



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

Capitol Heights Presbyterian (CHPC)
<https://capheightspres.org>
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
Facebook

Dignity Denver
www.dignitydenver.org
Facebook
Dignity: 720-515-GLBT

White Forest Sangha (WFS)
<https://www.wfszen.org>
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) 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.

To view the Open Letter online visit 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, November 12, 9:30 AM Service & 11AM Dialogue:** All are welcome to attend the 9:30 AM service or 11AM dialogue in person or on zoom. Our dialogue at 11AM will be a continuation of last weeks discussion on Israel - Palestine. Resources will be shared from the Belfour Project including a 20 minute video on Britain in Palestine from 1917 - 1948. At 12:00 PM all are invited to participate in the Rice and Bean Bag break down in support of Metro Caring. The event will be held following mass (close to 12PM) in the basement Social Hall.

- ◆ **Zoom Link for 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

• **Sunday, November 12, 11:00 AM:** Children are invited to join in a Sunday School class in our basement room off the Social Hall from 11:00 AM - 12:00 PM. Following the lesson families are encouraged to participate in the Rice and Bean Social Service Sunday that will begin close to 12PM in the Social Hall.

• **Thursday, December 7, 7:00 PM** Our Next Bonhoeffer Study will take place on **zoom** the first Thursday in December. We will be reading letters from July 21 - End of July, 1944.

• **Sunday, December 10, 11:00 AM Congregational Meeting:** Capitol Heights' annual congregational meeting will take place in the basement lounge (and on zoom) at 11AM. All are welcome to join and CHPC members are especially encouraged to participate as we vote on items pertaining to our community for 2024.

• **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.

• **Sunday, November 12, 11:00 AM:** Children are invited to join in a Sunday School class in our basement room off the Social Hall from 11:00 AM - 12:00 PM on November 12th. Following the lesson families are encouraged to participate in the Rice and Bean Social Service Sunday that will begin close to 12PM in the Social Hall.

• **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.



Community News Cont.

Project Worthmore News:

There is a big job opening for a key position at Project Worthmore (where Jamie Laurie works). You can see the [job description HERE](#) and if you know of someone who may be a good candidate for the position please feel free to share this information with them.

Saturday, November 11 at 1pm

Project Worthmore is collaborating with the Denver Public Library and Museum of Food and Culture on a delicious workshop. We'll learn a bit of



Burmese, make & eat Tea Leaf Salad, and share stories! This is a good event for adults and teens aged 13-17. The event will take place at the Ross-University Hills Branch Library, 4310 E. Amherst Avenue Denver, CO 80222. [Use this LINK to learn more.](#)

Remembrance Day Poem

EVERYONE SANG

Siegfried Sassoon

Everyone suddenly burst out singing;
And I was filled with such delight
As prisoned birds must find in
freedom,
Winging wildly across the white
Orchards and dark-green fields; on -
on - and out of sight.

Everyone's voice was suddenly lifted;
And beauty came like the setting sun:
My heart was shaken with tears; and
horror
Drifted away ... O, but Everyone
Was a bird; and the song was
wordless; the singing will never be
done.

- **The American Friends Service Committee** has sent out an appeal for support for the 100's of folks arriving from the southern border every day. Support efforts include:
 - **Gift Cards for Newly arrived Immigrants - Sponsored by Colorado Hosting Asylum Network (CHAN)** - Patrick Buckley will collect the gift cards on behalf of our communities on Sunday morning's and deliver them to CHAN.
 - **Clothing Donation Drop off - find list of specific clothing request HERE.**
 - The City and County of Denver is providing a weekly update on the support given to migrants who have arrived in Denver from Central and South America. You can find the weekly updates [HERE](#).

- **Any Catholic families seeking First Communion** for their children/grandchildren please contact Cristina Palma-Vega Dixon at nanapv@msn.com

- **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 News

- **Friday, November 17, 12:00 - 1:00 PM Good Trouble Conversation:** Join the First Year Experience Office and the Office of Diversity, Equity, and Inclusive Excellence at Regis University as we welcome Javier Zamora. This conversation will circulate around Javier Zomora's book, *Solito*, as well as cultural and historical significance of a broken immigration system in America. The event will take place in the Mountain View Room, Claver Hall and via Livestream: [Livestream | Regis University](#). You can learn more about this event and other Good Trouble Conversations on Race & Justice [at this LINK](#).
- **November 11 - 12, 10:00 AM - 5:00 PM Holiday Show and Sale:** Bring a friend or enjoy a cup of tea or mulled wine at this holiday show and sale taking place at 2309 Clermont, Denver 80207 on Saturday November 11th and Sunday November 12th. Featured artists include friends Carmen, Cristina, and Patricia from our Faith Communities. Featured art and crafts will include jewelry, pottery, fabric & paper art, paintings & cards, weaving, knitting and more!
- **Ecumenical Choir Rehearsal November 15 & 29:** Singers from our faith communities will gather at 5PM in the sanctuary on Wednesday, November 15 & 29 to practice an anthem for the upcoming Ecumenical Service on December 3. If interested to participate email Sonya at chpcnews@gmail.com. For weekend rehearsals reach out to [Sylvia Sullivan](#).
- **December 3, Save the Date!** Our next ecumenical service will take place at 11:00 AM on Sunday, December 3rd. We look forward to starting the beginning of the Church New Year with a joint service on the first Sunday in Advent. You can attend the service in person or via [zoom](#).
- **Sunday, December 10, 10:00 AM - 2:00 PM:** CHPC and friends are having a Christmas Market in the Social Hall on Sunday, December 10 from 10:00-2:00. We will have gifts from our Afghan Women community, EarthLinks and many others! If you have interest to offer any homemade gifts please contact: Pat Foster 303-913-9433 or Debbie Yeager 303-519-5683 before Thanksgiving. **The next Sunday, December 17,** will hold Carols by Candlelight at 7:00 pm in the Sanctuary.
- **CHUM-WHI Lunch Help Needed in November:** November is fast approaching and it's getting cold outside. You can help our unhoused neighbors by providing breakfasts or lunches to our partner agencies. There are still open slots in November & December to be filled. **Please sign up today!**
 - **Tuesday, November 21** - St. Francis Center Outreach (1 slot of 50 lunches)
 - **Tuesday, November 28** - St. Francis Center Outreach (1 slot of 50 lunches)
 - **Friday, December 1** - Colorado Coalition for the Homeless (1 slot of 50 lunches)
 - **Wednesday, December 6** - Urban Peak (1 slot of 25 lunches)

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](tel:303-324-0365) / 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

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

Ellie Anderson

Co-Liaison

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

Kyle Gross

Member At-large

303-733-7199

Dignity Denver Board

Brad Cameron

President

Brad Cameron

Co-Treasurer

Mike Misgen

Member at Large