



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 Friday April 23rd. 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: April 23, 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 April 23, 2021



This month's OFM will be presented by Amy Harper (NyteRoze). We will look at the spiritual meaning of the upcoming full moon and ways you can align yourself with nature, ground yourself, and connect with yourself so you have the solid foundation needed for the work you will be doing in the future. We'll have a brief guided meditation and do some shadow work for channeling the upcoming super moon to best serve our current needs and upcoming goals. This will be a ritual suitable to all levels of skill, interest, or curiosity. Please join us on April 23rd!

Thanks and a Tip of the Hat



Hearthstone Thanks and Tips our Hat to Michelle and Drake, the presenters of our March Open Full Moon ritual. They offered a creative ritual near Ostara, focused on the themes of spring cleaning and new beginnings. Participants were invited to have their sacred besom (broom) and house broom to consecrate and decorate, and either an egg, or paper to draw an egg on, for spellwork for our personal new beginnings. Many options were suggested as participants had different materials and artistic abilities to bring to these projects.

Drake and Michelle cleansed and cast the circle, called the Elements, and invited the Maiden of Spring and the Young Lord. Drake shared the history and legends around brooms and how they could be used for ritualistic cleansing. They demonstrated adding herbs and bells, etc, to decorate the besom and all were invited to decorate and bless our own, including our house brooms. Each broom was empowered and blessed with the Elements. The suggested ritual use is to sweep, starting at the front door, moving left (widdershins), sweeping toward the outside. Sweep around all of the walls in all rooms, then sweep all of that energy out the back door. Continue further around, completing at the front door. They reminded us that all tools we use can become magical.

We then moved on to the concept that, after cleansing, what do we choose to bring in? We bring in new potential and new beginnings at Ostara. Michelle explained a variety of magical techniques to use with eggs, depending on our personal magical goal. We were allowed a generous amount of time, in silence, to consider our goals and decorate, draw, or write on our eggs. We then enjoyed cakes (or deviled eggs) and shared our creations via Zoom. The Lady and Lord were thanked, the Elements thanked, and circle was opened.

Michelle and Drake, thank you for this creative ritual that blended historical, personal, magical, and practical aspects into a fun and meaningful experience for all! Blessed be!

Articles from our community members!

The Wisdom of Emer and the search for modern meaning in medieval Irish texts



When I set out to create the Denver Celtic Women's Circle I had some very specific ideas about what kinds of texts we should draw on to invoke the most affirming and strengthening magic in our shared rituals.

One of the texts that I leaned on heavily was "The Wasting Sickness of Cú Chulainn or the Only Jealousy of Emer." It contains a conversation between the Goddess Fand, who sought out Cú for a mate when She was abandoned by Her husband, Manannán mac Lir, the smitten hero Cú being confronted by his wife, and his highborn and highly regarded wife, Emer, who has arrived on the scene of his romantic board game playing interlude with the Goddess, while accompanied by fifty of her besties, fully armed, in fifty war chariots. Emer has come to threaten a Goddess, to plead her case to her wayward husband and, if necessary, die with honor defending her own against Ulster's undefeated war champion. It remains one of my favorite Irish tales.

The confrontation starts with the Goddess Fand noticing the army of women and describing them to Cú's charioteer as:

"...a troop of clever, capable women, glittering sharp knives in their right hands and gold on their breasts."

It contains in the ensuing confrontation a list of defining characteristics of a fully realized woman, within the context of the tale. Cú asks why he shouldn't be with this Goddess Fand, describing Her qualifications as:

"She is pure and modest, fair and clever, and worthy of a king. A handsome sight she is on the waves of the great-tided sea, with her shapeliness and beauty and noble family, her embroidery and handiwork, her good sense and prudence and steadfastness, her abundance of horses and herds of cattle."

It's quite a list, and while it includes purity and modesty as well as some seemingly sexist requirements of physical beauty, it is noteworthy for including Her skill with a boat and several comments on Her mental fitness, not to mention all of that livestock that She owns.

Emer, who was noted for her wit in an earlier tale, points out that this is human short-sightedness: “Perhaps this woman you have chosen is no better than I...But what’s red is beautiful, what’s new is bright, what’s tall is fair, what’s familiar is stale. The unknown is honoured, the known is neglected - until all is known.”

There’s a lot of text that deals with love, and loss, and pain, but when Manannán mac Lir asks what His wife wants, She frankly tells Him that She prefers the Ulster hero, but chooses to return to the husband who has returned to Her for the most pragmatic of reasons: “...you have no other worthy queen, but Cú Chulaind does.”

The text itself has some lovely quotables, yet the strength of it is in the themes, these are strong female characters who describe themselves and each other in brusquely positive terms. They are complex and forthright and willing to take on risk and danger to defend what they believe in. They stand up for themselves. Instead of being petty and whining, they are generous and honest with each other and when they express their own grief and disappointments they do so candidly, vulnerably, and with dignity.

It is an amazing description of women from the medieval period, more so given that it was recorded by men, by monks in fact, and we have no evidence that it was authored by or intended for women. Origins and intentions notwithstanding, it is a story worth reading, mulling over, and discussing. It expresses a vision of strength, dignity, cleverness, and honor for women.

As I work my way through the Irish texts, I am looking for the threads of the pre-Christian narrative, for the values of our ancient predecessors, but I am not interested in invoking or recreating oppressions, inequity, or outmoded philosophies. We are not medieval cattle herders bound to a caste system and ruled by a hereditary noble class. And, although my collection of hoop skirts and semi-historical costumes might imply otherwise, I don’t want to be. I do want to reach beyond the monotheism that has ruled us for centuries and I want to walk with the Gods of my predecessors. But my purpose in that is to find a way forward, not back. When I dig into these texts I’m not just looking for age, but for value.

What we speak, we manifest. What we repeat, embeds itself on our consciousness. What we invoke, we must live with. I selected this tale to work with over 13 years ago and I am still engaging with it today. I want to be a woman who is generous and honest with other women, who feels the dignity in love and in grief. I want to be willing to fight for my own dignity and clever enough to win with my words. I want to stand with my chosen partner even when that is hard and our outcomes are uncertain. I want to be willing to concede to a woman who is better than I am at what I hope I would win for myself.

And I want to be willing to jump in a chariot, ride-or-die for my sisters. Because we are worth it.

The Denver Celtic Women’s Circle is a private circle with a commitment to sharing what we learn with our community. We cherish our Triad of Hospitality and all of our public events are Open and Inclusive for all genders. We are anti-racist. Check out our Facebook or Meetup pages to join us for Full Moon ritual, New Moon or Saturday meditation, Irish language practice, or future workshops. We remain committed to remote/online events for the present.

Peace of the mountains to you,
Paulie Rainbow

Founder: Denver Celtic Women’s Circle
facebook.com/DenverCelticWomensCircle
meetup.com/Denver-Celtic-Womens-Circle-Events
instagram.com/paulierainbow

Sleep Hygiene ~ Steps to Healthier Sleep **By Cynthia Killingbeck CH, CN, FEP**



The Harms of Sleep Deprivation

Everyone has experienced a night of no sleep or poor sleep and how groggy, cranky, and short tempered you feel the next day. It's difficult to think clearly or remember what you are doing. We drink coffee and other stimulant drinks to compensate. That can increase heart rate, raise blood pressure, increase a feeling of alertness, and reduce appetite. The more and more we need can cause increased anxiety, tremors, tension, and even nausea.

Chronic or long-term sleep deprivation can put your mental and physical health at risk. These symptoms include memory issues, mood changes, trouble thinking and focusing, high blood pressure, lowered immune system, weight gain, higher risk of diabetes, lowered libido, higher risk of heart disease, and poor balance resulting in more accidents.

The pituitary gland is responsible for the production and release of many hormones and controls most other endocrine glands. Hormones are regulatory substances produced to stimulate specific cells or tissues to perform an action; like coordinating our stress response, the menstrual cycle, basic immune deployment and function, eating and rest cycles, and proper metabolism. Hormone replenishment and production depends on our sleep cycles. Hormones are also responsible for waking us up in the morning, turning on energy and appetite. Following the cycles of the days and seasons can help us to regulate the cycles of our body and connect to the natural balance of nature. The sun and moon and their cycles are a part of the very intimate functions of our bodies. (See Light and Circadian Rhythm Balance below).

Changing Habits can be Hard

Sleep patterns are often learned in childhood, they become habit over many years, affected by jobs, children, family, friends, stress, and lifestyles.

Insomnia is defined as difficulty falling asleep or staying asleep. It can be helped and in some cases relieved by altering long ingrained habits. But like any habits it took a long time to create them and it may take time to change them.

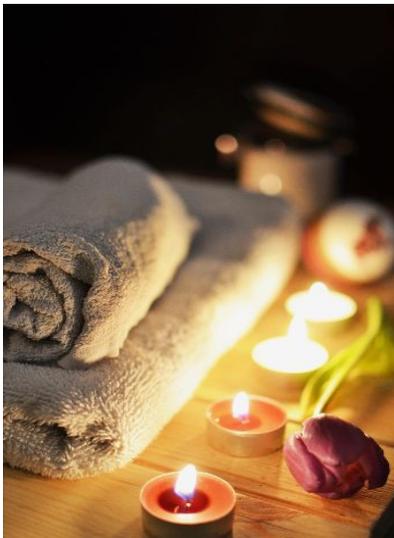
Anxiety around not sleeping can actually cause the insomnia in the first place, forcing it, becoming more and more upset and frustrated when it doesn't happen, making it harder to sleep.

How much Sleep do we need?

It is typically recommended for most people to get 7-8 hours in a 24-hour period. It is not unheard of for people to need up to 10 hours, or feel rested after 6.5 hours. Children and teens need more due to the fact that they are growing. The quality of sleep and feeling rested is as important as how much you sleep.

Sleep Hygiene

- Begin to prepare for bed at least 2 hours before bedtime.
- Avoid intense mental activity or stimulation before bedtime (computer, TV, or other device).
- Make your bed a place only for sleeping or sex. Do not watch TV, or work from it.
- Lower the thermostat before bed slightly, cooling the room.
- Make sure your bed is comfortable.
- Allow some time for your body to adjust to rest mode, remain horizontal for a period of time, giving yourself time to settle in.
- Sleep as much as you can and then get out of bed and switch rooms.
 - If you can't sleep, get up, don't force it. But give it at least 30 min. Allow your body to adjust to being in a relaxing sleep mode.
- Eliminate stimulating noises.
- Watch fluid intake before bedtime but make sure you are staying hydrated.



Reduce anxiety and stress

- Before bed journal about your day, write down all the things that worry you, leaving your thoughts quieter and better suited to sleep.
- Utilize relaxation techniques such as progressive relaxation, Yoga Nidra, guided sleep meditations.
 - Insight Timer is a great App for a phone or device to help with many kinds of guided meditations, including sleep.
 - Cool the body temperature before bed with a lukewarm bath do not get your hair wet, as that can make you too cold after.
 - Before bed use a warm to lukewarm foot bath (may include relaxing herbs such as chamomile, lavender, rosemary, or catnip)



Lifestyle and Nutrition

- Make sure to get light to moderate exercise every day, (20 min), make sure to exercise more than 4 hours before bed either in the morning, or early evening.
- Make breakfast the largest meal of the day, then lunch, with a smaller dinner in the evening.
- Eat dinner at least 4 hours before bedtime so that you are not digesting while you sleep and do not go to bed hungry.
 - An exception to this rule: if chronically waking 2-3 hours after going to bed, consider more protein at dinner, or just before bed, as a blood sugar crash may be occurring. Protein and a complex carbohydrate can also be an alternative, like nut butter and a couple of apple slices.
- Avoid food, alcohol, and cigarettes before bedtime.
- Avoid stimulants such as coffee or tea after lunchtime or 1 pm.
- Avoid sugar before bed.
- Make sure Food Allergens are eliminated from the diet consistently.
- Some gentle relaxing sedative herbal tea ideas are catnip, passionflower, chamomile, and skullcap. (See below about Personal Support)
- A magnesium citrate drink, called Calm, is good to help relax and can help with sleep about an hour before bed. (The powder is added to water.)



Light and Circadian Rhythm Balance

Our pineal gland located behind the eyes in our brain is affected by the amount of light we receive. The hormone melatonin is released with darkness and tells our body it's time to sleep. This is why being around too much bright light before bed can affect our sleep as it can stop the release of melatonin. It's also why it can be hard for night-time shift workers to sleep during the day.

Melatonin is available as an over the counter supplement but understand that if you use this you will reduce your own ability to produce this hormone. It is best to try to increase your own ability to create it by following these suggestions.

- Honor the rising and setting of the sun. Watch the moon phases and look at the moon. Our bodies were designed to follow the daily, monthly, and annual cycles and seasons.
- Create and maintain a routine/cycle.
- If you can, spend time in the sunshine during the day. Walk your dog, take a walk, or even just take your lunch outside.
- Sleep in complete darkness. Try soft light blocking eye masks or blackout curtains.
- Any electronic device with a screen emits a certain amount of blue light. Blue light suppresses the production of melatonin and can work as a stimulant to keep you awake.
 - 2-3 hours before bed stop using artificial light devices which emit blue light (Computers, phones, electronic devices, TV, blue light illuminated clocks, eBooks, etc.)
 - Possible alternatives are to purchase blue light blocking glasses (some are orange in color), which can help with this problem, but they must be worn 2-3 hours prior to bedtime.
 - For some eBooks or devices there are blue light blocking cover filters.
 - Reading a book under a warm/yellow or golden colored light is helpful to relax the body. White, florescent, or white LED lights are too bright and can over stimulate our eyes.
 - Lower or dim the lights in your house 2-3 hours before bed. Try using candlelight.

Other therapeutic sources

- Acupuncture
- Yoga
- Tai Chi
- Cognitive Behavior Therapy (CBT)
- Light Therapy
- Stimulus Control
- Sleep restriction
- Biofeedback
- Chronotherapy
- Medications
- Herbal Formulas (tinctures/teas/etc.) See below for Personal Support.
- Supplement Support like magnesium, and vitamin D₃

Personal support

For a personal consultation session and formulation please book an appointment at www.vitalblossom.org or email me at cynthia@vitalblossom.org

Resources: CSCH Advanced Notes Insomnia, Fatigue; <https://medlineplus.gov/insomnia.html>, <https://emedicine.medscape.com/article/1187829-overview>



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 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:

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)



Come join us for Conversations in Witchcraft, a lightly facilitated discussion group. 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.

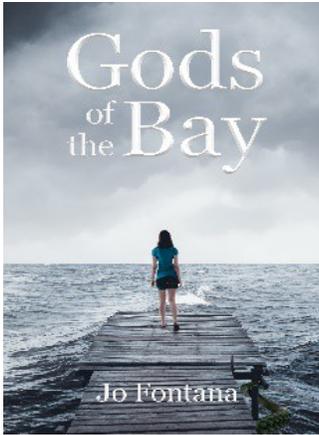
We welcome practitioners at all points on the path. Are you newly curious? Join us! Are you an advanced practitioner? Come on over!

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).

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>

Hearthstone Community Church Website Link

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

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**

