



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](https://www.facebook.com/capitolheightspreschurch)
Youtube

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

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

White Forest Sangha (WFS)
<https://www.wfszen.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



Save the Date for these Special Upcoming Events:

- 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 25, 9:30 AM:** All are welcome to join us in the Sanctuary for our 9:30 AM Service on Christmas morning. Come as you are (the kids can wear their pajamas, it's ok!) and we will enjoy a time of reflection and song in Christmastide.
- ✦ **Zoom Link for CHPC 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.

- **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 grocery stores. (King Soopers is no longer doing their loyalty card program.) 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 12/23 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 (303) 877-0211 or 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.



Capitol Hill United Ministries

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**. **Volunteers are needed for December 27 & 29. CAN YOU HELP?**

There are also several openings for breakfasts and lunches in January and February, including 1/5, 1/11, 1/12 and more.

Children's Ministry

Gluten Free Ginger Snaps (Vegan):

1 ¼ cup maple syrup
3 Tbsp coconut sugar
3 Tbsp melted coconut oil
2 Tbsp molasses
1 ¼ tsp ground ginger
1/4 tsp ground cinnamon
1 pinch ground nutmeg
1/2 tsp baking soda
1/4 tsp sea salt
1 cup oat flour
1/2 cup almond flour
1/4 cup arrowroot flour (also called arrowroot starch)

Preheat the oven to 350 degrees F (176 C) and line two large baking sheets with parchment paper. **In a medium mixing bowl, whisk** together the maple syrup, coconut sugar, melted coconut oil, molasses, ginger, cinnamon, nutmeg, baking soda, and sea salt until well combined and smooth. **Add in the oat flour, almond flour, and arrowroot starch** and mix with a wooden spoon or spatula until the flours are completely incorporated. Your dough should feel sticky but not too tacky (sticking to your hands) or too dry (crumbly) and should hold its form. If the dough appears too dry, it likely just needs more mixing. **Form the dough** into a disc and place it in the refrigerator for 30 minutes to solidify. **Once the dough has rested**, place a sheet of parchment paper on a large cutting board or countertop. Dust it lightly with arrowroot starch then place the dough in the center, dust with more arrowroot starch, and place another sheet of parchment paper on top of the dough. Working from the center out, roll the dough into a large circle about 1/16-inch thick. Rolling to this thickness makes these cookies crisp (our preferred texture) rather than soft. If you have any difficulty rolling the dough, place it in the refrigerator to chill for 10-20 minutes and then try again. **Use a cookie cutter** to cut out as many cookies as you can. Use a metal spatula lightly dusted with arrowroot starch to transfer them onto your parchment-lined baking sheets. Place the cookies about 1 inch apart on the baking sheets. Combine the rest of the dough scraps and repeat steps 5-6 until all of the dough is stamped out into cookies. **Bake the cookies for 9-12 minutes** until they are dry to the touch. Let cool on the pan for 5-10 minutes before transferring to a cooling rack to cool completely. Enjoy!

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!
 ♦ **Zoom Link for Christmas Eve Mass**
 • **Click [HERE](#) to join Zoom Meeting**
 • **One tap mobile with smartphone +17207072699,,83716041925#,,, *239222# OR +17193594580,,83716041925#,,, *239222#**
 • **Or call: +1 720 707 2699**
- **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.
- **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.*
- **For the January 10:30 Catholic Community Calendar** click [HERE](#).

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.**
 ▶ 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

- **Many thanks to Journey with Migrants and CHPC Session** who underwrote the cost of groceries for the Afghan Dinner, held on December 4. Due to this generosity and that of over 60 members from all four of our 1100 Fillmore communities who supported the dinner, the families earned a total of \$2430. This was quite the gift to present at this holiday time. Thank you! Tricia
- **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.
- **News from Together CO:** On January 11, faith communities from across the city will come together for Together Colorado's Vision for Denver Campaign Launch from 6 - 8pm at Montview Presbyterian, 1980 Dahlia St. Denver CO. We are building teams of faith and lay leaders across the city to shape our vision for Denver: a city that reflects our faith values of human dignity, racial justice, and thriving communities. Will you join us on January 11 to launch this campaign and learn about opportunities to get involved like a city-wide faith forum, spreading the word in your congregation, and more? [Register HERE](#) to join us.
- **Welcoming Migrants:** Hundreds of migrants are arriving in Denver every day and there are numerous opportunities to support our city in providing them welcome. Please see page 4 of the open letter to find ways to provide support.

Community Events

Sunday

CHPC Sunday Schedule

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

11:00 am Dialogue (Lounge / [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)

10:00 am SLAA (Room 104)

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

4:30 PM Christmas Eve Mass with Dignity Denver

6:30 pm Sacred Music & 7:00 pm Christmas Vigil Mass with 10:30 Catholic Community

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

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

Co-Liaison

(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

Welcoming Recently Arrived Migrants

"The alien who resides with you shall be to you as the citizen among you; you shall love the alien as yourself, for you were aliens in the land of Egypt: I am the Lord your God." -Leviticus 19:34

The hundreds of migrants who are coming to Denver from the Mexican/US border are current opportunities for faith communities to "welcome the stranger." Among the immediate needs are homes where migrants would find shelter, meals and welcome. A congregation or other faith community might adopt an individual or a family, providing shelter and assistance as the migrants resettle in the Denver area or where they would stay until they are able to travel to friends, relatives or other sponsors in locations throughout the USA. The Journey With Migrants Mission Partnership asks that you or your faith community consider responding to this urgent request for hospitality for newly arrived migrants.

How we might go about providing such hospitality is a question for us all. Fortunately, agencies working to address the needs of the migrants will provide training to help us discern if and how we might respond. This collaborative training, titled *Each One, Welcome One*, will be a webinar held on January 11 6-7:30pm and will provide information to congregants/faith communities who are considering providing shelter and accompaniment to individuals or families who have recently arrived in Denver. If you have interest to attend this training or questions, please contact Journey With Migrants' Jean Demmler at: jeandemmler@msn.com.



More Opportunities to Volunteer or Donate:

- **Training 1: January 4th 6- 7:30** Standing up short term shelter Welcome Centers 10-14 days or mid-term 4-6 weeks shelters. Hear from leads with Denver Community Church, Casa de Paz and AFSC Register [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](#).
- **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](#).
- **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](#).*
- **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
- **Casa de Paz** has partnered with others to make folks feel welcomed. Casa is experiencing weekend releases and receiving over 35 people every day. If you'd like to volunteer and have never taken our volunteer training, you can [sign up for training HERE](#). For more information regarding volunteering please email us at info@casadepazco.org.

We are so thankful for all of your time and donations. Due to the limited storage space, we have specific asks:

We CAN accept:

Coats, Mostly men coats sizes S-L
Men's Socks
Travel Size toiletries
SHOELACES!
Backpacks (No suitcases)
Men/Women Joggers/sweats Sizes S-L (no sizes over XL)
Gift cards (Target, Walmart, Sam's Club, King Soopers, Lyft)
Adult Gloves
Adult Beanies
Lip balm
Women Sport bras
Men's underwear
Chips, water, snacks

We can NOT ACCEPT:

High heels (Women are not using these as they're making their trip to the airport)
Short skirts (women are looking for leggings, comfort for travel)
Blazers, Formal clothing, suits
Any more toys
Bigger sizes XXL and up (for men & women)

You can get an idea of these items we need or purchase directly from our [Target Registry](#).

You can also donate on our online [GiveLively Portal](#) or send a check to PO BOX 111351 Aurora, CO 80042.