

The Runestone: Voice of the Asatru Folk Assembly



Your input is needed to make *The Runestone* a publication filled with events, photos and news. Please feel free to submit any events, news or photos (plain text with attachments) to therunestone@runestone.org.

Donate to the AFA



[Facebook](#)



[Twitter](#)



[Website](#)



[Email](#)

WORDS FROM THE ALSHERJARGOTHI



In the AFA we have always believed that "Life is good" and to be enjoyed. Summer is prime time to realize the "Life is good principle" Around the world, our AFA family are gathering together for camping, hiking, enjoying the wonders of Midgard ...together. Our lives are full of blessings and it is an honor to share in those with each of you.

As we continue to move through the summer I want to make sure to invite you to come join me as we celebrate Freyfaxi in Massachusetts. This will be my first time in Massachusetts and I am very excited to see old friends and meet folks for the first time. The Stoneship Hearth is hosting this event and it promises to be a great time. Also, Fallfest IV is right around the corner. Anyone who can possibly make it to Fallfest ought to jump at the chance, this event has quickly become one of our favorites, our Northern Plains AFA family really set the standard.

A key that I want us focused on is our AFA family coming together, standing together in loyalty. Standing together with purpose. VERY IMPORTANTLY.....standing together in celebration! We are doing great things and we are accomplishing them as a family that stretches around the globe. I cannot say this enough, go out and spend time with AFA members near you, come out to events. Something else to consider, when you travel, reach out to the Folkbuilders and get connected with the AFA folk where you are heard and along the way.

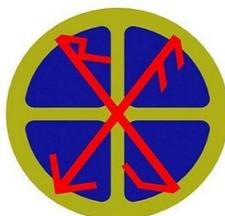
Hail the Gods!
Hail the Folk!
Hail the AFA!



Matthew D. Flavel
Alsherjargothi
mattflavel@runestone.org

KINDRED SPOTLIGHT

In this months Kindred Spotlight the Asatru Folk Assembly would like to honor all three of the Swedish Kindreds-



Gautr Kindred



Hroptatyr Kindred



Rigsved Kindred

These folks have been getting together and hosting events for a few years now. Honoring our Gods and Ancestors in our Native Ancestral lands. This is one of our biggest and busiest regions in all of Midgard. And recently they hosted the first National AFA event in Sweden on Memorial Weekend. Thank you for everything you do and for being there for our folk and providing a place, a home, for them.

Hail the Kindreds of Sweden!

Hail the Asatru Folk Assembly!!!



Jason Gallagher
AFA Kindred Coordinator
kindred@runestone.org

Óðinshof

Kudos to the AFA for the flawless way we distribute food to needy families in rural Yuba County! For a year now, we've stepped up where no other church would to take care of this needy community. Good news - the AFA has met all the standards for food

food in each month and handles all the coordination required for an operation like this.



For July, the VB set up a line of tables along the outside wall, in the shade. The registration system was different from the usual one, but all went smoothly and people moved through the line in record time. Many AFA men, young and old, were there to help carry bags of groceries to cars. We'll be doing this on the second Saturday of each month; distribution starts at 11:00 but helpers arrive 10:00. So come join us next month for this heartwarming and fulfilling experience!

Alsherjargothi Matt Flavel was there to raise a horn to Tyr in our ritual circle after the food distribution, leading us in tribute to our god of sacrifice. The horn was passed, and all had a chance to hail Tyr. Óðinshof is truly our holy site, and we feel its power every time we gather for ritual.

By mid-afternoon, we had found our way to a nearby lake which was crowded with families enjoying the perfect weather. We squeezed onto a picturesque point and set up chairs. Though the water was murky due to the native red soil, the temperature was perfect! Even the adults frolicked like kids in the water.



When we returned to the hof, Jessica was busily seasoning large cuts of beef and lots of chicken for the the barbecue. Feasting was followed by a languid evening under the moon and stars. Before departing, Stephen McNallen led us all in a sumbel, explaining the symbolism of the horn and the powerful essence of the sumbel itself.

It was great to end this day on a high, spiritual note.

Sheila McNallen



Day of Remembrance for King Radbod of Frisia

Radbod was king of Frisia from 680 to 719 CE. Most of us in Asatru are well aware of his story. He is famous for saying that he would rather burn in hell for eternity with his ancestors than go to heaven with his enemies. This is a stance that many of us in the reawakening feel a connection with, and earns him our admiration. He drew a line in the sand and took a stand for his folk and his faith. While such displays of heroism are excellent examples of courage to guide us in our quest to reconnect to our ancestral heritage in the face of adversity, I would like to examine Radbod's deeds from another angle, that of intellect.

In much of the academic and Christian world, our Asatru ancestors are often depicted as savage barbarians. They are painted as mindless primitives who love little more than plunder and violence. However, a more thorough examination of historical figures such as Radbod reveals the possession of sound faculties such as perception, logic and reason.

At this period in history Christianity was not so much concerned with the salvation of men's souls as it was keeping the minds of the conquered in a state of submission. Early medieval Christianity was a secular political tool that masqueraded as a religion. With the uneducated, it dominated through their fear of the unknown. With the more enlightened, it seduced with greed and political ambition. Radbod was obviously the latter, and not the former.

Radbod was well aware that the attempts to convert him had nothing to do with his personal salvation, or the salvation of his people. The religion of his heritage had served his people quite well since time immemorial. The only motive to convert him had to be the acquisition of his loyalty to a power structure hiding behind a mask

Aside from courage in the face of adversity, I believe that Radbod can also teach us to recognize our adversaries for what they are. Most who would manipulate us present themselves as something other than what they are. They hide behind masks of righteousness, compassion, prosperity, and power. But in the end, it is the price they ask that reveals their true nature.

For Radbod, the price the Christianity asked was the soul of his people in exchange for a seat at the table of the new world power structure. Seeing Christianity for what it was, he refused to give up the soul of his people. In addition to being courageous and a man of intellect, this also makes him a man of honest integrity, unwilling to barter his people for personal ambitions.

Hail Radbod!



James Dover
Gothi Student
jdover@runestone.org

Fallfest IV



On September 6th, 7th, and 8th of this year members from across the country, and the world, will be converging on the Minnesota Northwoods to honour our Gods and Ancestors. Many times I am asked about Fallfest, how it got its start, why Minnesota, etc. So I thought now is the time to answer a few of those questions.

Fallfest grew out of a conversation between Sheila McNallen, Bryan Wilton, and myself at a Winter Nights in the Poconos celebration about 5 or 6 years ago. Bryan and I realized we needed something to tie our regions in the central part of the country together. Some event not on the east or west coast, but here in our regions. Sheila was very receptive to the idea. Fast forward a year or 2.



With Sheila's help we were able to secure a location for Fallfest in Minnesota in 2016. Plans were made, invitations sent, schedules made. The event looked like it would be well attended. Less than a week before our scheduled start the camp cancelled our reservation because of pressure from a leftist phone campaign. The Gods were with us though for within a few short

hours we secured a new venue for our event. The next few days were a flurry of messages and travel changes, in the end we were able to get most of our attendees to the new venue. That first Fallfest was the beginning of something amazing, born out

Fallfest II saw us secure a new venue for our event, in just a few months we had out grown the venue of Fallfest I. At Fallfest II my wife and I were wed by our Alsherjargothi, Matt Flavel.

Fallfest III saw Steve and Sheila McNallen finally able to come to Minnesota and honour the Gods with the Northern Plains folk.



Fallfest IV will be no less spectacular this year. We have great speakers, great rituals, and many of our leadership and Witan will be in attendance. We have Steve and Sheila flying in, we have a Gothi student from Sweden flying in, folk from across the country, something like 30+ children. It looks to be another amazing weekend.

Registration is open now at fallfest2019.eventzilla.net. Hope to see many of you there!



Blaine Qualls, Jr.
AFA Gothar Coordinator, Witan
bqualls@runestone.org

Alaska and Far North

The last weekend of July Folkbuilder Eric Whisman held a weekend camp out and meetup out at Summit Lake Lodge in Moose Pass, conveniently located between the main hubs of membership between the Anchorage/Mat-Su, Kenai Peninsula, and Seward.

Although we experienced some scattered showers and light rain from time to time, it

open fire and staying up until the wee hours of the morning engaged in in-depth conversation.

This weekend was definitely the re-charge many of our members needed after dealing with the city grind, and I look forward to spending many more such weekends with our members.



Eric Whisman
AFA Folkbuilder
ewhisman@runestone.org

Central Corridor



The summer arrived late here in the Ozarks and we have been perhaps more grateful for the long days of sunshine, warm weather and the ripe strawberries and other fruits of the summer harvest. Midsummer was spent here with good folk, good food, happy spirits, music and much laughter!

Thank you to those who drove a few hours to make the time to celebrate together, Ryan McCormick and his wife Brook, it was there first time to an event, John and Heather Oliverez and Randy Wilson and his Daughter Randie.

We are looking forward to our Freyfaxi celebration coming up the weekend of August 17th which will be a weekend long event and will feature Bryan Wilton. Freyfaxi will be a weekend of ritual, classes and celebration! Please mark your calendars and check the event page for Freyfaxi in the AFA Central Corridor Facebook group for updated

From all of us here in the heart of the country, a blessed and beautiful summer to you all! May the sun keep you warm and the long days be spent in slow conversation and quick laughter! And we hope you are looking forward to the reaping of the harvest as we are here!



Melisa Mills
Apprentice Folkbuilder
mmills@runestone.org



Central and South America

We have a new, very active group composed of members from Brazil and Uruguay. Our newest AFA kindred, the **Austral Folk Asatru Kindred** is based in Sao Paulo, Brazil. You'll be seeing many of them posting regularly on Facebook, always with great love and respect for the AFA. Their connection with their European ancestors is no less than our own. They are articulate, well-read and share a deep understanding of our folkish principles, which they deal with on a day-to-day basis in their home country.

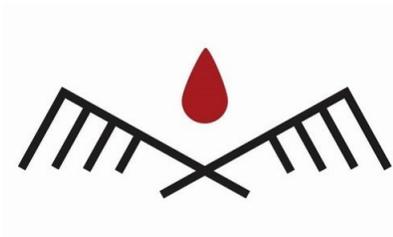
The melting pot of Brazil has its challenges, and these folks are clearly ready to defend our principles in a society run by universalists. Already known for their strength of character, it's an honor to welcome these AFA members home.

Sheila McNallen



Deep South

This month, Ravensblood Kindred and a couple other Georgia AFA members held a blöt to the All-Father at Red Top Mountain State Park! We hiked out to the Iron Hill Trail, and then walked along the coastline of Lake Allatoona looking for a mountain or peak to perform the ritual on.



Since we were unsuccessful in finding a decent peak, we traveled off the trail and further into the forest. We came across three rocks, about 7 feet tall each, and clambered onto them. We sent Karen off to bless the mead for the horn, while the men gathered our thoughts and set up the ritual area a little. When Karen returned, the five of us climbed back onto the three rocks. Mike and his son were on the eastern-facing rock, Karen and Dalton on the western-facing rock, and myself on the northern-facing rock to perform the blöt. While it was not a conventional Wotan on the Peaks, it was a powerful and interesting one.

Those of you in the area, keep an eye out for our Freyfaxi event in late August!

Hail the AFA!

Trent East



Four Corners



Last Day of July the Rocky Mountain Folk Kindred of Utah hosted an open cookout hosted by the Birdzell family as a first event as an official AFA Kindred. We had families come together with children of all ages. Many good conversations and great frith had. We had the idea of making many future plans, meetups, and events but ended the night without anything

solid.

What we did gain was good memories, full bellies, and strengthen friendships. We will count that as a win. This will be something that will become more frequent and scheduled as we take time to build our folk. As always, we honored the Gods and Goddesses, our Ancestors, and of course the AFA! To many more memories made!



Hail!

Jason Plourde
AFA Folkbuilder
jplourde@runestone.org

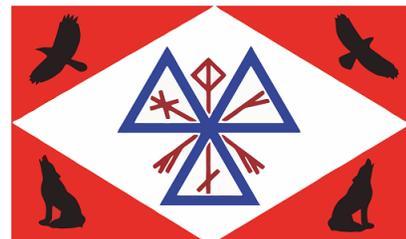


Midwest

Greetings from Indiana,

As always we are as active as can be. A flood in the area put a damper on some things last month but we made sure it was all made up. With Heimdalls Midgard Kindred and how active we are, missing a meeting leaves a big gap since we are so close to each other. Floods did not stop us from continuing our study group sessions though. We keep going and going no matter what happens!

Outside of that we had a camping trip that made up for the gap in between things and what a fabulous time we had. My daughter was there and it was defiantly the best camping trip that she has had. There was a bear on the loose, that we did not see, though we were warned about it. She wanted to see the bear, ha-ha! We had plenty of outdoors activities though. Hiking, animal tracks and wildlife, cooking over fire, tents, acoustic music, storytelling, etc!



We had a few new people join us in our meeting this month. That's always fun! We covered genealogy which is something we feel is integral to Asatru! Being Folkish we must be able to connect ourselves to Old Europe and thus what we are creating here with our Folk in the AFA. We also discussed death and the ancestors. This would usually come up around Winter Nights but a death in the family of a kindred member changes all of that! What is a kindred if they cannot be there for their Folk during a time of great loss?!?

One thing I would like to add to this, in my kindred member's honor, is that he was "thankful to have our kindred before the death happened!" This confirms, once again,

our own and especially the extended family that we have built with our kindred. Even though it doesn't feel like extended family at all! It's just family!

On another note, I'd like to add that the Midwest will be holding their 3rd Regional event this year in the fall. September 13-15. For more info please reach out to myself or Jessica Lambert. We would love to have as many in the Midwest and surrounding areas join us in this great time. We will be having a Handfasting and many great presentations from us in the Midwest! If you would like to know more about this event please let myself or Jessica Lambert know. We would be glad to fill you in!

It has been a great year for the Midwest! Perhaps the best that any of us have had or could have expected! I know that it has been for me. I have met and talked to so many great people. Forging this Folkbuilding unit with Jessica and Josh Wilson has been fantastic! We are such an excellent team! We have so many great plans for the Midwest and they are coming together! The things we have set out to do have happened and will continue to happen! I'm sure that they would agree that this is just the beginning! Much more to come!



I would also like to extend my thanks to AFA for being there to help bring such a great group of people together. Not just here but all over the United States and the World for that matter. I know that without it I would not have met the Lady I love so dearly. I have been seeing lots of prosperous relationships happen in the AFA over the last few years and it's awesome! Mine is just one of many! We must remember that we are all doing live changing things and for the better, not worse! Until next time...

Hail the Aesir and Vanir!

Hail the Ancestors!

Hail the Kindreds of the AFA!

Hail the Doers within our Folk!

Hail the Asatru Folk Assembly!

Zach Cato

Apprentice Folkbuilder

zcato@runestone.org



Northeast

July has been all about planning for upcoming events in the Northeast!

AFA Northeast Freyfaxi Blót will be held in western Massachusetts and hosted by the Stoneship Hearth. This is a Faith, Folk, and Family oriented event. Bring swim wear and a music instrument you like to play. We're going to make Yngvi-Freyr hear us! Bring a potluck dish or snacks. Registration is currently open at <https://northeastfreyfaxiblot.eventzilla.net/>.



Lansdale Tru Folk events in Pennsylvania are open to all AFA members, except where otherwise noted. For information check out the [Lansdale Tru Folk](#) Facebook page.



The eighth annual Winter Nights in the Poconos will be held in Milford, Pennsylvania from October 18 - 20! Since 2012, this long running AFA festival has been dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest.

Again, we will gather to worship our Gods, our Goddesses, and our Ancestral Mothers in the crisp air of mountains as winter sets in. We build upon the success of the Asatru Folk Assembly here in the Northeast by making new friends and renewing old friendships. We look forward to seeing members and friends!

Registration opens this weekend at <https://winternights2019.eventbrite.com>. I look forward to seeing you there.

Holy Days celebrated by Lansdale Tru Folk in 2019:

Thorrablot, Saturday Feb 23 (Thor)

Ostara, Sunday March 31 (Ostara)

Sumarsdag, Saturday May 4 (Odin)

Midsummer (private), Friday June 21 (Sunna)

Freyfaxi, Sunday August 11 (Frey)

Harvest, Saturday Sept 21 (Sif)

Winter Nights in the Poconos (AFA), Fri Oct 18 - Sun Oct 20
(Disir)

Feast of the Einherjar, Sunday Nov 10 (Einherjar)

Yule, Saturday Dec 28 (Ancestors)



Please contact Clifford Erickson if you are new interested in any of these events, if you are in the Northeast region looking for other members, or if you will be passing through.

Ves Heill!



Clifford J. Erickson
AFA Folkbuilder, Witan
cerickson@runestone.org

Northern Plains

Summer is flying by fast and Fallfest 4 will be here before we know it. September 6-8th in Northern Minnesota. If you are interested in attending please let me know. Gythia student Anna Funk hosted her second annual Wotan on the water/world Odin Prayer



things are happening and more on the horizon.

Group Schedule

- 8/10 Monthly Grill and Greet 2- 5 pm
at Fort Snelling State Park, St.Paul, MN
- 8/18 Monthly Crafting Fundraiser



- Day 12 - 3 pm in Bloomington, MN
- 8/24 Third Annual Freyfaxi 1 - 4 pm in Bloomington, MN
- 9/6 - 9/8 Fallfest Northwoods, MN
- 9/21 Monthly Meet and Greet 2 - 5 pm in Redwing, MN
- 9/28 Field Trip to Kensington Runestone 9 am - 5 pm in Alexandria, MN
- 10/12 4th Annual Idunna/Winternights 12pm - 3pm in Bloomington, MN

Hail our Noble Folk!
Hail the Asatru Folk Assembly!!!



Jason Gallagher
AFA Folkbuilder
jgallagher@runestone.org

Northwest

Hail from the pacific NW! We are proud to announce and welcome our newest AFA kindred located in the Coeur d' Alena area. The Cascadia Althing!



July was a great month, and August is only going to be better. I can feel a movement in the folk soul, it is churning and every day grows more and more powerful! Odin the Allfather calls our lost folk every day. I see it happening, it is incredible and amazing!

There are several events happening around the NW this month. If you would like to sponsor an event in your area let me know and I will help you set it up.

- Aug 9 Day of Remembrance for King Radbod of Frisia, Seattle Wa.
- Aug 9-11 AFA campout, Salem Oregon
- Aug 10 Kindred meeting, CDA
- Aug 24 Kindred Rune study, Vancouver B.C.
- Aug 31 Kindred Hike, CDA.



Hail the Gods!
Hail the Folk!



Joe Rozanek
AFA Folkbuilder
Jrozanek@runestone.org

Scandinavia

The 4th of July we were four members of Hroptatyr kindred who headed out into Gothenburg's southern archipelago to hold a Njord blot. Our goal was the island of Vinga, but due to hard winds and heavy sea we had to make alterations in our plan. To arrive seasick at Vinga felt like a less than glorious start.



Instead we chose a protected bay at the small island of Rävholmen. There we found a fireplace and a natural (or perhaps not?) stone circle, overlooking the bay of Brännholmsviken which is mentioned in the Eddas.

We held a blot to the glory of Njord and the ocean. Oaths were sworn on the oath ring. The ancestors were truly with us given the fact that Rävholmen holds several historical sites dating back ranging from hundreds of years and thousands of years. The Islands of the archipelago have been inhabited for a long time. After the blot we gathered around the fire for a sumbel and discussed the runes we drew at the end of the blot.

In other words, things did not go as planned but all of us took part in changing our plans, adapt to the situation and hold a successful blot with much piety and dedication.



You speak to us in the shriek of the seagull and the crashing of the waves.

You are there in the call of the seafarer and the stillness of the sun setting in the ocean. Unseen to us you travel in the unfathomable depths of the oceans and through the veins of your folk.

Njord, hear us as we call out to you as lord of the depths!

Ägir and Ran, husband and wife, we know you too. We ask for safe travel, kind weather and help in the hour of need. If all is lost and our time has come we ask you to guide us to the life after this and let us into your hall.

Hail Njord, hail your kingdom!

Hail Ägir and Ran - allies at sea!

Hail life-giving ocean from which we have come!

Hail the AFA!



Johan Källfelt
Hroptatyr Kindred, Gothenburg

South Africa

I'm sitting here thinking what to write this month for the Runestone, looking back to what this month held for us, what we did and on this cold July morning wet and raining outside my office and while I look at the rain hitting against my windows, I realised something. There is so much to be grateful for...

Thor's day 18/7/2019

Luckily this day was not raining, but we have snow on the mountains but it did not



After a long drought there were some glorious scenes in the Western Cape, as the heavy downpours of rain flowed into the province's rivers and waterways. As ever, the wet weather is great news for Cape Town and its water-storing facilities – but the big winner of the day looks to be Berg River Dam.



And this winter we enjoyed some snow time, my friend and her daughter's first attempt at making a snowman.



Christo Le Roux
Apprentice Folkbuilder
cleroux@runestone.org

Upper South

AFA members from all over Virginia gathered in the beautiful blue ridge mountains of Virginia in Shendoah National Park to ascend to the loft heights of Black Rock Mountain and give Blot to the Alfather. Rock scrambling was required, and fears were faced and overcome. The folk were rewarded with panoramic views, a cool mountain





On our way down we were treated with sightings of many interesting bugs, and a deer that foraged very close. Several of the folk were treated to a black bear sighting on the way out and all enjoyed the breathtaking sunset over the blue ridge that capped off a perfect day! Not to be outdone, a few weeks later several folks from northern Virginia gathered to enjoy a day of hiking at Harper's ferry West Virginia!

In the coming weeks look for a tubing event to be announced for Harper's Ferry. And don't forget we will be having an AFA family night at Busch Gardens Williamsburg on August 10th. Meet at the front gate at 5:30 pm; several of us will be there earlier. There are fireworks at 9:30 pm!



Rob Stamm
Apprentice Folkbuilder
rstamm@runestone.org

The Sandhills Kindred held a cookout on July 6th with some of the members of the Southern Shire Kindred. We celebrated Independence Day & Asatru with a great group of Folk. We grilled "Carolina Treet BBQ Burgers" and enjoyed some homemade Peach 🍑 Mead. We studied "Baldur's Dream" and started a batch of "Blackberry Mead." Thanks to those who made this a wonderful event.



Hail those who show up ☸
Hail Ódinn ☸



Paul Hester
AFA Folkbuilder
phester@runestone.org

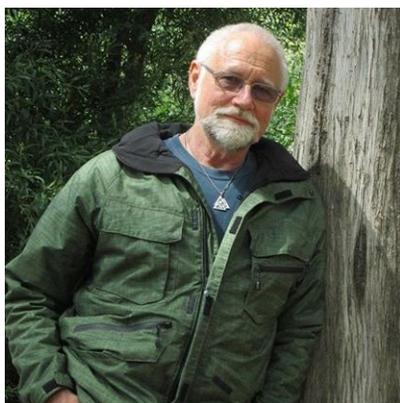
Once you take up Asatru, it permeates all your experience. A walk in nature becomes a study in spirituality.

Recently, Sheila and I walked along the shore of Emerald Bay, high in the Sierras, watching the osprey soar overhead as they circled their nests. Their call echoed through the tall trees. The weather was warm and the trail not short - but the waterfall at the head of the bay was truly something to be experienced. The roar made your whole body vibrate. Mist filled the air and dampened your clothes. It was a place of power, not merely the mechanical energy of falling water dashing against stone, but other energies - more subtle, but no less powerful in their realm.

Laguz is the rune of water. Usually this is understood as a body of water, a lake or pond or even the waters that flow to and from life. Laguz is the salty sea of amniotic fluid that brings us to Midgard, and the dark waters that carries the ship of the dead to the Otheworld. But on this occasion, on the shores of Emerald Bay, laguz was the waterfall, roaring with the power of mighty Gods, wakening those parts of us that may have fallen asleep. Look at the stave of the rune itself; you can see it as the falling water.



Experience nature. Experience the Gods. Do not "think about" them or project your own images and definitions onto them. Let them speak for themselves. Get off the road, get out of your car, get away from the clamor of your fellow man! Feel the world. This is the way of Asatru.



Steve McNallen
AFA Founder
steve@runestone.org

Thorbjorg, “the little witch” or as I prefer to use the Norse word, Spakoa, as that does not carry the Christian baggage of witch.

This was a time of the Conversion and even in remote Greenland the Christian Church had made its presence known, so there were those that held to our Elder Way and those that had come to accept the White Kriest. This is an interesting story of one such encounter.

It was a time of famine, crops had failed In the Fall, the hunters were also not doing well and some hunters did not return home.

One of the more prosperous farmers, Thorkell thought it his duty to call for a Wise Woman to give counsel. So, he used his farmstead as a place to hold a gathering and dinner for guests from other farmsteads. He and others wanted to know if this famine would persist and how fare the next year.

As the custom of one respected. the High Seat in his hall. was set for the Seereeses arrival, men were sent to escort her to Thorkell’s home. On the High Seat was placed pillows filled with hens feathers and decorated. The Seeress was one sister of nine and she was but the last one alive. She was met and treated as an honored guest. She spoke little if any. She was dressed in a dark blue mantle, tied at the neck, it was decorated with stones from top to bottom, around her neck she wore glass pearls and on her head was a black hood made out of lams fur, dressed on the inside with white cat’s fur, in her hand she held a wand with a steel knob at the end and surrounded with stones. She wore a belt with a large pouch attached, in which held magical equipment, (if from what was found on the Oseborg Ship, a burial of two women of renown, that pouch of one woman held cannabis seed, and amulets), the ship burial shows the importance of women that were, Spakona,(wisdom of the wise woman, that speaks).

The meal that Torkell had prepared was of a porrage of goats milk, and the hearts from all kinds of animals of the farm. After the meal, Thorkell asked, “how she liked the house and customs of the farm. She said she could not say until she spent the night.

At dawn she was given her things she had brought with her and asked if the women present knew of the words of the old songs, so that the spell called (Vardlokur, vard=ward, guardian spirit, lokur= to invoke or call), there were no such women that remembered that were present. So, a call was sent for anyone that knew the old songs, and then Gudrid said, ‘I am not versed in magic, or a wise woman but my foster mother, Halldis taught me on Iceland a song that call the spirits. However, I am a Christian and I care not to help.’ Then Thorbjorg said, ‘ maybe you can help the

sang the spell song, so beautify that none thought they had heard it done so well.

Now the Seeress said, "I see many things that before were hidden from me and others. To you Thorkell, this famine will end and not last past this present winter, plague, that has ridden us will pass swiftly, faster than though possible. Gudrid, 'I shall reward you immediately for the hep you have offered. As for your destiny, you will have the best marriage here in Greenland but it will not last to long, for your path is destined for Iceland and from which will be born a clan that is great and good. Over your descendants brighter rays are shinning that I have the power to see clearly. Farewell and be whole daughter.

In the Norse concept the meaning of the word, whole relates to the concept of the body, mind and spirit being well, healthy, as the word holy or Helga Old Norse.

Conclusion; With just this one story about a far flung out post of a European colony at the time of the Conversion shows how Our Ancient Way influenced the worth and dignity of women and the respect shown to people of exceptional ability be it farmer, priest and warrior.



Thorgrun Odden

AFA Gothi

todden@runestone.org

The Victory of Sigurth

Excerpt for my forthcoming book on the Poetic and Prose Edda. Whichever edition you choose to read, there is a more powerful lesson within these ancient tales than the simple etymology. Not only will we find a depth to our spirituality, but also foundations for growth of relationships and that cornerstone of all great societies, justice. I'll get into that later in this book. But first let's look at a small part of the victory of Sigurth and the first half of his meeting with Brunnhyld.

26 July 2019

**44. "There mayst thou behold / the maiden helmed,
Who forth on Vingskornir / rode from the fight;
The victory-bringer / her sleep shall break not,
Thou heroes' son, / so the Norns have set."**

Sigurth is told he may behold this helmed maiden. Suited for war, but sleeping now. When once she rode upon her horse Vingskornir victory was assured. They might as well have told him that she was out of his league. Well that's like waving a red flag in front of bull for the confident man. In this tale we find the masculine counterparts to Cinderella and Sleeping Beauty. What drives a man to risk it all for one woman when he might have any he so chooses. Because she might hold a very special key. One all too many people have given up on. Make them work for it ladies. See what kind of men they can become, see if you can worthy for that kind of effort. Do you see how these ideas build each other up?

Sigurth rode along Fafnir's trail to his lair and found it open. The gate posts were of iron, and the gates; of iron, too, were all the beams in the house, which was dug down into the earth. There Sigurth found a mighty store of gold, and he filled two chests full thereof; he took the fear-helm and a golden mail-coat and the sword Hrotti, and many other precious things, and loaded Grani with them, but the horse would not go forward until Sigurth mounted on his back.

So a new path is opened unto Sigurth. He follows the trail to the domicile of Fafnir and finds a house constructed of iron with a foundation firmly entrenched in the earth. A strong fortification indeed for the time. Another sign of the fear which ruled Fafnir's mind. The same type of fear which Regin had been taught. Fafnir had the Helm of Fear, which we have discussed and Regin had his bluff in too. Remember that at the first of the story we were told that Regin was fierce, wise and skilled in magic. We watched throughout the tale as that imagery he presented fell to pieces. In the end, he is a scared little man hiding in the heather as others do his hard work.

All too often people will do the same thing with that which they value the most. They build a wall around their hearts, a fence around their yard, an education for their mind. You know what else they will do. They will walk down a path which is familiar to them. Fafnir's mindset is all too similar to Regins. Why shouldn't it be? They were raised by the same man. With greed as a mainstay of the teachings during their

but Sigurth displays his position with a golden mail coat and a named sword. His helm is not one of fear, but of arrogance. But the intent is the same. To keep people at arms-length. A man of courage may do so with strength of arms. A cowardly man will build a fortress or hide. All the same, Sigurth has been taught well.

But there is one aspect of the three all-powerful female Jotuns who entered Asgard during its golden age which is not affecting Sigurth's life. Hrosthjoff has not brought her influence to bear. Most of the time when people become infatuated with the love of gold, they become selfish as Regin and Fafnir have. Their minds are bewitched and they begin to think only of themselves. While Sigurth is now enamored of the cursed gold in his possession, he may still rely on teamwork with his horse. Ehwaz, which literally means horse, is ensuring that harmonious process which will allow Sigurth to move forward. Grani will not even move until he mounts.

When the curse of gold breaks the rune of harmonious teamwork. The tale of tragedy becomes all too clear. But first, we must learn the language of heart.

Chapter 7

Sigurth rode up on Hindarfjoll and turned southward toward the land of the Franks. On the mountain he saw a great light, as if fire were burning, and the glow reached up to heaven. And when he came thither, there stood a tower of shields, and above it was a banner. Sigurth went into the shield-tower, and saw that a man lay there sleeping with all his war-weapons. First, he took the helm from his head, and then he saw that it was a woman.

This is an important concept to understand. Though he might see the impressive work of ancient warriors and craftsman, he is unable to differentiate between man and woman until he removes the helm of fear. Everyone appears to be an enemy when we don those implements designed to over protect us from the world.

The mail-coat was as fast as if it had grown to the flesh. Then he cut the mail-coat from the head-opening downward, and out to both the arm-holes. Then he took the mail-coat from her, and she awoke, and sat up and saw Sigurth, and said:

*I. "What bit through the byrnie? / how was broken my sleep?
Who made me free / of the fetters pale?"*

He answered:

*"Sigmund's son, / with Sigurth's sword,
That late with flesh / hath fed the ravens."*

*Sigurth sat beside her and asked her name. She took a horn full of mead and gave him
a memory-draught.*

*2. "Hail, day! / Hail, sons of day!
And night and her daughter now!
Look on us here / with loving eyes,
That waiting we victory win.*

Since she already knows what has happened because of this man, she begins an earnest effort to ensure her future. For most women, it means sharing something they consider to be an essential part of who they are. She calls upon the very spirits of the light of this world. Frey, Baldur, and several others. She also calls upon the opposite of these solar deities when she invokes Night and her daughter to. Her daughter is Jord. The mother of Thor.

But there is a pattern here to be recognized. The first son of the three generational couples in the Rigsthula is presented a wife. The first act they do together is sit on the side of the bed and discuss what comes next. In their case it may range from the mundane to the fanciful. In this case it very much takes the form of a spiritual awakening because of a holy union. A man who has the courage to walk through the fire and create an environment where a woman might be free to express the beauty of who she is. When such a woman is free to express who she is, when her father's disdain has been replaced with the courage of the next man in her life, she literally becomes the well from which knowledge springs. Her wisdom will water the roots of her tree of battle. Throughout every man's life, it is the maiden, the mother, and the crone who do this.

Aside from the reference to the Norns, do you know where else this little scenario takes place. When Odin secures the mead of inspiration from Gunnlod.

*Gunnlod sat me in the golden seat,
Poured me precious mead:
Ill reward she had from me for that,
For her proud and passionate heart,
Her brooding foreboding spirit.*

*bringing to Asgard Odhroerir,
the sacred draught.
Hardly would I have come home alive
From the garth of the grim troll,
Had Gunnlod not helped me, the good woman,
Who wrapped her arms around me*

Each of these beings, the first sons, Sigurth and Odin take the golden seat as it were, opposite a woman. And with a drink of mead inspiration takes place. The fertilization of an idea. The very seed of love itself takes the shape of a spiritual influence in the lives of these couples. For Sigurth and Odin, like many men, the opportunity is brief and leaves a lasting scar upon them. I know scores of men who are still dealing with the loss of their first wife. They gave it their all and it just wasn't enough. Or they were not capable of being loyal, always straying. Be that as it may. There is something holy and spiritual in this meeting of man and woman. Something joyful and worth celebrating. It is a cornerstone of our future. It is high time that we begin treating it with the respect it deserves.



Bryan Wilton
AFA Gothi
bwilton@runestone.org

Freyr's Servants in Growth

Our lore is resplendent with names and kenning of the Gods and Goddesses; but when we get to the "servants" of the Gods, we are largely left with conjecture. Who are these beings and their tasks? What relationship and service did they perform for the Gods? What relationship did they have with our ancestors and their "spiritual life"? How do we regain something lost to time?

relationship with Freyr, the world, and us.

Many of us are familiar with Freyr's wooing of Gerðr, a tale often discussed in Charming of the Plow celebrations. Freyr, who sat on Odin's high seat of Hlidskjalf saw a beautiful woman in Jötunheimr who he fell in love with upon sight. On seeing his unease Njörðr and Skaði send Skírnir, a servant of Freyr, to him to find out what is wrong. Freyr tells Skírnir of his want for the woman and Skírnir with a horse and Freyr's sword rides to Jötunheimr to meet with Gerðr and win her love for his lord, Freyr. Skírnir offers her gifts and upon being refused then offers her curses. After the threat of curses is laid upon Gerðr, she agrees to marry Freyr (heavily paraphrased).

In the wooing of Gerðr, we see the power that Freyr sends to Jötunheimr to win her affections represented in Skírnir. Skírnir in old Norse means "shining one", a cognate of Skírr or "clean/pure/clear". To me, Skírnir very easily represents the directed male power stemming from the sun being, sent by Freyr to work his will in Jötunheimr. The wight Skírnir, for we know not what else to call him, brings with him Freyr's sword (or plow) and the wellhouse of Sunna's power directed at a specific goal/fate. His first attempts at trying to win Gerðr by offering her the promise of Freyr and the gifts he brings are denied by Gerðr. The jötunn is content in her stead and status quo. She is unbidden earth, extremes in all things; both beautiful and ugly. She cannot create other than in the basest of forms. Skírnir brings with him creation, life, and empowering evolution to an otherwise untamed earth. When she refuses his gifts, Skírnir turns to curses. These curses showing her what life will be like if she denies Freyr and his gifts; sun, growth, fertility, evolution. Luckily, after this she agrees to marry with Freyr. Whether you see this as a tale of earth refusal of incoming spring, or a lesson on Freyr and his lore; Skírnir has a powerful role.

Another two servants of Freyr that we know of based only off a few lines in Lokasenna. These wights named Byggvir (barley, seed, seed corn) and Beyla (bean, cow, bee) cognate of proto-Norse Baunila (little bean, little swelling) are mentioned but briefly. There is thought that I share, that they represent agriculture and the fruits of success in the harvest. Beyla being the mound and the spirit of gathering and holding of energy. Byggvir being the seed grown from that mound to maturity for food, both for man and animal, as well as drink (mmm, ale!). If we are to look at them as spirits of the gift of Freyr and Gerðr's union, their role may be just as powerful as Skírnir's in the sense of agriculture and the growth and harvest.

For us in Alaska this year for Freyfaxi, we will be including Byggvir and Beyla in our ritual. Two of our folk will dress and take on the "persona" of Byggvir and Beyla in a

make a better bond between the folk and Freyr and our joyful bounty is shared with him in thanks for his gifts.

May Freyr and his blessing bring joy and life to you and may your Freyfaxi be blessed.

Hail Freyr!

Hail Skírnir!

Hail Byggvir!

Hail Beyla!

Hail the AFA!



Steve Morrell

AFA Gothi

smorrell@runestone.org

Circle of Eir



Photo courtesy of Jane Malseed, Eir's Blessing ritual from July

Eir's Blessings!

Everybody needs a little extra help sometimes. Every body does, too. Women, being the frith-y creatures that we are, are uniquely suited to the task of manipulating energy for the purpose of healing. Magic, you could say. Do you have a health concern and need a little extra energy? Are you battling with a mental illness like depression or PTSD? Is your baby having a hard time with teething?

If you've answered yes at all, reach out to us!

Once a month women of the AFA will get together to preform healing rituals all across the globe. If you would like to be included, please send a message to let us know! You can reach us at EirsBlessings@runestone.org

Our next healing ritual will be on Thursday, August 22, 2019

AFA MILITARY PROGRAM by Kevin Long

Our military program is looking for volunteers, those who wish to help out whether it be for online posts of content, helping your Folkbuilders in your local area better reach out to our military members on base, help out with fundraising, etc.



**ASATRU FOLK ASSEMBLY
MILITARY OUTREACH PROGRAM**

interests you, please send us an email.

Also, I have a few books/pamphlets

left from our successful book drive, if you know anyone in your area needing any material; Soldiers Edda and/or the Pocket Voluspa, send me an email as well!



If you are a current business owner and/or in a position of hiring folks and are looking for any transitioning AFA Military members from service to civilian, also send us an email. I am hoping to build a good network for our military members to ensure they are successful and get whatever help needed after their service to their folk and nation.

Thank you all!



Kevin Long
AFA Military Program Coordinator
klong@runestone.org

Folk Services

For some it may be a natural disaster. For others an unexpected change in health, and for some just an unforeseen chain of events. Whatever the case may be sometimes we find ourselves in a sticky situation, and although we try and to work and do our best to pull ourselves out, sometimes we may need the help of our Folk community to give us a hand up...

That's when our folks Services Program comes in. We give one-time monetary grants



will contribute to this fund. For those that are able, we are in need of funds so we can be prepared for when these situations arise in our community. If you're able please place a donation today. Even a small donation adds up in the grand scheme of things and even \$5 or \$10 can help if enough people pitch in. If even a fraction of the folks who like the page did that each month, imagine the possibilities!

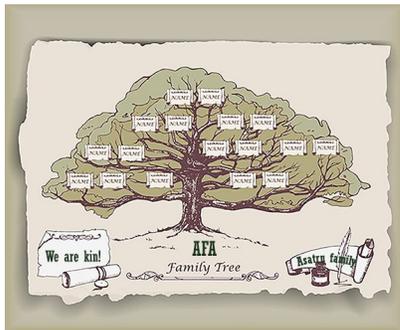
AFA Folk Services is intended to provide modest, one-time monetary grants to AFA members in dire need of basic services. It is also to be a source for referrals and information to help members get help beyond what the AFA can directly provide. For more information, send a private message to the [Folk Services page on Facebook](#).

Your contributions are earnestly solicited and of course are tax-deductible! Please donate to Folk Services or one of our other AFA Fundraisers at <http://www.runestone.org/donate/>.

Thanks in advance!

AFA Genealogy Group

I created the AFA Genealogy Group on Facebook to help our Folk with genealogy and family history research. This is a good place to learn, share tips, and information on genealogy.



Discover if you are related to other AFA members! We use GEDmatch kit numbers to batch process each person to every other person in the database and then post a chart in the group so that you can see if you are connected to other members. Many of us have discovered that other AFA members are also blood family.

Come and join us!

Hail the Ancestors!

Steve Ingle

Genealogist/Family History Researcher

AFA 50 and Over Group

This group is a place where AFA members 50 and over can come to support one another in facing the challenges of aging, caring for family and loved ones and exploring how over shared beliefs can help with it all.



To join the group you must be a member of the AFA in good standing. You must be 50 or older, exceptions are the AFA Witan, AFA Folkbuilders and AFA Gothar/Gythia. There is no commercial activity or soliciting in the group.

Hail the AFA!

Hail the Folk!

Hail the Ancestors!

Hail the Gods & Goddesses!

Terry J. Rumph

AFA and over 50 Group Admin Team

tjrumph@yahoo.com

Baby Blanket Project

The Baby Blanket project is rapidly approaching it's first year mark, and it has been a ROUSING success! The Ladies of the AFA have knitted, crocheted, and sewn beautiful baby blankets for over 20 of our littlest folk, with more on the way. They've been delivered everywhere from Alaska to Florida, California to Sweden!

or volunteer as a baby blanket crafter, let your folk builder know about that as well, too, and he'll get you in touch with the right people. It's so rewarding to see your handicraft being loved by our little heathens!



The **Women of the AFA** are proud to be continuing this fine and noble work we call the Baby Blanket Project! We're committed to ensuring all new babies born within the AFA are gifted a hand made - knit, crocheted, or woven - baby blanket! It's just our

If you would like a blanket for your newborn, or would like to donate to help with yarn cost (yarn is expensive!) please notify Mandy (mandy@runestone.org) with the subject line: BABY BLANKET.

Call for Photography & Art

We are compiling art and photography!

We have a real need for hi-res photographs of our members gathering, being active in their kindreds, and showing what it means to live Asatru. If anyone has an eye for the camera and enjoys taking pictures at these events please submit your work.

The 2020 AFA Calendar will have the Holy Days for 2020 and other events, and feature art and photography from different members. We'd like to have each month feature photography from AFA events that occurred in 2018 and 2019.



If you are willing to donate some hi-res photos for use in promotions such as the AFA Calendar, the AFA website, our publications, and so on, please email them to photos@runestone.org. The larger the resolution the better, so please email them from the device where the photo was taken.

Asatru Folk Assembly Calendar of Holy and Remembrance Days

Date	Observance
January 9	Day of remembrance for Raud the Strong
January 20	Thorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olivir of Egg
March 20	Ostara
April 9	Day of Remembrance for Jarl Haakon

April 30	Remembrance
May 1	May Day
May 9	Day of Remembrance for Else Christensen
June 9	Day of Remembrance for King Athanaric
June 21	Midsummer
July 9	Day of Remembrance for Alexander Rudd Mills
August 9	Day of Remembrance for King Radbod of Frisia
August 18	Freyfaxi
September 9	Day of Remembrance for Herman of the Cherusci
September 23	Winter Finding
October 9	Day of Remembrance for Guido von List
October 20	Winter Nights
November 9	Day of Remembrance for Queen Sigrith of Sweden
November 11	Feast of the Einherjar
December 9	Day of Remembrance for Egil Skallagrimson
December 20-31	Yuletide

Volunteer for the AFA

Want to volunteer for the AFA? [Join us on facebook](#) or contact your Folkbuilder.

AFA Store Member's Discount

AFA members save 5% on any order at checkout. Use promo code **PXLKVV8** at <http://www.runestonegifts.com/>.



Copyright © *2019* Asatru Folk Assembly, All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

