



Hearthstone Community Church, Inc.

"The Full Moon Folk"



MARCH 14 OPEN FULL MOON

Hearthstone meets the Friday before or the Friday of the Full Moon in the upstairs chapel at the First Unitarian Church at 14th and Lafayette in Denver. The church doors open at 7, and we like to start at 7:30. This month's ritual is FRIDAY, March 14, 2014.

Amy will be leading the March 14th ritual. We will focus on Nature's promise of Spring, as well as our own expectations and promises for the upcoming planting.

—Catherine

GREETINGS

I actually went in to the office on Thursday. Why is this unusual? Well, after I broke my ankle in early February, I've been mostly stuck at my mother's house. I'm not supposed to put weight on my ankle right now, and that continues until some time in April. Since my vehicle is a van, that leaves driving it out – especially as the flat tire that was the reason I was walking in February is still flat. So, if I need to go anywhere, I have to have someone – usually my mother – take me.

Fortunately, my office has a way for me to work from home by connecting directly to my work computer. I knew I was needed at work when my boss both called and emailed me asking me to do this work. It is good to feel needed at work, even if you are the "ghost" employee. This last week, since I am doing well, my bosses asked me if I could come in two mornings a week. I've been wild to get out of the house, so I said "Yes!"

By early afternoon I was beat. To do anything away from the desk, I had to grab the scooter and push myself up, get my knee on the scooter, and then point it toward the right direction. I could only carry things in one hand, so if I needed to get more than one thing, I had to make two (or more) trips. I easily got more exercise in 4 hours than I usually do in a day. I got home and had to take a nap.

For years, I have been interested in the "spoon" theory by Christine Miserandino. In short, it is the theory that everyone has a certain number of spoons (or energy units) to get through a day. The more energy it takes to do a task, the more spoons you use. You must plan not to run out of spoons, or you will be short on spoons the next day – if you can even get through the current day. While the theory was written for people with chronic illness, it also applies to temporary disabilities. I had thought I understood spoon theory because of observing those who are closest to me with chronic illness or pain. I already have mild disabilities (arthritis, pain, etc.). However, in the last month, I've come to understand spoon theory in a way I didn't before. Just going to the store (not driving – riding) takes more energy than I'm used to using. Understand, I'm not whining. But even having a short-term disability gives me much more insight than I had before.

Please check out <http://www.butyoudontlooksick.com/wp/press/articles/written-by-christine/the-spoon-theory/> for more on the Spoon Theory.

—Catherine

THANKS AND A TIP OF THE HAT

The Hearthstone community tips its hat to Shen-Tat and Jade of Covenant of the Witches, who offered a strong and well-received ritual on Valentine's Day, the day of the full moon. We were invited to love ourselves as beings who are imperfect AND beautiful! Each of us was asked to go around the room and tell three different people, in one word, something beautiful that we perceived about them. Afterward, we re-formed the circle, and we each received a small mirror. We were asked, all simultaneously, to each look at ourselves in the mirror, say our name aloud, and repeat to ourselves the words given to us as gifts of grace...and see the Goddess Herself in our mirrors, in our own faces. After some time absorbing this powerful awakening, we were invited to take within the knowledge that "I am the Goddess beloved. I see with Her eyes...." We were asked to keep our mirrors, and remember ourselves as each being the God/Goddess, remaining awakened to our true spiritual natures.

Thank you, Shen-Tat and Jade, for this beautiful ritual that touched and blessed so many participants. We thank you for your gift of Love! Blessed Be.

—Arynn

HEARTHSTONE RITUALS

Remember, please, that Hearthstone doesn't expect everyone to enter in Perfect Love and Perfect Trust, as there are people you don't know there, 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 disturbs someone attending an Open Full Moon. It is one of the risks of exploring different traditions. Should anyone be uncomfortable, unsettled, or upset about any ritual presented by Hearthstone, please contact Alia or Catherine to discuss – and hopefully resolve and heal – the issue.

—Alia

ON DONATIONS

Many of our local Pagan organizations run on a shoestring. Your donations do make a difference, and the cost of a movie ticket to one of these organizations from several of their patrons can make the difference between failing and thriving. (Not to mention making the organizers excited and happy that their efforts are of value to you.) If you'd prefer not to donate to Hearthstone, I encourage you to donate something to the organization of your choice. Your donations can make the difference between an organization thriving and folding.

We appreciate that many of you donate to the church. **We ask that you please give what you can to support the work and service of the church to the community. The more you can spare, the longer we will be around, and the more we can help those who need it. We will keep Hearthstone Community Church, Inc. running as long as possible, and we need your support to continue to serve the community.**

We aren't going to start collecting at the door, and no one will be turned away for not having a donation. However, we would like to suggest a donation of 5 to 10 dollars per person. (The extra is to cover the pagans that are unable to donate.) If you can't afford it, you are still welcome – if you can afford more, we'd be delighted to accept it.

NOTE: Hearthstone is a church and your donations to Hearthstone are **tax deductible**. If you would like to write a check so you can keep track of your donations, we can certainly handle that as well.

—Alia

A BUCKET OF RAGE

Lately, I have been hanging out on Facebook. To be more specific, I have been at first lurking on, and later participating in, the groups on Facebook. Anyone who knows anything at all about Facebook, and the pathological malfunction that is me, knows that this is probably not a good thing. It would be one thing if I was on Facebook just playing games and sharing cat pictures – you know: the safe normal stuff that all writers do to avoid writing. But to actually try to carry on a meaningful conversation on Facebook; one knows that is not going to lead to anything good at all. And in fact, I now have a bucketful of rage about some of the numpty things that I have seen people write on Facebook.

And yes, I am going to share some of my outrage with you...after all, I am a lunatic with a soapbox; it is my public duty to share, is it not?

The biggest outrage of the day is a self-appointed ceremonial big-wig complaining about an announcement regarding a fund raising page. The big-wig insists that the person that the fund raiser is going to benefit is a fraud, and that they have never contributed anything creative to the gnosis of the magical community. Furthermore, the big-wig is a little upset that the announcement is distracting attention away from their own little fund raiser.

What fund raiser is the big-wig upset about? The fund to raise money for the medical expenses of Donald Michael Kraig, the author of *Modern Magick* and other books. Kraig is suffering from stage four pancreatic cancer which has spread to his liver. The big-wig is not only upset that Kraig is trying to “extract money from people;” he is also upset about the “pseudo-healing” rituals are being done on Kraig’s behalf.

This is the point that I have to ask, “Where is your sympathy for the dying and their loved ones?” And even if one does not feel sympathy for the dying, one should not express their disdain in public, especially if one is a self-appointed ceremonial big-wig. To complain about a fund-raiser to raise funds for a well-known occult writer not only seems petty and cruel, it could also get you painted in a rather unfavorable light, which might make it seem stupid to boot. To this self-appointed ceremonial big-wig, I gift him with the coveted “I hope that karma bites you in the ass” award.

Another thing that I saw in connection with Kraig’s health problems is a statement that I think that I might have an issue with. Some sister of the art, when talking about Kraig, and the infeasibility of rituals to heal the man, said that to possess the “gift of healing,” one needed to have “perfect love,” something that she thought few people actually had. While I will admit that the possibility of a miracle (pardon the language – I am not sure how to say it in Wiccan terms) is a long shot, I do not think that the lack of perfect love among the healers, many of them ceremonial magicians, is going to be a possible reason for the rituals to fail. Lack of skill, the advanced stage of the disease, the long distances between the subject and the practitioners; all these I would expect to impact the success or failure of the healing rituals being done. But the lack of “perfect love?” No, I don’t think so.

Would perfect love help a healer? Yes. Is it a requirement? No. If perfect love was a requirement, then practices like Reiki would be relatively useless. In fact, given the Hermetic principle of “so above, so below,” the lack of perfect love should completely abolish most healing techniques, including modern medicine.

Now for the big gripe that I have about what I see on Facebook – the idea that one person’s ignorance is as good as another person’s knowledge. In the Facebook groups focused on Golden

Dawn that I have been hanging out on, there is a tendency for people who have never cracked open a book on Golden Dawn to walk into a group and proceed to tell experienced members of that esoteric system (people with twenty to thirty years of experience under their belt) that they have been doing it wrong. This tendency is not isolated to the groups devoted to Golden Dawn – one can also find this behavior going on in other places on Facebook – and for that matter, the entire bloody Internet, as well as the so-called “real world.”

It would not be so bad, except that these “green behind the ears” horn blowers, after shaming all the experts, complain that no one is willing to teach them. And by “teach,” I presume that they actually mean that no one is willing to pat them on the head, tell them that they are brilliant, and give them a cookie. Insisting that the experts are trolls for disagreeing with their pearls of “inspired wisdom” probably does not help any either.

It is behavior like that that makes me worry about the state of the world. When the baby decides to throw a fit because it wants to drive the car, despite not being able to reach the pedals, and the parents actually give in to its demands, one suspects that there is going to be an accident. It can also lead to people saying silly things like “perfect love is a requirement to have the gift of healing” and to complain about fund raisers for the medical expenses of other people. We are knee deep in stupidity and ignorance, and my bucket is overflowing with rage over the fact that the boat of humanity might be sinking.

Morgan Drake Eckstein

Morgan Drake Eckstein writes about Golden Dawn, Wicca and other mystery traditions on his blog at: <http://gleamingsfromthedawn.blogspot.com/>

(Morgan, this happens from time to time on just about every online Pagan or other online groups without a strong moderator. My recommendation is to avoid the newsgroups which are aggravating you so you are not angry all the time. Do what you can for DMK, do the healing work you choose to do, and disregard the people who say silly things that make no sense. You will feel better and if they are trying to elicit a reaction, you have deprived them of yours. This is part of how some people are when they feel anonymous and untouchable. – Alia)

WELLNESS: HYPERTENSION (HIGH BLOOD PRESSURE)

Hypertension or High Blood Pressure, is defined in two ways. One is Primary Hypertension. This means that there is no secondary condition that is causing the Hypertension. Secondary Hypertension is caused by common conditions such as kidney problems, obesity, and even over the counter medications such as decongestants, and illegal drugs.^[1]

Hypertension usually has no warning signs, but it is important to control, because untreated hypertension can cause stroke, kidney damage, vision loss, memory loss, angina, peripheral artery disease, and damage to the heart such as myocardial infarction (heart attack), heart disease, congestive heart failure, and atherosclerosis.^[2]

I will give you one example of how hypertension can affect the heart. A person who has hypertension and has gone untreated for a while is at risk for heart failure. Keep in mind that the heart is a muscle. The more you use it, in theory, the bigger it gets. When the heart has to pump against the increased resistance of higher arterial pressures, it gets bigger. There comes a certain point where bigger is not better and the heart is less able to keep up with the oxygen demands of the body. So the blood backs up; in essence, the blood is not getting out of the heart. This is when the person may exhibit symptoms such as a productive cough, shortness of breath, and swelling of the extremities. Now there are two problems. The first is the initial hypertension, and the second is a heart that no longer works optimally. You can see why it is so important to take control of your

health, be it by losing those extra pounds, or remaining compliant with the medications your doctor orders.

Blood pressure is usually screened for adults by the doctor at every visit. You can visit your local Walgreens where they have free Blood Pressure checks if you are not covered by insurance. Believe it or not, Walgreens has great information about High Blood Pressure online. The following are links to the American Heart Association, Colorado.gov (the public health department) and also a link to the Walgreens site regarding high blood pressure.

<http://www.colorado.gov/cs/Satellite/CDPHE-PSD/CBON/1251621451112>

<http://www.walgreens.com/topic/health-shops/blood-pressure.jsp>

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure-or-Hypertension_UCM_002020_SubHomePage.jsp

Stay Well!

----Jo Fontana, RN

[1] Mayo Clinic. (2013). High Blood Pressure (Hypertension). Retrieved 3/7/14 from: <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/causes/con-20019580>

[2] American Heart Association. (2012). Why Blood Pressure Matters. Retrieved 3/7/14 from:

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/WhyBloodPressureMatters/Why-Blood-Pressure-Matters_UCM_002051_Article.jsp

TURTLE MONKEY CHILDREN'S EBOOKS

Hi all, this is Jo again. I've attended OFM's before I moved to Wyoming. I recently completed 12 books of my new Turtle Monkey series. This is a pagan friendly children's ebook series. They are available at Smashwords

<http://www.smashwords.com/books/search?query=Jo+Fontana> and Amazon:

http://www.amazon.com/s/ref=sr_nr_seeall_1?rh=k%3AJo+Fontana%2Ci%3Astripbooks&keywords=Jo+Fontana&ie=UTF8&qid=1384142676

We are also available through Barnes & Noble and the Apple iBookstore.

-Jo

BELTANIA 2014

May 8-11 near Florence, CO

A Pagan Beltane Festival and MusicFest

Special Guest: Selena Fox of Circle Sanctuary

Rev. Selena Fox is senior minister and high priestess of Circle Sanctuary, a Wiccan church, Pagan resource center, and Nature preserve with a worldwide Ecospirituality ministry that includes networking, publishing, education, environmental preservation, counseling, events sponsoring, and other work.

In recent years she is most well known for her work at the federal level securing the right for Pagan veterans to have pentacles on tombstones.

For more than thirty years, Rev. Fox has served as one of the elders, religious freedom activists, and public media spokespersons for the Wiccan religion and related forms of contemporary Paganism and Nature religion, nationwide and internationally.

Musical Performances By:

Tuatha,
Odin's Other Eye,
Pandora Celtica
Jeffrey Gray
Orpheus Pagan Chamber Choir
NameSinger
Marcy Stonecipher
Skean Dubh
Djembe Cowboys
DreamWeaver

Fire Performances by Firegate and Spirits of Fire

Tickets and Info at www.beltania.org

*Beltania is an international festival of about 450-750 people. Proceeds of this nonprofit festival benefit Living Earth Center, an open and public Pagan church facility at 2120 S Holly St., Denver CO 80222. Holding 20-35 rituals and other events every month. Info at meetup.com/livingearth
---Joy Burton*

EARTH TEMPLE

Earth Temple meets at Full Moon Books and Event Center, at 9106 W. 6th Ave. in Lakewood. All of our dates are Saturday evenings. Please arrive at the store before 7:30 pm, since the store closes and the doors lock right at 7:30. Please check out our Witchvox page for more info about us: http://www.witchvox.com/vn/vn_detail/dt_gr.html?a=usco&id=35084. Thank you, Hearthstone, for sharing information about our circle!

Mar 29
Apr 26
May 24
June 28
July 19
Aug 23
Sep 20
Nov 1
Nov 22
Dec 20

*---Chris, Dara, and Michelle
the Earth Temple steering committee*

WHOM TO CONTACT

Alia's phone number is 303-680-1741. Catherine's is 303-886-7067. If you would like to officiate at a future Open Full Moon, for Pagan or Wiccan clergy, or for any other Hearthstone

business, please contact either Alia or Catherine.

Hearthstone Community Church has a website at <http://hearthstone.fnorky.com>

Alia's e-mail address is teal.cuttlefish@gmail.com; Catherine's e-mail address is catherine@fnorky.com

GUEST COLUMNS?

If you have something to say, and are willing to let Alia or Catherine edit it slightly, (generally for grammar – Alia has the soul of an English teacher and Catherine is simply a fanatic) please feel free to submit your writing to catherine@fnorky.com. Content will not be edited. We can usually make room for more voices.

This newsletter is for Hearthstone Community Church, Inc. of Denver, Colorado. Editor: Catherine Mock. Publisher: M. Alia Denny

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2014 Open Full Moon Dates

March 14

April 11

May 9

June 13

July 11

August 8

September 5

October 3

October 31

December 5