



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 July 3rd 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

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

Topic: Hearthstone Open Full Moon

Time: Jul 3, 2020 7:00 PM Mountain Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/81349367549?pwd=Qkw5cnp1QTU5OG1YYnZCZ0FqUU15dz09>

Meeting ID: 813 4936 7549

Password: 021049

One tap mobile:

+13462487799,,81349367549#,,,0#,,021049# US (Houston)

+16699009128,,81349367549#,,,0#,,021049# US (San Jose)

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 312 626 6799 US (Chicago)



Jul

July 3rd Open Full Moon

This Open Full Moon ritual will be led by Pamela and Mary Ann. In accord with the times in which we are living, we will do a simple Wiccan ritual with a Black Candle Banishing of social injustice. We will carve a Sigil into the candle. We invite you to participate energetically. If you want to participate actively from your home, all that you need is a black candle and a Boline or other carving instrument. We will bury our candle wax in our special place in the yard, later after the candle has burned out.

As we each enjoy cakes and wine (or juice), Mary Ann and Pamela will host a discussion when we can share our feelings and reactions to this work.

We hope you will join us in this ritual.



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

Hearthstone Tips our Hat to the Circle of Light and Shadow, led by Wellyssa Spellson, for creatively offering our second Zoom Open Full Moon ritual in early June. The ritual intentions were to support the creatures who reside at the Denver Zoo, as well as the personnel, both energetically and financially during the Zoo's long closure due to the pandemic. All participants on Zoom were encouraged to cleanse, cast, and call in our own homes at the same time as the coven was doing so. Gaia, Mother of All Life, was invoked to help us support, comfort, and nurture the animals at the Zoo. During a "slide show" of many creatures (lion, tarantula, bat, orangutan, seal, etc) we focused on the ritual's group magical working to send healing and peace to all the Zoo residents, blending our energies together. The second magical working was to bring money into the Zoo; energy was raised through chanting as a magical bag was filled with cash and other items, which we charged with intention and energy. Wellyssa completed the magic a few days later by ritually burying the bag outside the Zoo entrance.

Thank you, Wellyssa and Circle of Light and Shadow, for bringing the Zoo's needs to our attention, and shaping our focus and energies into specific support for Great Mother's creatures.

Blessed Be to all!

----- Arynne

Articles from our community members!

A Year and a Day with Nervines
St John's Wort, *Hypericum Perforatum*
By Cynthia Killingbeck CH, CN, FEP

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



Midsummer is also called The Feast of St. John The Baptist. St. John's Wort is traditionally harvested on Midsummer Day. Many herbalists make flower essences from 10a to 2pm during the most intense heat and energetic power of the Sun during the day, infusing the energy of the flowers into spring water and making a most beautiful medicine. I've mentioned flower essences before, but they deserve greater attention as an amazing balancing and powerful medicine for our emotional bodies.

Flower Essences are energetic vibrational medicine and are used to help balance our many different emotional states. They can be subtle or potent but powerful in both cases. Flower Essences are floral infusions heated by the sun's solar energy and steeped in living mineral rich spring water. Water all over the earth is affected by its environment and what it comes into contact with. We are made mostly of water and gain our energy from the sun directly with Vitamin D production through our skin and by the plant and animal nutrients we eat. All living things require water, solar energy from the sun, and minerals from the earth to survive. Every flower carries its own energetic emotional gift to us. The system of Flower Essences was brought into being in 1930 by Edward Bach M.D. and since then just like all the flowers on the earth blossomed and spread.

Hypericum perforatum or St. John's Wort flower essence is for someone feeling psychic or physical vulnerability, someone having fearful or disturbed dreams, an individual feeling depression due to lack of contact with the spiritual world. *Hypericum* illuminates our consciousness, filling us with a light-filled awareness. It fills us with the light of the sun and provides solar strength. 'It can help regulate and sustain light within souls that are too depressed ("deep-pressed"). Those who are prone to melancholia, and especially those who experience depression due to light deprivation.... St. John's Wort is one of the premier remedies for protection during the night-time and is indicated for a wide variety of sleep disturbances such as insomnia, nightmares, night-sweats and night-time incontinence. Though the St. John's Wort herb has become popular for its ability to successfully treat depression, a deeper understanding of this five-pointed, radiant yellow-blossomed plant, is

that it helps the soul encounter darkness, and gives protection from negative spiritual entities.' (Flower Essence Society)

Hypericum derives its name from the God of the Sun Helios. The Greek Titan Hyperion and Theia were the parents of Helios the Sun. Helios is also known as Helios Hyperion. The name Hypericum in Greek means 'over or above the heath'. Perforatum means 'perforation'. If you look closely at the gorgeous yellow petals of the flowers, they have tiny little holes in them. They are five petal flowers and, I feel, very magical in the shape of a pentagram.

Clinical actions of Hypericum: Alterative, Nervine, mild sedative/hypnotic, anodyne, antidepressant, anxiolytic, and mild live stimulant.

Contraindications: the connection to the liver and the way it supports detoxification through the liver makes it contraindicated for many prescription drugs. Do not take this with SSRIs as it has an adverse effect. Clearing any drug from your system before it can do its job can certainly harm you as you will not be getting the medicine you need as you need it. Always consult your doctor and inform your herbalist before taking an herb if you are taking prescription drugs of any kind. The standardized extracts on the market today can also cause photosensitivity in some people.

I like using St. John's Wort in an infusion formula to support liver clearance of stress hormones and excess by encouraging their breakdown in the liver. It is lovely in relaxing evening formulas.

Hypericum shows its connection to the sun when you make an infused oil, as it is a bright red. I began my most recent oil on Midsummer day. This oil is extremely powerful for burns including sunburns. A few years ago, I participated in a Fire Walk. I had done this before with no issues, but this time I did get a hot coal stuck to my foot and suffered a 2nd degree burn on the bottom of my foot. I was very concerned as the pain was so intense, I could barely stand it. I was at a women's conference and we still had two days to go of walking all day and meetings. I put ice on the burn first but as you may know, ice only works on the pain when it is in direct contact, and the pain floods back in when you take it off. When I got home that night, I took the St. John's Wort oil I had in my fridge and put it on a cotton pad and taped it to my foot. The relief was quick, and I NEVER felt the pain again while it was healing. If I ever needed proof of its healing power that was it and I will never use anything else except Aloe on a burn. (Always start with ice or cold water though). The burns healed within a week and the blisters never swelled or broke they just healed perfectly with no scars either.

The tincture also turns a beautiful red. I was told once that St' John's Wort is good for any inflammation due to the red color of its medicine. This is how I associate it, red, fire, sun, heat...inflammation includes heat and pain in the five stages: Pain, Redness (heat), Swelling, Pus (white blood cells), healing (scarring). So, you see, it is much more than just for depression or anxiety. I feel very close to my plants and I feel St. John's Wort, or Hypericum is a sacred plant and beautiful.

In Colorado the St. John's Wort herb is considered an invasive weed. Just like the humble yet powerful Dandelion it is undervalued and underused. May you find a place for it in your garden and in your medicine chest as well as in your heart. Blessed Be!

Resources: Herbal Vade Mecum Pg. 359-360, Energetics of Western Herbs Vol 2 Pg. 504, Integrative Herbalism Course Notes Nervine Materia Medica Pg. 5, Herbal Actions Database Pg. 57, Personal class notes, Personal Experience



Right Judgment - Our Triad

“Right Judgement is just, discerning, wholesome.” This is one of the three triads of the Denver Celtic Women’s Circle. Our triads provide us with core values to use as guidance as we navigate our own modern world. Our triads are ours alone, a modern construct based on our study of the Irish tradition. You can find a foundation for this triad in a pre-Christian Irish text called the Audacht Morainn, which is advice to a new ruler from an old Druid. In this modern tradition we are each both the ruler and the Druid in our own lives.

Flatha is filí leath ar leath. Princes and poets alike.

A part of what the original text expresses is fairness, and integrity. It stresses the importance of the ruler’s judgement, and it uses the term ‘truth’ which is translated into English as ‘justice.’ The original text has broad appeal for many reasons, including its internal sense of fairness. We believe in fairness, generally. Human children quickly develop a sense of fairness. It is integral to who we are.

So many of us have become activated this summer, taking up the banner of the Black Lives Matter movement. Some of us were already engaged in this. For others, this is new. But most of us personally bore witness to gross unfairness and it compelled us to take action, to get involved, to do something. As a culture, particularly as a white culture, we are learning, questioning, unmasking at a new, rapid pace.

Not everyone who will read this is white, but many are. The Pagan community is overwhelmingly white, and the European ancestral traditions, like the Celtic and Nordic paths, are blindingly so. This has led us to be sometimes a haven for outright white supremacy or just ordinary white ignorance. The fish doesn’t see the water it swims in. On land we do not see the air that we breathe. The dominance of the dominant culture is, and has been, largely invisible to its beneficiaries. But many of us are waking up.

Some white people have been seeking to “help” without seeing the struggle as our own. But it is our own. Unapologetically, in a very modern sense, and not at all about “people a hundred years ago that we might not even be related to.” It is our own. It is our own because our tradition includes the critical and magical power of Right Judgement. The stories of our tradition are packed with it, and its

occult implications.

We are an ancestral tradition. What we reckon with and what we reconcile brings honor to our ancestors. What we make right is our gift to the future. But too many of us have been misled into thinking that ancestry is simple or straightforward. It is not.

Anyone paying attention to the news that has arisen out of at-home DNA tests knows that, up to now, what people have long been certain of in their ancestry has never been certain at all. The oldest tales may be long lists of genealogy, repeated over hundreds of years, but then, as now, they were a fiction, an agreement that kept things flowing, regardless of the physical truth. Ancestry has long been an agreement, not a fact.

And inheritance is not always familial, but cultural. The Irish tradition inherits from prior occupants of that land who have long been replaced, and then their replacements were replaced, and then their replacements, having arrived and taken over, sent their descendants out into the world to replace other people on other lands. Each cultural layer contributed and was mixed in so firmly that there is no separating out the contributions to some fictional "purity."

Also, we are not there, we are here.

We are Americans and racism is the American problem that we are grappling with right now. Racism is an inheritance that we have received. Our ancestors are the white Americans who came before us. The system laid bare before us is chokingly unfair. We are the Druid and we are the ruler and what we do matters. Dismantling white supremacy is a white person's challenge. We have the opportunity to take the measure of this unfair system and take action. We have the opportunity to see what is wrong and seek to correct it. We have the opportunity to make space for other voices, to listen to the wisdom of those who have been subject to this unfairness, to follow the lead of those who are experts in what has gone wrong, because they have been the people who have been most deeply affected by it. And this opportunity is both magical and occult. It will affect both our ancestors and our descendants.

And it is a deeply spiritual challenge. When we use Right Judgement, when we seek justice, use wisdom to uncover truth, and embrace solutions that repair the long and ugly damage, we bring honor to those who came before us and provide a clean inheritance to those who come after. We are the hoped-for descendants who can make right what has been deeply wrong. We can relieve the burden of our predecessors' mistakes by facing them. This takes courage, but our pain at witnessing this gross unfairness gives us the inspiration that we need to take up the "Spear of Lugh" and turn the tide of this battle.

At this season of the Summer Solstice, as we each consider how we can dismantle white supremacy and demonstrate that Black Lives Matter, it is helpful to reflect on our core values and know that what we do is who we are. I hope that these reflections on ancient and modern wisdom can provide some sustenance to you on this journey.

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 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.

Jul 17
Aug 21
Sep 18
Oct 16
Nov 13
Dec 11

[Earth Temple Facebook Page](#)

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

Now Available:
Comfort Food for All Seasons
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/)

<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

July 3, 2020 (See above--Gather for a LIVE ZOOM Ritual)

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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Newsletter

