



# TERRITORIAL

September 2013

*“Helping People Experience Heavenly Joy through Spiritual Growth”*

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

## CONSIDER JOINING A SMALL GROUP THIS FALL

By Nathan Gladish

*This new “church year,” consider getting involved in one or more small groups! We will have a variety of groups in three terms – Fall, Winter and Spring. Plans are still developing. Stay tuned for more information through emails, Facebook, our website, and other invitations.*

As a big fan of small groups, here are some of my reasons why they are so important for people individually and for the church as an organization.

**The Lord starts important spiritual work in small groups.** Sometimes I wonder what it would have been like to be among the 12 Apostles as the Lord worked with them to facilitate the beginning of the Christian Church. They must have experienced so much spiritual growth individually and as a group. The Lord uses small groups to help us take steps in spiritual growth that we might not otherwise enjoy. The group dynamics add something that we can't get on our own.

*“Where two or three are gathered together in My name, I am there in the midst of them.” Matthew 18:20*

**Big ideas come alive in small groups.** A church service (generally having no built-in discussion) is like a really tasty appetizer. Small group discussion of spiritual topics is more like digging into a hearty meal. Although there are often similar ideas in both settings, the ideas can take on more life and meaning in the context of small group activities.

**It is a gift, an act of charity, to participate lovingly in a small group.** By being a non-anxious and nurturing presence in other people's efforts to grow spiritually, you are giving them

and yourself a substantial gift. Don't underestimate this! Your willingness to hear each other's thoughts and share your own is often more precious than you will ever realize. Years after a group disbands, people often say how important it was to be engaged in that sphere, even though you may never be acknowledged personally for your part.

**Small groups provide a place to go deeper than ordinary small talk.** It's part of showing extraordinary care. Our ordinary life is filled with superficial opportunities to interact with others. Small groups can allow people the time and space to go beyond the ordinary and consider more substantial topics in their lives. It is a place to give and receive extra care.

**Small group participation is the Lord's relationship-based means of growing His church.** The Lord provides all sorts of technology to help mass-market His teachings to the world. But there is something more organic added in small group interaction – something sweet and powerful.

It's part of compassionate community. Welcoming new participants into a small group is a way of honoring the Lord's prayer -

“Thy kingdom come as in heaven so upon the earth.” Of course the Lord loves large groups (after all heaven is immense), but small groups form the organic basis of a growing church.



## SPIRITUAL GROWTH CORNER: CHOOSING HIGHER DELIGHTS

By Betsy Gladish

There is an incredible lesson in the recent story of the Atlanta School Clerk, Antoinette Tuff\*. That morning 20 year-old Michael Hill stood facing her in the school office of McNair Discovery Learning Academy, a loaded AK-47 in his hands and 500 rounds in his pockets. He didn't care. He expected to die. He intended to shoot at the elementary children attending class that day.

Antoinette said she knows God put her there at that moment, at that place, doing exactly what she did. She had run late that day and stayed longer at the front desk, not returning to her own desk as usual. It is a miraculous story of choice, and of love.

It makes us ponder how we would react. Would we make the same choices Antoinette did? She secretly called 911 and left the line open. For a moment you can hear her ask the operator if she should run. Next you hear him fire out the school door and she reconsidered. And then, something awesome began to happen. She began to talk to Michael about her own choices, about his, and how together they could work this situation out. She treated him, not as an evil man, but as a human being. He began to relax, to think about what he was doing, and for maybe the first time, to feel hope.

He had created a huge "Monkey Trap" for himself. Unwilling to let go, he saw no way out. He held tightly to the life he created, unable to see beyond that. Michael was much like the monkey who reaches his hand inside the hollowed out coconut for peanuts or a banana. When he tries to pull his hand free, his fist will not fit through the opening. He is faced with the choice of letting go or staying trapped. Antoinette showed him the way. Even after all the fear he spread that day, she showed him the way God loves him and forgives him.

What about Antoinette's choices? It would have been normal for her to get caught up in "the Beasts in Basement" of fear, panic, and hate. These are "easy" emotions, and have their own delights. God chose her that day, and I am in awe of her anchor of faith and her certainty of her mission. Her silent mantra during the fifteen minutes was "Help Me Jesus Push Past the Pain." This kind woman made a choice for the "Higher Delights," to rise to the task in front of her, rather than slide down to the natural tendency of the "Basement." And because of her choice, not one child was injured that day.

What an example, this beautiful, centered, caring mother gives us in our own life. If she could make such challenging choices, while possibly facing a catastrophic outcome, can't I stay focused in my everyday choices, choosing God's way of kindness and compassion?

Antoinette Tuff is a hero. People all over the world will be wondering how they would have reacted in the same situation. Would I have put my faith first? Could I have treated him with such love and understanding? Do I daily see what God has for me to do? What purpose does God have for me in my life? Eventually, she will be forgotten by most, but what she did will stay with me forever.

Thank you, Antoinette.  
Thank you, Lord. I am grateful that you put a miracle right in front of me to see.

\*To learn more about Antoinette's story, search her name in You Tube for a variety of videos.



### A PRAYER FOR TODAY

By an Anonymous Friend

May today be all you need it to be. May the peace of God and the freshness of the Holy Spirit rest in your thoughts, rule in your dreams tonight, and conquer all your fears. May God manifest himself today in ways you have never experienced. May your joys be fulfilled, your dreams be closer, and your prayers be answered. I pray that faith enters a new height for you; I pray that your natural, spiritual, and social territories are enlarged, along with your hearts and your compassion for others. I pray for peace, healing, health, happiness, prosperity, joy, true and undying love for God.

**GUEST ARTICLE: REVIEW OF  
“PURSUING MEANINGFUL  
CONNECTIONS WITH YOUNG AND NEW  
PEOPLE”**

**by Bronwen Henry and Rachel Buss,  
Modified and Enhanced For Sunrise  
Chapel by Steve Gladish**

***How can we make newcomers feel welcomed?***

Establish a sense of community, by choosing from the following scripts or examples:

Express your delight at seeing them. Compliment them in some way. If you see a newcomer, go up and introduce yourself. Tell them your name, and ask how they are. Ask them how they liked the service, or the children’s talk, or the sermon. Whichever you feel comfortable with.

Ask if they have heard of any upcoming event. If not, tell them one that you might know. Think of another current topic and ask them what they think of it. Introduce questions that can easily lead to the next question or topic. Be ready to have your own answer to keep the conversation going.

Comment on or ask them how they like the church building, what attracted them to come. Tell them of the changes we are making, the curb appeal project.

You can also begin by saying, “May I ask you something more about you? Here’s a little something about me.”

Or ask, “What is something exciting going on in your life right now?” “Have you read any books or articles lately that you would recommend?” “Any movies you like?” Follow it by, “I just saw....”

“What’s your favorite place to visit?” “Tell me about your home town, where you grew up?” “Do you miss that weather?” “Where do you like to travel?”

Invite them somewhere on the property for further discussion, like the room off the Chapel library (with the newcomer-friendly books), or Friendship Hall for lunch, or the library, or the Path of Faith, or the Memorial Garden. Introduce them to a few other members of the congregation. If they have children, think of introducing them to church members who have family, and even introduce them to other children. And if you see another church member with a first-comer young or new person, go up and introduce yourself too.



Think of how angels would welcome newcomers to heaven. They love to welcome them as guests. Hopefully as time goes on, they become friends, by assimilation and involvement. Finally, they become family, connected and active as part of the church congregations.

All the above suggestions go in place of and instead of the old inappropriate questions we might be tempted to ask:

Don’t ask them about the family tree, or are they related to anybody in the church or congregation. You’ll find yourself out on a limb! Don’t ask them if they are married; there are many single people who come. Don’t ask them about their job or where they live; it may not be something they want to talk about.

The most important goal is to show you care.

(Inspired by *New Church Life* magazine July/August 2013: Bronwen Henry and Rachel Buss, “Beyond Marriage, Money, and Mortgage: Pursuing Meaningful Connections with Young and New People.”)



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

Also, I am happy to say I now have one helper who is posting once a week as “co-administrator” to help keep our page active and informative. I’m looking for a couple more people! This is an opportunity to serve the church behind the scene at home on your own time. Several people posting just one or two times a week will make the page more interesting and dynamic. I can get you started. Thanks for considering this! ~Nathan

**ANNUAL MEETING OF THE  
ARIZONA SPIRITUAL  
GROWTH FOUNDATION  
(ASGF)**

When: Monday, September  
16 -- 1:00 pm

Where: Sunrise Chapel

Who is invited: ASGF  
Corporation Board members  
and any others interested

For information and a copy of the proposed agenda, contact Robert H. Maginel



## 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!

Can you believe this is the September issue of the Territorial and we are already heading into the fall? Of course we all remember the unusually hot weather, even for Tucson, but what happened to the summer? It flew by so fast.

The summer did seem to be full of vacations and lots of comings and goings. We always enjoy hearing about everyone's travels and other memorable moments in their lives.

We have seen WIL and JOHANNA VON MAYR back for awhile. They spent June and July in Pinetop where it was nice and coool. In August they also spent some time in Santa Fe where they attended the Santa Fe Opera. Then in September they are back to the mountains for a couple of weeks.

FRANK and LOUISE ROSE spent the month of August in the cool pines of Mt. Lemmon where they also enjoyed visitors from many of their family members and friends. We know they spent a lot of time hiking and doing the things they love.

TRISH WANN spent four wonderful days on Mount Lemmon. She took her little dog, DASH!!, books and food, and spent the time resting, hiking, eating and sleeping. The hummingbirds were darting around the feeders on the porch, and she could hear the stream running below her cabin

SHIRLEY LEIGHTON tells us she has really enjoyed floating around in the beautiful aqua under azure blue skies all summer, missing only a couple of times in the last 3 months. Shirley says God blessed Tucson with wonderful swimming,



and she is grateful, since paying for a pool all year means it would be self-defeating to leave town.

We heard from our dear friends MICKEY and SHARON ZOYETZ. They have really been enjoying

Victoria, British Columbia this summer. The weather has been perfect, and Sharon's garden is flourishing. Next month, they plan an extended trip to Colorado Springs to see Sharon's sons and their families. They will then fly to Michigan where Sharon grew up and most of her siblings still reside. She also has another son who lives there with his family. After spending time visiting there they will fly on to Boston and embark on a 7 day "Color Cruise" up the coast of New England and the Maritimes, then fly back to Colorado to pick up their car and home to Victoria. Sounds like a wonderful time! But, they do miss their friends at Sunrise Chapel. They send their love and blessings to everyone.



In July STEVE and BETSY GLADISH thoroughly enjoyed a visit with the Zoyetzes at their home in Victoria, BC. Then in August Betsy went east and spent a week with daughter Reeve and her family in Pennsylvania.

BILLIE BATY was delighted to spend time more time in August with some of her Smith family from New Jersey when they accompanied her nephew Michael out to Tucson to get settled in his dorm and to begin his classes at the U of A. Billie's brother Jim Sage and wife Pam from California also came during this time, and as it worked out, they were here to help Jack and Billie celebrate their 45th wedding anniversary.

It was delightful to see Sunrise Chapel get a very nice mention in the Arizona Daily Star Sunday newspaper on August 18. The article was written by reporter Johanna Willett who was doing a feature on community services, and especially on local churches that open their doors to local groups and teams. Our pastor was interviewed briefly. The article also included a photo (by Kelly Presnell/Arizona Daily Star) of the yoga class held in Friendship Hall. There was a nice interview with Tim Howell, the instructor, and a couple of students who attend regularly.

The fall and winter months are always a bit more busy, and as we approach the fall we will be looking forward to some of our winter residents returning as well as new classes and other activities.

## NEWS NOTES CONT.

### News from Sandy Hook Elementary School

Last December, Sunrise Chapel responded to the national request to send snowflakes to the students, staff and families of Sandy Hook Elementary School. Recently we received a very thoughtful message on a beautiful postcard with images of many different snowflakes the school received.

To: Sunrise Chapel

Received: August 15, 2013

“Thank you for your heartfelt, generous, and thoughtful contribution to Snowflakes for Sandy Hook.

Because of your efforts and many others, we received snowflakes of all shapes, sizes and forms from schools, PTAs, community centers, and families across the country and around the world. Sandy Hook students, staff and families have been the recipient of a blizzard of love and support in the form of snowflakes, and we could not be more thankful!

“Our community has taken great comfort in the global outpouring of support from wonderful people like you. We will always treasure our blizzard of love. Thank you for your kindness,  
Sandy Hook Elementary School PTA”



## ANNOUNCEMENTS, UPDATES AND REPORTS

### Sunday School News

A new school year has started for students in Arizona, and a new Sunday School year is also beginning. I am excited about our program this year. We are offering a special class for teens this fall (see note below). For our weekly lessons for ages 5 and up we are going to be using a series of well-crafted lessons from a program called Jacob's Ladder.

This year we have a few new teachers on board. I'd like to welcome Carolyn Casertano, mother of 3 children, and Lauren Allen, mother of two children, who will be teaching for the next 3 Sundays. Thanks to these new teachers, and thanks also to our other teachers - Joy and Bryan Almond, Mike Brown, Dawn Graffam, Dave Synnestvedt and me. If you are interested in joining our teaching team, please speak with me. We'd love to have you on board. Élise Gladish, Sunday School Coordinator.



### Teen Sunday School – A new group starting!

This fall, Michael Brown will be offering a new class “Bible Sunday School for Teens.” The class is actually open to children age 12 and teens.

- 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

It will be offered once a month (for four months initially) at the regular Sunday School. All 12's and teens are warmly welcomed 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.

### Teen Room Set up – Saturday, August 31 @ 10 am

Now that we will be having a teen Sunday School group, we would like to give them their own special space for their classes and activities. The room just off the Children's Chapel that is currently being used for storage of costumes and other things will once again become the teen room. All hands are welcome to join the group getting the room fixed up and ready for its new use – Saturday, August 31, 10am to noon.

### Marriage Group Starting – Two Dates!

We are looking forward to starting a marriage group! The first two meetings will be **Saturday, August 31** and **September 14** from 4:00-5:30 pm at Sunrise Chapel. The group will decide how often to meet once we get going.

What is marriage group and who is it for? It is a fun, relaxed opportunity for adults of all ages and

stages to spend some quality time together with the specific goal of learning a little more about improving their own relationships. This first meeting will be introductory. We have a lot of options for content, so we'll discuss that together to suit people's interests and needs. **RSVP to Élise or Nathan.**

### Attend a Life-Changing Workshop on October 12

"Begin a New Life" - A workshop on four steps of life change and spiritual transformation that bridge across all faiths and cultures, led by Rev. Mark Pendleton from Glenview, Illinois

#### "Begin a New Life" Workshop

Date: Saturday, October 12

Time: 8:00 a.m. Final registration

8:30 a.m – 4:30 p.m. Workshop

Cost: \$20 by October 5

\$25 October 6-11

\$30 day of event

Location: Sunrise Chapel

Register: Contact Nathan Gladish

[nathan@sunrisechapel.org](mailto:nathan@sunrisechapel.org) 520-820-5148

More information: [www.beginanewlife.info](http://www.beginanewlife.info)

Life change and new beginnings are things that many of us care about. We want relationships, families, careers, and life goals to thrive and grow.

Often there are changes we need to make in ourselves first. Barriers to growth need to be removed so that better things can take their place.

How can we discover barriers to growth? And once we've discovered them, what can we do to remove them and allow growth to happen?

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 will be Mark Pendleton, M.Div., LPT. Mark 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 more details, see the beautiful and informative website [www.beginanewlife.info](http://www.beginanewlife.info).

### Progress on our "Curb Appeal" Capital Improvement Project

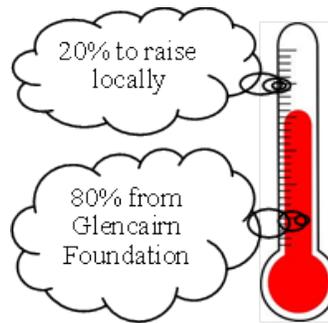
On behalf of the Sunrise Chapel Board, the Stewardship Committee and the Glencairn Foundation, we have now officially launched our matching fund drive to raise approximately \$10,000 to cover our 20% of the cost of this project.

Good news — as of August 26, we have already received over \$2,800 toward our goal! Help raise the rest!

Check out the work in progress on the trellis above the patio. For more information on all 5 parts of this project go to our website home at [sunrisechapel.org](http://sunrisechapel.org) Donation forms are in the lobby, or ask Treasurer Art Watson.

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



### Q & A from the Treasurer

By Art Watson

**Question - Can I designate a specific Sunrise Chapel cause or account for my donation to go?**

**Answer** – Yes, Sunrise Chapel has a number of accounts that are geared for specific purposes. Part of my job as your Treasurer is to assign each dollar a job, be it for Arizona Mountain Camp, the Book Center, or Restricted Funds for emergency repairs (or the like). There are also accounts for special needs, such as our current Curb Appeal Project and a Music Fund in memory of Bob and Barbara Carlson. All of these accounts have designated duties and are utilized only in the manner specified for their use.

If you would like to give to a specific cause or account, please contact me to discuss how best to accommodate the specific purpose for your gift.



# September 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30am Choir Practice 11am Worship Service 12:45pm Women's Guild Mtg	2 6pm Meditation	3 6:30pm Bereavement Support Group	4	5 7pm Men's Group	6	7
8 9:30am Choir Practice 11am Worship Service	9 6pm Meditation	10 6:30pm Bereavement Support Group	11	12 7pm Men's Group	13	14 4-5:30pm Marriage Group
15 9:30am Choir Practice 11am Worship Service Teens Sunday School 12:45pm Board Mtg	16 1pm ASGF Mtg 6pm Meditation	17 6:30pm Bereavement Support Group	18	19 7pm Men's Group	20	21
22 9:30am Choir Practice 11am Worship Service	23 6pm Meditation	24 6:30pm Bereavement Support Group	25	26 7pm Men's Group	27	28
29 9:30am Choir Practice 11am Worship Service 12pm AMC Luncheon	30 6pm Meditation	October 1 6:30pm Bereavement Support Group	2	3 7pm Men's Group	4	5

## 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

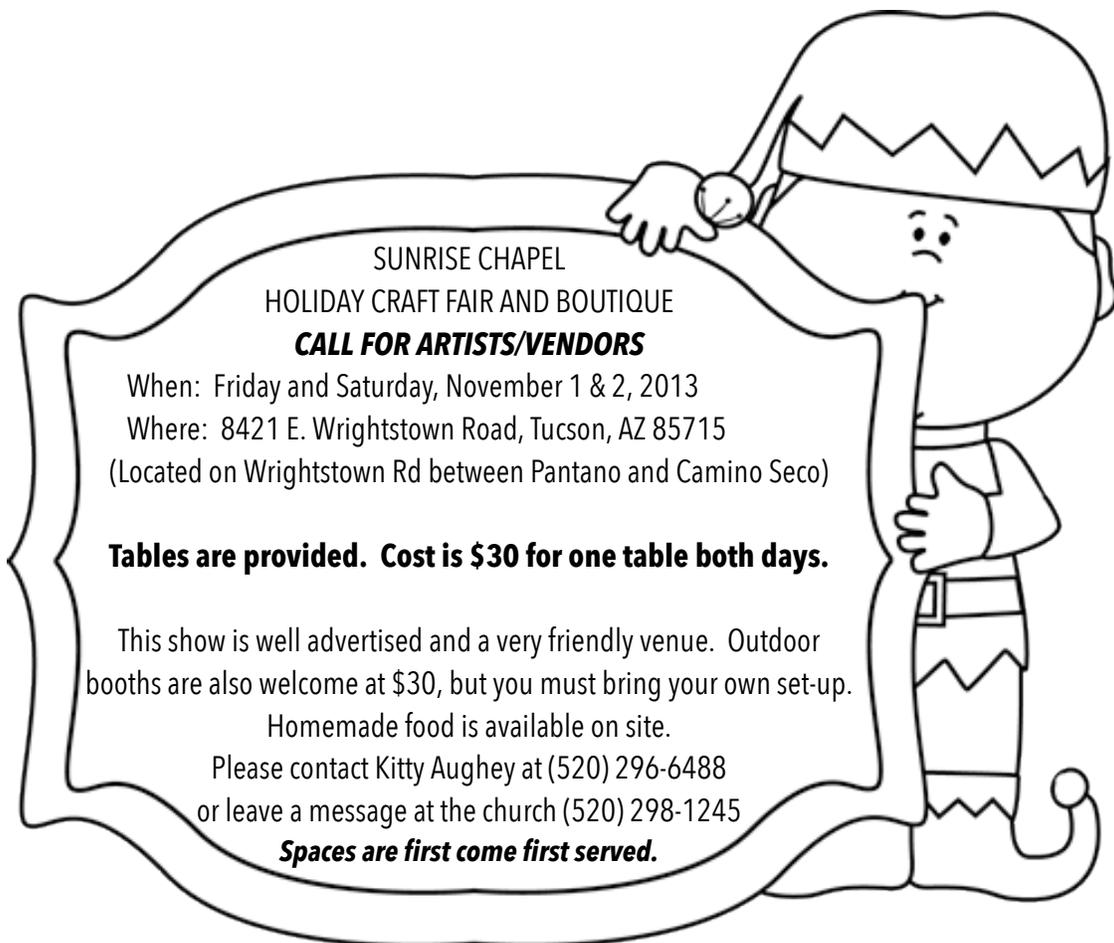
**1st & 3rd Thursday** - Global Chant



The Territorial of Sunrise Chapel  
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Tucson, AZ 85715

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SUNRISE CHAPEL  
HOLIDAY CRAFT FAIR AND BOUTIQUE  
**CALL FOR ARTISTS/VENDORS**

When: Friday and Saturday, November 1 & 2, 2013  
Where: 8421 E. Wrightstown Road, Tucson, AZ 85715  
(Located on Wrightstown Rd between Pantano and Camino Seco)

**Tables are provided. Cost is \$30 for one table both days.**

This show is well advertised and a very friendly venue. Outdoor booths are also welcome at \$30, but you must bring your own set-up.  
Homemade food is available on site.  
Please contact Kitty Aughey at (520) 296-6488  
or leave a message at the church (520) 298-1245  
**Spaces are first come first served.**