



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 (Arynne, Cynthia, Vella Rose, Amy, and Catherine) 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 14th 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!

Due to the COVID-19 pandemic and the danger to our community members from gathering in social space and of course the current Stay at Home order for Colorado, our April Open Full Moon will be held in a Stay At Home synchronized format.

April 3 Open Full Moon



We will be offering a virtual Full Moon Ceremony on April 3rd. The Clan of the Golden Condors; Coven of the Golden Condors, Coven of the Naddred Cearcall, and Coven of the Violet Phoenix will be leading a Healing Circle.

Hearthstone's Open Full Moon ritual normally starts at 7:45 PM. We will start then. You may join us from your home as we cast circle and call quarters at that time from our own homes. We will be collecting petitions on the Coven of the Golden Condors Facebook page. <https://www.facebook.com/GoldenCondors/>

Categories for petitions are: **Healing and Banishment**. Just post your or someone else's initials and the request for healing or banishment. Some **examples** could be: LN, healing after back surgery; SR, healing after a fall; BL, healing for a heartbreak; JD, banish obstacles to a successful job search; and generally we want to heal all who are affected by the virus and banish it.

We will collect the petitions up until 7:00 PM that evening. Our members will divide them and we will burn them.

Our chant during this time is: **Peace in its Place**. You may chant, dance, sing, drum or rattle. Whatever moves you is okay.

We will stop the chant at 8:30 PM. We will open the circle, dismiss the quarters and you may each celebrate with cakes and ale in your homes.

We will continue to accept petitions on the Coven of the Golden Condors Facebook page after April 3, and we will do this ritual on the following Friday nights from 7:00 to 8:00 PM throughout the month of

April.

Peace in its Place.

Lady Nightshade, HPS, Clanhead
Lady Rowena, HPS Coven of the Naddred Cearcall
Lady Lumosulo, HPS, Coven of the Violet Phoenix
Sacred Order of the Black Forest



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

Hearthstone thanks Hawk Shadow and Hank, leaders of Oak Haven Coven, for leading our Open Full Moon ritual in early March, when we could still gather in person! Hawk Shadow led a grounding exercise, then welcomed everyone including a class of Unitarian 6th graders (with their parents), who are exploring World Religions. She explained the steps of ritual, then she and Hank cleansed, cast, and called the Elements and Goddess and God. This rite celebrated the early stirrings of Spring and welcomed Eostar, Goddess of the Dawn. We each received a small bean/seed and were asked to consider: "What seed do I need to plant this Spring that is foundational to everything else I want to do?" In guided meditation we each visualized a garden plot and pulled out the old dry weeds, letting them burn away in the growing Sun. We tended the soil, asking what it needs to nurture our seed. Then we reached deep within for inspiration and clarity about what foundational seed we need/want to plant, raised our seed to the dawn, to Eostar/Ostara, and asked Her blessing on our seed, our plan, our goal. We visualized planting our seed in the warming soil and tending it, reminded that our goals all require tending and care until the harvest. To raise energy for our intention we chanted "Seed of what I wish to be, Grow and bud and bloom in me!"

Cookies and juice were blessed, a libation offered to the Gods, and Circle was taken down and released.

Thank you, Hawk Shadow and Hank, for engaging us all to clarify what is truly foundational for each of us, and helping us focus and energize our "seeds" so we can reach our goals!

Blessings to all as we maintain our focus and tend the gardens of our lives.

----- Arynne



COVID-19

There is a new virus that no one has immunity to. The things you can do: Social distance. Handwash. Call your doctor before going in to let them know if you think you have the virus. I included links below to the state health department website and the CDC website.

For resources in your area, the local school district websites have information regarding resources. I am including DPS links for sites that offer breakfast and lunch for students.

Stay safe, don't panic. Consider reaching out to friends and family to both give and receive support, via phone and/or skype to help you stay connected while socially distancing yourself. ~Moon

<https://www.dpsk12.org/coronavirus/#food>

<https://www.dpsk12.org/coronavirus/#familyresources>

<https://www.colorado.gov/pacific/cdphe/2019-novel-coronavirus>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Articles from our community members!

A Year and a Day with Nervines

Catnip, *Nepeta cataria*

By Cynthia Killingbeck CH, CN, FEP

You can find her at www.vitalblossom.org or email at cynthia@vitalblossom.org



Nepeta cataria, known as Catnip is in the family Lamiaceae, the mint family. It is native to Eurasia and is a perennial. I've seen some sites say they grow up to 3 feet but mine grew taller than me this last summer and I am 5'4". The bees were all over it for sure and it attracted many different butterflies. A neighbor's cat rolled in it a few times but then it shot up and was bigger than she could manage. I saw a few broken limbs down low a few times, but it survived nicely. It helps to have our dogs out to discourage jumping into the garden.

Catnip energetics are warm and dry, Vital Stimulant, Relaxant, and Diffusive. It falls under the listing of hypnotic nervines (herbs that promote or facilitate sleep). It is gentle and an herbal folk remedy for infant colic. It is a common herb that has been used to calm children and relax fussy babies. It is sedative and antispasmodic. It can sometimes help with menstrual cramps in a formula or alone. Catnip combines with hops for insomnia but is powerful enough to be used alone. Some folk traditions use it for nervous breakdowns.

Clinical Actions: diaphoretic (causes, induces, or increases perspiration), antispasmodic, carminative, sedative, hypnotic, nervine, aromatic, bitter tonic, astringent, and anodyne.

The principle uses: internally it is diaphoretic as a warm or hot infusion for common cold and supporting feverish states; it helps with minor inflammatory and spastic conditions of the GI tract (diarrhea, cramps); it may be used in minor cases of painful menstruation; useful in alleviating headaches; as a tincture taken by the mother it will come through the mother's milk for infant colic; relieves insomnia and calms the nerves; topically as a poultice or ointment for painful eruptions from fevers, dermatitis, or eczema; it can help soothe painful inflammations and swellings, and with muscle pains or cramps.

I like using Catnip in a foot bath, it is soothing, relaxing, and helps me sleep. Foot baths are an amazing modality to utilize to bring an herb into your system without taking it internally. During these stressful times you might consider Catnip in your relaxing formulas to help relieve anxiety and help you sleep.

Blessings,
Cynthia

Resources Cited: Herbal Vade Mecum Pg. 85-86, Energetics of Western Herbs Vol 1 Pg. 155-156, Integrative Herbalism Course Notes Nervine Materia Medica Pg. 3, Herbal Actions Database Pg. 77

Irish Polytheism in Challenging Times

Irish polytheism and animism can be mysterious and daunting in the best of times, and in times of stress and crisis practically no one wants to hear that there are no easy answers or no single source of support and protection. But that might be true.

Particularly for those who lean heavily on the animism side of the path.

In fact, I walk a path through a world where everything is alive and some things are indifferent to me. There's a certain privacy in that for me. There are times when I'm not trying to be noticed by every spirit in the area.

I walk a path through the world where ancient wisdom doesn't always apply to me, or isn't at all appropriate for me, or needs to be examined closely for its value in a modern world. That can be exhausting at some moments. As much as I love reading and learning, as little as I trust a simple answer, or a passing fad, or a popular notion, I have those human moments when I need an answer right then, I need a solution with immediacy, I have no energy left for examination, or I am overwhelmed by my own fears and lack of trust in the world. I am held to a specific ethic of "truth" which is one of our wisdom triads. It matters what I say, what I decide, what I do.

I walk a path through the world where I am not dedicated to a single God, in an exchange of honor for protection, devotion for guidance, a simple spiritual contract to some greater being who especially cares for and watches out for me. There are moments when I very much miss the trust-fall of monotheism, but I don't walk that path today.

And so sometimes I struggle. I suspect that I'm not alone in this and so I want to share with you some of the tools that help me in times of uncertainty.

I'll skip over meditation for now, I write about it quite a lot and anyone familiar with me knows that I find it an excellent tool. Reach out to me if you want to know more.

Let me tell you a little about my Gods and my relationship to them. I am currently working with a few of them and have been for a long time.

I reached out to Brigit years ago and I have found Her to be a trusty guide, a Sister Goddess, rather than a Mother Goddess. She is for me, a most excellent, knowledgeable and skilled Presence. I relate to Her as an expert mountain or river guide. The journey is mine to take, the decisions are mine to make, but I can have input from someone whose experience and knowledge far surpasses my own, and who has agreed to be a part of that journey with me. In times of trouble I remind myself of this with a variant of the Shielding of Bridget prayer, drawn from the Carmina Gadelica p 239

I am under the shielding of Brigit each day
I am under the shielding of Brigit each night
Brigit is my comrade woman
Brigit is my maker of song
Brigit is my helping woman
The choicest of women
My guide.

Morgan Daimler provides an excellent selection of Paganized excerpts from the Carmina Gadelica in their book “Land, Sea, and Sky.”

I also work with An Dagda, sometimes called the Good God, or more accurately, the Good Good. He is quoted as saying “That which is wrong cannot be done by me.” and so I feel comfortable in turning to Him in matters where the way is not clear. In addition to that, He is a deity of great good humor whereas I am a human prone to too much seriousness, especially in a crisis. I have heard His laughter among the trees and in a snowy landscape. My interaction with this God is more conversational, but there are two items associated to the Dagda that remind me of important spiritual truths. The first is His cauldron, “From which no company ever went away unsatisfied.” I can call for the generosity of the Dagda’s cauldron when I am in need, that I might have what I need, in balance. The second is His harp, which He called back to him at the end of the battle of Moy Tura, and its restoration to His hand signaled that rightness had been restored. He called:

Come Oak of Two Meadows
Come Rightness of Four Angles
Come Summer, Come Winter
Mouths of harps and bags and pipes!

This verse, this entreaty, is to more than the harp, it is to all that His harp represents: rightness restored.

This verse can be found in any version of that battle. And this is a doorway into the non-theistic practice, an entreaty to a sacred object, not merely to commune with that object but to align with the power of that object, in this case with the power of An Dagda’s harp, Cóir Cethairchuir, to restore rightness and balance.

<https://storyarchaeology.com/the-battle-of-moytura-04-ar-shlicht-in-dagdae-on-the-track-of-the-dagda/>

At 1:44:20 in the recording.

Finally, I am in alliance with the path itself. This is complicated but there is an aspect of the path and the practice which has its own identity and power and that is the power of inspiration, Druidic inspiration, which is a more formal skill than it might seem and which requires practice and diligence. In Irish it is called “Imbas” and Morgan Daimler transposed a verse of the Carmina Gadelica that directly addresses it.

Imbas with me lying down,
Imbas with me rising up,

Imbas with me in each ray of light
I am a ray of joy with such inspiration
I am a ray of joy with such inspiration
Imbas with me sleeping,
Imbas with me waking,
Imbas with me watching,
Every day and night,
Each day and night.
Gods with me protecting
Imbas with me directing
Imbas with me strengthening,
Forever and for evermore,
Ever and evermore.

It may seem impersonal to call on the power of inspiration, or to make an entreaty to the path itself, but I have found that there is great power in it and that I find myself comforted by remembering my dedication to my path. Most of us, especially in difficult times, want to know that we're on track, that we are headed in the right direction and making the right decisions. This is the state of mind I find myself in when I recall the Imbas in that prayer.

I hope that this can be useful to others who are following a similar practice, and perhaps it can provide some insight to those who have a different practice of their own. While there is no single Book-of-All-Things for this practice, there are so many people doing amazing work who have shared generously of what they have uncovered, or translated, or transposed along the way. There is a wealth of truly useful knowledge if you know where to look.

May you find the comfort, strength, and guidance you need on your own way.

Peace of the mountains to you,

Paulie Rainbow

founder: Denver Celtic Women's Circle

<https://www.facebook.com/DenverCelticWomensCircle>

<https://www.meetup.com/Denver-Celtic-Womens-Circle-Events>

<https://www.instagram.com/paulierainbow>



GUEST COLUMNS?

If you have something to say, and are willing to let Arynne edit it slightly, please feel free to submit your writing to 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



Earth Temple

Earth Temple is an open Wiccan circle, meeting near the time of the New Moons for ritual work at Full Moon Books, 9106 W. 6th Ave. in Lakewood. Our circle is open to adults 18 and older. Earth Temple rituals are appropriate for beginners on the path, while seasoned practitioners will also find meaningful ritual work here. This year we have a connecting theme for our rituals: (re)visiting the basics of Wicca. Learn more about us at www.meetup.com/EarthTemple and visit our Facebook page: <https://www.facebook.com/EarthTempleColorado>

Upcoming Earth Temple 2020 dates:

Due to COVID-19 please visit their Facebook page for updates, or links to online live rituals.

Link Below.

Apr 24

May 22

Jun 19

Jul 17

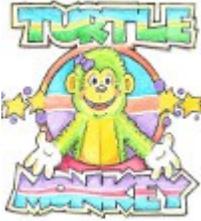
Aug 21

Sep 18

Oct 16

Nov 13

Dec 11



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

THE EGG QUEST. Book One of the Demon Coast series by Jo Fontana & Teresa Horton.

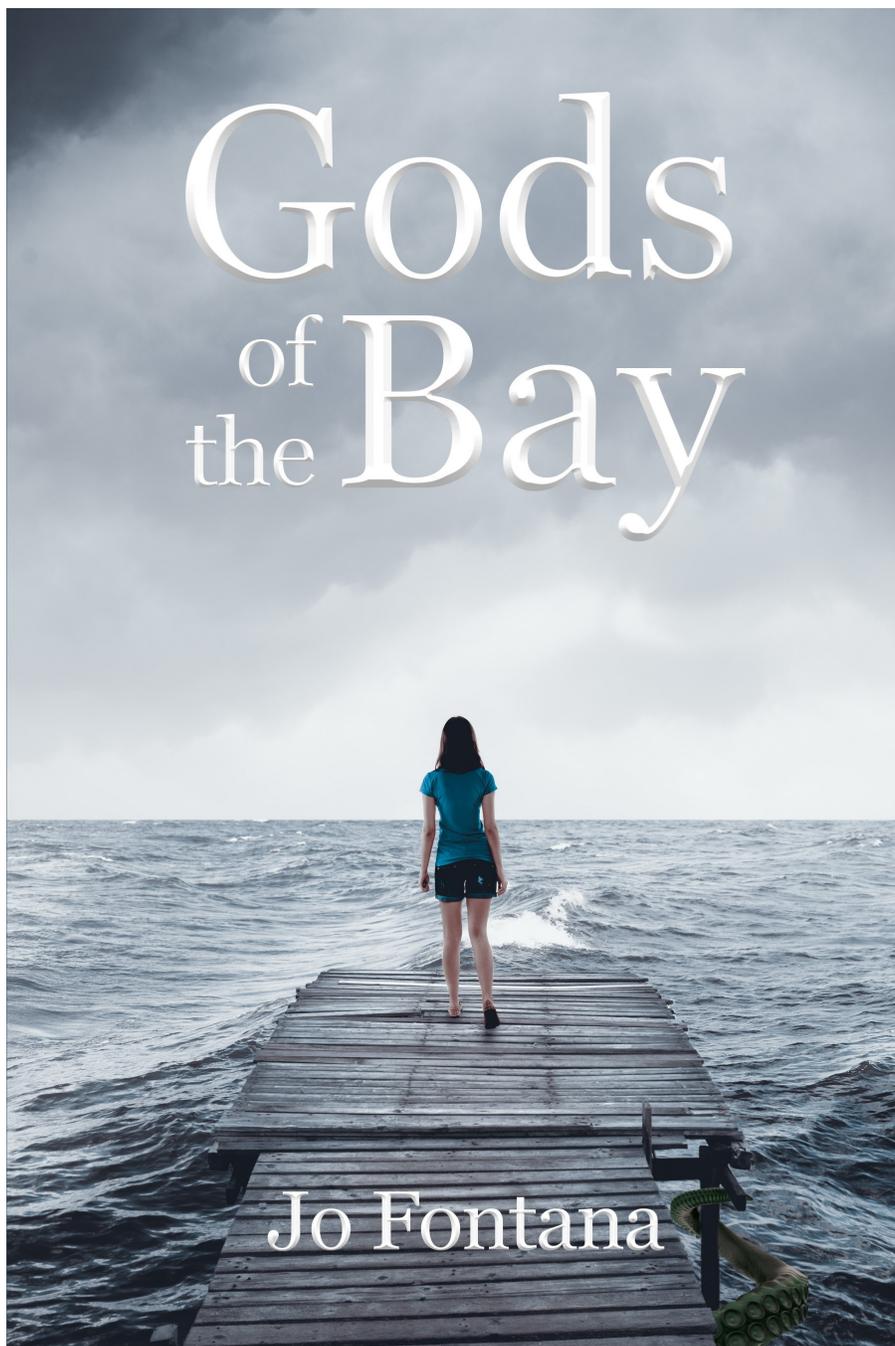
Reyden Frost leaves the sanctuary of the library to experience the world, despite the advice of Master Levik. His focus, a petrified egg, is stolen by a mysterious criminal his first night in the town of Hollow Harbor. Reyden reluctantly joins forces with a man of the law and another magic worker who 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

COMING SOON:

Comfort Food for All Seasons

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



Summary

Katie Russo grew up on the east end of Long Island. She spent her youth in nature where the reeds and the canal would send her visions of things to come. As she entered adulthood, the Great South Bay and its murky waters fascinated her and eventually, Katie met what lurked under the waves. The memories of Fire Island and the Great South Bay would not easily fade from her memory and continued to haunt her long after she left Long Island.

For information on any of our books please visit:

Email: turtlemonkeybooks@gmail.com

Website: 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

If you would like to lead a future Open Full Moon, please contact Arynne

at 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

April 3, 2020 (See above Stay At Home Ritual)

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!

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