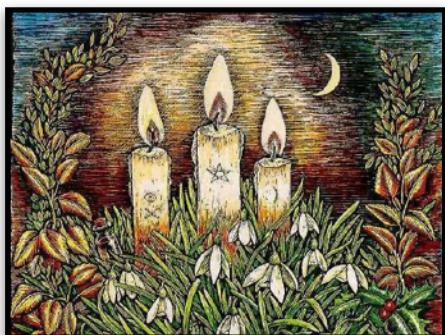




OPEN LETTER

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, February 4, 9:30AM Service and 11:00 AM Dialogue:** All are welcome to join us on this Sunday for our service at 9:30 AM held in the sanctuary. Following worship, our 11AM dialogue will take place in the basement lounge. Both events can also be attended online using the link below

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 - Meeting ID 820 4584 1954 #; PASSCODE 1 2 3 4](#)
 - ▶ 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, February 11, 11:00 AM Children's Valentine Letter Project:** All families are welcome to CHPC's Children's Ministry in making Valentine cards that will be sent to persons at the ICE Detention Center in Aurora. A short story will be shared at 11AM in the basement Sunday School room with card making beginning shortly thereafter in the Social Hall.
- **Recently Jean told us about Together CO's efforts** to follow The Racial Equity Study bill (SB24-053) which had a hearing in the Senate State, Veterans, and Military Affairs Committee on Thursday, February 1st. This bill is a top priority for Together Colorado to help us better understand the impacts of slavery and systemic racism, including how they affect Black Coloradans today, and move us toward racial equity and justice. To read the bill text and follow along with it's progress visit: <https://leg.colorado.gov/bills/sb24-053>.
- **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).
- **Stay up to date with News from our Denver Presbytery** shared in their weekly E-News: February 2 Edition - [link HERE](#) | January 26 Edition - [link HERE](#)

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.

- **February 14, 3:30 PM Ash Wednesday Mass:** An Ash Wednesday Mass will be held by the 10:30 Catholic Community at 3:30 PM in the sanctuary. All are welcome to attend.
- **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.



Learning about Prairie Dogs

February 2nd is officially recognized as Groundhog Day, but here in the West some folks have taken to celebrating *Prairie Dog Day* as well. Prairie Dog Day invites the public to more fully understand prairie dogs and their communities, and learn how the status of prairie dogs affects the health of our western grasslands.

Prairie Dogs are considered a **Keystone Species** as their colonies are associated with over 200 vertebrate species and numerous invertebrate species. There are five species of prairie dogs found in North America, ranging from Mexico to Canada, and all belong to the *Sciuridae* (squirrel) family. Their other biological relatives include groundhogs, chipmunks, marmots and woodchucks.

Historically it is estimated that a population of more than 5 billion prairie dogs coexisted with 30-60 million bison across the American plains.

They are a **food source** for many animals, including mountain plover, burrowing owl, ferruginous hawks, golden eagle, bald eagle, swift fox and endangered black-footed ferrets to name a few. Many of these species and numerous others also use the prairie dog burrows as homes.

Prairie dogs help aerate and fertilize the soil, allowing for a greater diversity of plants to thrive. Their soil aeration helps water from rainfall and snowmelt to percolate into the ground table.

Learn More:

- *Prairie Dogs* from National Geographic's Animal "Photo Ark" series
- *Prairie Dogs: Pipsqueaks of the Prairie* from the NPS, Badlands National Park
- *Prairie Dog Day: A Call to Action for America's Grasslands* (Defender's of Wildlife, Colorado)
- *Prairiedogcoalition.org* A collaborative of non-profit organizations, agencies, landowners, citizens, and scientists based in Colorado whose work empowers organizations and individuals with tools to protect, restore, and reduce human-wildlife conflict with prairie dogs.

Community News

- **CHUM-WHI Volunteer Opportunities:** 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.

To stay up to date with CHUM activities or to find more ways you can volunteer check out their most current newsletter [HERE](#).

- **CO Council of Churches -Voices for Justice News:** Colorado's Legislative Session is now active till May and once again the Colorado Council of Churches' Voices for Justice are tracking legislative proposals to keep us active in our support for just steps forward or our opposition to legislation that falls short of doing justice. Here is the link to the information that tracks these legislative actions, sharing the bill's proposed action and its progress or lack of such in the House or Senate - [Link HERE](#).

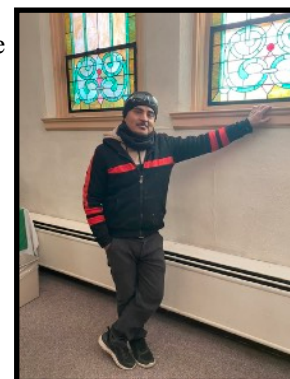
- **CO Council of Churches Executive Director Adrian Miller** will be inducted into the Blacks in Colorado Hall of Fame! This award is bestowed upon a Coloradan who has been the first African American to accomplish a professional goal or to have been a pioneer in their field while actively supporting the African American community. The ceremony is held in February as part of Black History Month and will take place at Denver Public Library's newly renovated [Blair-Caldwell African American Research Library](#) on Saturday, February 3, 2024, at 1:30p. The ceremony is open to the public and all are encouraged to attend! Due to limited seating and the possibility of bad weather, you're encouraged to watch the [Zoom link](#). Thank you in advance for your support!



Adrian Miller, pictured above, is a food writer, James Beard Award winner, attorney, and certified barbecue judge who lives in Denver, Colorado. Oh yeah, he's also the Director of the CO Council of Churches!

To learn more about activities happening with the Colorado Council of Churches you can check out their [February Newsletter HERE](#).

- **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](#). It is strongly recommended to volunteer as a team of two individuals. To volunteer alongside a Journey with Migrants partner you can reach out to Jean Demmler at jeandemmler@msn.com to make arrangements.
- **Ways to Support our city and incoming Migrants:**
 - ▶ **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](#).
 - ▶ **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).
- **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 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