



The Midweek

Wednesday, June 1, 2022

What Pain Tells Us

I was listening to *The Holy Post Podcast* last week when one of the hosts, Skye Jethani, told of a book, *The Gift of Pain*, written by Phillip Yancy and Paul Brand. Dr. Brand is a world-renowned surgeon who grew up as the son of medical missionaries in India and received his medical training in London during The Blitz in World War II. Much of his work was with leprosy patients in the United States and India.

Leprosy, or *Hansen's Disease (HD)*, is a medical condition that leads to damage to the nerves. This nerve damage can lead to the inability to feel pain, especially in the patient's extremities. The loss of feeling is dangerous because HD patients can seriously hurt their feet, legs, arms, and hands and have no idea about the injury without the sensation of pain. Without proper treatment, these injuries can get infected and grow worse. By not feeling pain, HD patients often don't know about more significant threats to their health.

No one likes it, but pain has a purpose—pain functions as a warning system in our lives. Pain tells us to be physically cautious when our back, ankle, or knees hurt. Chest pain alerts us to an on-coming heart attack. Stomach pains tell us that we ate something that doesn't agree with us. We feel emotional and mental pain when someone abuses, hurts or takes advantage of us. ***Pain tells us that something is wrong.***

Pain is part of our lives. In recent weeks, there has been much pain in the world.

- A white shooter travels 200 miles to stake out a Buffalo grocery store, returning to target and killing ten black people the next day.
- Last week, an 18-year-old entered a Texas Elementary School and began shooting, killing 19 elementary-age students and two teachers.
- Over 1 million lives have been lost in America due to the Corona Virus outbreak.
- In Africa, multiple nations face political upheaval, severe drought conditions, and the effects of the pandemic.
- Russia's invasion of Ukraine continues to lead to loss of life and an increased amount of displaced people.

Pain tells us that something is wrong. Pain lets us know that something needs to change. If we ignore or accept pain, it will increase with more significant consequences.

How much pain are we willing to endure when it comes to racial violence in our nation before we act? How much pain will we continue to tolerate before we are ready to discuss reasonable gun laws to protect our schools and communities?

We are quick to God during these tragedies. We need to pray for the families of the school shooting in Uvalde, TX, and the war ravaging Ukraine. Prayer is not passive. It is not something we do at our dinner table or the foot of our bed alone. To pray is to engage. To pray is to open ourselves to be used by God to be the hands and feet of Christ in our world. To pray is to ask God to use us in the world to bring God's healing where there is so much pain.

Sisters and Brothers, how much pain are we willing to watch and endure? What will it take for us to "seek the peace of the city" (Jerimiah 29:7)? As we seek to live a life shaped by the life of Christ, let us allow our thoughts and prayers to lead to ministry and action as we allow the Spirit to use us as a healing presence in the world.

Sow Much Love,

Pastor Steve

Celebration of Life—Charles Rawls Culotta II

When: June 4, 2022 at Avenue United Methodist Church

Memorial Service: 11:00 a.m.

Reception to follow at Causey Mansion Bed & Breakfast, 2 Causey Avenue, Milford, DE 19963

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.

Thank you special Avenue friends for your get well cards and birthday greetings. I appreciate your loving wishes and thoughtfulness. *Kathryn Webb*

Thank you to the people of Avenue United Methodist Church who made the pancake breakfast a big success. Pancake flippers, egg preparers, 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 reorganized after the pandemic.

Avenue United Methodist Men

Tonight—June 1, 2022 at 6:30 p.m.
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 (302) 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/or those who wish to become 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 Pantry can always use cereal and soup, canned fruit is also good. **Our big news is a transition of leadership. Tita and Diane are retiring and their replacements are in training.** Diana LeDonne is taking on the role of Coordinator. Nancy Czerwinski, a very active Milford Lion, will be handling the inventory. They will appreciate your continued support of the Milford Community Pantry. The Avenue congregation is so generous and helpful. Your help allows us to continue our efforts to reduce food insecurity.

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 **June 7th** we will continue our study “Words of Life” by Adam Hamilton.

SUNDAYS

10:15 a.m. @ Church Summer Sunday School led by Rev. John Van Tine, retired plus others is meeting in the Grier Room at 10:15AM. The study for June is “The Fruit of the Spirit.” The lesson for June 5 is “Receiving the Spirit’s Gifts” based on Acts 2:1-4, 17-21, 33, 38-39; June 12th’s lesson is “The Spirit Gives Wisdom” based on I Corinthians 2:10-16; June 19th’s lesson is “Life Apart From the Spirit” based on Galatians 5:13-21; and June 26th’s lesson is “Life in the Spirit” based on Galatians 5:22-26. Please join us in the Grier Room for these exciting lessons.



American Stroke Association
A Division of the American Heart Association

Together to End Stroke®

05

Key Facts About Stroke

Stroke.org



FACT #1:

stroke kills brain cells

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



FACT #2:

types of stroke

Ischemic caused by a clot, Hemorrhagic caused by a rupture and Transient Ischemic Attack (TIA) or "warning stroke" caused by a temporary blockage.



FACT #3:

about one in four stroke survivors is at risk for another

Fortunately, up to 80 percent of second clot-related strokes may be preventable.



FACT #4:

prevention is key

Had a stroke? Work with your doctor to identify the cause and create a plan to prevent another. This may include managing high blood pressure, making healthy lifestyle choices and taking medications as recommended by your doctor.

After an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy.

F.A.S.T.

FACT #5:

time lost is brain lost

Now that you know prevention, here's how you spot one.

**Learn the FAST
warning signs:**

F
Face
Drooping

A
Arm
Weakness

S
Speech
Difficulty

T
Time to
Call 911

MUSIC SCHOOL CHORUSES

in concert

**Sunday
JUNE 5 • 4pm**

in partnership with

**AVENUE UNITED
METHODIST CHURCH**
20 N Church St, Milford, DE

featuring

**Cantabile Women's Chorus
Delaware Women's Chorus**

Joanne Ward, conductor

**Hashtag Jazz Choir
Small Wonder Jazz Singers**

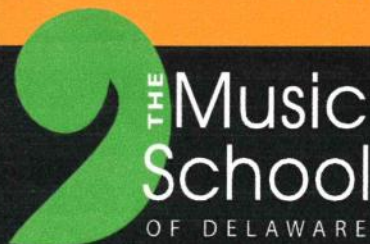
Martin Lassman, conductor

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www.musicschoolofdelaware.org/tickets

This organization is supported, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with the National Endowment for the Arts. The Division promotes Delaware arts events on www.DelawareScene.com.



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:

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

CALENDAR

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
- 5:30 p.m. Zumba, Fellowship Hall
- 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

MONDAY 6/6

- 11:00 a.m. AA, Century Club
- 6:45 p.m. Boy Scouts Court of Honor,
Sanctuary & Wesley Room
- 7:00 p.m. 1st State Harmonizers,
Fellowship Hall

TUESDAY 6/7

- 10:00 a.m. Sisters' Bible Study, Grier Room
- 5:30 p.m. Zumba, Fellowship Hall
- 7:00 p.m. Central Delaware Chess Club,
Grier Room
- 7:00 p.m. Milford Al-Anon Group,
Century Club

WEDNESDAY 6/8

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