

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

Sunday September 10, 2023

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General Information

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

No one brought snacks today. The elevator was broken, and some class members were not able to get upstairs.

Barb Petsel offered the closing prayer.

PROGRAM:

Floy Rorie presented the second session in a series by Magrey deVega called "Questions Jesus Asked". The Session 2 title is "Why Are You Terrified?". If you missed the presentation, or would like to view it again, it is [here](#) on our PACE website.

ANNOUNCEMENTS:

PACE DINNER GROUPS 2023-2024

All Groups are flexible (Restaurant or in home)

Group 1

Barbara & Mike Mizer
Barb & Marvin Petsel
Lorraine & David Lewis
Sharon Emiliano & Bob Eck

Group 6

Becky & David Mather
Debbie & Clyde Rupert
Anne & Jerry Roddy
Floy & Ken Rorie

Group 2

Betty & John Estill
Carol & Nelson Cain

Group 7

Susan & Ford Griffith
Adele & Mark England

Paul & Sally Hurd
Elaine Riggs
Mary Dell Green

Carol & Gary Wills
Sandra Homoky
Duane McGrath

Group 3

Cherrie & Greg Ellis
Cherry Sims & Linda Morin
Ellie & Joseph Connolly
Marilyn Knetzger
Barbara Wheat

Group 8

Jan & Richard Etheridge
Betty & Jimmy Parmer
Jennie & Russ LeClaire

Group 4

Sherry & Bill Hartman
Dale & Don Wilson
Janet & Skip Bilhartz
Susan Johnston

Group 5

Brenda & Russ Simmonds
Rita & Rick Ward
Sue Anne & Tom Arthur
Bill Bush

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. Contact Elaine Riggs to help.

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 SUPPORT), and you can also email 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

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

Susan Johnston's sister, Janet, called Susan Wednesday Sept 6 and said that her former daughter-in-law was found dead that day. Janet's granddaughter, Natalie, just started her first semester of college this week in Los Angeles, and she doesn't know her mother died, and she lost her grandmother a month ago. Janet flew to LA to tell Natalie in person early Thursday morning. Prayers for their family.

Adele England: will have spinal stenosis surgery Sept 26. Doctor said it will be day surgery, but she might be staying overnight.

Dorothy and Gerald Haygood: They decided to not go at this time to help their son in Louisiana. Their grandson is there, but they are still concerned and might go later.

They thanked everyone for meals and cards the past few weeks.

Mike Foley: will have a pre-cancerous growth removed from the colon Sept 18 at Presbyterian Hosp.

Paul Hurd: 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 continues to make progress, and is out of ICU, in a regular hospital room at least another 2 weeks – then rehab.

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 improvement but has a long way to go. She will be taking high-powered antibiotics for the next few months.

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

Pray for people of Marrakech, Morocco where over 2100 people have been killed in an earthquake Sept 9.

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.

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

Brenda and Russ Simmonds: are meeting Russ's sister and are taking a drive along the Hudson River, where there are lots of historical sites, and will make a visit to West Point.

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 17. We hope to make the lesson available to members via Zoom!

Barb Petsel will present the third session in a series by Magrey deVega called "Questions Jesus Asked". The Session 3 title is "Why Are You Anxious?".

Susan Griffith will provide snacks.

Becky Mather 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
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

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?

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