



AVENUE  
UNITED METHODIST CHURCH

## *The Midweek*

*Wednesday, February 16, 2022*

### **What's love got to do with it?**

Some of you may remember hearing this question sung on the radio (by Tina Turner) in the late 80s. As we celebrated (or avoided celebrating) Valentine's Day this week, we all saw the empty aisles at the stores that were once teeming with chocolates, stuffed animals and all sorts of heart shaped things (which were already on display right after Christmas!).

What's love got to do with it?

If you are a part of the body of Christ, EVERYTHING.

Here are the words of Jesus: "I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another."  
*John 13:34-35*

I wonder what "the church" is known for? What do people think of when you mention "church"? What do people think of when you mention "Christians"?

Jesus was pretty straightforward in pointing out that love was a commandment. This commandment was even further explained by Jesus when he said "as I have loved you, you should love one another."

That is a WHOLE lot of love. That is NEXT LEVEL LOVE!

In the long run, may we not just be known for how much we had, how much we did, how much we knew... in the long run, may we be remembered by how much we loved.

“By this everyone will know that you are my disciples”, not by our accomplishments, intellect, power, popularity, or wealth... but by our love.

As we go through our day, week, and life, how will we be remembered?

With the help of the Holy Spirit, may we be known for our Christ-like love!

In His love,

*Neyda*

## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:gregabbott07@comcast.net)), or Pastor Steve ([srlamotte@avenueumc.com](mailto: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](https://facebook.com/avenueumc)) and Youtube ([youtube.com/c/avenueunitedmethodistchurch](https://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](mailto:dholt@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](mailto: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](mailto: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!!

**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 20<sup>th</sup> lesson is “Informing, Transforming Faith” based on James 1:19-27; and February 27<sup>th</sup> 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 22<sup>nd</sup>** at 10:00 a.m. in the Grier Room, so please be a few minutes early.

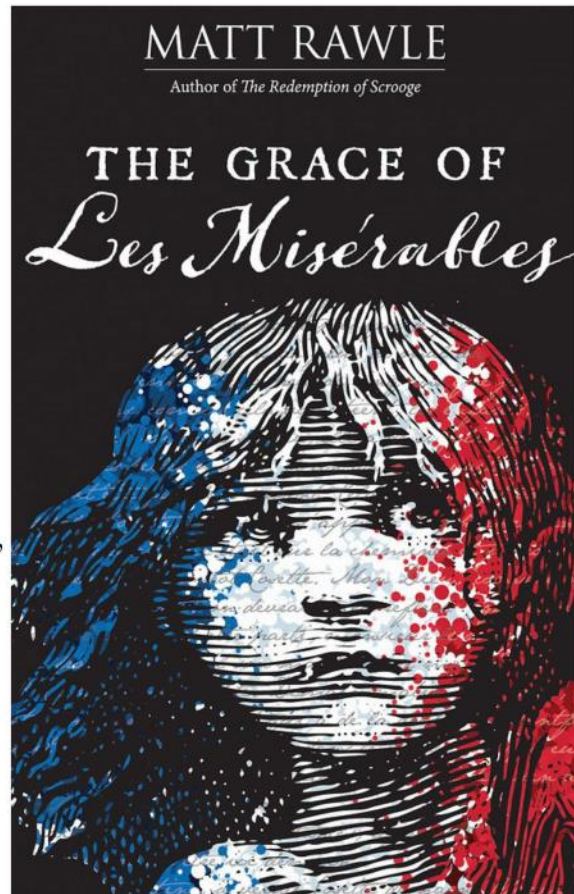
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## NEW BIBLE STUDY: The Grace of Les Misérables

The Music Ministry will be sharing a 6-week Lent Bible Study called *The Grace of Les Misérables*, beginning Tuesday, March 8<sup>th</sup> 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](mailto:KBChamberlain@avenueumc.com)



## How does heart disease affect men?

- Heart disease is the leading cause of death for men in the United States, killing about 1 in every 4.
- About 1 in 13 (7.7%) white men and 1 in 14 (7.1%) black men have coronary heart disease. About 1 in 17 (5.9%) Hispanic men have coronary heart disease.
- **Half of the men who die suddenly** of coronary heart disease had **no previous symptoms**. Even if you have no symptoms, you may still be at risk for heart disease.

## What are the symptoms of heart disease?

Sometimes heart disease may be “silent” and not diagnosed until a man experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include

- 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.

## What are the risks for heart disease?

In 2013–2016 47% of men had hypertension, a major risk factor for heart disease and stroke. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use <https://www.cdc.gov/heartdisease/men.htm>



## To reduce your chances of getting heart disease, it's important to do the following:

- Know your blood pressure. Having uncontrolled blood pressure can result in heart disease. High blood pressure has no symptoms so it is important to have your blood pressure checked regularly. Learn more about high blood pressure.
- Talk to your health care provider about whether you should be tested for diabetes. Having diabetes raises your risk of heart disease.<sup>9</sup> Learn more about diabetes.
- Quit smoking. If you do not smoke, do not start. If you do smoke, learn ways to quit.
- Discuss checking your cholesterol and triglyceride levels with your health care provider. Learn more about cholesterol.
- Make healthy food. Having overweight or obesity raises your risk of heart disease. Learn more about overweight and obesity.
- Limit alcohol intake to one drink a day. Learn more about alcohol.
- Lower your stress level and find healthy ways to cope with stress. Learn more about coping with stress. <https://www.cdc.gov/heartdisease/men.htm>

**“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”**

**Romans 12:1-2**



## **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 START ON MARCH 3<sup>RD</sup>**

**Every Thursday from 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**

## 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
- ♦ Thursday, March 3<sup>rd</sup>—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 1<sup>st</sup> 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 5<sup>th</sup> from 12 p.m.—5 p.m. we will be sponsoring a Blood Drive with the Blood Bank of Delaware

**BIRTHDAY GREETINGS TO:**

- **Sue Hatfield** who will celebrate her **92<sup>nd</sup>** birthday on **February 25<sup>th</sup>**.

**SYMPATHY TO:**

- Kathy Rumery and her family on the passing of her mother, Jacquelyn Reamer.
- Taylor Rigby Bowman and family on the death of her father, Roy Rigby on February 8, 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.

**PRAYER REQUEST:**

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

David and Judy Passwaters  
Ron Payne  
Millie Remick  
Bill Smar  
Sandy S.  
Joan Wadman  
Dennis Yates