



# 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>  
[info@whiteforestsangha.org](mailto: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](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



## Community News

• **Sunday, December 4, 11:00 AM Ecumenical Service:** All are welcome to join the 11:00 AM Ecumenical Service (in person or via zoom) on the Second Sunday of Advent followed by an in person authentic Afghan lunch prepared by the Hamzoly families (Suggested lunch donation \$10 - \$50 to support the Hamzoly families; [RSVP HERE](#)). With your support, the dinner will generate funds to support the family as they transition from sponsorship to independence. Guests are invited to make a freewill offering with all proceeds going directly to the families.

♦ **11:00 AM Ecumenical Service Zoom Link**

▶ [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

We are grateful to Journey with Migrants (JwM) who helped sponsor the food for the Afghan lunch. JwM is a Mission Partnership of Denver Presbytery and their goal is to be the Presbytery of Denver's corporate response to the needs of undocumented residents who have migrated to Colorado and individuals and families who are seeking asylum in the United States. The mission partnership seeks to accomplish these goals through congregational education, accompaniment with migrants and asylum seekers, advocacy, promotions of the Interfaith Immigration Network (IIN). One of the participating congregations is Capitol Heights with support from the 10:30 Catholic Community. To learn more and find ways to get involved contact [Jean Demmler](#) (CHPC) or [Rev. Lemuel Velasco](#) (Denver Presbytery).

• **Thursday, December 8, 4 PM MST - A Webinar with Creation Justice Ministries "A Christian's Guide to Planet Earth - Author talk with Betsy Painter:** Drawing on science and Scripture, the book *A Christian's Guide to Planet Earth: Why It Matters and How to Care for It* offers a hope-filled, reader-friendly guide to help navigate questions about caring for God's world. Join Creation Justice Ministries for a discussion with author Betsy Painter. Together, we'll explore connections between our planet's different ecosystems, the challenges of climate change and ecological breakdown, Scripture, and our spiritual experience of God's creation. [REGISTER HERE](#)

• **Saturday December 17th 12:00pm - 3:00pm:** This year Casa de Paz turned 10 years! We want to celebrate YOU, our amazing volunteers, donors, friends - YOU make this possible. This year has been challenging so we were not able to host our annual birthday party BUT we decided to combine this celebration with International Migrants Day! **RSVP TODAY!** The event will be held at 10700 E Evans Ave, Aurora, CO 80014. Questions? Email us at [andreal@casadepazcolorado.org](mailto:andreal@casadepazcolorado.org) or [info@casadepazco.org](mailto:info@casadepazco.org)

### Save the Date for these Special Upcoming Events:

- **December 4, 11:00 AM** Ecumenical Service on the Second Sunday of Advent followed by an authentic Afghan lunch prepared by the Hamzoly families (Suggested lunch donation \$10 - \$50; [RSVP HERE](#))
- **December 18, 7:00 PM** Carols by Candlelight with words and music of the season
- **December 24, 4:30 PM** Christmas Eve Mass with Dignity Denver
- **December 25, 9:30 AM** CHPC Christmas Morning Service

## 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.

• **December 4, 11:00 AM Ecumenical Service:** All are welcome to join the 11:00 AM Ecumenical Service (in person or via zoom) on the Second Sunday of Advent followed by an in person authentic Afghan lunch prepared by the Hamzoly families



## Capitol Hill United Ministries

There are several ways to stay involved with CHUM and the Women's Homeless Initiative (WHI) in the months ahead including:

**Sign up to Provide Lunches to those in need** - The new signup is now available for **December 2022-February 2023**. Use the link to find an open date on the calendar when you wish to provide lunch or breakfast for one of the listed organizations. **Sign up today [HERE!](#)**

**Make your Gift to CHUM-WHI for Colorado Gives Day** - All gifts, beginning November 1, will count toward earning us a part of the \$1.4 million Colorado Gives Day Incentive Fund! WHI strives to provide vulnerable women a chance to be known, heard, and cared for with compassion, dignity, respect, and presence of heart. More than 1,000 volunteers come together to share their time, talent, and treasure. To donate and learn more about the program through **Colorado Gives** [click HERE](#).

**Looking for a meaningful gift for the holiday season?** Consider purchasing our book, *EXPOSURE: Homelessness through the lens of art and poetry*. To purchase your copy, [contact Diana Flahive](#) by email or call her at 303-832-4188.

## Children's Ministry

**A Story from 5th Grader Sloane and Diana Flahive:** We are so fortunate to have people of all ages involved with the Women's Homelessness Initiative (WHI) and Capitol Hill United Ministries (CHUM), including the young ones and the seasoned ones. This month, we honor ALL the families who have encouraged and brought their children to participate in our programs, working with those who are without home.



In Jewish teachings, the term *tikkun olam* means "repairing the world." I recently met with a fifth grader named Sloane Susman, who epitomizes this philosophy and whose worldview inspires me. She is a champion for the Women's Homelessness Initiative, and I so appreciate her generosity. For her 11th birthday, instead of gifts, she asked her friends for funds to donate to WHI. She has also supported us by making lunches and conducting supply drives for our deliveries. **[Listen to our short video discussion and be inspired!](#)**

Thank you for all you do!

Warm Regards, [Diana Flahive](#) Director of WHI - CHUM (303) 832-4188

(Suggested lunch donation \$10 - \$50 to support the Hamzoly families; [RSVP HERE](#)). Zoom information above.

- **December 11, 11:00 AM:** CHPC will hold our Annual Congregational Meeting to elect leadership for the coming year, review our coming proposed budget, and reflect together on our vision going forward.
- **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](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 our Partner Organizations

- **The CO Council of Churches December Newsletter** is available to read [HERE](#).
- **The Interfaith Immigration Coalition** most recent edition of their newsletter, *The Latest*, can be seen [HERE](#).
- **Creation Justice Ministries** Co-Executive Directors were recently interviewed on the Refugia Faith Podcast! You can take a listen [HERE](#). To see Debra Rienstra's most recent Refugia Newsletter [click 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.

- **December 4, 11:00 AM Ecumenical Service:** All are welcome to join the 11:00 AM Ecumenical Service on the Second Sunday of Advent followed by an authentic Afghan lunch prepared by the Hamzoly families (Suggested lunch donation \$10 - \$50 to support the Hamzoly families; [RSVP HERE](#)) Zoom information above.
- **Community Contributions:** The Community made third quarter contribution of \$500 to each to the Colorado Afghan Legal Project and MetroCaring. If you would like to recommend that the Community make a donation to a particular organization, please send your recommendation to Bill Dixon, Jim Butz, or Gene Lang.
- **Community Contributions:** In the fourth quarter, the Community contributed \$500 to Teller Backpack Friends (provides food for Teller Elementary students from families in need to take home for the weekend) and \$500 Catholic Charities (support for its programs assisting immigrants and refugees).
- **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 be celebrating Mass throughout the Advent Season. Services will be held in the Sanctuary of 1100 Fillmore Street. All are welcome! **We ask that anyone attending mass please wear a face mask.** Following is the Advent and Christmas Schedule:
  - December 4, 5:00 PM (Second Sunday in Advent)
  - December 11, 5:00 PM (Third Sunday in Advent)
  - December 18, 5:00 PM (Fourth Sunday in Advent)
  - December 24, 4:30 PM (Christmas Eve Mass)
  - There will not be a mass on Christmas Day (12/25) or New Years Day (1/1/23)
- **Dignity Denver has discontinued a zoom option for their services.** Instead, for those who are unable to attend Dignity Denver's Mass in person, please attend the Mass presented on-line by one of our sister Dignity Chapters, those being either Dignity/New York or Dignity WashingtonDC, both of which have a weekly service.

For Dignity/New York, information regarding how to do that is on the "worship aid" at the bottom of its website, which is this: <https://dignityny.org/>

For Dignity WashingtonDC, its Mass is shared a couple of different ways, including YouTube. Information regarding how to access its weekly service is likewise on its website, which is: <https://dignitywashington.org/>

## Community Events

### Sunday

#### CHPC Sunday Schedule

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

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

12:30 PM Session (Room 104 / [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](mailto:info@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; 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](mailto: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:

Jeanne Jeffas

(Class of 2022 - 2nd Term)

Erik Sabina

(Class of 2022 - 2nd 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

### 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

(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