



AVENUE
UNITED METHODIST CHURCH

The Midweek

Wednesday, February 23, 2022

FOMO

Have you ever experienced FOMO?

FOMO is the Fear Of Missing Ot. It is human nature to want to know what is going on, where the action is, what the latest news, trend, show or event is. Some people go to great lengths to be at the center of whatever is going on. As children, we didn't want to miss out on fun and would try to stay awake (even though our eyelids were heavy with sleep). As teens, we tried hard to be cool and not miss out on the newest fashion trend, musical band, or latest technology. As adults we still like being invited, being part of, or, at least, being aware of, things that happen at the office, workplace, community or with family. I am a huge Hamilton (musical by Lin Manuel Miranda) fan. I find myself singing "In the room where it happens" often. This song talks about not just knowing what is going on, but being part of making it happen. We've all experienced FOMO at some point.

Yet, how easy it is for us to totally miss out on what God is doing around us! Many years ago I did a study by Henry Blackaby called Experiencing God. In that study, we were reminded that God is ALWAYS AT WORK. Even when it seems nothing is happening,

God is at work. Let's be alert, aware and sensitive to what God is doing around us, with us and in us.

This Sunday we will read about a time when FOMO paid off! A small group of disciples got to see the glory of God, a supernatural event... because they stayed awake (even though they were dead tired). Let's keep our eyes open to what God may be doing around us today!

*John 5:17 ~
But Jesus answered them,
“My Father is still working, and I also am working.”*

Pastor 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 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
- **Praise 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.
- **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.

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)

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.

PASTOR STEVE ON VACATION: Pastor Steve will be away on vacation from **February 18th** to **February 27th**. Please get in touch with Pastor Dan Holt or Pastor Neyda Albarran if you need pastoral care or assistance. Pastor Steve will be back in the office on **Monday, February 28th**.

ASH WEDNESDAY WORSHIP: Ash Wednesday, **March 2nd** marks the beginning of the season of Lent.

- *Ashes will be imposed* on March 2nd from 7:45 a.m.—9:00 a.m. in the sanctuary. You may come in and spend time in prayer. A pastor will be on hand to impose ashes as you begin your day.
- *Ash Wednesday Service* will be held in the Sanctuary at 6:30 p.m. The service will be an opportunity to begin Lent with repentance, seeking God’s forgiveness for our sin.

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

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.



The Avenue United Methodist Women donated snacks to the employees at Bayhealth Hospital in appreciation for their dedication to the patients in their care and for the personal sacrifices they make every day to ensure healthcare for our community, especially during the pandemic.

Volunteer Day at Camp Pecometh

Where: Pecometh Camp & Retreat Ministries, Centreville, Maryland

When: Saturday, April 23, 2022; 8:00 am-4:30 pm

Who: Youth and Adult Volunteers (Parents/Guardians must accompany children)

Why: It's a lot of work getting Pecometh ready for summer! Volunteer Day is a chance for adults, youth, and kids to come help - all while spending a day of fellowship and enjoying the spring weather. In the middle of the day, we'll all take a break from the hard work and enjoy a cookout lunch at the Picnic Pavilion.

Contact: Julia Shultz, shultz.jf@gmail.com, by **Monday, March 28th** to express interest in volunteering or for further information

GROWTH GROUPS

KNOW . . . GROW . . . GO

Growth groups are groups where we learn, grow, and do life together. They meet once a week and are a great way to get to know each other and be challenged to grow in our spiritual journey.

Groups will start meeting the second week of March!

MONDAYS

6:30 p.m. @ Church ALL IN led by Gary Powers. This is a 4-week study that will challenge you to strengthen your commitment to Christ and his cause.

6:30 p.m. @ Home in Frederica Alpha Group led by Karen Schneider and Lucius Webb. This study seeks to answer questions we may have about the Christian faith. Starting March 14th.

TUESDAYS

10:00 a.m. @ Church Sisters Bible Study. Currently studying the book, Angels led by Brenda Powers & Ginny Van Tine. This is a women's Bible study that explores what the Bible has to say about angels. This is an ongoing group.

6:30 p.m. @ Church The Christian Atheist: Believing in God but living as if He doesn't exist led by Lloyd Webb. This is a 4-week study that will challenge us to take a serious look at what we say that we believe and how we actually live it out.

6:30 p.m. @ Church The Grace of Les Misérables led by Kevin Chamberlain. A 6-week study exploring grace, justice, poverty, revolution, love and hope in Victor Hugo's epic story and our faith.

WEDNESDAYS

9:30 a.m. @ Church Your Life in Christ led by Tita Lewis & Harriet Davies. This is a 5-week study that is great for those who are exploring faith, starting the faith journey, or want to have a "basics" refresher.

6:30 p.m. @ Church The Gospel of Luke led by Pastor Steve. 8-week study exploring the life and ministry of Jesus according to the Gospel of Luke.

6:30 p.m. @ Home (right next to the church) Weird led by Pastor Neyda. Are we willing to be weird in a world where "normal" isn't working? 6-week study.

6:30 p.m. @ Church Secret Thoughts of an Unlikely Convert led by Dan Nelson. This group will discuss the author's spiritual journey from atheism to a transformed life.

THURSDAYS

6:30 p.m. @ Church New Life in Christ led by David Moore. This 6-week group will explore what it means to be a Christian and be part of the family of God. Great first steps for explorers or refresher for those who have been in the faith.

SUNDAYS

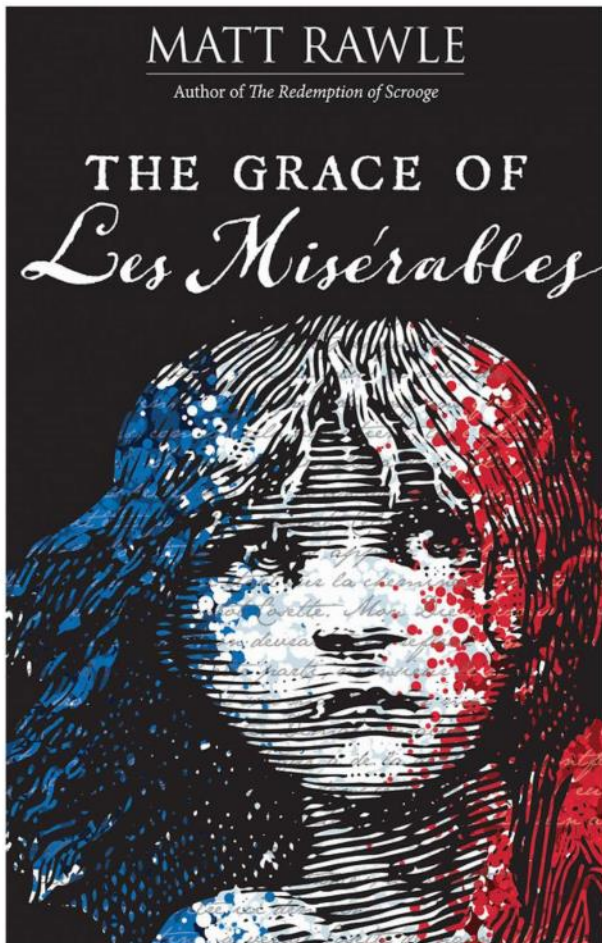
10:15 a.m. @ Church Adult Sunday School led by John Van Tine. Studying the Bible together. Ongoing group.

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

LENTEN ORGAN RECITALS

12:30-1:00 PM

March 3, 2022 – *Ned Perwo*

Holy Trinity Lutheran Church, Manasquan, New Jersey

March 10, 2022 – *T. J. Thomas*

St. Peter's Episcopal Church, Lewes

March 17, 2022 – *Michael Stefanek*

Asbury United Methodist Church, Salisbury, Maryland

March 24, 2022 – *Herb Parkes*

Christ Episcopal Church, Milford

March 31, 2022 – *Jon Rania*

All Saints' Episcopal Church, Rehoboth Beach

April 7, 2022 – TBD

Avenue United Methodist Church
20 N. Church Street
Milford, DE 19963

avenueumc.com

For more information contact:

Kevin B. Chamberlain

KBChamberlain@avenueumc.com



Too many kids and teens have high blood pressure (hypertension) and other risk factors for heart disease and stroke

An estimated 1.3 million youth ages 12 to 19 would have high blood pressure according to the new guidelines, or about 1 in 25 children. In a classroom of 30 youth, 1 person would have hypertension, and about 3 more would have elevated blood pressure.

- **Risks for cardiovascular disease that start in childhood are more likely to carry over into adulthood.** Youth who have cardiovascular disease risk factors, such as high blood pressure, obesity, and diabetes, are more likely to have these risk factors as adults, putting them at greater risk for heart disease and stroke.
- **A healthy diet and regular exercise are important to reducing these risk factors.** Ensuring that youth are eating a healthy diet and getting enough physical activity is crucial to helping prevent cardiovascular disease.

What can parents do?

Ask your doctor to measure your child's blood pressure starting at age 3. Helping children keep a healthy weight, eat nutritious foods, and get regular physical activity can lower their blood pressure and reduce their risk for cardiovascular disease later in life. Try these tips to help your child keep a healthy weight and normal blood pressure:

Food and Drinks

- Offer nutritious, lower-calorie foods such as fruits and vegetables in place of foods high in added sugars and solid fats. Try serving more fruits and vegetables at meals and as snacks.
- Provide foods that are low in sodium (salt). Sodium raises blood pressure. Nearly 9 in 10 U.S. children eat more sodium than is recommended..
- Make sure water is always available as a no-calorie alternative to sugary drinks, and limit juice.

Physical Activity

- Help your child get the recommended amount of physical activity each day. Choose from many age-appropriate activities.

Healthy Weight

- Be aware of your child's growth. Learn how obesity is measured in children, and use CDC's Child and Teen BMI Calculator to screen your child for potential weight issues.

Get Involved

- Be a role model! Eat healthy meals and snacks, and get the right amount of physical activity every day.
- Help shape a healthy school environment using CDC's Parents for Healthy Schools resources.

<https://www.cdc.gov/bloodpressure/youth.htm>

“Train up a child in the way he should go: and when he is old, he will not depart from it.”

Proverbs 22:6



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 3RD

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 3rd—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

BIRTHDAY GREETINGS TO:

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

CONGRATULATIONS TO:

- **Dan and Caitlyn Donovan** on the birth of their son, Rhett Ryan Donovan on February 22, 2022. Rhett is the grandson of Vaughn and Tracy Webb.

SYMPATHY TO:

- Taylor Rigby Bowman and family on the passing of her father, Roy Rigby on February 8, 2022.
- Prayer for Linda Marvel and family on the passing of her daughter, Dee Ann Mason.

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
Bill Gaskill
Sam Hanna
Beverly Harrison
Jerry Jackson
David Johnson
Dean Johnson
Wayne Klaus
Jack & Zelda McDuff
Joanne McKay
Patrick Murphy

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