



4345 West 41st Avenue
Denver, Colorado 80212
303-249-1328

*Awakening Humanity
To Its Spiritual Magnificence*

July / August 2009 Newsletter



Sunday Morning (10:00 - 11:30) Talk Topics:

- July 6: True Celebration, Guest Speaker, Susan Portincaso, LSC
- July 12: Back-up you're too close - The Power of Time Management
- July 19: It's about Time. Your Personal Relationship to Time
- July 26: Strategize - Creating Your Ideal Balance
- August Series on World Religions One Spirit, Many Paths
- August 2: From the One the Many
- August 9: The Path of Love and The Path of Reason Jesus and Plato
- August 16: The Path of Harmony and The Path of Righteousness Confucius and Zoroaster
- August 23: The Path of Deliverance and The Path of Identification Buddha and Brahaman
- August 30: The Path of Submission and The Path of Law Allah and Jehovah

Ongoing Events:

Sunday Morning discussion: 10:00 – 11:30 each Sunday

Third Saturday Game Night: 6:30 – 10 the third Saturday of each month



For July: **Mondays are 4 You!** The first four Mondays of each month, 6:30 – 8:00

1st and 3rd Monday: Women of Wisdom. As women, we all have the innate wisdom within to bring healing to this planet. WOW Circle is a safe and sacred space to explore our individual healing as well as the collective. Our time together will include prayer, meditation, ritual/ceremony, celebration, play, sharing and exploring. Together we can support one another to become the change we wish to see in the world. We'll see you there! *Facilitated by Susan Portincaso, LSC.*

2nd Monday: Prayer Circle. Prayer Circle is a time of gentle, deep healing, nurturing, and inspiration...a time of candles, quiet music, meditation, and healing prayer in a circle of supportive friends and loved ones. A Prayer Circle is a group of individuals that come together to express the God within and to affirm the Truth. Ernest Holmes said: "Prayer is a thought, a belief, a feeling, arising within the mind of the one praying."and, "When prayer removes distrust and doubt and enters the field of mental certainty, it becomes faith; and the universe is built on faith." You may come and meditate and/or pray for the community, the nation, or the world or any part of it. You may also come and request prayer for yourself or loved ones. *Facilitated by Rev. Rita and Lattina*

4th Monday: Visioning Circle. Visioning is a form of co-creation pioneered by Dr. Michael Beckwith to expand life's potential. It allows you to transcend limited thinking , to align with Divine Wisdom. It is always about becoming, not about doing - about the "What" and not the "How." You will access the "bigger picture" and perceive your part in its unfoldment. It is an essential tool in becoming the change you want to see in the world. Visioning together in circle provides an opportunity for you to learn and practice the process. Visioning may be for a project, business, life purpose or any request you and others bring to the circle. *Facilitated by Barbara Noonan, LSC.*

See the Calendar for up to date information on what is going on.

<http://www.mountainvista.org/programs.html>

Special event First Friday – August 7

The Sharaqa Shimmers are performing @ 7:00 and 8:30pm. on First Friday. First performance is at Provide-N-ce, the Gallery just east of the Spiritual Center. Come and enjoy the art, music, and dance!

TREATMENT AND WEEKLY AFFIRMATIONS

July 2009

By Bob Foster RScP, Licensed Spiritual Counselor

July's discussion topics are based on the book: **"Time Management from the Inside Out"** by Julie Morgenstern

Treatment:

One Source of peace, harmony, wholeness, and perfection the One Mind is all there is. Spirit constantly flowing in through and around all things creating and flowing; everything known, everything unknown, everything yet to be known, and everything never known. Changing yet still, centered in all places at all times, at every point of the universe, at one time, now and always. There is only one time and that time is now. I recognize I am of the One, as an ocean drop is of the ocean. I know that in this time, which is now, I am able to find balance and harmony to do all the things I do, experiencing wholeness and perfection in my life. For this I say thank you, thank you, thank you, Spirit, as I release this truth to the Universe, and so it is.

Weekly Affirmations

Week 1: I know that true celebration is from the heart and my heart truly celebrates the One Spirit in me.

Week 2: I am a timeless being living in the now. I explore new ways to be now.

Week3: I have a personal relationship with time and it is now. Now I am learning to master my now.

Week 4: I have balance in my life, as I manage my time.

August 2009

Treatment:

The One Mind is everywhere, always, and all knowing. This One is the Presence of the Universe all there is, centered at all points in every cell and molecule of all things. Spirit presents as all things in all ways: visible and invisible, known and unknown, yet to be known and never to be known, the Creator and the Created. This One Source is centered in each of us now and always. One, is us, as us, is creating through us Peace, Love, Abundance in our daily lives Perfection is ours to embrace. For all these blessings we are thankful for the grace with which they are given, and the grace with which they are received, and just say thank you, thank you, thank you God for this life. Releasing these words to the Universal Mind knowing it is already manifested, and so it is.

Weekly Affirmations:

Week 1: So many paths with only one destination.

Week 2: Spirit ... "it's all good."

Week3: Peace and harmony in life are found when one follows any of the paths toward the One.

Week 4: It is not important which path one believes in as long as one believes.

Week 5: Truth can be found by anyone who seeks the Truth.

ARTICLES

About Body Talk, by Miski

Overview

BodyTalk is an astonishingly simple and effective holistic therapy that allows the body's energy systems to be re-synchronized so they can operate as nature intended. Each system, cell, and atom is in constant communication with each other at all times. Through exposure to the stresses of day-to-day life, however, these lines of communication can become compromised or disconnected, which then leads to a decline in physical,

emotional and/or mental well-being. Reconnecting these lines of communication enables the body's internal mechanisms to function at optimal levels, thus repairing and preventing disease while rapidly accelerating the healing process. In this way, BodyTalk stimulates the body's innate ability to balance and heal itself on all levels.

Flexible and Safe

BodyTalk can be used as a stand-alone system to treat many chronic and acute health problems, or can be seamlessly integrated with any healthcare regimen to increase its overall effectiveness. BodyTalk's major assets are its simplicity, safety and the speed of results.

BodyTalk is non-invasive, objective in application and works effectively on humans and animals alike. If a BodyTalk technique is implemented incorrectly, there will be no result or change; it will not make things worse. Because of this built-in safety factor, anyone who receives BodyTalk has nothing to lose and everything to gain as far as his or her health and wellness is concerned.

World-Wide Reach

BodyTalk is being used in 35 countries with translations in 8 languages.

For more information, contact: Miski 303-881-5332 hapeespirit@yahoo.com



Game Night by Cassandra Echelard

I like Game night @ Mountain Vista because of the fun and fellowship that church friends get to have. We get to talk about life and our thoughts in general. The games that we play are really fun because of the variety and the simplicity of it all. I like Scrabble because it increases your vocabulary and does not rot your brain.

My Experience with Ho'oponopono by Lattina Adams

I was first introduced to Ho'oponopono in early October 2008. I learned about it when I picked up the audiobook [Zero Limits](#) by Joe Vitale. Ho'oponopono is an ancient Hawaiian healing technique. Ho'oponopono is a Hawaiian word defined in the Pukui and

Elbert Hawaiian Dictionary as "Mental cleansing: family conferences in which relationships were set right through prayer, discussion, confession, repentance, and mutual restitution and forgiveness." It is a problem solving practice. In this way, Ho'oponopono philosophy is consistent with the Science of Mind. The Ho'oponopono practitioner "cleans himself" of all negativity that may be causing problems in the world, specifically problems that come into his awareness. This method requires one to take 100% responsibility for his experience. That means any problem you become aware of, you can clean because it is a part of your experience. One of the tools to solve problems is to repeat to the Divine: "I love you, I'm sorry, Please forgive me, Thank you." When a problem comes into your awareness, it is a part of your experience.

The weekend of June 19 and 20, I participated in a Self I-dentity through Ho'oponopono (SITH) Basic I and Health weekend training. Information about these classes is at <http://hoooponopono.org/>. The class was from 10 – Saturday and Sunday. This particular class was the first time that the Health Ho'oponopono was presented as a curriculum. It was particularly interested in the Health portion because not long after I started practicing Ho'oponopono last fall, I ceased to have asthma symptoms and my allergies were almost completely healed. I still have no asthma symptoms and allergy symptoms so minor I cannot even say for certain that they are there.

I have used this technique on other areas of my life as well. For me, it is a calming practice to let go of blaming outside forces for the experiences in my life. Other philosophies as well as psychological studies note that when a person clouds his thinking with thoughts of what should be rather than what is, the distraction spins the person into mental futility. Releasing this judgement and loving and accepting the condition and then changing my own contribution to the experience to exact change allows me to focus on what I can do rather than what I cannot do.

I plan to facilitate a short workshop in Ho'oponopono , probably in September. When I do, it will posted on the calendar at <http://mountainvista.org/programs.html>

Lord's Daily Bread by Kim Eckert

This is a July 9th, 2009 letter from the Lord's Daily Bread Founder, Russell Bryant

Dear Friends of the Lord's Daily Bread:

Thank you for considering how you as a church or individual can support the cause of the Lord's Daily Bread/Homeless Feeding Organization. Your thoughtful contributions to a very important cause will help feed some of Colorado's most underprivileged community, who are men, women, children, veterans and disabled.

Our mission is to provide food, counseling, health services and referrals to the poor and homeless in metropolitan Denver. The Lord's Daily Bread is to meet the short-term needs of Denver's neediest populations by providing essential services to aid in the day-to-day survival.

LDB's history began 10 years ago by its founder, Mr. Russell Bryant, who with a simple, personal mission to help Denver's hungry and homeless in their greatest time of need. Initially, the program provided fulfilling, home cooked food to the homeless on the streets of Denver from the back of a van – a basic life necessity delivered by volunteers committed to helping those less fortunate.

In 2004, LDB was incorporated as a Colorado nonprofit organization and in time, as word of LDB began to spread, the number of requests from the homeless began to look to LDB for assistance. We also began to offer additional support, such as clothing donations and referrals to other services critically needed by this target population.

Our partnerships with the Denver Rescue Mission and Food Bank of the Rockies have allowed us to feed over 63,000 individuals and families in need to date.

As you may already know, the economy has forced numerous individuals and families to rely on resources that will provide assistance with clothing, food, shelter and rental assistance just to make ends meet. ***Just to give you an idea of current, yet staggering homelessness statistics in Colorado alone; 18,000 men, women and children are homeless, pantries report a 25-38% increase in food requests and over 200,000 individuals are unemployed.***

Therefore, the following items will be a blessing to permit the Lord's Daily Bread to continue its mission with assisting and sustaining hot meals, clothing (socks, hats, and gloves), blankets, and hygiene products...MONETARY CONTRIBUTIONS ARE ALWAYS WELCOME.

Again, please share with us the magic of giving, sharing and meeting others where they are now....just needing a helping hand.

Whoever is generous to the poor lends to the LORD, and he will repay him for his deed.

—Proverbs 19:17

We look forward to your reply and hope to build a fruitful partnership. If you have any further questions or concerns, please do not hesitate to contact me at 720.422.7875.

Sincerely,

Russell Bryant

Founder, Lord's Daily Bread "***Feeding the Homeless***"

P.O. Box 1012 • Aurora, Colorado 80040 • Telephone- 720.422.7875

Who's Who at Mountain Vista

Rev Rita Foster, Minister.

Mountain Vista Practitioners you may contact directly

Click the practitioner name to either email them or see their bios. (Or visit the web site at <http://mountainvista.org/about.html>)

* [Bob Foster, RScP](mailto:bobfoster@comcast.net) (303) 988-7501 bobfoster@comcast.net

* [Barbara Noonan, RScP](mailto:Barbara@InstituteofMedicalIntuition.com) (303) 989-1281 Barbara@InstituteofMedicalIntuition.com

* [Susan Portincaso, RScP](mailto:celebrateyounow@yahoo.com) (303) 995-3835 celebrateyounow@yahoo.com

C.O.R.E. Council Members

* Dominique Clawson, Chair (303) 439-8835

- * Peggy Madoshi, Vice-Chair (303) 279-3386
- * Rev. Rita Foster, Minister Representative (303) 988-7501
- * Lattina Adams, Treasurer (303) 731-2177
- * Susan Portincaso, RScP Practitioner Representative (303) 995-3835
- * Joyce Turner, Member-At-Large (719) 647-1706
- * Barbara Noonan, RScP, Secretary, 303-989-1281
- * Pam (Miski) Miskimins, Member-at-large, 303-881-5332