



# 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](https://www.facebook.com/capitolheightspreschurch)  
Youtube.com/[@capheights](https://www.youtube.com/@capheights)

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

- **October 1 Ecumenical Service:** Our next Ecumenical Service will take place in the Sanctuary or on zoom at 11AM on Sunday, October 1st. All are welcome to attend!
  - ✦ Zoom Link for 11:00 AM Ecumenical 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
- **Sunday, October 22 11:30 AM Children's Ministry Service Project:** On Oct. 22 we will gather in church kitchen at 11:30 to prepare 50 breakfast's for WHI. Please register to participate and direct any questions to Debbie Yeager at [debayeager@aol.com](mailto:debayeager@aol.com).

Any Catholic families seeking First Communion for their children/grandchildren please contact Cristina Palma-Vega Dixon at [nanapv@msn.com](mailto:nanapv@msn.com)

- **CHUM Sack Lunch/Breakfast Volunteer Sign Up:** You can now [sign up to provide breakfasts and lunches for October](#) to unhoused members of our community. You can also sign up for [November-December](#). Please be sure to visit our [breakfast/lunch project details page](#) as some delivery sites and contacts have changed.

*Do you have friends who you think might be interested in The Women's Homelessness Initiative, our breakfast and lunch sign up, and deliveries to help our unhoused neighbors? Please [send us their names and email addresses](#), and we'll put them on our email list so they'll be notified to help. Thank you!*

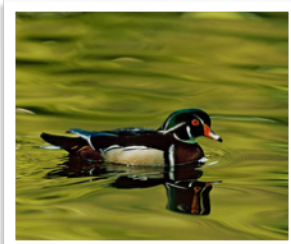
- **October is Conflict Resolution Month:** We have one month until October 2023 Conflict Resolution Month in Colorado. Every year a book is selected by Conflict Resolution Month synergizers and delivered to all Representatives and Senators in the Colorado Legislature, as well as judges of Denver District Court, and to a number of Little Free Libraries throughout the Denver area. The book selected for 2023 is titled "[Listen Like You Mean It: Reclaiming the Lost Art of True Connection](#)," by Ximena Vengoechea (2021). A list of past recommended books is listed at the CR Month web site at <https://conflictresolutionmonth.org/resources/book/>. To see more events and tools for conflict resolution visit [conflictresolutinomonth.org](http://conflictresolutinomonth.org).

## 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, September 24, 9:30 AM Peace Service:** All are welcome to attend the 9:30 AM service or 11:00 AM Dialogue in person (in the basement lounge) or online via zoom.
  - ✦ Zoom Link for 9:30 AM Service & Dialogue
    - ▶ [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

From Sept 21 to Oct 2, 2023, (Int'l Day of Peace to Int'l Day of Nonviolence), CHPC will join tens of thousands of people in calling for a culture rooted in nonviolence. For 10 years, Campaign Nonviolence has organized an



## Poems for the Season of Creation

THE GOOD NEWS  
by Thich Nhat Hanh

The good news  
they do not print.  
The good news  
we do print.  
We have a special edition every moment,  
and we need you to read it.  
The good news is that you are alive,  
that the linden tree is still there,  
standing firm in the harsh winter.  
The good news is that you have  
wonderful eyes  
to touch the blue sky.  
The good news is that your child is there  
before you,  
and your arms are available:  
hugging is possible.  
They only print what is wrong.  
Look at each of our special editions.  
We always offer the things that are not  
wrong.  
We want you to benefit from them  
and help protect them.  
The dandelion is there by the sidewalk,  
smiling its wondrous smile,  
singing the song of eternity.  
Listen. You have ears that can hear it.  
Bow your head.  
Listen to it.  
Leave behind the world of sorrow,  
of preoccupation,  
and get free.  
The latest good news  
is that you can do it.

THE PEACE OF WILD THINGS  
by Wendell Berry

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's  
lives may be  
I go and lie down where the wood drake  
rests in his beauty on the water, and the  
great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with  
forethought of grief.  
I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light.  
For the time I rest in the grace of the  
world, and am free.

unprecedented movement for a culture of peace and active nonviolence. As part of the season's events, CHPC will hold a special Peace Service at 9:30 AM on September 24th.

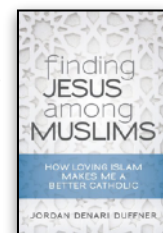
**September 24 Celebration of Ordination:** September 23rd will be the 50th Anniversary of Mark Meeks ordination! To celebrate, we will have refreshments and fellowship following worship service on September 24th and before our 11AM dialogue.

- **\*\*Worship at 11AM\*\* next Sunday, October 1:** Remember, next Sunday we will participate in an Ecumenical Service with our siblings from the 10:30 Catholic Community and Dignity Denver. The service will begin later on October 1st, at 11AM, to accommodate the gathering.
- **Friday, October 27, 6:30 PM:** Cary, Ray, Ceaghan and Caitlee would like to invite you to the annual Mead Halloween party on Friday, October 27 at 6:30PM - end of party. As usual, costumes are highly encouraged, but not required. It is a potluck, so come prepared to eat & have fun! Children of All ages (1-100) are welcome. The party will be held at the Mead household at 3704 S. Hudson St. Any questions, call/text Cary at 303-908-8202.
- **The most recent Presbyterian Justice & Peace Newsletter** can be read [HERE](#). To see local Presbytery news check out Denver Presbytery's [E-News](#).
- **PC(USA) Disaster Relief and Prayer, Libya and Morocco:** Presbyterian Disaster Assistance is connecting with partners on the ground in Libya to coordinate a response to devastating flooding, which has resulted in more than 5,000 deaths. Please join us in praying for all affected communities. Gifts to support the response to be designated to DR999999-Libya. [bit.ly/LF23-SM](https://bit.ly/LF23-SM)
- **Earthquake in Morocco:** While Presbyterian Disaster Assistance does not currently have partners in Morocco, we are reaching out to organizations through [Presbyterian World Mission](#) and [ACT Alliance](#). Gifts to support a response to this earthquake can be designated to [DR999999](#) and reference Morocco. Please join us in praying for all affected by the devastating earthquake.
- **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.

- **11:00 AM Mass will be held** in the Sanctuary back at Church, 1100 Fillmore Street.
- **The Religious Education Committee and council** are recommending the following book to the Community with plans for a community discussion at one of our Fourth Sunday Discussions in the fall: *Finding Jesus Among Muslims: How Loving Islam Makes Me a Better Catholic* by Jordan Denari Duffner, 2017, Liturgical Press.
- **The September Community Calendar** is available to see [HERE](#).
- **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.



## Community Events

### Sunday

#### CHPC Sunday Schedule

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

11:00 AM Dialogue (Basement Lounge / [Zoom](#)) - NOTE:

#### 10:30 CC Sunday Schedule

11:00 AM Mass (Sanctuary)

### Dignity Denver Sunday Schedule

5:00 PM Dignity Denver Mass, Every 1st, 3rd, & 5th Sunday

### 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 PM logon/seating in the zendo

6:15 - 6:55 PM zazen

6:55 - 7:15 PM chanting service

7:15 - 7:25 PM prepare for discussion

7:25 - 8:00 PM Dharma discussion

8:00 PM Bodhisattva vows and closing gathering

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 AM arrive and take seat in zendo

9:30 - 10:10 AM zazen

10:10 - 10:20 AM kinhin

10:20 - 11:00 AM zazen

11:00 - 11:20 AM service

11:20 AM informal tea

For more information contact Steve Mushin Crisman ([303-324-0365](tel: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

Jim Butz

Chair

303-913-3290

Katie Theisen

Co-Chair

303-756-0507

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

