



## 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, 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 for the safety of our community, our next Open Full Moon ritual will be LIVE on Zoom at 7:00 pm on September 25th. 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: Sep 25, 2020 7:00 PM Mountain Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/89514535619?pwd=bFJLSEZNNXNZaW9LVjRncUVSRVRUdz09>

Meeting ID: 895 1453 5619

Passcode: 562911

One tap mobile

+13462487799,,89514535619#,,,,,0#,,562911# US (Houston)

+16699009128,,89514535619#,,,,,0#,,562911# US (San Jose)

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)



**Open Full Moon September 25, 2020**

Please join members of the Hearthstone Study Group as we celebrate Mabon, the Autumn Equinox, the midpoint of the harvest season.

At Mabon the trees and forests, gardens and fields yield vegetables, fruits, and nuts to sustain us through the coming winter. Mabon is a time for gratitude for all that we harvest—including our personal projects and goals that we have manifested or have well within our sight. We will lead you in a time of contemplation and gratitude for your personal harvest. We ask you to have pen and paper to record your thoughts, and there will be an opportunity to share them if you choose.

Please have a chalice of ritual beverage and whatever else you would like for casting Circle in your own home. For later in the ritual, we ask that you have an apple, knife and cutting board. In this way we will welcome you to join us in celebrating “cakes and wine.” We hope to see you Friday so that, together, we can celebrate our harvest in this unusual year!

**Blessed Be! Arynne, Sandra, Will, and Mary**



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

Hearthstone Tips our Hat to Rainah and Fern Lazuli, the most recent priestesses to successfully and cheerfully adapt to offering Open Full Moon ritual in our online live format. Thank you! We also thank Rainah's husband Dan who manned the camera and handled the technology. This new pandemic world requires new skills, resilience, and teamwork, doesn't it?

Rainah and Fern cleansed and cast circle, then called the Elements and Spirit. They explained the astrological influences in recent months, and how this informed the focus of this ritual. They invoked God and Goddess, and led us in grounding and releasing in preparation for guided meditation.

We were guided to a meadow at night, where we lay on our backs and observed the lights in the night sky. We turned our focus to the light emanating from within our own heart. We contemplated the light in other people's hearts, and the oneness and connection of the stars' light and the lights in all of us. We were encouraged to consider how we connect, we dream, and we grow our love under the stars throughout our life spans. Rainah reminded us "Starlight flows in your veins...Your light shines to those around you." Rainah then played a musical instrument and sang the chant/song "I am the Light of my Soul". Cakes and wine were blessed by each of us in our homes, and during this time people shared the insights that came to them during the guided meditation.

Fern and Rainah opened Circle with the blessing:  
"May we all continue to shine our light in this world!"

Rainah has small charms she prepared as gifts for those who attended this ritual, and she offers to mail them. If you forgot to email her your address, her email is [ladyoftheowls@outlook.com](mailto:ladyoftheowls@outlook.com)

We thank you, Rainah and Fern Lazuli, for bringing us this beautiful ritual and meditation on starlight, our light, and the divine Oneness that enfolds and connects us all. Blessed be!

----- Arynne



### **A little bit of transition within Hearthstone Community Church**

After a lot of thought and deep processing I have decided it is time to step down from the Hearthstone Board as Secretary and acting Media and Technology Manager. At this time in my life and the world as it is right now I wish to focus on my family, health, and personal spiritual path. Some of these things have taken a back seat for a few years. I think that turnover is good as it gives others in our community a chance to contribute and be part of something bigger than themselves as well. It also adds diversity which Hearthstone is all about and is what makes it unique. I want to thank Hearthstone for giving me an opportunity to help and serve the community for the last three years. Getting to know all of you has been lovely. It has been rewarding and eye opening. I've learned a lot and hopefully have given back as much to you all. I will cherish the relationships built and look forward to seeing you all at the OFMs of the future and out in the wider Pagan Community.

**Blessed Be!  
Cynthia**

## Articles from our community members!

### A Year and a Day with Nervines Damiana, *Turnera diffusa*



*Turnera diffusa* (also *Turnera aphrodisiaca*), has its own family classification Turneraceae. It has been commonly called Damiana, Mexican Damiana, and Mexican Holly. It is a shrub that grows in Texas, Baja California, Mexico, the Caribbean and other parts of South America. As its name indicates it has traditionally been used as an aphrodisiac and reportedly extracts of tequila and damiana have been used as a love potion. There is a liqueur called Damiana and it is made using an extract of the leaves and stems distilled along with a sugarcane liquor. It is light, sweet, and has an herbal flavor. I have never had a 'hang over' or any adverse effects from drinking this. On the contrary I feel uplifted, calm, and happy. I have even used this along with a tincture of *scutellaria lactiflora* for acute anxiety and heavy stress loads. Although the occasional glass of the liqueur is a pleasant treat, medicinally I usually use the tinctures made from the leaf of *Turnera* and aerial parts of *Scutellaria* combined in a formula; the effects are more powerful and nourishing in tincture form. *Turnera* and *Scutellaria* is a historical pair for anxiety neurosis (Physiomedicalists A.W. Priest and L.R. Priest).

'Traditionally *Turnera* was used as a daily stimulant and relaxant tea, and medicinally as a libido tonic and for classic adaptogenic purposes (energy, endurance) by native peoples and later settlers of Latin America and the Caribbean.' CSCH

The Vitalist actions and energetics of Damiana are Warm and Dry, Stimulant, Tonic/Astringent, Diffusive, Trophorestorative for both the Nervous system and Reproductive/Sexual System.

I defined 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.

Clinical Actions of Damiana: Warming tonic, aphrodisiac, aromatic, antidepressant, adaptogen, antispasmodic, carminative, digestive bitter tonic, emmenagogue, mild laxative, urinary antiseptic and tonic, diuretic, mild central nervous system stimulant, and anxiolytic

(anti-anxiety).

Primary Uses of Damiana: Warming nervine, digestive, minor fatigue, depression, anxiety, inflammation of the genitourinary tract; trophorestorative for the reproductive/sexual system in both men and women (aphrodisiac-libido tonic); bitter digestive stimulant. Spicy bitter qualities help to invigorate the digestive system (increase the digestive fire). Good for digestive stagnation and constipation, resolves phlegm and relieves coughing, expectorant. Relieves incontinence, tonifies urinary system and harmonizes urination, strengthens the bladder, and stops discharge.

Damiana's effect on the libido is believed to work by nourishing blood vessels and stimulating the circulation of blood flow in the genital area and in fact throughout the body affecting many organ systems. Damiana is also anti-depressant and for many, our emotional state is tied to our ability to become aroused. Damiana is my go-to as an anti-depressant. It doesn't have the same contraindications as St. John's Wort with SSRI's but it is important to remember it is an emmenagogue so if you could be pregnant do not take it. (It is meant to just help you get there.) In general, if we are feeling cold and depleted, Damiana can produce warmth, stimulate flow, relaxation and release stagnation, while nourishing our depleted nervous system. Damiana has a hint of spice to its smell and is a lovely addition to any infusion or tincture formula.

Damiana is included in formulas along with Saw Palmetto and a few other herbs for BHP (Benign Prostatic Hyperplasia). 'It is warming, stimulating to digestion, improves appetite, and encourages assimilation and promotes nutrition and weight gain.' (Paul Bergner MH)

### **Damiana Flower Essence**

The Damiana flower is warm, soft, and bright orange like the sun. Damiana brings in the energetic spark of light and warmth to our spirits allowing us to realign with our emotional bodies, mental bodies, and physical bodies, finding unity internally between our vital life spark and our sacred sensuality.

"When we feel inadequate, weak, emotionally needy or detached from the flow of vital life force, Damiana relaxes and restores our radiant fullness of energy and sensuality." Desert Alchemy

### **Damiana in Magick and the Divine**

According to Scott Cunningham in the Encyclopedia of Magical Herbs, Damiana is good for use in 'Lust' spells, and to 'Induce Visions'. I dislike the word Lust as it feels to me like it removes the sacred, and Plants in my work are always functioning from a sacred divine place. Damiana doesn't work like that -- it isn't some type of energetic Viagra. I would use the terms Sacred Sensuality or Sacred Pleasure. I might even use the term Arousal. Even arousal has a deeper meaning like motivating, moving, or awakening. As for the Visions I have never used them this way but at certain high doses and special preparations the herb has been known to bring on a state of euphoria (physical effect). I might try some dream work with it in the future and see what I experience. It is always good to experiment and remain open to new experiences. In rituals and spellwork I have used it for incense and tea formulas aimed at intentions of healing, self-love, calming, and sacred sensuality. Damiana works to heal the energetic Heart Chakra; even the shape of the petals are like little hearts. The bright orange of the flower corresponds to the Sacral Chakra and is perfectly aligned to help with pain or

trauma work for the sacral/womb/creative space within the pelvic cavity promoting energetic healing for all people. I like to use Flower Essences in combination with Chakra work.

You can sprinkle Damiana leaf on a candle, make an infused oil (massage or anointing), drink it in a tea or other beverage like mulled wine. I feel it brings together a safe space for opening to self-compassion, love, beauty, and pleasure within us energetically, while its medicinal warming, nourishing, and stimulating properties combine to allow us to feel the spark of sensual arousal. I find it is a special addition to any Beltaine recipe for ritual and I especially like using the liqueur in place of the 'wine' portion of Cakes and Wine. The Damiana liqueur is in a bottle shaped to resemble an Incan Goddess (I am sorry but I could not find her name). I have used the empty bottle as an oil lamp and decorated it. You might consider using it as a spell bottle to bring self-love. In relation to the divine for ritual or spell work I might call on the Three Graces, Aphrodite, or Venus, Ishtar, Inanna or Astarte, Hathor, Isis or Freya.... Damiana is about self-empowerment and allowing love and the warm spark of sensuality to flow within us.

Use it with LOVE. Blessed Be!  
Cynthia Killingbeck CH, CN, FEP

You can find me at [www.vitalblossom.org](http://www.vitalblossom.org) or email me at [Cynthia.killingbeck@clinicalherbalism.com](mailto:Cynthia.killingbeck@clinicalherbalism.com)

Resources Cited: Herbal Vade Mecum Pg. 127-128, Energetics of Western Herbs Vol 1 Pg. 340-342, Integrative Herbalism Course Notes Nervine Materia Medica Pg. 6, Intro to Male Reproductive Anatomy, Physiology, Pathophysiology, and Natural Therapeutics Pg. 11 Herbal Actions Database Paul Bergner Pg. 116, Personal class notes, Encyclopedia of Magical Herbs Scott Cunningham; Paul Bergner MH, Urban Legends and Clinical Pearls Traditional Roots Conference University of Natural Medicine



### Yielding

Impetuosity yields to composure  
Turbulence yields to submission.  
To-léici díscire do fosti  
To-léici doféth do giallíní

From the Audacht Morainn - the Testament of Morainn, the advice of a dying sage to a young king.

The Irish for sleeplessness or insomnia is neamhchodladh (nav hul uh), a curious compound word as neamh can mean un or not, but it can also mean heaven, and codladh which is the word for sleep. "Óíche ar neamhchodladh" means a sleepless night which is what so many of us have been experiencing lately.

Many good people aren't getting enough sleep. We are caught up in the turbulence of the world around us. Daylight has been an uncanny yellow, sunrise and sunset have too often been a violent blood red. The relief of our normal monsoon weather patterns where a late afternoon rain eases us into a cool night was replaced by record number of over-90-degree days, air that tasted like smoke with every breath. When we got a break it came in the form of a record plunge from hot and dry to freezing and snowfall, far too early in the season. The news has been equally unsettling. Divisions in our country are at an extreme. Those of us with a compassionate bent are allowing ourselves to glimpse, to hear, to understand the fears of generations, the unfairness that has real consequences and unrelenting grief. We are surrounded by a disease that is not yet contained, not even fully understood, and sometimes kills without mercy. Anything can be contaminated.

It's too much.

It is literally too much. Too much for one person. Too much for each of us alone. And you are not alone. You are not alone in your anxiety about this. You are not alone in your sleeplessness.

When people around me began to talk about the consequences of unrelenting worry I realized that this is a poison we cannot afford to drink. It is a bad sacrifice to have good people damaged by their desire to do good.

Our expansive natures have expanded too far and we need to be guided by the right stories, the right heroes, the right metaphors. We need for our part to be right-sized.

People are talking about heroism in a time of rising fascism as though each of us has to be a battalion by ourselves. We are watching people suffer and die, not nearby where we could run to their aid, but hundreds of miles away where we are not marching, not helping, not saving anyone. And we are keeping ourselves awake as though our sleeplessness was a debt we owed the people whose suffering we have witnessed, or even more the multitude of people whose suffering we have not seen.

But our sleeplessness can't help them. And we can, in fact, be helpful. We just have to understand how.

Consider this: when we look back at the stories of heroism in WWII we can see that each those actors had no idea what the outcome would be, but they took their actions. In the most uncertain of times, at great personal risk, they took action. Not all the actions, just some particular action. Their action, their part. And we greatly admire them.

From this I have come to believe that each of us has some single important part to play and, while we cannot predict the outcome from where we stand, we have this opportunity to focus on only our own part.

We can each look at our own values, resources, and priorities, and at the critical nature of this historic moment, and decide for ourselves what we each can do...then do that with all our hearts. Only that, but with the fullness of our hearts.

This is what we submit to, that we are small. We are small and we are each only one. When we can accept our smallness in the face of this overwhelming turbulence, we can do our part, our critically important part. And then we find another thing that we yield to: that we are one among many and that other small, single people are also doing their part. And that our Gods are with us, and that our ancestors are proud of us and that so many people love us. It is then that our impulsive fears and our unharnessed agitation can give way to the composure of perspective and purpose. We have a part to do, but just that one. If we trust nothing we can do nothing, but when we see past our fears to the great machine of purpose and virtue that we are a single part of, we can do exactly what we ask of ourselves.

Let that be the comfort that lets you sleep at night, that you did your part, whatever that was, and that you need your rest for the next day. Because your part is vital and spiritual and good. It is right that you get enough sleep, enough food, enough peace because you are a part of what we all hope will succeed, even if we cannot tell right now whether or not that is so.

Peace of the mountains to you.

Paulie Rainbow

founder: Denver Celtic Women's Circle

[facebook.com/denvercelticwomenscircle](https://www.facebook.com/denvercelticwomenscircle)

[instagram.com/paulierainbow](https://www.instagram.com/paulierainbow)

[meetup.com/denvercelticwomenscircleevents](https://www.meetup.com/denvercelticwomenscircleevents)

## Setting Boundaries Within a Magical Group

by Moon Gazer



A typical theme I've noticed in the pagan community has to do with boundaries. Many people come to the craft after having some negative life experiences and unfortunately, these experiences may make them more vulnerable to predators. An ethical elder or coven leader(s) understands this and tries to assist the coven member with maintaining appropriate boundaries. This is not to say that they emphasize this, but their ethics normally won't allow them to take advantage of their members. They clearly state what the coven can or will assist them with and don't ask for or expect the coven members to pay for the leader(s) lifestyle. An example of this would be a leader telling members that all pagans are poor and then demand something more than an occasional donation that the members could afford. Don't return if you have to give, bring, or donate something every time you meet. However, donations to offset a meeting space that is rented is acceptable.

A common red flag is a leader telling you that they have all the answers but you're not evolved enough to advance in your practice. Basically, advancement is arbitrary (i.e. up to the leader's discretion). I see no reason why if a student puts in the work, or gains some experience, why it would be solely up to the leader. Another warning along those lines would be when a leader touts their superiority to other leaders in the community but is not wanting to do actual teaching. If a coven or group leader doesn't want to teach (for example), doesn't want to disseminate vital information for an individual's personal growth, my advice is to run as fast as you can.

Group members also should have some sort of say in how the group is run. It has been my experience when the group leader states that no one has say regarding rules and policies but the leader(s), it is a good sign that you shouldn't stick around because the likelihood of the group dynamic being healthy is slim to none.

One of the more insidious tactics they use is denying ministry to those who desperately need it. Many times, this comes in the form of saying, I have an open-door policy, but these people (for x reason) I refuse to serve. It seems to me that often this is because the people in question actually do have a need for ministry and an open ear yet that is the exact reason why these leaders will not spend the time to give some of the spiritual support these folks need. This is especially harmful to our community because it seems there are very few who are willing to do the ministry work that is required when you are a leader in the pagan community.

I have found the most helpful things for my growth happen in open community, such as Hearthstone's Open Full Moons and Earth Temple's meetings. It's a safe place to join with others without having to be in a coven and I have learned that I prefer it that way. But for people who want to join covens, these are good places to be introduced to new people and traditions without having to commit to anything right away.

#### **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](mailto:ArynneD@aol.com) Content will not be edited. We can usually make room for more voices. We appreciate our contributors!



## 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](https://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.**

**Oct 16**

**Nov 13**

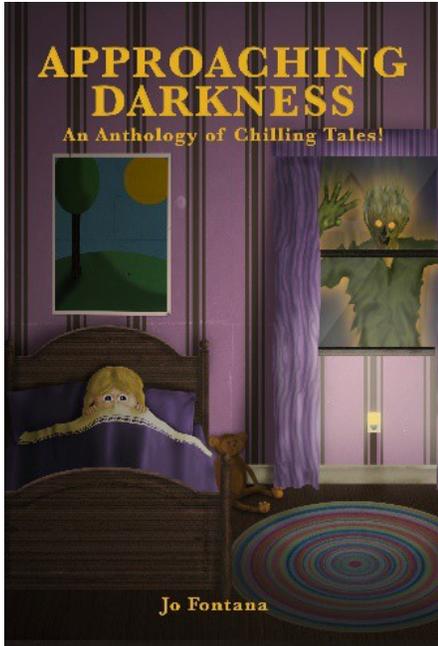
**Dec 11**

**Earth Temple Facebook Page**

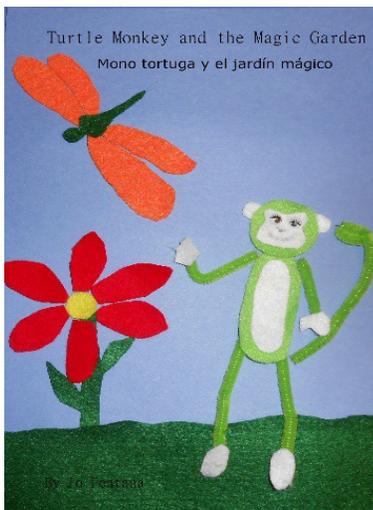
## Check out Vendors and Artists in our Community!

New books released by Jo Fontana this month. For more information visit [www.jofontana.com](http://www.jofontana.com)

**Approaching Darkness:** This is an anthology of seventeen short stories that are influenced by *The Twilight Zone*, *Stories to Tell in the Dark*, and *Tales from the Darkside* that aren't for the faint of heart. Some stories contain elements of horror, some are bizarre, and some are unnerving. Join us as a little girl fends off a horror from beyond the grave using her trusty nightlight, listen in as Gods debate the future of mankind, or root for twins battling against a lady made of plants.



**Turtle Monkey and the Magic Garden:** A bilingual illustrated picture book about a green monkey who gets in trouble all the time. Now Turtle Monkey has to help in the garden. Will the punishment fit the crime? Un libro bilingüe ilustrado sobre una mona verde que se mete en problemas todo el tiempo. Ahora Mona Tortuga tiene que ayudar en el jardín. ¿Se ajustará su castigo al crimen?





### 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](mailto:hearthstonecommunitychurch@gmail.com)

If you would like to lead a future Open Full Moon, please contact Arynne at [ArynneD@aol.com](mailto: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](mailto: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

**September 25, 2020 (See above--Gather for a LIVE ZOOM Ritual)**

**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**



*Copyright © Hearthstone Community Church 2020, All rights reserved.*

*Please note that information and opinions contained in the articles in this newsletter are the responsibility of the authors only.*

*No endorsement by Hearthstone Community Church, Inc. is implied.*

*All writings are copyright to their respective authors. Please obtain permission before reprinting anything here, with the exception of the Open Full Moon Dates. Those may be copied and transmitted as needed.*