



# 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 24 & 31:** 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

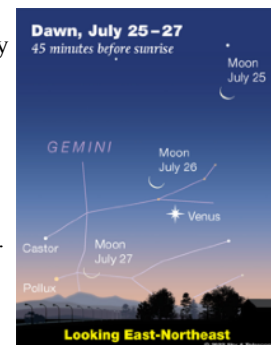
- **Denver Presbytery's** July 22nd Friday E-News [can be read HERE](#).
- **Be sure to read** the July News from the **Colorado Council of Churches** [HERE](#).
- **Tuesday July 26, 5:00 - 6:00 PM MDT:** Presbyterians for Earth Care is providing an Online Training called **Building Resilience: Empowering Tools for Reducing Burnout, Stress, and Trauma**. Presented by Rev. Judy Slater, a popular education approach will be used so you will have in your own hands, body-based skills you can use any time or place to release stress, manage emotions and live with balance in the midst of the challenges of life. You will tap into you own inherent instinct of wisdom of the Hyman capacity to return to balance and wholeness. [Register HERE](#).

### The Whole Inhabited Earth

#### Creation Justice Ministries July Action Center:

- ▶ **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](#).
- ▶ **Congress wants to hear from you** as they continue to shape the **Environmental Justice for All Act of 2021 (EJ4All)**! The Natural Resources Committee is currently taking comments to hear how you and your community have been impacted by environmental injustice. From polluted air and water to rising sea levels to health consequences, Congress needs to hear your experiences as they continue to shape this landmark legislation. [Learn more and add your voice HERE](#).

- **Eyes to the Skies!** We are about a third of the way through summer and the constellation Cassiopeia is well up after dark. Look for its tilted W pattern in the north-northeast. On Monday - Wednesday mornings the waning Moon will step down past the planet Venus as shown in the drawing on the right.



## 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



## 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**.

**In many ways every child** is born a scientist—exploring their world, leading small experiments, asking questions, searching for answers. Audubon for Kids is tapping into that innate curiosity with their Audubon for Kids webpage. The goal of the activities isn't to teach a child how to name and identify a bird, but rather to give them space to explore and connect to the natural world. **Check it out HERE**.



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

- **Zero Fare Transit in August!** Our friends at 350 Colorado are sharing the good news that in August, across the state, we have the opportunity to ride RTD buses, MMT, GET, Poudre Express, light rail, paratransit, the HOP, Access-a-ride, trains to airport and more **for free!** RTD will offer zero fares across the entire system as part of the Zero Fare for Better Air initiative. This collaborative, statewide initiative is made possible by Colorado Senate Bill 22-180, the ozone season transit grant program in partnership with the Colorado Energy Office. Additionally, the long-distance intercity "Bustang" routes are 50% off from July 1 to September 5.

► **Additional tools for using public transit:** Plot your routes now for all of your usual destinations: use your maps app—it's easy! **The RTD app is also extremely useful!** Or you can plan trips or research routes by visiting the **agency's website**, where you can use the Trip Planner app, access schedules or sign up for Service Alerts. Next Ride provides real-time vehicle information. To ask questions of RTD during normal business hours (6 a.m.-6 p.m.), call Customer Care at 303-299-6000. **Check out more info about the zero-fare program HERE.**

- **Taking Care in the Heat:** Extreme heat is responsible for more weather-related deaths in the US in an average year than any other hazard, according to NOAA. Stay aware and careful when gardening, hiking, working, and playing outdoors! (Read the Mayo Clinic's symptoms and diagnoses of Heat Stroke **HERE**).

► In this period of high heat giving your plants some extra water makes sense. For tips on watering in a heatwave check out this **blog from Harlequins Garden Center**.

- **News from Capitol Hill United Ministries-Women's Homelessness Initiative:** Lunches Needed in July & August - Please Sign Up: There are still a few open slots to provide lunches for the unhoused in July & August. Can you help? **Sign up now!**
- **August 6, 12:00 PM MDT The Buddhist Path of Peace and Nonviolence:** To commemorate the 77th anniversary of the U.S. atomic bombing of Hiroshima, Fr. John Dear of the Beatitudes Center has invited Roshi Joan Halifax of the Upaya Zen Center in Santa Fe, New Mexico, to lead us in a reflection on the **"Buddhist Path of Peace and Nonviolence."** Roshi Halifax is a Founding Teacher of the Zen Peacemaker Order and founder of Prajna Mountain Buddhist Order, her work and practice for more than four decades has focused on engaged Buddhism.
  - **The session will last one and a half hours; cost: \$30.** Registration is limited. **Deadline to register is Monday, August 1st.** Cancellation Policy: Refunds will not be honored after Zoom link is issued. **Seminar Registration LINK**

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

- **Here in Colorado, Eco-Cycle** has created its own program and offers weekly information and plans for participation. See Eco-Cycle's **"How to Quit Plastics"** workbook and their lists of common plastic items and alternatives.
- **Harlequin's Garden Center in Boulder** is a local business that is participating in Plastic Free July. You can read more about their efforts, the compost and mulch they offer in reusable bags, and how to return nursery pots **in their BLOG**.



## 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

Lindsey Snow 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