



The Midweek

Wednesday, May 5, 2021

Three Simple Rules to a Welcoming Church

As we consider what our church life might look like in a more “normal” state, the staff and leadership have discussed ways that Avenue can be more hospitable to guests and 1st-time attenders. If you’ve ever had to go to a church for the first time (in other words, if you weren’t born attending Avenue), you know what a daunting task it can be to come to church. There are some practical things that we (who are regular attenders) can keep in mind to be more intentional about integrating first-time guests into the community at Avenue. I want to thank Rebecca McLaughlin (on Twitter) for the ideas!

1. **A Person Sitting Alone Constitutes an Emergency:** When we see someone sitting alone, we have an opportunity to introduce ourselves and invite that person to sit with us. One of the barriers for new people coming to worship is the fear that they won’t know anyone or sit alone. While they may say no and be alright sitting alone, the invitation goes a long way to helping that person feel welcome. (of course, during COVID, we may have to be wise about how we do this.)
2. **Your Friends Can Wait:** Over the last twenty years in ministry, I see this as one of the most significant barriers to being a welcoming church. We can become so cliquish that we don’t intentionally look for new people to welcome. On the one hand, this is good because we have found friends to worship and grow together. On the other hand, it is a barrier because the guest will see the cliques quickly and recognize that they don’t fit in. Your friends can wait (and will wait) to catch up with you. A guest will not wait to come back if they do not feel welcomed and included.
3. **Introduce Newcomers to Someone:** The gym I attend does a great job of this. I participated in group workouts, and when there is someone new trying out the class for the first time, our coach introduces the newcomer to the people around them. It

helps to build community and makes them immediately feel included. When you meet a guest in worship, introduce them to your friends or the people sitting around them. Help them feel like they are part of the community. As you talk, you may find common interests and connections that are shared.

On Tuesday, May 4th, Governor Carney announced that most capacity restrictions would be lifted for churches beginning May 21st. Just as we've seen guests attend Avenue over the past six months, I expect that we will continue to newcomers. Even during the worship service, we must be missionaries, who are called to "go" to new people and help them get connected to the love of God through Jesus Christ.

Grace and Peace

Pastor Steve

Friday, May 7th
Dodgeball Night
7PM to 8:30 PM



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

GIVING STATEMENTS: I have issued and emailed giving statements for the first quarter 2021 to all those with email addresses. If you do not have (or do not wish) to have a PushPay account, just click on the sentence (**Click here to access your single giving statement**). If you do not have email and would like a copy of your first quarter giving, call Kelly and I will print one out for you. *Thanks, Harriet*

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.

COVID CAPACITY RESTRICTIONS LIFTED BEGINNING MAY 21ST: On Tuesday, May 4th, Governor Carney announced that capacity restrictions for houses of worship would be lifted beginning May 21st, provided that social distancing of 3 feet be maintained between households. This is good news and moves us closer to being able to worship at total capacity. On a given Sunday, most families keep three feet of distance between one another. This may be a challenge on Sundays where there is a baptism, Christmas Eve, Easter, and other “special” Sundays. We will be evaluating whether or not to continue the RSVP system we have in place.

This announcement does not change the mask mandate. Mask will still be required upon entering Avenue and should be worn the entire time in the building. We are grateful for how the Avenue community has worked to make our times of worship safe and sacred during the COVID pandemic. We will continue to do all we can to express our love for one another by how we protect each other.

VACCINATIONS AND WORSHIP: We are so excited and hopeful to hear about members of the Avenue family getting vaccinated. While you may be fully vaccinated, it is still the requirement of Avenue Church (and the State) to wear a mask when you are in the building and attending worship. While we long for the day where we do not have to wear a mask and where we can hug one another, we are not yet there. Please continue to do your part to love your neighbor by wearing your mask and practicing social distancing. Thank you!

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.

SUMMER KICS: Summer KICS will take place during the 10:30 a.m. worship service for kids ages 4 through 4th grade (Kids 5th grade and up can remain in the sanctuary and worship as a family). KICS Kids will be released to Fellowship Hall prior to the sermon for a Bible Lesson and activities. They can be picked up in the Fellowship Hall after worship.

Kids will be socially distanced and must wear a mask while in KICS. Activities will be appropriate for the time and there will be at least two adults helping with KICS. If you have questions about SUMMER KICS, please email our Sunday School Superintendent, Patty Shockley at pws210@comcast.net. **Next class is on Sunday, May 9th.**

LOOKING FOR A PLACE TO SERVE ON SUNDAYS? As we continue to move towards a more open worship experience on Sunday morning, there will be additional opportunities to serve. We are seeking people who have passions and interest in serving in several areas to help continue to make Sunday Worship the best experience possible. Below are a few places we are creating or reshaping. If you are interested in serving in an area, please email Pastor Steve at srlamotte@avenueumc.com.

- **Greeters:** Are the first line of contact for guest. Must be upbeat, helpful, and willing to make a great first impression.
- **Ushers:** Work inside the sanctuary to help guest find a seat, dismiss worshippers after service, help with a head count, and make worship a great experience by serving others. When appropriate, ushers will also assist with offering.
- **Nursery Team:** We are looking for adults of all ages to be on a list of back-ups to help our nursery staff when there is a vacation or illness. This ensures that our nursery stays open to serve families at both services.
- **Connection Center/Guest Services:** This is a new ministry area that will help connect new attenders to the life of the church. In this ministry, you will receive connect cards, answer questions about worship and the church, and help people get connected to ministries and opportunities for Spiritual Growth. To serve in this ministry, hospitality and a desire to connect is a must!

MILFORD COMMUNITY PANTRY: There is an easy way to help **Milford Community Pantry** if you are an Amazon shopper. Instead of ordering through Amazon.com go to Smile.Amazon.com. The first time you will need to designate the charity you wish to support; after that your charity is established and Amazon knows who you support. In the search enter Milford Community Pantry, Milford, Delaware. It is easy and there is a full

explanation on their page of how they support communities throughout the world. Just by shopping as you ordinarily do a portion of each dollar you spend goes to The Pantry. Amazon send us a check for our portion. If you have any questions please call Tita Lewis at (302) 664-1321.

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.**

CHURCH COUNCIL MEETING: Church Council meeting is scheduled for **Wednesday, May 5th at 7:00 p.m. in Sanctuary**. Please register your intent to participate by emailing Kelly at the Church Office (churchoffice@avenueumc.com).

AIRMAN OUTREACH - You may or may not know that a lot of the young men and women stationed at Dover Air Force Base are away from home for the first time. They may be lonely, scared, and isolated. Airman Outreach is an opportunity to build relationships with these young men and women, give them a family away from home, and provide a sense of community and belonging. Some ways this can be done are to invite them to a family function, teach them a skill (cooking, working on cars, etc.), and find a common hobby. The idea is to meet with them, communicate with them, and let them know we are there for them. If you are interested in this new ministry or would like more information, please contact Karen Williams via email at mkwill95@comcast.net with "Airman Outreach" in the subject line. You can also text or call her at 302-393-6467.

2021 GRADUATES: If you have a family member that is graduating (high school/college), please send an email to Kelly at churchoffice@avenueumc.com with the information and a picture. We will be listing the 2021 graduates in June.

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 May is "God Revealed." The lesson for May 9th "God in the Quiet Sound" based on 1 Kings 19: 9-19, May 16th "Jesus Transformed" based on Luke 9: 28-36, May 23rd "The Indestructible King" based on Daniel 7: 1-14, and May 30th "God is Love" based on 1 John 4: 7-21. Feel free to join us in the Wesley Room for these exciting lessons.

SISTERS BIBLE STUDY IS BACK— We'll be "Chasing Vines" with Beth Moore for 6 weeks beginning **May 11th** at 10:00 a.m. in Fellowship Hall. Any questions, please call Brenda Powers at (302) 422-8821.

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: Holly S. Helmick

God Has a Plan for Me Holly S. Helmick

Growing up, my family was immersed and followed the Catholic faith doctrine. I dutifully attended religious catechism and passed all the traditional milestones, Baptism, First Communion and Confirmation. It laid the foundation of my Faith, and as a child, I never doubted that God walked beside me, because I knew, He had a plan for me.

As I grew in years, I also grew to question the rules and regulations of being “Catholic”. I discovered that many of those instructions, are “Man’s” words and not that of the “Living Word”. Even though, my family remained Catholic, eventually, I stopped attending services. When my husband, Eugene, and I decided to marry, we chose to marry in his home church, Calvary United Methodist. Although still grounded by my faith, after marrying in a different church, I drifted away from any type of church family. Later, Eugene and I made a commitment that once we had children, we would join another church, different from either of our childhood churches. Little did I know that God was laying out His plan for me.

Moving into early adulthood, Eugene and I were very fortunate to develop a lasting friendship with Bonnie and Jeff Carmine. Bonnie and Jeff already had established a strong faith and presence in Avenue United Methodist Church. They invited us to participate in many youth group activities and eventually invited us to attend a Lay service where Jeff was speaking. I was very wary of going to Avenue Church because it was considered the “Rich People’s” church and I certainly didn’t realize that we accidentally sat in someone’s normally assigned

Sunday seat. I was further terrified when those people got up from their seats in the middle of the service to shake our hands! I look back on that first Sunday with humor and to my surprise, felt very welcomed into the Avenue Family. God, in His infinite wisdom, is very clever. He knew of our commitment to attend a separate church after the birth of our first child and literally laid out the spiritual welcome mat to us, thus beginning our faith journey at Avenue.

Faith, for me, is something I feel deep within my soul. It's believing without seeing. It's accepting without tangible proof. It's the transformation of your life based on trusting in the Love of God. I'm grateful that God has a plan for me because I have stumbled and fallen numerous times. In those moments, God has provided a shining light of hope. Whether it's the many miracles I've been blessed to see in my years as an Operating Room Nurse or confirmation that God is carrying me through times of great sorrow or failure. God is always the answer, the promise and the assurance that comes with reliance with Him. I'm grateful for God's plan, even though sometimes, I'm disbelieving, don't agree or question the plan, I ultimately, *"Trust in the Lord with all my Heart"* (Proverbs 3:5-6).

And so, I continue to move forward along my life pathway, confident in knowing that God has a Plan for Me.

*"For I know the plans I have for You," declares the LORD.
"plans to prosper you and not harm you,
plans to give you hope and a future"
Jeremiah 29-11*

ANNIVERSARY GREETINGS TO:

- **Bob and Joanne McKay** who will celebrate their **51st** anniversary on **May 16th**.

PLEASE KEEP IN YOUR PRAYERS:

- Those affected by the COVID-19, Medical Staff, and distributing the 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:

George Babel
Bob Cage
Brittany and Baby Naomi
Katina Boulais
Jennifer Clarke
Bob Colbourne
Jack & Denny Collins
Luisa & Billy Combs
Violet Condif
Lauren Connell
Linda Cottrill
Craig
Julie Dally
Joanna Denney-Turner
William Ernst
Carolyn Evans
Charlie & Barbara
Fleetwood
Jayne Frank
Steve & Judy Franklin
Gail & Jeffrey
Bonnie Glenn
Matt Hall
Dave Harris
Beverly Harrison
Steve Hofer
Karl Isele
Ron Ivory
Alvin Jarrell
Dean Johnson
Linda Kemp
Kay Kness

Doris Koon
Rhoda & Greg Kurz
Jean Layton
Diana LeDonne
Lauren Lee
Nancy Lee
Brittany Poore Little
Jack & Zelda McDuff
Ricki McGuire
Frank Mentusky
Orville Mills
Kathryn Avery Mitchell
Tiffany Mitchell
Stan Moody
Virginia Moser
Jason Neall
Ariel Ownes
Alan Parker
Mary Ellin Parsons
Laurel Pastor
Jan Perkins
Millie Remick
Roy Rigby
Dick Roberts
Lorna Rosella Rulona
Phil Saint
Richard Sapp
Alice Sellers
Roland Simms
Racheal Simesak
Gary Simpson
Linda Singleton

Samuel Smith
Julianna Starling
Kathy Sullivan
Joan Tolbert
Gene Topolski
Joe Valentine
Joan Wadman
Mary Lou Walters
TJ Webb
Betty Ziesel

Alzheimer's

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life.

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).

Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life.

Alzheimer's and the brain

Microscopic changes in the brain begin long before the first signs of memory loss. The brain has 100 billion nerve cells (neurons) that connects with many others to form communication networks. Groups of nerve cells are involved in thinking, learning and remembering. Others help us see, hear and smell. To do their work, brain cells operate like tiny factories. Just like a real factory, backups and breakdowns in one system cause problems in other areas. As damage spreads, cells lose their ability to do their jobs and, eventually die, causing irreversible changes in the brain.

The role of plaques and tangles

Two abnormal structures called plaques and tangles are prime suspects in damaging and killing nerve cells.

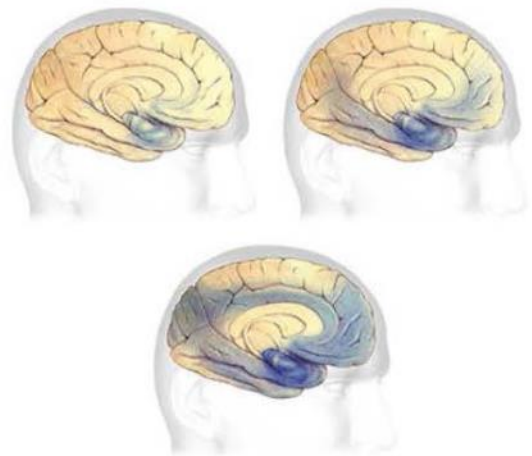
1. Plaques are deposits of a protein fragment called beta-amyloid (BAY-tuh AM-uh-loyd) that build up in the spaces between nerve cells.
2. Tangles are twisted fibers of another protein called tau (rhymes with "wow") that build up inside cells.

Though autopsy studies show that most people develop some plaques and tangles as they age, those with Alzheimer's tend to develop far more and in a predictable pattern, beginning in the areas important for memory before spreading to other regions.

Scientists do not know exactly what role plaques and tangles play in Alzheimer's disease. Most experts believe they somehow play a critical role in blocking communication among nerve cells and disrupting processes that cells need to survive. It's the destruction and death of nerve cells that causes memory failure, personality changes, problems carrying out daily activities and other symptoms

<https://www.alz.org/alzheimers-dementia/what-is-alzheimers>

Hotline for Alzheimer's 1-800-272-3900 www.alz.org/desjsepa



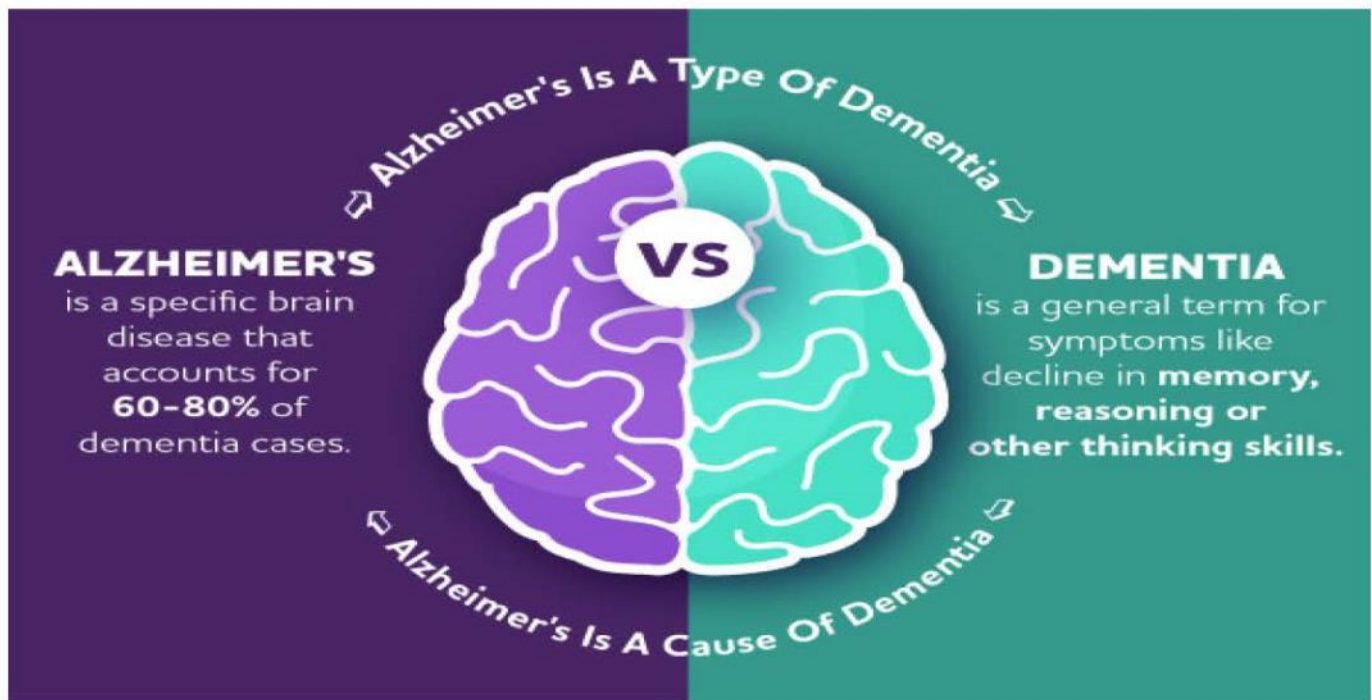
“The Lord your God who goes before you will himself fight for you, just as he did for you in Egypt before your eyes.”

Deuteronomy 1:30



Health Ministry





Dementia overview

Dementia describes a group of symptoms associated with a decline in memory, reasoning or other thinking skills. Many different types of dementia exist, and many conditions cause it. Mixed dementia is a condition in which brain changes of more than one type of dementia occur simultaneously. Alzheimer's disease is the most common cause of dementia, accounting for 60-80% of dementia cases.

Dementia is not a normal part of aging. It is caused by damage to brain cells that affects their ability to communicate, which can affect thinking, behavior and feelings.

Alzheimer's overview

Alzheimer's is a degenerative brain disease that is caused by complex brain changes following cell damage. It leads to dementia symptoms that gradually worsen over time. The most common early symptom of Alzheimer's is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first.

As Alzheimer's advances, symptoms get more severe and include disorientation, confusion and behavior changes. Eventually, speaking, swallowing and walking become difficult. There is no way to prevent, cure or even slow Alzheimer's disease.

<https://www.alz.org/alzheimers-dementia/difference-between-dementia-and-alzheimer-s>

Hotline for Alzheimer's 1-800-272-3900 www.alz.org/desjspea

“And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction.”

Matthew 9:35



Health Ministry

