



# *The Midweek*

*Wednesday, February 3, 2021*

The pandemic has changed our patterns of how we “do” church. Worshipping from home has become the normal for some, while sitting socially distanced with masks is the normal for others. We are grateful for the foresight of Avenue Church to implement a streaming option and an online giving resource just prior to the pandemic becoming widespread. I wanted to use this space to provide some updates on the ministries of the church and how you can help make 2021 even better.

- **Parish Purse** was able to assist around 190 Individuals/Families with over \$29,000 of help.
- **The Matthew Project** served 141 families in a variety of ways with \$6,374 of assistance.
- **Chrismon Tree Project** provided gift cards for families to purchase Christmas gifts for their children. Avenue supported this project with \$7,050 worth of gift cards.
- **Thanksgiving Meal Project** in conjunction with the Milford Community Food Pantry provided a complete Thanksgiving Meal for 60 families.
- **The United Methodist Women** gave \$8,545 to mission projects even without their outstanding annual yard sale.

- **Health Ministries** has made nearly 3,600 contacts this year, including COVID screenings prior to worship on Sunday mornings.
- **Music Ministry** has continued to provide outstanding music for worship and special events.
- **Fusion Student Ministries** has been meeting regularly, in-person and online, and has served by helping pack Thanksgiving Boxes and To-Go Bags for the homeless in Milford.

On top of all of this, Avenue was able to finish 2020 with a surplus to carry over into 2021. This is a result of your continued generosity, staff that practiced good stewardship during the year, and the result of not filling our Associate Pastor position as the pandemic loomed. If we had filled the position prior to Pastor Wendy's re-appointment, we would have finished 2020 in the red financially.

What does this mean? First, this all means that in a pandemic where income statuses were sometimes uncertain, Avenue continued to be generous. If we financially keep the status quo, we should be able to maintain the 2020 levels of spending and ministry. If we want to see our church grow in ministry and outreach, we will need to re-engage our members who may have fallen out of the habit of supporting the church. If we want to replace the 1.5 staff persons we lost in 2020 (Associate and Worship Leader), we will need to renew our financial commitment to those positions. If we are unable to replace the staff people we lost, our current staff will continue to pivot to identify, train, and deploy more laity into the mission and ministry of the church.

Our shared ministry at Avenue Church will look different in 2021 (and beyond) than it did in 2020. I look forward to working with the staff and laity to be innovative and courageous as we respond to God who is making all things new. My prayer is that you will join us in your prayers, your presence, your gifts, your service, and your witness as we seek to make disciples for the transformation of 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

**2020 GIVING STATEMENTS** have been prepared. If we have your email address, you should have received yours on Tuesday. If we do not have your email, or if you don’t have email, your statement has been printed and is ready for you to pick up at your earliest convenience. It will be on a table in Fellowship Foyer.

**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 17<sup>th</sup>** 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 17<sup>th</sup> 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 14<sup>th</sup>**. 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 28<sup>th</sup>). 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](mailto: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](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.

**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.

**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](https://de.gov/covidvaccine). Registration will open at 8:30 a.m. Wednesday, January 20<sup>th</sup>. *(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 February is "The Hypocrites and the Holy." The lesson for February 7<sup>th</sup> is "Dealing With One Another" based

on James 2:1-13; February 14<sup>th</sup> lesson is “Faith and Actions” based on James 2:14-26; February 21<sup>st</sup> lesson is “Godly Fasting” based on Isaiah 58:1-12; and February 28<sup>th</sup> lesson is “Jesus Clears the Temple” based on Matthew 21:12-16. 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](mailto: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](mailto:churchoffice@avenueumc.com). We may look into a book/workbook to guide our conversations. **Study begins Wednesday, February 3<sup>rd</sup> at 7:00 p.m.**

## *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: Ethel White*

I am Ethel Messick White: wife, mother, grandmother, former teacher, friend, member of Avenue Church, and Christian. I was born in Milford Memorial Hospital to Arthur and Ruth Messick and began life on a farm near Houston. Like many of my era, I had multiple chores as a small child. One of my first chores was shining our family's shoes on Saturdays to prepare the family for church on Sundays.

Church was the center of our lives. At first, we attended Houston Methodist Church. Then, my dad helped Rev. McDaniel, a Brethren minister from Milton, build a mission located across the street from the Williamsville Store near Houston. My sisters and I attended there and were taught so much about Jesus. This is where I learned songs such as "Deep and Wide" and "Jesus loves me". We were taught the Ten Commandments and Beatitudes. Rev. McDaniel loved the Lord, and his enthusiasm was contagious.

The Lord has always been with me. He is my guide, my safety net, my supporter. I have had many occasions to talk with him throughout the days, months, and years of my life. He is my life line! Daily I recite in my mind the verse from Phil:4:13, "I can do all things though Christ which strengthens me."

I have always felt that he places the right people in my life at the right time.... Going to college was my goal back when. But no one from my family had gone that far with their education. My senior year of high school was coming to an end, and I had almost no money to begin college, even though I had worked various jobs. My high school principal stepped into the picture and set up an interview for me with the Dean of Education at Salisbury University. I was accepted. Too, I received several scholarships which were enough to set me on my path. I wanted to teach young children and help them follow their dreams. The Lord opened a door for me! He performed miracles in my life!

Throughout my adult life, I've always talked with the Lord and asked for his guidance in anything and everything that I encounter. My husband's job took him out to sea for months at a time. Life was not easy for either him nor my daughter or me. What would I have done without the Lord's guidance and support? I asked the Lord to protect my husband's ship, and he always brought my husband home safely no matter the circumstance!!!

My friends know that I love working out in my yard cutting grass. Many also know that this is the time when I'm closest to the Lord! As I mow, I am reciting Psalm 100: "Make a joyful noise until the Lord..." or Psalm 23: "The Lord is my Shepherd, I shall not want..." Favorite hymns also play in my mind such as, "In the Garden": "He walks with me, and he talks to me, and he tells me I am his own."..... I am because the Lord is with me! I am constantly thanking him for his help and guidance! I love nature with its varied plant and animal life. I am happy to be one of the Lord's gardener!

Before this past Christmas, Janice Abbott called me. Our land and home had suffered a tornado Aug. 4, 2020. This was now the week before Christmas!! We still had all of our belongings piled in the garage as the carpenters and painters worked to restore our home. I thought that Janice was calling to inquire about us! But, she had a favor to ask: "Ethel, I'd like you to write a testimonial for Avenue." A what? This was positively the last thing on my mind! With just a few days before Christmas, Jim and I had no Christmas tree, few if any gifts for our two grandchildren, and an empty home! Throughout this ordeal, I had not sat down and cried one time, but this was pushing into 5 months. Jim and I were bone tired! This storm was our second one in 2020!! But, I have known Janice since we were both kids attending Lincoln Church. We attended MYF together. How do I say no??? A testimonial??

I am certain that the Lord was watching over my husband and me and protecting us throughout this ordeal! He shielded us on Aug. 4 as trees came crashing through our roof! We survived working day in and day out in the heat and high humidity. We cut up wood, loaded it onto our trailer, and made trip after trip to a landfill. We averaged two loads a day. While many others were catching COVID, we stayed healthy! The Lord gave Jim the extra stamina he needed to use the chain saw, even with a weak lung capacity. He gave me the stamina to keep going, cleaning up daily messes created from the tearing out and rebuilding of our home. So, since Janice would not accept a "no" for an answer, I agreed that I would attempt to write something.

As I have written, through out my life the Lord has placed the right people in my life when I have most needed them.. The angels began to arrive the day of the tornado, Aug. 4! The contractor, Michael Bradley, and his sons arrived and placed tarps over the holes in our roof, as the rains came beating down. Then, they returned and started the long process of rebuilding our home! The doorbell rang about noon on Aug. 4. The man standing outside was a complete stranger. He identified himself as the manager

of Arena's and handed me a food tray of sandwiches! I was totally shocked but so very grateful! What a miracle! As the days passed, other friends brought pizzas, chicken salad, lasagna, and casseroles. Some friends sent cards of encouragement or gift cards to local eateries. These gifts were perfect to help us when we were too tired and too hot to cook. We met many wonderful people through this experience and made some new friends, too. Several of the tree service companies are owned by men who were once my students! I enjoyed getting to know the adult version of the third grade students that I remember. Out of this disaster grew miracles! Thank you, Lord, for your earthly angels! Thank you, Lord, for their generous gifts! Thank you for giving us strength to push forward when so many days seemed impossible! Thank you, Lord, for keeping us safe!

Maybe the Lord felt that our home needed some TLC! Maybe he wanted me to take a different course with the landscape! Whatever his reasoning, we know that this disaster has enriched our lives! The Lord is good! Another hymn pops into my brain: "He lives, he lives, Christ Jesus lives today...." The wonderful thing is that he is only a prayer away! I am ... because of his guidance, support, and protection! I cannot imagine a life without the Lord!!!

**CONGRATULATIONS TO:**

- **Josh and Elaine Willey** who will be celebrating their **63<sup>rd</sup>** anniversary on **February 15<sup>th</sup>**.

**SYMPATHIES TO:**

- Prayers for the Hearn Family on the passing of Ray Hearn, who passed away last week. Ray is the brother of Ron Hearn.

**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  
Bob Colbourne  
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  
Linda Sockrider  
Bob Susen  
Teresa  
Joan Wadman  
TJ Webb  
Jon Zaimes  
Betty Ziesel



## February the Month of Love and Hearts!



February is the month of love and we say our love comes from our hearts.  
Did you know that a women's heart is different from a man's heart?

1. Women's hearts and arteries are smaller.  
Male hormones (testosterone) enlarge arteries, while estrogen and progesterone in women make arteries smaller. Women's smaller arteries are more prone to blood clots or blockages.
2. Plaque build-up in blood vessels are often different in women.  
Heart attacks can be caused by accumulation of plaque. Men's plaque tends to be hardened, often affecting all three heart arteries. "Women might have blockage in one or two, but these deposits tend to be softer, making it more likely to dislodge and travel in the blood stream, potentially causing a heart attack."
3. Heart disease without blocked arteries occurs more often in women.  
"About one out of three women undergoing heart procedures do not have blocked arteries. Their heart disease appears to be caused, at least in part by low blood flow to the heart, which doctors do not quite fully understand yet. "
4. Women's hearts are impacted by estrogen.  
"Estrogen protects younger women's hearts. Heart disease risk remains low, compared to men, until menopause when the risks become similar. During menopause, it's particularly important to have yearly checkups for blood pressure and blood cholesterol, in addition to maintaining a healthy diet and keeping up with physical activity."  
<https://theheartfoundation.org/2017/03/29/heart-attack-men-vs-women/>

### More Differences

5. Men have larger hearts; women's hearts beat faster.
6. Heart disease presents differently in men and women.
7. When a woman reaches menopause, her risk for cardiovascular disease increases four-fold.
8. The time for the heart to return to baseline after a beat is longer for women than men.
9. Men who are diagnosed with heart disease are typically ten years younger than women.
10. In general, coronary artery disease strikes men almost two decades earlier than it does women.
11. Sudden cardiac death (death within an hour of the onset of symptoms) is more common in males.
12. Women are more likely to develop abnormally rapid heart rates, particularly in association with their menstrual periods.

<https://gendermed.org/just-the-facts/>



"But the Lord said to Samuel, Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance."

I Samuel 16:7



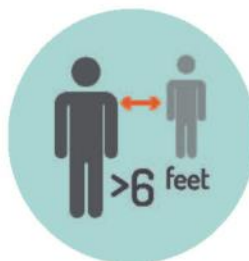
Health Ministry





# 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](https://www.cdc.gov/coronavirus/vaccines)

12/23/20



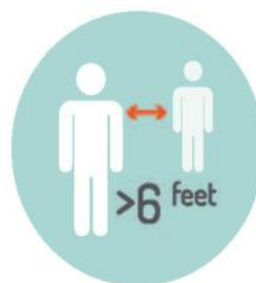
The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two.

**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.**