



# 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)  
[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).

## 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 11, 9:30AM Service and 11:00 AM Dialogue:** All are welcome to join us for our service at 9:30 AM held in the sanctuary as we celebrate Religion and Science weekend. 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](mailto: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 join the 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.

- **Dear Capitol Heights Community:** We would like to invite you to a Presbytery-wide conversation on race and racism as part of our Special Called Assembly on Friday, March 1st from 4-7 pm and Saturday, March 2nd from 9-4 at Wellshire Presbyterian Church. In the summer of 2023, the Presbytery of Denver, voted and affirmed that Diversity, Equity, Inclusion, and Belonging would be the primary value focus for Assemblies for 2024. The Visionary Leadership Commission affirmed that we would focus on Matthew 25 emphasis on Dismantling Structural Racism.

This will be an interactive and theory-based workshop that sets a baseline for dialogue on race and racism. The two day workshop is divided into three sessions: 1.) Engage in uncovering of hidden and repressed narratives about race and racism, 2.) Provide recovery strategies to dislodge racial trauma in the body and broader society, and 3.) Unlock the imagination for the discovery of anti-racist strategies to live differently in a world ridden by racism. **Registration is now open.** The Assembly/workshop is free, dinner and lunch are available for a nominal fee. If you have any questions, please do not hesitate to reach out to me - Rev. Dr. Dee Cooper (she/her/y'all), Lead Presbytery ([dee@denpres.org](mailto:dee@denpres.org) | Cell (303) 625-3899).

- **The 2024 Presbyterian's for Earth Care Lenten Devotional is here:** New Lenten Devotions based on Revised Common Lectionary texts from Creation Care perspectives. We hope this resource will help preachers, lectionary Bible study groups, families and individuals with new insights on these beloved texts during this special season. We are especially grateful for the Spanish translation of the devotions provided by Gloria D. Lozada De-Jesús and The Rev. Dr. Neddy Astudillo of Red Presbiteriana para el Cuidado de la Creación. **CLICK HERE** to download the PEC 2024 Lenten Devotional.

- **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).



## Community News Cont.

**On Friday, February 16th** from 8am-12pm Together Colorado will have a Faith Climate Lobby Day at the Capitol. Together Colorado is working in partnership with Colorado Jewish Climate Action and Jewish Youth Climate Movement to bring people of faith and congregations together from across the state. Whether you are new to climate justice work, or a seasoned veteran, all are welcome! A training will take place the night before, February 15th at 5pm, via zoom to prepare to hit the ground running for lobby day! Please share this invitation with whoever you'd like, and make sure to register here before February 12th: <https://bit.ly/COFaithClimateDay>

*From Celeste:* If you are considering coming to this or other lobby days, parking at the Art Museum/Library parking structure (much cheaper than the structure across from the Capitol). Also Argonaut Liquors store on Colfax and Washington shares its parking lot with St. John's Cathedral, so if you tell them it is a faith-based event you are attending, they allow you to park there...your "legislation-exercise program" to walk a few blocks down and back! If Friday the 16th Faith-Climate doesn't work for you, 350CO.org has a parallel event on March 1.

And Together Colorado will be having a more "generic" day on Monday March 11, that includes issues of Affordable Housing, Justice Reform, Health Care and so on. It's quite meaningful to be in a group of faith-based people, and speaking to our elected officials with a moral aspect. There will be trainings beforehand, and packets of information that you can leave with your legislators, and new friends and old with whom to share the day.

- **Stay up to date with News from our Denver Presbytery** shared in their weekly E-News: February 9 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 service will be held by the 10:30 Catholic Community at 3:30 PM in the sanctuary. All are welcome to attend.
- **Please join us for Soup and Substance** and 4th Sunday education on February 25th at 12:30. We will be discussing The Name of God is Mercy by Pope Francis. In this short book the Pope is interviewed by Andrea Torielli. The Pope explains through memories from his youth and moving antidotes why mercy is the first attribute of God, along with compassion and forgiveness. We will also be enjoying a soup and bread lunch, while discussing this important book.
- **Any Catholic families seeking First Communion** for their children/grandchildren please contact Cristina Palma-Vega Dixon at [depalmavegacristina@gmail.com](mailto: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:** February Breakfast/Lunch Sign Up Now Available: You can [sign up to provide breakfasts and lunches](#) (visit [chumdenver.org](http://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](#).  
*To learn more about activities happening with the Colorado Council of Churches you can check out their [February Newsletter HERE](#).*
- **Colorado Faith Communities United to End Gun Violence** regularly sends out emails regarding current legislation to folks participating in their "Rapid Response" network. If you would like to participate as part of the Rapid Response team either by signing up to receive emails or to have them forwarded to you please talk with [Mark](#).
- **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](mailto: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).

## 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](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:

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