



The Midweek

Wednesday, April 8, 2020

Looking into my pantry and refrigerator makes me feel like I am playing a game of nutritional Scrabble. What can I put together for meals based on what I have in front of me, that will be both tasty and beneficial, not require any ingredients that I don't have, and won't leave anything that will eventually go to waste? When I come up with the perfect recipe that meets all the criteria I feel just like I do when I play a word with the "J" and "X" at one time.

(I also know that several of you are playing that same type of game with the contents of your liquor cabinets. For the sake of this message, I'm ignoring that one but good luck.)

Trying to make the best of a difficult situation is an exercise we are all undertaking at the moment. We are dealing with circumstances that very few of us have ever experienced so imagination in daily tasks, while staying safe and healthy, is new territory for most people. But it's also important to remember that we need to be gentle and compassionate with ourselves.

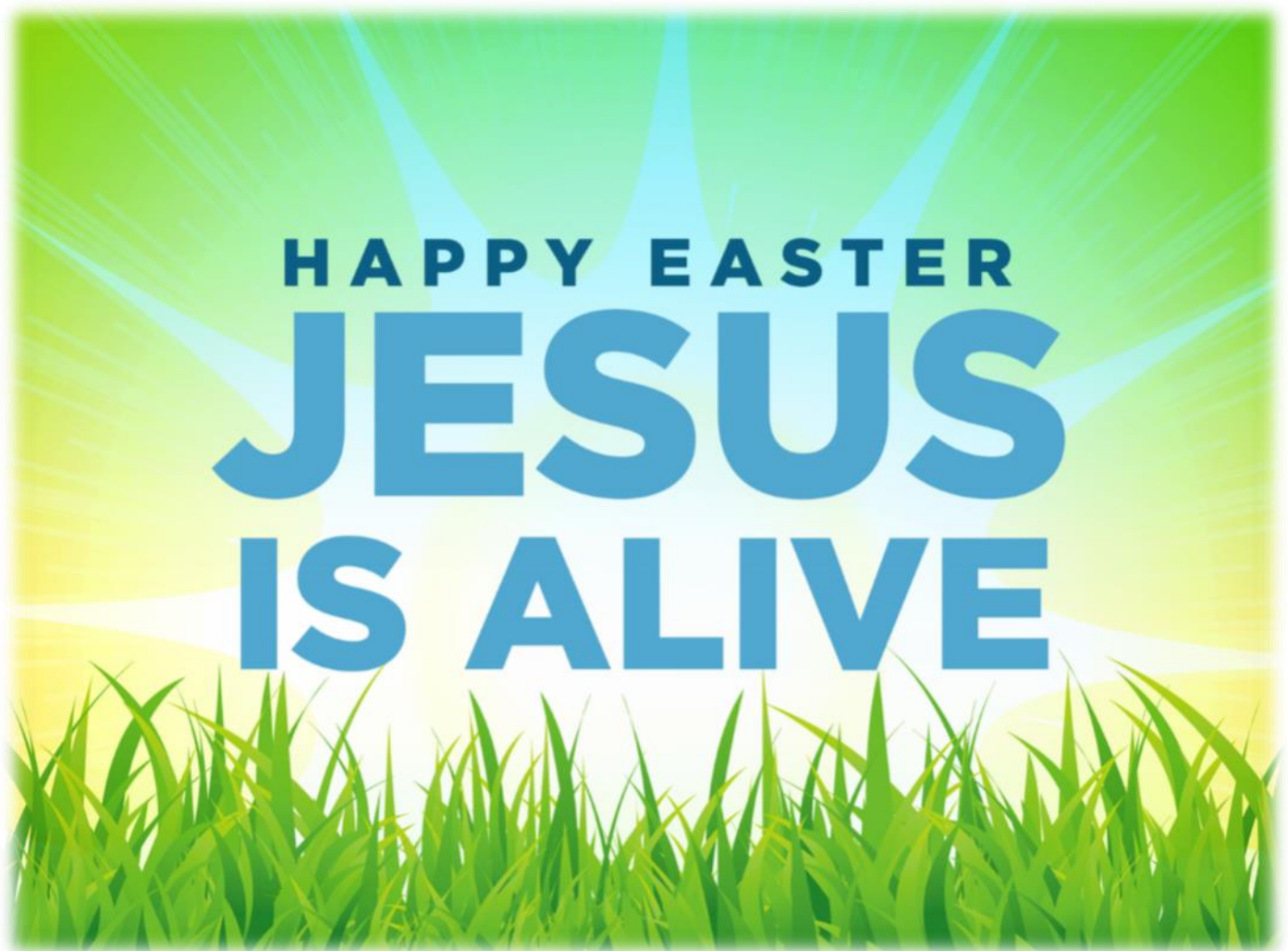
Adding extra pressure by feeling like we need to be more productive, creative or focused is not helpful at times like this. Operating on the proverbial "all four cylinders" during a period of extreme stress and anxiety can actually be counterproductive and cause additional feelings of being overwhelmed. It may seem strange to say when we are isolated and distancing ourselves from others, but it's important to make sure we rest during the anxious times of our lives.

It is especially important to rest in the love of God for He has promised to send

us rest when we ask. God is a never-ending source of peace, comfort and strength and is always available when we need Him. Matthew 11:28 says, “Come to me, all you who are weary and burdened and I will give you rest.”

Not knowing what is coming next as we battle this virus is truly stressful. Our bodies were not meant to stay in a constant state of vigilance or on edge. So take time to rest and put the burdens in the hands of our Savior.

And always give God the honor and glory.

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

ANNOUNCEMENTS

WORSHIP ON SUNDAY: Join us on **Sunday at 10:00 a.m.** on Facebook Live as we gather to worship and pray together. If you cannot watch at 10:00 a.m., the video will remain up on our Facebook page. Join us at www.facebook.com/avenueumc

You can also share the live stream on your page, inviting others to worship with us.

HOLY WEEK AT AVENUE: Join us for Holy Week observations all week long. While we won't be able to worship together in person, you can find us online through facebook.com/avenueumc

Holy Thursday (April 9th @ 6:30 p.m.) | Pastor Steve will be sharing about lament as we prepare for Good Friday and our present situation in our community and world.

Good Friday (April 10th @ 6:30 p.m.) | Pastor Wendy and staff lead us through the Passion narrative as we meditate on the Cross.

Easter Sunday (April 12th @ 8:00, 9:30, and 11:00 a.m.) | While we'll still be on Facebook Live, you can tune in to your worship time and celebrate the Resurrection! Christ is Risen!

#CHRISTISRISEN CHALLENGE

A part of our Easter celebration is the declaration: Christ is Risen! He is risen Indeed!

As we prepare for an online experience on Easter, you are invited to participate in the #ChristisRisen Challenge! Would you record a 5-second video (not 5 minutes) of you and your family declaring, "CHRIST IS RISEN!" The videos will be edited together and shown during Easter worship on Sunday.

The videos should be should in landscape (turn your phone sideways). Please send your video to Pastor Steve by **Friday, April 10th at 4:00 p.m.** to srlamotte@avenueumc.com.

EASTER AT HOME: Join us on **Sunday, April 12th at 8:00 a.m., 9:30 a.m. and 11:00 a.m.** for our Easter Services on our Facebook page. We will gather in our homes around the state to celebrate the resurrection and the new things that God is doing in our midst. There will be a "Watch Party" on our Facebook page scheduled to begin at our normal worship times. This will allow you to interact with others who are watching and worshipping with you. You will also be able to watch and worship later on in the day.

THANK YOU FOR YOUR CONTINUED SUPPORT: We want to thank everyone who has continued to give as an act of worship and support over the last several weeks. We know that many of our financial futures are up-in-the-air as jobs are shut-down and routines are disrupted. Your support means that Avenue Church can continue to serve the Milford community through this crisis. If you are able, you can send your gift through the mail to our church office (20 N. Church St. Milford, DE 19963) or by giving online at www.avenueumc.com/give, or by texting 'avenueumc' to 779777. Thank you, again, for your continued support.

PASTORAL CARE: If you know someone who is in need of prayer or a phone call, please call the

church office at 422-8111 or contact one of the pastors directly. We are doing limited face-to-face pastoral care visits during this time, but want to make contact any way we can.

PRAYER CONCERNS PAST WEEK: Those infected by the coronavirus and the medical teams who are seeking to contain and heal it, the family and friends of Irma Chico, the family and friends of Jerry Zeveney, the family and friends of Russell Carlisle, the family and friends of Katherine Traute, the Beilstein family, Jennifer Miller and husband Chris, Larry Hughes, Joe, Donna and Keith Coverdale, Dottie and Jerry Jackson, Ellie Lauckner, Jean Layton, Barb Decker, Jan Perkins, Bill and Marty Brereton, Ed Bailey, Joe and Mary Jo Lear, Craig, Sammy, Bella, Linda Breedlove, Charlie and Barbara Fleetwood, Esther LaMotte, Chris, Laurel Pastor, Tori Nelson, Betty and Ramie Ziesel, Dean Johnson, Jack and Zelda McDuff, Janice Abbott, Luisa and Billy Combs, Joan Wadman, our nation and its leaders, all those dealing with financial issues, everyone feeling alone and isolated.

Rejoice with: Everyone who has been blessed by God.

PRAYER CONCERNS CURRENT WEEK: All those infected by the coronavirus and the medical professionals seeking to contain and heal it, Pat Hudson and family, Jennifer Miller, Chris Miller, Larry Hughes, Joe, Donna and Keith Coverdale, Kelly, Donna Hill, Katie Meadows, Julie Dally, Dottie and Jerry Jackson, Ellie Lauckner, Jean Layton, Barb Decker, Jan Perkins, Bill and Marty Brereton, Ed Bailey, Joe and Mary Jo Lear, Craig, Sammy, Bella, Linda Breedlove, Charlie and Barbara Fleetwood, Esther LaMotte, Chris, Laurel Pastor, Tori Nelson, Betty and Ramie Ziesel, Dean Johnson, Jack and Zelda McDuff, Janice Abbott, Luisa and Billy Combs, Joan Wadman, our nation and its leaders, everyone dealing with financial issues, all who are feeling lonely and isolated as a result of the virus.

Rejoice with: Marcee Beilstein, and everyone who has been blessed by God .

CONGRATULATIONS TO:

Bill and Joan Dudley who will celebrate their **69th** anniversary on **April 20th**.

Parker and Maxine Turner who will celebrate their **57th** anniversary on **April 28th**.

SERVICE OPPORTUNITIES DURING CORONA OUTBREAK: There are several opportunities to share the light of Christ during the next several weeks of our new reality.

- Volunteer to help prepare meals at Banneker Elementary School. Contact the church office at 422-8111.
- Donate Money to the schools or two one of the restaurants who are providing meals. They providing out of their bottom line and this is an opportunity to rally around them.
- Check-in on your neighbors who may be lonely, shut-in, or at-risk. Be safe about it, but don't give up on the community.
- Do a grocery run for someone who may have trouble getting out.

GENERAL CONFERENCE POSTPONED - With the spread of the Coronavirus worldwide, The 2020 General Conference, scheduled for May 5th-15th in Minneapolis, MN, has been postponed

until 2021. General Conference is attended by over 800 delegates and Bishops from four continents. This decision comes at a time where our denomination was facing questions about a possible split as well as other major decisions around budget reductions and new elected leaders. The body of the General Conference is the only body that can set church doctrine and polity. The Discipline (our church doctrine and polity) set at the called Special General Conference of 2019 is the current church law within The United Methodist Church.

As of this time, there are no new dates for General Conference 2021. As part of The United Methodist Church, we continue to pray for our Bishops, leaders, and delegates who guide our denomination and churches.

Mid-week Update by SPRC Associate Pastor

The Staff Parish Relations Committee (SPRC) began the process in earnest in February to fill the vacancy that is being created by Pastor Wendy's reassignment to the Millville UMC on July 1st. We first worked to identify the primary ministerial needs of our church. The two areas noted as the primary needs were: (1) the ministry of pastoral care and visitations, and (2) the ministry of discipleship and connections. The SPRC is in the process of finalizing the responsibilities and qualifications in the Job Description(s) for this position or positions.

When the District Superintendent met with our committee in early February she informed us that there are very few candidates available for "appointment" as an Associate Pastor. If you recall, Pastor Wendy came to Avenue as a "direct hire" and was not originally appointed by the Conference. After considerable discussion by the SPRC, it was a consensus to pursue the "direct hire" route to fill the vacancy created by Pastor Wendy's reassignment. The SPRC also entertained considerable discussion as "how best" to proceed to recruit candidates via the direct hire process. Due to the somewhat limited resources available to the SPRC members, it was determined that the correct approach to attract the best quality candidates was to utilize a recruitment firm. Discussions have been in place with such a firm, The Shepherds Staff. We were literally within a day of executing the contract and scheduling our "discovery visit" by The Shepherds Staff personnel when the travel restrictions were implemented. The SPRC met via a video/audio conference call last week and have voted to place the recruitment process on a temporary hold until this pandemic allows us to proceed. We fully recognize that this delay will likely create a void in our ministerial staff from the time that Pastor Wendy leaves our church family and a new hire has been completed. No one knows for certain the events that are yet to come. However, I do believe that we as the laity of the Avenue Church Family will have an opportunity, and most likely the need, to become more involved in the ministries of our church to one another.

SPRC will do our best to keep our church family fully informed as we proceed in the days and weeks ahead. I would ask that if you have any questions regarding this process/procedure to contact me.

Thank you,

Lloyd Webb
SPRC Chair

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



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cdc.gov/coronavirus

Sewn Cloth Face Covering

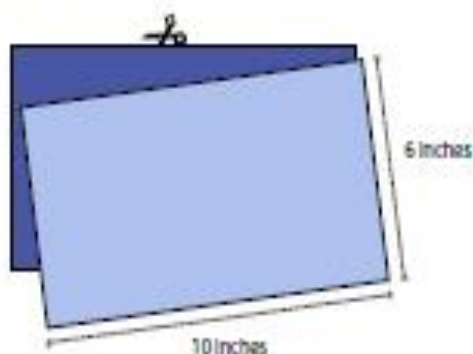
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

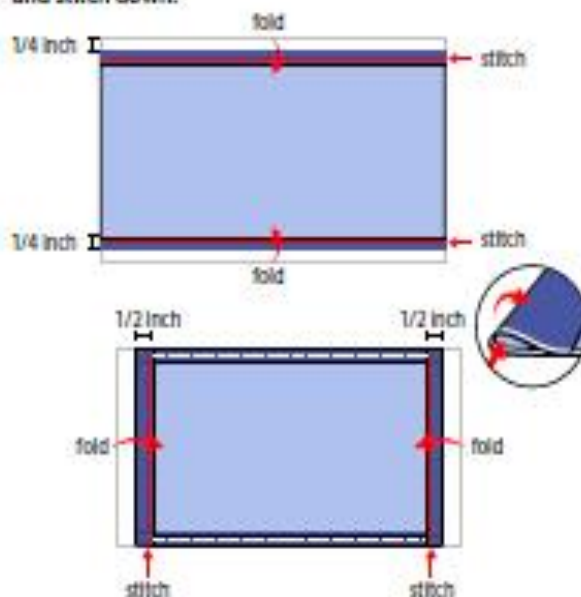


Tutorial

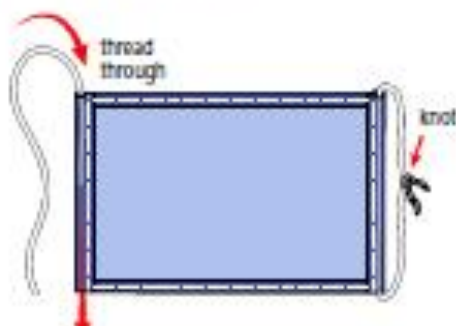
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



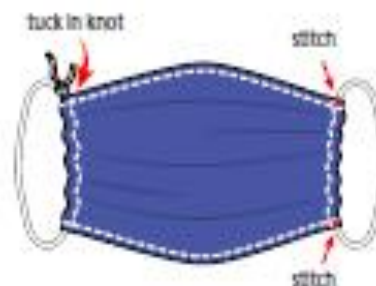
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.

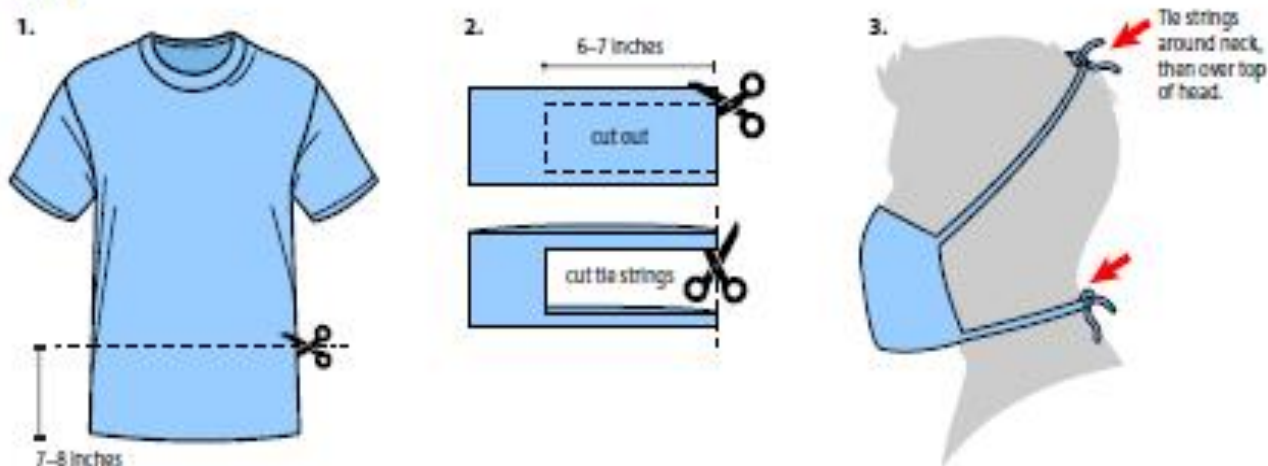


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial



Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

