



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, Deb, 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

Due to the COVID-19 pandemic and the ban on group events, for our May 1st Open Full Moon we will gather LIVE on Zoom at 7:00 pm. Please join us! If you've never joined a Zoom meeting before, have no fear. It's easy! It will be wonderful to be together and see one another! Please come together Friday, online, as the beautiful community that we are!

Here are some Tips:

You can use a computer (or your phone) with camera and audio. A larger screen is nicer. You "Join the Meeting" from the URL below in your Invitation. Please Join between 7:00 - 7:20. We will Lock the virtual door at 7:30 just like we do when we gather in person. You and the other participants will show up on the screen, so you need to be dressed(!) and have some light on your face. Please turn off your video if you go to the bathroom ; > We ask that you Mute your Audio to keep down background noise from your home. Please Unmute yourself, though, when you want to join the conversation! Everyone will be muted once Ritual starts, at least most of that time.

We hold intention that we can share safe and sacred space together online. We have monitors who will remove any disruptive participants.

You have to provide your own cakes and wine. Sorry! But do set up your desk or space for ritual if you would like. You might enjoy incense. And chocolate.

Yes, this is Hearthstone's first time to attempt this, so we might have some glitches. Please join us with a supportive, patient spirit and good humor! We are grateful that our Ritual Leader this month, Paulie Rainbow, is optimistic and willing to learn along with us! Time will tell whether future OFMs will need to be online also. We're just excited that we can be together LIVE on OFM evening!

Hearthstone Community Church is inviting you to a scheduled Zoom meeting.

Topic: Hearthstone Open Full Moon

Time: May 1, 2020 07:00 PM Mountain Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/81523014292?pwd=VzZnZ0xyQjF5N29qSjZPZXk0Y2dDQT09>

Meeting ID: 815 2301 4292

Password: 601946

One tap mobile

+16699009128,,81523014292#,,1#,601946# US (San Jose)

+12532158782,,81523014292#,,1#,601946# US (Tacoma)

Dial by your location

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

Meeting ID: 815 2301 4292

Password: 601946

Find your local number: <https://us02web.zoom.us/j/81523014292?pwd=VzZnZ0xyQjF5N29qSjZPZXk0Y2dDQT09>

May 1st Open Full Moon



We will gather May 1st (on Zoom! See instructions above) to honor the Full Moon and Bealtaine. Bealtaine is anciently recognized as the true beginning of summer, a space roughly halfway between the vernal equinox and the summer's solstice. In the Irish language Bealtaine is the word for the entire month of May, and it is from this heritage that many of our modern Pagan associations arose. We will gather, and we will not gather because we are in the middle of a pandemic and we are working collectively to keep each other safe, to mourn the lives we have lost, and to do what it takes to create a livable future for our community. This is a perfect time for this ritual. Each of us, in our own space, will connect to each other and to this ancient and modern sacrament. We will not be alone. And because we will be physically separated, we will create a humming web of holy acknowledgement of this precious moment in time. The ritual will include connecting ourselves to this day and time, acknowledging the 3 Triads of our tradition: Hospitality, Truth, and Right Judgement, offering honor to Donn Frlinne who receives our beloved dead and provides them with comfort and support, and then a greeting to the Dagda and the Morrigan, the Good God and the Goddess of Prophecy, Druidry, and Magic. We will invoke hope for our futures and add strength to the web of community. I hope that you will plug in and join us! We are resilient and creative, and so this should also be fun!

--- Paulie Rainbow, Denver Celtic Women's Circle



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

Hearthstone offers our deep thanks to the Clan of the Golden Condors, our ritual leaders for our April 3 Open Full Moon. As we and they were planning this OFM, suddenly our community was under Stay at Home orders due to the COVID-19 pandemic. It was a challenge to figure out quickly how to offer an OFM in this scary, fast-changing new world!

We thank the priestesses of Clan of the Golden Condors for not backing away from this challenge!

Our April OFM was a virtual Healing Circle. Everyone was invited to submit, in advance, personal petitions for healing or banishment to add to the shared intention to heal all who are affected by the virus and banish it. These petitions and intentions formed the focus for energy raised by the priestesses and participants, each in their own home, simultaneously on the evening of OFM. The shared chant was "Peace in its Place."

Thank you, Lady Nightshade, Lady Rowena, and Lady Lumosulo, for holding our intentions and supporting our community with your rite. Blessings to all!

----- Arynne

Articles from our community members!

A Year and a Day with Nervines
Milky Oats or Oatstraw, *Avena sativa*

By Cynthia Killingbeck CH, CN, FEP

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



Avena sativa, known as Oatstraw, Milky Oats, Oats, or Wild Oat is a grass in the family Poaceae. As with all grasses is a monocot meaning its seed only has one leaf when it sprouts. Its origin goes all the way back to the Fertile Crescent in the near East. Oats are now found all over the world and are an annual they may be planted in the fall or spring. They are historically and currently an important cereal crop.

Vitalist actions and energetics: Cool neutral to moist, relaxant, vital stimulant,
Clinical actions: nervine tonic, nervine trophorestorative, nutritive, demulcent, emollient, cholesterol reducing, antidepressant, anxiolytic (anti-anxiety), vulnerary (wound healing)
I define Trophorestorative in previous articles but for convenience I will provide it here as well. This term means it restores function through nutrition and gradual restoration; it nurses a tissue, organ, or system back to health.

King's Dispensatory writes 'Oats extracts rank among the most important restoratives for conditions depending upon nervous prostration, and for the nervous exhaustion consequent upon typhoid and other low fevers, and the accidental disorders arising from these complaints, as weak heart, insomnia, etc. In enfeebled states of the heart muscle it acts as a good tonic to improve the energy of the organ, and is recommended to prevent relapsing cardiac rheumatism. It has been much used as a remedy to assist the morphine-consumer to throw off the habit, and to sustain the nervous system while undergoing that ordeal'

Primary uses: nutrient and dietary aid during convalescence, nervine tonic and mild stimulant for minor fatigue, over stressed conditions, emotional exhaustion, depression, anxiety and in cases of addiction; high cholesterol and triglyceride reduction; demulcent and emollient for gastrointestinal tract and genitourinary tract; poultice or bath for skin inflammations

In making extracts the harvesting of the 'Milky' Oat is important for tinctures and for the potency of the medicine as an emotional supporting medicine. It is ready to harvest when the white 'milk' can be squeezed and comes out of the immature seed head, the window for this period is very short. The Oatstraw is the cut and sifted above ground part of the plant including the dried milky heads and is considered less potent but I have found it quite effective in an infusion (tea) for depression and anxiety and I have even had clients prefer its uplifting nature to St. John's Wort. The plus side to this is that Oats do not have any known interactions. (See contraindications and cautions below). I have not tried to make an Oatstraw tincture but would love any feedback of anyone who has. I have seen suggestions for simmering the Oatstraw for up to an hour, which I am looking forward to trying as usually I only steep it for 15-20 min. It is in one of the formulas I have made for my husband and he steeps it all day and continually adds water to it, it is one of his favorite formulas. Even the Oats when eaten in food have a mild sedative affect. They also have a long tradition being used in Europe for headache, migraine, kidney and bladder problems, in baths for rheumatism, painful muscles, and inflamed skin conditions.

I feel in these times it would be an invaluable addition to a cough or fever (diaphoretic) formula or simply as an additional fluid (tea) to help with basic nourishment by bringing back essential vitamins and minerals into the body during a viral infection and for the continued recovery period. I might pair it with orange peel for additional vitamin C, flavonoids, anti-inflammatory actions and rose hips for additional vitamin C, flavonoid, carotenoids, and demulcent actions. Please remember to drink plenty of fluids and abstain from solid food during a viral infection. Your body needs to be able to get the nourishment it needs without taking time away from the immune functions to digest food. Bone or Mushroom Broths and warm teas are best for a fever or a cold.

Please visit my Facebook page for Cold and Flu Mucus and Fever focused care.

Two posts from March 16th, 2020. <https://www.facebook.com/vitalblossomllc/>

Constituents: carbohydrates, proteins (gluten), lipids, minerals (silicic acid), vitamins (B complex), steroidal saponins, avenein, trace minerals (silicon, phosphorous, magnesium, calcium, iron, potassium, flavonoid, starch, carotene

Cautions or contraindications: Avena sativa has been found to be reactive in those who are gluten intolerant or have celiac disease due to the similarity of protein compilation and the high frequency of contamination in the factories or fields with wheat. I have found even 'gluten free' labeled oats to be contaminated. So, it is something to watch for. Every individual is different due to bioindividuality.

Flower Essence use and support: Bach Flower Essences states that the Wild Oat Flower is for 'Those who have ambitions to do something of prominence in life, who wish to have much experience and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and

dissatisfaction.' The Wild Oat Flower Essence is for those who need help finding their life path or work path. For those restless or dissatisfied even though they try many things. Those who struggle to make decisions or are confused about their life direction. They may work for survival not for purpose. This essence reminds me of Joseph Campbell when he says to 'Follow Your Bliss' but you don't know what that is. This essence can help you find that within you.

Blessings, Cynthia

Resources Cited: Herbal Vade Mecum Pg. 272, Energetics of Western Herbs Vol 1 Pg. 274-277, CSCH Integrative Herbalism Course Notes Vital Energetic Actions P. 7, CSCH Cell and its environment Pg. 7-8, Herbal Actions Database Compiled by Paul Bergner Pg. 17

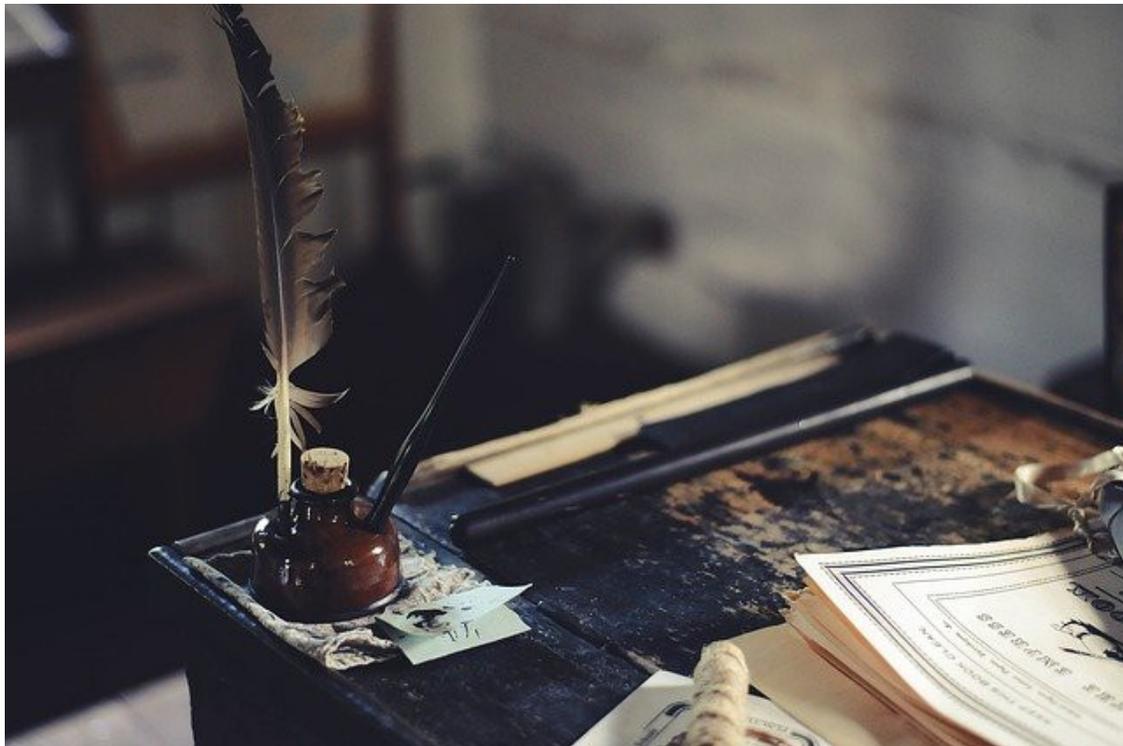


"And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."

---Quote---Kitty O'Meara



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 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 and links to online rituals.

Link Below.

May 22

Jun 19

Jul 17

Aug 21

Sep 18

Oct 16

Nov 13

Dec 11

[Earth Temple Facebook Page](#)



Chrysalis Circle Invites You To
Ninth Annual Drumming Down the Sun
2020 Summer Solstice
Saturday, June 20, 2020, 6pm to 9pm.*

This gathering is contingent upon current COVID-19 social distancing and safety gathering rules. Updates will be provided closer to the event.

*Sunset is 8:30 p.m.
Solstice (Sun enters Cancer) at 3:34 p.m., Denver, Colorado
New Moon in Cancer Sunday, June 21, 2020 at 12:41 a.m.

We will be at the shelters at [Addenbrooke Park, 600 S. Kipling Parkway, Lakewood, CO.](#)

Bring your drums, rattles, pentagram tambourines, other musical instruments, and yourselves. Help celebrate the Summer Solstice and the change from the Light (Goddess) half of the year to the Dark (God) half of the year. We offer this event to all as a way to bring balance and further celebration to our tradition of Drumming Up The Sun on the Winter Solstice. Join us in honoring the changes that this solar event marks.

More details:

- Suggested donation is \$2.00 per adult (to cover park rental costs).
- Wheelchair accessible.
- Playground adjacent to shelters.
- RTD –[rtd-denver.com](http://www.rtd-denver.com)
- RTD: <https://www.rtd-denver.com/>

See our website for links and all the details: <http://www.chrysaliscircle.org/drumming-down-the-sun/>

Park amenities listed at here: [http://www.lakewood.org/Community_Resources/Parks, Forestry and Open Space/A to Z Park Listing/Addenbrooke Park.aspx](http://www.lakewood.org/Community_Resources/Parks,_Forestry_and_Open_Space/A_to_Z_Park_Listing/Addenbrooke_Park.aspx)

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

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)**

Gods of the Bay



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

May 1, 2020 (See above--Gather for a LIVE ZOOM Ritual)

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](#)