



## 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, and Vella Rose) 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!*



### **March 6 Open Full Moon**

*Join Hawk Shadow and Oak Haven Coven for a celebration of the turning of the wheel as we move toward Ostara – the Spring Equinox. We will be looking within, tending the soil of our dreams, and planting our own seed for change, growth, and renewal. Join us as we get ready to manifest our goals and dreams.*



*Our February 7 Open Full Moon ritual was snowed out! All metro area school districts closed that Friday due to the snowstorm, so we made the decision to cancel. Our Facebook page was updated, and everyone on our Newsletter email list received notice.*

*Hearthstone almost never cancels a ritual, but if the weather and roads are seriously questionable please check Facebook, or add your email now to our monthly newsletter email list (there's a button at the end of this newsletter).  
We look forward to seeing you March 6th!*

----- 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 Skullcap, *Scutellaria lateriflora***

By Cynthia Killingbeck CH, CN, FEP

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



*Scutellaria*, known as Skullcap, is in the family Lamiaceae, the mint family. It is a North American perennial. It grows in wet places in Canada and in the northern and eastern United States. Skullcap needs the cold temperatures to germinate and activate the seeds. I've been told it likes full sun but not in my yard. I keep it in part shade and I keep it wet. Parts used in medicine are the aerial parts.

*Scutellaria* is a Trophorestorative. This term means it restores function through nutrition and gradual restoration; it nurses a tissue, organ, or system back to health. In Skullcap's case it nourishes and restores tone to the nervous system. It helps to relax a person into a normal state of tone especially if the person has been locked in a hypertonic tension due to stress, over work, addictions, PTSD, or any other chronic stress situation.

It is Cool and Dry, it is relaxant but has a somewhat stimulant character. It is a bit bitter and a gentle tonic/astringent. Its clinical actions are Nervine, sedative to hypnotic, antispasmodic, stomachic,

astringent, bitter tonic, hypotensive, and anxiolytic (anti-anxiety).

According to King's American Dispensary 1905, 'In all cases of nervous excitability, restlessness, or wakefulness, attending or following acute or chronic diseases, from physical or mental overwork, or from other causes, it may be drunk freely with every expectation of beneficial results.'

The principle uses for *Scutellaria lateriflora* are loss of appetite or indigestion from stress as an infusion; nervous tension, anxiety, insomnia; may be helpful for painful menstruation due to its antispasmodic effect; sedative in a strong infusion.

An interesting aspect of Skullcap is that it is more sedating as an infusion (water) and more anxiolytic as a tincture (alcohol). Different constituents of the phytochemicals are released in the different solvents. It is best as a strong infusion (never boiled), steeped for at least 20-30 min to affect the sedative qualities. It is a powerful anxiolytic to the point of being able to prevent or stop a panic attack in its tracks as a tincture. I have personally experienced this ability; when taken before and during a difficult, severely stressful social situation it has made it possible for me to manage getting through with grace. Skullcap when combined with rose is great for people with trauma.

Skullcap can have a slight drawback. It tends to help you process your emotions while you sleep, causing you to be tired in the morning if you were dreaming all night working and processing within your emotional body. Doing emotional work all night can be tiring. Everyone is different, and you will need to be your own judge when using Skullcap and how you feel with it. I personally love Skullcap and keep a tincture in my purse and close by, so I can take it if needed.

To be clear this is *Scutellaria lateriflora* NOT *Scutallaria biacalensis*. That species is found in Asia and Russia. The root of that species is used in Chinese Medicine with different actions, most specifically as an anti-inflammatory, in cases of diarrhea and dysentery, in respiratory infections, and in fevers.



## Busy

Sometimes it seems like the world we live in is designed to keep us too busy to think, with too many priorities to allow us to address the things that really worry us, or that really matter to us. It can feel like we are constantly just a step away from disaster.

And maybe we are. It feels that way.

Sometimes I feel like I'm so frantic that it's more important to be soothed than it is to be well, as if wellness couldn't even be addressed until I can get grounded.

I have enough experience with my own body and mind to know that's not accurate, at least not for long.

A frenetic moment is still just a moment. A frenetic and harried day is just a day and as the seanfocal says: Dá fhada an lá tagann an tráthnóna, or, "However long the day, the evening will come."

[<http://www.daltai.com/proverbs/.../da-fhada-an-la-tagann-an-trathnona/> ]

A good night's sleep, or a well deserved dessert, or an impulsive purchase of some small treasure might soothe my ruffled edges.

Yet when the frantic days stretch into weeks, or when I catch myself wondering just how long this feeling has lasted, when ice cream becomes an avoidance and sleep doesn't come when I need it the most, then it is time to take myself in hand as though I were my own beloved and over-tired child and apply myself to what I need, rather than what I want.

I hate to use a much abused word but a little discipline goes a long way.

I need meditation. I need walks in the open air. I need my Gods. Even more than ice cream.

I must admit, once I get far enough off track I will get even farther off track before something about my day, my behavior, my suddenly insurmountable-seeming problems catches my attention with sufficient force to drive me back to the practices that really help. Until that moment there isn't enough time, there isn't enough money, I have things I have to do first....

But what if none of those things existed? What if they, tragically, fell away?

What if I was fired from that job I'm devoting my body to? It's happened before.

What if the person I was trying so hard to please just left?

What if the house I was afraid of losing was lost to me, and all of my precious things with it?

What if I'm risking everything by doing nothing?

And what would I do, if I had nothing left to lose?

Because I have lived through things that seemed unthinkable, because I have lost things I couldn't imagine losing, I know that life can change direction like wind shear and I would rather choose than lose.

I would rather trust than keep rushing forward blindly.

At some point in time, at the end of a long day, I have to give up my fear and step back into sanity.

Sometimes that means meditation. Sometimes that means activism. Sometimes that means grabbing that well-stocked daypack and a sturdy pair of shoes and stepping onto the trail.

Sometimes it means the end of a relationship to a person, or an institution. Sometimes it's the beginning of something I have put off for too long.

But always, I'm in better hands when I am walking the path with my Gods.

In the book "By Land, Sea, and Sky" Morgan Daimler has translated and Paganized portions of the Carmina Gadelica for Irish polytheist use. Here is a selection that I find comforting:

O Gods who brought me from the rest of last night

To the joyous light of this day

Bring me through the new light of this day

Under the strong shield of Your protection  
O through the new light of this day  
Under the strong shield of Your protection.

Once I place myself under the care and protection of my Gods, I can find the strength to step out of the frenetic patterns that prevent me from taking care of myself, and from taking care of the things that I truly value in this world.

I am not in charge of the whole wide world. I am accountable to myself and for my actions and decisions. If I'm honest with myself, some of these things that I "have to do" are excuses I use to avoid something else.

Usually because I'm anxious, or afraid, or occasionally terrified. Without some kind of faith I box myself into patterns that don't serve me, or anyone else.

In a precious human life, where every moment is different and priceless, I don't want to alternate between busy and numb.

I seek the spiritual space to allow myself to make my best choices.

I seek the spiritual comfort that gives me courage.

I seek the spiritual light that will illuminate my path.

May you find what you need in your seeking.

Peace of the mountains to you,

Paulie Rainbow

[facebook.com/DenverCelticWomensCircle/](https://facebook.com/DenverCelticWomensCircle/)

[meetup.com/Denver-Celtic-Womens-Circle-Events/](https://meetup.com/Denver-Celtic-Womens-Circle-Events/)



## **GUEST COLUMNS?**

Your voice is important! Share your path, your stories, experiences, poetry, or thoughts. 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) Or email [hearthstonecommunitychurch@gmail.com](mailto:hearthstonecommunitychurch@gmail.com) to be added to the Column Call each month. 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

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>

Upcoming Earth Temple 2020 dates:

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)

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**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) .

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

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 monthly Newsletter.**