



# 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.

- **Service and Dialogue July 10 & 17:** All are welcome to join us for our 9:30 AM service. Following worship we will have a dialogue at 11:00 AM. Both events will take place in person in the sanctuary or can be attended using the zoom 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
- **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.

### News from Presbytery & other Partner Organizations

- **Denver Presbytery's** July 8th Friday E-News [can be read HERE](#).
- **Be sure to read** the July News from the [Colorado Council of Churches 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.

- **11:00 AM Mass in the Park: For the remainder of the summer** the 10:30 Community liturgy will be in Little Cheesman Park at the corner of High St. and 7th Ave. for Mass at 11:00 am. Be sure to bring your own chair.
- **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.
- **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 hold a Mass at 5:00 PM** in the Sanctuary every 1st, 3rd, and 5th Sunday in the month.

## Community News

### News from Capitol Hill United Ministries-Women's Homelessness Initiative:

Lunches Needed in JULY - Please Sign Up: There are still a few open slots to provide lunches for the unhoused in July on the following dates: July 14, 17 & 31. There are also opportunities to sign up for August dates. Can you help? [Sign up now!](#)

### News and Opportunities with Together Colorado:

- ▶ **During the 2022 Colorado Legislative Session**, Together Colorado lobbied our state elected officials to advance our human dignity legislative agenda. You can read Together Colorado's 2022 Legislative Summary [HERE](#).
- ▶ **Building Power and Democracy: Online (Sunday, July 17, 2 PM - 7 PM); In-Person (Saturday, July 23, 9 AM - 2 PM)**. Here at Together Colorado, we have a unique moral and faith voice to offer our elected representatives. But do we have strong enough relationships with those elected officials to influence



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!

Mark your calendars for **October 2, 2022** at 11:00 AM when we will have a joint Ecumenical Worship Service celebrating our 50 years of Unity in Diversity!

## Colorado State Historic Grant Matching Funds

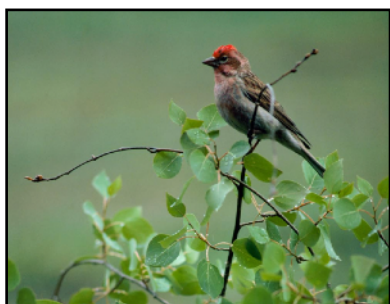
The restoration work on the West Façade is underway with architectural drawing and paperwork being prepared by our grant manager **Shannon Stage** of Historic Denver, and our architect **Natalie Lord**. The team also includes **Jonas Landes & Graham Johnson of Spectrum General Contractors**; & **Jane & Phil Watkins of Watkins Stained Glass**. Debbie Yeager is representing the Church and signing on our behalf on all the necessary forms.

The current work is made possible by a grant from the Colorado State Historic Society with matching funds coming from your generous donations - thank you!

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**.



their actions? Do we have enough power to build a Colorado where everyone- Black, white, and brown, regardless of age or income, can thrive? Not yet! But this summer, Together Colorado is embarking on a campaign to build relationships of accountability and co-governance with our state legislators and other elected officials. Individuals and congregations will work in teams based on geographic districts to build non-partisan relationships with their prospective legislators to educate them on our human dignity agenda. We are offering two options- one online and one in person. Read more about both options **HERE**.

- More Community news from Colorado Faith Communities to End Gun Violence & information about "Plastic Free July" can be found on page 4 of the Open Letter.

## The Whole Inhabited Earth

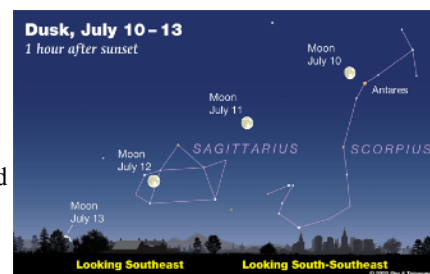
### • **Creation Justice Ministries July Action Center:**

- ▶ **Thursday, July 14, 5:00 PM MDT - Protecting Our Democracy in 2022** Voting is the very foundation of representative democracy. By ensuring people a voice in their government, the right to vote promotes human flourishing and provides an essential safeguard against tyranny. We'll share why and how people of faith and conscience can help support the sacred value of the right to vote. Guest speakers include the Rev. Terrance M. McKinley (Sojourners); Gayla Tillman (Georgia Interfaith Power & Light); Leah Wiste (MI Interfaith Power & Light); Bee Moorhead (Texas Impact); Madison Mayhew (Interfaith Power & Light). **Register HERE to receive zoom link**
- ▶ **Thursday, July 21, 4:00 PM MDT - Building Community Climate Resilience: The Role of Faith Communities in Addressing Natural Hazards.** Climate change continues to burden communities across the US, and world, with increasing floods, heat, and fire. How can the fundamental and necessary work of faith communities be integrated effectively into larger local, regional, and statewide resilience efforts? Come gather ideas with Dr. Dawn Baldwin Gibson and Dr. Christy Miller Hesel on how your faith community can collaborate with others to build resilience! **Register HERE**
- ▶ **Refugia and Resilience: Sanctuaries for Our Spirit, Climate & Creation Recording Available Now!** Did you miss the most recent Faithful Resilience virtual workshop? Watch the recorded conversation with Dr. Debra Rienstra, Dr. Tim Van Deelen, and Dr. Rick Lindroth **HERE**.
- ▶ **Action Opportunity:** This month, Creation Justice Ministries invites you to urge the National Oceanic and Atmospheric Administration (NOAA) to designate Hudson Canyon as a National Marine Sanctuary. Just 100 miles off the coast of New York and New Jersey, far beneath the ocean's surface, lies the Hudson Canyon—the largest canyon off the Atlantic Coast of the U.S. This ecological hotspot is home to a vast array of marine wildlife including deep-sea corals, sharks, whales and dolphins, turtles, seabirds and numerous fish species. You can add your name asking NOAA to protect **Hudson Canyon HERE**.

- **July 19, 12:00 PM MDT - A briefing on the Carbon pollution reduction opportunities at federal agencies with Interfaith Power and Light:** The IPL network and our partners are advocating for more than 15 administrative actions across federal agencies that will install measures to tackle the climate crisis. Several of these administrative opportunities will be introduced in the coming months. Join us to learn about these administrative actions and how you and your faith community can advocate for the strongest possible carbon reductions. **More information and registration available HERE**.

- **Start a New HABITat - Gardening for Life with Doug Tallamy:** "Mention "wildlife," and most people conjure up images of charismatic megafauna like lions and tigers and bears... But wildlife is far more than the few large mammal species that adorned our childhood picture books. The vast majority of earth's animal species are insects, and we can't live without them. As E.O. Wilson famously explained long ago, insects are the little things that run the world. Without insect pollinators, 80% of all plants and 90% of all flowering plants would disappear, as would the food webs that support mammals, reptiles, amphibians, birds, and freshwater fishes." **Click HERE** to read more about being a basic earth steward and support biodiversity. **Also**, have some kids in your life that would be interested to learn more about the biologist E.O. Wilson? **Check out "Naturalist", a graphic adaptation of the classic science memoir.**

- **Eyes to the Skies!** On Sunday, July 10th the moon will be close to the red giant star Antares. It will move to the East each night and shine in the Sagittarius "Teapot" on July 12th. On Wednesday, July 13 it will be a full moon (exact at 12:38 PM MDT). July 13th.



## Community Events

### Sunday

#### CHPC Sunday Schedule

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

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

#### 10:30 CC Sunday Schedule

11:00 am Mass will be held in Little Cheesman Park

#### 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

### 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](tel:303-324-0365) / [mushin@whiteforestsangha.org](mailto:mushin@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, 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

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

Mike Misgen

Member at Large



## Plastic Free July

Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?

### What You Can Do

Want some tips to find out how you can reduce plastic waste? The good news is, anyone can get involved. You can start out small, or really challenge yourself! Get inspired using the menu options below.

- **Bring a reusable coffee cup or dine-in at your local café.** *Most coffee cups aren't recycled. By bringing your own reusable coffee cup, or taking the time to dine-in at your favorite café, you can make a huge difference.*

#### The impact:

- ▶ *Coffee cups are not recyclable in most locations. Even 'compostable' cups are rarely composted as they require very specific facilities and conditions*
- ▶ *Bringing your own cup shows others how easy it is to reduce their waste and creates a new trend*
- **Swap liquid soap for bar soaps and avoid single-use plastic.** *Your shower habits can have a positive impact on the environment by swapping out single-use plastic packaged shower and shave products for bars of soap. Making the switch from shower gel to bars of soap is an easy way to reduce consumption of single-use plastics. Bar soaps come in different blends to suit body washing, face wash, shampoo and shaving, so your line-up of bottles may become a line-up of bars.*

*Some people also go one step further and check the ingredients of the soap to ensure they don't contain palm oil, which contributes to deforestation.*

*Bar soap can often be purchased without packaging, especially in bulk food, health, and organic stores. Alternatively, many suppliers use cardboard to package their soap which can be thrown in the compost once used.*

Find more Ideas and Resources to help spread the word at [plasticfreejuly.org](https://plasticfreejuly.org)



## News from CFCU

July 20<sup>th</sup> marks the tragic 10th anniversary of the Aurora theater shooting that killed 12 people, injured 70 and shattered a community which has since focused on a metamorphosis through wellness and resilience. A wide range of activities are planned and **volunteers are needed**. We've compiled several ways you can be involved. Most of these activities are sponsored by the 7/20 Memorial Foundation, dedicated to honoring the victims of the Aurora theater shooting and providing support and guidance to other communities experiencing the horror of mass shootings. <https://www.7-20memorial.org/>



- **Fundraiser for Survivors Empowered - Monday, July 18th at 6:30pm in Boulder**
- Survivors Empowered <https://www.survivorsemPOWERED.org/> is led by Sandy & Lonnie Phillips, whose daughter Jessi was killed in the Aurora shooting. Unfortunately, thousands of people across the country have suffered the same kind of loss that rocked the Phillips' lives ten years ago, and it's those loved ones who Survivors Empowered exists to support, whether it's in Aurora, Uvalde or Buffalo.
- Click here to RSVP, get the event address and/or make a donation [HERE](#).
- **10th Annual Midnight Vigil Remembrance - Tuesday, July 19, 2022** in the memorial garden at the Aurora Municipal Center's water-wise garden, 15151 E. Alameda Parkway. Includes a candlelight procession starting at 11:30 p.m., words about the memorial and prayer, a walk through the reflection garden to remember the victims, and a procession of first responders. For details, visit [7-20Memorial.org](https://www.7-20memorial.org). The event will be livestreamed from [Facebook.com/720MemorialFoundation](https://www.facebook.com/720MemorialFoundation) starting at 11:59 p.m.
- **The Hero's Journey 5K Race – Saturday, July 23 at 9:00 am** <https://www.7-20memorial.org/upcoming-events/heros-journey-5k>
- **Reflection Ceremony, July 23 1:45 PM - 3:00 PM** - Aurora City Hall Great Lawn, 15151 East Alameda Parkway A remembrance of the 12 taken, as well as stories of courage and hope, will be shared through the voices of those who were affected. We hope to inspire all to remember that together we are stronger
- **Live Immersive Orchestra, July 23 7:20 PM - Reflection Garden in Aurora's Water-Wise garden on the south east side of City Hall** **The Stratus Chamber Orchestra** and **Life/Art Dance** Perform **Metamorphosis**: An immersive art experience in the memorial garden. With the aid of poetry by **Assetou Xango**, a live immersive orchestra, dance, video and visual art by **DAVA** students, we will acknowledge tragedy and pain, love and compassion, community and healing.
- **Volunteer Assistance** You can review volunteer needs and sign-up directly at <https://www.signupgenius.com/go/20f084fa8ab28a7f85-720>