

The Midweek

Wednesday, August 26, 2020

I've been thinking about integrity this week. Thom Brennaman, the play-by-play announcer for Major League Baseball's Cincinnati Reds, recently used a homophobic slur when he believed he was off air. The microphones were still on. Brennaman, later in the inning replied, "I can't begin to tell you how deeply sorry I am. This is not who I am and never has been." Brennaman continued that he would like to believe that he had a few people in his life that could back that up. As I listened to the reply, I wondered why would someone say such a think if it is not "who they are."

I had a conversation with a young person recently and we talked about the importance of integrity. It is one thing to do or say the right thing when everyone is watching. Who we are when no one is watching is closer to our "true self." Jesus taught that "out of the abundance of the heart, the mouth speaks (Matt. 12:34)." What comes out of our mouth is a reflection of what is in our hearts.

As people who take on the name "Christian," character and integrity matters. Our character is to reflect the character of Jesus. Our lives, publicly and privately, should reflect the Fruit of the Spirit: love, joy, peace, patience, gentleness, goodness, faithfulness, and self-control. When people encounter us in private, our lives should have the "aroma of Christ (2 Cor. 2:15)."

As we meet with Jesus in our times of personal prayer and worship, may your heart overflow with the Fruit of the Spirit so that your words and actions tell of God's love for them. May we live with integrity that who we are in public and private is who we are in Christ.

Grace and Peace,





Raven Leister 8/16/20

Avenue Family,

We just wanted to thank you for all the support. Mom and baby are now home safe and sound. It is an exciting time and great time of remembering of how much God loves us all.

Raven was born at 7:58 am on Sunday August 16th. She was 7 lbs,15 oz. and 20 and 3/4 inches. Thank you again for all the prayers and support.

The Leister's

In-Person Worship Update at Avenue

We have met in-person at Avenue for eight Sundays and I would like to thank everyone who has helped make our services meaningful and safe. I believe it is important to gather to worship together, which also means it is important to care for one another during a pandemic. The staff continues to evaluate our procedures each week to ensure that we are creating the safest space for worship that we can.

If You Feel Sick, Please Do Not Come: I know we want to be in worship, but if you are ill please stay home and worship through the livestream. This will be equally important as flu season is just around the corner. Making the decision to stay home helps keep our church family healthy and able to meet in-person.

- Wear a mask: Once you are in the building, each person is required to wear a mask. It
 can be uncomfortable, but also one of the better ways we can protect ourselves and those
 around us.
- **Singing is Discouraged**: This is so tough. Much of what we do in worship is singing, but singing more broadly spreads our breath molecules that could carry a virus. While Avenue provides music and singers in the chancel area, we encourage congregants to hum, sing quietly, or to meditate on the lyrics during our hymns and praise songs.
- **Maintain Social Distancing**: When you are entering and exiting the building, please keep at least six feet of distance between the person in front of you. In your pews, we *must* keep six feet of distance between unrelated families/individuals. We can fit three unrelated people per pew; two couples per pew; a family of three and a couple in a pew; or a family of four or more in a pew.
- Ushers Will Release By Pews: We are bringing back ushers to help with our social distance and to release congregants by pews at the conclusion of worship. This is the time we are most likely to ignore social distancing.
- **Live Streaming is Here to Stay**: We will continue to offer a live stream of worship for those who are unable to attend worship. Consider sharing that with your friends!

We want to remain vigilant in our approach to the pandemic because our hope is to continue meeting. Your help in this will ensure that can occur. As always, if you have questions about worship at Avenue, please call me at 302-422-8111 or email me at srlamotte@avenueumc.com

Grace and Peace,	

Pastor Steve

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.

THIRD GRADE BIBLES: We are compiling a list of our students who will begin Third Grade this school year so that we may present them with a Bible. If your child will be a third grader, please email Kelly at churchoffice@avenueumc.com.

BUILDING USAGE THIS FALL: Because of COVID-19, the space we provide for meetings and groups will be reduced to ensure social distancing is followed. If you are leading a church group or thinking about holding a meeting/study at the church this Fall, we need proposed dates by August 31st so that we can begin putting our calendar together. You can email Kelly at churchoffice@avenueumc.com.

HELP WANTED! AVENUE GREETER TEAM: The Avenue Greeter team needs your help. We're inviting you to join and help serve in this ministry. No experience needed, just a friendly smile and some of your time (a few Sunday mornings throughout the year). If you're interested, please call John Horsman at (302) 222-6642.

COMMUNION SUNDAY will be on September 13th.

DISCIPLESHIP OPPORTUNITIES

FINANCIAL PEACE UNIVERSITY: Ken and Missy Wilcox will be providing Financial Peace University virtually for Avenue and Orchard Churches. FPU is a great class for individuals and couples looking to find peace in their financial life. Classes begin **September 23rd at 6:30 pm** and run for eight weeks. You must register ahead of time to participate. The cost is \$129 for the materials. You can sign up at https://www.fpu.com/promo Contact Ken and Missy at <

INTERESTED IN LEADING A SMALL GROUP STUDY: One thing many of have missed during the COVID-19 outbreak is the opportunity to be in relationship with others. Small Group ministry can provide the opportunity for growth in our walk with God as well as growing our relationship with others. If you have an interested in leading a online or in-person small group (we'll train), please contact Pastor Steve at srlamote@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 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 will meet on Wednesdays in August 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.

AVENUEU VIRTUAL LEARNING VOLUNTEERS NEEDED: As we consider how to provide space and internet access for school age students in this time of virtual/hybrid learning, we need to know who is interested in serving in this ministry so we can determine our scope. We hope to start by opening Fellowship Hall on Mondays and Wednesdays from 7:45 am until 3:00 pm. We will split leaders into two shifts and need at least two adults per shift. If you are interested in serving in this ministry, please email Pastor Steve at srlamotte@avenueumc.com in order to help us make plans. You will be contacted as information and training become available.

ANNIVERSARY GREETING TO:

Harry and Carolyn Humes, the most wonderful parents/ grandparents will be celebrating their 60th wedding anniversary on August 27, 2020.

From their children Tommy, Lynda, Alan, David, and families.

SYMPATHIES TO:

• Judy and Glen Struck on the passing of Judy's brother, John Paulas, on August 21st. .

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:

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

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: Jack Dickerson

When I was asked to tell my story of how I came to Christ, I was hesitant. It's not easy sharing with everyone situations that we encounter in life's journey. Events can be painful to ourselves and to others. I think as Christians, we have to remember that we exist in a sinful world. Satan is always there trying to find those specific cracks in our armor that he will work at until he can penetrate.

For me it is an ongoing crack repair job. I was blessed to be given these repair tools from Christ at an early age when I attended Sunday School at Avenue. Avenue always seemed a safe place where I was surrounded by people who were Christians who I could model after. Members of Avenue formed those early Christian values. I can still remember Barney Sockrider convincing me to stand on the stage of fellowship hall and sing "Baby Chick Chick I Love You". And always being in a contest with Natalie Rogers to see who could get the most Sunday School pins. I guess it was some kind of "Jesus Badge Of Honor".

Although the seeds were planted, I stopped watering them. In high school the temptation from Satan of fast cars, drinking and girls overcame and I drifted from the Church. I can remember feeling lost, drifting from one fast experience to another. When I joined the Apprentice School at Newport News Shipbuilding and Dry-dock, Va., God put an apprentice instructor in my path who made me think about myself. His kind approach to life made me remember what I was missing with the fast life I was leading.

When I graduated from school I moved back home and met Nancy. I fell in love and we were married at Avenue. I can remember God calling me back to Church, but it was hard to walk thru the door. In 1981 my first son, Derrick was born. It was a wakeup call for my soul. I now had a son that God had

blessed me with and given me the responsibility to share the Church with him as it had been done with me.

There were and still are many challenges to my faith and I fail God often, but he never gives up on me. In 1986 Nancy and I were blessed with our second son, Daniel. As our participation in Church grew, so did our faith. God needed me there to show me his path for me. It was not enough for me to just say I believed in God, I had to participate in Sunday School and Church activities. For me to grow in faith and to understand God's plan for me I had to be there.

In 2000 I said yes to a retreat called the walk to Emmaus. I really wasn't excited about another retreat, because I had been on many with the youth. This was different. Emmaus's structure allows many people the chance to get close to our heavenly Father. I was with Christian men who had burdens and joys they needed to share. For me, It was a God weekend.

My life has continued the battle. I still fail, but I allow God to work in me now more freely and burdens and times of anger seem less. It's a good feeling to know that God is there for me always to help maintain my constant need for His Armor.

Witness to Faith

From: Nancy Dickerson

The Lord is my Shepherd, Psalm 23 .When I was a young child every night before I would say my prayers I would open my Bible and read the 23 Psalm. I believe in God because my parents would take us to Sunday school every Sunday. They would not go their selves and we would never go to church, unless it was something special. I knew that I Loved God but didn't know what it meant to be a Christian.

As I grew older I quit going to Sunday school. Who needs Church!! I know that God loves me, right.

When I was in 8th grade I came down with a cold and it would not go away. It got so bad that it infected my nervous system and paralyze me. I could not walk or write. It was pretty bad. Back then they would have specialist come down from Wilmington to see me. He was perplexed, so he wanted me to go to Wilmington hospital for tests. So the next day my Mom and Aunt drove me to Wilmington Hospital. It was depressing I was in a ward with 6 other people older than me, pretty scary for an 8th grader. They did all kinds of tests to see if my strength would come back. They moved me out of that ward into a room with another person. She became my second Mom or an angel on earth. She watched over me because my Mom couldn't come every day. At home I had 6 sisters and 4 brothers, so it was hard for her to get away. I finally got well enough to go home. I did a lot of Physical Therapy and finally I could walk again. I believe that GOD healed me. Still I think back now I wasn't a Christian but I believe in GOD.

As years went on I meant my husband Jack. His family belonged to Avenue. I always thought what a Beautiful church. We were married there in 1979. After we got married we did not attend church until our first son was baptized and we didn't go back until he was about three. As Derrick grew older we wanted to get involved, so we started teaching 6th grade Sunday school. Then we did the youth group. We really had a bond with those youth. Then we had our 2nd son Daniel and did the same thing with him.

In 2000 Jack and I went on a retreat called Walk to Emmaus. It was different. The talks that we heard were mostly about how they had become a Christian, how their heart ache had brought them to GOD.

Without GOD they would had never been able to go on. I thought WOW that is what being a Christian is all about. Today I fall down but he is always there to

pick me up. I know that he loves me and I will meet our Lord and Savior someday.

The Lord is my Sheppard I shall not want.

God Bless you, Nancy Dickerson

Health Ministry





The 8th Fruit of the Spirit is "Gentleness". Peaches represent "Gentleness" because peaches need to be handled with care to prevent bruising.

Peaches do not contain many nutrients but they add to the recommended daily amounts of Vitamin C, potassium, iron and fiber.

Vitamin C is a wonderful antioxidant that can help prevent cancer. It also help to preserve the health of your skin. Fiber found in peaches helps with the digestive system to help prevent colorectal cancer. Potassium found in peaches help with lowering blood pressure, prevention of stokes and kidney stones. Peaches have a very small amount of vitamins A, E, and K, as well as magnesium and phosphorus.

Peaches are a wonderful healthy snack. Grab one while you are on the go. Or you can create a summer salad by starting with mixed greens or spinach and adding dry-roasted nuts, fresh peaches, fresh mozzarella, and grilled chicken, salmon, or tofu. Drizzle with a balsamic dressing. Yummy!! https://www.medicalnewstoday.com/articles/274620#diet-tips

"Remind them to be submissive to rulers and authorities, to be obedient, to be ready for any honest work, to speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all men." ~ Titus 3:1-2

"A gentle tongue is a tree of life, but perverseness in it breaks the spirit."

Proverbs 15:4

"But as for you, man of God, shun all this; aim at righteousness, godliness, faith, love, steadfastness, gentleness. ~ 1 Timothy 6:11

