



# *The Midweek*

*Wednesday, October 21, 2020*

There is a statistic that says 250 pastors leave the ministry every month. I suspect that in 2020 and the coming years that this number will only increase as a result of the stress of the pandemic, the polarization in our communities and churches, and a culture that expects pastors to work without rest. This isn't just pastors as teachers and other professions are under higher levels of stress and frustration that lead to mental and emotional breakdowns.

One of the best way to encourage anyone is to tell them how much we appreciate that person. Several years ago, I tracked down the addresses of people who made an impact in my life at church and at camp in order to tell them the impact that they have made in my life. The results were surprising as the simple note of gratitude encouraged some and reaffirmed others that God was using their ministry in fruitful ways.

October has been designated Pastor Appreciate Month since 1992 as a way to say "thank-you" for the clergy people who serve our churches. In a church like Avenue, with multiple pastors and staff, it is more accurate to call the month "Staff Appreciation Month" as the ministry of the church is a team effort and not dependent on just a single pastor or staff person.

I am honored to be part of a great staff here at Avenue and we work well together as a team. You probably are well aware that if there is anything that

happens that is excellent here at Avenue, it is the result of our team that works together! I appreciate the work that Curtis does in keeping our building clean and serving as the bridge between the church and so many people in our community. Kelly is constantly creating channels of communication between the church, staff, and the community. Will does a great job of building relationships that point to Jesus with our youth while helping us move forward with technology in worship. Kevin works hard to provide an uplifting ministry of music but also serves in the ministry of details in many facets of our church life together. I have been enriched by the friendship and ministry of each of our staff persons!

Thanksgiving is just a few weeks away, and a great way to celebrate the holiday is to give thanks for the many people in our lives who encourage us, who teach us, and who speak life into our life. Consider writing a note thanking your child's teachers, their coaches, or someone who has made a difference in your life. Your note could make a difference in theirs!

Grace and Peace,

*Pastor Steve*

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## **Service Opportunities at Avenue Virtual Café**

Avenue is actively opening our doors for students who need a safe and reliable place for virtual learning. We are open on Mondays and Thursdays from 8:00-3:00 p.m. If you are interested in signing up for a three and a half hour shift, follow the link below to sign up to help. You must complete a background check (or have one on file in the last three years) in order to serve in this ministry. Contact Pastor Steve at [srlamotte@avenueumc.com](mailto:srlamotte@avenueumc.com) or at 422-8111 for more information.

To sign up to serve, go to: <https://calendly.com/avenuevcafe/vsessions>

## **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

**GIVING STATEMENTS** for January 1-September 30, 2020 have been emailed to all members/friends who have emails registered with Avenue Church. If you do not have email and would like a print out of your giving statement, please call Kelly at the church office to request one.

**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.

**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.

**PRAYER GATHERING FOR OUR NATION:** Avenue will be gathering for a time of prayer on **Wednesday, October 28<sup>th</sup> at 6:30 p.m.** for a time of prayer for our nation as we prepare for the 2020 election. Our time together will be filled with worship, corporate prayer and

repentance, as well as times of guided prayer. Please RSVP for the Prayer Gathering by emailing Kelly at [churchoffice@avenueumc.com](mailto:churchoffice@avenueumc.com)

**ALL-SAINTS DAY IS NOVEMBER 1<sup>ST</sup>:** During our worship gatherings on **Sunday, November 1<sup>st</sup>** we will be holding a time of remembrance for the saints who have gone on to glory over the course of the previous year. Please make plans to join us for this special time of worship.

**OUTDOOR SERVICE IS MOVING INDOORS:** On **Sunday, November 1<sup>st</sup>**, the Outdoor Evening Service will be moving in to the Sanctuary for worship at 6:00 p.m. Participants will need to wear masks and practice social distancing while inside the building. Our outdoor “experiment” was a lot of fun this summer and is likely to return when the weather is nicer and the daylight longer in 2021.

**BLESS A FAMILY WITH A THANKSGIVING MEAL:** You can sponsor a meal for a family of our community, whom Avenue knows will be most appreciative. Here are 3 different ways you can donate: \$20 (turkey), \$30 for other items or \$50 for a complete meal. Simply mark a check or an envelope with “Turkey, Other Items or Complete Meal” or designate on line donation. **Funding is needed by Sunday, November 15<sup>th</sup>.**

## **DISCIPLESHIP OPPORTUNITIES**

**UMW BOARD MEETING:** On **Wednesday, November 4<sup>th</sup>** we will meet in the Century Club at **3:30 p.m.**

**OPERATION CHRISTMAS CHILD OR SHOEBOX MINISTRY** has a special place in the heart for many. Due to the pandemic, there are 2 options this year.

You can order a shoebox to be made for you by paying \$25.00 to Brenda Biesel. She has items that she has purchased at good prices throughout the year to make a great box for you. The price includes shipping. You can call her at (302) 270-1764 to see if she is able to make a box for you.

Second choice is to do it yourself which includes delivering shoebox to one of the distribution places and including shipping charges. There are some empty boxes and a brochure in the foyer closet. Pick up a box and brochure and enjoy. Shipping cost is \$9.00 to be included in the box. Boxes can be dropped off between November 16<sup>th</sup> and 23<sup>rd</sup>. Last year the Boys and Girls Club in Milford was a drop off place and Calvary Church on Route 10 in Dover. These and other places will be confirmed later.

**TUESDAY MORNING SISTERS' BIBLE STUDY:** Tuesday Morning Sisters' Bible Study will be meeting at **10:00 a.m. in Fellowship Hall**. We will continue our study of Jonah with Priscilla Shirer on **October 27<sup>th</sup>**.

**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 10:15AM. Our study for October is “Remember Who You Are.” The lesson for October 25<sup>th</sup> is “One With Christ and One Another” based on Luke 22:14-20. 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:**

- **Leon Tschantre** who will celebrate his **91<sup>st</sup>** birthday on **October 31<sup>st</sup>**.

**ANNIVERSARY GREETINGS TO:**

- **Bob & Joyce Voshell** will be celebrating their **62<sup>nd</sup>** anniversary on **October 25<sup>th</sup>**.

**SYMPATHIES TO:**

- The family and friends of Bill Brereton who passed away on October 16, 2020. Bill joined Avenue on October 20, 1996.

**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:**

Susan Allen  
Amberley Arter  
Frank Beebe  
Bobby Bergez and family  
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  
Ken Fechter  
Charlie & Barbara Fleetwood  
Dylan Fox  
Kathleen Friedline  
Charles Glenn  
Ellen Coulbourne Hall  
Al Hanna  
Dave Harris

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

Mary Ellin Parsons  
Laurel Pastor  
Jan Perkins  
Bob Randolph  
Millie Remick  
Roy Rigby  
Lorna Rosella Rulona  
Phil Saint  
Char Sandifer  
Richard Sapp  
Leo Shew  
Roland Simms  
Racheal Simesak  
Gary Simpson  
John Smallwood and family  
Ann Sutcliff  
Teresa  
Joan Wadman  
Ginny Van Tine  
Betty Ziesel



# Fusion Fall Schedule

**October 4th- Fusion 3 PM-5 PM**

**October 9th- Movie Night 6:30 PM**

The Lion, The Witch, and The Wardrobe- PG

**October 11th - No Fusion**

**October 18th - Fusion 3 PM-5 PM**

**October 25th - Fusion 3 PM-5 PM**

**October 31st 12 PM-3 PM Paintball**

@ Precision Paintball Georgetown, DE

**November 1st - No Fusion**



@FusionatAvenue



@fusionatavenue



@FusionatAvenue



Remind App: Text @fusavenue to 81010



## *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: Jeanie Zaines*

My journey started as a small child. My mother taught me about God and Jesus. She taught me how to pray. And we had grace at dinner and bedtime prayers. Mom also made sure I went to Sunday school. Dad wasn't one for church but I knew he believed and was a Christian. There were 3 of us kids. Me, the youngest, and my two older brothers. Mom let us pick the church. When we moved from Washington state to Pittsburgh, PA when I was 4, my brothers (in junior high and high school) picked a nearby church. I don't recall the denomination. I went to Sunday school and they went to church services with Mom. Later, we went to a Lutheran church down the highway a ways from our development. I started in choir in 2<sup>nd</sup> grade and went to Sunday School every Sunday. I memorized Bible verses and the books of the bible. We got ribbons for our Bibles for every verse we learned. I remember my Bible had lots of ribbons. My mother was raised Brethren at the turn of the 19<sup>th</sup> century in McPherson, KA. She had some very strict ideas about the Bible...it was a sin to write in it or drop it! I was pretty much a little afraid of handling it until I got to high school. By then we had moved a lot. First to a farm in Kansas when I was 9 and a small ranch in Southwest Missouri when I was 13. In those years there weren't kids my age to play with and my horses, nature, and my Bible were my go to for my spirituality. I think that's very true today. Horses have a pretty Christian idea of how to be. Treat me like you'd want me to treat you (and I will treat you the same)! They always center me on what's important in relationships. In Missouri we had finally found a non-fundamentalist, non-rural church. We went to a Presbyterian church in the suburbs of Springfield, MO. I liked it. I asked the pastor to be baptized and confirmed. And there I professed my faith. Once we got to Massachusetts when I was 14, the pastor of 1<sup>st</sup> Congregational Church wanted me to be in his confirmation class and join when the other kids did. I wasn't sure why but went along with it. I learned a lot. I joined the youth group. It was a college town in the 60's and the pastors gave very intellectual sermons. I got interested in reading Paul Tillich and Dietrich Bonhoeffer from them. So, by the time I graduated high school, I had a teen's faith. It was firm, but not mature, and somewhat intellectual. In college, I married at 19 and continued as a married woman. My then husband was raised American Baptist but we worked our way through college by being youth pastors at Mansfield Congregational Church. I felt at home there as I'd come from a Congregational (United Church of Christ) church. My marriage was a rocky one and when it broke up, I applied to Andover Newton Seminary in Newton, MA.



They rejected me. I was hurt and angry and stayed away from the church until I had Adam and my new husband Jon and I had moved to Delaware. (God knew best. I hate committee meetings and administrative paperwork and would have made a poor pastor). Jon wasn't one for church, so Adam and I went to the New Ark United Church of Christ in Newark, DE. I finished my Master's degree and Adam got a taste of church and Sunday school. Then I went to Med school at 37 years old. I didn't have time for church or much else besides taking care of my son and school. Jon's an amazingly supportive husband and father and we made it through those years. I'd say none the worse for the wear, but that would be a stretch. My faith in God deepened a little in med school. I was enthralled with how expansive and how submicroscopic the world is. It awed and amazed me that God could create something so vast and so tiny and complex at the same time!

But my faith didn't really grow a lot until we came to Avenue. We had moved to Lower Delaware after my residency and I took a medical staff position at Nanticoke Memorial Hospital and I went into private practice. I had a crisis of both faith and profession when 2 patients committed suicide within two weeks. One I knew well, and one I hadn't met (he was admitted on my unit at Nanticoke, but I had yet to meet him). I took a week of vacation time to get my head together and came to the church to pray. Earle Baker was pastor just appointed pastor then and we'd been attending for about a year. Well, when I was praying, Earle walked into the sanctuary. I had been praying for God to put someone in my path who could help me sort out my doubts and fears when he had walked in. So, I asked him if we could talk. That began a time of growth in my faith that has continued ever since. Earle had me read the Gospels, one a month, and stopped by my office at lunch time to discuss them on his monthly trips to The Methodist Manor House to see parishioners. I studied with Earle for several years and felt my faith expand and grow. Earle was a lot more conservative in his views about some things than I tend to be, but he never tried to force me to see it his way. Together we discussed everything from the Trinity to homosexuality and the state of the world. Earle always let me find my way in my faith, and to find a theology I could match with my experience. I'll be forever grateful for his mentorship. In those years, Cilla Maxham recruited me to teach everything from Wellness and Spirituality to the Disciple series. I grew to love Avenue and its members. My mother had always said church was the people and how we act in the world, not the building, and I truly found that at Avenue. I joined the bell choir, and then after I retired, the voice choir. I've been a charter member of the Exploring Your Faith book club for 20 years now. Avenue is very much my church family. I continue to grow in faith as I grow older. And all of you at Avenue have helped me along the way. Thank you.

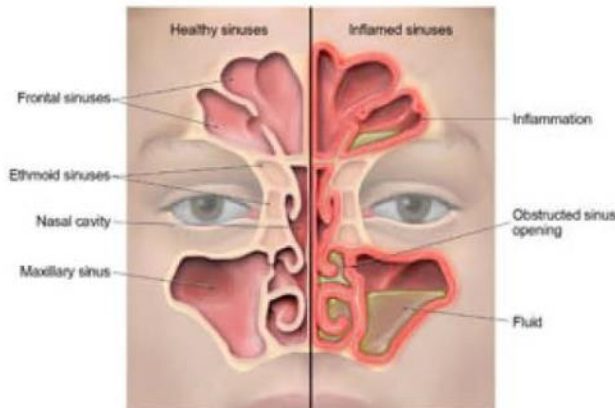


## **Sinus Infection (Sinusitis)**

Stuffy nose that just is not getting better? You might have a sinus infection, also called sinusitis. You do not necessarily need an antibiotic for the infection to go away.

What can cause a sinus infection? A Sinus infection occurs when fluid builds up in the air-filled pockets in the sinuses located in the face. When this happens, germs can grow in the sinuses. Most sinus infections occur due to viruses and sometimes they occur due to bacteria.

### **Sinus Infection**



When a sinus infection occurs, the sinuses become inflamed and fluid builds up, causing congestion and runny nose.

### Factors that can increase your risk of getting a sinus infection:

- A previous cold
- Seasonal allergies
- Smoking and exposure to secondhand smoke
- Structural problems within the sinuses (such as growths on the lining of the nose or sinuses, known as nasal polyps)
- A weak immune system or taking drugs that weaken the immune system

### Common symptoms of sinus infections include:

- Runny nose
- Stuffy nose
- Facial pain or pressure
- Headache
- Mucus dripping down the throat (post-nasal drip)
- Sore throat
- Cough
- Bad breath

**\*\*Contact your healthcare provider right away if your child is younger than 3 months old and has a fever of 100.4 °F or higher.**

### When should you contact your healthcare provider?

- Severe symptoms, such as severe headache or facial pain.
- Symptoms that get worse after initially improving.
- Symptoms lasting more than 10 days without improvement.
- Fever longer than 3-4 days.



## **Health Ministry**



You should also seek medical care if you have had multiple sinus infections in the past year.

### **Treatment**

Your healthcare provider will determine if you have a sinus infection by asking about symptoms and doing a physical examination. The Healthcare Provider will determine the best treatment for you.

“For some sinus infections, your healthcare provider might recommend **watchful waiting** or **delayed antibiotic prescribing**.

- **Watchful waiting:** Your child’s healthcare provider may suggest watching and waiting to see if your child needs antibiotics. This gives the immune system time to fight off the infection. If your child doesn’t feel better after 2–3 days of rest, extra fluids, and pain relievers, the healthcare provider may write a prescription for an antibiotic.
- **Delayed prescribing:** Your child’s healthcare provider may give an antibiotic prescription but suggest that you wait 2–3 days to see if your child is still sick before filling it.”

<https://www.cdc.gov/antibiotic-use/community/for-patients/common-illnesses/sinus-infection.html>

**“You must serve only the Lord your God. If you do, I will bless you with food and water, and I will protect your from illness.”**

**Exodus 23:25**

The second Tuesday of the month, we have zoom meetings for the Health Ministry team. If you would like to be part of the Health Ministry team, please contact me, Cindy Horsman, Faith Community Nurse for Avenue United Methodist Church. 302-422-8111 or email me at [healthministry@avenueumc.com](mailto:healthministry@avenueumc.com) I would love to hear from you!

**“As each has received a gift, employ it for one another, as good stewards of Gods varied grace”**

**I Peter 4:10**