



# 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)**  
<https://www.wfszen.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



### Save the Date for these Special Upcoming Events:

- **December 18, 7:00 PM** Carols by Candlelight with words and music of the season
- **December 24, 4:30 PM** Christmas Eve Mass with Dignity Denver
- **December 24, 6:30 pm** Sacred Music & **7:00 pm** Christmas Vigil Mass with 10:30 CC
- **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.

- **December 18, 9:30 AM:** All are welcome to join us in the Sanctuary for our 9:30 AM Service on this Fourth Sunday in Advent. Following the service at 11AM there will be a dialogue on Advent themes held in the basement lounge.
- **Carols by Candlelight 7:00 PM:** All are invited to attend this beautiful evening filled with poetry and music of the Advent & Christmas Season. You can attend in person in the Sanctuary or online via zoom using the link below.

#### ♦ Zoom Link for all Sunday Events

- ▶ [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

- **December 2022 Peace Offering:** It has been our practice during the month of December to collect a Peace Offering in support of the Peace Efforts of the PC(USA) as well as a local Colorado organization. This year Session has designated SafeHouse Denver as our local recipient. SafeHouse Denver serves survivors of domestic violence and their children through an Emergency Shelter, a non-residential Counseling & Advocacy Center and an Extended Stay Program. All of the adults, children and youth who come to SafeHouse Denver have access to a full range of bilingual programming, including individual counseling, group sessions, advocacy and safety planning. If you would like to participate in this offering you can do so in three ways:

1. Bring your Peace offering to the services on December 18th or 25th.
2. Mail an offering (designated "Peace Offering 2022") to the church (address below). If mailing a check, be sure it is in the mail to arrive by Friday, December 30th.
3. Finally, you can donate online at <https://capheightspres.org/donations>. Once you have entered a donation amount there will be a place to "write a note" and you can specify that your donation is for the "Peace Offering."

The PC(USA) will receive 75% of our Peace Offering and 25% will go to SafeHouse Denver. If you have any questions feel free to reach out to our treasurer, Charlie Fiser, at [116doverroad@centurylink.net](mailto:116doverroad@centurylink.net).

- **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

- **Denver Presbytery 12/16 Friday Enews:** You can stay informed with happenings in our Presbytery by reading the Friday Enews from Beth Carlisle [HERE](#).
- **A Special Invitation from the Matthew 25 Committee:** This past Wednesday, December 14, marked the 10th anniversary of the Sandy Hook Elementary shooting. We invite your congregation to partner with Denver Presbytery's Matthew 25 Committee to take action. Specifically, we ask that your congregation consider contributing time, talent, and/or treasure to support our first Guns to Gardens (G2G) event scheduled for Saturday, February 25, 2023, 9am-1pm, at Columbine United Church in Littleton. For more information contact Cheryl Fleetwood (member of Central Presbyterian Church) at



## Capitol Hill United Ministries

**A Special Message from our Partner CHUM Church First Unitarian Society of Denver:** *Dear 1st Unitarian Denver friends; As of this moment, we have been contacted by the mayor's office and there is a very good chance that 1st Unitarian (FUSD) will be asked to temporarily house up to fifteen of the immigrants who arrived in Denver yesterday. The board has approved this, and we are awaiting further details from the city.*

*If this happens, we are going to need a significant number of volunteers to help with setting up cots and bedding, making and serving meals, and being on-site to help with whatever comes up, starting Thursday. We will also need a couple organizer-type people to manage scheduling of meals, cleanup, on-site staffing, etc. for the next week or so. We can do this! Please think about what you might be able to offer in terms of time and material/logistical support. More info as soon as we get it. ~Rev. Mike*

If interested to learn more or volunteer in this effort contact Rev. Diana Flahive at 303-832-4188 (home) | 303-257-8588 (cell) | [flahive@flahive.us](mailto:flahive@flahive.us)

**CHUM-WHI Lunch Service** - Sign up to Provide Lunches to those in need. The new sign up is now available for **December 2022-February 2023**.

## Children's Ministry

### Christmas Snickerdoodle Cookies:

1 cup unsalted butter (softened at room temperature)

1 1/2 cups sugar

2 large eggs

2 teaspoons vanilla

2 3/4 cup flour

1 1/2 teaspoon cream of tartar

1/2 teaspoon baking soda

1 teaspoon salt

### Cinnamon-Sugar Mixture:

1/4 cup sugar

1 1/2 Tablespoons cinnamon

**Preheat** oven to 350 degrees. **Bring out a large mixing bowl** and cream butter and sugar for 4-5 minutes until light and fluffy. **Scrape** the sides of the bowl and add the eggs and vanilla. **Cream** for a minute longer. **Stir** in flour, cream of tartar, baking soda, and salt. **In a small bowl**, stir together sugar and cinnamon. **Roll** into small smooth balls. **Drop** into the cinnamon-sugar mixture and coat well. **Place** on a parchment paper-lined baking sheet. **Bake** for 9-11 minutes. **Let cool** for several minutes before removing from the pan. Pour a glass of milk or cocoa and enjoy!

(303) 877-0211 or [cherylrfleetwood@gmail.com](mailto:cherylrfleetwood@gmail.com).

*The General Assembly of the Presbyterian Church (USA) became the first major religious body to support the Guns to Gardens movement. Learn more about Guns to Gardens at [www.presbypeacefellowship.org/gun-violence](http://www.presbypeacefellowship.org/gun-violence).*

## 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.

- **December 24, 6:30 pm Sacred Music & 7:00 pm Christmas Vigil Mass** with 10:30 Catholic Community. All are welcome to attend!
- **There will be no Christmas Day Mass nor New Year's Day Mass.** 10:30 Catholic Community members are invited to attend Capitol Heights Services on Christmas Day and New Years Day at 9:30 am.
- **Support for Recent Migrants:** The City of Denver has informed us that one of the best ways to quickly offer supports to the influx of migrants is to donate to these organizations working directly with them: **Colorado Housing Asylum Network;** **Denver Community Church;** **Americans Friends Service Committee.**
- **Sunday, January 29:** There will not be a Mass on the 29th of January, but instead, the 10:30 Catholic Community is invited to join Capitol Heights to celebrate their 127th Anniversary in a Service at 9:30 AM. After the service all are invited to participate in our first Social Service Sunday when we will have the "Rice and Bean Bag Breakdown."
- **Dear 10:30 Community Members:** There has been concern recently about whether we should reinstitute a requirement for masks while at CHPC. At this time, there is not a building-wide mandate for use of masks at 1100 Fillmore. A check of the CDC case rates for Denver County today shows rates as "Medium." CHPC is encouraging people who are at high risk to wear a high quality mask when indoors. With three serious viruses circulating currently, we would certainly encourage and strongly recommend mask usage at this time. Please continue to stay careful and considerate, and please do not attend services if you are symptomatic or know of a recent exposure. We will keep you apprised as to any changes in masking requests.
- **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.*

## 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.

- **Dignity Denver** will be celebrating Mass throughout the Advent Season. Services will be held in the Sanctuary of 1100 Fillmore Street. All are welcome! **We ask that anyone attending mass please wear a face mask.** Following is the Advent and Christmas Schedule:
  - ▶ December 18, 5:00 PM (Fourth Sunday in Advent)
  - ▶ December 24, 4:30 PM (Christmas Eve Mass)
  - ▶ There will not be a mass on Christmas Day (12/25) or New Years Day (1/1/23)

## Community News

- **A Message from the Colorado Council of Churches:** *The City and County of Denver and the state of Colorado has asked us to help get out the word that they need emergency shelter space for the influx of migrants coming here from mainly Latin American countries. Migrants and asylum seekers have been arriving to Denver from the U.S. southwest border and other cities across the country for several months now, but the numbers we were seeing increased rapidly as of a week ago and continue to stay consistent. We are seeing primarily young men, but we also have women, children, and families present within our shelter system. Most of the children are under age 10. The majority speak Spanish. Our State Officials are asking for help from the Religious Communities in Colorado. To learn how you can help [Read more HERE.](#)*
- **January 11, 6:00 PM:** If you would like to learn more about sponsoring a migrant family, CHAN, the American Friend Services Committee and other nonprofits are hosting a webinar on January 11, 2023, at 6:00 p.m. To register please click [here](#).
- **A Request from a Congress Park Neighbor:** Full time Grandma/Nanny seeking back-up care for 18 month old granddaughter in Congress Park two - half days, or one full day a week. Contact Heidi at 661-406-0799.

## Community Events

### Sunday

#### CHPC Sunday Schedule

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

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

7:00 PM Carols by Candlelight (Sanctuary / [Zoom](#))

#### 10:30 CC Sunday Schedule

11:00 am Mass (Sanctuary)

### Dignity Denver Sunday Schedule

5:00 pm Dignity Denver Mass *Every Sunday through Advent*

### 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

### 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

Estela Bogaert-Martinez

Adult Religious Education

303-618-6617

(Currently Open)

Adult Religious Education

Contact Estela, Bill

Co-Liaison

or Jim

Mary Sullivan

Social Action Liaison

703-371-9105

Connie Curtis

Member-At-Large

303-296-6315

Patricia Peterson

Member At-large

303-475-6675

### Dignity Denver Board

Brad Cameron

President

Brad Cameron

Co-Treasurer

Mike Misgen

Member at Large