



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

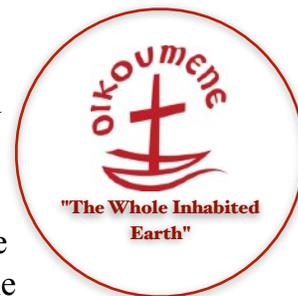
Send all announcements for the
OPEN LETTER to the Church
Administrator by *Thursday NOON*,
capheightspres@gmail.com

*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

You are cordially invited
to our next Ecumenical Service on
Sunday, October 7, 11:00 a.m.

Following the service we will have a
festive time of fellowship that will include
food from Phoenician Kabob as well as the
opportunity to learn about some of the history of our 107 year
old building that we have shared in common for over 40 years!



Community News

Sunday, September 30, 2018 5:30-7:30 pm Please join the Colorado Council of Churches, North Highland Presbyterian Church (2945 Julian Street, Denver) and neighbors to learn about 6 BIG questions on our ballot. Speakers from the initiative campaigns will provide the pros and cons of each of the following initiatives: Amendments A, Y, Z and 73; Initiatives 111, 301 and 302. This is an opportunity to help us prepare for November's general election which is upon us. Colorado residents will be asked if we want to change some laws and some language in our Constitution. Do you know how you will vote on important ballot initiatives? There is no cost to becoming more informed! Light supper served at 5:30 p.m.

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.

October 2, 11:30 - 1:30 p.m. PC(USA) International Peacemaker is coming to Central Presbyterian Church! Alex Awad, our keynote Peacemaker, is from Palestine and will speak on **Pathways to Peace in Israel and Palestine** during a lunch at Central Presbyterian Church, 1660 Sherman St. Denver, 80203. The lunch will be catered middle eastern food and the cost is \$8 payable at the door. RSVP's to frontdesk@centraldenver.com are very much appreciated so we can have enough food and seating.

A second opportunity to participate will be on **Thursday October 4** when Central Presbyterian Church will hold a Resource fair at 6:00 p.m. and a Presentation at 7:00 p.m. This will be followed by a dessert reception and is free and open to the public.

Wednesday October 3, 6:30 p.m. Anyone who is interested to sing with the choir at the Ecumenical Service on October 7th is welcome to come to our rehearsal Wednesday evening in the sanctuary.

Thursday, October 11 - Sunday, October 14 The Regis Office of Mission would like to invite you to a major event, the inaugural University Mission Symposium entitled "The Vision of Pope Francis: Mercy in a Suffering World." This will be held on the Northwest Denver Campus from Thursday, October 11, to Sunday, October 14. Major speakers from around the country and world will invite us into conversation on Pope Francis's vision of mercy in a suffering world--for the poor and marginalized, for immigrants and refugees, for the survivors of abuse, for the earth--and to ponder hope through interfaith collaboration, civic engagement, holiness, and love today. All





Children's Ministry

September 30 11:00 a.m. We will learn about the Exodus story in room 202.

October 7 11:00 a.m. Our class will participate in the Ecumenical service held in the Sanctuary. We will enjoy a building tour and lunch together following the service.

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), Anita Poole (303-506-9183, icmoose49@gmail.com), from 10:30 CC, or Bibiana Hager from CHPC (303-322-0402.)

Saturday Lunch Program

10/6 CHPC hosts
10/13 CHPC hosts
10/20 10:30 CC hosts
10/27 Dignity hosts

If interested to volunteer speak with

Mark Meeks (CHPC)

303-816-1454 / mkenosha@aol.com.

Pat Foster (10:30 CC)

303-721-9570 / foster_patsteve@hotmail.com; Rick

Proctor (Dignity)

303-593-0498 / rickochet789@comcast.net.

Garden Recipe

BRAISED RED CABBAGE W/ APPLE & CARAWAY SEEDS

2 tablespoons olive oil

3 cups finely chopped onions (about 3 medium onions)

1 1/2 teaspoons caraway seeds

1 head red cabbage (3 pounds), halved, cored, and thinly sliced

1 1/2 cups red wine

2 tablespoons maple syrup

4 teaspoons cider vinegar

2 apples, unpeeled, cored, seeded, and finely chopped or grated

1 well-rounded teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

Juice of 1 lemon

- In a heavy pot, heat the oil over medium heat. Add onions and caraway seeds and sauté until light golden, 5-7 minutes.
- Add the cabbage and sauté over medium-low heat until wilted, 7-10 minutes. Add the wine, maple syrup, and vinegar and stir. Reduce the heat and simmer until the liquid has mostly evaporated, about 15 minutes.
- Add the apples, salt, and pepper and lemon juice. Cook, covered, until the cabbage is cooked through but not mushy, 20-30 minutes. Serve or refrigerate for the following day.



events are free and open to the public, and we encourage people to RSVP by registering at www.regis.edu/popefrancis. You are welcome to attend part or all of the symposium.

Saturday, October 13, 9:30 a.m. Presbyterian Women of Denver invite you and

yours to hear special guest Dr. Christine Mann Darden, human "computer" and "hidden figure" of the NASA space program when she presents "Telling My Story." The event is at Peoples Presbyterian Church located at 2780 York Street, Denver, CO 80205. The program and lunch are \$10 payable at the door. Friends and family welcome!

Reservations required: contact Moderator Vicki Terry at 720-273-6870 by Oct. 10.

Sunday, October 14, 12:30 p.m. The Leadership of our three communities will have their 3rd quarterly joint meeting in room 104.

A Primer for Gun Safety Voters: Policies and Programs that Can Save Lives

Red Flag laws can save lives by removing guns from the home when a loved one is in crisis. But the right mental services need to be in place to make a long-term difference. Learn more about the life saving mix of policies and services on the fall ballot and other mental health initiatives at a panel sponsored by Colorado Faith Communities United to End Gun Violence, moderated by Andrew Romanoff, President of Mental Health Colorado and featuring: Douglas County Sheriff, Tony Spurlock; Bob McDonald, Executive Director of the Denver Department of Public Health & Environment; and Rep. Leslie Herod, House District 8, champion of the Caring4Denver ballot measure.

DATE/TIME Wednesday, October 17 from 7:00 PM – 8:30 with social time over light refreshments starting at 6:30

LOCATION First Plymouth Congregational Church, 3501 S Colorado Blvd, Cherry Hills Village, CO 80113

PLEASE RSVP to soakes1219@gmail.com

Missile Silo Witness October 20 1:00 p.m.:

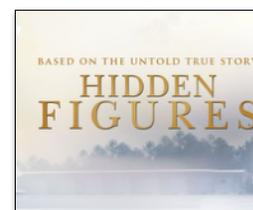
The Colorado Coalition will host this annual event that witnesses to Missile Silos and the threat they pose. Colorado is home to 49 nuclear armed missiles on hair trigger alert, each one bearing the power of 20-30 Hiroshima bombs. This is the first year anniversary of the passing of Mary Casper who helped organize this event over many years past. We will share reflections and update information, sing a few songs and meditate on the state of the nuclear weapons complex. We will also remember and honor people who have witnessed to the evil of these nuclear weapons on planet earth for large portions of their lives. Participants are welcome to spend the rest of the afternoon visiting other sites including the N flight launch center, viewing the Pawnee National Grasslands, and viewing the oil and gas Fracking complex, before returning home.

The Missile Silo N-8 is located 8.8 miles west of New Raymer, Colorado, measured from the intersection of CO-14 and CR-129. The location is 0.15 miles south of CO-14 on CR 113. Carpools will be leaving from Denver, and Colorado Springs arriving at the MacDonalds in Fort Collins around 11 AM (at the junction of CR-129 and I-76). They will proceed from there for the site leaving around 12:15 PM. Boulder folks usually take the northern route up I-25 and then go east on CO-14 to CR-113. Connect by contacting Bill Sulzman (bill.sulzman@gmail.com), Pat McCormack (pachi35@hotmail.com), Judith Mohling (judithmohling76@gmail.com) or Bob Kinsey (303-949-4073.)

The mission of The Colorado Coalition is to educate the general public and public officials concerning proactive and solution-oriented action on nuclear weapons. Educated citizens work with the U.S. Colorado Congressional Delegation to enact legislation that supports long-term aims of nuclear disarmament, national security, and redirection of military spending. To learn more about them visit <https://www.thecoloradocoalition.org>

Dear Friends, please be cautious if parking on the West side of Fillmore Street directly across from the church. Our neighbor has a driveway that is consistently blocked by cars throughout the week so be sure you are parked along a curb and not a driveway before leaving your car. Thanks!

Pat Foster has a microwave oven that needs a new home. It is in good working order and clean. If interested call 303-721-9570.



Be Kind

Do not block our neighbors' driveway.

Thank you!

We celebrate all who participated in the Pace e Bene Peace walk to the Martin Luther King Memorial last week. This walk was part of a nationwide call to peace.

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.

The glass recycling bin has been moved to Congress Park. You can access the recycling bin by turning into the park off Josephine St. Please support this recycling effort. We appreciate the patience and assistance of our neighbors in working out this new arrangement.

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

We are very grateful to Mary Gould, Mike Yeager, Sonya Yeager-Meeks, and Debbie Yeager for getting some useful new items for our building at the recent Denver Presbytery moving giveaway. We now have new office chairs, office supplies, Zimbabwe artwork courtesy of our sister Presbytery in Zimbabwe, and KJV bibles for our pews (among other things!) We are all deeply indebted to Wesley Jones who helped facilitate this giveaway opportunity for our Denver Presbytery. The new Presbytery of Denver address is 4800 Happy Canyon Road, Suite 140, Denver 80237.



Pace e Bene
Campaign Nonviolence Action Week
September 15-23, 2018

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.

MEET REV. DANA HUGHES Transitional Denver Presbytery Pastor:
Dear Friends,

On behalf of the Presbytery of Denver Council, I am pleased to announce that the Council has offered a one-year contract to Rev. Dana Hughes to be our Transitional Presbytery Pastor. Rev. Hughes has accepted the offered Terms of Service and will attend the October 23rd Presbytery Assembly where she will be introduced, and Presbytery members will have the opportunity to meet her. She will begin her work with Denver Presbytery on November 1, 2018.

Rev. Hughes comes to us from the Presbytery of Greater Atlanta where she has worked as a transitional pastor of congregations as well as has been involved with the transitional leadership process of that presbytery.

Why are we calling Rev. Hughes's position a Transitional Presbytery Pastor rather than an Interim Presbytery Pastor? The old paradigm of Interim Ministry called for the Interim Pastor to engage in a pathology of the presbytery or congregation in order to identify and remove whatever was hindering growth and harmony. The new paradigm of Transitional Ministry is to listen and learn with appreciation for the good and healthy components in the life of a presbytery or congregation and identify ways to maximize that goodness into a vision for the future God has for that entity.

The Council is appreciative of the good and extensive work of Rev. Louise Westfall and the Search Committee. We are also enthusiastic about Rev. Hughes' collaborative approach to mapping the next path on our journey toward a vision of the church God asks us to be. We very much look forward as a Council and as a Presbytery to working with Rev. Hughes!

In gratitude for all the prayers and service that have brought us to this hoped-for and hope-filled point in our journey,
Jean Demmler,

Council Moderator Pro Tem



Community Book Club: The extra Richard Rohr books, *Jesus' Plan for a New World: The Sermon On the Mount*, have arrived! Many of you already picked up a copy but if you still need one you can get a copy from Mark.

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.



October 7, 11:00 a.m. There will be no worship service at 9:30 a.m. this Sunday as we look forward to participating in the 11:00 a.m. Ecumenical service.

October 27, 6:00 p.m. The Mead's invite you to their annual Halloween party! Costumes are encouraged (though not required) and you are asked to bring something to contribute to a potluck dinner.

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 September 23 offering totaled \$557

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

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	303-816-1454
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Louise Westfall	Moderator
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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

Philippe Walravens	Chair	303-884-4558
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Tricia Huth	Co-Chair	303-885-4633
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Gene Lang	Treasurer	303-399-5692
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Chris McGuire	Secretary	303-940-9197
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Connie Curtis	Co-Secretary	303-296-6315
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Meg Johnson	Liturgy Liaison	303-399-5692
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Celeste Rossmiller	Adult Education Liaison	303-343-6689
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Mary Sullivan	Social Action Liaison	303-399-3361
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Pat Iyer	Member At-Large	303-693-2316
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Missy Ellis	Member At-Large	303-399-4361
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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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