

TERRITORIAL

“Helping People Experience Heavenly Joy Through Spiritual Growth”

8421 E Wrightstown Road □ Tucson AZ 85715 520-298-1245 SunriseChapel.org

FROM THE PASTOR

“The Holy City New Jerusalem”

When the Apostle John wrote the Book of Revelation, the Lord, by means of an angel guided him to conclude it with a grand vision of a holy city. What if another Apostle, Thomas - “Doubting Thomas” - had a follow-up conversation with the angel about John’s vision? I imagine him as someone with lots of questions.

Thomas: “So why did the Lord choose to end the Bible with a vision of a city? What does a big city have to do with anything spiritual?”

Angel: “You did notice it’s coming down from God out of heaven? The Lord is sending it to everyone on earth as a picture of what heaven is like.”

Thomas: “How could heaven be like a city?”

Angel: “This city is like no other. It has something for everyone. If you love heavenly qualities, you’ll feel right at home.”

Thomas: “Sounds like an unusual city.”

Angel: “Yes, it’s remarkable... especially since it’s not as much a place you go as something you invite in.”

Thomas: “So, the vision is a metaphor?”

Angel: “I prefer to call it a parable.”

Thomas: “Yes, I’m very familiar with Jesus’ use of parables. Very hard to decipher sometimes. Can you give me a tour and explain some of the features?”

Angel: “Sure, let’s start with the foundation stones. To build this great city within you, you need a multi-layer foundation of precious gems – truths of all kinds.”

Thomas: “Such as...?”

Angel: “For starters, think of each layer of the foundation as one of the Ten Commandments. These are the basic, solid guidelines for living a healthy spiritual, moral and civil life. You can’t go wrong if you base your daily decisions on them.”

Thomas: “Sure, that makes sense. But why are there walls?”

Angel: “On that foundation, you can then build up a system of faith that can have great height and breadth. The walls picture a whole system of theology that hold everything together. It’s almost like the skin of the body. We need it to protect ourselves and to allow us a form in which we can engage in all sorts of activities. This new church, this new spirituality, is developed within the context of the Biblical teachings.”

Thomas: “OK, what about the gates of the city – they are all made of pearl. That doesn’t seem very

practical.”

Angel: “Actually, they are surprisingly strong. They are made of ‘the pearl of great price’ – what our Lord spoke of in explaining a parable. That precious pearl is knowing and loving the Lord.”

Thomas: “So that’s the gate? Sounds so simple!”

Angel: “When you go to a foreign country, it’s important to know who the leader is, and what his or her methods of government are. Your safety and wellbeing depend on it. You want to be assured that the country is run well. This “city” is a place that’s governed by our Lord and Savior Jesus Christ. Having a meaningful, maturing relationship with the Lord as the leader is the beginning of heavenly life. ***The more you know and love the Lord, the more this whole world of heaven opens up to you.***”

Thomas: “Awesome! This makes so much sense. Start with a foundation in the Bible, develop a systematic structure of theology, and get to know Jesus as “my Lord and my God” - I used to be doubting, but I look forward to exploring this city.”

Angel: “Welcome! Make yourself at home.”

Children’s Service

The Lord said, “Let the little children come to Me, for of such is the kingdom of God.”

Once a month

The LAST Sunday @ 9:30 am

May 31, June 28, July 26, August 30, etc.

Informal • Interactive • Brief • Sweet!



Special Vespers Service Wednesday, June 3 at 7 PM



The Small Groups planning team welcomes you to a special evening Vespers Service to be held on **Wednesday June 3 at 7 pm.**

This vespers is a way of supporting personal spiritual health, as well as an opportunity to pray for and encourage the spiritual health of our congregation and our community.

Come, enjoy a peaceful space in the middle of a busy week. There will be quiet music, candlelight, a time for meditation, scripture reading, prayer, and singing.

SMALL GROUP ACTIVITIES

Spiritual Growth Corner

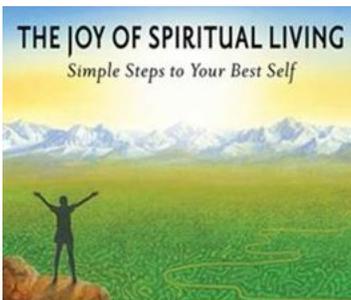
By Betsy Gladish

*Today I am still
I listen, I feel, I perceive.
There is a Life Force that runs
through my body.
I feel it in my hands, my toes, and
my back.
It is there without any effort on my
part.
It is there because God put it there.
It is from Him, part of Him.
It is God in me.*

*Then how can anger, hurt, fear
Also reside in me?
These three take up space
But they are not from God.
They are my creation.
They are my ego.*

*If God lives in me
Wouldn't I want to surround Him
With love and with gratitude?*

The Joy of Spiritual Living



With thanks to the authors for leading, this small group is currently meeting **Thursdays at 7 PM** at Sunrise Chapel. The course is free, and participants are asked to buy a copy of the book "The Joy of

Spiritual Living" as the text.

Leaders/authors: Bob Maginel and Frank Rose

The Small Group Systems Workshop

Held on April 21-22 in Bryn Athyn, PA

Testimonials from our Team

Sunrise Chapel sent a delegation of 4 team members to a follow-up workshop on development of small group systems—**ART WATSON, ÉLISE GLADISH, JUDITH KEANE** and **NATHAN GLADISH**.

The workshop was held in the height of spring splendor in beautiful Bryn Athyn, PA. This was also **JUDITH KEANE's** first experience of our church headquarters, and it was a very good one!

From Elise: "I am so glad I was able to attend the 2nd Small Groups seminar. I felt like our team really got a handle on the material from being able to work with the ideas a second time. It has enabled us to move forward with concrete plans for our small group ministry. I am very excited about what we can do to help Sunrise Chapel serve more people."

From Art: "It was great getting together. Seminars are best used for learning how to do things right, even if it needs to be repeated over and over again! For me, the re-affirmation of what we are doing well, as well as the gathering of colleagues and friends was the best. It was informative and inspirational at the same time."

From Judith: "Being in Bryn Athyn was invigorating! The enthusiasm was intoxicating. I met so many wonderful people who were willing to help us bring even more "heavenly joy" to our work. And the cathedral and grounds are a wonderful place to be creative. I feel blessed to have had this opportunity."

From Nathan: "One of the things I especially liked is that it was a continuation of last year's efforts (in California), not a new direction. Our team benefited from the review and the opportunity to take our planning to the next level. Plus we now have a 5th person, Judith, who has caught the vision and is eager to continue developing this key ministry."

"I'm also very grateful to the Outreach Office for providing this educational, motivational and practical workshop. And hats off! to Steve Gladen for his genuine, personal support."

Outcomes: *The team, including Kelly Woofenden who attended the workshop last year, has met twice since the recent workshop to continue planning. Judith Keane will begin a new Sunroom Group. Michael Brown is planning two offerings in the fall. Stay tuned for more details!*



NEWS NOTES by Billie Baty & Louise Rose

We would love to have news of you and your family to put into these Notes.

Just contact Billie 520-298-2995 or Louise 520-721-1091. Let us know what's happening with you and yours.

NEWS NOTES—LOTS!

Congratulations to JUDITH KEANE who was baptized into the church in a lovely ceremony at her home on May 2nd. Before the ceremony began, Judith made a touching statement about how much Sunrise Chapel has meant to her in her life. We warmly welcome Judith and wish her every blessing.



GAIL BENTON is off to Italy to enjoy spring in that beautiful country.

CLAUDIA WOOD-OSMUS took a trip to the Northwest and upon her return, immediately became ill and had to spend many days recovering. Luckily she is over that now and is back among us.

Billie Baty's sister DARLENE MANFRA arrived a few months ago to help out as Jack and Billie were going through a bad patch of health concerns. Darlene was a great help until unfortunately, she herself became very ill with a mysterious respiratory ailment and had to spend 2 weeks in the hospital as the good doctors tried to figure out what was going on. Eventually, they got it right and Darlene is now back at the Baty's home for a while before traveling home to New Jersey. Sadly, Darlene's little dog, who was very old, died in Tucson while she was here. Our hearts go out to all of them during this difficult time.

NATHAN and ELISE GLADISH, along with JUDITH KEANE and ART WATSON, flew to Bryn Athyn, PA to attend a workshop on Small Group Ministry recently. They came back very enthusiastic about the benefits that small groups can bring to a congregation. Sunrise Chapel has had small groups for many years and we are hoping to expand that even more.

We are sad to report that our friend KAREN HILL passed away on May 12. She had been active at church for many years. After recent stays in the hospital for several weeks, she returned to her home at Mary Senter's under hospice care. Karen delighted us with her wry wit and cheerful wisdom over the years. Lately she had to whisper because of difficulty with her vocal cords, but if you listened to that whisper, you heard something

worth hearing. We wish Mary and her family comfort and the blessings and mercy of the Lord.

LOUIS and KELLY WOOFENDEN had what few of us will ever have - a trip around the world !! They spent time in many countries, long enough to get the flavor of each one, and then moved on to the next. We are hoping that sometime they will be able to tell us all about their adventures after they have had a chance to settle back in at home in the good old USA. What a joy to have world travelers in our midst !

Recently WES BABCOCK and other leaders took a group of Boy Scouts (including Wes's son Matthew) on a Wilderness Survival weekend in Gardner Canyon. The scouts learned to live in primitive conditions and survive on less than they usually have, while doing some strenuous hikes and other activities. It sounds like it was a good learning experience for boys and leaders alike.

TERRY ODHNER of Phoenix came to spend the weekend with Betsy Gladish and attend the Byron Katie Workshop led by Paul Zavango, which took place at Sunrise Chapel in April. A number of our congregation took part in the workshop and benefitted from the clarity of thought it helped achieve.

We always love hearing from our friends in other places. This month we have news from a former winter resident, DOROTHY JEFFRIES of a big 90th birthday party in her honor on March 7th. She really enjoyed it. Dorothy says she misses her friends here in Tucson and sends her love. We miss her too, with her jovial laugh and her interest in everything. We send her our heartfelt congratulations.

It was lovely to see HOLLY ZUBER and her sister LAURIE VOLOCYK from Illinois on Mothers' Day. They brought flowers to decorate the plaque in the Memorial Garden dedicated to their mother ANNE FULLER.

News from the DAVE SYNNESTVEDT family:

CASSADY SYNNESTVEDT and the CDO High School Improv Comedy troupe will be performing at the Unscrewed Theater, 3244 E Speedway Blvd., on Saturday, May 16th at 7:30 p.m. Click the link for details. <http://www.unscrewedtheater.org/> This will be the team's final performance together, as Cassidy will be graduating from CDO High School on May 19th!! She is enrolled at Pima Community College Northwest Campus

NEWS NOTES, continued...

and will be starting her new classes in the Fall.

And, on May 20th, GARRISON SYNNESTVEDT and the CDO High School Odyssey of the Mind performance team will be traveling to Michigan State University in East Lansing, Michigan to participate in the Odyssey of the Mind World Finals, with a presentation of their Silent Movie problem. Check out the Odyssey website at <http://www.odysseyofthemind.com/materials/2015problems.php>

Wow! That is very impressive! Congratulations !!

EASTER at Sunrise Chapel was very special this year. The outdoor sunrise service was almost magically beautiful. For the 11 o'clock service, the church was full, with over 110 people! The chancel was like a lovely garden of flowers. An atmosphere of happiness and rejoicing filled the Chapel as we celebrated the Lord's resurrection. Liz Rose Zeno, visiting from Minnesota, sang several interludes, including a delightful lively duet with our pastor Nathan. Afterwards, the children had their annual egg hunt, organized this year by Cassady Synnestvedt (with over 30 children). Great fun to see them all scampering around the grounds. Then many of the congregation gathered for lunch together, smilingly arranged by Kitty Aughey and her crew. We are very grateful for Easter 2015.

MOTHERS' DAY also had that uplifting feeling of celebration - celebration of motherhood and the nurturing we bring to one another. Along with an inspiring talk by our pastor, we had two guest speakers. SAMMY ALIJAGIC, who brought her mother with her, spoke feelingly about what mothers contribute to our lives. KEN LEE talked with great affection about his amazing mother-in-law, now in her late nineties, who holds the whole family together and encourages the connections that are so vitally important to the life of the family. Amazingly, Ken's mother is also still alive in Illinois and is also in her nineties. Thanks to both our speakers. After they spoke, we were all invited to come forward and light a candle on the chancel with a prayer for our own mother or any mother who has been important to us in our lives. Afterwards, each woman and girl was invited to receive a carnation and take another to any woman they would like to honor. Another beautiful service at Sunrise Chapel, Mothers' Day 2015

CAROL WATSON seems to be enjoying her retirement thoroughly after many years of working at a law firm. Congratulations! She and husband Art are gearing up for a special trip to celebrate their newfound freedom.

...even more NEWS NOTES...

COLTON GRAFFAM, who has been home-schooled by his mother DAWN, has been accepted to attend University High School. This is an amazing achievement! Three loud cheers for Colton and his Mom.

Arizona Mountain Camp Update

By Nathan Gladish

For many years, our beloved Arizona Mountain Camp was held on beautiful, cool Mt. Lemmon over the 4th of July weekend. **Thank you to Dawn**



Graffam for her leadership in recent years! You have put such

love and enthusiasm into your role as camp director. Times are changing. For a variety of reasons we are relocating and rescheduling our much loved camp experience.

The current plan for this year is to hold a family camp on the **2nd weekend of October** at the **Walker Ranch in Sonoita**. This location offers a variety of accommodations. Some folks can enjoy more creature comforts than there were at the rustic camp on the mountain. Others can have a tent camping experience or bring their trailer or RV.

The plan is to keep the fun up and the cost down. Arrive Friday afternoon and leave Sunday afternoon. There will be activities for all ages with an emphasis on building community. More information to come as plans develop!

Trellis Restoration Project Update

Help us reach our goal! We're over half-way!

In March a team of volunteers installed new wooden beams in the front patio area of the church. Thank you to Ray Graffam for taking the lead and to his team for all your dedicated efforts in service to the church!

Now we welcome—and need—your donations to help cover the cost of materials, which amounts to a little over \$2,500. If you feel called to support this project, please send your donation (of any amount) to Sunrise Chapel with “trellis project” as a memo.

Thank you to everyone who has given extra donations toward these reimbursement costs

Received or pledged: \$1,600 Remaining needed: \$900

Please note that our first priority as a congregation is to meet our regular budget goals. If you can and want to give an extra donation to this project, great! And thank you for continuing your regular giving.

MEETINGS and CLASSES

Sunrise Chapel Calendar Planning Meetings

for 2015-2016

June 1st at 12:15 PM **AND** 7 PM

Another church year has already rolled by, and we have a new church year to plan! You are invited and welcomed to come to our annual calendar planning meetings. For your convenience we have 2 planning sessions in June.

June 1 @ 12:15-1:30 PM — We are dedicating the first “Go For It” meeting of June to concentrate on calendar planning.

June 1 @ 7:00 PM — We will also hold a second meeting that evening for those who cannot make the daytime meeting.

Monthly Nature Walk—Saturday, June 20

By Frank S. Rose



You are invited to join me on a monthly Nature Walk, the 3rd Saturday of each month. On **Saturday, June 20** we will meet at Sunrise Chapel at 8:45 am and car pool to our trail. The location of the hike won't be announced ahead of time, but

you can call Frank if you want details. Everyone welcome!

Tai Chi Classes at Sunrise Chapel

Mondays and Thursdays at 11 am

Congratulations to Damaris Norton for her one-year anniversary of holding Tai Chi classes at Sunrise Chapel!

Accepting new participants until June.

SUMMER BREAK:

Last class before break: June 22

Classes resume: July 20

Tai Chi for Health is a series of simple artful flowing meditation exercises. It is a fall prevention program as well. Tai chi originated from Chinese martial arts and Traditional Chinese Medicine. Its health benefits include stress reduction, body/mind balance, joint pain improvement, and self-healing knowledge with Qigong technique. Testimonials from the Monday (Beginners) and Thursday (Intermediate) participants have seen such benefits. A significant portion of the class fee goes to Sunrise Chapel.

Classes are Mondays and Thursdays from 11 am - noon in Friendship Hall. Please arrive a few minutes early to sign in, visit, and be ready to start promptly at 11.

Sincerely, Sifu Damaris Norton, Certified Instructor, Tai Chi for Health Institute.org

Free E-Books from Swedenborg Foundation

The main publisher and distributor of



Emanuel Swedenborg's works, known as the Swedenborg Foundation, is offering a free download of Swedenborg's deluxe version of Heaven and Hell, as well as both volumes of True Christianity. The deluxe version contains the footnotes and endnotes, including a lot of interesting explanatory background & information.

Go to www.swedenborg.com for your free copy. You can download it on to your computer, apple devices and e-readers except Kindle.

If you have any questions or need help with the download you can call Sunrise Chapel and ask for Art Watson 520-298-1245

Faith Community Food Challenge

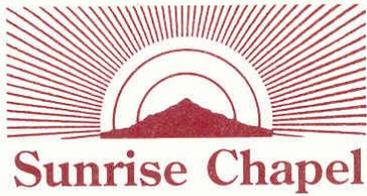
The Interfaith Community Services is honoring its 30th Anniversary by asking others of the faith community to help them raise over 30,000 pounds of food in 3 months! Each weekend from May 10th to July 26th they are focusing on the donation of one particular item. Although it's the 3rd week we invite the Sunrise Chapel community to jump in and help them meet their goal. (No glass containers, please!)

Here is the schedule:

- May 24: Rice, dried beans
- May 31: Pasta, spaghetti
- June 7: Meals in a can (chili, ravioli etc.)
- June 14: Mac 'n cheese
- June 28: Canned fruit
- July 5: Jelly, jam (no glass, please)
- July 12: Peanut butter
- July 19: Any of the above
- July 26: Any of the above

Please bring your donations to the church foyer, and place them in the baskets provided. Thank you!





Sunrise Chapel Territorial

May 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Apr 26 9:30AM Choir Practice 11AM Worship Service 12PM Luncheon 12:30 PM Final afternoon of Workshop: "Loving What Is"	Apr 27 11AM Tai Chi 12:15PM "Go For it!" Meeting— Children's Chapel	Apr 28 6:30PM Bereavement Support Group	Apr 29	Apr 30 11AM Tai Chi Intermediate 7PM Women's/Men's Groups 7PM Joy of Spiritual Living group #4	May 1	May 2
3 9:30AM Choir Practice 11AM Worship Service 12PM Luncheon	4 11AM Tai Chi 12:15PM "Go For it!" Meeting— Children's Chapel	5 6:30PM Bereavement Support Group	6	7 11AM Tai Chi Intermediate 7PM Women's/Men's Group 7PM Joy of Spiritual Living group #5	8	9
10 9:30AM Choir Practice 11AM Worship Service 12PM Luncheon 	11 11AM Tai Chi 12:15PM "Go For it!" Meeting— Children's Chapel	12 6:30PM Bereavement Support Group	13	14 11AM Tai Chi Intermediate 7PM Women's/Men's Group 7PM Joy of Spiritual Living group #6	15	16 8:45 AM Nature Walk— meet at the church to car pool or call Frank Rose for details
17 9:30AM Choir Practice 11AM Worship Service 12 PM Luncheon 12:15 Annual General Membership Meeting	18 11AM Tai Chi 12:15PM "Go For it!" Meeting— Children's Chapel	19 6:30PM Bereavement Support Group	20	21 11AM Tai Chi Intermediate 7PM Men's Group 7PM Women's Group 7PM Joy of Spiritual Living group #7	22	23
24 9:30AM Choir Practice 11AM Worship Service Memorial Day Theme 12PM Luncheon	25 MEMORIAL DAY 11AM Tai Chi [No "Go For it!" Meeting today due to holiday]	26 6:30PM Bereavement Support Group	27	28 11AM Tai Chi Intermediate 7PM Joy of Spiritual Living group #8 7PM Men's Group NO Women's Group (resumes next week)	29	30
31 9:30AM Children's Service (No Choir) 11AM Worship Service 12PM Luncheon						

AA & AL-ANON GROUPS: [Mon 6pm AA](#) [Tues 11am AA](#) [Wed 9:30am AL-ANON](#) [Wed 7:30pm AA](#) [Sat 8AM Men's AA](#) [Sat 11 AM Women's AA](#)
OTHER REGULAR EVENTS: [Tues 5:30PM Self Defense Classes](#) [1st & 3rd Thurs 6:30PM Global Chant](#)



Sunrise Chapel Territorial

June 2015



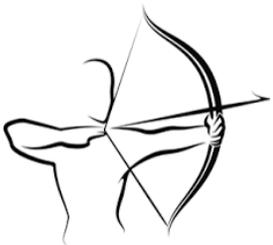
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 31 9:30AM Children's Service (No Choir Practice) 11AM Worship Service 12PM Luncheon	Jun 1 11AM Tai Chi 12:15PM "Go For it!" Meeting 7PM Calendar Planning Meeting	Jun 2 6:30PM Bereavement Support Group	Jun 3 7 PM Mid-week Vespers Service—meditation, music and prayer in the Chapel	Jun 4 11AM Tai Chi Intermediate 7PM Joy of Spiritual Living (final mtg) 7PM Women's Group 7PM Men's Group	Jun 5	Jun 6
7 9:30AM Choir Practice 11AM Worship Service 12PM Luncheon	8 11AM Tai Chi 12:15PM "Go For it!" Meeting—Children's Chapel	9 6:30PM Bereavement Support Group	10	11 11AM Tai Chi Intermediate 7PM Women's Group 7PM Men's Group	12	13
14 9:30AM Choir Practice 11AM Worship Service 11:45 AM "Sunrise Chapel Meet Yourself" 12PM Luncheon	15 11AM Tai Chi 12:15PM "Go For it!" Meeting—Children's Chapel	16 6:30PM Bereavement Support Group	17	18 11AM Tai Chi Intermediate 7PM Women's Group 7PM Men's Group	19 Happy "New Church Day!"	20 8:45 AM Nature Walk —meet at the church to car pool or call Frank Rose for details 
Summer Camp for Karate, Clay, and Archery 9-11 AM each day						
21 9:30AM Choir Practice 11AM Worship Service 12 PM Luncheon 12:45 Board Meeting FATHER'S DAY	22 11AM Tai Chi 12:15PM "Go For it!" Meeting—Children's Chapel	23 6:30PM Bereavement Support Group	24	25 NO Tai Chi class today—until July 20 7PM Men's Group 7PM Women's Group	26	27
~~~~~ <b>Pastor attends Annual Clergy Meetings — Bryn Athyn, PA</b> ~~~~~						
<b>28</b> 9:30AM <b>Children's Service</b> (No Choir Practice) 11AM <b>Worship Service</b> <b>Guest Preacher Frank Rose</b> 12PM Luncheon	<b>29</b> NO Tai Chi class until July 20 12:15PM "Go For it!" Meeting—Children's Chapel  <div style="border: 1px solid blue; padding: 2px; display: inline-block;"> <b>Pastor Returns</b> </div>	<b>30</b> 6:30PM Bereavement Support Group	<b>Jul 1</b>	<b>Jul 2</b> NO Tai Chi class today—until July 20 7PM Men's Group 7PM Women's Group	<b>Jul 3</b>	<b>Jul 4</b> 

**AA & AL-ANON GROUPS:** [Mon 6pm AA](#) [Tues 11am AA](#) [Wed 9:30am AL-ANON](#) [Wed 7:30pm AA](#) [Sat 8AM Men's AA](#) [Sat 11 AM Women's AA](#)  
**OTHER REGULAR EVENTS:** [Tues 5:30PM Self Defense Classes](#) [1st & 3rd Thurs 6:30PM Global Chant](#)



## **Clay, Archery, and Karate**

### **Summer Camp for Kids — A Week of Fun & Education**



**@ Sunrise Chapel**  
**Monday, June 15—Friday, June 19**  
**9-11 AM daily**



Registration is OPEN for  
**Weekday Summer Camp For Kids**  
Clay, Archery, & Karate  
\$125/child for a week of fun and education!

June 15-19, 9-11 AM daily all week  
At Sunrise Chapel  
8421 E Wrightstown Rd  
Tucson AZ 85715



**Instructors:**  
Michelle Harris—AKKA Karate Sensei  
Lauren Allen – Ceramic artist and educator  
Tanner Harris— Archery instructor

**To register or for more info, contact:**  
Lauren Allen 520-298-9269  
Michelle Harris 520-296-8575