



July 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

Join us for our first in-person ritual in 15 months!

Meeting Place: Althea Center 1400 Williams St. Denver CO, 80218
Hearthstone Procedures for In-person Ritual July 2021

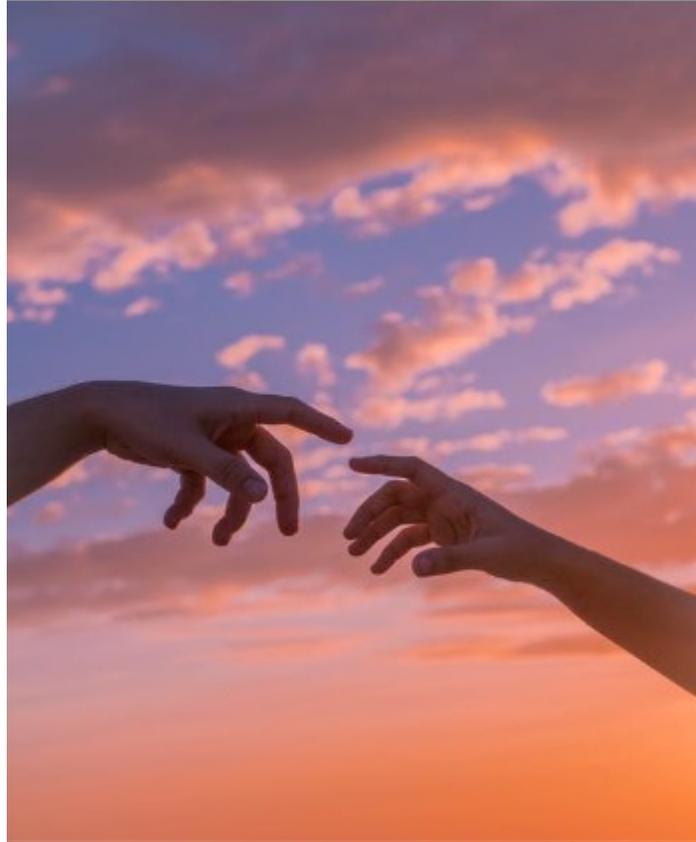
We are excited to return to in-person ritual, but since the COVID-19 Pandemic is still here, and with the Delta variant on the rise, we are taking extra precautions, and following the guidelines of the Althea Center, City of Denver, and State of Colorado.

- 1) Due to the rise of the Delta variant in our community, we request that if you are not fully vaccinated, or do not feel well, that you stay home and not attend Hearthstone's ritual.
- 2) Masks are not required for fully vaccinated people (except for singing—see #5). However, we support our community wearing masks as an added precaution if you so desire. For now, Hearthstone Board members will wear masks in solidarity with others who wish to do so.
- 3) Hand sanitizer will be offered to all who enter our meeting room (the Historic Library at the Althea Center), and bottles of sanitizer and wipes will be available in the room if you wish to "re cleanse". The bathrooms are also available for washing hands with soap and water.
- 4) We request that all participants allow adequate space between themselves and others, and refrain for now from handshakes and hugs. We suggest a slight bow, elbow touch, or some other suitable way to interact with friends and community members.
- 5) One way COVID-19 infections spread in spiritual communities is through singing. If the ritual presenters invite participants to sing, you will have to mask up to join in. No singing for unmasked participants, because even fully vaccinated people can spread the virus to others.
- 6) For cakes and wine, to reduce physical interaction, we request that you bring your own water for the "wine" in a resealable bottle, and either forgo "cakes" or bring a small, mess-free snack.
- 7) To accommodate Colorado State Health Department requests, we will ask that you sign in – either with your legal name or community/magical name, and provide contact information – a phone number or email. This is in case someone who attends this ritual is unknowingly infected with COVID-19. The Department of Health wants to know who else has been exposed. We will not share this information with anyone unless we learn there is a positive COVID-19 case, and then will only share the information with the Colorado Department of Health.

These "rules" are in place for the time being. Hopefully we will be able to remove some or all of them in the near future and gather as we did pre-pandemic, but for the time being, we wish to keep all of us safe.

Best regards,
Hearthstone Community Church Board of Directors

Next Ritual: July 23rd, 2021 In Person!



2020 and 2021 have been very difficult years for all humans. The loss of connection to friends, family and spiritual communities has been a huge source of emotional pain, depression, grief and sadness. For the July 2021 Open Full Moon at Hearthstone, we will be seeing each other in person for the first time in many months. Our ritual will encourage and nourish the connection between humans, and the connection between humans and the Earth. Ritual priestesses are the Wyrđ Sisters (D – Sister Is; Pamela – Sister Was; and Sarajane – Sister Shall Be) and our guest priestess, Teri, from the Coven of the Hidden Path. Come join us as we invoke the Goddess Iris and the God Hermes to help us create and sustain this connection.

Tip of the Hat and Thanks for our June 18th Ritual



Hearthstone thanks the six members of Circle of Light and Shadow for providing our June Open Full Moon ritual. After helping everyone to ground, Circle was cast and sanctified with incense and salt water. The Elements were invoked along with the Roman deities of money flow, Abundantia and Mercury. The theme of this ritual was to aid participants in moving our finances and careers forward in balance and prosperity. To this end we played a game of bingo, and then we received an affirmation for each number that we had marked on our bingo cards. Examples included: I accept the good in my life, knowing more will come. I succeed at managing my finances. I bring harmonious situations and relationships for my highest good. I am the architect of my life. I bring in opportunities to advance my education. I have the courage to ask for what I want; I deserve it. Beyond receiving these positive affirmations, the winner of bingo won a gift basket from Coven of Light and Shadow! During cakes and wine, participants shared the affirmations/blessings they received, then the God, Goddess, and Elements were thanked and released, and Circle was opened.

Thank you, Circle of Light and Shadow, for your creative approach to inviting us to enhance our finances and careers; and to feel empowered and guided in this aspect of our lives. Blessed Be!

----- Arynne

Articles from our community members!



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!

Herbal Harvesting Season

By Cynthia Killingbeck CH, CN, FEP



We are in the midst of the main harvesting season for herbs which began in late June. Whether you have your own garden or do most of your harvesting through wildcrafting the plants are coming into flower and sharing their potency with the bees and other pollinators.

Around Midsummer I shared an afternoon with a friend, and we made a Flower Essence of mullein flowers. I have mentioned Flower Essences before in prior articles but here is a quick summary. Flower Essences are energetic vibrational medicine that are used to help balance our many different emotional states. They can be subtle or potent but powerful in both cases. Flower Essences are floral infusions heated by the sun's solar energy and steeped in living mineral rich spring water. Water all over the earth is affected by its environment and the energetics of what it comes into contact with. We are made mostly of water and thus our energetics are also affected by what we come into contact with. We gain our energy from the sun directly with Vitamin D production through our skin and by the plant and animal nutrients we eat. All living things require water, solar energy from the sun and minerals from the earth to survive. Every flower carries its own energetic emotional gift to us. The system of Flower Essences was brought into being in 1930 by Edward Bach M.D. and since then, just like all the flowers on the earth, blossomed and spread. I feel their healing magic is often overlooked, but I have found a powerful ally in this particular energetic medicine, and I am never without them. Our emotional and energetic body needs as much support as our physical or mental bodies. If I had to claim one type of magical practice this would be it. Flower Essences are my magic!

You need three main things to make a Flower Essence: a blooming flower at the height of its perfection, life giving spring water, and the heat of the sun. You can see how potent and powerful making them would be at the Summer Solstice right at the apex of the longest day and the supremacy of the summer sun. I like to do this every year to take advantage of the power of the Sun. Sometimes I have made it the center of my Litha rituals. Making them with company is even better. The mullein flowers were bright and beautiful, blazing in their yellow color symbolizing the power of the sun. Mullein usually grows in one tall stalk with the flowers blooming a few at a time. But my friend's mullein had separated into multi branching stalks and had numerous flowers--it was spectacular, just burgeoning with vitality.

Mullein Flower Essence according to the Flower Essence Society connects us with our inner expression, with the light of conscience, it clears the mind of trivial pursuits, enhancing the ability for one to hear a distinct 'inner voice'. Mullein is the archetypical wildflower of inner light. Mullein flowers as an herbal remedy are effective for asthmatic conditions due to its respiratory relaxant and bronchodilator effect. It is also great in topical use as an infused oil for minor ear infections. Flower tea should be strained through a coffee filter or muslin before drinking to remove any 'hairs' from the leaves that may be present.



On the same day with my friend I harvested St. John's Wort flowers from her yard and my own to make an oil infusion for treating burns. It is the best burn healing treatment I have ever used. To make the infusion I fill a jar with the flowers after 'drying' them for 24-48 hours, packing them and slightly crushing them into the jar, adding a tiny bit of alcohol to help with preservation. Then pour in organic olive oil until you completely cover the flowers. Then I seal it tight and place them in a paper bag and either leave them out in the heat or better yet in a car for a few days in the summer heat. It is important to keep the jar out of the sunlight but still able to heat up. (See below: sunlight effects and herbs). The oil will come out the darkest red, a perfect association with the Sun and healing angry red inflammatory skin irritations, rashes, or burns.



Image St. John's Wort oil and flowers

This summer has gone from scorching hot to milder rainy days back to scorching hot. My garden has exploded. Truthfully with weeds also, even so may the rain keep coming! I have been out trying to rein in the plants a little, weed as I can, and also do some harvesting. One of the best ways to dry herbs is to make bundles and hang them in a cool, dark, dry place. This looks cool but I feel they get a little dusty before I can deal with them. I don't know if you have ever noticed but TV and Movies seem to have herb shops, home kitchens, or even conservatories hanging with bundles actually in the windows. No herbalist should, nor in my mind would, ever do this! Keeping them out of the sunlight is extremely important! You

want your end result to still be green. For example if I hang a bundle of lemon balm and the sunlight gets to it the leaves will quickly lose their color turning brown and crispy, visibly and physically losing their medicinal potency. They lose all their vitality and power. You want to retain the beneficial life energies and phytochemicals not leach them out. You also don't want them to mold while drying which can happen if there isn't enough air getting to the cuttings and leaves. This isn't so hard in our dry Colorado climate, but it is in more humid climes. I like to place my herbs in a paper bag and hang the bag. This way the moisture from the herbs can be absorbed and dissipated by the bag, and they remain in the dark protected from dust. It is important to hang them not just set them on a surface as the bottom of the bag cannot breathe sitting on a surface. I can also label the bag in case I forget what I put in there. It's fun but a bit of a waste of time to have to smell and taste the herbs after they are dry just so you can identify them. Honestly how good are you in telling the difference between oregano and marjoram once dried? If you feel you packed the bag a little too full just fluff the leaves with your hand every few days to get air in there and you can always use another bag to spread them out. I like to reuse my WholeFoods bags because they have handy handles. I save them like a fiend throughout the year. The bags are easily stored thinly folded in a safe niche in the home throughout the year until summer harvesting.

This year my Litha ritual included making mead. I added freshly harvested wormwood leaves and dried hawthorn berries. I will be excited to see what it tastes like next Litha. For magickal harvesting in the garden many use a white handled sickle or boline. I do have these, and of course you can harvest this way, and I have, but I use scissors for the most part because they are a bit more practical for what I need. My sickle is large, and I am not usually harvesting a huge bunch. I am usually snipping flowers, or small handfuls for dinner or for ritual cleansing baths. I do not need very much, especially for magickal use; usually I'm making dream pillows, or herbal oils, or incense and these don't require more than 2-5 ounces. I made a tiny bottle of a tincture with some aspen resin once; the resin amount was about the size of a pea, as I was focused on just the energetics of the aspen not necessarily the medicine. The important part is using the best tool to for the job, the energy, intent, and end result. I do magickally cleanse my scissors periodically and they are mostly used for harvesting. When harvesting I suggest always asking permission of the plant and leave an offering, like tiny crystals, shells, natural material beads like wood or stone--or better yet sprinkle some compost, mulch, or spray it with a mist of water. I like to speak to them and sometimes sing, and I think they like these kinds of offerings just as much as anything. I always find it lovely to sit and spend time connecting with the plant before harvesting but also each day saying hello and admiring the plant, giving it some of my own energy. This can be done with house plants too. Many herbs are excellent to grow indoors.

Sometimes I harvest multiple times throughout the year. I do nettle in the spring and then again when the nettle goes to seed. I use the seeds in formulas as a urinary trophorestorative. (This term means it restores function through nutrition and gradual restoration; it nurses a tissue, organ, or system back to health.) A couple of other herbs I like to harvest multiple times a year are mugwort and wild mountain roses. The mugwort in early spring for salads, infused oils, and gut supporting tinctures and in later summer after they have flowered, for incense or magickal items. The flowers of the wild rose are lovely in spring, they are very aromatic and perfect for making energetic heart healing teas or tinctures, and the rose hips in the fall are filled with vitamin C, they have a tangy tart taste and great for other teas and formulas.



Now that it is summer, we are going out into nature and the wilds, exploring, hiking, walking, camping, etc. Harvesting by wildcrafting may be something you already do or are interested in doing. As its name implies it is a craft and will require skill. The image above is a native Colorado species called Bee Balm or *Monarda fistulosa*. This picture is from my garden, but I have seen this throughout the Rockies. Good for minor inflammatory and spastic conditions of the GI tract, and upper respiratory tract (infusion, tincture); dysmenorrhea; inflammation of the mouth and throat (mouthwash, gargle); rheumatic pains (liniment, poultice).

“...wildcrafting...It is a craft, and one that can produce much fruit if engaged in earnestly. This fruitfulness is found in connection to place, in knowing inter-dependance, in being healed by the earth. It is a ripeness of wild things, things that lay beyond the edges of our constructed modern world.” ...”Your task then is to develop your own wildcrafting ethic, one born of care and appreciation for the plants and places you seek in healing.” Joshua Paquette, Field Botany Course Director, Colorado School of Clinical Herbalism

There are a few rules to follow if you are going to wildcraft.

*Location: is it legal to harvest here? Do you have permission of the owner? Never share locations of plant stands with others unless you trust them to be stewards of the land like you. In another state someone told a friend of the location of an American Ginseng stand which covered the whole side of a hill, when he went back to the stand it was completely decimated and could not be recovered. (American Ginseng is endangered).

*Positive Identification: If you are not 100% sure of the plant you are looking at is the plant you KNOW it to be, then DO NOT PICK! For instance Wild Hemlock looks like Osha and vs. versa. You don't want misidentification to cost you your life or someone else's. Osha is also threatened due to over harvesting and unique germination needs. Try using lovage root instead, I love it, and it is easily grown in the garden.

*Make sure your plant isn't threatened or endangered. The forest service can help with this.

*Do you NEED the medicine? Ask yourself: will I use this medicine and what for?

*Take thorough notes, keep organized records.

*Harvest plants that are abundant. No matter what you will impact the stand. Never take more than 10%.

*When in doubt don't pick. Above all "do no harm". Sometimes there is a bigger stand nearby, so do a complete walk of the area.

*Never harvest near a nature walk path.

*Be a steward of the land, get to know the progression of the stand, visit it throughout the seasons. This will give you a broader view of the health of a stand and the complexity of the ecosystem in which it is found.

Every time you are in nature you are wildcrafting. It is not just about picking a plant. Sit with the plant and 'root in' next to it. Feel its energy. Observe what is growing nearby. What are the sister plants? Is it speaking to you? Maybe, take a small leaf or flower and keep it on an altar or in a pouch around your neck or pocket. Wildcrafting is about relationship and relationship implies at a minimum that you are familiar with the plant. You will need to know how to identify it botanically in all parts of its lifecycle and know the ways to harvest it that will incur the least impact. You will also need to know what medicine to make, how to make it, and have the time to do it. You need to connect with the natural energy of the plant, the stand, and the place. When getting to know a plant and its medicine a small 4 oz. tincture would be best. Less is more.

Some resources for plant identification guides are Rocky Mountain Flora by James Ells. This book has great pictures and descriptions and is great to start learning. If you are a bit advanced and want to try your hand at keying the plants try Colorado Flora Eastern Slope by William A. Weber and Ronald C. Wittmann. A key is a list of questions or statements about a plant characteristic. You must determine if they are "true" (if the description in the key matches the physical appearance of the plant) or "false" (if the description does not match the physical appearance of the plant). This will require some botanical vocabulary learning. Luckily this book explains a lot. Other items for reference are app plant identifiers (when in cellular range of course). The top three free apps are PlantNet, iNaturalist, and Plantsnap. The Top paid are PictureThis, FlowerChecker, and Garden Compass. I have PictureThis and the cost is worth it. I don't use these to identify plants I am going to make medicine from as they are not always accurate. It is always important to clarify and make sure of a plant before doing anything with it even with an app!

Have fun out there in the sun, but also practice being a mindful steward of nature!

If you are looking for a personal health coach or would like a personal consultation, protocol, and formulation please visit my Facebook page at <https://www.facebook.com/vitalblossomllc/> and message me privately, or email me at Cynthia.Killingbeck@clinicalherbalism.com
I also sell products on my Etsy page at [vitalblossomherbals](#).

The Althea Center for Engaged Spirituality



Hearthstone meets the Friday before or the Friday of the Full Moon in the Historic Library at the Althea Center for Engaged Spirituality, 1400 Williams St., Denver, CO. There are two small parking lots: to the north (next to the building) and to the east of the building (across the alley), each with spaces for 20 cars. Enter through the Main Door at the corner of Williams St. and 14th Ave. The door opens at 7:00 pm, and we must lock the door at 7:30 to secure the building. Please be prompt as we don't want you to be locked out!

We are happy to return our Open Full Moon rituals to Althea's lovely building!

Hearthstone Community Church Website Link:
<http://hearthstone.fnorky.com/home/>



Earth Temple

Earth Temple is back to open rituals in person at Full Moon Books. For the time being, we'll also be streaming those rituals via Zoom, to help in the transition back to face-to-face. For all the most current information about Earth Temple and our New/Dark/Waning moon rituals, visit our Meetup Group: www.meetup.com/EarthTemple or our Facebook page <https://www.facebook.com/EarthTempleColorado>.

Upcoming Earth Temple 2021 dates:

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!](#)



Colorado Authors League Announces 2021 Writing Awards Finalists

Denver, CO. May 2021 – The Colorado Authors League (CAL) is proud to announce that Jo Fontana for *Gods of the Bay* as a finalist in the 2021 CAL Writing Awards. The Awards ceremony is scheduled for July 17th.

CAL recognizes multiple works published across several different genres in fiction and nonfiction. This year more than 120 members took part in the contest of published works.

Each year the group honors one member with a Lifetime Achievement Award. Joe Nigg is the winner this year. A former CAL President, Nigg's books have garnered multiple awards and have been translated into more than twenty languages. Jeff VanderMeer, *The New York Review of Science Fiction* said of Joe: "Nigg has done for the world of fantastical animals what Joseph Campbell did more generally for the world of myth."

Colorado Authors League celebrates readers. They donate books to Little Libraries and to other organizations to benefit literacy for both children and adults. In 2020, CAL members came together to assist with remote learning in creating *Writing Prompts for Young Readers* to spark story ideas and creative writing. To learn more about CAL visit www.coloradoauthors.org.

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!



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 ---
in person or 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. We accept donations at our in-person rituals, or if you prefer, you may contribute through **Zelle** instead. 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 to participate. If you can afford more, we'll be delighted to accept it.

Hearthstone's primary expense is the rent for the room at the Althea Center. We appreciate any and all support from our community to help meet our obligations. Thank you!



Open Full Moon Dates 2021

Althea Center 1400 Williams St. Denver CO, 80218

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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