



The Midweek

Wednesday, September 1, 2021

Getting Our Worship Muscles Back into Shape

I didn't make it to the gym during the two weeks we were on vacation. I admit that I thought about going to the gym. I even looked up where the gym was located. There was nothing keeping me from going to the gym except me. Skipping the gym during vacation may be acceptable, however, I only went to the gym once the week after we got back.

When I made the decision to go back to the gym it was like I had never gone before. I had trouble completing workouts. My breathing was not where it was before vacation, I ached in every way possible. After a few workouts, my body started to reacclimate to the movements of the workouts and the weight that I was using. A few more workouts later, I began to look forward to getting up in the morning and I began to feel my body get stronger.

We all have worship muscles. These muscles grow when we regularly gather for corporate worship and practice personal worship at home. We can build up our worship muscles when we pour our hearts out to God. We tone our muscles in the ways we surrender to God. We can flex our worship muscles by praising God in the storms in our lives.

Just as we can build up our worship muscles, those same muscle can also atrophy. When we regularly miss worship, we can forget how important it is to offer ourselves to God. When we skip the worship workout our focus begins to fade. We begin to look at the waves of the storm rather than looking at the Lord of the wind and the rain. Just as it is easy to make excuses to refrain from going to the

gym, as our worship muscles atrophy we can become comfortable outside of the worshipping Body of Christ.

This September is “Back to Church Month.” It’s been a long 18 months of a pandemic. We have a lot of reasons to have missed worship, but we must resist the temptation to believe we are better off on our own. As Christians, we are called to worship (corporately and privately) as a way to follow Jesus and to love the people God has put in our path. As we come back to worship, let us invite the Holy Spirit to strengthen us as we get our worship muscles back in shape!

Let’s Do This!



Welcome Dan Holt, Pastor of Congregational Care

The Staff-Parish Relations Committee at Avenue Church is pleased to announce the hiring of Dan Holt as the *Pastor of Congregational Care*. This is a part-time position. Dan is a retired Licensed Local Pastor from The East Ohio Conference of The United Methodist Church. He served as the pastor at Tiltonsville United Methodist Church for twelve years before retiring in April 2021. Dan is married to Marty and they moved to Milford in April 2021 to be closer to their children and grandchildren during retirement.

As *Pastor of Congregational Care*, Pastor Dan emphasis will be on the spiritual health and well-being of our congregation. He will be available for visitations, prayer, and encouragement. He will work with the Health Ministry as Avenue seeks to be a place to holistically grow in our relationship with God. Dan can be reached by calling 302-422-8111 or emailing him directly at dholt@avenueumc.com.

Please extend a warm Avenue welcome Dan and Marty!

Mask Are Recommended, But Not [Yet] Required

As our attendance numbers continue to increase and we head into the Fall, it is a good time to remind everyone of Avenue's COVID protocols. We want to remain vigilant and continue to create space that is safe and welcoming. Other than two Sundays, Avenue has been able to remain open for worship since July 2020. To continue, we need everyone to show care and concern for one another by putting others ahead of our own preferences.

We continue to ask that unvaccinated persons wear masks while in the building. This is one of the best way (along with social distancing) to mitigate the spread of COVID-19. Children, over the age of 2, who have not been vaccinated should also wear a mask while in worship.

An important part of our church family is the ability to hug, shake hands, and experiences positive physical touch. There is something healing about a hug. As we've learned in the last 16 months is that there is also a risk to physical touch. Please continue to practice social distancing as best as possible. The CDC recommends 3 feet of distance between households and people. Avenue continues to provide hand sanitizer throughout the building to help reduce the spread of germs.

We love seeing each of you on Sunday mornings. Let us continue to do our part to make it possible for us to come together in-person for worship. Let us not grow weary of doing good and caring for our neighbors around us.

Church Office Closed

The church office will be closed early the following days.

- ♦ Thursday, September 2nd at 1:00 p.m.
- ♦ Friday, September 3rd at 2:00 p.m.
- ♦ Monday, September 6th (all day)

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 download and use our “Avenue Church DE” App on your smart phone

PASTORAL CARE: If you or someone you know is in need of pastoral care, please call the church office at 422-8111 or by contacting Dan Holt, our *Pastor of Congregational Care*. You can email Pastor Dan directly at dholt@avenueumc.com.

CHURCH OFFICE HOURS: The Church Office is open Monday-Friday from 9:00 a.m. to 3:30 p.m. We asked that you use the main entrance to access the office during business hours. All guest will need to buzz in on the intercom to be let in.

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 HolzmueLLer Room prior to the sermon for a Bible Lesson and activities. They can be picked up in the HolzmueLLer Room 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, September 5th.**

SUNDAY SCHOOL VOLUNTEERS: We are looking for teachers/teacher assistants/youth helpers for Sunday School this year. All teaching materials and supplies are provided each week, all you will need is to bring your enthusiasm and desire to make a positive impact in the lives of the children at Avenue UMC. Sunday School is held during the 10:30 a.m. Contemporary Service and you can choose what week(s) you are available to help. We hope to have enough volunteers to ensure we have a pool of teachers/teacher assistants/youth helpers to serve on a rotating basis. If you feel led to help with the children's ministry, please contact us at: sundayschool@avenueumc.com. *“Train up a child in the way he should go: and when he is old, he will not depart from it”* (Prov. 22:6)

MILFORD LIONS CLUB: Milford Lions Club is collecting used eyeglasses. There is a donation box in the coat closet.

MEAL TRAIN AT AVENUE: Health Ministries is looking for folks in the Avenue family who like to cook and would like to prepare meals for those who are sick, who have had loved ones pass, or who have had new babies as a way to care for one another. We are using the website mealtrain.com to allow members to sign up. If you would like to receive emails when we need meals, you can email Sharon at sharonclendaniel@msn.com.

AVENUE PRESCHOOL: Avenue Preschool has an opening for a teacher in the beginners program. You must be certified in early childhood education to apply. The hours are Monday - Friday from 8:30 a.m.—12:30 p.m. with summers off. Please email your resume to office@avenuepreschool.org.

SUNDAY SCHOOL BEGINS SEPTEMBER 12TH (REGISTER NOW): We are so excited to have Sunday School up and running for the Fall as we help our children grow as disciples of Jesus. We will be using a similar model to SUMMER KICS where all students will meet and learn together. As the class grows, we will create additional classes based on age. To be consistent with our policies, unvaccinated children (and adults) should wear a mask while in the building and in Sunday School.

To help us with numbers (and determine if we need additional classes) please pre-register by emailing Patty Schockley at sundayschool@avenueumc.com.

JOIN OUR RIVERWALK OUTREACH TEAM: Milford's Riverwalk is on for September 18th and Avenue will be there. We are looking for a team of people to help plan our booth and be present to reach out to the community. Our goal is to meet our neighbors and share information about Avenue with them. If you would like to be involved, please contact Pastor Steve at srlamotte@avenueumc.com

AVENUE FALL KICK-OFF IS SUNDAY, SEPTEMBER 19TH: After a one-year absence because of COVID, we are planning a church-wide worship gathering and picnic on Sunday, September 19th under the tent in the lawn. Worship will begin at 10:00 a.m. and will be followed by a picnic outside. Mark your calendars and we'll provide more information in the coming weeks.

PRESENTATION OF THIRD GRADE BIBLES (3RD AND 4TH GRADERS): Avenue will be presenting Bibles to our 3rd Graders on **Sunday, September 19th at the 10:00 a.m.** at the Fall Kick-Off worship service. We realize that, because of COVID, we were unable to present Bibles to last year's 3rd Graders. If you have a 3rd or 4th Grader who would like to receive a Bible, please contact the church office with their name, grade, and what school they are attending by emailing Kelly at churchoffice@avenueumc.com

HELP FOR HAITI: If you're like us, you've been praying for the nation of Haiti since Saturday's devastating earthquake. There is the opportunity to give to UMCOR in order to support the relief efforts underway there. UMCOR stands for The United Methodist Committee on Relief. UMCOR is a long-standing agency providing excellent relief work and financial accountability. Local churches provide all the administrative costs of the organization, meaning 100% of your designated giving goes to where it is sent. UMCOR is often one of the first on the ground after a disaster and one of the last organizations to leave.

There are several ways that you can donate to UMCOR. You can go on our website and use our online giving option. Choose the "UMCOR-HAITI" fund in order to donate. You can also give to Avenue through a check with "UMCOR- HAITI" in the memo. Avenue will collect the funds and make the donation to UMCOR. You can also go to www.umcmmission.org and give directly to UMCOR and the relief effort in Haiti.

UMW BOARD MEETING: The next UMW Board Meeting will be on **September 7th** at 3:00 p.m. in the Grier Room.

ESTHER CIRCLE: Esther Circle will be hosting a covered dish dinner on **Wednesday, September 8th at 5:30 p.m.** at the home of Bonnie Glenn on Canterbury Road. All AUMC Circle members as well as the UMW Board are invited to attend. Please consider joining us for a wonderful evening of food and fellowship. Please RSVP Gerry Morris at (302) 422-5009, **before September 6th.**

DISCIPLESHIP OPPORTUNITIES

SUNSHINE BIBLE CLASS: The Sunshine Bible Class for adults led by Rev. John Van Tine, retired, is meeting in the Grier Room at 10:15 a.m. Our study for September is “Outside In.” The lesson for September 5th is “Hospitality to Strangers” based on Jeremiah 29:4-14; September 12th lesson is “Being Bold to Join” based on Luke 7:36-50; September 19th lesson is “Opening the Door to Christ” based on Galatians 2:11-21; and September 26th lesson is “Citizens of God’s Household” based on Philippians 3:2-21; Ephesians 2:19-22. Plan to join us in the Grier Room for these exciting lessons.

September is Pediatric Month

Back to School Blessing by Rev. Marilyn E. Thornton

*Bless my paper and my pen, guide my spirit deep within.
Help me think and help me play, this whole school year, day by day.*

*As I move from class to class, guide my footsteps; clear my path.
Keep my tongue to speak your words, let your will for me be heard.*

*In every subject high or low, may God's excellence be shown.
Keep me strong to reach the prize, to grow in grace, becoming wise.*

*Whether far from home or near, may I hold God's precepts dear.
To do my best at every task; for this blessing, I do ask.
Help my family be a part as I lift my mind and heart.*

*As I study, work, and pray, be with them throughout the day.
Of whom much is given, much is required. May his learning be my greatest
desire."*



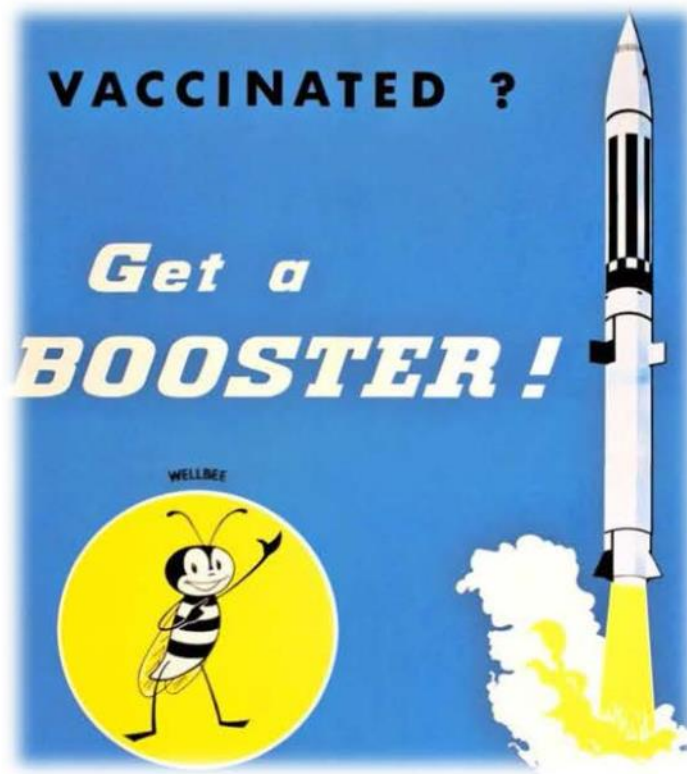
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**“If any of you lacks wisdom, you should ask God, who gives
generously to all without finding fault, and it will be given to you.”
James 1:5**



Health Ministry





If you are **immune comprised**, please contact your pharmacy for your **Moderna vaccine booster** or your **Pfizer vaccine booster today!** Below are listed a few of the pharmacies providing boosters.

- In Milford, Kent Pharmacy is providing the Moderna boosters for the immune compromised. 302-491-6886.
- Walgreens in Lewes and Middletown are also providing the Moderna boosters.
- Walgreens in Milford is providing the Pfizer booster for the immune compromised 302-424-6300.



Avenue United Methodist Church has agreed to host a flu vaccine clinic at the church on **Sunday, October 10, 2021** from 10 a.m.-12 p.m.

Walgreens will be providing flu vaccines both the regular dose, for individuals 4-64 years of age and high dose, for individuals 65 and over.

We need a **minimum of 25 people** to have the flu vaccines provided to us at no cost.

Please sign up with your name, address, phone number and age before October 1st. (forms are in the foyer) We need to have an accurate count to ensure the proper amount of dosages are available for each age group!

Thank you!

ANNIVERSARY GREETING TO:

- **Jerry and Margie Tucker** who will celebrate their **53rd** anniversary on **September 14th**.
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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. Joseph Archie), Bishop Peggy Johnson, and The United Methodist Church
- The Pastors, Staff, and Leadership of Avenue United Methodist Church
- Pray for Haiti as they recover from Saturday (8/21) earthquake.
- Pray for the people of Afghanistan.

PRAYER REQUEST:

Noah Attix
Frank & Frances Beebe
Brenda Beissel
Bob Cage
Charlene Johnson Cannon
Jack & Denny Collins
Luisa & Billy Combs
Lauren Connell
Susan Cooper
Craig
Rick Crump
Julie Dally
Joanna Denney-Turner
Michael Dougherty
William Ernst
Ken Fechter
Charlie & Barbara
Fleetwood
Jayne Frank
Gail & Jeffrey
Alina Guido
Matt Hall
Al Hanna
Dave Harris
Beverly Harrison
Cindy Horsman
Karl Isele
Ron Ivory
David Johnson
Dean Johnson
Justin

Linda Kemp
Doris Koon
Rhoda & Greg Kurz
Jean Layton
Jean Layton's Grandson
Nancy Lee
Brittany Poore Little
Jack & Zelda McDuff
Reagan McGovern
Sonny Meck
Tiffany Medlin
Frank Mentusky
Susie Miller
Orville Mills
Kathryn Avery Mitchell
Tiffany Mitchell
Stan Moody
Susan Morgan
Jason Neall
Ariel Ownes
Laurel Pastor
Patty R
Millie Remick
Roy Rigby
Dick Roberts
Lorna Rosella Rulona
Phil Saint
Richard Sapp
Alice Sellers
Vicki Shultes
Roland Simms

Racheal Simesak
Gary Simpson
Linda Singleton
Samuel Smith
Dave Stratton
Joan Wadman
Lloyd Webb
TJ Webb
Betty Ziesel