

Spring into Spirit: A One Day Spiritual Intensive

**Saturday
March 15, 2003**

9 AM – 6 PM

to be held at the
Unitarian Universalist
Congregation
of the Outer Banks



Pagan Alliance for Tolerance In Eastern North Carolina (PATIENC)

wanted to make a spiritual retreat available to the local community. Many people in our community cannot take weekends off during the normal Pagan retreat season. We as PATIENC think it is important for the community at large to be able to participate in professionally hosted Pagan events. Carolina Spirit Quest has made this available to smaller communities and we think the three workshops we chose represent the growing interests in our local community.



Carolina Spirit Quest, Inc. is a nonprofit, religious organization that was formed to encourage networking and building of community spirit among Pagans and Earth Centered people in the Carolinas and the surrounding area. CSQ is offering one-day events such as this in areas all over North and South Carolina, Virginia and Hawaii (OK, not Hawaii YET). We have been making the yearly Spring Quest gathering happen since 1996, and decided that it was time to take it on the road. Visit our webpage at <http://www.carolinaspiritquest.org>

Schedule

9:00 - 9:30	Registration
9:30 - 10:00	Opening Ritual
10:00 - 12:00	Session I
12:00 - 1:00	Lunch
1:00 - 3:00	Session II
3:00 - 3:30	Break
3:30 - 5:30	Session III
5:30 - 6:00	Closing Ritual

Workshops

Yggrunar: Runes of the Ecstatic One Presenters: Danny Moses and Dan Campbell



In this workshop we will delve into the lore of the Runes. We will start by introducing the Runes themselves in the context of Scandinavian creation myth, and dwell briefly on Odin, Freya, and a few other

deities. The heart of the workshop will be a discussion of the three Wells of Wyrd and the relationship between fate and the carving of runes. The last two hours will cover divination and magical work with the Runes. The last hour will involve Rune readings in which each person will have an opportunity to cast the Runes and the rest of us will read them.

A companion booklet on the meanings of the Runes and various other materials will be provided. You may wish to bring pen and paper to take notes.

Ages 15 and up
Participant Limit : 30

Healing Through Five Senses

Facilitator: Sharon



In this workshop we will explore the use of varied healing modalities from different traditions and cultures, through the framework of the five senses. This Workshop will provide information about

magickal and alternative healing techniques, combining activities to increase effectiveness and the use of intuition and creativity. There will be opportunities for hands on work, channeling positive energy and using various sensory techniques.

Ages: 15 and up
Limit: 20 (depending on space provided)

Goddess Spirituality

Facilitators: Seven of Nine Members



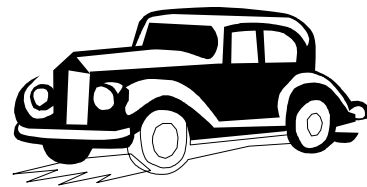
What is Goddess Spirituality and how can it become a part of you? Basic beliefs will be discussed as well

as the why and how of creating Rituals (solitary and group), meditation, spell working and music. The last segment will provide participants an opportunity to make magic of their own and celebrate the divinity within themselves.

Ages 16 (with parent permission) and up
Participant Limit : 20

Directions:

The Unitarian
Universalist
Congregation of
the Outer Banks
is located in



Kitty Hawk Village. From US 158 near Milepost 4, turn west on Kitty Hawk Rd. and proceed about one mile. The meeting house is located at the intersection of Kitty Hawk and Herbert Perry Roads.



Presenter Bios

Dan Campbell is an eclectic pagan artist with wide ranging interests including Druidry, Neolithic prehistory, shamanism, Celtic and Scandinavian paganism, divination, poetry, oil painting, homebrewing beer and mead, and run-on sentences. Although interested in Scandinavian mythology since high school, Dan

only seriously began studying Runes and Germanic Heathenism a few years ago. He lives in Hillsborough with his wife Cynthia, their daughter Jess, and two utterly neurotic cats.

Seven of Nine is a group of women who meet monthly for Sistership, food, and sacred celebrations. We are diverse in age, culture, background and spiritual paths. While we are having fun we also challenge each other to learn, explore and grow into strong self-directed women.

Sharon Hill is a pagan with an interest in oriental spirituality, chakras, alternative healing, energy work, Shamanism, meditation and human potentiality. She has presented workshops at Carolina Spirit Quest and teaches often at Celebrate the Circle.

Danny Moses is an eclectic pagan and musician devoted to the Odhinnic path. He has been working intensively with the Runes and with Odin in a shamanic manner, drawing on Old Norse mythology, Mircea Eleade's studies of shamanism, the guidance of Freya and Odin, and the trial and error of personal experience. He is involved with both the Lunatic Fringe and Carolina Spirit Quest.



Each Spring for the last seven years a group of Pagans in the Carolinas and Virginia have held a festival called Carolina Spirit Quest. This year's theme is **"Stepping into the Light"** and is scheduled for April 11-13, 2003 at Millstone 4-H Camp near Ellerbe in Richmond County, NC. There will be workshops, discussions and events that will help you to make each moment a little more spiritual. Our activities will help you learn how to come out of the closet, if you wish, or how to celebrate your spirituality in your everyday life, quietly. Check out our website for more information.

From a past participant...

"The Presenters gave so much of themselves and honored all of us. They obviously did a lot of work which was probably transformative to themselves personally and gave this workshop a depth and genuineness that touched me."



dessert.

Lunch is included in the registration price and will include veggie lasagna, vegan bean soup, salad, bread and

PATIENC is a civic/social organization. We strive to increase Pagan awareness and protect our right to worship. We also work to increase the resources available to local Pagans so that we may educate and network with one another. All paths are welcome and monthly workshops are offered at the Kill Devil Hills library.

For more information about QuestSpecial visit <http://www.carolnaspirtquest> Want to host a QuestSpecial in your area or know someone who might? The QuestSpeical you host can be similar to this or very different. Contact us with your ideas and let's work it out.



Registration for QuestSpecial **Spring into Spirit: A One Day Spiritual Intensive** on the Outer Banks is **\$35.00** for the day. If you wait to register at the door remember that there may not be any room left in the Workshop you want to attend, as there are Workshop participant limits. There will be no provision for childcare offered at this event. Mail completed registration form and payment to: Carolina Spirit Quest, PO Box 61335, Durham, NC 27715-1335.

(Name) (Name for name tag)

(Address)

(Phone) (email)

(Health Care Issues)

Workshop: _____

Workshop Alternate: _____

Emergency Contact:

(Name) (Phone) (Relationship)

Fees:

Registration: \$35.00

Donation

Total to enclose _____

____ Add me to the CSQ mailing list ____ Do NOT add me to the CSQ mailing list