



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](https://www.facebook.com/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

• **March 28, 5:00 - 7:00 PM MDT Creation Justice Ministries Invites you** to a Virtual Screening & Panel discussion of *The Ants and the Grasshopper!* Reimagine a classic fable and explore the most pressing issues of our time with the award-winning documentary, *The Ants and the Grasshopper*. Go on a journey with two Malawi women as they witness to US farmers and organizers about the global impact of climate change on food production. Anita Chitaya will take you through her enthralling story of resilience and change as the film explores the intersections of gender, race, advocacy, and agriculture. With 10 years in the making, this documentary will transform the way you view your place in the world. Join the Creation Justice community on March 28 for an online screening of this unique and moving documentary, followed by a Q&A session with its filmmaker, Raj Patel. [REGISTER HERE](#)

• **Maundy Thursday, April 6, 7:00 PM A Dialogue on the Writings of Dietrich**

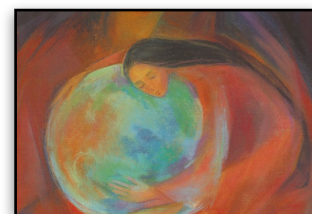
Bonhoeffer: All are invited to attend a Maundy Thursday online discussion around the life, witness, and writings of German theologian **Dietrich Bonhoeffer**. We will especially spend time with an important letter he wrote on July 21, 1944. This was the day that Bonhoeffer learned from a radio broadcast that a plot to kill Hitler had failed. Knowing he would be implicated because he had earlier worked with the plotters to bring about the assassination, he wrote a letter to his friend Eberhard Bethge, ruminating on his understanding of the Christian life. The dialogue will be held on Zoom ([link HERE](#)). An online copy of the July 21 letter can be seen [HERE](#). (The Internet Archive has a 1972 edition of Bonhoeffer's *Letter's and Papers from Prison* that can be seen online with a free account [HERE](#).)

"I remember a conversation that I had in America thirteen years ago with a young French pastor. We were asking ourselves quite simply what we wanted to do with our lives. He said he would like to become a saint (and I think it's quite likely that he did become one). At the time I was very impressed, but I disagreed with him, and said, in effect, that I should like to learn to have faith..."

~quoted from the 1944 letter

• **Sunday, April 16 at 12:00 PM** You are invited to share a delicious Afghan dinner with all our faith communities on Sunday, April 16 at 12:00 noon, in the Social Hall. This will be a special opportunity for members of CHPC, 10:30 CC, Dignity Denver and White Forest Sangha to sit together. Traditional Afghan food will be prepared by Shafeqa and Nadia Homzoly, two sisters-in-law who settled in Denver upon leaving Afghanistan almost two years ago. Both women have four children. Nadia lost her husband to Covid shortly after arriving in Denver. Cooking and sewing are their means for helping to support their families. Attendees are invited to "pay what you can" and all proceeds will go to the families. (Suggested donation range: \$10-\$50) **Please RSVP to Tricia by 5:00 PM, April 14 so we can set a place for you.** Text/Call ([303 885-4633](tel:3038854633)) or email (TMHuth@msn.com) with your name and the number of people attending with you.

• **Saturday, April 22, 6:00 PM HEALING THE BREACH Nurturing hope amidst our grief, an Earth Day event.** Capitol Hill United Ministries (CHUM) invites you to a gathering of community to walk together in ritual seeing, feeling, touching, and naming of our trauma, pain, & loss with movement toward healing. The service will be held at CHPC in the Sanctuary at 1100 Fillmore St.



Capitol Heights Presbyterian Church

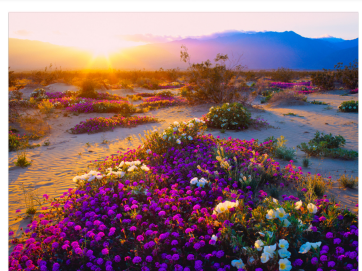
We are part of an old tradition, made new with each person who comes to us. We witness to a greatness that transcends what we now say, know, or do, but is graciously made present in acts of kindness, hope and peace. We are called to be a community of such hope for the sake of the God of all, and we delight in all who choose to join us.

• **March 26, 9:30 AM:** All are welcome to join us in worship in the Sanctuary at 9:30 AM for the Fifth Sunday in Lent. Following the service, our dialogue at 11:00 AM (basement lounge) will be a continuation of last weeks' conversation around empathy and governance with aid from the scholarly work of Elizabeth Mika. Both the service and dialogue can 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#



Volunteer, Services, & Reflections for Lent

SERVICES, REFLECTION & PRAYER

▶ **March 28, 5 - 7 PM MDT Creation Justice Ministries Virtual Screening & Panel discussion of *The Ants and the Grasshopper!*** This award-winning documentary goes on a journey with two Malawi women as they witness to US farmers and organizers about the global impact of climate change on food production. Following the screening there will be a Q&A session with its filmmaker, Raj Patel. **REGISTER HERE**

▶ **Holy Ground - The Earth as Participant in Holy Week:** Originally presented on March 9, Rev. Dr. Paul Galbreath provided an insightful webinar, offering a theological orientation to the importance of the earth in Scripture and worship. The recording of the webinar and access to the accompanying resources can be accessed **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. There are still open slots in the rest of March and throughout April. **Click to sign up!**

▶ Or Call: (+1) 253 215 8782; enter MEETING ID when prompted: 820 4584 1954 #; PASSCODE 1 2 3 4

• **This weeks' Friday Enews from Denver Presbytery is available to read HERE.**

• **Denver Presbytery Call to Action:** You are invited to get involved with *Guns to Gardens*. There are many ways to take action against gun violence including:

• **VOLUNTEER** Volunteer at our **Guns to Gardens Safe Surrender** event on Saturday, April 15th from 8:45am to 12:30pm at Most Precious Blood Catholic Church in Denver. Learn more and sign up **here**. We are also in need of blacksmiths to turn the leftover metal gun parts into garden tools or other life-giving pieces like art or jewelry. If you're interested in this, please email gunstogardensmetrodenver@gmail.com. All volunteers for this event must be 18 years of age, however, we welcome youth involvement with G2G in other ways. If you are under 18, we'd love to talk with you! Please email gunstogardensmetrodenver@gmail.com.

1. **GIVE** Your gifts are greatly needed to successfully hold our Guns to Gardens event. Individuals are invited to donate online **HERE**.

2. **PRAY** We invite prayers to cover our volunteers and gun donors on Saturday, April 15th from 10am to 12pm.

3. **DISMANTLE** Do you, a family member, or friend own an unwanted firearm? We hope you'll choose to dismantle it. Bring your unwanted, UNLOADED guns in the trunk of your car to Most Precious Blood Catholic Church on Saturday, April 15th between 10am and 12pm. No reservation needed! Just come to the church parking lot. Gun owners who choose to dismantle their gun will be given a gift card (\$50+) as a thank you, while supplies last. Read more **here**.

• **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.)*



• **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 worshiping 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**.

• **Friday, March 31, 7:00 PM:** Fr. Mark has invited the 10:30 Catholic Community to the Lenten Desolata service at Mt. Carmel. The address is 3549 Navajo St.

• **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**.

• **Sunday, April 16, 12:00 PM** You are invited to share a delicious Afghan dinner with all our faith communities on Sunday, April 16 at 12:00 noon, in the Social Hall. **Please RSVP to Tricia by 5:00 PM, April 14 so we can set a place for you.** Text/Call **(303 885-4633)** or email (TMHuth@msn.com) with your name and the number of people attending with you. More details about the event can be found above under the "Community News" section.

• **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

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

Ellie Anderson

Adult Religious Education

303-638-5088

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