

The Midweek

Wednesday, August 12, 2020

For the last six weeks, Avenue has been meeting for in-person worship. It has been wonderful to see familiar faces, to pray together, and to seek God's presence in our lives. Yes, it does feel different with less fellowship, no-contact, and spaced out pews. There is something special about gathering for worship. We've had one baptism this month and we have a baptism each of the next two weeks. The month will end by Confirming our confirmands on August 30th at the 7:00 p.m. outdoor service.

Gathering for worship is one of the central tasks of the church. It is not the only task. We are called to be a people on mission. The COVID outbreak has made ministry, like other aspects of life, different than before. There is a temptation to long for things "getting back to normal." Pastor Andy Stanley writes,

"Part of the challenge for all of us in church leadership is to figure out how to continue to be missional, how to continue to be on task of making disciples...not just waiting for things to get back to normal."

We do not want to wait for things to get back to normal. We have a great opportunity for moving ahead in missional, disciple-making ways. One way we are looking at is opening our building to students who do not have access to reliable internet for remote/virtual learning. We are drawing up a pathway for a disciple-making process that, we pray, will ignite the faith of our congregation as we fellowship, worship, study, and serve together. We are discerning the best

options to disciple our children, teens, and their families through Sunday School, Fusion, and opportunities not yet imagined.

As we hit mid-August, this is an exciting time to be part of Avenue Church because we are trusting God to lead us into a new era of ministry and life together as a community. I look forward to the journey with you!

Grace and Peace,



In-Person Worship Update

After six weeks of worshipping in-person, we continue to see our numbers increase as people come back to town and become comfortable worshipping in-person. As a church, we are committed to providing the safest experience that we can. This means wearing a mask at all-times, practicing social distancing, no-contact worship, and no singing (or singing quietly to yourself).

As our numbers rise, we are still under restrictions from our Bishop and Governor on capacity limits. We may need to institute a reservation system so we can safely provide space for those who come to worship. We continue to look at how we can offer worship that is meaningful and life-giving while keeping our community healthy. If you have questions regarding worship, please contact Pastor Steve LaMotte (srlamotte@avenueumc.com) or our Minister of Music, Kevin Chamberlain (KBChamberlain@avenueumc.com).

What You Need to Know for Avenue's Reopen

All are welcome to attend who are willing to follow the guidelines below. It is recommended that those whose age or health conditions make them at-risk of contracting COVID-19 consider worshiping at home through our livestream to protect themselves and others. If you have come in contact with someone who is COVID-19 Positive or if you are running a fever and showing flu-like symptoms, please refrain from attending worship in-person.

New Times: We have new worship times! Traditional Worship will be held at 9:00 am and Contemporary/Modern Worship will take place at 10:30 am. Both services will be in the sanctuary. The Fellowship Hall will be available for overflow, if needed based on social distancing guidelines.

Evening Service: There will be a 7:00 pm Contemporary/Modern Worship service on the lawn along Front Street on Sunday evenings. This service will be dependent on the weather. Bring your own chair or blanket and enjoy worshiping as the Body outdoors. Social distancing must be maintained during our outdoor worship service.

- Masks Are a Must
- Sanitize or Wash Your Hands
- Singing is Limited

Procedures, Procedures: We are trying to think intentionally about how to keep our community safe as we approach our reopening. Here are the steps to take to attend worship.

- One Way In/One Way Out The Main Entrance (by the church office) is the only door that will be unlocked on Sunday morning. This helps us with cleaning between services. You will need to enter and exit through this door. Our Greeter Teams will be available to assist you if you need to use another entrance because of mobility issues.
- Check-In In order to help keep account of who attends (for traceability when it comes to COVID-19), you will sign-in upon enter the Fellowship Foyer with a volunteer. This will involve your name and having your temperature taken by folks from our Health Ministries Team.
- Every Other Pew You'll notice upon entering the sanctuary that we will be sitting in every other pew. We will also be asking separate households to keep six feet of social distance between themselves and others in the pews.
- Carry-In/Carry-Out To help eliminate the passing of materials, we ask that if you pick up a worship folder and/or communion cup that you dispose of them yourself

in a trash receptacle at the church or at your home.

• Giving - There will be Giving Boxes in the chapel and at the back of the sanctuary for you to receive your tithes, gifts and offerings. We also highly encourage you to use our safe and secure online giving platform to eliminate the need for our money counters to touch paper money and checks. You can access our online giving at www.avenueumc.com/give

As a staff, we believe that these procedures and guidelines will enable us to gather safely for worship. We will continue to monitor guidelines from the State and our Bishop, as well as the information about any rise in hospitalizations. We look forward to seeing you on Sunday.

Grace and Peace,

Avenue Church Staff

ANNOUNCEMENTS

Worship on Sunday: Worship is held each Sunday in-person or online at 9:00 am (Traditional) and 10:30 am (Contemporary). Through the warmer months, we are holding an outdoor evening worship service at 7:00 pm. We are streaming the morning worship services on our Facebook (facebook.com/avenueumc) and Youtube (youtube.com/c/avenueunitedmethodistchurch) pages.

GIVING AT AVENUE is possible through multiple ways.

- You can give your offering in-person
- You can snail mail your gift to: 20 N. Church St. Milford, DE 19963
- You can give online through the red "give" button on our homepage
- You can text "avenueumc" to 77977 and follow the prompts
- You can download and use our "Avenue Church DE" App on your smart phone

CHURCH OFFICE HOURS: The Church Office will be open Monday through Friday from 9:00 am until 3:00 pm. We do ask that you consider using a phone call or email if you are able to accomplish your business before coming into the office.

PASTORAL CARE: If you or someone you know is in need of pastoral care, please call the church office at 422-8111 or contact a staff person directly. You can also email prayer@avenueumc.com to have your name added to the prayer chain. We are doing limited face-to-face visits during this time, but would be happy to make contact any way that we can.

MILFORD COMMUNITY FOOD PANTRY: So far we have not had any Avenue Families that needs help on Sunday for food or diapers. If your family needs assistance with food and/or diapers, please call Tita Lewis at (302) 664-1321 and Tita will try and meet you at your convenience. The Milford Community Pantry provides enough food for 5 days.

The food pantry will be open on Tuesday's and Friday's from 10:00 a.m.—2:00 p.m.

CONFIRMATION SUNDAY is August 30th during the 7:00 p.m. outdoor service. We would normally have celebrating Confirmation on Pentecost Sunday, but COVID changed our schedule. Our students have completed the course and are ready to make their commitments of faith. Join us on Sunday, August 30th at 7:00 p.m.

Confirmation Students: Nick Dominick, Will Evans, Abigail LaMotte, Kylie Moorman, Brayden O'Brien, Cooper Pattillo, Natalie Stevenson, Cooper Wilkins and Emily Zammetti.

DISCIPLESHIP OPPORTUNITIES

SMALL GROUP LEADERS WANTED: As we prepare for the Fall and Winter, we are wanting to implement additional small groups to gather (in-person or online) for fellowship, study, prayer, and service. If you are interested in becoming a small group leader (and we'll provide training), please contact Pastor Steve at srlamotte@avenueumc.com.

SUMMER SUNDAY SCHOOL FOR ADULTS led by Rev. John Van Tine, retired plus others is meeting under the shade tree on the New Century Property next to the Church at 10:15AM.

The study for August is "A New Way of Life." The lesson for August 16th lesson is "Who Is My Neighbor?" based on Luke 10:25-37; August 23rd lesson is "Great Faith" based on Matthew 15:21-28; and August 30th lesson is "Great Mercy" based on Mark 5:1-20. Feel free to join us under the tree for these exciting lessons. Please bring your own chair.

THE COLOR OF COMPROMISE: Pastor Steve is leading a book club during the month of August on Jamar Tisby's book, *The Color of Compromise*. It is a compelling look at the Church's complicity in racism in America and provides opportunities for Christians and Churches to become anti-racist. We are looking to start at the beginning of August on Wednesdays at 7:00 pm through ZOOM. If you are interested, please email Pastor Steve at srlamotte@avenueumc.com.

PRAYER TEAM: We are overhauling our prayer team and creating opportunities for Prayer Gatherings as we cover our church, community, and world in prayer. This will include weekly times of prayer. Down the road, we would like to have a prayer team active at each worship service. If you feel God nudging you to go deeper in prayer as we seek revival in our community, contact Pastor Steve at srlamotte@avenueumc.com.

OUTREACH TO SCHOOL STUDENTS: As Milford School District begins rolling out plans for the upcoming school year, virtual or hybrid learning is our present reality. There is a gap for many families and students in the Milford School District (and beyond) when it comes to access to High-Speed Internet needed for virtual learning. Avenue is exploring opening Fellowship Hall during the day for students to access our WiFi in order to be able to complete their work. We are forming a team to see how we can help all Milford students succeed in the upcoming school year.

If you are interested in helping shape this ministry to our community, please email Pastor Steve at srlamotte@avenueumc.com.

YOUNG ADULT GATHERING will take place on Sunday, August 23rd at 11:30 a.m. in Fellowship Hall. If you are a Young Adult 18-35ish, come out and join us for lunch, conversation, and a look at ways for you to be connected to the greater work and ministry of Avenue Church. Email Pastor Steve at srlamotte@avenueumc.com to sign-up for lunch.

ANNIVERSARY GREETING TO:

- Larry and Joan Wadman will celebrate their 70th anniversary on August 12th.
- Bob and Jan Perkins will celebrate their 67th anniversary on August 15th.

SYMPATHIES TO:

• The family and friends of Gene Hemshrot who passed away on August 4, 2020. Gene joined Avenue on March 20, 2005.

PLEASE KEEP IN YOUR PRAYERS:

- Those affected by the COVID-19, Medical Staff, and those working on a vaccine
- Our local, national, and world leaders
- Our District Superintendent (Rev. Dr. Kyung-Hee Sa), Bishop Peggy Johnson, and The United Methodist Church
- The Pastors, Staff, and Leadership of Avenue United Methodist Church

PRAYER REQUEST:

Amberley Arter Ellen Coulbourne Hall Jan Perkins **Ed Bailey** Craig Hanna Bob Randolph Frank Beebe Pat Hudson Kathy Rumery Phil Saint Bobby Bergez and family Doris Isele Bill & Marty Brereton Karl Isele Richard Sapp Vicki Schultes and family Dottie & Jerry Jackson **Bob Cage** Jeff Carmine Alvin Jarrell Chris Shultz Jennifer Clarke Dean Johnson Roland Simms Jack & Denny Collins Kourtney Racheal Simesak Luisa & Billy Combs Rhoda & Greg Kurz John Smallwood and family Kim Coulbourne Ellie Lauckner Linda Sockrider Donna and Keith Coverdale Jean Layton Teresa Joan Wadman Julie Dally Mary Jo Lear Josiah Davis Nancy Lee Joanna Denney Jack & Zelda McDuff Charlie & Barbara Ricki McGuire Fleetwood Laurel Pastor

Witness to Our Faith

Each week in the Avenue Midweek, members and friends of Avenue UMC will be sharing their own personal witness of faith. This column will be coordinated by Janice Abbott who will be seeking volunteers and writers who are willing to share their stories. Each article is due one week in advance and should be sent to Kelly at the Church office so there will be time to add it to the newsletter. It will appear the following week. It will be inspirational to read each week how God has blessed each person/family today and through the years. If you would like to contact Janice to volunteer, please call her at (302) 943-7278.

From: Karen Williams

My name is Karen Williams and I'm originally from Wisconsin. My career in the Air Force brought me to Delaware in 1994, but I didn't start attending Avenue until a number of years later. Around Thanksgiving in 2007, I felt like God was working hard on getting me back into church. A few days later I received a post card in the mail from Avenue United Methodist Church with information about their worship services. What better sign could I have received? I didn't want to be one of those people that go to church at Thanksgiving, Christmas, and Easter, so I waited until after the first of the year, and went to the 9:30 service. Being raised in a Lutheran church, where the services were more traditional and structured, the contemporary service was a little strange to me. The next week my husband Mike came with me and we went to the 11:00 service. The week after that we attended the 9:30 service together and have been coming to Avenue ever since.

After we became members, I had a conversation with God about what He wanted me to do. I said, "O.k., God, I need you to let me know what it is you want me to do. Give me some kind of sign, and make it blatantly obvious because you know I don't get your subtle hints." Warning: be careful what you ask for. A few days later, Janice Abbott called me on the phone and asked if I wanted to attend an Esther Circle meeting with her. Of course I said yes, partly because I felt like that was God's sign, and partly because I just don't say no to Janice (Jim and Janice Abbott were the first people we met at Avenue). I am, and have been since that first meeting I attended, a member of Esther Circle.

If God wants you to do something, He will get His way. I have so many stories I could share, but one that sticks out in my mind like it was yesterday is how I came to serve on a Kairos Outside team. Kairos Outside is a prison ministry that serves female family members of incarcerated men; the mothers, sisters,

daughters, etc. I had signed up to serve on a team, and was going to, but the weekend was postponed and I wasn't available to serve on the rescheduled dates. About six months later, when they were in the planning stages for the next Kairos Outside weekend, I received an email asking if I was interested in serving. I opened the email, read it, decided not to respond, and deleted it. A couple weeks later I received a second email, with a team application attached, asking me to serve. I opened it, read it, deleted it and said, "I'm no doing this." The next week I received a third email. This one had a subject line that read "Is God calling you to serve?" It also had the team application attached and a little note from the person in charge of the weekend. This email was hard to ignore. I read it, but didn't delete it. When I got home from work, the lady that sent me the email called me on the phone. Needless to say, I served on that weekend and it was a great experience.

As my relationship with God has grown I find that I am more aware of His presence and realize just how great our God is. I try not to take anything for granted. As I travel to work each day, I see the beautiful sky he has painted for me and it's different every time. As I go across the bridges I see the sparkle of the sun as it reflects on the water, the trees in the background, and sometimes a little fog over the fields. And as I get closer to work, I pray that the people I come in contact today see Jesus through my words and my actions. I know I fall short every day, but I also know that I am a work in progress and God doesn't give up on me. Every time I'm in church, I look up at the stained glass window at the front of the sanctuary as a reminder that God is with me always.

I will close with one of my favorite scriptures. "For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will help you." ~ Isaiah 41:13

Health Ministry







Kiwi represents our 4th fruit of the spirit "**patience**". You need patience to get all the bit out of your teeth.

Kiwis are small fruits that have many health benefits. They are loaded with vitamin C, vitamin K, vitamin E, folate, and potassium. They also contain antioxidants and are a good source of fiber. You can eat the small black seeds and the fuzzy brown peel. Most people prefer to peel the Kiwi before eating it.

The nutrients in Kiwis;

- 1. Can help treat asthma
- 2. Helps with digestion
- 3. Helps increase your immune system
- 4. Help with blood pressure
- 5. Can reduce blood clotting
- 6. Help prevent vision loss
- 7. May lower the risk of colon cancer https://www.healthline.com/health/7-best-things-about-kiwi

"I therefore, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all loliness and meekness, with patience, forbearing one another in love". ~ Ephesians 4:2-3

"For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience. ~ Romans 8:24-25



Health Ministry





Banana-Kiwi Salad

Servings: 4
Ingredients
Ingredient Checklist



- 2 tablespoons lime juice
- 1 tablespoon canola oil
- 1 tablespoon minced shallot
- 2 teaspoons rice vinegar
- 1 teaspoon honey
- 1/4 teaspoon salt
- Pinch of cayenne pepper, or to taste
- 4 kiwis, peeled and diced
- 2 firm ripe bananas, cut diagonally into 1/2-inch-thick slices
- \(\frac{1}{2} \) cup diced red bell pepper
- 2 tablespoons thinly sliced fresh mint
- 2 tablespoons chopped cashews, toasted (see Tip)

Directions

Instructions Checklist

• Step 1
Whisk lime juice, oil, shallot, vinegar, honey, salt and cayenne in a medium bowl. Add kiwis, bananas, bell pepper and mint; toss to coat. Serve sprinkled with cashews.

Tips

Tip: To toast nuts & seeds on the stovetop: Toast in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.

http://www.eatingwell.com/recipe/249111/banana-kiwi-salad/

