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Words from the Alsherjargothi

Happy Midsummer!

I would like to wish all of our AFA family an amazing Midsummer. Now, more than ever, I would encourage you all to get out, to live, and to live big. Do great things in this 25th summer of the Asatru Folk Assembly!

I hope you all can join us at Óðinshof for our 25th Anniversary Midsummer celebration. We have a lot in store and much to celebrate this year. Not least of which is the consecration and first interment at the Óðinshof cemetery.

This year we begin the final year of our 9-year cycle. We continue to focus on Immortality, as we have for the last two years. This year we focus on Immortality through the lens of Ansuz. Ansuz is a rune of the Aesir, more than that, it is a rune of inspiration and ancestral power flowing from the Aesir. The focus this year is upon Immortality through LISTENING to the Aesir and through Troth with Aesir... literally being ASA-TRU.

In a recent conversation with Góthi Herúlf, it was remarked

that his son and my daughter were born into a world with hofs, they would never know a world that didn't have hofs to our Gods. That is a simple thing but it means everything. Together we are building a bright future for our children and our Folk, for tomorrow and forever.

Go forth boldly. Live big. Build our legacy. Let Ansuz guide us to Immortality.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel
 Alsherjargothi, Asatru Folk Assembly
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Óðinshof - First Hof of the Asatru Folk Assembly



Midsummer 2020 celebrates the first 25 years of the Asatru Folk Assembly! All AFA events are special, but Silver Anniversaries only happen once, and you don't want to miss it! As Sunna's journey reaches its height for the year, we will reflect on the past - both recent and long ago - and celebrate the great things we have accomplished. Come meet the leadership of the AFA, including the Witan, our Gothar, and Folkbuilders.

Our agenda will include special presentations, plus special memories from AFA history, as told by Stephen and Sheila McNallen. There will be loads of activities for children, Viking Games, and several rituals. The latter include Welcoming the Gods and a Wayfarer's Blot, a formal Sumbel, a Midsummer Blot, and Matt Flavel's Odin Blot by torchlight and bonfire. We always encourage Rites of Passage for our Folk, and this year will include a poignant baby-blessing for Alice Shelton, as we formally welcome her into our AFA family. After a dynamic day, settle down to an evening bonfire with favorite folksongs and smores, live music, and even dancing under the stars. Anything is possible at Midsummer!

Vendors are encouraged to share and show off their wares. We'll also have an auction featuring AFA collectibles plus wonderful artwork and hand-crafted creations. The funds raised will go to maintaining this historic hof and keep it in good repair. The auction is often hilarious, silly, and quirky – always a delightful part of the weekend! We're pleased to offer camping on-site and will have two private showers and additional restrooms. Talk to us if you need camping gear. Our hearty meals are prepared by our members. We take all of our meals together and always begin with a food blessing.

Event registration includes all meals and we have special pricing for families. The Brownsville Motel offers the nearest lodgings, and we will help people find other options including travel-trailer space. We can also give advice on travel arrangements. This event is for AFA members and trusted friends only. It is not open to the public. Contact us if you

Have someone you would like to invite. Come on Friday and stay through Sunday. Change your life – forever! This is what “coming home” is all about.

Register today at <https://afamidsummer.eventbrite.com/>

Contact Sheila McNallen or Marc MacLeod (mmacleod@runestone.org) with any questions.



Þórshof - Second Hof of the Asatru Folk Assembly



Gothi Svan Herul and Apprentice Folkbuilders Rob Stamm & Daniel Young have been hard at work making preparations for this holy temple to be ready for our Thunderer by mid-July. We are all very excited about this milestone. The Asatru Folk Assembly now has the distinction of being the only organization in the world to have multiple temples dedicated to Aesir.

The Asatru Folk Assembly is a registered 501c3 non-profit religious organization, otherwise known as a church. Óðinshof and Þórshof are "real" and properly zoned for religious land use. No one else has been able to accomplish this in the modern history of our faith and it is something in which we should all share pride. For so long we have been worshiping in backyards, in sheds, in parks, and so on. That was good to start, but I cannot emphasize enough what a big deal it is for our Aesir to have proper temples. And we aren't going to stop. There will be a third, and then a fourth, and then a fifth, and one day a twelfth.

We in the Asatru Folk Assembly are just now beginning to realize our full potential. We are standing on our own, have learned how to walk, and are now ready to begin the marathon.

Please know that you are invited to the dedication of Þórshof on Saturday, July 18 starting bright and early at 8 am. Please pray for thunder!



Please consider attending the work-day at Þórshof on Saturday, June 6. Please arrive at 10:00 am in

dirt friendly attire. If you have tools, gloves, or anything else that might be useful, please bring it!
This will be a workday to get the hof ready for the dedication in July. Please bring any cleaning

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supplies, vacuum, mop, etc. that you can. If you have a chainsaw that would help! Please respond "going" at <https://www.facebook.com/pg/Thorshof/events/> if you will attend so we can get an idea.

If you cannot do that, please consider using <https://runestone.org/donate/> to donate to the Þórshof fund. You can also ask your favorite Folkbuilder, Gothi, or Gythia how you can get on our Hoftollar program. The more serious we are in this endeavor, the more seriously we can hope our Aesir and Asynjur will take us.

Contact Gothi Svan Herul, Apprentice Folkbuilder Rob Stamm, or Apprentice Folkbuilder Daniel Young for more information.

Ves Heill!



Witan Clifford J. Erickson
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Day of Remembrance for King Athanaric

King Athanaric, King of the Visigoths, ruled his people from 369 CE until he died in 381 CE. Sometimes called the first and greatest King of his people, Athanaric was a staunch Gothic Pagan. Viewing it as his responsibility to foster and promote the faith of his people he went so far as to execute over three hundred Visigoths that had converted to the Christian faith. Their Gothic culture was paramount, and he feared that the advent of Christianity would destroy it.

During his 12-year reign, Athanaric fiercely defended his culture against the advance of the Roman Christian conversion. In the early years he allied with his fellow Visigoth King, Fritigern, to stop the encroachment of the Roman legions into their lands. While the two were allied the Goths managed to stave off the Roman armies. For unknown reasons, however, Fritigern turned his army against Athanaric, causing the Gothic Civil War.

In the early stages Athanaric won every encounter he had with his one ally. This prompted Fritigern

to turn and request aid from his former Roman enemy, Emperor Valens. Even so, despite some

Tra

advances, Fritigern lost the war. The Gothic Civil War took a toll on the land and the Visigoths, however, and when the Huns began to invade shortly after the end of the Civil War Fritigern appealed to Emperor Valen to allow him and his people to cross into Roman land. The appeal was answered, but only for Fritigern, who had since converted to Christianity, and his followers.



The rest of the Visigoths were left to fend for themselves. Despite his best efforts King Athanaric was unable to hold his grounds against the ruthless, and better provisioned Huns. In the face of starvation, Athanaric led his people into the Alutus Valley (modern-day Transylvania) where they settled. In 380 CE Athanaric was deposed and removed himself to none other than Constantinople and the lands of his once upon a time Enemy, the roman empire. The new Emperor, Theodosius I, accepted Athanaric to the empire graciously. Upon his death some two weeks later Athanaric was buried in all state to show Theodisuis' respect of the Gothic Culture.

Despite all, King Athanaric stood his ground in the face of all. He recognized the importance of maintaining the Culture of his people, recognizing the dangers of conversion for what it was. IN these modern times it is even more important to view Athanaric's struggles for what they were and to remember that the preservation of our people and our culture is so very paramount. It's about Roots. It's about Connections. It's about coming home.

Let us always strive to make sure we have a Home for our folk to come back to!

Hail King Athanaric!

Hail the Folk!

Hail the Asatru Folk Assembly!

In Frith,

Gythia Catie Erickson

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Soul Complex: Hugh & Myne

The next portions of the soul complex I wanted to talk about are the Hugh and the Myne. One could see them as being our left and right portions of our brain and its functions. The Hugh being the logical part; analyzing, devising, and forward-thinking based upon a process. The Myne being the artistic part, connecting and creating based on memory; pulling from Orlog and the well of Urth. Our plans for success; be they to start a business, build a structure, start a relationship, or even just for daydreaming of life's possibilities, our Hugh and Myne are at work.

Grímnismál

20. O'er Mithgarth Hugin | and Munin both

Each day set forth to fly;

For Hugin, I fear | lest he comes not home,

But for Munin my care is more.

When Odin sends out his ravens, thought and memory, to see what happens throughout the world he is conducting a meditative and/or shamanic act. Releasing a symbiotic part of his soul to venture out and bring back knowledge and wisdom to him. The power of this is immense and worth a never-ending pursuit. A general who knows vast many things and the long memory of their applications can strategize better and gain victory over their foe and achieve ever forward progression. To better our knowledge and application of life skills, trades, family, and folkways we begin to create our future as we mold it. This is the active use of ones Hugh and Myne.

One thought that always comes back to me is the fear of loss of Huginn and Muninn. For the shamanic aspect of sending those parts of the soul out of oneself is of obvious concern if lost. But if we envision our Hugh and Myne representing the same, then doubt of oneself and giving in to anxiety or fear would also equal almost just as concerning a loss. Each of us knows the person who is always afraid. Afraid of failing, afraid of ridicule or shame, and worse. They let this eat them up so much they never try anything, and they become their own worst enemy. Each day they pine for

pursuits.



Gothi Steven Morrell
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Kindred Spotlight

Hroptatyr Kindred of Sweden



In this month's Kindred Spotlight the AFA would like to honor the Hroptatyr Kindred of Sweden. Hroptatyr Kindred is one of the more active Kindreds of our church. They host monthly events including camping events, Blót to observe the Holy Days, and Odin world prayer day. Thank you for all you do and for helping to promote our church.

Hail 25 years of the Asatru Folk Assembly!!!

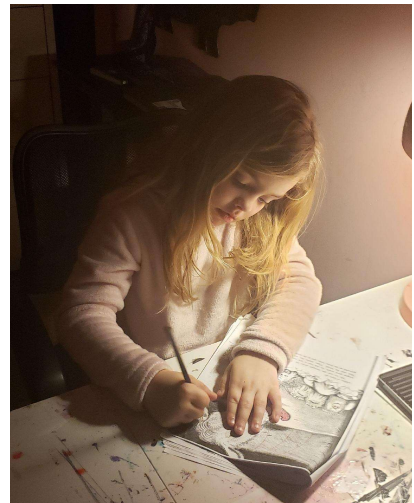


Folkbuilder Jason Gallagher
AFA Kindred Coordinator
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Youth Program

The AFA Youth Program is nearly 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 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 to get started.

Brandy Callahan
Apprentice Folkbuilder
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Alaska

May turned out to be quite the busy month for Der Volkstamm auf dem Nordliche Bar and the AFA members in Alaska. Although the quarantine presented some hurdles in regards to getting together, we managed to overcome and celebrate Hexxenacht, May Day, and Sigrblot together.



For Hexxenacht and May Day, the folk and tribe traveled to the home of member Tyler Hansen on the wooded coast of Seward where we had a two-day event. In the weeks that followed we also had a construction day at the home of Gothi Steven Morrell where we build a warming Barn for his goats, under his exceptional direction as foreman.

At the time of this writing, we have just finished our Sigrblot and Memorial Day remembrance, which had our best turn out since before the quarantine. Although doused by the first rainy day in three weeks (found to be ironically appropriate by the veterans amongst our members) spirits were high and everyone enjoyed a great day together amongst their kin, and a fantastic and powerful blot led by Gothi and Army Vet Steven Morrell.



Folkbuilder Eric Whisman

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Deep South

American Crow Kindred, Florida

The American Crow Kindred's 4th annual Beach Blot to Njord was a great success. This was our first time hosting as an official AFA Kindred. The weather was perfect and the fellowship in abundance. After offering our gifts to Njord by the ocean our ancestors crossed to bring us to this land, we received his blessings for prosperity and wisdom in the coming year. We were honored to have AFA Gothi Allen Turnage with us to share in our merrymaking. He officiated the wedding of Bobby and April Lewellyn after our blot.



Then we moved to the feasting where we enjoyed bison burgers; a tradition for this event.

Lastly, we judged the meads from the Ostara Mead Competition. Everyone was impressed by the skills on display by all of our AFA mead makers. For judging we separated them into three categories; Traditional, Melomel, and alternative (those being neither traditional or melomel).

The Traditional category went to Allen for his Orange Blossom.

The Melomel went to Allen for his Black Cherry.

The Alternative category went to Les Lauer for his Wild Chamomile.

The Grand Prize was hotly contested and came down to a tie-breaker between Allen's Black Cherry and Les' Wild Chamomile. And by the narrowest of margins with a vote of 4 to 3 the winner of the Ostara in the South 2020 Mead Competition goes to...

This was our best Beach Blot to date and we can't express how thankful our kindred is for everyone who was able to make it out to experience the Holiness of this special event for us. Our hearts are filled with love for our Folk and the Gods we share! The excitement of what is before us raises us toward the divine. In celebration of the 25th Anniversary of the AFA, we see the limitless possibilities for our faith.



Our kindred also purchased our first steer to raise for food as we work towards our goal of greater self-sufficiency, strengthening the bonds of our growing community, and eating healthier.

Congratulations are in order for the official announcement of the due date of Kailey and Joe Worstein's first child in June, and Nick Mccloskey's 3rd grandbaby Liam born this month. Your AFA family is very excited for you all... CONGRATULATIONS and Hail the Folk!!!

Lastly, the Deep South welcomed FIVE new members home in May!



Lane Ashby
Apprentice Folkbuilder
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Europe

A Visit to Öland

It's a funny thing. I've been to a lot of places around our planet but there are still large parts of my own country, Sweden, that are unexplored to me. Therefore I was happy to receive an invitation

just off the Swedish southeast coast connected to the mainland with a bridge. I had never been there but had heard a lot about its beauty and how picturesque it was. Furthermore, the island has a rich history and is covered with ancient sites of all kinds, from graves to forts.



I have to say that Öland didn't disappoint. Within ten minutes of crossing the bridge and arriving on the island, I had to stop my car three times at burial mounds and an old fort. If this is what I can see directly from the road, I thought, I wonder how much more there is to see? Quite a lot as it turned out. In one weekend we visited numerous grave fields, three ancient fortifications, and saw more stone circles and runestones than I can remember. There are also hundreds of old windmills that are fantastic feats of ingenuity that bear witness to our folks' industrious spirit. One of the largest windmills is open to entering and we marveled at the wonderful ancient technology, made of wood, metal, and stone. Another beautiful sight is the old lighthouse Långe Jan (Long John) that

stands on the southernmost edge of the island, among grave fields and burial mounds. Öland is a truly wondrous place; you can feel the history and spiritual energy so dense that the air tingles.

It is hard to describe the beauty of Öland. The island is pretty flat and the much of the middle of its southern part (where we spent most of our time) is covered in Alvar vegetation; a sort of unique limestone terrace with low vegetation and the lush hills roll downwards towards the sea and the beaches. There are farms everywhere and beautiful old houses in small villages and towns.



Södra Öland (southern Öland) is a world heritage and the closest I can come to describing it is like a giant outdoor museum. There are more things to be seen and experienced than can be done in a single weekend. If you are traveling to Europe and want to see as much ancient history in an as short time as possible, I can really recommend it because it is so condensed. There are even houses with millennia-old stone circles in their front lawn, for crying out loud! Also, if you look at the names of the villages you can see clear Asatru roots: Torslunda, Stora Frö, Lilla Frö, Ottenby, Runsten, and so on. The street names give homage to the Aesir and Vanir as well. Once upon a time, Öland must have had an abundance of cults dedicated to the worship of our gods.

A special mention must be made of the Eketorps borg (Eketorp's fort). It is an iron age fortification that has been excavated and rebuilt. For 300 years (approximately 400 AD to 700 AD) Eketorp was a fortified farming community and home to about 200 people. Located in the middle of Alvaret with



outside of the fortress walls is a marsh with a well, where religious ceremonies were held. To mark the holy well and create a place of sacrifice, spears of hazelwood were placed in the ground around it. Bones from horses and other animals have been found in the marsh, remnants from sacrificial meals. The horse was considered

holy and its meat was eaten in communion at large feasts. Due to the Wuhan virus, my two friends and I were almost alone at the fort and could feel the heartbeats of history unbothered by others. It was truly a wonderful experience.

My friends are not Asatruar. But when I raised the prospect of holding a blot at one of the sites we visited they didn't hesitate. After asking our Folkbuilder Anders Nilsson for advice, I decided to perform an Odin blot. Shortly before nine in the evening we arrived at Gettlinge grave field, a three-minute drive from Martin's house. Gettlinge is an impressive place. It has a couple of stone ships, stone circles, mounds and a pair of huge stones erected in one end of the field, forming a sort of gate. It is located with a beautiful view of the hills and sea. We performed our blot on a mound in the middle of a stone circle. I had described what we were going to do while we were eating dinner that day and I was surprised at how well everything went. It was as if Martin and André knew what they were supposed to do and took to it with ease, despite it being their first blot, chanting 108 names of Odin and pouring mead over the statue. As we sat there around the fire, making toasts and drinking of the mead made holy under the first stars of the evening, it all felt so natural. It felt right. Perhaps it was the days leading up to the blot, spent visiting all these ancient sites when not working on the house, that put us all in the right mood. Perhaps it was the soft pull of the ancestors and the gods. Perhaps it was both. Regardless of which, the blot was a success and one of the most pleasant ceremonies I've ever participated in. My friends are already talking about wanting to perform blot again the next time we meet and may just have gained a couple of new recruits to the Asatru Folk Assembly.



One thing is for certain. As we left Öland, we all agreed to come back and meet on that magical isle again.

Sweden

On the 9th of May, Hroptatyr kindred did a Tyr blot on this special occasion the participants had the opportunity to take some of the Tyr energy with them home in the form of charged personal items hung on the Tyr rune. After the ritual, we sat down amongst the grave mounds of our ancestors and ate foods cooked over our ritual fire.



Later in the evening we did an Odin blot it was after all the 9th we had now changed location still on the same grave field but this time on a triangular-shaped stone setting. The last two Odin rituals we had ended up being 9 people by “coincidence” it’s fantastic to see how they organize things without us knowing or understanding why.



Last, on this eventful day, some of us had a "utesittning", where we spent the night contemplating the time and watching the stars pass by.

Folkbuilder Anders Nilsson

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Midwest

Greetings from Indiana,

We couldn't be happier over here now that the parks have opened back up again. It was nice for Heimdalls Midgard Kindred to get together out in nature where we have been going for over the last two years. The kids weren't able to play on the playgrounds yet but things are slowly getting back to normal. We meet on the last Sunday of every month.

On Sunday, June 7th we will be having a central Indiana hike and picnic. Most of Indiana's members outside of my kindred are clustered there and we're hoping to get more activity in this area. If you would like to attend please contact me for more info.

Other states in the Midwest are opening back up but not all. Looks like Ohio and some places in Michigan and Wisconsin are following suit. If you live in the Midwest and would like to meet with other members let me know and I'll do my best to get you connected with others.

Many of our states will be having local Midsummer celebrations. Due to recent circumstances, a regional Midsummer will not be happening but if things keep running in the right direction we should be able to have a regional Fall event for Harvest.

The time for activities is returning to many areas and we hope to see many of our members out forming bonds and lasting relationships with each other. Or perhaps meeting up with those you've known for some time. It does the folk spirit good gathering around our Folk out on nature.

The Midwest wishes everyone in the AFA a very Happy Midsummer. If you can make it to Odin's

Hof you will be in for quite a treat! This year at the Hof, being our 25th Anniversary will prove to be legendary. Our National events are life-changing and we encourage all who are able to participate.

Until next time...



Zach Cato
Apprentice Folkbuilder
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Northeast

Seasons have fully changed here in the Northeast. Finally warm outside and life everywhere has come back. We are certainly on the bright side of the year now. I hope everyone is doing well. Things will certainly heat up even more in the AFA as the year goes on. Grand opening in July for Thorshof and plan to see me in Massachusetts along with Cliff and Catie Erickson for Freyfaxi in August.

This month I once again had the pleasure of spending some time with some great men on a Wotan on the Peaks hike. We went to an area, a rugged landscape once settled and built by our ancestors sometime ago. We all took a moment to think about the sacrifice and hard work they must have had to endure so that we have things just a little easier today. Gratitude and especially the Aryan spirit was in the air that day from that moment on.

We started our hike up a pretty challenging mountain with a river to our left. As we ascended waterfalls became more and more. We stopped a few times to take in the beauty of

had to press on. We also ran into some other hikers and decided to keep going till we could find a quiet place free from all noise and outsiders. We made it to the top of the mountain hoping to find an overlook but, it flattened out instead to a forest. Of course, undeterred we kept walking till we found a perfect rock formation facing North to perform our sacred duty to Allfather. We took a few moments of silence and then began. We gave thanks to Him for creating all we see, the divine gifts he has endowed us with, and also in hopes that our lost Aryan brothers and sisters may awaken the spirit that lays dormant in their blood and find their way home once more. It was a very powerful blot. The Wanderer certainly passed through. When done we all felt we had taken part in something very special and our mission was complete for the time being. It was now time to start the long haul back down. In the meantime, we got to know each other even better. Building bonds that last a lifetime and beyond. Few outside of the AFA will understand this till in it. How lucky we are.

Till next time let's make sure we stay focused on our goals and the things we plan to conquer in ourselves or around us. Always putting our best foot forward in all we do, never letting off.

Hail the Gods!!!

Hail the Ancestors!!!

Hail the AFA!!!

Adam Hudak

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https://www.youtube.com/channel/UCfzkbr-u6D7HQckU0_COjJg?view_as=subscriber

The Asatru Gathering Place

Join AFA Member Rosemarie Osborn every Wednesday at 8 pm Eastern for a weekly live broadcast paying homage to our Gods, Goddesses, and Ancestors. Rosemarie hopes to have people participate and help reach the broader masses of our folk with the message that our Gods and Goddesses are alive and well!

Call in live each Wednesday at 8 pm Eastern at (605) 313-5111 access code 312384.

Hail the Gods!

Hail the Folk!

Hail the AFA!

AFA Northeast Call

Monthly call to keep up on AFA goings-on and to keep in touch with our Folk. This meeting recurs every month on the 3rd Saturday of the month from 11:00 AM to 12:00 PM (GMT-05:00) Eastern Time. Dial-in: 716-273-1030 PIN: 978 3145#

As June begins, things are finally starting to return to normal in the Northeast, except for some

month and we are looking forward to a very active summer.

Ves Heill!



Witan Clifford J. Erickson
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Northern Plains



Finally, things are starting to slowly open and life going back to normal. We hosted a hiking event in the middle of May which turned out to be a powerful day. Gythia Anna Funk led a Frigg womb blessing for expecting parents Member Tony Jelen and his wife Jessica Jelen. The due date is around Midsummer and he will be part of the new generation and future of our church.

Summer is almost here and we have several events coming up in the next few months. Our Midsummer event is looking like we are going to have a decent turnout. Family from North Dakota, the Ulfhednar Clan will be attending. I'm very excited to see them again and to share in Ritual again with our folk. If you would like

to attend our Midsummer on June 20th please let me know.

Northern Blood Kindred event schedule

- 6/9 3rd Annual Wotan on the water at Interstate Park in Taylors Falls, MN 1-5 pm
- 6/20 4th Annual Folkish Family Midsummer with Northern Blood Kindred at Bloomington, MN 2-5 pm
- 6/28 Folkish Family Monthly Meet and greet at Davannis Plymouth, MN 11-1

- 7/11 Wotan on the Bluffs hiking with Northern Blood Kindred at John A. Latsch

state park near Winona, MN 12-3 pm.



Folkbuilder Jason Gallagher

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North Dakota

May brought the re-opening of most public places re-opening in North Dakota and we quickly jumped on the chance to get together with our Folk!

On May 24th, a public Meet and Greet was held in Williston, North Dakota. Originally, we had reserved a shelter at Dakota Park in Williston and had planned a small lunch, snacks, and a few outdoor games for those who wished to participate. Unfortunately, the weather did not cooperate with us and we met instead at Doc Holliday's Roadhouse for dinner. No matter the location, we all enjoyed seeing our fellow members and spending time together. It was a pleasure to share my fries with young Eryk Strawn and meeting his little brother, Aleks, who was born in February. Congratulations to the Eric Strawn family on the addition to their beautiful family!

May 31st marked the first of our monthly book study events. Our first topic of discussion will be on Germania, by Tacitus. If you are interested in joining in on our monthly discussions, please contact me for details at bcallahan@runestone.org

Our next event in North Dakota will be a Day of Remembrance feast for King Athanaric on Sunday,

and amazing Folk to share discussions with. For more information, please contact me or Gothi Blaine Qualls.



Brandy Callahan
Apprentice Folkbuilder
bcallahan@runestone.org

Northwest

Not much yet to report on for the Inland Northwest, but here's my submission for this month, including our planned meet-up for next month.

Here in the Inland Northwest, we are starting to ramp things up and get active! In Northern Idaho, we have met with several prospective members and held a small blot in our home with likeminded folk. We are also glad to welcome new member Kyle in Southern Idaho! We hope to see the Inland Northwest continue to grow! Next month on June 27th, we plan on holding a meet-up in downtown Coeur d'Alene, Idaho to meet current and prospective members. All are welcome to join us! For more information, please contact Apprentice Folkbuilder Katee Allen. Hope to see you there!



Katee Allen
Apprentice Folkbuilder
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Hail from the great Pacific Northwest!

I am happy to report that there is lots of new growth in the NW thanks to the hard work of our new

Apprentice Folkbuilders Johnny Larson and Katee Allen!

I ventured out to buy a birthday gift for my son and after about 10 minutes of driving, I was reminded how much I hate traffic! But it's good to see that things seem to be getting back to normal with people being able to frequent restaurants, stores, and going out in general. Now with the restrictions being eased, we have the freedom to come together and honor our Gods and ancestors, and I'm looking forward to a great summer of creating strong bonds of kinship!

Hvel Power Centers – The Energy body

If Christians pray to cause changes in this world, what did our ancestors do before their forced conversion? They used the Runes and this is called Magic. Magic has been made a joke by the media and was literally murdered out of us by Christianity. Magic is real, it is what our ancestors used to create changes in this reality, it is the power of the runes and when you use them you are creating Magic. During this plague and our forced lockdown I have been furloughed and my work week reduced which gave me plenty of time for meditation, self-development, and actualization. I have delved into the spiritual energy centers that we all possess but rarely utilize thanks to the programming that we have all had to endure. These centers are called the "Hvel" they are also known as the Chakras.

I HAVE always wondered what use could these power centers be? All the material about them constantly speaks about healing and I have never felt I needed healing for anything. What I have found is that energizing and harnessing these power areas raises your vibration so that when you use the Runes they affect the change in this reality that you desire. I have also discovered that they spin as connecting gears, one spinning the next. The following is the result of my own development and experience. We are all unique beings, so as to what you actually experience or discover may be somewhat different.

So how do we actually start powering our energy centers in preparation for magic? We start with breathing. The breath is a major component of power and life, deep full breaths into your solar plexus and a regular rhythm begins to change our vibration and readies us for igniting our power centers. I have found that the first area activated is my Third eye.

The Third Eye

This I have found to be the rune **Ansuz**. It is located in the center of the forehead and about the temples, there will be a distinct tingling when it's functioning. This was the first chakra that was opened for me through intermittent fasting which I believe decalcified my pineal gland. Ansuz is the rune of Odin, it is the god rune and is associated with this Hvel. It is a connection to the folk-soul and the knowledge of that folk. How to feel or find the actual deity of Odin would take a while to

The path for spinning our energy centers begins here at the third eye with a connection to Odin. When the area in between your eyes begins to tingle, make it rotate in a counter-clockwise direction. When it is spinning feel a powerful serpent of energy leaving from the right side of the wheel, traveling down and have it begin spinning the next gear/Hvel in our bodies in a clockwise direction. The throat.

Throat

I have found this to be the rune **Tiwaz**, it is truth and justice. This empowers us to speak only the truth. I have noticed that when talking sometimes it is as if I'm talking underwater, my mouth becomes dry and my temples and third eye vibrate as well as my Crown chakra. I believe this is a signal not to speak as doing so may hurt my reputation or cause undue problems. It is like my audience is not ready for my words, mostly it happens when speaking of the metaphysical. Now follow the clockwise rotation of the Hvel and the serpent of energy as it leaves and engages with the heart Hvel, spinning it counter-clockwise.

Heart

I have found this wheel to be the Rune **Elhaz** which is your Fetch (Elhaz). This is your true self, the inner daemon, it is in your heart beating and giving life. Contacting your true self is one of the first things a person needs to do, your true self is the only thing that remains constant throughout your various incarnations. While listening to a program on the rune Elhaz, it was mentioned to internalize this Rune and when I did, it went immediately to my heart. The new age movement says love is felt there but I feel my Fetch and it is defense and protection. Perhaps what the love they are describing is the love of my true-self, protecting and guiding me. The serpent path of our energy now activates and spins clockwise the Solar Plexus Hvel.

Solar Plexus

It is the Rune **Sowilo**, the power of the sun, and victory. This is in the area of the stomach, our "second brain" as well as the pancreas. It took me a long time to actively empower this Hvel, but after some serious meditation I can spin it on command. This wheel spins clockwise and turns the Sacral Hvel.

Sacral

It is the Rune **Kenaz** and located below the naval, it is creativity and spins counter-clockwise. It is associated with the reproductive organs. I have also just recently been able to activate this wheel on a regular basis. The serpent path of our energy now activates in a clockwise motion the Root Hvel.

Root

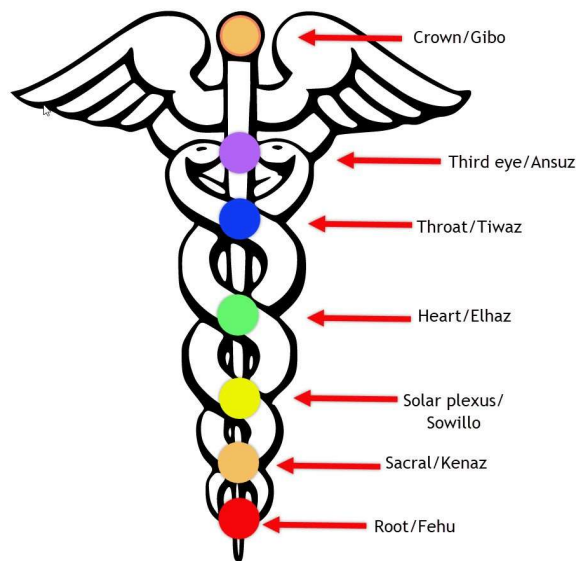
It is the rune **Fehu** and it is located at the base of the spine, it is the first rune and the power of

serpent". This serpent in the rune poem is kundalini (Eihwaz), the serpent energy that has been powering our Hvels. I have read that the Hvel can be powered beginning at the root as stated in the rune poem or from the top down. You will have to begin working with the Hvels to see what works best for you. The Root Hvel color is red and rotates clockwise, the serpent energy now exits on the opposite side it entered and travels back up our spinning power centers, each turning the one above it until it reaches the Third eye and the path repeats. At some point you may notice a tingling sensation on top of your head. This is the crown Hvel.

Crown

Gibor (Armanen runes) is this Rune and it closely related to the elder Futhark **Gebo** Rune and is located at the top of the head. This is your connection to the Infinite. I have noticed that when this area is activated it is always after my 3rd eye is functioning. It never seems to tingle without it.

The All-father himself is on a constant quest for knowledge leaving no stone uncovered in his quest for immortality, and I hope that my experiences help you in some way on your personal path to enlightenment. I would recommend The "9 doors of Midgard" by Stephen Flowers who lays out a great program for learning about these powerful centers and the Runes. If you have any questions or comments don't hesitate to send me a message.



Each Hvel power center is closely related to a corresponding gland in our bodies, the colors of the light spectrum are also associated with each one and in turn each has a Rune associated with it. This is the Bifrost or Rainbow bridge. In my experience I have found that they rotate like gears, each one spinning the one above and below it. I have also found that kundalini (Eihwaz) travels in a path that is ascending and descending in a back and forth pattern that powers the wheels at either side of the spine (front and back), as represented by the ancient "Staff of Hermes" symbol.

This June the main event will be the midsummer festival at the Hof in California, but there are several events around the NW including the Midsummer blot in Couer d'Alene ID with the Cascadia Althing Kindred.

- June 9-----Remembrance to Athanaric, Portland Oregon
- June 12 -----Midsummer at Odinhoff, Brownsville CA.

June 27th -----Open Moot, Coeur d'Alene ID

June 28th -----Rune study, Vancouver Wa.



Folkbuilder Joe Rozanek
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South Central

Michael Foley has stepped up to be an Apprentice Folkbuilder for the South Central region, a long-needed position in the AFA. Mike resides in a corner of Louisiana, not too far from New Orleans, but he's already proven himself to all our members in Texas and Louisiana. Phone calls, emails, conference calls... Mike is doing it all.

Below is his report, describing his activities in the past few weeks.



Gythia Sheila McNallen
sheila@runestone.org

Here in the South, on 5-09-2020, there was a conference call which we hope will be the first of many. In this call we discussed Havamal 1-5 which gravitates around hospitality. Now you are thinking that from the South we should be oozing with hospitality, but the truth is everyone could

There is so much wisdom to be found in the Havamal, so many different interpretations. One thing is for sure, the words of Odin can definitely guide us on a path that will strengthen us as a people and a religion.

We are hoping to get together once a week on Saturday at 6 pm central time for a conference call study group where we discuss the Havamal, the Nine Noble Virtues, and other stories of the Gods and Goddesses, and how they apply to our modern lives. We welcome people from all areas to join in. For the time being we are just using freeconferencecall.com. We are open to suggestions on group meeting apps that are free and easy to download for people who don't have a lot of data to download with.

On Saturday 5-16-2020 at 5 pm Central Time we held our second study conference call. We had me, Shane Uys, Chris Chambless, Mack Brown, and we had the honor of Mrs. Sheila McNallen attending. In that meeting we discussed Havamal 6 – 14 as well as just speaking and getting to know one another more. I hope that next week we will have one or two more members attend.

I have high hopes for our small group as I can already see it growing if only a little at a time.



Michael Foley
Apprentice Folkbuilder
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Frith Weavers Newsletter



Frithweavers is a monthly newsletter written by the women and for the women of the AFA. It includes a number of articles about health and wellness, homeschooling and child-rearing, homesteading, spirituality, recipes, and more!

We are ALWAYS looking for new submissions. We are looking for articles about health and wellness, homeschooling and child-rearing, homesteading, spirituality, recipes, and anything else you think our women would be interested in. Do you have a skill or knowledge that you think could help our women grow? Share it!

If you would like to subscribe to the newsletter or submit an article, please email frithweavers@runestone.org. Thank you very much!



Gythia Catie Erickson
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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 photos@runestone.org. The larger the resolution the better, so please email them from the

device where the photo was taken.



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, send a private message to the [Folk Services page on Facebook](#).

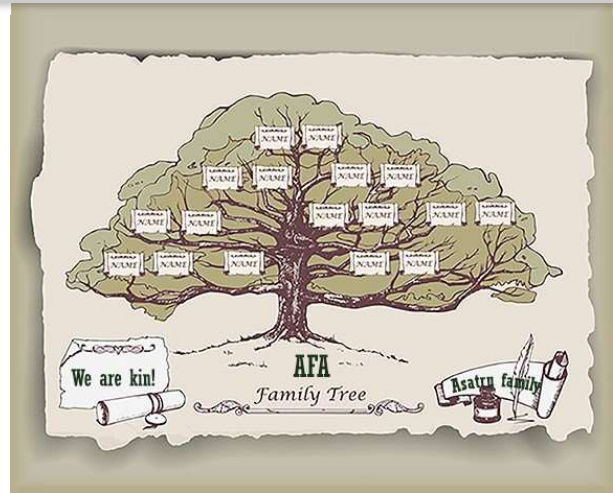
Your contributions are earnestly solicited and of course are tax-deductible! Please donate to Folk Services or one of our other AFA Fundraisers at <http://www.runestone.org/donate/>.

Thanks in advance!

Genealogy Group

This is a place for AFA Members to discuss genealogy, family history research, and share tips and information related to genealogy. Rules here are simple: Keep your posts to the subject matter of this group, keep it friendly, have fun.

Every month, Steven Ingle publishes a spreadsheet listing all participants with their cousin matches. Yes, we all have cousin matches in the AFA, some closer than others. This is open to our greater family tree and is not just for members in the U.S.



What if you're brand new to all of this? First, you will need to have your DNA tested through one of the companies like Ancestry DNA or 23andme. We will give you instructions on what to do when you get your results. What if you're not on Facebook but still want to participate? When your DNA is tested, and you get results, you can create a Gedmatch kit number, Send that kit number to Sheila and we'll run it in the next batch. She will send you the results of your analysis. You too will say, "Oh, my Gods! Wow! Incredible! and "Hey, there Cousin!"



Gythia Sheila McNallen
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50 and Over Group

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

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

Hail the AFA!

Hail the Folk!

Hail the Ancestors!

Hail the Gods & Goddesses!

Terry J. Rumph

AFA Member

tjrumph@yahoo.com

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 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 notify Mandy (mandy@runestone.org) with the subject line: BABY BLANKET.

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

In Frith,



Gythia Catie Erickson
cm.erickson@runestone.org

2020 Calendar

The AFA is proud to present our new **2020 Calendar!**



Asatru Folk Assembly Calendar of Holy and Remembrance Days

Date	Observance
January 9	Day of remembrance for Raud the Strong
January 20	Thorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olivir of Egg
March 20	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 30	Hexennacht
May 1	May Day
May 9	Day of Remembrance for Else Christensen

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

Volunteer for the AFA

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