



# *The Midweek*

*Wednesday, September 9, 2020*

And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.  
Hebrews 10:24-25

The sound of keyboard clacking and Zoom calls going on can only mean one thing- summer is over and school is back in session. There are currently four Zoom sessions going on in my house while I try to make sure all our devices stay connected and that Caleb is entertained. We are entering a new season in our communities and in our lives as Summer gives way to Fall.

This Sunday is often a time when we kick-off the new season of ministry at Avenue Church. In a COVID-free world, this Sunday would have normally been our “Kick-Off Sunday,” as a way to come back together as the Body of Christ in worship, fellowship, growth, and service in the world. Of course, COVID has changed the world around us and has affected the church in our attendance and our participation in mission to the world.

I read an article this week titled, “[Prioritize Worship, Even When There’s No Childcare](#).” The article is written to parents who may be staying away from worship as churches limit nursery care and Sunday School because of COVID. The article is also applicable for us as we consider our life as the Body of Christ. Author Kristen Black writes:

*“If we only prioritize corporate worship when it’s convenient, our children will learn to do the same. We’re training our children in their own worship of God by the way we worship during this really difficult season. We have a unique opportunity to teach our children about the importance of corporate worship. Let’s not waste it.”*

There are plenty of reasons **NOT** to participate in ‘in-person’ worship in the time of COVID. This is not an attempt to guilt anyone into attending worship in -person. Our staff at Avenue is taking the pandemic seriously and believe that, for many, attending in-person worship may not be the best option.

However, as Christians we must prioritize gathering together as the Body of Christ. Whether that is in-person or online, gathering together is important. For those of our congregation with children Black rightly states that our commitment to worship, even when inconvenient, teaches our children how important the worship of God is in our lives. We gather to worship to praise God, to be encouraged, to grow in our faith, and the be sent into the world in mission. This time is important.

As we prepare for a new season of ministry, let us not give up on meeting together. Let us be committed to gathering for worship each Sunday, whether in -person or online. Let us invite the Holy Spirit to transform us and the world as we gather.

See you in worship!

*Pastor Steve*

## 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**

**THE UNITED METHODIST WOMEN (UMW):** The UMW have contacted the Milford District schools to see if there are any needs that students and teachers have. Craig Warrington asked that we collect **hand sanitizer** and masks for schools. We have a source for masks (although we will accept masks). Alcohol content of hand sanitizer needs to be 70% or more. Please try for more of a get consistency than water consistency. Items can be left in church office or with any UMW that lives near you. More needs will be listed as we get them.

Also, Camp Pecometh is asking for donations since their events have had to be cancelled this year. Camp Pecometh provides Christian camping experiences for many children and youth each year and we want them to be able to continue with their mission. We continue to support Camp Pecometh and hope you do too. Stay tuned. Thank you.

**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 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).

**ANNIVERSARY GREETING TO:**

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

**PRAISE REPORTS:**

- James Johnson
- Kim Coulbourne

**PRAYER REQUEST:**

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

## *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: Helen Holleger*

I have been a Methodist for 88 years. When I was born, I was placed on the Cradle Roll and, a few days before my first birthday, I was baptized at Wesley Methodist Episcopal Church in Georgetown, DE. By the grace of God, for the next 24 years, I lived as a member of God's family in a church community of love and forgiveness. I was nurtured and challenged to grow in faith, hope and love in order to become the human being God created me to be. Wesley Church was where I sang in the choir and played the piano for Bible School, Sunday School, and Methodist Youth Fellowship meetings. Wesley Church is where I was married to Francis Holleger 65 years ago on Thanksgiving Day. That Church gave me the first opportunity to express my joy in being a Christian and to experience the Sacraments of baptism and Holy communion.

I came to Avenue as a young teacher and still in the mode of expressing joy and praise for my savior Jesus Christ by singing in the choir. As time went by and our son Steven was born, friends from Avenue became supportive of my role as the mother of a profoundly handicapped child. For the next 24 years, my career as an educator and my son's needs were the primary focus of my life. I knew in my heart that anytime I needed them, Avenue's Pastors and congregation were there to pray for us and to lend a hand when needed. At that time of my life, Avenue Church took on the role of nurturer for me and my family. I was caring for a child with extraordinary needs, teaching 30 or so children at school each year, and studying for a Master's degree in Special Education.

After Stevie's death and my retirement, Avenue became the place where I was able to use the leadership skills I had learned in my career. I have served in such positions as Circle Leader, Sunday School Superintendent, and Trustee Secretary and President.

The point is the church has met my needs at the different stages of my life. Church has always been a place to express joy and praise, a place to nurture and be nurtured, and a place to use one God-given skills. As in Ecclesiastes 3, there is a time for everything.

As for the future, I am now one of the oldest members of Avenue Church. Because of the Pandemic, you won't be seeing me on-site for a while. Again, by the grace of God, I am still becoming the person God created me to be. I have tried in the past to do this by keeping a balance between my works of piety and my works of mercy. It is necessary for me now to do the acts of devotion and worship in private rather than in public. I thank God for Avenue's Daily Devotion, the Midweek publication, and the live-streamed Sunday services available to me on my phone. Although I am compassionate and love helping those who are oppressed or needy, the best I can do right now is make donations to the Church and other organizations which serve the needs of those less fortunate.

Finally, I believe that salvation is a life-long process of growth, development, and maturation in faith, hope and love.

*Helen Holleger*





## Pneumococcus:

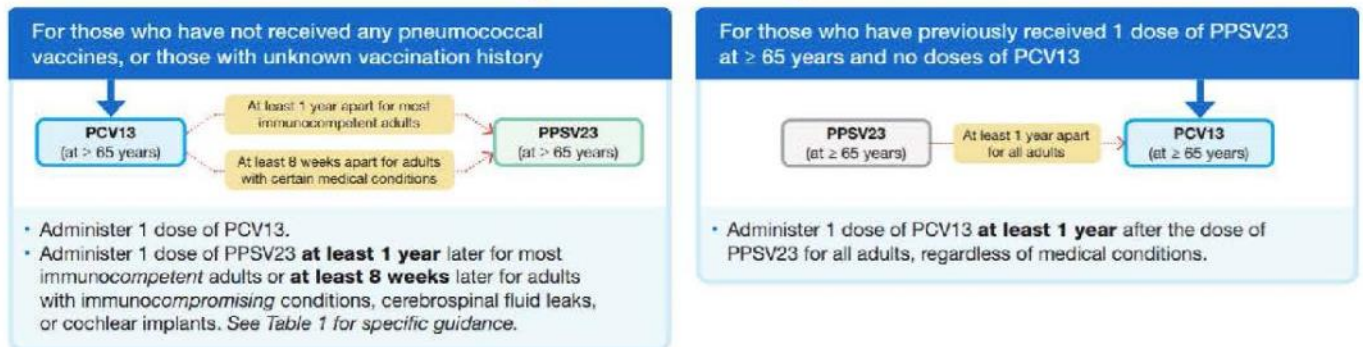
The pneumonia vaccine can protect a person against pneumococcal bacteria that can cause pneumonia, bloodstream infections, and meningitis. Pneumococcal pneumonia can be severe and deadly, killing about 50,000 adults every year. It can also cause bacterial meningitis. It's recommended if you're over 65, or if you're 2-64 and smoke or have asthma, a chronic illness, or a weakened immune system. Your doctor may recommend this vaccine if you're over 50 and live in an area with an increased risk of pneumococcal disease.

Pneumococcal disease is caused by a type of bacteria. Some people get the germs that cause pneumococcal disease, but don't get sick — these people are called “carriers.” But others may get ear infections and sinus infections. And sometimes, pneumococcal disease can lead to serious infections like:

- Pneumonia (lung infection)
- Meningitis (inflammation of the lining of the brain and spinal cord)
- Bacteremia (infection of the bloodstream)

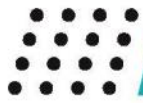
Pneumococcal bacteria spread through droplets in the air — like when someone who has the bacteria in their nose or throat coughs or sneezes <https://www.vaccines.gov/diseases/pneumonia>

## Pneumococcal vaccine timing for adults 65 years or older

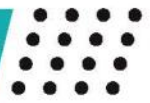


**“The unfolding of thy words gives light, it imparts understanding to the simple.”**

**Psalms 119:130**



## MISSING HOW THINGS USED TO BE



There are a lot of things you might be missing right now. You probably know what big things you're missing, like summer activities with friends, sports games, and school dances. But chances are you're missing some small things too—things you may have taken for granted, like sitting next to your friend on the bus every day or getting to show off your new outfit. Almost every part of life has been impacted by the COVID-19 pandemic, and we're all living in a completely new world than we were a year ago. As you shift to a "new normal," it's common to miss how things were before. Part of that sadness and discomfort you're feeling is actually grief.

You may have only heard of grief in terms of death, but it's a lot more than that. Grief is the emotions we feel related to loss, even if that loss is something like your typical schedule or your sense of safety and control. Grief is a complex emotion. Many people recognize five distinct stages of grief. You may not go through all of them, and you may experience them in different orders, but these are common responses to loss.

### STAGES OF GRIEF<sup>1</sup>

**DENIAL** is when you refuse to accept that a loss is factual. Related to COVID-19, this might look like:

- o Acting as though it's the same as the flu and therefore unnecessary to worry about
- o Thinking that you don't need to care about it because you're young

**ANGER** is the emotion you may feel when you want control over your fears. Rather than dealing with the problem, you might blame others and refuse to follow safety guidelines. Related to COVID-19, this might look like:

- o Not caring about shelter-in-place restrictions and seeing friends anyway
- o Blaming others for not quarantining and being the reason this is still an issue

**BARGAINING** is when you acknowledge reality but still try to maintain control. Related to COVID-19, this might look like:

- o Acting as though if people look healthy, they are fine to be around
- o Telling yourself that this will all be over by Halloween

**DESPAIR** occurs when the seriousness of the situation sets in. You may feel hopeless—like things will never get better. Related to COVID-19, this might look like:

- o Thinking that this is forever, and you'll never be able to hang out with your friends normally again
- o Worrying that many of your loved ones will die before this ends

**ACCEPTANCE** is when you finally admit that the situation is what it is—it's not great, but it's not complete doom either. Related to COVID-19, this might look like:

- o Knowing that while you can't control the pandemic, you can do your part by washing your hands, wearing a mask and keeping 6 feet of distance between yourself and anyone who doesn't live in your home
- o Acknowledging that even though you're stuck at home, there are still things you can do from a distance, like keeping up your schoolwork and connecting with friends virtually



## COPING WITH CHANGE

Most people don't like change. People are creatures of habit, and we like to stick to our normal day-to-day life. Sometimes change feels threatening – we don't know if everything will work out and we worry about all the new challenges we might face. It's normal to feel uneasy as we leave our old normal behind. If you're struggling, here are some ways to help yourself adjust:

### FEEL YOUR FEELINGS

Grief is natural. Everyone deals with it in their life, and most people are dealing with it right now in some way. Letting yourself feel however you feel – whether that's angry, sad, or worried – is the first step to feeling better. You will probably move in-between these different emotions, and even have moments of acceptance or happiness. It's okay to let yourself be sad, and it's okay to let yourself be distracted and have fun. All of it is part of the healing process.

### PRACTICE MINDFULNESS

Mindfulness helps you tune into your emotions – these techniques can be really helpful in situations where your routines are disrupted or you're feeling overwhelmed. You might feel so many different things that you don't even know how to start dealing with them. Try laying down, closing your eyes, and focusing on your breathing, or go for a mindful walk (pay close attention to the sounds, smells, and sights). You can also listen to a guided meditation to feel more connected to yourself.

### KEEP UP NORMAL HABITS WHEN POSSIBLE

Routines help people know what to expect throughout the day or the week—that's why change is often so uncomfortable. Figure out what you can do to keep some things the way they were before. If you're used to sitting with a certain group of friends at lunch, maybe you can do a group video call once a week and have lunch together. And even though you might not need to wake up as early as when you were physically going to school, going to bed and waking up on a schedule will help you get more restful sleep and have more energy during the day.

### THINK AHEAD

Some events that you were really looking forward to have probably been cancelled over the last few months, and that's not easy. It can be especially hard when it wasn't your decision – like if your parents or school cancelled the event. Even though it's for everyone's safety, feeling like you have no say in what happens is frustrating. Stay positive by looking to the future. Brainstorm some fun virtual events (like an online game night) for the next few weeks and make a list of other things you want to do once it's safer.

### STAY CONNECTED

Even though you can't see your friends in person, it's important to make time to talk to people and keep your support network strong. Plan a virtual game night with friends, or just send your best friend funny memes more often. It's not the same as hanging out, but just a quick conversation can help you feel less alone and more able to take on the changes that you're facing.

If you still feel overwhelmed and unable to cope, you may be experiencing the first signs of a mental health condition, like depression or anxiety.

Take the youth screen at [MHAScreening.org](https://www.mhasecreening.org) to see if you may be at risk. Once you get the results, MHA will provide you with more information and help you to figure out next steps.



SOURCES  
Axelrod, J. (2020, July 8). *The 5 stages of grief & loss*. PsychCentral.  
<https://psychcentral.com/lib/the-5-stages-of-loss-and-grief/>