

Fairy Stone State Park

January 24-26, 2003



CAROLINA SPIRIT QUEST, INC.  
POST OFFICE BOX 61335  
DURHAM, NC 27715-1335

# Winter Quest 2003 Catalog

## Spiraling Into Our Center

### The Inspiration for Winter Quest

The Winter Quest 2003 logo was, in fact, the Mandela that inspired the formation of the Winter Quest event. This logo, created by Kira Dirlik and Tammie Ward, was the second place submission in the Spring 2002 event logo contest – edged out of first place by only 2 votes!

While stuck inside on a January 2002 snow day, I sat by the fire crocheting. The top two Quest logos were on the coffee table beside me. As I crocheted, I slipped into a meditative state, tracing the spiral of the logo with my eyes. Old memories rose before me, memories of events in my life at other times when I had sat quietly crocheting. Suddenly, it hit me – the logo that Kira and Tammie had designed really matched the day and spoke to my mood.

I was Spiraling into my Center, engaged in a moving meditation on a cold, windy, snow day. Rather than trying to fight the elements by throwing the truck into four wheel drive and go to work, I had listened to the messages that Nature had sent me – slow down, go within, be peaceful and contemplative. I found myself wanting to share this wonderful spiritual space with others.

From there, this event simply created itself – the theme rose unbidden, the format fell into place almost on its own, and workshop possibilities flooded my mind. I let the ideas

come at their own pace, and, later, wove them into a proposal for the Board. Tammie Ward came up with the venue. Dick, Sharon, Tammie, and Joy came up with workshop proposals. The entire event flowered at the May Board meeting. I was left with simply putting on the finishing touches. This event has come together with a small staff and the joy of synchronicity. I hope that everyone that comes to this event will feel the same joy and peacefulness as they spiral into their personal, as well as our community's, center.

Blessed be.  
Tamia  
Director



## A New Quest Event

Join Carolina Spirit Quest at a new weekend event this January – Winter Quest! So many of us have jobs that don't allow us to listen to the cycle of the natural world – particularly in the winter when Nature's message is one of rest and renewal. The purpose of Winter Quest is to listen to the rhythms of Nature and to do

quiet reflective and nurturing rituals and activities. The event will follow a pattern similar to that of a Spring Quest – but on a more leisurely pace and scaled back participation. Registration is limited to 32 participants – so look for the catalog in early October and respond quickly!

*(Continued on page 2)*

# A New Quest Event (cont.)

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*(Continued from page 1)*

**Workshops** — There are four workshop periods with two or three offerings in each period. Descriptions of the workshops appear elsewhere. Note that the massage workshop takes all four periods. It is not suitable to drop in and out of this class. Similarly, the basket making workshop extends over two periods.

It is expected that several participants will choose to **drum, dance or converse** during the Friday evening workshop period. Others may wish to pursue unscheduled activities during some of the other periods.

**Worship**— our Opening Ritual will include the construction of our Community Altar. The Main Ritual highlights the sharing of our talents – along the lines of a salon. The Closing Ritual focuses on what we each carry away from our journey.

**Housing** – the Fairy Stone Lodge and Cabins are heated and air-conditioned. Linens are provided. Full kitchens and bath facilities are incorporated in the lodge and each cabin. The lodge is handicapped accessible.

## Fairy Stone State Park Stuart, Virginia

**General Information:** Fairy Stone State Park is home of the mysterious "fairy stones." It is one of the six original Virginia state parks to open on June 15, 1936. The treasured stone so prevalent in the region, beautiful scenery, rich history and ample recreational opportunities make Fairy Stone one of the favorites of park visitors. Junius B. Fishburn, who had been president of the Southwest Virginia Trust Company, donated the 4,868-acre site, making it the largest of the six original parks and one of the largest to this day.

### *The Legend of the Fairy Stone*

Many hundreds of years before Chief Powhatan's reign, fairies were dancing around a spring of water, playing with naiads and wood nymphs, when an elfin messenger arrived from a city far away. He brought news of the death of Christ. When these creatures of the forest heard the story of the crucifixion, they wept. As their tears fell upon the earth, they crystallized to form beautiful crosses. When the fairies disappeared from the enchanted place, ground about the spring and the adjacent valley was strewn with these mementos of the event.

For many years people held these little crosses in superstitious awe, firm in the belief that they protected the wearer against

**Food Service** – Meals will be taken together as part of community building. They will be planned and ingredients purchased by the staff – however the preparation of the meals will be split amongst the participants, focusing on the spirituality and magick of kitchen pursuits. In fact, the preparation of the Saturday Evening Dinner is one of the workshops, focusing on herbal foods and beverages.

There will be time to talk or just be alone. Time for meditation and mindfulness. Time for drumming and dancing.

Registration is limited. A waiting list will be maintained if necessary.

For more information, contact Tamia Buckingham (Director) at [tamiab@earthlink.net](mailto:tamiab@earthlink.net), Tammie Ward (Workshops Manager) at [thorsmountain@hotmail.com](mailto:thorsmountain@hotmail.com), or Dick Merritt (Communications Manager and Registrar) at [dickmerritt@mindspring.com](mailto:dickmerritt@mindspring.com).

**Winter Quest 2003**  
**Spiraling Into Our Center**  
Fairy Stone State Park  
Stuart, Virginia  
Friday — Saturday—Sunday  
January 24-26, 2003

witchcraft, sickness, accidents and disaster. Fairy stones are brown staurolite, a combination of silica, iron and aluminum. Together, these minerals crystallize in twin form, accounting for the crosslike structure. Found only in rocks that have been subjected to great heat and pressure, the stones are most commonly shaped like St. Andrew's and Roman crosses. The most sought after are those in the shape of the Maltese cross. The rare staurolite stones are found elsewhere but not in such abundance and shaped so nearly like crosses as in the vicinity of Fairy Stone State Park.

**Location:** From I-81 near Roanoke, take exit to Route 581 to Route 220 South to Route 57 West to Route 346 North (Fairystone Lake Drive). From I-77 near Hillsville, take Route 58 East to Route 8 North to Route 57 East to Route 346 North (Fairystone Lake Drive). From Greensboro, take Route 220 North to Route 220 North bypass at Martinsville, then Route 57 West to Route 346 North. From Richmond, take Route 360 West to Route 58 West to Route 220 North Bypass at Martinsville to Route 57 West to Route 346 North.

**Learn more at** <http://www.dcr.state.va.us/parks/fairyst.htm>

# Welcome to Winter Quest: Spiraling Into Our Center

An event of  
Carolina Spirit Quest, Inc.  
Post Office Box 61335  
Durham, NC 27715-1335

The purpose of Winter Quest is to listen to the rhythms of Nature and to do quiet, reflective and nurturing rituals and activities. Nature's message in the winter is one of rest and renewal. This is the time for meditation and mindfulness.

You will find that our workshops emphasize these themes, as well as give you the skills to continue their teachings after the event. Learn to give and receive a massage – this intensive track runs through the entire weekend. Deepen your spiritual practice with journaling. Explore basket-making as a moving meditation. Create a set of prayer or meditation beads and use them in your own meditative practice. Prepare some real “comfort foods” that will become the Saturday night feast.

Also, leave time in your schedule to discover the spirituality of our site. Fairy Stone has several trails and a beach that cast their own Winter Magick. As well, there is a site just outside the park where you can search for your own Fairy Stones – small, iron oxide formations that are in abundance in the area. The lodge and cabins are heated and air-conditioned. Linens are provided. Full kitchen and bath facilities are incorporated in the lodge and each cabin. The lodge is handicapped accessible. For more information on the Park, please visit the Virginia State Parks website at [www.dcr.state.va.us/parks](http://www.dcr.state.va.us/parks) and click on Fairy Stone.

Our Opening Ritual will include the construction of our Community Altar. So pack a special magical item of your own to join in community. As always, our ancestor bowl will be with us on the altar.

Come, Spiral Into Our Center with Carolina Spirit Quest,

Tamia Buckingham  
Director

Tammie Ward  
Programs

Dick Merritt  
Communications



Winter Quest Staff Phone  
Numbers and email contacts:

Director: Tamia Buckingham  

- Home: (919) 644-7810
- Cell at Fairy Stone (919) 906-2380
- [tamiab@earthlink.net](mailto:tamiab@earthlink.net)

Programs: Tammie Ward  

- Home & at Fairy Stone (919) 451-0598
- [thorsmountain@hotmail.com](mailto:thorsmountain@hotmail.com)

Communications & Registration: Dick Merritt  

- Home: (919) 644-6310
- Cell at Fairy Stone (919) 602-6747
- [dickmerritt@mindspring.com](mailto:dickmerritt@mindspring.com)

Park Phone Numbers for use in case of emergency. First try to contact the staff via their cell phones:

- 276-930-2424 Park Office (9:00 -4:00)
- 276-930-2212 Asst Manager-All hours
- 276-930-2028 Park Manager-Emergency Calls, all hours

## Driving Directions

**From I-81 near Roanoke**, take exit to Route 581 to Route 220 to Route 57 West to Route 346 North (Fairystone Lake Drive).

**From I-77 near Haysville, VA**, take Route 58 east to Route 8 North to Route 57 East to Route 346 North (Fairystone Lake Drive).

**From I-40 in Greensboro**, take the Route 68-North exit at the Airport. This runs into 220 North. Take 220 North to the Fairy Stone State Park Exit to Route 57 West to Route 346 North (Fairystone Lake Drive)

If you need different directions, please call us evenings...

When you arrive at Fairy Stone State Park, the lodge will be to your left, immediately before the office.



From Raleigh	158 mi.	3:26 hr
From Greensborough	70 mi.	2:05 hr
From Asheville	212 mi.	4:05 hr
From Richmond	269 mi.	4:47 hr

# Registration Information

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Registration fee is \$75.00 per person.

Each person is required to make a \$5 cleanup deposit. This deposit will be returned when we have cleaned up the lodge and cabins and we are ready for the Rangers checkup inspection.

Late registration fee of \$20 is due on all registrations post-marked after December 20, 2002.

Refund of registration fee, less \$10 for handling, will be made if cancellation is in the hands of the registrar by January 14, 2003 at midnight.

Registration is limited to 32 people. Register early. Registrations are processed in the order that complete registrations are

received. If necessary, a waiting list will be maintained. Persons on the waiting list will be notified of any cancellations by January 15.

**The event will not be cancelled due to weather unless the Commonwealth of Virginia closes the highways in the park area.** The park does not close due to bad weather.

Make as many copies of the registration form as you need.

Mail registration form with your registration fee and a separate check for the cleanup fee to:

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

# Weekend Schedule

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Schedule	Description	From	To
<b>Friday PM</b>	Sign -in	4:00 PM	7:00 PM
	Opening Ritual	5:00 PM	5:30 PM
	Dinner - Top your Own Chili	6:00 PM	7:00 PM
	Workshops	7:30 PM	9:30 PM
<b>Saturday</b>	Breakfast	7:30 AM	8:30 AM
	Workshops	9:00 AM	noon
	Lunch	12:30 PM	1:30 PM
	Workshops	2:00 PM	5:00 PM
	Dinner	6:00 PM	7:00 PM
	Main Ritual - Salon	7:30 PM	9:30 PM
<b>Sunday</b>	Breakfast and clear out cabins	7:30 AM	8:30 AM
	Workshops	8:30 AM	10:30 AM
	Closing Ritual	10:45 AM	11:15 AM
	Clean-up and depart	11:15 AM	noon

## Consider Bringing . . .

- Clothes: The weather could be mild (mid 50s) or chilly (low 40s to mid 30s) and rainy or snowy. Please bring comfortable clothes for all possibilities. Bring outdoor gear and sturdy hiking shoes/boots if you plan on doing any hiking or drumming. Remember your ritual clothes!
- Bedding & Towels: Bedding and towels are provided by the Lodge. Bring your own comfort items such as pillows, blankets, teddy bears, etc.
- Bring a blanket, pillow or camp chair for when we circle together.
- Bring items for a community altar and decorating the lodge. Remember to bring any beautiful cloth you own.
- Bring a chalice, goblet or your favorite mug.
- Bring your drums, rattles and noisemakers.
- Journals, pens and art supplies for journaling, if that's your thing.
- If taking the massage workshop, bring sheet, towel and sleeping bag or heavy blanket for **each** participant. Bring a

## Housing Information

The Fairy Stone Lodge and Cabins are heated and air-conditioned. Linens are provided. Full kitchens and bath facilities are incorporated in the lodge and each cabin. The lodge is handicapped accessible. Lodge accommodations will be filled first, then cabins. Most of the beds are bunks, so if you have problems climbing into a top bunk, please indicate this on your registration (also indicate if you prefer an upper bunk). We will do our best to accommodate everyone. Participants staying in the cabins need to clear out of them Sunday morning before we start the workshops.

- massage table if you have one
- Anything you think you will need to be comfortable over the weekend.
- Chocolate in any form will be shared and consumed!
- Snack foods and beverages if desired.
- Personal bead for the prayer beads workshop

## Registration form—

Mail to: Carolina Spirit Quest, PO Box 61335, Durham, NC 27715-1335

Name <small>First</small> <small>Last</small>		Name for nametag	
Address			
City	State	Zip	
Phone		Email	
(for statistical use only) Gender: Age:		Fees enclosed—Registration \$75 <input type="checkbox"/> Cleanup deposit \$5 <input type="checkbox"/> Late fee \$20 <input type="checkbox"/>	
Dietary restrictions			
Health concerns (Med alert information)			
Housing considerations, if any			
Emergency contact—Name Address, & Phone number			
<b>Circle your workshop Choices - Not more than one each period</b>			
Friday Evening	Massage	Basket Making	Journaling
Saturday Morning		Kitchen Witchery	Prayer Beads
Saturday Afternoon		Hike	
Sunday Morning			

Make additional copies of this form for additional registrants.

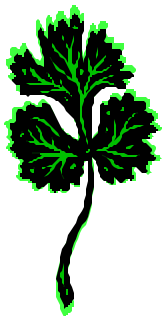
# Workshop Descriptions



## **Basket Making as a Moving Meditation — Tamia**

Basket making is one of the oldest craft forms and is one of the few that has not been mechanized. Most indigenous cultures have a basketry tradition - some with complex methods that have been lost from the current knowledge base. This workshop will provide an overview of basketry techniques and history. We will focus on the individual construction of ribbed baskets, a form that is ideally suited to meditation and completion within the span of a weekend. Materials, sufficient for each person to complete a medium-sized basket, will be provided. Handouts for continuing with other basket techniques will be available.

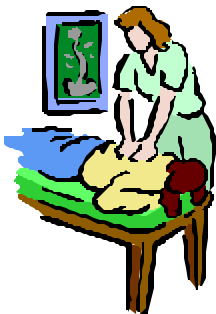
This is a five hour workshop meeting both Friday evening and Saturday morning.



## **Kitchen Witchery – Bread-making and Herbal Foods — Tamia**

This workshop will manifest in the main meal on Saturday evening – a feast for the five senses. In addition to preparation of the dinner – which will involve lots of magick of itself, we will blend herbal teas, bake bread, and make jellies. Come away from this workshop with knowledge of herbal culinary magick and some special herbal treats to carry home. Recipes from the entire meal, as well as other herbal recipes used over the weekend, will be provided as a handout.

Offered Saturday afternoon.



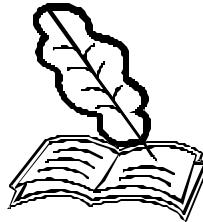
## **Massage: The Gift of Pleasure — Dick Merritt**

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 and will give a full body massage. We will introduce polarity therapy, perhaps the easiest of the many tech-

niques for using healing energy. Open to couples and individuals. Wear brief clothing or bathing suit (**two-piece** for women). Bring sheet, towel and sleeping bag or heavy blanket for **each** participant. Bring a massage table if you have one. Oil is furnished.

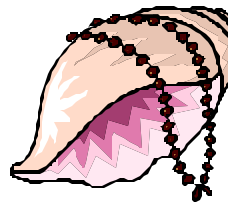
This is a ten hour workshop, requiring all four workshop periods.



## **Journaling: Writing for insight and spiritual growth — Sharon Hill**

Journaling is a way of communicating with one's inner self. In this workshop we will both discuss journaling and complete exercises to support our self-knowledge and to move us beyond past wounds and issues.

This workshop meets Saturday morning.



## **Creating and Using Prayer/Meditation Beads — Tammie Ward**

I use prayer/meditation beads to help me meditate. Sitting and being quiet is almost impossible for me. Prayer/meditation beads work for me. They help me remember what is important in my life and to let go of the bull. I am always excited to find a new bead to add to my collection.

This workshop is offered Saturday afternoon.



## **Hiking in the Winter Landscape — Tammie Ward**

Fairy Stone has many trails to hike. One of the ways to listen to the rhythms of nature is to take a leisurely hike through the winter landscape. It can be a veritable walking meditation in silence. Join Tammie and enjoy the Zen of the winter world.

The hike will be Sunday morning



## Presenters' Biographical Sketches

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**Tamia** has been a student of herbs since childhood. Herb gardens have been a fixture in her life everywhere she has lived – even container grown ones in her apartments at college. She has used herbs in culinary and medicinal modes for many years, including running a small business, Buckingham Grange, that sold fine herbal fare at the Hillsborough Farmers Market in the mid-1990's. Basketry came into Tamia's life in 1994, when she took a course on the subject at the Durham Arts Council. Baskets and their construction quickly became another of her passions, one indulged in, from the creative end of the subject, in the winter – preferably near a fireplace for hours at a time.



**Tammie Ward** was born in Durham, NC, where she continues to live and work. Her path has a little of this and a little of that. Tammie feels a deep connection to the Goddess in many forms and tries to remain open to where She leads. Sometimes she goes kicking and screaming. In her rare spare time, she enjoys cooking, reading, movies, backpacking, the North Carolina mountains and attending Pagan gatherings, many of them with Danny Moses. She is on the Board of Directors of Carolina Spirit Quest and helps in many areas of the organization. She enjoys facilitating rituals and teaching workshops. Ask her about Sacred Blood.



**Sharon Hill** is a pagan with an interest in oriental spirituality, chakras, alternative healing, energy work, Shamanism, meditation and human potentiality. She is a licensed social worker and frequent teacher at Carolina Spirit Quest and Celebrate the Circle. She has been an avid journaler for over 20 years.

**Dick Merritt**, a retired professional member of the American Massage Therapy Association, led this workshop at SUUSI each year from 1988 through 1999. 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 and 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. He has been leading rituals for groups of up to 300 participants and studying those led by others since the late 80's. A techno-pagan, he is a UNIX technician.



## Workshop Schedule

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<b>Friday Evening</b>	Massage, Part 1	Basket Making Part 1	(Non-workshop: drumming, dancing or talking)
<b>Saturday Morning</b>	Massage, Part 2	Basket Making, Part 2	Journaling
<b>Saturday Afternoon</b>	Massage, Part 3	Kitchen Witchery	Prayer Beads
<b>Sunday Morning</b>	Massage, Part 4	Hike	

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Promoting a Pagan Friendly World

www.carolinaspiritquest.org  
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*Fairy Stone State Park*  
*Stuart, VA*

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## Tune Into the Rhythms of Nature

Your catalog for

**Winter Quest 2003**  
**Spiraling Into Our Center**  
Fairy Stone State Park  
Stuart, Virginia  
January 24-26, 2003

Register by December 20 to avoid late fee.

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*Spiraling Into Our Center*  
*Fairy Stone State Park, VA*  
*January 24-26, 2003*