



OPEN LETTER

Capitol Heights Presbyterian | 10:30 Catholic Community | Dignity Denver | White Forest Sangha



CAPITOL HEIGHTS FAITH COMMUNITIES

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

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

Capitol Heights Presbyterian (CHPC)
<https://capheightspres.org>
chpcnews@gmail.com
Facebook [@capitolheightspreschurch](#)
Youtube

10:30 Catholic Community
www.1030catholic.org
Facebook

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

White Forest Sangha (WFS)
<http://www.whiteforestsangha.org>
info@whiteforestsangha.org
Steve: 303-324-0365

Sunday Worship Services
Presbyterian 9:30 a.m.
10:30 Catholic 11:00 a.m.
Dignity Denver 5:00 p.m.

WFS Tuesday Meditation
7:00 - 8:15 p.m.

WFS Wednesday Meditation
6:00 - 8:00 p.m.

WFS Saturday Meditation
9:15 - 11:20 a.m.

Send all announcements for the OPEN LETTER to the Church Administrator (capheightsoffice@gmail.com) by 12 PM Thursday

To schedule a meeting or event, please call the church at 303-333-9366 or send an email to capheightsoffice@gmail.com.

To view the Open Letter online visit capheightspres.org or scan the QR code



Community News

• **Friday, November 18, 5:45 - 8:00 PM:** The International Bonhoeffer Society – English Language Section invites you to our annual Bonhoeffer Society Dinner, which is held jointly with the American Academy of Religion Annual Meeting. The event will be held in the Social Hall at Capitol Heights. There will be a wine reception with a book display starting at 5:45 PM and the dinner and program will be from 6:15 - 8:00 PM. SAME Cafe will be catering the meal. Space is limited so be sure to RSVP early if you wish to attend. The cost of the dinner is \$40 per person. [RSVP HERE](#).

Program: The IBS-ELS Board of Directors is pleased to announce that their society president, Dr. Jennifer M. McBride, will be our speaker for the evening. She will read excerpts from her new book *You Shall Not Condemn: A Story of Faith and Advocacy on Death Row* (Cascade Books, 2022), take questions, and engage conversation. McBride's work is informed by her long engagement with the life and work of Dietrich Bonhoeffer; but about the life and death of Kelly Gissendaner. Central to the book are letters from prison between Kelly and the internationally renowned German theologian Jürgen Moltmann, an early reader of Bonhoeffer.

• **Capitol Hill United Ministries (CHUM)** updates can be found in the [November Newsletter](#). Included is information on the recently released lunch calendar for December - February. [Click HERE to sign-up today](#) for lunch preparations for our unhoused neighbors. Do you have additional questions or ideas for CHUM-WHI? Please reach out to Diana Flahive at flahive@flahive.us or call **303-832-4188** or **303-257-8588** (cell).

• **Shared Streets Denver:** Help Denver design shared streets! The design preference survey for Denver Shared Streets is now live! If you attended Tuesday's webinar, hopefully you have learned a little more about where shared streets in Denver are headed. If not you can watch the recording [HERE](#) to catch up with the planning process. DOTI is seeking feedback on what elements you want included in different street types, why you might hang out in a space, and what will make you feel safe. [Click HERE to participate in the survey](#). This survey should only take 5 minutes and will be open until November 18, 2022. As always, keep an eye on the [website](#), [DOTI social](#), and your email for project updates.

Save the Date for these Special Upcoming Events:

- **November 20, 9:30 AM** CHPC Thanksgiving Service
- **December 4, 11:00 AM** Ecumenical Service on the Second Sunday of Advent
- **December 18, 7:00 PM** Carols by Candlelight with words and music of the Season
- **December 25, 9:30 AM** CHPC Christmas Morning Service

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.

• **November 6, 9:30 AM Service & 11:00 AM Dialogue:** All are welcome to join us for our 9:30 AM service in the Sanctuary. Following the service at 11AM a Dialogue will be held in person (in the basement lounge) or online via zoom. Please join us if you can!

◆ 9:30 AM Service Zoom Link:

- ▶ [Click here to Join Zoom Meeting with video](#)
- ▶ One tap mobile with a Smartphone: +13462487799,,82045841954# OR +16699009128,,82045841954#
- ▶ Or Call: (+1) 253 215 8782; enter MEETING ID when prompted: 820 4584 1954 #; PASSCODE 1 2 3 4

• **Community donations** are being received online or by mail: To mail a donation send your contribution to **Capitol Heights Presbyterian Church, 1100 Fillmore St., Denver, CO 80206**. To donate online visit capheightspres.org/donations.

• **Grocery cards that support CHPC** are available for Safeway and King Soopers grocery stores. As you put money on your card and use it to buy your groceries, a portion of your weekly grocery purchases will support CHPC. Call Charlie Fiser (303-770-6362) if you are interested in participating.

News from Presbytery & other Partner Organizations

• **Tuesday, November 15 Eating for a Healthy Planet 5:00 PM MT A Presbyterians for**





CSH Grant Update

Our Grant Team had the pre-construction meeting with representatives from Historic Denver, Colorado State Historical Society, Spectrum General Contractors, Watkins Stained Glass, and CHPC on Monday. Over the winter months windows will be removed from the West Façade to be worked on in the Watkins studio.

Come spring, work will begin on the windows on site, masonry, and tower roof and parapets.

The current work is made possible by a grant from the Colorado State Historic Society with matching funds coming from your generous donations - thank you! The grant covers the restoration of the entire West Façade of the building - excluding the window of Jesus in Gethsemane as the CSH Grant funds cannot be used for religious images.



The Historic Building Fund will remain OPEN and donations can be directed to it at any time to support further restoration work of our beloved building.

Children's Ministry

Paper Lanterns for Martinmas

The festival of Martinmas is celebrated on November 11 and originated in France hundreds of years ago. Also called Saint Martin's Day, it is the feast day of Saint Martin of Tours who was a Roman soldier, baptized as an adult, and became a bishop in France. He is remembered for sharing his cloak with a beggar during a snowstorm to save him from the cold. To remember the warmth and kindness of St. Martin's spirit and to kindle such warmth and light in our own spirits here is a template for making star lanterns on page 2 and 4. Have fun!



SUPPLIES:

- ▶ 2 large watercolor paintings
- ▶ Ruler
- ▶ Pencil
- ▶ Scissors
- ▶ Glue
- ▶ Craft knife
- ▶ Printed copy of the paper pentagon pattern

Earth Care Webinar: This presentation will explain how food is contributing to the climate emergency, and offer science-based guidelines for making everyday dietary choices to reduce our climate "foodprint". [Click HERE](#) for details.

- **Presbyterian Disaster Assistance (PDA)** is currently responding with aid for communities impacted by Hurricane Ian. To learn more and to find ways you can support PDA's efforts [click HERE](#). (You can read the latest Newsletter from [PDA HERE](#).) *"Many waters cannot quench love, neither can floods drown it."* ~Song of Solomon 8:7
- **Denver Presbytery's** November 4th Friday E-News [can be read HERE](#).
- **Colorado Council of Churches** shared their November newsletter this past Wednesday. You can check it out [HERE](#).
- **Election Season is almost over!** If you haven't voted yet, be sure you bring your ballot back to a drop of box and do not use the mail delivery as it will arrive too late. If you still need to register to vote you can do that until 7PM on Election Day, November 8th. Many resources are being distributed regarding various items on the ballot. If you are interested, following are voter guides put together by some of our partner organizations. Click on their names to read the guides: [Colorado Council of Churches Voting Information](#); [Together CO Ballot priorities & resources](#); [Matthew 25 voting resource on Proposition 123](#).

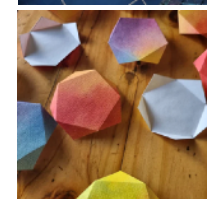
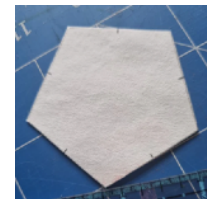
10:30 Catholic Community

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.

- **Community Contributions:** The Community made third quarter contribution of \$500 to each to the Colorado Afghan Legal Project and MetroCaring. If you would like to recommend that the Community make a donation to a particular organization, please send your recommendation to Bill Dixon, Jim Butz, or Gene Lang.
- **Community donations** are still being received and can be mailed to the following address: c/o Gene Lang, 10:30 Catholic Community; 1100 Fillmore Street; Denver, CO 80206.
- **COVID Safety Protocol:** *Council requests that members who test positive for COVID and attended mass (or another 10:30 community function) at a time when they may have been infectious to pass that information along to the Chair so that other members can be informed and supported.*

Paper Lantern Instructions

1. First you'll need to print the pentagon pattern (found on page 4), or draw your own pattern using your pencil and ruler. For a large lantern you'll want each side of the pentagon to be approximately 2" long. To make a smaller lantern each side should measure 1.25" long.
2. Trace the pentagon pattern on the back of your watercolor painting, repeating it a total of 11 times. Cut out each pentagon.
3. Use a ruler and pencil to mark the halfway point on each of the five sides of the pentagon. Next, draw a line from each halfway point to the next. These lines will be your fold lines.
4. Working on the unpainted side, use a ruler and craft knife to gently score along each of the fold lines, then fold the points towards the centre of the pentagon, creasing firmly.
5. When all eleven pentagons have been folded in this way you can begin constructing the lantern. Use a glue stick to stick the paper pentagons together. Work slowly, making sure each one is correctly aligned and attached securely before moving on to the next one.
6. Start at the bottom of the lantern and work upwards. Each folded point overlaps the pentagon next to it on all sides, creating a star shape in the centre of the pentagon. Attach five pentagons to the base pentagon and to each other, creating the bottom of the lantern.
7. To create the top of the lantern, first take your remaining five pentagons and glue down one of the folded points to its unpainted side. These folded edges will become the top edge of the lantern. Now attach these pentagons to the bottom layer of the lantern and to each other, working slowly and making sure they are attached securely.
8. Using a battery operated tea light inside the paper lanterns works really well. When the tea light is illuminated your lantern will glow with beautiful colorful stars, the perfect addition to your Martinmas celebration and a beautiful centerpiece for your table over the cold, dark months of winter. Use a hole punch and add string to carry yours along on your lantern parade.



This fun craft design was brought to us by Josie from [@onwillowsbend](#).



Community Events

Sunday

CHPC Sunday Schedule

9:30 am Service (Sanctuary / [Zoom](#))

11:00 am Dialogue (Lounge (basement) / [Zoom](#))

10:30 CC Sunday Schedule

11:00 am Mass (Sanctuary)

Dignity Denver Sunday Schedule

5:00 pm Dignity Denver Mass *every 1st, 3rd, & 5th Sunday*

Sunday AA

9:00 am Basement Social Hall or South Garden Benches as weather allows.

Tuesday

5:45 pm NA - "Don't Know Diddly" (Social Hall)

7:00 pm - "*Beginner's Mind Zazen*," meditation with White Forest Sangha

7:00 - 8:30 pm Comedy Is Therapy with Dr. Alison Sheesley for people struggling with social or generalized anxiety. (Nursery)

Wednesday

5:00 pm CHPC Music Rehearsal (Sanctuary)

White Forest Sangha Meditation (Basement Meditation Room)

6:00 - 6:15 logon/seating in the zendo

6:15 - 6:55 zazen

6:55 - 7:15 chanting service

7:15 - 7:25 prepare for discussion

7:25 - 8:00 Dharma discussion

8:00 p.m. Bodhisattva vows and closing gathering

6:30 - 8:00 pm Comedy Is Therapy with Dr. Alison Sheesley for people struggling with social or generalized anxiety. (Nursery)

7:00 pm Ye Wanton Singers (Sanctuary)

Thursday

6:00 pm Women's AA (Room 104)

Saturday

White Forest Sangha Morning Meditation (Basement Meditation Room)

9:15 - 9:30 arrive and take seat in zendo

9:30 - 10:10 zazen

10:10 - 10:20 kinhin

10:20 - 11:00 zazen

11:00 - 11:20 service

11:20 informal tea

For more information contact Steve Mushin Crisman (303-324-0365 / info@whiteforestsangha.org)

10:00 am SLAA (Room 104)

10:30 am NA - "Primary Purpose" (Social Hall)

ONGOING EVENTS:

Every Fourth Thursday of the Month

7:00 PM Journey with Migrants Mission Partnership meeting (held on zoom)

Leaders of the Capitol Heights Faith Communities

Ecumenical Leadership at 1100 Fillmore

Shared Operations Leadership:

CHPC Session • 10:30 Catholic Council • Dignity Denver Board

Charlie Fiser - Treasurer; Debbie Yeager - Building Administrator

Historic Building Team

Debbie Yeager

Sonya Yeager-Meeks

Dan Jacobs

Andrea Malcomb & Historic Denver

Ecumenical Worship Committee

Bibiana Hager

CHPC

Jeanne Jeffas

CHPC

Mary Sullivan

10:30 CC

Sylvia Sullivan

10:30 CC

Garden Team

Mary Lou Fenili

Liz Pinckard

Debbie Yeager

Sonya Yeager-Meeks

Linden Snow of *Remedy Permaculture Design*



Capitol Hill United Ministries - Women's Homelessness Initiative

Diana Flahive, *Executive Director*; 303-832-4188 | 303-257-8588 (cell) | flahive@flahive.us

Leadership Team Members

Bonita Bock (Augustana Lutheran); Cass Cronan (Earthlinks); Charlie Fiser (CHPC);

Brian Henderson (1st Baptist); Chris Gilmore (6th Ave. UCC) Mark Meeks (CHPC)

Capitol Heights Presbyterian Church

Session Elders:

Jeanne Jeffas

(Class of 2022 - 2nd Term)

Erik Sabina

(Class of 2022 - 2nd Term)

Sonya Yeager-Meeks

(Class of 2023 - 1st Term)

Mary Hupp

(Class of 2024 - 1st Term)

Rodney Shuff

(Class of 2024 - 2nd Term)

Rev. Mark Meeks

Spiritual Leader

Rev. Bill Sanders

Moderator

Bonnie Jensen

Clerk of Session

Charlie Fiser

Treasurer

Jean Demmler

Commissioner to the Presbytery of Denver

Bibiana Hager

Deacon

Sonya Yeager-Meeks

Co-Director of Music

Debra Yeager

Co-Director of Music

Debra Yeager

Children's Ministry

Pastoral Life Committee:

Fran Adams

Cary Mead

Lillian Shuff

Mark Meeks

10:30 Catholic Community Council

Bill Dixon

Chair

303-910-2842

Jim Butz

Co-Chair

303-913-3290

Gene Lang

Treasurer

303-399-5692

Kristen Insana

Secretary

440-223-0101

Meg Johnson

Liturgy Liaison

303-399-5692

(Currently Open)

Religious Education

Contact Bill or Jim

Liaison

Mary Sullivan

Social Action Liaison

703-371-9105

Melanie McPhee

Member-At-Large

720-421-3722

Patricia Peterson

Member At-large

303-475-6675

Dignity Denver Board

Brad Cameron

President

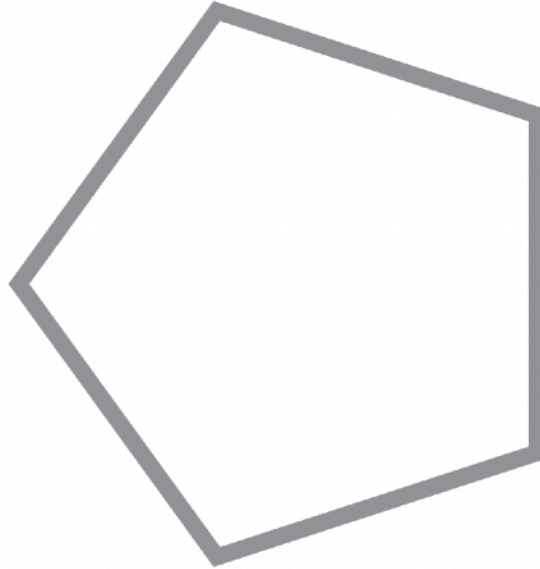
Brad Cameron

Co-Treasurer

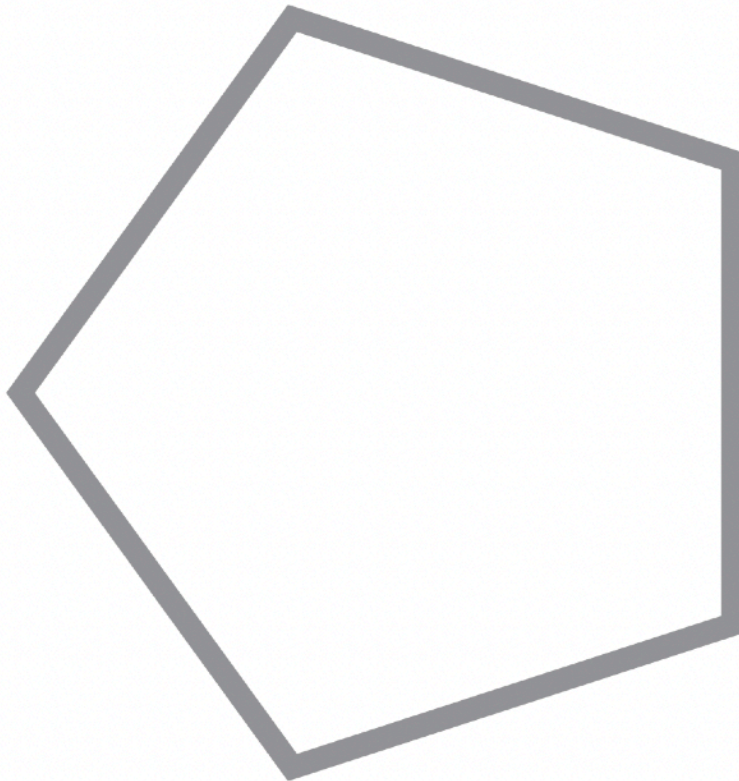
Mike Misgen

Member at Large

Print these Pentagon Patterns to help you create a beautiful paper lantern for Martinmas and the start of the winter festive season!



Small



Large