



# 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>  
[mushin@whiteforestsangha.org](mailto:mushin@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



## 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.

**March 13, 9:30 AM Service:** This Sunday is the second Sunday in Lent, and together we shall share prayer in thanks for the beauty of the earth and in hope that all God's creation might be free to live on land that nurtures their lives in peace. We know all too many now do not enjoy such peace, and many are at borders seeking a land where they might find peace with refuge to hold them.

**Our Dialogue at 11** will grant us the opportunity to explore reflections from Rev. Jennifer Butler on "Giving Up Power for Lent". She is Director of Faith in Public Life, a minister of our PCUSA. Her reflections will draw upon the temptation narrative from the Gospels and will help us follow in the way of Jesus who embodied a power different from so much of the power most evident in our world, a power like that which destroys homes and creates refugees.

- [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

**Every Sunday in Lent and on Easter Sunday** donations will be received for the 2022 One Great Hour of Sharing Offering. Each gift to One Great Hour of Sharing supports efforts to relieve hunger through the Presbyterian Hunger Program, promote development through the Presbyterian Committee on the Self-Development of People, and assist in areas of disaster through Presbyterian Disaster Assistance (currently on the ground helping refugees in Ukraine). When making a donation to 'One Great Hour of Sharing' please mark "OGHS" in your check or in the notes section when making a donation online. *One Great Hour of Sharing has a 69 year history as an ecumenical endeavor that now involves 9 denominations and Church World Service. You can learn more about the history of OGHS [HERE](#).*



### Resources for Lent

**Presbyterians for Earth Care Free Lenten Sunday Devotional is Here!** The New Lenten Devotions is based on Sundays' Revised Common Lectionary texts from Creation Care Perspectives. [CLICK HERE](#) to download the PEC Lenten Devotional.

**As we begin the Season of Lent,** our friends at Creation Justice Ministries invite you to download the Creation Justice Ministries Lenten Calendar. This tool will guide you to deepen your Eco-spirituality throughout this holy time. [Download the Lent Calendar HERE.](#) Here are the beginning practices listed in the calendar for the first week of Lent:

**March 13** The average person spends 87% of their time indoors, and another 6% of their time inside a vehicle. Consider adopting a new spiritual practice that makes you more attuned to God's creation. Find ideas at [www.centerforspiritualityinnature.org/practices](http://www.centerforspiritualityinnature.org/practices).

**March 14** Carve out time for landscape or garden-planning. Cut back on or eliminate pesticide use this year. What role could native and pollinator-friendly plants play in your landscape? Write down one planned action you will take to honor God's creation with your landscape or garden plans in the spring. Not able to landscape? Check out community gardens and house plant opportunities.

**March 15** Watch the "Story of Stuff" online video at [www.storyofstuff.org](http://www.storyofstuff.org). An absolute, must-see!

**March 16** Decide not to add any items to the landfill today. Use real cups, cloth napkins, reusable bags for groceries, and reusable water bottles.

**March 17** If you don't already have one, consider ordering a copy of The Green Bible. All passages related to care and justice for God's creation are in green print. It is available online.

**March 18** Are there "energy vampires" in your home which you can unplug to make a difference? Check [www.smartenergy.com/energy-vampire](http://www.smartenergy.com/energy-vampire) for ideas. Then, try out a practice of observing the Sabbath by unplugging your electronics and yourself! Relish simple pleasures.

**March 19** Take note of how your church's coffee hour is run. Look for opportunities to become more sustainable, such as eliminating Styrofoam, using china instead of paper cups, or buying from local vendors.

**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](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.





## 1972 - 2022 Celebrating 50 Years of Diversity at 1100 Fillmore

This October will mark the **50th Anniversary** of when the 10:30 Catholic Community joined Capitol Heights Presbyterian Church in sharing worship space in our beloved church building. In the 1980's our ecumenical commitment was further blessed when Dignity Denver joined in the shared use of the building. In 2021, our diversity was expanded when we welcomed the White Forest Sangha Buddhist community into the building. From welcoming immigrants, making lunches for the homeless, providing shelter and hospitality to neighbors, to surrounding our **Nation's Capital city with a ribbon of peace**, these past 50 years have been rich, varied, and blessed and we have truly come to see that diversity is not a threat, but a celebration!

Throughout 2022 we will celebrate our Ecumenical life through varied programs giving us the opportunity to study, worship, and serve together. Below are some of the early upcoming Ecumenical Opportunities for 2022:

### Holy Week Service Schedule

4/14 10:30 CC Holy Thursday Service	6:00 pm
4/15 10:30 CC Good Friday Service	6:00 pm
4/16 Dignity Easter Vigil	5:30 pm
4/16 10:30 CC Easter Vigil	8:00 pm

## Colorado State Historic Grant Matching Funds

With immense gratitude, we are delighted to share the news that we have secured the 25% match for our most recent grant from the Colorado State Historic Fund! The restoration work on the West Façade of the building is expected to begin with the warmer spring weather. Historic Denver will once again be our grant manager under the able leadership of **Shannon Stage**. Shannon will work closely with church community representatives Debbie, Sonya, and Dan. The team will also be working with architect **Natalie Lord, Jonas Landes & Graham Johnson of Spectrum General Contractors**; & **Jane & Phil Watkins of Watkins Stained Glass**.

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

For younger children & families: Check out some stories and prayers that we have made available [online HERE](#).

Looking for ways to give back to the community? Check out the opportunities to participate in providing resources and supported to un-housed neighbors with **Capitol Hill United Ministries**.

### News from Presbytery

**Presbyterian Justice and Peace Newsletter:** Each year, One Great Hour of Sharing offerings are given during Lent and directly support CPJ's Presbyterian Disaster Assistance, Self-Development of People, and the Presbyterian Hunger Program. In this month's newsletter, learn more about these and other CPJ ministries, and please prayerfully consider how you might get involved, including giving to One Great Hour of Sharing. You can read the Newsletter [HERE](#). **Contributions to Capitol Heights' for One Great Hour of Sharing can be made online** (just mark "OGHS" in the notes).

**March 15, 5:30 PM Denver Presbytery Letting Go Listening Session:** One of the 8 new values of our Presbytery is *Letting Go* and the agency review task force has been holding "letting go listening sessions". To help exercise this value, congregations in Denver Presbytery have been scheduled in various groups to participate in the listening sessions which are open to anyone in the Presbytery. **CHPC is part of "Group B" with a March 15th listening session scheduled for 5:30 PM. Learn more or attend online HERE.**

**Denver Presbytery Friday, March 11 E-Newsletter - VIEW HERE.** Included is a letter from Presbytery Assembly Moderator Paul on the "Letting Go" listening sessions. *Denver Presbytery E-newsletter is a weekly publication of news, events, tools and resources relevant to Presbyterians in the Denver Metro area. Many events are sponsored or initiated by churches, mission partners, committees, workgroups of Council-others come from partner organizations.*

**The Matthew 25 Newsletter** is available to read [HERE](#).

**March 22, 11:00 AM MDT The Presbyterian Ministry at the United Nations and Presbyterian Women** invite you to a conversation by women faith leaders from US, Madagascar, and Peru on how they are addressing the impacts of climate change and environmental degradation in their communities, and discuss ways to empower women to protect creation. **Zoom Registration is available HERE.**

### News from CHPC's Collaborative Partners

**March 28 - 31, American Climate Leadership Summit:** Creation Justice Ministries Co-Executive Director, Avery Davis Lamb, will be facilitating a panel at this year's American Climate Leadership Summit (ACLS 2022): "From Disaster Relief to Climate Action." Faith communities are often the first on site in response to a natural disaster, and often the last to leave or those left behind to fend. This deeply-rooted ministry and mission of disaster response, and the human and capital infrastructure already in place, is a way for faith communities to lead on climate action and build community resilience in the face of increasing climate impacts. Hear stories from faith communities that have the power to move policymakers to action. [Register HERE.](#)

## 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 Services:** Mass is held in the Sanctuary at 11:00 AM.

**March 25, 11:00 AM The BLM study group from 10:30 Community** has expanded its study to include Indigenous Americans. Our next selection is Poet Warrior by Joy Harjo, currently our national poet laureate. Our next meeting will be via Zoom on Friday, March 25 at 11:00 AM. Please use this [LINK to join the meeting](#).

**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.

### Holy Week Schedule for our Communities:

April 14, 6:00 pm Holy Thursday Service  
April 15, 6:00 pm Good Friday Service  
April 16, 8:00 pm Easter Vigil  
April 17, 11:00 am Easter Sunday Mass.

**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.

**Starting March 6,** Dignity will hold mass in the sanctuary every Sunday for the duration of the Lenten season. **April 16,** Dignity will hold an Easter Vigil at 5:30 PM.

## Community News

### Gardening Activities

**Native Milkweed for Monarchs:** Individuals can help monarch butterflies and other pollinators in their own backyards by reducing the use of pesticides, volunteering in community habitat restoration, and by gardening for wildlife planting native milkweed and other nectar plants. Check out this blog on **Twelve Native Milkweeds for Monarchs** to learn more. Highlighted in the blog are 4 milkweeds native to Colorado, the *Butterflyweed (Asclepias tuberosa)*, *Swamp Milkweed (Asclepias incarnata)*, *Antelope-horns Milkweed (Asclepias asperula)*, & *Showy Milkweed (Asclepias speciosa)*.

**Now is the perfect time to make your yard or garden space** more attractive to birds, butterflies, and other local wildlife. All wildlife need four things to survive and thrive: natural sources of food, water, cover, and places to reproduce and raise their young. You can read about four ways to create a garden space that attracts birds, butterflies and other backyard wildlife [HERE](#).

## Community Events

### Sunday

#### CHPC Sunday Schedule

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

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

12:30 pm Session (Basement Lounge / [Zoom](#))

#### 10:30 CC Sunday Schedule

11:00 am Mass (Sanctuary)

#### Dignity Denver Sunday Schedule

5:00 pm Dignity Denver Mass *check website for Sunday Mass schedule*

#### 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

### Wednesday

5:30 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

7:00 - 8:30 pm Comedy Therapy with Dr. Alison Sheesley for people struggling with social or generalized anxiety. (Nursery) [More information HERE](#)

### 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 / [mushin@whiteforestsangha.org](mailto:mushin@whiteforestsangha.org))*

10:30 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

### Faith Communities at 1100 Fillmore Joint Leadership

#### Shared Operations Leadership:

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

Charlie Fiser

Treasurer, Shared Operations

Debbie Yeager

Building Administrator

Charles Norton

Insurance, Rental Agreement Consultant

#### Historic Building Team

Debbie Yeager

Sonya Yeager-Meeks

Dan Jacobs

Shannon Stage & 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

Bibiana Hager

Debbie Yeager

Sonya Yeager-Meeks

Jax & Lindsey of *Remedy Permaculture Design*

#### Outdoor Kiosk Manager:

Mary Hupp

### Capitol Heights Presbyterian Church

#### Session Elders:

Jeanne Jeffas

(Class of 2022 - 2nd Term)

Erik Sabina

(Class of 2022 - 2nd Term)

Charles Norton

(Class of 2023 - 1st 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

Kelz Kelzenberg

Chair

480-297-5003

Bill Dixon

Co-chair

303-388-4973

Gene Lang

Treasurer

303-399-5692

Kristen Insana

Secretary

440-223-0101

Meg Johnson

Liturgy Liaison

303-399-5692

Jeanne McLaughlin-Powers

Religious Education

303-355-8603

Liaison

Mary Sullivan

Social Action Liaison

703-371-9105

Estela Bogaert-Martinez

Member At-large

303-618-6617

Patricia Peterson

Member At-large

303-475-6675

### Dignity Denver Board

Brad Cameron

President

Brad Cameron

Co-Treasurer

Rick Proctor

Co-Treasurer

Mike Misgen

Member at Large







***A prayer shared with us from the PDA:***

Our spirits are heavy with sorrow, our souls shocked  
At the sudden and breathtaking violence,  
the invasion of Ukraine by their neighbor, Russia.

We pray for lives caught in the grip of war,  
who hear the bombs in the night,  
the ominous movement of troops on the road into town  
the whistle of incoming shells,  
for a cry from a desperate neighbor or a shout of warning.  
For those who huddle in subways and basements  
or flee for the borders, clutching their children’s hands  
We pray for families separated from fathers, brothers and sons  
who must remain to fight and protect their homeland.

We pray for neighbors in Eastern and Central Europe  
As their hearts and doors open to these refugees  
That strained resources will become an abundance of hope  
That fears and struggles with racism will yield to a generosity of  
profound welcome  
That communities of faith within Ukraine will be protected from harm  
and sustained in their efforts to feed and shelter their neighbors.  
That peacemakers and protesters in Russia will be heard and their lives  
preserved.

May we undergird our prayers with tangible resources to help.  
May we reach deeply, give generously, and welcome extravagantly.  
May we lift our voices in a strong and unified advocacy.  
May we all, even as we breathe in lament, breathe out mercy, hope and  
peace.  
And in this Lenten season, when we walk the way toward death and  
resurrection, repent our complicity in cultures of violence and renew  
our efforts toward justice and peace.

*~Rev. Dr. Laurie Kraus, Director, Presbyterian Disaster Assistance*

- ◆ **You can read the PCUSA Stated Clerk’s** response to the Russian invasion of Ukraine [HERE](#)
- ◆ **You can read Pope Francis’** statement on Ukraine [HERE](#)
- ◆ **To support emergency relief** for those fleeing Ukraine through the Presbyterian Disaster Assistance, designate gifts to DR000156. You can also text PDAUKR to 41444 to donate. Gifts can be made online at [pcusa.org/UK22](https://pcusa.org/UK22), by phone at (800) 872-3283, or by check mailed to *Presbyterian Church (U.S.A.), P.O. Box 643700, Pittsburgh, PA 15264-3700.*
- ◆ **Catholic Relief Support** is partnering with Caritas Poland to assist Ukrainians crossing into Poland for safety. CRS and Caritas partners on the ground are preparing across Ukraine and in bordering countries, ready to provide safe shelter, hot meals, hygiene supplies, transport to safe areas, counseling support and more. Donations can be made on line at <https://support.crs.org/donate/donate-ukraine>



The art featured on the last pages of the Open Letter is a traditional Ukrainian decorative painting style known as Petrykivka painting (or simply “Petrykivka”). It originated from the village of Petrykivka in Dnipropetrovsk oblast of Ukraine. The photographs feature parts of the Ukrainian countryside.



## Want to support the people in Ukraine? Here's how you can help

Published by NPR, Updated February 25, 2022 at 9:55 AM ET

Here is a non-exhaustive list of organizations that are asking for assistance. Donations can be made through the links to their websites or social media pages.

### UNICEF

UNICEF supports health, nutrition, HIV prevention, education, safe drinking water, sanitation and protection for children and families caught in the conflict in Ukraine.

"Heavy weapons fire along the line of contact has already damaged critical water infrastructure and education facilities in recent days," said UNICEF Executive Director Catherine M. Russell in a statement.

### Médecins Sans Frontières/Doctors Without Borders

MSF runs [a range of activities in Ukraine](#) working with local volunteers, organizations, health care professionals and authorities to help people travel to health care facilities and access prescribed medications.

### Voices of Children

The Ukrainian organization's Charitable Foundation helps provide psychological and psychosocial support to [children affected](#) by the armed conflict, according to its website.

Voices of Children's efforts of support for kids include art therapy, video storytelling, providing mobile psychologists and even individual help for families.

### Sunflower of Peace

The nonprofit organization is [raising money](#) to prepare first aid medical tactical backpacks for paramedics and doctors on the front lines.

Each backpack is designed for groups of 5 to ten people and includes an array of first aid supplies — such as bandages, anti-hemorrhagic medicine and medical instruments, according to the organization's Facebook page.

### International Committee of the Red Cross

This [Switzerland-based organization](#) is aiming to help people affected by the conflict and support the work of the Ukrainian Red Cross.

### Save the Children

Save the Children, based in London, [helps to deliver lifesaving aid](#) to vulnerable children in Ukraine and around the world. According to its [website](#), the organization says it is on the ground in the U.S. and other parts of the world "delivering essential humanitarian aid."

"We are gravely concerned for children in Ukraine, Afghanistan and around the world who might be caught in the middle of armed conflict, forced to flee their homes and exposed to injury, hunger and sub-zero temperatures," the organization writes in a [statement online](#).

### UN Refugee Agency (UNHCR)

The international organization [aims to provide emergency assistance to families in Ukraine](#) — providing [aid such as cash assistance and opportunities](#) for resettlement in the U.S.

"UNHCR is working with the authorities, UN and other partners in Ukraine and is ready to provide humanitarian assistance wherever necessary and possible. To that effect, security and access for humanitarian efforts must be guaranteed," the organization [said](#) in a statement.

### CARE

CARE is raising money for its [Ukraine Crisis Fund](#), which will provide immediate aid including food, water, hygiene kits, support services and direct cash assistance.

The humanitarian organization aims to raise \$20 million and help at least 4 million Ukrainians. It says it will prioritize women and girls, families and the elderly.

### International Medical Corps

The global nonprofit has been delivering primary health care and mental health services in eastern Ukraine since 2014, and is [raising funds to expand those services](#) for people affected by the latest conflict.

It says cold weather and economic insecurity in the leadup to Thursday's attack have left nearly 3 million Ukrainians relying on humanitarian assistance to meet their basic needs, a number that is certain to rise nationwide.

Its Ukraine team is preparing to deploy mobile medical teams to provide emergency and primary health services, mental health and psychosocial services and COVID-19 awareness and prevention services for people who have been displaced.

*NPR's Rachel Treisman contributed to this report.*  
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