



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



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 13, 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, by mail, or in person. 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

- **Denver Presbytery's** November 11th Friday E-News [can be read HERE](#).
- **News from Compassion, Peace, & Justice (CPJ) Presbyterian Mission** can be found in their most recent [Newsletter HERE](#). Included are stories about their work at COP 27, the filming of a documentary on environmental racism, defending the right to seek asylum, releasing a guide to understanding the Farm Bill, reimagining Advent, and more.
- **Tuesday, November 15 Eating for a Healthy Planet 5:00 PM MT A Presbyterians for 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](#).
- **Observing Indigenous Peoples' Month with Creation Justice Ministries:** This Indigenous Peoples' Month, you are invited to come alongside your Indigenous neighbors in prayer and action. Following are resources from Creation Justice Ministries for honoring Indigenous communities.
 - ▶ **Environmental Justice with Indigenous Peoples:** This resource provides background information on the Doctrine of Discovery. You can download the document [HERE](#).
 - ▶ **Blogpost from Sarah Augustine, author of *The Land is Not Empty*:** "*Indigenous Peoples, across our numerous spiritual traditions, acknowledge we are embedded in creation, interdependent with it, not separate from it. In the cosmology I understand, this is reality...*" [Read more HERE](#)
- **A Prayer from Rev. Tweedy Sombrero Navarrate, Diné:**

*Thank you, Lord, for all that you have given us.
Thank you for the beauty of the universe that you created:
the trees, the sky, the mountains, the rain.
All things hold beauty in themselves and all are related and touch each universe of the earth. You created the rhythm and pattern of the universe in a harmony of movement, sight, and sound.
Help us to appreciate your creation and to live with our eyes, ears, and hearts open to your message. Amen.*
- **Thursday, December 8, 4 PM MST - A Webinar with Creation Justice Ministries "A Christian's Guide to Planet Earth - Author talk with Betsy Painter:** Drawing on science and Scripture, the book *A Christian's Guide to Planet Earth: Why It Matters and How to Care for It* offers a hope-filled, reader-friendly guide to help navigate questions about caring for God's world. Join Creation Justice Ministries for a discussion with author Betsy Painter. Together, we'll explore connections between our planet's different ecosystems, the challenges of climate change and ecological breakdown, Scripture, and our spiritual experience of God's creation. [REGISTER HERE](#)



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 10/31. 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

Easy beeswax pumpkin candles

Make a well for your candle by carving out the stem of your pumpkin and scooping out the seeds.

Place your beeswax in a glass jar and place it in your pot of hot water. Stir occasionally until the wax has fully melted.



If making your own wick, cut a length of cotton twine and attach a paper clip to each end. Lower the twine into the melted wax and let it sit until the cotton is fully saturated with wax. Pull it out slowly, pulling it taut so it dries straight. Once fully dry, cut to the appropriate length.

Place your wick in the center of your pumpkin and pour the wax into the carved well, leaving a little space at the top. Support your wick by holding it in place or tying it with additional twine. Let sit until hardened completely.

Your pumpkin candles are ready to enjoy!

SUPPLIES:

- ▶ Miniature pumpkins
- ▶ Beeswax pellets or bars
- ▶ Pre-made candle wicks or cotton twine
- ▶ Sharp knife
- ▶ Glass jar
- ▶ Pot of hot water

- **The Interfaith Immigration Coalition** has created two toolkits for the winter months. The first one, *Preparing Welcome*, is an Advent devotional for immigrant justice. The devotional journeys through the four weeks of Advent, beginning November 27, up to Christmas day. IIC has also prepared a *Winter toolkit* that highlights various holy days, holidays, and special events occurring this winter and ideas on how you can observe them.

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.

- **Sunday, November 20: The 10:30 Catholic Community's General Membership Meeting** will be held on Sunday, November 20th following Mass. Click [HERE](#) to see the agenda for the upcoming meeting. Click [HERE](#) to see the important community letter regarding Priests.
- **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.
- **Treasurer's Report:** Donations for October totaled \$2,388.
- **Community Contributions:** In the fourth quarter, the Community contributed \$500 to Teller Backpack Friends (provides food for Teller Elementary students from families in need to take home for the weekend) and \$500 Catholic Charities (support for its programs assisting immigrants and refugees).
- **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.*

Community News

- **Friday, November 18, 5:45 - 8:00 PM:** The International Bonhoeffer Society – English Language Section invites you to the annual Bonhoeffer Society Dinner. 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 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.

- **Saturday, November 19 10AM - 3PM: Afghan Women's Collective of Denver Holiday Sale!** The Collective is comprised of 4 Afghan women who live in the Virginal Village & Cory/Merrill neighborhoods. Their families fled Taliban rule in Afghanistan. Thier husbands assisted our military. One woman lost her husband to COVID. They are acclimating to life in America. They have perfected their sewing and crochet skills and are creating beautiful wares. They will be earning the money from your purchase of these products to help support their families. Products for sale will include napkins & placemat sets, napkin sets, cocktail napkins sets, dog bandanas, dish cloths and wash cloths, & dusting mitts. The sale will be held at Celebration Church on 1650 South Birch St from 10am - 3pm. **Payment accepted is Cash or Venmo only.** For more info, contact Tricia Huth [303-885-4633](tel:303-885-4633).
- **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](tel:303-832-4188) or [303-257-8588](tel:303-257-8588) (cell).
- **Sunday, December 4, 12:30 PM: CHPC, 10:30 and Dignity-Save the Date and RSVP!** Authentic Afghan Dinner will be served following the 11AM Ecumenical Liturgy on December 4 at 12:30. The dinner will be prepared by the two mothers from the Hamzoly families, who settled in Denver a little over a year ago. This special meal will afford our communities the opportunity to sit and eat together after a long time of social distancing. In addition, with your support, the dinner will generate funds to support the family as they transition from sponsorship to independence. Guests are invited to make a freewill offering with all proceeds going directly to the families. (Suggested donation: \$10 - \$50 as you are able.)



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

Community Events

Sunday

CHPC Sunday Schedule

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

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

12:30 PM Session (Room 104 / [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)

Friday

5:45 - 8:00 PM International Bonhoeffer Society - English Language Section Annual Dinner (Social Hall & Kitchen)

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](tel: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