



Sunday January 28, 2024

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General Information

Floy Rorie was Class Leader and offered the opening prayer.

Carol and Nelson Cain brought the snacks.

Bill Bush gave the closing prayer.

PROGRAM:

Chris Alexander continued our 6-week Amy-Jill Levine “Signs and Wonders” series with the third session of “The Importance of Women’s Bodies”. If you missed this program, or would like to see it again, you can find it [here](#) on our PACE website.

ANNOUNCEMENTS:

We are requesting meals for Jan Etheridge, Ellie Connolly, and Barb Petsel (next week). Please contact Carol Wills or Susan Griffith if you would like to volunteer.

We will re-arrange the chairs in our room after class today and going forward. This will leave the room set up for the next class.

Please consider signing up for Snacks and Closing Prayer, either [online](#) or on the paper versions at our nametag table.

We hope all class members will volunteer their birthday (month and day only!), also at the nametag table.

Monday, February 19, 2024 at 7-8 PM come to Pathways to Insight (at Christ United Methodist Church – 3101 Coit Rd. Plano -. Hear **two experts- Phil M. Van Guilder** and **Sheriff William Travis** share **updated and personal insights on drugs, Fentanyl, Narcan**, and answers to the following questions:

1. How has drug use and strength, etc. changed in the 2020's?
2. What are signs/symptoms of addiction?
3. What are ways a person can address concerns in a supportive manner when suspecting someone of being addicted?
4. What are healthy ways to offer support and hope?
5. What are resources for someone who is addicted?
6. What are resources for someone who has a family member or friend with an addiction to get support for herself/himself?
7. How to administer Narcan.
8. Info on Fentanyl, etc. (Prevalence, appearance, etc.)

Philip M. Van Guilder PMHPAC, RSPS, (Pilot Mental Health Peer Assist Credential and Recovery Support Peer Specialist)

Phil serves as the Director of Community Relations at the Greenhouse Treatment Center, bringing a wealth of diverse experiences to his role. He has worked at NASA and founded four successful companies. Overcoming personal challenges, Philip has dedicated over two decades to sharing his inspiring recovery journey and providing crucial training on Narcan and Naloxone administration. Philip's narrative is one of resilience, professional achievement, and a steadfast commitment to fostering recovery and well-being within the community, reflecting a life rich in varied experiences.

Sherriff William "Will" Travis has been the Assistant Chief Deputy in the Dallas Sheriff's office and was a Sheriff in Denton County. After being a patrol officer in Dallas, serving in the Coast Guard, and serving in Security Police at Carlswell Air force Base, he then worked 8 years as a Special Agent for the US Drug Enforcement Agency in Ft Worth. He says, ".My DEA career hit many plateaus, from being a street agent, to supervising a squad of agents on the street. During my career, I took thousands upon thousands of narcotics off our streets, and every day we say the difference we made, and I am extremely proud of each and every action we took to make our community safer."

"Our words may fail but our prayers never do."



- Dave Wisnewski, 2023

CONCERNS: << [back to top](#) >>

Jan Etheridge: will be having hand surgery this week for Carpal tunnel syndrome and a joint replacement on her thumb.

Barb Petsel: will have rotator cuff surgery for a full thickness tear on Jan 31.

Linda Morin: her daughter's boyfriend is Chris. His birthday was Thursday, and he got a call that morning saying that his mother was discovered deceased in her Garland apartment after several days.

The following day he lost his job due to a cut back.

Pray for God 's mercy on him during this very anxious and depressing storm in his life, and for Kristin that she will be able to comfort and lift him up during these days.

Ellie Connolly: has pneumonia. Continued prayers for her recovery.

Margaret Johnson: She will have another 3-day course of chemo in February for lung cancer. Keep her in your prayers. Says she's feeling fine now.

Susan Johnston: Prayers for her daughter, Stephanie – she will have a complete hysterectomy the end of this week.

Dave Mather: Had stents put in Jan 25 – his doctor reported that all went well, and he was in class today.

Floy Rorie: Asked for prayers for her brother **Jerry** who is paralyzed and had a seizure recently.

Also, her good friend Debbie's daughter, **Kelsey** (age 33) had successful surgery this past week for uterine cancer.

Kate Moreland: fell off a two-step ladder and fractured her tailbone the day after Christmas. She still has some pain but has a follow up appointment with the doctor this week.

Sherry Hartman: Continued prayers for her sister, **Connie** – her foot infection continues to heal, and the hyperbaric treatments have finished now, but the healing is a slow process – She has a cast on her foot to help her get around some. Sherry goes to her sister's house every 4 days to care for her.

Susan Griffith: still has a rash from shingles but continues to improve. She was in class today.

Janet Bilhartz: prayers for her friend and neighbor Jancie Weikert with colon cancer. Going through a challenging time.

Becky Mather: Prayers for her sister, Sandi. She is continuing with chemo treatments - did well after her last treatment.

Jennie LeClaire: Has been having back pain over the past few months - recently found out its intercostal neuropathy. She is having PT now which is helping, but she still has pain.

Rita Ward: Prayers for her sister, **Myra** who has cancer. Her treatments have been helping her lately.

Betty Estill: her nephew, **Blake** with lymphoma - his latest test showed that he is in remission. Prayers that he stays in remission.

Paul Hurd: prayers for his sister, **Jane Hurd**, in Santa Barbara, CA. She has metastatic cancer.

Sandra Homoky: her daughter-in-law, Claire. She continues to take antibiotics for her finger, but it is healing and not spreading.

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Becky Mather will be traveling with her sisters to Biloxi, MI this week.

Janet and Skip Bilhartz are driving back from Breckenridge this week – safe travels!

Welcome new member, **Sandy Hurlbut**

Welcome visitors, **Mike Haygood, Dorothy and Gerald's son.**
And **Kathy, friend of Anne Roddy.**

February Birthdays:

2/3 Margaret Johnson

2/7 Carol Dorsey ← **This will be Carol's 80th! Let's make it special!**

2/8 Susan Johnston

2/10 Barbara Durkin

2/17 Don Wilson

2/18 Sandra Homoky

NEXT SUNDAY: << [back to top](#) >>

Our class will gather at 9:45 AM in the PACE classroom, N255, the

following Sunday, February 4. Zoom connection will be emailed.

Marilyn Knetzger will continue our 6-week Amy-Jill Levine “Signs and Wonders” series with the fifth session of “**Seeing Again**”.

Anne Roddy will provide snacks.

Chris Alexander will give the closing prayer.

GENERAL INFORMATION: << [back to top](#) >>

1 Wish to view the United Methodist Revised Common Lectionary: ([RCL](#))

2 Wish to contact all the PACE class members with immediate distribution of a prayer request or urgent information? Email leaders@pacecumc.com
Clearly state in your email that you are requesting immediate distribution.

3 Wish to join the PACE Facebook Group? Contact John Estill.

4 Wish to contact PACE class leadership? Email leaders@pacecumc.com

5 Wish to view general PACE information: pacecumc.com

6 Want to update the PACE website? Email David Johnson dcj@acm.org

7 Wish to Change address, telephone, cell phone, email information? Email John Perrine jperrine42@verizon.net

8 Have an item for the next Newsletter? email news@pacecumc.com

9 Wish to offer to champion one of the following one-time activities?

Missions or Charitable Donation:

email John Estill: bandjestill@sbcglobal.net

10 Wish to watch CUMC sermons or Bible Studies?

[CUMC's YouTube Channel](#)

11 Wish to listen to CUMC podcasts?

<https://cumc.com/podcasts/>

12 Want to choose subscriptions to CUMC media?

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