



The Midweek

Wednesday, June 8, 2022

Jonah: The reasons why he ran (and we do, too)

"But Jonah ran away from the Lord..." Jonah 1:3

If you went to church as a child, you have probably heard the story of Jonah and the big fish (which often is identified as a whale). It is a classic case of "God said" and man disobeyed. However, as a child they probably did not get into the reasons for his disobedience. The main focus was often, just: disobedience. As children, it would have been hard to understand the "why" of this disobedience, other than it is human nature and has been going on since the Garden of Eden. God says, "Do this." And we do the other. God says, "Don't do this." And we do it. The struggle is real! (Just ask Paul, Romans 7:15 *I do not understand what I do. For what I want to do I do not do, but what I hate I do.*)

This Sunday we will be talking about the "whys". As a prophet, it was Jonah's ministry, call, purpose and duty, to speak on behalf of God to his people. What happens when what God asks you to do doesn't seem to make sense? What if we are called out of our assigned territory? What if there is political, racial, religious, and personal prejudice/dislike/fear/hate we need to overcome to obey what God is calling us to do? What if it is a kamikaze mission?

What happens when we fear people, death, hard things, impossible things,

more than God?

What happens when we don't follow God's lead/have a better idea?

What happens when we do what God asks (even if we are still not 100% sure it's a good idea)?

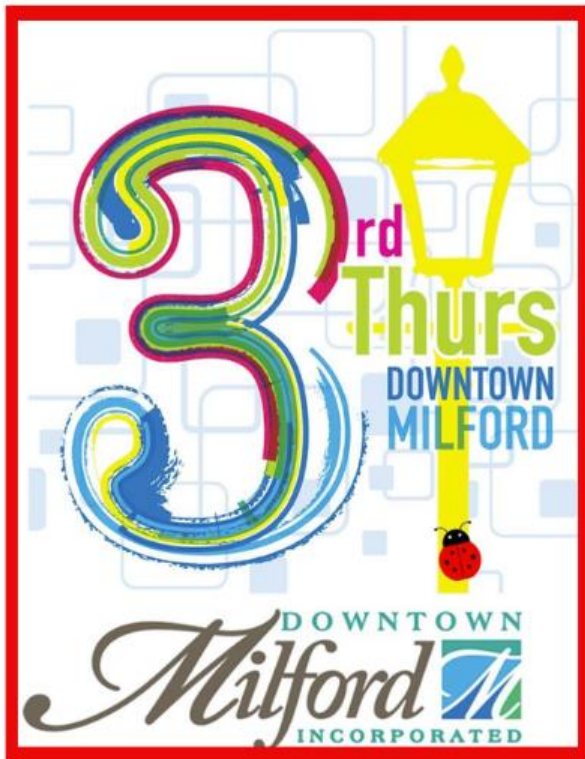
Join us this Sunday, as we look at Jonah's experience, reflect on our own, and ask God to lead us, as a church, to unknown territory.

Can't wait to set sail (*wink*) on this adventure.

Pastor Neyda

VOLUNTEERS NEEDED

THURSDAY JUNE 16th



TASKS:

4pm Help Set UP

For both Downtown & Avenue

4pm - 8pm

Avenue Information Booth

Greet visitors/hand out balloons to all kids
(pick an hour and let us know)

8pm

Tear Down

For both Downtown & Avenue



Congratulations Confirmands!

On Sunday, June 5th, five young people made a profession of faith and were confirmed into the Church. We give thanks to God for each of our Confirmands and their families. Our confirmands are:

Julianne Dickerson (Daughter of Derrick and Jolene Dickerson)

Olivia Evans (Daughter of Ed and Veronica Evans)

Bailey Masten (Daughter of Robert and Lise Masten)

Molly Masten (Daughter of Robert and Lise Masten)

Elijah Nelson (Son of Dan and Jennifer Nelson)



ZUMBA

@AVENUE



**TUESDAYS &
THURSDAYS**

5:30 PM

\$3 Suggested
Donation

**20 N. Church St.
Milford, DE**



Avenue United Methodist Church

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.

UPDATES ON WORSHIP SERVICES: In an effort to create a better worship experience, we will be starting announcements a few minutes early in order to start the formal service at the appointed start time (9:00 a.m./10:30 a.m.).

CHURCH COUNCIL MEETING: The Church Council will meet on **Wednesday, June 29th at 6:30 p.m.** in the Sanctuary. Our primary task will be to meet as a Church Conference to elect a new slate of leaders who begin terms on July 1st. Pastor Steve will also be sharing about some Fall initiatives and ministry opportunities.

All are welcome to attend Church Council meetings. You must be an elected member of the Council to have a vote.

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! **To register click this link** <https://avenueumc.com/vbs/>.

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 14th** 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 10:15 a.m. The study for June is “The Fruit of the Spirit.” The lesson for June 12th lesson is “The Spirit Gives Wisdom” based on I Corinthians 2:10-16; June 19th lesson is “Life Apart From the Spirit” based on Galatians 5:13-21; and June 26th lesson is “Life in the Spirit” based on Galatians 5:22-26. Please join us in the Grier Room for these exciting lessons.

Tonight—June 8, 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

Children available



**American
Stroke
Association.**
A division of the
American Heart Association.

let's talk about
STROKE



Prevention

let's talk about

Risk Factors for Stroke

Risk factors are traits and lifestyle habits that increase your chance of disease. Being aware of these risk factors and knowing your personal risk is the first step in preventing a stroke.

There are two types of risk factors: the kind not within your control (uncontrollable) and the kind you can control, treat and improve (controllable). By having regular medical checkups you can know your risk factors, and create a plan to lower your risk of stroke.

Work with your health care team to identify your personal risk factors and make a plan to treat, change or control them.



What risk factors can I control, change or treat?

- **High blood pressure.** A leading risk factor for stroke and a leading cause of stroke. Know your blood pressure and have it regularly checked every year. Normal blood pressure is below 120/80.
- **Smoking and vaping.** These can lead to damages within the blood vessels, causing a stroke. Quit smoking and vaping, don't start and avoid secondhand smoke.
- **Diabetes.** By impacting your body's ability to make or use insulin correctly, diabetes can cause glucose (sugar) to build up in your blood. High glucose levels can damage the body's blood vessels, increasing the chance of stroke.
- **High cholesterol.** High cholesterol increases the risk of blocked arteries. If an artery leading to the brain becomes blocked, it can result in a stroke.
- **Physical inactivity and obesity.** Being inactive, obese or both can increase risk for heart disease and stroke. Aim to reach and maintain a healthy weight.
- **Carotid or other artery disease.** A stroke can occur when a carotid artery, which leads to the brain, becomes damaged or blocked by a fatty build up of plaque inside the artery wall limiting or stopping blood flow.
- **Transient ischemic attacks (TIAs).** Recognizing and treating TIAs can reduce the risk of a major stroke. TIAs produce stroke-like symptoms, but most have no lasting effects. Know the warning signs of a TIA and seek emergency medical treatment immediately.
- **Atrial fibrillation (AFib) or other heart disease.** In AFib, the heart's upper chambers quiver rather than beat in an organized, rhythmic way. This can cause the blood to pool and clot, increasing the risk of stroke. AFib increases risk of stroke five times. People with other types of heart disease have a higher risk of stroke, too.
- **Certain blood disorders.** A high red blood cell count makes clots more likely, raising the risk of stroke. Sickle cell anemia increases stroke risk because the "sickled" cells stick to blood vessel walls and may block arteries.
- **Excessive alcohol intake.** Drinking an average of more than one drink per day for women or more than two drinks a day for men can raise blood pressure. Binge drinking can lead to stroke.
- **Illegal drug use.** Drugs including cocaine, ecstasy, amphetamines, and heroin are associated with an increased risk of stroke.

(continued)



**American
Stroke
Association.**
A division of the
American Heart Association.

Risk Factors for Stroke

- **Sleep apnea.** Sleep disordered breathing contributes to risk of stroke. Increasing sleep apnea severity is associated with increasing risk.

What are the risk factors I can't control?

- **Increasing age.** Stroke affects people of all ages. But the older you are, the greater your stroke risk.
- **Gender.** Women have a higher lifetime risk of stroke than men do. Pregnancy, certain forms of birth control, history of preeclampsia/eclampsia or gestational diabetes, and certain types of hormone therapy pose special stroke risks for women.
- **Heredity and race.** People whose close blood relatives have had a stroke have a higher risk of stroke. Black and Hispanic people are at a higher risk of death and disability because they often have high blood pressure, a leading risk factor for stroke.
- **Prior stroke.** Someone who has had a stroke is at higher risk of having another one.



HOW CAN I LEARN MORE?

- 1 Call 1-888-4-STROKE (1-888-478-7653) or visit stroke.org to learn more about stroke or find local support groups.
- 2 Sign up for our monthly Stroke Connection e-news for stroke survivors and caregivers at StrokeConnection.org.
- 3 Connect with others who have also had an experience with stroke by joining our Support Network at stroke.org/SupportNetwork.

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

What are my risk factors for stroke I can control or manage?

What are my risk factors for stroke I can't control?

What are the warning signs of TIA and stroke?

MY QUESTIONS:

We have many other fact sheets to help you make healthier choices, manage your condition or care for a loved one. Visit stroke.org/LetsTalkAboutStroke to learn more.

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“How much better to get wisdom than gold! To get understanding is to be chosen rather than silver.”

Proverbs 16:16

AFTER TWO MISSED SEASONS...

Milford Community Band

Springs Back!



Sunday, June 12, 2022
MILFORD HIGH SCHOOL
1019 N Walnut Street, Milford, DE
3:00 P.M.

Saturday, June 18, 2022
FIRST BAPTIST CHURCH
301 Walker Road, Dover, DE
3:00 P.M.



www.MilfordCommunityBand.org

ANNIVERSARY GREETING TO:

- **Rob and Pat Craig** who will celebrate their **54th** anniversary on **June 22nd**.
- **Dave and Judy Passwaters** who will celebrate their **64th** anniversary on **June 28th**.

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

CALENDAR

WEDNESDAY 6/8

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

THURSDAY 6/9

11:00 a.m. AA, Century Club
5:30 p.m. Zumba, Fellowship Hall

FRIDAY 6/10

7:00 p.m. AA, Century Club

SATURDAY 6/11

9:00 a.m. Haitian Church, Century Club
12:00 p.m. Concert: Music School of DE ~
Student Recitals, Sanctuary
7:00 p.m. AA, Century Club

SUNDAY 6/12

9:00 a.m. Traditional Worship
10:15 a.m. Adult Sunday School Class,
Grier Room
10:30 a.m. Contemporary Worship ~
Baptism (Reece Emory)
10:30 a.m. Sunday School
12:00 p.m. New Members Class,
Grier Room
6:00 p.m. FUSION, Fellowship Hall and
Wesley Room
7:00 p.m. Haitian Church, Century Club

MONDAY 6/13

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

TUESDAY 6/14

10:00 a.m. Sisters' Bible Study, Grier Room
5:30 p.m. Zumba, Wesley Room
6:00 p.m. Health Ministry Meeting,
Fellowship Hall
7:00 p.m. Central Delaware Chess Club,
Grier Room
7:00 p.m. Milford Al-Anon Group,
Century Club

WEDNESDAY 6/15

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