



AVENUE
UNITED METHODIST CHURCH

The Midweek

Wednesday, May 25, 2022

Stay. Wait. Go. Tag, you're it!

This Sunday is Ascension Sunday. Both of our readings (Acts 1:1-11 & Luke 24:44-53) talk about Jesus' time with the disciples after the resurrection and his final words/instructions before ascending.

I can't imagine how excited the disciples were to see and be with Jesus again. Now, surely, he would establish His kingdom on earth and reign over their oppressors! Nope. Surely, he would now spread His message all over the world! Nope. Instead, He tells them that the message of repentance for the forgiveness of sins WILL be preached in his name to all nations, beginning with Jerusalem. Guess what? He is not the one that is going to do it! That task will be delegated to the disciples... but not yet.

Jesus then blesses them and disappears into the clouds. But... Wait! What about...? How will we...? Before leaving, he reminds them of a promise. This promise was going to provide guidance, gifts, and power to continue the task. This promise was the presence and indwelling of the Holy Spirit. They would experience and accomplish unimaginable things, they would endure hardships, and even be put to death but not before the message of new life in Jesus would spread like wildfire.

They were given a mission. However, they would have to stay and wait. Can you imagine the wait? The anticipation? The curiosity? What is going to happen? How? When? So many questions! We've all had times where we've

had to hurry up and wait! This promise, this gift, this source of power was going to be a blessing to them but mainly was meant to bless others. They were given a mission, a message, and a mandate to tell the world about Jesus and it was going to start right where they were at: Jerusalem. The movement would not stop there but spread like a ripple to the whole world.

The fruit of those faithful few in Palestine has reached us. In turn, we are now commissioned to continue spreading the Gospel of hope, forgiveness, and new life in Christ. Whether you choose to do so on a full-time basis, or in your town, school, workplace, or home... you are called! You are called to be on mission. Yep... tag, you're IT!

Can't wait to see you Sunday,

Pastor Neyda

A huge thank you to all members of Avenue United Methodist Church who made the pancake breakfast a big success. Pancake flippers, egg preparer, servers, dishwashers and pancake eaters did a wonderful job.

Your generosity was above and beyond spectacular. The AUMM are back on track to provide a Boy Scout scholarship as well as other outreach projects.

Special thanks to Kelly Hudson for helping us get reorganize after the pandemic.

Avenue United Methodist Men

Celebration of Life—Charlie Fleetwood

When: June 5, 2022 at Milton Firehouse, 116 Front Street, Milton, DE

Visitation: 12:00 p.m.

Memorial Service: 1:00 p.m.

Celebration of Life/Reception: 2:00 p.m.

Dress is casual—wear bright colors as Charlie would enjoy that.

Mask are required to attend.

2022 GRADUATES



Brayden O'Brien is graduating from Milford High School.



Gabriel Fennemore has been accepted into University of Delaware Honors College. He plans to study psychology and English and to continue his involvement in theater and improv.

Lydia Noele Rimmer graduated from Regent College on May 7th. Lydia is the granddaughter of Tom and Bonnie Glenn.



Anneliese Hatfield is graduating from Milford High School. She will be attending University of Delaware for Elementary Education. Anneliese is the daughter of Mark and Kristen Hatfield, granddaughter of Jim and Marion Gussett and Sue Hatfield.



Dylan Hilligoss graduated from University of DE. Dylan is son of Mike and Tina Hilligoss and the grandson of Pat Crabb.



Lauren Hudson is graduating from Milford Senior High School's Class of 2022. Her accomplishments are 4 years in the Milford Marching Band and this year she was section leader, Educator's Rising, National Honor Society, swim team, HOSA and FFA. Lauren has also volunteered at Prime Hook Refuge, Avenue's yard sale/holiday bazaar and at St. John's as assistant teacher for Sunday School. Lauren will attend Delaware Tech (University of Delaware Seed Program) in Georgetown in the fall. Lauren will be majoring in Elementary & Special Education and her 2nd major will be in music along with a minor in Business. Lauren is the daughter of Dale and Kelly Hudson.



Taylor Humes is graduating from Milford Senior High School. She has plans to pursue a job this summer while continuing to explore her educational opportunities.



Tyler Knotts is graduating from Sussex Tech High School. He is the son of Yvonne White and Keith Knotts and the grandson of Jim and Ethel White.



Jordan Elizabeth Lee will be graduating from Sussex Technical High School. She is the daughter of Lara and Jimmy Lee, granddaughter of Mary Lou and Jack Sheaffer. Jordan will be attending University of South Carolina, majoring in Psychology.



Donny Pasmore has been a member of Avenue since 2017 when joined the church at his confirmation. He is graduating from Sussex Tech High School in June with a focus on HVAC. Donny has been a member of Troop 186 for 7 years earning the rank of Eagle Scout in 2021. He recently appeared in Sussex Tech's production of *Shrek* as the lead role, Shrek, and in an Asbury UMC production of *Godspell* where he played the combined role of John the Baptist/Judas. He can also be seen as a regular performing member of Asbury UMC's Praise Band at the "Come As You Are" (CAYR) contemporary service every Sunday at 8:45am. Next year he will be attending Salisbury University in Salisbury, MD and majoring in English. Donny is the son of Tom and Sarah Pasmore.

COMFORT AND CARE CARDS FOR MAY

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 your 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.*

Ed Berwick
c/o Delaware Veterans Home
100 Delaware Veterans Blvd.
Milford, DE 19963

Don Fisher
c/o Delaware Veterans Home
100 Delaware Veterans Blvd.
Milford, DE 19963

Janet McGhee
(Cindy Horsman Mom)
c/o Polaris Health Care
20 W. Clarke Ave.
Milford, DE 19963

Starting Tonight—**May 25, 2022**
in Fellowship Hall.

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

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.

NEW MEMBERS CLASS will be held on **Sunday, June 12th** from 12:00 p.m.—1:15 p.m. in the Grier Room. This class is for those interested in learning more about Avenue Church, what it means to live as a Christian through the church, and to pursue becoming a member of Avenue. Please RSVP by emailing Kelly at churchoffice@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 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 need is cereal.** 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 from **6:30 p.m.—8:30 p.m.** 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** from **6:30 p.m.—8:30 p.m.** 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.

ADULT FUSION LEADERS NEEDED: As the school year winds down and we begin transitioning into summer, we are looking to add to our Adult Fusion Ministry Team. We are looking for adults who love Jesus (first) and who also love teenagers, and who can make a one-year commitment to serving on Sunday evenings and special events. While we often think of younger adults as the prime candidate, research shows that older adults can also be effective Student Ministry Leaders.

If you would like to learn more about Fusion and becoming a Fusion leader, 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 31st** we will continue our study “Words of Life” by Adam Hamilton.

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 29th lesson is “Acts of Generosity” based on 2 Corinthians 9.

Why Depression in Men May Be Underdiagnosed

More than 6 million men suffer from depression each year in the United States, yet the disease tends to be underdiagnosed in men. There are a number of reasons for this, but it may be because men can experience a different set of depression signs and symptoms than women.

Currently, women are diagnosed with depression twice as often as men, and most research on the topic focuses on why women are at greater risk for developing the disorder. The problem may be compounded by the notion that men are said to be reluctant to talk about how they are feeling, and so they may not recognize, acknowledge, or seek help for depression.

Different Symptoms in Men

According to The National Alliance on Mental Illness (NAMI), men seem to be less likely to show “typical” signs of depression, though this observation is not yet well understood. Still, the NAMI defines typical depression signs as crying, sadness, loss of interest in previously enjoyable activities, and verbally expressing thoughts of suicide. However, an analysis by the National Comorbidity Survey Replication, a nationally represented mental health survey, found that men report higher rates of anger attacks/aggression, substance abuse and risk-taking compared with women.

NAMI and Help Guide, a trusted not-for-profit organization for mental illness and well-being, indicate that depressed men are more likely to experience the following symptoms as well:

- Exhaustion.
- Sleeplessness.
- Irritability.
- Physical pain.
- Loss of interest in work.

NAMI suggests that because men may feel shame or try to “tough it out” on their own, they may also self-medicate with drugs or alcohol. Unfortunately, healthcare professionals may miss the opportunity to diagnose depression accurately in men. For some men, by the time clinical depression is diagnosed, the condition has gone undiagnosed for years and can be severe.

Causes and Treatment of Depression

Regardless of gender, depression may be caused by a combination of three factors:

- **Genes**—A family history of depression increases a person’s likelihood of being diagnosed with depression.
- **Hormones**—Brain chemistry can be affected by hormones that control mood and emotions.
- **Stress**—External factors (e.g., finances, relationships, losing a loved one) can affect mood and lead to depression.

According to NAMI, 80% to 90% of all persons (men and women) diagnosed with major depression can be treated effectively with antidepressants and psychotherapy. Additionally, peer support and attention to lifestyle, including diet, exercise, and smoking cessation, have been shown to result in better physical and mental health. In some non-responsive or other cases, electroconvulsive therapy (ECT) and transcranial magnetic stimulation (TMS) may be used.

Seeking Help

If you think you may have atypical signs or symptoms of depression, speak with a doctor or a licensed mental health professional. If you know someone who may be depressed, be supportive, listen carefully, and encourage treatment. Never ignore thoughts or mentions of suicide. In such a case, the Suicide Prevention Lifeline is an important resource to turn to for help: **1-800-273-TALK (8255)**.

References

- 1. National Institute of Mental Health. Depression in men. Accessed December 18, 2015.
- 2. Mayo Clinic Staff. Male depression: Understanding the issues. Accessed December 18, 2015.
- 3. Martin LA, Neighbors HW, Griffith DM. The experience of symptoms of depression in men vs women: Analysis of the national comorbidity survey replication. JAMA Psychiatry. October 2013; 70(10): 1100-1106.
- 4. National Institute of Mental Health. Men and depression. Accessed December 18, 2015.
- 5. National Alliance on Mental Health. Men and depression fact sheet. Accessed December 18, 2015.
- 6. Robinson L, Smith M, Segal J. Depression in men: Why it's hard to recognize and what helps. Accessed December 18, 2015.
- 7. Men's Health. Why your doc is likely to miss it if you're depressed. Accessed December 18, 2015.
- 8. National Institute of Mental Health. Men and depression. Accessed December 18, 2015.

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Medically reviewed by [Daniel Karlin, MD, MA](#)



“A joyful heart is the health of the body, but a depressed spirit dries up the bones.”

Proverbs 17:22

BIRTHDAY GREETING TO:

- **Norm Remick** who will celebrate his **91st** birthday on **June 1st**.
- **Walt Peters** who will celebrate his **91st** birthday on **June 4th**.

ANNIVERSARY GREETING TO:

- **Jeff and Bonnie Carmine** who will celebrate their **57th** anniversary on **May 29th**.
- **Ted and Edna Newhouse** who will celebrate their **61st** anniversary on **June 3rd**.
- **Larry and Elaine Price** who will celebrate their **52nd** anniversary on **June 7th**.

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	Jack & Zelda McDuff	Arnold Williams
Dane Brittingham	Joanne McKay	Jon Zaimes
D. Brown	Willow McKenzie	
Mike and Judy Conflitti	Brian McMullen	
Linda Contrill	Patrick Murphy	
Rick Crump	Diane Parrilli	
Maxine Eash	David and Judy Passwaters	
Barbara Fleetwood	Ron Payne	
Tom Glenn	Trish R.	
Twin Granddaughters	Marshall Rea	
Niki Gustafson	Alyshia Redmond	
Ben H.	Millie Remick	
Beverly Harrison	George Reph Jr.	
Quinn Humes	Nick Riggie	
Jim	Ron Semmont	
Jerry Jackson	Bill Smar	
David Johnson	Sandy S.	
Dean Johnson	Samuel Smith	
Johnny	Seth Spencer	
Chris K	Tom	
Wayne Klaus	Kathleen Tracy	
Courtney Laura	Dianne Verkade	
Kirsten Lewis and family	Joan Wadman	
Martha Marani	Kathryn Webb	

CALENDAR

SUNDAY 5/29

- 9:00 a.m. Traditional Worship
- 10:15 a.m. Adult Sunday School Class,
Grier Room
- 10:30 a.m. Contemporary Worship)
- 10:30 a.m. Sunday School
- 6:00 p.m. FUSION, Fellowship Hall and
Wesley Room
- 7:00 p.m. Haitian Church, Century Club

MONDAY 5/30 ~ Church Office Closed

- 11:00 a.m. AA, Century Club
- 7:00 p.m. 1st State Harmonizers,
Fellowship Hall

TUESDAY 5/31

- 10:00 a.m. Sisters' Bible Study, Grier Room
- 7:00 p.m. Central Delaware Chess Club,
Grier Room

WEDNESDAY 6/1

- 4:30 p.m. Praise Team Practice, Sanctuary
- 6:00 p.m. Alpha Group Dinner,
Fellowship Hall

THURSDAY 6/2

- 11:00 a.m. AA, Century Club
- 7:00 p.m. Troop Comm. Meeting,
Grier Room

FRIDAY 6/3

- 7:00 p.m. AA, Century Club

SATURDAY 6/4

- 9:00 a.m. Haitian Church, Century Club
- 11:00 a.m. Celebration of Life (Culotta),
Sanctuary
- 7:00 p.m. AA, Century Club

SUNDAY 6/5

- 9:00 a.m. Traditional Worship
- 10:15 a.m. Adult Sunday School Class,
Grier Room
- 10:30 a.m. Contemporary Worship
- 10:30 a.m. Sunday School
- 12:00 p.m. Concert: Music School of DE ~
Women's Chorus, Sanctuary
- 3:15 p.m. Girl Scout Troop 272,
Century Club
- 6:00 p.m. FUSION, Fellowship Hall and
Wesley Room
- 7:00 p.m. Haitian Church, Century Club