



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

*Awakening Humanity  
To Its Spiritual Magnificence*

## *September / October 2009 Newsletter*

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

September 6: One Spirit - paths of Tao and Hinduism

September 13: Change - the creative catalyst

September 20: Transition: strong roots, flexible branches

September 27: Opportunity: Chinese symbol for Luck and Danger – with Rev. Jim Chandler

October 4: Harvesting the good works

October 11: It is done unto you AS You Choose

October 18: TBD

October 25: TBD

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### **A Special Letter from Rev. Rita**

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Dear members and friends of Mountain Vista,

Dr. Holmes writes “Evolution is the time and the process through which an idea unfolds to a higher state of manifestation; and since ideas are Divine Realities, evolution will forever go on.” We continue to evolve our vision of a Spiritual Community that inspires, uplifts, and celebrates the uniqueness of each person and the transformative power of our Science of Mind and Spirit philosophy.

The distinction between becoming and unfolding is an important learning point. Dr. Holmes writes that “becoming” is an incorrect spiritual notion because it is inconsistent with the spiritual truth – that we are perfect, whole, and complete. “Unfolding”, on the other hand, requires us to trust that the idea we set in motion is growing us into the experience of its Divine Reality.

Unfolding is a gentle word for change. Every higher expression requires it and leaning into makes the journey personally rewarding for everyone. I am experiencing the change firsthand; delighted to be the new manager of our World Ministry of Prayer; and sad to be leaving our very special community. Isn't it often the way, that joy and sadness are companions on the path of change? I am certain that there a shift underway in our individual and group consciousness that is calling forth a new and vibrant experience of community for Mountain Vista. The community chooses its leaders by being clear about what it values and expects of both leaders and members. We will begin to gain clarity



with a community meeting after service this Sunday, September 14th to determine how you want to be served by the leadership of our center. Questions we will reflect on are:

1. What has served you and you want to continue?
2. What has not served you and you want to change?
3. What have we not done that you want to begin?

You may also send email notes or call your CORE Council members, or me.

The energy generated by this process will be carried over to the selection process which will involve our whole community. The CORE Council will then make the final decision and issue an offer letter to the very, very fortunate person who will replace me.

We want to move the process along but also allow enough time for full participation. I will continue to give the Sunday message until the new voice is ready to speak.

In Loving Service,

*Rev. Rita*

To contact any member of the Core Council or a licensed spiritual counselor, see [www.mountainvista.org/aboutus.html](http://www.mountainvista.org/aboutus.html), or on the last page of this newsletter

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### Special Events:

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Sunday September 13, 2009, noon: Community Meeting to express our ideas and thoughts about the unfolding of Mountain Vista

Saturday October 10: Time: 1:30 – 5:30 – Cooking Class, 5:30 – 7 or 7:30 – Dinner  
***Cooking with a Practitioner --- Class on Indian food with Rumi Engineer, RScP***  
Cost: \$45 per person, includes dinner --- RSVP Required, Space is limited -  
[Events@mountainvista.org](mailto:Events@mountainvista.org)

Hailing from India, Rumi is an inveterate Practitioner - he practices Law, Religious Science, Cooking, Gardening. "Someday, I will be perfect at it," he says, "in the meanwhile the fun is in the journey."

Rumi has become known, among certain circles, for his culinary abilities. He started cooking at the age of seven and has not stopped since. He shared his love of cooking - and more of feeding people, with his mother. In the eighties, Rumi started a food manufacturing business, creating several kinds of Chutneys and a Curry Mix which was sold in gourmet stores around the country. He also taught cooking and did several food shows on radio and was written up in the Denver papers as a lawyer turned "Chef". While he feels at home in various cuisines, his forte is, what else ? Indian food. " My cuisine is not entirely what one would expect to find in an Indian restaurant" he maintains. " It is an amalgam of both Indian and Parsi ( which is the community, I came from) and certainly adapted to western tastes".

Come join us for an interesting and entertaining afternoon, cooking various dishes and a communal partaking of the feast.

The dishes we will make are:

Kheema - ground beef or lamb dish

Broiled eggplant with spices - Rev. Rita's absolute favorite.

Cauliflower and potatoes in a coconut cream.

Saffron rice.

Raita - salad in yogurt.

In the course of preparing each dish, Rumi will suggest variations on the theme.

### **The Don Miguel Ruiz workshop – October 4 - Time and details TBD Contact**

[RitaBobF@comcast.net](mailto:RitaBobF@comcast.net) 303-249-1328

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### **Ongoing Events:**

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**Online Calendar:** [www.MountainVista.org/programs.html](http://www.MountainVista.org/programs.html)

**Sunday Morning Discussion:** 10:00 – 11:30 each Sunday

**First Friday on Tennyson:** Northwest Denver Art District on Tennyson is hopping the first Friday of each month. Mountain Vista will be open and when we feature an artist, we'll post it on the online calendar.

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

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

**1<sup>st</sup> and 3<sup>rd</sup> 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.*

**2<sup>nd</sup> 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 Lattina. In September, Barbara Noonan, LSC, will facilitate.*

**4<sup>th</sup> 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>

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## Treatment and Affirmations offered by Leann Norton, RScP

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### Treatment:

In the magnificence of the I Am I give thanks for the recognition of One Source One Power. There is one life that life is God that is my Life now. How magnificent this is to know One source in and through all people all things everywhere, all the time. There is absolutely no where God is not. Every breath is the breath of God every heartbeat is the heartbeat of God. All one no separation all one with God. Like a sunbeam to the sun or a wave to the ocean all one. In the Majesty of the I Am gratitude, joy and love is in and through every one everything. Every thought, action, feeling every word is worthy of God and a blessing to man. Life is magnificent. There is only God no beginning no ending, forever One, forever and ever. Gratitude for this truth brings love and joy in and through my very being. Life is good very good. Thank you, Thank you, Thank you. Knowing my word is heard and acted upon I release this prayer to Universal Law. And so it is. Amen

### Weekly Affirmations:

*Affirmations are from 365 days of Richer Living by Ernest Homes and Raymond Charles Barker.*

#### Week 1

"I bless myself for the good I would do and I bless everyone for the good they would do. I recognize the Presence of God at the center of my own being, and I know that the Divine Spirit within me responds to the same Spirit in others, comforting, unifying and making whole. There is no criticism, no false judgment, no unkindness in me. My whole thought and feeling is one of praise, of thanksgiving and blessing."

#### Week 2

"If there is anything in me that denies this Presence or this Power, I loose it and let it go. I am surrendering myself in faith and with complete conviction to the acceptance that everything necessary for my well-being, my physical, mental and spiritual self-expression, is now operating in, through and around me. I know that everything I do shall prosper. I know that the One Life, which is God, is my life now. Therefore I accept this gift of Life and Love for myself and for all people."

#### Week 3

"Within me there is peace and around me right action. The Almighty is my strength and I never fail my highest ideas. True to all that God expects me to be, I live in right relationships with whom I meet, I am a blessed experience to my friends, co-workers and family. God is visible in all that I do, say or think. Today is my opportunity to reveal my real self."

#### Week 4

"Regardless of circumstances, I keep my mind free of worry and doubt, for I know that Spirit is the only cause and love the only effect. I have complete faith in God and His Law of right action. Radiant with Love, no one can hurt me. Inspired by Divine Intelligence, nothing can confuse me. Filled with the perfect Peace, nothing can disturb me. I meet life this day with ease and expectancy of increased blessings."

*Susan Protincaso, RScP to travel to Africa for Global Outreach Ministries*



*When you connect  
hearts and create world  
neighbors,  
you change lives.....*

In October 2009, Susan Portincaso, RScP, will be traveling to Kenya Africa as a representative of Global Outreach Ministries (Rev. Barbara Rush's ministry) in order to support several flourishing spiritual communities that are building a work of heart. Two of these communities are operating orphanages that fulfill a critical service for abandoned children. We will be delivering much needed supplies such as clothing, shoes, school supplies and uniforms, etc for the children, and providing spiritual reading material (Science of Mind/New Thought) and mentoring for the adults as we teach our global neighbors to create and live life abundantly.

As a special focus ministry, Global Outreach Ministries is devoted to inspiring, teaching and empowering people within our global community to create and live life abundantly and creatively. The purpose of this outreach ministry is to celebrate life, our divinity, to love our humanism and to serve our individual and global communities in becoming ever more aware of our oneness of Spirit, in, through and as all of humanity.

Our founding minister, **Rev. Barbara Rush**, co-creating her ministry with Spirit, has the vision that God needs to be brought "to the streets". A church attracts a certain open and willing person to walk through its doors. Taking this ministry to those who would not initially walk through the doors of a Church of United Centers for Spiritual Living, or any other denominational church, is absolutely where her passion abides. She has been doing this through creating workshops and providing support to various places around the world.

Like-minded people attract like-minded people, as we know through the Law of Attraction. Global Outreach Ministries is about being with those who may not realize how like-minded humanity is becoming as we expand our awareness through this new science of Quantum Physics and ancient wisdom of New Thought. So much of our world is generally starving to believe in something outside of oneself, and to be led by someone they trust to explore and experience a deeper sense of self and their connectiveness to each other and their Universe. This is where Global Outreach Ministries comes in.

Our intention of this special focus ministry is to teach Science of Mind and Spirit Principles while connecting others from around the world who are seeking meaning and purpose in their lives. We are creating and leading annual global outreach service projects as a form of experiential learning of these principles as lessons that are inspirational and transformative in nature. We are committed to being role models of love, joy, health and prosperity in the world and a true sincere presence that nurtures others while celebrating our divinity in this practice of living life to its fullest within all aspects of our individual and collective lives.

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## The Living Prism Coming in October

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Hello Everyone,

The date of our early bird discount is fast approaching. Here is the information on the Energy Retreat I have been telling you about. I am so excited about how it is coming together. I hope you can join us. We have titled this event: The Living Prism, an experience of focusing the spectrum of your Life. I have attached a flyer and a registration form that you can fill out and e-mail back to me.

I have teamed up with Jill Morales (CPC), Richard-Curtis Simpson (CCHt), and Randall (owner of White Sage Music) to create an incredible experience of self-discovery. On this journey, you will explore the energy fields of your mind, body, and spirit. The purpose of this experience is to assist you in bringing these three aspects of your energy into harmony, freeing you to live a greater expression of your Divine Self.

We will explore the energies of the chakras; and discover techniques in balancing these life energies with meditation, quantum healing techniques, sound, music, and using focused intention. There is an incredible "Living Lunch" planned for Saturday, that will give you a whole new perspective of what it is to feed your body. This is a look at the energy in the foods we eat and an experience of choosing foods that support the balance in your individual energy fields.

We invite you to experience The Living Prism.

\* Friday, October 16, 4:00 pm thru Saturday, October 17th, 5:00 pm

\* The Inn at Palmer Divide, in Palmer Lake, CO

\* \$395, includes Friday night snacks, Saturday Continental Breakfast, Saturday Lunch, & one night of lodging (double occupancy — single occupancy, add \$75)

\* Early Bird Discount if paid in full by September 9th: \$350

\* Creative Financing Available—contact Edee Lunday

As you can imagine this is a very special retreat setting so space is limited. Registration is on a first come, first serve basis. Be sure to get your registration in early. Credit cards are accepted.

"The Living Prism" is a sacred time of balance and connection. Come and see what your inner light has in store for you.

I look forward to hearing from you!

Love and Blessings

Edee Lunday, RScP

719-481-8624

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### *Adventure in Faith*

*Look for more information on this home study course offered starting mid-October through about Thanksgiving.*

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### *Mountain Vista Previous Article Archive*

[Lord's Daily Bread](#)

[Foster Elementary](#)

[BodyTalk](#)

Ho'oponopono

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### *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](#) (303) 988-7501 [bobfoster@comcast.net](mailto:bobfoster@comcast.net)
- [Barbara Noonan, RScP](#) (303) 989-1281 [Barbara@InstituteofMedicalIntuition.com](mailto:Barbara@InstituteofMedicalIntuition.com)
- [Leann Norton, RScP](#) 303-716-0548 OR 303-263-7648 [greatfuleann@comcast.net](mailto:greatfuleann@comcast.net)
- [Susan Portincaso, RScP](#) (303) 995-3835 [celebrateyounow@yahoo.com](mailto:celebrateyounow@yahoo.com)

C.O.R.E. Council Members

- \* Dominique La Mer, 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
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## The Mountain Vista Listserv:

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### How to Sign Up

- Go to [www.mountainvista.org](http://www.mountainvista.org)
- At the bottom of the page, click on “Visit this group”
- Sign into a google account and follow the online instructions

OR

- Send an email to the webmaster asking her to sign you up. [webmaster@mountainvista.org](mailto:webmaster@mountainvista.org)

How to post an email to the entire listserv once you've signed up:

Address an email to [mountainvista@googlegroups.com](mailto:mountainvista@googlegroups.com)

If you have any questions about the Mountain Vista Listserv, please contact Lattina 303-731-2177 or [Lattina@gmail.com](mailto:Lattina@gmail.com)

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## Doing Business with our Community

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*If you would like your business listed here, please contact the Newsletter Editor at [Editor@Mountainvista.org](mailto:Editor@Mountainvista.org)*

*Jessica V. Jackson, Attorney*

*Former Brooklyn, NY Prosecutor now in private practice. I work in criminal defense, family and employment law. 303-898-2698*