

The Midweek

Wednesday, March 4, 2020

I have been watching a series on Netflix called "The Crown." It is a fictional depiction of the reign of Queen Elizabeth II. I say fictional depiction because while it portrays actual events and people, there is no way to know whether the story line in the show is really what happened.

However, there have been some learning moments throughout the three seasons I have watched. For example, one episode focuses on the tragedy of a mining accident in the Welsh town of Aberfan where 116 children and 28 adults were killed when there was a landslide. I had no idea such a disaster had taken place. (It occurred on October 21, 1966.) I also learned a lot about the various prime ministers who held office during the queen's first 25 years.

For me, one of the more interesting characters is Prince Charles, the heir apparent to the throne. I never really thought much about him other than he was a man married to Princess Diana. This man is now 71 years old.

And then it hit me. At age 71, when most people are retiring and looking forward to their golden years, this man has not yet gotten the job he was born to have. There is not any indication when he will begin in the position he is slated to attain because he has to wait until his mother steps down or passes away. He has been holding in place, for a job he won't have until later in life when others his age are looking to possibly slow down or stop working altogether. Yet he will be forced to pick up his pace. I applaud his sense of duty and commitment to the people of the United Kingdom and other commonwealths but I am also exhausted just thinking about his grueling schedule to come.

Galatians 6:9 tells us "So let us now grow weary in doing what is right, for we will reap at harvest time, if we do not give up." As Christians, we are in a somewhat similar situation to Prince Charles but our dedication and commitment is to Jesus. We have no idea what we will

be asked to do, at what age, in what place, and for whom, but we know we are all called to serve Him for our entire lives.

We are forever the princes and princesses of our heavenly Father, and thus we have a lifelong duty to the roles we have been given; to love each other, care for those in need, be the hands and feet of Christ in the world, and make disciples for Jesus for the transformation of the world, among others. If we are not fulfilling our duties, perhaps we also need to pick up the pace. No matter our personal circumstances including age, physical capabilities or economic situation, there is always something we can do for others. Prayer, for example, can be done by anyone in any situation.

Our earthly residence won't be Buckingham Palace but we will have a beautiful home in the kingdom eternal with the Lord of heaven and earth. That, to me, sounds like a perfect treasure to look forward to having.

And to God be the glory forever and ever.

Pastor hey





ANNOUNCEMENTS

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

THREE WAYS TO GIVE: There are several ways to give as an act of worship to God. Your gifts help to make it possible for Avenue to reach out to the world. You can

- Plate Giving on Sunday morning
- Text-to-Give: Text "avenueumc" to 77977 and follow the prompts
- Give through our website: Click red "give" button on the top right of our homepage

Thank you for your continued support of the ministries of Avenue United Methodist Church. Contact Pastor Steve or Harriet Davies is you have questions about giving.

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.

PRAYER CONCERNS PAST WEEK: The Meck family, the family and friends of Beth Judy, Jennifer Miller, Dawn Willis and family, David Rutt, the Lewis family, Jack Searer, Jean Layton, Bill Gaskill, Ginny, Ed Bailey, Helen Holleger, Megan Miller, Betty's friend, Joe and Mary Jo Lear, Amy Arnold, Diaz Bonville, all those seeking employment and promotions, Mike, everyone who is traveling, Jamie, Barb, Seri, Anne, DeeAnn, Sammy, Bella, Linda Breedlove, Charlie and Barbara Fleetwood, Esther LaMotte, Chris, David Sockrider, Laurel Pastor, Betty Ziesel, Jack and Zelda McDuff, our denomination, Janice Abbott, Luisa and Billy Combs, Gene, Donna, the family of Rachel Badner, Craig, Buzz Gildea, Joan Wadman, our nation and its leaders, Yvonne Nelson, Merry J., Pat's mom.

Praise God for: Vaughn and Tracy Webb, Chelsea and Justin Arseneau, the team and caterpillars of the Boy's Chrysalis Weekend.

PRAYER CONCERNS CURRENT WEEK: The family and friends of Dawn Willis, the family and friends of Jerry Krone, Jennifer Miller, David Rutt, Joe, Jean Layton, Ed Bailey, Joe and Mary Jo Lear, Diaz Bonville, all those seeking employment and/or promotions, Mike, all those who are traveling, Jamie, Anne, DeeAnn, Alan Jester, baby Luca and his parents, Merry J., Chuck Coverdale, Debbie Eannone, Sammy, Bella, Linda Breedlove, Charlie and Barbara Fleetwood, Esther LaMotte, Chris, Laurel Pastor, Betty Ziesel, Jack and Zelda McDuff, our denomination, Janice Abbott, Luisa and Billy Combs, Gene, Craig, Buzz Gildea, Joan Wadman, our nation and its leaders, all those infected by the coronavirus and the medical teams working to contain and heal it, Michael Lee, Dean and Derl Dennis.

Rejoice for: The poor in spirit that they know God better.

CONGRATULATIONS TO:

Gary and Marti Seal who will celebrate their 53rd anniversary on March 11th.

Al and Linda Hanna who will celebrate their 48th anniversary on March 11th.

Don and Pat Fisher who will celebrate their 53rd anniversary on March 18th.

PURPLE FOR THE LENTEN SEASON: These beautiful paraments are used during the Lenten Season until Good Friday, when the altar will be stripped. Purple is the color of penitence and royalty. The Crown of Thorns on the altar piece and the pulpit frontal represent the mockery, humiliation, passion and suffering of Jesus. The budded cross on the lectern frontal is symbolic of life and of the Trinity.

WEEKLY MUSIC REHEARSALS:

#Handbells

Mondays at 6:30 p.m., Sanctuary

♪MomentUM Praise Team

Tuesdays at 6:00 p.m., Sanctuary

JMispillion 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

JAveNotes

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

UNITED METHODIST MEN (UMM) are proud to serve their third Pancake Breakfast of the year on March 22, 2020. Pancakes, sausage, scrambled eggs, orange juice, coffee and tea will be served immediately after all three services. A free-will offering will be accepted. Funds from this meal will help provide a Boy Scout college scholarship to a high school graduate from Troop #186. Other mission projects will also be funded. Join us for a most excellent breakfast and fellowship.

COMMUNITY LENTEN SERVICES are held each Wednesday at noon followed by a soup luncheon at various churches. The schedule is:

March 4th at Milford Church of the Nazarene, 11 N. Salevan Pl Milford, DE March 11th at St. Paul UMC, 300 North St. Milford, DE March 18th at Avenue UMC, 20 N Church Street Milford, DE March 25th at First Presbyterian Church, 101 S. Walnut St. Milford, DE April 1st at Mt. Enon Baptist Church, 600 Church St. Milford, DE

LENTEN STUDY ON THE BEATITUDES will be led by Pastor Steve. Our next class will be on Thursday March 5th at 6:30 p.m. in the Chapel. For more information email Pastor Steve at srlamotte@avenueumc.com.

CONFIRMATION CLASS: Our next class will be on Saturday, March 21st at Barratt's Chapel. 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.

EASTER OUTREACH: We are putting together a team to lead an Easter Egg Hunt as an outreach to the church and community prior to Easter Sunday. If you would like to serve on the team, please contact Pastor Steve at srlamotte@gmail.com

THE WELL will take place on Friday, April 3rd and is an exciting night of fellowship, worship, and growing together in God's Word for the women of Avenue Church and our community. Rev. Paige Evers will be our speaker for the evening and dinner will be provided by Etta's. Tickets for the event are \$20/person and will be on sale on March 8th, 15th and 22nd in the Fellowship Foyer. You can contact Andrea LaMotte for more information at lamotte.andrea@gmail.com.

HOLY WEEK SERVICES: Join us during Holy Week as we journey to the Cross in order to celebrate the resurrection.

April 5th- Palm Sunday (8:00, 9:30, and 11:00 a.m.)

April 9th- Holy Thursday (6:30 p.m.)

April 10th - Good Friday Service (6:30 p.m.)

Celebrate the Resurrection on Easter Sunday. Don't miss gathering as the body to celebrate the empty tomb and the hope that the resurrection brings.

Sunrise Service (6:30 a.m. on the lawn) Traditional Worship (8:00 and 11:00 a.m.) Modern Worship (9:30 a.m.)

GENERAL CONFERENCE LISTENING SESSIONS will be held in the coming weeks. If you would like to hear the latest information regarding General Conference, you can join our General and Jurisdictional delegation as they share information about May's event. There are two dates to choose from:

March 7th at Connection Community Church in Middletown, DE (9:00am-Noon) March 7th at St. Luke's UMC in Denton, MD (2:00pm-5:00pm)

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, March 9**th 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 March 10th, we will continue our study "Jesus—The God who knows your name by Max Lucado until March 31st 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 **March 9**th (Disciple 1) and **March 4**th (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. NO CLASS ON MARCH 11TH AND 18TH, WE WILL RESUME ON MARCH 25TH.

SUNSHINE BIBLE CLASS FOR ADULTS: The Sunshine Bible Class for adults meets at 9:30 a.m. in the Grier Room. Our study for March is "Suffering." The March 8th lesson is "Jesus in Gethsemane" based on Matthew 26:36-46; March 15th lesson is "The Israelites in the Wilderness" based on Numbers 21:4-9; John 3:9-15; March 22nd lesson is "Jesus in the Wilderness" based on Matthew 4:1-11; and March 29th lesson is "The People of Judah Are Exiled" based on 2 Kings 23:34-25:30. 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 March 29**th in the Grier Room at 12:15 p.m.. We will study Chapter 3 of the book "The Dream of God" by Verna J. Dozier. This study is led by Rev. John Van Tine, retired. All are welcome.

HEALTH MINISTRY: On **Thursday, March 5**th 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

MILFORD COMMUNITY PANTRY: The Milford Community Pantry is so thankful for the generosity of the congregation at Avenue and we want to be sure you know it. Cheers and applause for the people who helped with the large order that was delivered last week. We also need volunteers for the first Tuesday morning of each month. Our Pantry needs right now are canned pork & beans and cereal. Our diaper closet needs are the larger sizes 4 and 6.

A reminder for those of you who buy through Amazon. Amazon has a site that donates to charities and we are part of the groups you can select. Order through Smile.Amazon.com and select a Milford Community Pantry, Milford, DE. Prayers for our outreach, our volunteers and for the families we serve are always appreciated. Questions call Tita Lewis 664-1321.

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.

YOUR QUESTIONS ANSWERED

Can colon cancer be prevented?

Talk to your primary care provider about ways to improve your diet and lifestyle to prevent colon cancer and about scheduling preventive colonoscopy screenings. Pre-cancerous polyps can be removed before they become cancer, preventing the disease.

Other preventive measures:

- · Know your family's cancer history
- · Eat a diet high in fiber
- Exercise
- Be aware of your body and any symptoms
- · Stay up-to-date on your colon cancer screening

But I don't have symptoms. I don't need to be screened.

Most colon cancer patients report having no symptoms prior to their diagnosis. Don't wait for symptoms to occur to get screened for colon cancer if you are over the age of 45 or if you have a family history of the disease. In addition to a colonoscopy, there are several non-invasive, inexpensive at home tests that can be done. Talk to your doctor about the best option for you.

Currently **6** out of **10** patients nationwide are diagnosed with late stage disease. Many because they put off being screened.

Colon cancer affects men and women equally.







CABO SE CUP

Get Your Rear in Gear®, Tour de Tush®, and Caboose Cup™ are the signature fundraising events of the Colon Cancer Coalition. Held in nearly 50 cities annually, funds raised stay in local communities to build screening, awareness, and patient support programs.

Find an event near you at coloncancercoalition.org/events

For more information about colon cancer, visit: coloncancercoalition.org

Help us increase awareness by liking, sharing, and following us.



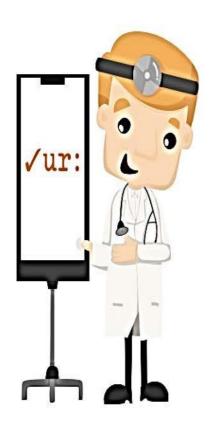






COLON CANCER:

ABOUT & SYMPTOMS





Get Your Rear in Gear* and Tour de Tush* are registered trademarks of the Colon Cancer Coalition. Caboose Cup™ is a trademark of the Colon Cancer Coalition.



WHAT IS COLON CANCER?

Colon cancer is one of the most common forms of cancer. Understanding the disease is important for those who have been diagnosed with it, as well as those trying to prevent it.



2nd leading cause of cancer deaths in the United States.

Most colon cancer cases occur in adults over 50. but more-and-more cases are occurring in younger adults, and the cancer is often discovered in more advanced stages.

Colon Cancer vs. Colorectal Cancer

Colon cancer starts in the colon, or large intestine. The colon is responsible for removing fluid and nutrients from the food you eat, then pushing the remaining waste into the rectum where it can be expelled from the body.

Colorectal cancer includes cancers of the colon. but also cancers that form in the rectum, the last part of the digestive tract where stool is expelled through the anus.

For our purposes, colon cancer and colorectal cancer are interchangeable.

1 in 23 develops colon cancer.

YOUR QUESTIONS **ANSWERED**

How does colon cancer start?

Most start as benign polyps, or growths, on the lining of the colon. Polyps often produce no symptoms and many become cancerous over time.

The best way to detect polyps is through a colonoscopy. When a physician finds a polyp during a colonoscopy, it is removed and sent to a lab for testing.

Some hereditary conditions exist where cancer

develops without polyps. Be sure to learn your family's health and cancer history.

African Americans and Hispanics are more likely to be diagnosed with colorectal cancer in its advanced stages.

Who gets colon cancer?



Colon cancer effects men and women equally, all age groups and nationalities, but there are some risk factors for the disease, including:

- Aging: the risk for polyps increase as we age, especially over the age of 50
- A family history of polyps or of colon cancer
- Obesity
- Smoking
- A high fat diet
- Alcohol consumption

Currently 1 in 5 are diagnosed under 54.

When should screening start?



The American Cancer Society recommends those with average risk and no family history should begin screening at the age of 45. A family history of polyps or colorectal cancer means screening should start ten years before a loved one was diagnosed or a polyp was found.

Every patient is different. Please talk with your doctors about your health history to determine when colon cancer screening should begin for you.

9 out of 10 patients will survive 5+ years when colon cancer is caught in early (localized) stages. But only 1 in 10 will reach the 5 year mark when the disease is diagnosed in late stages.

What are the symptoms?



Many common digestive ailments have similar symptoms, and symptoms don't always mean a serious condition exists. Long term discomfort, recurring or multiple symptoms, however, should be checked out by a doctor.

- Change in bowel habits, including diarrhea for more than 3 days or constipation more than 2 weeks
- Change in the color or shape of the stool
- Rectal bleeding, blood in the stool, or in the toilet after having a bowel movement
- Stomach discomfort or cramping, including a continual feeling of discomfort or urge to have a bowel movement
- ,12 Fatigue or weakness
- Unexplained weight loss
- **♦** Anemia
- A Feeling bloated

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."

Proverbs 3: 5-6

Avenue United Methodist Church Lenten Organ Recitals

February 27, 2020 – 12:05-12:35 PM *Kevin B. Chamberlain*, Avenue United Methodist Church, Milford

March 5, 2020 – 12:05-12:35 PM Jackson Borges, All Saints' Episcopal Church, Rehoboth Beach

March 12, 2020 – 12:05-12:35 PM *Kevin B. Chamberlain*, Avenue United Methodist Church, Milford

March 19, 2020 – 12:05-12:35 PM *T. J. Thomas*, St. Peter's Episcopal Church, Lewes

March 26, 2020 – 12:05-12:35 PM *Herb Parkes*, Christ Episcopal Church, Milford

April 11, 2020 – 12:05-12:35 PM Jon Rania, Christ Episcopal Church, Dover

A luncheon of homemade soup and bread will be served in the **Fellowship Hall** immediately following the recitals. **All are invited.**

Lenten Organ Recitals are part of the Concert Series of Avenue Church.



Missions and organizations supported by **Avenue United Methodist Women in 2019**

Avenue United Methodist Church

Parish Purse

Fusion Youth Ministries: Scholarships for the youth conference

Code Purple

Vacation Bible School

Matthew Project

Chrismon Tree

Card Making

Community organizations

Bayhealth Foundation ARC of Delaware Pizza Party

Spain Pecometh Campership Grant Program

The Way Home Ministry

Home of Hope Women's Program

Christ Episcopal Church Seamen's Ministry

Baker Congo Partnership Project

KenCrest Group Homes

Volunteers in Mission

Camp New Hope

2019 Fundraisers

Bake Sale Yard Sale Silent Auction UNDER THE DIRECTION OF **DONALD BUXTON**, we proudly present...

Sunday, March 15, 2020 @ 3:00 p.m.

Dover Downs Rollins Center

Route 13, Dover

Spring Classical Concert

Featuring

Schubert's Symphony#8—
"Unfinished Symphony"
Sibelius's Finlandia
Chausson's Poeme
Performed by Stefan Xhori
Selections from Debussy's

Childrens Corner for Orchestra



Prices are:

Adults - \$20

Seniors/Students/Military/

First Responders - \$15

Young people under 18 free with a paying adult

Tickets can now be purchased online at

www.doversymphony.org



Or Call 302-492-0353

This program is supported, in part, by a grant from the <u>Delaware Division of the Arts</u>, a state agency,

in partnership with the National Endowment for the Arts.

The Division promotes Delaware arts events on www.DelawareScene.com.



Delaware Division of the



CALENDAR

CHENDIN				
SUNDAY 3/8 ~ Communion		WEDNESDAY 3/11		
8:00 a.m.	Traditional Worship		Knitting /Crocheting Group,	
9:30 a.m.	Contemporary Worship	1.00 p	Wood Lounge	
9:30 a.m.	Adult Sunday School Class,	3:00 p.m.	Sanctuary Choir, Music Room	
0.00 a.m.	Grier Room	5:00 p.m.		
9:30 a.m.	Sunday School	6:00 p.m.		
10:30 a.m.	Choir Rehearsals, Music Room	6:45 p.m.	· · · · · · · · · · · · · · · · · · ·	
11:00 a.m.	Traditional Worship	1	Fellowship Hall	
2:00 p.m.	Christian Believers Class,	7:00 p.m.	Disciple 3 Class, Holz. Room	
P	Holz. Room	7:00 p.m.		
6:00 p.m.	FUSION, Fellowship Hall and	-	Grier Room	
510 C P1	Wesley Room			
		THURSDAY 3/12		
MONDAY 3	/9	8:30 a.m.	Men's Emmaus Group	
11:00 a.m.	AA, Wesley Room	8:30 a.m.	Chair Yoga, Grier Room	
6:30 p.m.	Experiencing God, Grier Room	11:00 a.m.	AA, Wesley Room	
6:30 p.m.	Handbell Choir, Music Room	12:00 p.m.	Lenten Organ Recitals,	
6:30 p.m.	Bear Den, Nursery		Sanctuary	
6:30 p.m.	Health Ministry Meeting,	2:15 p.m.	Women's Emmaus Reunion	
	Heritage Room	6:00 p.m.	Troop Comm. Meeting,	
7:00 p.m.	1 st State Harmonizers,		Heritage Room	
	Fellowship Hall	6:30 p.m.	Lenten Study on the Beattitudes,	
7:00 p.m.	Disciple 1 Class, Holz. Room		Grier Room	
7:00 p.m.	Boy Scouts, Wesley Room		_	
THE COLUMN TO TH		FRIDAY 3/13		
TUESDAY 3		7:00 p.m.	AA, Wesley Room	
	Sisters' Bible Study, Grier Room	CAMUDDAN	0/14	
5:00 p.m.	Mispillion Children's Chorus,	SATURDAY		
0.00	Music Room	9:00 a.m.	Pride of Delmarva,	
6:00 p.m.	MomentUM, Wesley Room	7.00	Fellowship Hall AA, Wesley Room	
7:00 p.m.	Central Delaware Chess Club,	7:00 p.m.	AA, wesiey Room	
7:00 n m	Room 206 Praise Team Rehearsal,	SUNDAY 3/15 ~ Communion		
7:00 p.m.	Wesley Room	8:00 a.m.	Traditional Worship	
	Wesley Room	9:30 a.m.	Contemporary Worship	
		9:30 a.m.	Adult Sunday School Class,	
		0.00 a.m.	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,	
		1	Holz. Room	
		6:00 p.m.	FUSION, Fellowship Hall and	
		•	Wesley Room	
		6:00 p.m.	Pack Committee Meeting,	
		2.30 P.III.	C : D	

Grier Room