

Fairy Stone State Park

January 28-30, 2005



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

Winter Quest 2005 Catalog

Behind the Mask - Our Inner Spirituality

Join Carolina Spirit Quest at a weekend event this January 28-30, 2005 at Fairy Stone State Park near Martinsville, Virginia - Winter Quest 2005!

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.

Our line up of Learning Circles appropriate for the season and the spirit of the event:

- **Make Your Own Divination Tool: Tarot Cards** - Becky Starr
- **78 Card Pick-up: Discovering Tarot Spreads** - Lance Brown
- **Wearing the Zodiac: Personalized Chart Jewelry** - Amy Brann
- **Hiking in the Winter Landscape on Park Trails** - staff
- **Gift of Pleasure: Head and Neck Massage** - Dick Merritt
- **Feng Shui Applications** - Ursa Madre
- **Vision Quest in Fabric** - Fritter
- **Life Masks** - Gryphon Rosemead
- **Spirit in Rhythm** - Tigre

Worship - Our Opening Ritual will include the construction of our Community Altar. The Main Ritual highlights the sharing of ourselves through creating masks symbolizing our inner spirituality. It will be both meditative in nature and creative. 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 by the staff. Preparation of the meals will be split amongst the participants. This is a fine opportunity to get to know each other better. Both herbivore and omnivore diets are provided for, as well as other dietary restrictions.

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, Amy Brann, at ymasen@bearcircle.net or (919) 624-1320.

Weekend Schedule

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

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 is 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, the ground about the spring and the adjacent valley was strewn with these mementoes 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 crossline structure. Found only in rocks that have been subjected to great heat and pressure, the stones are most commonly shaped like St. Andrews’ and Roman crosses. The most sought after of those are 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.

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

Consider Bringing...

- Clothes: The weather could be mild (mid 50s) or chilly (low 40s to mid30s) 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 Raleigh, NC	158 mi.	3:26 hr
From Greensboro, NC	70 mi.	2:05 hr
From Asheville, NC	212 mi.	4:05 hr
From Richmond, VA	269 mi.	4:47 hr
From Roanoke, VA	47 mi	1:22 hr
From Norfolk, VA	243 mi	5:16 hr
From Washington, DC	287 mi.	5:17 hr
From Columbia, SC	244 mi	4:32 hr

Driving Directions

From I-85 near Roanoke, VA: Take exit to Route 581, then Route 220 toward Martinsville. Route 57 West exits just north of Martinsville. Go to Route 346 North (Fairy Stone Lake Drive) to the park.

From I-77 near Hayesville, VA: Take Route 58 east to Route 8 North to Route 57 East to Route 346 North (Fairy Stone Lake Drive).

From I-40 in Greensboro, NC: Take Route 68 North, exit at the Airport. This runs into 220 North. Take 220 North to the Route 220 North bypass in Martinsville. Exit to the Fairy Stone State Park Exit on Route 57 West. Take Route 346 North (Fairy Stone Lake Drive) to the park.

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

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

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.

Registration Information

Registration is \$89.00 per person. This includes lodging, meals, and learning circles.

There has been an increase in the cost since previous years. We have increased the length of the Lodge reservation to allow flexibility in the Sunday schedule. This also provides us with an "inclement weather" cushion. Previous years, Fairy Stone has been blessed with snow on the final day of the event. With the lengthened lodge reservation participants can stay an extra night and depart on Monday if weather is bad.

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

Late registration fee of \$20 is due on all registrations post-marked after January 15, 2004. Refund of registration, less

\$10 for handling, will be made if cancellation is in the hands of the registrar by January 15, 2005, 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
 P.O. Box 61335
 Durham, NC 27715-1335

Registration Form -

Mail to: Carolina Spirit Quest, P.O. Box 61335, Durham, N.C. 27715-1335

Name <small>First</small>		Name <small>Last</small>		Name for nametag	
Address					
City			State		Zip
Phone			Email		
(for statistical use only)		Fees enclosed:		Check/Money Order <input type="checkbox"/>	
Gender:	Registration \$89	<input type="checkbox"/>	Credit Card: Visa <input type="checkbox"/>	MasterCard <input type="checkbox"/>	Number _____
Age:	Cleanup deposit \$5	<input type="checkbox"/>	Expiration Date _____		
	Late fee \$20	<input type="checkbox"/>	Signature: _____		
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	Gift of Pleasure: Head and Neck Massage	Spirit in Rhythm	(Free Time)		
Saturday Morning	Life Masks	Make Your Own Divination Tool: Tarot Cards	(Free Time)		
Saturday Afternoon	Vision Quest in Fabric	Wearing the Zodiac: Personalized Chart Jewelry	(Free Time)		
Sunday Morning	78 Card Pick-up: Discovering Tarot Spreads	Feng Shui Applications	Hiking in the Winter Landscape on Park Trails		

Learning Circle Descriptions

Friday Evening

Gift of Pleasure: Head and Neck 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 head, face and neck. Bring a towel for each participant. Oil is furnished.

Spirit in Rhythm- Tigre



Want to play in drum circles? In this workshop, you'll learn a grounding exercise to open you up to the drum and Baba Olatunji's hand technique and drumming language for Djembe. Then, we will use this to learn a multi-part West African rhythm and play it around the circle.

After the class, you will have the tools to practice playing the different sounds (voices) of the drum and the technique to be able to play longer, faster and with control.

Saturday Morning

Life Masks - Gryphon Rosemead

In a perfect world with complete tolerance for different spiritual Paths, we could live our beliefs publicly with no concern for repercussions. I visualize this future as often and as hard



as I can, but realize the present can be quite dangerous for known Pagans. Some of us can be fired outright, with little or no explanation. We can be harassed by co-workers, clients or neighbors. The day will come when no one will be persecuted for their religion--but that time is not here yet. So some of us must wear masks in certain situations. How

can we comfortably do this while still staying true to our Path? In this Workshop we will face our guilt about the double lives we lead. There is a sacred Being that sees and knows us as we are deep inside and with their help, we will create a Bead Circle to carry with us so we can work magic discreetly wherever we go.

Make Your Own Divination Tool: Tarot Cards - Becky Starr



In a continuation of the Make Your Own Divination Tool series, we will look at the Tarot and discover its hidden wisdom by creating our own personal cards. We start with a look at the cards of the major arcana and then bring these classic images to life through our own creativity. Bring tarot decks to share for inspiration!

Saturday Afternoon

Vision Quest in Fabric - Fritter



Creating a quilt is creating a vision. We will each select various fabrics that speak to us and build a small 2-foot wide tack quilt that recreates our cosmology. This will be a sitting around sewing workshop, so be prepared for some manual dexterity, and perhaps a bit of ordeal.

Wearing the Zodiac: Personalized Chart Jewelry - Amy

Most people know where their sun rests in their astrological chart. But the placement of all the planets, and knowing which house and sign they are in gives one much more understanding of who they are. During this workshop we will create bracelets or anklets representing our astrological charts. Using gemstones, chosen for their size and color to represent



the planets and an astrological natal chart, we will create our own unique and beautiful chart which we can wear at all times. And next time someone asks, "Do you know what sign Uranus is in?" you can just look at your beaded chart and go - "Why yes, it's in Scorpio!"

Sunday Morning

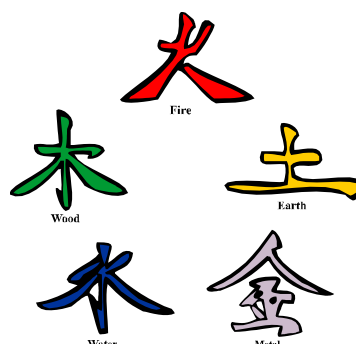
78 Card Pick-up: Discovering Tarot Spreads - Lance Brown



This workshop will look at Tarot spreads for a variety of uses. We will explore several different layouts and discover the best spread for the type of information desired - from easy 3 card spreads to more elaborate 15 card ones. Some experience with tarot is recommended, but not required. Bring your decks to use for readings or to share!!

Feng Shui Applications - Ursa Madre

This workshop provides an overview of Feng Shui, the eastern philosophy of arrangement. How does the surrounding geography affect the flow of positive energy in your dwelling? How can you reverse the effect of negative Feng Shui aspects? How do the five elements and eight aspirations of Feng Shui correlate with Wiccan/Neo-Pagan practices?



(Continued on page 5)

Learning Circle Descriptions (continued)

(Continued from page 4)

Using the principals of locational Feng Shui will help you analyze the flow of energy within your own dwelling or workspace. Using the principals of personal Feng Shui will help you analyze the auspicious and inauspicious directions for each participant based on their own birthdate.

Discussion will focus on augmenting good aspects and correcting problem aspects. Bring floor plans (drawn or blueprints - rough scale is okay, but make sure you indicate North), photos, and a list of your personal/professional goals to take the greatest advantage from this workshop.

Presenters' Biographical Sketches

Amy Brann has been involved with Carolina Spirit Quest since 2003. In addition to CSQ, she is involved with Celebrate the Circle in Durham as well as a couple other closed groups. An armchair astrologer, she is a Pisces with Libra Rising going through her Saturn Return. Describing herself as a "Hello Bast Pagan," she follows the Egyptian traditions, with an insatiable curiosity about many other paths - and a copious love of everything feminine.

Becky Starr describes herself as an eclectic Egyptian pagan and has been dabbling in the Tarot for over 5 years. She is a teacher/trainer by profession and passion, finding herself a now frequent workshop leader for Celebrate the Circle Learning Circles and Quest events. Becky is the Co-Director for Spring Quest 2005 and Vice President of Carolina Spirit Quest. Becky is a Priestess of Isis and lives in Durham, NC.

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 panentheist. He enjoys frequent rituals and purification ceremonies. A techno-pagan, he is a retired UNIX technician.

Eric Fritter Riley is a DC Radical Faerie, a Librarian, and a fabric visionary. He is in the midst of making his first cosmic quilt, and if you're lucky you just may see it in this workshop.

Gryphon Rosemead has been practicing the craft since the early 70's and has given Workshops and done Rituals at many public and private gatherings from WV and NC to NY. She is a public Pagan, High Priestess, Elder and has earned a BS and MEd from the University of Georgia. Gryph is a National Board Certified Agriculture Teacher in

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 mountains of NC and lives with her cats, Grandmother and Josh and her K-9 companion, Skye. For more information visit her website at <http://www.angelfire.com/nc/gryphon>. She can be contacted at gryph@pobox.com.

Lance A. Brown is a native of Minnesota now living in Durham, NC. He has followed a pagan path since 1988 and names himself a modern eclectic UU pagan. He was a member of Celebrate The Circle from 1992 till 1996 and returned to CTC in the summer of 2000. He is also a member of the Unitarian Universalist Congregation of Hillsborough, NC. He draws his spirituality from many sources including Wicca and other pagan traditions, UUism, and his Roman Catholic upbringing.

Tigre is a Drum Mage, a Rhythmancer and drum circle facilitator and instructor. He is a Circle Keeper of the DC Radical Faeries, a member of the Church of Four Quarters, and a third degree initiated High Priest in Wicca. In his thirty years of drumming, studying, training, and/or instructing classical and modern percussion, he has acquired a wealth of experience in band, orchestra, marching band and competitive drum corps. He is immersed in traditional West African Djembe drumming and technique. He studies drumming and drum circle facilitation with Jaqui MacMillan. He has performed with and learned from Daveed Korup, Aesa Grayson, and Jim Donovan of "Rusted Root". Tigre facilitates groups to shape intentions and drum circles for a variety of reasons: ritual, meditation, inspiration, trance, healing and enjoyment. Tigre has co-created formal and informal ceremonies for various organizations such as The Mid-Atlantic Pagan Leadership Conference, The Mid-Atlantic Men's Gathering, the Sacred Space Conference and PaganNet Inc. He resides in Washington DC.

Ursa Madre has been utilizing Feng Shui in both her personal and work lives for the past ten years with amazing results. She finds that it integrates easily into neo-pagan practice and is amused when elements of Feng Shui arise in conservative venues. Ancient Chinese magick is opening many doors these days!

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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
Behind the Mask - Your Inner Spirituality**

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Stuart, Virginia
January 28-30, 2005**

Register by January 15 to avoid late fees

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
Post Office Box 61335
Durham, NC 27715-1335

Winter Quest Phone Numbers and email contacts:

Director: Amy Brann

- Home: (919) 624-1320
- Cell at Fairy Stone (919) 624-1320
- ymasen@bearcircle.net

CSQ President: Dick Merritt

- Home: (919) 644-6310
- Cell at Fairy Stone: (919) 452-5059
- 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) 930-2211 Asst. Manager - All hours
- (276) 930-2028 Park Manager - Emergency Calls, all hours