



OPEN LETTER

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



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 29th 10:45 a.m. You are cordially invited to an historic building tour at Capitol Heights. Walt Clark and Charles Norton will present an oral narrative of our past. Dan Jacobs, Debbie, and Sonya will lead tours that highlight some surprising nooks and crannies of the building as well as answering questions regarding the recent building improvements that have been completed. Our gathering will begin in the Sanctuary and conclude in the basement Social Hall. Refreshments will be provided. All are invited!

Hey, did you know that:

Our Garden of Gethsemane stained glass window that can be seen from the sanctuary used to be located on the south side of the building overlooking our current vegetable garden?

The current west side location of the Garden of Gethsemane window used to be occupied by a window depicting Jesus and the children?

All of our stained glass was made by "Watkins Stained Glass," a family that has been in the business for at least 8 generations, working in Denver since 1868 and beginning in England in 1761?

Phil Watkins Jr., the grandson of Frank Watkins who made our windows, has given us a bid to help restore his grandfathers work?

The 2019 Women's Retreat at St. Benedict's Monastery in Old Snowmass will be held from Thursday, January 31st through Monday, February 4th. Preference continues to be for newcomers. Registration begins December 1st. Peggy @ 303-565-7092.

A Word from Colorado Faith Communities United to End Gun Violence:

"We recently learned about the March on the NRA on Saturday, August 4, starting at 11:30 AM. Several members of the CFCU Steering Committee plan to attend, so just look for our banner."

Join Students Demand Action Colorado, March for Our Lives, and Indivisible Colorado in a protest against the NRA and RMGO!

We will meet on the Colorado Capital West Steps and march around the building and back. On August 4th, 2018 at 11:30 A.M.

We will be hosting several speakers from the community who have faced gun violence in their lives.

We are marching to protest the abominable effect the NRA and RMGO has had on the state of our laws. We should be able to protect ourselves with sensible laws on guns and these organizations put themselves directly in the way of stopping that goal. Together we need to stand up for what is right and March against those who would stop us.

RSVP: <https://marchonthenrao.app.rsvpify.com/>

Facebook Event Page: <https://www.facebook.com/events/246575076158750/>

Jeanne Jeffas (with Bonnie's support!) will be filling in for Debbie when she is on vacation in August. Jeanne will be keeping track of the church email and voicemail if you need to reach her.

Community Service Volunteer Opportunity: The **Women's Bean Project** changes women's lives by providing training and mentoring that are stepping stones for self sufficiency for impoverished women in a safe and accepting work environment where they can learn the skills required for gainful employment. Volunteers must attend an onsite talk tour to learn about the project and an interview to determine the best volunteer match. Volunteers can work weekly or monthly in production and shipping products, mentor program participants, teach life skills classes and assist in writing stories or taking photos/



CHRIST BLESSING THE CHILDREN
19th century
by German artist
BERNHARD PLOCKHORST



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 August 1st

****All Volunteers:** the lock on the door where the cots are kept has been recut as many people's keys have not been working. It is still an inside door key but please test out your key before the shelter begins. If you need a new key call the church and leave a message for Debbie. **

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

CALABACITAS Enjoy this traditional Southwestern dish of sautéed summer squash, onions, corn, and peppers as a side or as a vegetarian filling for tacos.



- 1 medium onion, chopped
 - 1 poblano or Anaheim (sometimes called Hatch's) chile pepper, seeded and diced
 - 2 cups diced zucchini
 - 2 cups corn* (fresh off the cob or frozen)
 - ½ teaspoon salt
 - 1 tablespoon chopped fresh oregano
 - 2 tablespoons chopped fresh cilantro, (optional)
1. Heat olive oil in a large skillet over medium heat.
 2. Add onion and chile; cook, stirring, until soft, about 4 minutes.
 3. Add zucchini, corn, oregano, and salt; cover and cook, stirring once or twice, until tender, about 3 minutes.
 4. Remove from the heat and stir in cilantro (if using).

* If you prefer to make this dish without corn you can substitute another summer squash or beans in place of the corn.

making videos about the project and its participants. For additional information about the Women's Bean Project, please contact Chris McGuire, 303-818-0002 or email Chrispmcguire@gmail.com

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.

Thank you to our many gardeners: Anja, Bibiana, Bob, Heather, Jean, Michael, Sue and others. Our community garden has become a welcome gathering place for growing beautiful plants and vegetables and growing friendships with each other in church and neighborhood.

We Remember in Prayer those in our community who have gone through recent surgery, are recovering from illness, living with pain, uncertain health, and those who are traveling.

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.



Capitol Heights has received a \$1,000.00 bequest from Martha Loats. The Session has voted to use the money toward the Rod Martin's basement repair work.

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.

AUGUST SERVICE SCHEDULE:

- August 5, 9:30 a.m.: worship led by Pastor Mark in the sanctuary. Fellowship and 11:00 a.m. dialogue following the service.
- August 12, 10:00 - 11:30 a.m.: worship with Peoples Presbyterian Church at 2780 York St.
- August 19, 9:30 a.m.: worship led by Rev. Neal Barry in the sanctuary of Capitol Heights. Fellowship and 11:00 a.m. dialogue following the service.
- August 26, 9:30 a.m.: worship led by Bonnie, Jeanne, and Charlie in the sanctuary.

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 22 offering totaled \$185

SUMMER MASS SCHEDULE:

JULY

- **9:30 a.m. IN THE PARK:** July 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 12, 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.

This Week

Sunday

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

9:00-10:30 AA Youth Room

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
Debra Yeager	Co-Director of Music
Debra Yeager	Children's Ministry

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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