

The Runestone: Voice of the Asatru Folk Assembly



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Words from the Alsherjargothi



May was a ground breaking month for the AFA. Anders and our Scandinavian AFA family hosted our second ever international AFA event. 5 languages were spoken by representatives of 6 different countries, all worshipping our Gods and celebrating our Folk under the AFA Trihorns. This event will bear fruit for years to come as we grow a thriving European membership. Our hosts showed us so many amazing things and hospitality beyond compare. We can never thank them enough!

Visiting the sacred places of our ancient ancestors was a profound experience and one can truly feel the presence of the other world in that holy ground. Our faith and folk are truly ancient and have thousands of years of rich heritage and tradition, so much more than the Viking fetishism we often see would lead one to believe.

In our times of reflection, I would encourage all of us to contemplate the depth of our roots. Take the time to connect with ages gone by and the proud heritage that we are blessed to share. Live in a way that makes those eons of ancestors proud. Manifest the Golden Age, here and now, in our hearts, in our kindreds, in our AFA. I am very excited to see you all at Óðinshof for Midsummer!

Hail the Gods!

Hail the Folk!

Hail the AFA!

Asatru Folk Assembly

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Kindred Spotlight

In this months Kindred Spotlight the Asatru Folk Assembly would like to honor the Asmegir Kindred of Northern California.

Asmegir Kindred encompasses the San Francisco East Bay, South Bay, and peninsula. Gothie Michael Hunter founded the Asmegir Kindred several years ago and they have been a solid and dedicated group from the beginning.

Their Kindred has historically been very active in the support and care of Odinhof in Brownsville, CA. They also have workdays there and help out with the monthly food drive.

The AFA thanks you Asmegir Kindred for everything you do and for your support with the Hof and being a shining representative for us.

Hail the Doers!

Hail the Kindreds of the AFA!

Hail the Asatru Folk Assembly!!!

Jason Gallagher

Kindred Coordinator

Asatru Folk Assembly

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Óðinshof

community at our monthly food distribution. Our partnership with the Tuba-Sutter Food Bank, has provided much needed relief to our neighbors, and helped many a hungry person. We also decided to tackle some work projects, and help get things ready for Midsummer. From weed whacking the property, to cleaning, repairing floors, and expanding our ritual area, great things got done. The floor in the kitchen area was patched, and, thanks to Ted Zimmerman, we have a lovely Blue Stain finish to top it off. But everything wasn't toil. Some quality Folk time was had as well. Members spending time together, working towards a common goal, sharing in our spirituality, and communing with our Gods and Ancestors. A well rounded weekend to be sure!

Midsummer is coming! June 21st through 23rd to be exact. Our registration page is up, and we're hoping to see as many of our Folk as possible. We're building a full schedule of events, our shirt design is finished, meals are being planned, and the only thing we need now is you! Getting a good head count is extremely important. So please, register as soon as you can if you plan on attending. We still have the option of placing a deposit, and paying the rest upon arrival. The Brownsville Motel has filled up, but there are still Bed and Breakfasts, Air B&B, etc., available in the area, as well as camping opportunities on site, as well as Collins Lake and others. Guests of members are also welcome to attend, so long as they're Folk, and you can vouch for them. Kids are free, and time is running out.

Ryan Harlan,
Folkbuilder,
Asatru Folk Assembly



Folkbuilder Coordinator Report

What a month this has been ! I'm still reeling from our first international event in Sweden, putting the last pieces for Midsummer at Odinhof in place, and trying to get back in my routine. The trip to Scandinavia was a booming success and many important bonds were made. One of the highlights for me was being able to give Anders Nilsson his Folkbuilder Oath and to welcome him officially to the AFA leadership. I also had the honor to present him with the Folkbuilder Excellence award for the year 2018. His tenacity and perseverance in getting a real AFA community established in Scandinavia has been impressive. After seeing first hand what he has built from very little to what it is today, in a couple of years, is a testament to his hard work and dedication.

I'd also like to introduce our newest Apprentice Folkbuilder. Eric Thiboutot has stepped up to help with the North East region. Eric leads Stoneship Kindred out of Boston, Massachusetts and has already been very active in the region. I'm looking forward to see more activity and watch Eric develop into the new role. Thank you for stepping up Eric.

Hail the Doers !!

Marc MacLeod,





Day of Remembrance for King Athanaric

DAY OF REMEMBRANCE FOR KING ATHANARIC OF THE VISIGOTHS

Athanaric, first king of the Visigoths, led his tribe throughout the 370's AD. He was a king beset on all sides with war. Romans to the South of him, Huns to the East, and even a civil war at home. Somehow he managed to hold his people together until his death, even securing a peace treaty with the mighty Roman empire.

were turning to Arian christianity, an early offshoot from mainstream christianity that gained a large following for a time in Europe. Athanaric banished christians from his lands, killed some, pushed out others, and kept the old folkways alive for his tribe.

During Athanaric's reign some of his Arian tribesmen began a civil war that Athanaric had to deal with throughout most of his time as king. These rebellious tribesmen even went so far as to ask Rome for assistance in their uprising.....of course, Rome, seeing an opportunity to assert their authority in a new area, jumped at the offer. Athanaric refused to cow and fought valiantly for his people and his ancestral ways for many years. Ultimately he was able to get Rome to offer him terms for a peace that was acceptable to his people. Once this truce was secured and his people were relatively safe Athanaric chose to rest. Within just a few weeks of gaining this truce Athanaric passed away.

Athanaric's tale rings familiar in many ways to our modern dilemma. We to are a people trying to keep our ancestral ways alive in the face of political correctness, cultural diversity, and rampant materialism. Seemingly there is a civil war within our folk, many going the way of modern society and all its ills, while a few of us keep the flame of our ancestral ways burning. While this "war" is not one of guns and such, it is just as dangerous, just as capable of destroying people and crushing their futures. And yet, in the face of it all are men and women, inspired by the tales of their ancestors, inspired by the very blood coursing through their veins; inspired to stand tall in the face of all adversity. These men and women, these sons and daughters of Europe, are the brave members of the Asatru Folk Assembly. Like Athanaric of old, these men and women, beset on all sides, rise to the occasion. Rather than dwell on the many negatives around them they focus on the positive with their eyes firmly focused forward.

Hail Athanaric! May his example inspire us for all times.

Blaine Qualls
Gothar Coordinator,
Asatru Folk Assembly



Northwest Regional Updates

Hail from the great Pacific Northwest! We had our first Wotan on the Peaks hike to the summit of Mt. Fuzzy top in Washington, Observation Mounting in Grand Forks BC, a Rune study in Vancouver Washington and Vancouver BC, and there was also a May Day camping event in Oregon with more coming over the summer. Recently I was asked by a prospective member about the gods, and I shared with him part of a presentation that I wrote and with the upcoming midsummer event I think it is pertinent to share it with you all.

Why do we need the Gods?

We need the Gods because it is right. They are a part of us even if you do not choose to actively engage with them, they are part of you. Slumbering right under the surface in your consciousness, they gave you the breath of life and inspiration for your soul. By

beg for things and be a mindless slave or a following sheep. They want you to be independent and strong, to create a reality in this world according to your own will. They are our holy ancestors and want you to succeed.

It is not right that we have forgotten the countless generations of parents and grandparents that struggled, fought and died to make you. They believed in the Gods, they lived as one with the Nerthus the mother Earth and the Allfar, the spirits of the land in an eternal cycle of giving and receiving.

No matter how strong humanism, atheism, Christianity, or any other non-native spirituality or belief is that you may have, it cannot erase what is true and right inside of you. Everyday your true-self tries to contact you, through intuition or signs. All you must do is begin to look for them, to awake to the reality that there is more to this life than what you can see or have been taught. This is up to you, to become more than you are to carry your consciousness beyond this world and this life. When we blot there is a mutual exchange, a giving of gifts. We give the gods our power, our spiritual energy, they give us wisdom, courage, and perseverance and the knowledge that we are truly immortal...

This June the main event will be the midsummer festival at the Hof in California, but there are several events around the NW if you cannot participate. As always, it is up to you to create a community if one does not exist, if there is nothing going on in your area make it happen! We are a tribal people and gathering with like-minded individuals to honor our holy ancestors is spiritually refreshing and will help you in your day to day battles of life.

June 8-----Scandanavian Midsummer Festival Portland Or.

June 8-----Remeberance to Athanaric, Coeur d'Alene ID

June 13 ----- Rune study and remembrance to Athanaric, Vancouver Wa.

June 22-----Scandanavian Midsummer Festival, British Columbia

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

Joe Rozanek

Apprentice Folkbuilder,

Asatru Folk Assembly

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West Regional Updates

May was another full month. We met twice, once for a Frigga blot in the park and then for memorial day. For Memorial day we had members wake at 5 a.m. to secure a spot for us that is like having our own private beach. A small beach across from all the madness with no people but our group and a couple of firepits. It was a wonderful day playing football on the sand talking and building community with our folk and new folk. Our kindred has many military and memorial day is something we don't take lightly. We had a great time but never forgot why we were there or why the country was celebrating that day. We had a round to the ones we wanted to remember to the ones that may have been forgotten. Besides for their memories being shared we also came

June :

June 9 pakmoot

June 22 Midsummer

Heather Clinkenbeard

Folkbuilder

hclinkenbeard@runestone.org





Far North Regional Updates

The north kicked off the month of May with our annual Hexxenacht and Mayday celebration. This was our first multiple-day event of the calendar year, with several families braving the not-quite freezing temperatures out in their tents at night. This was a great event with members from all over the state coming out, as well as re-vitalizing old friendships. There were blots and a dance around the maypole (amusing as always).





Later that month, we held a meetup at a local restaurant, and at that meetup, we decided to get together again later that weekend and go on a “hike” (nature walk) which everyone enjoyed.



Eric Whisman
Folkbuilder,
Asatru Folk Assembly

Northern Plains Regional Updates

May was a great month for us! We started the month out with the event in Iowa. What a great event that was! We had three AFA Kindreds represented there. I want to thank Melisa Mills for all the help and hard work that went into this event that was almost 3 months in the making. We are already planning next years AFA Kindred Games Allthing event in the Ozarks May 2020. Stay tuned for more info coming soon. Our third annual Midsummer is coming up soon, if you wish to attend or you plan to be in the area please let me know. Northern Blood Kindred is getting ready to debut a new item for fundraising to raise money for Hof#2. Looking forward to this Summer and Gythia student Anna Funk's 2nd annual Wotan on the water event on the beautiful St. Croix River. Its going to be another great Summer here!

Congratulations to Tony and Jessica Jelen who tied the not on May 25th.

Minnesota Folkish Asatru Group Monthly Schedule

6/15 Third Annual Midsummer 1-4 Bloomington,MN
6/23 Monthly Fundraiser Crafting Day 12-3 Bloomington,MN
6/29 Monthly Grill and greet Moose Lake state park 3-5
7/14 Monthly Fundraiser Crafting Day 12-3 Bloomington,MN
7/20 Monthly Grill and greet 3-5 Lake Maria state park Monticello,MN
8/24 Third Annual Freyfaxi 1-4 Bloomington,MN
9/6-9/8 Fallfest MN Northwoods

Hail our Noble Folk!
Hail the Gods and Goddesses!
Hail the Asatru Folk Assembly!!!

Jason Gallagher
Folkbuilder,
Asatru Folk Assembly
jgallagher@runestone.org





Midwest Regional Updates

Greetings from Indiana,

Towards the end of the month of May parts of Heimdalls Midgard Kindred met up with the newly formed Grim Raven Tribe of Kentucky. As you will see in the picture provided there were many of us, 12 in all I believe, sharing fellowship and frith. We hope to keep this interaction going as Grim Raven is the closest kindred to Heimdalls Midgard. This is great news to us as it has been in the making for quite some time.

The following day the whole of Heimdalls Midgard Kindred met up for discussion and blot as we do each and every month. It does a Gothi well to know that these blotar have a huge impact on those gathered. It constantly reminds me of what a great and powerful thing it is we do, as a Kindred and the AFA as a whole. We are making history with our collective deeds!

The middle of June will usher in the Second Regional Midwest Event of the year. This is something that we've never had happening before. We hope that Midsummer in the Midwest is just as successful, or more so, than the Ostara we had in April. Anyone interested in joining us at this event should contact myself or Josh Wilson. We will have blot and sumbl, presentations by myself and others, great food and frith. Some cabins will be available also to sleep in.

Another thing to point out is that we have started up our monthly Midwest Conference Calls and encourage anyone in the Midwest to participate to get the scoop of events and such going on. Feel free to contact me for details.

The Wotan's Wolves Program has started a Summer reading project that the kids in the Midwest will be enjoying from the beginning of June through the end of July. The Wotan's Wolves Program just keeps getting better and better. They have lots of new things on the rise. Tiffany and Cole Distel are doing an excellent job. For information

I think that about wraps up this months article. The Midwest is alive and kicking. This is just the beginning. Much, much more to come!

Hail the Doers!

Hail the Gods!

Hail the AFA!

Zach Cato,

Heimdalls Midgard Kindred

HeimdallsMidgardKindred@gmail.com



South Central Updates

Update from SOUTH CENTRAL

I've scheduled my first conference call for Monday, June 3rd. I've mapped the clusters where our members live and will push for meetups in the coming months. We have room to grow in Texas, so if any people reading this have South Central friends who would be good for our AFA community, please send them my way!

Texas has historically been a place of action. My husband Stephen McNallen is celebrating fifty years following the Old Gods, a journey that began in Texas. In **The History of the Rune Guild**, Stephen Flowers (aka Edred Thorsson) points out his initial pursuit to rediscover the mysteries of the runes, while growing up in Texas. Most of you are probably familiar with Conan the Barbarian and other stories of that genre that came from the fertile mind of Robert E. Howard, (1906-1936). Howard lived his whole life in the rural town of Cross Plains, Texas, but his mind traveled to places unheard of. As man out of time, you see his life unfold in the biographical movie, **The Whole Wide World**.

And never forget *the Alamo!*

I encourage every member in South Central to put out more effort, to stand together, and make the Asatru Folk Assembly a driving force in this area. Let's make it happen!

Sheila McNallen
Apprentice Folkbuilder,
Asatru Folk Assembly
(sheila@runestone.org)



Upper South Regional Updates

AFA Upper South May 2019 Activities

May has been a wonderful month in the Upper South. We had a great advancement meetup and spent much of our time building frith within our thriving community. We've added many new members to our region and all over the place our Folk are stepping up as the spirit of Wotan is sweeping across Midgard. I challenge all of our members, especially those in the Upper South, to reach out and get involved. **The only limits to our full potential is us.**

Upcoming Events

Sandhills Kindred Midsummer Celebration

Frey Blot & Sumbel

June 22nd, 1PM till 8PM

Paul Hester

SandhillsKindred@GMail.com



On the 25th Southern Shire gathered for fellowship at a local craft beer stand. The main topic discussed was the need to schedule events farther out in advance. We have noted the difficulty many people have with attending events if they don't have enough notice. Our solution was to plan the dates and locations for all of our holiday celebrations for the rest of the year. Our goal is to incorporate the calendar planning into one of our holidays at the beginning of every year, minimizing the need for last

Hail the AFA,

James Dover

Apprentice Folkbuilder,

Asatru Folk Assembly



Northeast Regional Updates

AFA Northeast Freyfaxi Blót



This is a Faith, Folk, and Family oriented event. Bring swim wear and a music instrument you like to play. We're going to make Yngvi-Freyr hear us! Bring a potluck dish or snacks. Admission will be \$10 per adult.

This religious festival will be held in western Massachusetts and hosted by the Stone Hammer Kindred. Contact Eric at ethiboutot@runestone.org or check out <https://www.facebook.com/events/665393657254530/> for details!

Erik Thiboutot
Apprentice Folkbuilder,
Asatru Folk Assembly

Lansdale Tru Folk and our AFA friends
gathered to welcome the summer,

life, shown through fertility magic that is abundant at this time of year. We also celebrated our own power and self determination, to be victorious in molding this year to our own will.



Holy Days celebrated by Lansdale Tru Folk in 2019:

Thorrablot, Saturday Feb 23 (Thor)
 Ostara, Sunday March 31 (Ostara)
 Sumarsdag, Saturday May 4 (Odin)
 Midsummer (private), Friday June 21 (Sunna)
 Freyfaxi, Sunday August 11 (Frey)
 Harvest, Saturday Sept 21 (Sif)
 Winter Nights in the Poconos (AFA), Fri Oct 18 - Sun Oct 20 (Disir)
 Feast of the Einherjar, Sunday Nov 10 (Einherjar)
 Yule, Saturday Dec 28 (Ancestors)

Lansdale Tru Folk events in Pennsylvania are open to all AFA members, except where otherwise noted. For information contact Clifford at cerickson@runestone.org or check out <https://www.facebook.com/LansdaleTruFolk/>.

Last, but hardly least, planning is already underway for the 8th annual Winter Nights in the Poconos, which will be held in Milford, Pennsylvania from October 18 - 20!



Ves Heill,
Clifford J. Erickson
Asatru Folk Assembly
North America Northeast Folkbuilder & Witan

Scandinavia Regional Updates

Anders Nilsson
Apprentice Folkbuilder
anilsson@runestone.org







The 30th of April Hroptatyr Kindred met in an bronze age burial site for a Victory Blot among the grave mounds of our ancestors.

After the blot we grilled hot dogs over a campfire.

Great scenery and nice company.

Beautiful sunny weather and the ancestor's presence.

A satisfying evening indeed.

Hail Tyr!

Hail our folk!

Hail the AFA!





South Africa Regional Updates

Our membership in South Africa has grown in amazing ways so far in 2019! One massive advantage is that we have our first AFA Kindred in South Africa, this has been the realization of a dream we have had for years and years. In the past we have relied on third parties to distribute the charity that you fine folks have given to help those suffering the racial persecutions directed at our White brothers and sisters there. This has been a great help to many. Starting this year, the amazing members of the AFA's very own Volkwachstum Kindred will be distributing our charity personally in the camps! Having AFA boots on the ground will ensure that funds go where they are needed the most and that the people receiving our help know it comes from the AFA and that our amazing AFA family cares about them. We are so excited for this development and so thankful for the hard work of Volkwachstum! If you are able, we are taking donations to help take care of folks in the camps. These people need help badly and appreciate whatever we are able to do. If you can, please donate at <http://runestone.org/donate/> Thank you!

Matthew D. Flavel
Alsherjargothi
Asatru Folk Assembly



Gothi Bryan Wilton



The tale of Sigurth is one of those grand tales which many people hold in high esteem. Though they are focused on the romanticized work of Wagner rather than the cautionary tale which it is.

Within this lay you will find the hallmarks of a true hero. One who shows courage in the most unlikely of places, who demonstrates what it means to be a man of integrity and courage. One who, because of those qualities, receives the guidance of the divine. In this tale it is Odin. And he gives him the keys to success in every endeavor we might undertake.

None of those attributes occur where one might think they do. It is not in the slaying of the dragon where we find the greatest display of courage. As we progress through the tale, we will see that it truly is the small things which hold great evil at bay.

Sigurth went to Hjalprek's stud and chose for himself a horse, who thereafter was called Grani. At that time Regin, the son of Hreithmar, was come to Hjalprek's home; he was more ingenious than all other men, and a dwarf in stature; he was wise, fierce and skilled in magic. Regin undertook Sigurth's bringing up and teaching and loved him much.

This introduction of Regin is akin to one I've heard of many men. We are told that he is wise and ingenious, that he is skilled in magic. That he was fierce and a dwarf to boot. What we see today is a person with a Napoleon complex. But it really applies to the bluff and bravado of many men.

Men who have been untested and whose raising was not focused on a boy becoming a man. Add in a religion that dominates our society which encourages everyone to turn the other cheek and we have a problem.

We see the absolute worst manifestation of it on social media. Men will say the nastiest, most hateful things on social media because there is no fear of repercussion. Regin is that man in the flesh. His actions will prove it as we negotiate this tale. He is 4000% less effective in a fight than he says he is. But since no one wants to challenge him, he is allowed to be a bully.

Nonetheless, he takes young Sigurth under his wing. The first thing he does, is to begin the indoctrination of the things he hates. He begins to tell Sigurth of the things which motivate the actions of his life. Anger, resentment, jealousy, greed, yet for all his bluff and bravado, he presents himself as a victim.

inherit from the attitudes of our parents. Once we find out that many of these ideas are not worth carrying around, we begin to look for something else. There is always a pattern of thought which follows this disillusionment. People will then declare themselves red-pilled and that they now know the truth.

Unfortunately, what they are usually doing is finding another set of ideas which will allow them to feel the same sort of “runners high” the old thought processes offered them, albeit with a new coat of paint. Nothing changes. Regin, in an eerily similar manner to Loki, whispers those words of encouragement which tend to create rabid victims full of bluff and bravado. This is what is posing as masculinity in most of the world.

Guido Von List once remarked that these self-same ideas fell as sparks upon the folk-soul of a generation. The only problem with that is what I have just outlined. Those sparks of the dissatisfied academics fell upon the same types of ears they do now. The spoiled type of person who is enamored with and active in Antifa, or the radical on the right actively railing against his perceived and very possible loss of freedom. This is how men get other men to take those actions they cannot or will not. Though the intensity of the conflict between left and right has never lessened, the arguments used to move both forward is an ever changing environment. They did not fall upon men of character such as we will see Sigurth display. This is his real demonstration of courage, integrity and honesty.

He told Sigurth of his forefathers, and also of this: that once Othin and Hönir and Loki had come to Andvari's waterfall, and in the fall were many fish. Andvari was a dwarf, who had dwelt long in the waterfall in the shape of a pike, and there he got his food. "Otr was the name of a brother of ours," said. Regin, "who often went into the fall in the shape of an otter; he had caught a salmon, and sat on the high bank eating it with his eyes shut.

What I want you to notice right off the bat is the character of the brother Otr. While swimming in the shape of an otter, he caught himself a fine salmon. Fresh Salmon is about as good as it gets. But it is the way in which he eats that gives away the character of the being. His greed is so great that he cannot handle watching his treasure diminish in front of him. Greed is the driving factor of this being's life.

Where do you suppose he learned that? For no child is brought into the world as a greedy individual. They are taught it.

That same evening they sought a night's lodging at Hreithmar's house, and showed their booty.

Otters are represented in all kinds of mythology across the world. Their fur is dense and warm. To collect one is quite a gain to the comfort of ones life. It is no accident that it is the uninspired human intellect, who kills this animal, the greedy fisherman.

Then we seized them, and told them, as ransom for their lives, to fill the otter skin with gold, and completely cover it outside as well with red gold.

If you enter the house of the greedy and envious with pelt of an animal with such thick and luxurious fur, it will draw attention. To find that it is, in reality, your son is a sore violation of personal honor. But the rules of hospitality run both ways. The guest and host both have

obligations to keep. There is no other reason that anyone might lay a hand upon Odin if he did not wish it to be so.

And so, he is one more time, at the mercy of the ego run rampant. The unthinking and rash action of the guy who wants to be great, but just doesn't want to take the action necessary to get there. Perhaps this is why so much effort went into the various, generational visits of Rig. A pattern was put down for men to grow and too develop. To join the Gods on their mission, whatever that might be. But I digress.

Then they sent Loki to get the gold; he went to Ron and got her net, and went then to Andvari's fall and cast the net in front of the pike, and the pike leaped into the net." Then Loki said:

1. "What is the fish | that runs in the flood, And itself from ill cannot save? If thy head thou wouldst | from hell redeem, Find me the water's flame."

Seeing as how it was Loki who got them into this mess, Loki is the one who will be fixing it. He secures the net of Ran, the sea goddess and wife of Aegir, who catches the drowning sailors and all their treasures. She is usually identified as someone you would rather not meet.

Loki uses the net to catch the pike in Andvari's fall. He offers him a choice. Basically, he is mugged. He is being wronged in no uncertain terms. Such as is the case with most men of such character. They will rob, cheat, steal, murder, you to make sure that they can make it through life with the image they carry of themselves secure in their own

Andvari spake: 2. "Andvari am I, | and Oin my father, In many a fall have I fared; An evil Norn | in olden days Doomed me in waters to dwell."

As far as Andvari is concerned this is par for the course. An evil Norn has cursed him to live in the water. For every shortcoming he thinks he experiences, he has someone to blame. Though he has accumulated much treasure, has lived in many beautiful waterfalls and pools, he wants what is denied him. The grass is greener so to speak

Loki spake: 3. "Andvari, say, | if thou seekest still To live in the land of men, What payment is set | for the sons of men Who war with lying words?"

Loki corners him on this aspect of his existence. He is aware that Andvari would much rather live in the land of men. But it is such a treacherous place. Full of deceitful men. Loki

offers it to him for all of his treasure. What payment would you make to live in a world full of lies as opposed to the peace of an underwater realm. So first he threatens his life, then he offers him freedom to the world of men. But he paints both pictures as negative. Both of them know full well what the payment is for men who war with lying words. And it is a high cost indeed.

Andvari spake: 4. "A mighty payment | the men must make Who in Valthgelmir's waters wade; On a long road lead | the lying words That one to another utters."

It is a mighty payment indeed as men lose one thing after another living the life of a liar. One who is not honest with himself and finds the fault with many others, but never himself. High is the cost of the drunk, the drug addict, the murderer and the deceivers of men's wives, the oathbreaker's and the outlawed. They wade the raging waters of life and are usually swept away. Loki is threatening Andvari with a reality far removed from his dream. An attempt to deceive the "chief back-biter and deceiver of the Gods" would be foolhardy indeed.

Loki saw all the gold that Andvari had. But when he had brought forth all the gold, he held back one ring, and Loki took this from him. The dwarf went into his rocky hole and said:

5. "Now shall the gold | that Gust once had Bring their death | to brothers twain, And evil be | for heroes eight; joy of my wealth | shall no man win."

Loki's greed ensures that no one will ever enjoy this treasure. Whether this is by plan or ignorance, a case can be made for both. The brother's twain are Fafnir and Regin, the

The gods gave Hreithmar the gold, and filled up the otter-skin, and stood it on its feet. Then the gods had to heap up gold and hide it. And when that was done, Hreithmar came forward and saw a single whisker, and bade them cover it. Then Othin brought out the ring Andvaranaut and covered the hair. Then Loki said:

6. "The gold is given, | and great the price Thou hast my head to save; But fortune thy sons | shall find not there, The bane of ye both it is."

Not only do they fill the otter skin like a grizzly pillow of gold, they also pile up gold to cover its entire height. When just one whisker is exposed, Hreithmar demands that it be covered as well. Greed, the expectation that someone owes you something, may not always be in your best interest. Loki produces the ring and covers the whisker and he effectively

brings about the ruination of the family. One does not demand over much from the Gods lest he receive it.

Hreithmar spake: 7. "Gifts ye gave, | but ye gave not kindly, Gave not with hearts that were whole; Your lives ere this | should ye all have lost, If sooner this fate I had seen."

Like most people in the grips of righteous indignation, there is always the hesitancy to let go of those powerful feelings which seem to give us strength and power. The old issue is replaced with anger at the condition with which amends was offered.

Why? What would happen to us if we were to let go of those painful ideas? The body does not know that what the mind is thinking isn't really happening. It will flood the body with chemicals to handle the situation. Painful remembrances, the memory of being wronged fill the heads of people a hundred times every day and the body responds. Our palms may sweat, our blood pressure may rise ever so slightly, our pulse quickens, or tears may be in order.

In all of these cases, there are chemicals being produced by the body to preserve the body. Most of mankind has become addicted to a perverse form of the runner's high. We roll in the messes of our lives like pigs in the wallow. Mankind is infected with an insanity carried forward generation after generation. How can we expect our children to become anything they think they can become if we cannot identify those thought processes which prevented us from doing so? How might we help them achieve dreams of truly magnificent proportions if we allow them to have someone or something to blame for their inability to stay focused on their dreams and their goals. It is time to step out of that.

society which have prevented them from even trying to become something better. This faith and these ancient Gods and Goddesses have returned to show us how to rectify this situation. And it begins with removing from us our own ability to blame anyone else for average lives. Not secure another substitute for those tired old ideas of being a victim, but a freedom we have too long been denied. Hreithmar is but one example of a man who cannot do this even though he has had the opportunity to create for the Gods a feast at his very own table.

We've got to begin asking ourselves this very serious question. We have all found ourselves with some kind of connection to the divine. We feel it, we live it, we share it, we breathe it and we see it all around us. Are we making demands upon the Gods as if they are our personal hostages? Demands to be wealthy or successful. Or are we finding the courage to set aside the negative nonsense in our lives which brought them to our door to begin with? Are we asking correctly to help us rid ourselves of all the failings heaped upon us by society, or are we more than willing to find some other group to blame in the hopes that our perception

of one whisker might truly fulfill our coffers of wealth? A wealth which bears a striking resemblance to just being right on social media.

Loki spake: 8. "Worse is this | that methinks I see, For a maid shall kinsmen clash; Heroes unborn | thereby shall be, I deem, to hatred doomed."

Foreshadowing of the effects of this curse.

Hreithmar spake: 9. "The gold so red | shall I rule, methinks, So long as I shall live; Nought of fear | for thy threats I feel, So get ye hence to your homes."

Fafnir and Regin asked Hreithmar for a share of the wealth that was paid for the slaying of their brother, Otr. This he refused, and Fafnir thrust his sword through the body of his father, Hreithmar, while he was sleeping. Hreithmar called to his daughters:

And so he did, rule the gold for the rest of his life. Short though it may have been. He raised his sons to be greedy. Always wanting more and that which they could not have. The curse begins to bear fruit. Hreithmar does his best to ensure that the poisonous thinking with which he raised his sons takes root in his grandsons as well.

10. "Lyngeith and Lofnheith, | fled is my life, And mighty now is my need!"

Lyngeith spake: "Though a sister loses | her father, seldom Revenge on her brother she brings."

hurt | may vengeance seek."

In perhaps, what is too me, the worst demonstration of small-minded men, and an action very much in line with the character of Regin, he attempts to instill in his daughters the idea that he is a victim.

A victim who has been wronged and that her sons should take up the cause. It is the wonder of a woman's wisdom to be able to walk away from such a concept and break the cycle. Men seldom possess such power. Take stock of the men in your life and contemplate which man

has the integrity to make this realization. Or the courage to act upon it and find that resolute path for his faith.

Then Hreithmar died, and Fafnir took all the gold. Thereupon Regin asked to have his inheritance from his father, but Fafnir refused this. Then Regin asked counsel of Lyngheith, his sister, how he should win his inheritance. She said:

12. "In friendly wise | the wealth shalt thou ask Of thy brother, and better will; Not seemly is it | to seek with the sword Fafnir's treasure to take."

All these happenings did Regin tell to Sigurth.

On his sister's wise counsel, Regin did not try to take the treasure for himself by the sword. He could not have done so. Yet he could not free himself from the constant stream of thoughts. Thoughts which take the shape of could have, should have, would have, and how much better would my life had been.

It is difficult to fill the bottomless cup of greed. It becomes even harder to pass it up as one ages. As times get hard. As life becomes difficult as it sometimes does. We automatically fall back on wanting those things we may have been denied. The most terrifying thought may be, "what if that was the best I might ever have?"

Regin repeats the training he received from his father with Sigurth. The same concept Hreithmar attempted to pass on to his grandsons, Regin does so well in his manipulation of Sigurth.

One day, when he came to Regin's house, he was gladly welcomed. Regin said:

13. "Hither the son | of Sigmund is come, The hero eager, | here to our hall; His courage is more | than an ancient man's, And battle I hope | from the hardy wolf.

One of the very best ways to ingratiate oneself into the good graces of another is by blowing sunshine up their butt. This is what Regin is doing here. One small note is that he is not Yngvi's heir. His potential to be more courageous than an ancient man, a noble hero, and his fate concerning the kingdoms he interacts with has more of a prophetic tone. Primarily because he has not accomplished any of this yet. He has the potential.

This book will be published as a companion piece to my Foundations of Faith webinar series on YouTube. Every weekend I hold a webinar where I go over the Poetic and Prose Edda

with this type of insight and guidance. If you'd like to join us, feel free to reach out to myself or Melissa Mills, we would be happy to have you.

Eirs Blessing



Eir's Blessings!

Everybody needs a little extra help sometimes. Every body does, too.

Women, being the frith-y creatures that we are, are uniquely suited to the task of manipulating energy for the purpose of healing. Magic, you could say.

Do you have a health concern and need a little extra energy? Are you battling with a mental illness like depression or PTSD? Is your baby having a hard time with teething?

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

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

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

You can reach us at EirsBlessings@runestone.org

Our first healing ritual will be on Thursday, June 27th, 2019

AFA Military Program Update by Kevin Long



ASATRU FOLK ASSEMBLY MILITARY OUTREACH PROGRAM

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

Before next Yule, we would like to have holiday care packages for our currently deployed members. If this interests you, please send us an email.

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

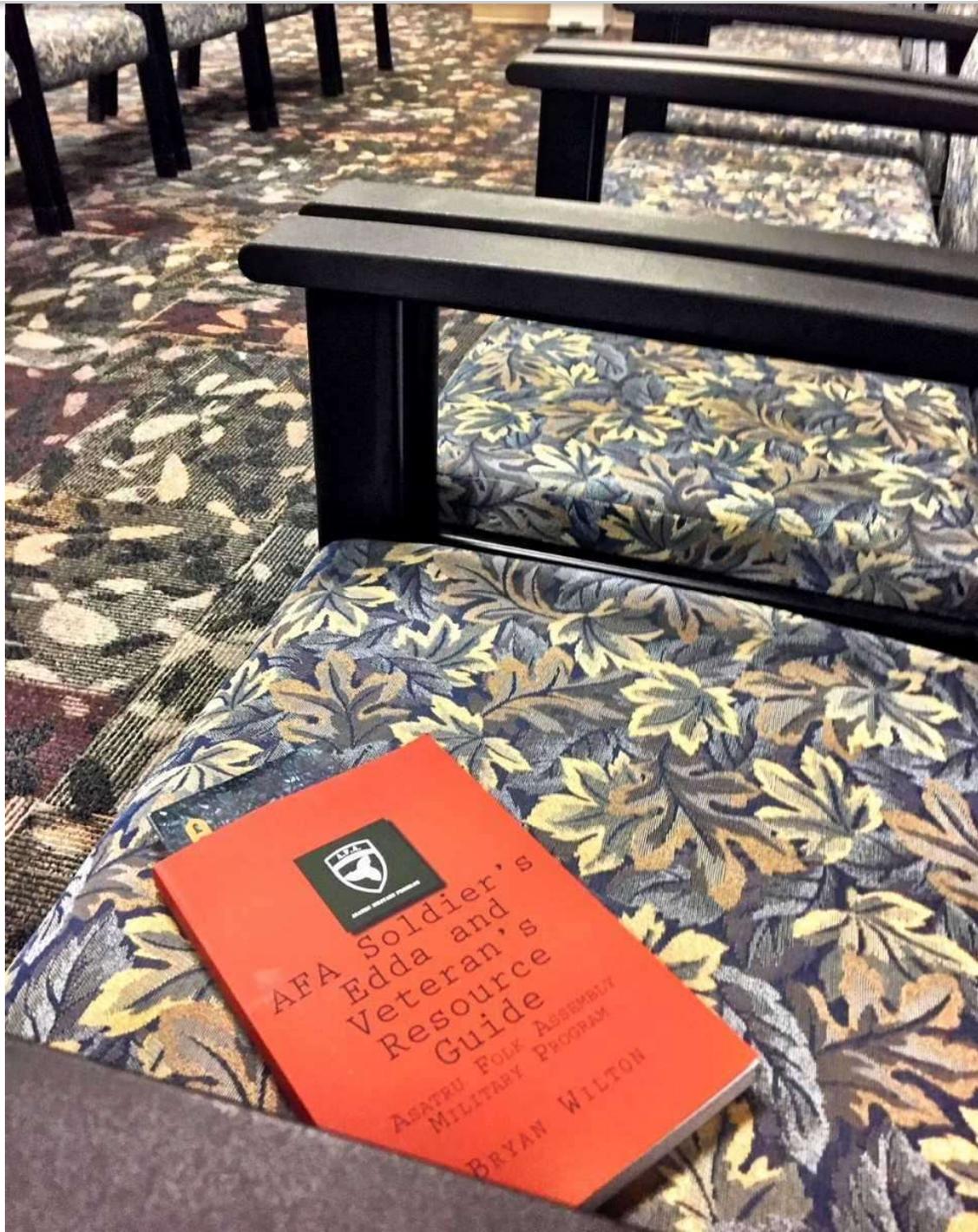
If you are a current business owner and/or in a position of hiring folks and are looking for any transitioning AFA Military members from service to civilian, also send us an

Thank you all!

Kevin Long

AFA Military Program Coordinator Klong@runestone.org or Military@runestone.org





AFA Store

RUNESTONE GIFTS: AFA Member Discount

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

Item of the Month



\$20.00 at the Runestone store <http://www.runestonegifts.com/shirts>

Call for Photo Donations

We have a real need for hi-res photographs of our members gathering, being active in

and so on please email them to photos@runestone.org. The larger the resolution the better, so please email them from the device where the photo was taken. Thank you in advance!

Wotan's Wolves Youth Program by Cole Distel

The Wotan's Wolves Youth Program is a one of a kind program where Asatru youth can learn of the Gods and their culture in a fun and interactive environment. Each Wolf has the ability to earn different rewards based on a point system. Points are awarded per assignments(which may range from a reading assignment to crafts).

This program is headed by Cole and Tiffany Distel. Ever changing and evolving the Wotan's Wolves is growing into the dream that the Distel's envisioned for the youth. The Wotan's Wolves look forward to the 2019 year and all the new adventures and new youth we will meet. So if you have not enrolled your child yet stop by the Facebook page or contact Tiffany Distel to join this completely FREE program.

We also provide our Wolves with an award system based on point earnings. After achieving so many points they will receive the corresponding prize. Your child will join the ranks of youth getting a jump-start on learning our ways and beliefs while having a blast at the same time. The best part about this program is that it is 100% FREE all we ask is for your time and dedication. Thanks for all the support and we hope to enroll your children soon.

If you are interested in enrolling your child please contact us on Facebook or personally.

Instructor

Tiffany Distel- wotanswolves02@gmail.com

Director

Cole Distel- distec11@gmail.com

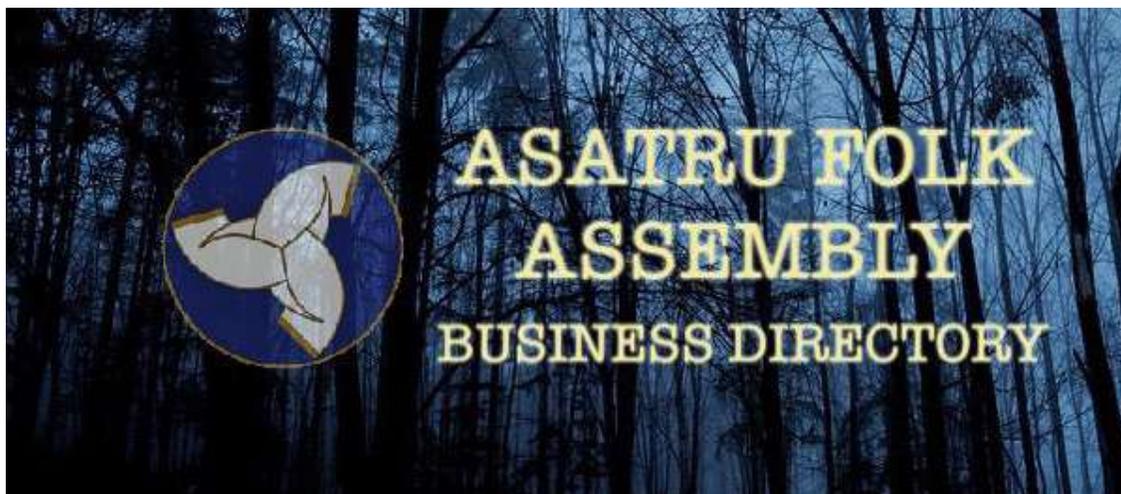


AFA Mead Makers Group

Thanks to the generosity of many of our home brewers, mead is abundant at our events. Mead is a fairly easy brew to make, and can be as simple or as complex as you want it to be. In the past, it was mostly women who were in charge of making mead, but these days people from both sexes enjoy the craft.

Are you interested in learning how to make your own mead? We invite you to join our AFA Mead Maker's group on Facebook. We have folk from rank beginners to people who have been making mead for decades, so there's lots of people to learn from. To join please notify your Folkbuilder and we'll get you added to the group.

<https://www.facebook.com/groups/AFAMeadMakers>



New for the AFA, Carrie Overton is putting together a Business Directory for our Folk! Send us your contact info (website, business type, etc..) and we will add you to our AFA Business and Crafter's newsletter that will be coming soon! This is our chance to promote and support Folkish businesses so we can help each other flourish and grow. Community starts with working together and working in each other's interests. Lets make it happen!

Please send your info to: coverton@runestone.org with the subject "AFA Business Directory".

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 hand made - knit, crocheted, or woven - baby blanket! It's just our little way of celebrating our new folk!

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

The Runepebble next issue is in JUNE. We would love to have your children and the children of your kindred draw pictures, write articles or stories for our publication. Please help us make the Runepebble just as awesome as the voice. The children need it !! Please send anything to heathor@runestone.org Thank you!

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



If anyone has an eye for the camera and enjoys taking pictures at these events please submit your work. The work may be useful for more than just the calendar. An example may be as follows:

A photo from a Midsummer event, such as a pic from Blót, Sumbel, or nice picture of the sun, nature and folk may be a perfect picture for the month of June.

There is a lot of room to work with here.

Have fun and please send submissions to photos@runestone.org

Asatru Folk Assembly Calendar of Holy and Remembrance Days

January 9	Day of Remembrance for Raud the Strong
January 20	Thorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olivir of Egg
March 20	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 30	Hexennacht
May 1	May Day
May 9	Day of Remembrance for Else Christensen
June 9	Day of Remembrance for King Athanaric
June 21	Midsummer
July 9	Day of Remembrance for Alexander Rudd Mills
August 9	Day of Remembrance for King Radbod of Frisia
August 18	Freyfaxi

October 9 Day of Remembrance for Guido von List
October 20 Winter Nights
November 9 Day of Remembrance for Queen Sigrith of Sweden
November 11 Feast of the Einherjar
December 9 Day of Remembrance for Egil Skallagrimson
December 20-31 Yuletide

Volunteer for the AFA

Want to volunteer for the AFA? Join us on facebook
at <https://www.facebook.com/groups/171200910199593/> or contact your Folkbuilder.



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