



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](#)
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



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.

• **January 8, 9:30 AM:** All are welcome to join us in the Sanctuary for our 9:30 AM service. Following the service there will be a dialogue at 11:00 AM in the basement lounge. Jamie Laurie will facilitate our Dialogue at 11 today enabling discussion about our common interests. Both events can also be attended online using the zoom link below.

♦ **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

• **January 29, 9:30 AM:** All are welcome to join us in worship on the last Sunday in January as we celebrate **Capitol Heights' 127th Anniversary!** For this annual celebration we have made it a practice to honor the service and ministry of individuals among us with our "Walt and Janet Clark Honor in Ministry Award." This year we are delighted to honor 10:30 Catholic Community's own steadfast and faithful Mary Gould. (Sorry Mary, there's no way out of this - it was a unanimous Session motion to nominate you!) Following the service we look forward to participating in a "Social Service Sunday" in collaboration with the 10:30 Catholic Community. We will meet in the basement Social Hall for a "Rice and Bean Bag Breakdown" following the service. We hope to see you there!

• **Journey With Migrants Mission Partnership** is hosting two informational sessions about the Delegation Trip to the US-Mexico Border. The sessions will include testimony of congregants from our presbytery who visited this border ministry in 2019 and will present more detail about the work of Frontera de Cristo and what you will experience. **One session is on Sunday, January 8th** at Central Presbyterian Church (1660 Sherman St., Denver) at 11:45am. Please contact **Molly Brown** for further information. **A second session** will be held at Montview Boulevard Presbyterian Church (1980 Dahlia St.) on Monday, January 16th at 12:15. Please contact **Robert Trout** for further information. We invite anyone from other congregations/faith communities to these hour-long presentations with the hope you may want to join the Journey With Migrants delegation in March! Please come and learn about it! **Learn More and Register.**

You can keep up with more happenings in the Denver Presbytery by reading the Friday, [January 6 Enews HERE.](#)

• **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 - please contact Charlie Fiser if interested. The King Soopers program is tied to their loyalty card program. Go to customer service and ask how to tie your loyalty card number to benefit Capitol Heights Presbyterian Church. Call Charlie Fiser with any questions (303-875-5129).

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, 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."

• **COVID Safety Protocol:** Council requests that members who test positive for COVID and



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.

A Prayer for the New Year

“**Matins**” by **John O’Donohue**

I.

Somewhere, out at the edges, the night
Is turning and the waves of darkness
Begin to brighten the shore of dawn.

The heavy dark falls back to earth
And the freed air goes wild with light,
The heart fills with fresh, bright breath
And thoughts stir to give birth to colour.

II.

I arise today

In the name of Silence
Womb of the Word,
In the name of stillness
Home of the Belonging,
In the name of the Solitude
Of the Soul and the Earth.

I arise today

Blessed by all things,
Wings of breath,
Delight of eyes,
Wonder of whisper,
Intimacy of touch,
Eternity of soul,
Urgency of thought,
Miracle of health,
Embrace of God.

May I live this day

Compassionate of heart,
Gentle in word,
Gracious in thought,
Generous in love.



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](#).

Children’s Ministry

- **Save the Date - January 29 Community Service Sunday:** Dear Families, on January 29 at 11:00 AM we will host an hour of intentional stewardship that supports the community. We will gather in the Social Hall for a “Rice and Bean Bag Breakdown” and the food will later be distributed to folks in need. We hope you can join us for this fun and meaningful activity!

Community News

- **Hoping to recycle your Christmas tree this year?** Remember, you’ll need to drop it off yourself at Denver’s Treecycle drop sites. *Trees left out for large item pick up will not be composted!* To learn more and find where you can take your tree for composting you can check out [this article by Tony Gorman in The Denverite](#). The Treecycle program runs now through January 31.
- **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 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

- **Each One, Welcome One 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](#).
- **Casa de Paz New Year in person Volunteer Training:** To kick-off the new year, we wanted to invite you to an in-person volunteer training for potential, new, and current volunteers! We would love to meet you in person and answer any questions you may have about Casa de Paz, its mission, internship opportunities and volunteering with us! The training will be about an hour and a half! [Please RSVP](#) for either Sunday, January 8th at 1:00pm or Monday, January 16th at 10:00am. Coffee and bagels will be provided. We can’t wait to meet you!
- **News from Casa de Paz - NEW Hybrid Volunteering Model:** We are going to implement a hybrid training model. You’ll go through some really important content online and attend an in person training session so you can get an idea of how things will go during your first shift. This is really important, specially since we’re experiencing 30+ released at once. The online training is linked [HERE](#).



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)

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:

Sonya Yeager-Meeks

(Class of 2023 - 1st Term)

Position Open

(Class of 2023 - 1st Term)

Mary Hupp

(Class of 2024 - 1st Term)

Rodney Shuff

(Class of 2024 - 2nd Term)

Charlie Fiser

(Class of 2025 - 1st Term)

Bonnie Jensen

(Class of 2025 - 1st Term)

Rev. Mark Meeks

Spiritual Leader

Rev. Bill Sanders

Moderator

Jeanne Jeffas

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