

Fairy Stone State Park

January 23-25, 2004



Spiraling Into Our Center

Join Carolina Spirit Quest at the second annual 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, like last year's, 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 respond quickly!

We have lining up a selection of workshops appropriate for the season and the spirit of the event:

- **Creating and Walking Your Own Path.** - Sharon Hill and Gryphon Rosemead
- **Basket Making** as a Moving Meditation (different basket style than in 2003) - Tamia Buckingham
- **Dream Time Pleasures** - Becky Starr
- Finding Your Inner Wisdom: **Creating a Unique Divination Tool** - Becky Starr
- *I've got your number!*, an introduction to **numerology** - Brenda Berry
- **Hiking** in the Winter Landscape on Park Trails - staff
- Gift of Pleasure: **Hand and Foot Massage** - Dick Merritt

Worship - our Opening Ritual will include the construction of our Community Altar. The Main Ritual highlights the sharing of ourselves and our talents. It will be meditative in nature. 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. For more information on the Park, please visit the Virginia State Parks website at www.dcr.state.va.us/parks.

Food Service - Meals will be planned and ingredients purchased, however the preparation of the meals would be split amongst the participants. It is a fine opportunity to get to know each other better.

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.

Questions? Contact the Director, Dick Merritt at dickmerritt@mindspring.com or 919-644-6310.

Winter Quest 2004 Catalog

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

Weekend Schedule

Schedule	Description	From	To
Friday PM	Sign -in	4:00 PM	7:00 PM
	Opening Ritual	5:00 PM	5:30 PM
	Dinner	6:00 PM	7:00 PM
	Learning Circles	7:30 PM	9:30 PM
Saturday	Breakfast	7:30 AM	8:30 AM
	Learning Circles	9:00 AM	noon
	Lunch	12:30 PM	1:30 PM
	Learning Circles	2:00 PM	5:00 PM
	Dinner	6:00 PM	7:00 PM
	Main Ritual	7:30 PM	9:30 PM
Sunday	Breakfast and clear out cabins	7:30 AM	8:30 AM
	Learning Circles	8:30 AM	10:30 AM
	Closing Ritual	10:45 AM	11:15 AM
	Clean-up and depart	11:15 AM	noon

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 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>



Driving Directions

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.
- Bring a massage table if you wish to exchange massages.
- 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.

From I-81 near Roanoke, take exit to Route 581, then Route 220 towards Martinsville. Route 57 West exits just north of Martinsville. Go to Route 346 North (Fairystone Lake Drive) to the park.

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 Route 220 North bypass at Martinsville. Exit to the Fairy Stone State Park Exit on Route 57 West. Take Route 346 North (Fairystone Lake Drive) to the park.

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 Greensboro	70 mi.	2:05 hr
From Asheville	212 mi.	4:05 hr
From Richmond	269 mi.	4:47 hr

Registration Information

Registration fee is \$75.00 per person. This includes lodging, meals and workshops.

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 January 15, 2004.

Refund of registration fee, less \$10 for handling, will be made if cancellation is in the hands of the registrar by January 15, 2004 at midnight.

Registration is limited to 32 people. Register early. Registra-

tions 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

Registration form—

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

Name First Last		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			
Circle your workshop Choices - Not more than one each period			
Friday Evening	Creating and Walking Your Own Path	<i>I've got your number!</i> , an introduction to numerology	(Non-workshop: drumming, dancing or talking)
Saturday Morning		Basket Making as a Moving Meditation	(Free Time)
Saturday Afternoon	Dream Time Pleasures		
Sunday Morning	Finding Your Inner Wisdom: Creating a Unique Divination Tool	Hiking in the Winter Landscape on Park Trails	Gift of Pleasure: Hand and Foot Massage

Learning Circle 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 twined 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 different basket technique than last year.

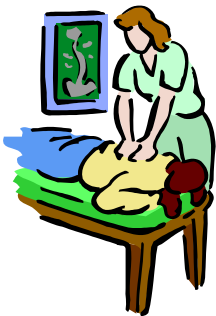
This is a six hour workshop meeting both Saturday morning and afternoon.

Creating and Walking Your Own Path. - Sharon Hill and Gryphon Rosemead

We will gather during this quiet Winter season and use crafts, spells, journals, herbology, guided meditation, group activities and group discussion to discover the Sacred Path that already lies within us. Come query the elements, consult your inner wisdom and open to Divinity in this active, interactive and introspective experience with Sharon Hill and Gryphon Rosemead.

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

Gift of Pleasure: Hand and Foot Massage - 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 hands and feet. 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.

Offered Sunday morning

Dream Time Pleasures - Becky Starr

In this workshop we will create two herbal delights to relax and enhance your dream time. The first is a delicious herbal bath aromatic that will soften the skin while relaxing the mind. We will use lavender, rose and chamomile herbs and the skin soften properties of oatmeal and sea-salt. After that, we will look at dream pillows to assist your journey into the land of dreams and the many different herbal mixtures that can aid us. Little-to-no sewing skills required.

This workshop is offered Saturday afternoon.

Finding Your Inner Wisdom: Creating a Unique Divination Tool - Becky Starr

Symbols are everywhere - around us in our daily lives and on our different paths. But symbols, unlike words, speak to a deeper part of the brain - the intuitive part. Sometimes, the symbols that others have chosen for divination, such as Runes or Tarot images, just don't resonate within us. In this workshop, we will explore many different symbols and how we can create our own, personal divination tool using symbols of our own path and choosing. Bring your creativity, and a sense of adventure, for we will each be creating a unique guide to our inner wisdom!

This workshop is offered Sunday Morning.

Hiking in the Winter Landscape — Staff



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 us and enjoy the Zen of the winter world.

The hike will be Sunday morning

"I've got your number!" - Brenda Berry

When you say or hear that, don't laugh. Your name and birth date may be your fortune - or your misfortune. For your name is your number and your number is part of an age-old science, the science of Numerology. It is an exact science but a simple one. If you know your name and birth date, and can count to 10, you can discover your own destiny - by simple figures. It's as easy as that. It's as exact as this:

By taking the numerical value of each letter in your name and adding them by a process of easy arithmetic, and then apply-

(Continued on page 5)

Presenters' Biographical Sketches

Becky Starr is an "eclectic Egyptian pagan" and has been playing in the herbs for about four years, primarily with incense blending. She is a teacher by profession and passion, finding herself a now frequent workshop leader for Celebrate the Circle Learning Circles and Quest events. Becky is the Workshop Coordinator for Quest's next spring event in April 2004. Becky is a Priestess of Isis, member and frequent ritual team-member of CTC, and lives in Durham, NC.

Brenda Berry is the Director of Religious Education for the Unitarian Universalist Church of the Shenandoah Valley and the Facilitator for their CUUP's group - EarthWays. She is also the Kitchen Manager in a local health food store called Harvest Moon. A daughter of the natural world, she has been studying and practicing Numerology since 1990. Being a Sag, Brenda dances to her own drum and refers to herself as an "Earth-ee" (rather than pagan) because she celebrates all the ways of the Earth - from natural health care, nutrition, & exercise to heal the body; through the use of magick & Runes, coupled with the use of logic & intuition to guide the heart and head; to fiercely searching for the light of truth - within & without - to bring growth and wholeness to the spirit. She enjoys basket weaving, gardening (organically of course), going for long walks on the beach with her husband John, singing in the shower, and making people laugh.

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 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 pantheist. He enjoys frequent rituals and purification ceremonies. A technopagan, he is a UNIX technician.

Sharon Hill is a licensed clinical social worker in North Carolina. She has been exploring eclectic spirituality for over thirteen years and involved in the North Carolina pagan community for the past 4 years. She is a frequent teacher at Celebrate the Circle and Quest events, as well as other venues.

Gryphon Rosemead (Wendy Thurston) has been practicing the Craft since the early 70's and is a High Priestess and an Elder. She has a BS and MED and is a National Board Certified Teacher of Agriculture in the mountains of NC and lives with her cat, Grandmother and her new K9 companion. For more information visit her website at <http://www.angelfire.com/nc/gryphon>. Contact her at gryph@pobox.com

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.

Learning Circle Descriptions (continued)

(Continued from page 4)

ing the same technique to your birth date, you can pick the right jobs, mates, friends, places and times - you can show yourself how and when to solve each important problem in your life, and when is the best time to implement those decisions. It is also a science of vibration. Everything in the universe moves - up, down, around or across, fast or slow - and it moves at a certain rate - it's own. This rate of movement can be measured numerically. This applies to you, to the world around you, to your personal relation to the world, and to the people in your life.

Numerology is as old as recorded history. It is also as new as the next decision you are going to make. Where friends advise you, Numerology directs you. Join me and I'll show you just how easy it is to get your number.

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.



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POST OFFICE BOX 61335
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Promoting a Pagan Friendly World

www.carolinaspiritquest.org
Email: csquest@rtpnet.org
Phone: 919-644-6310

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Stuart, VA

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Tune Into the Rhythms of Nature

Your catalog for

Winter Quest 2004
Spiraling Into Our Center
Fairy Stone State Park
Stuart, Virginia
January 23-25, 2004

Register by January 15 to avoid late fee.

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.

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

Winter Quest Phone Numbers and email contacts:

Director Dick Merritt

- Home: (919) 644-6310
- Cell at Fairy Stone (919) 452-5059
- dickmerritt@mindspring.com

Communications & Registration: Tamia Buckingham

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

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