



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.

Reading a Hard Copy of this newsletter? When finished, instead of placing it in the recycling bin please place the newsletter back on the table so others can read. This helps us reduce the number of copies printed. Thank you!

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, September 6 - 9:30 AM Service & 11:00AM Dialogue:** All are invited to join Capitol Heights in worship service at 9:30AM in the sanctuary. If you can't make it in person you can attend via zoom using the link below.

Following the service a dialogue will take place at 11:00 AM in the basement lounge. All are welcome to attend in person or online via zoom.

- ♦ Zoom Link for June Services and Discussions
 - ▶ [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

• **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>.

• **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.

• **The Colorado Council of Churches September Newsletter** is available to read here: <https://tinyurl.com/CCCSeptember2026>.

• **Denver Presbytery recently held their August Assembly** at Eagle River Presbyterian Church in Avon, Colorado. You can read the assembly highlights at <https://tinyurl.com/DenPresAugust2026>

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 every Sunday:** Mass will be held at 11AM in the Sanctuary of 1100 Fillmore Street EXCEPT for September 9 & 13 when Mass will be held at Little Cheeseman Park on the corner of 7th Avenue and High Street. All are welcome!

• **Community Contributions:** The Community contributed \$750 to Urban Peaks.

Summer Mass schedule:

- ▶ Sept 6: Mass in the Sanctuary: Msgr Bob
- ▶ **Sept 13: Mass in the Park: Fr. John

**Mass in Little Cheeseman Park, 7th and High Sts. Bring a chair or blanket to sit on. In case of rain, Mass will be in the Sanctuary.

Community News

• **To all Building Users** - Please remember to turn off ALL fans, lights, close windows and lock doors once you are done using a space.

• **The 10:30 Catholic Community** raised \$400 to enable the installation of a



Summer Reflections:

THE OLD ELM TREE BY THE RIVER

by Wendell Berry

Shrugging in the flight of its leaves,
it is dying. Death is slowly
standing up in its trunk and branches
like a camouflaged hunter. In the night
I am wakened by one of its branches
crashing down, heavy as a wall, and then
lie sleepless, the world changed.
That is a life I know the country by.
Mine is a life I know the country by.
Willing to live and die, we stand here,
timely and at home, neighborly as two
men.
Our place is changing in us as we stand,
and we hold up the weight that will bring
us down.
In us the land enacts its history.
When we stood it was beneath us, and
was
the strength by which we held to it
and stood, the daylight over it
a mighty blessing we cannot bear for
long.

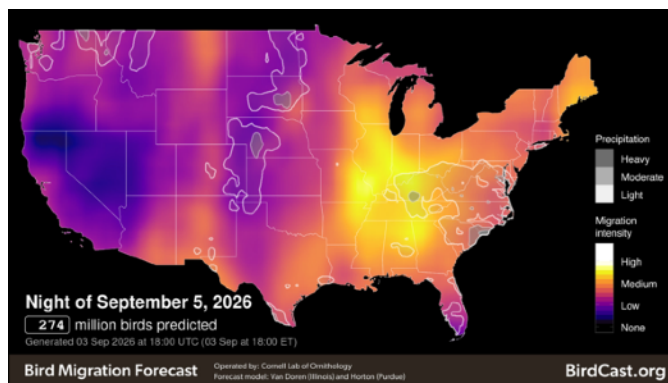
THE PEACE OF WILD THINGS

By Wendell Berry

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's
lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the
great heron feeds.
I come into the peace of wild things
who do not tax their lives with
forethought
of grief. I come into the presence of still
water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am
free.

second set of handrails in the Sanctuary. We are very grateful for this gift and a new set has now been installed by Dan, our church custodian.

- **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](#).
- **Lights Out Colorado supporters,** the peak of fall bird migration in Colorado is here! There are millions of birds migrating over Colorado each clear night. You can help support our winged neighbors during their migration by dimming or turning off non-essential outdoor lighting from 11 pm–6 am and closing shades to reduce skyglow. 'Lights Out' helps by reducing collision risk caused from skyglow and attracting fewer birds into lit urban cores. Reduced lighting also helps to improve habitat quality keeping nocturnal environments darker for resting birds near stopover hotspots.



More Information:

[https://
dashboard.birdcast.o
rg/region/US-CO](https://dashboard.birdcast.org/region/US-CO)

[https://
aerocolab.com/
colorado](https://aerocolab.com/colorado)

[https://lights-out-
colorado.darkskycolo
rado.org/](https://lights-out-colorado.darkskycolo rado.org/)

DISCOVER CENTERING PRAYER



Are you looking for a way to explore
or deepen your relationship with God?

Centering Prayer is an ancient contemplative practice of simply sitting in silence with God—beyond thoughts, words and emotions—and opening our mind, heart and whole being to the Ultimate Mystery. In this holy space, beyond our awareness, we consent to God's action in our life and so begins our transformation to know our true self.

As we grow closer to and come to better know God,
we gradually let go of who we think we are, to
become who we truly are. —Thomas Keating

We offer two options to learn the prayer:

The **Introductory Centering Prayer Workshop** teaches the method and provides a sampling of the practice and its benefits.

The **Centering Prayer and the Spiritual Journey** course is a five-week online class that will help you solidify the method and your practice, while exploring the nuances of the prayer.

We welcome seekers of all faith traditions or no tradition.

PRESENTED BY
THE CENTER FOR
CONTEMPLATIVE LIVING

Introduction to Centering Prayer Workshop

A three-hour online
workshop
September 12, 2026
9 am to 12 pm
Cost: Free

Centering Prayer & the Spiritual Journey Course

A weekly online class
for five weeks, starting
September 22, 2026
6:30 pm to 8 pm
OR
September 23, 2026
1 pm to 2:30 pm
Cost: \$70

Learn more and
Register at:
centeringprayer.net/
centeringprayer



303-698-7729
staff@centeringprayer.net



The Center for
Contemplative Living /
Contemplative Outreach
of Colorado

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*) **On August 2 and September 13 Mass will be held in Little Cheesman Park at 7th and High Street. If inclement weather, Mass will be held in the Sanctuary*

Dignity Denver Sunday Schedule

5:00 PM Dignity Denver Mass, Every 1st, 3rd, and 5th Sunday (Basement Social Hall during the summer months)

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

Linden Snow of [Remedy Permaculture Design](#)

Ty Steinberger

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)

Position open

(Class of 2028 - 2nd Term)

Bonnie Jensen

(Class of 2028 - 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

Jeanne Jeffas

Nominations Committee, Chair

Bonnie Jensen

Nominations Committee

Sallie Baker

Nominations Committee

Mark Meeks

Ex officio, nominations committee

10:30 Catholic Community Council

Becky Butz

Chair

Carmen Curtis Bolshoun

Co-Chair

Gene Lang

Treasurer

Kristen Insana

Secretary

Meg Johnson

Liturgy Liaison

Estela Bogaert-Martinez

Adult Religious Education

Ellie Anderson

Co-Liaison

Tricia Huth

Adult Religious Education

Ann Anderson

Co-Liaison

Pat Iyer

Social Action Liaison

Member-At-Large

Member At-large

Dignity Denver Board

Brad Cameron

President

Brad Cameron

Co-Treasurer

Mike Misgen

Member at Large