



TERRITORIAL

"Helping People Experience Heavenly Joy through Spiritual Growth"

WHAT TO DO WITH UNINVITED THOUGHTS

By Nathan Gladish

There's an old saying, "When the student is ready, the teacher appears."

There are all kinds of teachers with all kinds of information to impart both good and bad, true and false.

When I was a small student in a large public Junior High School in Cincinnati, Ohio, I decided to try out for cross country. On one practice run, I was running along on my own for a while when two guys who were clearly much better runners and more in shape than me flanked me on my right and left and taunted me. I don't remember their words, but I remember the feeling of being put down, intimidated, made to seem unworthy of being on the team. It was kind of scary, and a rush of adrenaline probably helped fix this memory into my brain. Sometime, perhaps later in the week, I sprained my ankle and had to walk with crutches for a while. I left the team, but I didn't leave the uninvited thoughts or feelings behind. They lingered long.

In a counterintuitive way, those two guys were my teachers. I didn't invite them or sign up for their course. They just appeared out of nowhere and delivered their lesson to an impressionable student. Unfortunately, I made the mistake of believing them for a time. But what a game-changer it was when I eventually said, with confidence "You are relieved of your job. I am not a student in your class any more. And by the way, I sure hope you learned to be more compassionate."

Chances are somebody in your past tried to teach you something that wasn't and still isn't true. Maybe you accepted the message on a certain level and it turned into unwanted and repetitive thoughts and feelings that lingered. My prayer is that you dismiss that class and study a new lesson. The old assignment doesn't apply. Let it go.

Continued, page 2

GUEST MINISTERS FOR 2 UPCOMING WORSHIP SERVICES

By Nathan Gladish

I'm happy to announce that Sunrise Chapel will host two guest preachers - on August 31 (Labor Day weekend) and September 7 - while I'm on vacation. Please welcome them with your presence at these special services!

***August 31 – The Rev. FRANK ROSE,** Pastor Emeritus, will lead both services this day: the Children's Worship Service at 9:30 and the regular 11:00 am service (which will also include a children's talk as usual). The Holy Supper will be served after the sermon.

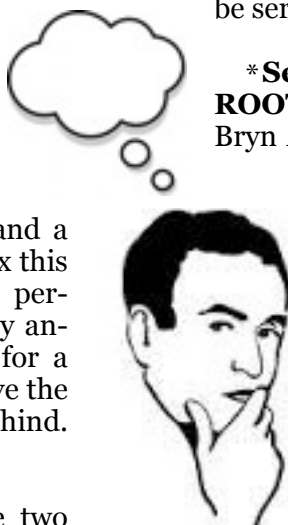
***September 7 – The Rev. DAVID LIND-ROOTH** will once again visit from his home in Bryn Athyn, PA. He is a former Associate Pastor of Sunrise Chapel (for two years in the 1990s) and currently is Director of Outreach for our worldwide church.

NEXT CHILDREN'S WORSHIP SERVICES – AUGUST 31 AND SEPTEMBER 28 AT 9:30 AM

We are certainly continuing this new early service especially accommodated to young children and nursing infants, where their voices and innocent activity are smiled upon. 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 simple and brief, followed by a project and social time for parents and children to build a sense of community.

The regular 11:00 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. Tell your friends! ~Nathan



WHAT TO DO WITH UNINVITED THOUGHTS continued.

Are you ready to concentrate on truths from new, compassionate teachers and take on the more positive and healthy thoughts and feelings you want and need? It's time.

“Those who wait on the Lord shall renew their strength. They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not faint.” Isaiah 40:31

“Do not let your thoughts trouble you, nor let your countenance change.” Daniel 5:10

“The Lord enables us to think of ways to not accept thoughts from hell but instead come into heaven and there think from him.” Divine Providence 321

With pastoral love and respect,
Nathan

NEWS FROM THE ARIZONA SPIRITUAL GROWTH FOUNDATION

By Bob Maginel



“The Joy of Spiritual Living” is off to the presses. We expect finished publication in October. It is already available for preorder from Amazon, Borders. etc. The book is co-authored by FRANK ROSE and me.

Invitation to a discussion:

The Board of Directors of the Spiritual Growth Foundation will meet at 4:00 PM on Monday, September 22 at Sunrise Chapel. Part of our meeting will be dedicated to developing a strategy to use the new book in our small group activities. We will also discuss how to publicize the book and offer seminars to newcomers so that they can get a taste of how Swedenborg's teachings and our religious beliefs can be used to meet life's daily challenges.

A number of members of our congregation participated in the development of this new book. I know you will enjoy their stories of how they worked the eight tasks outlined in the book.

We invite all who are interested to join us for this discussion! Monday, September 22 at 4 pm at Sunrise Chapel.

SPIRITUAL GROWTH CORNER

12 SYMPTOMS OF SPIRITUAL AWAKENING

By Anonymous,
submitted by Betsy Gladish

1. An increased tendency to let things happen rather than force things to happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experiences.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything.



ANNOUNCEMENTS, UPDATES AND REPORTS

Groups Studying Life After Death

- A delightful study of the book **Afterlife** in the small room off the Chapel on Wednesday afternoons from 1:00-2:30 pm. For more information, talk with NATHAN GLADISH. No meetings on August 27, September 3 and 10.
- 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. No meeting on September 4.
- Study of FRANK ROSE's book **Reflections on Heaven and Hell**, led by the author. **Meetings will start up again on Thursday, September 4 from 6 to 7 pm in the church library.** Copies of the book are available for \$12. ~Frank Rose

Sunrise Chapel "Love in Action" Service Project Group August Service Project:

On Friday, August 29 a group of about 7-12 people will be preparing a lunch meal for twenty-five people at Ronald McDonald House, 3838 N. Campbell. This wonderful organization houses those family members who have a sick child in the hospital. As the family endures these difficult circumstances, volunteers feed them. They gain strength and hope to pass onto their ailing children. It is a beautiful concept and one we love being part of together.

Betsy Gladish will gladly buy the food with funds provided by the church. We will meet before 10 am on Friday, August 29 at the Sunrise Chapel parking lot, leaving promptly at 10 am to carpool down to 3838 N. Campbell Ave. (or you can meet us there). All food must be prepared in their modern, beautiful kitchen by noon. We can eat and visit with the family, clean up, and know you have done something important. Children are welcome but must be twelve or older.

Thank you for making Sunrise Chapel a kind, loving force in our community home of Tucson.

Contact BETSY GLADISH to learn more 520-360-3652

September Service Project:

On Friday, September 19, our service project will be making sandwiches for Casa Maria Soup Kitchen. They hand out 500 sandwiches a day to the homeless. Join us at Sunrise Chapel in the Kitchen and Friendship Hall at 9:30 am. Contact JUDITH KEANE for more details 520-390-4112

Sunrise Chapel Volunteer Celebration Barbecue – 9/26/2014

We love our volunteers! We appreciate our volunteers! We need our volunteers, for without volunteers we would not have the wonderful church organization that we have. We want to celebrate everyone who contributes to the life of the church, so we invite everyone to a volunteer appreciation barbecue on Friday, September 26 at 5:30 PM at Sunrise Chapel.

Please let us know if you plan to attend (so we can estimate how much food to prepare)! There will be a signup sheet in the lobby of the chapel or you can RSVP to the church office (leave a message if no one answers) or email elisegladish@gmail.com

We look forward to a relaxed social time together! NATHAN and ÉLISE GLADISH



Join us for a Fun Evening at the Gaslight Theater - November 16

We have seats reserved for "The Secret Santa" on Sunday, November 16 at 6:00 pm. Ticket prices, which includes tax, are: Adults \$20 Seniors, Students & Military \$17.84 Children (ages 2-12) \$9.19

To order tickets, please sign up on the sheet in the Chapel lobby, or call ÉLISE GLADISH at 520-820-1284, or email elisegladish@gmail.com

Payment can be made any time, but no later than October 15. Make checks payable to "Sunrise Chapel."

Tai Chi Classes at Sunrise Chapel

By Damaris Norton

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 gentle flowing meditation exercises have been going very well. I am pleased to see new interested people, of course the faithful regulars, and happy to have a

good number of men represented in my class. I am encouraged to hear how this event has improved people's lifestyle.

We meet weekly in Friendship Hall on Mondays at 11 am.

For more information, call me, DAMARIS NORTON, at 520-290-1956 or email me at cherisen@com-cast.net.





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!

This month's news is being delivered mostly in "first person." Enjoy these messages from various people who wrote their own news! Thank you, one and all, for sharing!

From **FRAN BLAESING**

My summer has resembled a three tiered dessert -- a generous scoop of total self-absorption on a nest of creature comforts sprinkled with a dash of self-indulgence.

Every day starts with a sunrise amble around the neighborhood, later a few hours of water aerobics and floating like a leaf to enhance my suntan and it ends with another walk before bed.

These blissfully aimless days have been brightened by quiet dinners and loud lunches and by heartfelt conversations with loyal friends and loved ones -- deep, meaningful, valuable and honest sharing.

Although I have not ventured outside Pima County, I am most assuredly on the journey of a lifetime.

From **DAVE SYNNESTVEDT and family**

GARRISON spent two weeks at Boy Scout Camp Geronimo in Pine, AZ, three weeks at Great American Playhouse theater camp, with a performance as Wilbur the Pig in "Charlotte's Web, the Musical" and two weeks at Christian Youth Theater camp, with a performance as Sketch in "Hairspray Jr."

After successfully completing Algebra II in Summer School, CASSADY spent ten days in California with her boyfriend Jason and his family, beginning with 4th of July fireworks over San Diego Bay, camping in the El Dorado National Forest near Markleyville, CA north of Sacramento, and an adventurous time in Las Vegas on the way home to Tucson. And she got her driver's license!

From **KIM and CLAUDIA OSMUS**



We did a wondrous family trip to Disneyland with both our daughters' families (eight grandchildren plus one fiancé), a total of fifteen.

We celebrated birthdays at Farrell's Ice Cream Parlour with giant sundaes.

We saw The Mouse, floated down the Thunder Canyon River - a treat for us dry river folk! - and whirled thru ALL the rides!

Had a lovely, but HOT day at the 207 acre Huntington Botanical Gardens in San Marino. We skipped the desert garden!

A magical bonding time for all!!! Claudia

From **DAWN GRAFFAM**

In July, RAY, DAWN, COLTON (13), LAUREN (11), and JACE (9) GRAFFAM flew to Salt Lake City, UT and rented a car to check out Bryce Canyon, Zion (hiked in the narrows), Antelope Island (surrounded by the Salt Lake), and the two billion dollar Creek Center mall in the square.

The adventure really got started when they rented an RV in order to visit National Parks from Utah through Wyoming, Nebraska, Idaho, South Dakota, and Colorado!

The kids earned their junior ranger badges from Zion, Yellowstone, and Mount Rushmore. They camped in Custer National Forest with Angus cows, took pictures of pronghorn sheep and scores of Buffalo, and saw the largest outdoor parade and rodeo in the world.

It was a once-in-a-lifetime National Parks RV trip with the kiddos that won't soon be forgotten.



NEWS NOTES continued -

From **JERRY and MARIA MARZINSKY**

Jerry, and I and a couple of friends from Montana went on an Alaskan cruise and visited Juneau, Sitka, Ketchikan, in Alaska and Victoria in British Columbia.

We had a great time with fantastic weather and lots of activities every day. Beforehand, I was not a cruise lover, but after this trip I have recommended one to people who need a vacation where there is nice weather, plenty of fun activities, and EXCELLENT food and entertainment.



From **TRISH WANN**

I recently spent 5 glorious days on Mt. Lemmon with my little dog, DASH.

From **ÉLISE and NATHAN**

At the end of June, Nathan and I traveled to Bryn Athyn, PA where Nathan attended the General Church Clergy Meetings. We also got a chance to visit with my mother and 4 of our daughters, our son-in-law, and 2 grandchildren. I stayed on for an extra ten days to help daughter, Sarah, through recovery from back surgery.

At the beginning of August, I flew to Boynton Beach, Florida to attend niece Rachel Alden's wedding to Erick West, and to assist my mother, Yadah Alden, so she could attend the wedding, too.

We are especially happy to share the news of the birth of our third grandchild, born to Jantine and husband Brian Smith of Toronto. She was born at their home on August 12th. We look forward to visiting them soon to meet the new member of the family!



From **DAMARIS NORTON**

In July, a trio of the Norton family traveled to Hong Kong. DAMARIS, CHERISE (11), and CHRISTOPHER (9) flew over 15k miles roundtrip to visit Damaris' parents (mid-80s). Her dad lives in a small 2 bedroom apartment in Tai Po.

Damaris says that her dad is doing well and keeping disciplined with his morning stretches and breathing meditation exercises although he cannot walk long distances now. Her dad has made many new friends at Remembrance of Grace Church. He started attendance two years ago. Pastor Grace Leung has been very instrumental in guiding her dad in learning about Christ. He even got baptized this year.

As for Damaris' mom... she was paralyzed by a stroke 2 years ago. One of the travel goals was always to visit her daily. The kids sang songs to their grandma. They know that grandma cannot respond, but one could see that her face was more serene with the melodic sounds.

The small apartment was filled also by Damaris' brother and his two teenage daughters, Michelle (13) and Vivian (19); who were also visiting during the summer break.

Thanks for all the prayers during this anxious time. We thank the Lord for his blessings in this journey.



THE TREASURER'S CORNER

Paving the Way for the Future

By Art Watson and

Jessica Carswell, Director of Institutional Advancement for the General Church

Q -- Art, I'm happy to give Sunrise Chapel some of my time, talent and treasure as I am able. Is there any other way I can plan to help financially without tapping my current limited income?

A -- Sunrise Chapel is (and always has been) a congregation with generous people who give their time, talent, and financial resources. We have faced fundraising challenges over the years and the congregation and friends have supported us with loyalty and fervor. Thank you! We value your support and feel blessed to count you all among our supporters of Sunrise Chapel.

To help keep you informed of ways to extend your support, I partnered with Jessica Carswell on this article to explain the following list of gift options:

* **Name Sunrise Chapel as a beneficiary.** Life insurance policies require at least one beneficiary, but you can name more than one including Sunrise Chapel. Retirement accounts (i.e. 401k, IRA, or 403b) also offer the opportunity to identify a beneficiary. This is a great way to incorporate Sunrise Chapel into your plans and anyone, young or old, can do this.

* **Include Sunrise Chapel in your will.** One of the simplest ways to give is through a bequest. If you already have a current will or trust and would like to include a gift to the Sunrise Chapel without rewriting it, your attorney can add an amendment to your living trust or a codicil to your will.

* **Get a match for your current gift.** You may work for a company or organization that supports or matches your charitable giving. Information on gift matching is available through a company's human resources department.

All three of these options are easy and offer you the ability to do more to support the purpose of Sunrise Chapel without giving more from your current resources. You can help pave the way for a bright future.

If you would like to know more about planned giving options, please contact Jessica Carswell, Director of Institutional Advancement, General Church at 267-502-2565 or Jessica.carswell@anc-gc.org. (Note: Judy Lopacki is no longer Director of Planned Giving)



September 2014



Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
August 31 9:30am Children's Worship Service - Guest Pas- tor Frank Rose 11am Worship Service and Holy Supper - Guest Pastor Frank Rose 12pm AMC Luncheon	1 Labor Day 11am Tai Chi	2 6:30pm Bereavement Support Group	3 No Afterlife Group Today	4 6pm "Reflections on Heaven & Hell" Group 7pm Men's Group 7pm Women's Group	5	6
Pastor on vacation August 25 - September 10						
7 11am Worship Service - Guest Pastor David Lindrooth 12pm Luncheon	8 11am Tai Chi	9 6:30pm Bereavement Support Group	10 No Afterlife Group Today	11 6pm "Reflections on Heaven & Hell" Group 7pm Men's Group 7pm Women's Group	12	13
Pastor on vacation August 25 - September 10						
14 9:30am Choir Practice "Sunrise Chapel Meet Yourself" 11am Worship Service 12pm Luncheon	15 11am Tai Chi	16 6:30pm Bereavement Support Group	17 1pm Small Group Study "Afterlife"	18 6pm "Reflections on Heaven & Hell" Group 7pm Men's Group 7pm Women's Group	19 9:30am Service Project Sandwich Making	20
21 9:30am Choir Practice 11am Worship Service 12pm Luncheon 12:45pm Board Meeting	22 11am Tai Chi 4pm AZ Spiritual Growth Foundation Meeting	23 6:30pm Bereavement Support Group	24 1pm Small Group Study "Afterlife"	25 6pm "Reflections on Heaven & Hell" Group 7pm Men's Group 7pm Women's Group	26 5:30pm Volunteer Celebration BBQ	27
28 9:30am Children's Worship Service 11am Worship Service 12pm AMC Luncheon	29 11am Tai Chi	30 6:30pm Bereavement Support Group	Oct 1 1pm Small Group Study "Afterlife"	Oct 2 6pm "Reflections on Heaven & Hell" Group 7pm Men's Group 7pm Women's Group	Oct 3	Oct 4

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 Territorial of Sunrise
Chapel
8421 E. Wrightstown Road

CHANGE SERVICE REQUESTED
