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"FROM VICTORY, HOPE" is the clan motto of the Ross clan and is a truth we should all internalize. The more we win, the more we accomplish, the brighter the future is, for us, and for our children. Winning doesn't come from studying dusty tomes.

Winning doesn't come from speculation or from contemplation. Those things may have their place but winning comes from DOING.

By consistent effort and commitment, we are winning! With continued giving, doing, and caring, we continue to shape our world and forge a golden age. This edition of The Runestone is a testament to all the things our AFA family DOES, each and every month.

For our Gods, for our Folk, for our future...Hail the DOERS!



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

## AFA Homeschool Program



Please welcome Gothi Rob Stamm. He has become the first Dean of our AFA Homeschool Program.



As we look forward to Ostara's grand return and the warm weather, thoughts of school may be far from our minds. But this month I wanted to talk with you about the AFA homeschool program.

I need volunteers! What I need are folks who can make worksheets, help form curriculum, make graphics, write study plans, and donate curriculum they have already used in their own homeschooling. The goal is to have a complete, ready-made program. That goal will take some time to achieve. In the interim, we would like to set up a homeschool co-op group. In a co-op, parents can share materials with each other, and support each other in their efforts. I can also recommend an online option that myself and several members use. It is called time for learning. There is a small cost with time for learning, but it is a great program.

If you are a parent who would like to help and volunteer, please reach out to me at [rstamm@runestone.org](mailto:rstamm@runestone.org). If you are a parent who would like to participate in the homeschool co-op, please reach out to me.

Together we can give our kids a solid foundation for their future, anchored in our faith and traditions. I look forward to working with our families and serving our folk.



Gothi Rob Stamm

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

## Day of Remembrance

**Olvir of Egg**

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Sometime between 1020 and 1021 CE, the Christianization of Pagan Europe was well underway. King Olaf II was ensconced on the throne of Norway. Much of the country had been baptized under the threat of torture and death. Such things, however, were not enough to deter the faithful, and eventually, word reached the ears of King Olaf II of gatherings in and around Trondheim of a very pagan nature.

Olvir of Egg, a leader and a Gothi of his people, was elected by his people to speak to

the King on their behalf and to defend their religious activities. An intelligent man, Olvir was called before the King on two separate occasions to defend the stories of Pagan festivals and feasts. On both occasions, Olvir of Egg humbly described not Pagan gatherings, but communal gatherings, in which neighbors drank and feasted as friends.

Both times Olvir left behind an unconvinced King and when spies told him a third time of an Eostre festival being arranged for the people, Olaf decided that he had heard enough. Five ships and over three hundred men were gathered and set out to ambush Olvir and the men and women who worshipped with him. Arriving under the cover of darkness, Olaf's men ambushed Olvir and his pagan community. Olvir was killed and many of his people were tortured, mutilated, or killed. Once a great stronghold of the Pagan faith, Trondheim had been taken.

And what can we learn from this story?

Many of these stories are not happy stories. On the surface, they are stories of death and defeat, but we have to look past the surface of all of these stories. Here, with Olvir, we see a man who loved his Gods and, despite all of the pressures of his ancient world, did his best to worship them. Not only did he do his best for himself, but he also did the best he could for his people. In the face of adversity, Olvir did his best to provide and protect his people from the angry, outside force that was the King.

Our world is not the same world that Olvir lived in. We have the right to choose our faith, but there will always be obstacles. In these times, when our native faith is still so small, and our heritage is being challenged by the multicultural whirlwind, remember Olvir. Provide a safe place for your folk to be away from the harm of the "societal norm". Remember that sometimes smart words are required instead of rash ones.

Be there for your folk. Provide for your folk.

The Gods and the Ancestors are watching.

Gythia Catie Erickson

[cm.erickson@runestone.org](mailto:cm.erickson@runestone.org)



## Remembrance & Holy Days





## 2021

<b>Date</b>	<b>Observance</b>
January 9	Day of Remembrance for Raud the Strong
January 15	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 19	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 20 (observed on 21st)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 31 (observed on 16th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 21st)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 21 (observed on 18th)	Midsummer
July 9	Day of Remembrance for Alexander Rud Mills
July 16	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 20	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 21 (observed on 17th)	Winter Finding
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 15	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 19	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31	Yuletide

**Ostara**



Hail Ostara, conquering Goddess of the Dawn, radiant Lady of Spring! You ride boldly out of the east, conquering all before you! May your light chase away the darkness! May your warmth banish the cold!

Ostara is the celebration marking the beginning of Spring. The cold, dreary days of winter are finally coming to an end. The sun is warming the frozen soil. Life is once stirring from the depths. Ostara is a celebration in every way. Our ancestors celebrated life and the survival of another long winter. They celebrated the birth of lambs, calves, and horses. They celebrated the blossoming fertility of the world around them.

In today's fast and hectic world now is a good time to stop and take a deep breath. Let the sun warm your face and take the time to thank the Gods and the Ancestors for seeing you through another cold winter. Shake off the influences of the winter blues. Now is the time to get your hands dirty.

The small plot of the garden that you planned for during the Charming of the Plow is almost ready for planting. Keep that soil turned and soft. Keep fertilizing it. It is too cold to plant seeds directly into the ground, but this is a good time to begin your seeds inside. Plant them and keep them warm. Set yourself up for success. If you are not working on a garden then you should be moving from the planning stages of your Charming of the Plow project into the beginning of the active stages. The winter months are stationary by nature, but winter is over. Now it is time to leave the introspection in favor of action. With industriousness, we can change the world. Start small and move always onward.

**Upcoming National Events**

## Ostara at Þórshof



Register here: <https://runestone.org/product/ostara/>

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

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

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

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**Register here:** <https://runestone.org/product/elsefest-ii-in-wisconsin/>

Join the Asatru Folk Assembly in remembering Folk Mother Else Christensen from April 22nd to 24th in Wisconsin.

The 2nd annual Elsefest looks to be even more epic than the first. This year we will once again kick off the event with a traditional Wisconsin Fish Boil! There will be many speakers, learning sessions, kid's activities, a Viking games competition, lots of great food, and good company. This is a beautiful camp setting with individual cabins and a bunkhouse. Ticket sales are now live. The price includes lodging for the weekend and all meals.

An itinerary and the specific location will be emailed one week prior to the event or upon request with ticket purchase. Children attend FREE!

Any questions about the event can be directed to James Ault at [jault@runestone.org](mailto:jault@runestone.org).



Witan Clifford Erickson  
[cerickson@runestone.org](mailto:cerickson@runestone.org)

## Be a Doer



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

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

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

## Baby Blanket Project

The Women of the AFA are proud to be continuing this fine and noble work we call the Baby Blanket Project! We're committed to ensuring all new babies born within the AFA are gifted a handmade — knit, crocheted, or woven — baby blanket! It's just our little way of celebrating each new addition to our folk!

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

If you are a member of the AFA who is expecting a baby, please let your Folkbuilder

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

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



## Folk Services



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

That's when our folks Services Program comes in. We give one-time monetary grants to those members in need. These folks are so grateful and we know that once they get back on track they will contribute to this fund. For those that are able, we are in need of funds so we can be prepared for when these situations arise in our community. If you're able please place a donation today. Even a small donation adds up in the grand scheme of things and even \$5 or \$10 can help if enough people pitch in. If even a fraction of the folks who like the page did that each month, imagine the possibilities!

AFA Folk Services is intended to provide modest, one-time monetary grants to AFA members in dire need of basic services. It is also to be a source for referrals and information to help members get help beyond what the AFA can directly provide. For more information, please email [folkservices@runestone.org](mailto:folkservices@runestone.org).

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

Thanks in advance!

## Eir's Blessings



Everybody needs a little extra help sometimes. Women, being the frithy creatures that we are, are uniquely suited to the task of manipulating energy for the purpose of healing. Magic, you could say.

Do you have a health concern and need a little extra energy? Are you battling with a mental illness like depression or PTSD? Is your baby having a hard time with teething? If you've answered yes at all, reach out to us. Once a month women of the AFA will get together to perform healing rituals all across the globe. If you would like to be included, please send a message to let us know!

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

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

## Last Will and Testament

Recently, several members of our AFA family have passed beyond the veil. One was an old man in ill health, two were young men in the prime of life... all died with no legal will on record. Sadly, in two of these cases, our dead AFA members did not have their wishes respected regarding their funerals nor the final resting places of their remains.



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

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

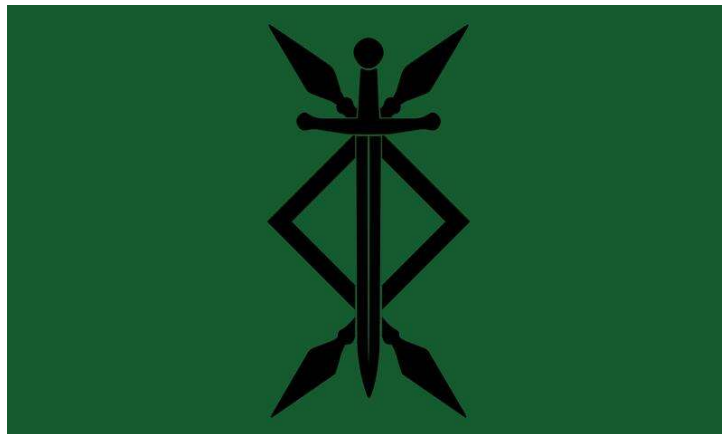
Please make your will **today**.

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

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317

## Introducing the newest AFA Kindreds

### Ingvi Freyr Kindred



Today it is my honor to announce the Ingvi Freyr Kindred of Tennessee as the newest official Kindred of the Asatru Folk Assembly. Please welcome them to our family and



reach out and say hello. Tennessee is an active state that is bustling with members that built an area and Kindred out of nothing. Apprentice Folkbuilder Russel Brown helms this ambitious group of folk.

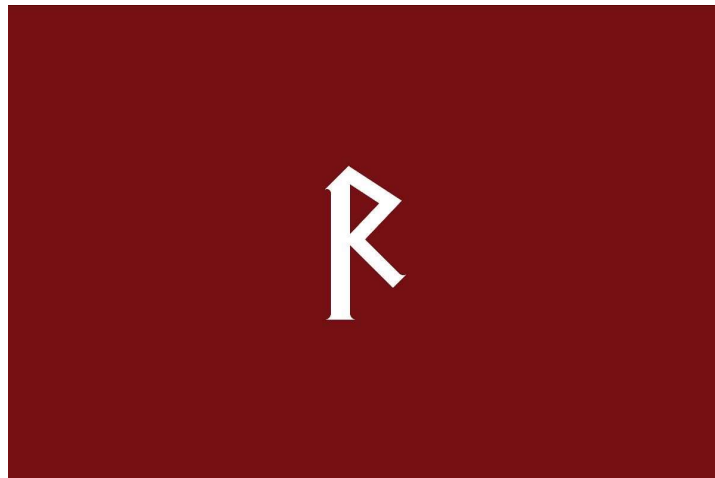
Gaining Kindred recognition is not an easy thing, it takes dedication and loyalty, and willingness to stand with the AFA at all costs. All new Kindreds go through a six-month probationary period before joining our family as an official Kindred. AFA Kindreds are the local Congregations of dedicated members who have stepped to host events and to welcome our new folk home.

Thank you Ingvi Freyr Kindred for your dedication and stepping up to represent our church.

Hail the Kindreds of the AFA!

Hail the Asatru Folk Assembly!!!

### *Rigs Blood Kindred*



Today it is my honor to announce the Rigs Blood Kindred of South Carolina as an Official Kindred of the Asatru Folk Assembly. Goth Trent East and Gothi Daniel Young are the two powerhouses behind this Kindred.

Rigs Blood Kindred is one of several AFA Kindreds that help support Thorshof. Without these Kindreds and dedicated members, it would not be possible to maintain and operate our Hofs.

I want to say thank you to all the members of the AFA that help out and contribute to this amazing church.

Face to face is how you build solid bonds with other folk, not behind a keyboard at home. These bonds grow into communities of families and relationships are built and

Kindreds are born of these local congregations.

Gaining Kindred recognition is not an easy thing, it takes dedication and loyalty, and willingness to stand with the AFA at all costs. All new Kindreds go through a six-month probationary period before joining our family as an official Kindred.

If you are interested in forming an AFA Kindred in your area or would like more information.

Please contact the Kindred program email at

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

Hail Rigs Blood!

Hail the Kindreds of the AFA!

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher

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

**Ancestral Food and Culture**



I know I'm preaching to the choir, but there are many tangents involved in our Ancestral Faith that don't exactly break off, rather interweave into each other. Culture, community, traditions. How are those not interconnected into not only what we are doing, but who we are? Bangers and mash are such a simple, yet delicious and hearty meal. It was a staple in my grandparents' house and I'm lucky to have my wife serve it to our family. What's so great about peas, sausages, potatoes, and onion gravy? Nothing and everything. Tacos sure are delicious but this simple and filling meal is a nod to my ancestors every time it's prepared. Thoughts wander back to England, Ireland, and beyond how they would be in the kitchen preparing, butchering, harvesting, and so forth.



Before dinner, my wife also served delicious Irish breakfast tea with cream and blueberry scones. Again, sipping and munching these treats activates my ancestral memory and I transport myself in a long-forgotten blood memory overseas. Everything about us is important and it all incorporates into our faith. I would love to share our recipes and traditions and encourage you all to take pictures of your own meals and treats and please submit them to the Runestone to share with us all. If you do not have traditions, you can start today! The ancestors are so important, but WE are the ancestors now my Folk and we need to start thinking that way. To your health, Hail!



Folkbuilder Timothy Dumas

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

**Now Available in the AFA Store**



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

Proudly fly the flag of the Asatru Folk Assembly!

3 x 5 indoor/outdoor double sided flag

\$20



**Food Pantry at Odinhof**

*You, Too, Can Help with the Odinhof Food Pantry!*



With the wild inflation recently felt by all, the February Food Pantry got much of our attention at Odinshof this month. My husband and AFA Founder, Steve McNallen, and I filled our two vehicles at the charity that provides staple goods for our food giveaway. Several hours later, we had not just delivered food to Brownsville but had filled thirty-six overflowing bags of groceries, ready for Saturday morning.



The Pre-Spring Day was perfect. As we set up tables with the help of Odinshof volunteers, the first car pulled in. This was a new family for us. The fellow quickly got out of the car and asked how he could help. The answer was simple: help carry bags. With his help, we were done in no time. After a round of hearty handshakes, he returned to his car and gave a big wave as he drove off. As always, people instinctively feel the warm nature of Odinshof when they pull into the driveway. We never let them down.



Since April, I've built a strong bond with our food source's CEO and his warehouse manager. We still shine in their eyes, no matter what they've heard, because they know us for who we are. Always, we are our deeds. If you'd like to help us maintain this relationship, we wish to give back to the IFM in the form of a modest cash donation each month.





To help out, you can use the Odinshof Donation link on our website. (Scroll down the page.) <https://runestone.org/support/> Please add a note that it's for the Food Pantry.

If you can do a monthly donation, write to me, Sheila McNallen. We'll set it up over a phone call using the AFA's authorize.net payment plan



Gythia Sheila McNallen

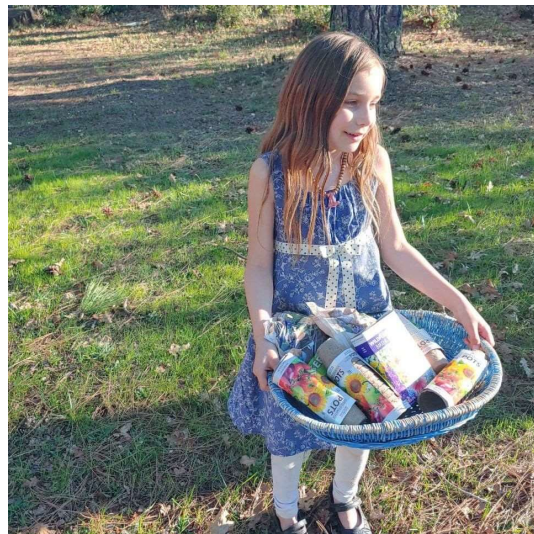
[sheila@runestone.org](mailto:sheila@runestone.org)

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**Charming of the Plow at Odinshof**



You could have called this an “Odinshof Family Picnic Day”, as “Charming of the Plow” had that feel. The weather was mellow enough to enjoy the filtered sun outdoors as we shared our first meal of the day. Everyone realized that Spring would bring us long-awaited warm days and opportunities to prepare for our annual Midsummer event. Several men engaged in an activity of nailing pine planks to build a wall for our Midsummer's ax-throwing. This all led to plans of scheduling a work-weekend for mid-March of maintenance and repairs.

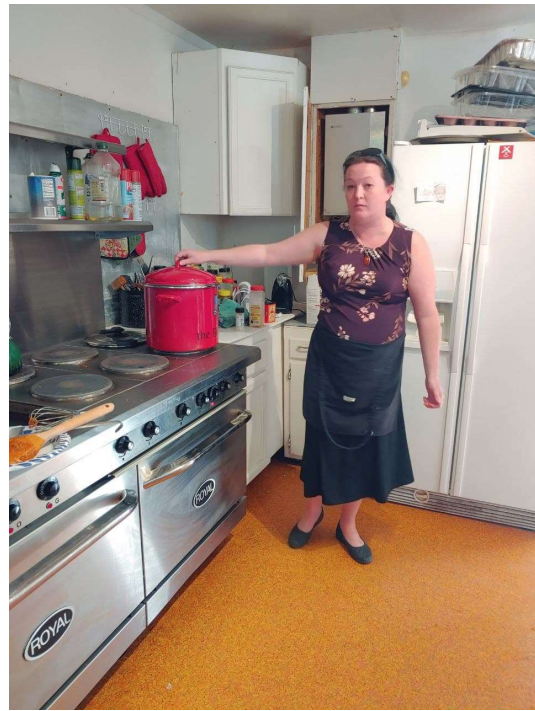


Children's chatter came to us from the swing-set and play area called Kinderheim. Midday, they filled and hung hummingbird feeders under the guidance of Folkbuilder

Ashley Stockton. Ashley also brought planting supplies, which kept the young ones busy filling peat-pots with soil and seeds.



Gythia McNallen invited the ladies to come into the hall for a discussion about the nature of our Goddesses. Contemplation of personal goals and tips for achieving those, using the metaphor of planting sunflower seeds and watching them develop from now until Midsummer. Meanwhile, Stephen McNallen gathered the men outdoors to give his views on the impact of “the plow” on our people and how it has encouraged community from ancient times to today's AFA.



Each monthly event now features a traditional European dish. For February, Krystal spent long hours preparing Hungarian pork paprikash with homemade spaetzle, served with fried cabbage & bacon. A 50/50 raffle to benefit the Hof came next. Marc and Deedy donated their winning half back to Odinshof, which was gratefully accepted.



It was now time to gather in the ritual circle for the honoring of the lesser-known Goddess, Gefjon. In our lore, Gefjon employed her sons in pulling a plow to cut a huge rift that created an island of her own. To this day, Gefjon is the patron Goddess of Denmark. With the theme of cutting the turf to prepare for planting, each person was told to set a personal goal and think about the tools necessary to achieve that. We focused on the rune Mannaz, for achieving balance and excellence in preparing for what lies before each of us. Galdring runes and a mead blessing of “head, heart, and hands” were part of our exchange with the Holy Powers.



A deep chill descended as the day waned and people drifted towards the campfire ring with the bonfire. Many had left for home, but those who remained were ready for the Sumbel. Noble deeds and people were remembered, with many thanks expressed. In his own unique way, gracious and caring words from Victor were expressed to each one of us ~ love of Folk and Family.

The charm of Folk and Family. We all feel that at Odinhof. We invite you to come and experience that, too.



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

As winter begins to fade away, the leadership at Odinhof has been quite busy with setting events and activities for spring. The months heading into Midsummer is always a time for planning and excitement.

Work weekends are always a common theme this time of year as we get ready to welcome Folk from far and wide in June. There will be a work weekend March 12-13th where we will begin some important projects including maintenance on the ritual circle and carving the last of the fascia that adorns the hof. If you would like to volunteer and or have special skills to lend please let me know.



Folkbuilder Krystal Bailey

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

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## Upcoming Events at Odinhof



## UPCOMING EVENTS AT ODINSHOF

**March 19**

**Ostara & Food Pantry**

**April 16**

**Hexennacht & Food Pantry**

**May 21**

**Mayfest & Food Pantry**

**June 17—19**

**MIDSUMMER CELEBRATION**

Food Pantry , June 18

**August 20**

**Freyfaxi & Food Pantry**

**September 17**

**Winter Finding & Food Pantry**

**October 22**

**Winter Nights & Food Pantry**

**November 19**

**Fast of the Einherjar & Foods Pantry**

**December 17**

**Yule Celebration & Food Pantry**

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**Arizona**

*Starting the Year Out in a Positive Direction*



This has been an amazing start to 2022. Reflecting on the past year I have watched our community grow as a whole and also here in Arizona. I am absolutely more than grateful for every single person that makes what we do even more important. Every day seems like we are expanding our folk and more people are coming to follow their rightful path. It is always an honor to stand here in service of our folk and to the gods into the ancestors. I look forward to each and every day into the future. And feeling the energy and firth grow stronger than ever.

Reflecting on another note my first trip to charming of the plow was an absolute success. I first want to thank everybody who made that possible. Your hard work shows, and we are all grateful. I met so many new people and was overwhelmed with convertibility and Joy. I look forward to next year. And to the many other national events that I will be attending.

Samuel Ramsey  
Apprentice Folkbuilder  
[sramsey@runestone.org](mailto:sramsey@runestone.org)

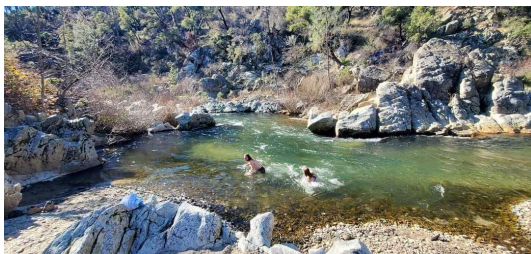




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## California

### *Whiskeytown Moot*



February saw some unexpectedly warm weather in Northern California, which turned

out to be perfect for a hike with some folk. A handful of us met at the trailhead in the early morning in the picturesque Whiskeytown National Recreation Area. We admired the canyons, wildflowers beginning to bloom and a couple of us even jumped in the icy, rushing waters of Salt creek and Crystal Creek falls. We ended the day at Shameless O'leary's exhausted and full of Frith. Grateful for the new friendships and memories made and eager for the next Far NorCal moot.



Ashley Stockton  
Apprentice Folkbuilder  
[astockton@runestone.org](mailto:astockton@runestone.org)

*Miller Park Moot*



This month we had a moot at Miller Park here in Fair Oaks! While it didn't have a HUGE turn out we would like to thank those who did make it! We had a lovely picnic and lots of fun playing at the park. Due to a low turn out we had lots of extra food so after the Moot was over we took the leftover food to a local homeless encampment and donated the unopened food.

Next month we have a moot at Fairytale Town and a trip to the zoo! Please feel free to reach out Via email or MeWe for details.

Sierra Chapman  
Apprentice Folkbuilder  
[schapman@runestone.org](mailto:schapman@runestone.org)



### *Taking an Oath*

We would like to congratulate Connor Norris for taking his Folkbuilder oath at Charming of the Plow. This is a very high honor and is not easily achieved. Becoming a Folkbuilder for the AFA involves a lot of work and dedication and even more so after you are oathed in. This is never taken lightly and when one oaths to the AFA you are swearing not only to the AFA but also to the Gods your devotion and loyalty to our folk.

Hail Connor Norris!!!!

### *Central California Moot*



We had a great time in the South Bay! The McNallens came down and we visited the Rosicrucian Egyptian Museum in town to experience some ancient history a bit outside of our normal wheelhouse, but certainly interesting nonetheless! Afterward, we had a lovely German dinner at Teske's Germania in San Jose.

Our next Moot will be on Friday, March 25th at Ludwig's German Table in San Jose, CA. We hope to see you there!

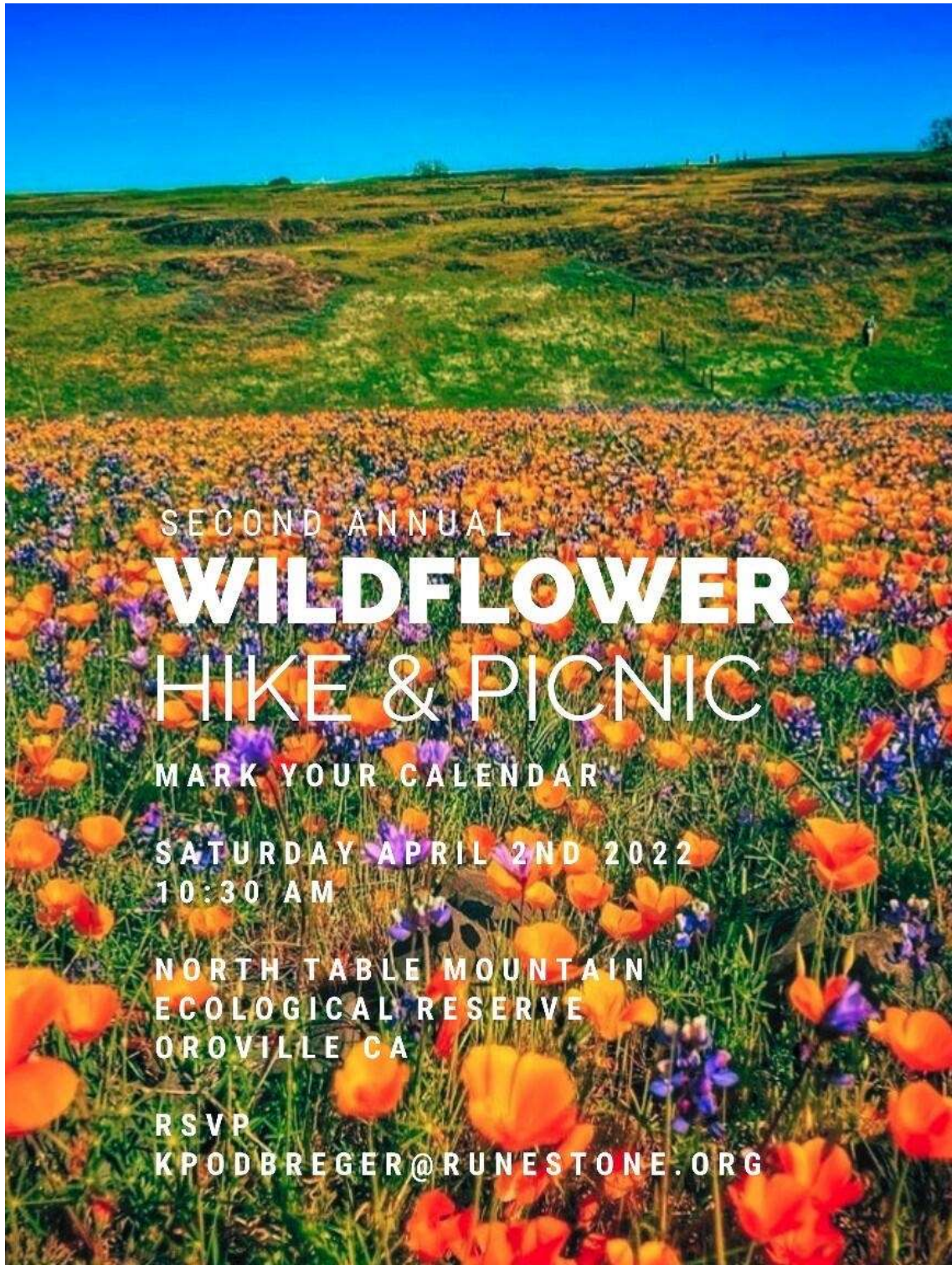


Folkbuilder Connor Norris

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

### *Upcoming Event*

April 2nd Victor and I will be hosting our 2nd Annual Wildflower Hike and Picnic at the North Table Mountain Ecological Preserve in Oroville. This meet-up promises hundreds of thousands of wildflowers and some waterfalls. Please contact me if you have questions or would like to go.



SECOND ANNUAL  
**WILDFLOWER**  
HIKE & PICNIC

MARK YOUR CALENDAR

SATURDAY APRIL 2ND 2022  
10:30 AM

NORTH TABLE MOUNTAIN  
ECOLOGICAL RESERVE  
OROVILLE CA

RSVP  
[KPODBREGER@RUNESTONE.ORG](mailto:kpodbreger@runestone.org)

Folkbuilder Krystal Bailey

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



*Upcoming Event*

**March 11-13, 2022**  
Calaveras Fairgrounds  
Angels Camp, CA

*For those who come  
for the music:*

- Skerryvore
- Blackeyed Dempseys
- Wicked Tinkers
- The Fire
- Blame the whiskey
- The Black Irish Band
- Golden Bough
- Stout Rebellion
- plus pipe bands

<http://calaverascelticfaire.com/>

The McNallens plan to be there Saturday, March 12.

Contact Gythia McNallen  
[sheila@runestone.org](mailto:sheila@runestone.org); Text: 530-575-8692

**Buy tickets online!** <https://events.eventgroove.com/event/Calaveras-Celtic-Faire-2022-57913>

The logo for Calaveras Celtic Faire is a circular emblem with intricate Celtic knotwork. The words "CALAVERAS" and "CELTIC FAIRE" are written in a stylized, green font around the perimeter of the circle. In the center of the circle is a woman with long, wavy red hair, wearing a white and red Celtic-style dress with a blue tattoo on her abdomen. She is holding a sword in her right hand and a dagger in her left.

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



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## Idaho

### *An Introduction from a New Apprentice Folkbuilder*

Hello, my name is Derek Wright and I'm honored to be a new apprentice Folkbuilder in the north Idaho region! The beauty of our Folk faith is perfectly framed by the beauty of the PNW. On February 19th, our kindred had a moot at Capone's Restaurant in Coeur d'Alene. Much mirth was had between our kin and we enjoyed the good food with the warm atmosphere. We are happiest when we are with one another, and as our kindred grows our joy grows with it. Hail the Gods, hail the Folk, and hail the AFA!



Derek Wright  
Apprentice Folkbuilder  
[dwright@runestone.org](mailto:dwright@runestone.org)

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## Nevada

### *Dinner with Alsherjargothi*





We had low attendance but good times at our February dinner! We enjoyed sweetie martinis paired with bacon, goat cheese, and onion pasta.



Please come out and join us on March 5th for our monthly Alsherjargothic Dinner!  
Where the cool kids' fellowship!



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

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## Oregon

*My First National Event*



Charming of the Plow was my first big event since I joined the AFA. Spending that weekend with AFA members and families was incredible. Great food, great folks, and Blots performed by the Alrherjargothi, Witan Brandy C., and Gothi Joe R made for a relaxing and energizing event.

The most eventful thing for me was I somehow managed to get my car high centered between two hills in the snow. After my girlfriend and I failed to dig it out ourselves I went back to the lodge expecting to have to call a tow truck. A few guys had trucks and a willingness to help out. When I tried to pay them, they turned it down. The reason I am sharing this is 1) how I managed the first part was very funny looking back, and 2) I got a taste of what it really means to be a part of an AFA community. We work together, have good times together. Most of all we come together to help each other out when we struggle. We've all read and heard about it, but it's something that needs to be experienced.

For next month we will be holding Ostara here in Oregon on Sunday, March 20th, please contact us for more information and to RSVP at [jaadams@runestone.org](mailto:jaadams@runestone.org)



Joshua Adams  
Apprentice Folkbuilder  
[Jaadams@runestone.org](mailto:Jaadams@runestone.org)

### *The Power of Positivity*



**USE YOUR FATE, DO NOT  
STRIVE AGAINST IT!**

*-Guido von List*

This month I would like to speak on the power of positivity and how it is so vital to maintaining that mindset during times of great struggle in our lives. The Egoic mind, the “chatterbox” that is in our heads, exists only here in Midgard and thus constantly creates drama, tempts us with vices, and bombards us with negative thoughts to instill fear and distract us from ascending and learning our true purpose, our Fate. Our Fates were written in the fabric of time by the Norns, and the Gods have given us free will to discover and live with our fate so that we may fulfill our roles in this great recurring cosmic battle. Free will allows us to choose to not be afraid, to do the right thing.

In the Grímnismál from the Poetic Edda, we are told that Valhalla has five hundred and forty doors and eight hundred Einherjar can pass through simultaneously to engage the wolf Fenrir at Ragnarök. This is a total of 432,000 Einherjar, which coincidentally is the number of years of the Kali Yuga, from this we can derive that time is cyclic and we are in the Wolf age. The Völuspá gives us a description of the Wolf age:

Brothers shall strive | and slaughter each other;  
Own sisters' children | shall sin together;  
Ill days among men, | many a whoredom:

An ax-age, a sword-age, | shields shall be cloven;  
A wind-age, a wolf-age, | ere the world totters.

If you haven't noticed, the world has flipped on its head. What is right is wrong and what is wrong is right and it certainly sounds like this passage from the Voluspa. The fact that you have felt the calling of our Gods and joined the AFA is proof that something higher is out there, you have heroically stood up to do the right thing counter to what the world is telling you. You must always remember that you are doing nothing wrong, there is nothing to fear. You of your own free will have chosen to do the right thing.

Odin and our Gods live without fear battling and defeating the giants that stand in their way, and we must follow their example and lead a fearless life. Do not be afraid of death for it truly is not the end as heroes are destined for Valhalla! Finding your true purpose and living with your fate will make certain that you do not waste your opportunity in this life to do something meaningful. Ásatrú, our ancestral spirituality helps guide us to live heroically and in line with Natural Law. Natural Law are those truths that are inherited in all of us from the moment of birth, passed down from countless generations of ancestors, and by living with these innate laws you will create a happy and fulfilling existence.

Listening to the negative egoic mind creates a tsunami of negativity and crushing fear that will manifest the exact thing you are dreading. By Immediately countermanding negative thoughts with positivity put into past tense and known to you as fact, things will come to pass that seemed impossible. Through controlling and combating negativity we begin to build our will and gain access to our true selves, the part of you that has been through all your re-births here in Midgard. Connecting with the immortal part of you will allow you to understand the nature of Midgard and that it may be directly manipulated according to your desires. The Allfather Odin hung on a windy tree for nine days and won us the Runes by his self-sacrifice, and he teaches them to us so that we may play our part in this cosmic battle more effectively. With this knowledge comes great power and it must not be wielded selfishly but in accordance with your fate.

When you counteract negativity and put out to the universe that something positive has happened, it will manifest. The things necessary for this manifestation to occur will present themselves but be aware they may not appear as you would think, and so you must be open to whatever comes your way, realize that you may have to work for it, nothing is free.

Do not forget to take time to enjoy life, something that seems as trivial as feeling the sun on your skin, or the laughter of your children may help to offset the seemingly endless struggle to obtain your goals, but again do not give in to indulgence as moderation is a discipline all into itself.

Our ancestors greatly dreaded a Straw death, meaning not to die heroically in battle but rather from old age. I would put forth that this may also mean that you remained asleep and did not answer or ignore the call to awaken and take your place in history. So be alert when your intuition guides you or synchronistic events show themselves to embrace them and bravely venture forth to fight in the fray, knowing you will gain your goals and live your fate!

I hope that these words may help you find your higher purpose here in Midgard, and someday may we all feast together in Odin's Hall, Valhalla!

Hail the Gods!

Hail the Folk!

Hail the AFA!



Gothi Joe Rozanek

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

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## Washington

### *Welcoming a New Apprentice Folkbuilder*

Please welcome Rachel Johnson of Washington as the AFA's newest apprentice Folkbuilder for the Óðinshof District. Rachel and her husband Mason are the latest AFA power couple. Washington is poised for great things in the coming months and years and we are excited to share in Rachel's success.

### *Nordvestri Feb 2022 Escapades*

The month started off with preparing for Charming of the Plow. We held a small work party to cut down trees that would become monks for our Viking games.

The event itself was beautiful with snow and ice on the ground. The children played in the snow and went sledding until bedtime, it seemed. There were many reconnections between kindreds and people, who haven't seen each other since last Charming. The event was a success! It was so good to see everybody!

### **Monthly Nordvestri Activities**

We held our bi-weekly iron club, one happened to fall a birthday. The whole kindred managed to pull off a surprise party with food and decorations, while still working outs. It was a great time. We also held a kids valentine's day party with games and prizes. Kids had a blast and the iron club followed the party.

A few of our kindred members set out for a work party, where we planted around 100 fruit-bearing trees and dug many holes!

We held our first zoom meeting on Anzus Direct book club. We read through Native European Spirituality together and held a discussion. Great insight was shared. The following week we started the Culture of the Teutons!

There was a lot of information sharing over various topics, the biggest one being about raising baby chicks since a few members currently have chickens and others have decided to become first-time chick owners... so much to learn. Information was also passed around about growing gardens, canning, dog training, harvesting the garden, BBQ, goats, and starting plants from seed.

We are excited for adventures to come as spring gets closer.



Rachel Johnson  
Apprentice Folkbuilder  
[rjohnson@runestone.org](mailto:rjohnson@runestone.org)

### ***Birth and Rebirth***



This month was a month of rebirth for a lot of our kinsmen's fields as we got to work till the soil. The Fólkvangr Cascadia Kindred has a communal garden that our members have been getting together and working on most days of the week. It's allowed our Kindred to grow very close.





CDA continues to grow as new members have joined both by the word of mouth of what we are accomplishing in the region as well as our newest member being born last week.



If you're in the area, please reach out and we will get you connected.

It's an exciting time full of life and new beginnings in the fertile Pacific Northwest. Hail Freyr!



Tyler Heinlein  
Apprentice Folkbuilder  
[theinlein@runestone.org](mailto:theinlein@runestone.org)

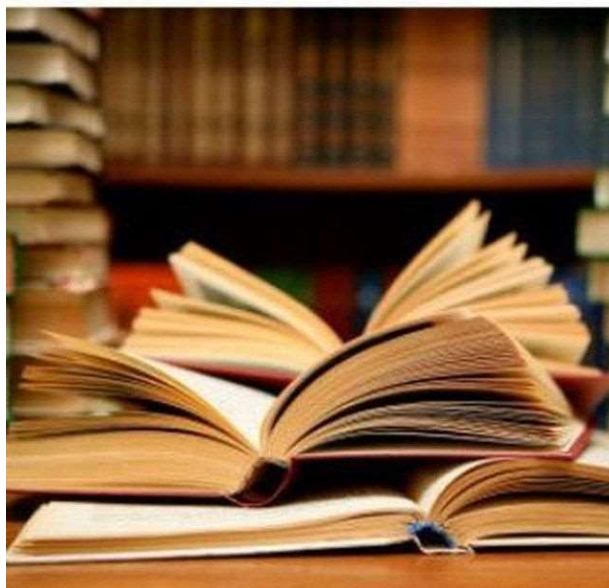
### *Taking an Oath*

We would like to congratulate Mason Johnson for taking his Folkbuilder oath at Charming of the Plow. This is a very high honor and is not easily achieved. Becoming a Folkbuilder for the AFA involves a lot of work and dedication and even more so after you are oathed in. This is never taken lightly and when one oaths to the AFA you are swearing not only to the AFA but also to the Gods your devotion and loyalty to our folk.

Hail Mason Johnson!!!!



*Ansuz Direct: A Book Club via Zoom*



We have begun a mission to bring all our Odinhof Membership closer together!

No matter where you are or how far you may be from a Hof or another member you share in a sacred bond of Frith with all of the AFA.

We seek to further nurture that bond and now offer an opportunity to build relationships and to further our understandings of our Ancestral folk traditions together.

Ansuz direct is that opportunity!

We have already met a handful of members that we previously never had an opportunity to see.

We have begun reading *The Culture of the Teutons* by Villhelm Gronbech discovering valuable insights within its pages.

A long list of books has been curated and we hope many more will join us as we dive deep into the lore of our sacred ancestors.

If you are interested in gaining more knowledge, insight, and building relationships...

Please contact me by email at [Mjohnson@runestone.org](mailto:Mjohnson@runestone.org).

### *Berserkr Club*



This month was our very first Berserker Club. At this Club, we focus on Martial training and survival skills along with practical skill trading.

For this first gathering, the menfolk received instruction in basic introductory movements, strikes, and kicks and applied what was learned through 1 point sparring.

During this four-hour block, the womenfolk were taught how to make laundry soap then applied it by making enough laundry soap to supply our local membership.

Along with producing their very own detergent they sneakily baked a cake for our most noble kinsman Jarrett Cordell efficiently and effectively gifting him with the surprise of birthday cheer.

On this day we also held a rite of initiation welcoming a new kinsman home.

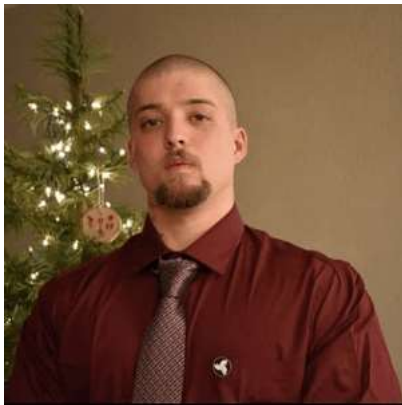
All in all, a most productive start to our new Berserker Club.

We are all excited to see what will come next on this new journey.

HAIL THE GODS!

HAIL THE ANCESTORS!

HAIL THE AFA!



Folkbuilder Mason Johnson

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



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## Food Pantry at Thorshof



On February 26th we held our monthly food pantry. It started at 11 am and we served 6 families. We are beginning to see "regulars" and they are as pleased to see us as we are to see them.



Folkbuilder Heather Young

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

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## Charming of the Plow at Thorshof



We celebrated Charming of the Plow at Þórshof on February 26th. After supper and Gothi Trent's class, we proceeded to the Ve for the ceremony. While in our procession, Witan Svan Herul led the call to the Landvaettr and Alfar for their blessings and to receive our gifts. Gothi East then began the blot to Freyr inside the Ve. As the ladies blessed the mead the men began to galdr Ingwaz, the primal seed. As the ladies rejoined the men in galdr, the rising of voices to a crescendo at the end was powerful and moving. The Plow was blessed, and a new portrait of Founder McNallen was also presented and blessed.







We then processed outside to finish the ceremony. There, we used the plow to furrow out the ground. One by one we placed handwritten goals into the furrowed out earth, with Gothi East covering them with soil and asking for the blessings of Nerthus. The event closed with fellowship and frith shared by all.

A huge thank you goes out to all who made this event possible, with a tip of the cap to Gothi Rob Stamm for the wonderful photos.

The final touches on projects are being done in advance of Ostara. We hope to see you there!



Witan Svan Herul

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

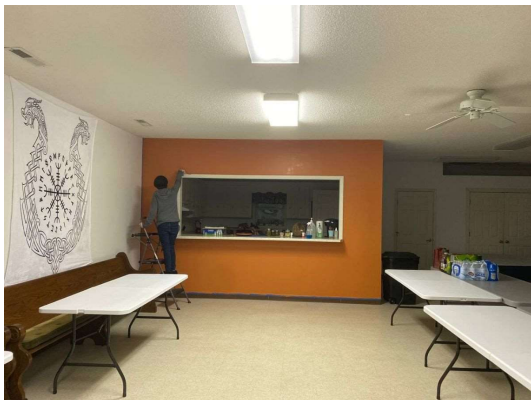
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## Thorshof Updates

*New Playground*



*Work Day at the Hof*



In preparation for Ostara, the Þórshof Team has been working hard behind the scenes.

Witan Herul and his wife Katherine have been adding wood accents inside the Ve, along with some new color schemes were added by Folkbuilder Heather Young.

We also had a successful work party in which we cleaned up the winter debris and added the new headstone to Mr. Bethea's resting place.

The accent wall in Rumph Hall has been painted Þórshof orange as well. Also, a beautiful portrait of Founder Steve McNallen will hang in Rumph Hall. We're looking forward to seeing you all at Þórshof, The Second Hof of the Asatru Folk Assembly.

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## Upcoming Events at Thorshof

### *Holy Tidings:*

Ostara: March 11-13  
Hexennacht: April 30th  
May Day: May 28th  
Midsummer: TBD(18th or 25)  
Sigrblöt: July 30th  
Freyfaxi: August 27th  
Winter Finding: September 24th  
Winter Nights: October 29th  
Feast of the Einherjar: November 19th  
Mother's Night of Yule: December 18th

### *Work Days:*

April 9th  
May 14th  
June 11th  
July 9th  
August 13th  
September 10th  
November 12th  
December 10th

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## Florida

### *Building Foundations*



February was bursting at the seams with activity in Florida! The American Crow Kindred gathered to celebrate the birthday of their Harugari. We had lunch at the oldest diner in Florida that was established in 1932.

Our Florida Folk also welcomed Gothi James Plourde and Gythja Anna Plourde to the state at a moot on the space coast. We are excited to have them here and look forward to working with them to build on the strong foundation of faith and fellowship that has been established.





We started reading 'The Well and the Tree' for Study Group and had a lively discussion of the first chapter.

Finally, Charming of the Plow was held at Lake Ashby state park. It was a glorious day to spend time with our Folk. Once everyone had time to meet one another and settle in we held blot to Frigga asking that she bless the tools we use to support our families. There was a wide variety of savory and sweet goodies for the pot-luck .

The children enjoyed flying kites and painting birdhouses. Closing with sumbel we all parted with full hearts confident we will attain our goals.

Folkbuilder Lane Ashby

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



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Georgia

*The Folk Futhark*



Introducing Witan Svan Herul's recent creation, the Folk Futhark!

This is THE rune set of the Asatru Folk Assembly and our Hofs! If you've seen any of Witan Svan's murals, you may have noticed that he uses runes from all four of the main futharks: Elder, Younger, English, & Armanen. The purpose of this, and of the Folk Futhark in general, was to create a living tradition of runes for our modern Folk.

We are no longer Proto-Germanic, nor Vikings, nor Saxons of the Heptarchy, and we are certainly not all Armanen... We are modern Aryans, with our roots spreading across all of Europa, and we are building a modern tradition of Asatru and rune work. This Futhark holds the same concepts and mysteries of the Elder Futhark runes, but some of the staves themselves are borrowed from the other three rune rows.

With all this being said, I will start writing short lessons on each of the Folk runes, and explaining why Witan Svan chose different staves, if applicable. We will study a few runes a month, starting after Ostara!

### *Charming of the Plow in Georgia*



On February 19th, my wife and I met up with a family of members from Alabama to

celebrate Charming of the Plow!

Our turnout was less than half of what we expected, but we had a great time and a meaningful ritual.

We gave blöt to Þórr and Ingui-Freyr, asking them to give us strength and to make the earth fertile so that we might accomplish our goals, shape our world, and ascend towards our Higher Self!

The blöt was followed by a short, but intimate, High Sumbel.

The low turnout made for a fairly quick event, but a good time was had by all!

I wish all of our members a happy Charming of the Plow! May the seeds of your goals grow upwards, and bear the fruits of victory!



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

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## Indiana

*Frith, Festivals and February*





We here in Central-ish Indiana began the month as we begin every month, meeting during the first weekend for fellowship. Those of you with memories keener than my own will recall that the first week of February brought heavy snowfall to large portions of the Northeastern Midwest which inhibited travel for many Folk around the country.

Despite the precarious travel conditions, we enjoyed an incredibly solid turnout for our blót honoring Eyvind Kinrifi. We told the tragic tale of Eyvind and drank to his memory, we shared food, fellowship, and offerings to Ása-Thor, we... berated one another into an impromptu pull-up contest which, in honor of our illustrious and ill-fated hero Eyvind, I chose to heroically lose... really, really bad...like, brutally.



By mid-February, my masculinity had recuperated to the point I allowed myself to be suckered into a wintery rucksack death march at the behest of the leering snow demons masquerading as friends in the background of the picture above. An ice storm the night before had made the woodland trails difficult (and a little dangerous) to traverse. It is usually appropriate for something like a ruck hike to be associated with communing with nature; it is true that the icy woods were both peaceful and beautiful.

However, this hike was different; the icy trail made each footfall treacherous, as a result, our focus was more often on one another than the land around us. Many were the hands held out for another as they regained their balance, and many the look of modest concern as we watched one of our party travel over a particularly steep or perilous bit of terrain.

The implications of team building through (modest but real) trial are obvious; it's the sort of thing that I could easily have made some overwrought speech about, belaboring the finer points of teamwork and "catching one another when we fall," but that is pointless. Sometimes the point of actually doing something together is that you don't need to say anything at all.

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In the interest of closing February out with a bang, I rented a 15 passenger van and led a convoy of rampaging Hoosierboreans deep into the enemy territory of Michigan for the 6th annual Nordic Fire Festival. Counting children (because they throw a fit if you don't) we attended that festival with 17 Indiana, 6 Michigan, and 2 Ohio Folk. Those of you who enjoy statistics and bell curves will note that there has never been a more disproportionate turnout of fantastic people for such a mediocre event; but here's the thing, I'm glad the festival was a little lame (even though the ship burning was admittedly cool).



Naturally, there were downsides:

the "mead hall" was separated via chain link so our party was split between younglings and mead connoisseurs; it was freezing; our party showed up at different times and couldn't find one another (I never managed to get pictures of everyone) the poor lighting (obviously) kept women from realizing how attractive I am; blah blah blah...

Regardless of those trivial hang-ups, this trip was a resounding success for a simple reason: we had a blast, and we had it because we were together. There is a power in the realization that 90% of the joy we experienced that weekend stemmed simply from being together. Every rational metric will tell you that sleeping on the floor of a seedy motel room with 10 other people sounds terrible... except it isn't. Huddling in the freezing cold thawing your fingers over a burn barrel with your Folk should be a bad time... but it's not.

Our Gods offer us many rewards and for many things, but our most subtle and consistently fulfilling reward is one another.

Johnathan Rock



Apprentice Folkbuilder  
[jrock@runestone.org](mailto:jrock@runestone.org)

*Greetings from Southern Indiana*



Heimdall's Midgard got together to celebrate Charming of the Plow this last weekend. We had lively conversation and frith. We feasted and followed it up with blot. We always have blot each month and conference calls every week to keep close, so contact me if you're not experiencing the AFA in your life. That can change in a hurry. Our next moot will be the last weekend of March.

This month, I will be co-hosting Ostara in the Midwest. This will begin Saturday, March 19, and last until Sunday, March 20. There will be a Kubb Tournament, Blot, Sumble, feasts, and much more. Please reach out to me or Shane Duffy if you would like to attend. Ostara is the first of more to come. So if you can't make it this time, look out for those events to be posted here soon. We are getting AFA Kindred members from each Kindred of Indiana and Illinois together. Also, in April, there will be Elsefest in Wisconsin. We are always doing and making things happen. Get outside and meet your Folk and share Frith!

Until next time...

Hail the Gods!

Hail the Folk!

Hail the AFA!



Folkbuilder Zach Cato

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

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## Italy

*Folk masks of the Italian carnival traditions*





In this time of the year, in the rural zones of whole Italy and Europe, ancestral rituals of Indo-European origin are carried out: rites to recall the spring and the rebirth of the Nature/Life and to exorcise and drive out the winter and the evil spirits. The Devil of Tufara, the Bear of Jelsi, the Deer of Castelnuovo al Volturno and some antropological masks from Sardinia.



Francesco Morese  
Apprentice Folkbuilder  
[fmorese@runestone.org](mailto:fmorese@runestone.org)

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## Maine

*News from the Frozen Northlands*





We had a great moot at the Dinnerhorn restaurant in Portsmouth, NH on February 12th! There was quite a large variety of different foods on the menu at that place and it all looked really good, however, I had a cheeseburger. It was a really good cheeseburger, but I know what you're probably thinking. Why would I drive two hours away just to go eat a cheeseburger? For the company of course! There were some folks there that I hadn't met before as well as some that I had. We all had a great conversation and enjoyed ourselves so much that we were still there for quite a while after the waitress had cleared the plates and we had paid the bill.

Then when half of the group had to start driving home, the rest of us went out to an ice cream shop so that we could continue talking. At least that's our excuse for eating a lot of ice cream and we're sticking to it! Sadly, we didn't get a photo of us at the ice cream place, but that's because good ice cream requires your undivided attention.

Although we were thoroughly distracted by food, that didn't stop us from enjoying the company of the others who were present. Taking time to go on a drive to meet with our folk and make connections that can turn into lasting friendships is always worth it. So, if you live in the New England area, I encourage you to join us at our next gathering.

Hail the Gods!

Hail the Folk!

Hail the AFA!

*Upcoming Event*

AFA MOOTS AND MEETUPS  
THE HOLY GRAIL PUB  
LEPPING, NH  
MARCH 19TH, 1:00 PM

CONTACT FOLKBUILDER  
DANIEL MASON  
FOR DETAILS  
[dmason@runestone.org](mailto:dmason@runestone.org)



Daniel Mason  
Apprentice Folkbuilder  
[Dmason@runestone.org](mailto:dmason@runestone.org)

## *An Introduction*

Greetings,

My name is Mike Melillo and I'm honored to assume the role of Apprentice Folkbuilder with the AFA.

My sincerest intention is to provide an environment of welcoming to our folk to where they have always belonged but have yet to find.

While my tenure with the AFA has been short, my connection to our Gods and my ancestors have been ongoing for 30+ years.

I look forward to learning from & working with AFA leadership to continue growing and expanding on the existing strong foundation that has been built by those who have come before.

I am humbled and honored to be given this opportunity to serve our folk!

## *Upcoming Events*





Mike Melillo  
Apprentice Folkbuilder  
[mmelillo@runestone.org](mailto:mmelillo@runestone.org)

*Arrival of Spring and plans in Western Pennsylvania*



As spring finally breaks free from winter's icy grip we stumble and slip from our homes into a greener and livelier world. We give thanks to the gods and folk for helping us through the winter and welcome the warmth of the sun on our faces.

In western Pennsylvania, I held a moot at a delicious BBQ joint. I spoke to many of Pennsylvanians fine folk about more events to come. Through continued contact, the strength of friendships and frith will triumph through the hills and valleys and make the miles between our hearths insignificant.

Hail the Folk! Hail the Asatru Folk Assembly!

*Upcoming Event*



Christian Williams  
Apprentice Folkbuilder  
[cwilliams@runestone.org](mailto:cwilliams@runestone.org)

*Growing our Folk and Keeping the Fire Burning*



When I joined this organization I had no idea what to expect. Groups claiming noble goals and honorable conduct are not in short supply these days but very few are actually what they claim to be. In the AFA I have found one of these gems I speak of. I've met some of the most genuine people I ever have here and an end goal that really matters, Community and respect for our ancestors and the God's.

It began for me just around a couple of years ago with small gatherings of a few like-minded people. Enjoying each other's company and aspiring to a higher ideal. A real commonplace community and culture again risen from the ashes of what has been destroyed by modern "culture" and Abrahamic influence. It's gone from myself, Jessica Lambert, and a few members sharing a meal to bustling homes and gatherings of a dozen or more wonderful hearts and minds. It has truly changed my life and our work together is forging a path for future generations. A solid foundation that I feel honored to help create.

To any new leaders, it will not be easy. You will have times that it's just you at a restaurant but don't be discouraged, one will come and then another the next time. To any new members that can't find your people. Reach out to leadership they will find them for you. Keep a fire in your heart and it will grow. There will be great triumphs and low times but always keep the fire burning. We will have disagreements but always keep the fire burning. Our greater work and community is what truly matters and this is what has truly made my life better than it ever has been and I know it can be the same

for all of us. What is happening here with all of you wonderful folk will be looked back upon by our descendants warmly and I feel honored to build a future for us together no matter what life may throw in the way of our people.

Hail the Folk! Hail the God's and Hail Mr. Mcnallen and the AFA. He's started a glorious fire. Let's help it grow and hand something beautiful to further generations.



Joe Drotos  
Apprentice Folkbuilder  
[jdrotos@runestone.org](mailto:jdrotos@runestone.org)

*Bringing Blessings to Charming of the Plow*



Saturday, February 19th was a windy chilly day, as AFA members across the state

gathered in Columbus to celebrate Charming of the Plow. As each member gathered in with a homemade side dish, we settled into conversation and laughs, while the children played.

As the wind picked up and the temperature dropped, we began our ritual. Each member was cleansed with sage and fresh creek water. Then the men and women separated to generate our blessings to offer to the Gods.



Each woman prepared cakes or cookies to offer to the land. We also brought seeds and gardening tools to be blessed. As the women poured our feminine magic into our gifts, the men engaged in their own activity outside.





The men gathered wood and chopped it for the fire. Some of the men whittle runes into the wood that was placed into the fire.



The women buried our cakes in cookies in the area our hosts planned to have their garden. As the offerings were placed in the ground, they were covered with our blessed creek water.



After the women, blessed the mead. We circled around for Blot by the beat of a drum. Our hostess, Mary Jane led a beautiful and well-thought-out Blot. The ritual ended in her blessing us with mead, as well as a plow.





After our meal was blessed, we enjoyed sauerkraut meatballs, fresh-caught rainbow trout, barely pottage, homegrown squash dish, fresh green salad, and a charcuterie cheese and meat spread. Delicious Swedish ginger cookies, Norwegian molasses butter cookies, and springerle cookies were enjoyed by all.

As our conversations continued to play out, we laughed as the children played. We begrudgingly said our goodbyes and look forward to our next event.

**Saturday March 26th 2pm  
Cincinnati, Ohio**



**Join Under Ash + Oak on a  
hike around the Cincinnatus  
statue followed by a Pub moot  
Contact Apprentice Folkbuilder  
Christine Dumas For more info!  
[Cdumas@runestone.org](mailto:Cdumas@runestone.org)**

**Saturday April 16th 4pm**  
**Join your Folk for Hood and Frith**



**At the Black Forest Cafe Oregon, Ohio**  
**Contact apprentice Folkbuilder**  
**Edumas at [runestone.org](http://runestone.org)**

# Sigrblot

APRIL 9TH, 1 PM

Hike followed by Blot  
Mask Making  
Potluck

Pittsburgh, PA

Contact  
Christine Dumas for  
more information  
[cdumas@runestone.org](mailto:cdumas@runestone.org)



SATURDAY APRIL 30TH 2PM  
JOIN YOUR FOLK FOR



VIKING FEST IN ASHVILLE, OHIO  
CDUMAS@RUNESTONE.ORG  
FOR MORE INFO



*Under Ash + Oak  
Kindred*



**MAY DAY CELEBRATION  
MAY 7TH, 2 PM**

*Traditional May Pole Dancing,  
Flower Crown Workshop, Horse Shoes and Potluck*

*Contact Christine Dumas, [cdumas@runestone.org](mailto:cdumas@runestone.org)  
for more information.*



Christine Dumas  
Apprentice Folkbuilder  
[cdumas@runestone.org](mailto:cdumas@runestone.org)



It's been a busy month in February. We started out celebrating the 3rd birthday of our member's daughter at a trampoline park. The next weekend we were in Columbus for Charming of the Plow. Then the following weekend my wife and I traveled to Helvetia, West Virginia for Fasnacht.



Fasnacht is a Swiss Tradition combining Winterfest and Mardi Gras. Although a former Catholic tradition, I feel there's no excuse not to attend these important European cultural events. I have mentioned it before and will continue to say that if we don't go and patronize and celebrate our Pan-European cultures, they're just going to stop having the festivals. Please attend any and all European festivals in your area whether you have a Folkbuilder or not. It is so important we do this, especially with our children.

There was local music, costumes, hot chocolate and coffee, and fun things for older kids to do. The night ended with a ceremony burning an effigy of old man Winter and reminded me of a Swiss 'Wicker Man'. I hope to see all of you for Ostara at Thorshof.

### *Upcoming Events*

JOIN YOUR FOLK FOR:

SUMMER  
SOLSTICE

SATURDAY  
JUNE 25TH  
1PM

CONTACT ANY OHIO  
FOLKBUILDER FOR DETAILS

Folkbuilder Timothy Dumas

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



### *Cleveland Kurentovanje Festival*



On February 26th we gathered in Cleveland Ohio for a Slovenian Madi Gras! Groups of kurents or kurenti wear traditional sheepskin garments while holding wooden clubs with hedgehog skins attached called ježevke, the noise of which is believed to "chase away winter". In this way, the presence of kurenti announces the end of winter and the beginning of spring. Every time one of these kurents came near me and started to jump and jingle their large bells I could not help myself but to jump along with them in excitement. There were delicious food vendors, including The Pierogi Lady, who is my local favorite. We enjoyed some specially crafted beer for this festival which was brewed locally. Attending these cultural festivals is very important to the further preservation of our heritage and the share the love of our people together.

*Fallen Timbers Presents: Charming of the Plow*

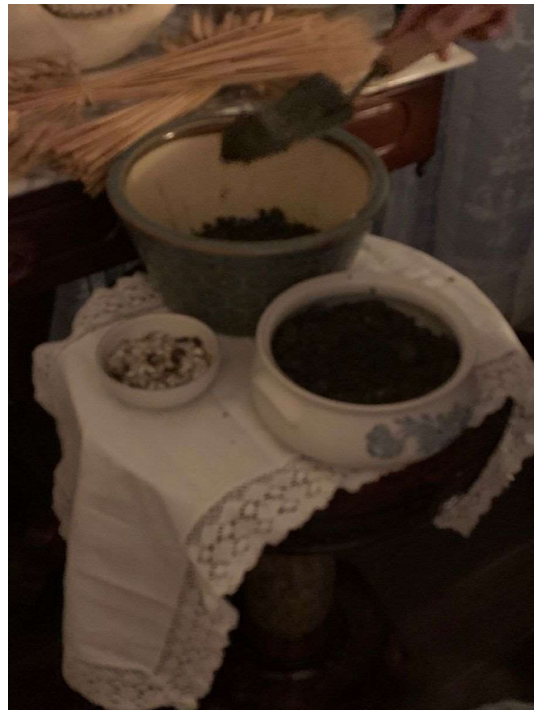


On the evening of February 26th we gathered at my home in northeast Ohio for our Charming of the Plow celebration. While we were at the festival our lovely Jessica Keller was hard at work in the house preparing food and prepping the living room for our ritual.

We were all cold after being outside for the festival it was wonderful to come into a warm house and all sit and enjoy coffee and chit chat.

Jessica Keller officiated our ritual. We began with an opening galdr and a cleansing of our space. We then passed around yarn to symbolize the web of wyrd of which we all stepped inside the circle it created. Jessica had placed her placenta from her sons birth into a pot. Each participant then shoveled dirt inside the pot. She covered the dirt with seeds and bones to symbolize the cycle of life. She spoke of the importance of this and how it translates to the start of our new season and the welcoming of the gods of fertility.





We closed the ritual after passing the horn around and calling upon a god and sipping the mead and gave our offerings into a bowl. The whole ritual and experience was so powerful I honestly cannot put into words how meaningful it was. By the end of it, I welled up with tears from the amount of energy that filled the room.

After the ritual, we blessed the food and enjoyed a meal together. The rest of the evening we all enjoyed our time together as children played throughout the house.

### *Upcoming Events*





Join us Sunday  
April 3rd  
At noon  
Columbus Ohio  
Contact  
Folkbuilder  
Jessica  
Lambert  
For details

Folkbuilder Jessica Lambert

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



*Eyvind Kinnifri Remembrance*



On February 9th, we honored Eyvind Kinnifri, as we shared thoughts on sacrifice, courage and strength of the past, and the present and focused on intentions of strength for the future as we heed obstacles ahead of us, for all of us. We held a blot dedicated to Tyr, Thor, Odin, and Eir, for courage and strength and for wisdom and healing mentally

and physically, to keep going, to keep doing, to keep sacrificing what is necessary for our descendants and for our people to come.



In addition to blot, we shared a shot of whiskey, feeling the burn within the belly to symbolize the torture of red-hot coals which were placed upon Eyvinds abdomen, leading to his death. We also shared a hot meal of bacon wrapped steaks, and a kale, mushroom, barley pottage.

Hail the Gods, Hail the Ancestors, Hail the doers among folk, Hail the descendants!

-Jessica Keller

*Upcoming Events*

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ohio skydiving moot  
ASHLAND, OH 44805  
MAY 28 @11AM

COOKOUT TO FOLLOW



CONTACT  
JESSICA KELLER  
FOR INFORMATION  
JKELLER1892@GMAIL.COM

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Ontario (Canada)

*A Growing Community*



Ontario AFA held their third Moot in the last four months, with this time setting a new milestone as the first Moot held in a member's household. In the winter, the hearth is a wellspring of warmth and buzzing with energy. This was especially the case with kids running around and five funky kinds of cheese on the table. All participants walked away enthused and excited for the spring re-opening and the potential growth that is on the horizon.

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## Pennsylvania

### *Charming of the Plow in Pennsylvania*



At the tail end of February, a small group of our kindred gathered to celebrate Charming of the Plow, an ancient tradition of our ancestors. It was a special occasion and filled with meaning for our families. We were filled with thanks for making it through winter with our health intact. We were filled with hope as the Earth begins to thaw and awaken from its midwinter slumber. I led my first ritual (for more than just

myself and my husband). We honored Freyr, Nerthus, Sif, and Gefjon. As we galdr'd Berkano, we poured our love and energy from heart, to hand, to soil to bless the dirt we will start our early seeds with. Lastly, as we galdr'd Ingwaz, I blessed our hands as well our tools so we may toil prosperously in the upcoming season. As the evening drew to a close, we ended with a very heartfelt sumble where the horn was raised to our beloved Gods, heroes, and ancestors.

Join us next time as we gather for Ostara as we usher in Spring!

Ritual dates and further family fun events are being planned- stay tuned.



Jane Malseed  
Apprentice Folkbuilder  
[jmalseed@runestone.org](mailto:jmalseed@runestone.org)

### *Runic Yoga Part 4 NOT/EH*



If you have made it this far, I am sure you have noticed results in your life. The runes themselves start speaking to you more and more and you may have found the ability to see everything from a different perspective. Like standing above all the events that are happening around you and knowing the wisest way forward in all choices made. What your personal life's mission is has become clearer. The list goes on but in general, everything is syncing, and you have become more than what you were before. Of course, there is still work to be done and that is what we shall cover today.

Before we get into the main topic I would like to discuss "will" and "knowing". The will is vital in Runic Yoga. We have to learn to shut out all distractions and concentrate on the task at hand with everything that we have for those brief moments. This translates to other areas in our lives. The things that used to overwhelm us no longer do. Our mind, body, and spirit are now under our control. During the pulling energy part, this is where "knowing" comes into play. We don't just want to believe and visualize that we are doing it but actually know we are and willing it into ourselves. Truly pulling it from above, below, etc. For myself, this transition took some time but one day it all clicked. I had stepped to the other side so to speak. Now of course I am not perfect. On certain days I lose the battle in Runic Yoga and life itself but at the end of the day or even at the moment of failure I have learned to take an inventory of myself. I can quickly realize I wasn't being directed by who I wanted. With every failure though is where we will find growth with the right mindset. We have never actually failed but learned. To summarize, "know" that you can do anything, and anything is what you shall do \*.

## NOT Rune

Face North and take 3 to 7 deep breaths in the IS rune stance.

Now raise your arms with the right higher and left lower like in the picture provided.

With each inhale pull the energy through your right arm and down into your body.

Note: I generally pull it towards the right side of my head then down to the solar plexus region.

Do this a minimum of 9 breaths and on every 3rd hum (nnnnnnn)

When completed, put your arms down and stay in this IS rune stance for a period of time. Breathe, be quiet and lose any mundane thoughts. In time answers will come.





### EH Rune

Face North and take 3 to 7 deep breaths in the IS rune stance.

Now raise your arms, left higher and right lower (the opposite of what was done in NOT)

Now with each inhale instead of pulling energy from the higher arm and downward you'll actually pull it from the lower and upward through yourself out the upper arm.

Note: for myself, I get a sense of being pulled in that somewhat upward direction.

Like matter breaking apart and physically lighter.

Do this a minimum of 9 breaths and every 3rd sing (aaaaaaa).

When completed, put your arms down and stay in the IS rune stance for a period of time again and feel the love if you will that is working its way in you.



Note: Another important practice that can and should be done in between each Runic Yoga stance is to give part of the energy back to its source. A gift for a gift in a way. We are given health, knowledge, strength, etc but we also contain qualities that we can share with the Holy Powers. This is how I do it so hopefully, it will give all of you some ideas. I simply take a deep breath, raise my arms like in the picture provided and pull energy from my being (a solar plexus area is a good place) up my body through my arms and out my fingers to the Black Sun that is pictured in my mind's eye. If you want to get an idea of what this energy looks like coming out of yourself, stare at your fingertips for a period of time. Eventually you'll start to see streams of Vril shooting out in a way. For myself, that is what I am giving back. Lastly, while doing this short practice keep our thoughts on pure thankfulness and love.

Now let's move on to some thoughts about these 2 Runes that will help guide us in this part of our transformation process. In the first 5 runes covered, we gained power, health, and wisdom from the great cosmic forces at play if you will. In the Cross Rune we more or less put it all together. Now we find ourselves at NOT, back in this reality in a sense. For many, NOT can seem like a negative rune. Falling, tension and adversity are a few of the words that come to mind. What is interesting about this is

that almost all of our misery presently comes from ourselves. It could be from a number of things like our actions and even our thoughts from this life and past. When we can make this realization, we start to "see" differently. The dots start to connect. NOT is very personal in this way. When we understand all is in flux around us because of our past and not let it overtake us, we win. The Hero knows how to work within these laws and in some cases breaks them entirely. He has "settled the discord quickly" within himself as the rune song states. In doing so, a change happens. He has won his combat here; entropy has been reversed and his prize is in EH. The One lost long ago and now found. The Beloved, the Higher Part of himself. The Horse and the Rider reunited to take on eternity together. EH in many ways is the total opposite of NOT. It is NOT from the other side. It is the rune of pure love; freedom and we can also say no laws in a sense. As many know Marriage is by far one of the most sacred aspects for our people and is a huge part of this rune as well. Utter devotion and loyalty to the physical wife or husband here also translate to the Beloved within. We must remain forever loyal if this special person is ever found. It is not good enough to just not betray him or her in the flesh either. Even when our minds wander to another we have already lost. We are not made of just one body but many. This is extremely important to remember. In the age we live in there are many distractions or traps by design but EH shows us the truth in how we are supposed to be as an Aryan.

In closing, we must watch what we put out into the world in thought, word and deed. We will have to contend with it. It's up to us if it will be descending in nature † or ascending †.

Thanks for listening and I look forward to next time.

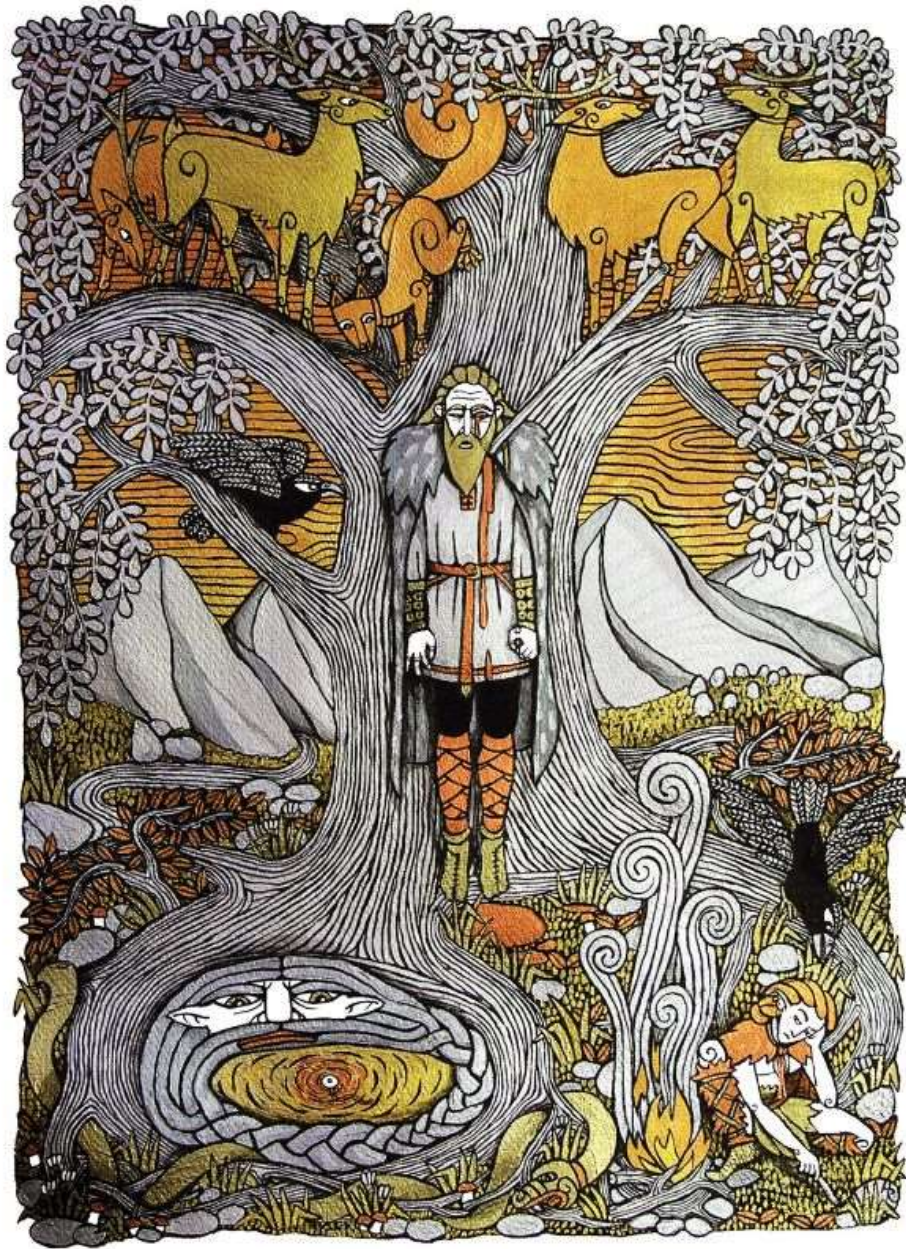


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**South Carolina**

*Myself To Myself*



*I know that I hung on a windy tree nine long nights, wounded with a spear, dedicated to Odin, myself to myself, on that tree of which no man knows where its roots run. - Havamal 139*

The preceding Havamal stanza is one of the most widely known in Modern Asatru. Here, Odin hangs himself upon Yggdrasil in order to gain knowledge of the runes, the secrets of the universe. What can we learn from this, and how can we apply this in daily practice? Like many things in Asatru, the answer can be multilayered and complex. Today we are going to explore these possibilities in a simplified way.

First, let's define sacrifice. The Free Dictionary defines it as; thus, "The act of giving up something highly valued for the sake of something else considered to have a greater value." There are of course definitions involving ritual slaughter of animals, but for the

sake of this article, I'll use the definition shown above.

Havamal stanza 139 shows us that Odin was willing to sacrifice himself in his current state to achieve a state of greater importance. If the god of the highest stature in our pantheon was not enough for himself, then why would we, as his followers, ever become static? He saw himself as worthy of sacrifice, to attain a higher state of being. So, we must view ourselves in a similar light.

Who do you want to be? What would that look like? Picture that version of yourself. Meditate upon it. Begin to think about what it will take to get there.

For many of us, personal health and fitness is something we don't take seriously until it's too late. In 2017 I was diagnosed with Type 2 diabetes. For a guy who is 165 lbs. soaking wet, this came as a shock to me. I even argued with the doctor. "There is no way I'm diabetic, I'm rail thin!" But reality began to sink in, this was going to be a lifelong fight. No more sugar, cut back on alcohol, find a way to beat this without medication if possible. Hit the gym and eat right.

Every time I lay back on the bench press, or step to the squat rack, I visualize the version of myself I want to become. Every press of the barbell, every squat, every deadlift is an act of self-sacrifice. Sacrificing the current version to that which I want to ascend to. The bench is my altar. Every time I want to eat cake, drink a sugary drink, I try to visualize that ideal self. Ripped, strong, and happy. I add the word "happy" here for a reason. Physical excellence adds to spiritual excellence. If you feel good physically, your emotional state also improves. Someone will tell you that dopamine increases during physical exercise. That may be the case, all I know is it makes you feel better.

Ascension is what defines us as Aryan men and women. Our ancestors were constantly chasing new horizons, giving up what is "good enough" for something more. This is an Odinic way of being. Overhauling an engine takes time and patience. You'll bust knuckles and strip bolts along the way. Just know that you are worth it. Every mile you run, every drop of sweat you wipe from your brow, every aching muscle is a sacrifice of yourself to yourself. For our Gods, for our children, for our ancestors... Stay strong my folk!



Gothi Daniel Young  
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## Sweden

### *A Gift for a Gift*



The Lugnet family celebrated Charming of the Plow. We offered gifts to Freyr and asked him in return for a fertile year, for both land and prospects.  
Hail Freyr!

### *Upcoming Events*

Join the Lugnets up north as we celebrate Ostara this March 19th.



Erik Lugnet  
Apprentice Folkbuilder  
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## Tennessee

### *Morning Journey in Montgomery Bell*



At the beginning of February, I had called on the state to join me on a hike at a state park, and while it was a solo adventure in the end the comforts of the woods made it worth the time. Initially, I was discouraged by the lack of a turn, but I moved past that sentiment. The hike began with some hearty conversation with the park rangers, and after the meeting time came and went, I started on the Wildcat Trail. It was still quite an enjoyable experience, and it was a beautiful crisp Tennessee morning. Montgomery Bell was quiet and nearly empty of other hikers & campers, so the sound of the wind, water, and woods was clear.

Feeling invigorated by my healthy supply of coffee, I brought to share had taken me off-trail. Occasionally to look at the old trees and interesting interactions of the birds and chipmunks, the rising sun was warming the air. After finishing the Wildcat trail, I moved on to the Ore Pits trail.

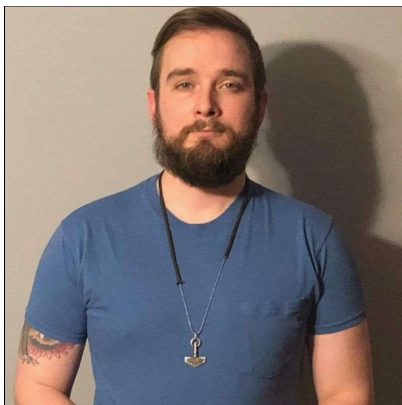


The history of the ore pits was in use during the Civil War era; it had once supplied the states confederates with the iron needed for munitions and other such supplies.

Sometime later, I finished the trail in high spirits and more coffee, finding some slag from the same furnace that once stood in those woods. After some time, the paths blend, making a web of trails to follow, some to the Montgomery Trail that travels the park's circumference, others to points of interest in the park. Some interesting points of interest were the log cabin maintained since being built in the 1800s, Eagle Scout cabins, and the old graves of the families that settled there. The trees that scraped at the heavens above, thicker than a whiskey barrel, were a sight I had missed living within a city.

I called it a day at the end of the hike, satisfied with the exercise, clean air, and my coffee running desperately low. Perhaps next time, I'll get to share the beautiful sights and sounds of my beloved park.

Hail the Land, Hail the Folk

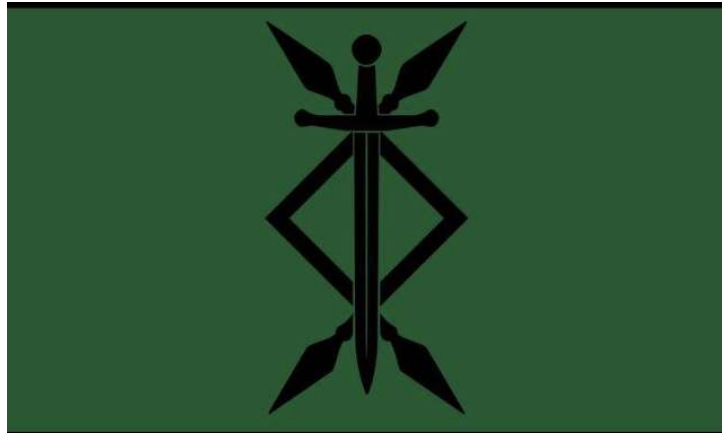


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*Ingvi Freyr Kindred*

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A Tennessee Kindred is being formed! I had felt the call of Ingvi Freyr, and in mid-August put the application in. Through some twists and turns, things did not go exactly as expected. There were bumps in the road. I also saw myself as being the Leader of the Kindred. But little did I know the Plan of the God's was much bigger.

I continued to be drawn to the Folks in Missouri. Then came Yule of 2021, they decided to reoath the Kindred, I could not believe it when they invited me to take part if I wished to. I was stuck at a crossroads, but I knew this was my family. So that night the founding Members Melissa Mills, Lutisha, and her husband Randy, followed by me, Michael Sessumes, and Laura, took the Oath around a fire.

We had our Oaths printed and framed that we read from, later we all signed each other's certificates. That night the reforming of the Mid-Hearth Kindred began, and that was just the beginning. Bryan Wilton is an oath member from when it began, and we have half a dozen prospects. We project the Kindred to go from 7 members to 14 over the next year, doubling in size.

But what of the Ingvi Freyr Kindred? Where did its future lie? That's when Russell Brown decided to take a stand, becoming an Apprentice Folkbuilder and the new Leader of the Ingvi Freyr Kindred to come. It was immediately apparent that Freyr connected with him, as his passions soared.

The neighboring states of Missouri and Tennessee are soon to both have the beginnings of Kindreds, but even that was short-sightedness of what is actually to come. This Valentine's Day a vision was shared with me. I saw Freya descending down till the top of her foot touched the ground, causing a reverberation of Seidr to spread out across the land. The energy that would not have been felt in over 800 years.

Then I heard her speak, the Patron of Mid-Hearth has always been myself, created by two females, just as Ingvi Freyr Kindred was created by two males. Two represent the Duality. It was then that I realized, the Twins had come to Vinland. In the Neighboring

states of Missouri and Tennessee have they decided to come down in the form of two churches.

The Goddess of peace only walks next to the God of War. The energies of Tyr will play out in this union over time. But then this raises the question. What is next? Where do we go from here? What will it look like in a Decade? The answers to these questions only belong to the God's. But one thing is for certain, seek the God's, give sacrifice to them, unite in their name, make Blot to them, under the Banner of the AFA, and the Aesir will descend down, on Thunderous Steed, through the Bifrost Path, and make themselves known.

The God's have awoken, and with them, the spirit of our people.

### *Freyr Blot*



Freyr Blot officiated the Ingvi Freyr Kindred. Apprentice Folkbuilder, Russell Brown took his Oath and will have others oath to him, building TN.



The allegiance has been made between the Mid-Hearth and Ingvi Kindreds. We will continue working together and building Frith.



Afterward, we had Sumbel, where we finished off in drumming and the galdring of Sol.

We finished with yelling Hail to our Victory!



Jesse Parton  
Apprentice Folkbuilder  
[jparton@runestone.org](mailto:jparton@runestone.org)

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## Virginia

### *My Journey into the AFA*



To begin, I'd have to say that my journey into the AFA was by bounds and failures. I started my path into Asatru as most of us had, with being shown the very left-leaning version. After finding out that my views were not of that sort, I started to practice by myself and read book after book on our faith.

After a couple of years on my own, Witan Svan Herul approached me with the concept of a kindred that was going to be joining the AFA. At that time, I had never heard of the AFA and was told to take a look at them. Once I read the Declaration of Purpose, Statement of Ethics, and Law of the Hall, I was hooked! I signed up and didn't think twice about it in 2016. Once I was a part of the AFA, I saw that this was everything I could have ever hoped for. I found my way home to a family that I couldn't imagine being without now. In 2020, I felt a strong calling (and a strong urging by my wife) towards helping those that needed to find their own way home to the AFA, so I asked Alsherjargothi Flavel if I could step up and become a Folkbuilder.

Since then, I have been shown a love that is deepening by the day for the Folk. In 2021, I was honored to be able to take my oath as Folkbuilder at Winternights surrounded by those very Folk that I consider my family and friends. So now my journey is to continue bringing the Folk home to our amazing church that has shown me what the word "family" is all about.

*North Carolina Hike*

**NORTH CAROLINA HIKE**

**RAVEN ROCK STATE PARK  
APRIL 16, 2022 @ NOON**

**CONTACT FOLKBUILDER  
CODY RAYNARD FOR  
MORE INFORMATION @  
757-372-3089**



Folkbuilder Cody Raynard

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

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West Virginia

*Charming of the Plow in the Stonewall Shire*

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We began the ritual with a retelling of the Skirnismal over the course of the several preceding days. When we gathered for blot, we reenacted the trials of Skirnir in the hall of Gunlod, as he heroically (and at times not so heroically) attempts to win the maid of Jotunheim for his Lord Ingvi Frey.



Just before blot, we had a moment of preparation in which each member present was

given a small token, a simple medallion of cut birch wood, with which to create a personal sigil - a "seed" containing each individual's intention to plant for the coming season.

First, we offered an apple into the furrow. Then the promise of Draupnir, the ring of Odin. These present insufficient to win over Gunlod (who for our ritual purpose represents an allegory for the frigid earth before planting season), we then reenacted the panic of Skirnir as he threatens her with beheading, the slaying of her father, and a beating with a club - all in vain.



Finally, we gave lufe to Skirnir's last resort - magic. Three curse staves representing madness, lust, and shame were given to fair Gunlod with a magic wand obtained from the woods. While this act represents necessity and desperation, (for it is death to the tribe if the earth refuses the blessings of the fertility god), the wand was nonetheless broken and laid in the furrow with a deep apology to the Great Mother for this needful bit of coercion.





Then, a horn of mead was shared among the Folk, given to Skirnir by Gunlod, as is told in the Edda. After the remainder of the horn was poured lovingly into the furrow, the tokens bearing each member's personal sigil were buried with the apple, the broken wand, and the consecrated mead. The furrow was then buried over and tamped down so that no trace of it remained.




Stonewall Kindred continues to grow, not only in numbers but in sophistication. We are now in the second year of our ritual cycle, each new repetition of our seasonal blots being an improvement upon the previous year. We look both to the past and to the future with the hopeful expectation that this trend of growth in our region continues as strongly as it began.

Hail the Gods, Hail the Folk, Hail the AFA, and Hail Stonewall Kindred!



Patrick Cook  
Apprentice Folkbuilder  
[pcook@runestone.org](mailto:pcook@runestone.org)

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**Baldershof**  
Third Hof of the Asatru Folk Assembly

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## Food Pantry at Baldrshof



The monthly food drive in Baldrshof took place at the beginning of the Charming of the Plow event. IT seems fitting that a day meant to usher in good blessings for the coming season of work and growth would also host the sharing of food with the community. Eleven families came to receive the bountiful offerings we were lucky to have. Thanks to the work of those who organized the Food Shelf we were able to give out bags full to overflowing with meat and other much-needed foodstuffs.

Those who came out were grateful to receive so much food we actually had trouble finding space for all of it in some of their vehicles. The best part of that, of course, is knowing the difference it makes in the lives of those we are able to serve. Sometimes the gift of bread, though small to some, is the best gift we can give. Furthermore, the friendship we are able to build with our local community is immensely important.

Thanks to the efforts of those of our Folk who contribute via donations, volunteering,

or Hoftollar we have been able to build a positive relationship with the local townspeople as well as do some real good in their lives.

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## Charming of the Plow at Baldrshof

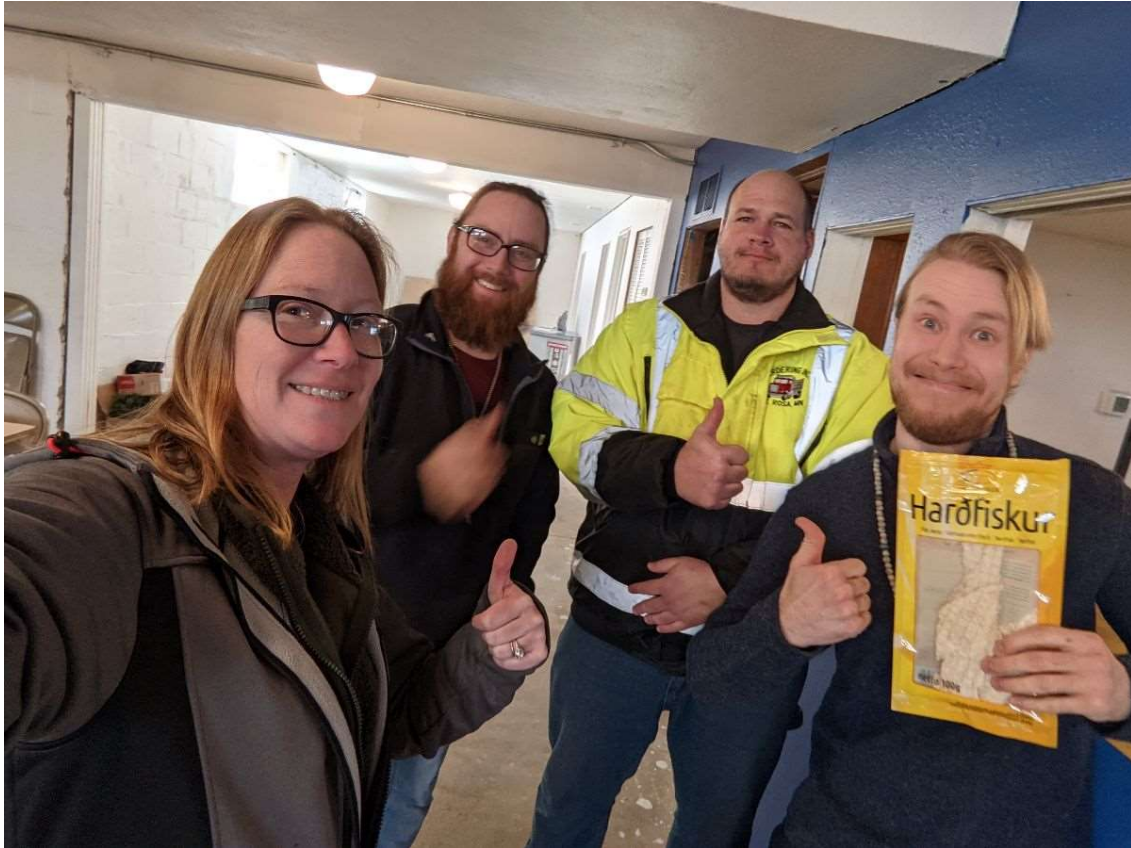


Our area was active with moots, events, or other activities taking place so often one almost feels spoiled for choice. The Folkbuilders in the Baldrshof region have come together to ensure there is always something going on that our members can participate in. From indoor sports to hiking, to cozy games of cards and a delicious meal during Hausmoot there is no shortage of Frith taking place. As always there was one bigger event at the Hof that set itself apart.

Charming of The Plow was over the weekend on February 19th. It was an intimate event, like many at Baldrshof. Something about the Hof just makes every event feel like a gathering of close family. Even with several new faces present, there was a feeling of closeness and familiarity that permeated every moment of the day.

The food drive started things off. After that Blóts were made to honor the Gods and Goddesses, including the blessing of seeds which were passed out to the Folk and blessing tools that had been brought in. As Blót is an interaction between our community in Midgard and the community of the Gods in Asgard, the most amazing

feeling is looking around during ritual and knowing you are with family.



The Hall was later filled with conversation as we all shared a lovely dinner and got to know one another better. It has always been remarkable to me that no matter how new a person is there is always a sense of belonging and familiarity that comes from the sharing of Frith in the Hof. We also had the pleasure of trying Icelandic Harðfiskur, which was a unique and surprisingly tasty bit of cultural enrichment!

Additionally, in the Baldrshof Region, we saw more people volunteering, donating, and traveling great distances to come to the Hof. It is so encouraging to see the generosity of our Folk coming together to build something wonderful. Each donation, every hour of work, or whatever else that may be done is a sacrifice to the Gods; building our community on Midgard and honoring the Gods, our own Folk, and our Ancestors. By taking action to demonstrate such a generosity of spirit our Folk has made consistent progress towards creating something that will last many years to come and bring more honor to us all. Hail the Folk!

*Delightful or Disgusting?*



During Charming of the Plow at Baldrshof, we introduced a new adventure to our Hof events: "Delightful or Disgusting?" Our goal is to introduce Folk to food recipes of our ancestry that they may not normally try!

Hardfiskur was introduced to the Baldrshof Folk, most for the first time. Hardfiskur, a staple of an Icelandic diet, is traditionally made by hanging and drying fresh fish (most often cod or haddock) on outdoor racks to dry and preserve. After drying for several weeks, the result is a tough and smelly leather that is best described as "fish jerky".

Although it is best served after being beaten (to soften it up) then slathered with butter (try it with butter and lemon!), our very curious folk just tried it straight from the bag before I had a chance to fix it upright. There was a definite line drawn between those who loved it (and were excited to take leftovers home) and those who hated it (and asked what was WRONG with me).

If you are brave (and like fish) hardfiskur can be found easily online.

I have something just as delicious (or disgusting) planned for Ostara. Be brave and give it a try!

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## **Baldrshof Management**

Baldrshof management is grateful for the supplies our folk have been sending out. So

first off, I want to say thank you to all that have been contributing!

Small and large interior projects happening in regard to keeping up on the renovations of Baldrshof. We are modifying the basement layout slightly by putting in a wall to create a proper storage area with a workspace in the next week or so. Once that is complete, the floor will be prepped for an epoxy floor covering.

April work weekend! All who can make it, we will need your help the weekend of the 16th. Anyone versed in framing and or not afraid of heights is needed as well. Food will be provided, and lodging is nearby. Contact Folkbuilder Erlandson or McStocker for specifics. See you there!



Folkbuilder Nathan Erlandson  
[nerlandson@runestone.org](mailto:nerlandson@runestone.org)

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## Upcoming Events at Baldrshof


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# Baldrshof Calendar 2022

- 1/15 - Food Shelf
- 1/22 - Thorrablot
- 2/19 - Charming of the Plow / Food Shelf
- 3/18 - 3/20 - Ostara
- 3/19 - Food Shelf
- 4/16 - Food Shelf
- 4/30 - May Day
- 5/21 - Food Shelf
- 6/18 - Food Shelf
- 6/24 - 6/26 - Midsummer
- 7/16 - Food Shelf
- 7/23 - Sigrblot
- 8/19 - 8/21 - Fallfest
- 9/17 - Food Shelf
- 10/15 - Food Shelf
- 10/29 - Winternights
- 11/19 - Food Shelf
- 11/26 - Folksgiving & Feast of the Einherjar
- 12/9 - 12/11 - Yule
- 12/17 - Food Shelf





Baldrshof  
Women's Book  
Study

Friday, March 25

7 pm central

Chapters I-4: Deep Ancestors by Ceisiwr Serith

Contact Witan Brandy Callahan

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

Join the ladies of Baldrshof for our virtual book study on Friday, March 25 at 7 pm central. Contact Witan Brandy Callahan, [bcallahan@runestone.org](mailto:bcallahan@runestone.org) for a meeting invite or more information.



Baldrshof

## Work Weekend

Friday, April 15 – Sunday, April 17

Join your Folk for the most important workdays of the year!

Meals will be provided.

Contact Nathan Erlandson & Ashley McStocker



# Ostara at Baldrshof

March 18-20

Murdock, Minnesota

Contact Brandy Callahan & Melissa Mills  
for details & RSVP



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**Arkansas**

*Arkansas moot*



My husband and I had a great time at IHOP for lunch. Our next event is March 26 in Fort Smith Arkansas 10 am Park at West End. Rsvp to me if you're going.

*Upcoming Event*

RSVP TO TABATHA OWENS AT  
8703458077

**PARK AT  
WEST END  
FORT SMITH  
ARKANSAS  
MARCH 26TH  
10 AM**

A photograph of a Ferris wheel with colorful passenger cars, set against a clear blue sky. The wheel's metal structure is visible in the foreground.

Also, members in Arkansas Missouri and Louisiana have been getting together for

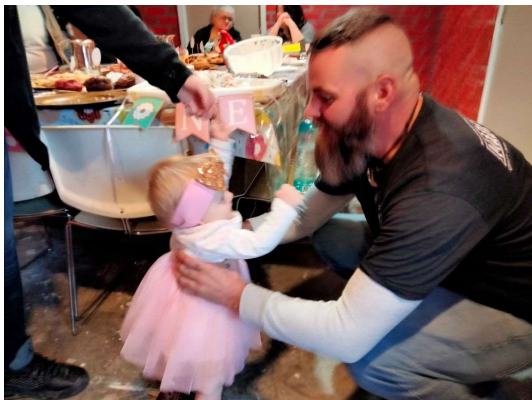
weekly zooms talking about our Gods, Goddesses, and the runes.

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



Tabetha Owens  
Apprentice Folkbuilder  
[towens@runestone.org](mailto:towens@runestone.org)

*Uniting the Folk*



Arkansas has been focused on united efforts with surrounding states pulling more gatherings and in greater numbers. The unity here has the whole area in a buzz and many will be heading up to Baldarshof for Ostara on march 18th! We have new people in the state and a few who are thinking of stepping up and trying their hand at leadership!



Michael Sessumes  
Folkbuilder  
[mssesumes@runestone.org](mailto:mssesumes@runestone.org)

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## Illinois

### *Hrafnagud Kindred*



Hails from Illinois! February saw the addition of another member from our state, of



which was my first approval as an Apprentice Folkbuilder. I pray to keep up this growth.

The Kindred had multiple conference calls during the month, covering topics of ritual in our daily lives as well as Armanen Runes.

For March, we have Ostara in the Midwest in collaboration with Indiana neighbors, Heimdall's Mitgart. I look forward to hosting this and posting about it next month.

I was unable to partake in our monthly Moot due to being out of town for work the entire month, but sometimes these are the sacrifices we make in order to do even greater things for the Kindred and the Folk once we are freed up from our jobs or projects. This brings up an interesting topic about possible favored or "Patron Gods" and our duties to them and those in our immediate lives.

We all have personal and Family duties in life that precede certain Folkish duties, and in that way, we are obviously still serving our Gods and living through ritual. In our personal lives, perhaps the career or trade we specialize in will make us intimate with some Gods over others, even if we celebrate and worship larger groups of them together as a Kindred or Folk. This personal devotion and relationship make us better, in turn, for our extended Family, Kindred, and ultimately our Folk.

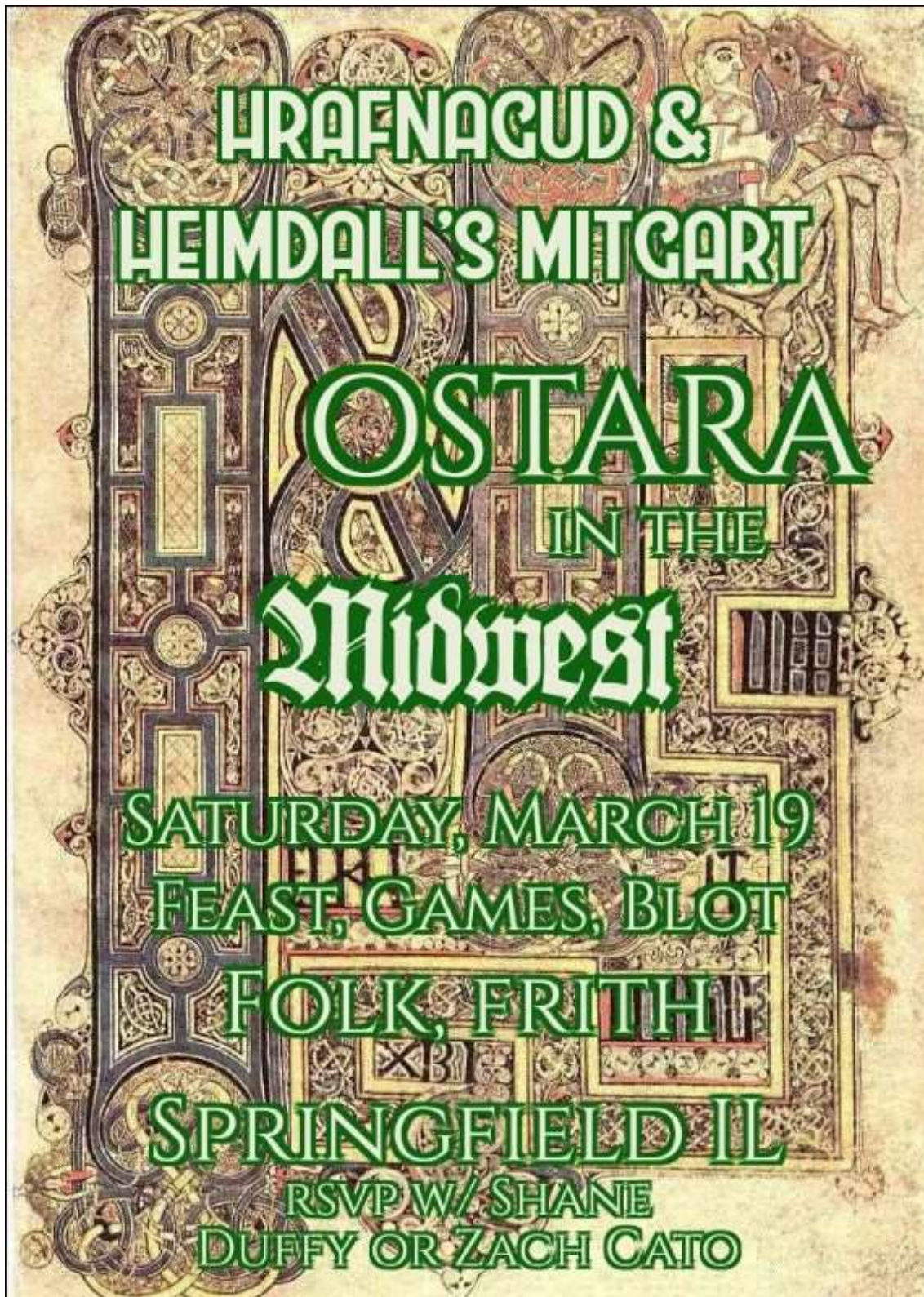
As an example, the career I have draws me very close to Njörd as a water farer and also aspiring Gothi. As the spiritual leader of my household, I look to Woden. For a farmer or construction worker, it could very well be Thor or Freyr. For a nurse, it could be Eir, for a mother and keeper of the home it could be Frigga. Regardless of the God or Goddess, it could be, I encourage daily ritual and devotion to them. This is done not just through doing well on our path or at our career, but also acknowledging them and giving small offerings and prayers. Offer them a real, tried and true piece of yourself and your time with them, and may they be with you forever.

Hail the Gods!

Hail the Folk!

Hail the AFA!

*Upcoming Event*



Shane Duffy

Apprentice Folkbuilder

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



### *Upcoming Event*

On April 2nd, I'll be getting our folk together at a German brauhaus for what can only truly be called a Biermoot, in Belleville, IL. If you're anywhere near the St. Louis area, or want to make your way over, reach out to me and I'll get you all the details. Can't wait to see you!





Nicholas Rice  
Apprentice Folkbuilder  
[nrice@runestone.org](mailto:nrice@runestone.org)

*Northern Illinois Pub Moot*



Asatruar from northern Illinois gathered for a pub moot in the town of Crystal Lake. We enjoyed fellowship and some good food. It was great to meet a new arrival in the area and to present the trophy for the Thorrablott competition to this year's winner.

James Cummings  
Apprentice Folkbuilder  
[jcumings@runestone.org](mailto:jcumings@runestone.org)



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## Minnesota

### *Welcoming a New Apprentice Folkbuilder*

Please welcome Jessie Shaffer of Minnesota as the AFA's newest Apprentice Folkbuilder for the Baldrshof District. We are excited to watch Jessie succeed in the coming months and years.

Hail Jessie Shaffer!

Hail the AFA!

Hail Baldr!

### *An Introduction*

My name is Jessie Shaffer and it gives me great honor to be able to serve our Gods, Ancestors, and Folk as an apprentice Folkbuilder.

I have lived my life by our 9 noble virtues and never gave much thought to it growing up; it just came naturally. They were the morals instilled from my "Scanda-whovian" upbringing, as my father would say. It took me years to find out that they can mean so much more.

I first came Home in about 2008. I was familiar with Odinism-Paganism-Heathenry and a friend introduced me to the Asatru Folk Assembly. I looked forward to the monthly newsletters of Gythia Sheila McNallen's "The Voice" and accessing our founder's "smcnallan" YouTube channel. I would read "The Runepebble" and wonder if I'd ever have kids of my own to teach our lore to. Although I never talked to or met any other AFA folk during that time, the knowledge and insight helped influence my future decisions for many years to come.

Fast forward 15 years to the present day and I am Home yet again. This time with different circumstances, knowledge, and mindset. I now have five beautiful children, one glorious Hof within an hour's drive, and many passionate and dedicated leadership Folk in my state. Our Founder and Folk have accomplished SO much and I want to show my appreciation and gratitude by giving back my time and resources.

Until I find my specific niche, I will continue to acquire, build, & retain our Folk, support our gracious Leaders, and make our Gods proud. I see an opportunity for growth here in the Midwest and live in an area where I can dedicate some of my time and energy to South Dakota, as well. I am both eager and optimistic.

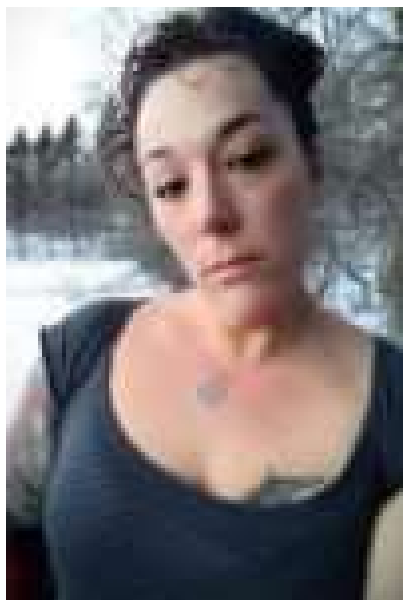
On a more surface note- I have five beautiful children (ages 2-8) who are the joy of my life and test my patience daily (sometimes hourly). We have a couple of acres just north of Ortonville, Minnesota, and like many of us Folk- I thrive for the outdoors. deer, turkey, and pheasant keep us busy when the crappies, northern, and walleyes aren't biting. I am currently acquiring my CDL with my road test in April and am starting my own business. I have a degree in Natural Resource Management, have taught youth firearm, ATV, & snowmobile safety training for 10+ years, and enjoy a good challenge!

My phone is always on and my door is always open-

Hail our Gods!

Hail the Ancestors!

Hail the AFA!



Jessie Shaffer  
Apprentice Folkbuilder  
[jshaffer@runestone.org](mailto:jshaffer@runestone.org)

*Taking an Oath*

We would like to congratulate Ashley McStocker for taking his Folkbuilder oath at Charming of the Plow. This is a very high honor and is not easily achieved. Becoming a Folkbuilder for the AFA involves a lot of work and dedication and even more so after you are oathed in. This is never taken lightly and when one oaths to the AFA you are swearing not only to the AFA but also to the Gods your devotion and loyalty to our folk.

Hail Ashley McStocker!!!!

*Virtue Recovery Meeting - Discipline*



The Virtue Recovery meeting is still going strong, for our Asatruar that are striving to be their best selves and have struggled with dependency. We are able to be a hybrid meeting. This means that some of us meet together, but those who cannot please join in via Zoom! This opens up the ability for anyone to log on and listen, speak or just observe what we are all about! We are currently averaging 5-10 attendees! Member Josh Hemmingson and I are very proud of where our meeting has gone and look



forward to it growing more and more!

This is the 6th article in this installment, so we will be looking at the 6th step: Make a list of all persons we have harmed and become willing to make amends to them all. Noble Virtue: Discipline. Having honestly and completely shared the poison of my past, I choose to attempt to make right what I have made wrong in the past.

You may be asking just how discipline plays into making an amend. Discipline means having the self-control, maturity, and ability to put forthright action, and that is precisely what is needed to make any amends. There is a saying that I have always been particularly fond of; “An apology without change is merely manipulation.” In regard to recovery and forward-moving right action, to apologize and make any amend means to have every intention to not cause that harm again. The newfound discipline in our virtuous and honorable day-to-day lives is essential to assure that these amends are meaningful and in good faith.

UPDATE: We will be rescheduling the weekly time of this meeting to try and accommodate different schedules and are looking for input! If you are interested in the meeting and have certain days and/or times that would work to hop on a Zoom meeting once a week, please email me and we will do our best to find the best option for us all.

If you would like the link information (which will continue to be on Fridays at 5 pm CST until further notice) please contact Folkbuilder Ashley McStocker at [AMcStocker@runestone.org](mailto:AMcStocker@runestone.org)! Anyone is welcome to join!



Folkbuilder Ashley McStocker  
[amcstocker@runestone.org](mailto:amcstocker@runestone.org)

*Monthly update Northern Blood Kindred and MN*



Seems like this year is flying by already. We are into March and it's been almost a year since Baldrshof dedication Ceremony. I'm looking forward to Ostara at Baldrshof and meeting new folks from around our district. And seeing my AFA family again and spending a weekend full of fellowship.

There is so much going on. It seems like there is an event just about every weekend. Our folk are so amazing!

I also want to give a shout-out to Wisconsin member Miranda Schattenforst and her shop Schattenforst Schneidere for the beautiful workmanship on the winter hats and Kindred Banner with our Bindrune on it. I received them in less than a week and the prices were quite reasonable. I highly recommend her and I always try to buy folk-made products over commercial. If you are interested in attending one of our events please contact me at [jgallagher@runestone.org](mailto:jgallagher@runestone.org).

If you are interested in forming an AFA Kindred or having yours recognized as one. Please contact the Kindred program at [kindred@runestone.org](mailto:kindred@runestone.org).

### *Upcoming Events*

3/13 Folkish Family monthly hike with Northern Blood Kindred at Fort Snelling state park

3/18-3/20 Ostara weekend event and Monthly Food Distribution at Baldrshof.

3/27 Folkish Family Fieldtrip to the Planetarium and Museum. St.Paul, MN

4/9 Wisconsin/MN Wotan on the peaks Moot willow River state park and lunch at Smiling Moose Hudson, WI

4/10 Folkish Family Monthly Craft Day with Northern Blood Kindred. Bloomington, MN

5/1 Folkish Family Monthly German Dinner at Gallagher's Gaff Bloomington, MN

5/15 Folkish Family monthly hike with Northern Blood Kindred at interstate park Wisconsin.

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An aerial photograph of a wide river with a large, forested island in the center. The water is dark and reflects the sky. The island is covered in dense green trees. In the background, there are more trees and a clear sky.

**JOIN NORTHERN  
BLOOD KINDRED  
FOR OUR MONTHLY  
HIKE  
FORT SNELLING  
STATE PARK  
3/13/22**



I have started a new tradition here, patterned after Alsherjargothi's dinner event. This will be German cuisine and we will branch out to other European foods as we go on.

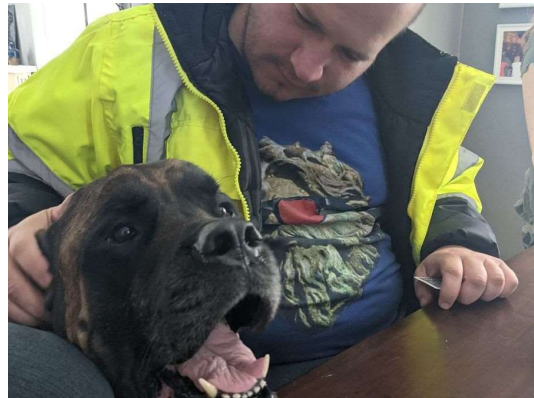


Folkbuilder Jason Gallagher  
[jgallagher@runestone.org](mailto:jgallagher@runestone.org)

*Food, Frith and Pitch*



In February it was my pleasure to host our local folk in my home for an afternoon of food, Frith, and several rounds of Pitch, our family's favorite card game. My family hosted Folk from both Minnesota and North Dakota, and we appreciate those who drove a couple of hours to spend the afternoon with us!



Our next Folk Lunch will be on Sunday, April 3, at the Callahan house. Contact me by email at [bcallahan@runestone.org](mailto:bcallahan@runestone.org) to RSVP or for more information. Lunch will be served. Board games and movies are available for children. Fun games for adults as well!

Rules For Pitch:

Objective: Reach 11 points

Point Scoring per hand:

High Card, 1 pt

Low Card, 1 pt

Jack, 1 pt

Joker, 1 pt

Game (High Hand Points), 1 pt

The object of the hand is to maintain or take the High Card, Low Card, Jack, Joker of the trump suit during gameplay.

\*Note: The low card can not be taken, it remains with the player to whom it was dealt and they receive the point.

Game point is determined by hand points. Whoever has the highest hand points receives the 1 game point. Hand Points are counted from the cards a player has at the end of the hand from the stacks they have "won" during gameplay.

Scoring for Hand Points:

Aces = 4 points

Kings = 3 points

Queens = 2 points

Jacks = 1 point

10s = 10 points

Joker = 1 point only as a tie breaker

All players can receive and lose points, not just the winning bidder. The benefit of being the winning bidder is choosing trump and playing first, essentially having the chance to control the hand and gameplay.

Hands are played until 1 player reaches 11 points.

\*Note on "going out": If the winning bidder reaches 11 points during gameplay, the game ends before hand is complete.

Dealing:

Strip the deck of all 2s, 3s, 4s so that 5 is the "Low Card" (6 players)

The dealer deals three cards at a time to players in clockwise order. Each player receives 6 cards.

A few cards will be leftover, reshuffle these cards back into the deck after a hand is over.

Trump explained:

Whoever wins the bid (bids the most points), decides what suit will be trump and leads the hand. A card of this suit must be played as the first card out.

Trump must be played if trump is led. Any other card is suitable in absence of trump.

Trump does NOT have to be played if a suit is led that does NOT trump and the player does not have cards of the played non-trump suit.

The JOKER is a trump card, greater than 10, less than Jack. It can be taken by any trump face card.

Bidding:

The first bid is the player seated to the dealer's left.

Each player will "bid" on how many points they intend to take. The minimum bid is 2.

Players can bid or pass.

Players must bid higher than the player before them or "pass".

Should a player overbid, the player will lose all points bid. For example, player bids 3, but only takes 2 points, this player will lose 3 points from their score.

\*Note: Players can not go "below the line". If a player has 0 points but does not hit their bid, they do not receive negative points.

\*Note: If a player "shoots the moon" and bids all 5 points AND wins all 5 points, the game is over.

\*Note: If all players "pass" and there is no bid, all cards are turned back in and reshuffled and redealt.

GamePlay:

The player who won the bid plays first and must play a trump card first. Bidder decides the trump suit.

Each player plays one card per play, keeping the stacks that they "win" and using the entire stack at the end to count "game points".

The highest card takes the stack, or if trump is played, the highest trump card wins the stack. (Aces are high)

Points are counted at the end of each hand, with the exception of the bidder "going out".

Dealer responsibility moves to the left with each hand.

*AFA Ladies Coffee & Crotchet*

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# AFA LADIES COFFEE & CROCHET

SUNDAY, MARCH 6  
SUNDAY, MARCH 27

10 AM CENTRAL

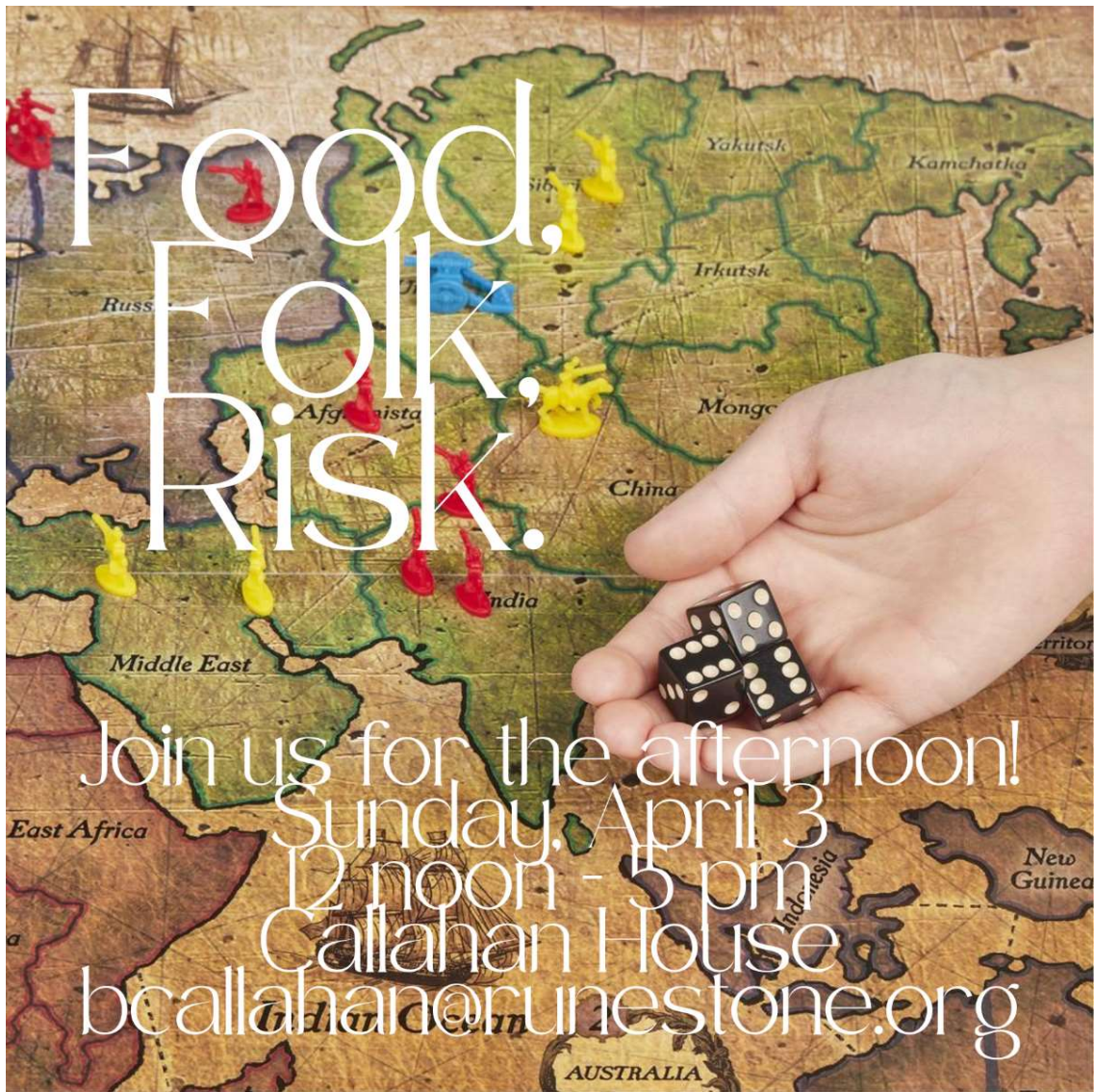


MEET WITH YOUR AFA SISTERS &  
FRIENDS FOR CONVERSATION AND  
FIBER ARTS!

CONTACT WITAN BRANDY CALLAHAN  
[BCALLAHAN@RUNESTONE.ORG](mailto:BCALLAHAN@RUNESTONE.ORG)

Join the Ladies of the AFA for great conversation and fiber arts via our monthly virtual ladies moot!

Contact Witan Brandy Callahan, [bcallahan@runestone.org](mailto:bcallahan@runestone.org) for more information or invite.



Witan Brandy Callahan  
[bcallahan@runestone.org](mailto:bcallahan@runestone.org)

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## Missouri

*Introduction*



Hello All! This is my first submission to the Runestone so I thought I would start with an introduction. My name is Chris Lawson, and I have spent the vast majority of my life here in Missouri. Recently, I have stepped up to the position of Apprentice Folkbuilder.

I've been practicing Asatru for ten years, but I am fairly new to the AFA. Community is something I have been looking for, for years, but had never been able to find until now and already my time with the AFA has done more for my life than I thought was possible.

My first month has been spent connecting with the folk around me and my fellow leaders. Everyone has been amazing, and I look forward to meeting, working with, growing alongside everyone, and pouring everything I have into serving our Gods and our Folk. Thank you for taking the time to listen to me.



Chris Lawson  
Apprentice Folkbuilder  
clawson@runestone.org

*Building a strong community in the heart of the country!*



February saw meeting for lunches, getting together for dinners, and celebrating Freyfaxi! We witnessed the beginning of a new kindred beginning for our Folk in TN. We welcomed our folk family from AR, OK, TN, CA, and of course here in MO to share in the weekend-long celebration of Freyfaxi.

Keep an eye on the moots and meetups page on MeWe to see what is coming up or feel free to reach and email or call anytime. I love talking with our folk and am happy to share the events going on around the region.

Ostara at Baldrshof will be hosted by the MO/AR Members of Mid-Hearth Kindred the weekend of March 18-19. We invite you to come and spend the holiday in the hall of Baldr with your folk. Registration is FREE, however, you must register so that we know how many people to plan for. We look forward to seeing you all there!

<https://letsgoaviking.ticketspice.com/ostara-at-baldrshof>

We have a lore study on Tuesdays at 7 pm CST we are currently going through the Volsung Saga. Please join us for 30 to 40 minutes of community time and learning together. We have a lore study group on MeWe to share the link. It is open to AFA members only. Please reach out to me to get connected.

March 11th at 7 pm we will resume the monthly video conference. Please join us! We will keep these to 30 to 40 minutes and would love to see your faces! These are a great opportunity to talk and get to know your folk before you meet them or to stay in contact in between times together. You will get an invite if you live in OK, MO, KS AR, or TN as we tend to do quite a bit of traveling between these states to see each other often. However, if you are close to us or travel this way and would like to get to know some of us in the area, reach out to me for a link, we would be happy to have you.

Also, MO is home to 2 apprentice Folkbuilders, Jesse Parton has joined us from TN and we would like to welcome aboard Chris Lawson as a new Apprentice Folkbuilder! Hail the doers!

We would also like to shout out to Olivia, granddaughter to Lutisha and JR! She just turned one and she made the sweetest little birthday girl in Midgard!

We hope to see you all real soon!



Folkbuilder Melisa Mills

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

## *Moot in Fargo*



On the last weekend in February, several of us met for an indoor sports moot in Fargo, ND. We spent a couple of hours in the morning performing skill-building exercises as a team and having a grand time. It's really priceless to feel the closeness growing over the course of time as we have more of these moots.

After the first few hours passed, we moved on to lunch at a local restaurant. Many diverse types of food were ordered, with me getting a half-rack of BBQ Ribs. The best part of my meal may have been the warm towel they brought me to clean up with. So considerate!

Several of us went home after lunch, with a few choosing to go back to playing sports for a couple more hours. I think it is safe to assume fun was had by all!

My next moot will take place on the last weekend of March and will be announced on our social media, so stay tuned!

Cormag Àlainn



Apprentice Folkbuilder  
[calainn@runestone.org](mailto:calainn@runestone.org)

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## Oklahoma

### *Charm*



February brought wild changes in our Oklahoma weather. We had many warm sunny days, while during the same period, some of our coldest temps and wintry precipitation. Seemingly regardless of the temperature, the trees are pushing buds, bulbs are sprouting up and green is reappearing as our days gain length.

Along with much of the AFA membership, we recognize that gardening, animal husbandry, and self-sufficiency is a goal worth pursuing and we used this time to set

our intentions for the year's production.

We gathered our goals and ourselves together in my garden and shared gifts and appreciation with our forebears.

Seeds store their energy through an inhospitable time, then burst forth to reproduce in multitudes. This opportunity occurs during prevailing conditions and those vary depending on the seed.

We have intentions for our now and near, within my own garden. Though being a group of AFA members that are all relatively new, at least to each other, many new relationships are sprouting up. Many of these connections have fruit to bear. We are the fruit born of seeds planted by our Ancestors. May we catch their attention with harvests of our own.

Hail the Ancestors!

Hail the Folk!

Hail the AFA!



Shea McCurdy  
Apprentice Folkbuilder  
[smccurdy@runestone.org](mailto:smccurdy@runestone.org)

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## Texas

### *Baby Naming Ceremony*





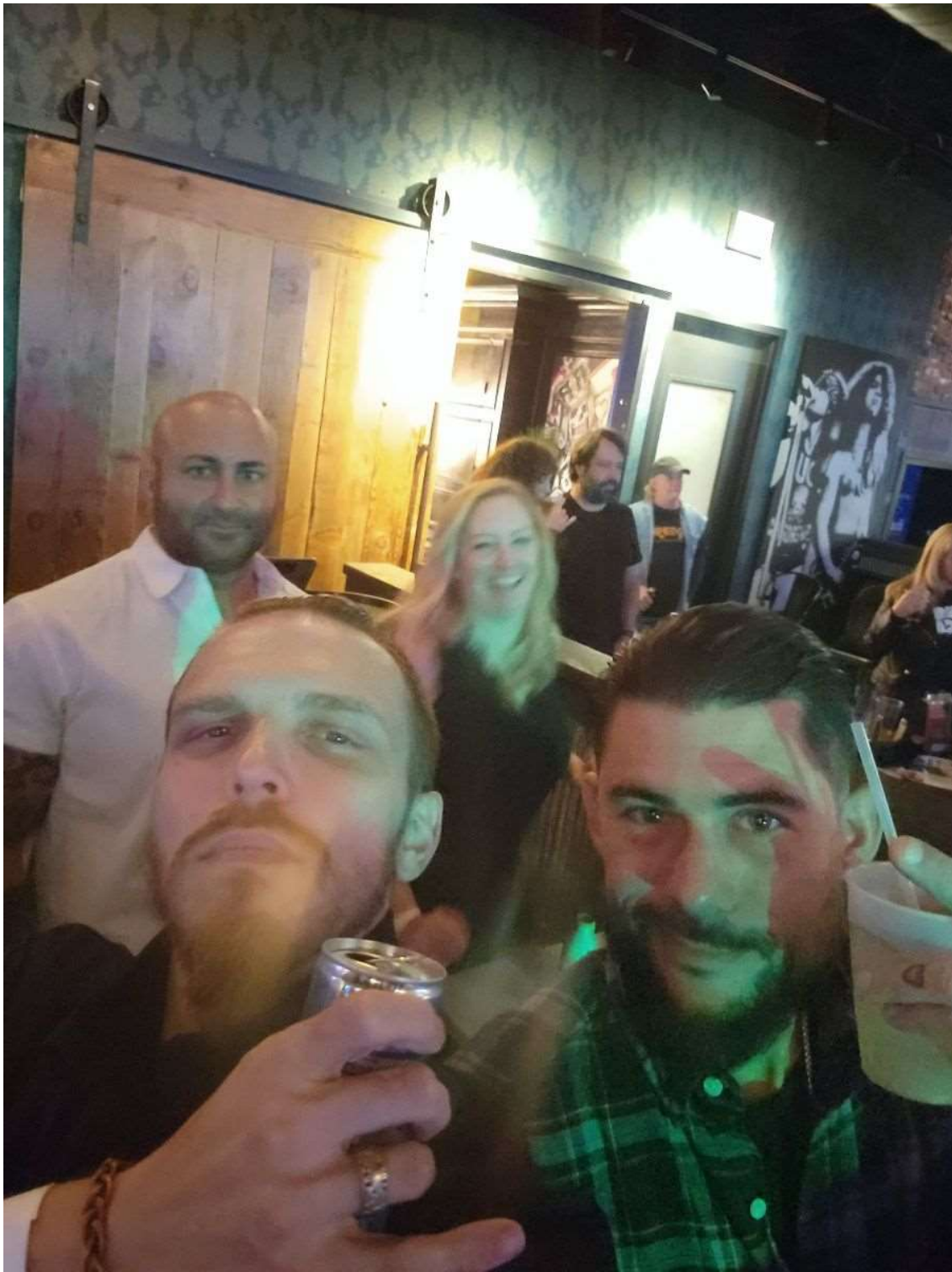
We honored Freyr for the strength and fertility he is known for, and August's name's sake. Real communities, real people, real traditions. Hail the Folk! Hail the AFA!

We welcomed August Frey Doran, son of Sean Doran and Rebecca Stanford; a new strong and healthy baby boy to Fridr Folk Kindred of the Asatru Folk Assembly.



Thomas Gleason  
Apprentice Folkbuilder  
[tgleason@runestone.org](mailto:tgleason@runestone.org)

*Concert Moot*



Our Charming of the Plow event was postponed due to inclement weather, so on February 27th members of Friðr Folk Kindred held a concert moot for a Stone Temple Pilots and Green Day cover band at Lava Cantina in The Colony instead. It was great to get out on the town, share some frith, and make some memories. Hail the Folk!

Justin Day



Apprentice Folkbuilder

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

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## Wisconsin

### *Welcoming a New Apprentice Folkbuilder*

Please welcome Sara Ault as our newest Folkbuilder in the Baldrshof District. Together with her husband James, and apprentice Folkbuilder Josh Rapin, Wisconsin has a powerful Folkbuilding team and is poised for big things in the coming months and years!

Hail Sara Ault!

Hail the AFA!

Hail Baldr!

*New Apprentice Folkbuilder for Wisconsin*



My name is Sara Ault. Many AFA members have met me as the wife of Folkbuilder, James Ault of Wisconsin. Recently I decided to step up to the position of Apprentice Folkbuilder, so I could better support James and fellow Apprentice Folkbuilder, Josh Rapin, as Wisconsin continues to grow and move forward for the AFA.

A little about myself. Family and serving the Folk are my focus in life. Together, James and I, have nine children and currently nine grandchildren. Being a grandmother continues to be one of the very best things in my life. I am a good cook and at Hof events, you are very likely to find me in the kitchen. I am an avid reader and enjoy learning. Knowledge is power! I am a firm believer in our Folk moving forward for a strong future for generations to come.

I will be reaching out to Wisconsin members over the next couple of weeks, to let them know about awesome Moots and events coming up not only in Wisconsin but in Baldrshof District and the AFA as a whole.

Looking forward to strengthening bonds and creating new ones.

Hail the Folk!

Hail the AFA!

*Upcoming Event*



## Wisconsin & Minnesota Wotan on the Peaks Moot April 9th 2022

### Meeting Point:

10 am at Willow River  
State Park in Hudson,  
WI.

Lunch after @ Smilin  
Moose Lodge in Hudson

**For more information  
contact:**

**Jessie Shaffer**

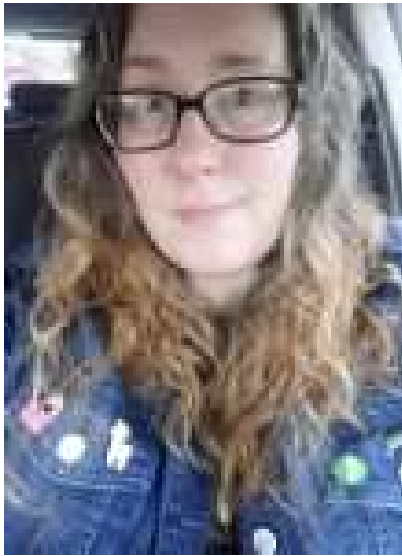
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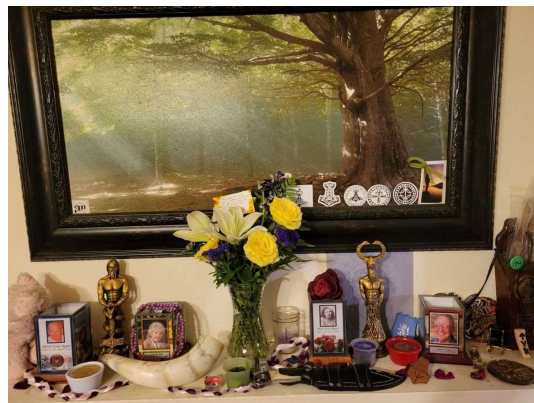
Sara Ault  
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*Wisconsin February is for Folk!*



February has been a month !!! To Start out the month Wisconsin AFA Probationary Kindred "Vatnafölk" Green Bay/Milwaukee Kicked off a massive to be ongoing New clothing Drive campaign to be Donated to the local New Community Women's Shelter!!!! We hope to support some women in our local community who might be able to put it to good use!! More to come here's the first load many more to come!!! Special Thanks to Vatnafölk Probationary kindred members Kirsten Rapin who spearheaded the Drive for us with her years of retail experience along with Gene the Dog (woof) and

of course our Brother Joel Eastman!



We Did our best to make it to Baldrshof this past month for Charming of the Plow with our other Folk but sadly we wrecked our truck on the way the evening before, swept head-on like hockey puck into a Midian by Black Ice and 50mph Wind, snow squalls on the Infamous Highway 29!! The Gods were surely with us though as even though the truck was totaled we walked away with only seat belt rashes!! Thank you so much Gythia Callahan for the beautiful get-well flowers!!!



So while we missed seeing everyone Saturday we were lifted in spirit and thankful to be able to still host our planned moot that Sunday at a wonderful Ax throwing Pub in Wausau Wisconsin !!! We had a wonderful time and we had a great turnout of beautiful Folk families and faces!!! Axes were thrown by just about all big or small I think while we shared a pizza and wing party lunch at the pub!! Thank you to the Ault family for helping to keep all this running smoothly!! Wisconsin's always stepping up and a big congratulations due to our newest Apprentice Folkbuilder the wonderful Sara Ault!! I have no doubt the Aults will continue to be a wonderful Folkbuilding team!! Also a personal thank you to the leadership of Baldrshof for remembering my Birthday with a card in the mail, it was very thoughtful y'all are a classy bunch I'm proud to call you all Kinfolk!!!

The Gods, Our Folk, and families are Love, they are what makes us feel Whole !!! It fills my heart with joy and pride to see them Gathering anywhere we do, just look at the beautiful faces in these pictures, and please join us for lunch on March 13th, 12pm@ The Bavarian Bierhaus in Milwaukee, Until next month - Asaheil !! Hail the Gods, Hail the Folk, and Hail the AFA!!!!

*Upcoming Event*

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YOU ARE CORDIALITY  
INVITED TO JOIN YOUR  
FOLK AT BAVARIAN  
BIERHAUS MILWAUKEE  
WI SUN. MARCH 13TH @  
12PM

PLEASE REACH OUT TO  
APPRENTICE  
FOLKBUILDER JOSH  
RAPIN  
JRAPIN@RUNESTONE  
.ORG FOR DETAILS OR  
QUESTIONS.



Josh Rapin  
Apprentice Folkbuilder  
[jrapin@runestone.org](mailto:jrapin@runestone.org)

## *Gjallarhorn*



March marks the beginning of spring and new birth. We will be celebrating Ostara this month. Also, we will be remembering the devotion of Olvir of Egg who continued to follow our faith after several warnings under penalty of death by the Christian convert King Olaf, who eventually had Olvir killed. Many will hold rituals to both Olvir as well as to Eostre the goddess of the dawn, Ostara. These rituals can be as simple as adding a place setting for Olvir and your table and raising a horn of mead and toasting his name or a blot to Ostara.

One Component of a Ritual involves a Gjallarhorn: Gjallarhorn or "hollering horn", the "loud-sounding horn" is associated with the god Heimdallr and is often made from cattle horn. The Gjallarhorn is mentioned once in the Poetic Edda and three times in the Prose Edda book of the Gylfaginning Chapter 15, 25 and 51.

Prior to the sounding of the Gjallarhorn an explanation of why it's done is in order and may vary with the Gothar's intentions. I approach this as a preparatory to command; to gather the folk for Blot/ ritual.

The Gjallarhorn is blown 3 times: Horn is blown very loudly so as to be heard in all of the 9 worlds.

1st sounding.

This is to inform the folk and the Landvættir that we are about to call the gods. You could say, "Ljossalfar, Svartalgar, Dokkalfar, Landvaettir. Light Elves, Swarthy Elves, Dark Elves, Land Wights. Do you know that we are about to call the Holy Aesir? Those that Wish us Woe, Wend your Way from here. Those that wish us Weal are Welcome"  
Sound the Gjallarhorn!

2nd sounding.

All having heard the first sound of the Gjallarhorn will be making their way to the circle and follow the lead of the Gothar sunwise into the circle for Blot The second sounding is a final call to our folk and our ancestors to join us as we are about to call the Holy Aesir! Sound the Gjallarhorn!

3rd sounding.

In the presence of the ancestors and folk, Call the Gods! Sound the Gjallarhorn!  
This concludes one component of a Ritual

Hail the Gods!

Hail The Folk!

Hail the AFA!



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