



TERRITORIAL

“Helping People Experience Heavenly Joy through Spiritual Growth”

THE COURAGE OF DAVID IN PURSUING THE LORD’S CAUSE

By Nathan Gladish

June 19th is a significant date for me. Not only is it the day before I got married, but it’s the traditional date to celebrate the anniversary of the worldwide New Church in 1770. Is it a bold claim that the Lord started a new spiritual movement 244 years ago to restore true Christianity to the world? Perhaps, but I truly believe it. And since then, the Lord has inspired many people to read and share the new systematic theology revealed through Emanuel Swedenborg’s works. My challenge – and if you will join me – our challenge is to keep sharing the spiritual message to all who are willing to receive.

I believe the Lord commissions me and everyone who accepts His teachings to tell others about the wonderful, amazing message of the New Church. But where do we start? The world is a big place! It’s even daunting to reach people in our own city.

Start on the inside. Do you sometimes, like I do, get bogged down with imposing thoughts that discourage you from sharing about the Lord and the church? “What if I don’t know what to say, or say the wrong thing, or even turn someone off?” These anxieties can feel threatening, like Goliath taunting and minimizing any efforts. But David was resolute in his goal.

At other times do you feel hampered by more general negative messages: “Why bother? What’s the use?” Remember how David’s own brother rebuked him for leaving his sheep and coming to the battle front? “What are you doing here?” But David’s response was straightforward and courageous: “Is there not a cause?” Yes, the Lord’s cause – to help people experience heavenly joy through spiritual growth.

Thankfully, there are clear and compelling reasons for courageously sharing the beautiful teachings and practices of the New Church: confidence in the distinctive ideas that bring new meaning to the Bible;

pride in the many ways our congregation serves the community; and - like David - a positive, trusting attitude that the Lord is with us guiding our efforts.

As Élise and I start our fourth year here in Tucson, my sincere hope is that if you benefit from the Lord’s New Church, you will continue to work together on the urgent goal of serving more and more people. There are so many who need what the Lord offers. And though there will always be obstacles, with David’s model of strength on our side, we can move ahead with

purpose and commission to serve the Lord’s great cause and welcome more people into His blessings.

With pastoral love and respect,

Nathan



Guest Minister For 2 Upcoming Worship Services

By Nathan Gladish

While I am out of town, Frank Rose, Pastor Emeritus, will lead 2 Sunday morning worship services: on the last Sunday in June and the first Sunday in July. I am grateful that he is willing and able to serve, and I encourage you to spread the news and welcome your relatives and friends to these services!

June 29 – I will be attending annual professional meetings with my clergy colleagues the last week of June, and they conclude that weekend.

July 6 – I will be attending Arizona Mountain Camp, which will conclude that afternoon.

Next Children’s Worship Service – June 29 at 9:30 am

I’m happy to report that our first 9:30 am Children’s Service, held in May, was a roaring success, thanks to Christine Morey’s energy and organization! Our next one will be held the last Sunday of June at 9:30 am in the main chapel. Frank Rose will lead the service, continuing the theme of “Our Worship Space.”

This is a service where young children and nursing infants are especially welcome, and where their voices and innocent activity are smiled upon. Continued - page 2

Next Children's Worship Service Continued-

It is designed to be interactive with children lighting and snuffing candles, opening and closing the Word, and getting involved in object lessons and acting. The service is also simple and brief, followed by a project and social time for parents and children to build a sense of community.

We plan to continue these services on the last Sunday of the month for the time being. The regular 11:00 am service will continue as usual, including the children's talk and Sunday School.

For more information and to offer any help, call, text or talk with Christine or Kevin Morey. Tell your friends! ~Nathan

Questions – Your Opinion Please!

A couple of worship service questions went unanswered at our recent calendar planning meetings. The recommendation was to put the questions "out there" and get more people's input.

So tell me, dear reader: ***Do you want Sunrise Chapel to continue our custom of holding worship services on Thanksgiving Day, Christmas Day and Good Friday?***

Or what do you think of these alternatives?

- We could hold our Thanksgiving service the Sunday beforehand. Then the regular Sunday luncheon could be expanded into more of a special Thanksgiving celebration.
- Instead of holding a Christmas Day service, we already hold two Christmas Eve services.
- What about shifting the Good Friday service to Thursday in keeping with the day that Jesus held His last supper with the disciples?

Please contact me with your input by July 9. Call or my cell phone 520-820-5148 or email nathan@sunrisechapel.org Or leave a message on the church office phone 520-298-1245.

THANK YOU! ~Nathan

THE SPIRITUAL GROWTH CORNER

"Joyful Living" is Coming!

By Bob Maginel

At the core of our spiritual growth work at Sunrise Chapel is the strong belief that we can channel the power and freedom that our God gives us to be better people and live better lives.

A few years back, a select group of people from Sunrise Chapel participated in a small spiritual growth group. Betsy Gladish and I led this special group through a series of eight tasks. These special people talked from their hearts about how working on meaningful tasks changed their lives. The group allowed us to record them as they reported back each week. The results were gratifying insights into all the participants' personal struggles to improve their spiritual lives.

The wisdom and the insights of this special group is now the core of our new book: JOYFUL LIVING. Frank Rose provides the focus for each task with poignant short essays on how the Bible and the Works of Swedenborg help us as we tackle the challenges of daily living. Each report of the participants shows us that our lives can be improved by structured and dedicated work on the most important aspect of our existence: our spiritual well-being.

The new book also contains enrichment readings, learning objectives and exercises to help the reader gain insight into his or her spiritual work. Here's a sneak preview at one of the tasks: **Raising Your Mind to a Higher Level.**

Learning Objectives:

- *After awareness, move to a higher place in your mind.*
- *Learn to view events from the perspective of a Higher Power.*
- *Reframe events within the time continuum of an eternal life perspective.*

Exercises for **Raising Your Mind:**

1. Try the higher viewpoint.

Close your eyes and remember a moment that disturbed you this week. Identify the emotion you felt at that moment. It could have been anger, fear, jealousy, or any of the "beasts" that dwell in the basement of your mind. Now imagine that you are magically viewing that same disturbance from a high point such as a mountaintop, an airplane window, or atop a tall building. Notice that from this lofty view all is quiet and peaceful—that the irritation cannot reach your mind or spirit at this higher level.

Is the negative emotion weakened by your higher view?

2. Apply the Five Year Rule.

Think of a negative event that destroyed your happiness this past week. Now place that negative event in a much longer time perspective. For example, imagine yourself five years from now, and ask yourself:

- Will I remember this event in five years?
- Will its power to destroy my happiness still have any strength?

Does this longer perspective reduce its power over me right now?

In the fall, our new book will be published in both hard copy and e-book editions. The full title will be: **JOYFUL LIVING: SIMPLE STEPS TO YOUR BEST SELF.** The added good news is that our first book: **THE JOY OF SPIRITUAL GROWTH** will be reissued with new cover art to tie the two volumes together.

Our hope and prayer is that these works will help many people get closer to their God.



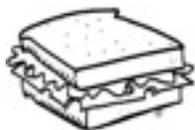
Groups Studying Life after Death

For details of the summer schedule of small groups, please refer to the calendar or contact the group leader.

- Study of **Afterlife** in the small room off the Chapel on Wednesday afternoons from 1:00-2:30 pm. For more information, talk with me, Nathan.
- Men's Group study of **Heaven and Hell** at Art Watson's home on Thursday evenings from 7:00-8:30 pm. For more information, talk with Art Watson, host and leader.
- Study of Frank Rose's book **Reflections on Heaven and Hell**, led by the author. **No meetings in July or August.** We will continue in September in the library at the church from 6 to 7 pm on Thursday evenings. Copies of the book are available for \$12. ~Frank Rose

Sunrise Chapel "Love in Action" Service Project Group

By Betsy Gladish



Start with plenty of bread, add meat and mustard, and in under three hours, six SRC women made over 300 sandwiches for the local Casa Maria Soup Kitchen. Throw in plenty of laughter, talk, and friendship and it is MAGIC!

Thanks, JUDITH KEANE for organizing this event. Thanks Everyone!

For July our service project will be to collect food for the Tucson Food Bank. Please help us reach our goal of filling the baskets in the lobby each week. If ALL of us commit to at least one item every Sunday, we could easily do it. We are focused on CEREAL and PEANUT BUTTER.

Together we can make a difference in Tucson, our home.

Tai Chi Classes at Sunrise Chapel

By Damaris Norton

In July, Tai Chi Classes will be held only on July 7 and July 14.

No Tai Chi classes on July 21 or 28.

Weekly classes will resume in August on Mondays 11 am.

Congratulations and thank you to everyone who has already participated in one or more of the Tai Chi classes I am holding at Sunrise Chapel. The classes are going very well, and everyone is welcome to come. No previous experience required.

I teach the Sun style promoted by Dr. Lam, a medical doctor and Tai Chi Gold Medal Winner.



The Sun style is safe and easy to learn. It is appropriate for all ages (kids to seniors) and physical conditions (can be performed sitting). It is gentle on the body, improves brain function/balance/muscle strength, aligns posture, and integrates the mind and body into a deeper awareness. To learn more about Dr. Lam and the Sunstyle, check <http://www.taichiforhealthinstitute.org/>

We meet in the Children's Chapel on Mondays at 11 am.

For more information, call me, Damaris Norton, at 520-290-1956 or email me at cherisen@comcast.net.

News from Sunrise Chapel's Board of Directors

By Nathan Gladish

Welcome our newest Board member, Carolyn Casertano, who has come "on board" after Kitty Aughey completed her allotted terms as a member. And thank you, Kitty, for your six years of service as a Board member!

Did you know that 100% of our Board members participate in our current annual fundraising campaign, ***Building a Foundation for Financial Sustainability?*** Thank you to the Board for that show of solidarity and support!

Did you also know that when Dawn Graffam took on the Chair position of our Board last May 2013, she organized the members to be advocates or representatives for various church-related activities and programs? If you have a question or concern, or if you would like to offer help, you are welcome to bring it up with the appropriate Board member.

Here is the current list of members and their roles:

- **Sue Babcock** – Secretary of the Board
- **Carolyn Casertano** – Trustee of kitchen, buildings and fixtures
- **Dawn Graffam** – Board Chair
- **Ken Lee** – Stewardship Committee Chair
- **Valerie Thim** – Trustee of Sunday School, nursery and playground
- **Mike Villeburn** – Trustee of Memorial Garden, Wedding Garden and grounds
- **Lex Waddell** – Trustee of chancel decorations, music, sound recording, ushers and greeters
- **Art Watson** – Church Treasurer
- **Kelly Woofenden** – Trustee of hospitality, visitations and outreach

Thank you to Dawn for spearheading this, and to each Board member for your dedication to Sunrise Chapel.





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!



The Special Family Service held for little children on the last Sunday in May was a great success with the parents as well as the children. At the beginning, each child was invited to come forward onto the chancel and light one of the tall candles on the table that was there. As the children had entered the church, they were given a picture of the Word and some crayons to color it with while they listened to Nathan teaching them about the copy of the Word on the rock. They were allowed to see it up close and touch it. The children seemed happy to be there having a special worship service designed just for them.

The service was short and very sweet. No one seemed concerned about the hum of children's innocent sounds. There were 23 children, plus some parents and other adults. At the end, the children again went up and put out the candles.

Adding together the attendance at the Family Service and the regular service, 94 people came to Sunrise Chapel that day. Now that is very exciting!

The plan is to have a Family Service once a month on the last Sunday of the month. You are invited to come and bring any children or just enjoy it yourself.

We are sorry to hear that DONNA WILDER (sister of Art Watson) is in the hospital with complications from diabetes. We wish Donna a return to good health very soon.

KEN and JENNIFER LEE are back from their fabulous trip to Australia and

New Zealand. They had a marvelous time visiting church people and seeing the amazing sights. They said that the main feeling was one of great happiness and gratitude. They didn't even mind the 17 hour flight too much. On the way home they spent some time on the West coast of USA visiting family.

They did see GLENN and MARY ALDEN while in Australia, who expect to be back in America some time this fall.

Congratulations to all those who are graduating this year!

LOUISE ROSE flew up to DeKalb Illinois for the graduation of her granddaughter KAYLA ZENO from Northern Illinois University.

ALEX EVANS received his Master of Science degree in Health and Human Performance from McNeese State University (Lake Charles, LA) in mid May.

SAMMIE ALIJAGIC graduated from art therapy with PSA Awakening Foundation in Tucson. The foundation is statewide and was founded in Phoenix.

GAURI PATHAK GLADISH received her a Master of Administration degree from NAU.

LEYLA JORDAN, friend of DAVE GLADISH received her Master of Education degree from George Mason University in Virginia.

STEVE and BETSY GLADISH traveled back to PA to see DARREN and SABRINA GLADISH, (daughter REEVE's two oldest children) graduate high school in Lebanon, PA near Harrisburg. While still in PA Steve and Betsy also had a nice family visit with Steve's three sisters and Betsy's two who live in Bryn Athyn.



Our pastor, NATHAN and ÉLISE GLADISH travelled to Bryn Athyn, PA for their daughter, RACHEL'S graduation from college.

It was great to see all four of BETSY GLADISH'S children here to celebrate her big birthday on May 24. It was really a surprise when daughter REEVE and her precious daughter ALEAH came in from Pennsylvania, and son DAVE and his friend LEYLA in from San Diego.

We look forward to the time of year when we have the opportunity to meet friends and family members of our congregation as they visit during the summer. It was nice to meet KATELYNN, Mike Villeburrr's niece from Showlow, Arizona.

Congratulations to BETSY GREEN on her new job! She has traded retirement for semi-retirement and taken on a new position as Capital Campaign Manager for the Girl Scouts of Southern Arizona. She is responsible for keeping the Scouts' 5 year \$3.7 campaign on track. The purpose of the campaign is to add a new "A Place for Girls" building to their existing campus on Broadway Blvd., allowing GSofSA to expand the leadership and skills training they can provide for girls and young women. Betsy will be glad to fill anyone in who would like to learn more about what Girl Scouting looks like in 2014. Quite different than what many of us may remember!





July 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 29 9:30am Children's Worship Service (No Choir) 11am Worship Service and Holy Supper Guest Minister: Frank Rose 12pm AMC Luncheon	June 30 11am Tai Chi 6pm Meditation	July 1 6:30pm Bereavement Support Group	2 No "Afterlife" group today 3pm Arizona Mt. Camp starts	3 No groups today Arizona Mt. Camp all day	4 4th of July Summer-haven Parade	5 Arizona Mt. Camp all day
6 9:30am Choir Practice 11am Worship Service Guest Minister - Frank Rose 12pm Luncheon Arizona Mt. Camp Ends	7 11am Tai Chi 6pm Meditation	8 6:30pm Bereavement Support Group	9 1pm Small Group Study "Afterlife" 5:30pm Stewardship Committee	10 7pm Men's Group 7pm Women's Group	11	12
13 9:30am Choir Practice 11am Worship Service 11:45am "Sunrise Chapel Meet Yourself" 12pm Luncheon	14 11am Tai Chi 6pm Meditation	15 6:30pm Bereavement Support Group	16 1pm Small Group Study "Afterlife"	17 7pm Men's Group 7pm Women's Group	18 6:30pm Movie Night @ Friendship Hall	19
20 9:30am Choir Practice 11am Worship Service 12pm Luncheon	21 No Tai Chi 6pm Meditation	22 6:30pm Bereavement Support Group	23 1pm Small Group Study "Afterlife"	24 7pm Men's Group 7pm Women's Group	25	26
27 9:30am Children's Worship Service 11am Worship Service 12pm AMC Luncheon	28 No Tai Chi 6pm Meditation	29 6:30pm Bereavement Support Group	30 1pm Small Group Study "Afterlife"	31 7pm Men's Group 7pm Women's Group	Aug 1	Aug 2

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



August 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 27 9:30am Children's Worship Service 11am Worship Service 12pm AMC Luncheon	July 28 No Tai Chi 6pm Meditation	July 29 6:30pm Bereavement Support Group	July 30 1pm Small Group Study "Afterlife"	July 31 7pm Men's Group 7pm Women's Group	August 1	2
3 9:30am Choir Practice 11am Worship Service 12pm Luncheon	4 11am Tai Chi 6pm Meditation	5 6:30pm Bereavement Support Group	6 1pm Small Group Study "Afterlife"	7 7pm Men's Group 7pm Women's Group	8	9
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31 9:30am Children's Worship Service 11am Worship Service 11:45am Holy Supper 12pm AMC Luncheon	<h2>Pastor's Vacation</h2>					

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

Tuesday 5:30pm - Self Defense

1st & 3rd Thursday - Global Chant

THE TREASURER'S CORNER

By Arthur Watson

Q - Art, what is this *scrip program* I keep hearing about? Can you enlighten me as to how it works and how it benefits Sunrise Chapel?

A - I have waited a long time for this question. "Scrip" is a term for any substitute for legal tender, including modern gift cards. In the 1980s the term scrip evolved to include a fundraising method for non-profits. Sunrise Chapel's scrip program is a way of giving to the church by simply purchasing gift cards at cost to buy ordinary items like groceries, gas and coffee. We buy our cards from Great Lakes Scrip Center® at a reduced cost, so the difference is immediate fundraising for us - with no service charge.



Nowadays, virtually every major supermarket chain sells gift cards, but the profit goes to the seller. However, if you buy the cards from Sunrise Chapel, then the church benefits from the discount. That is reason number 1 for participating in this program.

Reason number 2 is even closer to home. Every time a credit or debit card is used for purchases, there is a possibility for ID theft. According to Consumer Reports, July 2014, "1 in 7 online consumers were notified that their personal data had been breached in 2013 - a 56% increase from 2012." Remember the Target and Neiman-Marcus challenges during the holiday season in 2013. However, with scrip gift cards there is no information associated with the card other than the amount. You can use them for in-store or online purchases without any risk of ID theft.

In the 2 years Sunrise Chapel has been enrolled in this program, members and friends have "earned" \$1,512. **Thank you one and all!** Of that total, \$851 has been designated for improvements to the children's playground. Discussion is underway on how to utilize additions to this fund.

Want to be a part of this action? We have a variety of cards in our inventory, and our program coordinator, Dawn Graffam, can order cards of your choice. This is a relatively easy way to help Sunrise Chapel meet its financial obligations without additional out-of-pocket expense.

Arizona Mountain Camp (AMC) is coming up very soon!!

Thank you to everyone who has submitted a registration for Arizona Mountain Camp (AMC).

The camp will be held from July 2-6 this year at the Baptist Camp on Mt. Lemmon. 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. You can come up for a day or stay overnight. 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.

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.





The Territorial of Sunrise
Chapel
8421 E. Wrightstown Road

CHANGE SERVICE REQUESTED

Movie Night

Friday, July 18 is movie night at Sunrise Chapel
Come for some entertainment, popcorn, and root beer
floats.

Get out of the heat, get together with some friends,
and watch a movie with us.

Come socialize starting at 6:30. Movie will start at
7:00 pm.

Stay tuned for more information in weekly email updates and Sunday Bulletins.
Questions? Contact Nathan or Élise Gladish

