

Carolina Spirit Quest  
Presents

# Spring Quest 2007

**It's About the Journey, Not the Destination!**  
**12th Annual Spring Event**



**April 20-22, 2007**  
**Camp Lapihio at**  
**William B. Umstead State Park, Raleigh, NC**

*Visit our website at <http://www.CarolinaSpiritQuest.org>*

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## Catalogs and Fliers

### Quest Flyer

The Carolina Spirit Quest 2007 flyer in Portable Document Format (PDF) is available for download from the CSQ web site. It will help CSQ if you will post or distribute this flyer where Pagans and other earth-centered religionists will see it. It requires the free Adobe Acrobat Reader to view and print. If you need Adobe Acrobat Reader, the free download can be found at:  
<http://www.adobe.com/products/reader>.

### Catalogs

Additional copies of this catalog in Portable Document Format (PDF) can be downloaded from our web site at <http://www.carolinaspiritquest.org/2007/downloads.html>.



## Director's Welcome

### Welcome and Merry Meet!

It's About the Journey, Not the Destination! As pagans we are not worried about the distant future but what is happening with the now. How are we living each day? What is going on with our community now? How can we effect change today? Our view of time is a circular one without a permanent ending, rises and falls within the wheel. At Spring Quest 2007, you can take part in a weekend long celebration exploring ways to enhance the journey on which you find yourself. We are happy to present an overall weekend that can help you grow on your spiritual path, grow in your community, or just provide great entertainment. We offer different programs for all ages of our community, including a children's program. We are a family oriented organization.

Returning Questers and newcomers alike will find many things to enjoy this year. We offer rituals throughout the weekend to help you connect with the spirit of now. Our very talented and dedicated presenters will offer many different types of Learning Circles to fit any type of interest. Other activities will include our annual Magickal Auction, a long-time tradition at Spring Quest and a great chance to buy one-of-a kind items that you may not find anywhere else. We will have our ever popular Porch Contest; so make sure to bring lots of decorations to help make your space your very own!! We will also have Community Altar space and we invite you to bring a sacred item to place on the Altar. This is a great way to take home some of the energy we will raise throughout the weekend. Lastly, as always, we will have a Gift Exchange table - remember to bring a gift so you can receive a gift from someone else! On top of the great these activities, there will be drumming, singing, dancing, and great food. Most importantly we all have a chance to blend with our community.

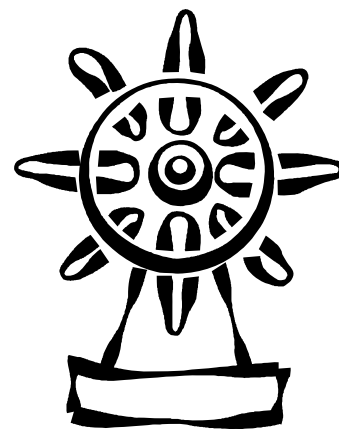
The best thing about Spring Quest for us is the sense of togetherness now; each of us coming together to make this a very positive experience and the lasting impressions on each other that will travel with us. It is one magical weekend that we as diverse Pagans come together to celebrate. We hope to see you there!

Brightest Blessings ~

*Christine Ahrens and Raven*

**Christine Ahrens** was born in Frankfurt Germany. She grew up outside of El Paso, TX in Chaparral, NM. She was raised in a Christian home with "pagan tendencies" so when she read an article on paganism when she was 12 years old she knew that this is what she was. She began reading and doing research and hasn't stopped since. When she was 16 years old, she dedicated herself to the Goddess and Wicca. She was a solitary that included the study of philosophy, psychology, anthropology and other world religions into her path work. She got married and became an Army Wife. It was this reason she was brought to North Carolina. She started attending the Open Circle on Ft. Bragg. She joined Sacred Well Congregation (SWC) in 2002. In 2003 the Circle's leader was deployed and Christine assumed the leadership role. In March of 2004 Christine was ordained a Deaconess in the SWC. Even though her studies are mostly concentrated in the Greencraft tradition she is very eclectic. She is also the mother of twin daughters and a son. Christine strives to "give back" to her community by aiding others in their journey on the pagan path.

**Raven** was born and raised in Florida. He has lived in the triangle area of NC since 1988. He has lived a varied but exciting path and feel a very close and deep connection with the Divine, in all of it's aspects. He feels that whether we believe that "you only go around once" or that this is one of many lives the result is the same. What we *do* has an effect on both others and our world. Ghandi once said, "Be the change you wish to see in the world ". Whatever path we follow, whatever journey we are on, we are a community. What we do then with this gem of knowledge is up to each of us. We should always strive to better this great community of ours. Raven believes that we must also continue to promote an even greater sense of community: an inclusive and welcoming community where all paths are respected and encouraged, recognizing our differences while celebrating our commonalities. Intrafaith and interfaith educational efforts must be made to further enlighten both our community and the greater community at large. He is also committed to the support of our soldiers and their families during this period of lengthy deployments to combat areas overseas. All efforts at building community spirit should be fostered within the greater community at large, through continued leadership training and networking.



### **A Special Welcome To Newcomers**

We are so glad you are with us at Quest. We invite you to attend the Newcomer's Workshop "So This is Your First Quest?" on Friday night from 4:30 - 5:30 (see page 7). Attendance is not mandatory, but you will learn many helpful tips.

Make sure you bring lots of ritual items, like clothing, staffs, jewelry, etc. During the Opening and Main Rituals, it is common to see participants dressed in their finest ritual garb. Robes, dresses, tunics, gowns, cloaks and capes decorated with symbols meaningful to the participants' traditions or body painting in colorful designs are worn by many. Plus, there is always lots of glitter!

Remember, you are here to have fun. If you have questions at any time throughout the weekend, please feel free to ask a Staff or Board member. We are here to help you have an enjoyable weekend. Be ready to meet many different people from many different paths. Bring an open mind and heart, and be ready to learn, teach, share, listen and make new friends. **Welcome to Quest!**

### **Carolina Spirit Quest 2007 Staff**

#### **Co-Directors:**

Christine Ahrens, Fayetteville, NC  
Raven, Raleigh, NC

adratica76@msn.com  
ravenswood98@yahoo.com

**Communications Manager:** Christine Ahrens, Fayetteville, NC

adratica76@msn.com

**Webmaster:** Jag, Durham, NC

agrajag@dragaera.net

**Registrar:** Steph Taylor, Durham, NC

aine0021@yahoo.com

**Publicity Coordinator:** Becky Starr, Durham, NC

lukystarr@aol.com

**Logo Design:** Leti Ortiz, Sierra Vista, AZ

leticia.ortiz@us.army.mil

**T-Shirt Coordinator:** Maddy Shenk, Chapel Hill, NC

chantressmaddy@yahoo.com

**Programs Manager:** Amanda Hedges, Fayetteville, NC

ahedges03@aol.com

**Learning Circle Coordinator:** Kara Mueller, Ashburn, VA

kara\_lynn@verizon.net

**Ritual Coordinator:** Stephanie Wilmont, Bunnlevel, NC

stephaniebtw@aol.com

**Children's Program Coordinator:** Tim Woody, Hillsborough, NC

tim51370@yahoo.com

**Other Programs Coordinator:** Amanda Hedges, Fayetteville, NC

ahedges03@aol.com

**Facilities Manager:** Ben Starr, Durham, NC

gntlknight@aol.com

**Operations Coordinator:** Jon Wilmont, Bunnlevel, NC

chemdogg82@yahoo.com

**Community Service Coordinator:** Steph Taylor, Durham, NC

aine0021@yahoo.com

**Asst. Community Service Coordinator:** Chris Starr, Durham, NC

**Security Coordinator:** Peter Hedges, Fayetteville, NC

phedges82@aol.com

**Treasurer:** Dick Merritt, Hillsborough, NC

dickmerritt@mindspring.com

**Director Emeritus:** Lance Brown, Hillsborough, NC

lance@bearcircle.net

#### **Co-Directors Elect (Spring 2008):**

Kara Mueller, Ashburn, VA

kara\_lynn@verizon.net

Steph Taylor, Durham, NC

aine0021@yahoo.com

## Schedule

### Friday, April 20

Noon - 2:00	Sign In/Registration for Friday afternoon Learning Circle participants	5:50	Gather at the Bell - Announcements & Blessing Circle
Noon	Porch Decorating Contest begins	6:00 - 7:30	Dinner & Director's Welcome
2:00 - 4:00	<b>Learning Circles</b>	8:00	Umstead Gate CLOSED
3:00 - 8:00	Registration open for all participants	8:00 - until	<b>Opening Ritual</b>
4:30 - 5:30	<b>Newcomers' Circle</b>	After Ritual	Drumming & Dancing
		Midnight	Quiet Time (noisy activities move to drumming circle)

### Saturday, April 21 (Note: The Silent Auction runs all day and closes after ritual & dessert.)

7:30 - 8:30	Breakfast	6:00 - 7:30	Dinner & CSQ Business
9:00	Magickal Auction Begins	8:00	Umstead Gate CLOSED
9:00 - 11:00	<b>Learning Circles</b>	8:00 - until	<b>Main Ritual</b>
11:20	Gather at the Bell - Announcements & Blessing Circle	Immediately	Dessert and Live Auction
11:30 - 1:00	Lunch & President's Address	After Ritual	of Goods & Services
1:00 - 3:00	Free Time	After Auction	Drumming & Dancing
3:00 - 5:00	<b>Learning Circles</b>	Midnight	Quiet Time (noisy activities move to drumming circle)
5:15	Porch Contest - Judging		
5:50	Gather at the Bell - Announcements & Blessing Circle		

### Sunday, April 22

7:30 - 8:30	Breakfast	11:30 - 1:00	Lunch & CSQ Annual Meeting
9:00	Deadline for Nominations-Board Candidates (deliver to Secretary)	1:15 - 2:15	<b>Closing Ritual</b>
9:00 - 11:00	<b>Learning Circles</b>	2:15	Spirit Gift Exchange
11:20	Gather at the Bell - Announcements & Blessing Circle	2:15 - 3:45	Clean up and Check Out

## FRIDAY

**Noon - 2:00 PM**

### **Sign-In for Friday Learning Circles**

**Noon - 2:00 PM**

If you are attending one of the Friday afternoon Learning Circles, be sure to arrive in time to sign-in, register and pick your cabin before the Learning Circle starts.

**Noon Fri - 5 PM Sat**

### **Porch Decorating Contest**

**Noon Fri - 5 PM Sat**

Back by popular demand! Quest will again sponsor a porch decorating contest! Help us to bring a fun, festive air to Camp Lapihio by getting out your glittery streamers, old Halloween decorations, colorful sarongs or kids toys! The contest opens at Noon Friday and runs until 5PM Saturday.

**2:00 - 4:00 PM**

### **Learning Circles**

**2:00 - 4:00 PM**

#### **Meeting the Elements Through Meditation**

***Facilitator: Helene***



This workshop will cover the basics of mediation, and then participants will be led on 4 very different and unique mediation journeys where they will meet each element (air, fire, water and earth) individually. Very much in keeping with this year's Quest theme, this workshop really enforces the idea that it's the journey that is important. Handouts will be provided.



#### **Reiki.... An Ancient Japanese Hands-On Healing Technique (Please note this is a 3 hour workshop - from 2 - 5 pm)**

***Facilitator: Catt***



What is Reiki and what can Reiki do? Reiki is a laying on of hands touch healing system. It connects the individual to the unlimited supply of Universal "life force" energy. Reiki is a Japanese name consisting of 2 words Rei and Ki meaning spiritually guided life energy (commonly known as Universal Life Energy), an energy that animates us all and is found all around us. Reiki is a form of spiritual healing using "Universal Life Energy" channeled through the practitioner to the recipient. Reiki can help you relax, improve your quality of life, and may help improve your health. Reiki helps to harmonize body, mind, and spirit for yourself or anyone you want to help. Reiki can be used for many ailments like reducing stress, relieving pain, headaches, stomach upsets, back problems, asthma, respiratory problems, PMT, menstrual problems, sinus, anxiety, and many more. Please observe that Reiki should never be used instead of medical treatment. It should be used as a compliment and a way to become and remain healthy. Who can learn Reiki and how do I learn Reiki?

Anyone can "learn" Reiki. There is no belief system attached to Reiki so anyone can receive a Reiki attunement. As in any healing, the first step towards a healthier life is a desire to be healed. Reiki is taught through an attunement process where you are connected to the Universal Consciousness (REI) and are then able to properly guide your life force energy (KI). Class Contents: "What is Reiki?", "What can be healed with Reiki?", history of Reiki, performing a Reiki treatment on yourself and others, principles and ethics, and a practice session.

## FRIDAY

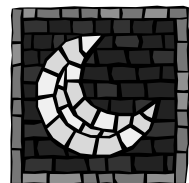
**2:00 - 4:00 PM**

### Learning Circles, cont.

**2:00 - 4:00 PM**

#### **Mosaic Altar Tiles**

**Facilitator: Becky Star**



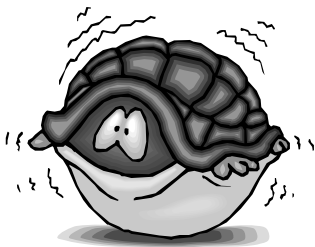
A mosaic piece can add a beautiful, decorative touch to your home altar when used as an altar tile (representation of Earth), trivet for hot incense burners (such as a caldron) or offering plate. In this workshop, we will be creating mosaic tiles using colored glass on a wooden base. There will be three designs to choose from: Spiral, Pentacle, or Ying/Yang. This is a hands-on, get-dirty workshop and everyone will take home a tile with stained glass applied, grout and directions to grout the project later.

Because of the use of cutting implements and sharp glass pieces, no one under 15 will be allowed in this class. **Cost: \$10.00 per person for supplies.**

#### **Releasing Fear & Trauma**

**Facilitator: Kay Warren**

Many of us face difficult times on our journey through this life. Some things we get through fairly easily, some we don't. When we get "stuck" in an event or a time frame, we stop progressing, sometimes for years at a time. EFT (Emotional Freedom Technique) releases the trauma and blockages, allowing you to process what happened and decide what you choose to do about it in a non-invasive way. I promise, I will not drag you through your emotional muck. It doesn't matter what happened, how severe it was, or how long you've been dealing with it, EFT can resolve it, and fast. It puts YOU back in the driver's seat. I've been investigating and practicing alternative healing methods for over 20 years, and I've never seen anything work like this. I've watched 20 year old traumas resolve in 10 minutes flat. It's fast, it's easy, and it's also kind of fun.



**3:00 - 8:00 PM**

### Sign-In & Registration

**3:00 - 8:00 PM**

Sign-in and Registration will be in the dining hall and staffed Friday afternoon and early evening and again on Saturday morning. **You must sign in upon arrival and arrive before 8:00 PM. The park gates close at 8:00 PM. If you might arrive after that time you must make arrangements with the staff ahead of time by calling us at 919-475-0916. See page 23 for more info.**

**4:30 - 5:30 PM**

### Newcomer's Circle

**4:30 - 5:30 PM**

#### **So This Is Your First Quest?**

**Facilitators: Christine Ahrens and Raven**

Back for its sixth year by popular demand, Quest is presenting a Learning Circle for new folks. This fun, fact-filled mini Learning Circle is offered to anyone attending their first Quest. Please come even if you are a veteran of other gatherings. Anyone who has attended Quest may come and offer their favorite tip.

**6:00 - 7:30 PM**

### Dinner & Directors' Welcome

**6:00 - 7:30 PM**

Please join us for Dinner in the mess hall. Food will be served from 6:00 to 7:00 pm. Afterward, the Directors will welcome everyone and introduce the CSQ'07 Staff.

## FRIDAY

8:00 PM - until?

### Opening Ritual

8:00 PM - until?

#### First Steps



In our opening ritual we will celebrate togetherness, and discover the foundations of our journey. It will be a time of great merriment and energy raising. You are requested to bring the following items: the token that you are given at check-in and positive energy. There is no specific dress requirement for this ritual. You may come in any attire of your choosing - family friendly, please.

after Opening Ritual

### Drumming Circle

after Opening Ritual



Drums are important links for modern Pagans to their past and to the many other pagan groups around the world. The basic rhythms created by drumming connect us to nature and to the deeper aspects of ourselves, and it is a lot of fun, too! Drumming circles will be held on Friday and Saturday nights after the end of the other scheduled activities and will continue for as long as drummers can stay awake!



If you like to drum, or dance to the sounds of drumming, come prepared for those activities. Bring your drum, your bongos, whatever you use to create a beat. Or, if you don't drum, the rhythm is sure to pull you into a dance. Many of the participants indicated that the drumming circles were among the best things about previous Spirit Quests.

after Opening Ritual

### Other Events

after Opening Ritual



Other informal events will occur. Check the schedule board in the Dining Hall for the latest information. If you come up with an activity to share, put it on the schedule board so others will know.





## SATURDAY

**7:30 - 8:30 AM**

### Breakfast

**7:30 - 8:30 AM**

Rise and shine!! Breakfast is first-come, first-serve, so get it while it's hot!



**9:00 AM - 1:00 PM**

### Sign-In & Registration

**9:00 AM - 1:00 PM**

Sign-in and Registration will be in the dining hall and staffed again on Saturday morning. You must sign in upon arrival - see pg. 23 for more info.

**9:00 AM**

### Magickal Auction Begins

**9:00 AM**

The Magickal Auction begins Saturday morning and continues all day until the end of the Main ritual. After the Main ritual, the Auction will be closed, the Live Auction will be held, and Dessert will be served! See page 13 for more information.

**9:00 - 11:00 AM**

### Learning Circles

**9:00 - 11:00 AM**

#### **Children's Learning Circle - Building Wooden Models**

**Facilitator: Tim Woody**

*Bring children to the their workshop area 5 minutes before LC's and pick them up immediately after LC's.* Children will be able to pick a wooden model to build. They will have the opportunity to sand the pieces and glue them together. Other activities for younger children will be coloring, painting, and story time.



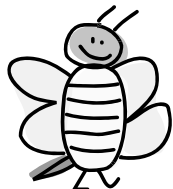
#### **Basic Kaballah**

**Facilitator: Steve Stone**

This course is designed to give you a basic understanding of the Kabballah from the original Jewish beliefs. It includes an explanation of the structure of the universe according to Kabballah including the creation of the four worlds, the meaning of the sephirot, and the concept of the Ayn Sof. Also included will be a brief visualization / meditation exercise designed to show the difference between Kabballic meditation and other types of meditation. Please note: This is a basic course and will not include vibrational, numerological, or ritual practices.

#### **Fun with Honey and Yeast - Beginning Mead Making**

**Facilitator: Ben Starr**



This Learning Circle will explore the art and science of making mead. We will look at basic techniques, recipes, equipment and ingredients for various meads. Attendees will go home with one-gallon of fermenting mead, an airlock and tubing to finish off their own luscious concoction. Alcohol is not permitted on the premises, so there will be NO tasting of mead at this event. **Class is limited to 10 participants.**

**Cost: \$10.00 per person for supplies and handouts.**

#### **Reiki 2 - An Ancient Japanese Hands-On Healing Technique**

**Facilitator: Catt**

**(Special note: To participate in Reiki 2..... You must have a Reiki 1 certificate!)**

Review of Reiki material and information. Sharing Reiki experience and stories. Teach the Reiki symbols and how to send Reiki Long Distance, as well as how to use Reiki to empower goals. Additional Reiki techniques. More practice.

## SATURDAY

**9:00 - 11:00 AM**

### Learning Circles, continued

**9:00 - 11:00 AM**

#### **Ritual for Joy– Working with Members who have Special Needs**

**Facilitator: Marci Drewry**



And what of those in your group who are unable to participate in ritual like everyone else? How to include those with disabilities and still fulfill the needs of others in the circle as well. This Learning circle focuses on those very issues.

#### **A Hands on Exploration of Energy**

**Facilitator: Mary Beth Samsa**

In this workshop participants will explore energy in its various forms through hands on partner activities and discussion. These activities will include an investigation of auras, chakras, raising and grounding energy, psychometry, and healing techniques. Basic meditation experience is highly recommended as a prerequisite.



**Noon Fri - 5 PM Sat**

### Porch Decorating Contest

**Noon Fri - 5 PM Sat**

Back by popular demand! Quest will again sponsor a porch decorating contest! Help us to bring a fun, festive air to Camp Lapihio by getting out your glittery streamers, old Halloween decorations, colorful sarongs or kids toys! The contest opens at Noon Friday and runs until 5PM Saturday.

**11:30 AM - 1:00 PM**

### Lunch & President's Address

**11:30 AM - 1:00 PM**

Please join us for Lunch in the mess hall. Afterward, the CSQ President will give her address.

**1:00 PM - 3:00 PM**

### Free Time

**1:00 PM - 3:00 PM**

Enjoy a couple of hours of time free to take a nap, walk the park, enjoy the time for yourself, or enjoy or extra activities.

**1:30 PM - 3:00 PM**

### Extra Activity

**1:30 PM - 3:00 PM**

#### **Live Steel Demonstration by Jennifer Perry and Friends**



## SATURDAY

3:00 - 5:00 PM

### Learning Circles

3:00 - 5:00 PM

#### **Children's Learning Circle - Painting Wooden Models**

**Facilitator:** Tim Woody

*Bring children to the their workshop area 5 minutes before LC's and pick them up immediately after LC's.*  
Children will paint their models they built earlier in the day. Parents remember to pick up your child's model to take home after the paint dries. Other activities for younger children will be coloring, painting, and story time.

#### **Wicca, It's in Your Head**

**Facilitator:** Marci Drewry

This course is designed to allow the individual to let go of the "toys" and concentrate on mental cognition through mental visualization, verbalization and meditative techniques. All too often we rely on that which is without and when not available, we tend to not have our skills honed well enough to be able to quickly change to within.



#### **Spiritual Mission Statement**

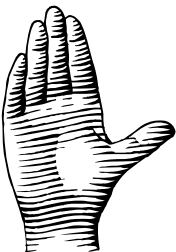
**Facilitator:** Manbo Sky Bradshaw

Have you ever wondered what direction your spiritual path would take in 3 months, 1 year, and 5 years? Of course with every new step your path can wind and wander, but it is good to layout the objective we plan to take. This course of study is to give a thought process to your "Spiritual Mission Statement." Whether you are a solitaire or in a coven, Diaspora, Wiccan, or not found your path at all, this method helps you determine where your intentions lie within yourself and the community. Come prepared to answer hard questions about your spirituality; you do not have to reveal them to anyone but yourself.



#### **Gift of Pleasure: Foot and Hand Massage**

**Facilitator:** Dick Merritt



Being able to touch skillfully and sensitively enhances our sensual expression. To touch with awareness is a beautiful gift for a friend or lover. Massage and the healing power of touch underlie most bodywork and healing energy modalities. It can be a part of many diverse spiritual paths. Besides, it is fun. Workshop consists of demonstrations and practice. Participants will learn to give and exchange relaxing and healing massage of the feet and hands. Wear clothing loose enough to grant access to the arm up to the elbow and the lower leg up to the knee. Bring a towel for each participant. Oil is furnished.

#### **Trancing: Altering Consciousness at Will**

**Facilitator:** Sharon Hill

Come join us for an experiential workshop of magickal techniques involving the exploration of the vast multiverse of our consciousness. One definition of magick is the ability to alter one's reality by the power of will. Consciousness is an aspect of one's reality and the ability to control consciousness is the basic to magickal practice and power. In this workshop we will engage in individual and group exercises of altering consciousness, including relaxation, guided and unguided journeying, and discussion of the application of trance work to magickal practice. We will tailor our activities to the constraints of location, time, interest, and the experience level of the participants. I look forward to our shared experiencing. Namaste!



## SATURDAY

**3:00 - 5:00 PM**

### Learning Circles, continued

**3:00 - 5:00 PM**

#### **Forging a Sword for The Morrighan**

**Facilitator: Jennifer Perry**



Lecture and discussion about following a Warrior Path in the modern world. Demonstrations of sword techniques and possible hands-on introduction to sword fighting with safety weapons. Live steel competitions and demonstrations will also be onsite at other times.

#### **Dancing Swirls of Color: Hand Dyeing Magical Items**

**Facilitator: Abby Spears**

Come and learn to make beautiful hand-dyed altar cloths and ritual wear. In this workshop, you'll start with a plain white length of soft, drapery rayon fabric. You'll learn how to use fiber-reactive dyes, mix colors to your liking, and dye your fabric with intricate patterns of brilliant, permanent color. Will yours be an altar cloth, a scarf, a sash, part of a robe? It's up to you—this learning circle is about the journey of learning a new skill. Each participant will be supplied with a length of rayon approximately 18" x 55." You may also bring your own small white or light-colored cotton, rayon, or linen items to dye, but please be reasonable with the quantity—no bed sheets!

**Cost: \$5.00 per person for supplies. Class is limited to 10 participants.**



**5:00 - 6:00 PM**

### Porch Decorating Contest - Judging

**5:00 - 6:00 PM**

Decorated porches will be judged after 5 PM Saturday and prizes awarded at dinner.

**6:00 - 7:30 PM**

### Dinner & CSQ Business

**6:00 - 7:30 PM**

Please join us for Dinner in the mess hall. Food will be served from 6:00 to 7:00 pm. Afterward, the Secretary will talk about Board Elections for the CSQ Annual Meeting on Sunday. For more information on Board Elections, please see page 24.

**8:00 PM - until?**

### Main Ritual

**8:00 PM - until?**

#### **The Learning Years**

In our main ritual, we will focus on the journey that has brought us to this place, this moment. We will connect through a guided group meditation. We will retrace our steps to better understand our journey. As we descend back to the mundane we shall dance and combine energy to prepare us for the evening festivities. Please **bring a blanket or chair for sitting** to make yourself as comfortable as possible. **Ritual attire is requested for this occasion, but is not mandatory.**



## SATURDAY

**after Ritual**

### Dessert & Magickal Auction

**after Ritual**

Come join us for dessert and the sixth annual CSQ Magickal Auction! All day Saturday you will be able to bid on some very special items donated by our members and vendors. The Silent Auction works this way:

- The items and/or description of them will be on bid sheets in the Mess Hall starting early Saturday.
- Simply record your name and bid amount on the description form.
- If someone outbids you, simply enter a new bid. Bids can be raised in whole dollar increments.
- After the Main Ritual Saturday evening, we will assemble in the Mess Hall to conclude the auction.
- Bid sheets will be collected and the winners identified.
- For all items, delivery of the item will be made upon receipt of a pledge card for the donation amount. Due to park regulations, no money may change hands on the property.

A few items may be sold in Live Auction. Stay and participate in the fun. All proceeds of the auction will go to fund future CSQ projects and events. These funds allow Quest to try new ideas.

Some items already donated:

- Full color poster of the Spring Quest 2007 Logo by Leti Ortiz
- Herbs, Candles
- Witchy books, Tarot deck
- Signed celebrity posters
- Sword



If you would like to donate an item or service to the auction, contact Amanda Hedges at [ahedges03@aol.com](mailto:ahedges03@aol.com).

**after Auction**

### Drumming Circle

**after Auction**

Drums are important links for modern Pagans to their past and to the many other pagan groups around the world. The basic rhythms created by drumming connect us to nature and to the deeper aspects of ourselves, and it is a lot of fun, too! Drumming circles will be held on Friday and Saturday nights after the end of the other scheduled activities and will continue for as long as drummers can stay awake!



If you like to drum or dance to the sounds of drumming, come prepared for those activities. Bring your drum, your bongos, whatever you use to create a beat. Or, if you don't drum, the rhythm is sure to pull you into a dance. Many of the participants indicated that the drumming circles were among the best things about previous Spirit Quests.

**after Auction**

### Other Events

**after Auction**



Other informal events will occur. Check the schedule board in the Dining Hall for the latest information. If you come up with an activity to share, put it on the schedule board so others will know.

## SUNDAY

**7:30 - 8:30 AM**

### Breakfast

**7:30 - 8:30 AM**

Rise and shine!! Breakfast is first-come, first-serve, so get it while it's hot!



**9:00 AM**

### Deadline for Board Candidate Nominations

**9:00 AM**

Please turn in your nominations for Board Candidates to the CSQ Secretary by 9:00 AM Sunday. For more information on Board Elections, please see page 24.

**9:00 - 11:00 AM**

### Learning Circles

**9:00 - 11:00 AM**

#### **Children's Learning Circle - Remembering Our Time Together**

**Facilitator: Tim Woody**

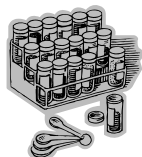
*Bring children to the their workshop area 5 minutes before LC's and pick them up immediately after LC's.*

The children will use printed digital pictures of their weekend activities to create mementos of our time together. Each family will have a favorite photo framed and decorated by their child to take



#### **Merry Mead Again - Intermediate level Mead Making**

**Facilitator: Ben Starr**



This Learning Circle is for the experienced mead maker. We will discuss spices, different yeast strains, and various additives used in mead making. Attendees will go home with one-gallon of fermenting mead, an airlock and tubing to finish off their own luscious concoction. Alcohol is not permitted on the premises, so there will be NO tasting of mead at this event.

**Class is limited to 10 participants.**

**Cost: \$10.00 per person for supplies and handouts.**

#### **Living the Magickal Life**

**Facilitator: Sage Nightstar**



This workshop will focus on all aspects of being a Witch. Relationship with the Goddess/God; sabots/esbats; astrology; ritual; spell casting; magick; witchcraft; altars; creating a book of shadows; divination; using herbs; candles; incense; coming out of the broom closet; questions and answers, etc. Sage will also share her journey from being raised in a traditional Christian religion to becoming a Witch and following the Wiccan religion. Handouts written and created on each topic by Sage will be provided to participants and samples of other learning materials and books will be presented.

#### **Dreams of Eagles and Visions of Owls**

**Facilitator: Steve Stone**

Meet a live eagle and owl and feel the energy of these amazing animals. Eagles soar to heights that mankind can only dream, while owls see a side of the world that man can only imagine. In this seminar, you will be introduced to the energy of the animals firsthand, and shown some of the realities of their lives. Additionally, all participants will be given a totem to connect them to the animals. Please note: There may be a meditation in this workshop if time allows.



## SUNDAY

**9:00 - 11:00 AM**

### Learning Circles, continued

**9:00 - 11:00 AM**

#### **Spiritual Warriorship**

***Facilitator: Will***

An overview of the Spiritual Warrior Path, practice with bamboo practice weapons, learn arts of meditation, and testing energies, recognizing and feeling spiritual threats.

#### **Making a Path of My Own**

***Facilitator: Sharon Hill***

How do I find a spiritual path? What if I want to create my own path, how do I start? Does the path I've chosen suit me? Only you can answer these questions. This workshop will assist you in asking yourself these and other questions in ways that are most likely to yield useful answers. We will discuss your personal style; who you are wherever you go; the balance between comfort and challenge, inner and outer, and solitude and community time. And finally, do you need a guru? Come let us explore the mysteries of you.



**11:30 AM - 1:00 PM**

### Lunch & CSQ Annual Meeting

**11:30 AM - 1:00 PM**

Please join us for Lunch in the mess hall. Food will be served from 11:30 AM - 12:30 PM. Afterward, the CSQ Annual Meeting will be held, in which we will elect new Board Members. For more information on Board Elections, please see page 24.

**1:15 - 2:15 PM**

### Closing Ritual

**1:15 - 2:15 PM**



#### **The Golden Years**

As we say good-bye and begin to depart, our closing ritual brings us back to reality. We will take this time to remember our steps, cherish our learning and make designs to live out our golden years. Feel free to wear your traveling clothes as we head back to our daily routines.

**2:15 PM**

### Spirit Gift Exchange

**2:15 PM**

One of our Quest traditions is the Spirit Gift Exchange. Anyone who brings a gift can participate. It's simple: bring a gift to share, take home a gift. This can be a way to share your artistic talents (or your favorite local artist), a secret about your path, or a gift you found in one of your sacred places in nature. Give from your heart. A note to explain your gift is always appreciated.

There will be a table in the dining hall to collect the gifts. Gifts may be picked up after the closing ritual. Questions? Email Amanda Hedges at [ahedges03@aol.com](mailto:ahedges03@aol.com)



**2:15 - 3:45 PM**

### Site Cleanup & Check Out

**2:15 - 3:45 PM**

It is very important that we return the Site to the condition it was in before we arrived for Spirit Quest. The Staff consists of volunteers, who also pay to attend the event. Your cleanup check will be returned at 3:30 PM on Sunday to all participants who have helped clean the site.

## Learning Circles

Welcome to Carolina Spirit Quest, where you will see familiar faces, make new friends, and have an opportunity to learn some amazing things. We have a diverse offering of Learning Circles from Mead Making and Fabric Dyeing to Massage and Trance Work. Our Learning Circle presenters are experienced and enthusiastic. We are excited about these Learning Circles because we think there is something for everyone! Please register early as participation in some Learning Circles is limited.

**Please Note:** Learning Circles are subject to change. Please check with the web site, or the Learning Circle Coordinator on site, for any changes or additions during Spring Quest.

<b>Friday Afternoon, 2:00 - 4:00</b>		<b>Saturday Afternoon, 3:00 - 5:00</b>	
	<i>Page</i>		<i>Page</i>
Meeting the Elements Through Meditation	6	Children's LC - Painting Wooden Models	11
Mosaic Altar Tiles	7	Wicca, It's in Your Head	11
Releasing Fear & Trauma	7	Spiritual Mission Statement	11
<b>Friday Afternoon, 2:00 - 5:00</b>		Gift of Pleasure - Foot and Hand Massage	11
Reiki 1 - Hands-On Healing	6	Trancing: Altering Consciousness at Will	11
<b>Friday Afternoon, 4:30 - 5:30</b>		Forging a Sword for the Morrighan	12
Newcomer's Circle	7	Dancing Swirls Of Color: Hand Dyeing	12
<b>Saturday Morning, 9:00 - 11:00</b>		<b>Sunday Morning, 9:00 - 11:00</b>	
	<i>Page</i>		<i>Page</i>
Children's LC - Building Wooden Models	9	Children's LC - Remembering Our Time	14
Basic Kaballah	9	Merry Mead Again - Intermediate Mead	14
Fun With Honey and Yeast - Beginning Mead	9	Living the Magickal Life	14
Reiki 2 - Hands-On Healing	..9	Dreams of Eagles and Visions of Owls	14
Ritual of Joy - Special Needs Members	10	Spiritual Warriorship	15
Hands on Exploration of Energy	10	Making a Path of My Own	15

## Presenter Bios

**Abby Spears** is happiest when she's up to her elbows in textiles. She's been sewing for 7 years and working with fiber reactive dyes for 6 years. She was set on the path of dyeing by the women of Diana's Grove, but her primary teachers have been books and experimentation.

**Becky Starr** is an instructor by passion and training. She is a frequent workshop leader for Celebrate the Circle and at CSQ events. Becky is in her fourth year on the CSQ Board of Trustees and is Board President. Becky is an eclectic Egyptian Pagan, a Priestess of Isis and loves to do crafty-things.

**Ben Starr** has been making meads, cysers and melomels for over 3 years (just ask any of his friends how good his meads are!). He is also a contributor on GotMead.com, a member of the Interna-

tional Mead Association (IMA), on the Home Mead Maker committee of the IMA, and is the Editor of the IMA Home Mead Maker Newsletter. Ben lives in Durham with his wife and son and has anywhere from 15 to 50 gallons of mead fermenting at any time.

**Catt** (Donna McCoy-Musselman) is a Usui Reiki Master/Teacher. Donna is an Ordained Reverend, Founder of the Church and School of Spiritual Alliance in SW Virginia, a Licensed Nurse, an Alexandrian HPs for 35 years, and an Eclectic HPs for 25 years. "I believe Reiki should be available to anyone with a real desire to learn how to use it to help themselves and others. I honor all lines of Reiki and invite you to share your experience. "



## Learning Circles (Presenter Bios - cont.)

**Dick Merritt**, a retired professional member of the American Massage Therapy Association, led massage workshops for many years. Dick grew into paganism through the influence of eco-feminist spirituality in the 80's. It was a natural fit, given his agrarian background. He is an eclectic neo-pagan & Unitarian Universalist. Dick characterizes himself as a Joseph Campbell pagan because of his conviction that religion is metaphor. Strongly influenced by the Creation Spirituality movement, he describes himself as a panentheist. He enjoys frequent rituals and purification ceremonies. A techno-pagan, he is a retired UNIX technician.

**Helene** has studied/practiced witchcraft and paganism for over 35 years, teaching her first class on Witchcraft at the age of 15 to 125 attendees. Currently she is a member of the Reformed Congregation of the Goddess, Full Moon Women's Circle in Raleigh, is a flamekeeper for Ord Bridhideach, and is the High Priestess of a local coven.

**Jennifer Perry** - Raised Lutheran, Jennifer was introduced to Paganism 13 years ago. Six years ago, after The Morrighan lent her strength and protection in a time of stress, Jennifer dedicated herself to The Morrighan and Her ways. Currently - President of Triad CUUPs; student and instructor for European Martial Arts of America.

**Kay Warren** has been a practicing medical massage therapist for over 20 years. Using Energy in her work was part of her initial training, and it remains a part of Kay's practice to this day. Kay's focus is helping people get their lives back. She works with fibromyalgia, carpal tunnel syndrome, thoracic outlet, sciatica, etc. The body and the mind are intimately connected, so Kay also holds a certification in Hypnosis, and the advanced practitioner certificate in EFT. She has been a witch since '89, teaching at PantheaCon, Enchanted Mountain Gathering, Wild Magic, and a few others. Kay loves what she does.

**Manbo Sky Bradshaw** is the daughter of the Vodou tradition Manbo Sky initiated to Manbo Sur Pwenn into the peristyle La Source Ancienne by Manbo Sallie Ann Glassman, NOLA and Houngan Edgar Jean-Louis, Haiti in 2005. Co-founding Society of the Good Child, a private group in the triad area, she continues on her path.

**Marci Drewry** is a 23 year Career Army Warrant Officer/CID Special Agent; always a Wiccan before understanding what that word was. Has ministerial credentials from Our Lady of Enchantment Seminary of Wicca studying under Lady Sabrina and is the

Director of Military Affairs for Sacred Well Congregation of Wicca.

**Mary Beth Samsa** is a senior at Duke University majoring in elementary education and visual arts/photography. Currently, she is student teaching first grade. As of Imbolc, she is a Priestess of the Hearthfire Circle of SOLP. Mary Beth consider herself an eclectic mystic. She has a very free-spirited approach to paganism!

**Sage Nightstar** has been a practicing Witch and Wiccan for over a decade. Her knowledge and skills have been attained and developed through self disciplined, study, practice, applications, and relationship with the Divine. She has also studied the works of other well known Witches and Magicians through their writings, workshops, videos, tapes, gatherings and personal meetings, correspondences and ongoing with relationships including Silver RavenWolf, Dorothy Morrison, MR Sellars, Taylor Ellwood, Phyllis Curott, Raymond Buckland, Scott Cunningham, Chris Penzack, Carl McColman, Trish Telesco, Raven Grimassi, Diane Stein, Starhawk, Gavin Bone, Janet Farrar, Fiona Horne, Gerina Dunwitch and several others. Sage is a member of the Sisters of the Burning Branch, currently working on her first book, and has a column in "Priestess Pathways", entitled "Witcheries."

**Sharon Hill** is a licensed clinical social worker and a certified employee assistance professional. She is also an experienced trance worker who practices shamanic techniques with a local group and individually. She also has experience in chakra work, meditation, Norse rune magick, Seidhr, group process, divination & healing work.

**Steve Stone** does not just study animal spirituality; he shares his home and his life with animals. He has such an affinity for raptors that his rescue survival rate is more than double the national average. With a live raptors, Steve teaches people about the animals. Steve Stone has been a teaching Jewish Kabbalah since the early 1990s. He is caretaker for Bianca the Eagle, several hawks, owls, and other interesting animals. Steve is also Pastor of The Church Of The Earth Of NC, the oldest open membership independent Earth Religion church in the Raleigh NC area.

**Will** is a practicing Druid HP. He has been blessed by the God and Goddess in many ways. He has not taken a student as of yet, and may never...who knows? Founder of the Guardians By The Threshold, he teaches people to know the way of a Spiritual Warrior and practice with weapons. Will is husband to Catt, a HPS of many years.

# Rituals

## It's About the Journey, Not the Destination - Rituals

As we share in the spirit and togetherness of a meeting of the pagan minds, we ask that you celebrate this joyous occasion as we hail in ritual together. We have three wonderful rituals planned to help guide and connect us while we make this journey together.

All rituals are open to children and are designed to accommodate everyone, regardless of physical limitations. (However, the ritual area is about a 200 foot walk from vehicle access.) Comfortable attire is encouraged at all rituals, festive dress is always appreciated.

### Opening Ritual: First Steps

In our opening ritual we will celebrate togetherness, and discover the foundations of our journey. It will be a time of great merriment and energy raising.



You are requested to **bring the following items: the token that you are given at check-in and positive energy.**

There is no specific dress requested for this ritual. You may come in any attire of your choosing - family friendly and weather appropriate, please.

### Main Ritual: The Learning Years

In our main ritual, we will focus on the journey that has brought us to this place, this moment. We will connect through a guided group meditation. We will retrace our steps to better understand our journey. As we descend back to the mundane we shall dance and combine energy to prepare us for the evening festivities.



Please **bring a blanket or chair for sitting** to make yourself as comfortable as possible. **Ritual attire is requested for this occasion, but is not mandatory.**

### Closing Ritual: The Golden Years



As we say good-bye and begin to depart, our closing ritual brings us back to reality. We will take this time to remember our steps, cherish our learning and make designs to live out our golden years.

Feel free to wear your traveling clothes as we head back to our daily routines.

\*Children are welcome at, and encouraged to participate in, all of our rituals.

### Self-Guided Ritual Opportunities

Umstead is a beautiful, spiritual place. If you would like to conduct a personal or small group ritual, please let the CSQ staff know. We are happy to help you find a space for your rite.

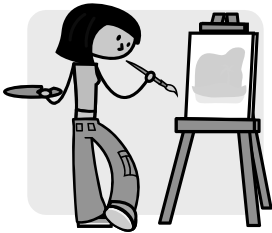


## Children's Program

The CSQ family is growing every year. We invite you to allow your children to take part in their own separate, special program designed with just them in mind. This is most appealing to children age 12 and younger.

### Learning Circles for the Children

Children's Learning Circles will be offered during the normal Learning Circle times on Friday afternoon, Saturday morning, Saturday afternoon, and Sunday morning. **You can drop off your children at the children's workshop area 5 minutes before Learning Circles are to begin to allow you to be on time for your workshop. All children will need to be picked up within 10 minutes of the end of the scheduled Learning Circle times.** Please remember to sign in your child/ren when they are dropped off and sign them out when picked up.



Some snacks and a drink will be provided during Children's Learning Circles, but you may bring any drinks or snacks you would like for your child (please label them with your child's name).

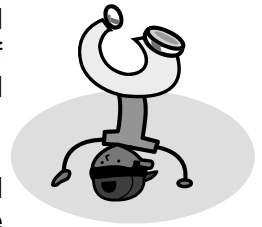
**Assistants are needed during the Learning Circle times, and parents are encouraged to sign-up. This represents an opportunity to play with the kids during your community service shift!**

**Friday Afternoon** - *Childcare provided only upon request. See registration form to request childcare for this time slot.*

**Saturday Morning** - **Building Wooden Models** - Children will be able to pick a wooden model to build. They will have the opportunity to sand the pieces and glue them together. Other activities for younger children will be coloring, painting, and story time.

**Saturday Afternoon** - **Painting Wooden Models** - Children will paint their models they built earlier in the day. Parents remember to pick up your child's model to take home after the paint dries. Other activities for younger children will be coloring, painting, and story time.

**Sunday Morning** - **Remembering Our Time Together** - The children will use printed digital pictures of their weekend activities to create mementos of our time together. Each family will have a favorite photo framed and decorated by their child to take home.



Once again we will use sidewalk chalk to personalize the walkways at Camp Lapihio and would like to encourage everyone else that passes by to take some time out during the weekend to add to our sidewalk murals. We will keep colored chalk out and available all weekend.

**Meal Times and Snacks:** As last year, children are encouraged to gather at the bell before lunch and dinner with their parents - we will have a brief announcement session and blessing of the meal. Then children (with an assisting parent if necessary) will be at the head of the serving line. Also, look for the popular snack table, that is accessible in-between meals, for children of all ages!



**Photos:** Throughout the weekend we will be taking photos of the children that will be used to make mementos of their time at Quest in the Sunday morning workshop. If you would prefer that no photos are taken of your child please let us know when you sign them in.

**Clothing:** Keep in mind that kids will get messy during planned activities, so dress them accordingly and bring a spare change of clothes and shoes to the Children's Learning Circles.

## Miscellaneous Information

### William B. Umstead State Park

We will be using Camp Lapihio at William B. Umstead State Park as our venue again this year. Three group camps—Camp Crabtree, Camp Lapihio and Camp Whispering Pines—are available to youth groups and nonprofit organizations. Each camp includes a mess hall, dining area, cabins and washhouses. See the Park web site for information on the features of the Park, which includes trails, museum, and visitor center:

<http://www.ils.unc.edu/parkproject/visit/wium/home.html>.

### Directions to Umstead State Park

William B. Umstead State Park is located in between Raleigh and Durham, North Carolina. The Crabtree Creek section of Umstead State Park is located 10 miles northwest of Raleigh, NC, off US 70, just south of the Raleigh-Durham Airport (RDU). The park visitor's center and camping facilities, including group Camp Lapihio, are located in this section at 8801 Glenwood Ave.

### Distances and Approximate Driving Times to Umstead State Park



From	Time (hh:mm)	Miles
Raleigh, NC	0:21	11
Durham, NC	0:20	14
Chapel Hill, NC	0:23	20
Greensboro, NC	1:12	69
Greenville, NC	2:09	92
Wilmington, NC	2:34	140
Charlotte, NC	2:41	159
Richmond, VA	2:55	164
Norfolk, VA	4:01	189
Columbia, SC	4:11	238
Asheville, NC	3:55	239
Greenville, SC	4:13	256
Washington, DC	4:34	270
Winchester, VA	5:37	312
Atlanta, GA	6:26	397

### Lodging

Camp Lapihio at Umstead State Park has three and four person cabins, divided into four groups, with a latrine at each group. There is a shower house near the mess hall for all participants. The cabins have bunks with mattresses. The mattresses are on top of plywood, so they are firm. All are lower bunks and the mattresses can be placed on the floor, if desired. Everything else you need for your comfort you must provide: pillows, sheets, blankets or sleeping bag. There is no heat in the cabins, washrooms, or recreation hall—and **no electricity in cabins**. Come prepared for the changeable April weather.



There will be **NO flame or fire of any kind in the cabins**, this means no incense, candles, or smoking. There is no smoking allowed inside any camp structure. **Tent camping is not permitted at Camp Lapihio.**

### Parking

Parking is allowed near the cabins. We will be able to drive near to the cabins for unloading. Keep in mind that what goes to the cabin must come back from the cabin. You might leave some gear in your vehicle.

## Miscellaneous Information, continued

### Carolina Spirit Quest Rules

- Consent Requirement - *"It is the responsibility of the initiator of any sexual or other physical contact to positively ensure that consent is given before engaging in such contact."*
- No pets.
- To ensure the safety and well-being of all our members, we ask that parents maintain supervision of their children at all times unless other arrangements have been made. If a child is overly disruptive during the Children's Learning Circle times, the parent will be notified within their own Learning Circle and requested to remedy the situation.
- Certain areas - such as the kitchen - can be dangerous for our younger participants, and because of this, these areas will be placed off limits. We request that, for your children's safety, you make sure they abide by these rules.

### Umstead State Park Rules

- The possession or consumption of alcoholic beverages is prohibited.
- Fireworks, as well as firearms and all other weapons, are not permitted.
- **No flame or fire of any kind in the cabins** (for example: no candles, no incense, no smoking).

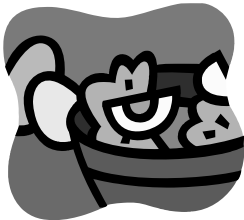
### In An Emergency

In case of any emergency onsite, please contact any Staff Member. We expect to have personnel trained in emergency medicine available on site. Staff will be able to contact the Park Rangers.

There are no phones in Camp Lapihio. There is a pay phone at the visitor center, but that is some distance away from our site. If you must be in touch with office or sweetheart, bring your cell phone.

### Food

Omnivorous and vegetarian meals will be provided from Friday dinner through Sunday lunch. Participants with special dietary needs should indicate them in the space provided for special needs on the registration form. See pages 22-23 for more information on registration.



**Meal Times and Snacks for children:** As last year, children are encouraged to gather at the bell before lunch and dinner with their parents - we will have a brief announcement session and blessing of the meal. Then children (with an assisting parent if necessary) will be at the

head of the serving line. There will be special "kid friendly" selections available. Also, look for the popular snack table, that is accessible in-between meals, for children of all ages!



### Community Service Shift

Each person attending Spring Quest is required to sign up for at least one two-hour community service shift during the weekend, **in addition to the Site Clean-up shift on Sunday**. It is necessary that everyone take part in this shared labor for the gathering to function pleasantly for all participants. A list of available community service shifts will be sent in the Registration Packet. Please sign up for a job at Check-In when you arrive.

### Site Cleanup

It is very important that we return the site to the condition it was in before we arrived for Spirit Quest. The Staff consists of volunteers, who also pay to attend the event. In order to encourage all of the participants to help in this last community effort, we require that all registrants include a **separate \$25 check as a refundable deposit for site cleanup**. This check will be returned at 3:30PM on Sunday to all participants who have helped clean the site.

# Registration Procedures

## Registration Forms

Please fill out registration forms completely. Please fill out, front and back, one form *per person*. When selecting Learning Circles, please indicate a **1st** and **2nd** choice for each timeslot, and make note of any Learning Circle fees. Information on the forms is never made available to anyone outside of the staff. However, new registrants are added to our mailing list. Our mailing list is not shared outside of CSQ. Age and gender questions are for registration statistics.

Printable versions of the registration forms and this packet are available for download in Portable Document Format (PDF) on our web site. Online registration via PayPal is also available on the web site. Please help us spread the word to everyone interested. <http://www.carolinaspiritquest.org/>

## Registration Deadline & Refund Policy

To avoid the \$25 late fee, your registration forms and payment must be postmarked **no later than March 31, 2007**. Online registration must be done **before midnight (EST) on March 31**.

Refund of registration fee, less \$10 for handling, will be made if cancellation is in the hands of the **registrar in writing by March 31, 2007 at midnight**.

### COSTS & FEES:



- **Membership fee:** \$25 per person for a year's membership in Carolina Sprit Quest, Inc. "A member is one who has paid the annual membership fee as set by the Board. The cost of the fee shall be offset by a voucher for the same monetary value, applicable to any CSQ event registration." (from the CSQ, Inc. bylaws as revised April 2003.)
- **Registration fees:**

<b>Option 1:</b> CSQ Membership (1 year @ \$25) and member's registration (\$91), use voucher now (-\$25)	<b>= \$91</b>
<b>Option 2:</b> CSQ Membership (1 year @ \$25) and member's registration (\$91), issue voucher for later use	<b>= \$116</b>
<b>Option 3:</b> Current CSQ Member's Registration (membership was paid <i>after</i> Spring Quest '05)	<b>= \$91</b>
<b>Option 4:</b> Non-Member Registration	<b>= \$96</b>
<b>6-11 years:</b>	<b>= \$40</b>
<b>5 years and under:</b>	<b>= Free</b>
<b>One day rate:</b>	<b>= \$45</b>
- **Learning Circle fees:** As described on Learning Circle pages & Registration Form.
- **T-Shirts:** Use registration form to select sizes and quantity. **Your registration must be postmarked, or submitted online, no later than March 31 if you wish to order t-shirts or sweatshirts.** See page 23 for more info about Shirts.
- **Cleanup deposit:** \$25 per participant on a separate check (for return). See page 21.
- **Late fee:** \$25 if registration is not received or postmarked before March 31, 2007.

Financial Assistance is available. Please see application on page 25.

## Have Additional Questions? Contact Us

Online - [www.CarolinaSpiritQuest.org](http://www.CarolinaSpiritQuest.org) - more information is posted on our website!

Or contact us:

By writing - Carolina Spirit Quest, PO Box 61335, Durham, NC 27715-1335.

By email - [info@carolinaspiritquest.org](mailto:info@carolinaspiritquest.org)

## Registration Procedures, continued

### T-Shirts & Sweatshirts

Participant shirts will be chocolate with the CSQ 2007 "It's About the Journey, Not the Destination" logo in cream ink (see front of catalog for logo). These Gildan pre-shrunk, 100% cotton T-shirts and sweatshirts **must be ordered when you send in your registration**. Shirt sizes and costs are shown below and on the registration form:

Youth T-shirts:	XS, S, M, L, XL	\$14	Youth Sweatshirts:	XS, S, M, L, XL	\$20
Adult T-shirts:	S, M, L, XL	\$14	Adult Sweatshirts:	S, M, L, XL	\$20
Adult T-shirts:	2XL, 3XL	\$16	Adult Sweatshirts:	2XL	\$22



**Shirt orders on registrations postmarked, or submitted online, after March 31, 2007, will not be filled.**

### Sign-in on Site



Sign-in and Registration will be in the dining hall and will be staffed Friday, Noon - 2 PM for early registration, 3PM - 8PM for normal registration, and again Saturday morning after 8 AM. You must sign-in and choose your cabin upon arrival.

**Early Arrival on Site:** Spring Quest begins with the Friday afternoon Learning Circles. Everyone is welcome Friday, but we do not have space Thursday for early registration or arrival. Thank you for your understanding!

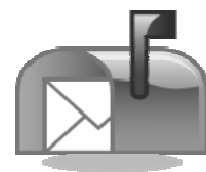
**Umstead Gate Closes at 8 PM:** We welcome everyone wishing to attend Spring Quest. This includes anyone wanting to spend a day with us and those wanting to share the weekend, but who would not like to stay overnight. Since the rituals on Friday & Saturday nights take place after the Umstead gates are locked, arrangements must be made to park cars outside the gate prior to 8 PM. Rides will be coordinated to return you to the gate after the ritual has ended. Anyone wishing to participate must sign up at the Registration Table upon arrival. If you know in advance that you will be needing this service, please help us by indicating on your Registration form in the appropriate area. This information is for planning purposes only. If your plans change and you need (or do not need) this service, please let us know when you Register on site.

**Late Arrival, after 8 PM:** The park gates close at 8 PM. If you expect to arrive after 8 PM, you must make arrangements with the staff ahead of time by calling us at 919-475-0916. We will then arrange for you to be picked up at the gate and brought to the campsite.

### Registration Packets

Registration Packets will be mailed out before the event and will include helpful information to help make your experience at Spring Quest 2007 more enjoyable. The packet will include information such as:

- Driving directions to Umstead State Park
- Suggested list of things to bring
- Information on special programs and activities
- Information on Community Service Shifts



Look for your Registration Packet in the mail after March 31!

## **CSQ Annual Meeting - Nominations and Elections**

According to the Bylaws, three (3) At-Large Board Members shall be elected each year at Spring Quest. Further, elected trustees take office immediately after Spring Quest, serve terms of two (2) years, and may serve not more than two consecutive elected two-year terms.

Trustees must attend Spring Quest, and all meetings of the Board held during their terms of office. Currently there are four meetings per year - scheduled for Friday night, Saturday all day, Sunday to mid-afternoon in May, August, November, and February. Board meetings must be held within North Carolina, South Carolina, or Virginia. The next Board meeting will be May 18-20, 2007 at Umstead State Park, Raleigh, NC. Board members are expected to make every effort to be available for emergency meetings and/or conference calls, and respond promptly to messages from other board members.

Nominations must be delivered to the Secretary, Maddy Shenk, not later than 9:00 AM EST Sunday, April 22, 2007. They must be in writing, stating the full names, addresses, phone numbers, and email addresses of both the nominee and three nominators. The nominators must certify that the nominee is willing to serve on the Board. The nominee and nominators must be members of Carolina Spirit Quest in good standing and present at Spring Quest.

Voting will take place during the annual meeting on Sunday of Spring Quest. All members present at the annual meeting may vote. A member is one who has paid the annual membership fee as set by the Board. The cost of the fee shall be offset by a voucher for the same monetary value, applicable to any CSQ event registration. Absentee voting is not allowed. Nominees must attend the Spring Quest at which they are nominated.

Therefore, nominations are open for three (3) two-year terms.

The duties of the Board are:

- Make overall policy, direct and control CSQ affairs
- Appoint a Treasurer, who may or may not be an elected trustee
- Appoint the Director(s) of the program(s) for the current year
- Appoint the Director(s)-elect for the following year
- Approve the budgets
- Be willing to help with the work of the Board.

The officers of CSQ are a President, a Vice-President, a Secretary, and a Treasurer. The Treasurer is an appointed position, who may or may not be a current member of the Board. The Treasurer's term runs from August 1 to July 31. The Board names the Officers.

Board Members with terms ending at Sprint Quest 2007:

Becky Starr (President, Member at Large - expires Spring 2007)  
Lance Brown (Vice President, Co-Director Emeritus - expires Spring 2007)  
Jag (Member at Large - expires Spring 2007)

Board Members with terms continuing:

Christine Ahrens (Co-Director Spring 2007 – expires Spring 2008)  
Dick Merritt (Treasurer - expires July 2008)  
Maddy Shenk (Secretary, Member at Large – expires Spring 2008)  
Raven (Co-Director Spring 2007 - expires Spring 2008)  
Tim Woody (Member at Large, President Elect – expires Spring 2008)  
Kara Muller (Co-Director Elect Spring 2008 - expires Spring 2009)  
Stephanie Taylor (Member at Large, Co-Director Elect Spring 2008 – expires Spring 2009)

We thank you for your dedication to Carolina Spirit Quest!



## Financial Assistance

### Carolina Spirit Quest 2007: Bart Wendell Scholarship Application Form

\* All applications must be postmarked by March 16, 2007 \*

Carolina Spirit Quest offers financial assistance, in the form of the Bart Wendell Scholarship, to help community members that might otherwise be unable to attend Quest. Everyone attending Quest is eligible to apply for a scholarship of up to half of the registration fee. This does not include Learning Circle Fees, clean-up deposit, CSQ membership, or other fees/costs. If you wish to apply, we ask that you fill out a registration form and send it along with a sliding scale deposit of \$10 to \$20 and a completed Financial Assistance Form to our PO box. It must be **postmarked by March 16, 2007**. All applications will be reviewed at once by the scholarship committee. Please note the agreements at the bottom of the application form. Please understand you may not receive the entire amount you request. We will try to accommodate as many people as possible.

Applicant's Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

Please state the exact amount you are requesting: \$ \_\_\_\_\_

Please state why you are requesting this scholarship:

By signing below, I understand the following about the scholarship application:

1. I understand I may not receive the entire amount of the scholarship I request.
2. I understand if I receive a scholarship, I need to accept or decline my scholarship to the committee by email or telephone by the stated deadline or forfeit my scholarship. It will then be available to other people.
3. I understand if I do not mail any balance due on my registration by the stated deadline, I will forfeit my scholarship.
4. I understand CSQ will have a copy of all scholarship information at registration.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Please mail the application along with your deposit of \$10 to \$20 to:

Carolina Spirit Quest, Scholarship Committee, PO Box 61335, Durham, NC 27715

**If you wish to make a donation to the scholarship fund, please make out a check to CSQ, marked for the Bart Wendell Scholarship Fund, and send it to our PO Box. Our postal address is shown above.**

## Notes

# Carolina Spirit Quest - Spring Quest 2007

## Learning Circle Registration

\*\*\* Please fill out, front and back, one form per person \*\*\*

\*\*\* Please indicate First and Second choice for each time period \*\*\*

Feel free to leave any time period blank for free time

### Friday Afternoon Learning Circles 2:00 - 4:00 PM

Choice	Learning Circle Name	Fee
	Childrens Learning Circle - available upon request	
	Mosaic Altar Tiles	\$10
	Releasing Fear and Trauma	
	Meeting the Elements Through Meditation	
	Reiki 1	

### Friday Afternoon Learning Circle 4:30 - 5:30 PM

Choice	Learning Circle Name	Fee
	Newcomers Circle	None

### Saturday Morning Learning Circles 9:00 - 11:00 AM

Choice	Learning Circle Name	Fee
	Childrens Learning Circle	
	Fun With Honey and Yeast	\$10
	Basic Kaballah	
	A Hands on Exploration of Energy	
	Ritual for Joy- Working With Members Who Have Special Needs	
	Reiki 2	

### Saturday Afternoon Learning Circles 3:00 - 5:00 PM

Choice	Learning Circle Name	Fee
	Childrens Learning Circle	
	Gift of Pleasure - Hand and Foot Massage	
	Spiritual Mission Statement	
	Wicca, It's in Your Head	
	Dancing Swirls of Color: Hand Dyeing Magical Items	\$5
	Forging a Sword for The Morrighan	
	Trancing - Altering Consciousness at Will	

### Sunday Morning Learning Circles 9:00 - 11:00 AM

Choice	Learning Circle Name	Fee
	Childrens Learning Circle	
	Living the Magickal Life	
	Merry Mead Again - Intermediate Mead Making	\$10
	Dream of Eagles and Visions of Owls	
	Spiritual Warriorship	

**Learning Circle Fees Sub-Total:**

## Carolina Spirit Quest - Spring Quest 2007

### Registration Information:

<b>Full Name:</b>	
<b>Name for Badge:</b>	
<b>Street:</b>	
<b>City, State ZIP:</b>	
<b>Phone:</b>	<b>E-mail:</b>
<b>Emergency Contact Info:</b>	
<b>Name/Relationship:</b>	
<b>Phone Number:</b>	
<b>Address:</b>	
<b>Special Needs / Medical Alerts:</b>	

### Statistical Information

<b>Gender:</b>	<b>Age:</b>	<b>Dietary needs:</b>
<b>Sponsored Minor w/ Non-Parent?</b>		
<b>Do you have a medical background? If so what?</b>		

### Fee Schedule

	Quantity	Rate	Amount
Select ONLY One (see page 22 of catalog for membership info)			
Fulltime Adult Registration Option 1: Membership (1 year @ \$25) and Member's registration (\$91), use voucher now (-\$25):		\$91	
Fulltime Adult Registration Option 2: Membership (1 year @ \$25) and Member's registration (\$91), issue voucher for later use:		\$116	
Fulltime Adult Registration Option 3: Current CSQ Members Registration (membership was paid for after Spring Quest 06):		\$91	
Fulltime Adult Registration Option 4: Non-member registration:		\$96	
Child Registration: age 6-11		\$40	
Child Registration: 5 years and under		Free	
One Day Pass		\$45	
<i>Select as necessary:</i>			
Learning Circle Fees (from previous page)		Var	
Late Fee (postmarked after 3/31/07)		\$25	
<b>Shirts (Checks must be post marked by 3/31/07)</b>			
Adult T-shirt Size (Circle one): S M L XL		\$14	
Adult T-shirt Size (Circle one): 2XL 3XL		\$16	
Adult Sweatshirt Size (Circle one): S M L XL		\$20	
Adult Sweatshirt Size (Circle one): 2XL		\$22	
Children T-shirt Size (Circle one): XS S M L XL		\$14	
Children Sweatshirt Size (Circle one): XS S M L XL		\$20	
<b>Required (A separate check is required for each participant)</b>			
Clean up Fee (per participant)		\$25	

<b>Total Enclosed</b>	
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**Make checks payable to: Carolina Spirit Quest**

**Mail to: Carolina Spirit Quest - Spring 2007, PO Box 61335, Durham, NC 27715**

**REFUND POLICY:- Refund of registration fee, less \$10 for handling, will be made if cancellation is in the hands of the registrar in writing by March 31, 2007 at midnight.**