



The Midweek

Wednesday, February 12, 2020

We had a great trip to Cancun last week. But to be honest, I'm not sure everyone who was at the resort had a similar experience. It was obvious that many people had not embraced the idea of sunscreen. Even the hotel staff whose English was in the developing stage knew the term "tomato" when identifying the sunburnt guests hanging out by the pool.

It stuns me that some people are not willing to take advantage of the protection that is available to them. Sunscreen was an amenity in every room so it was readily accessible. Not taking advantage of what was right in front of them caused them physical pain and less enjoyment in life.

We do the very same when we don't trust in the protection God provides us, and that also causes us pain and less fullness of life. Psalm 5:11 says, "But let all who take refuge in your be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you."

God is always available and provides His protection to all who seek and love Him. Trusting in our own abilities and capabilities is not going to protect us from the pain of sin, and the lack of fullness of life we experience when we fail to trust in the Lord's love and strength. We all need to put our trust in His protection and rejoice in the life He gives.

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.



Rev. Rob's Ramblings

Where are we going? How long will it take to get there? Have you ever asked those questions?



Ever had kids in the back seat ask you those questions? When you start out on a road trip, you usually know where you are going. You usually have made a few calculations on the amount of time it will take to get there. You have usually looked at a map and determined the routes you want to take.

The United Methodist Church is on a journey and none of us know where we are going to end up. We have several "routes" before the delegates to General Conference in May. Based on previous General Conferences, there is no guarantee that one of the routes will be passed or if it will be passed with many amendments and changes.

The reality is that we are at a crossroads in our denomination. Change is coming for us. We have been in a 48-year debate over our understanding of LGBTQIA+ issues. We have debated, argued, quoted scripture, voted, cried, debated some more, voted again, and repeated this cycle in General Conferences, Jurisdictional Conferences and Annual Conferences. I believe both sides of the debate have come to the conclusion that we will not be able to convince the other side that our opinion is correct. I believe we have resolved to come to the point of separation. What this looks like is yet to be seen. There are lots of ideas floating around out there, but we really do not know where we are going.

My life as an itinerant pastor has taught me to rely heavily on the Lord. A phone call from a District Superintendent offering a new appointment can change your life, the lives of your family and the lives of the congregation you are serving. I am currently serving in my 6th appointment. I have never asked to leave a church or been asked to leave, yet I have never said "No." I have trusted that the Lord has spoken through the Bishop and Cabinet and went to see what God had in store for me on the next stage of my journey. As a cabinet member, I have been in intense prayer with my other District Superintendents before making those calls and bringing about some of that intense personal change. Now as the Annual Conference's Director of Connectional Ministries, I can't help but worry about what changes will happen in the future to our beloved Annual Conference.

I lean on my faith and the word of God. When Joshua was charged with leading the Israelites across the Jordan River after Moses' death, God speaks to Joshua in Joshua 1:1-9. Over and over again, the Lord reassures Joshua, "I will be with you; I will never leave you nor forsake you." Joshua is told, "Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."


I have enjoyed reading the writings of Thomas Merton over the years. Merton was a Trappist Monk who wrote during the 1950's and 60's, certainly a time of change in the United States. I have been able to twice take spiritual retreats at his home monastery outside of Louisville, KY. He penned this prayer that I believe we should all be praying:

***My Lord God,
I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
nor do I really know myself,
and the fact that I think I am following your will
does not mean that I am actually doing so.
But I believe that the desire to please you
does in fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that if I do this you will lead me by the right road,
though I may know nothing about it.
Therefore will I trust you always though
I may seem to be lost and in the shadow of death.
I will not fear, for you are ever with me,
and you will never leave me to face my perils alone.***

Brothers and Sisters of the Peninsula-Delaware Annual Conference, the words the Lord spoke to Joshua and this prayer above are the words we need to claim today. Even though we may not know the route we must go, we do know who goes with us. May we all travel down the road before us, knowing that whatever happens, God is with us.



Rev. Dr. Rob Townsend



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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 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: 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.

PRAYER CONCERNS CURRENT WEEK: Jack and Zelda Mc Duff, Roselle Roe, Andrea Prettyman, K.C. Carter, Jeanie Zaimas, Barbara Sidel, Gene, everyone in Puerto Rico, Betty Gilette, Ginny Clendaniel, our denomination as it moves forward, Dave Sockrider, Linda Breedlove, Joy Benham, Amy Arnold, Jean Layton, Janice Abbott, David S., Bill Gaskill and family, Alan Jester, DeeAnn, Bella, Sammy, Frank Martire, Dominique Brunner, all victims of gun violence, Scott Jackson, Ellie Lauchner and her family, Chris, Amy and all those struggling with grief, all parents who have lost children, Diane Brutuan, Ed Bailey, Cynthia, Ginny, Craig,

everyone seeking a job or promotion, all those with financial issues, Charlie Fleetwood, Barbara Fleetwood, the nation and its leaders, peace, a marriage in crisis, everyone traveling.

Rejoice with: Donny Hopkins, all who know Jesus as Savior, all with answered prayers.

BIRTHDAY GREETINGS TO:

Sue Hatfield who will celebrate her **90th** birthday on **February 25th**.

CONGRATULATIONS TO:

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

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

UMW YARD SALE: The AVENUE CHURCH ANNUAL YARD SALE is coming up on August 6th, 7th, and 8th. Join us for a planning meeting on Tuesday, February 25th at 1:00 p.m. in Fellowship Hall. If you're a seasoned helper or never done it before, WE NEED YOU!! Let's make this year's sale the best ever. You can clean out your closets, share your faith, and show a warm "we care" to the Milford community. Be sure to put these dates on your calendar!

LENTEN STUDY ON THE BEATITUDES will be led by Pastor Steve on Thursday's beginning **February 27th 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.

CONFIRMATION CLASS: Our next class will be on **Sunday, February 16th 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 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 17th 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: **WE WILL NOT HAVE BIBLE STUDY ON FEB. 18TH**. On **February 25th**, we will start our new study "Jesus—The God who knows your name by Max Lucado. 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 17th** (Disciple 1) and **February 12th** (Disciple 3).

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 5th through April 8th 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.

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 16th lesson is "Holy People" based on Psalm 24:1-6; and February 23rd 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 16th** 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 13th** 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.

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.

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.

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 or Kevin Chamberlain, Minister of Music at KBChamberlain@avenueumc.com.

A generous donor is offering a challenge that they will match 100% of any gift \$500 or less specifically designated for the A/V Upgrades, up to \$10,000. All gifts must be received by the end of February to be matched.

Report for Avenue's January 29, 2020 Church Council Meeting

The endowment monies given to Avenue have been separated from the church's General Funds and put in accounts to be managed by professional money managers, overseen by us, but managed by them. All three of the firms use socially responsibility guidelines for Avenue, as requested/required by the Book of Discipline.

1. A general pool of funds given to the church over the years, which included scholarships, memorials and such, was probably the first one. It was deposited with the Mid-Atlantic Foundation, managed by Fulton Bank.
2. When Mildred Masten Bach and her husband, O. B. Bach passed away in 1988, they left money to Avenue for the purpose of purchasing a new organ. After the purchase was completed June 2005, the remaining monies were placed in a separate fund and named the Bach fund. It was deposited with the Mid-Atlantic Foundation, managed by Fulton Bank.
3. In 2018, the executor of Jo Wood's Estate deposited a gift for the church's benefit in an account with Morgan Stanley. After the Endowment Committee was formed at the end of 2018, the fund management was assigned to Clearbridge, a professional money manager, starting at the end of March 2019.

With the formation of the Endowment Committee, for the first time, the church had a committee to oversee all of the endowment funds on one spreadsheet. On Feb. 1, 2019, the amounts in the two firms was about equal, with the Foundation having a slight edge. That changed during the year, with the addition of the following percentages.

As of Dec 31, 2020 the returns of the 3 funds were:

Foundation general pool	8.5%
Foundation Bach Fund	6.2%
Morgan Stanley Wood fund	10.1%

Church Council had set the rate of 4% for withdrawal from the total of Endowment Funds to deposit in the church's checkbook. That amount will be withdrawn and has already be added to the 2020 budget.

Respectively submitted,

Carolyn M. Humes,

Chairman of the Endowment Committee



Health Ministry



LOVE IS IN THE CHAIR

SPECIAL VALENTINE CHAIR YOGA

MARYLOU SHEAFFER, INSTRUCTOR

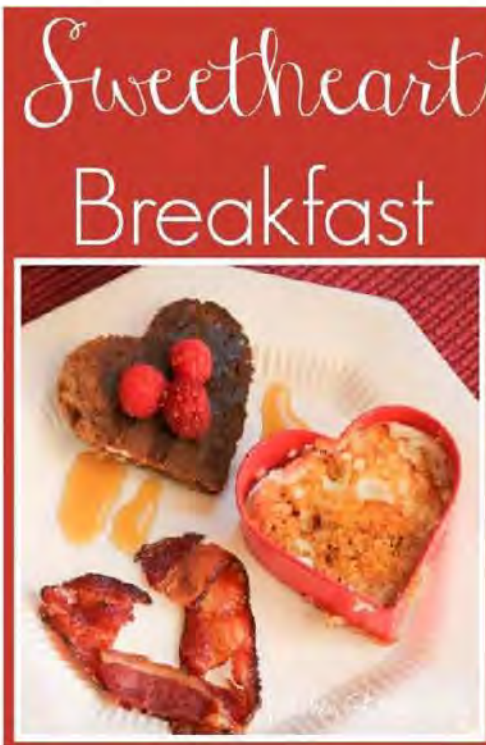
THURSDAY, FEBRUARY 13TH 8:30-9:00 AM

IT IS TIME TO LOVE YOURSELF!

YOU MAY BRING YOUR FAVORITE **VALENTINE!!**

Breakfast served after the class, AS REQUESTED BY MEN!!

See you gentlemen there!!





Preventing Cardiovascular Disease: What Every Woman Needs to Know

Created: 08/23/2019

Last Updated: 10/10/2019

<https://www.healthywomen.org/content/article/preventing-cardiovascular-disease-what-every-woman-needs-know>

Cardiovascular disease, or CVD, is the number one killer of women in America. In 2017 alone, 300,000 women died from CVD. An umbrella term for various problems, it includes heart disease, heart attack, stroke, heart failure, arrhythmia and heart valve issues. Many of these problems are the result of atherosclerosis, a buildup of plaque in your arteries, which over time can become narrower and restrict blood from your heart to the rest of your body.

Although you cannot control certain risk factors for CVD—like age, gender, race or ethnicity and family history – there are lifestyle changes that may help prevent CVD.

- If you smoke, quit
- Get regular exercise
- Maintain a healthy weight
- Control your blood pressure, cholesterol and triglycerides
- Eat a healthy diet. Limit saturated fats, foods high in sodium and added sugars; and eat lots of fresh fruit, vegetables and whole grains.
- Limit alcohol
- Manage stress
- Manage diabetes
- Get enough sleep

What is a heart attack

When you think about a heart attack, you likely someone clutching their chest. They fall to the ground, knocked out of breath. For many women, symptoms of a heart attack can be more subtle. And that means those symptoms can often go untreated.

Women's most common heart attack symptom is uncomfortable pressure, squeezing, fullness or pain in the center of the chest. It lasts more than a



few minutes or goes away and comes back. Women are somewhat more likely than men to experience some other symptoms including:

- shortness of breath with or without chest discomfort
- nausea or vomiting
- sweating or "cold sweat"
- unusual fatigue
- pain or discomfort in one or both arms, the back, neck, stomach or jaw
- feeling of fullness, indigestion or choking
- lightheadedness, dizziness, extreme weakness or anxiety

What to do

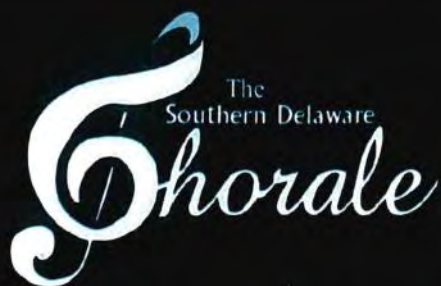
If you have persistent heartburn and aren't sure if it's heartburn, call 911 and seek emergency medical care. Health care providers can run tests to diagnose what's going on.

If unexplained chest pain goes away within a few hours and you didn't seek medical help, call your health care provider. Heartburn and a developing heart attack can both cause symptoms that subside after a while. Even if the pain doesn't last a long time, that could be a warning sign.

Heart Health: <https://www.healthywomen.org/category/tags/heart-health>

Proverbs 4:23

"Above all else, guard your heart, for everything you do flows from it."



presents

A Choral Tapestry

TO CELEBRATE BLACK HISTORY MONTH



Sunday, February 23, 3:00pm
Epworth United Methodist Church
Rehoboth Beach



With Special Guests:

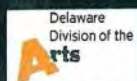
The Second Generation Community Chorus

Cantabile Women's Chorus

Cape Henlopen HS Chorus

Tickets: \$25

www.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

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 2/16

- 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

MONDAY 2/17

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

TUESDAY 2/18

- 9:45 a.m. Sarah Circle Meeting at Sharon Brown's residence
- 10:00 a.m. Sisters' Bible Study, Grier 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 2/19

- 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
- 6:30 p.m. Wolf Den, Wesley Room
- 6:45 p.m. Voices of Delmarva, Fellowship Hall
- 7:00 p.m. Disciple 3 Class, Holz. Room
- 7:00 p.m. Wesleyan Way Bible Study, Grier Room

THURSDAY 2/20

- 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 2/21

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

SATURDAY 2/22

- 11:00 a.m. Fusion Leader Luncheon, Fellowship Hall
- 7:00 p.m. AA, Wesley Room

SUNDAY 2/23

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