



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.

• **February 19, 9:30 AM:** All are welcome to join us in worship at 9:30 AM in the Sanctuary. Following the service at 11AM we have a very special Dialogue planned with Jamie Laurie and his new friend from Liberia. The dialogue will afford us a chance to talk with Jamie and his friend to learn more of her story. More details regarding the dialogue can be found below. Both events can also be attended on zoom using the following link:

♦ **Zoom Link for CHPC 9:30 AM Service**

▶ **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**

• **February 19, 11:00 AM Dialogue From Liberia to Aurora: One Mother's Journey:** Imagine fleeing a war in your homeland and spending nearly 30 years in a refugee camp. Imagine raising 10 children in that camp. Imagine resettling in Colorado during the pandemic. Imagine learning to read and write in your 70s. Imagine hearing from a long lost son. Imagine seeking to be reunited.

Over the last two years, through his work in Colorado's refugee community, CHPC member Jamie Laurie has built a friendship with a new neighbor from Liberia. She has shared with him these and many other aspects of her story. This Sunday at our 11:00 dialogue, she will join us in person to share more of her story, including her current legal efforts to connect with her son. We'll speak with him virtually from Italy and learn about the important role of "sponsors" in the process of applying for humanitarian parole. You are invited to meet an incredible new neighbor and to welcome her by becoming a part of an expanding circle of caring community members.

• **A Lenten Devotional from Presbyterians for Earth Care** is free and available to view [HERE](#). The new Lenten Devotions are based on Revised Common Lectionary texts from Creation Care Perspectives.

• **McClendon Scholar Program Recordings:** Karen and Mary Lou recommend this presentation with Rev. Jimmie Hawkins, *Unbroken and Unbowed: A History of Black Protest in America*. The organization of material around the topic was especially helpful. More recent presentations from the McClendon Scholar program can be accessed from their website <https://www.nyapc.org/mcclendon-sir>.

• **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).

News from Presbytery and Other Partner Organizations:

• **Presbyterian Disaster Assistance (PDA)** is providing emergency relief and short term recovery to the areas impacted by the recent earthquake in Turkey and Syria. Gifts can be made **online by clicking here**, by phone at (800) 872-3283, or by check made payable to Presbyterian Church (U.S.A.) with "**DR999999-ST Earthquake**" written on the memo line and mailed to Presbyterian Church (U.S.A.); P.O. Box 643700; Pittsburgh, PA 15264-3700.

• **Denver Presbytery's Friday ENews** is available to read [HERE](#). *Denver Presbytery Enewsletter is a weekly publication of news, events, tools and resources relevant to Presbyterians in the Denver Metro area.*

• **The latest Presbyterian Justice and Peace** Newsletter is available to read [HERE](#).

10:30 Catholic Community



Reflections for Ash Wednesday

*“Remember you are earth and earth
you shall become.”*

These words taken from the creation story in Genesis 3 accompany the action of being marked by the sign of the cross on Ash Wednesday. It is a way to remind us of our limits – these days of our lives that we share on this fragile planet. This day invites us to look at ourselves as part of the earth, taken from the ground, breathed into life by the gift of air, and returned to the earth. The season of Lent invites us on a journey to reconnect with the earth. It is a chance to no longer look at ourselves apart from the earth, but to see ourselves as deeply part of the earth, the source of our life, and the place to which we will return. It is a challenging word and also a word of hope since our future is bound up with the future of the earth. Caring for the earth is a way of caring for ourselves.

We are invited this Lenten season to reflect on our relationship with the earth and to choose ways to act that care for the earth. It is a journey that we share together as we travel towards the hope of sharing resurrection life for ourselves and for all of creation. You are asked to commit to new practices of earth care during the coming weeks – a way of building new habits that show that baptismal life includes a commitment to care for the earth as central to Christian discipleship. For example, you may choose to focus on conserving your use of water or decide to pick up trash in a park near you each week.

Consider that your earth care practice is also a form of embodied prayer – a way to work for the healing of the earth.

~ reflection written by Rev. Dr. Paul Galbreath. Dr. Galbreath's new book, *Elemental: A Journey Through Lent with the Earth*, offers an intriguing, scripture-based format to bridge the gap of how people relate their own individual environmental activities to Christian faith.

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.

- **February 22, 6:00 PM:** An Ash Wednesday service will be held in the Sanctuary on February 22 at 6:00 pm. All are welcome!
- **Sunday, February 26, 11:00 AM Mass:** We are excited to celebrate the Baptism of Iain during mass, followed by a reception. All are invited. *The family asks that people be masked when approaching the baby for his protection. Thank you!*
- **Saturday, March 11th from 5:30 to 8:30 pm:** Soup with Substance (SwS) Talk will take place in the basement social hall. This will feature Celeste guiding us in a discussion of the film “The Letter” a documentary about Pope Francis inviting several people and engaging with them to discuss the encyclical “Laudato Si.”
- **SwS 5:30 pm on Saturday March 18:** This Soup with Substance will serve as a sequel, focusing on the “Laudato Si Action Plan” and will be led by Estela. There will be no “Fourth Sunday Discussions” in February or March.
- **To View the 10:30 Catholic Community** February Calendar [click HERE](#).
- **In Honor of Black History Month,** Network Advocates for Catholic Social Justice has published a Black History Month Calendar. You can view the calendar [HERE](#).
- **Community Contributions:** The Community contributed \$300 to Catholic Relief Services in support of CRS's efforts on behalf of the Ukrainian people afflicted by the Russian invasion.
- **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** every Sunday at 5 PM during Lent, starting on the first Sunday after Ash Wednesday, February 22nd.

Community News

- **Volunteer Breakfast & Lunch SIGN UP March - May:** 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 March-May 2023. Please fill up the first weeks of March first. [Click to sign up!](#)

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 Diana (303-257-8588 (cell) | flahive@flahive.us.)

- **February 28, 8:00 AM - 12:00 PM:** Together CO and the Colorado Jewish Climate Action invites you to join people of faith from across the state to lift up our voices and values for climate justice. The gathering will take place at St Paul Lutheran Church (1600 Grant St.) before heading to the Capitol. To take part, please [register HERE](#).

Together CO is also highlighting the UCC and UU Congregations Alive 5 workshop on February 23-25 February. This event is about the churches response to climate change. You can register [HERE](#).

- **Thursday, March 2 9:00 - 11:15AM:** Colorado Faith Communities United to End Gun Violence is holding a training day in Community Advocacy. The educational time will take place in the morning at our neighbor CHUM congregation First Baptist (1373 Grant St.) Morning snacks and lunch will be provided. After lunch there will be the opportunity to go across the street to the Capitol building to meet with guest speaker and Rep. Meg Froelich (HD3). To attend, RSVP to soakes1219@gmail.com.
- **Creation Justice Ministries** has released their 2023 Lenten Resource - click [HERE](#) to view the guide. This guide is designed to help you and your community take time during the Lenten season to learn, reflect, repent, ask God for forgiveness, and take concrete steps to change course in order to better care for creation. We have also included the Lenten Resource on the final pages of the Open Letter.

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 Lent*

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)

6:30-8:30 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

Mike Owen Preservation Services Manager & 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 or Jim

Co-Liaison

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