

Wednesday, February 17, 2021

Throughout the history of the church, the church fathers and mothers have developed a Church calendar to help us mark the different rhythms of our faith. These seasons are tools to help communicate the salvation story. The Christian Calendar moves from Advent, to Christmas, to Epiphany, to Lent, to Easter, and to Pentecost as we consider the life of Jesus and the movement of the Holy Spirit. Of all the seasons, Lent, perhaps, is my favorite. Here is why.

Lent is 40 days (not counting Sundays), beginning on Ash Wednesday (Feb.17th this year) and ending on Easter Eve, where we experience a different rhythm to our spiritual lives. It is a season of introspection, self-reflection, and seeking to identify with the suffering of Jesus. This is preparation for our Easter celebration that Jesus is not dead- that he has risen. Therefore we have hope that our sin, pain, and brokenness will one day be healed and we will rise with Christ.

But that is Easter...

In Lent, we practice spiritual disciplines that helps us become more aware of the Holy Spirit in our lives, more aware of our need for grace, more aware of the costly gift that Jesus provided for us on the Cross at Calvary.

One of those disciplines is fasting. Fasting is abstaining from food (or something else) for a set amount of time for the purpose of prayer, confession, and penance. It is important to remember that fasting should be coupled with prayer and/or the study of Scripture (or another discipline)- if not, fasting becomes dieting!

It's pretty common for people to give something up for Lent. Some of my favorites that

I've heard over the years are skydiving, bull riding, and my friend who gave up giving anything up for Lent. Fasting is supposed to help us to identify with the suffering Jesus endured, then the activity, item, or habit that we abstain from should cause us a little discomfort. Each time we feel the discomfort (hunger pains, the temptation to get on Facebook, headaches from a lack of caffeine), we are reminded to pray- giving thanks to God for Jesus and the suffering He endured on our behalf and to ask God to refine our lives to be more like Jesus.

We also recognize that every Sunday is Resurrection Sunday and that we don't fast on Sunday because we celebrate the resurrection. Again, this doesn't make Sunday a "cheat day" (for all you dieters out there), but we enjoy what we've refrained from to celebrate the resurrection of Jesus. And after all our fasting, Easter Sunday becomes the ultimate celebration as we recognize that Jesus is alive- and that we can find life in Him.

As we enter the season of Lent, let us commit to practicing Lenten Disciplines as a way to deepen our faith in Jesus Christ.

Parton Steve

Welcome to the Delaware District!

Avenue is on the move! At the 2020 Session of the Annual Conference of The Peninsula-Delaware Conference, held online in November of 2020, plans to redistrict our Conference was approved by the clergy and laity delegates representing our churches. This vote set the number of Districts in our Conference from four down to three. This news was reported by our Lay Delegates in a previous edition of The Midweek.

Avenue has resided in the Dover District for years. With the redistricting approved, we will be part of the "Delaware District" beginning on July 1, 2021. The Delaware District will include all the United Methodist Churches in the state of Delaware. There will also be an Upper Shore District and a Lower Shore District that will divide the Eastern Shore of Maryland. Each District will have about 135 churches that a District Superintendent will oversee.

What does this mean for Avenue? The impact to the laity of Avenue will be minimal. There may be new relationships to build for those who participate in District and Conference ministries. Some of these ministries may require a longer drive to attend. There will likely be a greater impact on clergy who have more frequent meetings to attend and the District Superintendent who will be overseeing more churches.

We can commit to praying for our Bishop and our Conference leadership as they continue to lead us during uncertain times. We can pray for Avenue that we will continue to listen to and be faithful to the call God gives us. It doesn't matter what District we are in because God has called us to ministry here in Milford, just as we have since 1777.

If you have questions about redistricting, please contact Pastor Steve at <u>srlamotte@avenueumc.com</u> or 302-422-8111.

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.

<u>On Thursday afternoon we will be sending out an email with the reservation link.</u> By following the link, you can make a reservation for service you plan on attending (9:00 a.m.

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: <u>https://avenueumc.thersvpapp.com</u>

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.

• *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.

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 <u>srlamotte@avenueumc.com</u>

UMW YARD SALE SURVEY: Avenue UMC has an annual yard sale except for this past year (2020) due to the COVID-19 pandemic. We are hopeful that the annual UMW Yard Sale for 2021 can be held in August. Please help us determine if we would have your support to move forward with planning the yard sale. <u>The tentative dates are **August 5 -7, 2021**</u>.

Survey Links This one is can be clicked on: <u>Survey for Yard Sale</u> This Survey link can be copied or typed in: <u>tinyurl.com/avenueys</u> **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. <u>Church Office Hours are Monday—Friday 9:00 a.m.—3:30 p.m.</u>

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 <u>prayer@avenueumc.com</u> 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 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. <u>https://tinyurl.com/yyg2uhek</u>

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 <u>churchoffice@avenueumc.com</u>. We may look into a book/workbook to guide our conversations. Next meeting is Wednesday, February 24th 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: Debbie Campbell

When Janice Abbott asked me to write about my witness of faith, I was nervous to agree. It wasn't because I am particularly shy (anyone who knows me that is not the case), but because I've always felt a little embarrassed about my religious upbringing and journey of faith.

My parents were wonderful and loving. My father, the youngest of 11, worked 6-7 days a week to provide for our family. My mother went to work when I was 11 when my father became critically ill and could not work for 9 months. My parents loved each other and were great role models, teaching me compassion and respect for others, helping those in need, and the value of hard work. I was baptized Episcopalian, but my first memories of church are when I was in elementary school. My mother, brother and I attended an Episcopalian Church, where most of my religious learning took place through crafts and other activities done in Sunday school. I knew there was a bible, but I had never been introduced to one. As I got a little older, I attended the contemporary church service where they played some Christian folk music that I loved. Music is an important part of my worship. The service consisted of re-reading the same service weekly from the Book of Common Prayer (until we eventually memorized the words and could recite it, which I probably could still do). Ironically, there were no bibles in the pews. The only bible in the church was on the altar, read by the priest and lay reader for the week.

My grandmother "Nonie" gave me some spiritual and religious education. She spoke of her faith and provided answers to my questions about God when I asked. I remember learning to pray from her. She taught me "Now I lay me down to sleep, I pray the Lord my Soul to keep; If I should die before I wake, I pray the Lord my Soul to take." I remember being very worried about the dying

part, but she taught me that no matter what, God would be with me and take care of me. It was comforting to know that, and if my Nonie said I would be ok, I believed her. From there on, I prayed at bedtime and whenever I felt alone, and it always comforted me.

I met and married my former husband thru our mutual membership at a local ambulance corp. We were married and had 2 wonderful sons who were baptized in my childhood church. By then, the church had become even more "high church" than when I attended in my youth, using incense and religious rituals I was unfamiliar with. It made me uncomfortable, so we seldom went to church, but I always prayed and taught our sons. Eventually, we were invited to a small country Presbyterian Church that I loved and became active with the vacation bible school and youth group leadership. Our sons were involved with the youth group and read their youth bibles given to them at their confirmation. There were no bible studies, so I began reading a youth bible I had purchased at a yard sale since it was so much easier to understand.

In 1999, I went thru a very unexpected and painful divorce. I think it was during this time that my faith grew exponentially. I felt so devastated, alone, and overwhelmed with responsibility at suddenly having the only income and being the only parent taking care of our sons. I started to read my bible more and searching for answers to help me deal with my life. Through this, I felt God's presence more and more, and realized it was through Him that I would survive this.

The following 7 years were spent getting my sons thru high school and college. For a variety of reasons, I made a decision to relocate to Delaware after they graduated, a place we had vacationed over the years and had loved. When I made that decision, I remember asking God to make it clear if my plan was meant to be and if it was not, to put obstacles in my way to tell me it was not the right decision. Well, I sold my house without a realtor to the first person who looked at it, and everything else happened as smoothly as I could have ever asked for. I came to Delaware in 2007 with no job, but quickly started to build a life here. I visited various churches in Milford, but once I walked into Avenue, I realized I had found my home. I love the contemporary music that reminded me of my childhood church experience, and Pastor Baker's message "spoke" to me from the first day. I found work after taking a short time off and now as a nurse working with the community has been very gratifying, and I feel that I am making a difference to the people I serve.

When I began attending Avenue, Beth Parker invited me to her home for a

holiday dinner, and she also involved me in a bible study which was my first. I remember feeling uneasy because I had only read the youth bible alone, and participated in a group bible study, but I enjoyed the discussion and learned so much. A few years later, I joined a bible study led by Cheryl Pusey where we often used Beth Moore studies. These studies required many hours of bible reading each week, and I became felt more and more connected to the readings and those I shared the experience with. I was always in awe of their knowledge and have taught me so much as I listened to their discussion. Since then, I try to join evening studies when available. I am also enjoying Pastor Steve's daily message, weekly sermons and the evening bible studies.

Although I have never felt comfortable in my "bible knowledge", I have always tried to live in God's word. My daily decisions are often made after I ask myself "what would Jesus want me to do"? I have been so fortunate to have awesome friends and family who helped me on my journey in life, but I know it is God who is always with me. I love the poem "Footprints" and I am reminded of the final words "When you saw only one set of footprints, It was then that I carried you."

I had been single for many years, and always prayed for a good Christian man to come into my life. Two years ago, I met a wonderful Christian man who has encouraged and helped me in so many ways. It is the first time in my life that I had someone to pray and read the bible with. Jay was raised in a bible reading family and has incredible bible knowledge, so he has been a compliment to my weaknesses. I feel so blessed to have him in my life. God certainly does things in his own time, but He has always provided for all my needs and wants.

BIRTHDAY GREETINGS TO:

• Sue Hatfield who will be celebrating her 91st birthday on February 25th.

SYMPATHIES TO:

- Prayers for Gregory Brennan on the death of his sister, Bette Powers.
- Prayers for Bonnie Glenn on the passing of her mother, Kathleen Friedline who passed away on February 10th.

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	Dean Johnson	Roy Rigby
Sharon Brown	Linda Kemp	Dick Roberts
Bob Cage	Doris Koon	Lorna Rosella Rulona
Lydia Castro	Rhoda & Greg Kurz	Phil Saint
Brittany and Baby Naomi	Jean Layton	Char Sandifer
Jennifer Clarke	Lauren Lee	Richard Sapp
Jack & Denny Collins	Nancy Lee	Gary Seal
Luisa & Billy Combs	Brittany Poore Little	Alice Sellers
Bob Colbourne	Lyn	Leo Shew
Linda Cottrell	Jack & Zelda McDuff	Roland Simms
Craig	Ricki McGuire	Racheal Simesak
Julie Dally	Jennifer McNamara	Gary Simpson
Joanna Denney-Turner	Frank Mentusky	Linda Singleton
Diane (not in congregation at	Jennifer Hughes Miller	Linda Sockrider
Avenue)	Orville Mills	Bob Susen
·		Teresa
Carolyn Evans	Kathryn Avery Mitchell	Joan Tolbert
Fay Farissier Ken Fechter	Tiffany Mitchell	
Charlie & Barbara Fleetwood	Stan Moody Jason Neall	Joe Valentine
		Joan Wadman
Chick Glanden	Alex Oliveras, Sr.	Mary Lou Walters
Bonnie Glenn	Alex Oliveras, Jr.	TJ Webb
Matt Hall	Adriel Oliveras and family	Betty Ziesel
Dave Harris	Ariel Ownes	
Steve Hofer	Alan Parker	
Pat Hudson	Mary Ellin Parsons	
Doris Isele	Laurel Pastor	
Karl Isele	Kris Perfetti	
Dottie & Jerry Jackson	Jan Perkins	
Alvin Jarrell	Millie Remick	



March 4, 2021 – 12:30-1:00 PM Jackson Borges, All Saints' Episcopal Church, Rehoboth Beach

March 11, 2021 – 12:30-1:00 PM Michael Stefanek, Asbury United Methodist Church, Salisbury

March 18, 2021 – 12:30-1:00 PM *T. J. Thomas,* St. Peter's Episcopal Church, Lewes

March 25, 2021 – 12:30-1:00 PM *Kevin B. Chamberlain*, Avenue United Methodist Church, Milford

Please enter the Church wearing your face covering and register your attendance at the door.

Please observe social distancing practices while in the building. The sanctuary has been sanitized before the recital and an air filtration system is sanitizing the air.

Lenten Organ Recitals are part of the Concert Series of Avenue Church.

COVID INFORMATION

BAYHEALTH IS OFFERING A WAITING LIST FOR SENIORS AGE 65+ WHO HAVE NOT RECEIVED THEIR FIRST DOSE OF THE COVID-19 VACCINATION

ONCE ON THE WAITING LIST BAYHEALTH WILL CONTACT YOU TO MAKE AN APPOINTMENT TO RECEIVE YOUR FIRST DOSE OF THE VACCINE

TO REGISTER, CLICK THE LINK BELOW: <u>https://www.bayhealth.org/covid-19/vaccine</u>

SELECT THE BLUE BOX TO ADD YOUR NAME TO BAYHEALTH'S WAIT LIST

IF YOU ARE UNABLE TO COMPLETE THE WAIT LIST REGISTRATION ON YOUR OWN, PLEASE CALL THE OFFICE AT (302) 422-3385 DURING OFFICE HOURS FOR ASSISTANCE.





Heart murmurs are one of the most common heart problems in children.



Kids Health from Nemours

What Is a Heart Murmur?

Some children have an extra noise as the blood flows through the heart. This extra noise is called a murmur. A heart murmur makes a whooshing

sound between heartbeats.

Murmurs have different grades. Grade 1 is the softest-sounding murmur, and Grade 6 is the loudest." A murmur graded 4, 5, or 6 is so loud you can actually feel a rumbling from it under the skin if you put your hand on the person's chest." Most murmurs do not mean that anything is wrong. Many normal murmurs become harder to hear as children grow older, and some eventually disappear. However, sometimes it is a sign there is a problem with the heart.

Who Gets Heart Murmurs?

More than half of all kids have a heart murmur at some time in their lives and most heart murmurs do not mean anything is wrong. Doctors may call these "innocent," "functional," or "normal" murmurs. They are caused by blood rushing through the valves in a normal heart and is nothing to worry about.

One common type of normal murmur is Still's murmur, named for the doctor who first described it. This murmur is most often heard in healthy kids 3 to 7 years old. A normal murmur can get louder when the blood flows faster through the heart, like when kids have a fever or run around. That is because an increase in body temperature or activity makes the heart pump more blood. When your temperature goes down, the murmur may get quieter or even disappear.

What Problems Can Happen?

Even though most murmurs do not mean anything is wrong, sometimes a heart problem can cause a murmur. The heart may have a hole in it, a heart valve may leak, or a valve may not open all the way. If your doctor thinks your heart murmur could be due to a heart problem, you will need to see a pediatric cardiologist. https://kidshealth.org/en/kids/heart-murmurs.html?WT.ac=ctg#catheart

"Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.""



Matthew 19:14





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

CDC | NCIRD | Facts about COVID-19 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.**