



Hearthstone Community Church, Inc.

"The Full Moon Folk"



FEBRUARY 14 OPEN FULL MOON

Hearthstone meets the Friday before or the Friday of the Full Moon in the upstairs chapel at the First Unitarian Church at 14th and Lafayette in Denver. The church doors open at 7, and we like to start at 7:30. This month's ritual is FRIDAY, February 14, 2014.

The February 14 Open Full Moon ritual will be led by the Covenant of the Wicca. With the energies of this full moon in Leo, so close to Lupercalia, we will be finding in ourselves and others pride points, leading us further into self-love. Each of us always act as each other's mirrors. This night we will wear the power of that mirroring in a positive way!

—Catherine

GREETINGS

It has been cold. I have proof – I slipped on the ice on Friday. The bad news is that I broke my ankle; the good news is that that is all I broke. It's a bad break, so I will miss the OFM this month. The dogs and I are staying at my mother's for a while.

I am glad I have family in the area. I can't imagine having to deal with this without help: I'm not supposed to put any weight on my ankle. So Mom is doing a lot for me right now. I'm also incredibly happy for my neighbors and my neighborhood. When I fell, a lovely couple and their infant helped me up and took me home. I never did get their names. Yesterday, I was having a horrible time getting out of my own house to my mother's car. Crutches and I don't like each other. Crutches also don't like snow. Just in the nick of time, my neighbor's daughter and granddaughter came over and lent me their shoulders. I got to the car in no time.

I tend to think of myself as being somewhat solitary and self-sufficient. It's good to know that when I can't be self-sufficient there are people in the world that will go out of their way to help others.

So, bad news: broken ankle; good news: great neighbors.

See you next month!

—Catherine

THANKS AND A TIP OF THE HAT

Hearthstone thanks Alia for leading our January Open Full Moon ritual celebrating the beginning of the year and return of the light. Volunteers cast the Quarters, followed by everyone receiving paper and pens. Alia led us in contemplation of our own new beginnings, explaining that early in the year is the time for planning what we want to later "plant" in our lives. She encouraged us to break down our goals into a manageable series of small, distinct steps...and then implement the first step! After some sharing among participants, cakes and wine (juice, of course) were shared by all.

Thank you, Alia, for encouraging us to plan successfully for whatever changes we each might be seeking in our lives. Blessings to each of us as we dance forward on our Paths!

—Arynn

HEARTHSTONE RITUALS

Remember, please, that Hearthstone doesn't expect everyone to enter in Perfect Love and Perfect Trust, as there are people you don't know there, but to enter with a willing heart and an open mind, and leave your differences at the door.

Some traditions are more controversial than others, or may contain a component that disturbs someone attending an Open Full Moon. It is one of the risks of exploring different traditions. Should anyone be uncomfortable, unsettled, or upset about any ritual presented by Hearthstone, please contact Alia or Catherine to discuss – and hopefully resolve and heal – the issue.

–Alia

ON DONATIONS

Many of our local Pagan organizations run on a shoestring. Your donations do make a difference, and the cost of a movie ticket to one of these organizations from several of their patrons can make the difference between failing and thriving. (Not to mention making the organizers excited and happy that their efforts are of value to you.) If you'd prefer not to donate to Hearthstone, I encourage you to donate something to the organization of your choice. Your donations can make the difference between an organization thriving and folding.

We appreciate that many of you donate to the church. **We ask that you please give what you can to support the work and service of the church to the community. The more you can spare, the longer we will be around, and the more we can help those who need it. We will keep Hearthstone Community Church, Inc. running as long as possible, and we need your support to continue to serve the community.**

We aren't going to start collecting at the door, and no one will be turned away for not having a donation. However, we would like to suggest a donation of 5 to 10 dollars per person. (The extra is to cover the pagans that are unable to donate.) If you can't afford it, you are still welcome – if you can afford more, we'd be delighted to accept it.

NOTE: Hearthstone is a church and your donations to Hearthstone are **tax deductible**. If you would like to write a check so you can keep track of your donations, we can certainly handle that as well.

–Alia

THE TOP THIRTEEN SIGNS THAT A GROUP OR LEADER IS TOO ROTTEN TO BOTHER WITH

The fields of magic, occultism and alternative belief systems are littered with minefields of dubious groups led by shady leaders attempting to fleece the gullible and the naïve for profit and pleasure. In a fair universe, the seeker after such things would be accompanied by a robot made out of metal drums and inner tubes, who would chant, "Danger, Seeker, Danger!" whenever one encountered a group or leader that one should avoid signing up with. Unfortunately, we do not live in a fair universe, and must rely on our own common sense to guide us through the fields littered with explosive cow patties.

Being an eager seeker of the strange and marvelous, I have encountered more than my fair share of dubious groups and shady leaders...some of which I have signed up with, only to regret it later. Given such experience, I have learned over the years to listen to my inner paranoid android – at least, pause long enough to think twice before signing on the dotted line. On a good day, I will

run screaming to the hills upon encountering the warning signs. On a bad day, well, let's just say that hindsight is twenty/twenty.

An item that is often on people's warning lists is money – as in the group or leader charges money for one to be a member or student. Honestly, the exchange of money does not even make my top thirteen. There is this idea that teachers and writers of occult lore should not charge for lessons or books, that they should give their knowledge away freely to all that ask for it without collecting a single dime. This idea overlooks the simple fact that we live in a world where money is an absolute necessity.

We would not ask a plumber to work for free; we do not expect people to give us food and gasoline for free; yet for some reason, we think that our spiritual and magical leaders should provide their services and products for free. Too many of our spiritual and magical leaders rely on food stamps and food banks to ensure that they have something to eat; too many live in hovels; too many can't afford health insurance. And don't get me started on the occult writers, who quite honestly would make more money flipping burgers for minimum wage.

The brutal truth of the matter is that occult teachers and writers are spending time to provide a service. They are using up time that could be spent doing more profitable things. At the very least, we should make sure that they are not paying for the rent for the meeting spots, and the cost of candles, cakes and ale, out of their own pockets...if only because that is the equivalent of adding insult to injury.

Now that is not to say that there is no such thing as a teacher or group that charges too much for their services and products. Such leaders and groups do exist. Exactly what is a fair rate to charge is beyond the scope of this essay – and is something that each seeker must determine for themselves. But one should not complain about the lack of qualified teachers and spiritual ministers, if one had ensured that no one can survive on what we are willing to offer them.

Now, onto my top thirteen signs that a leader and their group might be bad news...

13. Boredom – this one may seem strange to put on a list of danger signs. But one of the things that I learned over the years is that if a leader bores me, odds are that the group is just not worth my time. This is especially true if the information just seems to be recycled or is repeated over and over. A boring leader leads to the membership creating drama to occupy themselves. A boring leader also indicates that the upper levels of a group are empty of actual content. A boring leader is the outer sign that a group has no spiritual or magical spark to keep it alive – it is just a group living a ghastly existence, not realizing that it is already dead.

12. Lack of a sense of humor and humility – a leader without a sense of humor and who full of hubris scares me. It is especially scaring if they try to pretend that they have a sense of humor and a modicum of humbleness. At the very least, a good teacher needs to be able to laugh about themselves. If a teacher cannot handle you making jokes about them – run away quickly! And if you catch them pretending to be humble, be warned that they might be a sociopath.

11. Sexual misdeeds – if you hear stories about the leader sleeping with student after student, get out of there! I am naturally suspicious of any group that stresses that they teach sex magic. Even if you are not the preferred gender of the leader's advances, sexual misbehavior is always a sign that there is a high cost to advancing in an organization.

10. Lawyers and trademarks – there is only one reason to have a trademark, and that is if you are trying to create a monopoly; there is only one reason for an occult organization to regularly use a lawyer, and that is to beat other organizations into extinction in a court of law. Everyone occasionally needs a lawyer – it is another thing to be in one court battle after another. And the only reason to have a monopoly is so that you can charge more than fair market value.

9. Non-disclosure statements and/or absolute secrecy – having to sign a non-disclosure statement to join a group or attend a seminar, or insisting on absolute secrecy for one’s group just screams that there are misdeeds going on behind closed doors. In my mind, the only things that should be absolutely secret are the identities of members in sensitive occupations (ex. school teachers) and even they can be referred to by their mottos or magical names.

8. Claims of superior lineage and ultra-secret knowledge – it is one thing to claim to be the best informed group, and to have a myth of unbroken wisdom from the dawn of history; it is another thing to insist that it is absolutely true, and seek to silence anyone who says otherwise. These types of claims are especially troubling when combined with the aforementioned non-disclosure statements and absolute secrecy, and tend to be used to justify the use of secrecy to protect the superior wisdom, which more often than not, came directly from a book or the creative imagination of the leader, while the secrecy is actually being used to cover up the misdeeds of the leader.

7. Use of the degree system to maintain control – while the use of a degree system can help ensure that information is taught in a structured format, the unpleasant reality is that it can also be used to maintain control of an organization. The aforementioned sexual misdeeds often come as the result of the promise of special higher level teaching in exchange for sexual favors. And the degree system can lead to a lot of internal politics as the more ambitious people use favors and rumors to ensure that they advance; this often leads to the most knowledgeable and spiritual advanced members, who are not as good at playing politics, being stuck in the lower degrees.

6. Hiding of dirty laundry – any group or leader that hides its dirty laundry is bad news. Every group and every leader has committed mistakes; but if they do not admit to them, and in fact, do their best to erase all evidence that mistakes happened, it just leads to the possibility that they will become repeat offenders. In fact, the hiding of the dirty laundry may actually be evidence that repeat offenses may have already occurred. When one sees a perfect group or leader, one should scamper away, for there is no such creature.

5. Does not cite sources – magical and spiritual knowledge does not grow in a vacuum. A leader or teacher who never mentions who taught them or the books that they have read is guilty of trying to conceal their past. If they try to conceal their past, then what else are they hiding? Especially troublesome are those who claim that all their knowledge comes from Secret Chiefs that only they are spiritually and magically advanced enough to meet.

4. Exclusivity as a requirement for training – while there are good reasons to focus on one school of occult wisdom at a time, any group that makes it a rule that you are not allowed to be a member of other groups is trying to ensure that you do not compare their wisdom with that possessed by other schools. A good teacher does not care if a student is a student of another system, for they know that people drop the less valuable options as they advance in knowledge.

3. Claims lack of resources as an excuse for elitism – first off, it is a danger sign whenever a group states that the occult is not for the masses, but only for the elite. In all honesty, the elite are not drawn to the type of group that has to make such claims. The elite of today’s world are too busy making money. Second, the lack of resources that limit the ability of a group to deal with large numbers of members is always the sheer lack of high level members. If a group claims hundreds of members, but you can count the number of high level members on one hand, there are reasons to suspect that members are not being promoted for purely political and control reasons. Material resources necessary to deal with large numbers of members have never been cheaper – YouTube, online groups, and print-on-demand books can all be utilized to provide the service provided that the group has enough high level members to pick up the work load.

2. All expulsions are the other person's problem – in no world are the problems that break up a relationship, even that of a student towards their teacher, purely the fault of the student. If a leader claims that every expulsion was the result of the student with no fault falling upon the teacher, then you know that the teacher is lying. This is especially troublesome when the brightest students are the ones being expelled. In a properly functioning system, occult students drop out when they reach the limit of their potential; they do not get expelled. Expulsion is supposed to be reserved for breaches of ethics and symptoms of sociopathic behavior, not simply to ensure that one remains at the top of the pyramid.

And the number one reason to run away...drum roll please...the teacher or leader is eager to have new students or wants large number of members. This is the ultimate danger sign where your shiny metallic friend should quit chanting "Danger!" and just drag you out of the room before you get burnt. The only people who volunteer eagerly when someone asks if someone can teach them are people who have never taught before, or those who plan on abusing the student-teacher relationship on some level. No true magical or spiritual teacher wants large number of followers; it interferes with the work, and guarantees that one's own personal growth grinds to a halt. Yes, there are people who teach the occasional workshop who are good teachers, but workshops are short term commitments. In fact, anyone who is truly qualified to be a spiritual or magical teacher is going to do their best to make it hard to become their student – they practically force their students to drag them kicking and screaming to the chalk board...after all, teaching is the heaviest responsibility that one can shoulder, with not only one's own spiritual advancement at risk, but one's student's as well.

Morgan Drake Eckstein

Morgan Drake Eckstein writes about Golden Dawn, Wicca and other mystery traditions on his blog at: <http://gleamingsfromthedawn.blogspot.com/>

WELLNESS: DIABETES

This month's article was prompted when I learned that a member of our community was recently diagnosed with Diabetes. I also have several friends who are diabetic. Diabetes is a chronic lifelong disease that is not easy to manage. However, there are a lot of resources available to diabetics.

The type of diabetes a person has determines what types of medications and treatments are effective. There are two types; Type I which is insulin dependent and Type II which is not insulin dependent. Basically, Type I Diabetics do not produce insulin so they must have insulin injections to replace the insulin their body no longer makes. Type I Diabetics must take insulin to survive because insulin is the key that lets glucose enter the cells. Glucose is used for energy for the cells; without glucose, the cells starve.

Type II Diabetics make insulin but do not make enough or their cells are resistant to the insulin so these people are usually given oral medications that either supplement the insulin they already have or make their cells more susceptible to the insulin they have. Some Type II Diabetics take a combination of both and some do need insulin as well, depending on their condition. However, not all Type II Diabetics have to take medications. Initially, some may be able to control their condition with diet and exercise. (This is something only a doctor can determine, and may not be a practical treatment for every Type II Diabetic.)

It is important for both types of diabetics to manage their diets. Glycemic control (levels of blood sugar) is very important. The better control, the less additional health problems for the

diabetic person. Exercise, along with the correct diet, is important for any diabetic as it helps regulate blood sugar levels. The ADA diet can be confusing to the newly diagnosed. A registered dietician consult would be a valuable resource for anyone who is diabetic, as the dietician can help make sense of the diet. The American Diabetic Association also has links for planning meals, recipes, and tips for when one is dining out. They also have links regarding fitness, and tips on how to start an exercise plan. As with anything, consult your doctor before starting a new exercise plan.

I have listed below a few links for anyone that is interested. The first link is the national ADA website and the second is a link to a local diabetes support group.

Links: www.diabetes.org

Denver area support group:

http://www.skyridgemedcenter.com/conditions_we_treat/diabetes_endocrinology/diabetes-support-group.htm

----Jo Fontana, RN

TURTLE MONKEY CHILDREN'S EBOOKS

Hi all, this is Jo again. I've attended OFM's before I moved to Wyoming. I recently completed 12 books of my new Turtle Monkey series. This is a pagan friendly children's ebook series. They are available at Smashwords <http://www.smashwords.com/books/search?query=Jo+Fontana> and Amazon:

http://www.amazon.com/s/ref=sr_nr_seeall_1?rh=k%3AJo+Fontana%2Ci%3Astripbooks&keywords=Jo+Fontana&ie=UTF8&qid=1384142676

We are also available through Barnes & Noble and the Apple iBookstore.

To win a copy of *My Farty Valentine*, go to <https://www.facebook.com/turtlemonkeybook>, like our page, and make sure to leave us a comment. Thanks!

-Jo

BELTANIA 2014

May 8-11 near Florence, CO

A Pagan Beltane Festival and MusicFest

Special Guest: Selena Fox of Circle Sanctuary

Rev. Selena Fox is senior minister and high priestess of Circle Sanctuary, a Wiccan church, Pagan resource center, and Nature preserve with a worldwide Ecospirituality ministry that includes networking, publishing, education, environmental preservation, counseling, events sponsoring, and other work.

In recent years she is most well known for her work at the federal level securing the right for Pagan veterans to have pentacles on tombstones.

For more than thirty years, Rev. Fox has served as one of the elders, religious freedom activists, and public media spokespersons for the Wiccan religion and related forms of contemporary Paganism and Nature religion, nationwide and internationally.

Musical Performances By:

Tuatha,

Odin's Other Eye,

Pandora Celtica

Jeffrey Gray

Orpheus Pagan Chamber Choir

NameSinger
Marcy Stonecipher
Skean Dubh
Djembe Cowboys
DreamWeaver

Fire Performances by Firegate and Spirits of Fire

Tickets and Info at www.beltania.org

Beltania is an international festival of about 450-750 people. Proceeds of this nonprofit festival benefit Living Earth Center, an open and public Pagan church facility at 2120 S Holly St., Denver CO 80222. Holding 20-35 rituals and other events every month. Info at meetup.com/livingearth

---Joy Burton

EARTH TEMPLE

Earth Temple meets at Full Moon Books and Event Center, at 9106 W. 6th Ave. in Lakewood. All of our dates are Saturday evenings. Please arrive at the store before 7:30 pm, since the store closes and the doors lock right at 7:30. Please check out our Witchvox page for more info about us: http://www.witchvox.com/vn/vn_detail/dt_gr.html?a=usco&id=35084. Thank you, Hearthstone, for sharing information about our circle!

Mar 1
Mar 29
Apr 26
May 24
June 28
July 19
Aug 23
Sep 20
Nov 1
Nov 22
Dec 20

*---Chris, Dara, and Michelle
the Earth Temple steering committee*

WHOM TO CONTACT

Alia's phone number is 303-680-1741. Catherine's is 303-886-7067. If you would like to officiate at a future Open Full Moon, for Pagan or Wiccan clergy, or for any other Hearthstone business, please contact either Alia or Catherine.

Hearthstone Community Church has a website at <http://hearthstone.fnorky.com>

Alia's e-mail address is real.cuttlefish@gmail.com; Catherine's e-mail address is catherine@fnorky.com

GUEST COLUMNS?

If you have something to say, and are willing to let Alia or Catherine edit it slightly, (generally for grammar – Alia has the soul of an English teacher and Catherine is simply a fanatic) please feel free to submit your writing to catherine@fnorky.com. Content will not be edited. We can usually make room for more voices.

This newsletter is for Hearthstone Community Church, Inc. of Denver, Colorado. Editor: Catherine Mock. Publisher: M. Alia Denny

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2014 Open Full Moon Dates

February 14
March 14
April 11
May 9
June 13
July 11
August 8
September 5
October 3
October 31
December 5