

August 2021



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 second back-in-person ritual!

Meeting Place: Althea Center 1400 Williams St. Denver CO, 80218

Hearthstone Procedures for In-person Ritual Updated August 2021

We are excited to return to in-person ritual, but since the Covid 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 currently required for everyone indoors at the Althea Center.
- 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 give 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) 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.
- 6) 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. In case someone who attends this ritual is unknowingly infected with Covid, the Department of Health wants to know who else has been exposed. We will not share this information unless we learn there is a positive Covid case, and then will only disclose the information to 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.

Next Ritual: August 20th, 2021 In Person!



August marks Hearthstone's 30th Anniversary!

Please join Hawk Shadow who is leading a ritual celebrating the past thirty years of Hearthstone! Please bring your memories of your favorite rituals and be ready to share them. We will also create a blessing for the OFM going forward. Note: this is an in-person ritual, and the Althea Center is requiring everyone to wear masks indoors. Of course, if you have potential symptoms or exposure, please safeguard our beloved community by staying home. Thank you!

Thanks & Tip of the Hat for July 23rd Ritual

Hearthstone Tips our Hat to the Wyrd Sisters (Pamela, D, and Sarajane) and Teri from the Coven of the Hidden Path, for offering our first in-person Open Full Moon ritual in over a year. The mood of participants was ebullient; everyone was delighted to be together again. The Priestesses' intention was to nourish the connection between humans, and the connection between humans and the Earth. They cleansed and consecrated participants as we entered, and again with sweeping and sound-cleansing around the circle. After casting, and invoking the Elements, the Goddess Iris and the God Hermes were called.

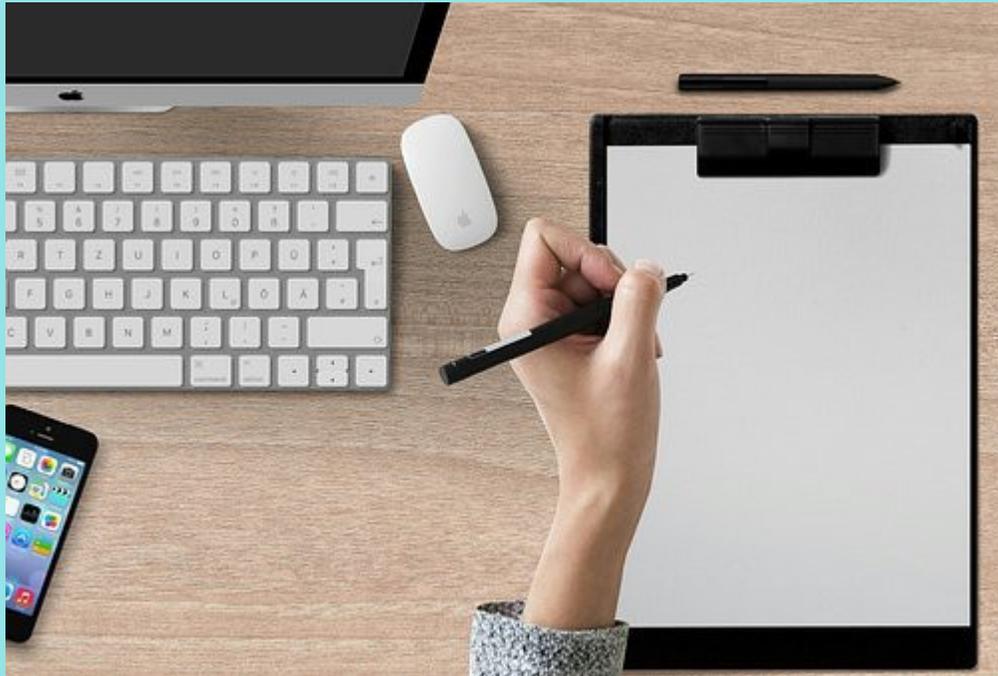
The difference between being Egocentric, and Ecocentric, was explained along with the ways our behaviors and choices impact Mother Earth. For example, during the pandemic when people were driving less, air pollution lessened. We were asked to hold ourselves accountable for our effects on our planet. Slowly circling the room, participants chanted "Each step out is a step Home." Then all participants were woven together with a large ball of yarn, with the chant "There is strength in community, A circle empowering you and me." The Gods and Elements were released, and Circle opened.

Thank you, Pamela, Sarajane, D, and Teri, for celebrating this full moon with the Hearthstone community as well as celebrating being together again in-person!

Blessings to all!

--- 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!

Summertime Herbal Footbath

By Cynthia Killingbeck CH, CN, FEP



In the scorching heat of summer, the one thing we want to do is cool down. If we are fortunate enough to have air-conditioning or a swamp cooler, then we have at least one way. There are even ways to DIY your own cooling system including cooling sprays and a fan. I like the added touch of using floral waters like lavender or rose to spray myself down and let the fan cool me.

Keeping cool is paramount. Your body has its own natural cooling system through sweating; as your sweat dries the evaporation carries heat away from the body and lowers your temperature. If you can't cool down, you are at risk of hyperthermia. Too much heat can damage your brain and other organs. Some people are more sensitive than others to extreme heat and are less likely to respond to changes in temperature. Some symptoms of hyperthermia are heat cramps, heat edema, heat exhaustion and heat stroke. Symptoms of heat related cramps manifest in the tightening of muscles in the stomach, arms, or legs, and is painful. It is important to stay hydrated in the heat. Not only do we sweat away more than we do in cooler temperatures, we need water to support bodily functions. By the time you feel thirsty you are already slightly dehydrated. Heat exhaustion can make you feel sick, nauseated, dizzy, and weak.

Humidity adds to our inability to cool down as we are wet and sweating, unless there is a fan or a cool breeze to reduce our temperatures. Luckily for those of us who live in Colorado we have very low humidity, and we have what is called a 'dry' heat. You may not understand the difference but if you've ever visited a more eastern or southern state in the summer you know the difference!

Herbal Foot baths are an excellent way to absorb the medicinal constituents of an herb. One way I like to use an herbal foot bath is for self-care. When using herbs like lavender, lemon balm, or peppermint a foot bath can help to reduce stress, to calm, and soothe me after a long day. Peppermint can even be a little revitalizing. Herbal foot baths can be used to help carry medicine into your body when you can't take it orally, such as using anti-nauseants like peppermint, chamomile, and ginger when you are nauseated or vomiting. (Be careful with ginger as it is hot, and you don't want to burn your feet. You can use pau d'arco, or chaparral to heal fungal infections of the feet or yarrow and calendula to heal sores or burns. For bruises or sprained ankles, I would use comfrey leaf or plantain leaf. If you want help falling asleep try passionflower or catnip. A foot bath can be a method to absorb more magnesium when you use

magnesium Epsom salts. If you want that added quality just add the salt to the water when you add the herbal infusion to the bath. When warm, the water can be soothing to the tendons, and tissues of the feet and ankles. It can also warm you up when you are cold. The reverse of that is to have a cool herbal foot bath using a room temperature, cold infusion, or an infusion that has been cooled down and a little ice can be added to the foot bath. Not too much; you do not want to freeze yourself or your feet.



Here's a list of Herbs you might like to use to help cool down. Choose something that you will enjoy:

- Peppermint
- Spearmint
- Lavender
- Eucalyptus
- Lemon Balm
- Rosemary

Fruits or vegetables that can be placed right in a cooling bath without too much mess:

- Large flower heads or petals
- Aloe vera juice
- Sliced cucumber
- Sliced lemons or oranges
- Strawberries
- Coconut milk helps nourish and hydrate the skin (low fat version is best in a cool soak)

How to prepare the bath:

1. Decide what type of foot bath you would like, warm or cool.
2. Decide what herbs you'd like to use. What is your goal? Soothing, calming, sleep, healing etc.
3. Take about 7 g or 1 heaping Tbl. of dry herb and place it in a jar about 1 pint size.

4. Pour 8 to 16 oz. of boiling water over the herbs, cover and let steep for 15-20 min.
5. Strain herbs off squeezing out all the liquid you can. Dispose of the used herb outside or in your garden. Herbs like to be given back to the earth.
 - a. Notice I am suggesting an herbal infusion; you can place the herbs directly into the bath, but they will not have had time for their herbal constituents to come out into the water and then it is also messier.
 - b. I am suggesting dry herbs here, but you can use fresh if you want. If you do not chop them up, you could place them directly in the bath but be aware this may be aesthetically pleasing and pretty, but you will get less of the medicinal constituents into the foot bath.
 - c. Never use essential oils directly in a bath as oil and water do not mix and they will just float on the surface and attach directly to your skin and be absorbed. Essential oils without prior dilution can be damaging to your skin with rashes, irritations, or burns and can even be toxic. If you want to use essential oils, you need to put them in a 10-20% dilution of oil (olive, almond, jojoba etc.), first. Mix it well and then you can massage a little of the dilution into your feet first and then enjoy your bath.
6. You will need a large towel to clean up spills and to dry your feet; and a large bowl or tub that will fit both of your feet comfortably on the floor.
 - a. Note: using metal could be a burn risk if you get your water too hot. Also, it does not insulate the heat very well, but it can work. Just use what you have.
7. Pour the infusion into the tub you are using for your bath.
8. Add warm or cool water depending on the type of bath you are doing.
 - a. If your bath is intended to be warm add warm/hot water to the tub. Then even out the temperature with a little cold to get the right temp for your feet.
 - b. Always check the temperature of the bath BEFORE you put your feet in it.
 - c. If your bath is a cold oriented one try adding a few ice cubes after your feet are in if it isn't cool enough.
9. Enjoy your foot bath for 8-15 min. Be careful of long soaks especially if you've used more herbs than recommended here.

You can also include a nice foot scrub like a salt or sugar scrub at the end of the soak to soften and exfoliate your feet.

Using flower essences in your foot bath can take things to the next level. They are the ultimate in flower magick and energetics. Rescue remedy is calming, gentle, and stabilizing. Impatiens would be a good flower essence to help you have the patience to relax into the moment and not rush through the therapy. Pink Yarrow helps you to strengthen and build your psychic boundaries and regain emotional clarity. Mariposa Lilly is called the Mother Goddess essence; use to feel embraced by the pure divine mother essence, particularly if your inner child needs to feel held and included, and find healing through the Great Mother. Self-heal can help us tap into health and lifestyle choices for wellness, including the nourishing self-care you are doing with the foot bath.

Whatever you choose to include in your tub, may you have a cooling time and may you find calm and relief with this beautiful self-care summertime therapy.

If you are looking for a personal health coach or would like a personal consultation, protocol, and formulation or Flower Essence session for emotional support, 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.

Blessed Be!

Cynthia Killingbeck CH, CN, FEP

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!

MASK NOTICE from Althea Center:

"Based on recommendations from the Centers for Disease Control (CDC), the Althea Center will require masks to be worn at all times while indoors.

While each Althean may have opinions about the current state of the pandemic, let us do our very best to keep our thoughts, feelings, and prayers focused positively and with love and compassion for each other, the ill and their families, and those working tirelessly day after day to care for people who are sick.

The Board made these decisions with the safety of everyone's Health utmost in our minds, and we will continue to modify our policies based on regional and national recommendations.

With Sincere Gratitude and Love,
The Althea Board"

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



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:

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.

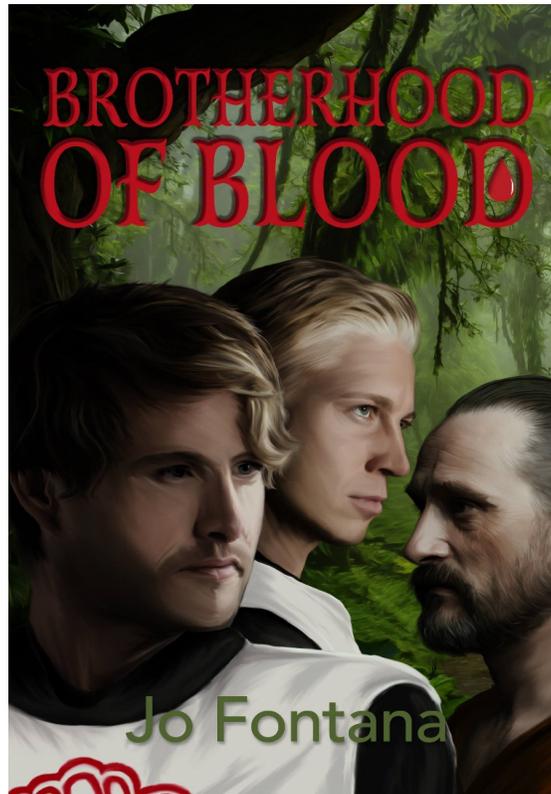
Second Saturday of every month, 3.30 pm – 5.30 pm on Zoom
Conversations in Witchcraft is facilitated by Priestesses from the Women's Spiritual Leadership Alliance (WSLA).

Check out Vendors and Artists in our Community!

Coming August 2021

Brotherhood of Blood

A new book by Jo Fontana



Imagine a world where a blood sacrifice is required for the simplest cure. The mysterious Brotherhood has this power. Jericho Brightbrook came to the temple as a child after losing his parents and is the most promising acolyte the Brotherhood has ever encountered. So great is his power, the temple leader makes exceptions for him even when Jericho's actions don't align with the temple ideals.

Tired of the waste of human life, Jericho begins to experiment with alternative forms of healing. Disillusioned by the temple and the failure of his efforts, Jericho looks to break away. Once his deeds catch up with him, he is forced to flee into the land north of the mountains to evade his former master.

For more information visit www.jofontana.com



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!

Hearthstone Community Church Website Link



Open Full Moon Dates 2021

Althea Center 1400 Williams St. Denver CO, 80218

August 20
September 17
October 15
November 19
December 17

Blessings from all of us at Hearthstone!

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Newsletter**



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