



The Midweek

Wednesday, February 9, 2022

Fully Engaged

A couple of weeks ago during the State of the Church Address, I mentioned a word to help focus our ministry and mission in 2022. The word for 2022 is ENGAGE.

For much of the last eighteen months, we have been waiting for the COVID-19 crisis to pass. We long for a return to a semblance of normalcy. As the pandemic has progressed, it has become increasingly clear that there will be no return to normal. We are living in a new normal where new changes and disruptions should be expected. The question for our church (and any church) is this: How do we ENGAGE in ministry in this new normal? As disciples of Jesus Christ, how do we ENGAGE in deepening our obedience to the teachings of Jesus?

Discipleship is a lifestyle that invites us to engage the teachings of Jesus. In the Great Commission (Matthew 28:18-20), Jesus instructs the disciples to ENGAGE in the work of disciple-making. They are to engage in making disciples, baptizing, and teaching them to obey *everything* Jesus commanded. If this is the mission we are called to, then we must also live out the same standards. *Disciples of Jesus daily surrender their lives to Jesus, have been baptized and daily seek to live*

out their baptismal vows, and they daily seek to put into practice the teachings of Jesus.

Our Discipleship Pathway is built on the idea of engagement. It is not a program. *Know, Grow, Go* is a guide to help us engage in the life and ministry of a disciple. When we engage in **Knowing God** reminds us that we are called to daily surrender our lives to God, not just for an hour on Sunday morning. **Growing in Jesus** instructs us that we are to mature in our obedience to the teachings of Jesus. **Go Empowered by the Spirit** invites us to invite others to live as disciples. This is both the private life of a disciple and the communal life of the church as we live as the Body of Christ.

As we grow together in 2022, let us intentionally ENGAGE in the life and ministry of a disciple of Jesus Christ together!

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 career counselorde@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. 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 \$133,000 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)

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.

AVENUE UNITED METHODIST CHURCH

Discipleship Pathway >>>

Interested in leading or joining
a growth group?

**Just text "Pathway" to
(302)205-1215**

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

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.

WELCOME GATHERING SUNDAY, FEBRUARY 13th @ 11:45 A.M.: New to Avenue Church and want to get better connected? Join us for our Welcome Gathering on Sunday, February 13th at 11:45 a.m. in Fellowship Hall. Over coffee and refreshments, you'll have the opportunity to interact with our pastoral team and hear more about the future of Avenue Church. RSVP to Kelly at churchoffice@avenueumc.com

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 ASSISTANT: We are looking to re-open our nursery and are in need of additional nursery assistants. Interested parties must be available on Sundays from 8:30 a.m. through Noon. Assistants 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

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 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!!

UMW NEWS: There will not be any UMW circle meeting (Esther, Mary Martha and Sarah) in February. Meeting dates for March will be posted soon.

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 10:15AM. Our study for February is “Show and Tell.” The lesson for February 13th lesson is “Making God’s Light Visible” based on Matthew 5:14-16; February 20th lesson is “Informing, Transforming Faith” based on James 1:19-27; and February 27th lesson is “The Great Commission” based on Matthew 28:16-20. 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 15th** at 10:00 a.m. in the Grier Room, so please be a few minutes early.

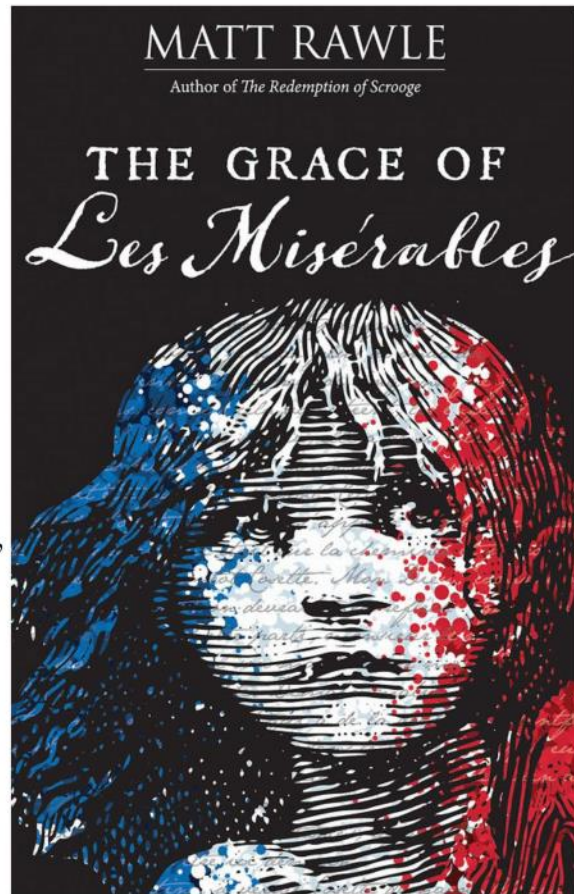
DISCIPLESHIP PATHWAY: At Avenue we strive to GROW. We want to be disciples that are growing in our faith, love, and service. If you are interested in becoming part of our Discipleship Pathway (intentional effort to provide pathways to growth) as a leader or participant in a growth group, just text the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

NEW BIBLE STUDY: The Grace of Les Misérables

The Music Ministry will be sharing a 6-week Lent Bible Study called *The Grace of Les Misérables*, beginning Tuesday, March 8th at 6:30 p.m.

This Lent ponder the themes of justice, poverty, freedom, and love.

Victor Hugo's *Les Misérables* is a truly epic story. Whether you've read the novel, seen the Broadway musical, heard its soundtrack, or seen the several screen adaptations, you already know the power in the story. Author and pastor Matt Rawle dives into six ideals found in the story—**Grace . . . Justice . . . Poverty . . . Revolution . . . Love . . . Hope**—each represented by a character in Hugo's story.



In keeping with his previous works, Rawle brings us to the intersection of Church and Pop Culture by drawing parallels between the iconic story and musical and our Christian calling, inspiring us to both understand our faith and live it out in the world.

Please join us for this study.

Study Guides will be available.

A sign-up sheet will be in the Fellowship Foyer or you can contact Kevin B. Chamberlain via email at KBChamberlain@avenueumc.com

How does heart disease affect women?

- Heart disease is the leading cause of death for women in the United States, are about **1 in every 5** female deaths.
- About **1 in 16** women age 20 and older (6.2%) have coronary heart disease.



What are the symptoms of heart disease?

Although some women have no symptoms, others may have

- Angina (dull and heavy or sharp chest pain or discomfort)
- Pain in the neck, jaw, or throat
- Pain in the upper abdomen or back

These symptoms may happen when you are resting or when you are doing regular daily activities.

Women also may have other symptoms, including

- Nausea
- Vomiting
- Fatigue

Sometimes heart disease may be “silent” and not diagnosed until you have other symptoms or emergencies, including

- **Heart attack:** Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath
- **Arrhythmia:** Fluttering feelings in the chest (palpitations)
- **Heart failure:** Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins

If you have any of these symptoms, **call 9-1-1 right away.**

What are the risk factors for heart disease?

High blood pressure, high LDL (low-density lipoprotein) cholesterol, and smoking are key risk factors for heart disease.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including

- Diabetes
- Having overweight or obesity
- Eating an unhealthy diet
- Physical inactivity
- Drinking too much alcohol

<https://www.cdc.gov/heartdisease/women.htm>



“God is in the midst of her, she will not be moved; God will help her when morning dawns.”

Psalms 46:5

I've heard friends talk about Zumba. What does it involve, and is it an effective workout?

Answer From Edward R. Laskowski, M.D. Mayo Clinic

Zumba is an aerobic activity that can count toward the amount of aerobic activity recommended for most healthy adults by the Department of Health and Human Services.

Aerobic exercise can reduce health risks, help maintain a healthy weight, strengthen your heart and boost your mood. If you enjoy Zumba, you are also more likely to do it regularly and experience its benefits as an aerobic exercise.

<https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/zumba/faq-20057883>



Zumba classes every Thursday 5:30 PM – 6:30 PM

Classes are being held at Avenue United Methodist Church

Fellowship Hall

LaTasha Gibbs, Instructor

Cost- \$3.00 cash each class!!

Come and join us

Classes Start March 3rd

What has the Health Ministry Team scheduled for you?

- ♦ First Sunday in the month starting March 2022- Blood Pressure screening
- ♦ First Sunday in March, meet your Health Ministry team and their specialty area, plus play with a Trainer AED to see how it works.
- ♦ Tia Chi Tuesday and Thursday mornings at 9 a.m. in Fellowship Hall (For the quiet stretch exercise) Henrietta Chilton and Rachel Susen instructors
- ♦ Zumba Thursday at 5:30 p.m.-6:30 p.m. for **\$3.00** a class (fast Pace exercise) La Tasha Gibbs, instructor
- ♦ Friday, April 1st have brunch with an attorney from Procino-Wells & Woodland, LLC for Estate Planning

⇒ Review these sites to be prepared to ask your questions

Coffee & Counsel, Elder Law Series: Part One - <https://attendee.gotowebinar.com/recording/661783274085087760>

Coffee & Counsel, Elder Law Series: Part Two - <https://attendee.gotowebinar.com/recording/1646140850215671564>

Coffee & Counsel, Elder Law Series: Part Three - <https://attendee.gotowebinar.com/recording/164116823872630022>

- ♦ May 5th from 12 p.m.-5 p.m. we will be sponsoring a Blood Drive with the Blood Bank of Delaware

ANNIVERSARY GREETINGS TO:

- **Josh and Elaine Willey** who will celebrate their **64th** anniversary on **February 15th**.

SYMPATHY TO:

- Todd Stevenson and his family on the passing of his mother, Nancy Stevenson on Friday, January 28, 2022.
- Kathy Rumery and her family on the passing of her mother, Jacquelynn Reamer.

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.

PRAYER REQUEST:

Carol Badenoch
Brenda Beissel
Joy Benham
Luisa & Billy Combs
Rick Crump
Charlie & Barbara
Fleetwood
Beverly Harrison
Jerry Jackson
David Johnson
Dean Johnson
Wayne Klaus
Jack & Zelda McDuff
Joanne McKay

David and Judy Passwaters
Ron Payne
Millie Remick
Roy Rigby
Bill Smar
Sandy S.
Joan Wadman