



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

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.

Community News

• **Free Community Yoga Classes with Chanda:** Dear friends, I am taking my 200 hour Yoga Teacher Training and prior to my "graduation" on May 9, I need to teach 3 free community yoga classes. I have arranged to do them at Capitol Heights Presbyterian Church (1100 Fillmore St., Denver, CO 80206) in the social hall on the Friday afternoons of **April 24 (2:00 PM), May 1 (3:30 PM), and May 8th (3:30 PM)**. The goal is to have 4 students minimum in each class, but it's ok to not attend every class. Please let me know which classes you can attend by writing or texting chanda.mcdaniel@gmail.com / 720-421-0507. Feel free to send this to a friend! (Unfortunately, I don't have extra yoga mats so please bring your own.)

• **Capitol Heights Communities** - here is an opportunity to defend our democracy. We have the following invitation: **Solidarity Saturdays – Line Colorado Boulevard** is an ongoing grassroots effort to be in regular, visible, and peaceful protest against the authoritarianism, corruption, and injustice of the Trump presidency. We would like to expand this effort to many more intersections along Colorado Blvd, and that's where you come in! **What it is:** We currently host Solidarity Saturdays at two intersections on Colorado Blvd – one at 8th Avenue and another at Mexico Avenue. We meet on the second and fourth Saturdays of each month from 12:00 pm to 2:00 pm, and we usually have between 15 to 30 people at each intersection. On bigger days of protest, such as the March 28 No Kings Day, we had 70 people at 8th Avenue! **How it works:** We currently advertise our events on Indivisible.org, personally on Facebook, and through word-of-mouth. People can sign up through a [link](#) or just show up.

Our next dates are April 25, May 9, 23, and all following **second and fourth Saturdays of each month**. In addition, we plan to organize our intersections for each national call-to-action events such as No Kings Days and the upcoming **May Day Strong event on Friday, May 1**.

If this is of interest to you, please contact Tricia Huth, Social Action liaison from 10:30 Community. TMHuth@msn.com | 303 885-4633. (There will also be an opportunity to sign up at 10:30's next Community Meeting on May 3.)

• **El Povenir Fundraiser through April 30:** El Porvenir, which works with rural communities in Nicaragua on clean water and sanitation projects and which our communities have been supporting for close to 50 years, is having a fundraising campaign that ends April 30th. Every dollar raised during it will be matched by the Jackson Kemper Foundation, up to \$400,000. See <https://www.elporvenir.org/>

• **Support Team Assisted Response (STAR) Program: The Support Team Assisted Response (STAR)** is an alternative response team that includes behavioral health clinicians and paramedics to engage individuals experiencing mental health distress and substance use disorders. STAR responds to low-risk calls where there are no significant safety concerns. **Who does STAR help?** STAR responds to any person in Denver needing urgent help related to mental health distress, poverty, homelessness, substance misuse, resource needs and more. The team can





Reflections from Thich Nhat Hanh

"The day my mother died I wrote in my journal, "A serious misfortune of my life has arrived." I suffered for more than one year after the passing away of my mother. But one night, in the highlands of Vietnam, I was sleeping in the hut in my hermitage. I dreamed of my mother. I saw myself sitting with her, and we were having a wonderful talk. She looked young and beautiful, her hair flowing down. It was so pleasant to sit there and talk to her as if she had never died. When I woke up it was about two in the morning, and I felt very strongly that I had never lost my mother. The impression that my mother was still with me was very clear. I understood then that the idea of having lost my mother was just an idea. It was obvious in that moment that my mother is always alive in me.

I opened the door and went outside. The entire hillside was bathed in moonlight. It was a hill covered with tea plants, and my hut was set behind the temple halfway up. Walking slowly in the moonlight through the rows of tea plants, I noticed my mother was still with me. She was the moonlight caressing me as she had done so often, very tender, very sweet... wonderful! Each time my feet touched the earth I knew my mother was there with me. I knew this body was not mine but a living continuation of my mother and my father and my grandparents and great-grandparents. Of all my ancestors. Those feet that I saw as "my" feet were actually "our" feet. Together my mother and I were leaving footprints in the damp soil.

From that moment on, the idea that I had lost my mother no longer existed. All I had to do was look at the palm of my hand, feel the breeze on my face or the earth under my feet to remember that my mother is always with me, available at any time."

"If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is present in your body. You are the continuation of each of these people."

provide medical assessment/triage, crisis intervention, de-escalation, transportation and resource connection for community members in need. To request support from the STAR team in Denver, please call 720-913-STAR (7827) (STAR Hotline) or 720-913-2000 (DPS non-emergency number). *If you are, or someone you know is, experiencing a life-threatening emergency, please call 9-1-1. If you are, or someone you know is, in need of confidential and immediate mental health, substance use, or emotional help, please visit 988 Colorado online, call or text 988 to be connected to a crisis counselor or trained professional with a master's or doctoral degree.*

Open 24/7/365, the Denver Walk-In Center provides in-person, confidential crisis support, information and referrals for individuals of all ages. The Walk-In Center is located at 4353 E. Colfax Avenue, Denver, CO 80220.

- **CHUM-WHI Lunch Sign Up Program:** Be sure to check out the [Lunch/Breakfast Details page](#) on our website to learn more about the program and to find current contacts and delivery information. *Reimbursement Program: If you need help paying for supplies, we offer a reimbursement program. Click to complete the [simple grant form](#).*

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, April 26, 9:30 AM Service & 11:00 AM Dialogue:** All are welcome to join in a 9:30 AM worship service followed by an 11:00 AM dialogue. In between the service & dialogue there will be time for tea and fellowship in the basement. During our dialogue at 11:00 AM we look forward to hearing about the recent travels of the Shuff family. All are welcome!
 - ✦ **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**
- **May 9, 1:30 PM Cary's 70th Birthday Party!** Caitlee and Ceaghan invite you to a potluck birthday party to celebrate their mom, Cary's 70th birthday. Bring your favorite dish to share as we cheer Cary's 70 years of life. Please **RSVP by May 3 by calling Caitlee at 303-908-6063**. The celebration will take place at Cary and Ray's home 3704 S. Hudson St., Denver 80237.
- **Sunday, May 17th 11am-12pm - NOENEMIES STUDY GROUP:** Join us in discussing the first 3 chapters from the book "This Is An Uprising: How Nonviolent Revolt Is Shaping the Twenty-First Century" by Mark + Paul Engler. We will meet in the basement Social Hall of Capitol Heights. Facilitated by Jonny 5 (aka Jamie). *(A couple copies of the book are available at [Denver Public Library](#)).*
- **CHPC Online Donation:** Would you like to donate to CHPC online or set up a recurring donation? You can do so via [PayPal at https://tinyurl.com/CapHeightsPresDonate](https://tinyurl.com/CapHeightsPresDonate).
- **Grocery cards that support CHPC** are available through the King Soopers loyalty card program. Go to customer service and ask how to tie your loyalty card number to benefit Capitol Heights Presbyterian Church.

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 Mass:** Mass is held every Sunday at 11AM in the Sanctuary of 1100 Fillmore Street. All are welcome!
- **Community Contributions:** The Community donated \$200 to the Women's Bean Project.

Community Events

Sunday

CHPC Sunday Schedule

9:30 AM Service (Sanctuary / [Zoom](#))
 10:30 AM Fellowship w/ morning tea (Basement)
 11:00 AM Dialogue (Basement 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, and 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 Diddy" (Social Hall)

7:00 PM - "Beginner's Mind Zazen," meditation with White Forest Sangha

Wednesday

5:00 PM CHPC Music Rehearsal (Sanctuary) - Every 2-3 weeks. Contact Sonya for current schedule.

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 (*For more info please contact Nicholas via text at 419-806-9927, or rosslernicholas44@gmail.com*)

6:30-8:30 PM Ye Wanton Singers (Sanctuary)

7:00 - 9:00 PM SLAA (Room 104)

Thursday

6:00 PM Women's AA (Social Hall)

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 info please contact Nicholas via text at 419-806-9927, or rosslernicholas44@gmail.com*)

10:00 AM SLAA (Room 104)

10:30 AM NA - "Primary Purpose" (Social Hall)

The building schedule has frequent changes and additions throughout the week. Please be sure to schedule your service, meeting, or event with the administrator, Debbie, by emailing capheightsoffice@gmail.com before proceeding.

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

Ecumenical Worship Committee

Bibiana Hager	CHPC
Jeanne Jeffas	CHPC
Mary Sullivan	10:30 CC
Sylvia Sullivan	10:30 CC



Garden Team

Mary Lou Fenili
 Ty Steinberger
 Linden Snow of *Remedy Permaculture Design*
 Debbie Yeager
 Sonya Yeager-Meeks

Capitol Hill United Ministries - Women's Homelessness Initiative (CHUM-WHI)

Diana Flahive, *Executive Director*; 303-832-4188 | 303-257-8588 (cell) | flahive@flahive.us

CHUM Leadership Team Members

Bonita Bock (Augustana Lutheran); Charlie Fiser (CHPC); Brian Henderson; Chris Gilmore (6th Ave. UCC) Mark Meeks (CHPC)

Capitol Heights Presbyterian Church

Session Elders:

Jeanne Jeffas	(Class of 2026 - 1st Term)
Sonya Yeager-Meeks	(Class of 2026 - 2nd Term)
Jean Demmler	(Class of 2027 - 1st Term)
Charles Norton	(Class of 2027 - 1st Term)
Mary Hupp	(Class of 2028 - 2nd Term)
Bonnie Jensen	(Class of 2028 - 2nd Term)

Rev. Mark Meeks

Rev. Bill Sanders

Jeanne Jeffas

Charlie Fiser

Jean Demmler

Bibiana Hager

Jeanne Jeffas

Bonnie Jensen

Sallie Baker

Mark Meeks

(Class of 2026 - 1st Term)

(Class of 2026 - 2nd Term)

(Class of 2027 - 1st Term)

(Class of 2027 - 1st Term)

(Class of 2028 - 2nd Term)

(Class of 2028 - 2nd Term)

Spiritual Leader

Moderator

Clerk of Session

Treasurer

Commissioner to the Presbytery of Denver

Deacon

Nominations Committee, Chair

Nominations Committee

Nominations Committee

Ex officio, nominations committee

10:30 Catholic Community Council

John Sullivan

Becky Butz

Gene Lang

Kristen Insana

Meg Johnson

Estela Bogaert-Martinez

Ellie Anderson

Tricia Huth

Dave Arnolds

Ann Anderson

Chair

Co-Chair

Treasurer

Secretary

Liturgy Liaison

Adult Religious Education

Co-Liaison

Adult Religious Education

Co-Liaison

Social Action Liaison

Member-At-Large

Member At-large

Dignity Denver Board

Brad Cameron

Brad Cameron

Mike Misgen

President

Co-Treasurer

Member at Large

Support Team Assisted Response (STAR) Program

WHAT IS STAR?

The Support Team Assisted Response (STAR) is an alternative response team that includes behavioral health clinicians and paramedics to engage individuals experiencing mental health distress and substance use disorders. STAR responds to low-risk calls where there are no significant safety concerns. STAR is a civilian emergency response that is dispatched by Denver 9-1-1.

HOW TO ACCESS STAR?

To request support from the STAR team in Denver, please call

- 720-913-2000 (DPS non-emergency number)
- 720-913-STAR (7827) (STAR Hotline)
- 9-1-1 (emergency number)

An trained operator will dispatch the most appropriate available response.

WHO DOES STAR HELP?

STAR responds to any person in Denver needing urgent help related to mental health distress, poverty, homelessness, substance misuse, resource needs and more. The team can provide medical assessment/triage, crisis intervention, de-escalation, transportation and resource connection for community members in need.

OPERATIONS (AS OF MARCH 2023)

- Hours of Operation: 6 a.m. to 10 p.m. Monday - Sunday.
- Staff/Vehicles (current total count): 10 EMT/paramedics, 10 behavioral health clinicians, 5 vans.
- Staff/Vehicles Expansion (fall 2023 new total count): 16 EMT/paramedics, 16 behavioral health clinicians, 8 vans.
- Volume/Outcomes: Since June 1, 2020, STAR has responded to over 8,000 calls that would have otherwise been dispatched to police. 41% of individuals served by STAR were referred to formal mental health or substance use treatment. 38% of people served by STAR were transported to a community resource.



PARTNERS

- **STAR Advisory Committee** provides guidance and helps to raise awareness and understanding of the program within the community.
- **Servicios de la Raza** provides culturally responsive wrap-around services.
- **WellPower**, Denver's community behavioral health care provider, staffs mental health clinicians on board STAR vans.
- **Denver Health Paramedic Division**, Denver's emergency medical services provider, staffs paramedics and EMTs on board STAR vans.
- **Denver 9-1-1** dispatches appropriate response.

Contact: Evan Thompkins, MPH
STAR Program Specialist
Evan.Thompkins@denvergov.org
720-865-8844