ins, those who are sick and traveling, as well as those who may be new to the area and checking out churches. Once services are complete, video of the services would be archived on our website or on a platform such as YouTube for those who want to view them later.

While part of our sound system was replaced previously, there are still upgrades that will allow our sound system to be as clear as possible, helping everyone hear the service better and providing the best sound for live streaming. Our wireless microphones are currently out of compliance with the FCC and need to be replaced. We would also like to upgrade our monitors to in-ear monitors, which would reduce the noise coming from the chancel and making the speakers in the Sanctuary sound clearer.

The total cost of the project is \$50,000. As this is not a budgeted item, we are looking to see if there are members who would like to contribute to the project. Your contribution will enable high quality sound and as well as the digital distribution of our worship services on Sunday mornings and beyond.

If you would like to contribute to this project, please make a check payable to Avenue United Methodist Church with “A/V Upgrades” in the memo line so we know where to place it. If you have questions about the upgrade possibilities, please contact Pastor Steve at [srlamotte@avenueumc.com](mailto:srlamotte@avenueumc.com) or Kevin Chamberlain, Minister of Music at [KBChamberlain@avenueumc.com](mailto:KBChamberlain@avenueumc.com).





## What Is a Heart Attack?

Every 34 seconds, someone dies from heart and blood vessel diseases, America's No. 1 killer. Since most of those deaths are from coronary heart disease — over 375,000 each year — it's important to learn all you can about heart attack.

For example, you should know the warning signs of heart attack so you can get help right away, either for yourself or someone close to you.

Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening:

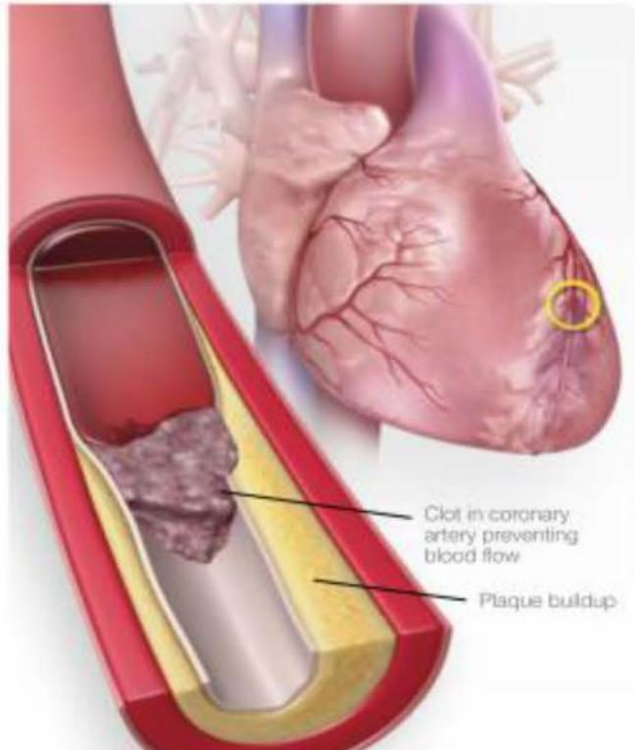
- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, your back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, **immediately call 9-1-1** or the emergency medical services (EMS) in your area (fire department or ambulance). Get to a hospital right away.

### What causes a heart attack?

A heart attack occurs when the blood flow to a part of the heart is blocked (often by a blood clot). This happens because coronary arteries that supply the heart with blood slowly become thicker and harder from a buildup of fat, cholesterol and other substances, called plaque.

If the plaque breaks open and a blood clot forms that



blocks the blood flow, a heart attack occurs. Then the heart muscle supplied by that artery begins to die. Damage increases the longer an artery stays blocked.

Once that muscle dies, the result is permanent heart damage.

### How can I recover?

Depending on the extent of your heart attack, you may only be in the hospital a few days. But your recovery is just beginning.

- Start making changes in your life now to reduce your risk of having another heart attack. Eat heart-healthy meals, be more physically active, reach and maintain a healthy weight, and don't smoke.
- Talk with your doctor and nurses about how you can live as normal a life as possible. Ask how soon you can go back to work, drive a car, have sex, and what to do if you have chest discomfort. They can answer your questions about other matters, too.

(continued)



ANSWERS  
by heart



Cardiovascular Conditions

What Is a Heart Attack?

- Talk with your healthcare provider about joining a cardiac rehabilitation program in your area.

### How can I reduce my risk for a heart attack?

Even if you have heart disease, there's a lot you can do to improve your heart's health. Work with your healthcare provider to set goals to reduce your risk of heart attack.

- Don't smoke, and avoid second-hand smoke.
- Treat high blood pressure, if you have it.
- Eat a healthy diet that's low in saturated fat, *trans* fat, and sodium (salt).
- Get at least 150 minutes of moderate-intensity physical activity a week.
- Reach and maintain a healthy weight.
- Control your blood sugar if you have diabetes.
- See your doctor for regular check-ups.
- Take your medicines exactly as prescribed.



Getting exercise and improving your diet are among the many things you can do to avoid a heart attack.

### HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit [heart.org](http://heart.org) to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at [heartinsight.org](http://heartinsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/supportnetwork](http://heart.org/supportnetwork).

### Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider. For example:

**How soon can I return to work after my heart attack?**  
**Is there a cardiac rehab program in my area?**

### My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit [heart.org/answersbyheart](http://heart.org/answersbyheart) to learn more.



American  
Heart  
Association.  
Life is why™

Matthew 5:8

“Blessed are the pure in heart, for they shall see God.”

# 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 2/9 ~ Scout Sunday**

- 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
- 2:00 p.m. Christian Believers Class, Holz. Room
- 6:00 p.m. FUSION, Fellowship Hall and Wesley Room

## **MONDAY 2/10**

- 11:00 a.m. AA, Wesley Room
- 6:30 p.m. Bear Den, Nursery
- 6:30 p.m. Experiencing God, Grier Room
- 6:30 p.m. Handbell Choir, Music Room
- 6:30 p.m. Health Ministry Comm. Meeting, Heritage 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 2/11**

- 10:00 a.m. Sisters' Bible Study, Grier Room
- 1:00 p.m. 4H, Wesley Room
- 5:00 p.m. Mispillion Children's Chorus, Music Room
- 6:00 p.m. MomentUM, Wesley Room
- 6:30 p.m. Leadership Team Meeting, Grier Room
- 7:00 p.m. Central Delaware Chess Club, Room 206
- 7:00 p.m. Praise Team Rehearsal, Wesley Room

## **WEDNESDAY 2/12**

- 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
- 7:00 p.m. Disciple 3 Class, Holz. Room
- 7:00 p.m. Wesleyan Way Bible Study, Grier Room

## **THURSDAY 2/13**

- 8:30 a.m. Men's Emmaus Group
- 8:30 a.m. Chair Yoga, Grier Room
- 11:00 a.m. AA, Wesley Room
- 2:15 p.m. Women's Emmaus Reunion

## **FRIDAY 2/14**

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

## **SATURDAY 2/15**

- 8:30 a.m. CPR Class, Fellowship Hall
- 7:00 p.m. AA, Wesley Room

## **SUNDAY 2/16**

- 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
- 4:30 p.m. Confirmation Class, Grier Room
- 6:00 p.m. FUSION, Fellowship Hall and Wesley Room