



Sunrise Chapel

TERRITORIAL

August 2013

“Helping People Experience Heavenly Joy through Spiritual Growth”

8421 E. Wrightstown Road • Tucson, AZ 85715 • 520-298-1245 • SunriseChapel.org

SPIRITUAL PROGRESS WHILE TRAVELING

By Nathan Gladish

Summer is often a time for travel, especially for folks who live in Tucson. It's nice to get out of the heat, even if it's only to drive up to the top of Mt. Lemmon where it can be 20-30 degrees cooler. The Pacific Northwest seems to be a destination of choice for a number of our members this summer.

Physical travel is one thing. Spiritual travel is even more significant, and you can do it whether you are globetrotting or staying put.

There are a lot of stories of travel in the Word, many of them clearly metaphorical. They encourage us to experience new spiritual places and states of mind.

“Come and let us go up to the mountain of the Lord, and to the house of the God of Jacob; and He will teach us of His ways, and we will walk in His paths. For the law shall go forth from Zion, and the word of the Lord from Jerusalem.” (Micah 4:2)

You don't have to make a pilgrimage to Israel to “go up to the mountain of the Lord.” In fact, any life experience can be compared to a spiritual journey. At every point in our states of mind, the Lord wishes us to be learning of His ways and walking in His paths. He wants us to be in the perception of goodness and truth and of His continual presence. His promise is that such perception can lead to trust in Him and then to peace and even joy.

Our Lord Jesus Christ is the supreme example of one who traveled from the depths of hell to the heights of heaven. Throughout His life He experienced temptations from all quarters while at the same time being strengthened by angels who

came to minister to Him. He traveled from being human, with all the tendencies to experience frailties and shortcomings, to becoming divine. And He went through it all so that we have a role model to emulate. Because of His experience, especially His victories, He could confidently say, “Follow Me” - “I am the way, the truth and the life.” (John 14:6)

Emanuel Swedenborg brought new light to the Lord's work in his own travels through the spiritual world. Throughout his theological works, he also shares stories of conversations with people from all over heaven and throughout hell – to illustrate the varying states of mind and heart that people have based on their orientation to the Lord.



Spiritual travel and transformation can happen anytime. All it takes is opening your awareness to the inner level of your being. Notice your feelings and thoughts. Are you feeling troubled or at peace? Is your mind racing and in danger of being out of control, or do you feel stalled? Which direction are you headed—towards the Promised Land or some other

state? Are you satisfied with where you're going mentally or emotionally, or do you need to make a course correction? Do you need to check your “baggage,” take a break, release some tension or even turn around?

No matter where you are physically or spiritually, the Lord wants to lead you to a better place.

“Show me Your ways, O Lord; teach me Your paths. Lead me in Your truth, and teach me: For You are the God of my salvation; on You do wait all the day long.” (Psalm 25:4,5)

SPIRITUAL GROWTH CORNER

Becoming the Woman I Am

By Betsy Gladish

Finally becoming the woman I am
Finally becoming the body that's me.
Soft and gray -- Body, Mind, Spirit.

Soft-bellied from the children I chose to bare,
I'm the Velveteen Rabbit from years of love and care.
Soft like the versatile cotton in the spring,
Or a child's hand, full of potential that God can bring.
Soft as the warm soapy water in my dishpan,
Or the feel of a desert hike in the sand.
Soft like the breeze that catches the afternoon kite,
Soft as my blessed bed at night.

Finally becoming the woman I am
Finally becoming the body that's me.

Gray like the freedom-bound eagle's wing,
Or my backyard wall that forms a protective ring.
Gray like the sidewalk under my feet,
Strong and solid, impossible to defeat.
Gray as the steadfast mountains I see each day,
Beckoning my spirit upward to a better way.
No more glitzy silver dollar shine,
Years coach me to leave that behind.

Finally becoming the woman I am,
Finally becoming the body that's me.

Gray and Soft,
Soft and Gray,
I'm leaving black and white judgment behind,
Now thinking: Is it caring? Is it loving? Is it kind?
Soft thoughts, soft words, soft touch,
No more worry about giving too much.
God creates an endless supply of me,
Like the ebb and flow of the endless sea.

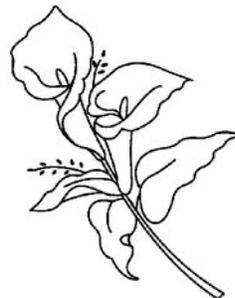
Finally becoming the woman I am
Finally becoming the body that's me.
Soft and gray
Body,
Mind,
Spirit.



PRAYER OF HOPE

By Nenah Moeller 7/13/12

There came a day quite long ago
No idea which way to go.
I searched and searched places in my mind
To find a reasonable lifeline.
I felt that I was on a swing
Going to and fro and no place to cling.
Then I remembered the Lilies of the Field
I wondered what my trust could yield.
Oh I had doubts and even felt queasy.
I didn't think talking to God would be easy.
I took the plunge and begged for forgiveness.
I believed my life was such a big mess.
I've learned so much since that long ago day.
I even learned how to pray.
I quit worrying about what others think of me.
I'm just glad that God loves me.



WORK HAS BEGUN ON THE CURB APPEAL PROJECT

By Nathan Gladish

Good news! This spring we successfully presented a grant proposal to the Glencairn Foundation for our “Curb Appeal Project,” and Sunrise Chapel was awarded the whole amount requested -- \$39,519! we are now beginning to see some progress on the implementation of this project. The goal of this project is to improve the look and feel of the front of our building and property. The five components are:

1. Replace seven lighting fixtures in parking lot
2. Replace an old set of exterior doors to Friendship Hall
3. Remove the ramada (trellis) between the Chapel and Friendship Hall
4. Paint the entire building exterior (including all preparation)
5. Resurface the front parking lot

The removal of the ramada (trellis) above the patio is one of the first things to accomplish. Many of the 30+ year old boards are rotted beyond repair. Next time you come to the building, look up to see the empty space where the wood has been taken down. This first step is to take down what is damaged. Then we will assess what is the best replacement.

Mike Villeburn and Bill Smith are researching new lighting fixtures to replace the seven old ones in the parking lot.

We have some bids for the other parts of the project, but the first priority is the ramada.

Every Glencairn Foundation grant requires a local financial matching plan. The Sunrise Chapel Board approved the challenge of raising 20% of the total, which is approximately \$10,000. More good news – we already have \$2,000 local funding towards our match, and we have hardly even started soliciting!!

Our local treasurer, Art Watson, is ready and eager to receive any contributions anytime. To contribute any amount toward this project, just write a check to SUNRISE CHAPEL, and put “CURB APPEAL PROJECT” in the memo.

INVITATION TO THE MEN’S GROUP



The Sunrise Chapel Men’s Group has been meeting regularly for years, discussing a wide variety of topics in the context of sharing our journey of spiritual transformation. Right now we are delving into Swedenborg’s work, **Divine Providence**. It is an amazing book, showing God’s love and mercy toward the whole human race in a systematic, rational approach. It is a book about His guidance on all levels – from the highest spiritual level of causes to the most down-to-earth events in our physical lives. We are also reading Frank Rose’s companion book, **Reflections on Providence**, one chapter per week. Here is the schedule of meetings and readings for August and September. All men are welcome to participate. We usually meet at Art Watson’s home, which is less than a mile away from the Chapel. Thursdays from 7:00-8:30 pm.

Readings from **Divine Providence** for the Men’s Group: (Numbers refer to sections (paragraphs), not pages)

- Aug 8 - DP 214-220
- Aug 15 - DP 221-233
- Aug 22 - DP 234-274
- Aug 29 - DP 275-284
- Sep 5 - DP 285-307
- Sep 12 - DP 308-321
- Sep 19 - DP 322-330
- Sep 26 - DP 331-340

You can download the New Century Edition of **Divine Providence for free** by going to www.swedenborgfoundation.com Go to the Bookstore and click on E-Books. But while you are on the home page, be sure to watch the video **Who Was Swedenborg and What Should I Read? A Video Introduction**. This is a wonderful, brief overview that is well worth watching several times just to catch Jonathan’s excitement for the value and importance of the work Swedenborg did to provide a rich and transformational revelation of the Lord’s love and wisdom.



NEWS NOTES

By Billie Baty and Louise Rose

We would love to have news of you and your family to put into these Notes. Just contact Billie 298-2995 or Louise 721-1091 and let us know what's happening with you and yours. Thanks!

Well, we survived a very hot June when it was above 100 degrees every single day! By comparison, July seems not too bad. It was amazing to see that on many days, the temperature on the east coast and in the midwest was the same as ours, and a lot wetter. We are all experts at surviving and even thriving, and we are going to make it to autumn.



The lucky people who attended the cool and enjoyable Arizona Mountain Camp in early July came down the mountain with big smiles on their faces. They had had some excellent lectures, one of the hardest rainfalls that some of them had ever experienced, many good conversations and a hilarious talent night, to name but a few of the camp offerings. Oh yes, and the Camp won a prize in the 4th of July parade in the little town of Summerhaven. The pastors from San Diego and Phoenix, Mark Perry and Garry Walsh, came and brought their families to add to the mix. Thanks to all the people who helped staff the camp, cook for the camp and attend the camp. Hope to see you again next year.

Right after the camp, NATHAN and ÉLISE GLADISH traveled east for a reunion of Nathan's family of origin. Over 60 people were there. The most fun for our pastor and wife was being able to be with all of their children and grandchildren at the same time. After Nathan came home, Élise stayed on to travel around the south with an old school friend.



JUDITH KEANE spent a week visiting relatives and friends in Connecticut where she grew up.

DAVID HUDNALL of Shreveport, Louisiana passed away on the day after Pat and his 50th wedding anniversary, following a long illness. David was the uncle of Joy Almond and brother of Tom Hudnall of Flagstaff (whose wife Judi formats the Territorial every month for us). David and Pat visited Tucson (where they used to live) a year ago and mentioned that their 50th was coming up this year. We think it is wonderful that David lived long enough to achieve that milestone. Our hearts go out to Pat and her daughter Jennifer and to Tom, Judi and Joy, and all the Hudnalls everywhere. A fine family whose mother Betty was a long-time member of Sunrise Chapel. God bless!

APPLE ALAN spent some time at the Tom Hudnall home in Flagstaff looking after animals while Tom and Judy went to Louisiana for the David Hudnall 50th



A welcome recent out-of-town visitor was Rev. WENDELL BARNETT, who came to see his son Michael and his wife Maureen and the two grandchildren, and to join us in worship at Sunrise Chapel. They all sat together with the Kevin Morey family with their four children. It made for a lively and adorable couple of rows. and stayed for the memorial service.

ARLEEN ANDREWS enjoyed two sets of company during June and July. She was first visited by her granddaughter Dawn Pennington and her great granddaughter Andrea from Pierce, Colorado, a farming community near Ft. Collins. Then a short time later her great nephew Charles (Chuck) and his family from Maryland came for a visit. Their son Steve is a student at Carnegie Mellon College in Pittsburgh where he is studying to be an engineer. They were in route to New Mexico for Steve to take a few summer classes and it gave them an opportunity to come on to Tucson.

NEWS NOTES Continue.



Congratulations to JENNIFER LEE on her retirement from her long time position with Sundt Construction Company. After retiring in July she and husband Ken planned to take a well-deserved leisurely three week vacation to Alaska, Vancouver and Seattle.

In July STEVE AND BETSY GLADISH also traveled to the Northwest where they toured all over Seattle, Olympic National Park, the San Juan Islands and east of the Cascades. They were also able to attend our sister church in Seattle and reconnect with many old friends. Betsy said it was green, cool and beautiful!

TRISH WANN has finished the final steps taken to complete the installation of solar panels on her house. The meter is ticking away saving money. If any of you would like to talk to her about her experience she is glad to share. You can actually get panels installed for nothing down and then lease them from the company. She says she still wants it to rain, but at least there is an upside to sunny skies in terms of her electric use.

REPORT ON SMALL GROUPS MINISTRY

By Nathan Gladish

This summer I have been putting more attention to research and development regarding small groups ministry. I have been attending meetings (by video conference) with the General Church Outreach Team. We have covered a lot of ground, even though I still feel we're just scratching the surface as we continue to explore the wealth of information available.

Here are some of the topics we have discussed:

What is a small group, and what are its key characteristics? What is our theology about small groups? How can we systematically form and maintain small groups? What is a reasonable time-frame for ongoing development of a small group ministry? How do we vision cast from where we are now to where we want to be? Content? Recruiting and training leaders? Group size? Expectations of members?

Locally, we held a meeting in the church library on Sunday, July 28 to begin brainstorming ideas specifically about expanding Sunrise Chapel's small group ministry.

Here are some notes from our discussion:

- *It's important to make community-building and belonging an integral part of each group.*
- *Let's explore the use of technology to enable more people to participate in small groups.*
- *There are lots of wonderful resources online.*
- *Encourage anyone to research community service activities that Sunrise Chapel members could get involved in.*
- *How can we expand our offerings to people outside our own small congregation?*
- *We discussed the history of some groups that have really "worked," such as women's retreats held at the church.*
- *Three important tasks: Organize regular leadership training sessions, brainstorm what groups to offer each term and throughout the year, recruit a "fanatical" leader of the overall small group ministry.*
- *Explore the use of short video promotions for involvement in groups.*

The small group ministry is an important, even vital, part of the life of Sunrise Chapel. If you would like to be part of its development for Sunrise Chapel, speak to Nathan Gladish. There are a variety of tasks for different interests and gifts.

CHECK OUT THESE ONLINE RESOURCES

By Nathan Gladish

I am excited to share a few online resources that I've been enjoying recently. There is an impressive and growing number of excellent websites for exploring all things related to Swedenborg and spiritual growth.

The Swedenborg Foundation

www.swedenborgfoundation.org The new look of the Swedenborg Foundation website includes a new introductory video: Who Was Swedenborg? What Should I Read? It is a brilliant, short overview of Swedenborg's life and the teachings he revealed, presented with a fast-paced, animated background. Also, the Foundation now offers a variety of Swedenborg's works free for electronic download, including volumes from the New Century Edition. Go to Bookstore, then E-Books.



New Christian Bible Study



www.newchristianbiblestudy.org/

This site is a combined work of brothers Brian and Steve David from Pittsburgh, PA. Brian has been developing animated video presentations to explain various teachings of the New Church. The site hosts all the videos plus a wealth of other essays covering a wide range of topics. There are links for reading the Bible and Swedenborg's books.

Here is an introductory explanation from the site: "The New Christian Bible Study is an online place for people who are interested in the Bible, not just in its literal sense, but in its inner, spiritual sense. The theological underpinnings of the site are based on Emanuel Swedenborg's religious works from the 1700's.

"We have also gathered, organized and here present Bible translations in most of the major languages, so that Bible readers have a comfortable, easy-to-use place to read and study the Word of God, and to readily cross-link to explanatory content."

Spirit and Life Bible Study

www.ustream.tv/channel/nuncligetbiblestudy

From a classroom in Bryn Athyn, PA, Jonathan Rose teaches an almost-weekly Bible study on Wednesdays that is insightful as well as energetic, creative, and entertaining. Through the wonders of technology, you can watch it live on Wednesdays at 4:30 pm Arizona time (7:30 EST) or watch recordings of previous classes anytime. Jonathan explores topics from the Bible with a fresh approach, drawing out the consistency of the Lord's love and mercy in spite of the often challenging writing style of the Bible's literal sense. (The website address uses the original name of the study "Nunc Licet" which is an abbreviation in Latin for the phrase from Swedenborg, "Now it is permitted to enter intellectually into the mysteries of faith.")



FUNDRAISING REPORT

Buy All Sorts of Gift Cards through Sunrise Chapel for NO EXTRA CHARGE

If you ever buy gift cards for anything – birthdays, baby showers, restaurants, groceries – you can "contribute" to Sunrise Chapel without paying an extra dime. You get the full face value of the card. The company that Sunrise Chapel buys cards from gives a rebate back to the Church for every card purchased. Last July, Dawn Graffam became our local coordinator and set a goal to "raise" \$1,000 dollars for the Church in 12 months through this simple method. We almost reached that goal – earning \$770 over the year!

Did you know...? If you become a family member of shopwithscrip.com, once you have purchased a Lowes, Macys, or Whole Foods card (plus a lot more retailers!), you can pay online and automatically reload your card.

Our thanks to Dawn for her leadership and to all you who have participated in the program! To order or purchase cards, contact Dawn Graffam at [520-907-6016](tel:520-907-6016) or by email at dawng69@gmail.com



August 2013



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-------------------------|--|-----------|--------------------------|--------|---|
| | | | | 1 7pm Men's Group | 2 | 3 |
| 4 9:30am Choir Practice 11am Worship Service 12:45pm Women's Guild Mtg | 5 6pm Meditation | 6 6:30pm Bereavement Support Group | 7 | 8 7pm Men's Group | 9 | 10 11:30am Trees on Mt. Lemmon Talk 7pm Marriage Movie Night |
| 11 9:30am Choir Practice 11am Worship Service | 12 6pm Meditation | 13 6:30pm Bereavement Support Group | 14 | 15 7pm Men's Group | 16 | 17 |
| 18 9:30am Choir Practice 11am Worship Service 12:45pm Board Mtg | 19 6pm Meditation | 20 6:30pm Bereavement Support Group | 21 | 22 7pm Men's Group | 23 | 24 |
| 25 9:30am Choir Practice 11am Worship Service and Holy Supper 12pm AMC Luncheon | 26 6pm Meditation | 27 6:30pm Bereavement Support Group | 28 | 29 7pm Men's Group | 30 | 31 |

AA & AL-ANON

Monday AA 6pm

Tuesday AA 11am

Wednesday AL-ANON 9:30am, AA 7:30pm

Saturday Men's AA 8am, Women's AA 11am

Sunday AA Meditation 7pm

Other Regular Events

Monday & Thursday 9am - Yoga

Tuesday 5:30pm - Self Defense

1st & 3rd Thursday - Global Chant



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TREES ON MT. LEMMON
by Frank Rose

Frank Rose is giving a free illustrated talk about trees at the Summerhaven Community Center, Saturday, August 10 at 11:30 am. He will have his books for sale. All are welcome.

