

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

Sunday September 17, 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.

**Susan Griffith** provided snacks today.

**Becky Mather** offered the closing prayer.

**PROGRAM:**

**Barbara Petsel** presented the third session in a series by Magrey deVega called "Why are you Anxious?". If you missed the presentation, or would like to view it again, it is [here](#) on our PACE website.

**ANNOUNCEMENTS:**

**Susan Jackson:** sent message to David Mather. VOLT team member **Bill Jackson**, age 90, passed away Aug 31. Bill was an original member of VOLT and went on the first mission to Cameroon.

After the service on the 19th, Jennie and Russ LeClaire (4313 Woodland Meadows Terrace, Plano) are hosting the reception at their home since the church is getting things ready for the 50th celebration.

Also note that it would help if you could carpool from church due to parking constraints in Jennie and Russ's neighborhood.

**Tuesday Oct 17 will be October Fest** at the Bavarian Grill at 5:30. A sign-up sheet was pasted around. If you would like to attend and didn't sign up, call Lorraine Lewis.

From Jim Alexander:

1. Thursday, September 21, 2023, is the fall North Texas Giving Day. There is a lot of need out there. **More than local 300 nonprofits are participating in NTX Giving Day.** These NPs are focused on supporting economic, shelter, and food security. You can **give now through September 21** to support causes you care about and make a difference in the community. Click this [link](#) and use the built-in site filters for: the location served, and type of mission, to search for your favorite charity. Read about nonprofit missions and select an organization to support. Add the organization to your cart and checkout.. A quick search turned up **Emily's Place, Hope's Door, Hope Restored Missions, Minnie's Food Pantry, The Assistance Center of Collin County, The Salvation Army,** and many others.
2. Sometimes the NP organizations have a capital-building campaign underway as well. One example of this can be found at this [link](#) for **Hope Restored Missions** at 1947 K Avenue, Plano, TX 75074, where the founder, Tammy Monroe, is celebrating her 50<sup>th</sup> Birthday by holding a fundraiser to help her organization raise the balance of renovation funds for new office space. Once renovated, the new space will be twice the size of HRM's current cramped quarters. This will allow them to better serve the food, job, and shelter needs of the unhoused in the Plano-McKinney areas. A dinner, entertainment, and silent auction will be held on Tuesday, September 26, from 7-9 PM at St. Mark's Catholic Church, 1105 W. 15<sup>th</sup> Street (NW corner of Alma and 15<sup>th</sup> Streets)
3. Ways to donate in the face of international and national disasters through **UMCOR** Disaster Relief can be found here. <https://www.umc.org/en/how-we-serve/we-are-disciples/disaster-relief>
  - a. Select either the "**UMCOR International Disaster Response**" DONATE button or the "**UMCOR US Disaster Response & Recovery**" DONATE button
  - b. International Disaster relief example - in the drop-down window under "Please Select Gift designation Below" Type in "IDR-Turkey/Syria"
  - c. National Disaster relief example - in the drop-down window under "Please Select Gift designation Below" Type in "USDR-Hawaii"

**PACE DINNER GROUPS 2023-2024** are posted on the bulletin board in the PACE classroom.

All Groups are flexible (Restaurant or in home)

**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](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](#) >>

**Jennie LeClaire:** her doctor recently found a mass in her liver and a cyst on the liver. Prayers for her.

**Marilyn Knetzger:** Prayers for her sister-in-law, Patricia. She has been diagnosed with endometriosis cancer and it has extended into the uterine wall.

**Susan Johnston's** sister, Janet, went to LA, CA to tell her granddaughter, Natalie (who just started her first yr of college) that her mom was found dead Sept 6. Natalie's mom was Janet's former daughter-in-law. 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.

**Mike Foley:** will have a pre-cancerous growth removed from the colon Sept 18 at Presbyterian Hosp. His daughter will be there with him and will let us know how he's doing afterwards.

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

**Becky Mather:** Please pray for her sister, Sandi Mulligan – she has ovarian cancer and has just finished a round of radiation. Becky and her sisters are making a trip to Biloxi, MS soon.

**Tom and Sue Ann Arthur:** They both have COVID again. They aren't feeling too bad now, but hoping they get over it soon.

**Susan Griffith:** Dear friend, Frances Robertson of Oxford, MS, passed away with brain cancer. Prayers for husband Scott, and daughter Katherine. Susan also found out recently that another friend of theirs, Trisha died recently.

### Continuing prayers

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

**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.

**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 week – then rehab. Has a long recovery.

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

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

**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.

**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.

**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.

**JOYS**    << [back to top](#) >>

**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.

**Susan Griffith:** They had an enjoyable visit from their son Mike and their nephew.

**Anne and Jerry Roddy:** their granddaughter and three little children are visiting this week.

**Lorraine and Dave Lewis:** they are leaving for an 18-day cruise beginning in Bermuda – ending in Montreal. Will return Oct 8.

**Becky and David Mather:** Celebrating their 53 anniversary.

### **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](#) >>

**September 24** there will not be a PACE class because of the combined worship service with full orchestra at 10:00 AM, and the 50<sup>th</sup> anniversary reception and display.

Our class will gather at 9:45 AM in the PACE classroom, N255, the following Sunday October 1. We hope to make the lesson available to members via Zoom!

**Presenter TBD** for the fourth session in a series by Magrey deVega called "What do you Live for?".

**Dale Wilson** will provide snacks.

**Dale Wilson** will also 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/>