

# HEARTHSTONE RITUALS

*Hearthstone doesn't expect everyone to enter in  
Perfect Love and Perfect Trust,  
as you may not know many of the other attendees,  
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 confuses or 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 discuss it with the ritual leaders or one of the Board members (Catherine, Arynne, Amy, Cynthia, and Deb) so that we may hopefully resolve and heal your concern.

*Hearthstone is a safe and sober environment. Please respect your fellow participants by not attending under the influence of drugs or alcohol.*



## **OPEN FULL MOONS**

*Hearthstone meets the Friday before or the Friday of the Full Moon in the Library Room at the **Althea Center for Engaged Spirituality, 1400 Williams St., Denver, CO**. There are two small parking lots: to the north (next to the building) and to the east of the building (across the alley), each with spaces for 20 cars. Enter through the Main Door at the corner of Williams St. and 14<sup>th</sup> Ave. **The door opens at 7:00 pm, and we must lock the door at 7:30 to secure the building.** Please be prompt as we don't want you to be locked out!*

## **January 10, 2019 Open Full Moon Ritual**

*The first OFM of 2020 happens on the actual day of the Full Moon in Cancer. According to online astrology sites, there are no harsh aspects to this moon - signifying a soothing start to the year. To honor this moon, we will spend part of the ritual looking back at 2019, bringing forward those things we want to carry into this New Year, and saying good bye to those things we wish to leave behind. We will then consider what is in store for us in 2020, thinking about the moons and the sabbats, and what we wish to attract to us in this New Year. We will select archetypes that appeal to us to use as focal points for bringing in those energies we wish to encourage for 2020 and beyond. This ritual will be facilitated by Vella Rose, who incorporates singing in her rituals as a way to build energy – when we sing together we breathe together and come together as one community. All singing abilities are welcome; the singing is not about how you sound but is about helping you to be present and an active participant in ritual.*



### **Thanks and a 'Tip of the Hat' to Last Month's Presenters**

*A Tip of the Hat to Lady Lumosulo and the Clan of the Golden Condors for leading Hearthstone's December Open Full Moon ritual. The ritual intention was to strengthen healthy personal boundaries for the holiday season by working with our chakra system. As each person entered ritual space we were invited to leave our burdens in a cauldron, then we each received a charm in the shape of a compass. Circle was cast, Elements called, and Morrigan and Herne were invoked. Lady Lumosulo led us in a meditative journey through our chakras, starting with the root, with the intention that knowing our true selves, our true north, will help us remain centered and able to communicate with compassion and clarity. An example for the throat chakra was: "I prefer not to speak about that subject. Thank you for respecting my boundaries." After explanation of all 7 chakras, we were guided to open them, channeling Divine light and energy down, up, and around them. We then were encouraged to attune our compass charm to what it felt like to be in this aligned, energized state, so the charm can help us regain this state when needed in the future. When these meditations concluded we shared cookies and juice, and Circle was opened.*

*Thank you, Lady Lumosulo and Clan, for this rite which effectively included both teaching about and working with the energies of our chakras. Clan of the Golden Condors can be reached at [www.everydayshamanism.com](http://www.everydayshamanism.com)*

----- Arynne

## Articles from our community members!

### **A Year and a Day with Nervines Pasqueflower, *Anemone pulsatilla/patens***

By Cynthia Killingbeck CH, CN, FEP

You can find her at [www.vitalblossom.org](http://www.vitalblossom.org) or [cynthia@vitalblossom.org](mailto:cynthia@vitalblossom.org)



*Pulsatilla* is considered a 'low dose' herb and must be handled with care. Herbalists measure tincture dosing in drops. It is neutral in temperature, dry, relaxant, and stimulant. *Pulsatilla* contains an unpleasant bitter oil called protoanemonin, which can cause severe reactions both topically like redness and blisters and internally with vomiting and diarrhea. It has been estimated that 30 ingested fresh plants can be lethal. On a brighter note, this irritating oil is short-lived once the plant is dried the protoanemonin breaks down

*quickly into a harmless compound. Caution is used never to ingest the fresh plant, but almost all portions of the dried plant have some sort of medicinal agent. It should not be used in pregnancy as it could cause birth defects and is a known abortifacient. Pulsatilla should be used with the direction of an experienced practitioner. I started with the cautions because Pulsatilla is an herb to be careful with in use and mindful about in harvesting, but it is a powerful medicinal ally and mostly used in combination with other herbs in a formula and rarely alone.*

*Pulsatilla has 150 species worldwide and we have our own Colorado native Pulsatilla patens var. multifida. It is a relic from the last ice age. It is beautiful and a part of the buttercup family, Ranunculaceae. It can be grown in gardens especially here in Denver, but most are usually restricted to cooler temperate climates and often reach into arctic or alpine regions. Its elevation range is immense 330 to 12,500 ft. It is one of the first flowers to bloom in April and continues through August depending on elevation. In the spring Pulsatilla warms the ground so it can send up shoots through the snow and you can see it often blooming through the snow.*

*Pulsatilla is antimicrobial, antispasmodic, diuretic, sedative, antidepressant, anti-anxiety, anti-inflammatory, wound healing, and analgesic (pain relieving). Externally it can be used as a counterirritant but has been known to cause blisters as mentioned above depending on concentration.*

*According to King's American Dispensary 1898, "Pulsatilla is a remedy of wide applicability, but more particularly for those conditions in which the mind is a prominent factor. A gloomy mentality, a state of nerve depression and unrest, a disposition to brood over real or imagined trouble, a tendency to look on the dark side of life, sadness, mild restlessness, and a state of mental unrest generally denominated in broad terms "nervousness," are factors in the condition of the patient requiring Pulsatilla. A Pulsatilla patient weeps easily, and the mind is inclined to wander—to be unsettled."*

*The principal uses are to be taken internally in formulas as a tincture for mood, nervousness, anxiety, despondency, depression; helps to regulate and harmonize menstruation especially with amenorrhea, and relieves pain of dysmenorrhea; relieves pain in neuralgias specifically in the head and pelvic region, tension headache, throbbing toothache; stimulates circulation and detoxification of the liver; externally as a liniment for arthritis or rheumatic pain; reduces inflammation and infection promoting tissue repair and is used as a wash for bacterial or fungal infections.*

*Pulsatilla is for those in this season who find themselves in a state of feeling a deep dark brooding representative of the winter darkness. The herb lightens our inner world and brings the spirit into the promise of the light of spring that is to come. As we come out of the holiday season Pulsatilla relaxes and releases emotions which we may find pent up from tensions of work, family, or just stresses of the season.*

*The Flower Essence of Pulsatilla **is for those** feeling a heavy darkness within, those with raw, sensitive, easily changing emotions. Pulsatilla brings in the light and warmth to melt the cold darkness releasing those emotions of anxiety, fear, and worry, engendering inner strength, vitality, and stability.*



## **Farewell to Ms. Owl**

*Wellyssa Spellson*

*Driving south on I25 from Ft. Collins in December I saw a large bird of prey, apparently dead on the side of the road. I whipped off the highway and onto the right shoulder. Being who I am, I quickly opened my trunk and gathered my carrion collection tools (rubber gloves, plastic bag and trowel) and hurried to collect the bird from the side of the highway. It was a great horned owl.*

*The following morning I took the owl outside into the back yard and called upon the spirit of owl to talk to me. I was told that the owl was a “she” and that she had died of natural causes.*

*She was perfectly intact, beautiful, no damage. Her feathers are an array of browns and white, seamlessly blending together from feather hair to feather hair. One could get lost in the symmetry of the patterning. Her eyes were still open, her horns still standing erect above them, her beak and wings and feet -- all perfect.*

*I told her about what owl means to me. I told her how awe inspiring her species is as they fly through the night soundlessly. I told her how much I enjoy her relatives perching on the corner of my roof. I told her that I smile every time I see owl droppings because I know an owl is nearby, and she is fed. I told her about owl magic and how her feathers can be used for healing, for dreaming, for ceremony and for magic. I told her of Athena, and Hecate, Cerridwen and the Cailleach, and how the owl assists them in their magic. I told her how she is revered all over the world for her wisdom and deep knowledge, and also here, by the Native peoples who used to have dominion over this land. I told her of how she is the also the harbinger of death and change, and why I do not fear that -- rather, I honor that. I thanked her for all of these things. I commented on her beauty and the softness of her feathers as she lay on the bench next to me.*

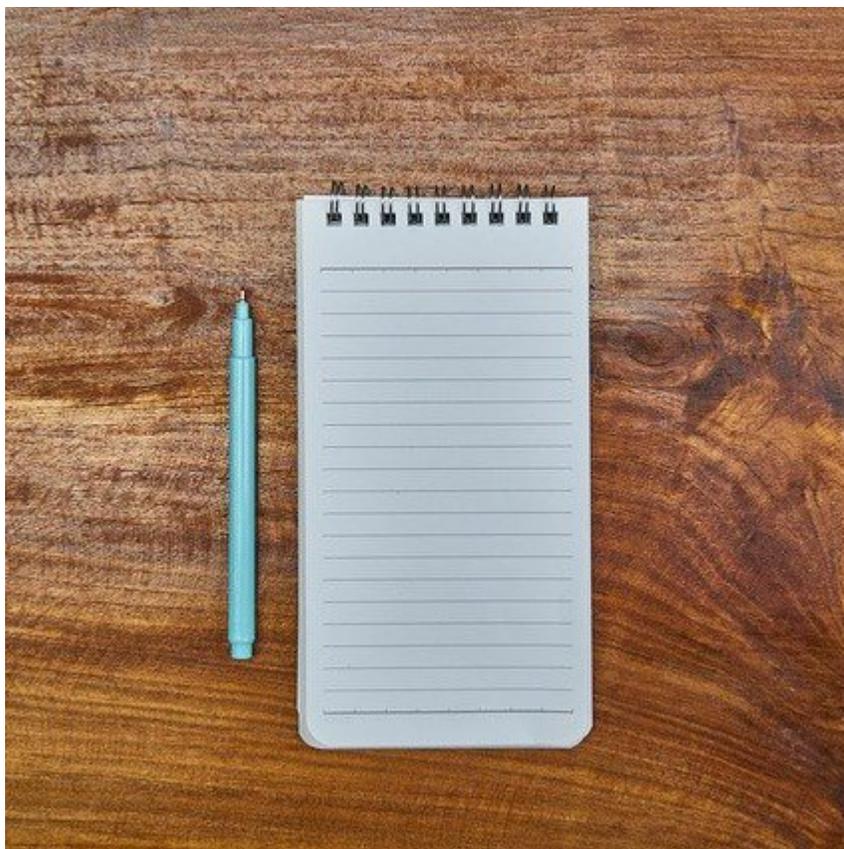
*I asked her if it was alright to bury her in my yard, or if she would like to be buried somewhere else. She said she would be honored to be buried here. I explained to her that my land is sacred and that she would not be disturbed. I asked if I could have some parts of her to keep for myself, to use in my magic. She said yes, but she did not want to be dismembered. She still wanted to be able to fly and hunt in the afterlife. I saw her there, in a dark sky, flying high above a tall tree, her wings outstretched . . . .*

*She said I could have 3 feathers from each wing and one from her tail, so I got the pliers and carefully pulled them out, one by one. I was careful to not take the feathers from the leading edges of her wings, and to not take any two feathers side by side, so as not to leave gaps in her wingspan. I was careful not to damage the surrounding feathers or her joints. I collected*

*my feathers and re-smoothed the rest of her feathers back down along her wings, and closed them up gently to her sides.*

*She wanted to be buried under the northeast largest pine tree, so I dug a hole for her, not too deep. She wanted to return to the earth quickly. I lined the hole with pine and sage leaf from the herb garden, which I didn't realize was still growing till I went looking for it. I buried a few canned oysters for her to eat -- and she thought that was very special. I placed her in the hole, head towards the trunk of the trees, turned to the west so she could watch the setting sun and be ready for the night hunt. I covered her with fresh rue branches for protection and to keep predators away from her resting place.*

*I blessed her with incense. I blessed all of her kind, and I blessed her children with strength and safety. I asked that they always have enough food, water, and shelter. I thanked her again for the gift of her feathers and promised to use them wisely. Then I covered her face with a paper towel, because I couldn't bear to put dirt in her eyes. And I tucked the dirt in the hole securely with my hands. I covered the dirt with pine needles and then placed a rock atop the grave, again so it wouldn't be disturbed, and left the incense burning atop that. I thanked the land spirits for standing guard. I thanked the goddess for this beautiful gift and for this momentary communion. I shed a tear for her, both of sadness and of joy.*



### **GUEST COLUMNS?**

If you have something to say, and are willing to let Catherine and Arynne edit it slightly, please feel free to submit your writing to [ArynneD@aol.com](mailto:ArynneD@aol.com) Content will not be edited. We can usually make room for more voices. **We appreciate our contributors!**

## *Upcoming Community Happenings and Events*



*Come join us for **Conversations in Witchcraft**, a lightly facilitated discussion group. We talk about a variety of topics related to Wicca, witchcraft, and Western magickal traditions. Are you curious about the what-why-how of our practices? Let's discuss the many ways we connect with our deities, work magick, pursue spiritual development, and how we interact within and beyond our own spiritual community.*

*We welcome practitioners at all points on the path. Are you newly curious? Join us! Are you an advanced practitioner? Come on over!*

*Monthly topics are listed on our MEETUP GROUP; please join us on MEETUP. There is no charge to attend. We appreciate cash donations to help defray costs.*

***Second Saturday of every month, 3.30 pm – 5.30 pm at Goddess Isis Books, 2775 S Broadway, Englewood, CO.***

***Conversations in Witchcraft is facilitated by Priestesses from the Women's Spiritual Leadership Alliance (WSLA).***

[Goddess Isis Bookstore Website Link](#)

Check out Vendors and Artists in our Community!



## **Turtle Monkey children's book series**

*Jo Fontana, Author*

*Turtle Monkey is a read to me book series. There are just enough pictures to hold their attention while being read to before they eventually read the books on their own prior to tackling chapter books. Turtle Monkey and Mama Monkey are the only green monkeys in the village. Turtle Monkey has lots of gas. She received Fuzztastic, her cat, as a Yule gift. Fuzztastic also has lots of gas – but he's afraid of it! Turtle Monkey spends most of her time outside when she isn't in school. Join us as Turtle Monkey learns about the world and how to cope with challenges.*

*Now available at Amazon: **APPROACHING DARKNESS**. This is an anthology of twelve short stories.*

*Some are horror, some are bizarre, and some are unnerving. These stories will make you look under the bed and keep your feet from dangling over the edge at night. Read as a child fends off a horror from beyond the grave with just a nightlight, listen in as Gods debate the future of humankind, or root for twins who battle a lady made of plants. Written by Jo Fontana under A. J. Hallows, one of her many pen names.*

*Print book available on Amazon at: [https://www.amazon.com/Approaching-Darkness-J-Hallows/dp/197915001X/ref=sr\\_1\\_4?ie=UTF8&qid=1516143137&sr=8-4&keywords=Approaching+Darkness](https://www.amazon.com/Approaching-Darkness-J-Hallows/dp/197915001X/ref=sr_1_4?ie=UTF8&qid=1516143137&sr=8-4&keywords=Approaching+Darkness)*

**THE EGG QUEST.** *Book One of the Demon Coast series by Jo Fontana & Teresa Horton. Reyden Frost leaves the sanctuary of the library to experience the world, despite the advice of Master Levik. His focus, a petrified egg, is stolen by a mysterious criminal his first night in the town of Hollow Harbor. Reyden reluctantly joins forces with a man of the law and another magic worker who was also a victim of the thief. The chase takes them across the continent of Ator, gathering new companions along the way. Will Reyden's past interfere with his future, or will he overcome it on the journey to retrieve the egg?*

*Print book available on Amazon at: [https://www.amazon.com/Egg-Quest-Demon-Coast/dp/198354714X/ref=sr\\_1\\_2?ie=UTF8&qid=1518571543&sr=8-2&keywords=The+egg+quest](https://www.amazon.com/Egg-Quest-Demon-Coast/dp/198354714X/ref=sr_1_2?ie=UTF8&qid=1518571543&sr=8-2&keywords=The+egg+quest)*

### **COMING SOON:**

**Gods of the Bay**

**Comfort Food for All Seasons**

**The Demon Swarm (Book 2 of the Demon Coast Series)**

*For information on any of our books please visit:*

*Email: [turtlemonkeybooks@gmail.com](mailto:turtlemonkeybooks@gmail.com)*

*Website: [www.jofontana.com](http://www.jofontana.com)*

*Twitter: <https://twitter.com/TurtleMonkey2>*

*Facebook: <https://www.facebook.com/turtlemonkeybook>*



### Cat & Dog Spay/Neuter Clinics

<http://www.ddfl.org/spayneuter/>

Hearthstone cares about pet overpopulation! The Denver Dumb Friends League (DDFL) cares too, and through generous grants and donors, they offer FREE cat spay/neuter surgeries and age-appropriate vaccinations to any Colorado cat regardless of owner's income. DDFL also offers \$50 dog spay/neuter surgeries including basic vaccinations to lower-income dog owners. The details, locations, and qualifications are at their web site above. It takes ALL of us to reduce the overpopulation problem and move toward a world where all pets are wanted and cared for. Thank you!

### **Hearthstone Community Church Website Link**



### *For Priestess Support, Services, and Potential Presenters*

For Pagan or Wiccan clergy or for any other Hearthstone business, email us at [hearthstonecommunitychurch@gmail.com](mailto:hearthstonecommunitychurch@gmail.com) or contact Catherine by phone or email, or contact Arynne by email. Catherine's phone number is 303-886-7067, and her e-mail address is [fionnula.harp@gmail.com](mailto:fionnula.harp@gmail.com).

If you would like to lead a future Open Full Moon, please contact Arynne at [ArynneD@aol.com](mailto:ArynneD@aol.com) At this point we have ritual leaders scheduled for all of 2020! Thank you for volunteering your talents!



### **Donations**

We don't collect at the door, and no one will be turned away for not having a donation. We "pass the hat" and suggest a donation of \$5-10 per person. If you can't afford it, you are still welcome. If you can afford more, we'll be delighted to accept it. Hearthstone's primary expense is leasing the space for our monthly Open Full Moon rituals. Your donations make the difference between failing and thriving, and let the organizers know that our efforts are of value to you. Thank you for supporting the work and service of Hearthstone Community Church.



## Open Full Moon Dates 2020

Althea Center 1400 Williams St. Denver CO, 80218

January 10, 2020

February 7, 2020

March 6, 2020

April 3, 2020

May 1, 2020

June 5, 2020

July 3, 2020

July 31, 2020

August 28, 2020

September 25, 2020

October 30, 2020

November 27, 2020

Note there will be no December OFM in 2020

Blessings from all of us at Hearthstone!

**Subscribe to receive our Newsletter**

