



# 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](https://www.facebook.com/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



*At this time, current mask policy in the building can be determined by individual groups of 15 or less. When a larger public gathering is happening, or when folks are in populated public areas we ask that you continue to wear a mask for the sake of vulnerable individuals who are also using the building. Thank you!*

## 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 20, 9:30 AM Service:** On this third Sunday in Lent, worship will be held at the church or you can attend online using the Zoom information below. We will celebrate communion in the service and all are welcome to participate. At 11:00 AM we will meet in the basement lounge for the Adult Dialogue which you can attend in person or via zoom using the link below.

- [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](#).*



**Throughout Lent and Easter** special videos of sermons, prayers, and music will be posted to our [YouTube page](#). The Sermon from the Ecumenical Service as well as the 3/13 Service are already posted as well Su and Debbie's performance of "Over My Head." Check it out [HERE](#) and Subscribe to the channel so you can be informed when new material gets posted.

### 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 20** Labor exploitation is often tied up in sustaining our current levels of consumption. Take the Human Slavery Footprintsurvey at ([slaveryfootprint.org](http://slaveryfootprint.org)). Consider ways to decrease your participation in modern-day slavery.

**March 21** Do you know what watershed you live in? Find out, explore, and consider connecting with a local watershed stewardship organization: <https://mywaterway.epa.gov>

**March 22** Is World Water Day. Observed annually, today we recognize how people around the world are affected by water issues: [www.un.org/en/events/waterday](http://www.un.org/en/events/waterday)

**March 23** Refugee displacement and hunger relate to damage to God's creation. Spend some time reflecting on how issues of care for God's creation relate to your faith community's anti- hunger, peacemaking, and refugee resettlement ministries.

**March 24** Learn where your food comes from. Explore the Christian food movement to learn how Christians across the country are *making a difference through food*. You can check out other food resources shared from the PCUSA on the [MINISTRIES page of Capitol Heights website HERE](#).

**March 25** Say a prayer for God's threatened and endangered creatures. Consider sharing an [Endangered Species coloring book](#) for children to color.

**March 26** Do a "water fast" by turning off water while brushing your teeth or diminishing the time water is run in the shower: Around the world, many people have access only to the amount of water each day that Americans use in one toilet flush.

**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



## 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. 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 upcoming Ecumenical Opportunities for 2022:

### Ecumenical Events:

3/25 BLM Study Group with 10:30 CC 11:00 am  
[LINK to join the meeting](#)

### 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

### Easter Sunday Services

4/17 CHPC Service	9:30 am
4/17 10:30 CC Mass	11:00 am

## 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**.

support CHPC. Call Charlie Fiser (303-770-6362) if you are interested in participating.

### News from Presbytery

**Denver Presbytery Matthew 25 Reminder & Encouragement:** Virtual Denver Presbytery Assembly: Tune in March 22 at 5:30 pm to hear Rev. Dr. Diane Givens Moffett preach passionately the Matthew 25 message. A life-long practitioner of the Matthew 25 message, Dr. Moffett currently serves as President and Executive Director of the Presbyterian Mission Agency — the mission arm of the PC(USA). She has held this position since 2018. Her service to the denomination is extensive and includes pastoral positions in various churches as well as leadership roles on many local and national boards and committees. *This note of pending joy & engagement is brought to you by the Matthew 25 Group of the Presbytery of Denver. For assembly particulars and Zoom link, please contact, [beth@denpres.org](mailto:beth@denpres.org).*

**Denver Presbytery Friday, March 18 E-Newsletter - [VIEW 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. Hear stories from faith communities that have the power to move policymakers to action. **Register [HERE](#).**

**Hayley Anderson at the Colorado Council of Churches** has shared this Halftime Report ([view HERE](#)) as well as a **March Advocacy Update which can be seen [HERE](#)**. With the support of many churches and denominations (including CHPC and Denver Presbytery), CO Council of Churches seeks to walk together in faith and work together for justice in our communities.

**Together Colorado Action Opportunity:** We all need a safe, stable, and affordable place to call home. But today, this sacred space- home- is at risk for our neighbors who live in mobile home parks. Corporate landlords are buying Coloradoan mobile home parks, neglecting maintenance and upkeep, and jacking up rent, making immense profit while forcing out hundreds of residents and breaking up lifelong communities.

**HB22-1287: Protections for Mobile Home Park Residents** will keep people in their homes by expanding opportunities for residents to stay in their communities when their parks go up for sale, establishing sensible annual limits on lot rent increases, and increasing accountability for park owners. If you wish to express your support you can do so by sending an **email to your legislator at this link**.

## 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](#)**.

**Fr. Mark Franceschini has invited us** to a special lenten meditation and music honoring Mary at the foot of the cross: **Friday April 8, 7:00 PM; Our Lady of Mt. Carmel 3549 Navajo Denver 80211**. Fr. Mark will be celebrating his 92nd birthday later this month. You can send him a card to the above address.

**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.

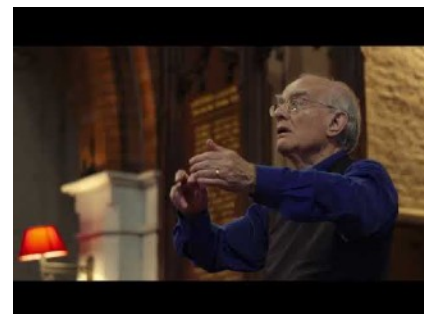
## Dignity Denver

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.

**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

**A Ukrainian Prayer set to music by John Rutter:** John writes: *'How can a composer respond to a global tragedy? By writing music is the most obvious thing. Like everybody, I've been shocked and dismayed by the events of recent days, and the first thing I wanted to do was write some music that would respond in my own way. I went to a late night service in my old college chapel, where they sang a setting of a lovely Ukrainian prayer. So, having encountered the text in another musical setting on Wednesday night, on Thursday, I wrote my own music. I hope the meaning of the text will resonate in people's hearts.* You can listen to the piece by clicking on the video on the right.



## Community Events

### Sunday

#### CHPC Sunday Schedule

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

11:00 am Dialogue (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  
Debbie Yeager  
Charles Norton

Treasurer, Shared Operations  
Building Administrator  
Insurance, Rental Agreement Consultant

#### Historic Building Team

Debbie Yeager  
Sonya Yeager-Meeks  
Dan Jacobs  
Shannon Stage & Historic Denver

#### Ecumenical Worship Committee

Bibiana Hager  
Jeanne Jeffas  
Mary Sullivan  
Sylvia Sullivan

CHPC  
CHPC  
10:30 CC  
10:30 CC

#### Garden Team:

Mary Lou Fenili  
Liz Pinckard  
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  
Rev. Bill Sanders  
Bonnie Jensen  
Charlie Fiser  
Jean Demmler

Spiritual Leader  
Moderator  
Clerk of Session  
Treasurer  
Commissioner to the Presbytery of Denver

Bibiana Hager

Deacon

Sonya Yeager-Meeks  
Debra Yeager  
Debra Yeager

Co-Director of Music  
Co-Director of Music  
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 Liaison	303-355-8603
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

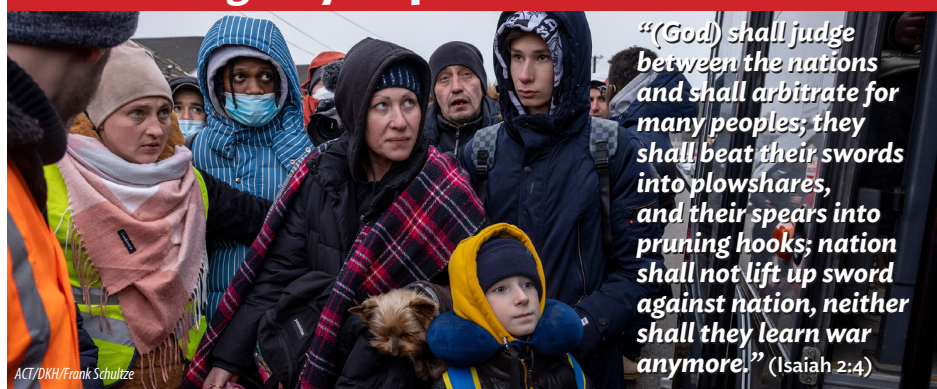
Brad Cameron	President
Brad Cameron	Co-Treasurer
Rick Proctor	Co-Treasurer
Mike Misgen	Member at Large

## Response & Aid to Ukraine

- ◆ **Every Sunday in Lent & Easter** Sunday Capitol Heights will receive donations to the One Great Hour of Sharing offering. Each gift to One Great Hour of Sharing supports the Presbyterian Disaster Assistance which is currently providing aid to refugees in Ukraine, provides resources to relieve hunger through the Presbyterian Hunger Program, and promotes development through the Presbyterian Committee on the Self-Development of People. 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](#).
- ◆ **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>



### Emergency response to Ukraine war



*“(God) shall judge between the nations and shall arbitrate for many peoples; they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore.” (Isaiah 2:4)*

As the violence in Ukraine continues, the number of people being displaced internally and fleeing to neighboring countries increases by the day. And in the midst of the chaos, there are sibling churches and ecumenical partners who are already providing assistance with basic items for survival. Our first priority is to provide funding to these partners on the ground. While the scale of this crisis is new, receiving refugees from Ukraine and other countries in Central and Eastern Europe is not, which means we have trusted, established partners with the knowledge and expertise to carry out this important work. Our response will include both financial and technical assistance as the network of faith communities providing humanitarian assistance grows in the months ahead.

**GIVE:** To support emergency relief for those fleeing Ukraine, 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 using the below reply device.

**ACT:** Urge the U.S. government to support generous aid for refugees and civilians suffering in Ukraine, and call for engaging a diplomatic solution to the conflict.

**PRAY:** *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



\$500    \$125    \$50    \$25    Other \$ \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Congregation/PIN \_\_\_\_\_

Please detach the reply form and return it with your gift to your church; or enclose it in an envelope with your check and mail it to Presbyterian Church (U.S.A.), P.O. Box 643700, Pittsburgh, PA 15264-3700.