



May 2021 (our 25th year of newsletters!)

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 May 21st. 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 - 7:25 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: May 21, 2021 7:00 PM Mountain Time

Join Zoom Meeting

<https://us02web.zoom.us/j/85685591579?pwd=TTFNMjZFYZdsb2FpUWI3QTVUMkdVZz09>

Meeting ID: 856 8559 1579

Passcode: 015055

One tap mobile

+13462487799,,85685591579#,,,,*015055# US (Houston)

+16699009128,,85685591579#,,,,*015055# US (San Jose)

Our Next Ritual: May 21, 2021



There is a full moon eclipse that will be happening on Thursday, May 27 at 5:18 AM local time. At our upcoming Open Full Moon ritual we will work with the astrological influences of Friday, May 21 (the night of ritual), preparing ourselves for the energies and work that can be done on the total lunar eclipse the following week.

During a lunar eclipse, the earth interrupts the psychic power of the full moon. We tend to become conscious of only our thoughts, feelings, and impulses. It's a great time to look deep inside ourselves, a chance to let go and move on from what no longer serves us.

A lunar eclipse is like going through all the phases of the moon in a short period of time; things are accelerated.

Join us as we lay some of this groundwork in the form of meditation to look at what may be hidden within ourselves, yet revealed in the muted light of the lunar eclipse. Please have your choice of cakes and ale prepared for use during ritual. You may also want to have your journal handy for notes on your reflections from the meditation.

Blessings.

Rainah and Fern Lazuli

Thanks and a Tip of the Hat for April 23rd OFM



Hearthstone offers our gratitude to NyteRoze for our April Open Full Moon ritual honoring the full “Pink” super moon. In her backyard NyteRoze cleansed, cast, invited the Elements to bless our transformations, and invoked the Lady and Lord. She explained the power of meditation for clarifying and thus empowering intentional transformation. She gave excellent prompts for us to consider many things we might want or need to release, and suggested writing those on small pieces of paper and then ripping them to release them. The goal was to clear ourselves for our work ahead. As we shared cakes and wine, we shared with each other some of the aspects we want to clear from ourselves and lives, and then NyteRoze did the closing.

Thank you, NyteRoze, for this ritual that gracefully blended teaching, demonstrating, and personal transformational work. Blessed Be to all!

----- Arynne

Articles from our community members!

Immersive Spiritual Experience
-- taking a dip in the moonlight.
by Paulie Rainbow



I tend to be an immersive learner. I don't just want to read about a place, I want to go there. I struggled to read music, but I could play a piece by ear if I heard someone else play it. I learn languages best by speaking and hearing them.

In basic magic, to line up our energies and intent, we tend to pull in all of the senses: the color of the candle, the scent of the incense, the murmur of our own chanted words, the taste of clear water, or some other beverage to seal the toast. We carve runes into wax, write out sigils on sacred paper, use gestures or wands to weave a pentacle in the air: invoking... banishing... beginning... finishing.

To explore the wisdom of a specific culture, especially if drawing on a different time, presents a different challenge: the need to bridge to something outside of your past experiences. If you have been trying to "get" a specific path that originates in a different landscape and are struggling to make it work for you, like a wand that doesn't really belong to you, you may need a more immersive experience.

Traveling to another place may be, especially at the moment, out of reach. But there are other options.

Language is one. Much more than a cipher, a code that replaces one word for another without adding any information, language is a container for culture. The structure of a language is the structure of the thinking of a native speaker. The rhythm of a language is like the music of a film, setting up mood, and

layering meaning. Even if you aren't "good" at languages, using internet resources to watch a tv show or a movie, or listen to a radio program, can help you to immerse yourself in the rhythm of communication of that culture.

Food is another. Try cooking traditional dishes, remembering that our high-and-dry environment will change the chemistry of cooking, especially for breads and pastries if the recipe originates at sea level, especially by the sea. My earliest attempts at Irish breads produced clumps of toasted sand before I understood something about this.

Songs, clothing, mythology, history, there are so many aspects of culture that are different from American culture. Letting go, for the moment, of the grasping at magic and simply allowing for the differences in experience may open up doors that seemed sealed shut. It honors the ancestors to connect with and understand the modern occupants of the land from which your interests arise. An immigrant living in Ireland has more understanding of Irish priorities than I do, four generations removed from living there.

By wrapping my mouth around the food and words of Celtic culture I help bring myself closer to the magic that inspires me, and that I hope will assist and protect me.

On this note I take a moment to recommend a favorite book, "By Land, Sea, and Sky: A Selection of Paganized Material from Vols 1 & 2 of the Carmina Gadelica" by Morgan Daimler. Morgan Daimler is an excellent translator, someone who has taken the time to learn the languages, the rhythms, and meanings of the words of the texts that they translate. The work in this book helps create that bridge that I seek. There is an underlying melody to magic, a texture and mood that I can't shortcut. While the Carmina Gadelica is a product of Scotland, it captures that texture and Daimler has carefully transposed a Pagan sensibility onto selections from that work.

The placement of repetition feels just right, the construction of the phrases of the prayers and invocations help align my intentions as naturally as the basic magical principals I originally learned. I have found great comfort and grounding in more than a few of the selections.

Take, for example, this excerpt from Sleeping Prayer #29, as transposed by Daimler:

I am placing my soul and my body
Under your protection this night, O Gods,
Under your protection, O mighty ancestors,
Under your protection, O goodly-inclined spirits,
The Three who would defend my cause,
May they not turn Their backs upon me.

It goes on a bit from there, providing comfort and assurance, not merely in the words but in the way they move from me and through me. Daimler calls on the aspects of These Three in ways that focus my mind on the spirits of my practice.

For those of us who provide House Blessings, #45 provides an invocation that thrums with power in its brevity and tempo:

Gods bless this house
from site to stay

from beam to wall...

It continues for five more phrases, ending in a repeat of the last phrase that feels like a binding-off of a knitted garment, lending itself so naturally to a layering of magic on a dwelling.

I have personally used “Imbas with me #2” on multiple occasions, my relationship to Imbas being unique to my current practice of Druidry and not like the way I related to practices that I engaged with prior to embarking on Irish Polytheism and animism. The invocation helps me maintain the integration of my relationship to Imbas in my daily life.

My choice to move out of my comfort zone of competence and into a student attitude toward a culture I was not raised in has been challenging and humbling but there are many paths into that grove and many competent guides who have invested deeply of themselves to bridge the gap from my American Pagan experience to a rich engagement with Irish Polytheism. I hope that, if you find yourself at a plateau, or caught in an eddy where your sense of excitement may have waned, that you find a way to let down your defenses and find a new beginning in some act of cultural immersion.

The moonlight awaits and may reveal shapes we had not imagined.

Peace of the mountains to you,

Paulie Rainbow

Founder: Denver Celtic Women's Circle

author: Colorado Celtic Weekly Planner

facebook.com/DenverCelticWomensCircle

meetup.com/Denver-Celtic-Womens-Circle-Events

instagram.com/paulierainbow



Dandelion, **Taraxacum officinale**

By Cynthia Killingbeck CH, CN, FEP

You can find me at www.vitalblossom.org or cynthia@vitalblossom.org

Dandelions are members of the Asteraceae family, one of the largest plant families in the world containing many plants like burdock, daisies, and sunflowers. There are more than 23,600 species of Aster herbs, shrubs, and trees. There seems to be a quite divisive look at the dandelion in the current human approach to them. Some look upon them with aggression and consider them a weed that needs eradicating with toxic pesticides that also poison pollinators and pollute the ground. Others want to protect them and understand their benefit to nature and humanity. No one can deny that when they are in bloom that they can make a field glow in yellow brilliance. They are very often the first flowers and the first opportunity for bees to find nectar in the spring. Throughout the ages they have been some of the first food after a long winter for humans as well. They thrive in disturbed areas where many plants would not. They have deep penetrating roots that loosen packed soil and aerate the ground. Their seeds have a unique arial flight ability that makes them float like puffy parachutes. Children love to blow on them and make wishes to be passed along on the wind. They are common all over the earth, they follow where people live, and that can't be a coincidence.

Dandelions are powerful medicine for us. Every part of the dandelion from root to leaf to flower are edible. Packed with nutrient dense phytochemicals like carotenoids and flavonoids, they contain vitamins A, B, and C and minerals like potassium, calcium, sodium, phosphorus, and iron. The roots contain inulin which provides food for our beneficial gut microbes and is beneficial to healing leaky gut. In the spring the leaves and flowers are a lovely addition to salads and soups. Primary medicinal uses include loss of appetite and indigestion associated with impaired bile secretions and flow. Bitter foods are an ancient digestive aid to support the

metabolism of oils and to support the absorption of oil-based vitamins. Even if people didn't quite understand the molecular activities, they knew the benefits for digestion when eating foods with fat. Our gallbladders are responsible for secreting bile to support the digestion of oils. Traces of bitters have been found on jars in Egypt, and Romans were known to place bitter herbs in their wine and food. Dandelions are an ancient bitter food and have been used in bitters; they have been a go-to for healing and supporting the gallbladder for centuries. If taken regularly as a decoction the roots can even prevent gallstones. The roots help to stimulate metabolic activity in the liver and help as an anti-dyscratic (blood purifier). The roots are a mild diuretic for chronic rheumatic complaints, atopic eczema, and minor inflammatory conditions of the genitourinary tract. Dandelion leaves are more diuretic than the roots. (To enhance the effect be sure to drink more than two liters fluid per day). Dandelions are helpful in reducing the detox load on the liver.



I use dandelion roots along with burdock roots to help clear excess hormones and to help clear my skin when acne is present due to my menstrual cycle or when I eat dairy (which I try to minimize and only eat grass-fed when I do). An herbalist saying is that 'the skin reflects the blood', so if you have skin issues it would be good to look at supporting the health of the liver and eliminating foods that exacerbate your conditions. In the flower stems of the dandelion there is a milky white juice, and it is good to put on warts to eliminate them. The flower stems infused in water can help lower blood sugar.

The flowers themselves are lovely in salads, bakery products, soups, or eaten raw. They are filled with lutein, an antioxidant and a type of carotenoid rich in vitamin A, an oil soluble vitamin best when eaten with other oils to help with absorption of the vitamin. Lutein and vitamin A are supportive to eye health, immune, and menstrual health. It also helps the heart, lungs, kidneys, and other organs to perform properly. Dandelion flowers are best when eaten with the bitter taste of the leaves to stimulate the bile ducts of the gallbladder. Many gallbladder ailments could be easily helped with the use of bitters instead of removing the gallbladder altogether. Many times doctors resort to surgery when there is a time-honored herbal remedy close at hand. It is said that if a weed is growing near you or in your yard that you or your family could most likely benefit from the medicine that plant has. The dandelion is our friend and knows we need it. That is why it follows humans wherever we go.



Clinical actions: Nutritive, bitter tonic, liver tonic, cholagogue, diuretic (leaf more than root), choleric, mild laxative, antioxidant, aperient (laxative), mild antispasmodic (GI), and liver alterative.

Dandelion is a detoxicant at all doses; smaller doses are more suitable as nutritive, restoring and supporting liver health, while large doses are for cooling and draining, moving, and clearing.

Contraindications: Do not use with active hot hepatitis; it may be ok with mild phase hepatitis. Do not use if biliary obstruction or in case of biliary abscess. In cases of nonobstructive gallstones it can be used with a healthcare professional's guidance. The milky juice may cause allergic contact dermatitis to persons sensitive to the Asteraceae family.

According to Kings American Dispensary, "the root...should be collected while the plant is in flower, or preferably in autumn."

The leaves are less bitter in the spring and are bitter to the point of inedible in the fall. So gathering spring leaves and roots for your tinctures or salads would be best. I do this after they have flowered so that the bees get the best use of them.

If you are looking for a personal health coach or would like a personal consultation and formulation please visit me at www.vitalblossom.org. I also sell products on my Etsy page at [vitalblossomherbals](https://www.etsy.com/shop/vitalblossomherbals). I can be found on Facebook at <https://www.facebook.com/vitalblossomllc/>



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:

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

Earth Temple Facebook Page



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.

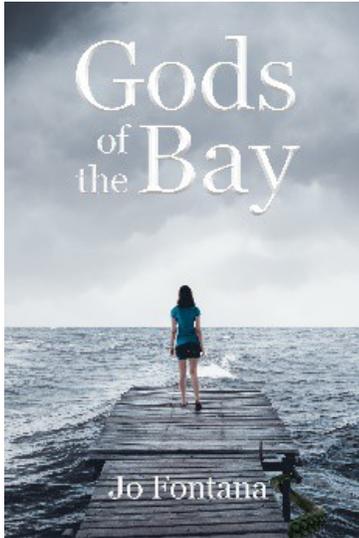
We welcome practitioners at all points on the path. Are you newly curious? Join us! Are you an advanced practitioner? Come on over!

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.

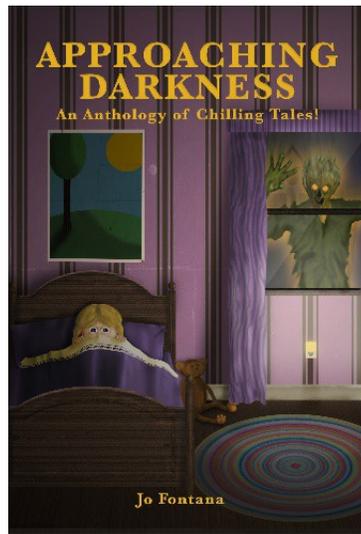
Second Saturday of every month, 3.30 pm – 5.30 pm on Zoom
Conversations in Witchcraft is facilitated by Priestesses from the Women's Spiritual Leadership Alliance (WSLA).

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 \(ddfl.org\)](http://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)

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**



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