



## 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 November 27th. Please join us! 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 after 7:00, preferably by 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.

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: November 27, 2020 7:00 PM Mountain Time  
(please Join between 7:00-7:20)

Join Zoom Meeting:

<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)

+1 346 248 7799 US (Houston)



## Open Full Moon November 27, 2020

Please join Cynthia K for a journey and meditation honoring the cycle of nature while we explore Divine Mystery within the darkness of the season. Prepare yourself and your space for ritual. Please be ready to cleanse and cast your own circle creating your own sacred space, then call your own guardians.

Please have at least one candle to illuminate your altar and a comfortable quiet place from which to meditate. If anyone is home with you please let them know that you need to be uninterrupted. Have a journal or other writing material to write down your experiences after. Please have your own cakes and wine to participate in the ritual. Blessed Be!

NOTE: This is our final Newsletter and Open Full Moon ritual in 2020, as our next date would have been Christmas. Hearthstone's 2021 schedule is at the end of this Newsletter. See you Jan. 22, 2021!



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

The Hearthstone Community offers our gratitude to Hawk Shadow, who led a meaningful Samhain Open Full Moon ritual on Oct 30. Hawk Shadow affirmed the spirit of community even though we are apart, encouraging us all to cleanse, cast, and call along with her. She invoked Cernunnos and Cailleach, and invited us to light a candle in remembrance of all who have passed on in the last year. We were guided in meditation into the stillness and darkness of winter, yet challenged to consider what we must leave behind. She acknowledged how it can be hard to leave behind even things that are not good for us. Can they be transformed, or do we just need to turn our back on them, and create something new in their place?

As we came out of meditation, Hawk Shadow reassured us that these strange and troubled times will pass, Spring will follow Winter, and although we are staying safe at home, we are community and must keep ourselves connected until we can sing together again! "We are the Weavers, We are the Web."

Hawk Shadow and we released the Elements and Deities, and thanked them for sheltering, comforting, warming, and inspiring us through the Winter ahead.

Thank you, Hawk Shadow, for celebrating Samhain with us, and sharing your caring, heartfelt reassurance that we ARE community even during these challenging times -- especially during these challenging times! Blessings to all!

----- Arynne

## Articles from our community members!

### Self-Care Therapeutic Foot Baths



I am feeling the stress from the year as I am sure many of you are. So, I decided to look into some of my favorite self-care practices to share with you. One of my favorites is the warm herbal foot bath. It is perfect for the season to help warm you up on those cold days, as well as therapeutic for what ails you. Foot baths with some magnesium Epsom salts dissolved in the water are soothing to sore feet and improve the mood. I have plastic dish washing tubs for camping and I keep them inside for when I need a foot bath, or I just use a large bowl. I like a foot bath for the warmth and pleasure and the intentional self-care it takes to do one. The herbal therapeutic part is a bonus.

One thing you may not know about herbal foot soaks is that plant constituents pass through the skin, and they enter the blood stream pretty quickly and directly. As they are absorbed through the skin they bypass the gut skipping the slower digestive process and thus the first pass detoxification of the liver. Constituents smaller than 500 molecular weight pass through the skin into the circulation, like aromatics and volatiles in mints or the organic sulfur compounds in garlic, etc. (Garlic is excellent for warding off a cold). This means you get the herbal therapy directly and quickly. When suffering from respiratory ailments the herbs in foot baths can go straight to the alveoli in the lungs. For example, the expectorant effect of elecampane root takes about 10-15 min to be absorbed with a foot soak. Elecampane is a very bitter root so can be difficult to take orally from a decoction. Another reason to try a foot soak is when you are feeling nauseous or feeling digestive upset. It is a better way to get the medicine you need without having to drink it.

Now there is some caution to be practiced in how much herb and how long you soak because it goes straight into the circulation right away. Making a single or double standard dose infusion of leaf and flower herbs 7-14 g depending on the herb to 2-4 cups of boiling water steeped for 20 min poured into the warm water of a foot bath. If using bark or roots they need to be decocted/simmered for 45 min. to an hour. Pour water warm into the large bowl or tub, just warm enough that you'd like for your favorite bath and just enough to cover your feet, then pour in the herbal portion once it has cooled to touching temperature and you have strained out the herbs. Please be careful of the heat of the water and the

bowl, you don't want to get burned. Then enjoy! Limit your foot bath to 8 to 15 min. Some herbs you will be able to taste while doing the bath. Depending on the herb this can be done a maximum of 4 times a day for 7 g and 2 times for 14 g.

The above speaks to bulk herbs infused or decocted in water but I know many of you like to use Essential Oils (EO) in baths. Before I went to school so did I, so here is a little safety information. Essential oils take an enormous amount of herb to make just a few drops. They should be handled preciously and used sparingly. For example it takes 647 g of cinnamon bark to make 5 drops of EO, and 40 g of peppermint leaf to make 5 drops of EO. In contrast, the recommended dose of cinnamon bark in a decoction is 0.5 - 2 g. And Peppermint leaf is 3 - 7 g in an infusion so you can see the big difference from 5 drops of essential oil to just using the herb itself. You end up using significantly less. The high concentration in EOs makes them extremely concentrated, strong, and powerful; and being oils they absorb very quickly into the skin. Essential oils have the ability to aid the chemicals in your lotions and creams to enter 10 times more easily along with their own constituents. So read your labels! As I stated above when constituents enter through the skin they are skipping the first pass through the liver which eliminates toxins and high levels of harmful constituents. The blood will circulate and go through the liver on what is called the second pass detoxification which will be the first chance the body has to eliminate the EOs. Due to the potency and possible toxicity of essential oils, they all need to be diluted with a carrier oil like olive oil, jojoba oil, almond oil etc. before being placed on the skin. For anyone over 15 and up the dilution of essential oil to carrier oil should be 0.5% to 2% total essential oil. For children or the elderly they must be diluted down even more. This percentage comes to approximately 3-12 drops in 1 fluid ounce of a carrier oil.

Now I am sure you know that oil and water do not mix. This is still true when you place essential oils directly into a bath without dilution. The drops will float on the surface and coat your skin entering your skin directly. People also tend to use more than 5 drops when taking a bath and so are using a huge amount of plant material in the long run and possibly overdosing themselves. I know I wouldn't be able to smell 5 drops if I put it in my bath and to be honest that is what I am trying to do, smell them! I prefer a diffuser in my home for that. And I prefer infusions in my bath water as I know I am only using a small amount of herb, which is perfectly adequate for my therapeutic purposes, more sparing to nature and the environment, and I won't make my bathtub all oily. I like to put oil on after my bath. If you really feel you must use essential oils in your bath please dilute them in a nice carrier oil before doing so. The same goes for DIY bath salts or lotions or salves. There is a link below for Mountain Rose Herbs and how to calculate proper and safe percentages. On a last cautionary note EOs are so potent they are very damaging to the mucosal lining of the entire digestive system; mouth, esophagus, stomach and intestines. Please do not take them internally!





A few Herbal ideas that are easily absorbed by our skin are:

- Wound healing, antispasmodic, anti-inflammatory, immunomodulant
- Aids digestion, anti-bacterial, relives gas and bloating, antispasmodic
- Aids in sleep as a sedative and hypnotic, antispasmodic, and pain relief
- Calming sedative, pain reliver, anti-microbial
- Lemon Balm: Anti-depressant, anti-spasmodic, sedative, diaphoretic (for aiding a fever)
- Pau Du Arco: is great for foot fungus (I have had clients use 2 teabags from Traditional Medicinals steeped 10 min. and poured into the water of the foot bath for an 8 min. soak.)
- Formulations are always nice too.

I am a clinical herbalist, nutritionist, and personal health coach. If you are interested in a personal consultation (social distanced and remote for safety) or Flower Essence session to help you through the holidays, please contact me at my website or my email link below.

Blessed Be!

Cynthia Killingbeck CH, CN, FEP

[www.vitalblossom.org](http://www.vitalblossom.org)

[cynthia@vitalblossom.org](mailto:cynthia@vitalblossom.org)

Resources:

Hand Out on Essential Oil Safety 101 by Katherine Delaney CA, CH, CN, FEP 2019

Paul Bergner MH, AHG Notes on Foot Baths 2019

Mountain Rose Herbs:

[https://blog.mountainroseherbs.com/essential-oil-dilutions?](https://blog.mountainroseherbs.com/essential-oil-dilutions?utm_medium=email&hsmi=99525986&hsenc=p2ANqtz-_bKfUx9YllqjLbEFTGnq3IDDdxViQf8hPap9zYkz1Hr6gas7P-m3u8d-piVaxHVhiz307LUIFIRIOvE3BviR7Osvmgmg&utm_content=99524601&utm_source=hs_email)

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[piVaxHVhiz307LUIFIRIOvE3BviR7Osvmgmg&utm\\_content=99524601&utm\\_source=hs\\_email](https://blog.mountainroseherbs.com/essential-oil-dilutions?utm_medium=email&hsmi=99525986&hsenc=p2ANqtz-_bKfUx9YllqjLbEFTGnq3IDDdxViQf8hPap9zYkz1Hr6gas7P-m3u8d-piVaxHVhiz307LUIFIRIOvE3BviR7Osvmgmg&utm_content=99524601&utm_source=hs_email)

Materia Medica: Herbal Vade Mecum, Energetics of Western Herbs Vol 1-2, Herbalism Course Notes 2017-2019, Herbal Actions Database

### **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](http://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.

Dec 11

Jan 8

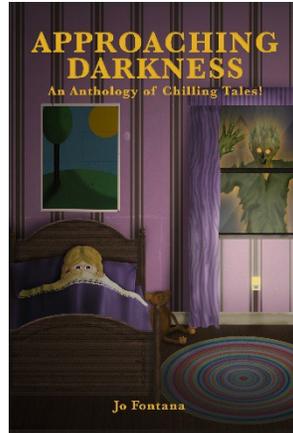
Feb12

**[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, and we're almost set for 2021! 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 2020-2021**

**November 27, 2020 (See above--Gather for a LIVE ZOOM Ritual)**

**Note there will be no December OFM in 2020**

**January 22, 2021**

**February 26, 2021**

**March 26, 2021**

**April 23, 2021**

**May 21, 2021**

**June 18, 2021**

**July 23, 2021**

**August 20, 2021**

**September 17, 2021**

**October 15, 2021**

**November 19, 2021**

**December 17, 2021**

**Blessings from all of us at Hearthstone!**

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