



Carolina Spirit Quest Winter 2006

Awakening Our Dreams, Igniting Our Reality

Spring Quest 2006 - April 21-23

We are pleased to announce that registration is now open for Spring Quest 2006! We will once again have our event at Camp Lapihio in the beautiful William B. Umstead State Park near Raleigh, NC.

Returning Questers and newcomers alike will find many things to enjoy this year. Our ritual team will lead us into our dreams and help us carry them back into the real world. We will have learning circles presented by very talented and dedicated people, including massage, drumming, rattle making, astrology, dream work, and trance techniques.

We are also pleased

to announce a very special discussion session just for teens. For our families, we once again have our Children's Program that will include both learning circles for the kids and play time.

Other programs will include our annual magical auction, a long-time tradition at Spring Quest and a great chance to buy one-of-a kind items. The popular gaming table will be returning this year, as will the porch contest – make sure to bring lots of decorations!! We will also have community altar space, and we invite you to bring a sacred item to place on the altar. Lastly, as always, we will have a gift exchange table - remember to

bring a gift so you can receive a gift from someone else!

If you haven't already received your catalogue, look for it soon in your mailbox. Or if you prefer, we have the catalogue and on-line registration available



on our website at www.carolinaspirtquest.org. We hope to see you in April!!

Lance Brown and Cynthia Campbell Co-directors, Spring Quest 2006

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Special points of interest:

- *Spring Quest 2006 registration - NOW OPEN!!*
- *New CSQ-News email list available!*
- *Plans well underway for CSQ's participation in the third annual Pagan Leadership Skills Conference in August!*
- *Winter Quest 2006 a success with 30 participants!!*

A Quest, in a Learning Circle: A gathered group of persons seeking and sharing a common intent. (1)

Each year in the spring, a fabulous event takes place here in North Carolina. Folks from several states join together to laugh, learn and share in Ritual together. We call this gathering Spring Quest.

At this annual gathering, Learning Circles are held. It is during these Circles that participants experience together some of the shared wisdom offered by community leaders from both near and far. Beth Owl's Daughter will share with us her wisdom on the Tarot, George will offer his insights in Astrology, Tigre will offer up his drumming rhythm to the delight of all, Dawn will guide



us through making rattles for ritual along with the Shamanic use of same, Dick will offer his

magical fingers up in Massage, and Ben will guide us on the path to creating the nectar of the gods.

Some of our other offerings this year include Embracing Your Darkness, Dreams of Eagles & Visions of Owls, Communing with Nature, and a fabulous Tree Walk.

As a new feature for this year,

we will also have special sessions oriented just for our Teen participants, as well as again offering our immensely popular Children's sessions.

We will chant, laugh, and actively engage one another while joined by friends both new and old. Mark a special place on your calendar for this year's event. It will be a great time not to be missed !

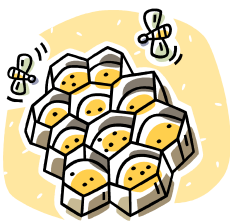
See you there !!

(1) (Adapted from Merriam-Websters Online Dictionary copyright © 2005 by Merriam-Webster, Incorporated. Permission for use granted. All rights reserved)



Honey + Water + Yeast = Fun

What do you get when you mix honey, water and some yeast? If you don't know, then you should attend one of the Mead Making classes being offered again this year at Spring Quest. Once again, Ben Starr will be teaching the beginning mead making class "Fun with Honey and Yeast!" Each participant will learn the basics of mead making



from agitation to racking and take home recipes, techniques and a "must" that will be ready to

turn into their own yummy mead,

New this year, Ben will also teach a second class, "Merry Mead Again". This class will look at intermediate mead making techniques, including chemicals to improve your mead, melomels (mead with fruit) and metheglins (mead with herbs or spices). Everyone that participates will take home a mixed berry "must" that will eventually become a wonderful berry melomel.

Ben is ideally suited to teach these fun mead classes. Although, he has only been con-



cocting meads for two years, Ben recently won a gold medal at the International Mead Association's Mead Festival in Boulder, Colorado in the Home

Mead Makers competition. *Starrlight Spiced Apple Cyser* then went on to take Best of Show out of 212 entries in 9 categories.

Due to park regulations, there will be NO alcohol on the premises during the mead learning circles!

Third Annual Pagan Leadership Skills Conference

Dick Merritt

Once again Carolina Spirit Quests is helping to put on a training conference designed to provide networking, resource sharing, and intensive "nuts and bolts" training in the skills needed to create, maintain, and strengthen local Pagan initiatives. Detailed planning is under way. However, since contracts have not been signed yet, we can only say that we intend for the PLSC to be held in the Richmond Virginia area August 24-27, 2006. Check <http://www.paganleadership.org/> for updates as they occur.

This will be our third annual PLSC for intensive skills training in areas common to small nonprofit organizations, regardless of the tradition or path they

represent.

An outgrowth of the Mid-Atlantic Pagan Leadership Conference series, the PLSC curriculum is based on guidance provided at these previous landmark gatherings. It will offer solid instruction in community - critical topics such as adult learning, legal how-to, pastoral care, group dynamics, and publicity/promotion..

Join us for the 2006 Pagan Leadership Skills Conference! Bringing together Pagans from across the country, for this four-day gathering. It will include serious training opportunities during the day and a lot of fun during the three evening programs.

Get CSQ news in your email - sign up at:
www.carolinaspiritquest.org

Blessing When Moving to a New Home

Kara Mueller

While making an offering say these words:

We give these gifts to the spirits of the land who were here before we were. Though we may now claim this land as ours it was yours long before and it will be yours when we are gone. Do not begrudge us its use but may there be friendship between yours and ours.

We now share this land. We

now share these resources. We now share a common path. We may seem different than what you are used to, and so we are. Our customs and traditions may seem foreign but with honor to each other we will learn to live together in harmony

Inspired by:
Billy Frank Junior NWIFC Summer '98 Newsletter

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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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The Healing Energy Of Fire (and Friends)

Kestrel

It was my privilege to share the completion of some healing magick with so many folks up at Winter Quest this year. During my treatment for breast cancer, a group of my NC Quest friends got together & made a poppet to assist with my healing after my mastectomy surgery. So I could think of no better place to release her than at Winter Quest.

Tim was kind enough to make a small fire in the outdoor barbe-



Friends gather around the barbeque for the burning.

que, and we trooped outside after the main ritual to set this bundle of magick free, releasing it with the intention of it finding its way to another woman with cancer. There are not words to express how special it was to be surrounded by such love after such a journey, and I can only say "thank you" again to everyone who was there to share it with me!

All photographs courtesy of Gryphon Rosemead.



Before the poppet was burned, each person in the circle spoke words of how Kestrel and her cancer had



Kestrel tosses the poppet into the fire!



The magick of the poppet is released for another who is in need!

Sacred Drowsing at Winter Quest

Alyse Ford and Gryphon Rosemead

We lay fully clothed in bed after a big breakfast Saturday morning, foreheads touching, breath mingling. It was that time that is not a time, moving towards sleep but not sleeping; floating lightly but not falling just yet

Alyse... My mind was clear except for the voices I heard coming from the Workshops; instructions from the facilitators and the comments coming from the participants. I

could visualize a crochet needle with yarn, looping the crochet needle through the three loops as instructed, then pulling out remaining threads of yarn.

Gryphon... Energy flowed gently, smoothly from the other people in the lodge, down the hall to us, surrounding us with the softness of belonging, the warmth of community. Peace and tranquility enclosed us with tender arms. It was safe

and comfortable here.

Alyse... I heard the voice about kneeling at their heads. I could see people laying on their backs with other participants kneeling waiting for the next instructions. Others still on the floor with their workshop partner at their sides, hands on abdomen and forehead.

Gryphon... Like rainbow threads the energies of the others wove gently into a tapestry,

I was honored to be ritual designer for Winter Quest 2006. As soon as Dick bestowed the job of Ritual coordinator on me I knew immediately I wanted as much of the learning circles as possible to fold back into the weekend ritual. I wanted people to get a taste of as many connecting to spirit techniques offered over the weekend as possible. Several workshop coordinators shared a piece of their techniques for Connecting with Spirit with everyone by helping with the rituals.

Upon arrival, Patricia (Teasane), the Magic of Tea facilitator prepared a wonderful welcome and unwinding tea for participants, before ritual. Basics of Crochet teacher, Cynthia used a nice chunky yarn to literally bind our magical circle together, and set sacred space, using a giant crocheted circle that was created with the help of each WQ attendant. Fritter, facilitator of the Heart Circle offered to bring a wonderful piece of community and sharing to the all the weekend participants by facilitating a "mini"-Heart Circle during our cakes and ale. Connecting with Spirit Through Rhythm! facilitator Tigre provided our rituals with great drumming, and Fire Lily our Connecting to Spirit through Chanting teacher, suggested and taught the

spirit inspiring ritual chant we used, throughout the weekend. Along with



The Fool - from the Gilded Tarot by Ciro Marchetti.

our High Priest Dick and High Priestess Marielle, the ritual was inspiring, moving and fun.

Once I had the general plan for the Winter Quest rituals down, I spent a couple months preparing and mulling over the theme of Winter Quest 2006 and considering the average WQ attendant.

Ultimately, my ritual hung on one thing; I had the ABC's of the ritual sketched out and learning circle facilitators' support, but needed and archetype that everyone could connect with. I wanted attendants to Winter Quest, whether we're brand new to Pagan spirituality or with a seasoned history in our community, to all be able to walk away with something. Ultimately, I had the brainwave that The Fool of the Tarot was the archetype for our weekend. The Fool is someone everyone knows whether neophyte or elder. He walks the line, in the Tarot, between endings and new beginnings, right where our spirit lies. My goal was to use the Fool to inspire everyone to take a new journey that invites everyone to connect to spirit.

Overall, I have got a lot of wonderful feed back, mostly about using all the resources available at Winter Quest. I think the Rituals were so very special because so many donated ideas and energy to the theme. I am so honored and happy to have been part of Winter Quest 2006.

echoing our family here. A heart beat sounded, soft and gentle in the calm morning. Harmony flowed between those that were learning, those that were teaching and we who relaxed into sacred drowsing.

We slowly nodded off. We were awakened by the aroma from the preparation of our next meal, lunch.

Alyse... Still full from breakfast, but hunger building as I come out of drowsiness. Anticipating the taste from the smell, sharing this next meal together with everyone else, hearing of their experiences in the Workshops.

Gryphon... Hearing the movement of the people and feeling the energy change we

know the Workshops are over. Our energy brightens as we wake, reaching out and mingling with the currents already there surrounding us still.

We stretch against each other and yawn, getting to our feet languidly. We have the wrong name tags on, smile and exchange them.



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Spring Quest 2006
April 2006
Camp Lapihio, Umstead State Park
Raleigh, NC

Promoting A Pagan Friendly World!



Check out our web site:

www.CarolinaSpiritQuest.org



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Spring Quest 2006

Join us:

April 21-23, 2006

**William B. Umstead State Park
Camp Lapihio, Raleigh, NC**

Spring Quest 2006

Awakening our Dreams, Igniting our Reality

11th Annual Spring Event

We hope you will join us for a weekend event full of community, friends and spirit!

- Learning Circles
- Outdoor Rituals
- Vendors
- Drumming / Fire Circles
- Children's Programs
- Scholarships Available!
- Great Food
- Community
- Family Friendly
- Cabin Camping
- Magickal Auction

Registration now open online: www.carolinaspiritquest.org