



TERRITORIAL

October 2013

“Helping People Experience Heavenly Joy through Spiritual Growth”

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

BEGIN A NEW LIFE ON SATURDAY OCTOBER 12

By Nathan Gladish

This Saturday, October 12, we welcome Mark Pendleton from Glenview, IL to lead an all-day workshop on a 4-step process of life change. It is simple and powerful, and it is drawn directly from the Bible and the teachings revealed through Emanuel Swedenborg.

One of the things I love about Mark’s presentation is the insight I gain from his detailed study of the steps of repentance. Having participated in his workshop several years ago, the word, repentance, now has much more meaning for me. Instead of being an onerous concept or duty, it is a warm, urgent invitation from the Lord to engage in helpful life change. As Jesus said, “Come to Me all you who labor and are burdened, and I will give you rest.” (Matthew 11:28)

Repentance is the leading message of the Old Testament prophets, but there the inner meaning is often hidden behind language that seems harsh or punitive. The need for repentance is also the key announcement of the New Testament prophet, John the Baptist, whose work prepared the way for our

Lord and Savior Jesus Christ. However, John doesn’t go into much detail about how to repent.

Emanuel Swedenborg provides a heavenly view. Through the Lord’s inspiration, he draws out the inner meaning of the Bible message of repentance and expands upon it in wonderful detail. Now we have a brilliant connection of powerful teachings to form a basis for daily inspiration.



From God’s loving and wise perspective, everything about repentance is positive and uplifting. It is meant to lead people to happier, healthier states of body, mind, and spirit. And these steps of repentance can be applied to any habit, whether it be something very physical, mental, or spiritual.

So, what are the 4 steps of repentance? In one place Swedenborg defines the process in this way:

“Active repentance is examining ourselves, recognizing and admitting our sins, praying to the Lord, and beginning a new life.” (True Christianity 528)

Simple. Doable. Life changing. I encourage you to learn more by attending the workshop this Saturday. It will be educational, inspirational, and entertaining.

Official Notice of Semi-Annual Meeting of Sunrise Chapel

When: Sunday, October 27, 2013 -- 12:15 pm

Where: Sunrise Chapel, Friendship Hall during the luncheon

Who is invited: All members, associate members and any others interested

Agenda: Pastor’s report on “The State of the Chapel,” Treasurer’s Report, Updates on the Curb Appeal Project, and other pertinent reports.

Last May we experimented with combining our Sunday luncheon with our annual meeting. A lot of people said they enjoyed it, so we will do it again for the upcoming semi-annual meeting. In fact, since that Sunday is Arizona Mountain Camp luncheon, Dawn Graffam welcomes you to bring a dish to share and to help with cleanup afterwards.

The meeting will be informative, upbeat, and time-sensitive. There are no elections on the agenda, but several people will share some important reports. And together we will think about the Chapel’s future. **I encourage all members and friends to attend and participate!** Nathan Gladish

SPIRITUAL GROWTH CORNER: Spiritual Growth is Building Resiliency into Your Life **By Bob Maginal**

I love the story of Joseph from Genesis. Joseph was loved by his father, but hated by his jealous brothers. Sold into slavery, he served his Master so well he was put in charge of a large household. Betrayed by his Master's wife, he was thrown into prison. In prison, he ministered to other prisoners who told the Pharaoh of his ability to interpret dreams. By helping the Pharaoh of Egypt understand the meaning of his troubling dreams, he was able to help Egypt prepare for a famine. He saved many lives and was elevated to the highest office of the land. Talk about resiliency!

A few weeks ago, Nathan talked about Joseph and his resiliency in the Sunday Sermon. I was so impressed about how well that word describes the "result of spiritual growth work."

When negatives in our lives beat us down and make life difficult, the lessons we learn in spiritual growth help us become resilient and bounce back from negative states of mind. We become capable of dealing with those inevitable "bad spots" by using the tools we learn in our spiritual growth lessons.

I find that the power of resiliency provides me a sense of power over difficulties that affect my happiness and drag me down into my personal basement. I have learned to recognize some of the beasts that grab out to control me.

These emotional BEASTS are evil and not what my God wants for me to experience in my life. I believe that God gave me the ability to choose which direction my life would take when confronted with difficulties. I choose to be resilient and find happiness in all that

happens in my life. I believe that God will give me the strength to forebear and the resiliency to make the situation better for me and those who share my life.

Recently, I experienced a long awaited visit from my youngest son and his family. I knew that a week with very young children would test my patience and fortitude. What I did not know was that both my son and his wife would fall violently ill the day they arrived. What a big negative! This was supposed to be a very happy day! Thank God for the strength to become an instant care giver to my grandchildren

So where is the blessing in all this? I bonded with these beautiful young people more closely and much more quickly than I ever could have imagined. I experienced joy and happiness that I did not expect from the tasks of a caregiver. I would not be dragged down by cranky and tired youngsters lost from familiar surroundings and shut off from their ailing parents. I sought and received the resiliency to share this precious time and make the best of the situation. I was able to experience the innocent and pure love that only young children can teach.

Thank you, Lord, for the resiliency that I learned from my spiritual growth training.



Our Curb Appeal Capital Improvement Project

CONGRATULTIONS to everyone for helping to meet our fundraising goal! This includes 100% participation from the members of the Board of Directors.

As of September 29, we have exceeded the goal to raise \$10,000 locally! This is a big accomplishment for our congregation. Together with the Glencairn Foundation grant, your contributions will go a long way to support the improvements in the works.

Plans are progressing for each part of the project.

1. The tear-down of the patio trellis is almost complete. Now that we can see the tops of the columns, we know better what we're working with; so Lex Waddell is using his computer aided design software to help draw up designs for the trellis' replacement. (We have always been planning to replace it, but we couldn't design or price it until we took it down. And our original Grant proposal couldn't include the unknown cost of replacement.)
2. The next big change you will notice is the repaving of the parking lot and repainting of all the lines – on October 16-19.
3. Five exterior paint samples are now up on the outside of the Chapel and Friendship Hall for everyone to see. We are exploring the possibility of going a shade or two darker on the wall color, but we plan to retain the basic red color of the architectural stripe. Share your opinion on a potential new color!

Thank you, everyone, for all your support! -- Nathan Gladish



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!

CAROL and ART WATSON Art Watson enjoyed a trip back to Cleveland to celebrate Carol's 50th high school class reunion.

Congratulations to DAWN GRAFFAM on her swim, bike and run in the September 14 triathlon at La Mariposa in support of the Shyann Kindness Project, a wonderful, all volunteer organization in Tucson that does a lot of good for children in need.



BILLIE BATY is enjoying her new adventures with helping to care for homes and pets in her townhome complex and the nearby neighborhood. It came as a suggestion from a neighbor and there seems to be quite a good response. It is even advertised in their monthly newsletter. It's a nice addition to her Reiki practice.

Congratulations to ANNE GORDON on the wedding of her daughter Adriene, presently living in Australia.

Congratulations to GLENN and MARY ALDEN on their "experience of a lifetime" when on September 21, they sang with the Brisbane Chorale on stage at the Auckland Town Hall. We miss you lots, but so happy you are having such a wonderful time!

MIKE VILLEBURN's family is very busily involved in education. His son Dale and daughter Saralena are full time students at Pima Community College, and his son Allen's fiancée Hanan (who has appeared as Mary in our Path to Bethlehem) is pursuing a Master's degree. Good luck to all. We're proud of them!

It was so pleasant to have DAVE EVANS play his guitar along with the keyboard for the hymns in the service lately. Many people commented on how much they enjoyed that.



ALEX WADDELL reports that his daughter Lauren, a promising artist, is doing a painting for the upcoming Day of the Dead celebrations. That would be fun to see!

SHIRLEY LEIGHTON had a lovely visit to New Hampshire to see her daughter and granddaughter.

KEN and JENNIFER LEE seem to be having a wonderful time in their mutual retirement. Jennifer's mother Anastasia Meyer is back in Tucson living with them and they are glad to have her back.

Congratulations to OWEN ROSE who had an article published in the September issue of Tucson Lifestyle Home and Garden. It was a writeup about the Double K Ranch Bed and Breakfast out near Agua Caliente Park which features miniature trains in the property. He learned that the owner's son got married at Sunrise Chapel years ago!

It is always a pleasure to have LINDA WADDELL here in church to lend daughter Christine a helping hand with the twins. She was here on the 29th and we were happy to see RHONDA WADDELL (John's wife) with her three children as well. Have you noticed how there have been lots of children in church lately? A lovely trend.



We welcomed the cheerful presence of TOM and JUDI HUDNALL from Flagstaff that Sunday too.

DEE FLETCHER took two trips this summer to see her children and grandchildren. Her son in Little Rock, Arkansas has two girls, and her daughter in Connecticut also has two daughters. She enjoyed seeing them all in one summer, plus in-laws and friends.

Congratulations to ROSE LEACH who was recently elected vice president of the Tucson Arts and Crafts Association.

It was good to see JUDITH KEANE in church following her ankle surgery. We hope she continues to heal well.

HERB and DOTTIE RIDLON have both been having their share of health challenges the past couple of months, and taking their turn at being in and out of the hospital. A few weeks ago Herb took a nasty fall and broke his collar bone. In spite of it all, they are both in good spirits.

In Memory of ANNE VOLZ FULLER
December 24, 1928 – September 19, 2013

Our dear friend and longtime member of Sunrise Chapel, Anne Fuller, passed into the spiritual world peacefully in the early morning hours of September 19th. She and her husband Bill had moved here about 20 years ago from Glenview, Illinois and were very active members throughout the years. Anne served as treasurer of the church for several years, president of the Women's Guild, enthusiastic worker for the Patio Sales, head of the Arts and Crafts Sale, member of the choir, frequent helper in the kitchen, regular participant in the Arizona Mountain Camps (where she cheerfully chopped onions in their kitchen on a regular basis as she was able to do this without crying), and just a tremendous support for whatever was going on at any given time. We are so grateful for all she did. We picture her up in heaven radiantly happy in a new young body, eager to do whatever is asked of her.

The memorial service was held on Sunday afternoon September 29th. The church was full to overflowing with friends, and many members of her loving family, children, grandchildren, and great grandchildren. Before the service, the family went out to the memorial garden to dedicate the plaques for her and her infant son who had died soon after his birth. While out there, the little children released balloons with messages to Anne written on them.



Inside, the service began with a lovely song sung by a young man who had been one of her caregivers and had grown very fond of her. The words included one of Anne's favorite quotations from the Word: "I will lift my eyes to the hills". The two ministers, Nathan Gladish and Frank Rose, conducted the service and invited others to share stories and memories. We heard a recording of "The Lord's Prayer" by Heather Childs, beloved by Anne, and at the end the choir sang a rousing version of the spiritual "I Feel the Spirit." Anne's daughter Holly gave an affectionate talk which reminded us all of what a special person Anne was.

Ken Lee spoke of how he had served with Anne on the Board and he knew how she could sometimes look pretty stern. Then one time when the choir was singing, he looked at her face and it was so radiant with joy, he thought, "I am looking at an angel"

Farewell, dear Anne, we will miss you.

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Besides the families of the two daughters who live in Tucson, Beth and Paul Appleton, and Holly and Kerry Zuber, other family came in for the service: daughter Laurie and Dan Volocyk from Glenview, Ill., and grandson Michael Zuber from Portland OR. Also Jim and Pat Zuber from California who brought friends with them, and from Phoenix, our friend Tryn Clark and her husband Joe Seley.

SUNRISE CHAPEL HOLIDAY CRAFT FAIR AND BOUTIQUE

When: Friday and Saturday, November 1 & 2, 2013, 10am-3pm
Where: 8421 E. Wrightstown Road, Tucson, AZ 85715

Tell all your friends and neighbors! It's a great place to jump start your Christmas shopping and enjoy good homemade food, too.

For more information, contact Kitty Aughey at (520) 296-6488 or leave a message at the church (520) 298-1245.



ANNOUNCEMENTS, UPDATES AND REPORTS

A Life-Changing Workshop on October 12

It's not too late to register!

"Begin a New Life" - A workshop led by Rev. Mark Pendleton from Glenview, Illinois.

Date: Saturday, October 12

Time: 8:00 a.m. Final registration

8:30 a.m. – 4:30 p.m. Workshop

Cost: \$25 if registered by October 11

\$30 day of event

Location: Sunrise Chapel

Register: Online or contact Nathan Gladish

nathan@sunrisechapel.org

520-298-1245

More information: www.sunrisechapel.org

This workshop presents four steps of life change and spiritual transformation that bridge across all faiths and all cultures. These steps can help you make and sustain any life change that you want to make. These steps are:

1. Take an honest look at one part of your life.
2. Recognize and acknowledge any hurtful or destructive things that are there.
3. Pray for help and power to resist them.
4. Make the change and live a new life.



The presenter for this workshop, Mark Pendleton, M.Div., LPT., is the Associate Pastor of the Glenview New Church in Glenview, IL and also a licensed Physical Therapist. Mark has pursued studies in psychology and is practiced in many

different spiritual disciplines. He has studied and practiced this one exclusively for over five years, and is the author of this spiritual program and its workbook.

For even more details, see the beautiful and informative website www.beginanewlife.info.

SUNRISE CHAPEL TO HOST THE GENERAL CHURCH TREASURERS' MEETINGS NOV. 9

At the request of David Frazier, the Executive Director of our international organization, Sunrise Chapel is honored to host the annual meeting of church treasurers and other executive personnel. Most of the time these meetings are hosted by our congregations that also operate schools, so it is our privilege to welcome them. For some, this will be their first time to Tucson and to Sunrise Chapel.

About two dozen out-of-town guests will come for these meetings, including our new Executive Bishop, Brian Keith. Some will stay in the nearby Ramada Inn. Others prefer to stay in homes. Louise Rose is our housing coordinator, so if you want to offer to host a guest for the weekend of November 8 & 9, contact Louise.

DINNER AND LIGHT ENTERTAINMENT WITH THE TREASURES AND GUESTS

On Saturday, November 9, members and friends are invited to meet and greet our treasurers and other guests over dinner in Friendship Hall. It will be a home-cooked, covered dish dinner with a Southwest theme. The person in charge of the meal (yet to be determined) will be inviting everyone interested to bring their favorite Southwestern delicacy to share.

Afterwards, Frank Rose will entertain us with some of his many stories and pictures based on his recent nature studies in Southern Arizona.



If you are regularly on Facebook anyway, please "like" the Sunrise Chapel page, add comments to posts and "share" posts on your timeline.

Serving Children at Sunrise Chapel

By Nathan Gladish

It is such a treat to have the innocence of children bless our Sunday morning activities. As our Lord said, "Let the little children come to Me." And we have been serving more children recently! Any chance you get to reach out lovingly to a child, try to get to know him or her. Be friendly – They are the potential future leaders of the church!

The curriculum for the main, weekly Sunday School class this year starts out highlighting stories of Moses. Thank you to all our teachers for helping the children gain a little more experience and familiarity with the Lord's Word.

For the teens, in addition to their new monthly class, we are encouraging them to be involved in a service project – helping with the Arizona Mountain Camp luncheon on the last Sunday of the month.



Teen Sunday School – A Successful Start!

On September 15, Michael Brown launched a new class: "Bible Sunday School for Teens." It went very well. The class is actually open to children age 12 and teens. Here are the dates and topics for this 4-session series.

- September 15: An overview of the Bible
- October 6: The Bible stories have a deeper meaning for our lives
- November 3: The importance of daily Bible reading
- December 8: A focus on the New Testament and the richness of parables

In the church service on the day of the first class, each teen was presented with a brand new copy of the Bible for their own personal use in the class and for assignments between classes. Thank you to Michael Brown for his enthusiasm and expertise.

All 12-year-olds and teens are warmly welcome to attend! Please set aside these days to support this new effort! If you have any questions please speak with Élise Gladish, Sunday School coordinator.

Marriage Group – Two Dates So Far! More Fun Coming!

We got started with a new marriage group! Our first two Saturday meetings were on August 31 and September 14 at Sunrise Chapel. The group decided to continue meeting on Saturday afternoons from 4:00-5:30 pm. Because of various other significant events coming up, our next scheduled time is on November 16.

In the meantime, we invite you to view some video clips of the work of Emerson Eggerichs on "Love and Respect." Go to www.loveandrespect.com to see the main introductory video. You can also search You Tube for any videos with Emerson Eggerichs in them. He is an insightful and entertaining speaker who helps shed light on the basic differences between men and women. And Élise and I especially like the parts of his message that so nicely align with our understanding of what the Lord teaches through Emanuel Swedenborg.

All married couples are welcome to attend this group. Everyone benefits from the variety of ages and experience! **RSVP to Élise or Nathan**

Q & A from the Treasurer

By Art Watson

Question – Art, why do you report different amounts needed for offerings each month?

Answer - For everyone's information, in each weekly email update and each Sunday bulletin I provide a monthly target for donations as well as a weekly running total of donations received. For many years, I used the same target number each month throughout the year – the monthly average of all the donations needed for that year. However, about two years ago, I studied the historical trends of local giving on a monthly basis and discovered monthly ups and downs that fluctuate with Sunday attendance throughout the year. Now I report a monthly target that is lower in the summer months when attendance is lower and higher in the winter months. This has proven to be a little more accurate, and shows that we are often closer to meeting our financial goals on a month-to-month basis.

But please note that this year our monthly targets are higher than last year, because we are working toward financial independence from our church headquarters. This means we have to raise more in donations to offset the reduction in grant money from the General Church. Our goal is to be financially self-sustaining by March 2019. And I am pleased to report good news that we are holding our own so far this fiscal year.

Thank you for all your support of Sunrise Chapel!



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SMALL GROUP TO BE LED BY MICHAEL BROWN

“The Comfort of knowing that there is an All Knowing, All Caring, Divine Providence in our lives”

Six meetings on consecutive Wednesday afternoons, Oct 30 – Dec 3

1:30 – 3:00 in the Sunrise Chapel Library

Study Reference is **Divine Providence** (NCE), sections 71-190.

If you are interested, but this time doesn't work for you, contact Mike Brown or Nathan Gladish to discuss alternatives.

- Oct 30: “Is there really a Divine Providence?”
- Nov 6: “Are we really in freedom to choose?”
- Nov 13: “It’s not enough just to believe; we have to act.”
- Nov 20: “Do I always have to make myself do the right thing?” “Can I?”
- Nov 27: “What is absolutely essential for there to be a Divine Providence?”
- Dec 3: “The comfort of knowing there is someone looking out for us every moment of our lives.”