

Keeping  PACE
with the NEWS

Sunday November 5, 2023

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General Information

Barbara Wheat is our Class Leader and offered the opening prayer.

Carol Wills brought the snacks.

Elaine Riggs gave the closing prayer.

PROGRAM:

Rita Ward presented the program today Words of Life: "Do Not Kill" (6)
====> *together with* Words of Life: "Do Not Commit Adultery" (7)

If you missed the presentation, or would like to view it again, it is [here](#) on our PACE website.

ANNOUNCEMENTS:

You can read this important information about **3 simple steps to recognize a stroke** in [this document](#). Even if you have read before, it doesn't hurt to have a reminder.

November 19 – PACE Class Q & A with Rev. Chris Dowd. If you have a specific question, please write on a 3x5 card provided on our name tag table next week.

The **PACE Christmas Party** will be on Sunday, December 3 at 5:30pm. The location is still TBD.

We will not have PACE class Christmas Eve or New Years Eve.

The monthly “**Food for Thought**” program will be on Holiday Stress. You may bring your own lunch if you need to 12-1 PM Wednesday November 8, 2012, Room N255 at Christ United Methodist Church 3101 Coit (SW intersection of Coit and Parker Rd) Plano TX 75075. (Park on Parker Road (north side of the building and enter through the door- go to second floor- there is an elevator as well as staircase) Open to the community (men and women, all faiths, anyone who would like to come- invite your friends)-. Starts and ends promptly on time. Questions- call Barb Petsel 214-384-9272

PACE DINNER GROUPS 2023-2024 are posted on the bulletin board in the PACE classroom and [here](#) on our website. All Groups are flexible (restaurant or in home).

If you would like to be in a dinner group and are not in one now, contact **Lorraine Lewis 214-536-6201**

PLANO OVERNIGHT WARMING STATION will be collecting new and gently used supplies for POWS; sweatpants, sweatshirts, socks, underwear, gloves, hats, scarves, and blankets.

Jim Alexander: Please bring coats, or warm clothing to class next week for the Homeless. Jim will deliver to Hope Restored.

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

Ann Sielert: Continue prayers for her regarding her diagnosis of osteoporosis - is having 2 shots per month now.

Sherry Hartman: Her sister, Connie, had surgery on her foot, which now has a serious infection, and must go for wound care several times a week. Sherry is staying with her to help her out. Keep her in your prayers.

Becky Mather: Prayers for her sister, Sandi. She is continuing with chemo treatments.

Jennie LeClaire: Jennie’s symptoms continue, and she has an appointment with another doctor this week.

Marilyn Knetzger: Prayers for Marilyn's sister-in-law, Patricia, who recently had surgery for endometrium and uterine cancer. Her doctor says she needs to wait a few more weeks before beginning radiation treatments.

Adele England: had strep throat last week but is now recovering.

Sandra Homoky: continue prayers for her daughter-in-law, Claire. She has necrotizing fasciitis (flesh-eating disease) on her finger from cleaning a salt-water aquarium. – Sandra said she may need to have her finger amputated (or part of her finger), but now there is a spot also on her wrist. She continues to take anti-biotics and wait to see if there is any spread.

Gary Wills: continue prayers for his sister, Arlene Colson. She is home and progressing with recovery. Will have skin grafts in about 3 weeks.

Rita Ward: Prayers for her sister, **Myra**. She is discussing with her doctors regarding her treatment options and has some difficult decisions to make.

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

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

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

Floy Rorie is still progressing well, even “ahead of schedule”. She's finished with in-home PT and will begin out-patient therapy next week. She can now drive short distances. Again, she and Ken expressed gratitude to our PACE class.

Ann Sielert wrote that their granddaughter, 25 yr old Kendall Berdinsky, is competing in the NY Marathon day.

Sherry and Bill Hartman hosted their dinner group last week.

Way to go - **Texas Rangers - winning the World Series!**

November

11/11 Nancy Hagberg

11/12 Carol Cain

11/16 Mark England
11/18 Liz Edwards
11/30 Ford Griffith

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

Our class will gather at 9:45 AM in the PACE classroom, N255, the following Sunday Nov 12. Zoom connection will be emailed.

Rita Ward will give the program **Words of Life: “Do not bear false witness”** (9).

Anne Roddy 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
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/>