



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 on March 26th. 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 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 Zoom Meeting Invitation.
- *Please connect with Zoom and join us between 7:00 - 7:20 for casual conversation. We will close 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 please 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 guests.
- *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: March 26, 2021 7:00 PM Mountain Time

Join Zoom Meeting

<https://us02web.zoom.us/j/82586423025?pwd=TkNRN1lzWWpjdFpMVFdQN2hBZWcyZz09>

Meeting ID: 825 8642 3025

Passcode: 349805

One tap mobile

+12532158782,,82586423025#,,,,*349805# US (Tacoma)

+13462487799,,82586423025#,,,,*349805# US (Houston)

Open Full Moon Friday March 26, 2021



Spring Cleansing and Eggs, Eggs, Eggs! presented by Michelle and Drake

Imagine living back in the early Iron Age in Europe. As spring came, it meant the livestock that had been sharing your house could go back outside. Spring cleaning was a spiritual and necessary event!

As the equinox energies swirl around us, we will look to our Besoms, or brooms. The broom has been an important aspect of the legend of the witches, and scholars have debated over its meaning. We will talk about a few theories but most importantly bless our Besoms (If you have one or more) and our mundane brooms.

Then, after we sweep out the muck of the winter, let's invite in the season of spring! Long a symbol of returning light and life, we use eggs in ritual to represent the potential we'll nurture in the warm months ahead. So, we'll do some spellwork to jumpstart our plans for upcoming growth and prosperity.

Needed for the besom portion of the ritual:

Besom (Magic broom), Mundane broom (O-Cedar or any other will do!)

Incense, candle, bowl of water, a small amount of salt.

Optional: Sprigs of Lavender, sage, rosemary, or thyme. These may be bound to your broom to strengthen its cleansing power. Maybe some yarn or string then as well. Duct Tape works in a pinch

Optional Small bells were often added to the besom; the chiming was said to drive out mischievous and dark spirits. Couldn't hurt, eh?

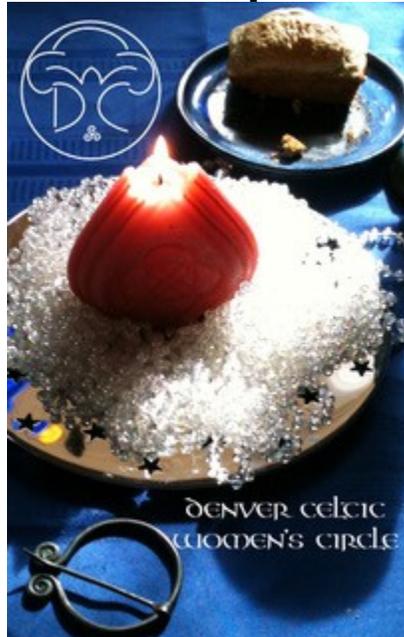
Needed for the egg portion of the ritual:

Either: a hard-boiled egg, a paper-mache/cardboard/wood egg, or an 8 1/2 x 11 piece of paper with an egg drawn on it

Pens, crayons, colored pencils, or markers to draw on your egg. (If you are going to eat your egg, use pencils or food-safe markers.)

We'll cleanse, cast, and call, and you may want to do so in your own space, so have ready the items you'll need for that, and also "cakes and wine" for libation at the end of the ritual.

Thanks and a Tip of the Hat!



Hearthstone Tips our Hat and offers our Thanks to Paulie and Kellene for a beautiful ritual celebrating Brigid and Imbolc. Paulie introduced the ritual and helped us all to feel connected through a golden web linking home to home. Kellene spoke of the Four Gifts of Ireland, then Paulie invoked the three realms of Sky, Land, and Sea. The ancestors were welcomed. They spoke of the Triads: truth, hospitality, and right judgement. We participated in the Threshold Rite; we knocked on the “door” as Brigid, then Brigid introduced her many aspects, and we welcomed Brigid into each of our homes. Brigid is the goddess of poetry, healing, smithcraft, and much more, as we learned that evening. Offerings were made to the Goddess: milk, butter, and honey.

Everyone was invited to have with them for ritual a cloth, a bottle of water, and a candle. We asked Brigid's blessing upon each of our items. We lit the candle to welcome Her as the Goddess of the Forge, we blessed our water to welcome Her as the Goddess of the Well, and we blessed our cloth to welcome Her as the Goddess of Healing. Paulie and Kellene's intention was that we would each have these blessed items to use during the coming year. Paulie then shared the genealogy of Brigid and we thanked Her for Her presence among us this full moon night. We finished with the chant “Holy Water, Sacred Flame”.

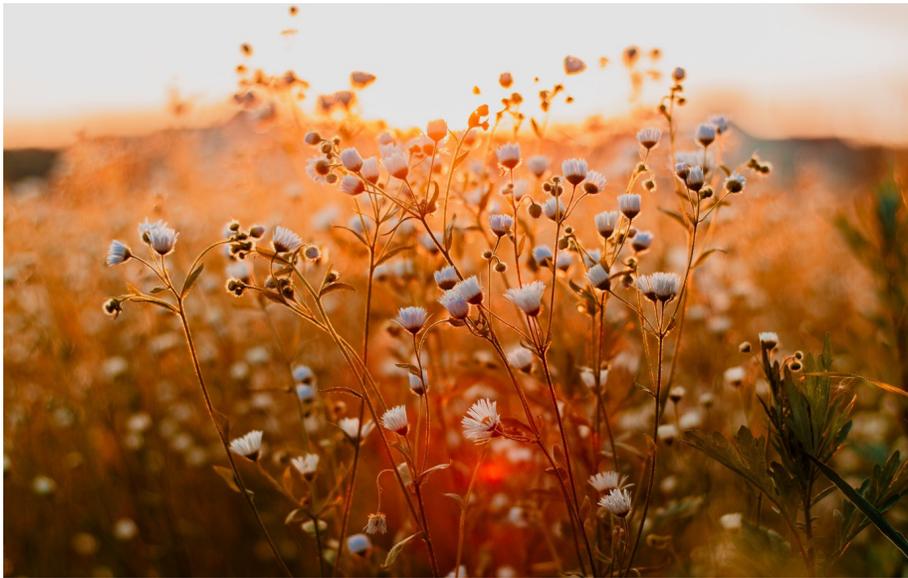
Thank you, Paulie and Kellene, for helping us invoke and welcome Brigid's blessing into each of our homes, into our lives, and into our sacred objects. Blessed be!

-----Arynne

Articles from our community members!

Reflections of Hope at Ostara

Moon Gazer



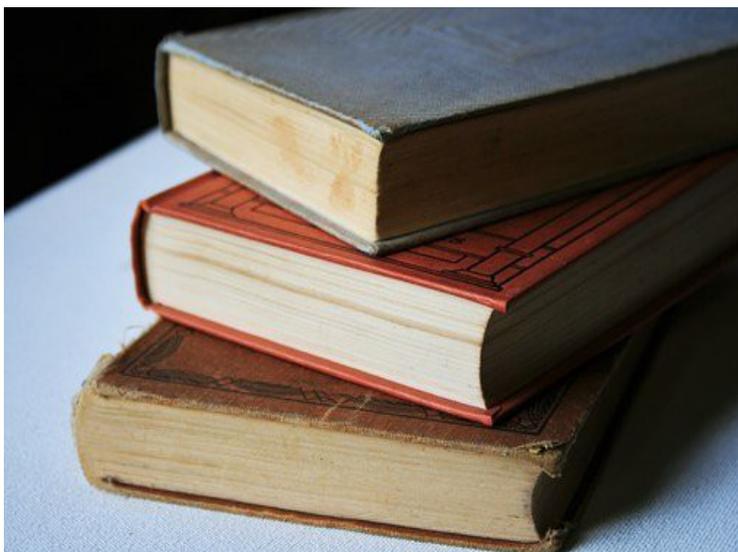
As the light returns and we approach the Spring Equinox, hope waxes as well. It is during this time I remember my honored deceased. Many of them have passed into the Summerland around this season so it usually feels more like Samhain to me as their anniversaries approach. That sense was even more pronounced last year when we began the lockdowns. As a matter of fact, it felt like the veil had begun to thin in early March and continued up until this past Imbolc. I believe this may be because of the many people we lost to the virus. It's also what I think disrupted communication between my guides and honored dead.

Initially, I didn't notice their silence; I was too overwhelmed by the events that were unfolding. There were many changes such as working from home, difficulty obtaining basic supplies, adjusting to public health mandates, and hoping for a good outcome during the elections. Last year was extremely difficult for many of us even if we were blessed to be with our family during this traumatic time. I know I'm not alone in experiencing nightmares of people dying in droves and there was nothing I could do as a healer or a health professional that would help them.

I'm not on the front lines, but I was also affected by the impact of the virus as I assisted families, colleagues, and friends. They struggled with everything from childcare, illness, depression, and fear. This took a huge toll on me and I almost decided to walk away from this path. Everything happened so fast, it was hard to take inventory of how I was feeling let alone realize the connection had fizzled. The one saving grace for me last year was the online rituals held by local churches and groups. But as the public health mandates were extended, I felt more and more isolated. Up until recently, I was so numb that I couldn't feel anything anymore. By the time I became conscious of the fact I was that disconnected, it felt like there wasn't anything left to connect to. It was a battle to do anything remotely spiritual. Even guided meditations weren't helping. I was devastated.

Recently, I was going through my supplies looking for a specific candle to light, hoping it would help me feel that palpable connection to the divine, when I came across a picture of my friend and mentor who had died several Aprils prior. It was the first time in ages I had seen her picture and for some reason, it suddenly felt like everything would be okay. I took it as a sign. If you knew her, you'd understand that she didn't always do or say the things you expected. And this time was no different. It reminded me that she is always there and I can talk to her and the others any time I need to. This knowledge was powerful and comforting.

So, this year Ostara does feel different. It doesn't feel like Samhain. It feels like hope. Balance has returned and we can begin to heal from the trauma we have experienced. This year, the seeds we plant will sprout and the harvest will be bountiful. Soon the weather will be warm and small groups will be able to meet outside once again and eventually, see each other in person once more.



Radical self-care in the manuscripts

As I push my way through the Irish manuscript tradition, looking for the pure gold of the pre-Christian religious practice in a space specifically created by the scribbling monks of the Irish Catholic Church, what encourages me is what appears to be our true inheritance, and how much we need it.

Most people don't realize how foreign writing was to the pre-Christian people of Ireland. Knowledge was preserved in poetry and song, in long human memory, passed on from person to person in a direct exchange. The transfer of information was never isolated, it was spoken and heard. It happened face to face, it was received on sound, in a real space. Learning was connected to human experience and to the locations in which learning took place...or to the occasions. During festivals, or inaugurations, or other celebrations, recitations were made and received. Receiving the collected wealth of information of history, medicine, genealogy, or law was never an isolated process. There was someone there with you, correcting you as you learned the verse.

But writing so easily erases "folk tradition", trounces it with claims of greater accuracy. It enables learning to be transmitted over great distances and with fewer trained teachers. It

enables learning to be an isolated activity, with the individual experience uncorrected by the living presence of a teacher.

Writing, as it arrived in Ireland, was a Christian activity.

And so what we have to examine of the pre-Christian past was written in a Christian context by Christian monks in Christian monasteries. It would be easy to get discouraged about this and believe, as I have been told by scholars with an evident passion for Ireland's Christian history, that pre-Christian wisdom did not survive, that the manuscripts, even when they appear to record native Irish tales, instead record stories from the classical literature of the continent and of Greek and Roman sources, in which the learned monks were steeped, and which were merely given Irish cultural cover, Irish names, Irish places.

This is a complicated area to challenge; luckily scholars more knowledgeable than I have already done so, and I rely on their work. Still, it is work to sift out the treasure I seek and to assay it for authenticity and purity.

One of the texts claimed by experts to contain that Pagan philosophy is called the Audacht Morainn . A scholar named Fergus Kelly did a delightful examination of its age based on linguistics, and that is how I came to use it in our celebrations. It is a set of instructions for a new, young ruler from a dying druid. It holds this as advice:

6. Let him preserve Truth, it shall preserve him
7. Let him raise truth, it will raise him.
8. Let him exalt mercy, it exalteth him
9. Let him care for his tribes, they will care for him
10. Let him help his tribes, they will help him
11. Let him soothe his tribes, they will soothe him

Now, in a modern world, without princes, with democracy, we naturally read the advice in this work as admonitions for non-royal people to govern with fairness and with equity, to govern for the good of the governed. These are good guidelines. I personally enjoy them.

Digging further I was gratified by the work of Dáibhí Ó Cróinín and Ramsay MacMullen which showed that, beyond linguistics, one of the dividing characteristics between the earliest Christian philosophy and the existing Pagan practices was the difference between strict intolerance and radical tolerance. Ó Cróinín speculates, "The stark reality of the new religion, with its single god who destroyed all others, given to outbursts of divine wrath, and prone to vengeance and punishment, may very well have seemed impious to a people more used to a variety of deities and the toleration of many cults...It may well have been their tolerance of the new Christian religion, rather than any inherent weakness, that brought about the destruction of the pre-Christian cults."

This confirmed something I noticed from the linguistic analysis, that the older wisdom was free of vengeance, that it lacked a death penalty, that it emphasized reparation, repayment, redressing wrongs over retribution and revenge.

We need this. We need this now more than ever.

And then, in a conversation about the Druid path with a non-Pagan I reminded myself of

something even more central to our path. We don't seek learning for the sake of ruling others, even in a democratic setting. We seek learning on our path in order to govern ourselves. This wisdom, in that framework, directs us to a way of dealing with ourselves.

And if tolerance is the dividing line between the ancient Pagan traditions and the earliest Christian approach, then tolerance is the light to shine into our own darkness.

That implies that we can look at the the word "tribes" and see it as an expression of our own complex selves.

Let us exalt mercy. We need it. Let us extend mercy to ourselves. It will bring us great benefit. Let us care for ourselves, it will pay off handsomely. Let us help ourselves, we are worthy of this. Let us soothe ourselves, we are frazzled and have been put through a nearly unimaginable passage of history.

We remind each other of the metaphor of putting on our own "oxygen mask" before we put it on others. Let's push that further. Let's put on our own oxygen mask, full stop.

If we are going to apply intolerance anywhere, let's apply it in the form of good boundaries. Let's firmly reject the notion of being governed by guilt, by stress, by vengeance, by anything that posits a morality based on harshness.

We can return to our original Pagan values of balance, equity, and care.
And we can start by applying that to ourselves.

I hope that you find peace and happiness in the days to come, as we collectively recover from this passage and seek out new ways to relate to each other.

Peace of the mountains to you.

Paulie Rainbow

founder: Denver Celtic Women's Circle

facebook.com/DenverCelticWomensCircle

It's Spring!
Detox like a Vitalist: Nourish not Purge
By Cynthia Killingbeck CH, CN, FEP



What exactly is a detox? The goal of a detox, sometimes referred to as a *cleanse*, is to flush and clear out toxins that our bodies come into contact with every day. The types most popular tend to fall into three categories—those that restrict or replace food with liquids or intake altogether like fasting, those that claim to support your body's natural detoxification processes, and those that *cleanse* your digestive tract, also called purging which was usually done in the past in combination with bloodletting. The idea expressed here would have you believe you're dirty or your body is somehow unclean, that your blood is frequently toxic from your environment, lifestyle, and general living. This idea isn't any more rational to believe in the modern era than the old idea that bloodletting would eliminate disease (it was practiced in the middle ages even up to to the late 19th century when it was finally discredited). Just like bloodletting, "detox" diets or protocols can be harmful to the body because they are typically depleting, not nourishing. To be clear: you are not 'dirty'. Our body has its own processes for naturally detoxing through the liver and other systems. As a Clinical Herbalist trained in the Western Vitalist Tradition and as a Wiccan I believe in using herbs to support the vitality of the body and all its systems; following the cycles of the seasons with our mind, body, and spirit in connection with nature; and gently building up nutrition through diet to gradually heal and sustain our own body's ability to eliminate natural toxins.

So what are natural toxins? Our body's natural metabolic processes create *wastes* or 'toxins'. Some of these are hormones (like thyroid), prostaglandins, cytokines (secreted by the immune system), neurotransmitters, vitamins, oxidized lipids, bile acids, ammonia (eliminated in urine), proteins, dead cells, and bacterial products. The very process of cellular respiration in our mitochondria, (KREBS cycle), which creates the energy we have, has molecular *by products* or *wastes* that our body naturally eliminates. All of these require elimination from the body all the time. Our liver, kidneys, lymph, and bowel remove these from our bodies. It is when we experience poor clearance by the organs of elimination (liver, kidney, bowel), or poor clearance of metabolic toxins in the blood from the lymphatic system that we begin to notice external symptoms. These symptoms can be wide ranging from mild to severe disease states. These symptoms can be expressed as energetic or physical symptoms like sluggishness, feeling stagnant, bloated, fatigued, edema, acne, eczema, depression, cold hands and cold feet, or just a lack of vitality, etc.

The symptoms most people ascribe to “toxins” are usually deficiency symptoms, in traditional systems of medicine, requiring nourishment and building up nutritionally so they can eliminate wastes normally.

The cycles and seasons of the year have always been a part of our cyclical lifestyles and they influence our body systems. The seasonal availability of foods and the prevalence of certain foods meant that we ate those. If we look at our ancestors and the agricultural cycle they lived by, the winter was the time of low nutrition, with lack of access to fresh vegetables and fruits. Mostly root vegetables and salted, dried or smoked meats were able to be kept throughout the winter, but the main staple was meat and any surplus grains to keep you alive. In the spring came new opportunities for nourishment; sheep began to birth lambs and milk became available; the days became longer and more light was available. Even today when there is 12 to 14 hours of sunlight and the birds begin to lay eggs, it is about more *light* not warmth. Early greens were important for vital nutrients missing from the previous months and the ones to come until the first harvests.

You may think that this was all in the past and in our modern highly mechanized age we have access to vegetables all year long, and you'd be right to a certain extent. But even today we feel the seasons, we eat more cooked vegetables and make soups in the winter because they are warm and feel good, while a big cold salad in 30° weather just sounds COLD! It is harder to eat raw vegetables in the winter because it is cooling energetically. Our bodies and psyches are more in tune with the cycles of the earth than we think. Cycles become very important the more you learn about your body and your vitality. We need the cycles of the sun and moon for good pituitary health to enable us to sleep properly. The pituitary controls the release of melatonin, a natural hormone that promotes sleep. Sleeping and eating cycles are very important to supporting a healthy body. Lack of sleep can lead to all kinds of health issues from mood changes to memory issues, lowered immune system, and weight gain etc. Every time I tap into and learn about a body system it has *cycles*. In the spring we crave the sunlight, we go out and sit in the sun, garden, or go for walks. This isn't just because the cold has kept us locked in all winter. We have been deprived of the natural vitamin D absorption that comes from the sun. In Colorado we can only absorb vitamin D from the sun when it is at a 45° angle, this is only possible March through September due to our high altitude. Supplementing is crucial to keeping up our levels, but it also isn't the same as absorbing it naturally. On a cellular level we crave the natural processes. Vitamin D is important for immune health, muscle and connective tissue health, mood health, reduction of inflammation, absorption of magnesium which is also important to mood and muscular health, and the ability to metabolize calcium. Vitamin D is also known to be anti-cancer. So get out there and enjoy your 20-30 min a day in the sun. In the spring when we experience poor clearance by the organs of elimination (liver, kidney, bowel), or poor clearance of metabolic toxins in the blood from the lymphatic system, eating with the seasons can help bring more balance and an alignment with your body's health. You become more connected to your body, the food you eat, and where it comes from. As a Wiccan I try to be as close to the cycles of nature as possible and as an herbalist I get my hands dirty literally in the earth, growing plants and herbs for the health of myself, my family, and my friends. Getting your hands in the dirt is also supportive to a healthy microbiome and gut health. So garden away, my friend...

If you eat organic you'll notice that some items are not available all year, because it isn't their natural season. Even if you don't you'll still notice some items show up in huge amounts and are fresher when they are in their natural season at the market, like berries, cherries, and squashes. I like to stay in touch with the earth by eating what is available from my yard, the farmers market, or watch the organic foods as they become available. As I discover more about how things grow and how natural life cycles progress I feel more connected to myself and the earth. It inspires me with creativity as I eat foods I never have before, forcing me to figure out how to cook new and interesting dishes.

One large class of herbs that help with the body's natural elimination processes are Alteratives. Alterative therapy is anything that improves nutrition and increases waste excretion gently and gradually. Alterative is an approach to healing, not just a category of herbs. Lifestyle factors such as exercise, rest, diet, and alterative herbs of various sorts all contribute. I practice the Alterative Path in my vitalistic approach to healing.

According to a Physiomedicalist from the late 19th and early 20th century, alteratives are ‘...herbs which normalize the metabolism by supporting nutrition or improving the body’s natural mechanisms of detoxification and which act “slowly, steadily, and moderately in improving the circulating fluids”. William Cook MD (Physiomedicalist) 1869

Due to winter diets that were frequently deficient in fruits and vegetables (vitamins and minerals), many cultures had ‘spring tonics’. These usually took the form of the plants, food, or herbs that are beginning to emerge in the spring. They were *alteratives* designed to clean and build the blood. They frequently contained wild mustards or brassicas that contain sulfur, nettle, and wild greens like Creasy Greens. In Appalachia they used a sulfur and molasses tonic. Today our winter diets tend to be more processed, lacking whole foods, and relying on comfort foods, carbs, and less nutrient dense foods. Spring is still our time to refresh, nourish, and revitalize our diets. Sulfur containing foods like broccoli, kale, cabbage, arugula, and collard greens are very important for liver detoxification. In my garden I grow many herbs that are *alterative*, supportive to our body’s natural detoxification processes like nettle, mugwort, dandelion, burdock, etc. Fall and spring are the normal times to dig roots like burdock and dandelion. But the spring is also a time to begin eating the tender dandelion greens in salads and even the flowers are loaded with nutritional phytochemicals, like antioxidants, vitamins and minerals needed to support detoxification pathways of the liver and kidneys. Fiber is also important in the detoxification process. *Soluble fiber* feeds healthy gut bacteria (beans, peas, avocados, sweet potatoes, turnips, carrots, apples, some nuts, and seeds etc.), and are also important because they bind to carcinogens, bile acids, and toxins, while *insoluble fiber* (celery, dark leafy greens, cauliflower, blackberries, etc.), promotes a faster transit time (less opportunity for toxin interaction and absorption/re-absorption). Constipation provides an opportunity for reabsorption of the wastes that our body is trying to remove. I can always tell when I am constipated that I am reabsorbing things I shouldn’t because I feel terrible. Fiber also helps positively balance the microflora and encourages healthy intestinal flora, discouraging pathogenic bacteria.

Here are some recipes designed to help build nourishment and nutritional repletion while supporting our body’s natural elimination processes. They include fruits and vegetables that contain vitamins, minerals, antioxidants, flavonoids, sulfurs, fiber, etc.

Detoxification “Juice” Blender



Goal: Provide the body with rich sources of micronutrients and phytochemicals needed for optimal functioning of detox enzyme systems; antioxidants; sulfur; phase 2 liver inducers.

Ingredients: A variety of brightly colored ORGANIC vegetables and sulfur containing plants in a low-sugar medium.

- Beets (betalain alkaloids are powerful antioxidants, immunostimulant, and anti-inflammatory) 2-3 peeled cut small to make blending easier
- Carrots orange and purple (carotenoids= vitamin A) 2-3 cut to make blending easier
- Parsley (flavonoids, carotenoids, antioxidants, anti-cancer, great for the brain) 1 cup chopped
- Purple cabbage (flavonoids, glucosinolates= sulfur) 1/8 head (2 cups)
- Arugula, or collard, or kale (brassica greens, glucosinolates= sulfur) 2 cups chopped
- Ginger and Turmeric (Detoxification enzyme inducers) Thumb size pieces fresh, peeled
- Grapefruit or orange (Vitamin C, flavonoids, limonene) with skins adds more punch to the nutrients ½ -1. I like a whole Cara Cara orange chopped
- Burdock and/or Dandelion root (source of inulin, liver supportive, alterative, blood builder, nutritive, alterative skin, liver, immune, lymph, bowel, kidney) 3 inches fresh, (*if dry decoct for 45 min. with ¼cup dried pieces in 16 oz water, strain and use 16 oz. in place of some of the water below. Add some water if too much boiled off. Cool before adding to juice blend.)
- ‘Just juice’ no sugar added Cranberry juice (flavonoids, low sugar) 16 oz.
- *Filtered water 32 oz. (If the ratio of liquid to vegetable matter is off, like too thick add a little more water or juice.)

Makes about 8-9 cups juice. Cut in half if you have a small blender. My blender is 8 cup and it just fits.

All of the above contain minerals and vitamins. All of the above can be adjusted however you like as well. You could add dandelion greens, plantain (wound healing, nutritive), nettle, or mugwort (liver and gallbladder supportive, anti-inflammatory, nutritive, flavonoids, carotenoids). You could change up the juice to any dark berry filled with antioxidants. ‘Just Juice’ makes many unsweetened options like cherry, pomegranate and blueberry.

Blend in a Vitamix or blender that can create smoothies until well pureed and thin like pulpy juice. Drink like a thin smoothie, the fiber is important to the detoxification process as well as gut health. Keep refrigerated, will last 3-5 days, you could add some organic apple cider vinegar then it might keep longer. (Do this to taste; I did 1-2 tsp. per cup).

Nettle Juice



Another option in early spring is to make a nutritive Nettle Juice. This recipe is simple as long as you can obtain fresh young nettle leaves. Nettle is an alternative for the skin and kidneys and is nutritive, filled with antioxidants, vitamins, and minerals. Nettle is anti-inflammatory, immune-stimulating, and antihistamine.

Wearing gloves put 4 cups of young nettle leaves in a blender with a 50% mix of juice to water and blend. Just enough to make a watery smoothie. It isn't supposed to be thick; you're drinking this not eating it.

Nettle and Asparagus Soup

I love making this! It tastes amazing and feels so good. It is really green! I adjust this based on what is available and you'll see some of the adjustments. I also adjust the sulfur content down a little, like less garlic, because I and my husband do not do very well with too much garlic anymore. We are better with onion though. You can still make an amazing soup if you don't have access to fresh nettle; I substitute kale or collard greens. Be creative! The soup will still taste amazing.



Nettle Asparagus Soup

Ingredients

- 5 tablespoons olive oil
- 1 medium onion diced (Instead of fresh onion I use celery 3-4 stalks and then powdered onion 1 ½ Tablespoons. You can also use a leek as a nice substitute)
- 3 Celery stalks chopped (I add this even if I substituted it for the onion)
- 7 garlic cloves minced (I use dried equivalent ¼ tsp per clove and cut the amount in half: ¾ tsp.)
- 2 tablespoons curry powder (I make my own nightshade free curry)
- 2 teaspoon cumin powder
- 1 teaspoon freshly ground pepper
- 1 ½ teaspoon salt (this can be reduced, do it to taste I do ½ tsp.)
- 1 fennel bulb chopped and some tops
- 1 bunch of asparagus (approximately 300 grams), cut into 1-inch pieces (if out of season I have used broccoli or baby broccoli)
- 1 (13.5 ounce) can of full fat coconut milk
- 5 cups broth (bone broth, vegetable broth or even water) increase if needed
- 150-180 grams of young fresh nettle leaves chopped; use gloves to handle (I have substituted kale and collard greens)
- 1 tablespoon lemon juice
- more salt and pepper to taste (optional) dash of cream (optional)

In a large saucepan heat olive oil on medium heat. Once hot, add the onion, celery, fennel, asparagus, and sauté until translucent (asparagus until it becomes bright green in color) about 5 minutes. Add the garlic, curry powder, cumin powder, black pepper and salt. Sauté for one minute or until aromatic.

Add the coconut milk and broth (or water) and bring to a boil. Add the fresh nettle leaves. Stir well. Simmer for 20 min.

Once the asparagus is soft, turn off the heat on the soup. Add the lemon juice. Using an immersion blender (or a high-speed heat safe blender, Vitamix) blend on high until thoroughly creamed.

Add salt and pepper to taste. Serve asparagus and nettle soup in bowls with a dash of sour cream (regular or dairy free optional) and a couple spoonful of mushrooms (optional). Yield: Makes approximately 3 quarts, which serves 6-8 people.

Optional topping:

Handful of mushrooms (morels, shiitakes, chanterelles, buttons, etc.) minced

1 tablespoon butter (or olive oil)

1 garlic clove minced (I omit the garlic since it is in the soup already but people who like garlic feel free.

Garlic is also an alterative for the lymph and immune systems. I usually substitute onion powder)

Instructions: While the soup is cooking you can make the optional mushroom topping. Heat the butter in a small saucepan. Add the garlic and sauté for 30 seconds or until fragrant. Add the minced mushrooms and cook until thoroughly done and tender. Set aside.

Chopped roasted nuts or pine nuts are nice to have as a topping too.

For individual symptom formulation please contact me through my website or email for a Consultation (done remotely). The individual herbal formulations like teas, tinctures and/or capsules would be delivered to you and are separate from the consultation fee.

www.vitalblossom.org cynthia@vitalblossom.org

Coming soon: my Etsy Site watch for it...

<https://www.facebook.com/vitalblossomllc>

Resources: Herbal Vade Mecum, Energetics of Western Herbs Vol 1 and 2, Integrative Herbalism Course Notes Vital Energetic Actions, Cell and its environment, Herbal Actions Database Pg. 119, Advanced Herbalism Class Notes Toxins and Detoxification, Advanced Acute Conditions Alteratives, Personal class notes



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!

The Althea Center for Engaged Spirituality



As we continue to “social distance” a while longer, particularly not gathering in groups indoors, our Open Full Moon rituals will likely be online on Zoom...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 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 offerings! 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. When there's not a pandemic, we meet at Full Moon Books, 9106 W. 6th Ave. in Lakewood. Currently we meet on Zoom. 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: astrology. Learn more about us at www.meetup.com/EarthTemple and visit our Facebook page: <https://www.facebook.com/EarthTempleColorado>

Due to COVID-19 please visit our Facebook page or Meetup group for updates and links to online rituals. Link Below.

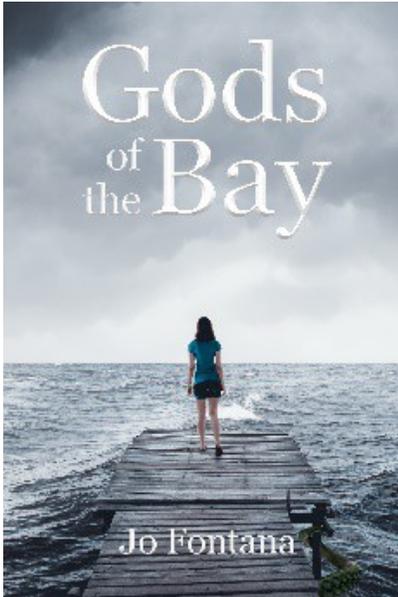
Upcoming Earth Temple 2021 dates:

April 9
May 7
June 11
July 9
August 6
September 3
October 8
November 5
December 3

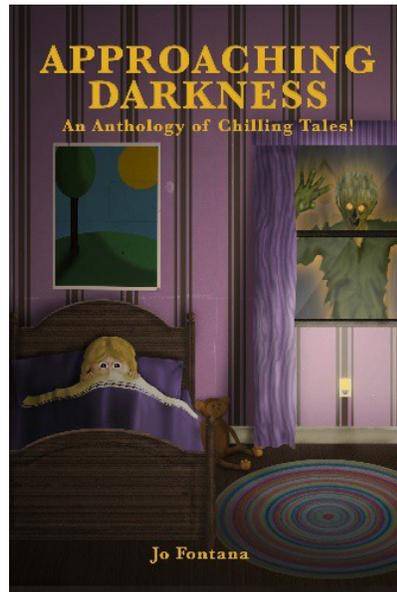
[Earth Temple Facebook Page](https://www.facebook.com/EarthTempleColorado)

Check out Vendors and Artists in our Community!

Books by local author Jo Fontana. I'm busy writing more books. Right now, I'm working on two novels: Brotherhood of Blood, a fantasy novel, Heart in the Stars, my first foray into Sci-fi, and a short story collection tentatively titled Tales of Sunken Forest.



Gods of the Bay



Approaching Darkness



Prompts for Young Writer

Join my mailing list on our links page. <https://www.jofontana.com/links>



Low-Cost Pet Cat Spay/Neuter & Vaccines
Free Spay/Neuter & Vaccines for Feral Cats
[Spay/Neuter | Denver, CO | Dumb Friends League \(dffl.org\)](http://DumbFriendsLeague.org)

The Dumb Friends League offers affordable spay/neuter services to all owned pet cats and feral/community cats. The details, locations, and qualifications are at their web site above. They are able to offer these services thanks to the generosity of donors. They recommend that tame, friendly cats without owners be taken to an animal shelter for adoption.

At this time DDFL is not able to provide spay/neuter services to dogs, for-profit breeders, or rescue groups. It takes ALL of us to reduce the overpopulation problem and move toward a world where all pets are loved and cared for. Thank you!



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 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 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 2021

(See above--Gather for a LIVE ZOOM Ritual)

March 26

April 23

May 21

June 18

July 23

August 20

September 17

October 15

November 19

December 17

Blessings from all of us at Hearthstone!

**Subscribe to receive our
Newsletter**

