



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 ritual. It is one of the risks of exploring different traditions. Should anyone be uncomfortable with a 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 ritual under the influence of drugs or alcohol.



OPEN FULL MOONS

Joining you from our house to yours, one light to another

Due to the COVID-19 pandemic and the safety of our community, our June 5th Open Full Moon will be 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. "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 during Ritual.

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

Please set up your desk or space for ritual so you can participate, and provide yourself with "cakes and wine"!

Hearthstone Community Church invites you to a Zoom meeting

Topic: Open Full Moon

Friday Jun 5, 2020 7:00 PM Mountain Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/84333821557?pwd=TVprUmVGSVl2cjV2dDjiYkErS2RTUT09>

Meeting ID: 843 3382 1557

Password: 888530

One tap mobile

+16699009128,,84333821557#,,1#,888530# US (San Jose)

+12532158782,,84333821557#,,1#,888530# 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)

Find your local number: <https://us02web.zoom.us/u/kb4yVP54CY>

June 5th Open Full Moon



Hello everyone!

Please join the Hearthstone Community [live](#) Zoom ritual on Friday June 5th. Circle of Light and Shadow (COLS) will present a ritual to honor and support the animals of the Denver Zoo.

The Denver Zoo has put out a call for additional funding to try to keep the zoo solvent, the animals fed and cared for, and employees paid.

The reverberations of this pandemic are touching so many levels of our society. As of this writing, the Denver Zoo is closed for Coronavirus prevention, with no re-opening date announced. Animal caretakers report that many animals at the zoo are listless and bored; they miss interaction with the people who come to see them.

In our ritual we will send them healing and peace,
letting them know they are not forgotten.

We will close this ritual with a magical spell casting to bring funding to the zoo.

IMPORTANT PRE-RITUAL INSTRUCTIONS:

All participants will be preparing your own ritual space, casting your circle, calling the quarters and calling the Goddess.

As COLS begins to cast our circle, you will all cast your circles.

When we bless the space with the elemental powers, you will all bless your space, etc. This way, we will ALL participate in the success of this ritual working. Our efforts will be magnified across the Front Range from all of our individual yet combined, focused efforts.

Please have your space cleared and set up for ritual BEFORE joining the Zoom meeting (so start early!) This includes removing background noise sources from your space and setting up your altar. We encourage you to have incense, matches, water and salt or herbs for the elemental blessings, candles for your quarters, a candle for Gaia, and something for "cakes and wine". You might want to adorn your altar with representations of animals that are at the Denver Zoo to bring those energies into your space.

We look forward to seeing you all Friday the 5th!
Bless the beasts, the Mother's children.
Wellyssa Spellson
HPS Circle of Light and Shadow Coven



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

Hearthstone gratefully Tips our Hat to Paulie Rainbow, Denver Celtic Women's Circle, who successfully led Hearthstone's first live Zoom Open Full Moon ritual!

Paulie's ritual honored the Full Moon and Bealtaine, adapted in this time of pandemic to both celebrate the beginning of summer and mourn the lives we have lost. Paulie invoked the directions, connected us with Sky, Land, and Water, called the Ancestors, and connected us as a community to the holy humming web of life.

She taught us about the Celtic deities before calling them, offering honor to Donn Flrinne who receives our beloved dead and provides them with comfort and support ("To my house after your death you all may come"), and then the Dagda and the Morrigan, the Good God and the Goddess of Prophecy, Druidry, and Magic. We acknowledged these difficult times, honored those who lost their lives, and envisioned coming through this stronger and better than before, with new visions of possibilities. Paulie closed with invoking peace and strength in everyone, and blessings upon each of our homes and households.

Thank you, Paulie, for both your gracious acceptance of the challenge of leading Hearthstone's first online ritual, and your perceptive honoring of the complex experiences we all are having. You invoked peace, hope, and strength into us individually and as a community. Thank you. Blessings to all as the Wheel turns.

----- Arynne

Articles from our community members!

A Year and a Day with Nervines
Rose, *Rosa spp.*

By Cynthia Killingbeck CH, CN, FEP

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



On the first day of herb school we each ate a rose bud. Honestly, I was a little shocked at the time. But then we were instructed to use our senses, intuition, and listen to our bodies while

we tasted the aromatic, astringent, and dry rose bud. I'll never forget such an immersive experience into how to taste and take in herbs into our bodies to learn and allow the herb to teach us through our senses and the resonances within the body.

It was our first lesson in the organoleptic [involving the senses] process. It is the foundation of how we connect and learn from all the herbs and what they have to tell each of us. It is the foundation of finding your own relationship with herbs and how you find your herbal allies. Each one of us is different and we have different experiences with the herbs. Regardless of the historical use of something, many herbalists find something new to incorporate or do differently. I can tell you my relationship with, say, Prickly Ash is not the same as another's; I find it way too pushy and diffusive. One drop of tincture had me saying, 'nope, never, not for me,' but it's a pretty powerful circulatory stimulant and a very useful medicine for some. The plant kingdom is wide and varied there is always something else you can use that may speak to you much more deeply and specifically. If Rose isn't your thing there are many options to choose from depending what you need.



Rosa spp., Rosa damascena, Rosa canina etc. The Red Rose, Pink Rose, Wild Rose, Persian Rose, etc. The humble rose, 'A rose by any other name would smell as sweet' of Shakespeare. The rose you think you know is so much more and then some. I add the Rose to our nervine line-up as my wild roses are blooming! Two of the pictures in this article are from my garden right now, a flower and a hip. One is a climbing rose from my back yard and isn't flowering yet. I think the rose is my favorite flower. I don't care if that makes my pick slightly common, I can't help loving the smell, the sight, and the addition to my formulas for beauty, emotional, and medicinal support.

Vitalist actions and energetics of the Rose: Cool and moist (used fresh) cool and dry (used dried), relaxant, and a vital stimulant. According to Master Herbalist Mathew Becker, Rose is specific for the energetic heart, and it provides emotional wisdom particularly for feminine energy. It is healing to the wounded heart and emotionally wounded states, it brings strength in vulnerability and is warm and loving for our inner feelings of shame and in situations where there has been an abuse of power. Combine with rosemary in an infusion for grief. Rose lifts the darkness and brings in the sun. If rose just isn't for you then an analogue for rose would

be the beautiful hawthorn as it is also specific to healing the heart physically, spiritually, and emotionally. It brings unconditional love when you feel wounded and hurt, it has a light psychoactive astral affect for hurts involving love. Best as an infusion of the leaf and flower, the berry is more physically nutritive, a cardio tonic, and trophorestorative for the physical heart.

Clinical actions: cardio-tonic, nervine tonic, intestinal tonic, astringent, aromatic, anti-inflammatory, anxiolytic, uterine tonic, liver decongestant, stomachic, cholagogue, antidepressant, styptic, vulnerary, antiseptic (topical), Tonic MM conditions.

Hip: antioxidant (supports normalizing when microvascular permeability and fragility is increased), Vitamin C, mild stomachic, laxative, diuretic.

EO: Aromatic, Antimicrobial

King's Dispensatory Vol 2 published in 1905 writes about Rosa gallica, 'Red roses are tonic and mildly astringent. They have been used in passive hemorrhages, and excessive mucous discharges. They have also been found to be beneficial in bowel complaints, and are more commonly used in ophthalmic diseases as a poultice...and infusion collyrium [eye wash] in acute ophthalmia.'

Primary uses: Hip: Vitamin C, antioxidant, vein wall integrity, beneficial for feverish states, impaired digestion, minor constipation, diuretic (infusion).

Flower: Externally as a gargle, mouthwash, paint for inflammations and antiseptic for the mouth, eye wash. Long infusion for vaginal infections or simple discharges. Benefits the skin as an ointment, sun oil, wash etc. Moisturizes the skin, anti-inflammatory, and antiseptic.

Internally it is tonifying to the reproductive organs, vitalizing to the blood, hemostatic for bleeding, anti-anxiety, anti-depressant, liver tonic detoxicant relieving heat and irritability, anti-inflammatory and astringent/tonic to gastrointestinal, anti-diarrheal, and acute bronchitis, helps in formulas with hemorrhoids, and other vein compromised conditions.

Flower Essence Wild Rose: From apathy to motivated

'Positive qualities: Will to live, joy and commitment to life despite trials or pain.' Brings back vitality.

'Patterns of imbalance: Resignation or apathy, one has an inability to embrace life, from pain or suffering that paralyzes the body and soul, or a lingering illness which does not resolve itself. So apathetic they don't know they are apathetic.' (Not trauma based).

From Edward Bach 'Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take it as it is without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint.'

Flower Essence Rose: 'It's supportive for the healing of grief, heartbreak, nervousness, feelings of panic, sadness, emotional trauma, apathy, disconnection and daily stress. It energetically strengthens us, supports emotional equilibrium, helping us to feel safe and contained.' www.floracopeia.com

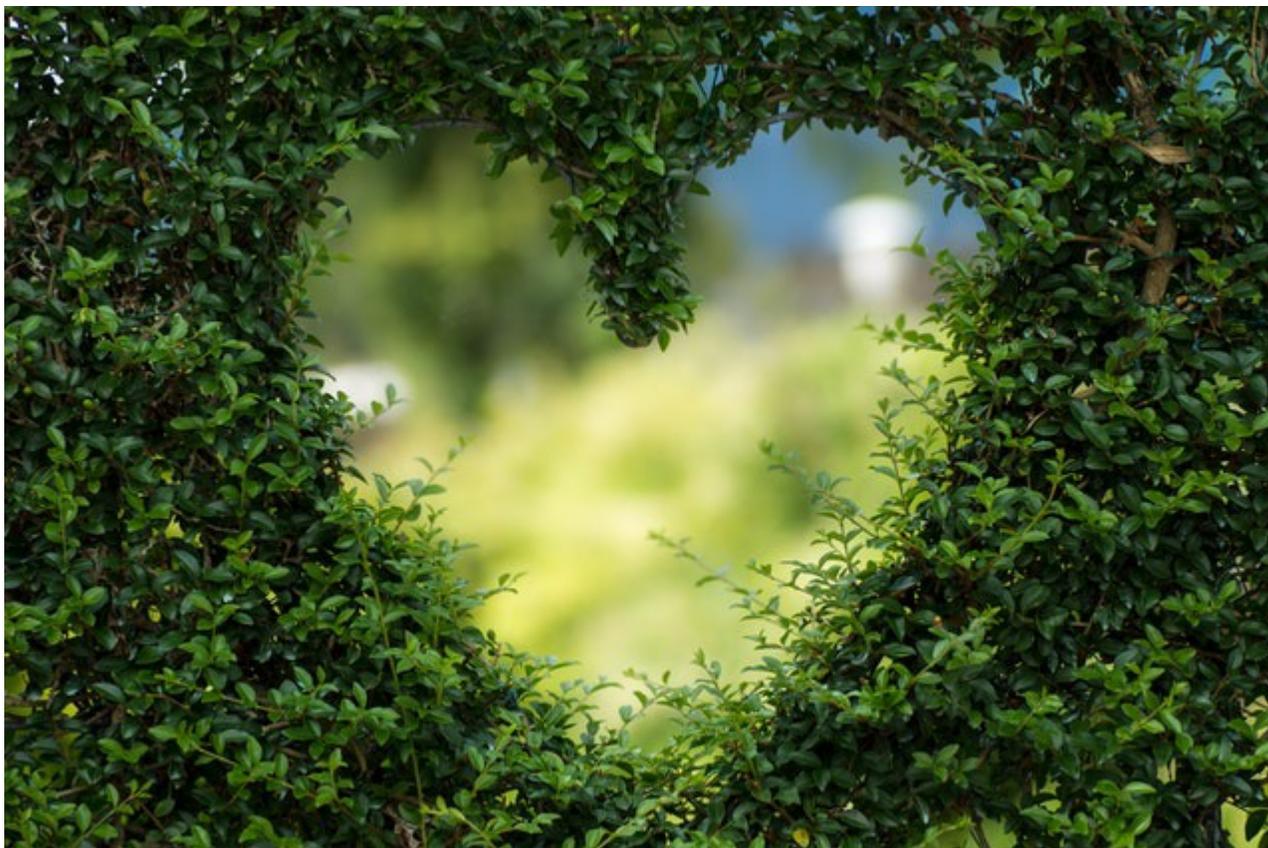
Flower Essence Rose: 'One of the best flowers for healing the heart, Rose cools the temper and triggers forgiveness, healing emotional wounds and scars. Rose magnifies unconditional love, promotes a gentle strength and inspires us to nurture and care for ourselves and others.'

As you soften your heart and offer compassion to yourself, it will naturally be returned to you'. www.Lotuswei.com



Resources Cited: Herbal Vade Mecum Pg. 321-322, Energetics of Western Herbs Vol 1 Pg. 332-334, Herbal Actions Database Pg. 97, Personal class notes, Materia Medica Intensive Paul Bergner Disk 6-7 Nervines Mathew Becker, *Fundamentals of Medical Herbalism Notes 2014 Bach Flower Essences Pg. 5

Pagan Recovery in the Age of the Pandemic



This is a crazy moment in our cultural time. For many weeks most of us have been living lives very much changed. Some people have lost their jobs or have seen their businesses halted. Others have had their positions suddenly labeled “essential,” many working under different, stressful, or even dangerous conditions. Some of us are fine. Some of us are frightened, isolated, or just disoriented.

There is, for many of us, a feeling that the days blur into one another.

A crisis like this can illuminate many strengths and heartwarming connections while at the same time highlighting inequalities or problems, sometimes widening the cracks that were already there.

For those of us in recovery this can be a particularly dangerous time.

For Pagans in recovery, this has been an amazing time.

The original 12 step program, “Alcoholics Anonymous” was cobbled together and published in a book in the 1930’s. The original text, which has been a source of help and even survival for thousands, has a distinct dominant cultural language. The original founders, while

obstensibly penning phrases that allow each person to choose their own “higher power” only seemed to have a personal range of faith between an orthodox Christian view and an unorthodox Christian view. The book can be startlingly sexist, classist, and heteronormative.

The 12 step programs which followed published their own books and many of them, notably Narcotics Anonymous (NA), used much more open and liberal language.

While many people of various faiths across the world have used these programs and texts and have found recovery for themselves from their own self-identified addictions and dependencies, others have not been able to make use of them at all.

Some Pagans have used these programs successfully and others have not. There have been attempts to rework the basic program, even rewrite it, but the essence of a 12 step program isn't about writing, it's about people. It is a peer support program with a core value of recognizing a connection to other people who have suffered from the same problems and who share a common solution. The Pagans who have made it in the normal 12 step meetings and groups have done an amazing job of making it work in spite of itself, and most of those people have been alone, generally being the only Pagan in the room, unless they found that “room” around a campfire at a Pagan festival or other event.

There are gay meetings, and women's meetings, and men's meetings, there are meetings for clergy members and professionals in the medical profession, but most of us who have tried to start up and maintain a Pagan based, or Pagan friendly 12 step meeting have met with only failure. For most of us who tried, it seemed like somehow we couldn't put together that “critical mass” of engaged participants needed to sustain such a fellowship.

And then came the pandemic. In-person meetings came to a crashing halt, then disorientation was replaced, a meeting at a time, with an online presence. The first meetings available popped up all over the globe. It suddenly became possible to “go” to a meeting in the remote territory of Canada, or join a meeting with people from Australia and Japan. Recovering, overworked, single parents who had already been plugged into phone meetings found themselves joined by their local recovery buddies who no longer had the privilege of sitting in a room together. People suffering from illnesses or who had mobility challenges that prevented attending in-person meetings suddenly had access to as many meetings as they wanted or needed. And a small group of Pagans in the southeast U.S., who had the privilege of having enough people for in-person meetings were forced, along with all the other groups, to create an online presence.

Because of that necessity Pagans across the U.S. who had not been able to create or maintain a Pagan recovery group finally had the option to sit in a recovery meeting with other Pagans who were also using a 12 step model for their recovery. One meeting a week became two, then four. Right now there are six meetings a week of Pagans in Recovery and they have been going regularly for weeks now. The regular members are starting to talk about how to sustain the meetings beyond the pandemic.

Almost all the people involved use Pagans in Recovery (PIR) as an addition to their existing connection to an established 12 step program or group, as they are, after all, based on the same principles. But there is a text “The Pagan In Recovery” and there is support for newcomers as well as sponsorship available.

The 12 step approach to recovery doesn't work for everyone, regardless of demographic. There are many ways to find recovery from self-identified problems of addiction or dependency. The 12 step approach is only one approach among many. Only you can decide you have an addiction or dependency issue that needs to be addressed.

If you have concluded you have a problem with alcoholism, addiction, or some other dependency and you are struggling, please take steps to take care of yourself. Your life matters. There are regular 12 step meetings listed online, most Denver AA meetings now have an online presence and the credentials to connect to them can be found on the same website you would have checked for in-person meetings. (<https://daccaa.org/meetings/>) The Online Intergroup of Alcoholics Anonymous has a list of over 1000 meetings worldwide. (<https://aa-intergroup.org/oiaa/meetings/>) NA also has online meetings available. (<https://virtual-na.org/>) Whatever 12 step meeting you are looking for you can probably find online now.

Because of privacy concerns Pagans in Recovery is growing through personal contacts and personal invitations. Most meetings have between 7 - 20 attendees. If you are interested in attending a PIR zoom meeting, please contact me directly. I'm happy to help.

It's important that we each find ways to maintain our balance and keep our connections to each other. It's not unusual to feel ungrounded, or frightened. If we reach out to each other it's possible that the webs we build will strengthen the light of our community for a long time to come.

Peace of the mountains to you,

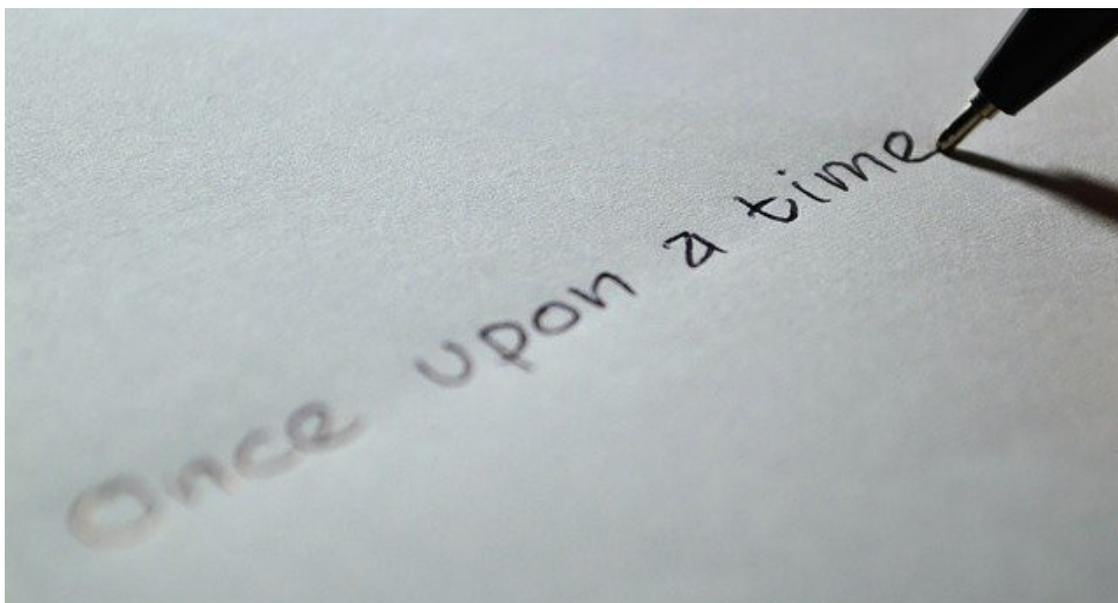
Paulie Rainbow

prainbow@thegoddessofdenver.com

facebook.com/DenverCelticWomensCircle/

meetup.com/Denver-Celtic-Womens-Circle-Events

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

The Althea Center for Engaged Spirituality



As we await a vaccine we continue to “social distance,” particularly not gathering in groups indoors. Open Full Moon rituals will likely be online on Zoom for many months...but thankfully that adaptation allows our Hearthstone Community to still come together each month. It is a joy to see each other’s faces and share ritual together. We are grateful our Ritual Leaders are successfully adapting their skills and creativity to a very different way of offering ritual for our community.

Online gatherings have become a much bigger part of our lives in other ways as well, from social visits to classes. If you seek classes and gatherings with an uplifting spiritual focus, we invite you to check out The Althea Center for Engaged Spirituality! You can view their eclectic, intriguing online offerings on Facebook or at <https://www.altheacenter.org/>

Althea Center features Hearthstone’s Open Full Moons in their weekly e-newsletter, and we are happy to give a shout-out for their own virtual offerings! Like every organization that isn’t currently having people come through the doors, the Althea Center needs revenue to stay afloat. We hope to return our Open Full Moon rituals to Althea’s lovely building eventually!



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 and links to online rituals. Link Below.

Jun 19

Jul 17

Aug 21

Sep 18

Oct 16

Nov 13

Dec 11

[Earth Temple Facebook Page](https://www.facebook.com/EarthTempleColorado)



This event has been Cancelled!

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

We feel it is our responsibility to make this decision to promote the safety and health of our friends and tribe. Blessed be! Sage

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

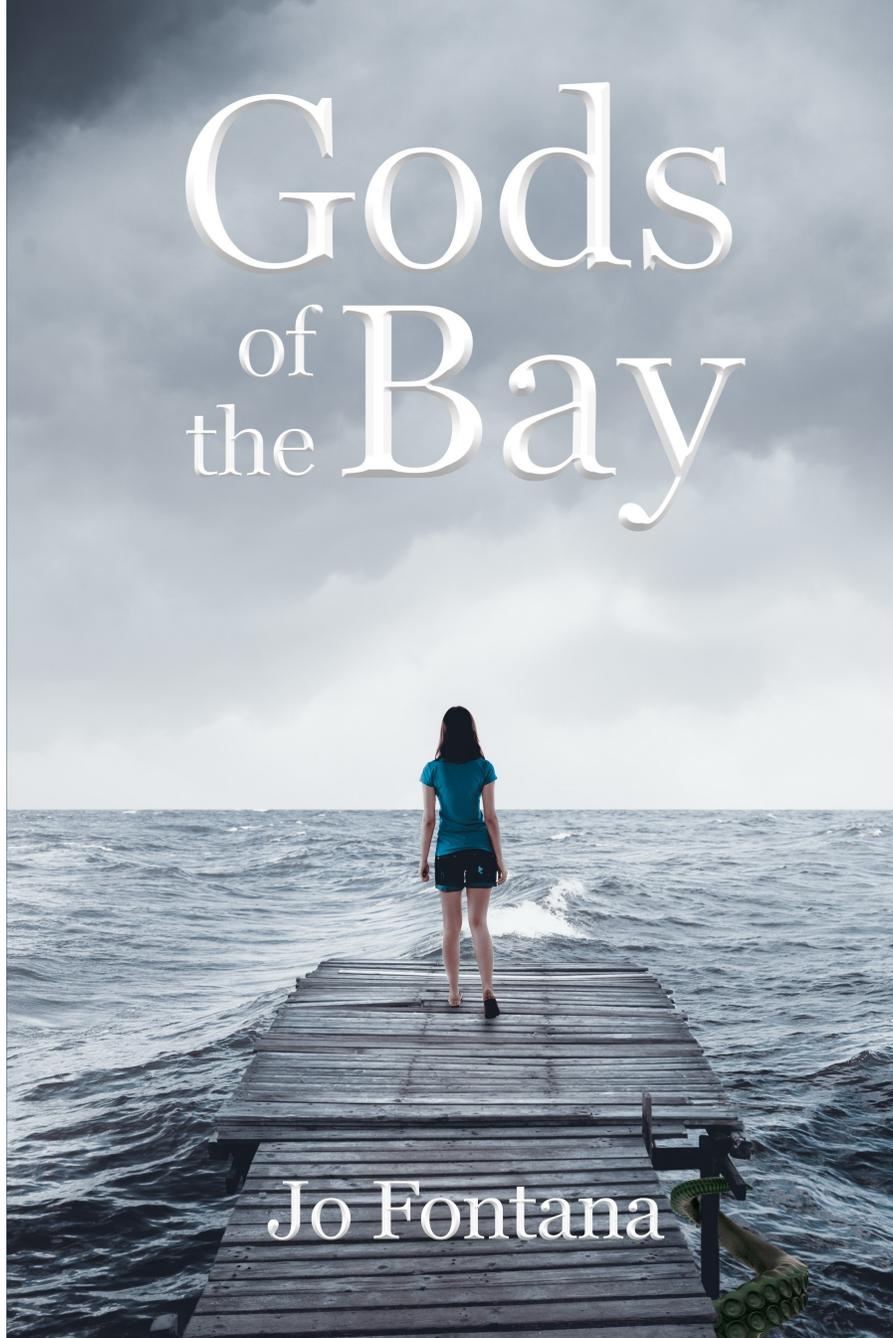
THE EGG QUEST. Book One of the Demon Coast series by Jo Fontana & Teresa Horton. Reyden Frost leaves the sanctuary of the library to experience the world, despite the advice of Master Levik. His focus, a petrified egg, is stolen by a mysterious criminal his first night in the town of Hollow Harbor. Reyden 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)



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/)

<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 --- now through Zelle!

Thank you for supporting the work and service of Hearthstone Community Church. We meet our expenses through the generosity of our participants and supporters. Since we can no longer "pass the hat" (hard to do on Zoom!) we are set up to receive donations through **Zelle**. Zelle is a direct funds transfer method offered by most banks. It is super easy to use online and no fees are charged or withheld. Hearthstone is registered in Zelle by our email address: HearthstoneCommunityChurch@gmail.com. We suggest a donation of \$5-10. 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 right now is our Zoom account, but we are planning and saving for our eventual return to leasing space at Althea Center for our monthly Open Full Moon rituals. Thank you!





Open Full Moon Dates 2020

June 5, 2020 (See above--Gather for a LIVE ZOOM Ritual)

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!

