



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 1, 9:30 AM Service and 11:00 AM Dialogue:** All are welcome to join us on this Sunday close to Epiphany for a service at 9:30 AM. Following the service at 11AM there will be a dialogue held in the basement lounge and on zoom.

 - ♦ **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
- January 28 - Celebration of Capitol Heights' 128th Anniversary!** Save the date for our upcoming Anniversary Celebration on Sunday, January 28 at 9:30 AM. The CHPC community was founded in 1896 as a tent community on York Street before building our current structure in 1911. Every fourth Sunday in January we mark the occasion with an anniversary celebration in our service and an honoring of the special ministry of friends among us with the "Walt and Janet Clark Honor in Ministry Award." This year the recipients of the award will be Don Dhonau and Nan Chouteau-Dhonau.
- First Thursday Dialogues:** Our first Thursday dialogues continue in 2024 on zoom at 7PM every first Thursday of the month. In January we began looking at the work of [Kat Armas](#), a Cuban American writer who holds a dual MDiv and MAT from Fuller Theological Seminary where she was awarded the Frederick Buechner Award for Excellence in writing. Together, our Thursday dialogue group are reading her second book just published in September 2023, *Sacred Belonging: A 40 Day Devotional on the Liberating Heart of Scripture*. Drawing from personal narrative and Scripture, Armas highlights biblical passages that point toward decolonized themes centered on creation, wisdom, spirit, the body, and the feminine. *Sacred Belonging* helps us see how Scripture directs us to live a liberated faith, where we belong to God, the earth, and one another. Kat Armas also has a podcast, *The Protagonistas*, which centers the voices of Black, Indigenous, and other women of color in theological spaces.

Our next meeting will be on zoom on February 1st. If you would like to borrow the book or need help in accessing a copy please speak with Mark. The zoom link for the meeting will be in the open letter the Sunday prior to our meeting. If you would like to receive a zoom link by email on the day of the dialogue send your request to chpcnews@gmail.com 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).



Poetry & Quotes for Epiphany & the New Year

THE LAMB

by William Blake

Little Lamb who made thee

Dost thou know who made thee
Gave thee life & bid thee feed.
By the stream & o'er the mead;
Gave thee clothing of delight,
Softest clothing woolly bright;
Gave thee such a tender voice,
Making all the vales rejoice!

Little Lamb who made thee
Dost thou know who made thee

Little Lamb I'll tell thee,

Little Lamb I'll tell thee!

He is called by thy name,
For he calls himself a Lamb:
He is meek & he is mild,
He became a little child:
I a child & thou a lamb,
We are called by his name.

Little Lamb God bless thee.
Little Lamb God bless thee.

"The world will never starve for want of wonders; but only for want of wonder."

~ G. K. Chesterton

"What is a merciful heart? It is a heart on fire for the whole of creation, for humanity, for the birds, for the animals... Such a person prays for the family of reptiles because of the great compassion that burns without measure in a heart that is in the likeness of God."

~ St. Isaac the Syrian (c. 613 - c. 700)

"But nothing you ever understand will be sweeter, or more binding, than this deepest affinity between your eyes and the world."

~ Mary Oliver (1935 - 2019)

"We are dreaming of a time when the land might give thanks for the people."

~ Robin Wall Kimmerer, b. 1953

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 Sunday, January 7:** Morning Mass will take place at 11AM.
- **Community Contributions:** The Council has approved a Community contribution of \$334 (a total of \$1,002) to each of the following organizations: (a) the Women's Bean Project, (b) Sacred Heart House, and (c) the Newcomers Fund administered by the Rose Community Foundation. Rose is working with the City and County of Denver and a number of non-profits to assist newly arriving migrants.
- **Any Catholic families seeking First Communion** for their children/grandchildren 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.

Community News

- **CHUM-WHI Volunteer Opportunities:** January-February Breakfast/Lunch Sign Up Now Available: You can [sign up to provide breakfasts and lunches](#) 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.
- **Gratitude for CHPC & Faith Community 2023-2024 Leadership:** As the year comes to a close we would like to once again express our gratitude to the members who served on Session and whose term is coming to completion in 2023. We are also deeply appreciative for the new & returning folks who will take up their leadership roles in 2024. The names of all serving members in CHPC, 10:30 Catholic Community, & Dignity Denver can be seen listed on the emailed version of the open letter each week. Thank you all for your service to our communities!
- **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:** The city is asking for many types of 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:7203859173) 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