



The Midweek

Wednesday, January 26, 2022

Servant Leaders Recognized at Avenue

This past Sunday we recognized some individuals who embody the kinds of ways that disciples of Jesus engage in ministry to the world. These individuals are examples of Servant Leadership modeled after Jesus in the Gospel of John when Jesus gets on his hands and knees and washes his disciple's feet. These leaders serve with humility, grace, and love. Avenue has a long history of recognizing these servant leaders who set the example and lead the way through their actions. We call this the Lay Laureate Award.

2021 Lay Laureate Award | Beth Parker



I had the privilege of serving with our 2021 award recipient in the Spring of 2006 when a Volunteers in Mission Team from Avenue Church traveled to Biloxi, Mississippi to assist with the recovery efforts following Hurricane Katrina. This was the first time I was able to witness Beth Parker's heart for Jesus and in serving others in mission.

Beth serves in so many ways around the church and community- the one area that she would be most recognizable in is her work with the United Methodist Women. Beth has served for many years with the UMW and as the President of the United Methodist Women. This call to mission is in Beth's DNA and she has helped make it part of the DNA of the United Methodist Women here at Avenue Church.

2020 Lay Laureate Award | Dave and Bev Reynolds



Our 2020 Lay Laureate Award winners arrived in Milford about 6 years ago and have become immersed in activities and ministries not only at Avenue but also throughout the Milford community. They both volunteer at the Milford Community Food Pantry and serve on our Greeter team. Dave Reynolds has led a Bible Study and is always involved in the Methodist Men's Pancake Breakfast. During the Yard Sale, Bev Reynolds has played an integral role in the Clothing area and Dave has lent his muscle to hauling items and many other needs. About 4 years ago they both participated in the Walk to Emmaus.

They serve the community through the Milford Lions Club where Dave is currently President and Bev on the Board of Directors. Bev coordinates service to the Veterans home and Union Cemetery as well as being responsible for Eyeglass Collection. They both are highly involved in the Lions Spaghetti Dinner and frequently volunteer at the monthly Mobile Food Pantry Distribution in Georgetown. Additionally, Bev volunteers at Bayhealth Sussex Campus and Dave at the Milford Public Library. Whatever job needs done whether it be at Avenue or in the community, they are always willing servants.

2019 Lay Laureate Award | Tom Chilton



Our 2019 Lay Laureate recipient likely holds the record for most nights spent asleep at Avenue Church. Tom Chilton, and his wife Henrietta, came to Avenue in 2007. It did not take long for Tom to get involved in the church and in serving the community. He has worked in the Reading Assist, mentoring Elementary students for 9 years. He has helped prepare Income Taxes through AARP for Senior Citizens for more than a decade. Tom serves his HOA and helps his neighbors by fixing lawn mower and other maintenance tasks. Tom also serves with Meals on Wheels.

Tom is maybe most known for his work with CODE PURPLE. CODE PURPLE is a cold weather shelter here at Avenue for homeless men in our community. Tom has spent many nights, including last night, here at the church so that these men have a place to stay. Any time I run into a guest who has acquired housing after Code Purple, they always ask how Mr. Tom is doing.

Henrietta asked Tom why he serves in so many ways and Tom replied, "Life has been so good to me, so I have to give something back. It is the right thing to do."

As we continue to roll-out the Discipleship Pathway, living out our faith through serving is integral to the life of a disciple and the church. We are committed to developing ministries that

meet the physical and spiritual needs of our neighbors in Milford and beyond.

Sow Much Love,

Pastor Steve

Opportunities to Serve at Avenue

It's a new year and there are new opportunities for you to serve on Sundays and get connected at Avenue! There will be more opportunities within and without the church in the future. Check out some of the areas below and use your gifts and talents!

- **Connections Ministries:** We are looking for people with the gift of hospitality to help make a welcoming environment at Avenue. You can contact Karen at careercounselorde@gmail.com
- **Fusion Leader:** We are looking for adults who are passionate about Jesus and helping teens connect to their faith. Contact Pastor Steve at srlamotte@avenueumc.com
- **Health Ministries:** Assist with education and follow-up with those in recovery from illness and surgeries in our church. If interested, contact healthministry@avenueumc.com
- **Music Ministries:** Love to sing or want to ring bells? Check out the opportunities with the Music Ministry of Avenue by contacting Kevin Chamberlain at kbchamberlain@avenueumc.com
- **Safety Team:** This team looks after Avenue members in the parking lot and through the building by providing a helping hand. If interested, contact John Horsman at john.horsman@delaware.gov
- **Tech Team:** Interested in helping run our Audio/Video Team? We are looking for individuals to help run our projection software and be a camera operator. Email srlamotte@avenueumc.com to get connected.
- **Worship Team:** Play an instrument? Sing? We are currently looking to grow our team that leads worship on Sunday morning. Contact srlamotte@avenueumc.com if interested.

Trustees Approve Replacing Office/Portico Roof and HVAC

If you've been on the backside of the church office suite, you may have noticed that the portico roof is in severe disrepair. That's probably being generous as parts of the roof are falling in. This is not only a safety hazard, but an insurance liability as well.



The portico is the porch between the sanctuary and the choir room, but the roof extends over the church offices which go all the way to the catwalk. This section of roof will need to be taken off and replaced. In addition, the HVAC system that sits on top of that same roof is around 20 years old. This system provides air conditioning for the sanctuary and offices. It frequently failed last summer.

The Trustees have approved the replacement of both the roof and the HVAC system. This will cost an estimated **\$185,000**. Church Council has approved the reallocation of \$135,000 earmarked for upgraded flooring in the Education Wing to the Portico Roof/HVAC project. The balance of the project can be paid out of our Building Fund.

As the project would deplete our Building Fund, the leadership at Avenue will be looking at ways to raise funds for the building to ensure that we can keep the building in good repair. Our facility is large and in regular need of maintenance and upgrades. There will be a date in the month of February to hear more about this project and other possible projects that the Trustees are working on.

If you have questions about the project, please contact our Trustees Chairperson, Greg Abbott (gregabbott07@comcast.net), or Pastor Steve (srlamotte@avenueumc.com)

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 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

GIVING ENVELOPES FOR 2022 HAVE ARRIVED! Giving envelopes are in Fellowship Foyer for you to pick up. If we missed you and you would like envelopes, please tell us. If you do not wish to have your envelopes because you have recently switched to PushPay (or another reason) please tell us. And if you are still reluctant to pick them up and would prefer home delivery, please call the church office. All requests should be made to Kelly at the office, 302-422-8111. *Thanks, Harriet and June*

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.

TORNADO RELIEF FOR KENTUCKY THROUGH UMCOR: The United Methodist Church Committee on Relief (UMCOR) is on the ground providing assistance in Mayfield, Kentucky, and other areas devastated by the recent tornadoes. The best way to help at this time is through monetary donations rather than physical items. 100% of your designated gift to UMCOR goes to where you direct it. If you would like to help, please make your check payable to Avenue United Methodist Church with "Advance #901670" in the memo line. You can also give online by selecting the Fund "UMCOR-Kentucky."

TAI CHI: Tai Chi is a great way to build up core strength and balance with decreased stress on joints. Please join us **Tuesday's and Thursday's at 9:00 a.m.—10:00 a.m. in Fellowship Hall.** No fees!

JOB OPENINGS - NURSERY WORKERS: We are looking to re-open our nursery and are in need of additional nursery attendants. Interested parties must be available on Sundays from 8:30 a.m. through Noon. Attendants must complete a background check. CPR certification is recommended. This is a paid position. Please email your resume and a cover letter to srlamotte@avenueumc.com

CONFIRMATION 2022 | A FIRM FOUNDATION: We are calling out to all 7th and 8th grade students as we prepare to begin a new year of Confirmation Classes. Confirmation is a journey for 7th/8th grade students to explore what it means to be a Christian and to have the opportunity to claim their faith on their own and becoming a member of Avenue United Methodist Church.

Classes will begin January 30th and we will meet at least once a month on Sundays at 4:30 p.m. Confirmation students are expected to attend all classes (there is some grace) and be a regular participant in worship. Students will have some work to do during the process, and we'll have a good time while we are at it. Students will be confirmed on June 5, 2022, which is Pentecost Sunday. Please email Pastor Steve at srlamotte@avenueumc.com to register for Confirmation Class 2022.

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. If you would like to receive emails when we need meals, you can email Sharon at sharonclendaniel@msn.com or call at (302) 390-6368.

MILFORD COMMUNITY PANTRY: As we begin a new year I want to send a message of gratitude to everyone who supports the Pantry. Your prayers, your help, your donations all make a difference in our success. Remember to use [Smile.amazon.com](https://smile.amazon.com) and select Milford Community Pantry, Delaware when ordering. Once you set it up you don't need to enter the Pantry; Amazon knows who you support... isn't that great!!

UNITED METHODIST WOMEN: Thank you, thank you. A very big thank you to everyone who helped make eye glass cases, buy eye glass cases, buy and donate suitcases, organize and put cases on glasses and organize into suitcases and carry suitcases. We have not heard from Donna and Jonathan Baker yet, but I will keep everyone up to date on the response from them. I keep picturing the women setting up their bakery and children and adults having their eyes protected from the sun and being able to read better. Thank you, Pastor Steve, for your words of blessing for the Bakers, their travels and the projects. We are so blessed and fortunate and I rejoice in being able to help those in need with something so simple. Many hands were needed and appreciated. *Thanks from Avenue United Methodist Women*

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 January is "Wonder." The lesson for January 30th lesson is "Joining the Choir of Angels" based on Revelation 19:1-10. Plan to join us in the Grier Room for these exciting lessons.

SISTERS BIBLE STUDY: We will continue our study "Angels" by David Jeremiah/. Join us and bring a friend. We will meet on **February 1st** at 10:00 a.m. in the Grier Room, so please be a few minutes early.

CODE PURPLE: CODE PURPLE provides shelter for homeless men and women during the winter months. This will be the fifth year that Avenue has been a CODE PURPLE site for homeless men in the Milford area. Avenue provides shelter in the Wesley Room from December 1st through March 15th. We desperately need male volunteers to be overnight host at Avenue Church. Each shift is from 8:15 p.m. until 7:00 a.m. Arrangements can be made in the morning

if you need to leave earlier than 7:00 a.m. If you are interested in serving, please contact Tom Chilton at chilto@aol.com

DISCIPLESHIP PATHWAY: At Avenue we strive to GROW. We want to be disciples that are growing in our faith, love, and service. If you are interested in becoming part of our Discipleship Pathway (intentional effort to provide pathways to growth) as a leader or participant in a growth group, just text the word PATHWAY to (302) 205-1215. You will receive texts about our upcoming listening, planning and equipping gatherings.

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AVENUE UNITED METHODIST CHURCH

Discipleship Pathway >>>

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a growth group?
**Just text "Pathway" to
(302)205-1215**

Healthy living

Fast facts on calorie intake and use

- Recommended calorie intake depends on factors such as age, size, height, sex, lifestyle, and overall general health.
 - Recommended daily calorie intakes in the US are around 2,500 for men and 2,000 for women.
 - Eating a big breakfast could help with weight reduction and maintenance.
 - The brain uses around 20 percent of the energy used in the human body.
 - Factors affecting ideal calorific intake include age, bone density, and muscle-fat ratio.
 - A 500-calorie meal consisting of fruits and vegetables has more health benefits and will keep you feeling full for longer than a 500-calorie snack of pop
- <https://www.medicalnewstoday.com/articles/245588#recommended-intake>



Activities

- Here are some examples of activities and the calories they can help you burn in 30 minutes. The estimates are for a person weighing 125 pounds.

Activity	Calories burned
Lifting weights	90
Aqua aerobics	120
Walking at 4.5 miles an hour	150
General swimming	180
Running at 6 miles an hour	300
Computer work	41
Sleeping	19

TIPS for eating

- Eat three healthy meals a day (breakfast, lunch, and dinner); dinner does not have to be the largest meal.
- The bulk of food consumption should consist of healthy foods, such as fruits, vegetables, whole grains, and fat-free or low-fat milk products.
- Incorporate lean meats, poultry, fish, beans, eggs, and nuts into a healthy diet.
- Choose foods that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars;
- Control portion sizes; eat the smallest portion that can satisfy hunger and then stop eating.
- Healthy snacks are OK in moderation and should consist of items like fruit, whole grains, or nuts to satisfy hunger and not cause excessive weight gain.
- Avoid sodas and sugar-enhanced drinks
- Do not eat to relieve depression

Choose a diet program that meets your life style! Find a healthy eating partner to make it easier.

“Therefore encourage one another and build each other up, just as in fact you are doing.”

1 Thessalonians 5:11

ANNIVERSARY GREETINGS TO:

- **Gilbert and Joan Emory** who will celebrate their **69th** anniversary on **January 31st**.

CONGRATULATIONS TO:

- Drew and Kellie Fox on the birth of their son, Jack Bennett Fox, who was born on January 14, 2022.

PLEASE KEEP IN YOUR PRAYERS:

- Those affected by the COVID-19 Pandemic.
- Our local, national and world leaders.
- Our District Superintendent (Rev. Joseph Archie), Bishop LaTrelle Easterling, and The United Methodist Church.
- Our Pastors, staff, and leadership of Avenue United Methodist Church.
- Prayers for those working in our local health systems as they enter emergency care protocols.

PRAYER REQUEST:

Brenda Beissel	Dean Johnson
Carmen Castro	Joie
Manuel Castro	Wayne Klaus
Natashia Castro	Jack & Zelda McDuff
Luisa & Billy Combs	Joanne McKay
Rick Crump	David and Judy Passwaters
Joanna Denney-Turner	Larry Passwaters
Charlie & Barbara	Ron Payne
Fleetwood	Millie Remick
Sam Hanna	Roy Rigby
Dave Harris	Carol Ritter
Beverly Harrison	Serra and Emre
Jerry Jackson	Lexi Silicato
David Johnson	Joan Wadman