

Keeping  **PACE**
with the **NEWS**

Sunday February 4, 2024

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General Information

Floy Rorie was Class Leader and offered the opening prayer.

Anne and Jerry Roddy brought delicious snacks.

Chris Alexander gave the closing prayer.

PROGRAM:

Marilyn Knetzger continued our 6-week Amy-Jill Levine “Signs and Wonders” series with the third session of “Seeing Again” the two stage miracle. If you missed this program, or would like to see it again, you can find it [here](#) on our PACE website.

ANNOUNCEMENTS:

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!), calendar at the nametag table.

Jim Alexander: "For those that use Kroger's grocery 'Pickup' service and who bring home their groceries in those STURDY, white plastic sacks, please start bringing them to our SS classroom starting next Sunday Feb. 11 through Mar. 31. A collection box is already in place near the end of our snack table. WHY?"

ANS: Hope Restored Ministries has found these sturdy plastic bags to be incredibly useful to the Homeless Men & Women who drop by on a daily basis to receive a daily ration of food - often in the form of pop-top cans. Flimsy grocery bags often tear under the weight of canned food cans. (Many homeless walk 5-10 miles a day carrying their belongings and food with them). "

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 office in Dallas, serving in

the Coast Guard, and serving in Security Police at Carswell 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](#) >

Diana Reynolds (VOLT) – Note from David Mather Jan 30. Please pray for Diana's 19 yr old daughter Allie. She was in a dirt bike accident yesterday. She will be in the hospital until at least Thursday. She is scheduled for surgery on Wednesday afternoon. Her jaw is broken in three places. We're still waiting on X-rays for her shoulder and knee but overall she's out of danger. She has a severe concussion and does not remember from one minute to the next but they said that is to be expected. Her entire chin was split open all the way thru the inside of her mouth. Stitches there and inside and outside of her lip. No clear understanding of her recovery timing.
We are at Medical City Plano Bldg A room 402.

Donna Starns: Said her 95 yr old Mom has pneumonia and is now in a rehab hosp. Keep her in your prayers.

Jan Etheridge: hand surgery for Carpal tunnel syndrome and a joint replacement on her thumb went well.

Barb Petsel: had rotator cuff surgery Jan 31. Continues to have fairly high level of pain, but meds and icing helps. Keep her in your prayers for a quick recovery.

Ellie Connolly: has pneumonia. Doing better, but continued prayers.

Margaret Johnson: She will have another 3-day course of chemo in February for lung cancer. Half way through the 10 radiation treatments since lesions were found in 6 lobes of her brain - it will be the "blanket" type of radiation, with possible precision treatments if necessary.

She is not sleeping well – and continues to have pain from 2 broken ribs, one on each side, caused by cancer. She's losing hair and will most likely lose it all the Dr said.

Margaret is determined to not slow down. She has started some new quilting projects. She's a fighter and will beat this thing down, with lots of help from her doctors and from all of you!

Susan Johnston: Prayers for her daughter, Stephanie – she is recovering from a complete hysterectomy last week. Susan helps her frequently taking care of her grandchildren, especially the 18 month old, 30 lbs now and Stephanie not supposed to lift him.

Sharon Emiliano: had surgery Jan 15 and has had a slow recovery, but she is well enough now to leave on a long-planned vacation with Bob to Santa Fe. Prayers for a fun trip and continued healing.

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

And **Ken's brother's wife, Jeri**, has a broken shoulder.

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, but it's a slow process. She has a cast on her foot to help her get around some. Hoping to have the cast removed soon. Sherry goes to her sister's house every few days to help 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 - continues to take antibiotics for her finger, but it is healing and not spreading.
Also, Sandra said her 90 yr old cousin passed away.
And her sister, **Pam**, has macular degeneration

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Linda Morin: Thanks be to God- Kristin's boyfriend, Chris, was offered a wonderful new job with a future in the company! He continues to do his part time evening & weekend job at Kroger AND his job on the technical help desk at Wells Fargo until his last employment date on Feb.11th.
Then he begins his new job on Feb19th.
I cannot begin to tell you what a godsend this is for him. Depression & anxiety lifted. Thank you for your prayers.

Ann Sielert wrote a very kind note to the class thanking everyone for cards and kindness. You can read her note on the bulletin board.

Jane Koons: Sent a note of thanks to our class members who sent sympathy cards for Jim. She is adjusting and said it's very helpful to be close to her family in Tulsa, OK.

Rita Ward: Commented regarding the electricity outage at the church caused by a fire. No one hurt and fire was quickly put out, but she was proud of the entire staff working hard to change things to accommodate for church services. They did a great job!

Kathy, friend of Anne Roddy visited our class again this week.

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 11. Zoom connection will be emailed.

David Johnson will continue our 6-week Amy-Jill Levine “Signs and Wonders” series with the fifth session of “**Raising of Lazarus**”.

Ellie Connolly will provide snacks.

Rita Ward 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/>

