



TERRITORIAL

“Helping People Experience Heavenly Joy through Spiritual Growth”

Be Hopeful and Trusting

By Nathan Gladish

I want to share an informative chart with you, because it has been significantly helpful to me.

First, a question: *Do you want to experience consistently strong feelings of hope and trust?* I do. The problem is that I inevitably notice a certain amount of hopelessness and distrust creeping in from time to time, disturbing my otherwise positive frame of mind. The perspective of this chart helps remind me how to get back on track.

Imagine a vertical continuum of possible human states from healthy on the top to unhealthy on the bottom. Now add a horizontal continuum of possible states from “big deals” to “little things.” These big and little experiences can seem healthy or unhealthy depending on how we respond to them. I’ve attempted to generalize the range of these human states with four one-word titles, one for each category.

The top of the chart represents a range of healthy, positive states of mind and heart. “Providentializing” is my word for affirmatively acknowledging the overarching work of the Lord’s providence. This is a good thing to do! “Opportunitizing” is taking the positive attitude that negative experiences are opportunities for growth, steps in our progress. Also a good perspective.

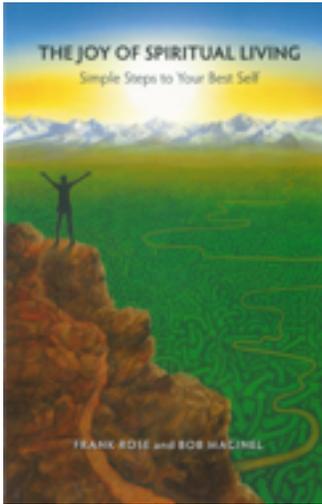
The bottom of the chart represents a range of unhealthy, negative states of mind. “Catastrophizing” is falling prey to the notion that life is nothing but a series of bad experiences driven by the forces of evil and falsity. “Trivializing” is not giving enough credit to what is good and true, and instead feeling like they are relatively trivial and powerless against the dark side.

Hope, Trust									
Big	<table border="1"> <tr> <td style="text-align: center;"> Providentializing <i>Good & true things are permanent & pervasive</i> “I’m optimistic and thinking positively” “I’m in the stream of providence” “All things work toward good” “With God, all things are possible” </td> <td style="text-align: center;"> Opportunitizing <i>Bad and false things (misfortunes) are temporary & specific</i> “This is just a temporary setback, a molehill” “This <u>situation</u> is unfair” “This is an opportunity to adjust and learn” “With God’s help, I can handle this” </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">Little</td> <td> <table border="1"> <tr> <td style="text-align: center;"> Catastrophizing <i>Bad & false things (misfortunes) are permanent & pervasive</i> “This seems insurmountable, not just a molehill” “Life is basically unfair” “What’s the point?” “God can’t help” </td> <td style="text-align: center;"> Trivializing <i>Good & true things are temporary & specific</i> “I just happened to get lucky” “I’m not expecting much good to come of this” “Whatever...” “With God, only a few things are possible” </td> </tr> </table> </td> </tr> <tr> <td colspan="2" style="text-align: center;">Hopelessness, Distrust</td> </tr> </table>	Providentializing <i>Good & true things are permanent & pervasive</i> “I’m optimistic and thinking positively” “I’m in the stream of providence” “All things work toward good” “With God, all things are possible”	Opportunitizing <i>Bad and false things (misfortunes) are temporary & specific</i> “This is just a temporary setback, a molehill” “This <u>situation</u> is unfair” “This is an opportunity to adjust and learn” “With God’s help, I can handle this”	Little	<table border="1"> <tr> <td style="text-align: center;"> Catastrophizing <i>Bad & false things (misfortunes) are permanent & pervasive</i> “This seems insurmountable, not just a molehill” “Life is basically unfair” “What’s the point?” “God can’t help” </td> <td style="text-align: center;"> Trivializing <i>Good & true things are temporary & specific</i> “I just happened to get lucky” “I’m not expecting much good to come of this” “Whatever...” “With God, only a few things are possible” </td> </tr> </table>	Catastrophizing <i>Bad & false things (misfortunes) are permanent & pervasive</i> “This seems insurmountable, not just a molehill” “Life is basically unfair” “What’s the point?” “God can’t help”	Trivializing <i>Good & true things are temporary & specific</i> “I just happened to get lucky” “I’m not expecting much good to come of this” “Whatever...” “With God, only a few things are possible”	Hopelessness, Distrust	
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This picture of a dynamic range of human states reminds me *I always have a choice*. I am not required to maintain a bottom-of-the-chart attitude. In fact, the Lord is continually urging me to lift my thinking. By affirming the real power of goodness and truth and realizing that evil and falsity are simply temporary and impotent, I can climb up into a higher perspective. I can restore a healthy attitude of hope and trust in the Lord’s influence over all the big and little things of life.

SPIRITUAL GROWTH CORNER

By Betsy Gladish



NEW BOOK – Now Available!
Coauthored by Bob Maginel and Frank Rose

Come Help Celebrate!

The Joy of Spiritual Living

Even if you are new to Spiritual Growth, the publication of this new book is GOOD NEWS worth learning about and celebrating! If you've been involved in a Spiritual Growth Group in the past, you already know how life-changing it is to work the tasks and share your experiences with others.

The Joy of Spiritual Living—Simple Steps to Your Best Self is the second volume of spiritual growth tasks. Congratulations to co-authors Frank Rose and Bob Maginel for this new accomplishment that has been several years in the making!

The very first copies of the book have arrived at Sunrise Chapel, so let's launch it into the world with a party!

Set aside Friday evening, October 24 at 7:00 pm for a special gathering and book signing at Sunrise Chapel. There will be refreshments, music, an informal program, and general socializing. Also – you will be able to sign up for one of several small groups starting the week afterwards.

New Small Groups forming!

Study **The Joy of Spiritual Living** in a small, supportive group. Experience this new version of a time-tested and much loved spiritual growth program. There will be several options to join groups (including an online group!) starting the last week of October and the first week of November. The groups will meet for 9 sessions, breaking for Thanksgiving and Christmas and finishing up in January. For more information, contact the church office or email nathan@sunrisechapel.org.

This little corner of the Territorial has been dedicated to the work of Spiritual Growth. Over the last several years you have read articles, testimonials, and stories about the application of the spiritual growth program at Sunrise Chapel. A new chapter has just been opened with the publication of the second book on this topic, **The Joy of Spiritual Living**, by Bob Maginel and Frank Rose. This book and the one before it, **The Joy of Spiritual Growth** (also by Bob and Frank) all began right here at Sunrise Chapel along with the birth of the spiritual growth groups. For over twenty years people have been “practicing” the principles put forth in the program. Lives have changed, happiness has been found, and people have entered into a new, active relationship with God because of it.

It is not a difficult small group program. There is no prerequisite or formal training required. It is for everyone wherever you are on your journey. The program is based on the idea that our mind is like a house with several floors in it. We choose where we live in our house, or mind. We can dwell in the Upper Chamber where there is light and love, and where we see the world as God might see it. Or we may reside in the Basement where there is fear, anxiety, sadness, resentment, etc.

The eight week course helps us learn to walk up the stairs to the higher part of our mind while dealing with everyday life. This is done through a series of “tasks” given each week. They are simple, clear, and easily applied. An example might be: “Observe what happens when you lose something.” Do you immediately blame yourself or others? Do you calmly move forward to find the object or do you find yourself in the Basement of your mind becoming agitated or fearful? Another example might be: “Observe your critical thoughts of yourself or others.” How often we find a perfectly beautiful moment ruined because of a critical random thought that passes through our mind. Is there a pattern? Is the thought true? Does it block the love we feel for another or ourselves? Does it take us out of the sunshine into the “Basement?”

By taking a spiritual principle and applying it to our life, we become aware of how far along we are on our spiritual path. Please learn more by attending the book signing on Friday, October 24 in Friendship Hall. Several groups will start as early as the last week of October with the new book as our guide. It will be new, fresh, and very exciting to experience a practical spiritual journey together.

ANNOUNCEMENTS ABOUT WORSHIP SERVICES

Children's Worship Services – October 26 at 9:30 am



For October, children are invited to come to church in costume on Sunday, Oct. 26. Our theme will revolve around “who we are behind the mask.”

This family-oriented service is a wonderful new addition. We've had five services on the last Sunday of each month, starting in May. The casual format lends itself to interaction. Young children and nursing infants are welcomed, including their innocent voices and activity. Children light and snuff candles, open and close the Word, and get involved in object lessons and enacting Bible stories. 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 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

A Change in our Thanksgiving Festival Service

This year we will NOT be having a service or luncheon on Thursday, Thanksgiving Day. Instead, our Thanksgiving celebration will be the Sunday BEFORE, on November 23. There WILL be a special luncheon that day after the church service.

Update about Arizona Mountain Camp

This summer's camp on Mt. Lemmon over the 4th of July weekend was awesome as usual, but change is in the wind. Thanks go to Dawn Graffam for her years of generous leadership as Camp Director! She is stepping down now so that someone else can step up! With the cost of renting the Baptist Camp rising, some of the younger parents are exploring the possibility of holding a tent camping weekend at a different location and at a different time of the year. Stay tuned for more information! And if you want to add your voice to the discussion, join the AMC Facebook page or contact Sunrise Chapel.



NEW! Chronic Pain Support Group at Sunrise Chapel

This is a new small group that a Sunrise Chapel member is starting up. It is open to anyone and is being advertised in the AZ Daily Star.

Foster relationships with others in a safe place to share ideas, information, and to learn different coping skills.

Let's support each other in this journey.

1st & 2nd Fridays/month

12:30-1:30 pm Free.

Meet in the small group room in the main chapel building.

Check www.sunrisechapel.org under "Calendar and News" for group updates. Questions? Call Sunrise Chapel office for more information.

Monthly Nature Walks

By Frank S. Rose

You are invited to join me on a monthly Nature Walk beginning on Saturday, October 18. We will meet at Sunrise Chapel at 8:45 am, and car pool to our trail. The walks will last about 2 hours, and will cover about 1 or 1.5 miles.

Bring good walking shoes, hat, water, and a snack. We will return to Sunrise Chapel somewhere between 12:30 and 2 pm (depending on how far we drive before we begin walking.)

Walks will continue on the third Saturday of every month and are free. I would love to have you along.

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.”





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 Friday September 26th, we had a very enjoyable barbecue to say thanks to the many volunteers that keep Sunrise Chapel going. The tables were decorated with cheerful yellow tablecloths and votive candles. At each place there was a quote about usefulness or kindness. One from **Con-jugal Love** read "What is useful service but love of the neighbor in act?". After the delicious meal, Nathan serenaded us with a special rendition of "There's no volunteers like our volunteers" based on the Show-biz song, but with words composed for the occasion. Not an easy song to sing, but Nathan did a great job and was very jovial in his gratitude to all the helpers that we count on. Each person there, whether volunteer or not, was invited to take home a beautiful rose, which also had a lovely quote attached. Thanks to Nathan and Élise for a fun evening.



BEVERLY TIDWELL has given us a rundown on the activities of her remarkable children. In the near future, Beverly will be heading for a visit to New York, where her two daughters live. Amy is pursuing her art dreams there, and Kevina, who graduated from ASU, has an internship with Story Corps. Perhaps you have seen some of the touching Story Corps presentations on NPR. Brendan, who spent time in Zimbabwe, is in the Navy, where he has broken several records swimming with the Ocean Rescue. He is now 21 years old. It is great to hear about these young people whom we knew as children. We are very proud of them!

FRAN BLAESING has moved to Ohio to be with her daughter Robyn Podboy and her family there. Her children came to help her pack up. We will miss her SO much, not to mention her delicious homemade cookies that have been served at the Path To Bethlehem for years. We wish Fran every blessing in her new home. Her address: 8752 Spring Hill Trail, Poland Ohio 44514-5810. Her cell phone is 520-979-1753.

JACE GRAFFAM tells us that he is captain of his football team, the Wildcats. He plays tackle. Congratulations! He plays in the Mighty Mites football league.



WIL and JOHANNA VON MAYR have returned from their travels to the White Mountains. Among their news they cheerfully report that their grand daughter is a manager of the football team at the high school she attends in Vail!

CHERI REYNOLDS is heading off to Bryn Athyn, PA and nearby locations. First she will go to an event about Airdales, the dogs she has bred and shown for many years. Following that she'll be attending her 50th high school reunion, and taking a trip to see her niece and family in Kempton, PA. Husband George will hold down the fort at home while she is gone.



We are sorry to report that **JACK BATY** is still trying to recover from his bout of pneumonia and complications. It has been a long struggle. We miss him and hope that it will all heal very soon. We have heard that pneumonia is a miserable disease and hard to get over. Let's all pray for his rapid recovery.

NEWS NOTES continued on page 5

NEWS NOTES continued from page 4

STEVE and BETSY GLADISH travelled to Savannah and Charleston for a reunion with three other couples whom they have kept in loving touch with over the years. Among other things, they were celebrating the 70th birthdays of some of the gang. They had a fabulous time.

LOUISE ROSE spent a weekend in Illinois and Wisconsin at a Women's Retreat put on by the women of her home town, Glenview, Illinois. The theme of the weekend was "Thy Will Be Done," and Louise gave a talk on that vital subject. Her daughter Liz Zeno and granddaughter Kayla were there too from Minnesota, all three enjoying a little family slumber party sleeping in one cozy bedroom. Later she had the pleasure of seeing her Aunt Katy Fuller who is 99 years old.

The summer is over, the monsoons are complete, and now we can proceed with autumn. Do I hear a sigh of relief?

Please let us know any news from your family for the Territorial. We love to hear it.



A New Journey Program: What Would Love Do?

The General Church of the New Jerusalem (New Church) Outreach announces the release of the

New Church Journey Program, **What Would Love Do?** This seven-week series is designed to help individuals and groups explore the call to serve.

Authors Sasha Silverman and John Odhner offer an in-depth study of the parable in Matthew 25, wherein Jesus describes the different classes of the neighbor and how we are invited to respond with care. The result is inspiring, practical, and motivating. It is a thoughtful and compassionate exploration of New Church teachings on loving the neighbor.

New Church Journey programs (spiritual growth programs) are relevant, step-by-step, Bible-based programs designed to assist individuals in growing spiritually and applying God's teachings to everyday life. Each program provides opportunities for reading, discussing, and celebrating spiritual transformation. Churches and individuals participating in a coordinated launch enjoy the benefits of worshiping together with an international congregation while focusing on the same theme. They can experience growth and healing in the authentic community created by small groups.

The coordinated launch date for **What Would Love Do?** Is Sunday, February 1, 2015.

Visit <http://bit.ly/WWLDProgram> to learn more about **What Would Love Do?**

General Church Religion Lessons Survey

I am conducting a survey to investigate the outcomes of the General Church Religion Lessons program that was distributed jointly by Theta Alpha and the General Church between 1940 and 1990. I will be using the research as part of my thesis for a Masters of Arts in Religious Studies at Bryn Athyn College. Additionally, and I am also hoping that the survey results will help identify ways in which General Church Education can develop successful religious education programs in future. Surveys are available online at <http://www.bitly.com/GCRLsurvey>. (Please note, this link is case sensitive.) Completed surveys may be emailed to gcreligionlessons@gmail.com, sent to Sarah Odhner, Box 743, Bryn Athyn PA 19009, USA, or faxed to 267-502-4935 by October 31st, 2014. Thank you so much for your participation. If you know of others who used these lessons, such as your siblings, parents, or your children, I am interested in hearing from them *even if they do not participate in the New Church at this time*. Thank you for forwarding this information to them so that I can gain a holistic idea of the impact of these lessons. Sarah Odhner.

The Treasurer's Corner
An Update on our Current Fundraising Campaign
By Art Watson

Q – Art, how are we doing with our current fiscal year fundraising campaign?

A – Great question! At our annual church meeting in May, with the support of the Board and Stewardship Committee, we started a new effort to educate people about the financial needs of Sunrise Chapel and to encourage much-needed pledges and donations toward the general fund. We sent a letter introducing the campaign, including a testimonial from Ken Lee and a newly developed Donation Form. We are calling this year's drive "Building a Foundation for Financial Sustainability."

As a result of that letter, I'm happy to report the following statistics so far:

- Goal (by June 30, 2015): \$80,000
- Number of pledge forms received to date: 27
- Number of those pledge forms that are new (over previous years): 10
- Amount pledged: \$26,935
- Average pledge: \$998 for the fiscal year
- Percent towards goal: 33.6%

People say that one of the attractive details about Sunrise Chapel is the lack of pressure to donate. We don't "pass the plate" during our church services or put people on the spot. Freedom is a core value of our church's teachings, and we carry that spiritual concept all the way down into the practical financial plans.

At the same time, in addition to teachings about freedom, the Lord also encourages each of us to use our rationality in managing the financial resources He provides. That includes freely and rationally giving to causes that support the spiritual and natural growth of the Lord's church on earth.

As your Treasurer, I am keenly aware of our church's financial situation, especially because of our current stretch goal to work toward financial self-sufficiency. The easy part of my job is to maintain a healthy balance and keep the Board of Trustees and Stewardship Committee apprised of our current condition. The hard part is wondering whether enough people will share, from their own freedom and rationality, enough financial resources to meet our budget. In order for our church organization to continue and thrive, we need a larger foundation of regular donations. Please consider becoming a new regular donor.

At the end of the day, I am reminded that God is the one in charge, not me. I encourage us all to remain faithful, diligent, and supportive. Together, we can work toward our goals. As Franklin Roosevelt once said, "We have nothing to fear but fear itself."

As we – individually and as a congregation – grow spiritually, I pray that our organization also grows naturally, including financially, so that we have the freedom to continue serving more people.





October 2014



Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Sept 28 9:30AM Children's Worship Service 11AM Worship Service 12PM AMC Luncheon	Sept 29 11AM Tai Chi	Sept 30 6:30PM Bereavement Support Group	1 1PM Small Group Study "Afterlife"	2 6PM "Reflections on Heaven & Hell" Group 7PM Men's Group 7PM Women's Group	3 12:30PM Chronic Pain Support Group	4
5 9:30AM Choir Practice 11AM Worship Service 12PM Luncheon	6 11AM Tai Chi	7 6:30PM Bereavement Support Group	8 1PM Small Group Study "Afterlife"	9 6PM "Reflections on Heaven & Hell" Group 7PM Men's Group 7PM Women's Group	10 12:30PM Chronic Pain Support Group	11
12 9:30AM Choir Practice 11AM Worship Service 12PM Luncheon	13 11AM Tai Chi	14 6:30PM Bereavement Support Group	15 1PM Small Group Study "Afterlife"	16 6PM "Reflections on Heaven & Hell" Group 7PM Men's Group 7PM Women's Group	17 5PM Private Wedding & Rehearsal Dinner	18 1PM Private Wedding
19 9:30AM Choir Practice 11AM Worship Service 12PM Luncheon 12:45PM Board Mtg	20 11AM Tai Chi	21 6:30PM Bereavement Support Group	22 1PM Small Group Study "Afterlife"	23 6PM "Reflections on Heaven & Hell" Group 7PM Men's Group 7PM Women's Group	24 7PM New Book Celebration & Signing	25 4PM Private Wedding
26 9:30AM Children's Worship Service 11AM Worship Service 12PM AMC Luncheon	27 11AM Tai Chi	28 6:30PM Bereavement Support Group	29	30 6PM "Reflections on Heaven & Hell" Group 7PM Men's Group 7PM Women's Group	31	Nov 1
					10AM-3PM - Fri & Sat CRAFT SALE	



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

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



The Territorial of Sunrise Chapel
8421 E. Wrightstown Road
Tucson, AZ 85715

CHANGE SERVICE REQUESTED

Invitation to an Annual Hayride hosted by the Phoenix New Church

Our sister congregation in Phoenix cordially invites all Sunrise Chapel members and friends to an annual HAYRIDE event. Also featuring an open fire to roast hot dogs & marshmallows and sing campfire songs.

When: Friday, November 28, 2014

Time: 4 - 8 PM

Where: Mac Donald's Ranch, 26540 N. Scottsdale Rd., Scottsdale, AZ 85255

Phone 480-858-0239

RSVP by Sunday, November 23 by contacting Garry Walsh 480-991-0048

