



## *The Midweek*

***Wednesday, September 16, 2020***

This time of year usually brings the sights and sounds of school buses moving throughout our community as they pick up students for school. This school year, the sounds of the bus are being replaced with the *clackity-clack of the keyboard*. *This year will be a school year like no other as teachers, students, and parents are prepared for virtual learning that will give way to some form of a hybrid of virtual and in-person learning.*

While much of the conversation around the *Coronavirus has become politicized and weaponized, it does not change the facts that our students, teachers, administrators, and staff are put between the crosshairs. Teachers and administrators have been working feverishly to learn new technology, new ways of teaching remotely, dealing with weak internet connections and being concerned for students who are falling through the cracks. The longer remote learning continues, the more teachers, students, and parents will deal with Zoom fatigue and the stress from the weight of the consequences of the pandemic.*

So how can we serve our community as the Church? How can we reflect the hope and love of Christ during a time of virtual and hybrid learning?

We start with prayer. We must be committed to lifting our school districts up in our prayer each day. This seems so basic, but it is essential. We cannot forgo praying for our district as they begin what will be a difficult year. Secondly, we must find ways to bless our teachers, administrators, and staff for the tireless work they are putting into the school year. You may have your personal feelings

about our school district and the decisions they make, but that does not change the stress, strain, and fatigue that those who work in the district will face. Along with prayer, write regular cards or emails encouraging your student's teachers. Purchase a gift card so a staff person can get a cup of coffee, or two, on their way to work. Let's find ways to uplift those who give so much for our children.

Finally, let us continue to stand-in-the-gap for students and families who need resources and a voice. Scriptures remind us time and time again that Christians are to care for the 'fatherless, orphans, and widows.' In short, we are to care for the most vulnerable in our communities. Let us seek the leading of the Holy Spirit as we seek answers to the circumstances our communities is facing in our current moment.

School is back- let us back our district in prayer, with blessings, and through innovation to make the 2020-21 academic year the best it can possibly be.

Grace and Peace,

*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 :** The Outdoor Evening Worship Service is moving to **6:00 p.m.** Bring your chair and blanket and join us on the lawn for a great evening of worship led by our Praise Team.

**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.

**CHURCH COUNCIL MEETING** is scheduled for Wednesday, September 23<sup>rd</sup> at 7:00 p.m. in the Sanctuary at Avenue Church. There will be discussion preparing Avenue for our upcoming Charge Conference and on ministry in the age of COVID. Those attending must wear a mask and practice social distancing while we meet. All are welcome to attend.

**CHARGE CONFERENCE is Saturday, October 3<sup>rd</sup>** at 10:00 a.m. This meeting will take place via ZOOM with our District Superintendent, The Rev. Dr. Kyung-Hee Sa. This is a time to celebrate what God has done and to anticipate what God will do in the upcoming year. Please register your intent to participate in the Charge Conference by emailing the Church Office so that we know who do send the ZOOM link out to. All may attend, but you must be a professing member of Avenue Church to vote.

**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.

## **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 22<sup>nd</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 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).

**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  
Ed Bailey  
Frank Beebe  
Bobby Bergez and family  
Bill & Marty Brereton  
Bob Cage  
Brittany and Baby Naomi  
Jennifer Clarke  
Pat Clearly  
Jack & Denny Collins  
Luisa & Billy Combs  
Donna and Keith Coverdale  
Julie Dally  
Josiah Davis  
Joanna Denney-Turner  
Charlie & Barbara  
Fleetwood  
Dylan Fox  
Kathleen Friedline  
Ellen Coulbourne Hall  
Al Hanna

Craig Hanna  
Pat Hudson  
Doris Isele  
Karl Isele  
Dottie & Jerry Jackson  
Alvin Jarrell  
Dean Johnson  
Kourtney  
Rhoda & Greg Kurz  
Ellie Lauckner  
Jean Layton  
Johnny  
Mary Jo Lear  
Lauren Lee  
Nancy Lee  
Brittany Poore Little  
Lyn  
Jack & Zelda McDuff  
Ricki McGuire  
Orville Mills  
Jason Neall

Jan Perkins  
Melissa Poore  
Bob Randolph  
Roy Rigby  
Phil Saint  
Char Sandifer  
Richard Sapp  
Roland Simms  
Racheal Simesak  
John Smallwood and family  
Ann Sutcliff  
Teresa  
Joan Wadman  
Leonard Ziesel

## *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: David Rutt*

When Janice Abbott asked me to relate my journey of faith, I was hesitant. I have to admit I did not experience a bolt of lightning or a great epiphany to bring me to the realization that Christ is my savior. Rather, my journey began before I can remember. As a babe in arms I was taken to church by my parents. My foundation was laid in Slaughter Neck Methodist Church. My baptism, which happened during that infant time of life people do not remember, was performed by my mother's uncle, the Reverend Otis Reed, a long time Methodist minister, who visited Slaughter Neck Methodist Church specifically to perform the sacrament.

As I grew, the church for me was a special place to go on Sunday. It was the place where families of the rural community would gather, and I forged friendships with kids who went to different schools than me who I would never have known but for church. But more importantly were the lessons I learned about the power of God and the grace of Jesus Christ. It was not only from the sermons, the music, the Sunday School classes and Vacation Bible School, but the lessons also were learned by observing the congregation. The core of the members were extended families including grandparents, parents and children. Ancestors were buried in the cemetery behind the church, including my father's parents. They were mostly farm families who lived by their faith knowing that God would provide. When someone in Slaughter Neck fell on hard times or suffered an illness or death, the church members quietly but consistently provided what they could for as long as needed to help heal the hurt. They were Christ in action. These were lessons I like to think influenced my life and values even today.

I had wonderful parents who showed me every day, and at times taught me as well as my Sunday School teachers, what it means to walk with Jesus. I pray I absorbed a portion of the love and faith each of them had. For me there is great

comfort in knowing they are now in Heaven waiting for me. My further prayer is that I can join them.

My faith journey continued through high school during which I was confirmed in the church, was a faithful participant in the MYF and sang in the choir. But I must admit once I went away to college, I was not very active in church. My faith in God and Jesus never wavered, but I found myself asking for forgiveness on a frequent basis. I know though regardless of whatever stupid thing I did or when it felt like the world was crashing in, I always had someone to turn to or unload on as the case may be. More than once I found great calmness and comfort after bowing my head.

After I completed my education and began my career, I met my wonderful wife and life partner, Barbara. Through her I again became a church regular. For the first few years we attended First Presbyterian Church in Washington, PA. When we moved back to Milford, we attended different churches to find a new “home church”. When we attended Avenue, we immediately knew we had found it. It has been such a blessing to us and to our son, Andrew. I again found that sense of community I experienced as a child. And I again saw people living the teachings of Christ and extending themselves into the Milford community. These were important as we searched for a church. In early 1989 we joined Avenue and have never questioned the decision.

An aspect of my faith has always been not to stand on the sidelines but to get involved. At Avenue I have served on and Chaired several committees and participated in the activities of the Church. In the community I have been a member of numerous organizations and professionally I have served on non-profit Boards and been appointed to several Supreme Court support organizations. All of this was not for myself, but because I feel an obligation to give back what and how I can for the gifts God has bestowed on me.

God has also led me to serve as the Chancellor for the Peninsula-Delaware Conference of the United Methodist Church. That position serves as legal counsel to the Bishop and the Conference and engages me in the denomination under affairs of the United Methodist Church. That has allowed me to form relationships with United Methodists from across the country and given me a perspective of the breadth and diversity of our denomination. The people I have met are all unique as snowflakes, but all have an undeniable faith in God and Jesus Christ. The United Methodist Church is going to face challenges over the next few years addressing the issue of sexuality in the church and pulpit. Nothing has challenged the denomination as much since it dealt with the issue of slavery prior to the Civil War. Yet, I truly believe that God will

guide the Methodist Church through the turmoil.

I look forward to continuing my journey with God and accepting what he has in store for the future. There is no way to estimate what Avenue has given to me. I only pray I can give back some of what I have received to my church, my denomination and my community.



## **Human papillomavirus (HPV)**

HPV is the most common sexually transmitted disease in the United States. HPV can cause cervical cancer in women and throat cancer in men. The HPV vaccines protect people against some strains of human papillomavirus that cause most cervical cancers in women and some throat cancers in men. One of the available HPV vaccines also protects against most genital warts in men and women.

The vaccine can be given to children as early as age 9, but is recommended at age 11 or 12 years old and everyone through the age of 26. It's available for men and women.

[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)

Please check the CDC fact sheet on their web site for more information.

<https://www.cdc.gov/std/hpv/HPV-FS-print.pdf>

**Hear, O sons a father's instruction and be attentive, that  
you may gain insight; for I give you good precepts: do  
not forsake my teaching".**

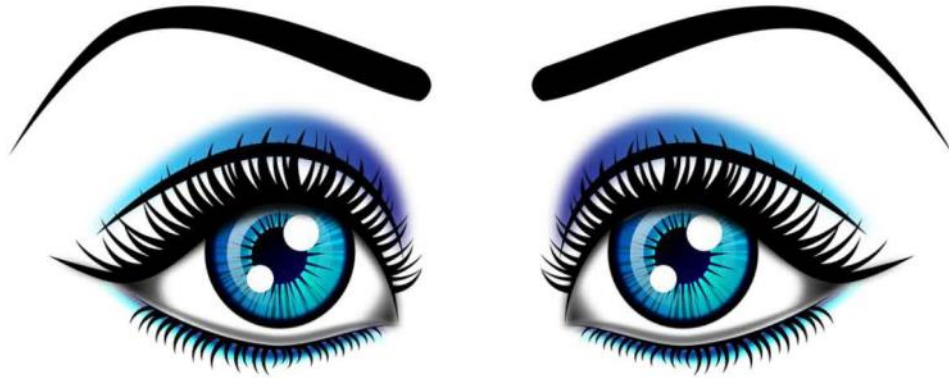
**Proverbs 4:1-2**



**Health Ministry**



**Keep a look out!!**



## **The Flu vaccine will be available in October at Avenue United Methodist Church!!**

Prior to getting a flu vaccine, you will be required to complete paper work that will be provided to you ahead of time. You must bring the completed paper work in order to get the flu vaccine.

**We are planning a drive through station!!**

**The date has yet to be determined.**

**This is not the flu vaccine for the COVID-19!**

For the month of September, we will be looking at information available to help you determine whether you or your child should be vaccinated against different diseases. The CDC web site listed provides information and the vaccination schedule you and your healthcare provider can use.  
<https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>

# WHAT CAN I DO WHEN I'M AFRAID?

Even though we've been dealing with COVID-19 for a few months now, most of us still aren't used to it. You may not fully understand what it even is, or maybe it feels impossible to make sure you and your loved ones will stay safe. It's totally normal to be a bit scared right now, but just because it's normal doesn't mean it feels good.

## WHAT IS FEAR?

Fear is one of the basic emotions that everyone feels at one point or another. We often feel fear when we sense a threat—real or imaginary. It can be a really uncomfortable feeling and may even make it hard for you to think about anything else.

It may not seem like it, but fear can actually be a good thing! Being scared is usually what makes us act in ways that protect us.<sup>1</sup> Think about it—if you weren't afraid of catching COVID-19, you probably wouldn't follow the rules of washing your hands for 20 seconds or wearing a mask. You might not enjoy feeling fear, but it serves an important purpose right now, so don't ignore it.

Fear becomes a bad thing when you can't stop thinking about what scares you or if it's interrupting your daily activities. If you're in full-on panic mode, it's important to take some steps to help reduce your level of fear to better fit the situation we're facing.

## HOW TO DEAL WITH FEAR

You can't change the fact that we're living in a pandemic or the effects of COVID-19, but you can control how much the fear that comes with it impacts you. Sometimes the hardest thing about feeling afraid is that you don't know what to do to change it. If that sounds familiar, here are some things you can do to help yourself:

### TALK TO A TRUSTED ADULT.

If you're a bit lost on how to handle this whole situation, check in with an adult about how you're feeling. This could be a parent, teacher, coach, or someone else you trust. Whether you don't quite know what COVID-19 is and how to stay safe, or you're worried about starting a new school year virtually or in-person, an adult can help calm your fears and give you tips to stay healthy and comfortable.

### LIMIT YOUR SCREEN TIME.

While it's important to understand what's happening in the world, there's such thing as too much information. Constant news coverage might make you feel more scared of COVID-19, and social media can be full of false information and worst-case scenarios. Unfollow or mute social media accounts if they're constantly upsetting you. If you see a story or statistic that worries you, bring it up to someone who can help you talk it out.

### REMIND YOURSELF OF WAYS TO STAY SAFE.

Even though things seem scary right now, there are a lot of ways to keep yourself safe—and you're probably already doing most of them! Washing your hands regularly, wearing a mask, practicing social distancing, and avoiding large groups are all ways to reduce your risk of infection. Remind yourself of these things and challenge yourself to think of more reasons to not worry.

### TAKE SOME DEEP BREATHS.

Focusing on your breathing is a great way to relax and reduce some of the anxiety you may be feeling. When you feel big emotions, you might notice you start to breathe faster. If you work to slow your breathing, it signals to your brain that it's time to calm down. Try 4-7-8 breathing: breath in for four seconds, hold for seven seconds, and breathe out for eight seconds.

### KEEP HAVING FUN.

It's important to still participate in activities you enjoy, even if they're a bit different right now. Maybe you can play a game with your family or have a virtual movie night with some friends. You could also do a craft or a puzzle or start a new book. You should do these things regularly, but they can be especially helpful to distract yourself if you're having a moment of serious fear.

### MAINTAIN HEALTHY BEHAVIORS.

Keeping up healthy habits is really important. Handwashing is important to curb the spread of COVID-19, but things like eating healthy food, getting some exercise, spending time outside, and getting a good night's sleep (9-12 hours if you are 6-12 years old, or 8-10 hours if you are 13-18 years old) impact your health too. And if you do happen to get sick, these habits will help your immune system be ready to fight off those germs.

### STICK TO A ROUTINE.

It's normal to be scared of uncertainty, and COVID-19 has added some uncertainty to almost all parts of life. You can help reduce the impacts of this by adding some structure to your days. Make a schedule for yourself—try to eat your meals, do your schoolwork, move your body, and go to bed and wake up at the same times each day. This can help you feel more in control and prepared to take on the challenges you're facing.

### WHERE CAN YOU GET MORE HELP?

If you still feel overwhelmed, unable to cope and as though your fear is affecting how you function every day, you may be experiencing the first signs of a mental health condition, like depression or anxiety.

Take the youth screen at **MHAScreening.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

<sup>1</sup>Sanderson, C. (2020, April 13). *Coping with fear and sadness during a pandemic*. Hofstra University PhD Program in Clinical Psychology. <http://psychrescue-covid19.com/>

