



The Midweek

Wednesday, January 27, 2021

Brave Enough to be Light

I've been reflecting on the Inaugural Poem, *The Hill We Climb*, by Amada Gorman. Gorman, the first person named National Youth Poet Laureate by The Library of Congress finished the poem in the wake of the violent protest at The United States Capitol building in Washington D.C. She is the youngest poet to read at a Presidential inauguration.

Like many who listened, read, and re-listened to her poem, I was struck (but not totally surprised) by the religious language in the poem. She began by asking the question, "*Where can we find light?*" We might be able to find a high level of agreement that in our country, and our world, that it is challenging to find where "light" is breaking through. Gorman talked about our need for "healing" and "redemption" for our nation and the role we can play in that process.

Just a week ago, we began a series on The Sermon on the Mount. Following the Beatitudes, Jesus tells the crowd,

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." (Matt. 5:14-16)

Jesus tells disciples that they are to be the light of the world. The words and actions of Christians are to be a light in the darkness. Christians are to be “salt” in the way we bring flavor and healing through our lives in our community. If there is healing that needs to be done in our families, communities, nation, and our world- it is the calling of followers of Jesus Christ to be the light through our words and actions that allows the healing that God brings to the world. The Church cannot sit back and wait for the world to be the light- we have already been called to be the light.

Gorman ended her poem by saying, *“There is always light if we’re brave enough to see it; if we’re brave enough to be it.”*

Church, are we brave enough to see the light of Christ that is in the world regardless of how dark it seems? Are we brave enough to live as the light of Christ through our words and deeds? Let us live to shine the light of Christ in the world!

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). We are streaming the morning worship services on our Facebook (facebook.com/avenueumc) and Youtube (youtube.com/c/avenueunitedmethodistchurch) pages.

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

PLEASE MAKE YOUR WORSHIP RESERVATION: As we continue to adapt our worship services to meet the State guidelines and best practices in the midst of a pandemic, **we are asking each person/family planning on attending worship to make a reservation.**

On Thursday afternoon we will be sending out an email with the reservation link.

By following the link, you can make a reservation for service you plan on attending (9:00 a.m. or 10:30 a.m.) and you will be able to choose to sit in the sanctuary or in overflow seating in Fellowship Hall. You can access the link at: <https://avenueumc.thersvpapp.com>

If you do not make a reservation, it is possible you will be seated in Fellowship Hall if the sanctuary has reached capacity. You will need to do this every Sunday you plan on attending worship. Please call the church office at 422-8111 if you cannot make the reservation online.

ASH WEDNESDAY WORSHIP PLANNED: Ash Wednesday is **February 17th** and marks the beginning of the season of Lent. Lent is a 40 Day period of prayer, fasting, and repentance that prepares us for the celebration of Easter. Ash Wednesday is a day where we recognize our sinfulness and our mortality and how the death and resurrection of Jesus has conquered both.

- *Ashes will be imposed* on February 17th from 7:45 a.m.—9:00 a.m. in the sanctuary. You may come in and spend time in prayer. Pastor Steve will be on hand to impose ashes as you begin your day.
- *Ash Wednesday Service* will be held in the Sanctuary at 6:30 p.m. The service will be an opportunity to begin Lent with repentance and seeking God’s forgiveness for our sin. This service will be live streamed for those who cannot attend in person.
- *Ash Wednesday To-Go Kits* will be available for pick-up at the Church beginning **Sunday, February 14th**. The To-Go Kits will have ashes, communion cups, and a worship folder so that you can worship at home with those who have gathered in-person.

HOLY WEEK FAMILY SCAVENGER HUNT HELP: Avenue is planning a socially-distanced Holy Week Family Scavenger Hunt to take place on Palm Sunday (March 28th). We are looking for some folks to help plan and run the scavenger hunt. If you are interested, please contact Pastor Steve at srlamotte@avenueumc.com

SANCTUARY UPGRADES ADDED FOR SAFETY: Last week, the Trustees had Remo Halo UV Light Air Purifiers added to the HVAC systems of the Sanctuary and the Offices. The Halo fits inside of our air duct work and kills bacteria, viruses, mold, and even eliminates odors as they pass through our duct work. While this system won't eliminate the need for masks or social distancing, it is another protective measure to keep our community safe as the air in the sanctuary is circulated. Special thanks to our Board of Trustees for continuing their care for our property and our community.

OFFICE OPEN- DOORS CLOSING: With the increase in cases of COVID-19 in our area and in an effort to limit traffic in the church, we will be keeping the main entrance doors locked during the week even while the office remains open for the short-term. There is an intercom available at the main entrance should you need to get inside the church. We encourage everyone to utilize email and phone calls, when possible, to limit the need to come to church. We thank everyone for helping to keep our staff and volunteers safe during this time. **Church Office Hours are Monday—Friday 9:00 a.m.—3:30 p.m.**

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 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.

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.

CHURCH COUNCIL MEETING: Church Council meeting is scheduled for **Wednesday, January 27th at 7:00 p.m. via ZOOM**. Please register your intent to participate by emailing the Church Office (churchoffice@avenueumc.com) so that we know who to send the ZOOM link out too.

COVID VACCINES AVAILABLE FOR PHASE 1B: Governor Carney announced this week that those in Phase 1B are now able to receive the COVID-19 vaccination. Phase 1B includes all individuals 65 and over, and frontline essential workers including: fire, police, correctional officers, teachers and education staff (including child care providers), U.S. postal workers, food manufacturing, agriculture, transportation, and grocery store workers. Efforts will also continue to vaccinate Phase 1A health care personnel and nursing home residents and staff who have not yet been vaccinated.

These vaccination events are **by appointment only**. Delawareans who are 65 or older can register at de.gov/covidvaccine. Registration will open at 8:30 a.m. Wednesday, January 20th. *(This information was gathered from <https://news.delaware.gov/2021/01/19/governor-carney-dph-announce-transition-to-vaccinate-phase-1b/>).*

DISCIPLESHIP OPPORTUNITIES

SUNDAY SCHOOL FOR ADULTS: The Sunshine Bible Class for adults led by Rev. John Van Tine, retired is meeting in the Wesley Room at 10:15 a.m. Our study for January is "The Good News." The lesson for January 31st lesson is "The Outcome of It All" based on Revelation

21:1-8; 22:12-15. Feel free to join us in the Wesley Room for these exciting lessons.

HEALTH MINISTRIES: Would you like to volunteer one Sunday morning to take temperatures or document names? Click on the following link to sign up. <https://tinyurl.com/yyg2uhek>

If you have any questions, please email Cindy Horsman at healthministry@avenueumc.com.

VIRTUAL PASTOR'S BIBLE STUDY - THE SERMON ON THE MOUNT: Pastor Steve will be leading a Bible Study via Zoom on The Sermon on the Mount. We will be going deeper than we are able to go on Sunday mornings on Jesus's Master Class on Discipleship and focusing on how we can live out The Sermon in our everyday life. Please sign up by emailing churchoffice@avenueumc.com. We may look into a book/workbook to guide our conversations. **Study begins Wednesday, February 3rd at 7:00 p.m.**

Introducing Health Ministries and Cindy Horsman

Let me introduce you to Health Ministry at Avenue United Methodist Church. Health Ministry is a program that provides education and resources promoting mental, physical, and spiritual healing. This program provides prayer, a listening ear, along with Biblical and medical information to help promote healing and to prevent unwarranted medical events. Health Ministry members help to provide resources and referrals to agencies, when appropriate and requested, to work towards healing.

Health Ministry at AUMC is coordinated by a Faith Community Nurse (The title is called Faith Community Nurse recognizing all communities of faith not only parish nurse used by specific communities of faith.) A Faith Community Nurse is a nurse that has a minimum of a bachelor's degree in Nursing, maintains active nursing licenses, completes a health ministry program, and is commissioned as a Faith Community Nurse. There are only about 16,000 Faith Community or Parish nurses in the world and this number is growing.

A Health Ministry program can also be coordinated by a physician after completing the program and commissioned in Health Ministry. Other members of the program can complete Health Ministry course and be commissioned in Health Ministry. This would allow the person to provide more spiritual services under the direction of the pastor while maintaining confidentiality.

My name is Cindy Horsman MSN, RN, your Faith Community Nurse. My medical experience includes hospital nursing, home health, long term care, investigator of abuse and neglect, Medicare Medicaid nurse, college and hospital nurse educator and CPR First Aid instructor. I accepted the position as Health Ministry program coordinator for AUMC in June 2019. I work with the pastoral team to provide education and resources to the members of the church and community.

Health Ministry services include home and hospital visits, blood pressure monitoring and education, flu vaccines coordination, prayer and anointing of the sick and dying. We also research for available resources to meet the needs of the congregation (whether home health services, rehab, specialty services, etc.); provide education on medical conditions, medications, diet; and provide proactive education to prevent unwarranted health issues. The goal is to prevent illness and hospitalization while helping people live their life to their fullest with God's guidance and healing. We work towards healing and not necessarily a cure.

Health Ministry also has a Health Ministry Planning Committee. This committee is made up of many people with various talents that help direct and fulfill the needs of AUMC and the community. These people have life experiences and knowledge they share. The committee consists of nurse practitioners and nurses that are actively working in the hospital or cancer screening or in the State of Delaware health systems and licensed therapists in the State of Delaware. We also have individuals that work with disabled children, experience in pharmaceutical research, and people that have a heart for helping the sick and needy. We are blessed with a well-rounded talented group of individuals that have the heart of God.

Dawn Nielsen is the secretary for the Health Ministry Planning Committee and the ZOOM coordinator for the meetings. The meetings occur on the 2nd Tuesday of the Month at 6:30-7:30 p.m.. Except in December, July, and August.

Health Ministry includes the SHELL (Sharing His love with Each Little Life) that is chaired by Yvonne Nelson. Yvonne follows the birth of babies and contacts the parents through a card ministry letting them know that God is with them and AUMC is here to support them.

Health Ministry also includes the Card Ministry that is chaired by Carole Brennan. This ministry supplies cards to the sick, shut-ins and long-term care residents as well as cards that welcome and encourage visitors. Sharon Clendaniel works with Carole with the card ministry, completes the documentation for Health Ministry program and the different ministries affiliated with Health Ministry. She also helps coordinate care and meals to meet the needs of AUMC.

All members of the team provide education and information on their specialty. You may have read some of them in the bulletin insert provided twice a week by the team. We have many members including Bonnie Carmine, Caryn Chasanov, Rachel Susen, Joyce Voshell, Bonnie Glenn, Debbie Campbell, Holly Helmick, Helen Lee, Karen Williams (who has developed a wonderful program for documenting COVID-19 screening), Jolene Dickerson and Beth Parker, who is our United Methodists Women's group liaison. Beth brings concerns to the committee and carries any needs to the UMW group to coordinate help in filling the needs of the community.

This team, along with other members of AUMC, help to provide care and services to the congregation and the community. Health Ministry is not a closed member group, it is an **open door** ministry where we work together to meet the physical, spiritual and mental needs of our congregation to help promote healing. If you wish to make a meal, have a call list of shut-ins to call, or share the talents God provided you with, let us know. This does not mean you have to attend meetings. We just ask that you be there for others when you can. When a need arises and as you are led by the spirit of God, we appreciate your help. Call AUMC at 422-8111 for request for help or to provide help.



Faith Community Nursing Mentor Wendy Zimmerman and Cindy Horsman

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: Sharon Jarrell

My journey of faith started as a toddler, at the Cheswold United Methodist Church. At the age of 15, I lost my Father. At the time Charlie Barton was our Pastor. I was very active in MYF and other church activities.

Our MYF, was scheduled to go to Camp Pecometh. But, after the loss of my Dad, became very upset with the Lord, and decided I was not going! Reverend Barton, was notified of my decision. Well, he did not take my decision at all!

I wasn't even going to church. I would track me down, to tell me that it was very important for me to attend camp. Well, he finally made me wake up and I went! I have to tell all of you, it was a great experience! I just have to share it with you! One evening we had church service near the water. Rev. Barton, spoke to our hearts, especially mine! That night I accepted the Lord into my heart, I cried tears of joy! It was an amazing experience, I felt the arms of the Lord around me, and I just couldn't believe the way I felt.

I married years later and then I was blessed with four children, but unfortunately, divorced. My faith, pulled me through! Then, married Marty Rothermel, twelve years later, moved to Pleasant Woods. We were looking for a church and thanks to Janice Abbott, it was Avenue, 1995. I have one thing to say, our church is totally amazing!

Many of you know my story, but I would like to share it, for those of you that don't. My story is about trust, love, loss, strong will and my faith in the Lord! I lost Marty in 2012, from a long five year battle with the beast pancreatic cancer. My faith was there again, to give me strength and help me go on with my life. Marty, told me that life was for the living and the Lord, would be my

strength! Well, I was blessed to meet Dave Dawson and we were married. Unfortunately, the beast, melanoma cancer, took Dave away. I depended on the Lord to help me again! I never in my life thought I could ever be happy again! So, very much pain, again! I met, Alvin Jarrell, after fifty years had passed since I met him, but never knew his name, or should say, did not remember his name, when he owned a restaurant in Dover. Alvin, has been a lifetime Methodist. I feel the Lord puts people in your life for a reason!

The Lord has blessed me, again! We were married here at Avenue over two and a half years ago. Alvin, is now fighting prostate cancer and doing amazing! We have put it all in the hands of the Lord!

Always, trust in the Lord!

God be the glory!

CONGRATULATIONS TO:

- **Gilbert and Joan Emory** who will be celebrating their **68th** anniversary on **January 31st**.

SYMPATHIES TO:

- Joan Wadman and family for the passing of Larry Wadman on Saturday, January 16, 2021. Larry joined Avenue on November 23, 2003.

PLEASE KEEP IN YOUR PRAYERS:

- Those affected by the COVID-19, Medical Staff, and those working on a vaccine
- The arrival, safety, and effectiveness of the recently approved COVID 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:

Marian
Sharon Brown
Lily Burbage
Bob Cage
Lydia Castro
Brittany and Baby Naomi
Jennifer Clarke
Pat Clearly
Jack & Denny Collins
Luisa & Billy Combs
Donna and Keith Coverdale
Julie Dally
Joanna Denney-Turner
Diane (not in congregation at Avenue)
Carolyn Evans
Fay Farissier
Ken Fechter
Charlie & Barbara Fleetwood
Chick Glanden
Bonnie Glenn
Dave Harris
Pat Hudson
Doris Isele
Karl Isele
Dottie & Jerry Jackson
Alvin Jarrell

Dean Johnson
Linda Kemp
Doris Koon
Rhoda & Greg Kurz
Jean Layton
Lauren Lee
Nancy Lee
Brittany Poore Little
Lyn
Jack & Zelda McDuff
Ricki McGuire
Jennifer McNamara
Frank Mentusky
Jennifer Hughes Miller
Orville Mills
Kathryn Avery Mitchell
Tiffany Mitchell
Stan Moody
Jason Neall
Alex Oliveras, Sr.
Alex Oliveras, Jr.
Adriel Oliveras and family
Alan Parker
Mary Ellin Parsons
Laurel Pastor
Kris Perfetti
Jan Perkins

Millie Remick
Roy Rigby
Lorna Rosella Rulona
Phil Saint
Char Sandifer
Richard Sapp
Alice Sellers
Leo Shew
Roland Simms
Racheal Simesak
Gary Simpson
Linda Singleton
Bob Susen
Teresa
Joan Wadman
TJ Webb
Jon Zaimas
Betty Ziesel

Is it a cold, a flu or COVID-19? Know the difference.



SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

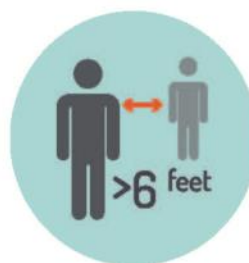
This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

“There is one body and one Spirit, just as you were called to one hope when you were called.” ~ Ephesians 4:4



What to Expect Handout

Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.



To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 **vaccines are very effective** at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.



Different types of COVID-19 vaccines will be available. Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



www.cdc.gov/coronavirus/vaccines

12/23/20



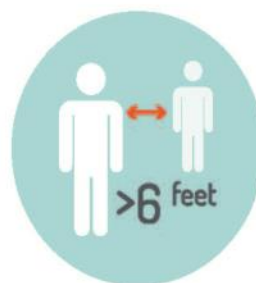
The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two.

Having these types of side effects does NOT mean that you have COVID-19. If you have questions about your health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emergency room.



When you get the vaccine, you *and* your healthcare worker will both need to wear masks.

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.



Even after you get your vaccine, you will need to keep wearing a mask that covers your nose **and** mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. **We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.**

A hand is pointing towards a glowing hexagonal grid. One hexagon in the center-left contains a stylized 'F' logo. The background is a dark teal color with a grid of glowing hexagons.

**FUSION IS GOING
VIRTUAL**

**ZOOM MEETINGS
ARE COMING**

**IF INTERESTED CONTACT
PASTOR WILL
LEISTERWILLIAM@AVENUEUMC.COM**