



# 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](mailto:capheightspres@gmail.com)

### Websites

[www.capitolheightspresbyterian.org](http://www.capitolheightspresbyterian.org)  
Facebook

[www.1030catholic.org](http://www.1030catholic.org)  
Check out Facebook

[www.dignitydenver.org](http://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](mailto: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](mailto:capheightspres@gmail.com).*

Printed on 100% recycled paper

## Community News

**On Sept 5th at 5:00 pm** there will be a memorial service celebrating the life of Mary Fox who passed away on Thursday August 23, 2018. Mary requested an Ecumenical service to celebrate her life. The service will be held in the Sanctuary and will be followed by a potluck supper in the Social Hall.

**If you use the church for meetings** during the week, please be sure outside doors close behind you with your comings and goings. Also please make sure doors are locked and lights turned off when you are done.

**September 14th 6:00 p.m. Conversation on Issues of Race, Diversity, Inclusion at North Highland Presbyterian Church:** As our nation becomes more diverse, it is more important now than ever to engage in a thoughtful conversation on issues concerning race and diversity. So, bring a dish to share, eat together, and let's have conversation. EVERYONE IS WELCOME TO JOIN US!

To RSVP visit <https://denpres.org/events/2018/9/14/fearless-dialogue-conversation-on-issues-of-race-diversity-and-inclusion> by Sunday, September 9, 2018

*For more info, contact Rev. John Yu 720-509-9112  
or [pastorjohn@truelight.church](mailto:pastorjohn@truelight.church)*

**September 30th SAVE THE DATE!** Colorado Friends of El Porvenir will be hosting their 17th annual dinner on Sunday, September 30th (no Bronco game!). It will be held at St. Ignatius Loyola Church 2301 York. Suggested donation \$20. For more information see Pat Buckley, Katie Theisen, Rosann McCullough, Jeanne Powers or Dave Arnolds.

**Community Service Volunteer Opportunity:** Bridging Hope is a Colorado nonprofit organization with a mission to provide assistance to women and children in Viet Nam who are indigent, disadvantaged or disabled. They raise awareness of their needs and create on-the-ground programs designed to alleviate their conditions. Projects support women impacted by HIV and AIDS, adults with post-polio syndrome, orphaned and abandoned children, and indigent elderly women. More information is available on their website at [Bridging-hope.com/](http://Bridging-hope.com/)

**Ignatian Spirituality Program of Denver** offers group weekend retreats for women who have experienced homelessness at Mother Cabrini shrine. People who would like to support this program are asked to take some online training and to participate in one of the retreats. Those interested can contact Jeanne McLaughlin Powers at 303-709-8062 or via email at [tomceltic51@msn.com](mailto:tomceltic51@msn.com)

**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. Contact Peggy @ 303-565-7092.



**Many thanks to Jeanne Jeffas** for covering Administrator position in August while Debbie was away.



## Children's Ministry

**September 9 11:00 a.m.** We look forward to Sunday School classes resuming! Class will be held from 11:00 a.m. - 12:00 p.m. in room 202 up the stairs and down the hall.

**Nursery Care** is provided every Sunday from 9:00-12:00 in room 103 on the main floor for ages infant - 8 years.

## Community Service Opportunities

### Women's Homeless Initiative *Will resume in October*

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

### Saturday Lunch Program

9/1 CHPC hosts  
9/8 CHPC hosts  
9/15 10:30 CC hosts  
9/22 Dignity hosts

*If interested to volunteer speak with Mark Meeks (CHPC)*

303-816-1454 / [mkenosha@aol.com](mailto:mkenosha@aol.com);

*Pat Foster (10:30 CC)*

303-721-9570 / [foster\\_patsteve@hotmail.com](mailto:foster_patsteve@hotmail.com);

*Rick Proctor (Dignity)*

303-593-0498 / [rickochet789@comcast.net](mailto:rickochet789@comcast.net).

## 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 peppers; 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.*

**If anyone has an unused toaster** or would like to donate a toaster for our church kitchen that would be helpful.

## 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.

**Wednesday September 5, 6:30 - 7:30 pm** CHPC choir resumes. We will have our first rehearsal in the Sanctuary following the Memorial service for Mary Fox.

**Friday September 14th 11:00-3:00** You are invited to Denver Presbytery's open house celebrating the recent move! Presbytery's new mailing address is:

Denver Presbytery  
4800 Happy Canyon Road Suite 140  
Denver, CO 80237

**Sunday, September 23, 9:30 a.m.** We will have a Prayer walk from the church to the Dr. King memorial in City Park. This is part of a nationwide prayers for peace effort led by Pace e Bene. Join us for the walk or meet us at the Dr. King Memorial at 17th and Fillmore St. in City Park.

**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.



**Sunday, September 9, 11:00-12:00** Sunday School classes will resume in room 202 with special festivities to celebrate our first day back!

**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.

**Regular mass schedule** has resumed with services taking place every Sunday in the sanctuary at 11:00 a.m.

**On Sept 5th at 5:00 pm** there will be a memorial service celebrating the life of Mary Fox who passed away on Thursday August 23, 2018. Mary requested an Ecumenical service to celebrate her life. The service will be held in the Sanctuary and will be followed by a potluck supper in the Social Hall.

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## 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)

11:00 a.m. Ten-Thirty CC Mass in Sanctuary

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

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

Bonnie Jensen Clerk of Session 720-962-5645

Charlie Fiser Treasurer 303-770-6362

Jeanne Jeffas Commissioner to the Presbytery of Denver

Sonya Yeager-Meeks Co-Director of Music

Debra Yeager Co-Director of Music

Debra Yeager Children's Ministry

### 10:30 Catholic Community Council

Philippe Walravens Chair 303-884-4558

Tricia Huth Co-Chair 303-885-4633

Gene Lang Treasurer 303-399-5692

Chris McGuire Secretary 303-940-9197

Connie Curtis Co-Secretary 303-296-6315

Meg Johnson Liturgy Liaison 303-399-5692

Celeste Rossmiller Adult Education Liaison 303-343-6689

Mary Sullivan Social Action Liaison 303-399-3361

Pat Iyer Member At-Large 303-693-2316

Missy Ellis Member At-Large 303-399-4361

### Dignity Denver Board [board@dignitydenver](mailto:board@dignitydenver)

Brad Cameron President

Greg Erhart Secretary

Brad Cameron Treasurer

Marshall Gourley Member at Large