

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

Sunday February 18, 2024

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**Barbara Wheat** was Class Leader and offered the opening prayer.

**Barbara Mizer** brought the snacks.

**Anne Roddy** gave the closing prayer.

**PROGRAM:**

**Nelson Cain** began our 7-week Adam Hamilton Lenten series with the first session of “The Last Supper”. If you missed this program, or would like to see it again, you can find it [here](#) on our PACE website.

**ANNOUNCEMENTS:**

**John Estill** presented a proposal to contribute \$500 to Youth Missions. After discussion, this proposal was approved by the class. He also asked for volunteers to paint the conference room at the Assistance Center of Collin County (ACCC) on the morning of Tuesday, February 27. Call John or Jim Alexander to volunteer.

**Hope Restored Missions** asked **Jim Alexander** to share with PACE Class members HRM's gratitude for all the donated goods, labor, and financial support provided during 2023. They also wanted to share some of their service statistics from the last 12 months that our SS class support helped provide:

- 6,096 meals served to homeless men, women and children

- 3,704 homeless clients outfitted with new or gently used clothing in their size
- 2,824 hygiene kits distributed
- 691 mail services provided
- 464 HRM or State IDs obtained (hard, but vital task for those who lost or had their birth certificate, TX DL, and/or passport stolen) to then be able to qualify for local, state or federal assistance.

HRM clients consisted of 1990 adults, 125 seniors, and a staggering 722 homeless children.

**Nelson Cain** invited all PACE men to a Rough Riders game on April 23. There is a signup sheet at our nametag table.

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](#) >>

**Greg Ellis:** Will have surgery Tues Feb 20 at UT Southwestern to remove a cancerous growth on his thigh. Prayers for him in his recovery.

**From Barb Petsel: Pat Atkins** had a severe stroke last week. She is still in ICU at Baylor. Pat is a member of the Family Living class and has gone to Sager Brown. Prayers for her, her husband Tom, and their family.

**David Lewis:** Prayers for Homa Lewis, mother of his children (Andrew, Katy, and Laura) who is battling stomach cancer.

**Diana Reynolds (VOLT)** – Please pray for Diana's 19 yr old daughter **Allie**. She was in a serious dirt bike accident. Update as of 2/17 – she is getting a bit better each day. She is having less patience with the situation as time goes on. The uncertain outcomes of course don't help. She will see the oral surgeon Monday and the neurologist again Feb 26<sup>th</sup> for an EEG. Shoulder follow up isn't until March 6<sup>th</sup>.

**Allie** loves to get mail. Her address is: 1640 Flagstone, Little Elm, 75068

**Jan Etheridge:** hand surgery for Carpal tunnel syndrome and a joint replacement on her thumb went well. But still has a brace for another few weeks.

**Barb Petsel:** 2-17 update: Much better – less pain. Still icing 3 x's daily and still wearing sling, Dr app on Tues and will start PT first of March.

**Ellie Connolly:** has pneumonia. She's better but it'll be a couple more weeks before she can return to class - continued prayers.

**Margaret Johnson:** Continue prayers. She will have another 3-day course of chemo end of February for lung cancer. She's having very low energy and weakness lately. Thank you for the cards and prayers.

**Kate Moreland:** fractured her tailbone falling off 2-step ladder. update 2/17: doing much better, able to drive now and will start PT next week.

**Sherry Hartman:** Continued prayers for her sister, **Connie** but some good news this week. She finally got the cast off her foot – still has a compression boot and cannot drive or climb stairs but making progress.

**Donna Starns:** Continue prayers for her mom, Carolyn, still in the hospital for another week or so.

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

**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.

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

**Anne Roddy:** asked for prayers for her friend Jan MacIntosh who has cancer.

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

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

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

**Sandra Homoky:** continued prayers for her daughter-in-law, Claire. And her sister, Pam, has macular degeneration.

**JOYS** << [back to top](#) >>

**Mark England:** his nephew and wife had a baby recently that had to be in ICU, but thankfully is out of the hospital now.

**Sandra Homoky** attended a birthday party for her great-granddaughter on Valentines day? How delightful to be at a party with 16 2-year olds!

**70 people in PACE class today!** A new record!

**VOLT** spaghetti sauce tickets are on sale in Narthex until next Sunday Feb 25 and you can purchase online. Delivery will be March 3.

**February Birthdays:**

2/3 Margaret Johnson

2/7 Carol Dorsey

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 25. Zoom connection will be emailed.

**Floy Rorie** will continue our 7-week Adam Hamilton Lenten series with the second session of “**The Garden of Gethsemane**”.

**Dorothy Haygood** will provide snacks.

**Dale Wilson** 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](mailto: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](mailto:leaders@pacecumc.com)

5 Wish to view general PACE information: [pacecumc.com](http://pacecumc.com)

6 Want to update the PACE website? Email David Johnson [dcj@acm.org](mailto:dcj@acm.org)

7 Wish to Change address, telephone, cell phone, email information? Email John Perrine [jperrine42@verizon.net](mailto:jperrine42@verizon.net)

8 Have an item for the next Newsletter? email [news@pacecumc.com](mailto: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](mailto: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?

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