



TERRITORIAL

"Helping People Experience Heavenly Joy through Spiritual Growth"

BLESSINGS FOR THE NEW YEAR!

By Nathan Gladish

Imagine the Lord asking various people, "Are you as happy as you want to be?" Not that He used those specific words in Bible stories, but He did ask different folks questions with that sort of implication: "Why are you so afraid?" "Do you want to be made well?" "Why are you crying?" "Why are you troubled; why do doubts arise in your hearts?" In other words, "How can I help you reduce your sadness and increase your joy?"

As Jesus said to His disciples, "These things I have spoken to you that My joy may remain in you and that your joy may be full" (John 15:11). Here's one way to frame His ministry – it was all about encouraging people to experience more healthy happiness. He used different methods, some of them quite counter-intuitive, but they were all aimed toward the same goal: to lead the human race to experience more of His blessings and happiness. I believe the Lord wants us to be happier than we used to be; and to look forward to being happier in the future than we are now.

Emanuel Swedenborg teaches that one of the three essential qualities of God's love is "to bless others from Himself" (True Christianity 43:4 New Century Edition). He continues, "As every love exudes pleasure, so divine love exudes blessedness itself, good fortune itself, and happiness itself."

The Lord is devoted to our having a happy New Year!

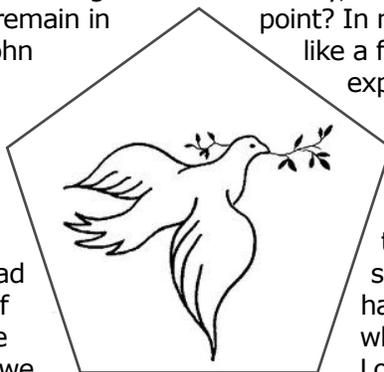
Whatever physical, emotional, mental, moral or spiritual state of life you are experiencing, no

matter what the state of your family-life or your occupation, the Lord wants you to experience more blessings, good fortune, and happiness. This is the Gospel in down-to-earth terms. The Lord is eager for us to be happier; not just on a temporary basis, either. He longs for us to embrace an overarching, long-lasting, soul-satisfying, heart-pounding, energizing, heavenly and contented state of happiness.

Okay, does it seem like I'm stretching the point? In many states of life, happiness seems like a fantasy, a far-off dream. We experience many setbacks in our efforts towards increased blessings. It is hard to feel happy in times of tragedy and grief. On the one hand, the Lord does not bring on states of temptation; nor does He will anything sad to happen to us. But on the other hand whenever we experience sadness, whether by accident or by choice, the Lord is there urging and pressing to be received. His will is that we improve our state and discover more happiness in spite of any pain (See True Christianity paragraph 766).

Apparently angels don't think this is a stretch. They know and experience innumerable kinds of happiness in heaven (See Secrets of Heaven paragraph 457). Heaven has something for everyone to be happy about.

My prayer is that each of us may experience greater happiness this year than we ever have, and that we may share our individual and collective happiness with others in encouraging ways that really make a difference in people's lives.



THANK YOU AND A NEW YEAR WISH

As Élise and I think back on the past year, we are especially grateful for all the connections with people who serve the health and growth of the church in such a variety of ways. Your devotion and support are wonderful. Thank you one and all! Each of you is a precious link in this network of people encouraging the causes we hold dear. We wish you the Lord's blessings in the coming year, and we look forward to continuing our efforts together.

Sincerely, Nathan and Élise

SPIRITUAL GROWTH CORNER: A Year for Love in Action

By Betsy Gladish

What if we all made 2014 a year of "Love in Action"? Rather than our usual outworn list of New Year's Resolutions, we adopt this one phrase into every aspect of our life: physical, emotional, and spiritual.

What would this look like? Physically we would choose healthy food and exercise. We would treat ourselves kindly and monitor our self-talk and keep our thoughts positive. Emotionally we would question our negative responses and protect ourselves from taking on other people's business. Spiritually we would seek to follow the Lord's Word and rely more heavily on Him.

What if we practiced this simple phrase every day? Imagine the year we would have! Imagine the difference we could make in the lives of others!

Emanuel Swedenborg says that we can become "God's hands loving our neighbors (and ourselves) on Earth." What an honor that would be to work for God!

"Since charity consists in having an affection for what is good, it also consists in feelings of mercy for those in distress. The good of charity holds such feelings within it because it comes down from the Lord's love toward the whole human race, a love

which is "mercy" because the whole human race is in distress." (Swedenborg - **Secrets of Heaven** paragraph 5132:2)

The New Year always brings promise and excitement but not without our intention and commitment. What kind of year will you shape your 2014 to be for you? How will you make it meaningful and memorable?

A group of us at Sunrise Chapel has begun the process by reaching out to our Tucson community in helpful service each month. We started with serving a meal at Gospel Rescue Mission. Then we painted chimes several times at Ben's Bells spreading kindness throughout the city. Last month we prepared lunch at Ronald McDonald House for parents of children in our local hospitals.

In January we will make sandwiches in our Sunrise Chapel kitchen for our homeless neighbors at Casa Maria. There is a need of 500 sandwiches a day! Your help is appreciated. Just come to Sunrise Chapel on January 20 at 9:30 AM.

"Love in Action." Let's make this our mantra, and God will bless us as we bless others. Our 2014 will indeed be happy!



TREASURER'S REPORT: SERVICE TO THE COMMUNITY IN THE NEW YEAR

By Arthur Watson

This month's column is not about money. As the new year begins, I am reflecting on the past with appreciation and thinking about the future with the hope and anticipation of what God will present to us in this coming year.

As treasurer, I'd like to emphasize that the driving force behind Sunrise Chapel has always been one of service to the overall community, and we are making great strides to promote that. Not only do we serve the community by providing weekly worship and spiritual growth groups of various kinds, we have recently been adding service projects that extend our reach into the life of the Tucson community. For example, thanks go to those who organized the Christmas collections of gifts for Samaritan's Purse, the angel tree for the Shyann Kindness Project, and the food drive associated with our Path to Bethlehem. Before that, Betsy Gladish also

spearheaded new initiatives to help at Ben's Bells and to serve a meal for families of patients at the local Ronald McDonald House. Congratulations and thank you! I know that this service to the community takes energy and time. It is a way of expanding how we express our good will to others, with no thought of any return except the satisfaction of helping. I encourage those wishing to become a part of any service project to be in touch with Betsy.

Wishing everyone a very happy New Year! I pray that God's will be done in each of us individually and all of us together. And although Sunrise Chapel is not about money, as treasurer I am here to receive your monetary donations and to manage them well in order to keep our doors open and our various programs running. Thank you for your participation and for your financial support.

SPIRITUAL GROWTH GROUPS RETURN

02 FEB 2014

By Steve Gladish, Sr.

Sunday, February 2nd, Pastor Nathan Gladish will give the first sermon on the Spiritual Growth Program: Seven Practices of Peace. This is a seven (7) week program drawn from the Biblical story of the days of creation. There will be a new sermon every Sunday to complete the seven days of creation.

Each week, the worship service and Sunday School sessions will focus on one topic of Seven Practices of Peace program.

- Attend worship on Sunday.

Daily Readings

Daily Bible study is a wonderful and enriching way to ground your spiritual growth work. The workbook provides ideas for daily reading from scripture, along with suggestions on how to apply them.

- Come on in and get your copy right here at Sunrise Chapel. [Seven Practices of Peace workbook](#).
- You can also participate as a couple with the ["Practicing a Peaceful Partnership"](#) companion Small Group

Commit to meet on a weekly basis for seven weeks to explore their faith and support each other in applying that faith to life. Small groups usually include prayer, a time for checking in with our entries for the week and discussions or related activities.

- Find out about small group opportunities in your area by contacting Pastor Nathan. We will have sign-up sheets at the church for days and times you can attend.

Week One: Awakening

Light shines for the first time

Since we may be asleep to the real, spiritual world within everything, our life is "empty, dark and void." The change begins when we start to acknowledge some higher power, something more than the

shallow life we've been living. This is like a light dawning, bringing a first feeling of peace.

Week Two: Distinguishing

Waters above from waters below. Once we have awakened to God's presence, we begin to distinguish between what's really important and what isn't. In this stage, we realize that we have an inner place that's peaceful and separate from mental chatter, and we begin to realize that the best things in life are people, and not things.

Week Three: Cultivating

Tender plants grow. The "soil" of our mind is ready to hear the truth, and a tender, more compassionate side of us can begin to take root. Maybe we have trouble forgiving, so we make an effort to start treating others better, with less judgment. These efforts are like the tender plants beginning to grow.

Week Four: Navigating

Sun, moon and stars placed in the sky for light. We shed our destructive habits and follow new principles which guide us like the sun, moon, and stars.

Week Five: Speaking

Fish swim and birds fly. Our words are brought to life, they spread out and have influence; the fish are like facts that come alive because of our faith. The birds are higher thoughts we have because of our new faith.

Week Six: Loving

Humans are created in the image of God. Finally, we not only say what we mean, we also act on our beliefs, from a loving frame of mind. In this stage, we fully embrace our spiritual heritage as men and women created in the image of God.

Week Seven: Resting

No more work; there is peace. At the seventh stage, we experience a state of peace, joy, and contentment.

You are going to love this! Many, many people in the past have here at Sunrise Chapel. Take the course with family and friends.



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!

FRANK AND LOUISE ROSE spent Christmas in Minnesota where 20 members of their family gathered and had a wonderful time. Louise had spent Thanksgiving weekend in Bryn Athyn PA meeting two new little great granddaughters who were born not long ago.

We are always happy to hear from our dear friends who have moved away. This is especially true during Christmas time. For example, we received a nice letter from MERRITT COFFIN who lives in Indiana where he is surrounded by a very loving family. He still lives with his daughter Pam and her husband Chuck who he says is very good to him. He says everything healthwise is going better for him after he spent time in the hospital with pneumonia and the flu that left him in ICU for days then on to rehab. He sends his blessings to everyone, and ended his letter by saying that he is sure blessed with all his memories of all of us here at Sunrise Chapel and Tucson.



During the terrible weather across the country before Christmas, LYNN BROWN had to spend several nights in the Dallas Airport with about 3,000 other people. She did arrive eventually at Philadelphia to help an aunt who had fallen badly. Since then, she and husband Mike have flown far and wide visiting family.

We missed seeing our dear friend DOROTHY JEFFRIES who did not come to Tucson this year as she has done in the past. Dorothy enjoys being with family in Washington, but does miss her friends here at Sunrise Chapel.

Congratulations and a huge thank you to all those who helped make this year's Path to Bethlehem another wonderful success!!!

Congratulations to SARALENA VILLEBURN OLD COYOTE on the birth of her baby girl she named LILAH born on December 26. Mother and baby are doing fine.



TRAVELERS

ART AND JANET LEE traveled back to Wisconsin to spend Christmas with family and friends.

JERRY AND MARIA MARZINSKY spent Christmas back in Maria's hometown in Mexico where her family still resides.

In November, LOUIS AND KELLY WOOFENDEN spent two exciting weeks in Thailand where they enjoyed traveling to many places giving them the opportunity to take in the beauty and experience the culture. Then later in December Louis went to Uganda with Engineers Without Borders to do an assessment trip for a small village to eventually set up a sustainable clean water project.



ANNOUNCEMENTS, UPDATES AND REPORTS

Guest Preacher January 12 – David Lindrooth

Welcome back David Lindrooth who will be here for the Western Clergy Meetings January 13-16. He is currently the Director of the Office of Outreach in Bryn Athyn, PA. Back in the 1990s he was associate pastor here.



Bryn Athyn College of the New Church Presidential Search

Founded in 1877, Bryn Athyn College (www.brynathyn.edu) is a small, private, coeducational, liberal arts college dedicated to a New Church approach to education and life. The College is now in the search for a new president, since Dr. Kristin King has announced this is her last year in this office. She is looking forward to returning to teaching.

A search committee has been formed consisting of members of the Board, the Corporation, the Faculty and several key administrators. Any counsel you would like to offer will be gratefully received. If you know of anyone who could be considered for this position, or if you might be interested, please contact my office by January 31, 2014.

Brian W. Keith, Chancellor
brian.keith@newchurch.org
267-502-4944

Sunrise Chapel Hosts Western Clergy Meetings

Ministers from our churches in the Western US will meet here for several days on January 13-16. We are exploring the possibility of a “meet and greet” on Tuesday

night, January 14. Stay tuned for more details.

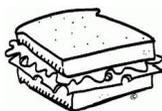
Celebration of Life for Herb and Dottie Ridlon
Sunday, January 12 at 1:00 pm
in the Chapel.

Our dear friend and long-time member of Sunrise Chapel, Herb Ridlon, passed into the spiritual world on Friday, November 8. Dorothy just followed on Wednesday, January 1. His son, Peter and his wife Mary from eastern Pennsylvania welcome everyone to come and honor their lives in a joint memorial at Sunrise Chapel. The service will begin with Military Honors and a reception will follow in Friendship Hall.

Help Make Sandwiches – January’s Service Project

January 20 at 9:30 AM

Our service project for January will be in support of the Casa Maria Soup Kitchen. On Monday, January 20 at 9:30 AM at Sunrise Chapel, you are invited to help make sandwiches



which will be given out to many of the less fortunate here in Tucson. If you would like to participate, please call Betsy Gladish at 360-3652 or Judith Keane at 390-4112. Casa Maria is the Catholic Worker Community in Tucson. Their goal is to practice daily the works of mercy and works of justice. They serve lunches to hundreds of people every day.



Care Team

The Sunrise Chapel Care Team is gearing up for a great 2014! We are reaching out to the Church community to keep connected. If you are in need of support via a phone call, visit or if you know someone who could use support, please call Judith Keane at 390-4112.

Care for Our Church Day

Saturday, January 25 is our next day to come to Sunrise Chapel and help with various cleaning and fixup tasks. There are opportunities to help spruce up the grounds, as well as deep cleaning indoors.

The care starts at 8:30 am and goes until noon or as long as people want to stay. Bring gloves or any special tools you think will be helpful. To arrange anything in advance, contact Mike Villeburn, our Facilities Manager.

Teen Sunday School

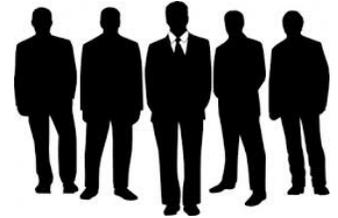
“Bible Sunday School for Teens” is actually open to children age 12 and up. So far this monthly class has covered: (1) an overview of the Bible, (2) the idea that the Bible stories have a deeper meaning for our lives, (3) the importance of daily Bible reading and (4) a focus on the New Testament and the richness of parables.

Michael Brown is willing to continue leading this class. The next ones will be the last Sundays of January, February and March. If you have any questions please speak with Élise Gladish, Sunday School coordinator.



**Group Leader Training
Saturday, January 11, 9 am — 12 noon**

Ever think about leading or co-leading a small group? Now's the time to learn more! Join us as we prepare to launch this year's Journey Spiritual Growth program. We will also be discussing the potential for expanding our small group offerings. And a special welcome to special guest David Lindrooth, the Director of the Office of Outreach. RSVP to Nathan



**IN MEMORY OF VERN WEHR
BY LOUISE ROSE**

We heard the sad news last month that Vern Wehr had died at his home in Connecticut. Vern and his wife Carolyn have been winter residents in Tucson and an active part of the Sunrise Chapel congregation for many years. After Christmas each year, they would drive down from Connecticut, arriving in time to be in full participation from January until Easter time. When we said goodbye to them last spring, we knew it might be the last time. We hugged them with feelings of gratitude and sadness.

Vern was known for his warm smile, his friendly presence and for always being willing to help. He was part of a group of men, including Harry Hueston, Bill Fuller, Merritt Coffin, Herb Ridlon and others who would meet at the church one morning a week and spend all morning doing any repairs, painting, installation or whatever needed doing. He was also a member of the Men's group that meets on Thursday evenings.

It was through Vern and Carolyn that we first heard about the Stephen Ministries which they were part of, visiting people to listen to them and connect with them in any way they needed. His caring and patience were amazing.

As a couple, they loved being involved in fun activities, often helping to organize outings to shows, plays, or Sons of the Pioneers. Both were hikers who walked the trails of Mt. Lemmon and Arizona frequently with the Sunrise Chapel hiking group.

When I ask people to describe Vern, they say "a gentleman", "always warm and welcoming", "sweet", "thoughtful" and "he always had a smile for me".

The day before he passed into the spiritual world, Vern had a pleasant day at home, receiving visitors, accepting care from the hospice nurse, having supper with family and enjoying his favorite dessert, ice cream. Several hours later he suffered a stroke and entered a coma at the hospital where he died the next day. A quiet ending to his long and happy life.



January 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 29	30 6pm Meditation	31 6:30pm Bereavement Support Group	January 1 Happy New Year	2 7pm Men's Group	3	4
5 9:30am No Choir Practice 11am Worship Service 12:45pm Women's Guild Meeting	6 6pm Meditation	7 5:30pm Stewardship Committee Mtg. 6:30pm Bereavement Support Group		9 7pm Men's Group	10	11 9am-Noon Small Group Leader Training
12 9:30am Choir Practice 11am Worship Service Guest Preacher-David Lindrooth 1pm Celebration of Life for Herb & Dottie Ridlon	13 6pm Meditation	14 6:30pm Bereavement Support Group	15	16 7pm Men's Group	17	18
Western Clergy Meeting January 13-16						
19 9:30am Choir Practice 11am Worship Service 12:45pm Board Meeting	20 9:30am "Help Make Sandwiches" Service Project 6pm Meditation	21 6:30pm Bereavement Support Group	22	23 7pm Men's Group	24	25 8:30am Care For Our Church Day
26 9:30am Choir Practice 11am Worship Service 11:15am Teen Sunday School 12pm AMC Luncheon 2-7:30pm Private Rental in Friendship Hall	27 6pm Meditation	28 6:30pm Bereavement Support Group	29	30 7pm Men's Group	31	February 1

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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A Request For Help From The Women's Guild

By Kitty Aughey

The 2014 Patio Sale is scheduled for April 4 & 5

The annual Spring Patio Sale has always been a "BIG" event for the Women's Guild and the church. With lots of hard work, it has become the fundraiser for projects such as 2 new stoves, 2 new microwaves, redoing the Brides' room, purchasing and installing the flag pole, painting the kitchen and Friendship Hall, gifts for children at Christmas, and on it goes.

This year we need helpers (men and women) to begin in January to keep the donation sheds organized. The time commitment is approximately 3 hours per week or whatever you can give. WE NEED HELP! Please call Jean Ross at 429-6045. She can explain the tasks and will be available to train you. This entire project is work but we really do have fun and the church benefits from it!

