



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.*

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Community News

You Are Cordially Invited

To our Ecumenical Service on
Sunday, October 7, 11:00 a.m.

Following the service we will have a festive time of fellowship that celebrates our 46 year history of ecumenical commitment within our 107 year old building. A delicious lunch with food from Phoenician Kabob will be served along with a piñata for the children and young at heart.

October is Conflict Resolution Month in Colorado as proclaimed by the Governor with a Tribute from the Colorado State Legislature.

Conflict Resolution Month in Colorado began in 2007 as a local initiative inspired by the work started in 2005 by the Association for Conflict Resolution in instituting **Conflict Resolution Day**. In an ambitious effort to ensure that Colorado is the most civil state in the Union, groups of energetic and dynamic individuals have come together each year to promote and celebrate productive problem solving in our state. Conflict Resolution Month aims to:

- Increase civility in Colorado
- Educate Coloradans about conflict resolution skills and resources
- Reduce violence
- Raise awareness of strategies for solving disputes when feeling stuck
- Increase the use of dispute resolution resources in Colorado

To learn more about this state wide effort visit <http://conflictresolutionmonth.org>

Other ways you can participate include:

- Recognize publicly people who have peacefully and creatively resolved conflicts
- Learn how to express problems without blame
- Understand what triggers anger in you and in those around you
- Listen, share, and celebrate successes

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 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.

Thursday, October 11, 4:30-7:30 p.m. CSLC-LWV Fall Forum: Ballot Issues and You: "Did you know there will be *thirteen* issues on your statewide Colorado ballot this fall? That's a lot of things to keep track of. Fortunately, Lutheran Advocacy Ministry-Colorado has released a voter guide that can help you understand what you'll be voting on. You can find it on our website at <https://www.rmselca.org/>





Children's Ministry

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 Has resumed! Every Wednesday in October volunteers will help set-up cots, prepare dinner, and spend the night with about 20 women in need of 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.)

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

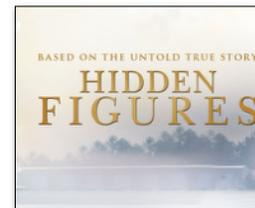


- In a heavy pot, heat the oil over medium heat. Add onions and caraway seeds and sauté until light golden, 5-7 minutes.
- Add the cabbage and sauté over medium-low heat until wilted, 7-10 minutes. Add the wine, maple syrup, and vinegar and stir. Reduce the heat and simmer until the liquid has mostly 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.

colorado-2018-ballot-resources. For some issues, however, you may be looking for an opportunity to learn about the topic in more depth. You're in luck! LAM-CO is co-sponsoring a forum on October 11 where you can learn about these issues. You'll hear from supporters and opponents of many issues while having the opportunity to ask questions. The forum is organized by the Colorado Social Legislation Committee and the League of Women Voters and will be held at **Montview Presbyterian Church, 1980 Dahlia Street, Denver.** Doors open at 4:30 p.m., and the program begins at 5:00 p.m. Admission is free for all - light refreshments and sandwiches will be provided.

Thanks for your partnership in advocacy,
Peter Severson"

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 Morgan 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>

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.

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.

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!

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.

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.



Our Church is full of wonderful volunteers who consistently give their time and energy performing important though sometimes easy to overlook tasks for us and this week we are very grateful to:

- Erik Sabina for climbing up to the attic space behind the nursery to close the Sanctuary blower vents and winterize our building.
- Dan Jacobs for fixing the electrical connection and putting a new light bulb in the utility closet on the second floor
- Mary Gould for performing organizational wonders in our storage closet off the social hall utilizing some of the new items we picked up from the Denver Presbytery giveaway
- All our wonderful volunteers who participated in the Women's Homeless Shelter and the Saturday Lunch Program
- 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!)

This Week We Hold in Prayer:

- Katie Hoffman who is back in the hospital with an infection.
- Those among us who are sick and living with chronic pain
- All who are recovering from surgery

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.

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 14, 12:30 p.m. The Session will meet immediately following the quarterly joint leadership meeting in room 104.

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.

Grocery Cards that support CHPC 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.



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.

October 23 Denver Presbytery Stated Meeting: The next Presbytery Assembly will be held at Shepherd of the Hills Presbyterian Church (11500 West 20th Avenue, Lakewood 80215.) Pre-Assembly will begin at 4:00 p.m. with the opportunity to meet our new Transitional Pastor, Rev. Dana Hughes. Dinner will be served at 5:00 p.m. and the meeting will begin at 6:00 p.m. We are very grateful to Jeanne Jeffas, our Commissioner to the Presbytery of Denver, for representing us at many of these meetings. If anyone else is interested to attend and meet the Rev. Hughes you may pre-register by visiting <https://denpres.org/events/>.



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 30 offering totaled \$605

Nuns on the Bus are coming to COLORADO October 14th and 15th: "Nuns on the Bus are on a Tax Justice Truth Tour traveling from California to Mar-a-Lago ahead of the 2018 midterms to hold elected officials accountable for their votes in favor of the 2017 Tax Law and attempts to repeal the Affordable Care Act. We know that our tax policy hurts our communities while giving handouts to the wealthiest in our nation. We must work for just tax policies that mend the gaps." If you would like to connect with their efforts you can view their entire schedule at <http://salsa4.salsalabs.com/dia/track.jsp?v=2&c=URL2GRCBtInSKBijgRwkmqvztoOWoYBR>

10:30 Community Men's Club Breakfast Oct 21, Room 104:

Men of 10:30 Community (all ages welcome) are invited to a catered breakfast in Rm 104 at 9:30 AM. We will discuss and discover our common histories and goals as members of 10:30. Questions or info : Pat Buckley 303 778-8050

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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