



The Midweek

Wednesday, February 10, 2021

Our family enjoys watching football games together, and the Super Bowl this past Sunday was no different. Our school district had an in-service day which allowed our kids to stay up and watch the entire game. Admittedly, it was a snoozer of a game, but we still enjoyed the shared experience of preparing, eating, and watching the game together.

Some people go to great lengths for their Super Bowl preparations. We plan out their menu for weeks in advance. Some people like to smoke ribs and other meats, which takes hours of planning and actually smoking. We can make multiple trips to the grocery store in order to get the items needed to make our food. Sometimes we'll decorate our living room, put on uniforms, and make other preparations for the game.

I wonder what worship would be like if we put the same time and energy into preparing for coming into the presence of God? How would our worship experience change if we got up early, excited that to meet with God and in anticipation we prepared by reading the scriptures and praying for the pastor's message, for the music to speak to our hearts, and for the Word to penetrate our hearts? How would our worship be different if we came to worship early so that we can quiet our hearts down? What would be different if we brought our Bibles and a notebook expecting to write down what God was speaking to us?

Coming to worship is not a spectator event, it is participatory. The preparation for our participation starts long before we step foot in the sanctuary. As we

come to worship this week, and in the weeks to come, let us come expecting God to move in our lives and to come prepared for the encounter!

Grace and Peace,

Pastor Steve

Inclement Weather Update

After a year (2020) with no real inclement weather, 2021 is shaping up to actually bring some snow to Delmarva. We want to let you know how to find out if worship has been cancelled because of weather.

- ♦ **Gathering for worship is our default.** There won't be an announcement if we are gathering for worship.
- ♦ If we need to cancel worship, we will send a **mass email** out to the congregation on Sunday morning. If you do not receive our emails, please contact Kelly at churchoffice@avenueumc.com to be placed on the list.
- ♦ **Facebook** is the place on the web that is easiest to provide the latest information.
- ♦ We will also seek to update **WBOC** with closures.
- ♦ Remember that you are always encouraged to use your own discretion. If you believe that it is not safe to go out, please feel the freedom to worship from home.

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 8:00 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.

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 14th lesson is "Faith and Actions" based on James 2:14-26; February 21st lesson is "Godly Fasting" based on Isaiah 58:1-12; and February 28th 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.

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. **Next meeting is Wednesday, February 10th 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: Linda Rogers

Hi, I'm Linda Booth Rogers a devoted Christian and longtime member of Avenue United Methodist Church.

It started when I was christened in Wesley United Methodist Church in Georgetown. My mother's family were members of the church when it started in 1779.

That was the beginning of my foundation for my faith. Taking part with 9 years perfect attention of Sunday School, MYF, choir and my daughter Staci, being christened their also. As Ethel, a hymn that impacted my life is "In the Garden". I sang this as a duet in Sunday School.

When I moved to Milford I was blessed to move next to Ralph and Charlotte Catts. Charlotte knew I had been in choir and invited me to join Avenue and sing in the choir.

Since belonging to Avenue I have made many friends with my church family. They have helped me face many of life's challenges. I endured these because of the strength in my growing faith. Once receiving an encouraging note from Mrs. Burris, "this too will pass".

To build your faith I recommend taking advantage of these opportunities offered. I learned a lot with special classes, Esther Circle, United Methodist Women, Women in Faith trips, retreats, bible studies and Emmaus.

I agree with Steve, let's follow Amanda Gorman's words, (para phrasing) "Let us see the light and BE the light."

Thank you and god bless!

CONGRATULATIONS TO:

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

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
Bob Cage
Lydia Castro
Brittany and Baby Naomi
Jennifer Clarke
Pat Clearly
Jack & Denny Collins
Luisa & Billy Combs
Bob Colbourne
Linda Cottrell
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
Dick Roberts
Lorna Rosella Rulona

Phil Saint
Char Sandifer
Richard Sapp
Gary Seal
Alice Sellers
Leo Shew
Roland Simms
Racheal Simesak
Gary Simpson
Linda Singleton
Linda Sockrider
Bob Susen
Teresa
Joe Valentine
Joan Wadman
TJ Webb
Jon Zaimas
Betty Ziesel



February the Month of Love and Hearts!



What is an arrhythmia?

An arrhythmia is an abnormal heart rhythm. It may feel like fluttering in the chest or neck or a brief pause. It may not change the overall heart rate (heartbeats per minute). Or it can cause the heart rate to be too slow or too fast.

Some arrhythmias do not cause any symptoms. Others can cause lightheaded or dizziness. When arrhythmias are severe or last long enough to affect how well the heart works, the heart may not be able to pump enough blood to the body. This can cause you to feel tired, lightheaded or may make you pass out. It can also cause death.

Bradycardia occurs when the heart rate is too slow-below 60 beats per minute. Bradycardia can cause fatigue, dizziness, lightheadedness, fainting or near-fainting spells, or, in extreme cases, cardiac arrest.

Tachycardia occurs when the heart rate is too fast (more than 100 beats per minute). Tachycardia can reduce the heart's ability to pump. This causes shortness of breath, chest pain, lightheadedness or loss of consciousness. If severe, it can also cause heart attack or death.

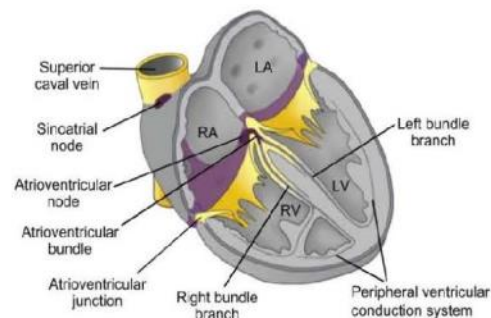
The most common type of arrhythmia is atrial fibrillation also known as A-fib. This occurs when the heart's upper and lower chambers do not work together causing an irregular heartbeat. When this happens, the lower chambers do not fill completely or pump enough blood to your lungs and body causing tiredness, dizziness, heart palpitations, or chest pain. Blood also pools in the heart, which increases the risk of forming clots and can lead to strokes or other complications. Atrial fibrillation can also occur without any signs or symptoms. Untreated fibrillation can lead to serious and even life-threatening complications.

Sometimes atrial fibrillation goes away on its own. For some people, atrial fibrillation is an ongoing. Treatments may restore normal heart rhythms, help control symptoms, and prevent complications. Your doctor may recommend medicines, medical procedures, and lifestyle changes to treat your atrial fibrillation.

<https://www.nhlbi.nih.gov/health-topics/atrial-fibrillation> Call 1-800-AHA-USA1 (1-800-242-8721), or visit [heart.org](https://www.heart.org) to learn more about heart disease and stroke. https://www.heart.org/-/media/files/health-topics/answers-by-heart/pe-abh-what-is-arrhythmia-ucm_300290.pdf?la=en

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled. Neither let them be afraid."

John 14:27

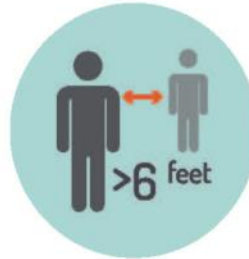


Health Ministry



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



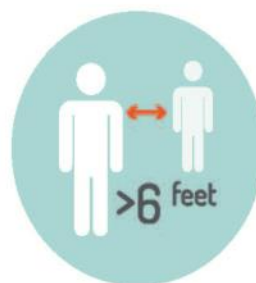
The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two.

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.**