



The Midweek

Wednesday, April 27, 2022

The Power Source

There are two types of people in the world when your gas gauge is just above “E.” The first is the person who will immediately go to the nearest gas station to fill up. The other is the person who will get in their car and begin their journey believing they have enough gas to get to their destination. Which person are you? What fuels you?

Last week, Pastor Neyda began our new sermon series, “Called,” where we will take a quick run through the book of Acts and see how the Holy Spirit called ordinary people to live as witnesses to their faith. Through the series, our prayer is that each of us might realize our calling and be fueled by the Holy Spirit to pursue it.

In Acts 9, Luke introduces us to Ananias. He is a Jewish disciple of Jesus living in Damascus (present-day Damascus in Syria). Ananias may have been part of the diaspora out of Jerusalem following the stoning of Stephen in Acts 8. Ananias has a vision at night where he is told to go to a particular house to seek out a man named Saul. If you know the story, you know that Saul is the one persecuting the believers. He is a dangerous man. Fueled by the Holy Spirit, Ananias goes to Saul and prays for him that he might be filled with the Holy Spirit. That moment led to a transformation as the great persecutor of the believers became the Great Proclaimer of the Gospel- the Apostle Paul.

A life fueled by the Holy Spirit leads to transformation in our own lives and in

the lives of those to who we boldly minister. My prayer for Avenue Church is that we would boldly follow the leading of the Holy Spirit in our lives. I pray that the Holy Spirit will empower our ministries to see real-life change. I pray that Jesus would be glorified in all that we do.

What is fueling your faith today? Who is your power source?

Sow Much Love,

Pastor Steve

COMFORT AND CARE CARDS FOR APRIL

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.

Ron Payne
c/o Genesis Healthcare
700 Marvel Road
Milford, DE 19963

Joan Wadman
c/o Genesis Healthcare
700 Marvel Road
Milford, DE
19963

Violet Condif
c/o Genesis Healthcare
700 Marvel Road
Milford, DE 19963

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.

GIVING STATEMENTS: Giving Statements for the first quarter of 2022 have been emailed to all those with email addresses. If you would like a printed copy of your statement for the first quarter please call Kelly at the church office.

YOUNG ADULT ROUNDTABLE: We will have our next Young Adult Gathering on **Sunday, May 1st** from 11:45 a.m. until 1:00 p.m. in the Wesley Room. If you are 18-35, come join us as we begin building the foundations of a strong Young Adult Ministry at Avenue Church. Please RSVP to Pastor Steve by emailing srlamotte@avenueumc.com.

COFFEE AND CONVERSATIONS: You can join the ministry team at Avenue Church on the 2nd Sunday of the month for *Coffee and Conversations* from 11:45 a.m.—12:30 p.m. in Fellowship Hall. While this time is especially geared to new attendees, this is a time to meet and interact with Avenue’s ministry team. No reservation is needed. We look forward to seeing you on **May 8th**.

2022 GRADUATES: If you have a family member that is graduating (high school/college) and would like them in the bulletin and midweek, please send an email to Kelly at churchoffice@avenueumc.com with their information (college/future plans) and a picture by **May 11th**. We will be listing the 2022 graduates on May 15th, May 18th, May 22nd and May 25th.

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 call (302) 422-8111 or send an email to healthministry@avenueumc.com.

MILFORD COMMUNITY PANTRY: The Milford Community Pantry thanks all of you who support our outreach. Feeding the families who come to us really is a group effort. **Our current needs are cereal and bar soap.** Hygiene items aren't covered under food stamps so folks are so grateful to find they are included. Thanks for being a partner.

AUMC YARD SALE IS COMING (AUGUST 4TH – 6TH): Please begin to collect your donations this spring. A planning meeting is scheduled for **Tuesday, June 28th** in the Heritage Room at 6:30 p.m. Please consider volunteering. Contact for more information: Judy Struck - judystruck@comcast.net or Sandy Culotta - swculotta@gmail.com. Many hands make light work. Come join in the fun!!

MARK YOUR CALENDARS - VBS RETURNS JUNE 20TH – 23RD: Vacation Bible School is set to return in June to Avenue Church. This year, we will be going “off-road” through colorful canyons and sunbaked trails to explore just how awesome God’s love is. Volunteer and participant registration will be coming in the next few weeks. Save the date and invite friends to participate!

VACATION BIBLE SCHOOL VOLUNTEERS NEEDED: We are forming our team for VBS, which will take place on **June 20th – June 23rd** in the evenings at Avenue Church. Our primary need right now is for **Crew Leaders**. Crew Leaders are key in helping to form faith in our children by interacting with 5-7 kids each night. You will lead them to their stations, engage them in the questions and activities, and ensure that they have a great time! We need around 10 crew leaders. If you would like to be one, contact Andrea LaMotte at lamotte.andrea@gmail.com.

NOW HIRING NURSERY ASSISTANT: The Avenue Nursery is back up and running with a great team providing excellent care. We are looking for one more Nursery Assistant who can work 2 weeks a month in the nursery. This is a paid position. If you are interested, please contact Pastor Steve at srlamotte@avenueumc.com.

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.

TUESDAYS

10:00 a.m. @ Church Sisters Bible Study. On **May 3rd** we will continue our study “Words of Life” by Adam Hamilton.

WEDNESDAYS

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 Holzmuehler Room.

SUNDAYS

10:15 a.m. @ Church Adult Sunday School led by John Van Tine. Studying the Bible together. Ongoing group. Our study for May is “The Spiritual Practice of Creation Care.” The lesson for May 1st is “A Sabbath Jubilee” based on Leviticus 25:1-13.

Eat.
Watch.
Discuss.

Alpha

Wednesdays @ Avenue 6:30 PM

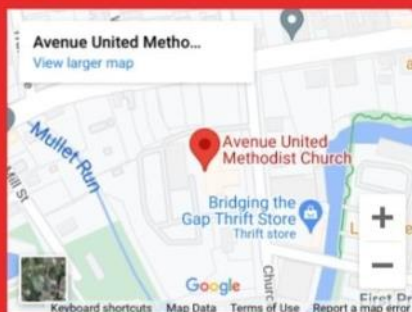
20 N. St. Milford, DE

Childcare available

A place to ask questions

A light dinner provided.
Discussion Groups for all ages.
(Adults, teens, and childcare)

Alpha @ AVENUE UMC



Alpha

Wednesdays @ Avenue
6:30 PM

20 N. St. Milford, DE

Childcare available

AVENUE UNITED METHODIST CHURCH

Discipleship Pathway >>>

Spring Growth Group Celebration Wednesday May 4th 6:30pm

If you were part of a Growth Group this Spring, we
want to celebrate our time together!
A light dinner will be offered and time to share your
experience with others!

COPD Treatment

Treatment consists of self-care and bronchodilators

Medications

Bronchodilator- Helps open the airways of the lungs to make breathing easier.

Steroid-Modifies or simulates hormone effects, often to reduce inflammation or for tissue growth and repair.

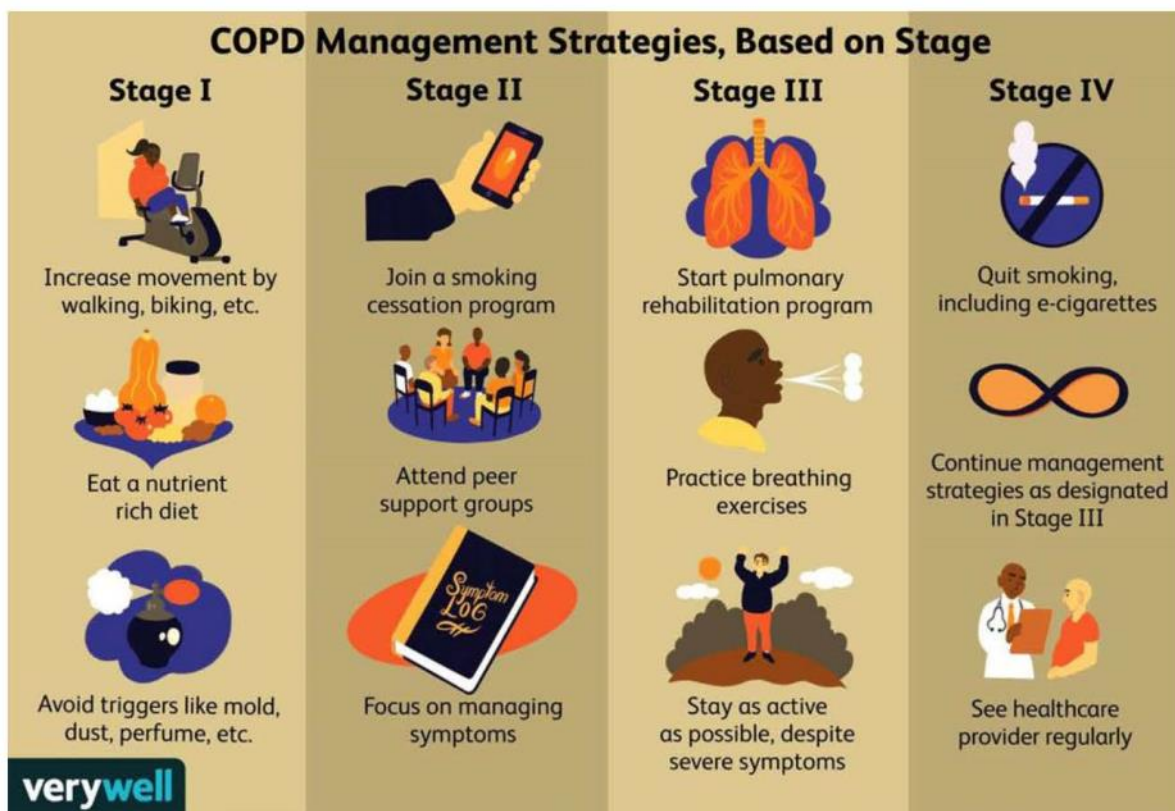
Oxygen therapy

Self-care

Physical exercise, quitting smoking, and Diaphragmatic breathing

Therapies

Pulmonary rehabilitation



<https://www.cdc.gov/copd/index.html#:~:text=Chronic%20obstructive%20pulmonary%20disease%2C%20or,Americans%20who%20have%20this%20disease.>

“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.” 2 Timothy 3:16

S.H.E.L.L. Program

Hello! My name is Yvonne Nelson. My spiritual mission is the “The Shell Program” (Sharing Him with Each Little Life) at Avenue United Methodist Church (AUMC). This program is part of The Health Ministry Program at AUMC.

The Shell Program was part of AUMC in 1997 when my youngest daughter, Adrianna was born. I felt so blessed by the Shell Program and the Shell Person that I wanted to restart it. I started doing the Shell Ministry in 2019 when I sent out my first “Congratulations on your baby” card to a family at Avenue. The concept behind the Shell Program is to let families know that their church family is here for them from the time they find out about their expecting a baby/child until the baby/child is one year old.

Congratulations cards are sent out when the person is aware they are expecting a child through birth or adoption. A Congratulations card is sent on the birth or adoption of your baby/child. After the arrival of your baby/child, you will receive cards on major holidays; Thanksgiving, Christmas, Easter, Valentine’s Day and your Baby’s/child’s first Birthday. Avenue wants to share in your joy and happiness. We also realize some families are away from their extended families at this time of great joy. We want you to know that you are not alone.

In order to make this ministry a success at Avenue, I need your help. Please contact the church Office at (302) 422-8111 and ask for Health Ministry or you can email healthministry@avenueumc.com. You are free to contact me, Yvonne Nelson either through calls or text at (302) 632-7155. This will allow me to contact you and start sharing in your joy as part of your church family.

In Him,

Yvonne Nelson
Shell Ministry



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?

- ♦ **1st of the Month**—Blood Pressure Screening in Fellowship Hall
- ♦ Tai Chi Tuesday and Thursday mornings at 9 a.m. in Fellowship Hall (For the quiet stretch exercise) Henrietta Chilton and Rachel Susen instructors. **We will be at Bicentennial Park, 220 NE Front Street, Milford, DE from May 3rd—October 27th.**
- ♦ Zumba Thursday at 5:30 p.m. - 6:30 p.m. for **\$3.00** a class (fast Pace exercise) La Tasha Gibbs, instructor
- ♦ May 5th from 12 p.m.—5 p.m. we will be sponsoring a Blood Drive with the Blood Bank of Delaware. Here is the direct site to sign up
https://donate.bbd.org/donor/schedules/drive_schedule/8055



BAYHEALTH NEEDS YOU!

Bayhealth is conducting a community health assessment survey to determine what services are needed locally.

Please copy and paste the following link, <https://www.surveymonkey.com/r/FPFLFB5> into your web browser and complete a short survey by **April 30, 2022**.

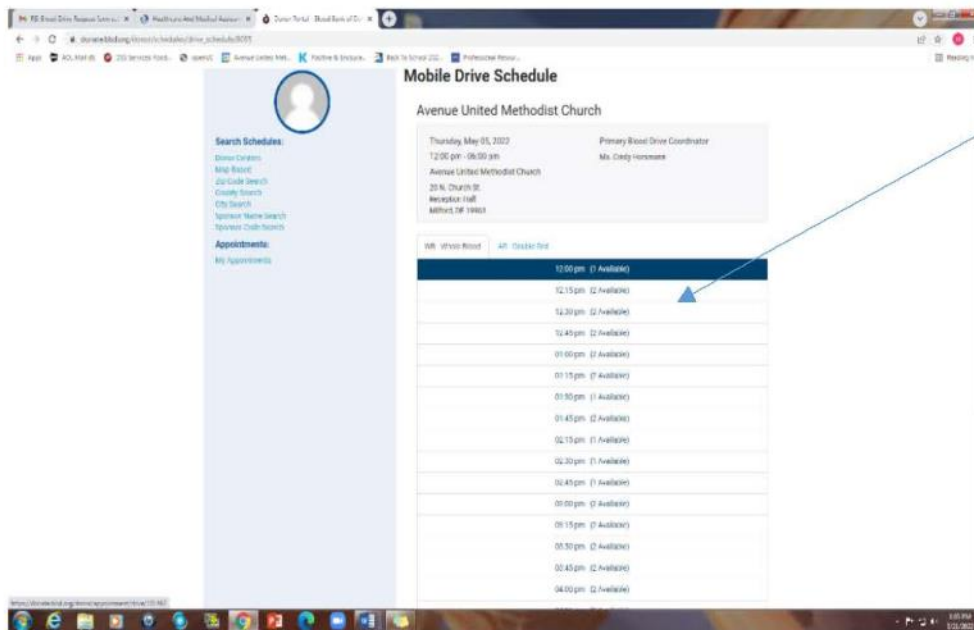
Once completed, Bayhealth will enter you into a drawing to win a \$100 gift card!!!

**Blood Bank Blood Donation
Avenue United Methodist Church
May 5, 2022 12-6 PM**

How Do I Sign Up?

Go to this web site

https://donate.bbd.org/donor/schedules/drive_schedule/8055



Mobile Drive Schedule
Avenue United Methodist Church

Thursday, May 05, 2022
12:00 pm - 06:00 pm
Avenue United Methodist Church
20 N. Church St.
Reception Hall
Milledgeville, GA 30601

Primary Blood Drive Coordinator
Ms. Cindy Horsman

Time Slot	Availability
12:00 pm	(1 Available)
12:15 pm	(2 Available)
12:30 pm	(2 Available)
12:45 pm	(2 Available)
01:00 pm	(2 Available)
01:15 pm	(2 Available)
01:30 pm	(1 Available)
01:45 pm	(2 Available)
02:00 pm	(2 Available)
02:15 pm	(1 Available)
02:30 pm	(1 Available)
02:45 pm	(1 Available)
03:00 pm	(2 Available)
03:15 pm	(2 Available)
03:30 pm	(2 Available)
03:45 pm	(2 Available)
04:00 pm	(2 Available)

Select the time you want.

Fill out the information using your name and telephone number. Select confirm.

Now you are scheduled!!

You will receive an email confirming your appointment.

If you have any questions, please contact me, Cindy Horsman, RN Faith Community Nurse at 302-422-8111.

See you May 5th. Please bring your friends! We want to fill up all the slots!!

“Don’t forget to do good and to share what you have because God is pleased with these kinds of sacrifices.” ~ Hebrews 13:16

ANNIVERSARY GREETING TO:

- **Parker and Maxine Turner** who will celebrate their **59th** anniversary on **April 28th**.

CONGRATULATION TO:

- **Valerie and Andrew Rutt** on the birth of their daughter, Violet Cecilia Rutt on April 11, 2022. Violet is the granddaughter of Barbara and David Rutt.

SYMPATHY TO:

- Yvonne Nelson and family on the passing of her father, Billy Combs who passed away on April 18, 2022.
- The family and friends of Brenda Beissel who passed away on April 22, 2022. Brenda joined Avenue on April 11, 1976.

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.
- Pray for peace in Ukraine and other areas of conflict around the world.

PRAYER REQUEST:

Carol Badenoch
Adam Berry
Dane Brittingham
D. Brown
Linda Contrill
Bill & Kristen Conway and family
Rick Crump
Charlie & Barbara Fleetwood
Bill Gaskill
Vayda Gaskill
Tom Glenn
Twin Granddaughters
Ben H.
Beverly Harrison
Jim
Jerry Jackson
David Johnson
Dean Johnson
Johnny
Chris K
Wayne Klaus
Courtney Laura
Jack & Zelda McDuff

Joanne McKay
Willow McKenzie
Brian McMullen
Patrick Murphy
Diane Parrilli
David and Judy Passwaters
Ron Payne
Trish R.
Millie Remick
George Reph Jr.
Nick Riggie
Bill Smar
Sandy S.
Samuel Smith
Seth Spencer
Tom
Kathleen Tracy
Dianne Verkade
Joan Wadman
Kathryn Webb
Arnold Williams
Dennis Yates
Jon Zaimes