



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)
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.

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, January 28, Celebration of the 128th Anniversary of Capitol Heights:** All are welcome to join us on this Sunday for our service at 9:30 AM to celebrate the 128th anniversary of the Capitol Heights Presbyterian community. The CHPC community was founded in January of 1896 as a tent community on York Street before building our current structure on Fillmore Street in 1911. Every fourth Sunday in January we mark the occasion with an anniversary celebration.

Following the service there will be fellowship held in the basement social hall (with cake!) and a Dialogue at 11 AM. The dialogue will be held in the basement lounge and as usual, you can attend in person or online using the zoom link below.

Please note, while we were planning to celebrate with Don and Nan as the recipients of our *Honor in Ministry Award* we will postpone that celebration as Nan has been receiving hospital care for a health condition this past week. Please hold Nan and Don in your prayers as they seek and receive aid to recovery and healing.

To be added to the distribution list that receives a zoom link every Sunday morning email chpcnews@gmail.com with your request.

◆ 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

- **Thursday, February 1 7:00 PM:** Our first Thursday zoom dialogues continue with discussion of the work of Cuban American writer **Kat Armas** and her book *Sacred Belonging: A 40 Day Devotional on the Liberating Heart of Scripture*. All are welcome to join the discussion on zoom at 7PM, Thursday, February 1st.

[Click HERE to Join Zoom Meeting](#) • Meeting ID: 890 3445 5971 • Passcode: 466578

* To receive a zoom link by email on the day of the dialogue email chpcnews@gmail.com by the Sunday prior to the meeting and you'll be added to the Thursday dialogue distribution list.

- **CHPC Online Donation:** Would you like to donate to CHPC online or set up a recurring donation? You can do so via [PayPal at this LINK 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.

- **On January 28, at 12:30, Kristen Insana Hampton** will lead a discussion of the book, *Finding Jesus Among Muslims: How Loving Islam Makes Me a Better Catholic* by Jordan Denari Duffner. In this book the author addresses the importance of interfaith dialogue and the power of religious pluralism. We invite members of all three communities to join in this important discussion, even if you haven't read this book.
- **February 14, 3:00 PM Ash Wednesday Mass:** An Ash Wednesday Mass will be held by the 10:30 Catholic Community at 3:00 PM in the sanctuary. All are welcome to attend.
- **Any Catholic families seeking First Communion** for their children/grandchildren



White Forest Sangha

The White Forest Sangha (WFS) is a Zen practice community rooted in Ch'an and Zen teachings. It inherits the strengths of vow, practice, wisdom and compassion. As one of the faith communities that meets at 1100 Fillmore Street they hold gatherings both online and in person on Tuesday, Wednesday, and Saturday. To learn more about the WFS visit <https://www.wfszen.org/>. To stay informed of zen events you can sign up for WFS' weekly newsletter [HERE](#).

All White Forest Sangha practice are offered free of charge, but **donations** are deeply appreciated. If you'd like to attend either in-person or online, please [contact us](#). The in-person meetings are at our zendo (meditation hall) within 1100 Fillmore St (basement room across from the Social Hall).

Tuesday Night Beginner's Mind Zazen

Every Tuesday night WFS offers one 30-minute period of seated meditation followed by fellowship. Seating begins at 7:00 PM, beginners welcome!

Wednesday Evening Zazenkai The WFS Zazenkai meets every Wednesday evening, 6:00-8:00PM, online via Zoom, in-person at Zenchishiki-do, the Fillmore Street Zendo. Logon/ seating in the zendo is between 6:00-6:15pm. Click [here](#) for our weekly schedule, and [here](#) for a link to the chants used in our services.

Saturday Morning Zazenkai & Practice Council The WFS Zazenkai meets every Saturday morning from 9:00-11:00am in-person at Zenchishiki-do, the Fillmore Street Zendo. Seating takes place between 9:00-9:15am for two 40-minute periods of zazen, separated by kinhin and followed by chanting service. The Saturday Morning Practice Council meets immediately after service to discuss the Buddha-dharma, our sangha practice, and how we run our Zen Center. The practice council meeting is open to all Saturday attendees.

[Guidelines for Online Zazenkai Practice \(click HERE to view\)](#)

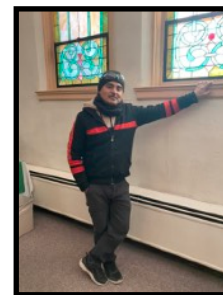
[Guidelines for Practice in the Fillmore St. Zendo \(click HERE to view\)](#)

please contact Cristina Palma-Vega Dixon at depalmavegacristina@gmail.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.

Building Restoration Update

- **Many of you will have noticed by now** that the west façade lower vent windows have been reinstalled after being repaired in the studio of Watkins Stained Glass. We are grateful for the work of Moises Torres (pictured at right) of Watkins Stained Glass who has done a lot of the window repair for us. This restoration work was made possible by a grant from the Colorado State Historical Fund and with matching funds generously provided by members and friends of the Capitol Heights Faith Communities. Thank you!



Community News

- **CHUM-WHI Volunteer Opportunities:** January-February Breakfast/Lunch Sign Up Now Available: You can [sign up to provide breakfasts and lunches](#) (visit chumdenver.org) to unhoused members of our community. Please be sure to visit our [breakfast/lunch project details page](#) as some delivery sites and contacts have changed.
- **Wednesday, January 31, 5:45 – 6:30 PM:** A Multi-faith Service of Empathy, Quiet, Music & Light will be held at Augustana Lutheran Church (5000 E. Alameda Ave, Denver, CO, 80246) in the Sanctuary on Wednesday, January 31st at 5:45 PM. This is the second time such a multi-faith service has been held and all are welcome to attend. Kym Ray of Together CO has said *"Many of us are mourning, distressed, confused, and in pain. Being together in quiet and music is a way to be human together across political and cultural differences while embodying hope for local and global peace. There will be minimal words spoken aloud in the service. Security is being arranged. Separate space for Muslim prayers will be available after the service. This event invitation is intended to be from faith leaders to their communities. No website or social media invitations please. No news organizations will be invited.* Please direct any questions to Pastor Caitlin Trussell at trussell@augustanadenver.org."
- **Community Transportation and Shelter Volunteer:** Opportunities currently exist to provide transportation and/or shelter for migrant travelers. Please review the available sign ups [HERE](#). The number of available slots is visible under the sign up title. If you would like to go directly to the "Shuttle to Union Station" sign up to see instructions for that volunteer role please follow this [LINK](#).
- **Ways to Support our city and incoming Migrants:**
 - ▶ **Financial Donations in support of recent migrants** can be made to the [Newcomer's Fund](#). Contributions to the Newcomers Fund will support nonprofit and government organizations who are providing necessary services to the incoming migrant population arriving in Colorado, including food, clothing and medical needs; emergency shelter; employment opportunities; and wraparound support.
 - ▶ **The Migrant Welcome Guide** available in English and Spanish has been created by the CO Department of labor and Employment's Office of New Americans. Here are links to the guide in [English-Welcome Guide](#) and in [Spanish - Guía De Bienvenida](#).
 - ▶ **The Denver Public Library Plaza & Services to New Immigrants** has compiled an extensive list of reliable resources to assist new immigrants, refugees, and asylees. Their resource guide can be accessed [HERE](#).
 - ▶ **Denver Public Schools Foundation's Newcomer Student & Family Fund** are receiving donations to support schools Community Hubs and wrap-around services in support of new refugee and migrant families. Donations can be made [HERE](#).
 - ▶ **The city is asking for Essential Item donations** to assist incoming migrants. Please use [this LINK](#) to see the list of needed items. Note, what is especially needed include winter hats, gloves, scarves, hoodies, thermals, long sleeve shirts, closed toed or winter shoes (children's, and women's sizes 4, 5,6, 7).

Where you can donate: Until further notice, the donation site has changed from the Richard T. Castro building to the below locations:

Community Ministry (Children's clothing only)
1755 S Zuni St.
Denver, CO 80223
Monday - Thursday, 8 a.m. - 12 p.m.

Para Ti Mujer
150 Sheridan Blvd.
Suite 200
Lakewood, CO 80226
Monday, Wednesday or Friday, 9 a.m. - 3 p.m.

Colorado Changemakers Collective
12075 E 45th Ave.
Denver, CO 80239
Monday - Friday, 9:00 AM - 3:00 PM
Please call [\(720\) 385-9173](tel:720-385-9173) before dropping off donations

Community Events

Sunday

CHPC Sunday Schedule

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

11:00 AM Dialogue (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)

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:

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)

Jeanne Jeffas

(Class of 2026 - 1st Term)

Sonya Yeager-Meeks

(Class of 2026 - 2nd 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