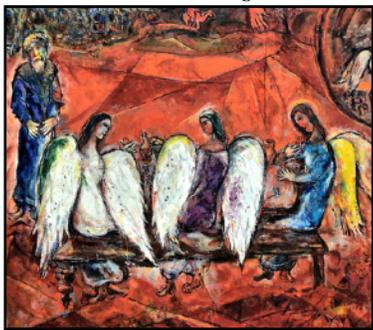




OPEN LETTER

Capitol Heights Presbyterian | 10:30 Catholic Community | Dignity Denver

Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it.



CAPITOL HEIGHTS FAITH COMMUNITIES

1100 Fillmore Street
Denver, Colorado 80206
303-333-9366

Church Administrator: Debbie Yeager
Admin Email: capheightspres@gmail.com

Websites

www.capitolheightspresbyterian.org
Facebook

www.1030catholic.org
Check out Facebook

www.dignitydenver.org
Facebook
Dignity: 720-515-GLBT

Sunday Worship Services

Presbyterian – 9:30 am
10:30 Catholic – 11:00 am
Dignity Denver – 5:00 pm

Children's Ministries

All children, Sunday School/CRE
11-12:00 Room 202

Nursery, Main Floor
9-12:00 Ages infant – 8 yrs

Send all announcements for the OPEN LETTER to the Church Administrator by **Thursday NOON**, capheightspres@gmail.com

If you wish to book a room to use for a meeting or activity please call the church at 303-333-9366 and leave a message, or send an email to capheightspres@gmail.com.

Printed on 100% recycled paper

Community News

Sunday July 8th 12:30 p.m.: The third quarter leadership meeting of the Capitol Heights Faith Communities will take place in room 104.

Sunday July 15th 11:00 a.m. - 2:00 p.m. Free Training in Wildlife Activism: Defenders of Wildlife (with CHPC member Katie Little's support) has joined forces with The Humane Society of the United States and the Endangered Species Coalition to host an in-person training for wildlife activists. The training will take place in our church Social Hall but will move to the Sanctuary if more space is required. All are welcome to attend.

Saturday, July 21, 8:30 a.m. - 5:00 p.m.

The Presbytery of Denver Immigration Task Force invites you to an experiential day of exploration around immigration with experts from BorderLinks* facilitating the process. This will be an opportunity to experience a broader understanding of the complicated issues. We are honored to have the expertise and facilitation skills of these experiential explorations offered for anyone interested in exploring these issues in an engaging environment. The workshop will take place at Shepherd of the Hills (11500 W. 20th Ave. Lakewood 80215) and there is a \$20 registration fee that includes lunch. To register visit denpres.org/events.



* *BorderLinks is a PC(USA) supported non-profit organization that has been facilitating educational immersion trips for delegations in the Arizona-Sonora region and beyond the border to Chiapas. Their mission is through dynamic educational experiences. BorderLinks connects divided communities, raises awareness about the impact of the border and immigration policies, and inspires action for social transformation. To learn more visit www.borderlinks.org*

Community Service Volunteer Opportunity: Metro Denver Sanctuary Coalition—CHPC and 10:30 Catholic Community serve as supporting congregations to the Metro Denver Sanctuary Coalition, a group of twelve metro area faith communities that joined with the American Friends Service Committee to provide or support sanctuary efforts for immigrants fighting deportation. Providing sanctuary affirms our solidarity with our immigrant sisters and brothers and our conviction that families should not be torn apart, proclaiming and protecting the dignity and worth of every human being. Volunteers document immigrant experiences and provide spiritual and concrete accompaniment to immigrant families. For more information, contact Pat Foster 303-721-9570 foster_patsteve@hotmail.com or Patrick Buckley 303-7788-050 pbuckley77@hotmail.com (10:30)

Anyone who leaves a donation of food, books, clothes, etc. please be sure you have clearly labeled the item(s) with your name and identified their purpose. Unlabeled food left out (even in bags or boxes) has attracted rodents and bugs, and other items can add to unnecessary clutter especially when the reason for these items being left at the church is unknown. Donations are appreciated but it is important to clarify that there is a need for them.

Capitol Heights Presbyterian Church

We are part of an old tradition, made new with each person who comes to us. We witness to a greatness that transcends what we now say, know, or do, but is graciously made present in acts of kindness, hope and peace. We are called to be a community of such hope for the sake of the God of all, and we delight in all who choose to join us.

Grocery Cards that support CHPC are available to King Soopers and Safeway grocery stores. As you put money on your card(s) and use it to buy your groceries a portion of your weekly grocery purchases will support CHPC. If you are interested to participate talk with Charlie Fiser (303-770-6362) and he will provide you a card to the store of your choice.





Children's Ministry

Thanks to everyone for a wonderful 2017-2018 year! We look forward to Sunday School classes resuming September 9, 2018.

Every Kid in a Park: The 2017-2018 free 4th grade National Park and Federal Lands park pass is good through August 2018. If you or a 4th grader you know still need a free pass you can get one from Debbie or Sonya.



Community Service Opportunities

Women's Homeless Initiative - Resumes in August

We are grateful to all the volunteers who supported the June shelter.

If interested to learn more about volunteering speak with Mary Gould (720-563-1048, ejgmef@gmail.com), Anita Poole (303-506-9183, icmoose49@gmail.com) from 10:30 CC, or Bibiana Hager from CHPC (303-322-0402.)

Garden Recipe

STRAWBERRY-RHUBARB CRISP

2 lbs. fresh rhubarb, cut into 1-inch chunks

3-4 cups sliced strawberries

1/3-1/2 cup white sugar

1 1/4 cups rolled oats

1 cup flour (*for a gluten free alternative use almond flour*)

1/4 cup brown sugar

3/4 tsp. cinnamon

A dash or two of both allspice and nutmeg

1/2 tsp. salt

1/2 cup (1 stick) melted butter or butter alternative such as coconut oil

1. Preheat oven to 375 degrees.
2. Combine the rhubarb & strawberries in a 9-inch square pan. Sprinkle with white sugar.
3. Mix together the remaining ingredients in a medium - sized bowl. Distribute over the top of the fruit and pat firmly into place
4. Bake uncovered for 35-40 minutes, or until the top is crisp and lightly browned and the fruit is bubbling around the edges. Serve hot, warm, or at room temperature, plain or à la mode.

Capitol Heights has received a \$1,000.00 bequest from Martha Loats. The Session has voted to use the money toward the basement repair work that will begin in July. The Session felt that using Martha's gift to support the restoration of the foundation of the church building to be a fitting memorial of Martha's role in our community.

As always, Mark is available following our morning activities for further conversations with anyone who might desire it regarding our Christian faith practice, witness, and the life of our congregation. Feel free to share with him as you might wish in dialogue.

10:30 Catholic Community

We are a Christ-centered, Spirit-directed Catholic worshipping community. In response to the teachings of Vatican II, we come together, searching for ways to reflect the person and work of Jesus Christ in our time, to our world.

Treasurer's Report: The July 1 offering totaled \$723

SUMMER MASS SCHEDULE:

JULY

- **11:00 a.m. AT CHURCH:** July 8 and 22, mass will be at the church at 11:00 am.
- **9:30 a.m. IN THE PARK:** July 15 and 29, mass will be held at 9:30 am in Little Cheeseman Park, East 7th Avenue and High Street.

AUGUST

- **11:00 a.m. AT CHURCH:** August 5 and 6, mass is back at the church, 11:00 am.
- **9:30 a.m. IN THE PARK:** August 19 and 26 we will be celebrating the end of summer with masses in Little Cheeseman Park, East 7th Avenue and High Street at 9:30 am.

SEPTEMBER

- Come September we will resume the regular mass schedule, 11:00 am every Sunday.

Dignity Denver

Dignity Denver envisions and works for a time when gay, lesbian, bisexual, and transgender Catholics are affirmed and experience dignity through the integration of their spirituality with their sexuality and as beloved persons of God.

Mass in the Sanctuary at 5:00 p.m. every Sunday.

Building News

Monday, July 9: Basement renovation will begin on the south (11th Ave.) side of the building and should be completed within the week. After excavation a water repellant exterior will be put in place around the wall. French drains and a sump pump will also be installed to diminish the standing water that has caused severe damage to the basement and foundation.

Roto-rooter has been to the building on two occasions this past week to clear out the sewer lines that have backed up recently. The toilets in the basement are back in working order but more investigative work is being done to identify the obstruction that has contributed to the recent problems.

Recipe for the Week

BIBIANA'S GLUTEN FREE COMMUNION BREAD RECIPE (PALEO SEED BREAD)

1 1/4 C unsalted sunflower seeds

1/2 C unsalted pumpkin seeds

1/2 C sesame seeds

2 Tsp flax seed meal

2 Tsp butter or olive or grape seed oil

1 Tsp Tahini (*this is in the original recipe; I skip it when I don't have it*)

4 eggs

2 tsp baking powder

1/4 tsp salt

1. Heat oven to 350 F.
2. Blend 2/3 C of sunflower seeds and 1/3 C of pumpkin seeds into "flour"
3. Put in a bowl, add all leftover seeds except 1 Tsp each of sunflower and pumpkin seeds for decoration.
4. Add baking powder and mix in,
5. Add soft butter/oil, Tahini, eggs, salt.
6. Stir into a moist dough, then fill into greased bread pan.
7. Sprinkle the sunflower and pumpkin seeds on top and press them into the dough.
8. Bake at 350 F for 25-30 min. or until a little browned on top and tooth pick comes out clean.

This Week

Sunday

9:00-12:00 Nursery ages infant - 8 years old

9:30 am CHPC Worship in Sanctuary

10:30 am CHPC Fellowship in Social Hall

11:00 am Adult Dialogue in Lounge

11:00 am Children's Ministry/CRE rm 202
(Will resume September 9th)

Ten-Thirty CC Mass **SEE SUMMER MASS SCHEDULE ABOVE**

12:00 pm Ten-Thirty CC Fellowship in Social Hall

5:00 pm Dignity Denver Liturgy in Sanctuary

6:00 pm Dignity Denver Fellowship in Narthex

Monday

7:00 pm Spiritual Voices Rehearsal in Sanctuary

Tuesday

5:45 pm Narcotics Anon. Youth Rm.

Wednesday

6:30 pm CHPC Choir rehearsal in Sanctuary

Thursday

6:00 pm Thursday Women's AA Rm 104

8:00 pm One Long Road Rehearsal

Friday

5:45 pm Narcotics Anon. Youth Room

Saturday

10:30 am Saturday Lunch in Social Hall
(Will resume September 1)

10:30 am Primary Purpose Narcotics Anon. Youth Room

10:30 am SLAA Rm 104

Leaders of the Capitol Heights Faith Communities

Capitol Heights Presbyterian Church

Session Elders:

Bibiana Hager	(Class of 2018)
Sonya Yeager-Meeks	(Class of 2018)
Jeanne Jeffas	(Class of 2019)
Erik Sabina	(Class of 2019)
Nicki Kearns-Beattie	(Class of 2020)
Lara Newton	(Class of 2020)

Rev. Mark Meeks	Spiritual Leader & Acting moderator	303-816-1454
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Bonnie Jensen	Clerk of Session	720-962-5645
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Charlie Fiser	Treasurer	303-770-6362
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Jeanne Jeffas	Commissioner to the Presbytery of Denver
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Sonya Yeager-Meeks	Co-Director of Music
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Debra Yeager	Co-Director of Music
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Debra Yeager	Children's Ministry
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10:30 Catholic Community Council

Cheryl Murphy	Chair	303-698-1084
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Philippe Walravens	Co-Chair	303-884-4558
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Gene Lang	Treasurer	303-399-5692
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Chris McGuire	Secretary	303-940-9197
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Becky Butz	Members at Large	303-810-9797
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Pat Iyer	Members at Large	303-693-2316
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Meg Johnson	Liturgy Liaison
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Mary Sullivan	Social Action	303-399-3361
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Celeste Rossmiller	Adult Education	303-343-6689
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Dignity Denver Board board@dignitydenver

Brad Cameron	President
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Greg Erhart	Secretary
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Brad Cameron	Treasurer
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Marshall Gourley	Member at Large
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