

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

Sunday September 3, 2023

Quick Links

<a href="#">Concerns</a>
<a href="#">Joys</a>
<a href="#">Next Sunday</a>
<a href="#">General Information</a>

**Elaine Riggs** opened this morning's class as Leader and offered the opening prayer.

**Carol Cain** brought the snacks today!

**Floy Rorie** offered the closing prayer.

**PROGRAM:**

**Nelson Cain** presented the first session in a new series by Magrey deVega called "Questions Jesus Asked". The Session 1 title is "Who Do You Say That I Am?". If you missed the presentation, or would like to view it again, it is [here](#) on our PACE website.

**ANNOUNCEMENTS:**

Please consider volunteering with fellow PACE class members on Thursday morning, 9-7-23, at **Minnie's Food Pantry** 661 18<sup>th</sup> Street, Plano, TX 75074, to help the food insecure in our community. [Click here](#) to re-read John Estill's August 16, 2023 email to all class members that described the 4-step signup process.

**John Perrine** is updating the PACE class roster. If you have any changes to make to your own information, please email [jperrine42@verizon.net](mailto:jperrine42@verizon.net) by Wednesday, September 6. Please do not send information about other people, just yourself.

**John Estill** presented, and the class approved, a Mission budget for 2023-2024 of \$5000 and a special donation of \$500 to the Kindu Orphanage.

If you would like to join a **PACE dinner group**, please contact Lorraine Lewis.

**Clyde Rupert** will be starting a “Chronological Jesus & More” class on Sunday, September 10. You can register for this class [here](#) on the CUMC website. You can also email Clyde at [clyderupert@outlook.com](mailto:clyderupert@outlook.com)

We need [volunteers to staff a table](#) in the atrium for the “**Sunday School Highlight**” all morning on Sunday, September 17. This event highlights the adult classes, and we want to make sure that PACE is represented and highlighted.

**Grief support/interactive group** at CUMC will meet Tuesdays for 6 weeks beginning **Sept 12** at 6:30-8 or 8:30 PM led by Barb Petsel, LPC, FT. There is a signup [here](#) (under GRIEF SUPORT), and you can also email [mike@cumc.com](mailto:mike@cumc.com) to reserve your space (the number is limited).

## **FOOD FOR THOUGHT: Monthly Brown Bag Lunch**

### **Talks:**

**Meets the second Wednesday of each month at 12-1 PM in room N158 Christ United Methodist Church 3101 Coit Plano TX 75075**

*These talks are open to **adults only; members and/or visitors**. There will be a different subject each month, and all are welcome to bring a friend if you wish.*

## **Food for Thought begins Sept 13 Wed. 12-1PM**

*Have you ever wondered how to respond if your child, grandchild, nephew/niece, youth, or friend’s child asked you about a school shooting, mass shooting, suicide or other traumatic happening in the news?*

*Come to the first meeting of FOOD FOR THOUGHT*

**Sept. 13 Wednesday 12-1 PM - a free panel discussion focusing on considerations for responding to or discussing traumatic news events with children and youths. This is a bring-your-own-BROWN-bag-lunch-and-learn. We will start promptly at 12 Noon and end at 1 PM. We ask everyone to please arrive a little early, if possible, so you will not miss the panel discussion and also for ample seating.**

**Sept 13 - Professional panel will focus on how to respond and discuss**

**current (traumatic) events with children & youth** (Barb Petsel, LPC, FT, RN will facilitate the panel. The panel will consist of a Licensed Play Therapist-Jennifer Jenkins, MS, LPC-S, NCC, RPT-S, 2 licensed trauma therapists- Gina Carter MA, LPC and Heather Cawthon PhD, LPCS, and an expert in special-needs education with children, Dale Wilson, PhD.

**Oct 11 – Honoring and creating dialog with people of different faiths**

**Nov 8 Tips on decreasing holiday stress and creating fun ways to bond**

**Dec. 13- Fun Holiday Traditions for Intergenerational gatherings**

\*\*\* For questions call or email Barb Petsel MS, LPC, FT, RN 214-384-9272 or [barb@barbpetsel.com](mailto:barb@barbpetsel.com)

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

**Dorothy and Gerald Haygood:** Their son, Mike, had a heart attack and surgery involving a quadruple bypass. They are home now until Sept 7 - then returning to Louisiana to care for their son when he is out of rehab and their daughter-in-law will be in Japan for 2 weeks. They thanked everyone for their generosity by bringing meals for them the past couple weeks.

**Jerry Roddy:** He has a medical patch for high blood pressure. Went to a heart specialist Wed to figure out about his blood pressure. Trying a low salt diet. In class today and doing well.

**Mike Foley:** Met with the surgeon Thurs Aug 31 and **great news** - the growth detected is not Colon cancer after all – it's pre-cancer and has to be removed in Oct, no date yet.

**Paul Hurd:** Asked for prayers for his sister, Jane Hurd, in Santa Barbara, CA. She has metastatic breast cancer. She is undergoing testing, but no plan of care yet.

**Floy Rorie:** Will have her left knee replacement surgery Oct 16.

**Gary Wills:** continue prayers for his sister, Arlene Colson, in Akron, OH. She has a long road to recovery yet ahead but is making slow improvement considering all that has happened to her. Will be in the hospital at least another week – then rehab. Gary returning home Sunday night.

**Ann Sielert:** her brother-in-law, Ray, that lives in Iowa had bladder cancer surgery; was released from the Mayo Hosp in Rochester, MN. Ann's sister cared for him, even though they are divorced. He is now in re-hab. Prayers for Ray and Ann's sister.

**Sandra Homoky:** prayers for her daughter-in-law, Claire. She has necrotizing fasciitis (flesh-eating disease) on her finger – she is showing a little improvement but has a long way to go. She will be taking high-powered antibiotics for six months.

**Susan Jackson:** sent message to David Mather. VOLT team **Bill Jackson**, age 90, passed away Aug 31. Memorial service will be in Sept.

**Floy and Ken Rorie:** daughter, Megan, had a TIA (mini-stroke) this past week, her symptoms cleared up that afternoon and was released to go home. She is prone to migraines and other problems due to chemo she had years ago. Continued prayers.

### Continuing prayers

Please let Carol Wills know if there are updates or changes.

**Becky Mather:** Please pray for her sister, Sandi Mulligan – Now hoping she can qualify for a trial treatment.

**Susan Griffith:** Continued prayers for Frances Robertson of Oxford, MS, a dear friend, has inoperable brain cancer. And prayers for husband Scott, and daughter Katherine.

**Rita Ward:** Prayers for her sister, **Myra**, with lymphoma cancer.

**Betty Estill** continued prayers for her nephew, **Blake** with lymphoma.

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

**Ellie and Joe Connolly:** had their 51 anniversary Aug 26.

**John and Melinda Perrine:** are celebrating their 30 anniversary.

**Liz Edwards:** Eyes are fine after her procedure couple weeks ago. No longer seeing double.

**Jennie and Russ LeClaire:** Russ had cataract surgery and is pleased with the results.

**Jan Etheridge:** is very pleased that her little 8 yrs old granddaughter wanted to come to church this morning and bring her friend with her.

**Linda Morin:** her granddaughter Katie, was chosen to be a nominee for Home Coming Queen in her high school this year. Katie is the daughter of Kristen, Linda's daughter.

**Susan Griffith:** visited Carol Dorsey this week and she's doing well. She misses our class and would love to hear from more class friends.

### **September Birthdays**

9/5 Anne Roddy

9/7 Roy Crutchfield

9/10 John Estill

9/12 Mike Foley

9/13 David Johnson

9/15 Bill Bush

9/15 Bill Hartman

9/21 Sue Anne Arthur

9/23 Jennie LeClaire

9/26 Dorothy Haygood

9/28 Ken Edwards

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

Our class will gather at 9:45 AM in the PACE classroom, N255, next Sunday September 10. We hope to make the lesson available to members via Zoom!

**Floy Rorie** will present the second session in a series by Magrey deVega called "Questions Jesus Asked". The Session 2 title is "Why Are You Terrified?".

**Ellie Connolly** will provide snacks.

**Barb Petsel** will provide 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 or Prissy Wisnewski.

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/>