



TERRITORIAL

“Helping People Experience Heavenly Joy through Spiritual Growth”

WHAT IS THE NEXT LARGE STEP FOR OUR SMALL GROUPS?

By Nathan Gladish

Sunrise Chapel has a long history of offering small group activities to help people grow spiritually. For example, for over 25 years, many, many people have benefited from the Spiritual Growth Groups developed by Frank and Louise Rose.

In the past 8 years we have added the annual 7-week Journey Program to our winter schedule. We also support the local community by providing space for a variety of small group meetings such as the long-standing Tuesday night Bereavement Support Group, as well as seven different 12-step meetings throughout each week. We have other groups that meet on an as-needed basis.

As a church community, I think we need to be asking a very important organizational question – How can we transition from being a church that supports some small groups to becoming a thriving network of small groups that supports the church?

A New Effort

I’m excited to announce that on March 4 & 5, a “travel team” of 4 people from Sunrise Chapel will attend a 2-day workshop designed to supercharge our small groups ministry. Thanks to a generous grant through the General Church Office of Outreach, we will join representatives from other New Church congregations at the retreat center of Saddleback Valley Community Church near Anaheim, California. Our expert facilitator will be Steve Gladen, Pastor of Saddleback’s

Small Group Community. This 2-day deep-dive planning workshop will focus on how to articulate and implement a strategy for building up our small group ministry.

Our enthusiastic travel team consists of **Élise Gladish, Art Watson, Kelly Woofenden, and me**. In preparation, we are each reading the book **Small Groups with Purpose**, by Steve Gladen. Since we are traveling in one car together to and from California, we will have hours to discuss items and questions ahead of time and debrief afterwards.

The “Home Team” - How you can help!

In order for Sunrise Chapel to fully benefit from this important one-time workshop, our travel team needs the support of a larger home team before and after the workshop! And I’m **not** talking about financial support.

- We need your prayers and encouragement for the Lord’s inspiration and guidance.
- We need your help to design and implement plans for a significant transition.
- And we need your ongoing participation to help see real changes that stick.

I’m convinced that if we as a community get excited about and engaged in helping Sunrise Chapel serve more people by recharging our small groups ministry, we will experience the Lord’s blessing.

How can we transition from being a church that supports some small groups to becoming a thriving network of small groups that supports the church?

SPIRITUAL GROWTH CORNER

STRENGTH

By Dottie Ridlon

Our dear friend, Dottie, joined her husband Herb in the other world on January 1, 2014. This is an article that she wrote some years ago that is perfectly fitting as we think of her transition into the next life.

God will give us the strength for what we must do each day. In Phillippians, Paul says, "I can do all things through Christ who strengthens me ." So it is with each one of us.

I pray daily for that strength, because I feel that without the Lord's help I can do little. I put myself in His hands, and He never fails to help.

The tasks of Spiritual Growth are there for me to use. They are very useful tools I can rely upon. I think the one I've used most is the one about forgiving. It takes strength to forgive. Another favorite of mine is one on criticism. I use this one frequently so I can just let some things go.

Another task is about living in the present. It teaches that we cannot let the past rule our life.

I remember the saying: "Spiritually growing up sends us on a higher road," one that helps us on our journey. Strength for the journey is provided by God.

I think it is about time I worked through all the tasks of Spiritual Growth again. I've done them three or four times now and I always learn something I hadn't thought about when I worked them the first time.

WHAT IS A FRIEND?

By Herb Ridlon

Previously submitted to the Spiritual Growth Foundation by Herb Ridlon

Herb preceded his lovely wife into the spiritual world by just a couple of months. The following article affirms his appreciation of his wife as his best friend.

A man, in his lifetime, has many acquaintances but few friends.

A FRIEND IS:

One who you can talk with about anything and feel at ease.

One who will listen to your advice and accept what is useful and not try to justify why all or any of it was not used.

One who will give advice and not require you to justify how or if you apply it.



Time and distance never alters the feelings.

One who you can readily laugh or cry with or in front of and not feel guilty or ashamed.

One who you can count on for support when needed without the feeling of obligated pay back.

One who you will support at all times without any expectation of pay back.

One who you can spend time with and neither feel obligated to talk about anything.

One who is willing to listen to you when you just need to talk about anything.

IN MEMORY OF DOTTIE RIDLON

By Louise Rose

Whenever I heard Dottie Ridlon read from the Word in church, I was deeply impressed with the beauty of her voice, full of meaning and drama, and her obvious love of the story she was telling to the congregation. Most of her life, she had had the privilege of reading in church and we were the blessed recipients of that. She also wrote devotional pieces for the Territorial, many of which contained special prayers she had written. They were always signed with her initials DAR.

Dottie loved being useful, and long after she could no longer come to church on a regular basis, she would still help with assembling or stamping the Territorial or doing any task she was given, like sending out cards from the church to people having birthdays or going through difficult times. She was on the lookout for whatever she could do from home.

In earlier days, she was a greeter who immediately made people feel welcome and relaxed. I remember her standing in the entrance hall in her bright turquoise dress, smiling warmly at all who entered. She continued this through her 80s. She and her husband Herb were a constant blessing to us. We will miss them very much. It gives us great joy to think of them in the other world, together again, growing younger and more vigorous, seeking useful things to do to benefit all those around them.

We have begun a 7-week Journey of Spiritual Growth

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

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

There are various ways of participating. You can attend worship at Sunrise Chapel on Sunday or listen to recorded messages preached by ministers around the world or read a series of sermons. Check out the many resources online at www.newchurch.org/materials/programs/seven-practices-of-peace

Daily Bible study is a wonderful and enriching way to ground your spiritual growth work. The program workbook provides ideas for daily reading from Scripture, along with suggestions for bringing these ideas into life. The workbook is available in print or as an eBook or by email subscription. There is also a leader's version and even a couple's version!

Many find the most enriching experience of the program is in a small group where people explore their faith and support each other in applying that faith to life. Each meeting is a wonderful smorgasbord of educational and inspirational items. The flow includes: beginning with opening prayer, a time for checking in (How are you?), individual reports on the task for the week (Peace Practice), Bible study, discussion of the upcoming weekly task, closing thoughts, and closing prayer.

You can join a small group at Sunrise Chapel or participate in an online videoconference. Or, start your own! It's easy with the step-by-step leader's edition workbook.

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

For more details about this year's Journey Spiritual Growth program, go to sunrisechapel.org or contact Nathan Gladish at the church 520-298-1245.

TREASURER'S CORNER: DONATING TO SUNRISE CHAPEL ELECTRONICALLY

Q: I have a question, Art. I love giving to Sunrise Chapel, but I don't like writing checks. How can I donate electronically?

A: I can relate. As time goes on, I write fewer checks. They are still necessary on occasion, but there are various electronic methods of transferring money that can make check-writing a thing of the past. And if you set up an automatic, recurring transaction, like a few others in our congregation are already doing, you can make it easier to give consistently. Speaking as Treasurer, that really, really helps me keep track of the budget!

It's simple to set up an electronic donation through your bank to Sunrise Chapel, and it costs absolutely nothing to either the sender or the church. Here is the basic process. The details may vary from bank to bank – but each institution tries to make it user-friendly.

- Determine the amount you want to give
- Decide the frequency of the donation (one-time, weekly, every other week, etc.)
- Contact your bank either online or in person to set up the bill pay feature

The bank will provide a simple form where you fill out the pertinent information. Some banks allow you to add a "Memo" for the transaction. You can use this feature if you want to specify what area of the budget you want your donation to go. Otherwise, just send me a note or speak to me in person. Unspecified donations will go into the General Fund.

The bank does the rest. If you set up an automatic pay, on the designated day of your choosing, your bank will cut a physical check for your specified dollar amount and mail it to Sunrise Chapel. There is no charge. They even pay the postage. Once the check is received by your Treasurer, it is treated just the same as if it was hand-delivered in the donations basket.

We are also working on setting up the option for you to donate with your credit or debit card. Stay tuned for updates on this feature.

By the way, happy Valentine's Day!
Until next month, Art



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!

On January 12th the family of HERB and DOTTIE RIDLON held a beautiful double memorial service at Sunrise Chapel for both Herb and Dottie who had each passed into the spiritual world recently. Although they did not pass at the very same time, it was only fitting that they would be celebrated and remembered together. They had been happily married for over 65 years. She was his red-headed sweetheart and he was her knight in shining armor. We will miss them greatly, but we also know that they are happy to be together again. It was wonderful to see some of their children and grandchildren from various parts of the country.

FRANK and LOUISE ROSE were recently in Glenview to celebrate Swedenborg's birthday. Frank was the featured guest dressed in his Swedenborg costume, where he did his usual excellent job of portraying Swedenborg and answering questions from the audience. This reminded me that it has been many years since we at Sunrise Chapel have had the opportunity to see this performance and I am hoping we can talk him into doing it for us in the near future.

Congratulations to JOE and



SUSAN MILLIRON on the birth of their new granddaughter, Lennon Anne Whyde, born on January 23, 2014, to daughter Tinsley and husband Aaron.



FRAN BLAESING had a little surgical procedure that turned into an unanticipated hospital stay. As of this writing she is now in rehab and hopes to be home soon.

ÉLISE GLADISH traveled to Bryn Athyn, PA to be with her mother during a time of hospitalization and rehab.

Congratulations to DEE FLETCHER who completed a twenty two mile hike in the Catalina mountains starting at Sabino Caynon and ending up at Catalina State Park. It took her 10 1/2 hours total time. Way to go Dee!

January 26 was LAUREN GRAFFAM'S Winter Sun gymnastics meet in Avondale, AZ. She earned medals in beam, floor, and vault, which got her an all-around medal as well in senior girls, level 4 gymnastics. Go, Lauren! Her next meet is Friday, Feb. 7 in Phoenix. Good luck, Lauren!

IN MEMORY OF STANFORD LEHNE

By Nathan Gladish

Our dear friend, Stanford Lehne, died peacefully on Wednesday, January 21, 2014 around 10 pm. He was at home just into the first week of hospice care.

His daughter, Laurie, said he had a wonderful life, all 94 years. That included being married to his sweetheart for 69 years. He was alert up to the last day, saying at one point, "I want to go to the other world and be with your mother." His wife, Sylvia, preceded him in October 2012.

Since moving to the Tucson area in retirement several decades ago, Stan and Sylvia became devoted members of Sunrise Chapel. Laurie said that the church and the members and friends they got to know were a very significant part of their later years.

No formal memorial service was planned as Stanford had thought the service we held for Sylvia was perfect and complete for both of them. However, members of our congregation did have the opportunity after church on Sunday January 26 for anyone to share their thoughts and memories of the Lehnes. It was a very nice tribute to both of these wonderful people who were such a loving and joyful part of our lives here at Sunrise Chapel.



ANNOUNCEMENTS, UPDATES AND REPORTS

Exterior Building Painting is Complete!

Each part of our recent Curb Appeal project has improved the look and feel of the property, and now the exterior of the buildings looks fresh and clean and new – a very welcome sight! In addition to the buildings, the painters also did a great job on the Memorial Garden, the gazebo, and the play structure in the children's playground. They even repainted the border of the road sign.



More good news! We exceeded our goal in the recent brief fund drive to help cover the unanticipated extra expense of the project. The goal was to raise \$1,200, and with the benefit of a local match, we actually took in \$1,740 !!

Thank you all for your support and patience during this part of the project! Nathan Gladish

Sunday School News

By Élise Gladish, Sunday School Head

Along with the rest of the Sunrise Chapel congregation, the Sunday School is following the Journey Program, The Seven Practices of Peace, which features the seven days of creation. It is fitting that our Sunday School teacher, Lauren Allen, should start the creation of a garden with the kids! This gives them the opportunity to participate in helping create a space where they can watch the miracle of growth of some of the Lord's creation. Gardening involves so many elements from the creation story: light and warmth from the sun, water, air, land, and plants of course. Even some critters in the soil add to the process of soil development and plant growth (or lack of it if you have pests!). The Lord created people to be of use, participating in the work the Lord is doing to create new life from the ground. I think the kids are going to have a good time working on their special garden. This Journey Program will give them a deeper appreciation for the meaning of the creation story in their lives.

For the past several months we have been seeing the Sunday School growing in numbers. We are blessed to have the opportunity to teach

the stories of the Bible and show how they can be of help and comfort in their lives. Currently we have one Sunday school group meeting each Sunday, and we also have a once-a-month Teen group, taught by Michael Brown. We would love to expand our Teen group meetings to twice-a-month.

Our Sunday School program is a good one and we are thankful for our teachers who are giving of their time. But we have a great need for more teachers! This year we have been experimenting with having a combination of volunteer and paid teachers, since we do not have enough volunteers. So far, we have been able to staff each Sunday. But our resources are running low. We invite all you readers to consider whether you can give of your time or talents to this most important use. We would love to have more teachers on board. But if you are not able to teach, could you consider a contribution to help cover expenses for teaching? We would be grateful for your help, so that our program can continue to expand and serve more children



Good News about Service Project Opportunities

By Betsy Gladish

I am thrilled to report that several people have recently made financial commitments to support Sunrise Chapel's regular involvement in service projects! Two people have each pledged to give \$50 per month for 5 months so that members and friends of Sunrise Chapel can do helpful things for the community – such as buying food supplies to make a lunch for families associated with the local Ronald McDonald House. **Thank you so much! What a blessing it will be to use these funds in service to the community.**

Keep an eye out for announcements of ways **YOU** can be involved in various service projects in the coming months.

ANNOUNCEMENTS, UPDATES AND REPORTS Cont.

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.

The Annual Women's Guild Patio Sale - April 4 & 5

Planning and preparations continue for the annual Spring Patio Sale to be held on the first Friday and Saturday of April.

If you would like to help in any way – either beforehand, during the event, or for the cleanup afterwards – call Jean Ross at 429-6045. She can explain the variety of tasks, and you can pick which tasks suit your interests and schedule.



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Sunrise Chapel's Booth #510 at the Tucson Festival of Books By Nathan Gladish

I am very excited to say that Sunrise Chapel will once again have a booth (#510) at the upcoming Festival of Books on March 15 & 16. This will be our second time. This year our focus will be on Swedenborg's most popular book, **Heaven and Hell**.

Special guest! I am pumped about welcoming **Curtis Childs** all the way from Bryn Athyn, PA to help us interact with folks at the booth. Curtis is the moderator for a very popular Facebook page on the same topic. We will have books for sale AND we will also offer follow-up small groups for study and discussion of the topic of the afterlife.

For more details about the Festival, go to <http://www.tucsonfestivalofbooks.org/>

So, mark your calendar and stop by Sunrise Chapel's booth #510. It's going to be great!



February 2014

New Church Journey.org
ADVANCING YOUR SPIRITUAL PATH

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
						1
2 9:15am Journey Group - Church Library 9:30am Choir Practice 11am Worship Service 11:45am "Sunrise Chapel Meet Yourself" 12pm Lunch 1pm Journey Group - Chapel	3 6pm Journey Program Dinner Group - Betsy Gladish's home 6pm Meditation Group - Chapel	4 6:30pm Bereavement Support Group	5	6 7pm Journey Group - Art Watson's home	7	8
9 9:15am Journey Group Church Library 9:30am Choir Practice 11am Worship Service 12pm Lunch 1pm Journey Group - Chapel	10 6pm Journey Program Dinner Group - Betsy Gladish's home 6pm Meditation Group - Chapel	11 6:30pm Bereavement Support Group	12	13 7pm Journey Group - Art Watson's home	14 Happy Valentine's Day	15
16 9:15am Journey Group - Church Library 9:30am Choir Practice 11am Worship Service 12pm Lunch 12:45pm Board Meeting 1pm Journey Group - Chapel	17 6pm Journey Program Dinner Group -Betsy Gladish's home 6pm Meditation Group - Chapel	18 6:30pm Bereavement Support Group	19 5:30pm Stewardship Committee Meeting	20 7pm Journey Group - Art Watson's home	21	22
23 9:15am Journey Group - Church Library 9:30am Choir Practice 11am Worship Service and Holy Supper 11:15am Teen Sunday School 12pm AMC Luncheon 1pm Journey Group -Chapel	24 6pm Journey Program Dinner Group -Betsy Gladish's home 6pm Meditation Group - Chapel	25 6:30pm Bereavement Support Group	26	27 7pm Journey Group - Art Watson's home	28	March 1

AA & AL-ANON

Monday 6pm AA
Tuesday 11am AA
Wednesday 9:30am AL-ANON
 7:30pm AA

Saturday 8am Men's AA
 11am Women's AA
Sunday 7pm AA Meditation

Other Regular Events

Monday & Thursday 9am Yoga
Tuesday 5:30pm Self Defense
1st & 3rd Thursday - Global Chant



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