



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 August 28th 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

Time: Aug 28, 2020 7:00 PM Mountain Time

Join Zoom Meeting

<https://us02web.zoom.us/j/89112103495?pwd=MUI5U2hieS8wQlIMY2dDeXBnZm1YZz09>

Meeting ID: 891 1210 3495

Passcode: 562911

One tap mobile

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Open Full Moon August 28, 2020

Rainah and Fern invite you to join us for our August 28 Open Full Moon ritual, this one with a basis in astrology. Many retrogrades have happened or begun since earlier this year. It has been a year of uncertainty, unrest, major changes, isolation from others, and heightened emotions. Many of us are trying to find where we fit in these changing times, and how we can maintain our spirituality and connection with others as we move forward.

Chiron, the asteroid of wounds and healing, has been retrograde since July 11th. When Chiron is retrograde it is a good time for spiritual growth and reflection. We can ask ourselves: Who am I? What is my identity? What do I connect with on a deeper, personal level? How might my past have impacted my ability to be myself and have good self-esteem?

We are going to take this energy and use it in this month's Open Full Moon ritual. We will spend some time in meditation looking at where we came from, the impact we have on the world around us, and how we can continue to shine our light.

Please be ready to prepare your personal space with us as we join in ritual together. There will be a 10 minute meditation during ritual so make sure you have a comfortable place to relax for that time. We will also ask that you join us in song. Be prepared with cakes and ale of your choosing, so we can all fully share our time together.

In light and blessings, Rainah and Fern Lazuli



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

Hearthstone Tips our Hat to Vella Rose and friends who offered an Open Full Moon ritual celebrating both the full moon and Lughnasadh. Vella encouraged everyone in their homes to cleanse and consecrate while she did so, leading the chant "She changes everything she touches..." Elements were invoked, along with Goddess and God, as Circle was cast. Together we celebrated the harvest of the grain and the Sun God Lugh. Vella and friends Dann, Michelle, Chris, Sandra, and Maeve took turns sharing chants, songs, and poetry related to the meaning of this Sabbat. Cakes and wine were blessed and participants were invited to share what we are grateful for. Vella thanked the Ancestors, God and Goddess, and Elements as she (and we) opened our Circles. With laughter we virtually tried to "Hug a Witch!"

Vella Rose and friends, we thank you for welcoming all of us into this delightful celebration of the bounty of the season and the turning of the Wheel of the Year.

Blessed Be!

----- Arynne

Articles from our community members!

A Year and a Day with Nervines Motherwort, *Leonurus cardiaca*

By Cynthia Killingbeck CH, CN, FEP

You can find me at www.vitalblossom.org or email me at Cynthia.killingbeck@clinicalherbalism.com



Leonurus cardiaca in Latin means lion heart, it brings courage to the emotional heart and Lion Heart is another common name for her. Motherwort has a beautiful comforting energy; she is bright and bubbly in my garden. This year she is coming back all sweet and childlike. She makes me feel held and nurtured when I work with her. I just love her presence in the garden. When I harvest her the energy stays with the drying herb and even when I take her medicine internally, I can feel her healing me. She has a powerful presence. I have eaten her leaves in the spring when they were new and young -- they are less bitter then. I have been in many different gardens where she grows and her energy feels very similar, her inherent nature filling each garden she grows in.

Leonurus cardiaca is in the mint family of Lamiaceae. If given a good location she can pop up and spread. I personally have had issues growing her, she rarely lived past one season in my back garden under full sun, but when I moved her to the front yard under the canopy of our maple she perked right up and has been happy there. The growing instructions were full sun, but I guess she likes the shade at our house. I know she thrives under full sun elsewhere in Colorado because I know many who grow her there and do quite well. Like other mints the stems are square, the leaves are opposite, and the flowers are arranged in clusters. The green calyx (sepals of the flower) has five lanceolate teeth and they are sharp and pointy. Notice the fuzzy mane coated 'roaring lion' looking flowers below. Due to the spikey calyxes I recommend care when handling the flowers or the use of gloves to harvest and work with them as they may bite or at least poke you. I've been poked enough that it has drawn blood. I chalk that up to my own little sacrifice for the harvest. Nettle can be like that as well.



“It makes mothers joyful and settles the womb; that is why it is called Motherwort.”
Nicholas Culpeper’s *The Complete Herbal* 1649

The Vitalist actions and energetics of Motherwort are cool and dry, vital stimulant, relaxant, diffusible, bitter, and tonic/astringent. Some clinical actions of *Leonurus cardiaca* are cardio-relaxant, nervine tonic, sedative, hypnotic, hypotensive, emmenagogue, antispasmodic, bitter tonic, astringent, hemostatic, and anxiolytic (anti-anxiety).

Motherwort’s primary uses are: as a mild cardio-relaxant for rapid heartbeat; nervine tonic, calming sedative; menopausal syndrome, hot flashes and night sweats; premenstrual syndrome, painful, difficult periods, tension, irritability, spasmodic dysmenorrhea; hemostatic for heavy menses and emmenagogue for delayed menses; use sponges and pessaries for vaginal infections and discharges; tincture or infusion for bitter digestive tonic; use washes and poultices for bruises, ulcers, eczema, or skin rashes.

Motherwort affects the autonomic nervous system that regulates the heart, it quiets anxiety and nervous palpitations. Contrary to some texts it has no effect on the thyroid. My favorite formula for delayed menses, menstrual cramps, clotting, and excessive bleeding includes but is not limited to Motherwort, Yarrow, Wild Yam, and Ginger. I have used the same formula as a powder with Marshmallow root for gastrointestinal cramps. I have used Motherwort in tincture form as a bitter to support gallbladder health. Motherwort, Black Cohosh, and St. John’s Wort is a lovely starting triplet for menopausal hot flashes. (Please research Black Cohosh and St. John’s Wort as they are not appropriate for some people and they have their own contraindications. To get the right formulation for you I would recommend being under the care of an herbalist; note website above).

...“The nerves receive the most benefit of its influence, whence it is classed as a nervine tonic and antispasmodic. The stomach is braced by it; and the uterus decidedly acted upon.”...

“The profession will find in it an antispasmodic tonic of the first order.”...

Physiomedicalist William Cook M.D. *The Physiomedical Dispensary* 1869, Motherwort

Contraindications: Leonurus is a powerful emmenagogue which means it is uterine stimulating and brings on menses. One dose or as little as 5 drops can bring on menses. This is not to be taken if trying to get pregnant or if you may be pregnant.

When I was reading about Motherwort Flower Essence the terms heart healing and boundaries kept coming up. It is indicated when one is feeling small or wounded in the heart and to help one stand in their personal power. Motherwort holds you in her heart and her spiky pokiness helps you to maintain your boundaries. I will be making one to try very soon. I look forward to the experience. I like spending time with each essence for at least a week to really notice the changes and feelings it may invoke within me.

Review of Flower Essences:

Flower Essences are energetic vibrational medicine that 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.

“There is no better herb to take melancholy vapours from the heart and strengthen it.”
Motherwort, Nicholas Culpeper's The Complete Herbal 1649, Motherwort

As with all herbs, I feel growing Motherwort and interacting with her makes the connection to the plant and the medicine deeper. Try your own ways to connect with the plants in your garden, the park or in your house. Maybe journal moments of sitting with your plants and see what you feel, hear, think, or envision. Let them speak to you...Blessed Be!

Resources: Herbal Vade Mecum Pg. 253-254, Energetics of Western Herbs Vol 2 Pg. 578-580, Integrative Herbalism Course Notes Nervine Materia Medica Pg. 2, Herbal Actions Database Pg. 65, The Physiomedical Dispensatory 1869 Materia Medica Pg. 433, The Complete Herbal 1649/Culpeper's Color Herbal P. 128, Personal class notes, Personal Experience



The Kindness within Madness

I want to write about madness, because we live in such mad times.

There is a complicated Irish tale about a Pagan king driven to insanity by the curse of a priest he tried to kill. In the end, as in so many of the old stories preserved by the quills of monks, he was restored to his senses, converted to Christianity and granted a Christian burial.

\What attracts me to his story is the goodness he found in the madness.

His madness was terrible. He lost all sense of comfort. He stopped sleeping entirely. He lost his dignity, his sense of self, all sense of home and groundedness. He flew like a bird, took up residence in trees, took off like a hunted animal at the slightest provocation. His mind could find no rest. This lasted for years.

In his madness he had moments of kind clarity. He was furious at his wife for finding life with another man, but refused to let her follow him because his life was too terrible for him to wish it upon her. He railed against the brother who came to help him, but in one unbearably tender moment we see him crouched awake in the night, next to a wall on the other side of which his brother lies sleeping peacefully, as he compares his agitation with the serene sleep of the man who cares so deeply for him. And then he leaves again, evading any rescue.

He finds his way to a valley known to provide shelter for the afflicted and later sings its praises:

If I were to wander alone
the mountains of the brown world,
better would I deem the site of a single hut
in the Glen of mighty Bolcan.

Good its water pure-green,
good its clean, fierce wind,
good its cress-green watercress,
best its tall brooklime.

Good its enduring ivy-trees,
good its bright, cheerful willow,
good its yewy yews,
best its melodious birch.

He can name every tree as though each were a member of a lively community, pointing out their individual natures as he perceives them. Even in his discomfort he makes poetic note of the companions of his rugged life. No longer serenaded by poets, he remarks on the warble of the blackbird, the squeal of the badgers, the belling of the stags. His perception links him to an earlier time, he declares his lawful name to be the same as the Dagda, Fer benn, the Good God of the Peaks. He mentions that what is left of his clothing is as scanty as the Dagda's tunic in the old lore.

It's a complicated story.

The prose and poetry each artfully capture that sense of driving exhaustion that too many of us have had the opportunity to feel, that madness on which we balance when our minds cannot accept some loss or trauma. And this is laced around with so much hope and beauty. He is a madman, tender towards the people who love him best. Rejecting all comfort, he recognizes and shares with us the beauty of the cool water, the green of the cress, the ascendancy of the mountains, the song of the stags. His world is entirely disordered, but his moments are clear.

I find a lesson in there for myself. In this time of disorder, I am reaching out to An Dagda, the Good One. I want an ally with strong Right Judgement. And I am looking for those moments in my own garden: the deep purple of my morning glories, the ripening of my tomatoes, the trust of a half wild cat on my doorstep. I have to force myself out of my own backdoor sometimes, but I need to see the green leaves while they are still green, the sunflowers which are evolving from flower to seed. I need my moments.

You may be exhausted too. Maybe you have problems that are unrelenting, worries that are unassuaged day after day. It may be like this for a while, or just for right now.

But you have within you a tenderness towards the people who love you. You have the senses to appreciate a cool breeze in a hot August night. You still recognize a beautiful song, the taste of chocolate, the expression of a bird that seemed to look you right in the eyes. You have your moments.

I trust you to align yourself to the best of your Gods, ancestors and guides, even when you feel unheard. We have a faith. Sometimes it feels like that is all we have, until we recognize the value of our moments, like pennies that beg to be picked up for good luck. We are so incredibly resilient, and so deeply kind. It is amazing how much we can do with so little.

I wish you all the best little things as I write to you from within my own madness to you within yours.

Peace of the mountains to you,

Paulie Rainbow

founder: Denver Celtic Women's Circle

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.

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.

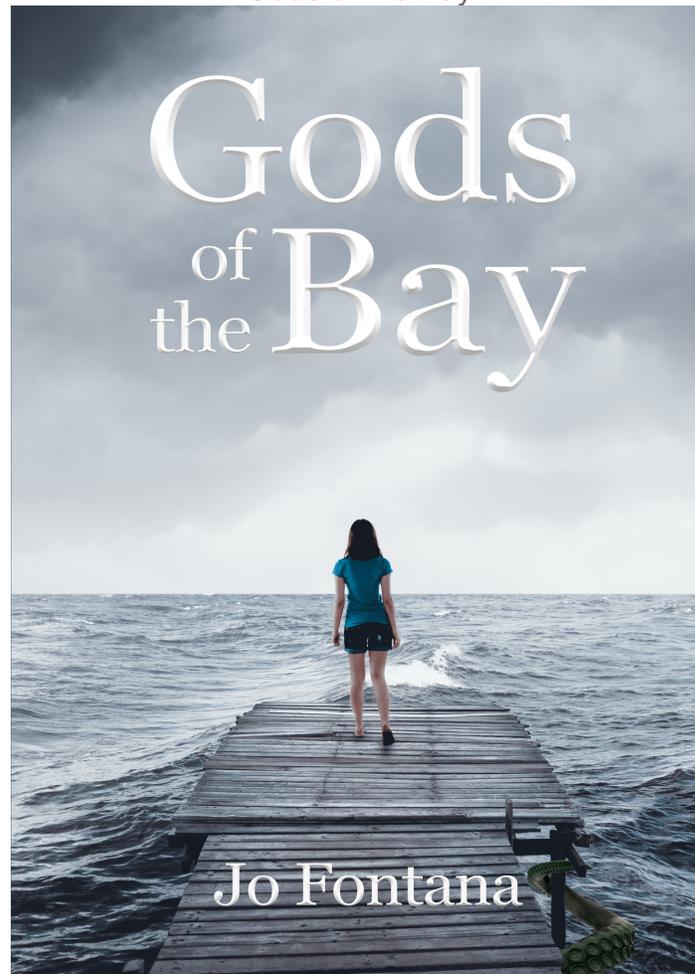
Some are horror, some are bizarre, and some are unnerving. These stories will make you look under the bed and keep your feet from dangling over the edge at night. Read as a child fends off a horror from beyond the grave with just a nightlight, listen in as Gods debate the future of humankind, or root 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>

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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 --- 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

August 28, 2020 (See above--Gather for a LIVE ZOOM Ritual)

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

