



Hearthstone Community Church, Inc.

"The Full Moon Folk"



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OCTOBER 2019 OPEN FULL MOON

Hearthstone meets the Friday before or the Friday of the Full Moon in the Library Room 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! This month's ritual is **Friday, October 11, 2019.**

"As the veils thin and we enter the dark, introspective time of the year, please join Brighid's Forge Coven as we present the October 11 Open Full Moon Ritual. In our sacred, safe circle, we will be guided on a personal journey to examine the phrases that we all hear in our heads at times, discern whether they are actually ours, and if they truly belong there. Then we will travel further to hear what Deity believes about us, and gain new insights into our importance - within our lives and our community. This preparation will assist us to gain more clarity and value in our inner work during the time between Samhain and Imbolc."

HEARTHSTONE RITUALS

Remember, please, that 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. It is one of the risks of exploring different traditions. Should anyone be uncomfortable, unsettled, or upset about any ritual presented

by Hearthstone, please discuss it with the ritual leaders or one of the Board members (Catherine, Arynne, Amy, Cynthia, and Deb) so that we may hopefully resolve and heal your concern.

Hearthstone seeks to provide a safe and sober space to share our traditions.

SO LONG AND FAREWELL

Longtime Hearthstone Board member, Morgan, has resigned from the Board so that he can focus on other things. We will miss him and wish him the best in the future.

THANKS AND A TIP OF THE HAT

Hearthstone thanks Morgan and Shea for our Sept. Open Full Moon ritual, which took us on a tour of the Wheel of the Year. It began with the beautiful line "I cast this Circle with Knowledge and Love," followed by calling the Elements, Lord, and Lady. Then, through imagery and words, each Sabbat came alive, from Mabon around to Mabon.

Blessings to all as the Wheel turns!

---Arynne

ON DONATIONS

Hearthstone's primary expense is leasing the space for our monthly Open Full Moon rituals. Your donations to Hearthstone (and other Pagan organizations) make the difference between failing and thriving, and let the organizers know that our efforts are of value to you. We encourage you to donate to Hearthstone or to the organization of your choice.

We appreciate that many of you do donate to Hearthstone. Thank you! We ask that you please give what you can to support the work and service of the church. We will keep Hearthstone running as long as possible, and we need your support to continue to serve the community.

We don't collect at the door, and no one will be turned away for not having a donation. However, we *suggest* a donation of \$5-10 per person. If you can't afford it, you are still welcome. If you can afford more, we'll be delighted to accept it.

Honoring the Ancestors in Irish Polytheism Locally

It is that time, the weather tides have changed.

Gail Shimura Brightbill posted that the temperature dropped from 95 to 55 like the weather spotted a state trooper!

All of my Halloween loving friends that maintained their erstwhile composure through September have burst into black cats and carved pumpkins like a black and orange fireworks display.

So it is here, that happy, spooky turn of the year.

Irish reconstructionists will tell you that after a certain date you can't eat the fruits of the brambles, they belong to someone else, or they've been pissed on by a certain fractious spirit, or they are cursed. And the date after which you must avoid the temptations of blackberries, also

possibly raspberries and maybe other wild fruits, is definitely Samhain, unless it was on the twenty first of September. Also Samhain might be definitely the 31st of October, unless you're reckoning by the dark moon of November, or the closest new moon, which is on the 28th of October in Ireland but the 27th of October here. You might already have gobbled up some goblin piss. Hard to say. Best leave the berries to the bears, goodness knows what kind of Climate-Change-Cursed season they have ahead.

And so we turn inward, both spiritually and in the produce aisle where we get perfectly tame berries, thank-you-very-much.

In many places and older times, this was the seasonal moment for recognizing the dead, the folks who came before us and made our lives possible. For many this is a strict bloodline observance, a literal assessment and acknowledgment of the line of egg and sperm that gave us the shape of the feet we stand on, the eyes we peer outward with, the hands both hardy and old, with which we grasp in the world. It's a simple view of ancestry and one that is both inadequate for many and inaccurate for others; fallacies being blown apart by at-home DNA testing that is ripping the veil that covered up too many family secrets. The veil that is thin at this time of year is even thinner when you stare at a piece of paper or a computer screen and realize that your great grandfather was a genetic stranger to your grandfather, or other such mysteries of the past. It's an opportunity to reassess ancestry in light of what we know that we don't know.

And so, we choose to do this the best we can, we honor the ancestors we know, or we choose the ancestors that we love. Perhaps our altars will include the images of friends who passed through the veil of death while their lives were still lights cupped in our hands. For many a dutiful adopted child of any age, the altar will hold the image of adopted ancestors, candles lit from gratitude and commitment, a task that honors the bonds of fosterage and the return of a lifesaving and lifelong embrace.

Similarly, many will honor the fallen heroes of our people, I've seen more than one ancestral altar with an image of Marsha P. Johnson, loved in all of her complexity for the way she stood up for gay rights. Wangari Maathai lived for environmental activism, the light of her life is especially poignant this year. My own ancestral altar held an image of Benazir Bhutto the first Samhain after she was assassinated, I had been following her campaign so closely that her murder struck me harder than the loss of a foreign politician normally would have. Honoring her in that season helped me put the event into place in my heart. There is no wrong way. Ritual is a tool for healing, we must wield it with love and respect for our unique selves.

The ground beneath us is soaked in blood and memory, perhaps it is time for our altars to include some symbol that honors the people who loved and lost the land we worship on. Consider that the Irish honor the Tuatha Dé and there is no small amount of evidence that the modern Irish wiped out the mound builders that they appear to identify as the Gods who "retreated" there. A place on the altar does not clear our conscience as much as it helps clear our vision in the small and large relationships of the world.

Grief and powerlessness in the face of loss can be honored by a gesture that makes visible the invisible and permanent loss of species this year through human activity and perhaps this can give some of us the fortitude to continue the fight on behalf of the Earth we love and are born from.

Your altar is you in some way, in your way.

And this year is unique.

And this ground is real.

And what you do matters.

Don't take the goblin piss, or yourself, too seriously, but find that center, cry those tears, scare the willing masked imps that beg for full-sized candy bars if that's your thing. The eyes of the past, full of love and pride, are on you. You have done well. They will come, not for themselves, but to let you know that you matter.

But sprinkle a little salt around the edges just to keep the place safe and leave the berries to the bears and birds for now. You've got what you need.

Peace of the mountains to you,

Paulie Rainbow

founder: Denver Celtic Women's Circle.

6 Herbs for Stress and Anxiety

By Cynthia Killingbeck CH, CN, FEP

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

Anxiety: we all know it, we have all experienced it in some capacity. Whether you're anxious for a work presentation, speaking in public, meeting someone new, afraid of spiders or heights, or bears or the lion in the brush. Anxiety is a normal reaction to stress; it is part of our fight or flight response. The fear, nervousness, or even panic is a healthy reaction to facing threatening situations. We become focused on the anticipation of future concerns and it is associated with muscle tension and avoidance behavior. No one wants to stick around when the danger to us is near, whether the source is physical or emotional.

Chronic stress can result in increasing levels of excessive fear or anxiety resulting in the hindering of normal function like panic attacks, phobias and over worrying; it can be debilitating to a happy healthy life. Chronic stress is very debilitating to our general health and our emotional wellbeing is critical to a healthy body. Have you ever been told, 'you really need to de-stress!' or 'you need to find a way to reduce the stress in your life'? But they never tell you how.

Plant medicines called Nervines can be very helpful to healing our nerves and creating calm and space to breathe while reducing stress in many situations. Nervine is a general term for a class of herbs that affect the nervous system in any way. Herbs that are anti-anxiety or anti-depressant are what we think of first, but it also includes herbs that help restore or rebuild the normal functioning of the nervous system, herbs that stimulate or relax, herbs that are sedating or calming and even help us sleep. There are many herbs that fit into this class but here are six that I just love to work with:



Skullcap tincture when taken long-term can restore tone to an over stressed nervous system. It can help in acute situations as a tincture to relieve panic attacks by helping us relax and softens us into a calmer state. As an infusion (tea), it is excellent for promoting the calmness of sleep as well as restoring the nervous system. It is slightly bitter and cooling, works well in a formula with warming and milder tasting herbs to balance it out, like cinnamon, damiana, or any of the mints.



Milky Oats tincture is helpful for nervous exhaustion and often useful for those feeling depleted and deficient from long-term states of stress, emotional exhaustion, and over work. This works overtime to reduce panic states and creates a balm of calming relief. The 'milky' top is harvested at the perfect moment and tinctured immediately and is best for nervine qualities. As a tea the oat tops or oat straw is less supportive emotionally but is very nutritive and has a mild grassy taste. (Please note if you are sensitive to Oats, as many who are gluten sensitive are, this is not the herb for you.)



Chamomile is a traditional calming nervine for those in fretful, irritable, or over sensitive states. It comforts when nothing else seems to. People who benefit from chamomile are prone to tummy trouble and upset when stressed. It soothes indigestion and relieves gas and bloating while calming our nerves. Chamomile smells like honey and fills you with warmth when you drink it.



Lemon Balm is a warming nervine for restlessness, fast heartbeats, anxiety, and depression. Lemon Balm is calming and grounding to those constitutionally agitated who thrive on stimulation and possibly present with headache and hypertension. It is opening and moving to stuck-ness and allows flow in the body. Lemon Balm has a lovely lemon aroma and its floral addition to any tea is relaxing and pleasant.



Damiana is a warming nervine helps to alleviate fatigue, anxiety, depression and is stimulating and nourishing to the libido. It is believed to do this by nourishing blood vessels and stimulating the circulation of blood flow. If we are feeling cold and depleted Damiana can produce warmth, stimulate flow releasing stagnation, and nourish our depleted nervous system. Damiana has a hint of spice to its smell and is a lovely addition to any formula.



Lavender is popularly used in aromatherapy to calm and promote relaxation and sleep. It is used internally for pain relief of mild headaches, and externally as a bath for rheumatic and neuralgic pain. As an infusion it is good for nervousness and insomnia. It is relaxing to the spirit while also stimulating to the vitality of the body and mind. Lavender helps to remove obstacles that may be constricting the vitality through easing and encouraging energetic flow.

It is important to touch on all our human senses taste, touch, sight, smell, and sound in every self-care moment to reduce stress and bring us into balance. Soothing us with our sense of touch with comforting and pleasurable applications like baths, or lotions or oils helps us feel safe, held, and nurtured. Many emotional states are affected by scent as our brain takes in and interprets stimulus it is recorded and imprinted and thus we associate memories to smells, good and bad can be triggered by a smell, so having pleasant smelling and tasting teas for healing our emotional state is as important as the herb we choose for the state we are in. Including lovely smelling herbs in a formula can really bring the whole formula together. Pleasant tastes create moments of pleasure and encourage bliss moments. Colorful flowers in any formula adds a sense of beauty and attraction to the eye, include some natural light like candles in the room, the gentle glow is pleasing and calming. Add a little dose of music to your self-care herbal regimen and you have the perfect de-stressing situation.

Our lifestyle choices are important to our emotional states. Practicing forms of self-care is needed on a daily basis. What brings you joy? What brings you peace? What builds your inner fire? Finding our personal regimen for self-care and having support in our lives is important. Maybe it is something like helping you to find more time to incorporate meditation, or quiet time to recoup your energy. Maybe it is how to organize your day, or help you realize how important you are, and your needs are just as critical and necessary to build and fulfill as those around you. It is important to fill your cup so you can fill another's. We can't support those around us from an empty and depleted container. Ritual around making tea and spending time creating comfort in such a fast-paced stress filled world can be a lovely way to incorporate self-care into your day. It can also be a great way to connect with others, just as you lift your cup so it will lift you up!

Turtle Monkey children's book series

For information on any of our books please visit: www.jofontana.com

Turtle Monkey is a read-to-me book series. There are just enough pictures to hold their attention while being read to before they eventually read the books on their own prior to tackling chapter books. Turtle Monkey and Mama Monkey are the only green monkeys in the village. Turtle Monkey has lots of gas. She received Fuzztastic, her cat, as a Yule gift. Fuzztastic also has lots of gas – but he's afraid of it! Turtle Monkey spends most of her time outside when she isn't in school. Join us as Turtle Monkey learns about the world and how to cope with challenges.

Now available at Amazon: **APPROACHING DARKNESS**. This is an anthology of twelve short stories. Some are horror, some are bizarre, and some are unnerving. These stories will make you look under the bed and keep your feet from dangling over the edge at night. Read as a child fends off a horror from beyond the grave with just a nightlight, listen in as Gods debate the future of humankind, or root for twins who battle a lady made of plants. Written by Jo Fontana under A. J. Hallows, one of her many pen names.

Print book available on Amazon at: https://www.amazon.com/Approaching-Darkness-J-Hallows/dp/197915001X/ref=sr_1_4?ie=UTF8&qid=1516143137&sr=8-4&keywords=Approaching+Darkness

THE EGG QUEST. Book One of the Demon Coast series by Jo Fontana & Teresa Horton.

Reyden Frost leaves the sanctuary of the library to experience the world, despite the advice of Master Levik. His focus, a petrified egg, is stolen by a mysterious criminal his first night in the town of Hollow Harbor. Reyden reluctantly joins forces with a man of the law and another magic worker who was also a victim of the thief. The chase takes them across the continent of Ator, gathering new companions along the way. Will Reyden's past interfere with his future, or will he overcome it on the journey to retrieve the egg?

Print book available on Amazon at: https://www.amazon.com/Egg-Quest-Demon-Coast/dp/198354714X/ref=sr_1_2?ie=UTF8&qid=1518571543&sr=8-2&keywords=The+egg+quest

COMING SOON:

Gods of the Bay

Comfort Food for All Seasons

The Demon Swarm (Book 2 of the Demon Coast Series)

Cat & Dog Spay/Neuter Clinics

<http://www.ddfl.org/spayneuter/>

Hearthstone cares about pet overpopulation! The Denver Dumb Friends League (DDFL) cares too, and through generous grants and donors, they offer **FREE cat spay/neuter surgeries and age-appropriate vaccinations** to any Colorado cat regardless of owner's income. DDFL also offers **\$50 dog spay/neuter surgeries including basic vaccinations to lower-income dog owners**. The details, locations, and qualifications are at their web site above. It takes ALL of us to reduce the overpopulation problem and move toward a world where all pets are wanted and cared for. Thank you!

WSLA MEET & GREET

**Celebrate our Pagan Community
and Get Information about Upcoming Community Events!
Sunday, October 13, 2019, 1-4pm**

Bring Your Community Announcements
about Festivals New Initiates Events and Classes
SUPPORT OUR LOCAL PAGAN COMMUNITY!

Pagan Plumbers, Carpenters, Health Care Workers, Teachers, Readers, Counselors, Artists and ALL
Come with your business cards and let the community know about you so we can put you to work!

We'll be at the fabulous MERCURY CAFÉ
2199 California Street Denver, CO 80205

(come via the Light Rail station at 16th & Stout or 20th & Welton, by bus or there's free parking all
around)

See old friends and meet new friends!
Annual WSLA fundraising table of magickal goodies
Credit cards accepted www.wsla-co.org
Women's Spiritual Leadership Alliance

A Rite of Remembrance

Saturday, November 16th at 7:30 PM
Wash Park Center for Music and the Arts
400 S. Williams Street at Dakota Ave in Denver
Easily reached by the No. 3 bus (E. Alameda Ave)
There is ample free parking.

As the veil thins and darkness descends, join us for beautiful music honoring our beloved dead.

Together with your energy, music, words, and silence will create a meditation on love, life, and that which lies beyond. Then, light a candle for them on our Día de los Muertos altar.

A special part of the rite is dedicated to those members of the military and first responders who fell in the line of duty.

A limited number of free tickets for members and veterans of the military and first responders are available, thanks to the SCFD.

Tickets are \$20/\$15 for Seniors and students. Free for those under 12.

For all tickets, including those for the military and first responders, go to: www.orpheuspcc.org

EARTH TEMPLE

Here is the list of 2019 ritual dates for Earth Temple. We are still at Full Moon Books and Event Center, 9106 W. 6th Ave. (at Garrison) in Lakewood.

We have a NEW DAY for rituals this year; these dates are all **FRIDAYS**. Start time is 7 pm, the same as last year, so please arrive at the store between 6:30 and 7:00 pm, since the store closes and the door locks right at 7. Hope you can join us!

Oct 25, 2019

Nov 22, 2019

Dec 27, 2019

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

WHOM TO CONTACT

For Pagan or Wiccan clergy or for any other Hearthstone business, please contact Catherine by phone or email, or contact Arynne by email. Catherine's phone number is 303-886-7067, and her e-mail address is fionnula.harp@gmail.com. If you would like to officiate at a future Open Full Moon, please contact Arynne at ArynneD@aol.com. At this point we have ritual leaders scheduled for all of 2019! Thank you all for volunteering your talents!

Hearthstone Community Church has a website at <http://hearthstone.fnorky.com> where our dates and newsletters are posted monthly. You can contact us through our web site. Hearthstone also has a Facebook page.

GUEST COLUMNS?

If you have something to say, and are willing to let Catherine and Arynne edit it slightly, (generally for grammar and spelling; Catherine has been known to grammar-check television commercials) please feel free to submit your writing to fionnula.harp@gmail.com. Content will not be edited. We can usually make room for more voices. **We appreciate our contributors!**

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

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Hearthstone Open Full Moon Dates

October 11, 2019

November 8, 2019

December 6, 2019