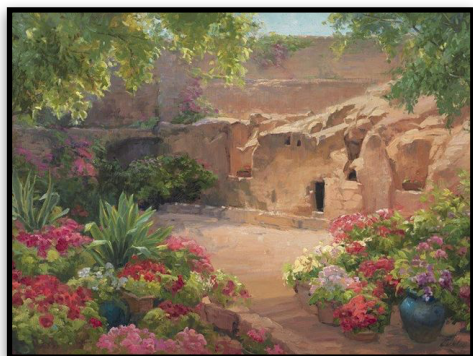




# OPEN LETTER

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



## 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.

• **Sunday, April 9, 9:30 AM Easter Service:** All are welcome to join us in worship in the Sanctuary at 9:30 AM for our Easter Morning service. The service 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

• **Saturday, April 15, 8:45 AM - 12:00 PM, Denver Presbytery Call to Action:** You are invited to volunteer at our [Guns to Gardens Safe Surrender](#) event on Saturday, April 15 from 8:45AM-12:30PM at Most Precious Blood Catholic Church. Learn more and sign up [here](#). 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](mailto:gunstogardensmetrodenver@gmail.com).

• **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](mailto:TMHuth@msn.com)) with your name and the number of people attending with you. More details about the event can be found below under the "Community News" section.

• **One Great Hour of Sharing April 9 & 16:** Capitol Heights will be receiving donations toward One Great Hour of Sharing until 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*. 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 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 April Calendar** for the 10:30 Catholic Community can be seen [HERE](#).

• **The cash collections at Easter masses** will be donated to The Afghan families we have been assisting. This does not include donations to The CRS Rice Bowl Drive or contributions by checks written to The 10:30 Community. Easter Blessings to all.

• **Community Contribution:** At its April 2 meeting, the Council approved a Community contribution of \$400 to the Stout Street Health Center. SCHC provides a variety of medical services, including mental health services and substance use treatment, for the homeless.

• **Network Catholic Social Justice Lobby in Washington, DC,** is calling on interested Catholics (and any others!) to join their lobbying efforts on behalf of our lower-income brothers and sisters from now until Pentecost (end of May). House Republican leadership is proposing deep cuts for programs that affect "the least of my brothers and sisters": Medicaid, food programs like SNAP and WIC, and housing assistance--rather than calling for wealthy corporations and billionaires to pay their fair taxes. Network is



## Bone a poem by Mary Oliver

1.

Understand, I am always trying to figure out  
what the soul is,  
and where hidden,  
and what shape  
and so, last week,  
when I found on the beach  
the ear bone  
of a pilot whale that may have died  
hundreds of years ago, I thought  
maybe I was close  
to discovering something  
for the ear bone

2.

is the portion that lasts longest  
in any of us, man or whale; shaped  
like a squat spoon  
with a pink scoop where  
once, in the lively swimmer's head,  
it joined its two sisters  
in the house of hearing,  
it was only  
two inches long  
and thought: the soul  
might be like this  
so hard, so necessary

3.

yet almost nothing.  
Beside me  
the gray sea  
was opening and shutting its wave-doors,  
unfolding over and over  
its time-ridiculing roar;  
I looked but I couldn't see anything  
through its dark-knit glare;  
yet don't we all know, the golden sand  
is there at the bottom,  
though our eyes have never seen it,  
nor can our hands ever catch it

4.

lest we would sift it down  
into fractions, and facts  
certainties  
and what the soul is, also  
I believe I will never quite know.  
Though I play at the edges of knowing,  
truly I know  
our part is not knowing,  
but looking, and touching, and loving,  
which is the way I walked on,  
softly,  
through the pale-pink morning light.

~Mary Oliver

offering a "toolkit" to speak out to your Congresspersons or to write Letters to the Editor. Use this link to make your voice heard: <https://networklobby.org/thriving-communities/>

- **Wednesday, April 12, 1:00 - 3:00 PM:** Fr Tony D'Souza from India will be doing a short seminar talk with meditation, spirituality teachings and awareness in today's troubled world to help you find peace within. The event will take place in the basement Social Hall at 1100 Fillmore Street.
- **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 below under the "Community News" section.
- **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

- ◆ Good Friday 6:00 PM Sanctuary, Dignity Denver
- ◆ Easter Vigil 7:30 PM Sanctuary, Fr Chryst
- ◆ Easter Sunday 11:00 AM Sanctuary, Fr John

### Community News

- **English Language Volunteers Wanted!** Project Worthmore is a non-profit organization serving refugees and other newcomers in the East Colfax and throughout the Denver metro area. We are looking for volunteers to participate in our *Understanding Neighbors* program, through which volunteers serve as "conversation partners" for English Language Learners. If interested, please register for our 2 part volunteer orientation, "Beyond Babble". (*Beyond Babble A - Thurs, April 13th 5:30-7:30; Beyond Babble B - Thurs, May 11th 5:30-7:30.*) Both orientations are held *in person* at 1666 Elmira Street with no online option. Completing them in sequence is preferred but not mandatory. Cross-cultural and teaching/tutoring experience are *not* required, but both are a major plus! *Jamie Laurie is the primary facilitator for all of these events at Project Worthmore. They are quite a bit of fun and we hope some folks from 1100 Fillmore can join in!*
- **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**
- **Thursday, April 13, Zorba's Restaurant & Teller Backpack Friends:** Come and dine at Chef Zorba's, mention Teller Backpack Friends and they will donate 10% of your sale to the Teller Backpack program! Enjoy breakfast, dinner or anything in between at this Congress Park staple, while also doing a little good for Teller Backpack Friends!
- **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 Homzoley, 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) 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 Street.
- **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!**

## Community Events

### Sunday

#### CHPC Sunday Schedule

9:30 am Service (Sanctuary / [Zoom](#))

10:30 am Fellowship (Social Hall)

#### 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

Ellie Anderson

Co-Liaison

303-638-5088

Ellie Anderson

Adult Religious Education

303-638-5088

Ellie Anderson

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