



AVENUE  
UNITED METHODIST CHURCH

## *The Midweek*

*Wednesday, March 9, 2022*

### **A Lenten Lament**

One of the scripture and traditional practices of the church is *lament*. *Lament is a passionate expression of grief or sorrow*. There are Psalms that express lament (Ps. 130, 6, 38, 10, 42-43 are just a few). There is a whole book called Lamentations where the prophet Jeremiah laments the destruction of Jerusalem. The practice of lament is appropriate during the season of Lent as we examine our hearts and the human condition. Unfortunately, most churches do not lament very well because we would rather leave church feeling good.

A lament is not saying “woe is me,” but it is the admission of our human condition and our need for divine grace. Lament is not whining or complaining what we see around us, but it is confessing that only God can truly transform and redeem creation. We are filled with lament, while at the same time exhibiting hope that God will move because God is faithful.

What am I lamenting?

- I lament the war in Ukraine, the loss of life, and the terrible possibilities if the war continues. I lament the millions of refugees and the separation of family.
- I lament the Tigray War, a civil war in the nation of Ethiopia. While much attention has been focused on Ukraine, this war has been raging since 2019.

- I lament the new economic realities that negatively impact families in our community. I lament the homelessness in our community.
- I lament the loss of life during the COVID pandemic. I lament the loss of friendships and the growth of loneliness because of isolation.
- I lament those who are far from God. My heart longs for all people to turn to Jesus.

There is much to lament, but we are people of hope. We are people of hope because we are Easter people. The same God that raised Jesus from the dead is at work in our world and bringing dead things back to life. As Easter people, when we lament, we believe that war, failing economies, pandemics, and loneliness do not receive the final word. As I said on Ash Wednesday, we can “mourn but are to be always rejoicing” because God is faithful and good.

Perhaps you are in a season of lament, or maybe you need to spend some time in lament. We care about what is happening in the world (and in our world) because God cares. In these times of lament, the best prayer we can pray is, “Come, Lord Jesus. Come.”

Sow Much Love,

*Pastor Steve*



## COMFORT AND CARE CARDS FOR MARCH

In the Gospel of Matthew Jesus says, “Come to me, all you that are weary and carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for you souls. For my yoke is easy, and my burden is light.” (NRSV)

When we look at the ministry of caring for our shut-ins and those who are unable to live their life in Christ in a way they would like, Jesus is asking His disciples to fill in the gap. In this time of Pandemic, it has been challenging. So we are starting a “Care Card Ministry” here at Avenue United Methodist Church. We will be giving you the names and addresses of three members of our congregation for everyone to send a “Thinking of You” card. I also encourage you to write a personal note on the inside of the card.

The names will be in the bulletin and also in the Mid-Week. If you have any questions let me know.

*Blessings,*

Dan Holt  
Pastor of Congregational Care.

Beverly Harrison  
c/o Milford Place  
500 S. DuPont Hwy  
Milford, DE 19963

Fran Johnson  
c/o Milford Place  
500 S. DuPont Hwy  
Milford, DE 19963

Louise Sipple  
c/o Westminster Village  
1175 McKee Rd  
Dover, DE 19904

## **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).

**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)

**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!!

**SCHOLARSHIPS:** Avenue offers several scholarships to graduating seniors. More information will be printed in the Worship Folder this upcoming Sunday. An electronic application will be available online.

**UMW CIRCLE MEETINGS:** Esther Circle will meet on Wednesday, March 9<sup>th</sup> at 7:00 p.m. at Century Club, and Sarah Circle will meet on Wednesday, March 16<sup>th</sup> at Joyce Voshell's home at 10:00 a.m. Please join us for either of these small group meetings. We love new folks to come fellowship and grow with us.

## 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](mailto:shultz.jf@gmail.com), by **Monday, March 28<sup>th</sup>** 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**

**7:00 pm Defiant Joy @ Home in Milford**. Led by Donna Yates. Women's Group. In this six-session video Bible study, author Candace Payne (aka "Chewbacca Mom"), reveals her personal secrets and biblical insights to unshakable joy that no circumstance can take away, and how you can discover and experience the same.

### **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. We will meet in the Holzmüller Room.

**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. We will meet in Fellowship Hall.

### **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. We will meet in the Holzmüller Room

**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. We will meet in the Grier Room.

**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. We will meet in the Holzmüller Room.

### **SUNDAYS**

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



# 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** – *Bill Mathews*

New Castle United Methodist Church, New Castle

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

[avenueumc.com](http://avenueumc.com)

For more information contact:  
Kevin B. Chamberlain  
[KBChamberlain@avenueumc.com](mailto:KBChamberlain@avenueumc.com)

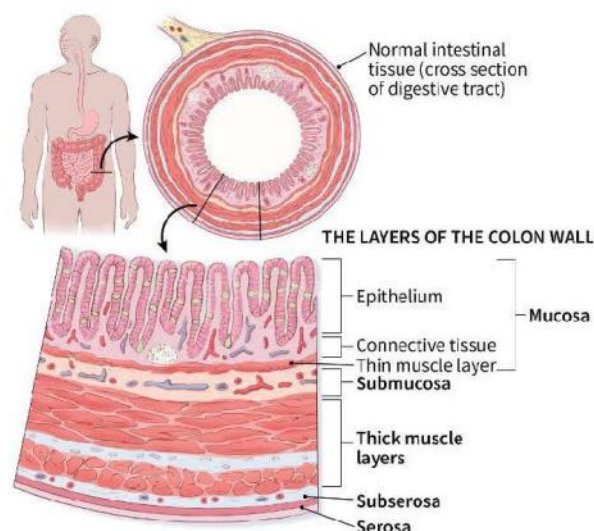


## How colorectal cancer spreads

If cancer forms in a polyp, it can grow into the wall of the colon or rectum over time. The wall of the colon and rectum is made up of many layers. Colorectal cancer starts in the innermost layer (the mucosa) and can grow outward through some or all of the other layers.

When cancer cells are in the wall, they can then grow into blood vessels or lymph vessels (tiny channels that carry away waste and fluid). From there, they can travel to nearby lymph nodes or to distant parts of the body.

The stage (extent of spread) of a colorectal cancer depends on how deeply it grows into the wall and if it has spread outside the colon or rectum. For more on staging,



## Types of cancer in the colon and rectum

Most colorectal cancers are **adenocarcinomas**. These cancers start in cells that make mucus to lubricate the inside of the colon and rectum. When doctors talk about colorectal cancer, they're almost always talking about this type. Some sub-types of adenocarcinoma, such as signet ring and mucinous, may have a worse prognosis (outlook) than other subtypes of adenocarcinoma. Other, much less common types of tumors can also start in the colon and rectum. These include:

- **Carcinoid tumors.** These start from special hormone-making cells in the intestine.
- **Gastrointestinal stromal tumors (GISTs)** start from special cells in the wall of the colon called the *interstitial cells of Cajal*. Some are benign (not cancer). These tumors can be found anywhere in the digestive tract, but are not common in the colon.
- **Lymphomas** are cancers of immune system cells. They mostly start in lymph nodes, but they can also start in the colon, rectum, or other organs. Information on lymphomas of the digestive system can be found in Non-Hodgkin Lymphoma.
- **Sarcomas** can start in blood vessels, muscle layers, or other connective tissues in the wall of the colon and rectum. Sarcomas of the colon or rectum are rare.

<https://www.cancer.org/cancer/colon-rectal-cancer/about/what-is-colorectal-cancer.html>

## Colorectal Cancer Screening

A *screening test* is used to look for a disease when a person does not have symptoms. (When a person has symptoms, *diagnostic tests* are used to find out the cause of the symptoms.)

### Fast Facts

- If you are 45 to 75 years old, you should be screened for colorectal cancer.
- If you are not screened you are missing the chance to prevent colorectal cancer or find it early when treatment works best.
- If you think you maybe at increased risk for colorectal cancer, talk to your doctor to begin the best screening test for you.

**“...Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”**

**Deuteronomy 31:6**



## **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>



**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?

- ♦ 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 1<sup>st</sup> have brunch with an attorney from Procino-Wells & Woodland, LLC for Estate Planning. Please be here no later than 10:15 a.m. Meeting starts at 10:30 a.m.

⇒ 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

**ANNIVERSARY GREETINGS TO:**

- **Gary & Marti Seal** who will celebrate their **55<sup>th</sup>** anniversary on **March 11<sup>th</sup>**.
- **Al & Linda Hanna** who will celebrate their **50<sup>th</sup>** anniversary on **March 11<sup>th</sup>**.
- **Don & Pat Fisher** who will celebrate their **55<sup>th</sup>** anniversary on **March 18<sup>th</sup>**.

**SYMPATHY TO:**

- The family and friends of Joy Benham who passed away on February 27, 2022. Joy joined Avenue Church on March 18, 2007.

**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  
Luisa & Billy Combs  
Linda Contrill  
Rick Crump  
Charlie & Barbara  
Fleetwood  
Bill Gaskill  
Vayda Gaskill  
Sam Hanna  
Beverly Harrison  
Jerry Jackson  
David Johnson  
Dean Johnson  
Wayne Klaus  
Jack & Zelda McDuff  
Joanne McKay  
Patrick Murphy  
Diane Parrilli

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