



# 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

- **Sunday, October 22 11:30 AM Children’s Ministry Service Project:** On Oct. 22 Capitol Heights is hosting a service project to prepare 50 breakfasts for WHI. Folks of all ages are welcome to join us in the church kitchen at 11:30 AM to support our children and families in preparing breakfasts that will be delivered to Earthlinks. Please 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)

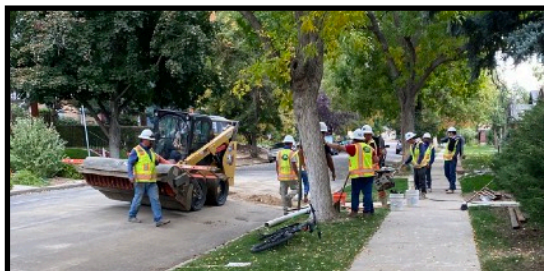
- **November 12, \*12:00 PM\* - Save the Date for next Social Service Sunday:** The 10:30 Catholic Community will once again host a Rice and Bean Bag break down in support of Metro Caring. All are invited to attend the event held in the basement Social Hall. Please note, the time has now been set to 12:00 PM for the Rice and Bean bag break down on November 12th.

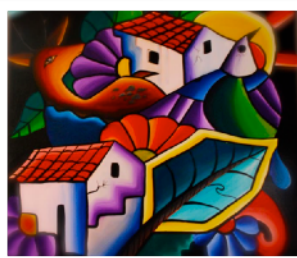
- **CHUM Sack Lunch/Breakfast Volunteer Sign Up:** You can now [sign up to provide breakfasts and lunches for October](#) to unhoused members of our community. You can also sign up for [November-December](#). Please be sure to visit our [breakfast/lunch project details page](#) as some delivery sites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

**There are still three slots open in October to provide breakfasts and lunches to those in need: Oct. 15, 16 & 29. [Click to sign up.](#)**

- **October is Conflict Resolution Month:** 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). To see more events and tools for conflict resolution visit [conflictresolutinomonth.org](http://conflictresolutinomonth.org).

- **Denver Water was hard at work** on October 11th replacing the lead pipe that provides water to our church building! Denver Water recommends that church users continue using the filtered water pitcher provided by Denver Water for the next 4 - 6 months to give time for any remaining lead residue to clear out from the pipes. As an extra precaution, the church will have our water tested after the 4 - 6 month period (close to Easter) before lifting the advice to use filtered water for drinking and cooking.





## A Poem in Celebration of Hispanic Heritage Month

TRANSLATION FOR MAMÁ

By **Richard Blanco** (1968 –)

What I've written for you, I have always written / in English, my language of silent vowel endings / never translated into your language of silent h's.

*Lo que he escrito para ti, siempre lo he escrito / en inglés, en mi lengua llena de vocales mudas / nunca traducidas a tu idioma de haches /mudas.*

I've transcribed all your old letters into poems/ that reconcile your exile from Cuba, but always / in English. I've given you back the *guajiro* roads / you left behind, stretched them into sentences / punctuated with palms, but only in English.

*He transcrito todas tus cartas viejas en poemas / que reconcilian tu exilio de Cuba, pero siempre / en inglés. Te he devuelto los caminos guajiros / que dejastes atrás, transformados en oraciones / puntuadas por palmas, pero solamente en inglés.*

I have recreated the *pueblecito* you had to forget, / forced your green mountains up again, grown / valleys of sugarcane, stars for you in English.

*He reconstruido el pueblecito que tuvistes que olvidar; / he levantado de nuevo tus montañas verdes, cultivado / la caña, las estrellas de tus valles, para ti, en inglés.*

In English I have told you how I love you cutting / gladiolas, crushing *ajo*, setting cups of *dulce de leche* / on the counter to cool, or hanging up the laundry / at night under our suburban moon. In English,

*En inglés te he dicho cómo te amo cuando cortas / gladiolas, machacas ajo, enfrías tacitas de dulce de leche / encima del mostrador; o cuando tiendes la ropa / de noche bajo nuestra luna en suburbia. En inglés*

I have imagined you surviving by transforming / yards of taffeta into dresses you never wear, / keeping *Papá's* photo hinged in your mirror, / and leaving the porch light on, all night long.

*He imaginado como sobrevives transformando yardas de tafetán en vestidos que nunca estrenas, / la foto de papá que guardas en el espejo de tu cómoda, / la luz del portal que dejas encendida, toda la noche. / Te he captado en inglés en la mesa de la cocina / esperando que cuele el café, que hierva la leche / y que tu vida acostumbre a tu vida. En inglés / has aprendido a adorar tus pérdidas igual que yo.*

I have captured you in English at the kitchen table / waiting for the *café* to brew, the milk to froth, / and your life to adjust to your life. In English / you've learned to adore your losses the way I do.

## 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 15, 9:30 AM Service:** All are welcome to attend the 9:30 AM service or 11:00 AM Dialogue in person or online via zoom. During our 11AM dialogue, we will continue our conversation with Erik from last week about his journey from California to Washington 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#**
  - ▶ **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 breakfasts for WHI. Folks of all ages are welcome to participate! Please direct any questions to Debbie Yeager at [debayeager@aol.com](mailto:debayeager@aol.com).
- **Sunday, October 29 11:00 AM Dialogue:** 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.*
- **Friday, October 27, 6:30 PM:** Cary and family would like to invite you to the annual Mead Halloween party. Children of All ages (1-100) are welcome. Costumes are highly encouraged, but not required. It is a potluck, so come prepared to eat & have fun! The party will be held at the Mead household (3704 S. Hudson St.) Call/text Cary at 303-908-8202 for any questions.
- **Thursday, November 2, 7:00 PM** Our Next Bonhoeffer Study will take place on **zoom** the first Thursday in November. We will be reading letters from July 21 - End of July, 1944.
- **The Presbyterian Church (USA) Office of Public Witness** has written a Statement of Lament for Israel and Palestine. **Click HERE** to read the statement. The Acting Stated Clerk, The Rev. Bronwen Boswell, has also issued a **Call to Prayer**.
- **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.
- **November 12, 12:00 PM Social Service Sunday:** All are invited to participate in the Rice and Bean Bag break down in support of Metro Caring. The event will be held at 12PM in the basement Social Hall following mass.
- **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

## Gratitude Scavenger Hunt

*Find something you love*



*Find something that makes you smile*



*Find someone to shake hands with*



*Find something that makes you feel happy*



*Find something or someone to hug*

