



# Carolina Spirit Quest Winter 2003

## Spiraling Into Our Center

Brenda and Diane

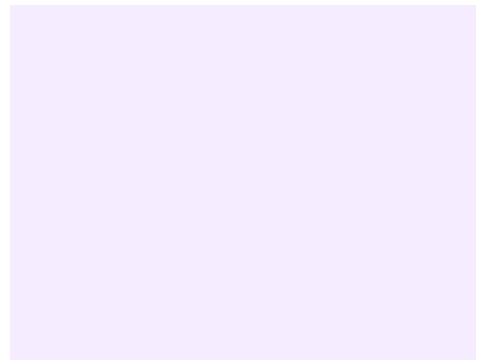
We received a flyer at the Unitarian Universalist Church of Shenandoah Valley and the administrator put the flyer in Brenda's mailbox. So, Brenda spread the word throughout our CUUPS group. A lot of other people were interested, although schedules conflicted. Our main reason for attending was purely selfish. We wanted nourishment from like minded people. As facilitator and treasurer of our CUUPS chapter, we often find ourselves in leadership positions which requires a great deal of energy and time. So, we just needed to recharge our batteries and find our centers!!

We got pampered! We did everything we wanted to do and more. Brenda says the basket weaving workshop opened up a new creative ability that she didn't know she had. While at the same time showing her a way that she can meditate, still her mind, and be in the moment, something she really needed to experience. Through the weaving she found her center: a place of stillness and peace. She plans on making many more baskets. I liked making baskets, too. I thought the act of concentrating on the activity was meditative in itself. I also liked that we were able to work on the baskets throughout the weekend which carried the thread of meditation on until completion. It really felt good for both of us. Fairy Stone State Park was the perfect location for this Quest. The snow and cold weather helped to add to the magic that was made by all those that attended. We hope you have it again!

Blessed Be,  
Brenda and Diane

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## Caring Corner

## Upcoming Events

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### Happy Birthday To:

Arthur Katahdin, March 2,3 or 4th (Sorry, I can't recall!)

Tyana Da Mist, March 14

Kathy Sage, March 26

Roger Dinger, Sometime In March

Sharon Hill, April 18

Dan Tortorelli, May 8

### Congratulations To:

Amy and Mike Gunther on the birth of their son, Alexander Bowen Gunther, born January 30 at 5:03 AM.

Tamia Buckingham on her job, which she loves.

Tammie Ward and Danny Moses, celebrating 7 years together March 10.

Kathy Sage on her recent job promotion.

### Healing Energy To:

Sharon Hill, recovering from a car accident.

### Sympathies To:

Dick Merritt and Barbara Green on the passing of their cat Kali.

Dick Merritt on the passing of his boss.

If you would like to share your news with our community, please send it to Tammie Ward at [thorsmountain@hotmail](mailto:thorsmountain@hotmail)

March 1, Herbology Workshop, Pittsboro, NC

March 15, QuestSpecial, Outer Banks, NC

April 11-13, Spring Quest at Camp Millstone in Ellerbe, NC

January, 2004, Winter Quest (tentative)

Look for details on these events on our website at [www.carolinaspiritquest.org](http://www.carolinaspiritquest.org)

This newsletter is Brydie Palmore's last issue as our Editor. The entire organization is grateful for her hard work and contribution in this position.

We wish Brydie all the best in her future pursuits. Get some rest!!!

Thanks,

Tammie

# CSQ Board News

## About the Members of the Board

### Tammie Ward

I was born and raised in Durham, NC, where I continue to live and work. My path has a little of this and a little of that. I feel a deep connection with the Goddess in many forms. I try to go where She leads me, sometimes kicking and screaming. I enjoy cooking, reading, movies, backpacking, the NC mountains and attending Pagan gatherings, many of them with Danny Moses. I have a 16 year old cat, Concho. I have lived in my current house for 17 years. I am on the Board of Directors for CSQ and I

help in many areas of the organization. I enjoy facilitating rituals and leading workshops. Ask me about Sacred Blood.

### Alyse Ford

Alyse is an eclectic pagan residing in the Triad/Piedmont area of North Carolina. Three cats graciously allow her to live with them: Cocoa, the Nubian Prince; Cassandra, a one-eyed calico; and Kora, her inner child.

Alyse is a member of the Triad Covenant of Unitarian Universalist Pagans (CUUPS) and involved with the annual Pagan Leadership Conference on a regional and state level. Additionally, she is a Board Member at large for Carolina Spirit Quest (CSQ) and staff member for the CSQ 2003 spring event.

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## PROMOTING A PAGAN-FRIENDLY WORLD

The purpose of CSQ shall be to devote its resources to religious and educational activities; and to sponsor a program for adults and children, to be held each year in the Spring; and further, the purpose of CSQ shall be to encourage networking and the building of community spirit among Pagans in the Carolinas and the surrounding area.

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## Board Members

**Tammie Ward, President,**  
Durham, NC

**Gryphon Rosemead,**  
**Vice President,** Creedmoor, NC

**Joy Tortorelli, Treasurer,**  
Asheville, NC and Norwich, NY

**Kathy Sage, Secretary,**  
Cary, NC

**Lance Brown,** Hillsborough, NC

**Tamia Buckingham,**  
Hillsborough, NC

**Alyse Ford,** High Point, NC

**Kevin Holden,** Charlotte, NC

**Dick Merritt,** Hillsborough, NC

**Dan Tortorelli,** Norwich, NY

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PROMOTING A  
PAGAN FRIENDLY WORLD

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**Carolina Spirit Quest 2003**

April 11-13 2003  
Camp Millstone,  
Ellerbe, NC

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**Board Meetings**

- May 16-18, 2003, OneSpirit, Pittsboro, NC
- August 15-17, 2003, Umstead State Park, Raleigh, NC
- November 14-16, 2003, TBD
- February 20-22, 2004, TBD

Any Quest member in good standing is welcome to attend all Board meetings, at their own expense. Please contact any Board member if you would like to attend a meeting.