



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 18, 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 or on zoom. Following worship, our 11AM dialogue will take place in the basement lounge/zoom. The zoom link for both events can be found 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, March 3, 11:00 AM:** Our Next Ecumenical Service will take place at 11:00 AM on Sunday, March 3rd. Please note, to enable participation in the 11AM service that morning we will not hold a service at 9:30 AM. Following the 11AM service there will be a social service project hosted by 10:30 Catholic members to prepare rice and beans for Metro Caring distribution. All are invited!
- **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. This will be an interactive and theory-based workshop led by Shade Trees: An Ecosystem Approach to Race in America 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. To learn more and for a sneak peak of what the Shade Trees approach is like see [Denver Presbytery's website events page HERE](#). **Registration is now open. Please register by February 22.** The Assembly/workshop is free, dinner and lunch are available for a nominal fee.
- **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. Nedly 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).
- **Stay up to date with News from our Denver Presbytery** shared in their weekly E-News: February 16 Edition - [link HERE](#)



Community News Cont.

- **Robert Trout of Journey with Migrants** has shared with us information on services of a dedicated and trustworthy group of new Venezuelan immigrants working to establish themselves in Denver. The services, which he personally vouches for, include car detailing (it will be as if you have a brand new car!), house cleaning, yard clean-up, and more. The work is coordinated and scheduled through Robert's neighbor Darrah. To schedule work or to find out more please text or call Darrah at 720 955 8045.
- **500 Volunteers Needed for Migrant Work Authorization Efforts:** Andrés Carrera from the Mayor's office has reached out to Journey with Migrants to share the information that the City and County of Denver is seeking approximately 500 bilingual (English and Spanish) volunteers for screenings and work authorization clinics over the next few weeks. The effort will help eligible immigrant newcomers apply for work authorization as CBP One App parolees. [Click HERE to sign up to be a bilingual volunteer.](#)

If you can't serve as a bilingual volunteer, you can still help by sharing this opportunity with your contacts & posting the [sign up link](#) to social media to spread the word. The bilingual volunteers will register immigrant newcomers for work authorization clinics, help translate their identification documents, and serve as receptionists.

ELIGIBILITY SCREENINGS:

Wednesday, Feb 21, 3:45pm-7:15pm
Thursday, Feb 22, 3:45pm-7:15pm
Saturday, Feb 24, 8:45am-1:15pm

WORK AUTHORIZATION CLINICS:

Fri, Feb 23, 8am-1pm and/or 12:30pm-5pm
Mon, Feb 26, 8am-1pm and/or 12:30pm-5pm
Wed, Feb 28, 8am-1pm and/or 12:30pm-5pm
Thurs, Feb 29, 8am-1pm and/or 12:30pm-5pm
Fri, March 1, 8am-1pm and/or 12:30pm-5pm
Mon, March 4, 8am-1pm and/or 12:30pm-5pm
Tues, March 5, 8am-1pm and/or 12:30pm-5pm

For any questions, please reach out to Melissa Sisneros at melissa.sisneros@denvergov.org.

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.

- **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 Tornielli. 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.
- **Community Contribution:** The Community made a first quarter contribution of \$250 to Casa de Paz.
- **Sunday, March 3, cir. 12:00 PM:** Mark your calendars for another Rice and Bean bag break down in the basement Social Hall immediately following the March 3rd Ecumenical Service. There will be 1,000 lbs of rice and 1,000 lbs of beans that will be broken down into smaller portions and later distributed at Metro Caring.
- **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

- **The 10:30 Catholic Community and Capitol Heights Presbyterian Church** invite you all to an Ecumenical Service on Sunday, March 3 at 11:00 AM. The service can be attended in person or on zoom (link will be provided in the open letter the week prior to the service.) Following the service there will be an opportunity to participate in a Rice and Bean service project break down on behalf of Metro Caring. The service project will take place in the basement Social Hall. All are welcome!
- **CHUM-WHI Volunteer Opportunities:** Sign Ups for March and April Breakfast/Lunch distribution is now available! You can [sign up HERE to provide breakfasts and lunches](#) to unhoused members of our community. Please be sure to also visit our [breakfast/lunch project details page](#) as some delivery sites and contacts have changed.
Did you know that since our [breakfast and lunch program](#) began a few years ago, our amazing corps of volunteers has delivered more than 100,000 meals? What you do is astounding, and the agencies we serve are incredibly appreciative. They report that every single meal is distributed and eaten, and the recipients are extremely grateful. Thank you!
- **Sunday, March 3 4:00 PM:** The Spirituals Project will have a concert with special guest ensemble Denver Children's Choir in Gates Concert Hall. Tickets are \$5 for reserved parterre or free for general admission. Learn more, secure tickets, or find the livestream link on the concert's [event page HERE](#).
- **Together CO Climate Lobby Day Summary:** February 16 was a very good Climate Lobby Day with Together Colorado. Members of 10:30 Catholic Community, CHPC, and others from Together CO were divided into five groups with participants from communities in proximity to each other. A CHPC group met with nine different legislators and provided information to three legislator staff members. The day included a visit with Speaker McCluskie's assistant, Taylor, as well as close to a half hour visit with Senator Winter who gave good guidance on how to support legislation at critical points in its consideration by the legislature.
- **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. 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.

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