



## 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, Catherine, and Ziva) 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 MOON RITUALS

*Join us for ritual via Zoom in January*

Hearthstone's January 14th, 2022 Ritual is online. Join us!

Due to high Omicron transmission, the Althea Center moved all their own in-person gatherings to online for a two-week period that includes the date of our January ritual. The Hearthstone Board voted to follow the guidance of the Althea Center and change our January ritual to a remote ritual via Zoom - see link below. We hope to return to in-person rituals soon and will evaluate the COVID situation on a month-to-month basis.

Warm regards,

Hearthstone Community Church Board of Directors

Zoom Link for the January 14th Ritual:

Topic: Open Full Moon ritual

Time: Jan 14, 2022 7:00 PM Mountain Time

Join Zoom Meeting

<https://us02web.zoom.us/j/82147197240?pwd=ZURxVHJMVVkrZXp1b2hVeTNIWEozdz09>

Meeting ID: 821 4719 7240

Passcode: 891603

One tap mobile

+12532158782,,82147197240#,,,,\*891603# US (Tacoma)

+13462487799,,82147197240#,,,,\*891603# US (Houston)

## January 14, 2022 Ritual



Please join Clyde and Lisa, along with Spiral Moon Coven, as we present the January 14th Hearthstone OFM Ritual on Zoom. The darkest part of the season has passed, and we now enter into the new year. We survived 2021, and the potential of 2022 is before us. This OFM will center on everyone creating a simple Bind-Rune, which will facilitate higher self teaching and illuminating a paradigm shift into greater awareness for 2022. Each person will need paper/cardstock and marker or pen. Clyde and Lisa will provide a brief explanation of the runes and instructions on creating the Bind-Rune. Energy will be raised to infuse within each Bind-Rune. Please join us as we start 2022 in community with one another!

## Tip of the Hat: December 17th Ritual



Hearthstone extends heartfelt Thanks for our December Yule ritual presented by Spiral Moon Coven, an elemental tradition led by Cynthia Killingbeck. Cynthia was assisted by Deb and family members Clyde and Kyra. We were welcomed into ritual space and invited to select ornaments of dried apple and orange slices to decorate the live Yule tree on the beautifully adorned altar. These decorative symbols of harvests past and future were gifted to participants after being blessed later in the ritual.

We were grounded with preparatory meditation by Deb, followed by cleansing and quarter calls. Clyde cast and sealed the Circle with recitation of runic names. His deep melodic tone was the musical “Be here now.” Cynthia shared our anticipation of the return of light, highlighting pagan symbolism and history of the season. She inspired us to explore sacred and magical traditions, including Bavaria’s 12 Days of Christmas. We also received a Wheel of the Year worksheet. Deb then led us in meditation inspired by the Evergreen tree, divine symbol of eternal life. We meditated on our roots reaching out to family and friends. We sang along with Lisa Thiel’s Yule Song, lighting a candle for the Goddess to encourage Her in birthing the Sun Child and “giving birth to the dreams of our soul.” The time set aside for cakes and wine was filled with discussion, and learning more about Cynthia’s Wiccan path including herbalism.

Thank you, Cynthia and Spiral Moon Coven, for this warm, rich ritual of the senses. We were grateful to turn the Wheel of the Year with you! Blessed Be!

---Ziva and 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](mailto:ArynneD@aol.com) Content will not be edited. We can usually make room for more voices. We appreciate our contributors!

## Winter Soup and Paleo Bread

By Cynthia Killingbeck CH, CN, FEP

Cooking has become a true reality for my family as we all have special dietary needs. Some of us are intolerant or allergic to things like gluten, nightshades, dairy, etc. We can't purchase things like soups, or other canned or processed foods. Of course, it is good and healthy to cook all your own foods, but it can also be a bit inconvenient. So, finding easy recipes that taste amazing, are good for you, and don't take too long to cook are always what I am looking for.

This recipe is simple and easily adaptable. It is a dairy free, gluten free, Cream of Mushroom Soup. I use Shiitake mushrooms the most as they are nutritious, medicinal, and easily found. But I have added Lion's Mane and Maitake as well (see below clinical actions). Portobello mushrooms are easy to find and do well in the recipe also. Portobello mushrooms are a good source of B vitamins, selenium, calcium, protein, magnesium, antioxidants, and potassium. Shiitake mushrooms support the immune system, healthy blood sugar levels, are antibacterial, antiviral, and antifungal. They are filled with antioxidants that are cardio-protective and they enhance detoxification, are anti-cancer, and have adaptogenic qualities that help to reduce stress.

## Dairy Free Cream of Mushroom Soup

### Ingredients

4 cups bone broth, stock, or vegetable broth

1/3 to 1/2 cup pine nuts, or raw cashews

3-5 Tablespoons extra virgin olive oil (as much as you need)

3 stalks of celery chopped.

1 yellow onion finely chopped (Substitute 3 stalks of celery chopped. Use powdered onion 1 1/2 T)

3/4 teaspoon powdered garlic

1 Tablespoon powdered thyme

1 teaspoon Himalayan salt

1 lb. (16 oz.) fresh shiitake mushrooms, chopped (any mushrooms may be used; I like Portobello)

2 tablespoons fresh lemon juice

### Directions

Put 4 cups of broth in a high-speed blender. Add the nuts and process until creamy. Set aside.

Heat 2 tablespoons of the oil in a large, heavy pot over medium heat. Cook stirring now and then, until softened but not browned, 8 to 10 minutes.

Add the remaining tablespoon of oil and mushrooms to the pot, stir to combine with the celery mixture and cook until the mushrooms begin to release their liquid, 5 to 6 minutes. Add celery, onion, garlic, salt, and thyme. Stir well. Then add the reserved creamy broth mixture to the pot and turn the heat up to medium-high. Once the soup begins to boil, lower the heat and simmer for 45 minutes. Stir in the lemon juice.

Use a handheld stick blender or heat safe blender to process the soup until it's creamy and well blended. Serve.

Notes: Using extra mushrooms will make it thicker and of course using less will make it thinner. I almost always use chicken broth when cooking this. I have also toasted some cashew pieces and sautéed some chopped mushrooms in oil to put in last or as a garnish. It added some texture and made a nice topping. I often substitute celery for onion and use the powder as the powder seems to be easier on the tummy if you are sensitive to the sulfur foods. You could of course not use the celery at all if you choose. Try adding a leek or fennel bulb. I have done both and they both tasted great!

Below is a great Paleo quick bread recipe that goes very well with this soup. I love this bread recipe. It is so easy and quick, and it tastes great! I have never had any issues making it. A friend gave it to me, but I've adjusted it slightly. If you want it sweeter add more honey; if not you can leave it out. I buy freshly ground almond butter from Wholefoods or at Natural Grocers where it is usually located in the refrigerated area near the nuts.



## Paleo Quick Bread, Grain-Free

Makes 1 loaf

### Ingredients

5 eggs, preferably pastured

2 Tablespoons cassava flour

¼ cup flax meal

1 teaspoon sea salt

¾ cup almond butter

1½ Tablespoons raw honey

1 teaspoon baking soda

1 Tablespoon apple cider vinegar

### Directions:

Grease a glass or other bread shaped baking pan with grass-fed butter or coconut oil.

Preheat oven to 350°F.

Mix all ingredients using a stand or electric mixer until well-combined.

Bake for about 35 minutes, or until a toothpick inserted in the center comes out clean.

### Clinical Actions of interest:

Maitake: Antitumor, anticancer, antibacterial, antiviral, antifungal, cardiovascular benefits, supports immune system, reduces stress, helps modulate blood sugar.

Lion's Mane: Antibacterial, anti-inflammatory, antitumor, enhances immune function, may enhance nerve growth/regeneration, neuroprotective, reduces anxiety, improves cognitive function, memory, concentration and reduces depression. May promote healing of the myelin sheath.

Thyme: has anti-inflammatory, antiseptic, stomachic, anti-spasmodic, carminative, antibacterial, and expectorant properties.

Garlic and Onions: Onions contain antimicrobial sulfur compounds (including the aromatic ones that burn your eyes) similar to the ones contained in garlic. Garlic, when crushed, generates the powerful antibiotic constituent called allicin.

Terms that may be unfamiliar or need expanding on:

Adaptogenic: increasing adaptation and resistance to physical, chemical and biologic (non-infectious) stressors.

Carminative: expelling gas from the gastrointestinal tract.

Expectorant: facilitating the expulsion of secretions from the respiratory tract.

Stomachic: stimulating the stomach function.

Blessings to you!

Cynthia Killingbeck

I am a certified Clinical Herbalist (CH), Clinical Nutritionist (CN) and Flower Essence Practitioner (FEP) in the Bach Flower Essences. If you are looking for a personal health coach or would like a personal consultation, protocol, and formulation or a Flower Essence session for emotional support, please visit my Facebook page

at [Cynthia.Killingbeck@clinicalherbalism.com](mailto:Cynthia.Killingbeck@clinicalherbalism.com) and message me privately, or email me

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

I also sell products on my Etsy page at VitalBlossomHerbals

## Upcoming Community Events

## The Althea Center for Engaged Spirituality



Hearthstone meets the Friday before or the Friday of the Full Moon. When we have in person rituals, we meet 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 14<sup>th</sup> Ave. The door opens at 7:00 pm, and we lock the door at 7:30 to secure the building. Please be prompt as we don't want you to be locked out!

**NOTICE:** The January 14th ritual is online - see Zoom link above.



## 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](http://www.meetup.com/EarthTemple) or our Facebook page <https://www.facebook.com/EarthTempleColorado>

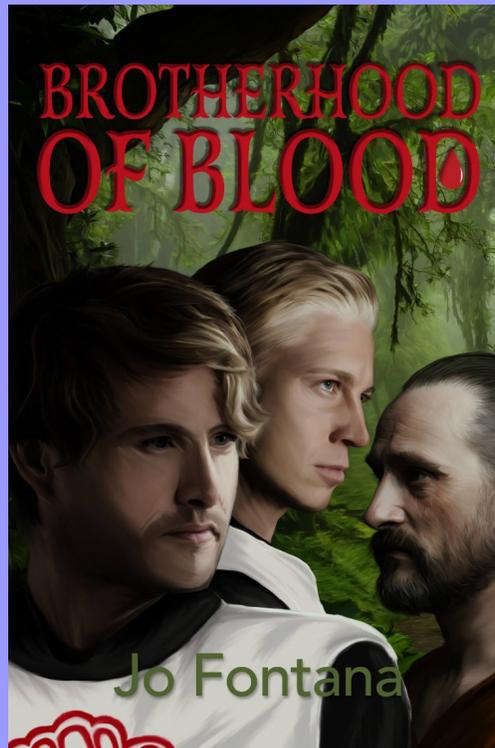
### [Earth Temple Facebook Page](#)

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

## Community Vendors and Artists

### *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](http://www.jofontana.com)

# General Community Information



## 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](mailto:hearthstonecommunitychurch@gmail.com)

If you would like to lead a future Open Full Moon, please contact Arynne at [ArynneD@aol.com](mailto:ArynneD@aol.com). At this point we have ritual leaders scheduled for all of 2022.

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](mailto:hearthstonecommunitychurch@gmail.com)

We suggest a donation of \$5-15. 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](#)**



*UPCOMING 2022 OPEN FULL MOON RITUALS*

JANUARY 14  
FEBRUARY 11  
MARCH 18  
APRIL 15  
MAY 13  
JUNE 10  
JULY 8  
AUGUST 5  
SEPTEMBER 9  
OCTOBER 7  
NOVEMBER 4  
DECEMBER 2

*BLESSINGS from HEARTHSTONE COMMUNITY CHURCH!*

**Subscribe to receive our  
Newsletter**



*Copyright © Hearthstone Community Church 2022, All rights reserved.*

*Please note that information and opinions contained in the articles in this newsletter are the responsibility of the authors only.*

*No endorsement by Hearthstone Community Church, Inc. is implied.*

*All writings are copyright to their respective authors. Please obtain permission before reprinting anything here, with the exception of the Open Full Moon Dates. Those may be copied and transmitted as needed.*