



# 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](mailto:capheightsoffice@gmail.com)

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

10:30 Catholic Community  
[www.1030catholic.org](http://www.1030catholic.org)  
Facebook

Dignity Denver  
[www.dignitydenver.org](http://www.dignitydenver.org)  
Facebook  
Dignity: 720-515-GLBT

White Forest Sangha (WFS)  
<http://www.whiteforestsangha.org>  
[info@whiteforestsangha.org](mailto: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](mailto: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](mailto:capheightsoffice@gmail.com).

To view the Open Letter online visit [capheightspres.org](http://capheightspres.org) or scan the QR code



## Community News

- 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. Their 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).


  - Sunday, December 4, 12:30 PM: CHPC, 10:30 CC, 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 Hamzoley 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.) **Please RSVP to Tricia Huth ([303-885-4633](tel:303-885-4633) / [TMHuth@msn.com](mailto:TMHuth@msn.com)) to help the Hamzoley families stay informed to the number of folks they will be cooking for.**
  - 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**
  - Saturday December 17th 12:00pm - 3:00pm:** This year Casa de Paz turned 10 years! We want to celebrate YOU, our amazing volunteers, donors, friends - YOU make this possible. Showing up when it matters the most, signing up to volunteer, donating supplies, money, and attending our clothing drives - THANK YOU. This year has been challenging so we were not able to host our annual birthday party BUT we decided to combine this celebration with International Migrants Day! **RSVP TODAY!** The event will be held at 10700 E Evans Ave, Aurora, CO 80014. Questions? Email us at [andreal@casadepazcolorado.org](mailto:andreal@casadepazcolorado.org) or [info@casadepazco.org](mailto:info@casadepazco.org)
- Save the Date for these Special Upcoming Events:**
- December 4, 11:00 AM** Ecumenical Service on the Second Sunday of Advent followed by an authentic Afghan lunch prepared by the Hamzoley families (Suggested lunch donation \$10 - \$50; **RSVP HERE**)
  - 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 Hill United Ministries

There are several ways to stay involved with CHUM and the Women's Homeless Initiative (WHI) in the months ahead including:

**Sign up to Provide Lunches to those in need** - The new signup is now available for **December 2022-February 2023**. Use the link to find an open date on the calendar when you wish to provide lunch or breakfast for one of the listed organizations. **Sign up today HERE!**

**Make your Gift to CHUM-WHI for Colorado Gives Day** - All gifts, beginning November 1, will count toward earning us a part of the \$1.4 million Colorado Gives Day Incentive Fund! WHI strives to provide vulnerable women a chance to be known, heard, and cared for with compassion, dignity, respect, and presence of heart. More than 1,000 volunteers come together to share their time, talent, and treasure. To donate and learn more about the program through **Colorado Gives click HERE.**

**Looking for a meaningful gift for the holiday season?** Consider purchasing our book, **EXPOSURE: Homelessness through the lens of art and poetry**. To purchase your copy, **contact Diana Flahive** by email or call her at 303-832-4188.

## 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

## 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 20, 9:30 AM Thanksgiving Service** All are welcome to join us for our 9:30 AM Thanksgiving service in the Sanctuary (or online via zoom). Also during the service, we will have a Celebration of Baptism of two neighborhood children, Calla and Sylvie, daughters of Robert and Alison. An in person reception with light refreshments will take place in our basement Social Hall following the service.
- ▶ **9:30 AM Service Zoom Link for November 20th & 27th:**
  - ▶ [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](http://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 our Partner Organizations

- **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.*

## 10:30 Catholic Community

We are a Christ-centered, Spirit-directed Catholic worshiping 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 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)

### 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](mailto: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](mailto: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

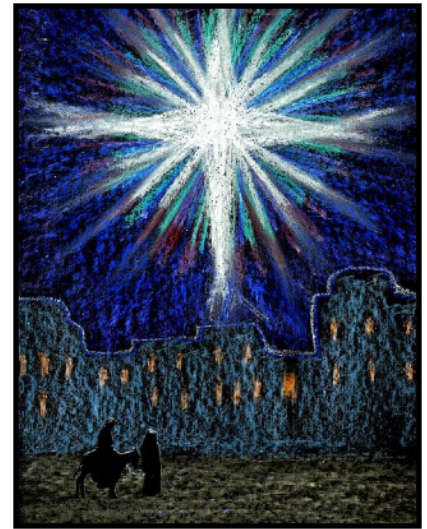
## Advent Resources November 27 - December 24

- **The Interfaith Immigration Coalition (IIC)** has created the toolkit *Preparing Welcome*, an Advent devotional for immigrant justice. The devotional journeys through the four weeks of Advent, beginning November 27, up to Christmas day.
  - ❖ [Week 1, November 27](#) | **Waiting for Violence to End**
  - ❖ [Week 2, December 4](#) | **Waiting for Permanent Protections**
  - ❖ [Week 3, December 11](#) | **Waiting for Water in the Wilderness**
  - ❖ [Week 4, December 18](#) | **Waiting for Family Reunification**
  - ❖ [Christmas, December 25](#) | **Welcoming with Light!**
- **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. Created by the IIC Holy Days & Holidays Working Group, this interfaith toolkit highlights holy days, holidays, and special events occurring this winter and how you can observe them. The hope is for this toolkit to serve as an educational resource as well as a tool to mobilize people of faith to embody their beliefs in seeking justice this season. Some of the early events highlighted in the toolkit are:
  - ❖ **Hope for the Holidays Campaign:** Lutheran Immigration and Refugee Services (LIRS) is proud to run its eighth-annual Hope for the Holidays program which collects cards and gifts for distribution at immigration detention centers across the country, sharing holiday hope and joy with individuals and families seeking safety in the United States. We are invited to join LIRS in sharing hope and joy with some of our newest neighbors! To learn how to participate, download [Hope for the Holidays 2022 Toolkit](#) which has information on writing and sending cards. Note that this year, cards are due by December 2nd.  
 Last year, volunteers distributed over 16,000 cards to migrant families in detention centers across the country, as well as to individuals and families who were recently released from detention. Notably, the campaign provided more than 500 children's gifts – enough for every single migrant child in family detention centers in the country to open a special present over the holiday season.
  - ❖ **December 8, Bodhi Day** is the precious day Buddhists celebrate Gautama Shakyamuni Buddha's Enlightenment, primarily in Mahayana Buddhist traditions. Although it is, perhaps, the most important day of the Buddhist calendar (celebrating the ultimate goal of the path, Enlightenment) it is a quiet day in most traditions and a time for contemplation, practice, and purification.
- **Presbyterians for Earth Care (PEC)** have created a Daily Advent devotional for 2022. The devotions are based on the Revised Common Lectionary texts and have a Creation Care Perspective. Two formats of the devotional are available on the PEC website - online version and printable version. [CLICK HERE](#) to download your complete copy today. You can also sign up for the Daily Advent Devotion Email list to receive the day's devotion throughout the Advent season. Sign up here: [DAILY DEVOTION EMAIL](#).

### Week 1 Scripture Selections:

- ❖ November 27 *First Sunday of Advent*: Romans 13:11-14
- ❖ November 28: Genesis 8:1-19
- ❖ November 29: Isaiah 59:12-13
- ❖ November 30: Romans 15:4-13
- ❖ December 1: Psalm 72:1-7
- ❖ December 2: Isaiah 11:1-10
- ❖ December 3: Romans 15:4-13 (part 2)

*Devotional reflections to accompany the texts can be seen [HERE](#).*



Don't hide,  
 don't run,  
 but rather  
 discover in the midst of fragmentation  
 a new way forward:  
 a different kind of journey  
 marked by its fragility,  
 uncertainty  
 and lack of definition.  
 And on that path  
 to hold these hands  
 that even in their brokenness  
 create a new tomorrow.

~Peter Millar

Blessed are the poor, not the penniless,  
 but those whose hearts are free.  
 Blessed are the meek, not the soft,  
 but those who are patient and tolerant.  
 Blessed are the merciful, not those who  
 forget,  
 but those who forgive.  
 Blessed are the pure in heart, not those  
 who act like angels,  
 but those whose lives are transparent.  
 Blessed are the peacemakers, not those  
 who shun conflict,  
 but those who face it squarely.  
 Blessed are those who are persecuted for  
 justice,  
 not because they suffer,  
 but because they love.

~Church workers in Santiago, Chile

