



# 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, May 7, 9:30 AM Service, 11:00 AM Dialogue:** All are welcome to join us in worship in the sanctuary (or on zoom) at 9:30 AM for our service in the Easter Season. At 11:00 AM the adult dialogue will take place in the basement lounge/zoom.
  - ✦ **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, May 13, 5:00 PM Graduation Party:** Ceaghan Mead is graduating from CCD with a teaching certificate in Early Childhood Education on May 11th! Please help us celebrate this major event on **Saturday May 13th**, with a potluck celebration held in the basement Social Hall at Capitol Heights Church on 11th and Fillmore Street.
- **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).
- **Presbyterian Giving Catalogue Mother's Day Gifts:** The Presbyterian Giving Catalogue has a variety of gifts that can be personalized for this upcoming Mother's Day including options like [Health for Mothers and Newborns](#), a [Refugee Food Basket](#) or a [Community Garden](#) for those living in food deserts. Personalized e-cards are also available to include with the gift.
- **The Colorado Council of Churches** May Newsletter can be read [online at this LINK](#).

## 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.

- **Notice: Our next 10:30 Community General Membership Meeting** will be on May 21 following mass. Please join in for this important community assembly.
- **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). Network is 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/>
- **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.

## 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 hold Mass at 5:00 PM in the Sanctuary every *first, third, and fifth* Sunday's of the month.

## Community News

- **Launching May 2023 - A Five Week Series on Bonhoeffer and Faithful Praxis:** Why does a theologian like Dietrich Bonhoeffer still excite our theological imagination? What is it about his work in a different era that still engages some of the most cutting edge theological work done today? Join us for the new *Homebrewed Christianity* class, **"Bonhoeffer and the Future of Faith"** as we listen to and learn from internationally known scholars working in areas such as climate change, prison reform, racial tensions, pastoral care, and Christian Nationalism. The cost? Contribute whatever you can to help



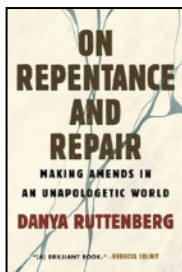
## Community Bookshelf

*A highlight of theological books being read in the community*

### ***On Repentance and Repair: Making Amends in an Unapologetic World*** - Winner of the

National Jewish Book Awards in Contemporary Jewish Life & Practice Myra H. Kraft Memorial Award. A crucial new lens on repentance, atonement, forgiveness, and repair from harm... Rooted in traditional Jewish concepts while doggedly accessible and available to people

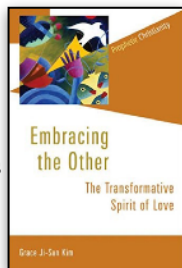
from any, or no, religious background, *On Repentance and Repair* is a book for anyone who cares about creating a country and culture that is more whole than the one in which we live, and for anyone who has been hurt or who is struggling to take responsibility for their mistakes.



### ***Embracing the Other: The Transformative Spirit of Love*** - An innovative Asian feminist

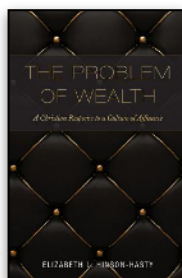
perspective on God's Spirit We live in a time of great racial strife and global conflict. How do we work toward healing, reconciliation, and justice among all people, regardless of race or gender? In *Embracing the Other Grace* Ji-Sun Kim demonstrates that it is possible only

through God's Spirit. Working from a feminist Asian perspective, Kim develops a new constructive global pneumatology that works toward gender and racial-ethnic justice. She draws on concepts from Asian and indigenous cultures to reimagine the divine as "Spirit God" who is restoring shalom in the world. Through the power of Spirit God, Kim says, our brokenness is healed and we can truly love and embrace the Other.



### ***The Problem of Wealth: A Christian Response to a Culture of Affluence*** -

Elizabeth L. Hinson-Hasty is an ordained Presbyterian pastor, professor, and chair of the theology department at Bellarmine University. She is the author of three previous books: *The Problem of Wealth: A Christian Response to a Culture of Affluence* (2017), *Dorothy Day for Armchair Theologians* (2014), and



*Beyond the Social Maze: Exploring Vida Dutton Scudder's Theological Ethics* (2006).

make this possible for everyone. No one is turned down for lack of funds. [Sign up HERE.](#)

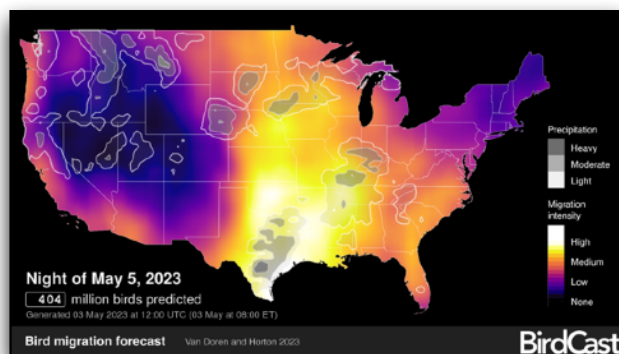
- **Tuesday, May 16 6:00 - 8:00 PM:** Together Colorado will hold their 45th Annual Celebration at Montview Presbyterian Church. Dinner will be shared during the gathering and Executive Director Mike Kromrey will be recognized as Mike also celebrates 45 years of community organizing and will be retiring at the end of this year. [RSVP HERE](#)
- **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!](#)
- **May 17, 6:00 PM Innovating and Transforming: The Purpose of Institutions in the 21st Century An Event at the Iliff School of Theology:** We live in an age of growing mistrust in institutions of many kinds. Dynamic schools, faith communities, and not-for-profits are engaging these challenges through innovation and critical reflection so that they might better serve a rapidly changing world. Our distinguished panel will explore new visions and processes that hold the promise of institutional renewal and creative contributions to current contexts. This is a free, in-person event open to the public and held in Shattuck Hall at Iliff Seminary (2323 E. Iliff Ave.) [RSVP HERE.](#)
- **June 6, Denver Runoff Election:** Ballots will be sent out on May 15 and are due by Election Day on June 6. The runoffs will occur in the mayoral race, plus **four Council races** where no candidate received 50% or more of the vote. Need to register to vote or check your registration? [Visit the Colorado Secretary of State website to get started.](#)

## ***Oikoumene, The Whole Inhabited Earth***

**They shall not hurt or destroy in all my holy mountain; for the earth shall be full of the knowledge of the Lord as the waters cover the sea.**

- **From the National Wildlife Federation *Spring Time is Frog Time!*** This spring is a great opportunity to look and listen for signs of frogs. Each kind of frog has its own kind of call. So even if you do not see the frog, you can identify them by the sounds they make. [Hop on over at this LINK](#) to learn more ideas of how to be a "Frog Scout" in your neighborhood.
- **Spring Nature Notebook:** One way to make your time outdoors more meaningful is by keeping a Nature Notebook. When scientists, explorers, detectives, writers and artists study in the outdoors they always carry paper or a device to record their findings. It helps them remember their experiences and put their observations in context. Use [this LINK](#) to see some ideas to help you get started!
- **Spring Bird Migration is in full swing** and is expected to peak during the first two weeks in May. It's fun to see "live" (at night) and "last-night" (the next day) radar data on migration at the [BirdCast Migration Dashboard](#). Every year, 3.5 to 4 billions birds migrate and 80% of them migrate at night! In addition to enjoying seeing the birds in flight on the Migration Dashboard and enjoying the new voices joining the "Dawn Chorus" upon their arrival, there are two simple steps we can all take to help out our avian neighbors: (1) **Shield** outdoor lights to prevent light from being emitted upwards. (2) **Turn off lights** as early as possible during bird migration seasons (April-May and August-September). You can learn more about the "Lights Out" programs across the State by visiting the following:

- [Lights Out Denver](#)
- [Denver Audubon](#)
- [Lights Out Colorado](#)
- [Lights Out Audubon Rockies](#)
- [BirdCast Migration Dashboard](#)



## Search for Spring Scavenger Hunt!

*This activity is provided to us by the National Wildlife Federation of which our church garden is a “certified wildlife habitat.”*

What are signs that spring has arrived where you live? Budding flowers on trees Patches of green grass and small flowers? What birds, insects, and animals do you see and hear?

### Let's Get Started

Take a walk in your yard or down your street, sit on your balcony, or visit a nearby park to hunt for signs of spring.

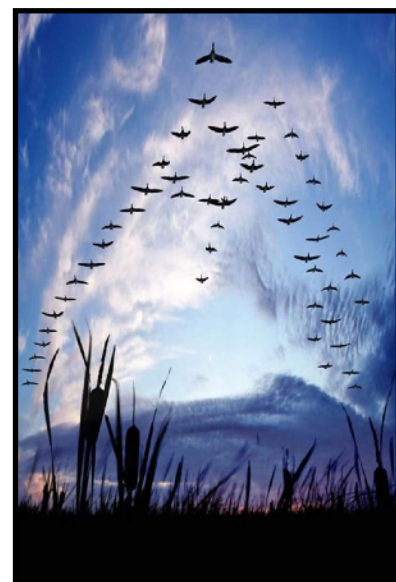


How many of the following signs of spring do you come across? Check off each one you “detect.”

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> American robin                            | <input type="checkbox"/> Ducks in flight         | <input type="checkbox"/> Mosquito humming              |
| <input type="checkbox"/> Bee buzzing                               | <input type="checkbox"/> Frogs calling           | <input type="checkbox"/> Owls hooting                  |
| <input type="checkbox"/> Birds building a nest                     | <input type="checkbox"/> Frog eggs               | <input type="checkbox"/> Patches of clover             |
| <input type="checkbox"/> Blossoms on trees                         | <input type="checkbox"/> Fuzzy pussy willow buds | <input type="checkbox"/> Red-winged blackbird          |
| <input type="checkbox"/> Butterfly                                 | <input type="checkbox"/> Grass turning green     | <input type="checkbox"/> Spider web                    |
| <input type="checkbox"/> Chipmunk                                  | <input type="checkbox"/> Hawks                   | <input type="checkbox"/> Squirrel baby                 |
| <input type="checkbox"/> Daffodils, tulips, and other bulb flowers | <input type="checkbox"/> Hummingbird             | <input type="checkbox"/> Woodpeckers drumming on trees |

### Document Your Discoveries

1. What else did you spy? List other nature items you detected in your **Nature Notebook**. (You can print & use the “My Notebook Spring” page provided in the open letter for this activity.)
2. Keep a calendar and mark down every new spring thing you see on the day you first notice it. Save your calendar so you can compare signs of spring from one year to the next!
3. Join Journey North and “Report Your Sightings.” Check it all out at [journeynorth.org](http://journeynorth.org).
4. Bonus: Share your list and organize a Spring Scavenger Hunt for friends and family. We’d love to see what you find!



# MY NATURE NOTEBOOK

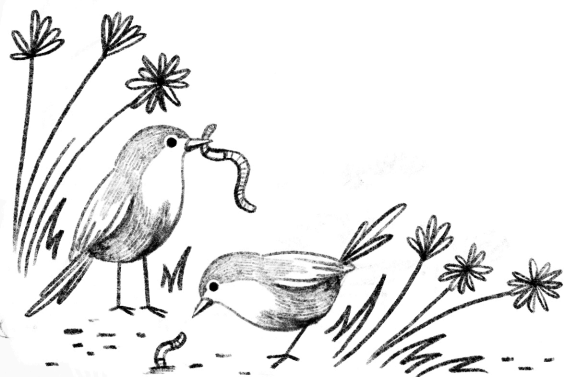
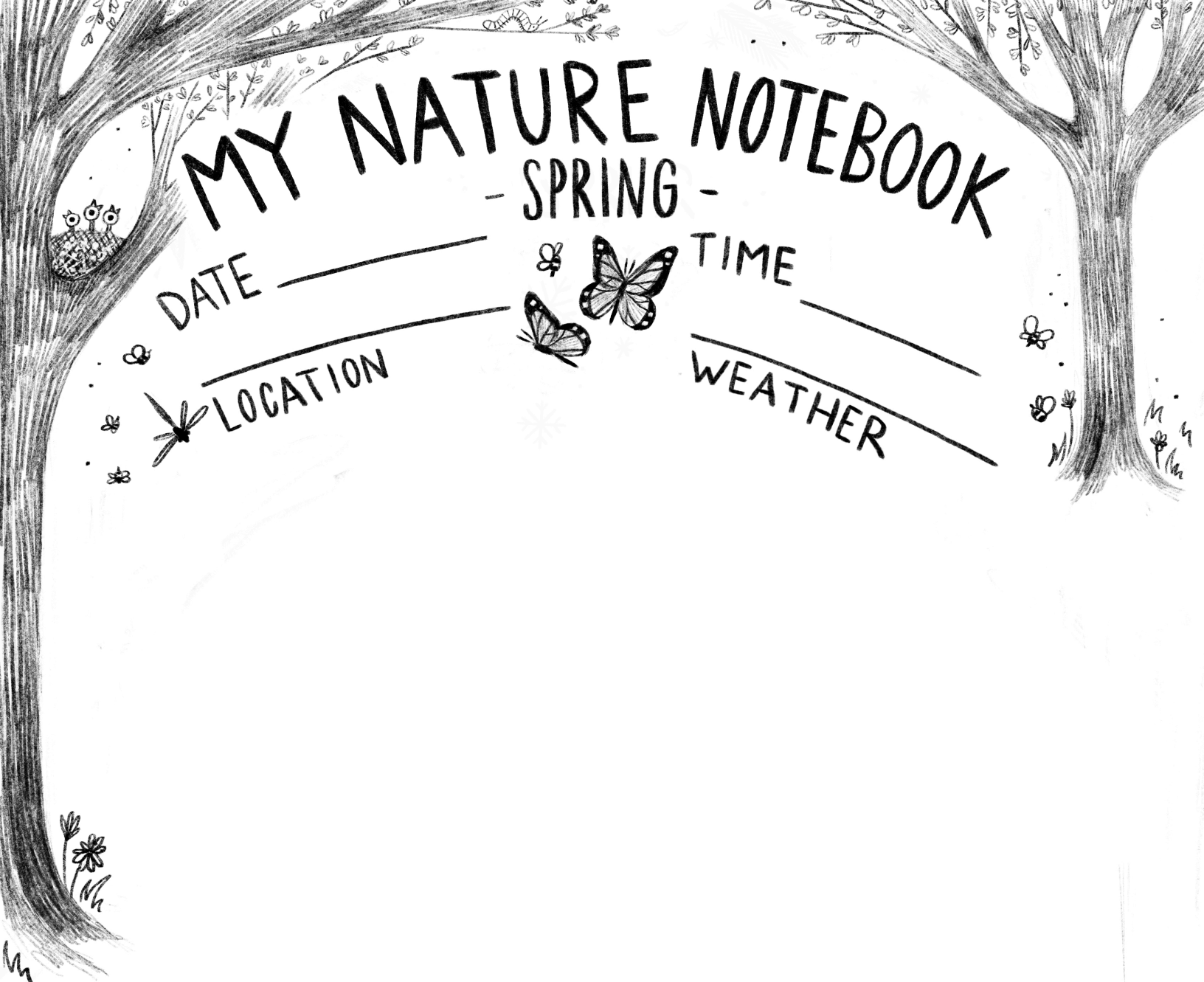
- SPRING -

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

TIME \_\_\_\_\_

WEATHER \_\_\_\_\_



## Community Events

### Sunday

#### CHPC Sunday Schedule

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

11:00 am Dialogue (Sanctuary / [Zoom](#))

#### 10:30 CC Sunday Schedule

11:00 am Mass (Sanctuary)

#### Dignity Denver Sunday Schedule

5:00 pm Dignity Denver Mass

### 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

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