



# 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

- **5:30 PM Mountain Time Tuesday, October 10 Pope Francis’ Apostolic Exhortation: Laudate Deum:** Presbyterians for Earth Care presents a free webinar to discuss the new papal document, **Apostolic Exhortation Laudate Deum (“Praise God”) of Pope Francis to all people of good will on the Climate Crisis**, that was released Wednesday (October 4) as a sequel to Laudato Si and to discuss its importance for churches and God’s creation. The webinar is hosted by Presbyterians for Earth Care and sponsored by **Center for Climate Justice and Faith** at Pacific Lutheran Theological Seminary. **Click HERE to register for this free webinar.**

- **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)

- **November 12, 11AM - Save the Date for next Social Service Sunday:** The 10:30 Catholic Community will once again host a Rice and Bean Bag break down in support of Metro Caring. All are invited to attend the event held in the basement Social Hall at 11AM on November 12th.

- **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.

- **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 [conflictresolutionmonth.org](https://conflictresolutionmonth.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, October 8, 9:30 AM 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. During our 11AM dialogue, Erik will share stories and pictures from his journey from CA to WA on the Pacific Crest Trail.

- ♦ 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#



## A Poem in Celebration of Hispanic Heritage Month

LIKE YOU

by **Roque Dalton** (1935-1975) & **Jack Hirschman** (1933-2021); *translated from the Spanish by Jack Hirschman*

Like you I

love love, life, the sweet smell  
of things, the sky-blue  
landscape of January days.  
And my blood boils up  
and I laugh through eyes  
that have known the buds of tears.  
I believe the world is beautiful  
and that poetry, like bread, is for  
everyone.

And that my veins don't end in me  
but in the unanimous blood  
of those who struggle for life,  
love,  
little things,  
landscape and bread,  
the poetry of everyone.

COMO TÚ

Yo, como tú,

amo el amor, la vida, el dulce encanto  
de las cosas, el paisaje  
celeste de los días de enero.

También mi sangre bulle  
y río por los ojos  
que han conocido el brote de las  
lágrimas.

Creo que el mundo es bello,  
que la poesía es como el pan, de  
todos.

Y que mis venas no terminan en mí  
sino en la sangre unánime  
de los que luchan por la vida,  
el amor,  
las cosas,  
el paisaje y el pan,  
la poesía de todos.

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

- **Dialogue with Chance & Lomami changed to October 29:** On October 29th we will have a “Festival of Reformation” with a service at 9:30AM and a special dialogue at 11:00 AM with Chance, Lomami, and Jamie discussing their journey from Africa to America. Please note, this dialogue has been changed from October 15th to October 29th.
- **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).
- **Winter Clothing and Food Drive for Immigrants and Refugees:** Mountain View United Church is supporting a food and winter clothing drive. Bring clean wearable clothes and food to the clothing and food drive that starts this Saturday, October 7th at the African Leadership Group, **10700 E. Evans Avenue, Aurora, CO 80014**. The drive starts at 9 a.m. and goes until 4 p.m. for three consecutive Saturdays: Oct. 7, 14, and 21.
- **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.
- **Special Offering Report:** Our most recent Special Offering in support of Journey with Migrants received \$1,888.51 in donations which will be given to our Journey with Migrants Mission Partnership.
- **The October Presbyterian Justice & Peace Newsletter** can be read [HERE](#). To see local Presbytery news check out Denver Presbytery’s October 6th [E-News HERE](#).
- **The October Newsletter** from Colorado Council of Churches is available to [read HERE](#).
- **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 is held on Sunday’s** in the Sanctuary at 1100 Fillmore Street.
- **Saturday, October 7 3:45 - 4:45 Advocate for Racial Justice:** Join Loyola’s Social Justice Ministry and Step Up for Racial justice on the sidewalks outside St. Ignatius Loyola Catholic Church, corner of 23rd & York. You can use one of the signs available at this event or bring your own promoting racial justice. Questions? Contact [loyolasjm@gmail.com](mailto:loyolasjm@gmail.com).
- **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.
- **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](#))

#### 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 / [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

Kyle Gross

Member At-large

303-733-7199

### Dignity Denver Board

Brad Cameron

President

Brad Cameron

Co-Treasurer

Mike Misgen

Member at Large

Coloring Page in Celebration of  
**Hispanic Heritage Month**  
September 15 - October 15, 2023

