



TERRITORIAL

Sunrise Chapel

"Helping People Experience Heavenly Joy"

August 2012

8421 E Wrightstown Rd, Tucson, AZ 85715
520.298.1245 www.sunrisechapel.org

PRAYING FOR OTHERS

By Nathan Gladish

A new Sunrise Chapel prayer group is forming. Well, it's actually restarting after a hiatus. Joy Confer will lead it on Wednesday afternoons at 2 pm at her home. Anyone is invited to participate. If you can't attend in person, call Joy and she can include you in the prayer chain.

Have you ever been asked, "Would you pray for me?" or "Could you keep my friend in your prayers?"

For some people the answer is an immediate

"Yes." For others the question might bring up a lot of other questions: "Does prayer work? What should I pray about? How often, how long, or how specific should my prayers be?" I can't answer all these questions in this short space, but let me share a few ideas.



SOME TEACHINGS ABOUT PRAYING FOR OTHERS

1. The Bible gives many examples of people praying for others.

When the great temple in Jerusalem was dedicated, King Solomon prayed

for many types of people in various circumstances - squabbles between neighbors, drought, famine, war. He even prayed about them praying: "Whatever supplication is made by anyone, or by all Your people Israel, then hear in heaven Your dwelling place, and forgive, and act, and give to everyone according to all his ways, whose heart You know." See 1 Kings 8:31-53.

Jesus also modeled prayer for others by praying for the disciples and for all the world in John 17. Specifically He prayed for Peter saying, "I have prayed for you, that your faith should not fail" Luke 22:31-32. Even while being crucified, the Lord prayed for His enemies.

2. In some cases, the Lord commands prayer for others.

"Pray for the peace of Jerusalem" Psalm 122:6. Jesus said to the disciples, "Pray for those who spitefully use you" Matthew 5:44. When the Israelites asked the prophet Samuel to pray for them, Samuel said "Far be it from me that I should sin against the Lord in ceasing to pray for you" 1 Samuel 12:19-23.



3. Some prayers in the Word address a community of people.

When Jesus taught His disciples to pray, He specifically spoke in the plural: "Our Father", "Give us this day...", "Forgive us our trespasses as we also forgive others"

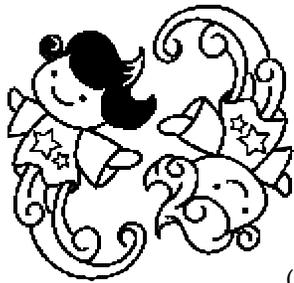
4. Praying for others can encourage humility in the one praying.

In the work, Secrets of Heaven #7391 we're taught that prayer is a tool to encourage humility. It can also bring a sense of hope and optimism about your relationships with others.

5. Praying for others can help keep the Lord and His ideas in front of our minds.

The essential thing of prayer is talking with the Lord and some inward revelation from Him, as explained in Secrets of Heaven #2535. Praying is simply having a conversation with the Lord, or at least thinking about the Lord with a certain situation in mind. It is always good to turn one's attention to the Lord and acknowledge His power to help.

These teachings and many others encourage us to use prayer often and effectively in many situations. To learn more about prayer, or to participate in a prayer group, contact me or Joy Confer.

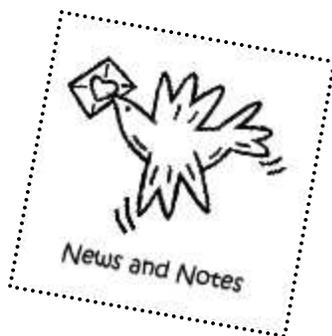


**SUNDAY
SCHOOL
MEETING**
August
12 at
12:45pm
(after church)

This meeting for parents and teachers of Sunday School students will be about planning the Sunday School program for the coming year starting September 2012 through August 2013. This past year we tried something new, with some of the teachers taking a block of Sundays one time in the year. This gave the teachers an opportunity to choose a topic that suited their interests and skills so they could spend more time on the chosen topic and spend time really getting to know the kids. At our meeting we will be talking about preferences for teaching and what lessons we would like to teach this coming year. Teaching Sunday School is a great way to get to know our youngest people of Sunrise Chapel. It is a great way to show your interest in their spiritual education. Please consider how you can serve this very important use. We would love to have you be a part of our team!

Elise Gladish

By
Louise
Rose
and
Billie
Baty



Congratulations to **MIKE VILLEBURN** on becoming a grandfather!



His daughter **Saralena** had a little baby girl on July 7th named **Alena Mae Villeburn Old Coyote**. Love and best wishes to all the family. Mike is the wonderful volunteer who, among many other things, keeps the entrance to the church blown clear of leaves and debris every week.

HERB RIDLON had a pacemaker put in to keep his ticker ticking, after having some symptoms of arrhythmia. Hope all goes well.

LOUIS WOOFENDEN has been awarded a full fellowship at Arizona State University to earn his Master's degree in one year in their program of Engineering and Sustainability. It covers all expenses from Aug. 2012 to Summer 2013. Congratulations, Louis! There is one drawback: he will be living in Phoenix while his wife Kelly will remain here in Tucson. We're sure they will be spending plenty of time on the I-10 traveling to see each other.

FRAN BLAESING had the fun of getting a letter printed in the Letters to the Editor section of the Star. She was responding to an amusing column by Josh Brodesky who was pretending to think that the invasion of Arizona by Midwesterners was much more serious than by illegal immigrants. Fran's tongue-in-cheek letter was asking if there was an amnesty program for seniors?



MIKE and LYNN BROWN have had lots of family visiting them, including teenage grandchildren from the east coast, getting to see the monsoon season here.

Good luck to **TOM BELL** who is

headed into the hospital for knee surgery. He seems amazingly optimistic about how fast he will bounce back. Hope he's right!

DAVE LARSON is in town from Chicago. He is a computer genius and we all breathe a sigh of relief when he is here to help us out with our glitches. Soon he will be joined by his wife **Liz** and they will drive to California for her family reunion.

CHERI and GEORGE REYNOLDS have had the pleasure of a visit from her brother **Mark Carlson**, who has been on a long car trip around western US. Mark was born and raised here in Tucson and we always love to see him back.

The fire in Colorado kept **ARLEEN ANDREWS** on the edge of her seat for weeks while it burned so much of the beautiful scenery close to Ft. Collins that she and her family called home for many years. Some family still live there, and are 4th generation Dairy Farmers. Arleen also has family who now live in Orlando, and she enjoyed a nice visit with them in July. It's always a delight to see them, and granddaughter **Rose** (now 15), really lights up her grandmother's eyes whenever she comes to visit.

It is good to see that **VERN and CAROLYN WEHR** made it back to their home in CT. It took 16 days and they stopped in 5 different places. Vern says they are enjoying seeing some of their hometown friends, but are already missing us back here in Tucson and send their love to all.

DONNA WILDER was hospitalized again. We are so sorry to hear that. We wish her all the best with her recovery.

Congratulations to FRANK and LOUISE ROSE on the purchase of their brand new car!! It's a Honda Civic to replace their Camry that we have come to love over the last 20 years. Their 17 year old grandson is pleased to be the next owner of this still good running car even after 200,000 miles.

BETSY and STEVE GLADISH

went away twice and did some hiking. No cell phones or television, just beautiful scenery. They also had a nice visit from their grandson **Darren** who came to Tucson to spend a few days on a hiking trip with his grandfather **Steve**, and **uncles Steve Jr., Dave and Ray**.



It's good to see **VALERIE THIM** back doing greeting and volunteering in her other capacities.

Congratulations to **PHIL BATY** (Jack's brother), who won the silent auction for the Grand Canyon rafting trip on July 6th. It was a lot of fun and a very memorable experience with lots of pictures to share. The helicopter ride out of the Canyon was awesome!

DEE FLETCHER is back from a very exciting trip to China with her son and his wife who have adopted two girls from China. They took the girls to see their home country. We are eager to hear all about it.

CONDOLENCES:

We are saddened by the news that **JOHN LEMONS**, a good friend of Sunrise Chapel passed away on June 19. A celebration of his life



was held at the Unity of Peace Church, officiated by his wife, **Dr. Carol S. Lemons**.

Our love and prayers also go to **VICKIE CAMBALIK** and her family, whose husband **Richard** passed away on July 9th. A memorial service was held at St. Melany Byzantine Catholic Church. Vickie has been a close friend of Sunrise Chapel for years, and has taken part in many of our various small group activities.



EVERYONE IS INVITED

The family of **TOM and LINDA WADDELL** invite you to help celebrate their 50th wedding anniversary at SUNRISE CHAPEL on **SATURDAY, AUGUST 18th** from 4:30 to 9:30 p.m. Pot Luck Dinner. No gifts, please (cards OK). **EVERYONE IS INVITED**. For suggestions about what to bring to the Pot Luck, please call (daughter) Christine Morey 520-370-3145. Come and enjoy time with this delightful couple who have been part of our church from the beginning and now live in Truth or Consequences, New Mexico.

STEWARDSHIP COMMITTEE

Accomplishments This Past Year

I am happy to report that the Sunrise Chapel Stewardship Committee has been working steadily since December 2011 to support various church-related financial projects. Because of their recommendations, the members of the Board were given the detailed



information they needed to make important cost reductions. The

Committee also worked closely with the Pastor and our Treasurer to help develop a multi-year, multi-faceted strategic plan. This plan was presented to the Board in June and unanimously endorsed. Then Pastor Nathan presented it in person to our denomination's Financial Officer, David Frazier, in Bryn Athyn, PA, who is very grateful for our work.

Please thank the members of the Stewardship Committee for their work. They have accomplished several big goals. And they will be meeting in August to continue with new projects.

Ken Lee, Chairman



WELCOME GLENN AND MARY ALDEN

Welcome Glenn and Mary Alden on a visit from Australia. Our former pastor and wife are traveling from their new home in Brisbane to visit family here in Tucson, as well as in Canada and on the East Coast for a family reunion. They will be away for about 6 weeks - from the end of July to almost the middle of September. While here in Tucson, Glenn has offered to preach on August 19.



Like Our Facebook Page?

If you are a Facebook user, please "Like" the Sunrise Chapel Facebook page. This is yet another way to share interesting information about the church and extend our feeling of community.

~Nathan



LEARNING FROM SYMPTOMS

Frank S. Rose

The cough would not go away. I knew that it was time to see a doctor. After he examined me, and learned about my state of health, he made several recommendations. As soon as I began to follow his advice, the cough cleared up and has not returned. That was over fourteen months ago. The symptoms that got me to go to his office were annoying, and were very important messengers. I am glad I listened to them.

Isn't it wonderful how the body provides signals to tell us when something is wrong? These signals may come in the form of aches and pains, lumps or bumps, shortness of breath, tiredness, fever or a host of other indicators. They are all there to inform us. Of course, even with the best medical care, we may find that certain symptoms never go away, and we live or die with them. But many of them do disappear once the underlying problem has been addressed.

Something similar takes place with the human spirit, though in this case the symptoms involve our feelings and thoughts more than the body.

Part of spiritual growth is paying attention to our usual state of mind. Do we find that we spend a lot of time with worry or frustration? Are we chronically angry? Are we unhappy? All of these symptoms are cause for

concern. They are signals that something is wrong. I know how hard it is for me to admit to physical problems and actually go to see a doctor. Many of us find it even harder to admit that our state of mind is not what it ought to be, partly because we assume that nothing can be done to make it better.

Just imagine a person waking up to the realization that they are just not feeling well spiritually? The person has a strong sense that something needs to be done. What is the next step?

Fortunately in many cases, a little spiritual work will make an enormous difference. Many of the spiritual growth tasks are designed to support people in changing their state of being so that the symptoms go away.

Take the case of *fear*. If fear is a recurring and debilitating companion in someone's spiritual state, the task that helps us to dissociate ourselves from the fear can be very helpful. A person can say: "It (the lower self) is afraid, but I am not." or work the task about *taming the wild elephant*. Relax the body; Take a hot bath; Get a massage. And when negative thoughts arise that play into the fear, reject them in favor of positive thoughts.

The task about *living in the present* could also help. Most of the things we fear are in the future. If we dwell too much on possible future catastrophes we will find ourselves welcoming fear into our lives. Turning our attention to something positive and good in the present can be an enormous help.

This also holds true for other emotions such as chronic anger. "There is anger in my basement, but I am not angry" could be one way of reducing its power. Another technique is to ask ourselves "Why am I making myself angry so much of the time?" Anger, like all negative emotions, is an "inside job." Of course there are injustices, and there are things that call for change. If that is the case, we can use our anger to achieve some positive goal.



Some of our mental unrest comes because of intolerable situations, like the woman who is in an abusive relationship, and finds herself miserable most of the

time. The state of misery is an important symptom. She cannot forever stay in the abusive relationship. She needs to do something. She may need to find a shelter, go to counseling, get legal advice, or take some other course of action that will change the situation. Spiritual work by itself is not strong enough to keep a person positive when something really depressing is going on.

There are conditions like depression that call for professional help. We are not meant to feel sad for long periods of time. So just as the body is designed to feel healthy and whole, and pain is a signal to get help, so the spirit is designed to be happy. Negativity of any kind



is there to tell us to do spiritual work, or get help.

So the next time you find yourself in a negative state of mind, see if one of the spiritual tasks will help you to move into a better place. If that doesn't work, consider whether something going on in your life needs to be changed. If changing your life does not bring relief, get help from counseling or therapy.

But what ever you do, do something. Life is not supposed to be negative. We can learn from our symptoms, and put energy into coming into a better spiritual state.



Meets first and third Thursdays of the month at 2:30 pm in the library at Sunrise Chapel

A wonderful circle of women met last month for our first gathering of the Women's Group. We gather together to share ideas, support each other on our spiritual journey, and to gain inspiration for living life the best way we can. We had a great discussion about worry and impatience based on an article from New Church Connection called "Live with Less Anxiety and More Joy." by David Roth. We decided that we will choose both books and articles to read on a variety of topics for future discussions. If you have a topic you would like to share with the group please email Élise at elisegladish@gmail.com.

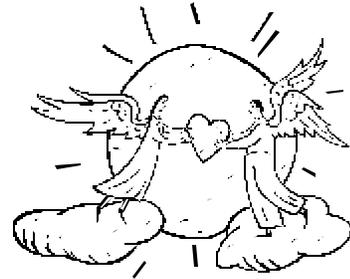
We are starting an email group for communication with Women's Group members. The topic for our next meeting will be posted there, and also communicated through other weekly Sunrise Chapel communications. We welcome any women to join us for our next discussion on August 2nd.

Élise Gladish

HEAVEN

By Shirley Leighton

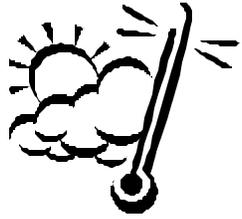
**Feels like love –
Love overflowing –
Changing me
Opening locked doors
Earlier closed.
Unblocked energy
Allows for good's flow
Into every phase of my being
In every form
Enjoyed by humans.
The smile in my heart
bends me in humility
Bursting over into dance –
This must be Heaven.**



Successful Calendar Brainstorming



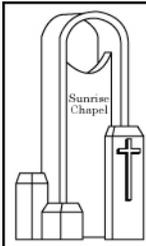
Ten people participated in a meeting on July 16 to plan all sorts of aspects of the church calendar for the next twelve months. Many of the decisions we made are already entered into the online calendar at www.sunrisechapel.org. You can view the calendar online in several different formats (monthly, weekly, or schedule). If you have any questions or see anything that needs updating, please contact me. I want the online calendar to be an accurate, reliable resource for everyone. ~ Nathan



SUNRISE CHAPEL AUGUST 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
AA & AL-ANON Meetings: Monday's AA - 6:00pm Tuesday AA - 11:00am Wednesday's Al-Anon - 9:30am AA 7:30pm Thursday AA - 6:30 am			1 2:00 PM – Prayer Group at Joy Confer's	2 2:30 PM – Women's Group 7:00 PM – Men's Group	3	4
5 11:00 AM Worship Service	6 6:00 PM –Meditation (call before coming)	7 6:30 PM –Bereavement Support Group	8 2:00 PM – Prayer Group at Joy Confer's	9 7:00 PM – Men's Group	10	11
12 11:00 AM Worship Service 12:45 AM Sunday School Planning Meeting	13 6:00 PM –Meditation (call before coming)	14 6:30 PM –Bereavement Support Group	15 2:00 PM – Prayer Group at Joy Confer's 5:30 PM – Stewardship Committee Meeting	16 2:30 PM – Women's Group 7:00 PM – Men's Group	17	18 4:30 – Anniversary Party – Tom & Linda Waddell
19 11:00 AM Worship Service – <u>Rev. Glenn Alden</u> 12:45 PM – Board Meeting	20 6:00 PM –Meditation (call before coming)	21 6:30 PM –Bereavement Support Group	22 <u>Deadline for Territorial Articles Submission</u> 2:00 PM – Prayer Group at Joy Confer's	23 7:00 PM – Men's Group	24	25 Marriage Movie Night 6:00 PM Potluck supper 7:00 PM -Video
26 11:00 AM Worship Service HOLY SUPPER AMC luncheon	27 6:00 PM –Meditation (call before coming)	28 6:30 PM –Bereavement Support Group	29 2:00 PM – Prayer Group at Joy Confer's	30 <u>Territorial Assembly and Mailing</u> 7:00 PM – Men's Group	OTHER REGULAR EVENTS: Mon. & Thurs. - Yoga Tues. 5:30 pm Self Defense 1 st & 3 rd Thurs. Global Chant Friday 6:30 p.m. Buddhist Meditation	



SUNRISE CHAPEL

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Marriage Education "Laugh Night" #3 Saturday, August 25 in Friendship Hall

Pot luck supper at 6:00 pm
Video presentation at 7:00 pm



Pastor/Comedian Mark Gungor really will make you laugh - while also giving you insights and hope about your relationships. This third DVD in the series is called "**How to Stay Married and Not Kill Anybody.**" It's about discovering the power of forgiveness, or what Mark likes to call "The Reset Button."



RSVP to Nathan or Elise Gladish

