



# *The Midweek*

*Wednesday, September 2, 2020*

## **AvenueU | Offering Learning Space for Students**

While there have not been any school bus sightings lately, school is set to begin. With much debate and concern, Milford and neighboring school districts will be opening the 2020-21 school year in a remote learning format. Students will be receiving instruction online from their home from teachers who are in the classroom. The hope is that students will begin to trickle back into school in late September for a hybrid format of in-person and online instruction.

There are many challenges ahead for our teachers and our students. As the husband of a teacher and parent of three school age children I have my own concerns. While there are families and students who will receive support at home, we also know that many students will not receive educational support at home. Some families do not have access to reliable internet needed for online instruction. Remote learning places an extra burden on parents to be at home with younger kids, which could affect their income, or cause them to choose to leave their student at home in order to keep their job. I am concerned about the potential for increased abuse by kids who had going to school as respite from dangerous situations at home.

We see a unique opportunity for Avenue to “be the Church” and stand in the gap for our students and families. We are preparing to open Fellowship Hall on Monday and Thursdays so that students can utilize our wifi and have a safe place to receive instruction. We plan on working with elementary students first,

and possibly expand it to other ages. We see this as a proactive way to be the hands and feet of Christ in Milford.

This is where you come in. We are looking for Avenue members (and friends) to help staff our endeavor. If we have enough interest, we will open up on other days. We will split our days into two shifts. To begin, we need eight people (4 per day) to commit to serving and helping make the upcoming school year a success. If you're interested, please email Kelly at [churchoffice@avenueumc.com](mailto:churchoffice@avenueumc.com).

While we're at it, let us commit to daily praying for our students, teachers, administrators and staff. Let us reflect Christ to our community this school year!

Grace and Peace,

*Pastor Steve*

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**The Church Office will be closed on Monday, September 7<sup>th</sup>.**



## 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](mailto:srlamotte@avenueumc.com)

Grace and Peace,

Pastor Steve

## **ANNOUNCEMENTS**

**WORSHIP ON SUNDAY:** Worship is held each Sunday in-person or online at 9:00 a.m. (Traditional) and 10:30 a.m. (Contemporary). Through the warmer months, we are holding an outdoor evening worship service at 6:00 p.m. We are streaming the morning worship services on our Facebook ([facebook.com/avenueumc](https://facebook.com/avenueumc)) and Youtube ([youtube.com/c/avenueunitedmethodistchurch](https://youtube.com/c/avenueunitedmethodistchurch)) pages.

**EVENING WORSHIP UPDATE:** The Outdoor Evening Worship Service is moving to **6:00 p.m.** this week with the sun setting earlier. Bring your chair and blanket and join us on the lawn for a great evening of worship led by our Praise Team. Our own Dan Nelson will be preaching at all three services this week.

**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 a.m. until 3:00 p.m. 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](mailto: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.

**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](mailto: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 13<sup>th</sup>**.

## **DISCIPLESHIP OPPORTUNITIES**

**TUESDAY MORNING SISTERS' BIBLE STUDY:** Tuesday Morning Sisters' Bible Study will be meeting on **September 15<sup>th</sup> at 10:00 a.m.** in Fellowship Hall.

**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 23<sup>rd</sup> at 6:30 p.m.** 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 [kmbsw123@gmail.com](mailto:kmbsw123@gmail.com) if you have any questions.

**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 [srlamotte@avenueumc.com](mailto:srlamotte@avenueumc.com).

**SUNDAY SCHOOL FOR ADULTS:** The Sunshine Bible Class for adults led by Rev. John Van Tine, retired, is meeting under the shade tree on the New Century Property next to the Church at 10:15 a.m. Our study for September is "So That You Can See." September 6<sup>th</sup> lesson is "Seeing Jesus" based on Acts 9:1-20; September 13<sup>th</sup> lesson is "Forgiven, Rescued, Restored" based on Romans 1:15-17; 5:6-11; September 20<sup>th</sup> lesson is "Life in the Spirit" based on Romans 8:1-11; and September 27<sup>th</sup> lesson is "Faith, Salvation, and Righteousness" based on Romans 10:5-13. Feel free to join us under the tree for these exciting lessons. Please bring your own chair.

**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](mailto:srlamotte@avenueumc.com).

**BIRTHDAY GREETINGS TO:**

- **Lida Wells** who will be celebrating her **97<sup>th</sup>** birthday on **September 8<sup>th</sup>**.

**ANNIVERSARY GREETING TO:**

- **Jerry and Margie Tucker** will be celebrating their **52<sup>nd</sup>** anniversary on **September 14<sup>th</sup>**.

**SYMPATHIES TO:**

- Judy and Glen Struck on the passing of Judy's brother, John Paulas, on August 21<sup>st</sup>. .

**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	Charlie & Barbara	Jack & Zelda McDuff
Ed Bailey	Fleetwood	Ricki McGuire
Frank Beebe	Ellen Coulbourne Hall	Orville Mills
Bobby Bergez and family	Craig Hanna	Jason Neall
Ben	Pat Hudson	Laurel Pastor
Bill & Marty Brereton	Doris Isele	Jan Perkins
Bob Cage	Karl Isele	Bob Randolph
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
Donna and Keith Coverdale	Ellie Lauckner	Joan Wadman
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: Joanne Burbage*

Last week, I was driving over the little bridge that crosses the marsh in rural Frederica. It is now, a back road, parallel to Route 1 but my mind remembered it as one of the signposts, during trips to Rehoboth Beach when I was a child. Our primary Summer family outing: Sunday, 10:00 Church at Wyoming Methodist. Then packing the car with pre-made feast of fried chicken, potato salad, fudgy chocolate cake, and sweet ice tea. Driving on the two-lane road at 45 MPH to Rehoboth Beach for ice cold waves, hot sand picnic, and the boardwalk fun.

Barratt's Chapel, near my mother's old family farm, was the first signpost with stories of her giving a nickel in the collection basket. Crossing the marsh with stories of muskrats trapped, tomato canning factory and the Old Frederica Steamer, ridden by my grandmother. I dreaded the next one - Milford's Mispillion Bridge usually up, to accommodate, a passing boat. Signpost, Lewes, marked the now extinct dairy farm, cows and red lofted barn. The final signpost was crossing the suspended bridge to enter Rehoboth Beach for a glorious day at the beach.

I do not remember my very first signpost, a baptism by The Rev. W.O. Hackett at Wyoming Methodist Episcopal Church. My parents taught with God's signposts: First, was love God and worship, love people and give, and then act as Jesus taught each day. Kneeling, heart stirred, as a child, I asked Jesus to lead me, live in me. As an adult, I begged for forgiveness, reconciliation, humbly for His Way. In January 1980, certainty came. Dwelling within. Truth. Comfort. Directions.

I love to recall, the signpost pastors who have shared Jesus within their specific life experiences. Then name the lay servant signposts, who live their life in

commitment to Christ with their talents and Grace revealed to them by God. And then, Music of Faith sung, rung, and strummed that broadcasts, The Message.

The most personal signpost has been and is, my Bible that binds me to Jesus. Underlined, circled, highlighted, names, dates, prayers, confessions, revelations, chastisements, hope. We are pilgrims, following the signposts God has given us: His dedicated people, His Church, His Holy Word and our daily crossroad lives. JEREMIAH 31:21, 33 “Set up signposts, make landmarks, set you heart toward the highway...” I will put my law in their inward parts and write it in their hearts, and I will be their God, and they shall be my people”.





## MMR vaccine

The CDC (Centers for Disease Control and Prevention) recommends that people get two doses of the Measles, Mumps and Rubella (MMR) vaccine. It is recommended that the first dose be administered at 12-15 months of age and the second dose at 4-6 years of age. [www.cdc.gov](http://www.cdc.gov)

If an adult has not been vaccinated or had these childhood viral infections, they are at a higher risk of having serious complications from these highly infectious viruses, such as pneumonia and encephalitis. If an adult contracts the mumps, it can lead to complications such as meningitis and painful swelling of the testicles and ovaries. Rubella is spread through the air and is very serious for pregnant women causing premature births, miscarriage or congenital rubella syndrome, which is severe birth defects. [https://www.webmd.com/vaccines/ss/slideshow-adult-vaccines?ecd=wnl\\_day\\_082220&ctr=wnl-day-082220\\_nsl-LeadModule\\_title&mb=jw43L5JB7q8fahsYp2iVvS0PEYgoEn8%40w7XW%2fThMoZU%3d](https://www.webmd.com/vaccines/ss/slideshow-adult-vaccines?ecd=wnl_day_082220&ctr=wnl-day-082220_nsl-LeadModule_title&mb=jw43L5JB7q8fahsYp2iVvS0PEYgoEn8%40w7XW%2fThMoZU%3d)

*These vaccines are available from your Healthcare Provider. Please speak with your Healthcare Provider for more information.*

**“That men may know wisdom and instruction, understand words of insight, receive instruction in wise dealing, righteousness, justice, and equity; that prudence may be given to the simple, knowledge and discretion to the youth, the wise man also may hear and increase in learning and the man of understanding acquire skill.”**

## Proverbs 1: 2-5



As individuals, we need information available to us to make informed decisions. Throughout the month of September, we will be reviewing the different vaccinations available to people of all ages. Some you may have heard of and some you may not know about.

# KNOW THE SIGNS: RECOGNIZING MENTAL HEALTH CONCERNS IN KIDS AND TEENS

Life during a pandemic is complicated. Along with new safety protocols and restrictions, kids and teens are dealing with changes to routines, school, and socializing. It's normal for kids and teens to have some difficulty getting used to a "new normal." In fact, the majority of young people who took a screen at [mhascreening.org](https://mhascreening.org) between April and July of 2020 mentioned loneliness and isolation as the main things contributing to their struggles.<sup>1</sup> If your kid or teen still seems to be struggling, something more might be going on.

## DID YOU KNOW?

**50%**

OF ALL PEOPLE WHO WILL HAVE A MENTAL HEALTH DISORDER IN THEIR LIFETIME START TO EXPERIENCE SYMPTOMS BY AGE 14.<sup>2</sup>



THE MEDIAN AGE OF ONSET FOR ANXIETY DISORDERS IS 6 YEARS OLD<sup>3</sup>

OF 11-TO-17-YEAR-OLDS WHO TOOK A SCREEN AT [MHASCREENING.ORG](https://mhascreening.org) SINCE MARCH 2020:<sup>4</sup>

**83%**

(11,000) SCREENED POSITIVE OR AT-RISK FOR ANXIETY.

**91%**

(23,000) SCREENED POSITIVE OR AT-RISK FOR DEPRESSION.

## SIGNS AND SYMPTOMS TO LOOK OUT FOR

Symptoms that happen across multiple conditions:

- Problems with concentration, memory, or ability to think clearly
- Changes in appetite
- Feeling sad, empty, hopeless, or worthless
- Loss of interest in things that they used to enjoy
- Excessive worry
- Irritability or restlessness
- Changes in sleep
- Angry outbursts
- Not wanting to be around people or take part in activities

Other things to look out for:

- Hearing or seeing things that other people don't
- Extreme panic
- Onset of new behaviors or rituals that are repeated
- Mood swings or frequent shifts in energy
- Changes in how they dress –if your child is wearing long pants and sleeves in hot weather, or hats all of a sudden, they could be hiding signs of self-injury like cutting or hair pulling



## WHERE CAN YOU GET MORE HELP?

If you notice these symptoms in your child, you may want to consider a mental health screening. A screening is a free, anonymous, and confidential way to see if a person is showing signs of a mental health condition. Screening tools for young people and parents are available at [MHAScreening.org](https://MHAScreening.org). Once completed, screeners are given information about the next steps to take based on results. Screening results can be a helpful tool for starting a conversation with your child's primary health care provider.

## WHEN IS EMERGENCY ACTION NEEDED?

If you notice the following signs in your child, take immediate action as they may be thinking about suicide:

- Giving away possessions for no logical reason
- Risky or self-destructive actions
- Increased drug or alcohol use
- Obsession with death
- Withdrawing from life
- Indirect or direct threats of suicide
- Drastic personality change
- Lack of interest in future plans

If you think a child or teen is in immediate danger of taking suicidal action, call the national suicide hotline at 1-800-273-TALK. Their trained crisis counselors can help you find local resources or suggest next steps. You can also look up information for a local mobile crisis team, psychiatric hospital, or psychiatric unit and

### SOURCES

<sup>1</sup>Proprietary data (2020). [MHAScreening.org](https://MHAScreening.org).

<sup>2</sup>Kessler RC, Chiu WT, Demler O, Merikangas KR, Walters EE. (2005). Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry*. 62(6):617-27.

<sup>3</sup>Merikangas, K., Hep, J., Burstein, M., Swanson, S., Avenevoli, S., Cui, L., Benezet, C., Swendsen, J. (2010). Lifetime prevalence of mental disorders in U.S. adolescents: results from the National Comorbidity Survey Replication—Adolescent Supplement (NCS-A). *Journal of American Academy of Child and Adolescent Psychiatry*. 49(10): 980-989.

<sup>4</sup>Proprietary data (2020). [MHAScreening.org](https://MHAScreening.org).



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