



Sunrise Chapel

TERRITORIAL

“Helping People Experience Heavenly Joy through Spiritual Growth”

WHY I LOVE THE MESSAGE OF EASTER

By Nathan Gladish

I love a good surprise! News of friends getting engaged, an announcement of someone landing a hoped-for job, a fun-loving, but unexpected birthday celebration – these kinds of good surprises add zest to life. They put smiles on people’s faces, and they warm people’s hearts.

The original Easter was a huge surprise. Even though everyone was given the game plan about what to anticipate after Jesus’ crucifixion, they were simply astounded that the Lord actually accomplished what He set out to do. It must have been so hard for Mary to imagine ahead of time what Jesus meant when He announced, “On the third day I will rise again.” When she went to the tomb on Sunday morning, I imagine her just being taken aback when Jesus approached her. She seriously thought He was the gardener! Then He called her by name, “Mary,” and suddenly she “got it.” It gives me goose bumps to imagine her relief and delight.

The excitement of the resurrection was contagious. Each time someone gave a new report of the Lord appearing, more people were energized and shared the news.

This excitement of recognizing the Lord again in a new way is what makes the annual celebration of Easter so special to me. It doesn’t just happen at Easter, but this festival reminds me of the power the Lord has to change lives in surprising ways. I never tire of hearing a person’s conviction in retelling the wonder of her near death experience, or the feeling of relief when a friend explains God’s role in overcoming his addiction, or the gratitude in the faces of a husband and wife sharing about their new love after being on the brink of divorce. “Thank You, Lord!”

I love hearing about people reconnecting with the Lord in ways that make His presence real. This is part of the message of Easter. And what an awesome surprise!



EASTER WORSHIP SERVICES

We will have four special services celebrating the Lord’s crowning achievements in His goal to bring us spiritual freedom.

Palm Sunday, April 13 at 11 AM

Come celebrate the promise of the Lord becoming our “King of kings and Lord of lords.” We will show our love for the Lord with songs of praise and a procession of palm branches (provided for everyone at the church entrance).

Good Friday Holy Supper Service

Friday, April 18 at 7 PM

Expect a memorable experience when you participate in this Good Friday worship service, featuring a dramatic reading of the Bible, with reflective music in between selections. Relive the Lord’s last days, arrest, trial and crucifixion. Participate in the Holy Supper as an integral part of the reading of the Lord’s last supper with His disciples. The service will be candle lit, and the chapel will be beautiful.

Happy Easter! Two Services – April 20

7 AM Early Morning Outdoor Service

Wake up and join in celebrating the Lord’s first appearance to His disciples after being resurrected! “The Lord is risen, indeed!” Light refreshments afterwards in Friendship Hall.

11 AM Easter Festival Service, Egg Hunt, & Potluck Luncheon

Alleluia! Rejoice together in this family service focusing on the Lord’s accomplishments for the sake of our spiritual health and salvation. The festivities will include an egg hunt for the children and a delicious potluck luncheon. To sign up for the luncheon, contact Kitty Aughey.

Easter Lilies for the Chancel

Would you like to have an Easter lily on the chancel at Easter time dedicated in memory of (or in honor of) a loved one? The dedication names will be listed in the bulletin on Easter Day. We will buy the lilies. Large \$20. Small \$10. Cash or check made out to Sunrise Chapel. Thank you. Louise Rose 721-1091 or Billie Baty 298-2995

THE SPIRITUAL GROWTH CORNER

By Betsy Gladish

As I write this article, I am immersed in "March Madness." In Tucson, this time of year, I talk, eat, and dream about University of Arizona, and the NCAA Basketball Tournament. The newspapers are bulging with stories. Radio and TV reporters spout out facts and figures continuously. Those young players become like my own kids for a season. Everywhere I go, fans are dressed in red UA tee shirts on game day. Somewhere in this "March Madness," there is spiritual work to be done.

I found mine in Thursday's game against San Diego State. The prediction was an easy win for AZ. We'd done it before in pre-season. But this was different. We were playing for the Elite Eight. Everything went wrong: Our "Big Guy," Tarczewski was in foul trouble. Our "Star," Johnson had no points whatsoever, and we had three minutes left in a losing game.

What were my "Beasts in the Basement" doing? The "Beastly Boys" of Hopelessness, Criticism, Anger, and Despair were in a raging battle of my own against God's given emotions of Hope, Confidence, Encouragement, and Calm. What was the "Hook" leading to the Basement? What draws me there rather than watching a sport event relaxed and entertained? Is it a feeling of superiority, an attitude that I somehow know how to win a college game better than my team does? How absurd! Maybe I like feeling let down or disappointed. It's kind of familiar and comfortable, in a strange way. Maybe I can commiserate with my friends over

a lost game. As my mind weighed all of this, I was touched with the choice of a Higher Delight, Task #10: "When you suspect that a state you are in is negative, notice whatever enjoyment you may be having from it. What is the payoff for the negative state? What higher enjoyment is blocked by the negative delight? Let go of the negative and see if you can allow the positive to take its place." From "The Joy of Spiritual Growth."

I began cheering my team with encouraging words. I focused on all the many things they were doing to win. I began saying in my head, at first, and then out loud that they were going to win. Within minutes my excitement and energy changed and expanded. I was on my feet and I totally believed a win could happen. Zeus came back in the game with four fouls and played his best yet. Scoreless Johnson got fifteen points in the last two and half minutes of the game!

We won but think of what I would have lost if I had spent the game in the Basement? I would have missed the AZ Wildcats' courage, their determination, their skill, their teamwork, their belief in each other, and their love of the game. Now to remember in today's game that with Spiritual Growth I always have a choice, even if it's only a basketball game in Tucson in March!



OFFICIAL ANNOUNCEMENT ABOUT SUNRISE CHAPEL'S UPCOMING ANNUAL MEETING

The Annual Meeting of Sunrise Chapel will be held after church on Sunday May 18, 2014 at 12:15 pm. All members and friends are encouraged to attend and participate. It will be held during the luncheon after church in Friendship Hall.

Annual business includes a presentation by the pastor, elections of officers and board members, and a report and discussion of the Chapel's financial status. Every annual meeting is important because it is an opportunity for us to rally together and support the development of the organization that provides so many services. Your participation and your vote are valuable! ~Sue Babcock, Secretary of the Board of Directors



CELEBRATION OF THE LIFE OF HOWARD OSMUS

By Louise Rose

On March 29th (which was Howard's birthdate in 1921), there was lovely memorial service for him at Sunrise Chapel. The gathering included his wife of 70 years, Virginia, their two sons Rich and Kim, plus many of his grandchildren and great-grandchildren. The service began with a military flag ceremony with a 21-gun salute in honor of Howard's years of service in the Marine Corps.

Along with consoling readings from the Word and from the Writings of Swedenborg, the congregation joined in with the reading of the King James version of the 23rd Psalm and singing "Amazing Grace."

The heart of the service was the opportunity for people to share about his life. Loving letters from longtime friends mentioned some of the ways their lives went along in a parallel fashion, as Howard flew B25s in the Pacific theater of World WAR II, and settled into being a health clinic administrator after the war.

Perhaps the most touching tributes came from Howard's great grandchildren, who called him "Grandpa Gerry". Kiana Dexter read a beautiful poem by Thich Knat Hahn about the feelings of a leaf as it lets go of the tree. Kieran Dexter reminded us of a scene from "The Lord of the Rings", where Sam and Frodo are in the evil Land of Mordor and have nearly lost all hope, when Sam looks up and the dark clouds have parted. There he sees a single star, risen so far above the earthly darkness that it can still shine forth. Keori Dexter read from Ecclesiastes 3: "To everything there is a season, a time for every purpose under heaven. A time to be born, and a time to die."

Dear little Ashton Riese seemed to sum it all up by saying "I will miss him very much."

Virginia had asked Nathan to read a note written by her, in which she looks back over 70 years of happy marriage, two fantastic sons, many loving relatives and friends, and asks "Who can doubt that God walked with Howard and me? May He continue to watch over us."

Following the service, a reception was held at the Kim Osmus home which included more memories of Howard's life and more celebrations.

Our love goes out to the whole Osmus family as they face the loss of their beloved father.



IN MEMORY OF BILL FULLER

By Louise Rose

Our longtime member Bill Fuller passed into the spiritual world last week, six months after his wife Anne. All his life Bill was a hard worker and a very modest person. He knew how to do everything that was needed for his excellent role as head of maintenance at Sunrise Chapel. He could handle the electric stuff, the plumbing challenges, the painting, the whole lot. Many times when we would arrive at the church, there would be Bill up on the roof checking out the swamp coolers. Whatever needed doing, he was right there, including helping with the Patio Sales year after year. And yet he was always very hesitant to receive any credit for what he did. He liked to stay in the background.

Bill sang bass in the Sunrise Chapel Choir for many years. Even though he and Anne lived up in Oro Valley, many miles away from the church, they

would drive down at least twice a week, and often more than that, to take part in whatever happened to be going on. Their accumulated mileage must have been amazing. His humble presence added a special spirit to many occasions. It was at the party for their 50th wedding anniversary that the family showed slides of their long marriage and we learned that one of Bill's talents was dressing up in hilarious costumes for Halloween. Who

knew? It was great fun seeing pictures of some of those transformations.

In later years, Bill had suffered from Alzheimer's and had begun to lose his memory. It is wonderful to think of him now, young again, healthy, and in full use of his mind, side by side with the love of his life, Anne. Our love goes out to the Kerry Zuber family, the Paul Appletons, and all Bill's friends and family who will miss this gentle man.

Memorial Services for William Norris (Bill) Fuller

Please join the family and friends of Bill Fuller in a celebration of his life. Two memorial services are being planned:

Thursday, April 10 @ 11:00 am at Friendship Villas in NW Tucson

Saturday, April 12 @ 1:00 pm here at Sunrise Chapel with a reception following

Jesus said, "I am the resurrection and the life. All who believe in Me, though they may die, they shall live. And whoever lives and believes in Me shall never die." John 11:25, 26

ANNOUNCEMENTS, UPDATES AND REPORTS

You are Invited to an Open House Art Show

Frank Rose will be part of the **Tucson Open Studio** tour April 12 and 13. www.tucsonopenstudios.com

This is an opportunity for the public to see artists' work in their own studios.

Frank and Louise would love to have you drop in. The tour goes from 11 am to 5 pm, Saturday and Sunday.

To get to our home, if traveling East on Speedway, take the fourth turning to the left after Camino Seco (Cummings), then go one block. Ours is the Northeast corner house (9233 E. Helen).

If coming from the Harrison side, after crossing Harrison take the second turning right onto Cummings.

You can see Frank's paintings and books.



Three New Groups Studying Life after Death

Curious about what our church teaches about the afterlife?

Do you know someone who doesn't yet know about these teachings that offer such comfort and hope? Please share this information!

Several groups are now taking up this topic, and you are invited to join:

1:00-2:30 pm Wednesdays - started April 2 in the small room off the Chapel. For more information, talk with me, Nathan. I will be leading this group.

7:00-8:30 pm Thursdays - Men's Group at Art Watson's home. For more information, talk with Art Watson or Mike Villeburn, co-leaders.

6:00-7:00 pm Thursdays **starting April 17** - I invite any who are interested to join me in a study of my little book: "Reflections on Heaven and Hell". We will meet in the library at the church from 6 to 7 pm on Thursday evenings, beginning on April 17. Copies of the book will be available for \$12.
~Frank Rose

The Women's Guild Patio Sale – held on April 4 & 5

Congratulations to the hard-working women of the Women's Guild and the many folks who stepped

forward to help. The Patio Sale takes months of prep and lots of collaboration. The proceeds are used by the Guild to support a variety of church-related activities, including much-needed supplies for the church kitchen, the Sunday School, flowers for the chancel, and other programs. A full report will be provided for the upcoming Sunrise Chapel Annual Meeting to be held on May 18.

Chapel "Love in Action" Service Project Group

By Betsy Gladish

In March we had the honor of serving two dinner meals at Gospel Rescue Mission. The experience was wonderful. The kitchen staff was warm and welcoming. We felt energized by their spirit of giving and will return to help out again within the year.

In April we will return to Ben's Bells. We encourage you to be part of the community service and the fun. Ben's Bells originated when a three-year-old boy, Ben Mare-Packard, passed away due to croup in 2002. The family, overwhelmed with sadness, found their way through it with the kindness from our Tucson community. In order to pass that kindness on, they began making beautiful hand crafted ceramic and metal bells. They now hang over two hundred of them across Tucson every month. It is a way of letting people know that Tucson cares. The Bells have even gone as far as Newtown, CT. You can be nominated and presented with a "Ben's Bell" for outstanding kindness or you can be lucky enough to find one. They are never just for purchase. The idea is to "pass on the kindness."



Friday, April 25 at 3pm we will meet at the church to carpool down to their UA Main Gate location (816 E. University Blvd). We will probably be painting the ceramic part of the bell or maybe stringing the bells for an hour or so. Whatever is needed. It's a beautiful location. It's fun. It's easy, and children are welcomed. Stay as long or little as you like. Some of us may plan to go out to dinner in that area afterwards. Help us be a part of spreading random acts of kindness.

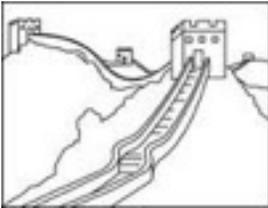
Please let Elise or Betsy know if you'd like to join us.



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!

How many people do you know who have been to China? Not many? Now we know of two more, **KEN** and **JENNIFER LEE**, who flew over there to get a look for themselves. They saw the Great Wall and the



Terra Cotta Army and other famous sights. They were struck with the enormity of the Chinese cities. Now they are safely back in the USA. We're glad they had such a fabulous trip.

In the meantime, some of our people here have had a few trips to the hospital or emergency room.

ELISE GLADISH fell and broke her wrist. It is not easy to learn to live with one wrist in a cast. We wish her the very best recovery.

FRAN BLAESING, recuperating at home after a big recent operation, caught the nasty cough that is going around and ended up coughing so hard she broke a rib! With someone who loves to laugh as much as she does, it is not easy having a broken rib. Before this happened, Fran was visited by her son Erik and his partner Debbie from Northbrook Illinois, who spent their time doing an amazing array of improvements and additions to her home. A longtime friend Phyllis from Chicago also visited. They all loved being in the warmth after their killer winters. Hope the rib heals well and fast.

BETSY GLADISH had an eye operation that required her to sleep sitting up for several nights afterward

and to wear sunglasses for some time. We hope it will all be worth it and soon will be better than ever.

MARJORIE GRUBB has moved to a new location at 3935 N. Country Club RD, 85716. Her phone number remains the same.

NENAH MOELLER also has a new address: 5522a E. Pima St., 85712.

Blessings on both of these friends as they settle in to the new environment.

Congratulations to **STEPHANIE LIU** who is graduating from High School and will be entering her freshman year at Princeton in the fall! Way to go Stephanie! We will certainly miss her here at Sunrise Chapel. Stephanie



came on board with us when she was only 13 years old when she took over as our keyboardist/pianist. Over the years we have all watched her grow into a confident talented young lady. It was a bittersweet day for all us on March 30th as she played for the last time before heading off to college. She was presented with beautiful flower arrangement and a scrumptious chocolate cake enjoyed by all. We are also pleased to welcome **CONNIE GUAN**, who has accepted the position as our new pianist/keyboardist. Connie has been in training alongside Stephanie for

the past few months and is already up to speed and doing a wonderful job. We wish her all the best and hope she will be with us for many years to come.



NEWS NOTES continue -

Over spring break the **NORTON** family took a trip to Las Vegas and stayed at the Circus Circus. Although the trip was fun and relaxing, they are very grateful to get back home safe and sound. Just as they were leaving Las Vegas to return home they had a very scary incident where they narrowly avoided a head-on collision with another vehicle.

It was very nice to meet **TRISH WANN'S** brother **TRENTON** and his wife **BARBARA**, who attended church while they were in town to visit Trish and her mother **AUDREY**. Also, thanks to Audrey for her help with the patio sale.

Many of you know **STEVE GLAVIN** who has been a winter resident for many years in Tucson. We are sorry to report that he and his wife **LYNN** are moving back to Canada permanently. We bid them farewell and wish them every good thing.

Our Pastor **NATHAN** and his wife **ÉLISE** have received a grievous blow in hearing about the death of one of their close friends from their previous congregation in Oak Arbor, Michigan. **KIRK STEEN** died on March 30 at the age of 55, and the Gladishes were not able to go back for his memorial service. We wish them our heartfelt sympathy as they grieve for their friend.

Let us know your news so we can include it here.

The Treasurer's Corner
By Arthur Watson

Q: Art, can you give me a general overview of how Sunrise Chapel stands financially?

A: Ahhh, good question!... especially as another fiscal year is rapidly coming to a close. And this is a question that the Sunrise Chapel Board and pastor are focusing on in preparation for the upcoming Annual Meeting on May 18.

As treasurer, I am relieved to say that we are on track to meet our budget goals for this fiscal year (which runs July 1, 2013 through June 30, 2014). Even though our donations are down significantly, our expenses are also being held in check because of prudent planning.

While we have made our commitments last year and plan to do so this year, the coming fiscal year brings us increased challenge. We must continue to work hard toward financial independence from our central office and toward local self-sustainability. Our goal of reducing our dependence on the General Church grant means finding other ways to make ends meet.

We have a lot to be proud of and to be thankful about. The Curb Appeal Project that we implemented and completed this past year was a big accomplishment. The new developments in small group systems show promise. We do have a lot in our favor as we continue to move forward in our ownership pride to further enhance Sunrise Chapel's usefulness to the community.

So with all this in mind, Sunrise Chapel, I say to you in the words of Spock: "Live long and prosper."





April 2014



Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
6 9:30am Choir Practice 11am Worship Service 12pm Luncheon	7 6pm Meditation	8 6:30pm Bereavement Support Group	9 1pm Small Group Study "Afterlife"	10 11am NW Tucson Memorial Service for Bill Fuller 7pm Men's Group 7pm Women's Group	11	12 8:30am Care for Our Church Day 1pm Memorial Service & Reception for Bill Fuller @ Sunrise Chapel
13 <i>Palm Sunday</i> 9:30am Choir Practice 11am Worship Service 12pm Luncheon	14 6pm Meditation	15 6:30pm Bereavement Support Group	16 1pm Small Group Study "Afterlife" 5:30pm Stewardship Committee	17 6-7pm Small Group Mtg "Reflections on Heaven and Hell" 7pm Men's Group 7pm Women's Group	18 <i>Good Friday</i> 7pm Worship Service - Holy Supper	19
20 <i>Easter Sunday</i> 7am Outdoor Service 9:30am Choir Practice 11am Easter Festival, 12pm POTLUCK Luncheon	21 6pm Meditation	22 6:30pm Bereavement Support Group	23 1pm Small Group Study "Afterlife"	24 6-7pm Small Group Mtg "Reflections on Heaven and Hell" 7pm Men's Group 7pm Women's Group	25 4pm Ben's Bells Service Project Meet @ Sunrise Chapel 3pm	26 3pm Private Wedding and Reception Following
27 9:30am Choir Practice 11am Worship Service 11:15am Teen Sunday School 12pm AMC Luncheon 12:45pm Board Meeting	28 6pm Meditation	29 6:30pm Bereavement Support Group	30 1pm Small Group Study "Afterlife"	May 1 6-7pm Small Group Mtg "Reflections on Heaven and Hell" 7pm Men's Group 7pm Women's Group	2	3

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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Come to Arizona Mountain Camp (AMC) this
July 4th weekend

Arizona Mountain Camp (AMC) is an all-ages church camp that has something for everyone. Every day you can choose to participate in outdoor worship, small group discussion, lecture, hiking, archery, volleyball, crafts, and more.

AMC will be held from July 2-6 this year. When the temperature down in the city can be over 100, it feels so good to be up on Mt. Lemmon enjoying temperatures in the 80s. We even get the chance to be in a small town parade! What a hoot to walk and sing and be cheered on by the crowds. Sunrise Chapel won first place in the 4th of July Summerhaven Parade (most patriotic) in 2012.

Join us for a spiritual retreat while we explore THE FRUITS OF THE SPIRIT. We will study the correspondences of seeds, blossoms, as well as fruits as they apply to our spiritual growth.

More information and a registration form available on www.sunrisechapel.org -> Get Involved -> Summer Camp

Contact Dawn Graffam or Betsy Gladish with any questions.