



Sunrise Chapel

TERRITORIAL

July 2013

“Helping People Experience Heavenly Joy through Spiritual Growth”

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

Declaring Independence - A Spiritual Dimension

By Nathan Gladish

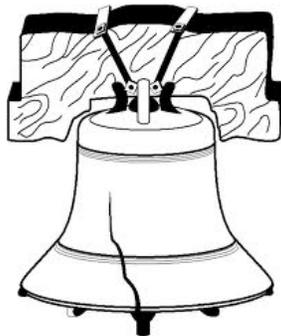
Each July Americans mark our national celebration of Independence Day with patriotic activities and fun, social times. Although it's been 237 years since the Declaration of Independence was signed, it's still very much a part of our nation's personality. Striving for freedom from political and economic tyranny is still a big deal. It just shows up in some different ways now than it did then.

But let's focus on a higher, spiritual dimension of this event. The Lord teaches that each of us, at times, is plagued by injustices to our spiritual lives. The internal sense of story after story in the Word explains that, as part of our human condition, we are bothered by irrational thoughts and unloving feelings. These attempt to bind us with nasty habits and take away our peace of mind and feeling of freedom. Such states of mind and heart can really undermine our spiritual health. Spiritually, these states are akin to what the Declaration of Independence calls "repeated injuries and usurpations, all having in direct object the establishment of an absolute tyranny." In this case the tyranny is over our spirits, and the results can be felt in such states as anxiety, negativity, doubt, fear, complacency, and shame, to name just a few.

To look at our lives this way is to be reminded that we each need to make an individual declaration to be independent from the tyranny of falsities and evils that get in the way of our pursuit of spiritual happiness. Each of us could create a list of offenses against our spiritual state of mind and heart that calls for revolutionary change. Just as the colonists made their declaration formal only

after many years of abuses and usurpations, so we need to come to a point when we simply say: "Enough is enough! This unhealthy situation, this way of thinking, or this bad habit must stop."

This is the first step in change – when we wake up to our "insufferable condition" and clearly declare our need to be free of whatever ignoble influence it is that plagues us. Then new opportunities can start to open up – new insights, new motivation and new courage to break off the ties that bind us. Then we can move forward boldly into a new state of freedom and dependence on the Lord's noble causes.



Making an individual declaration like this is an important part of personal spiritual growth. It doesn't mean that you have to compose a document and sign it, although that's not a bad idea. But anyone can benefit from being deliberate and intentional about identifying problems, learning more about possible changes, and making plans to implement them, including regular check-ins through reflection and prayer. It's all part of the

three Rs of spiritual life – Repentance, Reformation and Regeneration.

What personal declaration of independence do you want to make against some injustice in your life? Today is a good day to take a new step towards depending more on the Lord.

As David declared in Psalm 62 (NIV):

*“My salvation and my honor **depend** on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.”*

Guest Preacher – Fourth of July weekend

I am happy to welcome Frank Rose to lead our Sunday worship service on July 7, while I am participating in the annual Arizona Mountain Camp on Mt. Lemmon. His topic will be “A Healthy Love of Country.”

Worship on Mt. Lemmon

During Arizona Mountain Camp, you are welcome to join us in the cool Catalina mountains for informal worship services. Two special opportunities are on Friday night, July 5 at 7 PM for a sunset service, and Sunday morning, July 7 at 8:30 AM. For more information and directions, contact Dawn Graffam @ 520-907-6016 or Nathan Gladish @ 520-820-5148



Final Notes before Arizona Mountain Camp

By Dawn Graffam

Now that everyone is registered for Arizona Mountain Camp (AMC), we have emailed your welcome letter and other much anticipated information. Pastors Nathan Gladish, Mark Perry, Garry Walsh and Frank Rose will be our spiritual guides for classes and worship this year. Thank you all for signing up! Let us know your email if you haven't received anything.

Camp begins at 3 P.M., the afternoon of Wednesday, July 3rd and ends Sunday, July 7th at 2 P.M. The email will include your cabin assignment, map of the grounds, and the camp schedule.

The theme for the 2013 camp is “The Water of Life.” The camp directors are Dawn Graffam and Betsy Gladish. Check in with them in Aspen Hall, the dining room, after 3 PM. We are singing “America the Beautiful” as our cadence for the 4th of July Independence Day parade. We were awarded first place for patriotism last year! Be sure to pick up your new AMC shirt to wear on Thursday.

A Generous Grant from the Glencairn Foundation

By Nathan Gladish, Pastor

I am very happy to report that Sunrise Chapel has received a grant (not a loan) of approximately \$40,000 from the Glencairn Foundation to support our new “Curb Appeal Project.” This gift represents 80% of the total cost. The project is designed to improve the look and feel of the front of our building and property. Here are the five components with the original bids in the order they will be completed:

1. Replace seven lighting fixtures in parking lot: \$1,500
2. Replace an old set of exterior doors to Friendship Hall: \$2,725
3. Remove the ramada between the Chapel and Friendship Hall: \$6,300
4. Paint the entire building exterior (including all preparation): \$9,945
5. Resurface the front parking lot: \$28,929

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, welcomes contributions anytime. To contribute any amount toward this project, just write a check to SUNRISE CHAPEL, and put “CURB APPEAL PROJECT” in the memo.

THE BLESSING OF DEPENDENCE ON THE LORD

By Dawn Graffam

It was 2009. The end of my day was habitually marked with a glass of red wine. I had made it through another day with an 8, 6, and 4 year old. I already picked out the retirement home I would live in where I would take long naps in the afternoon. I relied on my own strength to “get everything done.” I was in a state of daily disappointment and resentment when my husband came home from work. Are you beginning to see the picture? Thankfully, a friend invited me to a biblically-based class on how to be a better mom and wife. Two years went by before it started sinking in. Finally, when I first understood -and felt - that it was not God’s will for me to pin my happiness and well-being on my husband, I dropped my expectations of *him* fulfilling all of my needs, and began my personal dependence on God, the Creator of the Universe, to fill me up.

I started recognizing my thoughts coming from either heaven or he-- (double hockey sticks). They are not from me, or part of me. I increased my awareness of them flying in and out like birds, and yet not allowing them to settle in and make nests. If a good thought comes into my brain, I know it’s from heaven and I must obey and follow-through on it. When I do, it is always a “praise God” moment. Likewise, if a negative thought or image enters, I ask Jesus to take it away. I don’t have to identify with either being from myself. What freedom!! surrendered my life to Him, and live in constant dependence on His strength to be a blessing to others in His name.

That might sound self-righteous, but my intent is to follow God’s will, not mine. As Matthew West says in one of his songs, “I don’t wanna spend my whole life asking what if I had given everything instead of going through the motions? I don’t wanna go one more day without your all consuming passion inside of me.” I no longer needed the false god of wine to save me from my reality. I was shown what God’s will for me is right now. I don’t feel run-down anymore. He has even given me enough energy to run in a couple half-marathons, and sprint triathlons. It’s been three years of passionately homeschooling my three children, and volunteering at Cub Scouts and Sunrise Chapel. What fills you up? Have you asked God to show you His will today? Do you share our passion with others? How about your testimony? It feels so good to depend on our Father in heaven, who is faithful.



My son, Jace, and I went to a concert by Casting Crowns last night. The message was clear: Meet people where they are and reach out to them in Jesus’ name.

It reminded me of how I felt hearing about the Supreme Court’s decision on DOMA (The Defense of Marriage Act) yesterday. Marriage between a man and a woman is under attack. It makes me mad. However, this life is temporary. We are all broken. All my husband and I can do is be a good example of marriage to the younger generation, keep up on current events, and vote responsibly. I rely on the Lord to be sovereign. He is my Savior, not my husband. And that’s why it works.

Buy Your Gift Cards through Sunrise Chapel for NO EXTRA CHARGE

If you **ever** buy giftcards 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. Our thanks to Dawn for her leadership and to all you who have participated in the program! **Now, help Dawn meet her goal for Sunrise Chapel!** To order or purchase cards, contact Dawn Graffam at 520-907-6016 or by email at dawng69@gmail.com

THE SPIRITUAL GROWTH CORNER

Thank you to Betsy Gladish for keeping up this "column." It is a good, monthly reminder of the core purpose of Sunrise Chapel – helping people experience heavenly joy through spiritual growth.

YOU ARE...

You are strong ... when you take your grief and teach it to smile.

You are brave ... when you overcome your fear and help others to do the same.

You are happy ... when you see a flower and are thankful for the blessing.

You are loving ... when your own pain does not blind you to the pain of others.

You are wise ... when you know the limits of your wisdom.

You are true ... when you admit there are times you fool yourself.

You are alive ... when tomorrow's hope means more to you than yesterday's mistake.

You are growing ... when you know what you are but not what you will become.

You are free ... when you are in control of yourself and do not wish to control others.

You are honorable ... when you find your honor is to honor others.

You are generous ... when you can take as sweetly as you can give.

You are humble ... when you do not know how humble you are.

You are thoughtful ... when you see me just as I am and treat me just as you are.

You are merciful ... when you forgive in others the faults you condemn in yourself.

You are beautiful ... when you don't need a mirror to tell you.

You are rich ... when you never need more than what you have.

You are you ... when you are at peace with who you are not.

-Author Unknown

SPIRITUAL GROWTH ON WEDNESDAYS

By Frank Rose

Wednesday evenings in May and June, Bob Maginel, Kelly Woofenden and Frank Rose led a Spiritual Growth Group in the Chapel. Altogether 16 people took part. At each session a task was introduced, and the following week the people reported on their experience doing it. We really enjoyed hearing how people worked the tasks and grew closer to each other in the process. Here are the eight tasks of the nine-week course (the last session to hear reports on the 8th task, and enjoy refreshments).

Task one: When you find yourself with negative thoughts or feelings, say to yourself "An enemy has done this" and notice any changes. (See Matthew 13:24-30)

Task two: Give yourself permission to have moments of stillness, and notice what that is like for you.

Task three: Do something creative that you can bring to our next meeting - a collage, a poem, work of art, craft, photograph, etc., and note what it is like for you to be creative.

Task four: This week treat yourself with kindness and appreciation.

Task five: If you need to correct yourself this week, do it in a very kind and understanding manner, like a very loving and understanding grandparent. Resist any temptation to be harsh with yourself, and notice what that is like.

Task six: Take the trouble to look beyond appearances, and withhold judgment, and see what that is like.

Task seven: This week if you notice a negative reaction to a person or event, see if you are making up a story about her, him or it, and see if you can rewrite the story in a more positive way.

Task eight: This week reach out to someone else. Think of someone you would like to contact, and what kind of contact you would like to have - a phone call, text, e-mail, or whatever. Make an effort to be there for someone else this week.

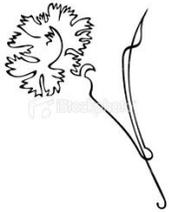


NEWS NOTES

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!

These news notes go all the way back to Mothers' Day which was a very special service. We had a big crowd at church, with some special visitors. In addition to a lovely sermon by Nathan, we had the pleasure of hearing thoughts about Motherhood from two of our mothers, Joy Almond and Neenah Moeller. After the service, all the girls and women were presented with a carnation.



In church that day were Landon and Michelle Synnestvedt and some of their children from Bryn Athyn, PA. Michelle is a sister of Kevin Morey, our "Music Man" who has been doing such a great job with special music for our services. One recent Sunday, he and one of the Sunday School students, Lauren Graffam, sang a beautiful duet for us.

Dottie Ridlon reached her 100th birthday May 20th. That weekend, she and Herb brought lots of their family members to church who were here to celebrate. We also had the very great privilege of hearing Dottie read the lessons in her lovely voice, as she has done so many times in the past. The meaning and love she puts into the words touches us all.

We were so happy to hear that Nathan and Elise had a marvelous time in Europe. While they were gone, Billie Baty and Kris Bernardy took turns in the church office holding down the fort.

Owen Rose was honored to have a story of his printed in the Pima Community College publication SandScript. He has been taking writing courses there this year and was chosen to be included. We noticed that his was the only humorous offering, his specialty.

Beverley Tidwell once again ran the Candlelighters Camp for families of children who are battling cancer. She invited Frank Rose to come and lead a nature hike, which he enjoyed doing. She also had a group of volunteer soldiers from

Fort Hauchuca who came and helped with the special events like the Zip Line.

Over the Father's Day weekend Steve Gladish traveled back to Oklahoma for a reunion with his military buddies. Sixth Weather Squadron (Mobile) had unique missions all across the globe providing upper atmosphere weather data to 100,000 feet, forecasters determined the strength and directions of supercell thunderstorms, hailstorms, tornadoes, hurricanes, radioactive winds from nuclear testing, to name only a few. They documented and highlighted present day drastic climate changes which affect us all. Three of Steve's novels are based on individual Sixth Weather Squadron's missions.

And what did the Fathers get from Sunrise Chapel on Fathers' Day to represent the sweetness of our affection for them? Kit Kats and Snickers! We appreciate the high quality of the men who attend Sunrise Chapel, and we respectfully apologize for any damage all that sugar might have done.



We were delighted to welcome Joy Confer in church recently. Joy is the one who makes sure that the prayer requests in the box are given attention. She was accompanied by her sister and her niece from Wyoming. It is such a treat to see good friends again.

We are very happy to learn that Louise Rose did not break her ankle in a nasty fall she took. It was wonderful that her doctor released her to go ahead with a trip to California to attend her grandson's graduation. Louise said she was so grateful, as she has never missed one of her grandchildren's graduations.



Congratulations to Louis Woofenden on earning his Master's Degree from from ASU. As part of his work on his degree he attended a

NEWS NOTES continue

Solar Conference held in Washington DC. While there, he was able to stay a few more days and take in the sites of the city.

Congratulations to Dale Villeburn Old Coyote who graduated with honors and will be attending NAU this fall. Way to go Dale!

Lex Waddell and Dave Synnestvedt spent the long Memorial Day weekend camping and hiking in the cool, greenery of the Weminuche Wilderness in the San Juan National Forest near Durango, CO. Two days of great hiking and fishing followed by a day in Durango sampling the local hospitality, food and beverages made for a very enjoyable and much needed vacation. And driving the Prius, at 50 miles per gallon, made the trip very affordable! Talk to Lex or Dave for more

information and to get a look at the photographs from their trip.

Fran Blaesing enjoyed a much cooler 2 weeks in June when she housesat for Tom and Judi Hudnall who live in Flagstaff.



Jack and Billie Baty enjoyed a wonderful visit from Billie's sister Darlene Manfra and her daughter Denise Smith and her family from New Jersey. Darlene's grandson Michael will be attending the U of A this coming fall and they all came out for orientation and to get acquainted with Tucson and the surrounding area. Billie's brother Jim Sage and wife Pam were also here during this time which it a very special visit for all.

SMALL GROUPS

By Nathan Gladish

Small Group activities have always been a major dynamic in the vibrant life of Sunrise Chapel. Now, in an effort to put more energy and creativity into small group ministry, I'm pleased to say that I participating in meetings this summer with General Church Outreach in Bryn Athyn, PA. The leader of this effort is the Rev. David Lindrooth, a previous Associate Pastor for Sunrise Chapel, now the Director of global outreach. His team is putting fresh attention into learning how to improve the functionality of small group systems in congregations. I am eager to see our church's ministry grow and thrive through ongoing development of meaningful small groups.

With this in mind, I invite you, dear friends, to a brainstorming meeting about small group ministry on Sunday, July 28 at 12:30 pm in the library. I will share some of the information I am gleaning from the current study, and together we will begin to discuss steps Sunrise Chapel can take to serve more people through small groups.



Starting a Small Group is Simple

Recently the ongoing Men's Group has been enjoying a survey study of Swedenborg's work *Divine Providence* along with Frank Rose's companion little book, *Reflections on Providence*. It is heartwarming to share and experience together the joy of reading a theological work that sheds so much light on God's presence in our lives.

I think of the Sunrise Chapel Men's Group as a living model of an effective small group ministry. The method is simple and routine. Start with "How are you?" and a prayer. Then everyone gets a chance to report on a passage that struck them in their reading during the week. This generates a lot of discussion. When we suddenly realize that our 90 minutes is already up, we conclude with closing thoughts and the Lord's Prayer.

The beauty of this method is that any small group of interested individuals can do it. All it takes is a couple of people to set aside time and a comfortable place to meet, invite a few friends, decide what to study, and dive in. Leadership of the meetings can rotate, and the number of times the group meets can vary depending on everyone's schedules. Advertising can be done through this newsletter, the weekly email update, and verbal announcements after church services.

Think of the gift it could be to yourself and others to help initiate a small group for study, prayer, sharing, and/or service. If you need any support, I would be delighted to offer ideas, suggestions, encouragement or resources. I have extensive experience in small groups. They are a special love and interest of mine. Nathan Gladish



July 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 30	1 6pm Meditation	2 6:30pm Bereavement Support Group	3	4 4th of July Parade in Summerhaven Line up 11:15	5 7pm Sunset Service on Mt Lemmon	6
← Arizona Mountain Camp July 3-7 →						
7 No choir practice 8:30am Worship Service at AMC 11am Worship Service at SRC w/Frank Rose	8 6pm Meditation	9 6:30pm Bereavement Support Group	10	11 7pm Men's Group	12	13 10am Private wedding in the chapel
14 9:30am Choir Practice 11am Worship Service	15 6pm Meditation	16 6:30pm Bereavement Support Group	17 5:30pm Stewardship Committee Meeting	18 7pm Men's Group	19	20
21 9:30am Choir Practice 11am Worship Service 12:45pm Board Meeting	22 6pm Meditation	23 6:30pm Bereavement Support Group	24	25 7pm Men's Group	26	27
28 9:30am Choir Practice 11am Worship Service 12:30pm Small Group Brainstorming Meeting	29 6pm Meditation	30 6:30pm Bereavement Support Group	31	August 1 7pm Men's Group	2	3

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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We want to wish you a Happy Birthday! The Sunrise Chapel Care Team would like to help you celebrate your birthday with a special message. As one member said, "I don't get many cards in the mail any more and it is fun to receive a beautiful card with a nice message. And it is fun to try to guess who the sender is." If you would like to receive a birthday card from Sunrise Chapel please sign the birthday list in the Chapel foyer, or call Sunrise Chapel 520-298-1245 or email SunriseChapel.org.

