



# 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)  
<https://www.wfszen.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

- **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 in the sanctuary or can be attended on Zoom. [Click HERE to join via Zoom.](#)
- **Daylight Saving Time begins Next Sunday, March 12!** Remember to turn your clocks forward one hour on March 12 as we will spring forward into the time change (with one hour less of rest, so go to bed early if you can.)
- **News from Together CO:** This week, the Climate Justice committee in collaboration with Colorado Jewish Climate Action held a Faith Climate Lobby Day. 70 leaders held over 30 legislator meetings and made their voices heard at the Capitol. Representatives from our Faith Communities included Bob Cowan (CHPC); Sarah and Kelz Kelzenburg (10:30 CC); Mark Meeks (CHPC); and Celeste Rossmiller (10:30 CC) - thank you!



*More upcoming events* with Together CO include: **Together Colorado-wide lobby day** March 30, 2023 (more information to come); and the **Denver Candidate Forum** - Denver congregations in city council districts 8, 9, and 10 are hosting a candidate forum on Saturday, March 25 at 1 pm. (More information to come.)

*More Legislative updates* from Together CO can be found at [togethercolorado.org/legislation](http://togethercolorado.org/legislation)

- **The Colorado Sun** recently featured an article titled [COVID pushed Colorado nonprofits to their limits. Leaders stuck around, committed to the mission, not the money.](#) Many folks in the communities at 1100 Fillmore are very aware of and experienced in community service and work with nonprofits so we thought you would enjoy seeing this article featuring the work of various organizations in our wider community.

## 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.

- **March 5, 11:00 AM:** All are welcome to join us in worship in the Sanctuary at 11:00 for our first Ecumenical Service of 2023. The service can also be attended on zoom using the following link:
  - ◆ **Zoom Link for CHPC 11:00 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**
- **Thursday, March 9, 5:00 - 6:00 PM Webinar Holy Ground: The Earth As Participant in Holy Week:** Presbyterians for Earth Care (PEC) is delighted to present this webinar led by the Rev. Dr. Paul Galbreath. Dr. Galbreath will offer a theological orientation to the importance of the earth in Scripture and worship, and provide practical commentary on planning worship that recognizes the importance of the earth in services from Palm Sunday to the 1st Sunday of Easter. Paul Galbreath is Professor of Theology at Union Presbyterian Seminary in Charlotte, NC. He is the author of six books including a new Lenten devotional resource: *Elemental: A Journey through Lent with the Earth*. The host for this webinar will be Bruce Gillette, PEC Moderator and Pastor of the First Presbyterian Union Church in Owego New York. [Click HERE for more information and to register for this FREE webinar.](#)
- **There's lots to learn in this weeks' Friday News from Denver Presbytery.** Included is an **Action Alert** form Journey with Migrants and the CO Council of Churches on Immigration related CO Assembly Bills; **information and donation opportunities** to support the emergency assistance provided in Syria and Turkey by Presbyterian Disaster



## Service and Prayer in Lent

### VOLUNTEER

- ▶ **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**

- ▶ **Volunteer Breakfast & Lunch SIGN UP March - May:** The Women's Homelessness Initiative (WHI) and Capitol Hill United Ministries (CHUM) is offering the opportunity for you to provide breakfasts and lunches to support eight agencies that serve the unhoused in our community. [Click to sign up!](#)

### REFLECTION & PRAYER

#### *Soup with Substance Gatherings hosted by the 10:30 Catholic Community:*

- ▶ **Saturday, March 11th 5:30 - 8:30 pm**  
Hosted in the basement social hall, this SwS gathering 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."
- ▶ **Saturday, March 18 5:30 PM**  
This SwS 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.

#### *Lenten Devotionals:*

- ▶ **Presbyterians for Earth Care Lenten Devotional** is free and available to view [HERE](#). The new Lenten Devotions are based on Revised Common Lectionary texts from Creation Care Perspectives.
- ▶ **Creation Justice Ministries** has released their 2023 Lenten Resource - click [HERE](#) to view the guide.

Assistance; and news about the Journey with Migrants March 22 - 25 delegation trip to Frontera de Cristo on the US/Mexico borderlands.

- **The Colorado Council of Churches March Newsletter** is available to [read HERE](#). In the newsletter you will find more information regarding a **Welcome Center for Migrants** hosted at First Plymouth UCC with first guests arriving from Venezuela March 19-25.
- **Colorado Faith Communities United to End Gun Violence** has sent out a Rapid Response Notice in support of HB23-1219. You can learn more about the bill and how to add your own comments [HERE](#).
- **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).

### *One Great Hour of Sharing Offering*

- **One Great Hour of Sharing March - April 16:** Capitol Heights will be receiving donations toward One Great Hour of Sharing throughout the month of March through the second Sunday in Easter, April 16. The three programs supported by One Great Hour of Sharing - **Presbyterian Disaster Assistance, the Presbyterian Hunger Program, and Self-Development of People** - all work in different ways to serve individuals and communities in need. A small sampling of the work supported by OGHS can be found in the articles below.

*Donations toward One Great Hour of Sharing can be made in person on Sundays, by mail (1100 Fillmore St., Denver, CO 80206), or [online HERE](#). Please mark "OGHS" on your donation. (If donating online, you can type "OGHS" in the "write a note" area that will pop up after entering an amount.)*

- **The latest Presbyterian Justice and Peace Newsletter** is available to [read HERE](#). Included is this article on [One Great Hour of Sharing gifts support housing affordability and fairness](#). Two more stories related to work supported by One Great Hour of Sharing, include the [indigenous Maskoke community returning to their roots in Alabama](#), and a look at how the [Self-Development of People is boosting women's empowerment in Panama](#).

## 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.

- **The March Calendar for the 10:30 Catholic Community** is available to read [online HERE](#).
- **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.
- **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](mailto: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](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:

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