



# TERRITORIAL

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

8421 E Wrightstown Road Tucson AZ 85715 520-298-2145 SunriseChapel.org

FROM THE PASTOR

## A HEART OF GRATITUDE

Gratitude seems to make a big difference in my quality of life. Thinking about what I’m grateful for is one of those things that routinely helps me feel better. It raises my mind out of low-level moods like annoyance, consternation, and worry. Simply acknowledging my gratitude even for small blessings can change my thinking and my emotions.

There is good reason for the difference gratitude makes. Any true thoughts of thankfulness for God’s love and goodness tend to take our concentration off self-serving wants and needs. It’s hard to be grateful and cynical at the same time. So we have a choice, and choosing to think gratefully can have an impact on our feelings. Just like appropriate aerobic exercise strengthens one’s physical heart, grateful thoughts inspire our spirits to circulate more lovingkindness into our lives.

Unlike most Christian holidays that we celebrate, holding a festival of thanksgiving is actually commanded as an observance in the Old Testament. And David regularly enjoins us to be grateful: **“Give thanks to the Lord, for he is good; his love endures forever.”**  
*Psalm 107:1*

To get specific, I want to express my gratitude right now to **JUDI HUDNALL** for her awesome volunteer work as the Territorial graphic artist for the past 2 years! What a blessing it has been to work with her. I hope you enjoyed the fruits of her labor. I certainly have! She used her computer skills and ingenuity to make the Territorial look good every month. She also overcame various technological obstacles that we faced across the miles from the Sunrise Chapel office to her home in Flagstaff. I will miss the monthly connection as she and husband Tom move on, literally, to do some much-desired retirement traveling. **THANK YOU, JUDI !!**

And now help me welcome **JUDITH KEANE**, who has volunteered to help with this aspect of the Territorial. We are currently in transition, so bear with us as we work out a new system.

## ANNOUNCEMENTS ABOUT WORSHIP SERVICES

### Thanksgiving Festival Service

This year our Thanksgiving celebration will be on **Sunday November 23**. There will be a special **Thanksgiving luncheon** that day after the church service. We will not have a separate worship service or luncheon on Thursday, Thanksgiving Day.

### Path To Bethlehem

## Rehearsal

**Sunday, November 30 right after the 11 am service**

We are ramping up to share our annual gift to the community—our beloved live nativity—The Path to Bethlehem. [See the back cover for details.]

The **rehearsal** will be on **Sunday, November 30 immediately after the 11 am service**. Ken Lee and Dave Synnestvedt will help coordinate all the **shepherds** and **angels** at the outdoor set.

Speak to Élise Gladish to ensure you have a costume.

### NEXT 9:30 AM Children’s Worship Service will be in JANUARY

With several family-oriented services in November and December, we will resume the monthly children’s services in JANUARY.

These monthly family-oriented services have been a wonderful new addition. Since May, we’ve held 6 services on the last Sunday of each month.

The casual format lends itself to interaction. Young children and nursing infants are welcome, including their innocent voices and activity. Children light and snuff candles, open and close the Word, and get involved in object lessons and enacting Bible stories. The service is simple and brief, followed by a project and social time for parents and children to build a sense of community. The regular 11 am service will continue as usual, including the normal children’s talk and Sunday School. For more information and to offer any help, call, text or talk with CHRISTINE or KEVIN MOREY.

## SERVICE PROJECT NEWS

### Help Our VETERANS by Collecting Basic Supplies... such as food, clothes, household items & furniture

Please help the local 50+ veterans who were homeless, then received a VA voucher for rent, and now live in unfurnished apartments at Nottingham Apartments. Food, clothing and furniture is not provided by the Veterans Administration. These vets have financial problems and struggle for their basic needs. Your much-needed donations are greatly appreciated by the vets, Jon Wayne Lewis of Veterans Community Integration and his volunteer, **Susan Cooper**. God Bless You.

### A Special “Angels in Action” Service Project In Honor of “The Cookie Lady”

**Friday, November 21 @ 9 am**

For the month of December we have chosen something very special to do. We are serving the community and honoring a beloved friend at the same time.

Fran Blaesing, a long-time member of Sunrise Chapel passed away October 28 in Ohio at the home of her daughter, Robyn. She took great delight in supplying cookies each year for the Path to Bethlehem. This “one woman cookie machine” made over 1,200 cookies single handedly for this event. She would try new, exciting recipes each year and thrill us with a huge variety of handmade cookies.

This year to honor her we call on all of you to help us on **Friday, November 21 at 9 am** in the Sunrise Chapel kitchen. If you are unable to help on that day, please consider honoring Fran by baking something in your own home for the Path to Bethlehem which will be on Saturday, December 6<sup>th</sup>.

If you are able to join us on the 21<sup>st</sup>, please text or talk to Betsy (520-360-3652) or Elise (520-820-5148). We will have a sign up sheet so we can count on many helping hands for this large endeavor. You can bring what you need for your recipe or make the cookie dough at home and bake it that day with us. We will provide some basics like decorations and other supplies.

Let’s make this the biggest and best Christmas gift we have ever given our community while honoring the Dear Cookie Lady, herself.

### Another “Angels in Action” Service Project Help Serve a Thanksgiving Meal at The Gospel Rescue Mission

Have you ever helped serve a Thanksgiving meal outside for 2,400 homeless men, women, and children? It’s a heartwarming experience. On **Wednesday, November**

**26**, the day BEFORE Thanksgiving some of us are headed to the Gospel Rescue Mission to be part of their yearly event. We work from 10:00-12:30. Last time we sliced and plated pies, many, many pies, then took them outside to where they were being served. We aren’t sure what our job will be this year. We will have the honor of working alongside eight US Army helicopter pilots from our son, Steve Jr’s unit.

It’s easy to register. Just go to Gospel Rescue Mission website. Click on Thanksgiving, then the Volunteer tab, and fill out your name and information. You will be sent a “Volunteer Ticket.” Be sure to sign up for the 10-12:30 slot so we can work together. Those slots are going fast, so please don’t delay. Please let Betsy know if you are attending and we can talk about carpooling. This may be one of your best Thanksgiving gifts to yourself.

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## OTHER GROUPS + ACTIVITIES

### Chronic Pain Support Group

Foster relationships with others in a safe place to share ideas, information, and to learn different coping skills.

**1st & 2nd Fridays of November & December**  
at 12:30-1:30pm

The group meets in the small group room in the main chapel building (beside the lobby).

### Monthly Nature Walks

**By Frank S. Rose**

You are invited to join me on a monthly Nature Walk. On Saturday, November 15, we will meet at Sunrise Chapel at 8:45 am and car pool to our trail in Molino Basin, returning by 1 pm. All welcome.

Bring good walking shoes, hat, water and a snack. Walks will continue on the third Saturday of every month and are free. I would love to have you along.

### A Fun Evening at the Gaslight Theater

**November 16 at 6 PM**

Hi friends! We have seats reserved for the “The Secret Santa” on Sunday November 16. All 30 group tickets are taken for the Sunrise Chapel group! Our show starts at 6 PM on November 16th. Plan to arrive at least 15 minutes early. I will have all the tickets and will be handing them to you as you arrive. I plan to be there no later than 5:20 PM. Snacks and dinner will be available for purchase during the show. This is going to be a lot of fun! Looking forward to seeing you there.

All our reserved tickets are sold, but the Gaslight ticket office might have some if you still want to join the fun. Questions? call or text Elise Gladish at 520-820-1284 or email [elisegladish@gmail.com](mailto:elisegladish@gmail.com)

## NEWS NOTES

By Billie Baty & Louise Rose

We would love to have news of you and your family to put into these Notes.

Just contact Billie 520-298-2995 or Louise 520-721-1091. Let us know what's happening with you and yours. Thanks!

### FRANCES BLAESING

NOV. 19, 1932 - OCTOBER 28, 2014

#### Memorial Celebration of Life

SUNRISE CHAPEL - NOVEMBER 9, 2014  
at NOON

Fran Blaesing passed peacefully into the spiritual world on October 28th in Poland, Ohio. After being part of our Sunrise Chapel congregation for over a decade, she had moved to Ohio last month to be with her daughter Robyn Podboy and husband Tony. Fran had added much to the congregation with her warmth, humor and willingness to help. During this year, faced with a terminal illness, she remained calm, cheerful and true to herself. There will be a celebration of Fran's life at the end of the regular service on Sunday November 9th. Those who wish to stay for this may remain in the chapel after the end of the service. Those who do not attend the service may arrive anytime before noon. There will be an opportunity to share stories and memories of our colorful and well-loved friend.



KEN LEE's mother, Nancy, visited from Glenview. A remarkable lady, at the age of 93, she is still the person in charge of the bookroom at their church and an active participant in many of the activities. May she continue to blossom and prosper! It is delightful to see her.

STEVE GLADISH managed to survive the very challenging experience of having knee surgery. It is a painful, difficult recovery, especially for someone who loves to hike and run as much as Steve does. We wish him a smooth recovery and many more days on the trail in the future.

Several women of the congregation attended a Women's Retreat in Sonoita led by ANN RING. The subject was "Staying in the NOW". We learned techniques to bring us back into the present moment when we get too much into the past or the future. Swedenborg agrees that "regret for the past and anxiety about the future take away all joy and happiness in the present moment". The NOW is the only time that is real. The women enjoyed perfect weather as well as interesting talks, craft projects, long walks and a fun outdoor treasure hunt.

FRANK ROSE's group of nature hikers had a lovely outing to Bear Wallow on Mt. Lemmon on Saturday October 18th to see the stunning autumn colors which seem brighter this year than ever. They carpoled from the church. Frank invites you to join them on the third Saturday of every month, leaving from Sunrise Chapel parking lot at 9 AM sharp.

#### The Treasurer's Corner

##### My Annual Pilgrimage to the Treasurers' Meetings

By Art Watson

This year, once again, I had the privilege to represent Sunrise Chapel at the annual denominational Treasurers' Meetings. Last November we were honored to host them here, the first time west of the Mississippi in a long time. I always enjoy the opportunity to return to the offices of the church headquarters in Bryn Athyn, PA. The basic structure of these meetings is built around discussing the financial health of the General Church worldwide and all its local congregations. We focus on the financial responsibility of the church, especially its solvency.

Typically, these are items on our agenda:

- Review the overall finances to gain a picture of the economic health of the church
- Use objective problem solving techniques throughout our deliberations

- Maintain cohesive relationships between treasurers, committees, and the central office staff
- Reach a consensus on the assumptions and information to be used in salary discussions
- Discuss preliminary salary models for the next fiscal year for ministers and teachers
- Recommend a preliminary salary plan for consideration by the appropriate committees
- Local treasurer's reports on the financial status of their congregations
- Other matters of financial concern, such as: fundraising, benefits, and investments

Speaking personally, I find these meetings fascinating. We are kept informed with all sorts of graphs, charts, slide presentations, scenarios, formulas, strategies, and research, research, research. The meetings are well-rounded in breadth and scope. They serve to rejuvenate my batteries. And I am glad to have some time enroute home to pause, ponder, and reflect.



# Sunrise Chapel Territorial

## November 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Oct 26</b> 9:30AM Children's Worship Service 11AM Worship Service 12PM Luncheon	<b>Oct 27</b> 11AM Tai Chi	<b>Oct 28</b> 6:30PM Bereavement Support Group	<b>Oct 29</b> 1PM "Afterlife" Group 3PM "Joy" Small Group #1	<b>Oct 30</b> 7PM Men's Group 7PM Women's Group	<b>Oct 31</b> Craft Show	<b>Nov 1</b> 10AM—3PM
<b>2</b> 9AM "Joy" Small Group 9:30AM Choir Practice 11AM Worship Service 12PM Luncheon	<b>3</b> 11AM Tai Chi	<b>4</b> <b>SUNRISE CHAPEL POLLING PLACE</b> 6:30PM Bereavement Support Group	<b>5</b> 1PM "Afterlife" Group 3PM "Joy" Small Group #2	<b>6</b> 7PM Men's Group 7PM Women's Group	<b>7</b> 12:30PM Chronic Pain Support Group	<b>8</b> 8:30AM CARE FOR OUR CHURCH DAY— Prep for Path to Bethlehem
<b>9</b> 9AM "Joy" Small Group 9:30AM Choir Practice 11AM Worship Service 12PM Memorial for Fran Blaesing 12PM Luncheon	<b>10</b> 11AM Tai Chi	<b>11</b> 6:30PM Bereavement Support Group	<b>12</b> 1PM "Afterlife" Group 3PM "Joy" Small Group #3	<b>13</b> 7PM Men's Group 7PM Women's Group	<b>14</b> 12:30PM Chronic Pain Support Group	<b>15</b> 8:45AM Nature Walk—meet at the Church to go to Molino Basin
<b>16</b> 9AM "Joy" Small Group 9:30AM Choir Practice 11AM Worship Service 12PM Luncheon 12:15 Semi-Annual Mtg	<b>17</b> 11AM Tai Chi	<b>18</b> 6:30PM Bereavement Support Group	<b>19</b> 1PM "Afterlife" Group 3PM "Joy" Small Group #4	<b>20</b> 7PM Men's Group 7PM Women's Group	<b>21</b> 9AM Cookie Making service project at the church	<b>22</b>
<b>23</b> 9AM "Joy" Small Group 9:30AM Choir Practice 11AM Thanksgiving Festival Worship Service 12PM Thanksgiving Luncheon	<b>24</b> 11AM Tai Chi	<b>25</b> 6:30PM Bereavement Support Group	<b>26</b> 10AM Serve @ Gospel Rescue Mission {NO "Afterlife" Group today} 3PM "Joy" Small Group #5	<b>27</b> <b>Thanksgiving Holiday</b> (no worship service today)	<b>28</b>	<b>29</b>
<b>30</b> 9AM "Joy" Small Group 9:30AM Choir Practice 11AM Worship Service 12PM P2B Rehearsal 12PM Luncheon	<b>Dec 1</b> 11AM Tai Chi	<b>Dec 2</b> 6:30PM Bereavement Support Group	<b>Dec 3</b> 1PM "Afterlife" Group 3PM "Joy" Small Group #6	<b>Dec 4</b> 7PM Men's Group 7PM Women's Group	<b>Dec 5</b> 12:30PM Chronic Pain Support Group	<b>Dec 6</b> 6-8 PM Path to Bethlehem

**AA & AL-ANON GROUPS:** Mon 6pm AA Tues 11am AA Wed 9:30am AL-ANON Wed 7:30pm AA Sat 8AM Men's AA Sat 11 AM Women's AA  
**OTHER REGULAR EVENTS:** Tues 5:30PM Self Defense 1st & 3rd Thurs 6:30PM Global Chant

## **NEW** SPIRITUAL GROWTH BOOK

**Now Available!**

**Coauthored by Bob Maginel and Frank Rose**

### **The Joy of Spiritual Living**

Even if you are new to Spiritual Growth, the publication of this new book is GOOD NEWS worth learning about and celebrating! If you've been involved in a Spiritual Growth Group in the past, you already know how life-changing it is to work the tasks and share your experiences with others.

**The Joy of Spiritual Living—Simple Steps to Your Best Self** is the second volume of spiritual growth tasks. Congratulations to co-authors Frank Rose and Bob Maginel for this new accomplishment that has been several years in the making!

### **New Small Groups**

Study **The Joy of Spiritual Living** in a small, supportive group. Experience this new version of a time-tested and much loved spiritual growth program. There are several options to join groups starting the last week of October and the first week of November. The groups will meet for 9 sessions, breaking for Thanksgiving and Christmas and finishing up in January.

For more information, contact the church office or email [nathan@sunrisechapel.org](mailto:nathan@sunrisechapel.org).

## SPIRITUAL GROWTH CORNER

### THANKFULNESS

**By Betsy Gladish**

What does it mean to be thankful? Seri says it's "feeling or showing gratitude." It sounds so easy. It sounds so clear. Does it mean being grateful for the good things in our life, the blessings? No, true thankfulness is being grateful for ALL things in our life. Now suddenly, it's a more difficult task.

How can we learn to be grateful for the rude driver that cuts us off in traffic, or the spouse that questions our judgment, or neighbor who raises his voice to us? Why do we need to count those as part of the picture?

It's because we are spiritual people on a spiritual journey and everything is part of leading us toward a heavenly end. Each irritating event gives us the opportunity to "practice." Talented artists do not just paint masterpieces. Athletes must shoot the basket, throw the ball, or run the field thousands of time to become champions. They must practice to get to where they are going, as do we.

So this Thanksgiving as you sit down to another wonderful meal, give thanks for the difficult challenges you have faced over the last year. And consider adding some pre-thankfulness for the challenges ahead.

### **Help Plan and Host Our Booth at The Tucson Festival of Books March 14-15, 2015**

By Nathan Gladish

I am pleased to announce that we will once again host a booth at the amazing Tucson Festival of Books on the campus of the University of Arizona this coming March 14-15. This is a huge event for Tucson, drawing 130,000 book lovers. This Festival debuted in 2009, making this Spring's event the 7th annual.

Last year our booth featured the topic of Life After Death and Swedenborg's most popular book, **Heaven and Hell**.

This year, with the recent publication of **The Joy of Spiritual Living** and the pending republication of **The Joy of Spiritual Growth**, we will feature the unique Spiritual Growth Program, the related books, and the group experience.

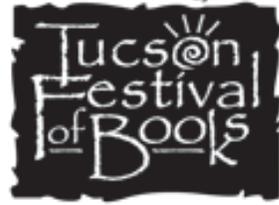
Some goals:

- ◆ Increase awareness of the Spiritual Growth Group books, programs & resources
- ◆ Educate people through personal conversation, displays, and written material (handouts)
- ◆ Sell books
- ◆ Advertise and sign up people for a Spiritual Growth Workshop and/or a group

Our booth banner will read: "**AZ Spiritual Growth Foundation**"

The sound-bite description on the TFOB website and in their handout will be: "**Experience the joys of spiritual growth using practical tools to overcome negativity.**"

Arizona Daily Star



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Sunrise Chapel Presents....

## THE PATH TO BETHLEHEM

SATURDAY, December 6 from 6 to 8 pm

A live, outdoor, walk-through Nativity, featuring 5 scenes of the traditional Christmas story

***Take a walk on our Path to Bethlehem on the grounds of Sunrise Chapel***

- Guides will lead you on a 20-minute tour around the grounds of Sunrise Chapel, giving the opportunity to reflect on the meaning of Christmas as depicted in the scenes
- Free, family friendly, and open to the public
- Live actors in period costumes
- Live music and animals
- Holiday refreshments afterwards in Friendship Hall
- There is no charge, but we gladly accept donations to help cover our costs, and we encourage you to bring a non-perishable food item for the Community Food Bank of Southern Arizona



**Bring your family! Make this a wonderful start to your Christmas season!**