



## *The Midweek*

*Wednesday, July 6, 2022*

### **Moving From Contempt to Peace**

Famed psychologist John Gottman has been writing and teaching about marriage and relationships for years. His research over four decades has led him to be able to predict whether a couple will get divorced with a high degree of accuracy. Gottman has written about *The Four Horsemen of Negative Interaction*, which are criticism, contempt, defensiveness, and stonewalling. Gottman writes that contempt is the most dangerous for couples. In relationships, contempt looks like eye-rolling, hostile humor, mimicking, and name-calling. Contempt makes the other person feel demeaned and worthless. While Gottman writes about contempt in marriage, it is a virus spreading throughout our society.

Over the last month, we have been working our way through the story of Jonah. In the book, we find a prophet of God who resists God's call and is angry when God shows the pagan Assyrians living in Nineveh grace. The Assyrians are enemies of Israel. Jonah believes God should punish Nineveh for their violence and sin. Jonah is angry and filled with contempt toward Nineveh. When God chooses to forgive Nineveh, Jonah says he would rather die than see the Ninevites saved by God's grace.

Last summer Dan Nelson preached a short series on the book of Habakkuk called *Modern Problems, Ancient Answers*. The series' premise was that the heart issues we have today are nothing new. We see this in Jonah as well.

Contempt has become acceptable in politics, the news media, and social media. Contempt for others has also infiltrated the Church. We might talk about being loving and accepting of all people, yet we eye-roll and dismiss those with different beliefs and opinions than we do. We see our tribe as being superior to other tribes.

What might be the answer to contempt?

The answer is to work towards peace. Peace is more than the absence of conflict. It is to seek wholeness in our relationships and pursue flourishing in our own lives and those around us. As Christians, we are to desire (and work towards) God's best for our neighbors *and enemies*. Through Jeremiah, God tells Israel to "*seek the peace and prosperity of the city to which I have carried you into exile.*" Israel wasn't to cause problems as exiles in Babylon. They were to seek the peace, the flourishing, of the city. Our posture as Christians is one of peace and not contempt.

Paul writes in Ephesians that we are to "*make every effort to keep the unity of the Spirit through the bond of peace.*" Contempt comes easy. It is a wide broad road that is easily traveled. Being a peacemaker requires more effort, but the outcome is a flourishing community. When we seek a life of peace, enemies lay down their weapons and embrace one another. Anger dissipates and is replaced with love. We begin to see "others" as being created in the image of God.

Brothers and Sisters, I pray that we would be people of peace who God uses to bring healing into our community here in Milford and beyond. I pray that we would be known by the way we love one another and that we would extend that love to those different from us. I hope that we will be a community that rejoices when we see others experience the grace of God because we are also recipients of that grace. Let us seek the peace of our community.

Sow Much Love,

*Pastor Steve*

## 2022 YARD SALE

The summer is moving along and that means the Yard Sale is coming quickly!! Here is a list of all the important dates that you need to help us get ready. Please let us know if you would like to help.

Judy Struck (609) 319- 8082 [judystruck@comcast.net](mailto:judystruck@comcast.net)

Sandy Culotta (302) 258-5787 [swculotta@gmail.com](mailto:swculotta@gmail.com)

### YARD SALE DATES AND TIMES:

- ♦ Thursday, August 4<sup>th</sup> from 1:00 p.m. - 5:00 p.m. (\$1 entrance fee)
- ♦ Friday, August 5<sup>th</sup> from 8:30 a.m. – 4:30 p.m.
- ♦ Saturday, August 6<sup>th</sup> from 8:30 a.m. – 12:00 p.m.

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### DONATION DATES AND TIMES:

- ♦ Thursday, July 28th from 9:00 a.m. – 4:00 p.m.
- ♦ Friday, July 29th from 9:00 a.m. – 4:00 p.m.
- ♦ Monday, August 1st from 9:00 a.m. – 5:00 p.m.
- ♦ Tuesday, August 2nd from 9:00 a.m. – 5:00 p.m.

### FURNITURE PICK UP:

Contact Larry Hughes (302) 745-4331 or Dave Reynolds (302) 503-3933. Times will vary and items must be either in the garage or outside.

Please pick up a list of what will and will not be accepted from the counter in the church foyer.

**\*\* We need help to setup tables on Sunday, July 24<sup>th</sup> in Fellowship Hall at 11:30 a.m.**

## 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 (302) 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).

**MINISTRY RESTART—USHERS AND GREETERS:** We believe in creating a warm, welcoming, and expectant worship environment where members and guests are excited to gather, to worship, and to grow as a community of faith. To assist with this, we are looking to restart *the ministry of ushers and greeters*.

Ushers and Greeters are servants who have the gift of hospitality and are able to remove barriers that keep people from encountering the presence of God during worship. Greeters operate outside the sanctuary to create a warm welcome, answer questions, and assist where needed. Ushers minister inside the sanctuary to receive the offering, assist with seating, and to provide assistance when needed. Both roles are vital to help worshippers get better connected to our Discipleship Pathway to become fully devoted followers of Jesus Christ, and both roles will work with our Connections ministry to that end.

If you would like to serve as an Usher or Greeter, email Kelly at [churchoffice@avenueumc.com](mailto:churchoffice@avenueumc.com).

**RIVERWALK FREEDOM FESTIVAL OUTREACH:** Milford’s *Riverwalk Freedom Festival* is scheduled for **Saturday, September 17<sup>th</sup>** in downtown Milford. Avenue will be present to meet with community members, share information about our church, pray with those who need it, and to have a great time! We are creating a team to envision our booth and to serve the day of the event. If you would like to be part of the outreach team, please contact Pastor Steve at [srlamotte@avenueumc.com](mailto:srlamotte@avenueumc.com).

**FALL KICK-OFF PLANNING HAS BEGUN:** We will be holding our Fall Kick-Off on **Sunday, September 18<sup>th</sup> at 10:00 a.m.** under the tent. This will be an all-church worship time with a family meal afterwards. We are looking for those who want to make this an unforgettable day of worship and family fun for our entire Avenue Community. If you are interested in helping to plan this event, please contact Pastor Steve at [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 call (302) 422-8111 or send an email to [healthministry@avenueumc.com](mailto: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.

**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](mailto:srlamotte@avenueumc.com).

**NEXT GEN - Introducing Christina Trager:** The Staff-Parish Relations Committee is excited to introduce Christina Trager as our newest staff member. She will be the Next Generations Pastor serving our teenagers and young adults. This is a full-time position.

Christina comes from Mariner's Bethel United Methodist Church in Ocean View, Delaware where she has over a decade of youth ministry experience. Most recently, she served as their full-time Middle School Coordinator. Christina has a Master's of Arts in Youth Ministry with a certificate in Child and Youth Ministry and Advocacy from Wesley Theological Seminary in Washington D.C. She has also served as a missionary in the States through the Global Board of Ministries.

Christina plans on starting her ministry at Avenue in mid-July. Please keep Christina in your prayers and do all you can to make her welcomed at Avenue!

**CONTEMPORARY WORSHIP - FAVORITE WORSHIP SONGS:** Avenue will be holding a "hymn sing" on Sunday, July 31<sup>st</sup>. It will be an opportunity to sing our favorite songs in each service. The 9:00 a.m. service will be given the chance to request their favorite hymn during worship. At 10:30 a.m., we are taking a different approach and requesting that you email Pastor Steve ([srlamotte@avenueumc.com](mailto:srlamotte@avenueumc.com)) your favorite praise song, chorus, or hymn. The Praise Team will be putting together the service from these requests. We look forward to worshipping with you on July 31<sup>st</sup>.

**SERMON SERIES HELP NEEDED—ASKED/ANSWERED:** In August, we will begin a new sermon series called ASKED/ANSWERED where you will have input on the sermon content. We want to know what questions you have about the Bible, God, Faith, and Theology. For four weeks, we will look at our questions and build a sermon that addresses one or more of the questions you have. It will be an opportunity to have a little more participation in worship.

Got questions? You can email your questions to Pastor Steve ([srlamotte@avenueumc.com](mailto:srlamotte@avenueumc.com)) with

the phrase ASKED/ANSWERED in the subject line. Your questions need to be received prior to August 1<sup>st</sup> to put the series together.

**FIRE SAFETY EVENT—NEED VOLUNTEERS** — On **July 17<sup>th</sup>**, Health Ministry will be hosting a fire safety event outside the portico after church services. We will have a fire truck and handouts. The United Methodist Men will be cooking hot dogs. To make this a successful event we need some Methodist Men to help cook/service hot dogs. If interested, please call Rob Craig. Thanks!

## **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. We have a wonderful study of the 10 Commandments and will be taking July and August off. See you **September 13<sup>th</sup>**.

### **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 July is “The Work of the Church.” The lesson for July 10<sup>th</sup> lesson is “Faith Transcends Culture” based on Acts 8:26-39; July 17<sup>th</sup> lesson is “The Quest for Inclusive Fellowship” based on Acts 11:1-18; July 24<sup>th</sup> lesson is “The Jerusalem Council’s Mandate” based on Acts 15:1-21; and July 31<sup>st</sup> lesson is “Mission Without Walls” based on Acts 16:25-34. Please join us in the Grier Room for these exciting lessons.

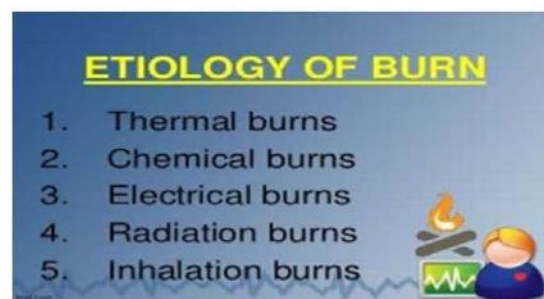


## What is a burn and what causes burns?

Burns are **tissue damage from hot liquids, the sun, flames, chemicals, electricity, steam and other causes**. Kitchen-related injuries from hot drinks, soups and microwaved foods are common among children. Major burns need emergency medical help. Minor burns can usually be treated with first aid.

About half a million people go to the emergency department every year with burn injuries. Children are at highest risk for accidental burns. On a daily bases more than 300 children receive emergency treatment for burn injuries.

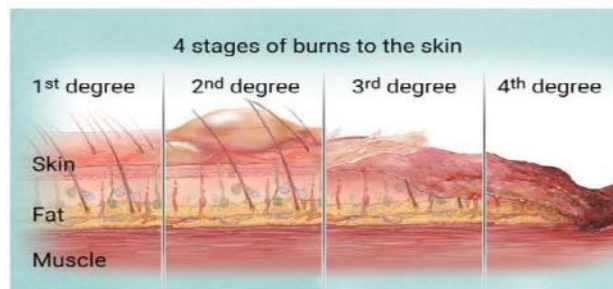
<https://my.clevelandclinic.org/health/diseases/12063-burns>



## What are the degrees of burns?

Damage to the skin or deeper tissues caused by sun, hot liquids, fire, electricity, or chemicals. The degree of severity of most burns is based on the size and depth of the burn. Electrical burns, however, are more difficult to diagnose because they're capable of causing significant injury beneath the skin without showing any signs of damage on the surface. The healthcare worker will diagnose the degree of the burn.

Symptoms range from a feeling of minor discomfort to a life-threatening emergency, depending on the size and depth (degree) of the burn. Sunburn and small scalds can often be treated at home. Deep or widespread burns and chemical or electrical burns need immediate medical care, often at specialized burn units.



**“Train up a child in the way he should go; even when he is old he will not depart from it.”**

**Proverbs 22:6**

**ANNIVERSARY GREETINGS TO:**

- **Robert and Marie Bradley** who will celebrate their **63<sup>rd</sup>** anniversary on **July 11<sup>th</sup>**.
- **Rev. John & Ginny Van Tine** who will celebrate their **52<sup>nd</sup>** anniversary on **July 18<sup>th</sup>**.

**SYMPATHY TO:**

- The family and friends of Joanne McKay who passed away on July 3, 2022. Joanne joined Avenue Church on October 20, 2013.

**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:**

Marty Brereton  
Alma Brittingham  
Charlene Johnson Cannon  
Roland Cohee  
Mike and Judy Conflitti  
Dana  
Barbara Fleetwood  
Dan Williams Gaskill Sr  
Tom Glenn  
Niki Gustafson  
Sam Hanna  
Beverly Harrison  
Quinn Humes  
Jerry Jackson  
David Johnson  
Dean Johnson  
Kirsten Lewis and family  
Diana Lubitz  
Martha Marani  
Jack & Zelda McDuff  
Jean Murphy

David and Judy Passwaters  
Ron Payne  
Marshall Rea  
Alyshia Redmond  
Millie Remick  
George Reph Jr.  
Jackie Rippe  
Ron Semmont  
Sandy S.  
Seth Spencer  
Glen Stevenson  
Joan Wadman  
Dr. Charles "Chuck" Wagner



# CALENDAR

## **WEDNESDAY 7/6**

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

## **THURSDAY 7/7**

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

## **FRIDAY 7/8**

7:00 p.m. AA, Century Club

## **SATURDAY 7/9**

9:00 a.m. Haitian Church, Century Club  
7:00 p.m. AA, Century Club

## **SUNDAY 7/10**

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  
7:00 p.m. Haitian Church, Century Club

## **MONDAY 7/11**

11:00 a.m. AA, Century Club  
7:00 p.m. Harmonizers, Fellowship Hall  
7:00 p.m. Sermon on the Mount,  
Holzmueller Room

## **TUESDAY 7/12**

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 7/13**

10:00 a.m. Food Pantry Volunteer  
Gathering, Fellowship Hall  
4:30 p.m. Praise Team Practice, Sanctuary  
6:30 p.m. Alpha Group Dinner,  
Fellowship Hall

