





November was amazing! First, a huge thank you to Folkbuilders Nathan Erlandson and Melisa Mills for putting on a fantastic and profoundly powerful Feast of the Einherjar in Missouri. On top of all the great Einherjar celebrations, the November food distributions were record-setting at ALL 3 of our hofs! For the first time, we were able to give away Thanksgiving turkeys to hungry families at both the Óðinshof and Baldrshof food distributions.

We have exciting momentum carrying us towards Yule and we can feel the joy and fellowship in the air. Yule is, by far, my favorite season and, as some would say, "the most wonderful time of the year". I would like to wish all of our AFA family the very happiest of Yule's this year.

I would also like to address something that has been in my thoughts a lot the past few weeks. The holiday season is full of fond and warm memories, a time of joy and family. For some though, the holidays can be the most challenging time of the year. For people with depression, trauma, or mental illness generally, the holidays can be devastating. If you are struggling, please reach out to one of our Gothar. If you are suffering from mental illness, please do not be ashamed or afraid to seek real professional help and intervention. I would much rather see someone get help before something bad happens than to see their family have to get help after something terrible has occurred.

May we all celebrate this year filled with the love our the Gods and surrounded by friends and family!

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel  
Alsherjargothi, Asatru Folk Assembly  
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## Monthly News

*Linda Marie MacLeod 9/3/1955-11/25/2021*



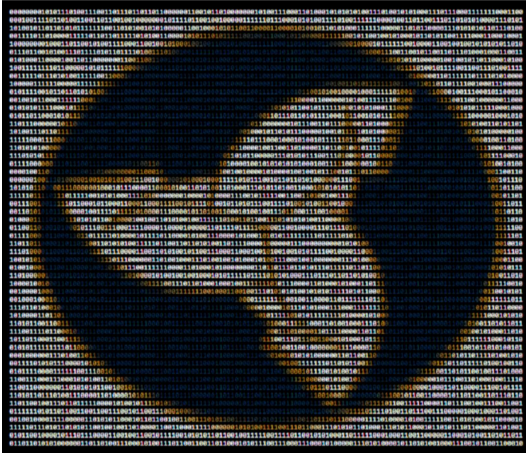


Linda Marie MacLeod, the mother of longtime member and Óðinshof Manager, Marc Macleod, passed onto the Hall of the Ancestors yesterday after a lengthy illness. She will be missed, not only by her immediate family but by the many who knew her.

Linda was a woman of high character and strong will, proud of the Scottish heritage that flowed in her veins and shone through so splendidly in all she did. She loved the solitude of her garden and her books when she was not at the coast or in the mountains, reveling in nature. She treasured the love of her family and returned it generously.

Linda was born on September 3, 1955. Her journey among us ended on November 25, 2021.

# Social Media and Groups Update



NO ADS. NO TRACKING. NO BS. #NOT4SALE



Hail! As you may already know, the Asatru Folk Assembly maintains a public presence on as many social media platforms as possible. Links to these are available on the first page of this newsletter.

The AFA also maintains private groups that are topic and district-oriented and available exclusively to members. Examples of these are the AFA Genealogy group or the Baldrshof District group. Over the years these have been based on different platforms, such as private forums, Facebook groups, and most recently Telegram chat groups.

Many AFA leaders and I have spent a lot of time searching for a replacement for Telegram. We identified the need to replace Telegram not long after we started using it as a replacement for Facebook groups when Facebook purged most of our members and leaders. Telegram is not well-suited to our needs because it doesn't allow for post or comment approval, and it is also difficult to follow unless you are on it all the time. I invested a lot of time and effort into the possibility of again having private forums on private servers, but in the end, private forums proved to be more of a security risk and more work than they are worth. We then checked various social media platforms and found very few social media platforms offered the ease of use and features we needed to make moving over to them a net positive. But we did find one that did everything we needed and more.

I am excited to announce that we will be moving the AFA private groups to [MeWe - The Next-Gen Social Network!](#) MeWe allows separate posts in its groups on specific topics. It will allow our AFA leaders to better moderate the posts to prevent infighting, misunderstanding, and off-topic content.

MeWe also will allow us to have members answer four simple questions so that they are not anonymous to other groups members. These questions are:

- What is your legal name?
- What are your town, state, and country?
- What is your AFA Kindred?
- Would you like to provide contact information? (Please list here)

The conversation about whether folks should use their real name and photo is one that we can all have differing opinions about in good faith. In the private setting of AFA groups, we believe our

members have a right to know with whom they are interacting. We hope that having one's posts and comments associated with one's name will bring greater responsibility and accountability to those participating. Also, because these questions can only be viewed by members of the private and unlisted AFA groups our members will be able to use pseudonyms and avatars to maintain anonymity to the public outside of the AFA groups.

In the upcoming weeks in December, we will post instructions in each AFA Telegram group on how to join the equivalent AFA Group on MeWe. We will also be bringing back some groups that never existed on Telegram but did historically, such as AFA Moots and Meetups and the suspended AFA Men's Group. The content moderation available on MeWe gives us a great opportunity to reboot that group so that our fellas can discuss men's issues responsibly and productively. In January, I will be deleting all the private AFA Telegram groups.

Now is a great time to set up your account on MeWe so that you can jump into the groups as soon as we are sending the invites!

Finally, I want to make clear that the Asatru Folk Assembly will continue to maintain the public AFA channel on Telegram, just as we maintain a Twitter page, VK page, etc. No member is being asked to stop using Telegram, there just won't be any private AFA groups on Telegram after December.

See you on [MeWe](#)!



Witan Clifford Erickson  
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## The Mission to Establish Njordshof

*"The third among the Æsir is he that is called Njördr: he dwells in heaven, in the abode called Nóatún. He rules the course of the wind, and stills sea and fire; on him shall men call for voyages and for hunting. He is so prosperous and abounding in wealth, that he may give them great plenty of lands or of gear; and him shall men invoke for such things."*



[Njörðshof Fundraiser – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/Njorðshof-Fundraiser-Asatru-Folk-Assembly)

We have a great property that we are shooting for. In order to lock that in we need a loan. We have two different loans in the works, we will take the first one to come through and then move on the property acquisition.

This process, unfortunately, moves much slower than I would like. The great news is that we are getting very close and that you all have been, both, enthusiastic and generous!

Together, we will make Njörðshof a reality ..... soon!



Matthew D. Flavel  
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**Day of Remembrance**

*Egil Skallagrimsson*



“Here I am at the hearth  
Of my host, Yngvar  
The Generous, who grants  
Gold to heroic men;  
Free-handed fosterer,  
You'll find no three-year  
Babe among bards  
More brilliant than me. “

So “penned” the three-year-old Egil Skallagrimsson after stealing a horse from this father to attend his grandfather's feast. That small poem was just a precursor for the man who would become known as one of the best poets of the Viking age. Planting an ax on the skull of the boy who cheated him at a game at seven years old, would similarly set the tone for a man who would become known as a fierce warrior prone to berserker rages.

From Egil's Saga, one of the great Icelandic family sagas written in the 13th century by Snorri Sturluson, we learn about a man who was both an unforgiving warrior and a masterful poet. He spent a good half of his life as a very successful Viking Chieftain whose violent tendencies took him through most of Northern Europe. From Norway to Latvia, from Sweden to Saxony, his exploits were prolific.

Egil was known to always strike out in revenge against those who wronged the ones he loved, even going so far as to rip out the throat of a man with his teeth in an honor duel.

For all the man was known for his ferocity, Egil Skallagrimsson was also known for his love of his family. This is seen most clearly in his poetry. Many of his poems were composed as a result of the death of someone he loved. He wrote a poem for his brother, Thorolf, and recited it at his poems. He also wrote a poem named “Sonnatorrek” after the untimely death of both of his sons.



His skills don't end there, however. Egil was considered a skilled runemaster, even going so far as to heal the daughter of a man with the home he was staying, by carving runes into a stick and placing it under her pillow. Truly he seemed to be gifted by the Allfather.

Egil retired to a farm in his middle years and lived to be nearly 90 years old before dying of a sudden and quick-acting illness.

What can we learn from this story?

Egil represents the true duality of human nature.

Egil's Saga is one of war and one of love. We watch the pagan chief battle his way across all of Northern Europe, and we watch him immortalize his love of his friends and families through masterful poems. His loyalty to those who were important to him was tantamount to the man he became.

It can be so easy to get angry and choose to fight. Fight the family that you don't agree with. Fight the strangers (and sometimes not strangers) who offend us. But we cannot live successfully in a world in which our anger overcomes everything else. In many of Egil's stories of battle, he was acting on a need to protect someone that he loved. That love and that loyalty are needed to balance out the negativity of anger.

There is a need to find a balance in all the things we do. Temper the anger with love, the ego with humility, the pettiness with generosity. There is a time and a place for everything. We are imperfect humans. Use the gifts we know we have and work, always, on improving the skills we wish to hone.

To the man who died before he had to know the heartache of conversion, we raise a horn.

Hail Egil Skallagrimsson, A Tru warrior Poet.



Gythia Catie Erickson

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**Remembrance & Holy Days**



[Calendar – Asatru Folk Assembly \(runestone.org\)](http://runestone.org)

2021

<b>Date</b>	<b>Observance</b>
January 9	Day of Remembrance for Raud the Strong
January 23	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 20	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 20	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 17	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 22	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 20	Midsummer

<b>Date</b>	<b>Observance</b>
July 9	Day of Remembrance for Alexander Rud Mills
July 17	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 21	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22	Winter Finding
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 16	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 21-31	Yuletide

## Yuletide



Yuletide is the 12 day period in December in which we hold our biggest celebration. During Yuletide, we celebrate our families and our tribes and the bonds that hold us strong. We celebrate

our Ancestors. We celebrate our Gods and the wild hunt. We celebrate the bright fires of the hearth that keeps us warm and we celebrate the rebirth of the sun. We have made it halfway through the harshest time of the year. The sun begins to stay in the sky a little longer each day moving us closer and closer to the fruitful and warm summer.

We celebrate by gathering together to feast and sing songs. We put up our Yule trees and our wreaths. We bake cookies and give presents. We build strong bonds and traditions that our children remember and pass on. It is a joyous time of the year.

We begin the Yuletide on the 20th of December or Mothersnight. During Mothersnight we celebrate our ancient mothers, the Disir, who kept the hearth flames burning bright. One way to celebrate this is to extinguish all of the lights in the house. Light a candle to represent the hearth flame and if you have children give them pots and pans. Starting at the central part of your home, or the hearth (usually the kitchen and the stove, but can be a literal hearth if you have a fireplace) let the children “chase the ill-wights” or the bad energy from each room by running through the house and banging the pots and pans. As you go through each room light a waiting candle. You are bringing the light of the hearth, of the Goddess Frigga, of the Disir, into each room to bless it. You can say something simple with each candle you light, like, “The Goddess Frigga brings love and light into this room.” Or “The Disir bless this home and all who live within it.”

Yule Ends on December 31st, a time when people can make oaths for themselves for the coming year.

An AFA tradition started by our esteemed founder Steven McNallen, focuses on celebrating 12 Asatru virtues: Industriousness, Justice, Courage, Generosity, Hospitality, Moderation, Community, Individuality, Truth, Steadfastness, Loyalty, and Wisdom. Each night we light a candle in honor of each of these virtues. Steven McNallen has videos for each of these days on his youtube channel and we recommend that everyone take some time to watch them.

## Upcoming National Events

*Ostara at Þórshof*



[http://Ostara at Þórshof – Asatru Folk Assembly \(runestone.org\)](http://Ostara at Þórshof – Asatru Folk Assembly (runestone.org))

Ostara at Þórshof, an Asatru Folk Assembly national event, is scheduled for March 11 – 13 at our very own Þórshof!

There will be fun and games for the children, classes for the adults, and good memories to be made. We have an assortment of different activities for people of all ages in attendance. Classes to be held will cover a wide range of topics.

As always, we will be having an auction of unique and one-of-a-kind Asatru-related items. All auction proceeds go to help fund these amazing events. We ask anyone who would like to donate to this great cause to please donate an item to the auction or bring your cash to bid! Anyone wanting to set up a vendor table at this event please feel free, all we ask is a donation of a substantial item to the auction.

Please contact your favorite Folkbuilder or Gothar if you are interested in attending the events below. The way to get the most out of your membership in the Asatru Folk Assembly is in person with your Folk!



Witan Clifford Erickson

[cerickson@runestone.org](mailto:cerickson@runestone.org)

## Be a Doer



### We need you to volunteer for the AFA!

Yes, you. We have work to do and need folk who are artists, editors, writers, accountants, lawyers, publicists, reputation managers, professionals of all manner, technical support, web developers, system admins, tradesmen, craftswomen, and more. See the list of amazing projects we have below. We will find a way for you to help our Folk.

Please email [volunteer@runestone.org](mailto:volunteer@runestone.org) to help us make a difference in our world.

## Baby Blanket Project

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 handmade — knit, crocheted, or woven — baby blanket! It's just our little way of celebrating each new addition to our folk!

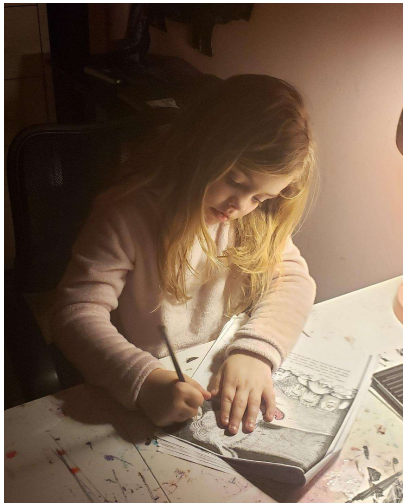
This project has been going strong for nearly a year now, and has been a rousing success! The Ladies of the AFA have knitted, crocheted, and sewn beautiful baby blankets for over 20 of our littlest folk, with more on the way. They've been delivered everywhere from Alaska to Florida, California to Sweden!

If you are a member of the AFA who is expecting a baby, please let your Folkbuilder know so we can get a blanket to you. If you would like to contribute, either financially or by volunteering as a baby blanket crafter, let your Folkbuilder know about that as well, so he can get you in touch with the right people. It's so rewarding to see your handicraft being loved by our little heathens!



Would you like a blanket for your newborn, or to donate and help with yarn costs (yarn is expensive!)? Please email [babyblanket@runestone.org](mailto:babyblanket@runestone.org) today!

## Youth Program



The AFA Youth Program is now halfway through a very successful year! We had high hopes when this program started in January and the kids have surpassed all of our expectations and goals. Our youth have been working on monthly assignments and fun projects centered around Lore, Days of Remembrance, Holidays, AFA Culture, and monthly themes based on the Nine Noble Virtues.

Registration for the Youth Program is open year-round and open to youth ages 6 to 18. Our program is currently e-mail based. Parents receive their assignments through e-mail on the first of each month. The Youth Program is free and open to all of our AFA families!

If you are interested in registering your child for the AFA Youth Program, send an e-mail to [youth@runestone.org](mailto:youth@runestone.org) to get started.

## 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 to those members in need. These folks are so grateful and we know that once they get back on track they 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, please email [folkservices@runestone.org](mailto:folkservices@runestone.org).

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!

## Photo Donations

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



## Eir's Blessings



Everybody needs a little extra help sometimes. Women, being the frithy 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 perform healing rituals all across the globe. If you would like to be included, please send a message to let us know!

At the same time, Women of the AFA! If you are interested in helping to create a frithful, healing magic, let us know! It's easy, but it makes a huge difference to those in our community who need our help!

You can reach us at [EirsBlessings@runestone.org](mailto:EirsBlessings@runestone.org)

## Last Will and Testament

Recently, several members of our AFA family have passed beyond the veil. One was an old man in



ill health, two were young men in the prime of life... all died with no legal will on record. Sadly, in two of these cases, our dead AFA members did not have their wishes respected regarding their funerals nor the final resting places of their remains.



We never know when tragedy will strike. We have a responsibility to our loved ones, we have a responsibility to our own legacies, to plan for our passing, and to make our wishes known. Planning for and contemplating our death is uncomfortable. Hopefully, we all have plenty of time for that down the road, but we can't count on that. Maybe we worry about expenses or hiring a lawyer. We all have excuses to put things off until later, unfortunately, sometimes the clock runs out before "later" happens.

We have found an amazing resource for our U.S. members to make legally binding wills in minutes online for **free**. This site also has resources to make Advanced Medical Directives and Powers of Attorney. It takes only **minutes** at <https://www.doyourownwill.com/>.

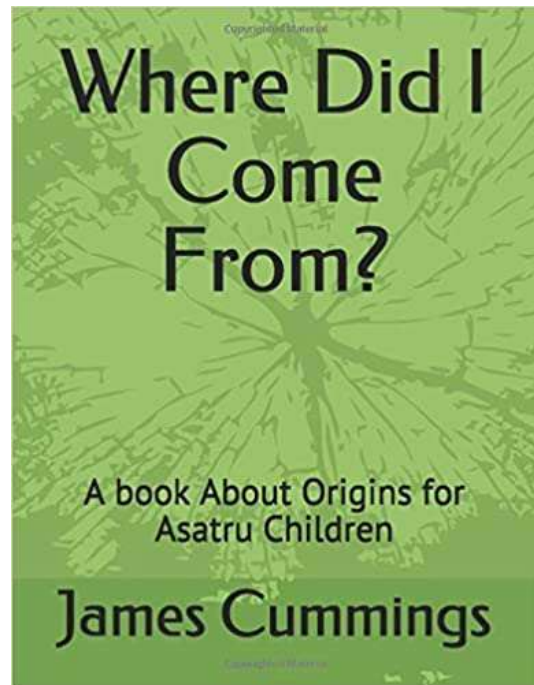
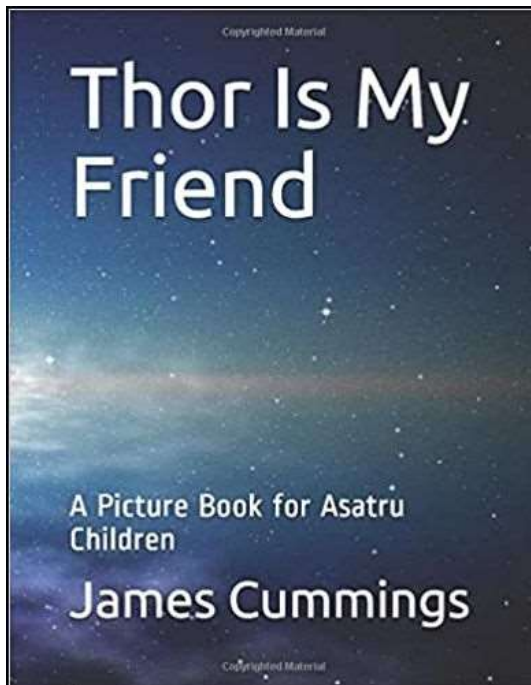
Please make your will **today**.

The AFA would like to collect signed original copies of wills for all our members and store them. We want to ensure that when members of our AFA family die, their wishes are honored. Please send these to:

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317

**The Artisans of the AFA  
Support Our Folk**

*Perfect Yule Gift for our Youth, Written by our Folk*



You can find these books on Amazon for your children.

Where Did I Come From? Is a short, illustrated book intended for younger children of the Asatru faith to read with their parents? The intent of the story presented is to convey concepts related to cosmogony and our relationship with the Gods in a manner that can be understood by children. Notes to parents are included to assist in answering questions kids may have.

Thor is my Friend is a picture book intended for younger children of the Asatru faith. The book is intended to familiarize youngsters with the God Thor. "Notes for Parents" are included with suggestions for parents to answer questions kids may have.

*Tis the Season for a New Horn*

[www.milenaruneart.com](http://www.milenaruneart.com)



Creating art has always been my passion. I feel so lucky to be able to do what I do for a living.

My forte has been painting on canvas up until a few years ago. I was offered the opportunity to create a horn for the AFA for our Swedish kinsmen. That sent me down the path of horn-making.

For the most part, I do commission horns. I love my client's ideas and making them come to life is very rewarding.

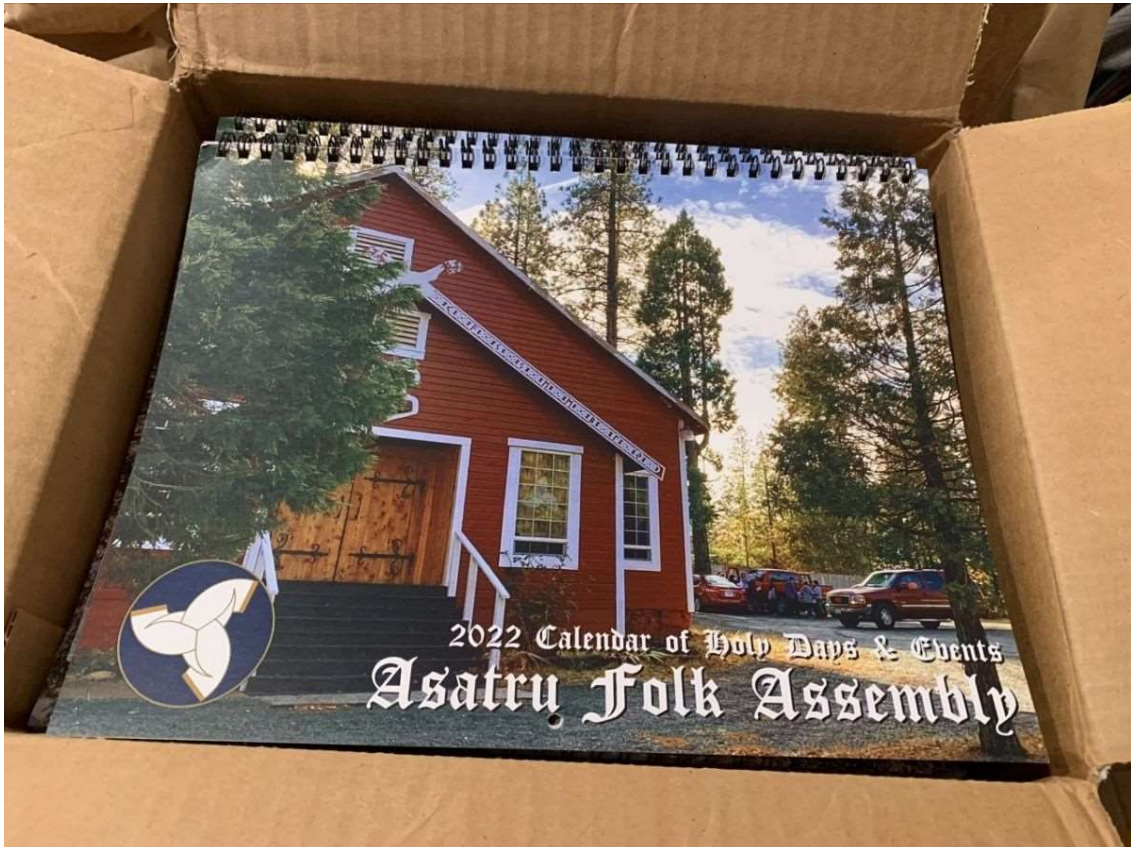
If you would like to order a horn feel free to contact me via email, [midgardmilena@yahoo.com](mailto:midgardmilena@yahoo.com).

If you would like to advertise your business please contact me !!!

Jessica Lambert  
Apprentice Folkbuilder  
[jlambert@runestone.org](mailto:jlambert@runestone.org)



Now Available in the AFA Store



HOT OFF THE PRESS!!

Get your official AFA 2022 calendar for only \$15 !!

You can order yours here from the AFA store.

[OFFICIAL 2022 AFA CALENDER – Asatru Folk Assembly \(runestone.org\)](https://runestone.org)

Óðinshof



## First Hof of the Asatru Folk Assembly

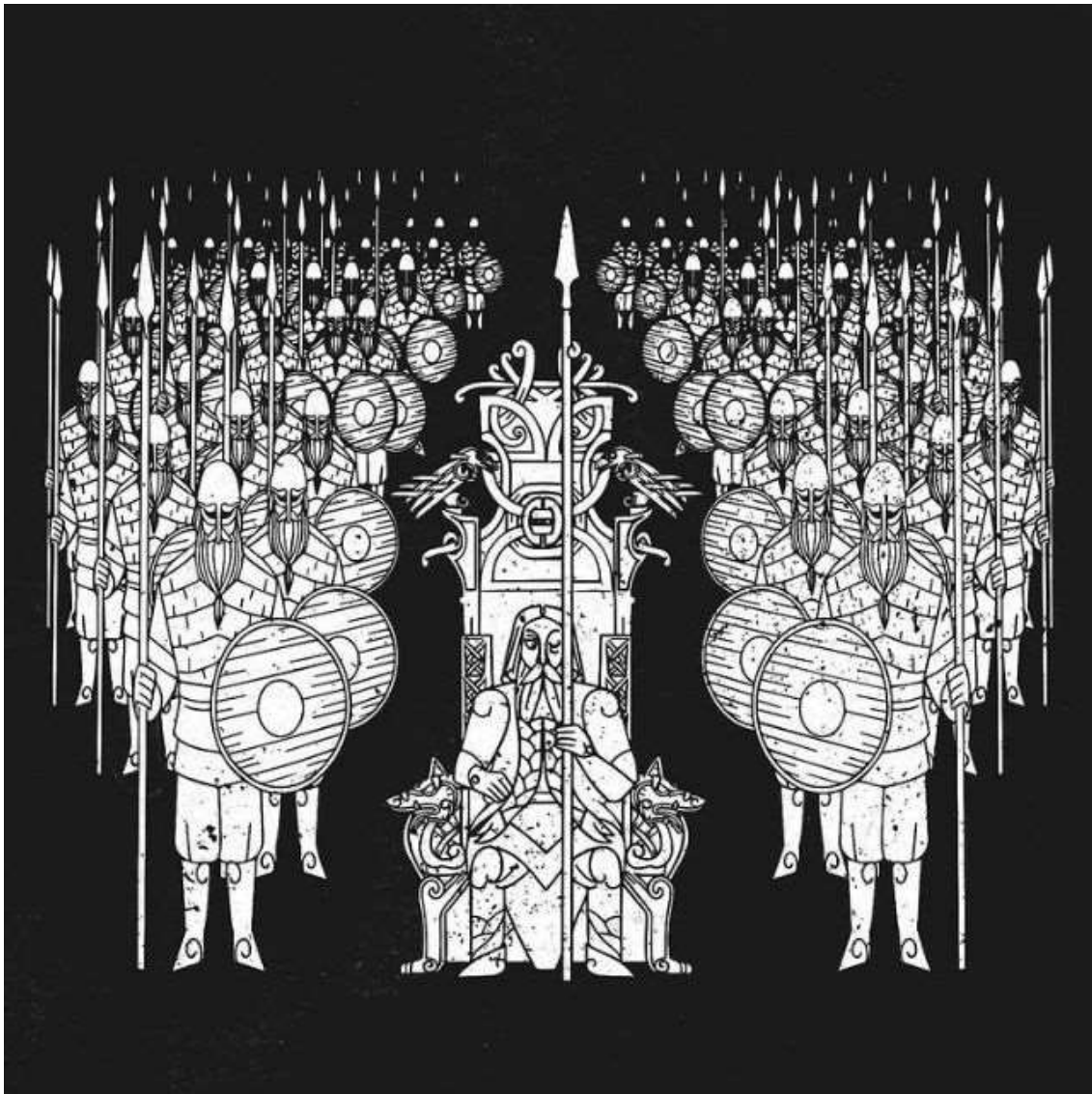
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### Alaska



Michael Conner  
Apprentice Folkbuilder  
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*Alaska Feast of the Einherjar 2021*



The weekend following Veterans Day, Der Volkstamm Auf dem Nordliche Bar and AFA members met at the home of Gothi Steve Morrell to celebrate our annual Feast of the Einherjer. With a high percentage of Veterans making up our tribe and tribal families and riding off the moto-high of Veterans Day and Marine Corps birthday, we celebrated the fallen and remembered them with vigorous intensity.

We took turns at the head of the table under the bearskin telling stories of heroes' past and their noble and mighty deeds for their people.

We held a blot to Odin and Freya and celebrated the Einherjer and Volkvangjer.

The blot to Odin and Freya was led by AFA Gothi and Army Veteran Steven Morrell, and the following dinner feast was pork-themed to honor Sæhrímnir, the boar of Valhalla.



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Gothi Steven Morrell  
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## Arizona



Samuel Ramsey  
Apprentice Folkbuilder  
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## California

### *Welcoming a New Apprentice Folkbuilder*

Please welcome Daniel Odom of California as the AFA's newest Apprentice Folkbuilder for the Óðinshof District. We are very excited to share in Daniel's success in the coming months and years.

Hail Daniel Odom!

Hail the AFA!

Hail Óðinn!

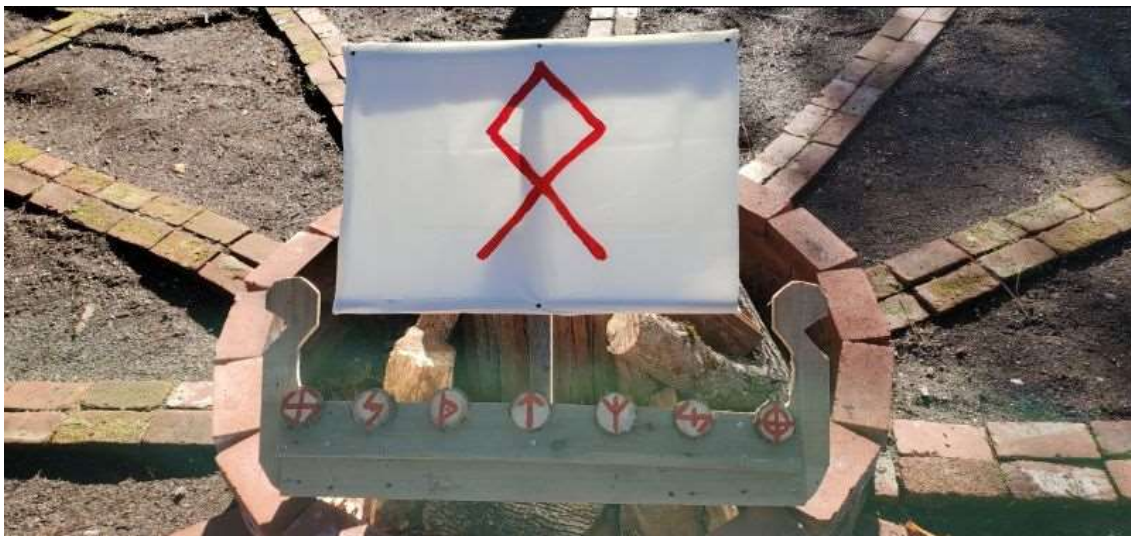


Daniel Odom  
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Connor Norris  
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### *Behind the Scenes at Odinhof*



I arrived solo Friday night. Got to work right away measuring out the bathrooms for the floor and toilet replacement. I measured out the outline of our beautiful new Odin mural for a nice wood trim border.

Next, I set about removing the "gods" tapestries, along with the black curtains used to seclude our food drive items behind our new red drapes and AFA banner. During that process, I discovered



mushrooms growing out of the back wall of the stage. Not good. So, I gathered information about getting that problem resolved. Bulbs were replaced on the track lighting in the kitchen, I upgraded one track to LED. Less heat, more efficient. An inspection was conducted on the interior and exterior wiring for internet service, and I determined it was in working order. It appears, so the company says, that our dish is facing East instead of due North. It is scheduled for alignment.

I studied for my talk on, "The Soul" until about 2:30 am, then sleep came. Dawn, I reclaimed wood that was left on our new property and assembled an offering ship for the Einherjar Blot. It sounds mundane, but all this was completed while "opening up" the Höf. (Turn water mains on, turn the water on and power for outdoor showers, prep blot circle and fire pit, clean gravesites, wrangle trash, etc.etc.)

I would like to recognize some Folk: Ryan Skinner, Clint Durnay, Steve Ingle, Ross Foreman, Justin Mauer, and Zac Gable. You, men, are reliable, industrious, and eternally willing to help Höf operations (non-kitchen, that's not my department) run smoothly. I want you to know that I see your deeds and they should be spoken of. Don't get me wrong there are many, many more I can list.

I LOVE YOU.

HAIL THE DOERS!

HAIL THE FOLK!

HAIL THE AFA!



Victor Podbreger  
Apprentice Folkbuilder  
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*Record Numbers for Odinshof Food Drive*



This month at Odinhof we gave back to the community in lots of ways. Aside from our normal food pantry, which was our largest turnout ever! We also handed out Thanksgiving dinners to our food pantry recipients serving a total of 50 families. We had volunteers from the community helping us make this turkey dinner give away a success, and in return received plenty of warm smiles and words of gratitude from thankful recipients. The community even came together helping those who had no mode of transportation pick up turkey dinners as well, really solidifying the meaning of community and definitely emulating the feeling of holiday cheer. We love giving back to our community here in Brownsville and there is no better thank you than seeing reoccurring smiling faces expressing gratitude. Good Yule and Happy New Year!



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*Hail the Doers!*



I would like to extend a thank you to everyone who helped with the kitchen during my absence at Feast of the Einherjar. Nichole, Ryan, Ashley, Chelsea, Clint, Stephen, Brandon, Angelina, Sheila, and Sierra thank you all so very much for stepping up. If I missed anyone I do apologize.

Folkbuilder Krystal Bailey  
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Gothi Thorgrun Odden  
[todden@runestone.org](mailto:todden@runestone.org)

*Rite for a New Day*



You know those mornings. The issues you were dealing with last night are still with you. Clearly, it's

time for a reset. Whether you're alone or with someone, acknowledge this moment in time and seek correction by "Greeting the Day."

My husband, Steve, and I do this most mornings. We go outdoors and face Sunna. Daybreak is ideal but not necessary. One of us steps forward to lead the prayer, with feet together, back straight, and arms outstretched in the Elhaz (Algiz) position. We take in the moment, the sounds, the light, and air, the living Earth around us.

Then we both intone the following from the beloved passage from "The Lay of Sigrdrifa," adding a few arm gestures to better connect us to the words themselves.

*Hail to the Day! Hail to the Sons of Day!*

*Hail to Night and its Daughter.*

*Gaze on us gently standing here.*

*Give your blessings on our battles.*

*Hail to the Gods! Hail to the Goddesses!*

*Hail to the all-giving Earth!*

*Wisdom and lore as long as we live, grant us*

*And healing hands.*

And with that, we turn to each other and link our hands in a stadhagaldr pose of Gebo and Ehwaz, rededicating ourselves to each other.

You may want to choose a rune or two, or even "pull" a rune to help you direct your energies during the day. The last line "of healing hands" puts me in the healthy mindset of being there for others, should the need arise.

Such small successes during the day are the gems that we wear within us, and which give strength and purpose. Hail the Day!

***Odinshof Food Pantry – Growing to Meet Expanding Needs***



The Food Pantry often sets the tone for our monthly gathering. A reminder to the public we serve, and updates on local social media groups, brought new faces from the larger Brownsville area for November. Our twenty-four recipient families from October morphed into fifty-six this month, serving a whopping 152 individuals! The turnout was so great, we were redistributing the contents of bags to ensure every family got enough food. Our volunteers - Sierra, Angie, and Ryan - kept the bags coming. We weren't done though. We still had Thanksgiving ahead of us. Before people drove off, we asked who would like to pick up a Thanksgiving dinner on the Tuesday before Thanksgiving. We got a great list of grateful people.

When Tuesday morning arrived, we needed additional space to transport turkeys, so Ryan drove his van from Oroville to meet Sheila in Grass Valley - a considerable distance. What a busy morning, loading all the extra food items plus the fifty frozen birds for the trip to the Hof! Too bad those turkeys couldn't fly on their own!

I made phone calls the night before and directed each family to come at a specific time. It worked perfectly. We not only gave out the turkeys, but we also received written compliments from the lovely people who got the food! In all, about 160 persons enjoyed turkey dinner due to us. Some of the comments they shared:

“5 stars. I give thanks to you all. You are all great....”

“We thank you for the food. We do need the help because of the hard times!...”

“I appreciate the work and involvement that this church has done. More than any other church up here. I thank you...”

“The people here at the food giveaway are some of the sweetest people ever. God bless you all!”

We were pleased as well, knowing we had done more good deeds, building Odinshof's and the AFA's hamingja and high repute. Ready now for a busy December!

### *Feast of the Einherjar & our Odinshof Folksgiving*



This month we wove our presentations for Feast of the Einherjar throughout the day's event. We moved the speakers into the hall, too, rather than going with the easy informality out by the picnic tables...the Einherjar, after all, is a pretty serious subject.

With “veterans” as one of our themes, Steve Ingle, our expert genealogist, provided information about getting military records from the Library of Congress, as well as Ancestry.com's “Fold3” branch.

Our private Telegram Genealogy group is there for any member fascinated with family history, DNA research, and finding their cousins within the AFA. Steve is here to help.

[englewolf@netscape.com](mailto:englewolf@netscape.com)

Stephen McNallen did a talk on “What's the Ticket to Valhalla, and Should You Seek it?” with the premise being that dying in battle may be something that just isn't going to happen to everyone. We must accept the direction our life takes us, work within that wyrd to ensure we can continue to rise to higher realms after death. A great discussion ensued with a couple of veterans describing very young and “being in the moment” of battle, and trusting whatever fate held for them.

Folkbuilder Jim Secola shared portions of his life story, his problems with addiction, and how to develop tactics for creating boundaries and being able to “say no.” “Inspiring” is an over-worked word, but Jim's talk was...well, inspiring and encouraging.



Our last presentation, by Folkbuilder Victor Podbreger, was on “The Soul” - not the single-minded view of the Christians, but the complex nature of the Germanic soul with its multiple components. He gave us a succinct look at this important aspect of our being, using historic sources, word origins, and analysis by scholars such as Stephen Flowers.



Alsherjargothi Matt Flavel led us in our nighttime ritual to Odin's Chosen, the Einherjar. Victor had crafted a replica Viking ship with a sail emblazoned with the Othala rune. Gythia McNallen carried the horn of mead for each person to toast a god or hero. Feelings ran deep, as our “Hail” rang out



loudly.

And we had our feast! Thanksgiving for our Folk, with several turkeys and all the side dishes. A feeling of generosity and well-being filled the room as donations were made to the Odinhof Fund, for upkeep and repairs and our monthly gatherings. These are much appreciated, and much needed,


It was a pleasure having so many families with us, quite a change in only one year. Hail the Folk!

### *Upcoming Events*

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**Yuletide Celebration  
at Odinhof**  
**December 18th, 2021**  
**11 AM to 10 PM**

- Grand feast & lunch (potluck)
- Seasonal rituals ~ Blot and Sumbel
- Auction for Odinhof expenses
- Tree-trimming, & Papa Yule visit
- Adults' gift-exchange (optional)
- Motivational speakers
- Kids' holiday crafts
- Music and song

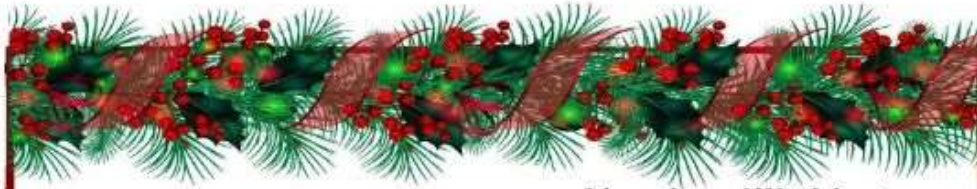


**RSVP's are required. Contact any of our Folkbuilders. For more information: [sheila@runestone.org](mailto:sheila@runestone.org)**  
***Please bring a wrapped & labeled gift (less than \$25 value) for your own child.***

### **Yule at Odinhof ~ December 18th**

This will be a full day, beginning with our Food Pantry. The focus is on our children with tree trimming, storytelling, and a visit from Papa Yule. Parents are asked to bring a wrapped and labeled gift for their own child. The feast will include pot-luck side dishes. We'll have rituals, of course, and great fun for all. Plan to participate in our auction to help fund Odinhof's expenses and repairs.

RSVPs are required! Information: [sheila@runestone.org](mailto:sheila@runestone.org)



Aberdeen Washington  
December 19, 2021

# Glad Yule

## with the Asatru Folk Assembly

Folkish families from far and wide are invited to join us for this first ever, AFA Northwest Yule.

The day will be filled with merriment of all types. Our children will experience the magic of the holidays with crafts, music, and a storytime with Gythia Sheila McNallen.

We'll all experience the power of ritual as we honor our Elder Kin. Adults will enjoy inspirational speakers such as AFA Founder, Stephen McNallen, and revel in the sense of community with old friends and new.

A sumptuous feast will be catered by a local restaurant. We hope all will participate in the auction and raffle of folk-goods to help with our additional costs.

**We are asking for a \$10 donation per adult.**

All children and Hammer-holders under 18 are free.

Hosted by the ASATRU FOLK ASSEMBLY  
[www.runestone.org](http://www.runestone.org)

**Please join us in starting this beautiful season off right with Folk, Family and Frith!**

**We have secured a beautiful venue from 11:30 am to 9:30 pm.**

Dressy attire suggested.

**Please RSVP as soon as possible.**

Open to all Washington, Oregon and Idaho Folkish practitioners who have been vetted by the AFA, PNW Wolfpack, or Asatru NW.



Contact Apprentice Folkbuilder Mason Johnson to RSVP or for further details.

Telegram: @CheruscanStrang  
Email: [MJohnson@runestone.org](mailto:MJohnson@runestone.org)  
Phone#: 661-670-1793

\*please text or leave a message with your name and number if I miss your call.\*

### Yule in the Northwest ~ December 19th Aberdeen, WA

Come join the McNallens, Gothi Joe Rozanek, and Apprentice Folkbuilders Mason Johnson and Tyler Heinlein at a prestigious venue near the Washington coast. This will be a holiday experience at its best! A full day has been planned with several speakers and activities for children. An exciting auction will take place to cover the expenses of this event. RSVPs are required. Contact Mason Johnson. [mjohnson@runestone.org](mailto:mjohnson@runestone.org)



Gythia Sheila McNallen  
[sheila@runestone.org](mailto:sheila@runestone.org)

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## Montana



Folkbuilder Ryan Harlan  
[rharlan@runestone.org](mailto:rharlan@runestone.org)

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*Gobble Wobble Wine Walk*



As always, it is great to gather with my AFA family and we are doing more and more of that in Northern Nevada. In November, we tried to do two get-togethers in one weekend. First, we gathered for the Gobble Wobble Wine Walk in historic downtown Carson City. A fun day of exploring Nevada's capital with family.

*Remembrance dinner for Queen Sigríð*



As always, it is great to gather with my AFA family and we are doing more and more of that in Northern Nevada. In November, we tried to do two get-togethers in one weekend. First, we gathered for the Gobble Wobble Wine Walk in historic downtown Carson City. A fun day of exploring Nevada's capital with family.



Matthew D. Flavel  
Alsherjargothi, Asatru Folk Assembly  
[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

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## Oceania



Tij Rudd  
Apprentice Folkbuilder  
[trudd@runestone.org](mailto:trudd@runestone.org)

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## Oregon

### *Elder Futhark Rune Meditation*



I have found that when you align yourself with your fate and the things you desire begin to manifest, you are going to be busy! Last month I was unable to finish my submission for the series on moving energy in our bodies, thanks to all the positive changes in my life. Industriousness is one of the 9 noble virtues and a very good one, for you must actively work to realize your desires, and I was working my tail off!

In the past 8 months, my life has been completely changed, from my marriage to my career, and all for the best. The things I've written and shared about in the past articles of the Runestone absolutely work and it's unfortunate it has taken me this long to discover them. I would like to say that I have discovered all the secrets contained in the Lore, but each day seems to bring a new revelation. Some

hidden thing that has been locked away in my mind that helps connect the dots and brings me closer to what our ancestors once knew and taught.

Of course, I must put out there that my personal gnosis may be different than what you experience, but the things I share may help stir something inside of you that may help you on the Odinic path. The first four Runes of the Elder Futhark provide a road map to guide us in our personal transition towards enlightenment. Fehu is the rising tide of coiled energy that is dormant in our bodies, Uruz is this power bursting through as would a mighty Aurock. Thurisaz, known to be connected with Jötunns is a link to Mimir's well, and Ansuz is the Rune of Odin and the Odinic consciousness.

In October I wrote about how to begin moving energy in our bodies, and this month I want to write about using the Runes as a pathway to ignite the power located at the base of our spines beginning with the first Rune of the Elder Futhark, Fehu.



Fehu- Old Icelandic rune poem- Money is the strife among kinsmen, and the fire of the flood-tide, and the path of the serpent.

Rune poems may have multiple meanings and this one can be broken down into two parts, we will deal with the second part of this poem today as it is the awakening of the power in our bodies. A “flood tide” is the incoming or rising tide, and the “path of the serpent” is the path that the energy located at the base of our spines takes while rising, this energy is also known as Chi, Prana, or Kundalini. So, the first rune of the Futhark is speaking about raising this energy as the beginning of our awakening.

The goal for this month is to awaken this Fehu energy. My own awakening happened quite on accident through calorie restriction and a series of Yoga poses that I was using as a stretch for ice hockey. I was dieting down to 7% body fat for my own vain reasons and my forehead began to noticeably crawl. At the time I thought it was due to low blood pressure, but looking back I had connected with the Odinic consciousness. The energy from the base of my spine had ascended from the fasting and poses and awakened my third eye, the power of Ansuz located in the center of the forehead.

Now, years later I have developed a series of yoga poses and meditations that I use to move this energy daily. Once again, the purpose of rising this energy is to achieve your own gnosis, and when you begin to use Runes for Magic, you will also energize these areas. Ideally, you should do this in the morning or midday at a set time and create a routine. To supercharge this experience do not eat from the night before, begin to practice intermittent fasting. The longer you wait to eat the easier it is to move energy in your body. Odin lets us know in the Rúnatal Óðins exactly how to access the power of the Runes. He fasted for 9 days and nights without food and water until he neared death and then was shown the Runes. Calorie restriction and controlling your appetite builds your will, you are overriding a required biological function for the attainment of something higher. All different religions and spiritualities utilize fasting to achieve enlightenment, it is nothing new. Do

some research beforehand and I would recommend “The HYGIENIC SYSTEM” By HERBERT M. SHELTON written in 1934. This book is free online and relates all the health benefits of fasting that have been ignored by our modern health system until recently.

A quick note on “Magic”. We have been programmed to think that someone using Magic is some Larper wearing a hood, burning candles, and is goofy and stupid. At the beginning of my awakening, I resisted learning the Runes because of this until I began to ask, “If Christians beg their god for things what did our ancestors do?” You cannot ask Odin for a new car, he is your father and like any good father wants you to learn and grow to do things for yourself, to become independent. I discovered that our ancestors used Magic and the Runes to manifest their desires. There was a 1000-year war against our native spirituality, where our relatives were murdered and burned at the stake for this knowledge. The media has made magic a joke, and that war and the constant attack even nowadays on our native spirituality is done to keep us separate from the truth, the truth of who you really are.

There are 2 separate meditations for this month to be performed daily. You should now have a place that you use for meditation that is quiet and absent from distraction.

We will begin with the visual and Galdr meditation. Draw on a 3x5 card the rune Fehu in the color red as shown and place it in front of you. The shape of Rune Fehu itself has a vibration and power even if you do not know what it means, the same goes with the Galdr. The sound of the rune and its shape combined creates a powerful vibration that will begin to awaken this energy inside of you. Stare at the card and Galdr Fehu. You are singing the word Fehu in a low and slow voice, drawing out the syllables. Use your imagination to reverberate that sound across the universe. You will find that after a while of staring at the card the Rune will begin to glow and move around. Perform this exercise beginning at a minute and increasing to 10. If your voice gets tired, intonate the Galdr in your mind.

When odd thoughts pop up, acknowledge and release them.



The second exercise for the month begins with Yoga poses, these stress the power centers of the body that through the following meditations begin to turn, you will feel them as they are very real.

Place a yoga mat on the floor, you will find that poses on a carpet are more difficult than a solid floor. Download a Tabata timer to your phone that will ring every 90 seconds for you to change positions. Drawing from the skills learned from the October article, concentrate your newfound ability to move energy in your body to the base of your spine and feel it rotating there in a clockwise

manner.

Here are the poses to perform in sequence, these are the Tree and Garland poses:



Cycle through these poses 3 times for a total of 13 and half minutes, you may begin with shorter times and work your way up to the full time. If thoughts pop up in your mind, simply acknowledge and release them, returning your concentration to the spinning energy at the base of the spine. It will not be easy at first to hold the poses but by the end of the month, you will be quite adept.

When you are finished with the poses, assume the meditation position that you have been using in the past month and set a timer for 15 minutes. I use a combination of the Corpse pose and the Vajrasana, make sure to experiment with both. When you assume the Corpse pose close your eyes, utilize a sleep mask and listen to pouring rain in your headset, with or without binaural beats. If you use Binaural beats do not listen to them with music as it is distracting. Now again concentrate your ability to move energy to the base of your spin and begin to circulate it there in a clockwise manner, imagine the color red in that area at the same time. Visualize the Rune Fehu carved with fire in your mind, intonate the Galdr. If thoughts pop up, acknowledge, and release them.



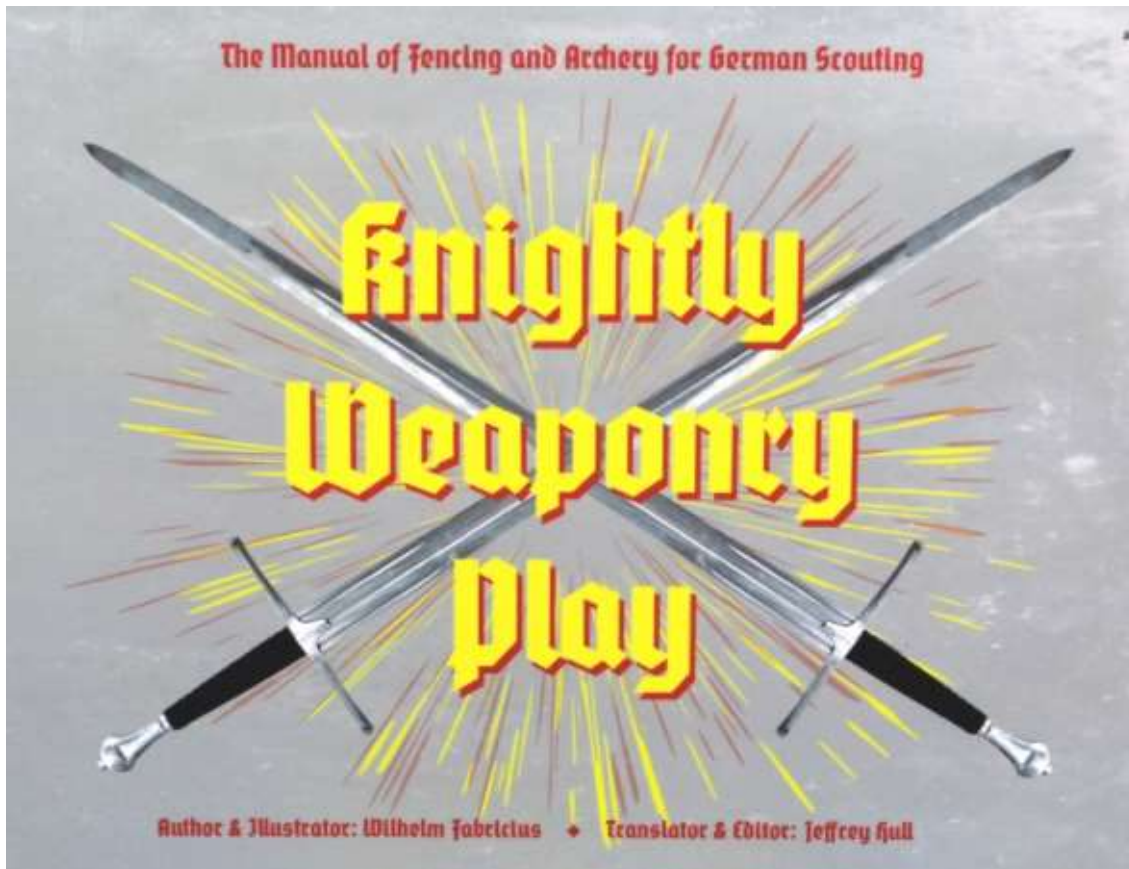
Perform these meditations and you will begin to uncoil the serpent of energy that Fehu represents, it will climb up your spine and awaken your third eye, the location of Ansuz the rune of Odin. Next month we will discuss Uruz and Thurisaz, and possibly Ansuz. However, If you find your forehead crawling you may have already stimulated your Third eye and connected with the Odinic



consciousness! I am always curious to learn of others' experiences on this Odinic path, so send me an email letting me know how you are getting on.



The season of Jule is now upon us and these long winter nights that may seem so dreary can be shortened and turned into a time of celebration, thanks to our ancestral holiday of Jule. The big gathering for the Oregon and Washington area will be on December 19th in Aberdeen Washington.



Jeffery Hull a member in Washington has translated into English for the first time a book called "Knightly Weaponry Play" by Doctor Wihelm Fabricius. This book will make a great gift for

youngsters to learn how to wield swords properly instead of randomly bashing each other with sticks. This is also a great way for them to spend their time instead of on the iPad or in front of the TV, so make sure to order your copy to have it in time for Christmas and support one of our members. Order your copy here

<https://antelopehillpublishing.com/product/knightly-weaponry-play-by-wihelm-fabricius>



If you would like to organize an event in your area, contact me at [Jrozane@runestone.org](mailto:Jrozane@runestone.org) and I will help you set it up.

December 2,9,16,23,30: AFA NW weekly call-in Forum 8:00 PM PST.

December 5th: Odinsfolk kindred gathering, Vancouver WA.

December 19th: Yule Celebration, Aberdeen WA



Gothi Joe Rozanek

[jrozane@runestone.org](mailto:jrozane@runestone.org)

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**Washington**

*The Folk Soul is Alive and Thriving*



This month has been jammed packed with planning and preparing for our next steps towards growth here in WA!

A few of our core kindred members came together and worked through a community-building course leading us to many new plausible ideas to implement along with a rock-solid plan for the coming months.

Though we took this time for planning we were not left stagnate.

Throughout November we maintained our local "Iron club" twice a week sharing in our efforts towards self-improvement and the delicious food made by the woman of our kindred for which we are eternally grateful.



Throughout the month we had two birthdays that called for cake and celebration which we shared as

a kindred.

Tyler Heinlein was kind enough to invite us to his wonderful Freyr's blot in Idaho where we met many new friends and old ones. It has been such a rewarding experience seeing the Idaho state grow into what it is now and I am very excited to see what the coming years bring for this region!

The NordVestri Kindred Here in WA were able to come together in the efforts of building a small hof on our property and are down to the finishing touches making quick work of a large project.

We also celebrated Folksgiving with a potluck full of family favorites.

We have recently experienced an influx of WA applicants and are extremely excited to get these folks involved and active with our local festivities.

Next month we will be having a Yule event on Dec. 19th which all AFA members are invited to and we hope to see you there.

To another powerful month,

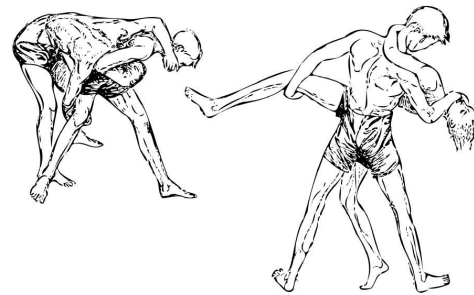
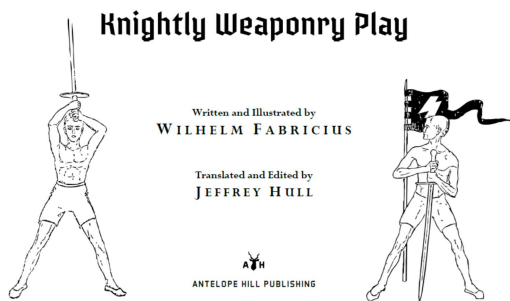
HAIL THE GODS!

HAIL THE ANCESTORS!

HAIL THE AFA!

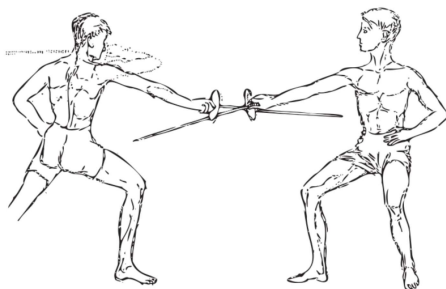
### *Out now - Knightly Weaponry Play*

The Manual of Fencing and Archery for German Scouting



"Headlock" — The adversary has seized you around the neck, and he cannot throw you, so he would try to drag you out of the ring. So then with the one hand between your head and his head, seize him from behind and under his chin, while with the other hand into the knee-hollow—as portrayed here—press him backwards by his head and leave him high by one leg, thus he falls upon his back.

- 39 -



The left fencer strikes a flanking cut. The right fencer is in the second diversion. From here, the fencing arm becomes somewhat withdrawn perpendicular to the counter-cut, and then chest or flank becomes hewn; or one deep belly-cut during the return motion from the diversion, provided this were put far enough forward.

- 51 -



Photograph of the morning call at the Southwestern March Camp (Jamboree) of the Baden Hitler Youth held near Offenburg during July 28th—August 8th, 1935. This is where and when the fencing and archery of Fabricius enjoyed massive play and proof by Scouts.

Antelope Hill is proud to present Herr-Doktor Wihelm Fabricius's Knightly Weaponry Play,

translated into English for the first time ever by AFA fellow Jeffrey Hull (aka Fritz Maes). This unique work is sure to develop martial prowess in a new generation of young men as well as historical curiosity in a wholesome and fun way!

First published under the title Ritterliche Waffenspiele during interwar Germany, Knightly Weaponry Play is a youth-accessible instructional manual for the basic wielding of longswords, single sticks, bow & arrows, and crossbows. Written by a patriotic forester, naturalist, and scouting leader Herr-Doktor Wilhelm Fabricius, this book was intended to inspire activity and strength in young boys participating in environmental-survival fellowships.

Illustrated and described within the book are swordplay techniques that clearly interpret moves of the Kunst des Fechtens – the art of fencing – as illustrated centuries earlier by venerable Fechtmeisters circa 1450-1600. Highly popular when it was originally released, this book was used as a play-and-practice aid by interwar German brotherhoods such as the Adler und Falken, Deutsches Jungvolk, and Pfadfinders.

The high-quality large-format hardcover allows for easily viewable reference wherever you choose to conduct youthful martial arts training. This is a great material for homeschooling parents needing unique physical fitness activities for their children, especially teenage boys. The translator even dedicated this book to his own son.

Knightly Weaponry Play

<https://antelopehillpublishing.com/product/knightly-weaponry-play-by-wihelm-fabricius>

HAIL THE GODS!

HAIL THE ANCESTORS!

HAIL THE AFA!



Mason Johnson

Apprentice Folkbuilder

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Tyler Heinlein

Apprentice Folkbuilder

[theinlein@runestone.org](mailto:theinlein@runestone.org)



**Þórshof**  
Second Hof of the Asatru Folk Assembly

A dark blue rectangular banner with a gold border. On the left side is a shield with a black bear rampant on a red background. To the right of the shield, the text "Þórshof" is written in a white, bold, serif font, and "Second Hof of the Asatru Folk Assembly" is written below it in a smaller, white, sans-serif font.

**Florida**

*Honor the Einherjar*



The Florida folk gathered on the river to share a meal in honor of the Einherjar, Óðinn's chosen, and those who have fallen in service to our Folk. It was a nice day on the St. John's River. Everyone enjoyed a delicious meal in remembrance of our heroes; in remembrance of our obligation to live noble lives worthy of their sacrifice.



After lunch, the American Crow Kindred made a special offering to Njörðr, King of Vanaheim, rich in the temples he rules.



Join us to celebrate Yule in Central Florida, December 18th and 19th.



A whole hog will be roasted  
Blot and sumbel  
Raffle  
Games for the kids  
Tickets are \$35

Ticket sales help us cover the cost of the venue, but no one will be turned away if they cannot afford a ticket. Share in the fellowship of our folk at this Holy time. Experience a true community living Asatru and the nine noble virtues.

Contact [lashby@runestone.org](mailto:lashby@runestone.org) for details.



Folkbuilder Lane Ashby  
[lashby@runestone.org](mailto:lashby@runestone.org)

### *Decorating the Yule Tree*



The Yule Tree is the most prominent symbol of the many celebrations appropriated by the Christians from our Heathen ancestors. Once I discovered the origin of this ancient tradition I began collecting

décor that more appropriately represents our own faith.

To begin with, I recognize that Yggdrasil is actually an ash tree (or, perhaps, THE Ash Tree), and not a fir or a pine as are the Yule trees that we place in our homes. Nonetheless, the Yule tree, to me, is a representation or at least a reminder of Yggdrasil, and I have chosen many ornaments in keeping with that feeling.

At the top of my tree, I have a Sun ornament. This was hard to find as a tree-topper, as most Americans top their trees with either a star or a snowflake (a star is fine too really, as a representation of the Pole Star...). Near the top of the tree, I hang my Eagle, and just above that a Hawk. I have four Stags that I hang around the tree, as well as a goat. Somewhere on the trunk, I hang my Squirrel, and at the base, I set a Dragon. Still looking for water-bearing ladies though.....

Once those elements are displayed I hang the rest of my decorations, many that commemorate my ancestors but mostly just beautiful reminders of my children and our lives together. Of course, any traditional or more modern decorations are absolutely fine, and I also hang strings of lights and other more modern displays on the tree as well. Yule is an important time to revitalize and re-integrate our own original meanings into a beautiful, warming display that honors our Gods and ancestors.



Lawspeaker Allen Turnage  
[turnage@runestone.org](mailto:turnage@runestone.org)

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## Georgia

*Ond- Breath of Life*



At the dawn of the cosmos, after Ymir's remains had been fashioned into the world as our Ancestors knew it, Odin and his brothers happened upon two pieces of driftwood. These two pieces of driftwood became Askr(Ash) and Embla(Elm), the first man and woman of our Folk. The three Gods, Odin and Vili and Vé, each gifted these pieces of driftwood something integral, in order to give them life.

Vé gifted them La, which means goodly color and a healthy hue. This gave them their bodies.

Vili gifted them Othr, which granted them consciousness. This gave them their minds.

Odin gifted them Ond, which is the Breath of Life. This gave them their very souls, this gave them life!

With the three gifts of Ond, Othr, and La, Ash and Elm were given Body, Mind, and Soul. We will be touching on the Ond here, the soul... Ansuz!

As mentioned above, Ond is the Breath of Life. When we breathe or speak, or galdr, we are exercising that Ond, we are deliberately putting our soul into what we are doing. This is why it is so important in many endeavors to control your breathing because you are USING your Ond to accomplish something. Ond is not only breath, it is also communication, it is speech itself.

When we galdr, we do it with our souls. When we tell our Folk good morning, we do it with our souls. When we hail our Holy Powers, we do it with our very souls!

Every word spoken, every deed enacted, everything we do is done with that Breath of Life given to us by the All-Father himself! We should endeavor to always speak and act with purpose, as we do so with Ond, with soul! Don't waste this precious gift from the Prince of Asgard.



Gothi Trent East  
[teast@runestone.org](mailto:teast@runestone.org)

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**Indiana**



This month we began (as we try to begin all months) with a blot. For November 6th we chose to stay overnight in a State Park. Unfortunately, due to scheduling conflicts, only two of us could make it to this event. Fortunately, we realized that the silver lining of a small group means that it's easy to make irrational decisions. Therefore after arriving we decided to change our plan from standard (easy) camping to primitive camping by hiking our firewood, belongings, etc. a few miles up a ridge to spend a cold night hammock camping forgoing the luxury of tents, bathrooms, etc. The temperatures dipped below freezing that night, but that's of little concern when you drink fire.

Inexplicably we had more people show up to chop and split firewood than camp on November 13th. I suspect most people find comfort in the ability to drown me out with the sound of splitting wood rather than the quiet of the forest. Even though this was an informal utilitarian "moot" we opted to consecrate the event by sacrificing my back windshield with a stray log being thrown into the back of the truck.

Humans: 1 Trees: 1 - rematch in 2022



November retains its popularity because of the tradition of gathering with family and friends to share food and the company of one another. On November 20th I had the good fortune of being invited to a "Friendsgiving" being held by Folk in the Cincinnati area. We held it outdoors and I didn't have the opportunity to take any pictures, but the food was excellent and the fellowship was even better. We are fortunate to have such close ties with our Ohio brethren and even more fortunate that they are of such a high caliber of human.



Desperate to prove that I am willing to go to any lengths for a free meal I had the good fortune of meeting again with a number of our Folk and a troop of interested quality individuals in Southern Michigan for a Friendsgiving redux on November 25th. We spent a traditional night sharing food and stories, discussing theology, politics, and playing cards, all while enjoying the first true snowfall of the season. Unfortunately, due to the political affiliations of the majority in attendance pictures were not feasible. However, my discussions with the turkey found him to be apolitical and willing to be photographed in his natural habitat. I look forward to seeing our Michigan friends more regularly.

On a further note: I would like to take this opportunity to introduce the most important event of November to our Central Indiana family. The healthy birth of Robin Connor Tiberius, 5th child of an exceptional AFA mother. Born November 17, 2021, 7lbs 3 oz. I gather that his hobbies include: being awake, not being awake, making sounds and his favorite food is probably lasagna.

Hail Robin Connor Tiberius!

Hail the Mothers!

Hail the Folk!

Hail the AFA!



Johnathan Rock  
Apprentice Folkbuilder  
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*Heimdall's Midgard celebrated our 3rd Feast of the Einherjar*



We discussed Queen Sigrid, the Sagas, war/heroes, and much more. It's truly great getting under the same roof with Folk and sharing frith.

We have Yule coming up the third weekend of December. We have weekly calls where we discuss lore and Asatru-related themes. Until next time...



Folkbuilder Zach Cato

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## Italy



Francesco Morese  
Apprentice Folkbuilder  
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## New England



Members in the New England area met for a seafood and ice cream lunch this month! This made all of us in leadership very proud to see you all take the initiative and make it happen. Expect many more great things in this area in the months and years to come.

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



Folkbuilder Adam Hudak  
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## Ohio

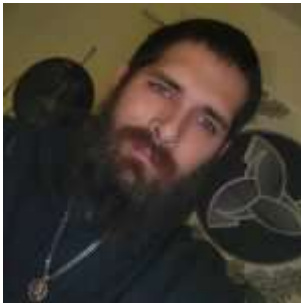
### *Welcoming a New Apprentice Folkbuilder*

Please welcome Christian Williams of Ohio as the AFA's newest Apprentice Folkbuilder for the Þórshof region. Christian will be joining a stellar team in one of the most vibrant states for AFA growth. We are excited to share in Christian's success in the coming years and months.

Hail Christian Williams!

Hail the AFA!

Hail Þórr!



Christian Williams  
Apprentice Folkbuilder  
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### *Museum Moot*



The folk of Ohio graced me with their wonderful company yet again for a delightful moot at our local art museum. Seeing the previous statements of accomplishment and culture by our hands are a great boom to our folk soul in my opinion. Honoring it together is all the better. We toured exhibits ranging from the ancient to not so ancient. From beautiful to high-minded and regal. I hope witnessing such wonders can rekindle what we have lost in today's shallow and expedient world. Perhaps bring back the honor we once garnered on this plane and remind us who we are. Just that happened for me in a way seeing ancient Hungarian artifacts of the pagan variety. I could feel a stirring in my heart and blood and I encourage all those who read this to seek out your forefather's expression. I had the best company to share it with and after taking in the glory of the past and some great conversation we all retired to a very old local Irish pub for a nice meal and further conversation and frith. We all also had the honor of meeting one of the cutest dogs I have seen after dinner. We said our goodbyes and I think we all walked away richer at heart for our shared experience that day. I love my Ohio folk and all of you. I wish you all a wonderful holiday season and an agreeable winter. Until next month take care of yourself your family and your honor.



Joe Drotos  
Apprentice Folkbuilder  
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*A Visit from Krampus*



On November 6th, Under Ash + Oak Kindred, fellow AFA members and friends met at the Christkindlmarkt at the Germania Society in Cincinnati, OH.



The grounds of the Germania Society are perfect for a folkish gathering. The property is lined with trails, a children's play area, a Klubhouse with German beer on tap, and the outdoor Pavilion where we enjoyed our delicious German food. They were serving schnitzel, Ruben sandwiches, sauerkraut, and loaded baked potatoes.



There were several heated tents located on the grounds. One of the tents sold various German wines, including Glühwein, which was also available to indulge during the celebration. Another vendor table had multiple tasty German treats, including cream puffs, cherry strudel, and a raspberry tart. Of course, German pretzels were sold to enjoy with a German Pilsner.



In the next tent, vendors were selling traditional German garb, wooden Christmas ornaments, steins, shaved wood Christmas decorations, cuckoo clocks, nutcrackers, linens, and Schwibbogen a

“pyramid” candle holders with carousels that rotate when the candles are lit. They even had a Santa Claus for the children to make their Christmas wishes and send letters to the North Pole. Outside the children enjoyed a petting zoo and a horse carousel.



As the sunset, we were visited by Krampus. Luckily, we have been good boys and girls, so we did get snatched up by him that night. There was also lantern lighting, while German carols were sung.



Christine Dumas  
Apprentice Folkbuilder  
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*Ohio Christmas Parade*



Saturday, December 4th our Central Ohio Folk gathered in Downtown Nelsonville, Ohio for a Christmas Parade and a good excuse to hang out with each other during this great time of the year. The parade was small and simple and there was plenty of hot cocoa being served. It was short and sweet. We enjoyed each other's Frith and the kids loved the excitement.



Folkbuilder Timothy Dumas  
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*Feast in Ohio*





On Saturday, November 28th we gathered at Folkbuilder Jessica Lambert's house for Ohio's Feast of Einherjar. We had folks drive from all over the state to join us. Everyone contributed to the feast with a dish, and we had an abundance of food. We set a place at the table for the veterans we were honoring. In the evening after dinner, we had a very moving Sumbel. Followed by card games and mead until the late hours of the night.

Folkbuilder Jessica Lambert

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## Ontario (Canada)

### *A Stroll Through the Park*



Three adults and three young children attended a family walk through the park on a beautiful November day. We discussed what brought us to the AFA, our appreciation for the responsible family atmosphere that the AFA promotes in their community and events.

We both believe that Asatru has matured in its spirituality and the AFA in its role as the premiere folkish organization in North America, especially in the last 5-10 years, and are very optimistic of its future in fulfilling the spiritual needs of the folk.

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## Pennsylvania

### *Feast of the Einherjar*



It was a cold blustery November day for our gathering. It was the first gathering held at my new home but it went off without a hitch! We venerated our heroes during a ritual held by Folkbuilder Adam Hudak as the incoming winter winds whipped around us.



My husband held a historical martial arts lesson in the basement where the menfolk sparred as the women got dinner ready to be served. The large table my husband built a few years ago turned out to be a bit small for the occasion; definitely, a good problem to have. New friends, as well as old, turned out. We supped on a feast of pork in homage to our great Einherjar! After enjoying time for fellowship and homemade mead with our meals it was time for Sumble.



We spoke of our heroes over the horn in the candlelit room; for many of us, it was our grandfathers. The energy was truly buzzing! If you close your eyes and envision the epitome of resilience, strength, and honor who do you see? Who is your hero?

Hail the Gods!

Hail the Folk!

Hail the AFA!



Jane Malseed  
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*Armanen Runes and Runic Yoga*



I hope my AFA family has had a great month. Feast of the Einherjar and Thanksgiving are two of my favorite Holy Days/Holidays. Being with family and also thinking about the Heroes of the past that overcame themselves, escaping the eternal return and now sitting in the High One's Hall. For some of us, nothing can be better than that. This brings me to a topic that can help change ourselves drastically.

Years ago, when I first learned of the runes, I was very intrigued. Wotan has for some time now been the God that I follow most and obviously part of becoming more like him the runes would be involved. I remember getting everything I could read and began to find specific practices on them. If I may be honest, it all sounded very silly to me at that time. Galdr and staring at pictures of the runes I thought would do nothing but I stayed the course undeterred. After continuous effort with the runes and other practices after a few months, I started to notice a difference in myself. I no longer struggled with the things that held me back. Things that held me back all my life. The runes had some kind of healing effect on me that until that point nothing could do the same. It is my view that all of our people should be actively involved in using runes in some way. And if you do, I know you'll see similar results.

Moving on and into my wandering years as I like to call it (to find more!) I found other practices that corresponded with my runic ones. One being Kundalini pranayama/yoga. I took on a similar path with the same determination that I had with the runes. I did see some results but at the same time, something didn't quite feel right. I was not fond of eating a vegetarian diet and some of the eastern philosophy just didn't quite mesh with my worldview, but let me make it very clear that I regret none of this time. It radically helped me change how I viewed our Lore, especially the hidden meanings behind The High One's quests.

It has now been exactly 1 year since what I explained in the last paragraph. I put it all down and at that time felt the calling towards the Armanen runes again. They were always there but at a distance if that makes sense. I knew something was different about them but I had to be ready and they came to me when the time was right. I also wanted to in some way incorporate yoga but yoga, that worked for me. Runic Yoga was something I always knew about but once again thought it was silly at first glance. Strangely I felt the same voice inside say "try it" so I did with the same intensity. The

background from understanding the subtle energies around and within helped greatly here and also, the esoteric meanings behind the runes themselves. So again, we find that often we have always been on "the right path" but may have not known it. In an extremely short time of following Siegfried Adolf Kummers work on Runic Yoga and in making it my own over time I noticed that I have taken another leap, another transformation and it continues to this day. I no longer think of them as "out there" or "in me" but instead no difference at all. I am One with them. This also goes for my perception of our Gods and Goddesses. It is a challenging idea to express in words. Perhaps that is as it's supposed to be.

With that, I would like to share some of my thoughts on the IS and KA rune and will continue this month to month. Discussing 2 with one being practiced for 2 weeks before moving on to the next. Continuously adding a rune onto your practice as you progress. I'll also try to attach a copy of Meister Kummers book Holy Rune Might for those that would like to read more. If it can't be, please reach out to me privately and I would be glad to forward it to you. There are many other practices that will help too. I highly recommend them all.

For me, I think of Runic Yoga as an initiation. We are starting our journey to become something else but to go further we need to start with what we'll need for it right? I hope these ideas will help you along your path. Meister Kummer put these runes in order for a reason. Let's discuss the IS rune practice.

Try to clear your thoughts of the day and think positively. Negative thinking is a huge hindrance here. We'll be taking in subtle energies and there are ones that are contrary. The ones you attract are solely up to you.

Stand at military attention, facing north, and begin breathing at 7 seconds in and 7 seconds out. It's important to breathe while filling your stomach each time, not just the lungs. This is for all additional practices as well.

Once you have steady breathing established, pay attention to your head in the pineal gland area and then sing (eoooo) in a high-pitched tone. You'll feel it vibrating in that area. On the next breath do the same thing but with a lower pitch. You'll feel it in the stomach/lower back area. Both of these areas are extremely important to awaken.

Experiment with changing tone. You'll feel the energy going up and down your spine. This will help with future exercises.

Lastly, I like to picture myself standing outside of time and space during this where nothing can affect me, the unmoved mover, with the Gods and I looking out into the cosmos. This is up to you though. Use your creativity and what makes sense to you. Work your way up to 10 mins with this and when done say to yourself some positive affirmations. They can be something like "I am in control of my thoughts, my body, even my dreams. The indestructible Ich controls them all. I fear not, I worry not. As my power grows may I do good things for my brothers and sisters" etc.

IS rune variation 2 and done prior to moving into any other Runic Yoga postures:

This is relatively short but still powerful. Begin in military attention, facing north and the same breathing as above.

At the same time picture a Hero or God, you would like to embody in your own life. Hold that image in the mind's eye during these 7 breaths.

Over time you'll start to merge with what you are trying to be and it won't seem like some distant fantasy. You are now becoming what you seek. After all, we have many of the same abilities if we only believe in ourselves. Now that we have awakened to the fact that we too are Divine let's move on to the KA rune.

Once completing IS you can move right into KA or what I like to do is take an additional 3 breaths to prepare myself before raising my arms for the practice.

Raise your arms at a 45-degree angle facing north like the picture provided. Hands slightly raised.

Try to picture yourself drawing energy, perhaps fire into your arms as you breathe in with the energy ending up in your stomach area. Do this 3 times/breaths, on the third sing (kaaaa) in a deep tone, and then turn to the east. Repeat and then turn back north again. I like to do a minimum of 9 breaths here. You'll notice your belly warming up. I like to look at this as the power of the Priestess Wife (or Husband or the women) within giving us what we need to progress. An awakening, destroying fear and purifying us, making us KApable if you will.

Once done, put your arms down, back at attention and you may feel energy running up and down your back. I tend to feel a tickle sensation on the right side of my head. I then say something like this for example "may I find you, may we be one again, may I become a runemaster". Once again use what works for you in this instance. We must create our own flower.

You will notice it challenging to hold your arms up in this position in the beginning. You'll be concentrating more on the pain than the other part of the exercise but I promise in a short period of time, you'll strengthen the shoulder area to do this effectively. Plus, the previous IS rune practice helps you disconnect from the material.

Also keeping a journal or notebook is a good idea. Write down your thoughts and progress. Every so, so, often some will come that will change and guide you forever. Lastly, I highly recommend taking up reading the works of the early Rune Masters. Ones like Rudolf Gorsleben, Siegfried Adolf Kummer like we have already mentioned, and of course the One who started it all, the Great Meister Guido Von List. Going to the source will do you good and will give you the base structure you will need. Enough said and I look forward to seeing and hearing of your progress. As always, I am open to discussing anything. Feel free to reach out anytime.

Folkbuilder Adam Hudak

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### *Our Yule Traditions*



One of the things that my husband and I agonized over was how to make Yule something completely magical for our children, and also completely separate from Christmas. We do not hate Christmas, but we want our children to be so in love with Yule and with Asatru that they don't consider it any other way when they are old enough to choose for themselves. How do we do this? All of the real Yule traditions have been adopted and aren't strictly Asatru anymore.

We had such a hard time with it that it wasn't until our son was two and a half (his third yule) that we actually had any sort of traditions to start. Speaking with Witan Svan Herul was the turning point for me, and over the yuletide season, we honed our own family traditions.

As a Gythia helping find traditions for my family was important but finding traditions that all of our children can grow up with is even more important. How wonderful would it be for our children to see each other at gatherings and be able to talk about Yule without having different experiences?

I know that many of us already have our traditions and even more of us have children who are old enough to "know what they know," but I am sharing my traditions here in the hopes that it helps at least one family.

We begin with the tree. We choose a live tree. When we find a tree, we have Eoghan leave a small offering of an apple or an orange. We then ask the Wight of the tree if it can come home with us. This is our Yule Wight. He is one of Santa's many helpers during Yule, and Santa is the biggest of the Yule Wights. This allows us to talk about Santa without it being Christmas-related. When we get the tree home, we build a little nest in the branches. We use a wool scarf. Every night before bed we leave a small offering in the nest before bed. It can be a cookie, an orange, or some other small food thing. Every morning we wake up and go to see that the Yule Wight has eaten the offering!

We decorate our Yule tree. The lights stay on from the moment we bring it home, which is done the weekend before the 20th. That evening we turn off all of the lights in the house. We light a candle, and this candle represents the hearth flame. The children have pots and pans, and they go from room to room banging the pots and pans to scare away all the bad things that might be in the darkness. When each room is "free" from bad things we light a waiting candle and call on Frigga and the Disir to keep our home safe and happy.



On the first night of Yule, Mothersnight (December 20th), We light a candle to Frigga and the Disir. We have twelve candles surrounding our Yule Log or a piece of our Yule Tree from the year before. That candle we light in honor of Frigga. We leave an offering for the Yule Wight and the kiddos go to bed. When they check the tree in the morning, they will find that the Yule Wight has left two small gifts in return! We use this to teach the children the importance of gift-giving and the gift cycle.

Every morning after this the Yule Wight will leave gifts.

Additionally, we take a plate of food from dinner outside every night and leave it as an offering to the God to whom we lit our candles that night.



On the second day of Yule, we light a candle to Sunna. During the day we build a sunwheel out of materials we find in the yard, mostly pine boughs, and pinecones. That evening we build a fire

(inside or outside, doesn't matter) and we honor Sunna and the sun before burning the sunwheel. We then light a candle and with it, we light our candle on our Yule wreath.



On the third day of Yule, we light a candle to Nerthus. During the day we make dough ornaments and paint them, or we do other fun yuletide crafts. When we call on Nerthus we remember the Earth that we need so much.



On the fourth day of Yule, we light a candle to Mani. During the day we bake our cookies! That evening we decorate the cookies altogether. And we eat some too! When we light our candle to Mani we remember the nighttime and the moon.



On the fifth day of Yule, we light the candle for the Ancestors. We don't have a particular daytime activity, but when we wake up, we find small, wrapped gifts either in our stockings or under the tree. One of my families' personal traditions is to have a special "tea" instead of dinner. I spend the day making all the different appetizers that my family ate as children. Sometimes the kiddo's help. That evening we make tea and serve the appetizers. Teatime is when we finally get to see the

presents.

The Yule Wight made a special trip to the halls of our ancestors and brought back gifts from them. Each gift is something practical. A handknit wool sweater, or a pocketknife (in the case of an older child). When we hand out the gifts to each person, we tell everyone who the gift is from, and we take turns telling stories about that ancestor. This is a great way to familiarize our children with their ancestors. It is to those ancestors we light our candle before bed.



On the sixth day of Yule, we light a candle to Tyr. To the rest of the world, this day is Christmas. This is the day that children go downstairs to find presents under the tree, delivered by the magical red man himself, Santa. To not get presents on this day would be bad for any child, but how do we separate Yule from Christmas, so that this is not the culmination of Yule for our children when there is so much more?

As yesterday was Ancestors night, today is family night. We celebrated our dead and now we celebrate our living. When our children wake up, they will find presents under the tree. These presents are the presents from grandmothers and grandfathers, aunts and uncles, and any of our living family who have given gifts. It is a day spent with our extended families. We have our big Yuletide feast and sing our Yuletide songs (though admittedly, there aren't too many of these right

now). This is a day for everyone else. It makes our Christian family members feel better and it lets our children be a part of everything without being a part of it. Before bed, we light our candle to Tyr to honor him for truth, and the maintenance of order in our lives.



On the seventh day of Yule, we light a candle for the Einherjar. Typically, this is the day we host our Kindred's Yule. We gather together to celebrate and make merry. We light a candle to remember those who have fought hard to protect us and our rights to practice our faith.

On the eighth day of Yule, we light a candle to Odin. The following days don't have daytime activities yet. It's still a work in progress for us, but the candle we light to the wisdom God, to the Allfather, Odin. The children are still leaving gifts for the Yule Wight, and the Yule Wight is still leaving small gifts in his nest for the children.

On the ninth day of Yule, we light the candle to Ullur, the hunter. This marks the end of the hunting season for those who hunt and a good way to celebrate Ullur's day is to clean and bless all of the hunting tools from the season before storing them away.

On the tenth day of Yule, we light a candle for Thor. Friend of man, and arguably one of the Gods best known to us, today is a good day to spend time outside playing. And eating!

On the eleventh day of Yule, we light a candle for the Land Wights. Though never really seen, our land wights are always there. They can help us or hinder us as easily as the rain can fall or the sun shines. Today we spend the day cleaning. It doesn't have to be a deep clean, but to honor them dust and mop the floors. We go outside and clean up fallen branches or twigs from the yard and sweep the front stoops. When we leave our nightly offerings, we make sure they include bread, cream, and honey, some of their favorites.

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On the twelfth day of Yule, we light a candle to Freyr. Now we begin the decline of winter. Days will get longer and colder. Freyr will soon be seen in the growing things again and so we honor him and all of the things he will bring us. Tonight is the last night that the children leave an offering for the Yule Wights.

When we wake up in the morning on the first there will be more presents under the tree. These will be our presents to the children. We chose to do this for several reasons. The first, and maybe most important, reason was to make sure that the anticipation of Yule does not end on “Christmas”. They had MORE to look forward to. It was also a nice way to be able to end Yule with a lazy just the family day.

We spend a great deal of time worrying about making Yule perfect for our children in a way that will stay with them forever and really emphasis our faith above all else. Santa is a Yule Wight. The Boss if you will. We have a Yule Wight in our home who helps Santa. The Santa’s in the mall are Yule Wights who help the Bossman. They get presents on Christmas without it being Christmas. I hope that some of our traditions can help the new parents out there marry existing Christmas traditions with new, authentic Asatru Yule Traditions.

Special thank you to Witan Svan Herul, who’s twelve nights of Yule, I fell in love with and sort of adapted to fit our family.



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## South Carolina

### *Welcoming a New Apprentice Folkbuilder*

Please join me in welcoming Harry Clarke of South Carolina as the AFA's newest Apprentice Folkbuilder for the Þórshof District. Harry brings deep piety, paired with an unequaled enthusiasm for our Gods and Folk. I have no doubt Harry will do amazing things for the AFA in the months and years to come.

Hail Harry Clarke!

Hail the AFA!

Hail Þórr!



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Folkbuilder Heather Young  
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## *Donar's Oak Kindred Moot*



Donar's Oak Kindred held a house moot in Historic Camden SC on December 4th, hosted by the Young Family. We cooked my family chili recipe for members from all over South Carolina and North Carolina. We got a special visit from Gothi Trent East and his lovely bride Madison from NW Georgia.

After a wonderful dinner and a round of unorganized karaoke, we processed outside to give blot to Heimdall. The gathered folk held hands forming a symbolic physical kinference. While centering ourselves we remembered our ancestors behind us, whispering behind the veil, our feet firmly planted on the earth, visualizing our children and their children's children. At our left and right, our folk, our brothers and sisters within our kinference. Above our heads, our divine ancestors. Those who shaped and watch our world. This was a physical reminder of what our Founder, Mr. McNallen has taught us, "Asatru is about connections, it's about coming home."

We then exchanged gifts with Heimdall, father of our social order, teacher of runes, ward of Heaven. With his ever-seeing eyes we asked him to see us, to see our deeds, and with his all-hearing ears, to hear the words spoken in his honor. I have no doubt the blessings of Heimdall rained down on us from Heaven's Mountain as we shared joy and frith at Sumbel.

It was a special weekend spent with friends. It was a special two-day Moot spent with our family. We said goodbye but looking forward to the next time we see each other.

The need for fire is extinguished but let the holy red flame burn forever in our hearts.

Hail Heimdall!  
Hail Donar's Oak Kindred!  
Hail the AFA



Gothi Daniel Young  
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## Sweden

*Blot to Honor the Ancestors*



In November we once again gathered at the stone circle in Tanumshede. There is always powerful energy surrounding this place and this time would not be an exemption. We were few this time but as the ritual proceeded we were joined by many who accepted our invitation. Other than the fire we also had torches, each one representing a specific forefather. We also placed objects from loved ones passed on the altar and threw letters to them into the fire and onwards through the veil. As toasts were made and mead was given through the fire the flames went wild. Plentiful of pork was also given.



Memories and wisdom were shared among us so that our ancestor's wise words once again entered the mortal world and find new ears who would listen. From the darkness, we heard strange noises and even as the fire went out the surroundings would go from pitch black to being able to see quite clearly.

Our very own craftsman Anders also welcomed some new statues by letting them touch the flames. These ones were made in bronze and the weight of them was impressive. They will make someone very pleased when they find their home.

I treasure these moments and what a gift in itself to share them with my dear friends. Even though

we were out in the dark, the light in us burns more than ever.

Hail the gods!

Hail our forefathers!

Hail Asatru Folk Assembly!"

### *Upcoming Events*

#### **The Saturday Call**

Every Saturday we have a call over teams for the Swedish AFA members. Calls will vary in topic, but the idea is to get to know each other better, and hopefully serve as a first step in eventually meeting up in the real world.

Invitations are sent out over email so make sure to check yours if you want to join.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Erik Lugnet  
Apprentice Folkbuilder  
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## Tennessee

### *Columbia Moot*



Jason and I met up in Columbia, where we went for a hike through the woods. After which we headed into town, where we stopped at the Asgard Brewery. Then little did we know a parade went through the town, where they had a lighting of a giant Yule Tree.

### *Carnton Plantation Moot*



We met at a park in Franklin TN and then we headed over to the nearest IHOP for a meal. Afterward, we went to the Carnton Plantation and purchased tickets for a tour. The Tour was phenomenal and led by a genealogist and history pro. The battle of Franklin took place in the fields nearby, and the plantation was turned into a Hospital. The floors were still stained with blood, from all the surgeries that took place, mostly amputations.

There was a story of a man who arrived and saw a huge pile of legs when he woke up, his leg was in the pile. Tens of thousands battled there, the pain and suffering were unimaginable. The Civil War



was equivalent to two 9/11s every day for 4 years, in terms of loss. It took decades to replace the over 700,000 men that were lost.

### *Savannah Moot*



We met in a beautiful park in Savannah TN. The temperature was perfect. The small children had lots to choose from to play on. The ground was made out of foam, and the park was some of the highest quality I've ever seen. After some socializing, and the children tired themselves out, we said our goodbyes. There happens to be a family I met in Florence nearby that I can't wait to introduce to them. Till next time!

### *Lebanon Moot*



We enjoyed a quick few brisk laps at the park, then we headed on over to Chili's. After a meal and conversation, we all parted ways on our journeys back home. Good friends were made and we look forward to growing TN.



Apprentice Folkbuilder  
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### *Welcoming a New Apprentice Folkbuilder*

Please welcome Jason Lanning of Tennessee as the AFA's Newest Apprentice Folkbuilder for the Þórshof District. Jason has impressed members and leaders that have met him and we are very excited to see his success in the coming months and years.

Hail Jason Lanning!  
Hail the AFA!  
Hail Þórr!



Jason Lanning  
Apprentice Folkbuilder  
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## Virginia

*Family, Folk, and the Power of Ceremony*

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As many of you know, my family and I endured hardship this year. My husband, our sole provider, ended up in the ICU with covid, an illness that we all had at the same time. He left our home on Oct. 11th and was in the isolation ward for an entire month, completely passed out, and we were only allowed to see him when they believed he was not going to make it, which was Friday, November 5th. It was very devastating and stressful for all of us. There were two instances when I got calls about his potential death. Once he woke, I pushed for another covid test to get him out of isolation. They took him off of sedation and it took over a week for him to wake once they did. They believed he had irreversible brain damage. When he did finally wake, he had ICU delirium. They wanted to sedate him again to scan his brain for blood clots thinking that was the cause of delirium since he

would not respond to them. I fought that because he responded to me without issue. I was told his mind would never return to normal. I am happy to report that it has. His experience left him with extreme muscle wasting. He has lost over 50lbs from this experience. He couldn't move, feed himself, set up, walk, or kick his legs. We were told he will never be able to do for himself and will need to go to a nursing home. As a result of their professional opinions, I worked on him hourly, when I was visiting, using a range of motion exercises and encouraging him to focus his confused mind on basic tasks. He is now in a rehab center and has stood on his own for the first time since all this started. As of today, he is on schedule to be home by Yule.

I've been at his side since this whole ordeal and when I couldn't be, I zoom called him so he can hear a familiar voice. During one of our earliest zoom calls, I convinced a nurse to draw runes on him. She placed Algiz on his forehead, Uruz on his chest, Laguz on his right shoulder, and Sowilo on his left shoulder. Sharing this here in case you find yourself in a similar situation. I engaged in other magics that are more for practiced folk so I'll leave that out. I did call on Eira, Frigga, and all of his Disir. Morning and evening healing rituals were done daily, and still are since he has more work to do. My husband woke in the early hours of Nov. 7th.

In his new facility, he is allowed, two visitors. My daughter asked him if he had any memories of his dreams or the experience. He said he does not remember anything, not even how he got there, he is even missing a few weeks from before Covid, but he had one dream. He was in an old white church surrounded by people chanting. He said it was lots of older folks there and he recognized his grandparents along with my Mema watching over him.

I wanted to share all this with my AFA family because of the enormous outpouring of support we received the entire time this was happening. From the beginning, the ladies in the Circle of Eir were sending us prayers and support. There were members doing family healing rituals for him. I had members help me on the farm. The Gothi stayed in contact with me and guided me through more advanced healing ceremonies. Our Gofundme got us enough money to pay our house payments and build a handicap ramp on the porch so he can come home. Last, all of Thorshof came together and galdered for his healing, in that old white church on Nov 6th. I am fully convinced that all of you played a huge role in keeping my soul mate in this world and no amount of thanks will ever express how much I appreciate being part of this wonderful community. I love you all very much and I will do what is in my power to serve my folk to express how much you all mean to me.

***Old Fashion Butter Cookies***



It is the season to do a lot of baking. I have many fond memories of baking in the kitchen with my grandmother, especially this time of year. My personal baking preferences lean toward cookie making. As my grandmother got older, I was the one put in charge of making the cookies for our big family meal and for several of her catering jobs. She is only with me in spirit this year, watching me do my baking, so in honor of my grandmother, I thought I'd share one of her favorite cookie recipes from her recipe box that I inherited.

#### Old Fashion Butter Cookies

1 C butter, softened

2 C sugar  
1 tsp vanilla extract  
3 eggs  
½ tsp salt  
4 C sifted flour

Cream the softened butter and slowly add the sugar and vanilla until the butter looks light and fluffy. Slowly add the eggs one at a time to the butter and sugar. Sift together the salt and the flour and mix well until the dough becomes stiff. Chill the dough for a minimum of 30 minutes. Roll out the dough to roughly ½ inch thick and cut or use a cookie press to shape the cookies. Preheat the oven to 400 degrees and bake for about 10 minutes

The picture is of my grandmother and me on one of the many adventures we went on.



Heather Bedford  
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*Honoring the Einherjar*



On November 20th we held our Feast of the Einherjar at Þórshof. It was a great time to spend with the Folk gathered and listening to Witan Svan Herul go over the Gods as well as telling us about why we celebrate Feast of the Einherjar. A great many voices were raised in honor of our fallen Ancestors, calling upon them so they may always be remembered.

During our food distribution, we handed out 12 bags of food to those in need.

At Þórshof, we will be holding a work day on December 11th. If you are free that day and wish to help please reach out to the Folkbuilders to get more information.



Folkbuilder Cody Raynard  
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*Greetings and Happy Yuletide to All!*



This month I would like to talk briefly to you about religious devotion. Our Aryan cousins in the east even had a specific word for this spiritual devotion: bhakti. I have no doubts we Aryans who went west also had a word for it, however, it has been lost to us through the ages. So, for our purposes, I will use the Sanskrit term.

Real spirituality is when our faith permeates our everyday lives, informing every action, every thought, every breath we take. If we spend one weekend a month at the Hof, or with our kindred, but the other 3 weekends we get blackout drunk, sleep around, gamble, etc etc are we really living an Asatru life? Bhakti is a 24/7, 365 endeavor. Every moment of every day is an opportunity to live nobly, to truly embody Arya.

So, how do we begin to align our lives to a more devotional path? We practice mindfulness. Always be aware of your actions, be in the moment. Feel the presence of the land wights as you take your walk. Leave little offerings for them. In your home, little gifts to your house wights can do much to bring harmony to the home. In our day to day, remember your ancestors, and follow their example to live a clean life. And don't save your praise for the gods to only events. Bring praise and prayer of our gods to your daily life, cultivate a relationship with divinity.

One thing that sets the great European faiths apart from religions, we believe our gods are our oldest ancestors, we approach our gods with great reverence and respect, but also as a familiar power. Much like you would to a beloved grandparent. A little fear, a ton of respect, and endless love. It is a misconception that our faith doesn't do prayer. Pray to the gods! Even a small offering of some incense, or a candle is significant. But just talking to the gods regularly will bring about profound benefits to your life.

The goal is to live this beautiful tradition every day, bhakti encompasses all of the things I have spoken about. Done with mindfulness and devotion, this leads to an enriched spiritual life.

I hope you all have a fantastic yule, and I look forward to seeing you in the spring for Ostara at Thorshof!





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Witan Svan Herul  
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## West Virginia

*Maryland Irish Festival*



With fond memories and hopeful expectations, we made our way to the fairgrounds at Timonium, Maryland.

Some of us remember when the Irish Festival was a smaller affair held at the much smaller Fifth Regiment Armory in downtown Baltimore. Over the years, interest in our Irish and broader Celtic heritage has expanded, and with it the success of the festival - about four times the size it was when I was a teenager in the early 2000s.

Most heartening of all was the age range - more young than old, but plenty of good heritage-minded folk across all ages from children to grandparents decked in the festive "wearing of the green." From the several stages featuring traditional music to the abundance of food and beer and a weekend's worth of art and merchandise vendors, there was more to do than we possibly could have accomplished in a single afternoon.

Well aware of its Nordic and Viking roots, the festival boasted a living history demonstration with a longship, loom work, and replicas of tools, armor, and weapons. While we doubted the sincerity of the oversized Mjolnir hanging from one reenactor's neck, we didn't hold it against him and appreciated the faithful historic representation.

The best part of it all was the sea of enthusiastic Folk. Drove of them! It was a major morale boost to see this many of our good kinfolk from the Celtic side of the family so deeply immersed in their ancestral heritage.

*Feast of Einherjar*

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The local family of ravens overhead circled and called out their ancient Galdr in the hills of West Virginia as Stonewall Kindred gathered for Odin Blot at our second annual Feast of the Einherjar. Well attended with 17 present at the celebration, the feast was loud, boisterous with the laughter of the adults and the shouting of the children. We hope the Gods and Heroes took notice and felt their presence as we invited them, and the High One, to our table of roast pork, turkey, fresh vegetables, and of course beer and plenty of mead!

An unexpected blessing came in the form of a late request by our kindred brother Chad Richardson, that we may include a man making ceremony for his 13-year-old son Collin in the midst of blot. In between the giving and the receiving of gifts, we paused as Chad took the token of boyhood, a slingshot, from his son and offered it into the Ve fire. He then presented the boy with a token of Manhood in the form of an excellent Kabar style knife. From this day forth, a boy no longer he is recognized among our kindred as a man with full honors - and responsibilities!



To invoke the Furious One is no light thing. To call Him to one's table, and into one's being is to lose the right to ever again feel completely comfortable; to ever again be a passive spectator in the struggle of our Folk; to ever again live as a modern person. We will be Furious. We will be Wise. We will be Wodeful after the example of our eldest ancestor, high holy Odin.

An emotional Sumble closed the night, after which a few of us lingered, opening up to each other parts of their lives that are only accessible to those who are bound in Frith.

May the Gods and Heroes find our celebration pleasing, and may they continue to take notice of our noble deeds



Patrick Cook  
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## Arkansas

*South Arkansas Arboretum*

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We had a great moot with new and old friends. We enjoyed a walk around a park at South Arkansas Arboretum and we talked for a couple of hours and enjoyed each other's company. Can't wait to do it again.

Also, members in Arkansas Missouri, and Louisiana have been getting together for weekly zooms talking about our Gods Goddesses and the runes.

For information on these calls and future events please email [towens@runestone.org](mailto:towens@runestone.org).



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## Illinois

### *Kinship Is Better Than Alienation*

“Love binds, and it binds forever. Good binds while evil unravels. Separation is another word for evil; it is also another word for deceit.”

— Michel Houellebecq, *The Elementary Particles*

We live in an atomized society. Atomization occurs as the primary unit of society is broken down into smaller and smaller components. In ages past, the community was much more cohesive. Society was more organic, in that all of its members felt a kinship, and worked together to achieve goals. Over time, the primary unit of society was reduced to extended families – multiple generations living in close proximity and cooperating for the mutual benefit of the entire family. From there, the primary unit of society devolved to the nuclear family – mother, father, children. The final stage of social disintegration is to the individual – lone economic units alienated from their neighbors, often geographically distant from their blood kin.

What has contributed to this atomization? Industrialization, technological advances, divorce rates, changes in the economic structure of society. As these changes came, their impacts were allowed to take place, with no planning or thought given as to how organic cohesion might be maintained or buttressed. The forces in control of society may well have welcomed alienation, as isolated people are much easier to control and manipulate.

The growing diversity or multi-culturalism of our civilization is another factor contributing to atomization. This is something the elite has definitely had an active role in implementing – from lax immigration policy to constant pro-diversity advocacy in education, media, and the corporate world. According to research by Harvard political scientist Robert Putnam (author of “Bowling Alone”), the more diverse a community, the fewer people trust one another and participate in the community at large. Multicultural societies are alienated atomized societies.

What can we do to counteract this disintegration? Matt Flavel, Alsjerjargothi of the Asatru Folk Assembly, in a recent Facebook Q&A session, touched on the positive impact forming intentional communities within the larger culture can have. Speaking of current conditions in American society, he stated:

“There’s a lot of stuff that’s not recognizable to us and the values that make any sense to us. But the thing is that’s most important, I feel, in coping with the anxiety we feel about the world around us is: What can we build? What gaps in that system can we fill with what’s ours? We are building our own community within the shell of what’s around us.”

We can’t quickly change all of society, the way the government, corporations, and media operate (at least not in the paradigm we live in today). What we can do is establish our own social groups, that recognize the organic nature of healthy cultures. The connection with our folk, and our ancestors, which is encouraged by embracing our ancestral faith, is a foundation for a “community within the shell of what’s around us”.

A civilization that is nothing more than an anthill composed of mutually competitive economic units

cannot long endure. It will not. Our role is to establish something that our people can cling to as the anthill falls apart, and which will be the steppingstone to what comes next.



James Cummings  
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### *Traveling, Feasts and Visiting Folk*



We're having a great time here in southern Illinois, and it's amazing to be getting more activity going in the area. October was a good month with a moot here in the south and then a couple of us travelling over to Missouri for Winter Nights!

November started by riding a high after four of us got to go up to visit Hrafnugud Kindred for a nice Winter Nights celebration and Freyrblót at the end of October.

I'm happy to have been able to step up and become Apprentice Folkbuilder to help build and support our great church and help promote the Gods and the AFA!

I was proud to be able to have a small get-together here in southern Illinois, and was happy to host a couple of our local members plus an amazing folkbuilder from Indiana. We feasted, toasted the Einherjar, drank our fill, and chatted until the wee hours of the morning. Wonderful times were had and big things are being talked about for the future.

I'm stoked to be able to get back over to Missouri for Folksiving at the end of November, then make that long trek up to Baldrshof for Yule!

As we wrap up the year, I'm getting more and more excited for the Winter season, the cold temps and snow, and anticipation for the good work to come in the coming year!

Hail the Gods!

Hail the Folk!

Hail the AFA!



Nicholas Rice  
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## Manitoba (Canada)

*My Path Home*





Well, since this is my first runestone submission, ill tell you a brief outline of myself and my family.

We are a 7 member family, we have 5 children under the age of 10 (9, 7, 5, 3, and 8 months). We farm 80 acres in the heart of Manitoba. Our farm has Berkshire pigs as our main focus, but we also raise chickens year-round for eggs, as well as we usually do about 200 chickens for butcher every summer,

On top of that, we also raise rabbits for meat and furs. We also do fur tanning, knife handles, leatherworking, welding... just about everything that you would need to homestead.

I have been Asatru for almost 30 years and joined the AFA a little more than a year ago. My main

focus has been my personal friend Tyr, he has guided me for this whole time and is really the one who showed me the path and gave me peace. Now that I am an apprentice folkbuilder, I am now in a position to repay Tyr and the rest of the gods, for all the guidance they have shown me.

I am the only Astruar within Manitoba that I am aware of, but I have been putting out feelers locally and will be working more this coming year in trying to put up signage as well as more social media presence to try to draw in those Asatru in my area.

We have a town called Gimli, near me, that is called "little Iceland", and is home to the largest Icelandic population outside of Iceland, in fact, the prime minister of Iceland comes here from time to time to participate in Islendingadagurinn. As well as a lot of the towns and areas around us have Icelandic names. So it's prime ground to start recruiting locally.

I think that is all for now, but I want to close by saying thank you to the AFA for being the place and folk, that someone like me can come home to.

Hail the Folk, Hail the AFA, Hail to Tyr



Trevor Sydorenko  
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## Minnesota

*The Virtue Courage Applied to Recovery Meetings*



In the Baldrshof District, myself and member Josh Hemmingson have started what we call the virtue recovery meeting. It is a support group that focuses on what our folk needs in order to excel and overcome the struggles that we face with drugs, alcohol, or any other “gap filler” that is hindering our own potential.

This month I would like to focus on our second step. Like the traditional 12 step programs, such as NA or AA, we use a step program, however, we eliminate the idea that we need to rely on any "God's will" to live to the best of our own potential. We follow a 9 step program, based upon the 9 Noble Virtues (hence; virtue recovery meeting)

This week I am focusing on our second step:

Make a decision to align ourselves with the Gods and to contribute constructively to the Tapestry of the Wyrð. Noble Virtue: Courage. “I call out the Gods for need-fire, and wisdom, to overcome that which destroy me.

This step is essential in finding our own strength. To know that all we need is the power within ourselves to deal with, overcome and prosper through any situation. Courage needs to be applied to the action of finding our true selves. We must have the courage to know that we are enough. We must have the courage to believe that we can in fact prevail through any and all things. In early recovery especially it can be hard to find this courage, but as long as we know, no matter what, that this virtue is the cornerstone of what we are... all will be well.



Ashley Mcstocker  
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*Feast of the Einherjar at Lake of the Ozarks*



November brought a district Feast of the Einherjar event that went off without a hitch. This event was a successful collaboration amongst folk from all over the country and included a beautiful marriage presided over by Elder McNallen, a baby naming ceremony conducted by Gothi East, and an amazing Einherjar Blot conducted by Gothi Witan Svan Herul. This weekend event was an emotional, exciting, uplifting, relaxing, and healing all rolled together. The fallen were honored along with new birth, and two lives coming together joyfully. Along with Blots, Sumble, and ceremony there was frith being built with games, food, and a morning swim in the frigid water of the Lake of the Ozarks by veterans.



The Baldrshof food shelf of November saw an unprecedented number of members out to help food for distribution and local families. We were able to supply families with Thanksgiving meals that included nearly thirty frozen turkeys. Folk stayed after for a meal, Sumble, and a seamless successful workday.



Folkbuilder Nathan Erlandson

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*Our Deeds Speak Volumes*



November went by super-fast! It's starting to get colder, and winter is settling in here in Minnesota. The monthly food distribution at Baldrshof was the biggest and best one to date. We ran out of food and gave away 27 Turkeys to the community. Several townsfolk stopped by to tell us that we are doing a great job and don't listen to the few that are running their mouths. Our deeds are showing them who we really are and what we are really about.

We celebrated the first Folksgiving at Baldrshof and had folk from Kansas, California, and Wisconsin make it out there for the first time. Northern Blood Kindred member Bo Bransford deep fried two Turkeys and there was a huge spread of different classic holiday dishes. Always love meeting new people and seeing their reactions when they visit a Hof for the first time.

Yule is just around the corner, and we will be celebrating Yule with a three-day event on December 17th. Hope to see you many new faces!

If you are interested in attending an event at Baldrshof or are visiting Minnesota please let me know or Witan Brandy Callahan and any of the other Folkbuilders in Minnesota.

If you are interested in becoming an AFA Kindred or have questions, please email the Kindred program at [kindred@runestone.org](mailto:kindred@runestone.org)

*Upcoming Events in Minnesota and Baldrshof*

12/17–19th Yule at Baldrshof

12/18 Monthly Food Distribution at Baldrshof 10 am-12 pm

1/15 Monthly Food Distribution 10-12 and Thorrablot 12-6 at Baldrshof

2/12 Charming of the Plow at Baldrshof

2/19 Monthly Food Distribution at Baldrshof 10-12 and Work Day 12-6

3/19 Monthly Food Distribution 10-12 and Ostara at Baldrshof 12-6

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher

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Gothi Jason Plourde

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*Thank you Northern Plains*





I have been blessed beyond measure to have spent the last 5 years in the Baldrshof district. Once upon a time, it was called the Northern Plains region. In September of 2016, this region hosted the first Fallfest. The event almost didn't happen. Almost. Instead, Folk from across the Dakotas, Minnesota, and even the rest of the country gathered. For many of us, it was the first time meeting like-minded folk. The spirit and will of that first event carried through to book studies, hikes, moots, and blots in Folkbuilder Jason Gallegher's backyard.



This region grew and developed, not only in Minnesota but in the neighboring states of Wisconsin and the Dakotas. Fallfest became a recurring national event. Through the next several years, the Folk hosted picnics, tree plantings, and more book studies. The Folksoul rooted itself in this region. We experienced the Divine together, shared our stories, and built that Frith. Even as 2020 saw large-scale isolation, our Folk stuck together. That year, we also got to see what all of our building and weaving had produced. Minnesota became home to the third Hof of the Asatru Folk Assembly.

I am certain that this region will continue to grow and flourish. Thank you for allowing me to be a part of this great group of Folk.

Hail Baldr!  
Hail the Folk!



Gythia Anna Szczepanski  
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*November Food Distribution*





Our monthly Food shelf this month saw several members come out to assist in handing out 27 turkeys and to the local community as well as a few bags of chicken and ground beef. We helped to feed 29 households in total. With so many to feed this month, we have handed out nearly all of our stored food. If you would like to help us replenish the food shelf, please contact Apprentice Folkbuilder Ashley McStocker! Thank you to Ashley and Folkbuilder Nathan Erlandson for their hard work to make November's Food Shelf a success!

*Workday at the Hof*



Following the Food Shelf, members stuck around for a workday to prepare the Hof for Folksiving. Many hands made quick work of the long list of tasks! Our bellies were filled with a lunch of Monte Cristo sliders and a Sumbel was held after lunch.



Folksgiving was celebrated on the Saturday after Thanksgiving. Folk traveled from the local area and as far as Missouri, Wisconsin, and North Dakota to share in the feast. Bo, from Minnesota, deep-fried two turkeys to perfection! The Ault Family from Wisconsin brought an amazing homemade green bean casserole and stuffing. Other sides and dishes were provided by members including smoked salmon, meat and cheese trays, "corn on the hog", mashed potatoes, roasted squash, and much more! Special thanks to Jessie, the Callahan kids, and Sara for keeping up on kitchen duty (there were lots of dishes to wash!)

While food and Frith were the main focus of the day, we also had an AFA Leadership Q&A, a discussion on the more interesting topics of Tacitus' work Germania, and we discussed the importance of slowing down and taking a minute to evaluate important aspects of your life. Witan Brandy Callahan and Folkbuilder James Ault led a dual blot in honor of the Einherjar, Odin, and Freya. A Sumbel full of emotion and lots of laughter officially concluded our evening. Several Folk remained after the official closing of the event to help take down the fall decorations and start setting up for our Yule celebration.

The Baldrshof Yule celebration will be held from Friday, December 17 through Sunday, December 19. Please contact Folkbuilder Jason Gallagher for details and recommendations for lodging.

We are also very proud to announce that our new Hof Historian, Folkbuilder Cormag Jaime Alann has been making excellent progress on the History of Baldrshof. Please send him an email with pictures from one of your visits and memorable moments from it. He would love to include your stories.



# Yule at Baldrshof

FRIDAY, DEC 17 – SUNDAY DEC 19

Spend 3 days and 2 nights with your Folk in  
celebration of the Yule season!  
Yule crafts, holiday movies, tree lighting, gift  
giving, multiple feasts and blots!

RSVP to Folkbuilder Jason Gallagher

*AFA Ladies Coffee & Crotchet*



The Ladies of the AFA have started a weekly crochet group via video conference every Sunday, starting at 10 am central.

All levels are welcome including those who would like to learn.

Points of contact for this weekly virtual meeting are Folkbuilder Heather Young and Witan Brandy Callahan.



Witan Brandy Callahan  
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## Missouri



Folkbuilder Melisa Mills

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## North Dakota

*Love is Fire*



I was talking about love recently and it reminded me of an old analogy of mine, which I think is rather fitting. You see someone was debating with me on whether or not love could exist if there wasn't an overwhelming passion and desire. Now, in my mind, there are two kinds of love if we're talking of romantic love. Obviously, there are other kinds of love: There's familial love, there's the love of friends, there's just lust which is not really "love" at all but I suppose it's a form.



Speaking of romantic love there are really only two kinds as far as I see and I compare these to fire.

On the one hand, you have those whirlwind romances i.e. “love at first sight,” “soulmates.” So much passion, so much desire for one another, infatuation, obsession... this love burns so bright and so hot, and it moves the heart in a way that nothing else quite can, but it's chaotic. It is uncontrolled and unsustainable. It is often also very destructive because this often isn't lasting love. This is nothing more than infatuation; a chemical process in the brain that we evolved to have so that we would produce offspring. You could have this feeling for many different people over the course of your life and most of us do. Even if we're very happily married we might have that feeling for someone outside of the marriage; this is common, though I'm not condoning it but it is common because this is nothing more than an evolutionary trait. It is a chemical reaction, it is infatuation, it's what they call the “Honeymoon Phase” or “Affair Fog” if you're cheating on your partner with the person you have this feeling for. It burns bright, it deceives you, it drives you to do what your body thinks it must, and then after usually a few months it burns off. The fire consumed everything it had and usually, there wasn't very much there so it burns down, and then there's nothing left.

This love is very often like wildfire. It starts small at first, but due to its nature it becomes enormous; far greater than you could have imagined and it has the potential to destroy everything in its wake. It is so dramatic, so impressive it could change your life for good or ill. It feels so important and because of that, it feels like you can't live without it. To be in a relationship with someone where you don't feel that after that's what you've known can feel like you have nothing for this person, but it couldn't be further from the truth. Because that wildfire inevitably burns itself out and once it's gone there's usually nothing left. There are no embers left, there are no sparks, there are no smaller fires left... there's just nothing but ash and ruin.

Now, on the other hand, you have a very different kind of love and I compare this to a fireplace. Imagine that you're coming home and it's such a cold night outside, in the middle of winter. There is snow on the ground everywhere, you're freezing and you walk through your door into an empty house. You're cold, but you're not desperate, keep that in mind. You could live without that fire, but even so, you look at your fireplace, you walk up to it, and at that moment you make a choice. That's what real love is. Real love is a choice. It's a choice to build. It's a choice to invest your time, energy, effort, and love into a person. It's a choice to be with that person even if things aren't perfect, even if they're not your “soulmate” or something dramatic like that straight from day one.

Unlike what you would get from the wildfire it's a choice to carry on every day even if you're depressed, or frustrated; Even if you feel no overwhelming desire for them, or if you aren't even attracted to them anymore at the moment. It's a choice to continue trusting in them, to keep building, and stay there with them because you know that it's worth it. That's what real love is. That's what the fireplace represents.

In this fireplace, there is often nothing when you first arrive, but you create a spark. You create an ember; Such a tiny thing that you might not even notice it's there. You certainly won't think it is very impressive and ultimately it isn't... it's just a tiny ember. You're not going to get anything from a tiny ember. It's not going to warm your house, it's not going to cook your food, it's not going to protect you from predators, or anything else. It's just a tiny ember.

Yet in that ember, though it's so small, lies the potential for everything. So what do you do with this ember? You choose the ember. You look at it and see its worth, see its inherent value; not in what it is now, but in what potential lay within it. You choose it for what it could become, and you choose to work with it. So, you go outside and you gather your firewood and tinder and you bring it all inside. You stack it up inside the fireplace. You build your fire the way that it needs to be structured. Then you help that tiny little ember to grow.

It catches the first bit of tender and it becomes a flame. Still, it's not particularly worth much as it is now. It's still too tiny to accomplish anything really, but it's started to become something and so its potential has grown greater. You still have to choose it; you still have to choose to keep working on it and to stay with it even though it's difficult and not particularly rewarding at the moment. You stay with it, you help it grow, you help it become greater than what it is and after a while, maybe one of the sticks or a piece of wood will catch flame and the fire becomes bigger.

Now it grows ever greater as more of it catches and then, eventually, after you've stuck with it long enough and sacrificed enough of your time and energy on it you've got a full fire burning. It is beautiful and gorgeous now. Unlike the wildfire, this fire in your fireplace doesn't destroy. It's not dangerous so it's not frightening, which might make it feel less exciting but it brings so much more to you because it doesn't destroy your environment. It doesn't wreak havoc, it doesn't bring any chaos to your life. It brings warmth to your home, safeguards you against predators who are repelled by the fire they see is there and they know that they can't get anything from you so they stay away. It's something that you can cook your food over that isn't going to just wither as the wildfire could do at any moment and it burns much longer. It keeps your house warm all night and it can be so beautiful even though it's less exciting than the wildfire.

It can be so beautiful, but even with that, your work isn't done. This fire could die at any time if you neglect it. It takes time for it to burn down all the logs and the last of the embers and that can be a very painful process for the other person if you've decided to abandon them. So, you have to keep working on it. That's why real love, real true love, is a choice that you make every day. That's not a choice you make every day for the first three months and then once you've got them locked in, once that fire is built you can just neglect it but still enjoy it forever. No, you must continue working every single day. You must keep putting more logs on that fire.

How does this translate to your partner? Well, it means continuing to take them out on dates, continuing to pursue them, and building with them as you did in the beginning. It means asking them how their day was every day and genuinely listening and caring. It means prioritizing their safety and their needs. Not to the point of excluding and ignoring your own, but just to the point of making sure that they're taken care of and that they know that they are important to you; Then of course if it's a healthy love they return this back to you so that your needs are taken care of as well. It means continuing to choose to build that fire every single day, even if you look outside and you see a dramatic wildfire and you're so tempted to go and enjoy that. Tempted because it's so exciting, new, and impressive.

Ultimately the wildfire is an exciting lie. The really good thing, the healthy thing, the beautiful thing is right here in your home. You choose that every single day; To stay loyal, stay with the fire you built and nurture it and keep it going. Because in the fire of the wildfire there might be a lot of fun

and excitement, but it's temporary. It only lasts until it's burnt out what fuel it had and it will eventually.

Don't ignore the fireplace just because it isn't as dramatic as the wildfire.

Love is not just a feeling. Such a fleeting emotion like lust, desire, or envy is nothing more than a chemical in the brain. Love is a choice. Love is a commitment to continue making that same exact choice every day. Love, ultimately, is what binds us together. Because if we're all walking out in the dark, cold and alone, what are we? Humans were meant to love one another. It's what we were built for. It's why the Gods made us so different and yet so alike. That's why we complement each other so beautifully. In all the failings of a Man, you find the strengths of a Woman; in all the failings of a Woman, you find the strength of a Man. We were meant to be together. Two halves of one whole; two sides to one coin, equally important. Each is equally necessary for the future of our Folk, but each is equally in need of one another. A man with no woman is not able to reach the full height of his potential as a man, just as a woman with no man is likewise limited.

There's a great deal we can accomplish alone, yes absolutely, but it will never be as much or as important as what we can do together. When two people consistently work to grow that fire and keep it going the beauty that they can create together is truly breathtaking. That's how families are built, that's how our ancestors are born again into the world.

***True North Folk Kindred***



On Sunday, November 21st, the True North Folk Kindred was pleased to host a small moot in Fargo, North Dakota.

Our Folk met for an indoor sports event and enjoyed some good comradery while sharing in the fun of the sport.

Afterward, we went to a local Irish pub and took in the cozy atmosphere. Drinking cider and enjoying a delectable Salmon Lox was accompanied by a relaxed conversation.

We look forward to our next moot which will be a hike in a state park.

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## Oklahoma



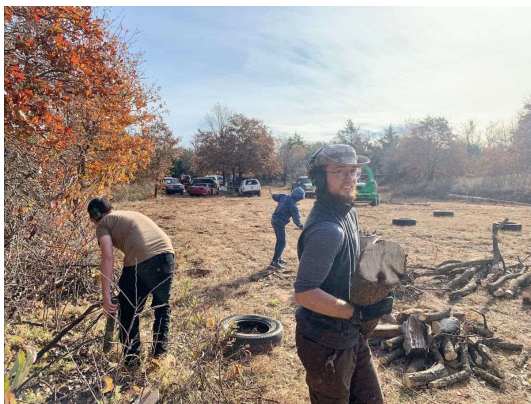
November has brought us new Oklahoma members to share this growing surge of ancestral connection.

We visited a livestock show, wherein the heritage of generations continues to be passed on through animal husbandry. Inspiration is eminent among our kin to practice animal management for the lessons about life and death and the connection we have to the land that nourishes us.



We also joined in to clean up a friend's range, which opens space for further development in skills that protect those we love.

As I write this entry, we are in the middle of our Old Time Oklahoma Yule gathering in beautiful eastern Oklahoma. We have been blessed with wonderful weather to enjoy the outdoors. Lots of younger Folk in attendance at this event, impressing upon us the bright future ahead.



So many ancient traditions are being rekindled with our youth. Soon, they will know them better than those of us who are teaching them. What a wonderful time for our young to walk this path! Doors are open for them in a direction they can confidently stride through.

Thank you to the leaders who work tirelessly in the service of our Folk! The energy spent has been returning multiplied at such a rate that newcomers may never have a doubt about whether this faith's existence will perpetuate into eternity.

Hail the Gods!

Hail the Folk!

Hail the AFA!



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## Texas

### *Feast of Einherjar*



In the Sam Houston National Forrest, we had a reawakening of our souls – we could feel the energy in the cool pine air as if the Gods were standing all around us. We celebrated teaching our little warriors ax throwing, sharing studies, and the love of our kindred with catching up while building our biggest fire yet.



We celebrated with the welcoming of a new generation to Fridr Folk. There were games testing our baby changing skills and artistic abilities decorating onesies. We experienced love, laughter and excitement for the upcoming birth.

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## Wisconsin

*Egill Skallagrimson*



Egill Skallagrímsson was a most interesting and peculiar character to me in the history of Iceland. Egill's brash and daring personality is shown through the stories and accounts written about his adventures. At one time in his life, the warrior-poet was made the reward of two chests of silver from the English King Æthelstan for his deeds in war. Then he had the odd idea of dumping the silver at Allthing, the Icelandic Parliament, and watching the chieftain's battle each other for the money. Apparently, he was dissuaded from the plan, while I personally enjoy his dark humor one must wonder about his reasoning... maybe he's the sort who just likes violence? His history was indeed full of violence, but since the age of six, he was the author of many poems and stories, showing him to be a very dynamic character, possibly beyond my own understanding for the life he must have led.

“One with eight I battled  
Eleven faced I twice,  
Made for wolf a meal,  
Myself the bane of all.  
Shields shook by sword-strokes  
Smitten fast and furious.  
Angry fire forth-flashing  
Flew my ashen spear.”

~Egill Skallagrímson

*Feast of Einherjar and Wotan Blot*



Hail fine Folk of the Asatru Folk Assembly, It's my pleasure to write to you all in my first attempt to

encapsulate the ups and downs of November without boring anyone too terribly, so please bear with me!!

The first half of the month as I was lucky enough to be able to travel with Folkbuilder James Ault to The Feast of the Einherjar in Missouri. It was a very powerful and healing time for me as unfortunately, I had recently lost a very close MacGregor clansman and a very good friend. A warrior of sorts himself, I hoped to send him off well as he deserved, as he so loved the Folk and enjoyed close friendships with many.



I had never attended a function of this size with the AFA and as a rather new member to many, I certainly had no real idea of what to expect other than the information I had read for the event.

If the Frith and good company of James weren't enough to make such a painful loss of a friend a little easier for me to take, the frith and kinship shared by all who were arriving from all over the country definitely had that power.

I was blown away by the high caliber of Folk that I met and every single one was beautiful and dedicated to the Gods and Folk. The powerful rituals lead by some of the most inspirational spiritual Folk you could imagine. Elder McNallen's Odin blot, our Alsherjargothi leading us in Sumble, Gothi Svan, and everyone in honoring the Einherjar to Nate's blot to TYR were all amazing and powerful.

Congratulations to Garth and Mary who were married during the event. Also, a baby naming ceremony was witnessed by all. The wonderful Folk and ladies made sure everyone was well fed!! I could write all day about these fine folks, but I think the best way to leave off is just to say thank you to all. Thank you, Nate and Ashley!! I can't wait to see each one of you again!!



This was followed up by a wonderful Moot/meet-up this past week and we were lucky to meet some of our state's newest members and enjoy lunch and a hike with an awesome Wotan blot led by Folkbuilder Ault. We truly have been blessed by the Gods.

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### *Greetings from Wisconsin*

In an effort to build community within the members of the state, we hold Moots every month. To make them more accessible to members, no matter where they live, we move them around the state. The gatherings help us get to know each other better. We encourage all to come out and build those important bonds. Moots are announced through emails and texts. If you have any questions about upcoming moots, please contact either Folkbuilder James Ault at [jault@runestone.org](mailto:jault@runestone.org) or Apprentice Folkbuilder Josh Rapin at [jrapin@runestone.org](mailto:jrapin@runestone.org).

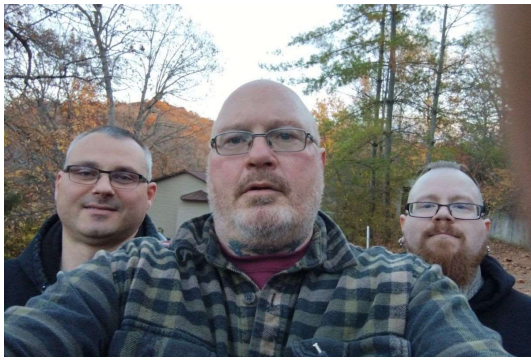
### *Pizza Dinner*

At the beginning of the month, we enjoyed a night out with pizza and good conversations. I highly encourage all members to take some time to get to know others within your state. You will definitely find some pretty great people who live near you. Thank you to the couples that shared frith with us.



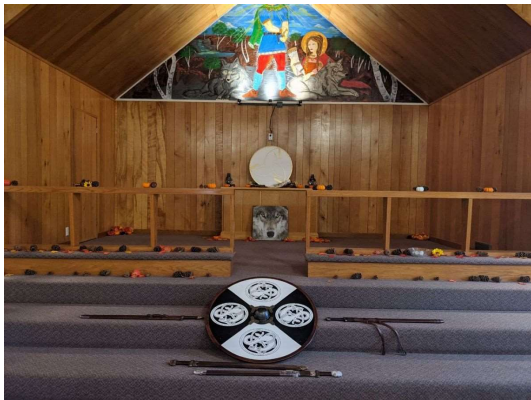
### *Feast of the Einherjar*

Wisconsin members traveled to Missouri for the Feast of the Einherjar event. They jumped right in to help with anything that was needed to keep the event running smoothly. I am truly thankful to our members for always being willing to be as useful as possible. Gothi Trent East performed one of the most beautiful baby naming ceremonies I have ever been privileged to witness. The Feast of the Einherjar Blot was very moving and powerful. I was honored to assist Elder McNallen in the Wedding ceremony of two of our beloved members. Thank you to the organizers of this event for your hospitality.



### *Folksgiving*

Several members from Wisconsin journeyed to Murdock, Minnesota for the first Folksgiving celebrated at Baldrshof. Folksgiving is a very mellow, and comfortable event designed to give lots of time for AFA members to relax and spend time talking with one another. Fun, food, and friendship were shared in abundance. Witan Brandy Callahan and Folkbuilder James Ault led a joint Blot to Freya, Odin, and the Einherjar. Witan Callahan also gave a talk on the concept of Fika, which is a Swedish custom of taking time to relax with coffee and conversation. After Sumbel, Witan Callahan spoke on the book “Germania” by Tacitus relating it to modern times. This spurred many interesting side conversations about the world today compared to our ancestors. The first Folksgiving at Baldrshof was a wonderful success. Many thanks to Baldrshof for their wonderful hospitality and to everyone who came.



### *Wotan on the Peaks*

Members came together at the end of November for Wotan on the Peaks. On a chilly Wisconsin Day, we hiked through the woods to a waterfall. Folkbuilder James Ault led us in a ritual calling out to Wotan for the awakening of the European descended people. And asking him to breathe the fire of might and wisdom into our Folk to rise up and defend themselves.

For more information on Wotan on the Peaks or The Wotan Network started by Stephen McNallen please check out the website. <https://www.wotan-network.com/blot-on-sierra-buttes/>  
Wotan Mit Uns!



If you have interest in joining us here in Wisconsin or I can be of any help please contact [jault@runestone.org](mailto:jault@runestone.org).

We are our future ancestors!

Hail the Folk!

Hail the AFA!



Folkbuilder James Ault

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