



TERRITORIAL

Sunrise Chapel

"Helping People Experience Heavenly Joy"

September 2012

8421 E Wrightstown Rd, Tucson, AZ. 85715
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These are the Future Good Old Days

by Nathan Gladish

I made a large button to wear to remind me to live in the present. It is a drawing of the face of a clock with a normal hour hand and minute hand. However, in place of the numbers 3, 6, 9 and 12, I wrote the word "Now." Whenever I wonder what time it is, my button reminds me of the only moment there is – now. Sometimes I look at my "now clock" and think, "It's a quarter past now," or "It's the top of the hour," but it is always right now. Wonder of wonders, unlike all other watches and clocks I have ever owned, this one always keeps absolutely perfect time.



The problem is my appreciation of the present moment is often muddled by thoughts and feelings about the past and the future. Sometimes it's fun to look back on prior experiences and wish for "the good old days." Who doesn't enjoy walking down memory lane and recalling wonderful moments when everything seemed to be going so smoothly? It's even tempting to long for a return to certain old times. After all, if they went well and were enjoyable, why not? On the other hand, memories of the past can also bring up dark and sad states, such as unresolved hurts, traumas, and regrets.

Thinking about the future can also interfere with my appreciation of now. While it is important to make plans – sometimes very elaborate plans – for coming events, I can easily get caught up in worries about what might or might not happen.

In the book, Secrets of Heaven (paragraph 2493), Swedenborg explains how people in heaven handle their thoughts about the past and future. "I have spoken to angels about the memory of consequent anxiety concerning things of the future, and I have been informed that the more interior and perfect angels are the less they care about things of the past or think about those of the future, and this is also the origin of their happiness. They have said that the Lord provides them every moment with what to think, accompanied by blessing and happiness, and that this being so they have no cares and no worries." Sounds heavenly, eh?

Looking to the past can often be educational and looking to the future can keep hope alive, but try as we might, we simply cannot turn the clock backwards or forwards. The past is history and much of the future is a mystery. Now is the best time, in fact the only time, we are truly alive. Eternity is not a long time; it is just one opportunity after another to make the most of each present moment. Now is the time to experience life in all its glory. These are the future good old days. Let's make the most of our time together.

NEW SERMON SERIES

“Twelve Miracles of Spiritual Growth”

In sets of three services sprinkled throughout this year, I will focus on twelve New Testament miracles.



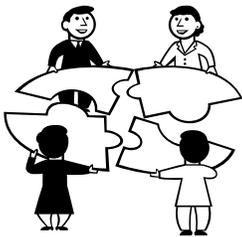
The first series of three messages starts on September 9. As a resource and a study tool, I will be drawing on research and insights from a new book written by E. Kent Rogers by the same title. The Worship Team is reading and discussing each miracle, and the book is also recommended for your consideration.

I want to thank Steve and Betsy Gladish for writing the following excellent introduction to both Kent’s book and this sermon series. –Nathan Gladish

12 Miracles of Spiritual Growth

“All there is, is love.”

These lines from a Beatles’ song, sum up the surprising focus of E. Kent Rogers’ book. Love is what motivates us. Love changes us. He shows how these healing miracles, these ageless Biblical stories, enrich our lives, and give us light into becoming more loving and useful. Kent Rogers shows that deep within us there is the desire to connect. Within our weaknesses are blessings and strength, because we then reach out to God and to others. Our frailty drives us with humility towards meaningful relationships and reduces our arrogance and critical natures.



The book’s title appears to focus on the twelve miracles of healing and spiritual growth. But the reader is first struck by the care the author takes to explain his own spiritual growth and understanding. The clarity, vulnerability, and step-by-step thought

processes of the author are a model of inspiration for the reader: “If this lay person can do it, perhaps I can do it.”

Jesus shows us the way towards love because He is love and He is in us. This heavenly state of mind can be achieved on earth, when we read, understand, and apply the stories of healing in The Word to our own lives. We often seek logic and understanding in the Word’s stories. When we don’t understand them and can’t find the real message, we can be discouraged and disconnected. Kent Rogers encourages us to allow the message of love to lead us. We can identify with each character and know for certain that God speaks to us through them. As we put ourselves in their place and feel what they experienced, the message will shine through.

The Introduction is a detailed recipe for a lifetime of growth and receptivity. Love, like olive oil, functions as both the main ingredient and the end product. Kent Rogers illuminates the role of Jesus, the symbol and synonym of love, as both our Guide and our Destination.

E. Kent Rogers, son of Ned and Val Rogers, graduated with a BA in religion from Bryn Athyn College, headquarters of the General Church to which we belong. Earned a MS in mental health counseling from the University of Massachusetts. Co-founder of the Loving Arms Mission, a fund-raising organization dedicated to creating and supporting New Church children’s homes, he moved to Nepal in 1999. Married in 2002 to native Nepali, Shovha Budhathoki, they operate a home for thirteen children who have no home of their own.

by Betsy and Steve Gladish



News and Notes



by Billie
Baty and
Louise
Rose

Our special thoughts go out to **VERN WEHR** who has had a serious heart operation up in Deep River, Connecticut, by the same surgeon who operated on him 28 years ago. We wish him a very successful recovery and many years of good health. Vern and Carolyn usually arrive back in Tucson around New Years. We will look forward to that.

Congratulations to **BETSY GREEN**



who has been named Executive Director of the Catalina Foothills School District Foundation. Betsy has had an amazing career including 15 years spent with KMSB-TV where she was director of business development. We are very proud of her and wish her every blessing in her new position.

We have received an e-mail from **BARBARA RAGELS** who was a long-time part of our congregation and was one of the speakers at our Dedication Banquet when Sunrise Chapel was built. She and her husband Doug now live in Yuma. She was writing to tell us of the passing of her father Bob Hickman in June. Bob had been an enthusiastic hiker with the Sunrise group that tackled such

hikes as Picacho Peak. We remember him as being full of fun and good cheer, keeping us laughing while we slogged along. **Our condolences to Barbara and the Hickman family.**

Our sweet and gentle friend **PEARL LINDSTROM** passed away in early August. She and her husband Clarence have been faithful attendees of Sunrise Chapel and have been part of the Journey programs and growth groups. There was a lovely memorial service for her on Sat. August 18th. Pearl had 7 children, many of whom were there with their own children. A grandson sang a song he had composed in her honor, and quite a few of those attending the service shared memories that they had of her life. It was heartwarming to see such a large thriving family.

Speaking of large family gatherings, on that same day, August 18th, the Waddell family invited many family and friends to Friendship Hall for a huge party in honor of **TOM and LINDA WADDELL's** 50th wedding anniversary. It was amazing to see how many people feel connected to this special couple, people of all ages, from near and far. Surprises included a full-sized sword to cut the cake, and a family friend, Dr. Byrd, in an authentic Revolutionary War uniform! It was a lively and you might even say, riotous party that will not soon be forgotten.

Congratulations to Tom and Linda from all of us.



On a recent Sunday, it was pleasant to greet **MARGE GRUBB's** brother Bill, with his wife Joyce and grandson. They have moved nearer to Tucson so we might be seeing more of them, we hope.

It was good to hear from our dear friends **SHARON and MICKEY ZOYETZ** who tell us they took a day trip to Edmonton, Alberta to a family reunion. They had lots of fun, but were happy to get home. They look forward to seeing us here at Sunrise Chapel in a couple of months.

CARMELA BARKER has been recovering from eye surgery. As of this writing they are waiting to see if more surgery will be necessary. **Our love and prayers are with you, Carmela!**



It has been wonderful to have **GLENN and MARY ALDEN** back with us for a little while. They will soon be going back to Australia for a much longer stay. We will certainly miss them. We were happy to have Glenn preach at Sunrise Chapel on August 19th.



We are happy to hear from **FAYE McCOY** that her cataract surgery was a

success! She can see so much better that she is doing a bit of gardening again.

ROSE LEACH and TRISH WANN will be exhibiting their work in a craft fair at the beautiful Tanque Verde Guest Ranch on September 15. Stop by and say Howdy.



We would be delighted to have any news of you or your friends/family to put in the news notes. Just pass it on to Louise 721-1091 or Billie 298-2995. Thanks!

SPIRITUAL GROWTH CORNER



THE ONE WHO PAYS ATTENTION

Shirley Leighton

"To be undivided and unfragmented, to be completely present, is to love. To pay attention is to love."

Sharon Salzberg

When I am able to "attend" my own experience, I am enriched beyond description. A detachment occurs when I can look at feelings, calling them by name, and of course, when they are good, I can identify and hold on to them for as long as I like. But if they are discomforting,

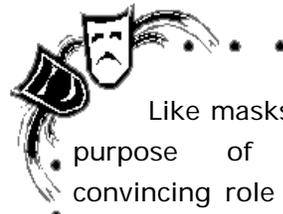
distancing myself in this way is very helpful. I have found a part of myself which isn't affected by the sequence of events.

The observer, the listener, the one who "pays attention" has been within me all my life --- before communication skills were developed -- and without words, has noticed everything that ever happened, rather like a member of the audience in a theater. As long as I can remain in that audience, things are fine. It's only when I become convinced that the play is real, do I lose perspective and become overtaken with the emotions involving its characters.

At that point, my freedom is sacrificed as I am embroiled in the script, believing that the actor in some role is "who I am." That's when the trouble starts - - when we believe the play -- since our true self gets lost in the shuffle.



The different parts of myself are all called by the same name, ME, which is confusing when we make any attempt to define or separate them. Finding other names for the self is also confusing. However, having a construct into which we might fit a new understanding of how the assortment of selves function is very helpful.



Like masks donned for the purpose of portraying a convincing role in life's play, we assume varying characteristics. In truth, multiple personalities exist within us all, some finding greater expression than others. The more life experience we have, the greater diversity we may develop in human relations. If we allow our in-depth emotions to expand our expression, the personality can change a great deal, enhancing every contact.

Then unconditional love can be felt as our true nature. We attract situations to learn from and grow on, like magic. Synchronicity plays its hand in all our affairs. The simple idea that, "what we need is what we get," tells us it pays to be happy with what we have.

When our ability to summon the "observer" develops, an instant freedom is found. This prize gift of detachment can be won with practice, for the truth is that the listener, the watcher, the one who "attends" in the moment is free and happy, eternally secure -- the reality of oneself. Surely it is worth our time and effort to learn to "pay attention" in this way. The rewards are beyond description. The "One Who Pays Attention" becomes our best companion and friend, and a connection to our Source provides a constant assurance in the heart.



NOTE FROM WOMEN'S GUILD

By Kitty Aughey

The Women's Guild has enjoyed a vacation during the summer months after the busy, successful Patio Sale. Now, it is time to get back to work.

We will meet the first Sunday of every month at 12:45 in the back of Friendship Hall. The first project is the November Boutique and Craft Sale - November 2nd and 3rd.

Please join us and learn all about the Guild and what needs doing for the Sale. We can use lots of help!

OUR GOALS ARE TO SUPPORT THE CHURCH AND HAVE FUN!

Questions? Please call Kitty Aughey at 296-6488

SOME GOOD NEWS

ABOUT OUR CHURCH FINANCES

By Art Watson



If you noticed the "Treasurer's Corner" in the weekly email update and the Sunday bulletin, there was a reason to celebrate in July. "Donations received" actually *exceeded* "Donations Needed" by about 6%. And it looks like we might also meet our goal for August, too! Congratulations, everyone! This is the kind of good financial news that Sunrise Chapel has needed

for a long time. Besides everyone's regular donations, three other key factors helped:

- We reduced our expenses (primarily in the area of secretarial help).
- The General Church reduced our cost of the pastor's medical benefits.
- Our monthly "Donations Needed" figure is now adjusted seasonally.

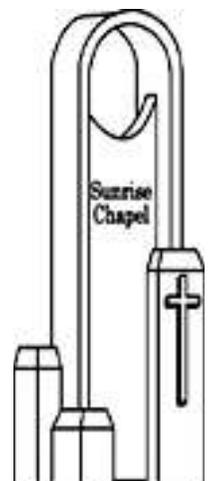
Let me elaborate on the third factor. In the past, the "Donations Needed" figure was the same every month throughout the year. Now this figure varies from month to month based on the historic average of monthly "Donations Received" over the past several years. This provides a more realistic target that reflects the seasonal ups and downs of church attendance and giving.

These three changes are helping us meet our current income and expense targets. **We are on track with our strategic plan for financial sustainability!** And your ongoing financial support is very important so we can continue to thrive and carry out our purpose as a congregation - "Helping people experience heavenly joy through spiritual growth."

Congratulations and thank you to everyone for your donations!

"NEW CHURCH FOUNDATIONS" COURSE

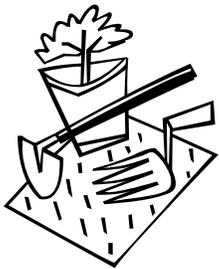
I will be offering an 8-session "Introduction to the Church" starting the week of September 10. This course covers the basic teachings and history of the New and discussions that we have. It is conducted in an interactive way,



So everyone gets to participate. If you've ever wanted to learn more or get a refresher on the basics of our church, this is a fun and interesting opportunity.

THE FIRST CLASS WILL BE WED. SEPTEMBER 12
From 3:30 – 5:00 p.m.

To sign up, just contact me anytime. ~Nathan



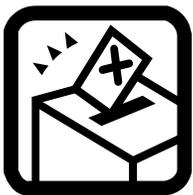
CARE FOR YOUR CHURCH DAY

September 15 from 9 to noon

There is something satisfying about working together as a community to care for and spruce up the church property. It's a good feeling, and every little bit makes a difference.

This church year, we have scheduled several Care for Your Church Days. The first one is coming up on Saturday, September 15 from 9 to noon. You can come earlier or stay later. Outside, we'll be working on weeding and landscaping, so bring any favorite tools. There will be indoor jobs, too, such as replacing light bulbs and doing some deep cleaning. And you can pick your project. Even if you can only come for an hour, your participation will be gratefully received.

VOTING FOR OUR NEXT EXECUTIVE BISHOP



The **Rt. Rev. Thomas Kline** will be retiring as Executive Bishop of the General Church of the New Jerusalem as of June 30, 2013. At their meetings in June 2012, the General Church Clergy nominated the **Rt. Rev. Brian W. Keith** as the next Executive Bishop of the General Church. The Board of Directors of the General Church then affirmed that decision.

In the next two months, all signed members of the General Church will have the opportunity to cast a vote of affirmation or non-affirmation. In September, members can expect to receive a letter and ballot in the mail, which will also include instructions on how to vote online if you wish. Election Services Corporation is the company conducting the vote.

If you have questions concerning this process, contact Alaine York, Secretary of the General Church, PO Box 743, Bryn Athyn, PA 19009. (Alaine.York@newchurch.org)



FROM THE MUSIC DIRECTOR

Hello! My name is Andrea Pratt, and I'm loving my new role as Sunrise Chapel Music Coordinator. Many people say music is an important part of worship. Even folks who don't sing enjoy listening to various kinds of music. It can be meditative, motivational and inspirational.

One of my goals is to provide a rich variety of live music in our services. I want to get a variety of musicians involved, playing and singing with their hearts. Expect to experience something special each Sunday. Of course we are learning as we go, but we are hopeful that our music ministry will grow and help fulfill our purpose of helping people experience heavenly joy through spiritual growth. If you have any comments or questions about music, or if you want to help with any aspect of our music ministry, just let me know. I'd love to talk with you.

MARRIAGE MOVIE NIGHT

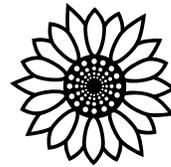
by Nathan and Élise



We are having a great time learning together in an informal setting about the delights and challenges of marriage. Set aside Saturday night, September 29 for another get-together.

Potluck at 6 pm. Presentation at 7pm.

SUNRISE CHAPEL



SEPTEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AA & AL-ANON Wednesdays AA - 6:00pm Tuesdays AA - 11:00am Wednesday Al-Anon - 9:30a AA 7:30pm Thursdays AA - 6:30am Saturdays AA Men's - 8:00 am Saturday AA Women's 11:00am Sundays AA 5:00pm AA Meditation 7:00pm						1
2 11:00 AM Worship Service 12:45 Women's Guild	3 <u>Labor Day</u> 6:00 PM –Meditation (call before coming)	4 6:30 PM – Bereavement Support Group	5 2:00 PM – Prayer Group at Joy Confer's	6 2:30 PM – Women's Group 7:00 PM – Men's Group	7	8
9 11:00 AM Worship Service	10 Stewardship Committee 5:30PM 6:00 PM –Meditation (call before coming)	11 6:30 PM – Bereavement Support Group	12 2:00 PM – Prayer Group at Joy Confer's 3:30 Foundations Class	13 7:00 PM – Men's Group	14	15 <u>CARE FOR YOUR CHURCH DAY</u> 9:00 AM - Noon
16 11:00 AM Worship Service 12:45 Board Meeting	17 6:00 PM –Meditation (call before coming)	18 6:30 PM – Bereavement Support Group	19 <u>Deadline for Territorial Articles</u> 2:00 PM – Prayer Group at Joy Confer's 3:30 Foundations Class	20 2:30 PM – Women's Group 7:00 PM – Men's Group	21	22
23 11:00 AM Worship Service	24 6:00 PM –Meditation (call before coming)	25 <u>Pastor's Vacation 25th – 29th</u> 6:30 PM – Bereavement Support Group	26 2:00 PM – Prayer Group at Joy Confer's	27 7:00 PM – Men's Group	28	29 Marriage Movie Night - 6:00PM potluck 7:00 presentation
30 11:00 AM Worship Service – Rev. Dave Lindrooth AMC Luncheon	OTHER REGULAR EVENTS Monday & Thursday 9:00 am – Yoga Tuesday 5:30 pm Self Defense 1 st & 3 rd Thursday Global Chant Friday 6:30 p.m. Buddhist Meditation					



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WOMEN'S DISCUSSION GROUP TOPICS –

by Élise Gladish

We are having a good time at our women's discussion group, and I am looking forward to our discussions in September. We will be taking up our first book *THE HOLY MAN* by Susan Trott. I have at least 4 copies of the book to distribute to our members so that it can be read ahead of time. Let me know if you would like to borrow a copy. It is a short, easy read.



Here is an excerpt from a review of the book: "Each chapter of this charming book tells the tale of a pilgrim and his problem. These simple and beautiful tales help us unravel the knots of everyday anxieties with profound ease, humor, wisdom, and elegance." This book has a lot of everyday wisdom in it, and it gives the readers a chance to discover within ourselves what we can do to give ourselves more peace of mind.

Our meetings are the first and third Thursday of the month at 2:30 in the Sunrise Chapel Library.

September's meetings are the 6th and 20th.