



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](https://www.facebook.com/capitolheightspreschurch)
Youtube

10:30 Catholic Community
www.1030catholic.org
Facebook

Dignity Denver
www.dignitydenver.org
Facebook
Dignity: 720-515-GLBT

White Forest Sangha (WFS)
<http://www.whiteforestsangha.org>
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) 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.

- **Service and Dialogue August 21, 28, & Sept 4:** 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.
- **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** August 19th Friday E-News [can be read HERE](#).
- **From the PC(USA) Compassion, Peace, & Justice Ministry:** The summer is a time of rest, recreation and rejuvenation for many, but the need to advocate for positive change and to love thy neighbor never ceases. With that in mind, the Compassion, Peace and Justice ministries have been hard at work, providing a virtual platform for people with disabilities; supporting communities impacted by gun violence, natural disasters and war; being good stewards of the earth; promoting inclusiveness; examining cultural shifts; and fighting systemic poverty. [Read all about it in this month's newsletter...](#)

The Whole Inhabited Earth

Fall Migration has begun! The peak of Colorado fall migration will be in mid-September, but there are already millions of birds over Colorado each night. Check out [BirdCast Migration Dashboard](#) from EBird to see the varieties and numbers of flyers passing through your State. You can take the next step and keep informed on when "lights out" alerts are in effect in your area to reduce outdoor lighting during peak migration nights. Check out [CSU's AeroEco Lab website](#) to find local alerts for every State in the Country! Curious about the folks and the methods they use to gather this information on bird migration? Check out this wonderful report from the field written by Mikko Jimenez a PhD student at Colorado State University, home of the Western base of operations for the BirdCast team. [Read the report HERE](#).

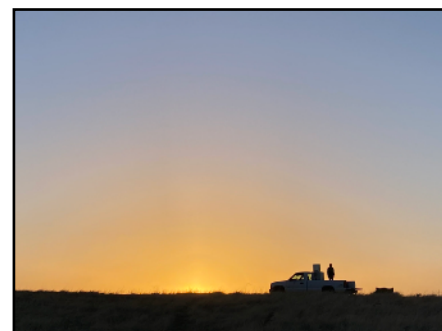
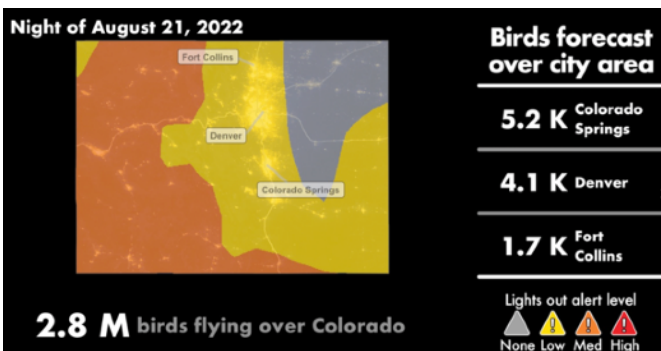


Photo of Mikko Jimenez setting up the BirdScan MR1 radar for data collection.





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**.



Monday, August 29, 1:00 pm MDT: To honor the legacies of the resilience of the past and present, and in hopes of informing our collective future, Creation Justice Ministries, in collaboration with the General Board of Church and Society, will host a special webinar, which is Environmental Justice Day and the 17th Anniversary of Hurricane Katrina, titled *"Catch the Fire": Faith Communities Building Resilience to Extreme Heat*. * This discussion will educate participants on climate and environmental crises that have led to extreme temperatures this summer, the connections to systemic racism, and a call to action for faith communities. **Learn more and Register HERE**.

**In her poem "Catch the Fire", Sonia Sanchez reminds the Black community of the legacies of resilience and innovation that have made way for our future. See full poem on page 4.*

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. We will celebrate the October 2 Ecumenical Service at the church building. Otherwise, we will continue to worship in the park so long as the weather allows.
- **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 CHUM-WHI:** The Women's Homelessness Initiative (WHI) and Capitol Hill United Ministries (CHUM) is again offering the opportunity for you to provide breakfasts and lunches to support eight agencies that serve the unhoused in our community. The Signup Genius is now open for September through November 2022. Please fill up the first weeks of September first. **Click to sign up for September-November**.

If you've already made lunches for this project, welcome back! If you're a first-timer, it's a fun and easy way to help those in need. You can do it together with your family; organize members of your church, synagogue, or mosque; or coordinate a lunch-making party with your neighbors and friends. For more information and instructions about where and when to deliver, please visit chumdenver.org/lunch-project-details. If you have any questions, please contact me (Diana Flahive flahive@flahive.us / 303-832-4188 or 303-257-8588)

Our beneficiary agencies include Colorado Coalition for the Homeless Outreach (Fridays), The Delores Project (Sundays), Denver Public Library Outreach (Mondays), Earthlinks (Sundays), St. Francis Center Outreach (Tuesdays & Thursdays), SFC/Barnum Safe Outdoor Space (Saturdays), Urban Peak (Wednesdays), and Warren Residences (Thursdays).

- **Tuesday, September 20 6:00 - 7:30 PM: Together CO** invites you to their 2022 Civic Engagement Kickoff: *Build Power, Strengthen Democracy*. This will be a hybrid meeting with the option to attend online or in-person. All are welcome! **RSVP HERE**.
- **Meet local Denver Organization SafeHouse Denver:** SafeHouse Denver serves survivors of domestic violence and their children through an **Emergency Shelter**, a non-residential **Counseling & Advocacy Center** and an **Extended Stay Program**. In 2022 they will be celebrating 45 Years of service in the community!
 - ▶ Registration is now open for the Hope Gala at the Ritz-Carlton Denver on October 15 at 5:30 -10:00 PM. **Learn more and purchase tickets HERE**.

- **A request from our friend Nancy:** *A Trusted POA (Power of Attorney) for 80 yr old With Low Income High Aspirations Reasonable Health. Pay neg. Contact Nancy V Machin lifecoach41.nancy@gmail.com*

- **Zero Fare Transit in August!** Throughout August 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.



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)

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
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 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

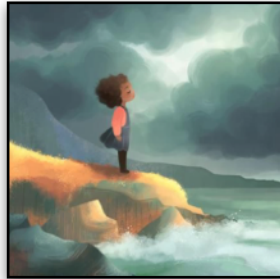
Kelz Kelzenberg Chair 480-297-5003
Bill Dixon Co-chair 303-388-4973
Gene Lang Treasurer 303-399-5692
Kristen Insana Secretary 440-223-0101
Meg Johnson Liturgy Liaison 303-399-5692
Jeanne McLaughlin-Powers Religious Education Liaison 303-355-8603
Mary Sullivan Social Action Liaison 703-371-9105
Estela 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
Mike Misgen Member at Large

Creation Justice Ministries shared this poem with us as part of their invitation to their August 29th event "Catch the Fire: Faith Communities Building Resilience to Extreme Heat"

(Sometimes I wonder:
What to say to you now
in the soft afternoon air as you
hold us all in a single death?)
I say—
Where is your fire?
I say—
Where is your fire?
You got to find it and pass it on.



You got to find it and pass it on
from you to me from me to her from her
to him from the son to the father from the
brother to the sister from the daughter to
the mother from the mother to the child.

Where is your fire? I say where is your fire?
Can't you smell it coming out of our past?
The fire of living...not dying
The fire of loving...not killing
The fire of Blackness...not gangster shadows.
Where is our beautiful fire that gave light
to the world?
The fire of pyramids;
The fire that burned through the holes of
slaveships and made us breathe;

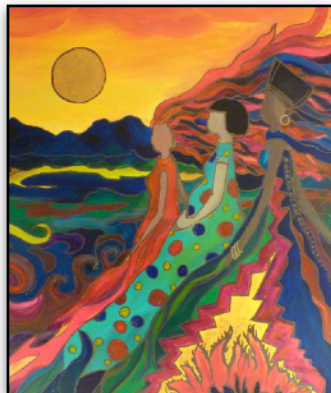
The fire that made guts into chitterlings;
The fire that took rhythms and made jazz;

The fire of sit-ins and marches that made
us jump boundaries and barriers;
The fire that took street talk sounds
and made righteous imhotep raps.
Where is your fire, the torch of life
full of Nzingha and Nat Turner and Garvey
and DuBois and Fannie Lou Hamer and Martin
and Malcolm and Mandela.
Sister/Sistah Brother/Brotha Come/Come

CATCH YOUR FIRE...DON'T KILL
HOLD YOUR FIRE...DON'T KILL
LEARN YOUR FIRE...DON'T KILL
BE THE FIRE...DON'T KILL
Catch the fire and burn with eyes
that see our souls:

WALKING.
SINGING.
BUILDING.
LAUGHING.
LEARNING.
LOVING.
TEACHING.
BEING.

Hey. Brother/Brotha. Sister/Sista.
Here is my hand.
Catch the fire...and live.
live.
livelive.
livelive.
live.
live.



—Sonia Sanchez

Denver Presbytery shared this poem was shared with us as a tool for community prayer. It was also read by the Rev. Matt Syrdal the morning of the Assembly in Tabernash on August 13.

BLESSING OF HOPE

So may we know
the hope
that is not just
for someday
but for this day—
here, now,
in this moment
that opens to us:

hope not made
of wishes
but of substance,

hope made of sinew
and muscle
and bone,

hope that has breath
and a beating heart,

hope that will not
keep quiet
and be polite,

hope that knows
how to holler
when it is called for,

hope that knows
how to sing
when there seems
little cause,

hope that raises us
from the dead—

not someday
but this day,
every day,
again and
again and
again.

—Jan Richardson
from *The Cure for Sorrow: A Book of Blessings for
Times of Grief*

