



# *The Midweek*

***Wednesday, September 23, 2020***

*In the book, **The Purpose Driven Church**, author and Pastor Rick Warren compares looking for the movement of the Holy Spirit to a surfer looking for the next wave to ride. The surfer will scan the horizon, looking for minute movements in the water that will give her clues as to whether to let a wave pass or to start kicking to catch the wave. Just as the wave makes the surfer go, the movement of the Holy Spirit is what makes the church go.*

In the Gospel of John, Jesus speaks about the movement of the Holy Spirit and those empowered by the Spirit. Jesus says,

***“The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.” (John 3:8)***

There have been many pastors and church leaders wondering what the Holy Spirit is up to during 2020, with many praying and longing for a fresh wind of the Spirit bringing revival. We are living in an “in-between” time where we are looking to see what new forms of worship and discipleship emerge from this crazy year.

The challenge for us, as the church, is that we are to be like a surfer looking for the next wave to ride. We must be willing to try new things, be innovative, and to think outside the box. We need leaders who are will to try new things and who will learn new things by being willing to fail forward.

During your personal worship and study time, begin looking for the movement of the Spirit. God may be desiring to do something new in your life. Likewise, as you pray for the church, the Spirit may be starting to swell in an area that you are passionate about. Let us prepare to ride the wave of the Spirit to new ministry and new fruitfulness in the days to come.

Surf's Up!

*Pastor Steve*



## In-Person Worship Update at Avenue

We have met in-person at Avenue for twelve 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) and Youtube (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:** The Milford Community Pantry continues to operate on Tuesday’s and Friday’s from 10:00 a.m.—2:00 p.m. We seen an average of 4-6 families each day. We are also seeing families in need of diapers from our Diaper Closet. If you need food at another time please call Tita Lewis at (302) 236-6616.

Our current needs are cereal (without sugar coating), saltines and chunky soup. For the Diaper Closet we need wipes and sizes 4 and 5 diapers. We have a good supply of newborn and size one. Thank you so much for your ongoing support, Tita and Diane.

**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.

**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 at **10:00 a.m. in Fellowship Hall**. On **September 29<sup>th</sup>** we will continue our study of JESUS by Max Lucado. This will take us into October when we'll begin a study of Jonah.

**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 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:**

- **Jean Murphy** who will be celebrating her **93<sup>rd</sup>** birthday on **October 1<sup>st</sup>**.

**ANNIVERSARY GREETING TO:**

- **Hank & Birgit Haefeli** will be celebrating their **65<sup>th</sup>** anniversary on **October 1<sup>st</sup>**.

**SYMPATHIES TO:**

- **Ramie Ziesel** on the death of his brother, Leonard Ziesel on September 10<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

**PRAYER REQUEST:**

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



## *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: Ginny Clendaniel*

My faith journey began 85 years ago when I was about 4 years old and my mother took me to Sunday School at Calvary United Methodist Church with my collection nickel tied securely in the corner of my handkerchief. My journey has continued to the present when just last week I sent my collection pledge to Avenue by mail, having been discouraged from attending worship service because of the coronavirus. How times have changed!

Church attendance was sporadic through following years until my senior year in high school when a classmate, Freda, invited me to attend Avenue Church. She assured me that I would appreciate the preaching of the Rev. Roy Tawes. She was right, and at the encouragement of two old family friends, John and Mary Steward, who were the proprietors of the country store down the street from the church, I joined Avenue Church along with a large group of other new members, in 1950.

A few months later Lida Wells invited me to join the church choir, and this was the first real connection I had with any church activities. I was to remain in the choir for over 20 years (with 2 maternity leaves)! Cal and I were married at Avenue in July of 1951, and I continued my choir participation under the direction of Jessica Davidson. I had no particular vocal talent, but I did enjoy singing and praising the Lord. I made many friendships in the choir and began to feel at home in Avenue Church.

When our two children, Jane and Bob, grew old enough, I took them to Sunday School nursery department with the two Elizabeth's—Elizabeth Short and Elizabeth Wilkerson. This was the beginning of my Sunday School career, being promoted quickly from the 4 year old class to leading 10th graders. It has been said that one learns by teaching, and I can state that it really is true. I enjoyed

leading the teenagers it was during the time of the “flower children” years. They were challenging times.

During these years I was again invited by Lida to attend a small bible study group which she and Florence Gibson were leading. This was where I needed to be at the time—sharing and learning from others as they discussed and prayed on their own faith journeys. It was while I was a part of this group that my young sister passed away. As I prayed and struggled with my grief and anger that I felt the presence of God near, gathering me to Himself and making me realize that I was a Child of God. The bible study members were especially supportive of me, and God showed me through them of His great love for me.

I believe that God has chosen to reveal Himself to me through the lives and love of other people as I encounter them while trying to discover the route for my own faith journey. I only pray that somehow I have been able to help others in return.

But I also came to understand that, although I was a Child of God, I was still a “Daughter of Eve”, subject to the same temptations, short-comings, and weaknesses. I learned to pray for strength to get through adversity, while trying to follow Jesus and his teachings.

As time passed I became a part of church life and various groups and committees, especially the United Methodist Women. It seemed that I was often pressed into leadership positions because I didn’t mind presiding over meetings. While deliberating over the biblical teaching that each one of us has certain gifts and graces, I gave to God whatever leadership abilities I seemed to have. This led to association with some many good people who were likewise engaged in God’s work, both in religious and secular activities, such as the Church Conference Boards, General Church level organizations, the local hospital board and various other charitable groups.

As you can see, I have been guided along my faith path by so many others.

Last winter I was seriously ill with complications following surgery. I was able to survive because of good medical care and the support of family and friends through prayers and their expressions of God’s love for me. At the age of 89 I am wondering what God has still planned for me!

With much love,  
*Ginny Clendaniel*





## Know your risk of getting shingles and complications



About 1 out of every 3 people in the United States will develop shingles during their lifetime.



If you've had chickenpox, you are at risk for shingles. More than 99% of Americans born before 1980 have had chickenpox, even if they don't remember it.



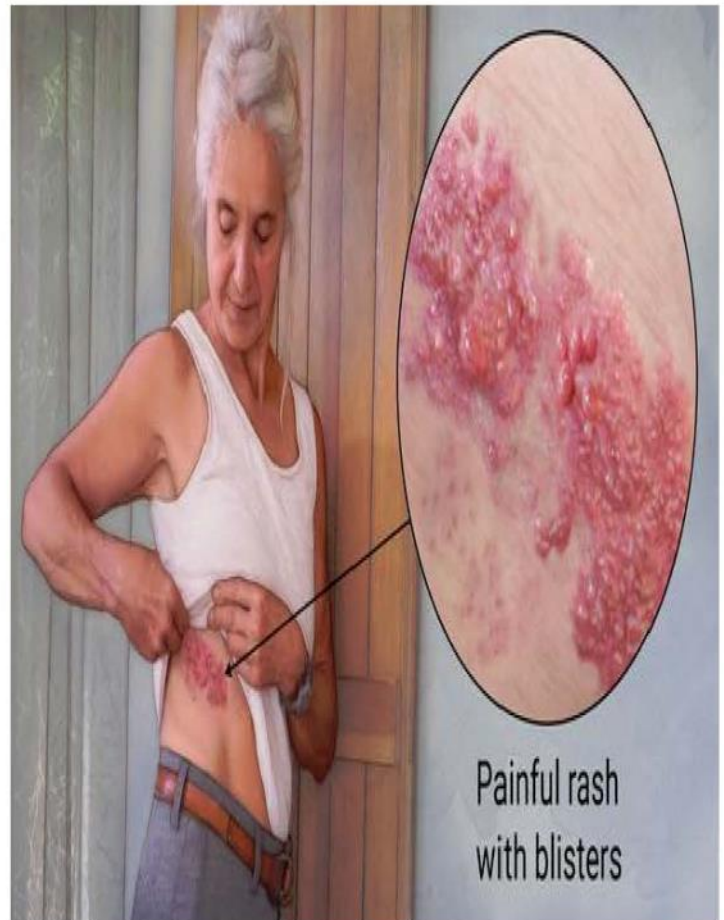
Your risk of getting shingles and having serious complications increases as you get older.



About 1 in 10 people who get shingles develop nerve pain that lasts for months or years after the rash goes away. This is called postherpetic neuralgia and is the most common complication of shingles.



Shingles may lead to other serious complications involving the eye, including blindness. Very rarely, it can also lead to pneumonia, hearing problems, brain inflammation (encephalitis) or death.



## Shingles

The childhood disease chickenpox can strike again as shingles or “herpes zoster” when you are an adult usually after 60 years of age. The painful blistering shingles rash can cause damage to your eyes. It can also cause long-term pain called postherpetic neuralgia. A single shingles vaccine can help prevent you from getting shingles. <https://www.cdc.gov/shingles/about/index.html>

**“And your ears shall hear a word behind you, saying,  
‘This is the way, walk in it’, when you turn to the right or  
when you turn to the left.**

**Isaiah 30: 21**

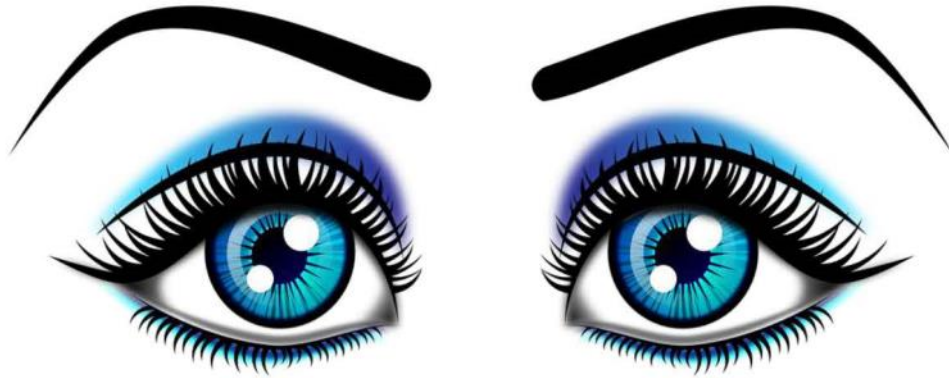
For the month of September, we will be looking at information available to help you determine whether you or your child should be vaccinated against different diseases. The CDC web site listed provides information and the vaccination schedule you and your healthcare provider can use. <https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>



**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>



# HOW TO MAINTAIN YOUR SOCIAL RELATIONSHIPS DURING ONLINE SCHOOL (FOR KIDS AND TEENS)

Transitioning to online school comes with many challenges, including not being able to see your friends every day which can lead to loneliness. Maintaining relationships with people virtually can be a challenge, and it might take a little extra work than if you were going to school with them. As long as you focus on your studies, you can also make time to connect with your friends, even if you aren't physically at school with them every day.

## STUDY WITH YOUR CLASSMATES

### STUDY WITH YOUR FRIENDS VIRTUALLY.

Set up a time for you and your friends to meet up over video chat to work on your homework or classwork together. You can invite anyone who's available, and you can help each other out with tough problems as well.<sup>1</sup> Make sure you actually get your work done! It can be easy just to chat with your friends the whole time but try to work on your homework too.

### PARTICIPATE IN GROUP DISCUSSIONS ONLINE.

Depending on the class or your teacher, there may be opportunities for you to chat with your classmates during your online class. If the opportunity arises, be sure to talk with your classmates about your assignment and what you need to do for the class.<sup>2</sup> Think of how you'd talk to your classmates if you were in a classic school setting together.

### CREATE A BOOK CLUB TO TALK ABOUT WHAT YOU'RE READING FOR CLASS.

If you have assigned readings, it can be helpful to talk them over with your classmates to get a new perspective. Try to schedule specific meeting times with your peers, and set goals for each meeting to get a certain amount of reading done.<sup>3</sup> If you're having trouble putting together a book club, reach out to your teacher for help.

## HANG OUT VIRTUALLY

### CONNECT WITH YOUR FRIENDS ON SOCIAL MEDIA.

Social media is a great place to keep up with your friends and update people on what's going on in your life. If you don't have a social media presence yet, talk to your parents about setting one up. If you do have one, make sure you're following your friends on all of your accounts to stay connected with them.<sup>4</sup> Instagram, Facebook, Twitter, TikTok, and Snapchat are all popular social media sites that your friends might be using.

Scrolling aimlessly through social media might not leave you feeling very connected with your friends. Try having private conversations or commenting on their posts to get an actual connection.

### TEXT YOUR FRIENDS THROUGHOUT THE DAY.

If your friends have social media accounts, there's a good chance they have a phone as well. Make sure you have all your friends' numbers and send them a few texts during the day to let them know what you're up to and ask how they're doing.<sup>5</sup> To talk to all of your friends at once, try putting multiple people into a group chat so you can all text at the same time. Remember to take a break from your phone when you're doing schoolwork so you can focus!

### CALL YOUR FRIENDS TO TALK TO THEM ON THE PHONE.

Texting and social media are nice, but nothing beats chatting with someone on the phone. Text your friend and ask them if they can talk, then call them up and have a conversation about how you're both doing, what you're doing to stay busy, and how school is going.<sup>6</sup> Some people don't like to talk on the phone, which is okay too. You can just text or video chat instead.

### SCHEDULE REGULAR ONLINE CALLS WITH A GROUP OF FRIENDS.

Video chatting is a great way to get some face-to-face communication without leaving your home. Try to schedule a video meeting when all of your friends are available. You can just hang out, play games, or work on homework together.<sup>7</sup> Skype, Google Hangouts, and Zoom are free video chat apps that can host multiple people at once.



## SEND YOUR FRIENDS LETTERS IN THE MAIL.

It's always fun to get stuff in the mail, especially when you're stuck at home. Ask your friend for their address and then send them a sweet note or a postcard. Stick a stamp on the package and then send it off via the postal service to start a fun pen pal relationship.<sup>8</sup> If you don't have any stamps, the grocery store or your local post office have them available to buy.

## DO ACTIVITIES TOGETHER

### PLAY ONLINE GAMES WITH YOUR FRIENDS.

Online board games, card games, or video games are fun to play on your own, but they're even better when you're playing against your friends. Find a game that your friend group likes and create a game where you can all play at the same time.<sup>9</sup> Minecraft, Fortnite, and Counter Strike are a few online multiplayer video games that you could try. Catan, Monopoly, and Scrabble are all board games that have online apps you can use. UNO, Solitaire, and Texas Hold 'Em are all card games available online.

### CREATE A GROUP PLAYLIST WHERE YOU CAN ALL ADD MUSIC.

Music connects a lot of people, and your tastes probably vary slightly between your friends. Try making a playlist where all of your friends can add songs, then update it every week to see what everyone is listening to.<sup>10</sup> You can make a collaborative playlist on Spotify or Apple Music.

### JOIN IN ON SAFE SOCIAL MEDIA CHALLENGES TOGETHER WITH YOUR FRIENDS.

Even if you can't be in the same room as your friends, you can still all participate in the same social media challenge. Find a hashtag on Instagram, Twitter, or TikTok, then film yourself doing it and tag your friends. Hopefully, they'll do the challenge and upload it too!<sup>11</sup>

Pick a challenge that's fun and safe. Never participate in dangerous activities like the Tide Pod challenge (which can be deadly), the outlet challenge (which creates electrical sparks that can lead to a fire), or the salt and ice challenge (which is painful and has resulted in burns and scarring). You can even participate in an educational challenge, like #SafeHands from the World Health Organization that challenges users to upload a video of themselves washing their hands safely.<sup>12</sup>

### MEET UP WITH YOUR FRIENDS ON THE WEEKEND, IF YOU CAN.

If both you and your friends have been taking the right measures to protect their health, like wearing masks in public, you might be able to meet up in person. Talk to your parents about getting together with your friends outdoors for a small, socially distant gathering. You can play games, throw a ball around, or simply sit and chat with each other. Seeing your friends in person is always nice and finding a way to do that can be super helpful for your mental well-being.<sup>13</sup>

Always follow the social distancing guidelines set by your state or county and talk to your parents about following safety measures before you head out. Be sure to wear a mask whenever you're within 6 feet (1.8 m) of someone who isn't part of your household. It's worth noting that some of your friends (or their parents) might not be comfortable hanging out with in person yet, which is also okay and shouldn't be taken personally.

## WHERE CAN YOU GET MORE HELP?

If you still feel overwhelmed, unable to cope and as though your loneliness 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.

This article was authored in partnership with wikiHow, the world's largest "how to" site, and also featured at [www.wikihow.com/Maintain-Your-Social-Relationships-During-Online-School-\(for-Kids-and-Teens\)](https://www.wikihow.com/Maintain-Your-Social-Relationships-During-Online-School-(for-Kids-and-Teens)).

#### **SOURCES**

- <sup>8</sup><https://www.forbes.com/sites/kevinkruse/2020/03/18/17-tips-for-people-taking-online-classes/#4a48a0323fff>
- <sup>9</sup><https://www.sjlj.com/?detailStory=How-to-Run-a-Virtual-Online-Zoom-Book-Club-middle-schoolers-library-school>
- <sup>10</sup><https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>
- <sup>11</sup><https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Teens-and-COVID-19.aspx#b1d1>
- <sup>12</sup><https://www.wku.edu/news/articles/index.php?view=article&articleid=8681>
- <sup>13</sup><https://ptaourchildren.org/kids-staying-connected-during-covid-19/>
- <sup>14</sup><https://www.goodhousekeeping.com/life/entertainment/g32073897/best-apps-to-play-with-friends/>
- <sup>15</sup><https://support.spotify.com/us/article/create-playlists-with-your-friends/>



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