



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

www.mountainvista.org

*Awakening Humanity
To Its Spiritual Magnificence*

November / December 2009 Newsletter

November 2009– January 2010 Theme:

New Beginnings

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

See additional details at <http://www.mountainvista.org/programs.html>

November 1: Shaun Furlong, RScP, ministerial student, "The Way Everything Works"

November 8: Jay Lang, RScP, ministerial student "The Intention of Attention"

November 15: Susan Portincaso, RScP on her trip to Africa

November 22: Paula Belleggie, RScP, hospice chaplin and a senior ministerial student graduating in May.

November 29: TBD

December 6: Ross Foti, RScP, Manager of Growth, Expansion, and Ministerial Support (GEMS), and senior ministerial student

December 13: TBD

December 20: TBD

December 27: TBD

New Beginnings – Update on the Transition

By Lattina Adams

In the most recent Mountain Vista Newsletter, Rev. Rita issued a special letter about accepting a position at United Centers for Spiritual Living as the Manager of World Ministry of Prayer. We proudly, although sadly, release our Rev. Rita Foster to shine brightly in her new position.

This began our process for finding a new minister and in that process opening up our hearts and minds to expanding and re-creating the ministry of Mountain Vista.

I'd like to share with you all the details of the process in which we are engaged. In September, Rev. Rita told us about her opportunity. We realize this as a wonderful opportunity for United Centers for Spiritual Living. We also recognize that this can be an opportunity for Mountain Vista to create itself anew. Besides Rev. Rita, we have had several guest speakers in September and October:

September 6-20: Rev. Rita finished our exploration of world religions, then started a series on Transitions on Sept. 20

September 27: Rev. Jim Chandler spoke on Opportunity: The Chinese Symbol for Luck and Danger

October 4 and 11, Rev. Rita finished up her series on change and transition.

October 18: Robert Brzezinski, RScP spoke on Life Visioning for Your Life Purpose

October 25: Norm Bouchard, RScP spoke on 29 Questions for the Ordinary Life

The CORE Council decided in its October meeting on the theme for November, December, and January: *New Beginnings*. We have several speakers booked over the next few weeks, including Shaun Furlong, RScP, Jay Lang, RScP, and Ross Foti, RScP, all ministerial students at Holmes Institute.

In the next few weeks, Mountain Vista is engaged in the process of submitting the official "profile" to United Centers for Spiritual Living GEMS (Growth, Expansion, and Ministerial Support.) One of the first steps in the minister candidating process is doing a "Co-creation Process" led by our Ecclesiastical Representative. Rev. Wanda Gentile is the Ecclesiastical Representative for the Rocky Mountains and Pacific Northwest.

This process is set for Friday and Saturday, November 13 and 14. The Friday evening program will be a clearing to allow room for a new phase of our evolvment. Participants are encouraged to voice their feelings about Rev. Rita no longer being our spiritual leader and about the transition we are involved in. Before going forward, we want to take this very sacred time to honor where we have been so far and the wonderful souls who have been expressing as our community. It's just a safe space to talk about whatever.

The Saturday morning session will be a process to co-create the Mountain Vista that our community is calling forth as our highest good. Just so you all know, since January 2007, we have actually been holding visioning for our community about once a month, and twice a month in the last few months. Bob Foster, RScP has been our dedicated facilitator for these visioning sessions and we have noted some powerful themes over the past few years. According to Rev. Wanda, the co-creation process does not replace, but indeed expands on this visioning.

We encourage all interested parties and Mountain Vista members to participate in this important process in our unfoldment. I want to be clear that this is open to all interested parties, whether or not you have officially joined Mountain Vista Center for Spiritual Living. There is a reason you are in this community whether or not you are a member and

there is a reason you are reading this right now. As eloquently stated in the lyrics in Natasha Bedingfield's song *Unwritten*, "no one else can speak the words on your lips." Your words and presence are a vital part of how God expresses Himself as Mountain Vista Center for Spiritual Living. No one else can speak the words on your lips.

The result of these two sessions is completing the official Mountain Vista profile and then submitting it to United Centers for Spiritual Living (UCSL.) Once it is received, the Growth, Expansion, and Ministerial Support (GEMS) team within UCSL will then publish the church profile for prospective ministers to respond to.

Through this process, the *perfect minister for our already perfect community will attract each other.*

Blessings to you all,

Lattina

Ongoing Events:

Online Calendar: <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 at www.mountainvista.org/programs.html.

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

1st and 3rd Monday: *Women of Wisdom is on hold for the time being, but we still plan to have events posted on Mondays. See the calendar for more information.*

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 Lattina Adams.*

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>

Adventure in Faith

For Adventure in Faith this year, we are teaming with Mile Hi for Master Mind Groups. This particular group is full, but you are always welcome to create a new group.

PRACTITIONER HIGHLIGHT



Bob Foster, LSC
(303) 988-7501
bobfoster@comcast.net

Religious Science Practitioner since 1997, Bob has served at a full range of churches from very large to small. At Mountain Vista Bob has found a niche in which he feels his talents and knowledge are put to use more completely, and feels truly blessed to be able to serve the Mountain Vista Spiritual Center and the community of loving, learning, and caring people who attend. He enjoys working with people who are eager to learn and grow spiritually. Teaching Science of Mind classes and other classes to help people grow is an honor and is helping his continual growth by facing the challenges these classes bring, each class is different and presents a new

experience from which to grow.

With his spiritual growth partner and wife Rita, Bob started attending Mile Hi Church of Religious Science in 1986 because of the great musical presentations on Wednesday evenings; soon finding Dr. Fred and Rev Roger's talks very inspiring. They soon signed up for classes to study the teachings of Dr. Holmes. In these classes Bob found a spiritual home after many years of searching to find a religion with which he could agree and feel comfortable attending services. At first it was too good to be true, Janis Joplin was right the Lord could buy me a Mercedes Benz! So, Bob decided to try this stuff out. After getting quite good at manifesting parking spaces and the like, he moved on to something bigger, a new career. Since he had recently become proficient enough at it to quit being a practicing alcoholic, he decided to become a drug and alcohol counselor. One week after he enrolled working toward his B.S. in Human Services degree he was laid off from his job as a mechanic. Thanks to Rita for reminding him that he was changing careers anyway and perhaps Spirit was just helping him out, he applied and was awarded an entry-level position in the drug and alcohol treatment field making less per hour than his unemployment was paying. This is why he always reminds people to be careful for what you treat, it just might happen. He stayed in this field for over 20 years of proudly helping others to recover from addictions.

Practitioner Highlight, *con't*

Bob has now moved on to another career, one in which he has desired to work for many years, volunteerism. He is now an Americorps volunteer working with people with disabilities to help them receive all the funding to which they are entitled. This exciting

and challenging change will help to occupy some of his time for as many as four years. "Oh Lord won't you give me a wonderful life and so it is" is a thought that keeps entering his mind reminding him of how truly blessed we can all be.

"I am proud to be a member of the practitioner team at Mountain Vista Center for Spiritual Living because of the diversity and wisdom we all represent. The team is made up of individual Spiritual giants willing to support the church and it's members in any way we are able, and in doing so we support each other and the world as we all grow together." Is how Bob feels about his fellow Practitioners and the growing team as it develops. "Our vision guides us toward the fulfillment of my hopes and dreams of a respectful and loving community for those people who want to explore their spirituality more fully than one is able to do in a typical church setting."

Articles



Cooking with a Practitioner with Rumi Engineer, RScP October 10, 2009

Rumi making flatbread.

Rev. Rita and Franz



Third Saturday Game Night

Mexican Train is a favorite!!



Foster Elementary by Debra Patterson

Each week, there is a process where we can designate some of our Sunday donation to help support Foster Elementary School. Debra is an art teacher at Foster Elementary and has this to say:

Foster Elementary is located in east Arvada, close to 52nd and Wadsworth Boulevard. The neighborhood includes a lot of apartment complexes and trailer parks, and even a women's shelter. There is high turnover of families who move in and out.

Many of our students do not hear English spoken in their homes, and are English language learners. They have the added challenge of parents working long hours at minimum wage jobs. Over the last 6 years, we have phased in a dual language program of English speakers learning Spanish, and Spanish speakers learning English, along with a few Russian and Kurdish speakers.

Students are served by extensive before and after school programs including Circus Arts, Dance, Pottery and tutoring, at no cost to the students through a grant from Project Prepare.

Many families face challenges around basic living expenses like food and clothing. Mountain Vista's generosity helps with these things, as well as contributing to the Giving Tree project at Christmas, so that students receive holiday gifts without impacting the family budget. Thank you for all you do for our students at Foster. It's greatly appreciated.

Who's Who at Mountain Vista

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

Mountain Vista Practitioners you may contact directly

- Bob Foster, RScP (303) 988-7501 bobfoster@comcast.net
- Rev. Rita Foster (303) 249-1328 ritabobf@comcast.net
- Barbara Noonan, RScP (303) 989-1281 Barbara@InstituteofMedicalIntuition.com
- Susan Portincaso, RScP (303) 995-3835 celebrateyounow@yahoo.com
- Sheri Strubbs (303) 669-9317 sher116@juno.com

C.O.R.E. Council Members

- * Dominique La Mer, Chair (303) 439-8835
- * Kim Eckert, Vice Chair (720) 232-4426
- * Lattina Adams, Treasurer (303) 731-2177
- * Barbara Noonan, RScP, Secretary, 303-989-1281
- * Susan Portincaso, RScP Practitioner Representative (303) 995-3835
- * Joyce Turner, Member at large (719) 647-1706
- * Pam (Miski) Miskimins, Member at large, 303-881-5332
- * Sheri Strubbs, RScP, Member at large (303) 669-9317

Awakening Humanity to its Spiritual Magnificence

We believe that joy, peace, and prosperity are our divine birthright.

We recognize the uniqueness of each individual, nurturing and inspiring authentic self-expression.

We are committed to making a difference in the world by individually becoming the change we wish to see.

The Mountain Vista Listserve:

How to Sign Up

- Go to <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

How to post an email to the entire listserve once you’ve signed up:

Address an email to mountainvista@googlegroups.com

If you want to stop receiving emails but wish to remain on the listserve, then you can change your settings as follows:

- Sign into the listserve at <http://groups.google.com/group/mountainvista/>
- Click on “Edit my Membership on the right side of the page
- Select how you want to get emails, whether one art a time, daily digest, or no email.

If you choose not to receive emails, you can always go to the listserve (link above) and read all the emails at your leisure.

If you have any questions about the Mountain Vista Listserve, please contact Lattina 303-731-2177 or Lattina@gmail.com

Doing Business in our Community

If you would like your business listed here, please contact the Newsletter Editor at 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

