



## 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. 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, Vella Rose, and Deb) 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 under the influence of drugs or alcohol.



## OPEN FULL MOONS

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 14<sup>th</sup> 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!

### February Open Full Moon

"Light is returning...No one can hold back the dawn." As we exit the dark, introspective time of the year, and enter the time of growth and potential, please join Brighid's Forge Coven as we present the February 7 Open Full Moon ritual. We will discuss what the Goddess Brighid brings to our lives, and the meaning of the season of Imbolc. We will also discuss how to pronounce those (and other commonly used) Celtic words.

We will raise our energy through movement and chant, consider what we each wish to achieve in the coming year, then release our wishes and intentions to the Gods.

We look forward to creating ritual and sacred space with you.



### Thanks and a 'Tip of the Hat' to Last Month's Presenters

Hearthstone offers our Thanks and a Tip of our Hat to Vella Rose who facilitated our January Open Full Moon ritual...with a very full room of participants! What a fine way to begin the new year! (We do have a better plan for chairs for next time.)

Vella Rose passed out a song sheet with lyrics, and led us through songs to cleanse, cast, call, and welcome our Ancestors and the Goddess and God. In guided meditation we contemplated 2019, now behind us, then shared several highlights and challenges in small groups with those near us in circle. All were invited to release 2019 and participate in a simple dance with the song "The past is over; goodbye...Open up your heart and let it shine...."

Looking ahead to 2020, Vella Rose printed on the back of our song sheet the dates and times of all 2020 Full Moons, New Moons, and Solar festivals! She encouraged us to contemplate what we want in this new year, (with a song for that too, of course). We were invited to come, a few at a time, to the altar where she had prepared 4 photocopies of each of the Major Arcana cards from the Green Witch Tarot, so we each could select an image to serve as our archetype for the year. We can use the archetype as a focal point for bringing in those energies we wish to encourage in 2020. We broke into small groups to share the image we chose and what it means to us. Cakes and juice were shared, and Circle opened with the song "By the Air that is Her breath...."

Thank you, Vella Rose, for helping us focus on letting go of the past, welcoming this new year, and aiding us through these beautiful images of archetypes to focus on what we wish to call in to our lives. Blessed Be to All!

----- Arynne

## HEARTHSTONE BOARD OF DIRECTORS

The members of Hearthstone's Board of Directors are delighted to announce that Vella Rose has joined our Board! We look forward to her contributions and assistance, and Vella Rose looks forward to this new opportunity to serve our community. Please join us in welcoming Vella Rose to her new role with Hearthstone!

### Articles from our community members!

#### A Year and a Day with Nervines Passion Flower, *Passiflora incarnata*

By Cynthia Killingbeck CH, CN, FEP

You can find her at [www.vitalblossom.org](http://www.vitalblossom.org) or [cynthia@vitalblossom.org](mailto:cynthia@vitalblossom.org)



*Passiflora* known as Passion Flower is a genus of about 550 species in the family Passifloraceae. They grow typically as vines and twining tendrils, but some are known to be shrubs or trees. Passion Flower is found in the Southeast, especially Texas to Florida. It grows in zones 7-10. You can grow it in pots in Colorado, as it will need to be brought inside in the winter for it cannot tolerate our freezing temperatures.

***Passiflora incarnata* is a Nervine Relaxant, it is cool and dry, and stimulating to our vital energy. It is sedative, hypnotic (sleep), antispasmodic, anodyne, and a mild muscle relaxant.**

**According to Physiomedicalist T.J. Lyle, 'The sleep produced by *Passiflora* is natural, restful, and refreshing.'**

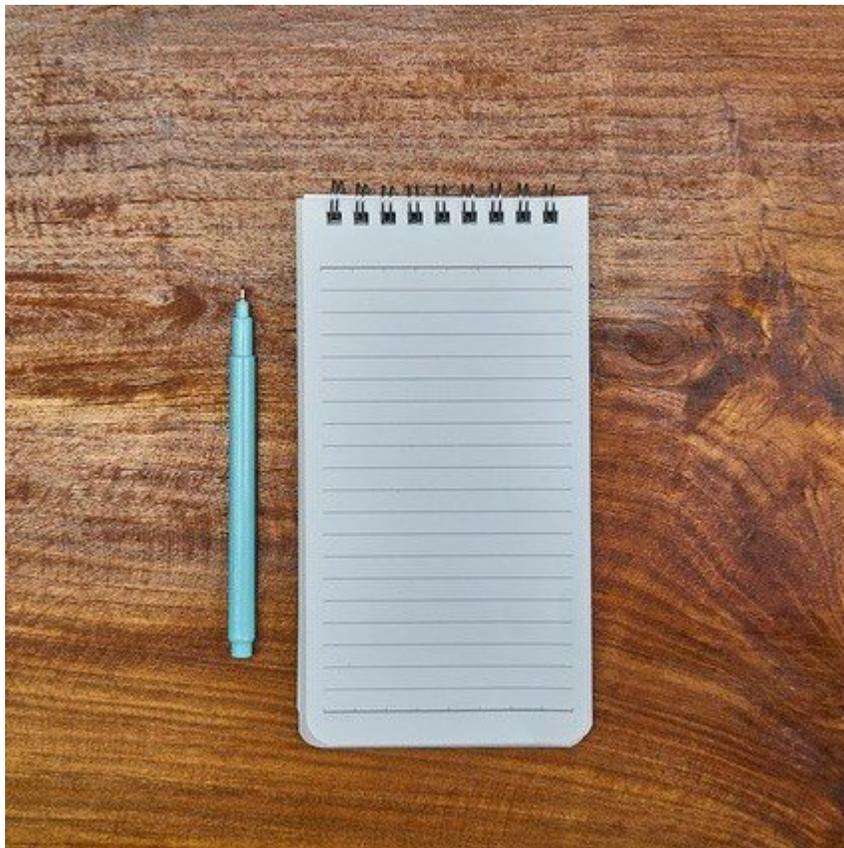
**The principle uses for *Passiflora* are for nervousness, anxiety, insomnia, and nervous cardiac disorders (rapid heartbeat); menstrual cramps due to its antispasmodic quality and pain relief (anodyne effect) in part due to its relaxant quality for headache, earache, neuralgia (esp. the face), and cardiac/rectal pain; relieves wheezing, coughing, and spasmodic asthma; mild withdrawal symptoms from addiction.**

***Passiflora* is similar to valerian in one important aspect; in some people it can flip and be more stimulating than relaxing or hypnotic. Some people who take *Passiflora* to help them sleep may find themselves awake all night. I actually cannot take Valerian as I stay awake all night, but *Passiflora* works beautifully with my constitution.**

**I find *Passiflora* to be an excellent gentle relaxant to the central nervous system without overly strong sedative effects. I love using it in pain formulas to encourage overall relaxant effects to the whole body and to partake of the anodyne and antispasmodic accompanying effects. It is**

gentle enough to be used for restlessness and as an antispasmodic for children or the elderly.

The aerial parts are used and the flowering tops. The typical methods of preparation are as herbal infusions (tea), and tinctures. It is one of my favorites and an herb I use in anxiety relieving formulas, muscle relaxing formulas, for sleep, and for pain. Its ability to calm and relax is gentle yet profound. I hope you seek out *Passiflora* and give this gorgeous flower a try.



#### **GUEST COLUMNS?**

If you have something to say, and are willing to let Catherine and 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!

Upcoming Community Happenings and Events



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 at Goddess Isis Books, 2775 S Broadway, Englewood, CO.

Conversations in Witchcraft is facilitated by Priestesses from the Women's Spiritual Leadership Alliance (WSLA).

[Goddess Isis Bookstore Website Link](#)

**Earth Temple**

**Earth Temple is an open Wiccan circle, meeting near the time of the New Moons for ritual work at Full Moon Books, 9106 W. 6th Ave. in Lakewood. Our circle is open to adults 18 and older. Earth Temple rituals are appropriate for beginners on the path, while seasoned practitioners will also find meaningful ritual work here. This year we have a connecting theme for our rituals: (re)visiting the basics of Wicca. Learn more about us at [www.meetup.com/EarthTemple](https://www.meetup.com/EarthTemple) and visit our Facebook page: <https://www.facebook.com/EarthTempleColorado>**

**Our upcoming 2020 dates:**

**Feb 21  
Mar 20  
Apr 24  
May 22  
Jun 19  
Jul 17  
Aug 21  
Sep 18  
Oct 16  
Nov 13  
Dec 11**

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

**Check out Vendors and Artists in our Community!**



## **Turtle Monkey children's book series**

Jo Fontana, Author

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](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](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)**

For information on any of our books please visit:

Email: [turtlemonkeybooks@gmail.com](mailto:turtlemonkeybooks@gmail.com)

Website: [www.jofontana.com](http://www.jofontana.com)

Twitter: <https://twitter.com/TurtleMonkey2>

Facebook: <https://www.facebook.com/turtlemonkeybook>



**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!**

**[Hearthstone Community Church Website Link](#)**



For 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) or 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](mailto:fionnula.harp@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 2020! Thank you for volunteering your talents!



### **Donations**

We don't collect at the door, and no one will be turned away for not having a donation. We "pass the hat" and 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. Hearthstone's primary expense is leasing the space for our monthly Open Full Moon rituals. Your donations make the difference between failing and thriving, and let the organizers know that our efforts are of value to you. Thank you for supporting the work and service of Hearthstone Community Church.



**Open Full Moon Dates 2020**  
**Althea Center 1400 Williams St. Denver CO, 80218**

**February 7, 2020**

**March 6, 2020**

**April 3, 2020**

**May 1, 2020**

**June 5, 2020**

**July 3, 2020**

**July 31, 2020**

**August 28, 2020**

**September 25, 2020**

**October 30, 2020**

**November 27, 2020**

**Note there will be no December OFM in 2020**  
**Blessings from all of us at Hearthstone!**

**[Subscribe to receive our Newsletter](#)**



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