



## 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 October 30th. 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 for Attending Ritual:

\*You can use a computer, your phone, or other device that has audio. A camera allows your image "to be present" for others to see. A larger viewing screen makes for a nicer ritual experience.

\*Join the Meeting from the URL below in the Join Zoom Meeting Invitation.

\*Please connect with Zoom and join us between 7:00 - 7:20 for casual conversation. We will Lock the virtual door at 7:30 just like we do when we gather in person and will begin announcements at that time, followed by the ritual.

\*You and the other participants will be visible on the screen which gives us all a feeling of being part of this community, 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.

\*We encourage all participants to set up your desk / space for ritual - this helps enrich your experience.

\*Remember to provide yourself with "cakes and wine"! (drink and snack)

\*Read the information about this month's ritual for any additional items you may be asked to have on hand during the ritual (see next section below).

Hearthstone Community Church invites you to join us on Zoom!

Topic: Open Full Moon ritual

Time: Oct 30, 2020 7:00 PM Mountain Time

<https://us02web.zoom.us/j/81414359227?pwd=VU9mUG9FalkyNVBKcUtYYlJtTDhadz09>

Meeting ID: 814 1435 9227

Passcode: 562911

One tap mobile

+16699009128,,81414359227#,,,,,0#,,562911# US (San Jose)

+12532158782,,81414359227#,,,,,0#,,562911# US (Tacoma)

Dial by your location

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)



## **Open Full Moon Friday Oct 30th, 2020**

Please join Hawk Shadow for a rite honoring the turning of the wheel at Samhain. Together we will look back at the year behind us and look forward into the darkness of winter.

Please have your area cleansed and prepared for ritual, or if you prefer, have what you need to do so along with me. Wear ritual garb as you feel called to do. Please have a candle - black or white is preferred - and a means to light it. Be sure to have something for cakes and wine, as it is an integral part of this ritual.



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

Hearthstone Tips our Hat to Mary, Sandra, and Will of the Hearthstone Study Group (led by Arynne since Jan. 2018) for presenting our September Open Full Moon ritual honoring the sabbat of Mabon. The Autumn Equinox is the midpoint of the harvest season. Sandra explained 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. The focus of the ritual was to engage participants in a time of contemplation and gratitude for their personal harvest.

Mary led participants in grounding, then cleansed and cast Circle. Sandra and Will invoked the Elements, then Mary invoked the Earth Mother and Horned God. Will spoke about the transitional time of Mabon and equinox, and Sandra led us in the chant/songs "We all come from the Goddess" and "Hoof and Horn". Mary and Sandra led a guided contemplation of "What is coming to fruition within you? What gifts have you received? What are you grateful for? What harvest do you have to share?" and everyone had five minutes to quietly contemplate these questions. Arynne facilitated sharing by participants of what we are harvesting and what we are grateful for! Mary then invited participants to share personal requests for energy and blessings, and offered supportive blessings on behalf of all of us. Mary cut an apple crosswise to reveal the star within, and everyone was encouraged to do the same. We "shared" cakes/apple and wine. Thanks and release were given to our Earth Mother, the Horned God, and the Elements, and Circle was opened.

Thank you, Will, Sandra, and Mary for rising to the occasion of leading our Study Group's second-ever public ritual (on Zoom this time), allowing our community to share sacred space, celebrate Mabon, and focus with gratitude on the gifts we have received and the successes we have achieved. Blessed Be!

----- Arynne

## Articles from our community members!

### **A Year and a Day with Nervines**

Valerian, *Valeriana officinalis*  
By Cynthia Killingbeck CH, CN, FEP



As the days become shorter and the nights longer it is apparent that the dark season is upon us. Every day takes us closer to Samhain and then beyond to a deeper darkness. I wanted to talk of a Nervine that has popular associations with sleep, so I felt Valerian would be a good herbal ally to talk about this month.

*Valeriana officinalis*: some common names are Valerian, All-heal, Capon's tail, Tobacco root, Cut-heal. It has a "strong smelling" root, (seriously, it smells like bad feet), the stocks grow tall, with hairy "winged" leaves and pinkish white blossoms arranged in umbels. Valerian is from the family Valerianaceae related to Honeysuckle. Valerian blooms in late spring. The dried roots are the part used medicinally. The root disperses its properties in water and alcohol well, so the best delivery system would be infusions or tinctures.

"Valerian excites the cerebro-spinal system. Large doses cause headache, mental excitement, visual illusions, giddiness, restlessness, agitation, and even spasmodic movements, and frequently nausea."

Kings American Dispensatory 1905 vol 2

The Vitalist Actions and Energetics of Valerian are Warm and Dry, Vital Stimulant, Relaxant, Diffusive, Tonic/Astringent.

The Clinical Actions of Valerian are as a stimulant to the cerebral and cardiovascular systems, sedative, hypnotic, antispasmodic, carminative, muscle relaxant, anticonvulsant, mild antiulcer, and vulnerary properties.

Primary Uses of Valerian: nervous tension, anxiety, concentration, insomnia, nervous cardiovascular disorders; flatulence, GI cramps, IBS, diarrhea; uterine cramps, mild withdrawal syndromes from alcohol or benzodiazepines; adjuvant for peptic ulcers; vulnerary

topically in washes and fomentations for injuries, fractures, and drawing splinters out. Valerian is a popular sleep aid. Although it does have sedative qualities this herb is particularly warming in energy. The result of this is that those who are hot-headed already (key indicator: red faced), will find it more stimulating, and it can cause restlessness and insomnia. I fall into this group of people and will avoid valerian for sleeping. I use Passionflower when I want to sleep, (which also has the ability to flip depending on the person's constitution. A teacher at my school found Passionflower to be stimulating and she liked Valerian for her.) In the right person, with a pale face and a cool-to-cold constitution, perhaps nervous and anemic, this is a great remedy. It relaxes skeletal muscle tension, irritability, restlessness, and acute nervousness. Note above in the Kings Dispensatory it cites that it can cause these very things in large doses.

Kings also says,..." In medicinal doses it acts as a stimulant-tonic, antispasmodic, and calmative, and has been used in hysteria...Although sometimes very effectual in curing, it frequently fails in producing more than temporary benefit. These failures are probably due to the fact that the medicine is often administered without due regard to the indications, and especially the condition of the nervous centers. ...In properly selected cases it is frequently useful. It relieves irritability and pain, and favors rest and sleep."

Valerian by its very name denotes its nature. It is valorous and conveys strength. Its stimulating quality to the cerebral system actually calms and helps to create focus. In lower doses, or even energetic drop doses, it would be a good remedy for pre-test jitters to help you remain calm and give you the mental focus to access the data you need to remember. Valerian's stimulating/relaxation action is similar to a TENS unit for muscles which also works through stimulation to relax cramps and relieve pain. It is frequently added to pain formulas for its ability to relieve cramping, headache, and pain.

"...this herb may be safely used for any situation in which tension and anxiety cause problems, either psychological or physical. It is a valuable muscle relaxant, effective for muscle spasms, uterine cramps, and intestinal colic." David Hoffmann, FNIMH, AHG

Valerian in Magick, according to Scott Cunningham in the Encyclopedia of Magical Herbs: "The rather ill-smelling root, powdered, is used in protective sachets, hung in the home to guard it against lightning, and placed in pillows to aid in falling asleep." I have to say that it would definitely keep people away due to the terrible smell alone. He also says that it has been used as "graveyard dust", and I can totally believe that! He says it helps in the areas of Love, Sleep, Purification, and Protection. I would personally use this herb based on its medicinal and energetic indications. I feel it would be a powerful addition to provide strength and stimulation to any spell. I would use it to help with success and support courage to help me in any endeavor where self-doubt or self-sabotage would keep me from my goal. In life it takes courage to succeed.

The Valerian Flower Essence will help you to stay in the present moment, focus your attention, to remain mindful of where you are now. It could help you let go of dwelling on past thoughts or worry of the future. It sounds a little like the Bach remedy of Clematis or Honeysuckle. Clematis is indicated for those who are "dreamy and checked out", avoiding the present, past or future. Honeysuckle is indicated for those who focus on sweet memories from the past, longing for what was and not what is. Valerian is indicated for those who are depressed, closed down, agitated. Could be indicated for someone too caught up in the

stress of life and needs to be reminded to stop and smell the Valerian. On a side note: The Valerian flower smells like vanilla. It is the foliage and the root that smells like unwashed feet due to a phytochemical called adtinidine.

May Valerian offer you calm, courage, and strength in this dark season. This is the last Nervine in the series as I began this in October of 2019. November will see a branching out into other herbs. Hope you have enjoyed the Nervine series.

On a nutritional side note for the dark season please take your Vitamin D<sup>3</sup> supplements through March at least. Then get out in the sun for at least 20 min a day! Vitamin D<sup>3</sup> is helpful in relieving Seasonal Affective Disorder, (depression from lack of sun light and Vitamin D), Magnesium is also needed for maintaining proper stress response and can help improve mood and encourage calm. It is required for good cellular energy production along with B vitamins. Magnesium is also excellent for muscle twitching, spasm, or tingling. Vitamin D<sup>3</sup> is necessary for proper magnesium and calcium metabolism. Vitamin D<sup>3</sup> is also necessary for a healthy immune system, muscle health, and reduces inflammation.

I am a personal Health Coach and If you would like an individual consultation please visit my website [www.vitalblossom.org](http://www.vitalblossom.org). I currently see clients remotely due to COVID-19, via the phone, FaceTime, or Skype. I am offering 20% off of the first consultation visit to the readers of this article, mention the Code: Valerian2020 in your email to me.  
Blessings, 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)  
Find me on Facebook: <https://www.facebook.com/vitalblossomllc>

Resources Cited: Herbal Vade Mecum Pg. 384-385, Energetics of Western Herbs Vol 2 Pg. 534-537, Integrative Herbalism Course Notes Nervine Materia Medica Pg. 3, Herbal Actions Database Pg. 121, Kings American Dispensatory vol 2 Pg. 2041-2043, Medical Herbalism: The Science and Practice of Herbal Medicine David Hoffman Pg. 592 Encyclopedia of Magical Herbs Scott Cunningham Pg. 250, Personal class notes and personal experience

## BOOK REVIEWS

### Simply Wicca: A Beginner's Guide to the Craft of the Wise

By Lisa & Anton Stewart, Published date 2020 by Llewellyn Books  
Review written by Hawk Shadow

I'm always thrilled when a new book about Wicca is actually about Wicca. Simply Wicca is simply that – a book that provides a basic understanding of Wicca, without apology. The first two chapters cover a necessarily broad overview of the modern history of Wicca and how to approach it as a beginner. Other chapters do a nice job of providing basic information on the elements, Wheel of the Year, moon cycles, tools, divinity and pantheons, and the fundamentals of ritual structure. A lovely self-dedication rite is included. These topics covered are essential, and the authors are clear that they are writing from the viewpoint of their tradition. If you're new to the path, or looking for a book to finally replace an old Cunningham classic, Simply Wicca is a good place to start. Available locally at Goddess Isis Books or wherever books are sold.

### Traditional Wicca: A Seeker's Guide

By Thorn Mooney, Published in 2020 by Llewellyn Books  
Review written by Hawk Shadow

If you are a serious seeker trying to find your way through the maze of modern Wicca-derived practices, this book is a must read. Mooney gives an overview of traditional Wicca, rather than a romp through do-it-yourself, feel-good Wicca-lite. She includes discussion of history, traditions and variations, initiation, lineage, inner and outer court, finding a coven, becoming a student, and the reality that traditional Wicca is not for everyone. "Recognizing Red Flags" provides important safeguards for the seeker. The book strikes a balance between being upbeat and very serious. "Further Reading" has entries published from 1963- 2016, and is worth the price of the book.

Traditional Wicca is not always easy or comfortable. Mooney provides the best book on the subject in decades, and reminds the reader that "if you feel safe and comfortable all the time, that's a hint that something is going wrong." Available locally at Goddess Isis Books or wherever books are sold.



## The Sacred Evening Will Come

Dá fhada an lá tagann an tráthnóna.  
However long the day, the evening will come.

The full moon is the mirror of the sun and the new moon is her companion. This means that the full moon is directly opposite of the sun, and the new moon rises and sets very close to the sun. These are the easy lunar alignments to track. For the more precise daily locations use a calendar or an app.

Sunset will happen earlier and earlier, starting around 6:20 and ending up at 6:00pm on Samhain. The sunset will move from 260 to 252 degrees southwest or between the nine and the eight on the “clock” of our horizon.

While the precise time of sunrise and sunset when you read this is not known to me as I write it, I can tell this much: the sunrise will occur between 7:00 and 7:30 am from now until Samhain and will be on the horizon between 99 and 108 degrees southeast. If the horizon were a clock with 12 in the north, each number on the clock is 30 degrees, so sunrise is between the three and the four this month.

Here is some information to get you started.

As my mother always says, "Oh, look at the sunset, honey! Isn't it pretty?"

It is a practice that is remarkably comforting. Set an alarm if you like, or make a commitment to enjoy the sunset with your family or housemates. It doesn't have to be solemn; let the event interrupt your day like a holiday celebration. You may be surprised at how much it can change your mood.

You can choose to honor the simple reliable passages that we have known for thousands of years, just as our ancestors did and you can do it on any day of the year. You just have to know when and wear, and then you have to stop. Stop for a moment and witness that sign of our connection to the earth, the sky, and the ancient Gods.

All we have to do is show up.

It is available on our phones and computers every day.

But there are some things that remind Pagans of our partnership with our Gods, that put us back in touch with natural order in a chaotic world. No one has the time, or the energy to throw together a henge to celebrate the next Pagan holiday, but we still have the sun and the moon and the stars. And, unlike our ancient predecessors, the sacred knowledge of astronomy is no longer limited to those who have spent a lifetime studying it.

Today we find ourselves in the midst of great changes and challenges. There is a great deal of fear and anger and we are cut off from many of the simple things that normally ground us.

During the Neolithic and Bronze ages, that stretch of time that saw the building of so many monuments like Stonehenge, the populations of Northern Europe invested a great deal of their resources into creating structures that aligned with celestial events like sunrise, moonset, and the movement of the stars, and these structures were also places of feasting or worship. These structures marked the things that endured in a world where human generations had witnessed nearly unimaginable changes. According to the researcher and historian Barry Cunliffe, these structures represented an agreement, even a partnership with their Gods, granting and acknowledging a "level of order in the chaos and uncertainty of the ... world."

Peace of the mountains to you.

Paulie Rainbow

founder: Denver Celtic Women's Circle

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

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

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



## Conversations in Witchcraft Facilitated by WSLA

Come join us for Conversations in Witchcraft, a lightly facilitated discussion group, currently meeting on Zoom. We talk about a variety of topics related to Wicca, witchcraft, and Western magickal traditions. Are you curious about the what-why-how of our practices? Let's discuss the many ways we connect with our deities, work magick, pursue spiritual development, and how we interact within and beyond our own spiritual community.

We welcome practitioners at all points on the path. Are you newly curious? Join us! Are you an advanced practitioner? Come on over!

Monthly topics are listed on our MEETUP GROUP; please join us on MEETUP. There is no charge to attend. We appreciate cash donations to help defray costs.

Second Saturday of every month, 3.30 pm – 5.30 pm on Zoom  
Conversations in Witchcraft is facilitated by Priestesses from the Women's Spiritual Leadership Alliance (WSLA).



## **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 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.

Nov 13

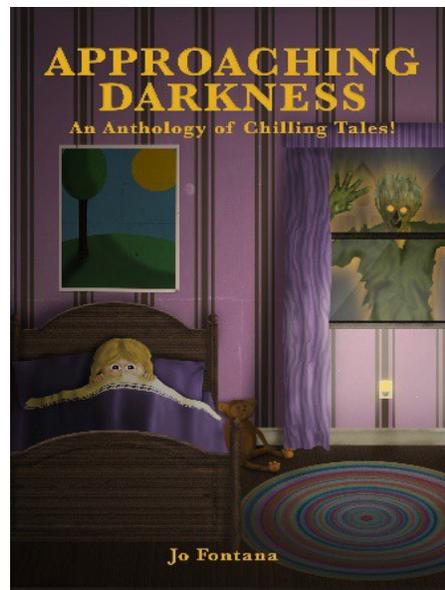
Dec 11

**[Earth Temple Facebook Page](#)**

## Check out Vendors and Artists in our Community!

New books released by Jo Fontana.  
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**

October 30, 2020 (See above--Gather for a LIVE ZOOM Ritual)

November 27, 2020

Note: there is no December OFM in 2020

January 22, 2021

Blessings from all of us at Hearthstone!

**[Subscribe to receive our Newsletter](#)**