



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: caphightsoffice@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 (caphightsoffice@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 caphightsoffice@gmail.com.

To view the Open Letter online visit caphightspres.org or scan the QR code



Community News

- **March 5, 11:00 AM Ecumenical Service:** All are invited to join us for an Ecumenical service with CHPC, 10:30 Catholic Community, and Dignity Denver. (Please note, there will not be a 9:30 AM Presbyterian service that day.) The service will be held in person or can be attended on Zoom. [Click HERE to join via Zoom.](#)
- **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!](#)
- 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.)
- **Dear friends at Capitol Heights Faith Communities:** I am contacting you from [WorldDenver](#), a local non-profit organization working to strengthen and expand the community of engaged global citizens in Denver and Colorado through education, events, and short-term exchange programs for international visitors. A key component of these exchanges is our Homestay Program, in which members of our community provide a welcoming home for international visitors during their time in Colorado, with exchanges lasting 1-4 weeks. We believe that the Capitol Heights Faith Communities, as an engaged civic organization, values international engagement and would be interested in fostering cross-cultural relationships, so we think that our 2023 hosting opportunities would be of great interest to your community. *[To learn more, see the flyer attached to the last pages of the Open Letter.]*
~ All the best, Sarah Wilkinson, International Exchange Programs Manager, WorldDenver.
- **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](#).
- **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.
- **Colorado Council of Churches Advocacy Update** is available to read [HERE](#).
- **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.

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 26, 9:30 AM:** All are welcome to join us in worship at 9:30 AM in the Sanctuary. Following the service at 11AM we will have a dialogue on readings and reflections for the Lenten Season. 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
- **Follow Up from February 19th Dialogue, from Jamie:** I wanted to thank all of you for being there on Sunday. Kou Flomo was so grateful and encouraged to be connected



Reflections for the First Sunday in Lent

Genesis 2:15-17, 3:1-7

In the beginning, God created the heavens and earth; God separated the light from the darkness; created all living things and placed Man and Woman in the Garden to care for all of creation. God looked at this and declared it Good!

It was all in harmony. Death was not part of the equation until Mankind was misled and succumbed to their own pride and violated the only prohibition given by God. They ate the forbidden fruit and evil entered their lives and they would now die. Even God's beautiful creation began to feel the effects of death.

As we enter the Season of Lent, a season of repentance and self-reflection, we look at our personal responsibility to the creation that God placed in our care so many generations ago. It isn't so much a time of "giving up" a favorite food or activity. It is a time to learn and put into action practices that will lead us toward a restoration of the harmony with God's creation that was lost through disobedience and pride.

As we move toward the Celebration of Resurrection and Restoration think about some practical actions to bring the earth back into harmony. Do simple things such as turning off the water when brushing your teeth, turning off lights when you leave a room, plant broad leaf trees to increase the canopy, invest in clean energy and care for God's creatures with love and compassion.

God wants and desires the relationship with Mankind that we lost so long ago. Take the steps to move closer to God and be bathed in God's smile and grace as we honor His son.

Prayer: Creator God, who created all things, bless your creations and restore harmony for generations to come.

~This reflection is included in the Presbyterians for Earth Care Lenten Devotional. Written by Barbara Hassall, a Ruling Elder at The Sanctuary in Fort Lauderdale, Florida; the President of the Florida Presbyterian Disaster assistance Network, former Presbytery Moderator of Tropical Florida and a Commissioner to the 225th General Assembly.

to a new community of people. I am grateful that you all took the time to meet her and Bangalee and learn more about their story. Also, here is a video that has been shared with us about many people in similar situations. Called "Hotel Splendid" by Maruo Bucci, it can be streamed [HERE](#) using your public library card or university ID to login.

- **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.
- **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, 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!*
- **VOLUNTEERS NEEDED 8:30 - 11:30 AM every Second Monday:** Catholic Worker Soup Kitchen is preparing casseroles for Haven of Hope Shelter and lunches for the Safe Outdoor Space (tent community) at 2nd and Federal, on Monday mornings at Denver Inner City Parish. Volunteers chop vegetables, assemble casseroles, wash dishes, etc. Jan Colberg and Pat Iyer have been recruited to coordinate on the second Mondays. (So especially appreciate help on those days.) 8:30-11:30ish; 1216 Mariposa. **Questions? Pat Iyer - 469-767-0491**
- **Eileen Arnold's Obituary** is now available to read on the Horan & McConaty website. [Click HERE for link](#). Contributions in Eileen's name can be made to:
 - [El Porvenir](#), which assists rural communities in Nicaragua in developing clean water and sanitation projects.
 - [Rocky Mountain Immigrant Advocacy Network](#), which provides pro bono legal representation to immigrants in deportation proceedings.
 - [Family HomeStead](#), which provides emergency and transitional housing to homeless families with children in the Denver area.
- **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.
- **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.
- **Mass Schedule for Triduum and Easter**
 - ♦ Palm Sunday 11:00 AM Sanctuary, Fr Chrys
 - ♦ Holy Thurs 5:30 PM Sanctuary, Fr John
 - ♦ Good Friday 6:00 PM Sanctuary, Dignity Denver
 - ♦ Easter Vigil 7:30 PM Sanctuary, Fr Chrys
 - ♦ Easter Sunday 11:00 AM Sanctuary, Fr John

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.

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



**WORLD
DENVER**

HOMESTAY HOSTING OPPORTUNITIES

Make lifelong connections and travel the world without leaving your home



- Volunteer as a citizen diplomat, promoting strong relations around the globe
- Engage with global leaders who are excited to share their culture and learn about yours
- Enjoy a short commitment, with programs lasting only 2-4 weeks



2023 OPPORTUNITIES

PAN AFRICA YOUTH LEADERSHIP PROGRAM (PAYLP) APRIL 12-25, 2023

Visitors: 30 high school students
Countries: Countries across Africa
Program: PAYLP offers youth practical leadership and technical skills training.

TECHGIRLS JULY 22-26, 2023

Visitors: 21 high school students
Countries: Cameroon, Kenya, Nigeria, Rwanda, and South Africa
Program: TechGirls empowers and inspires young women to pursue careers in science and technology.

Homestay hosts offer a welcoming home, provide a room with an individual bed and access to a bathroom, share their favorite parts of Denver and Colorado, and provide some meals. You will receive onboarding and 24-hour support during the visitors' stay.



More information:

 homestays@worlddenver.org

 worlddenver.org