



# 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



## 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 26, 9:30 AM Service & 11AM Dialogue:** All are welcome to attend the 9:30 AM service & 11AM dialogue in person or on zoom. Our Dialogue at 11 will continue our prayerful discussion of the challenge to peace amid the Israelis and Palestinians. We shall take up the question recently posed regarding our reading today of the scriptural testimony about a Promise Land; *how do we read such promise for a land where the river is diminishing and the sea is rising, a promise sometimes expressed "from the river to the sea"?*

♦ Zoom Link for 9:30 AM Service & 11:00 AM 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

- **Service at 11:00 AM Next Sunday, December 3:** We look forward to starting the beginning of the Church New Year with a joint Ecumenical service held at 11:00 AM on the first Sunday in Advent. You can attend the service in person or via [zoom](#).

- **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.

- **Peace Offering - Month of December:** Our peace offering will be received until December 31st. 75% of the offering will go to the PCUSA national peace efforts and 25% of the offering will stay local. Session has voted that this years local portion will be given to the [Teller Elementary Backpack Friends](#). Here is some information about the backpack program:

*According to a survey completed in April 2021 by Hunger Free Colorado, 1 in 6 children are not receiving adequate nutrition. The COVID-19 pandemic amplified the issue and increased the number of families in need of support.*

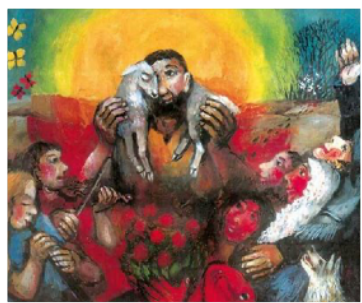
*Backpack Friends and The Teller Pantry are a hyper local, community supported option for any family that is in need. We offer food and supplies at no cost to community members and strive to offer fresh, nutritious, and desirable food options for all families.*

*The Pantry has recently undergone an expansion and renovation. The pantry inventory is primarily focused on food, however, we also strive to provide personal hygiene and home cleaning items when possible.*

- **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.

- **Sunday, December 17, 7:00 PM:** All are invited to attend our annual Carols by Candlelight service which will take place at 7PM in the Sanctuary.

- **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).



## Reflections on Christ the King

### THE KINGDOM

R. S. Thomas

It's a long way off but inside it  
 There are quite different things going on:  
 Festivals at which the poor man  
 Is king and the consumptive is  
 Healed; mirrors in which the blind look  
 At themselves and love looks at them  
 Back; and industry is for mending  
 The bent bones and the minds fractured  
 By life. It's a long way off, but to get  
 There takes no time and admission  
 Is free, if you will purge yourself  
 Of desire, and present yourself with  
 Your need only and the simple offering  
 Of your faith, green as a leaf.

**Prayer based on the hymn, *A Touching Place*** shared by the Church of Scotland

Lord Jesus,  
 You are a different kind of king  
 You are our king,  
 and You call us to be a different kind of  
 people,  
 Your people.  
 Yours is the world in which we move;  
 Yours are the folk we're summoned to love;  
 Yours is the voice which calls us to care.

Help us, we pray, to show Your love  
 to the lost, the unloved, the strange,  
 the bereaved, the disheartened  
 Those who fear that their living is all in  
 vain.

Help us, we pray, to show Your love  
 to the parents who've lost their child,  
 to those who have been abused  
 to the children abandoned, in care  
 to the weary who find no rest.

Help us, we pray, to show Your love  
 to those who feel confused by life  
 to those who are riddled with doubt  
 to those who are conscious of sin,  
 to those who cry in pain or disgrace

You are our king,  
 and You call us to be a different kind of  
 people.  
 Help us, we pray  
 Amen.

## 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 30, 4:00 - 7:00 PM:** You are invited to join a happy hour event in Denver's Cherry Creek, 201 Columbine Street - 3rd floor (entrance from 2nd avenue). Barbara Froula and Jonathan Froula Adams will have art, prints, & cards on display. Please bring friends and enjoy a festive evening!
- **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](#).
- **Community Contribution:** The Community donated \$500 to the rental assistance fund of the Saint Vincent de Paul Society.
- **Any Catholic families seeking First Communion** for their children/grandchildren please contact Cristina Palma-Vega Dixon at [nanapv@msn.com](mailto: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, December 1, 6:00 PM, World AIDS Day Observance:** Interfaith and Ecumenical Community Event at Park Hill United Methodist Church (5209 Montview Blvd. 80207). Beginning at 6PM with a candlelight walk in remembrance of those lost to HIV, followed by a Service of Healing & Hope and refreshments. The speaker will be Davina Conner from Prevention Access Campaign.
- **December 3, 11:00 AM Ecumenical Service:** We look forward to starting the beginning of the Church New Year with a joint Ecumenical 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:** Capitol Heights Faith Communities 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 are interested to participate in the market please contact: Pat Foster 303-913-9433 or Debbie Yeager 303-519-5683 by the end of November. **The next Sunday, December 17,** will hold Carols by Candlelight at 7:00 pm in the Sanctuary.
- **Wednesday, December 6, 4:30-5:45PM:** Candlelight Vigil to Remember Victims of Gun Violence Messiah Community Church, 1750 North Colorado Blvd. Colorado Faith Communities United to End Gun Violence will host the vigil. Folks will meet at Messiah Community Church at 4:30 for a time of prayer and reflection before spreading across the intersection at 17th & Colorado with signs and flashlights.

## 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](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

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