



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



Community News

• Work on the Tower Parapets has begun!

The mortar and roof repair on the church tower began on March 8 and we expect this beginning stage of work to last around 2 weeks. A lift is required for the work and will be parked on Fillmore Street in the ADA accessible parking spot. Unfortunately there is not another place to store the lift while this work is being done but the ADA parking will continue to remain available on 11th Avenue. If you come by church during the weekdays you will probably see the repair men and women at work and the front door will be closed off with caution tape both on the inside and outside of the building. We are delighted that this Phase 2 of repairs has begun. Funding for the work comes from the State Historical Fund and generous donations from our community friends at 1100 Fillmore!



• **Together CO Invites YOU** to join the Together Colorado community at a grassroots lobby day on March 27th to advocate for legislation that will move us closer to a Colorado where *everyone* can thrive - regardless of race, zip code or income. On lobby day, we'll meet at First Baptist Church of Denver, form teams based on districts, and then walk to the Capitol together. We'll spend the morning meeting with our legislators and then share a lunch together. All are welcome! Spanish interpretation and lunch will be provided, and Together Colorado can help reimburse the cost of parking and transportation to the Capitol. *Please note - a lobby training will be held separately over Zoom on Tuesday, March 21st at 6:00pm.* If you can't make the training time please let us know, but don't let this deter you from signing up. [Register HERE.](#)

• **The second Afghan Women's Dinner will be held on April 16 at 12:00 PM** in the basement Social Hall. More details will follow, but for now, save the date and know that all are welcome!

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 19, 9:30 AM:** All are welcome to join us in worship in the Sanctuary at 9:30 AM. Following the service, our dialogue at 11:00 AM held in the basement lounge. The Dialogue will hold opportunity to reflect on our two great commandments - to love God with the whole of our life and to love our neighbor as ourself, and in light of that word we shall explore the peril of governance lacking empathy, this under guidance from Elizabeth Mika, whose article we shared last week and which we'll look further at today. The service and dialogue 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

• **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.

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.)





Volunteer, Services, & Reflections for Lent

SERVICES, REFLECTION & PRAYER

- ▶ **Poet, educator and author Kwame Alexander** appeared at the Civil Rights Memorial Center in Montgomery, Alabama, on Friday, March 17, for a frank discussion on race, love and hope. Alexander, a bestselling author and writer of nearly 40 books, is the recipient of numerous awards, including the Lee Bennett Hopkins Poetry Award, the Coretta Scott King Author Honor and the 2017 Inaugural Pat Conroy Legacy Award. You can watch a recording of the discussion [HERE](#).

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.

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!](#)

- **This weeks' Friday Enews from Denver Presbytery is available to read [HERE](#).**
- **The most recent Presbyterian Justice and Peace Newsletter** can be seen [HERE](#).
- **Recording available of Holy Ground - The Earth as Participant in Holy Week:** Originally presented on March 9, 2023, Rev. Dr. Paul Galbreath provided an insightful and informative webinar, offering a theological orientation to the importance of the earth in Scripture and worship and providing practical commentary on planning worship that recognizes the importance of the earth in worship services from Palm Sunday to 1st Sunday of Easter. The recording of the webinar and access to the accompanying resources are now available on the PEC website and can be accessed by [CLICKING HERE](#).
- **April 25 - 27 Ecumenical Advocacy Days, a virtual event:** Ecumenical Advocacy Days, co-sponsored by the Office of Public Witness, is glad to welcome Bishop Vashti Murphy McKenzie as our opening worship preacher for the 2023 conference. Bishop McKenzie is currently the Interim President and General Secretary at the National Council of Churches of Christ in the USA. Ecumenical Advocacy Days is a movement of the ecumenical Christian community, and its recognized partners and allies, grounded in biblical witness and our shared traditions of justice, peace and the integrity of creation. [Register to join us for virtual 2023 gathering!](#)
- **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.

- **The March Calendar for the 10:30 Catholic Community** is available to read [online \[HERE\]\(#\)](#).
- **For your consideration: The benefits of abstaining from meat during Lent**, an article from The Catholic Climate Covenant. The link for this article [can be found \[HERE\]\(#\)](#).
- **The second Soup with Substance will take place on Saturday, March 18 at 5:30 PM:** The Letter invites us into The Letter, that is, into a life formed by Pope Francis's encyclical, Laudato Si'. In this riveting film, the Pope invites to Rome those people representing the unheard voices he highlights in the encyclical: a poor man from Africa; a young girl from India; an Indigenous leader from the diminishing Amazon rainforest; and a married couple who practice science on behalf of the life in the oceans. We are given a glimpse into their lives in their home countries, and their commitments to the well-being of Earth. And thus, we are invited to share those commitments and build community as they did in company of one another, in Rome, Assisi and beyond. Here is a link to the film, shown last Saturday evening at "Soup with Substance", with discussion continuing this coming Saturday, March 18, 5:30 pm in the social hall. All are welcome. Please let Estela Bogaert-Martinez know if you can come, so that we can set a place for you at the table! estela.bogaertmartinez@gmail.com. The link to watch on YouTube (Free) can be found [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