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[Words from the Alsherjargothi](#)



Congratulations to Folkbuilder James Ault and his wife Sara for a fantastic event honoring the Folkmother!

I am excited to report that we are in the midst of a membership surge all across the AFA! Enthusiasm is high and we are seeing amazing things happen. I want to assure you all that plans are moving forward on Njörðshof. We have a very attractive property that we are in negotiations on currently and I will say more once something solidifies. All the generous donations and loan offers are much appreciated and will flourish in an amazing Hof to Njörðr.

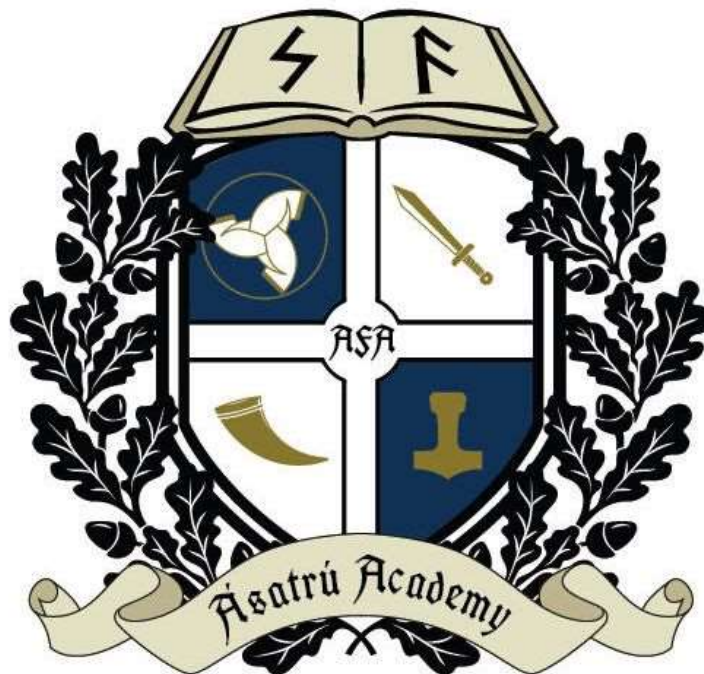
Watching our new websites overflow with events and pictures has been overwhelming. It is truly amazing what we can accomplish working together, focusing on the positive, and worshipping our great Gods.

I hope to see you all at Midsummer at Óðinshof! No matter where you find yourself, chances are there are AFA members gathering. Go out and take part....it will change your life.



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

AFA Homeschool Program



Greetings. It is my distinct pleasure to introduce you to the AFA Academy. Coming in June parents will have the opportunity to view our curriculum and program, and decide if they would like to enroll their children in our first-ever kindergarten class starting in the fall. We will assist parents in navigating their state's requirements for

homeschooling. This program will function more like a hybrid program. We will provide the tools and curriculum, and assist parents in the actual teaching as much as possible. But parents will need to take an active role in presenting the lessons. We will assist in grading and monitoring progress. We will offer report cards, transcripts, and ultimately a diploma. Our goal is to make the homeschooling process as smooth and accessible as possible to our families so that our children receive a quality, Asatru centered education steeped in AFA values.

I am very excited for our students and parents alike. I hope to see you this fall!
Please feel free to reach out to me with any questions at Rstamm@runestone.org.



Gothi Rob Stamm
rstamm@runestone.org

Day of Remembrance

Else Christensen



Originally born in Denmark, Else Christensen (nee Ochsner) was one of the leading figures in the modern Asastu movement. As a young woman, she left her hometown of Esbjerg in favor of Copenhagen. It was during her time in Copenhagen that Else awoke

to the ideas of National Socialism in the midst of right-wing and left-wing radical struggles. She met and married Aage Alex Christensen, and together they were members of the Danish Workers Party.

Both she and her husband were imprisoned after the German invasion of Denmark in 1940 for their involvement with elements of the National Workers Party. After their release from prison Else and her husband emigrated to Canada, via England.

Even from Canada, Else continued to nurture her desire to find a place for her own people. It was during this time, while she was reaching out to far-right activists across North America that she first discovered Odinism in a pamphlet titled Call of Our Ancient Nordic Religion, by Alexander Rud Mills. This was the beginning of Else's dedication to the revival of the worship of the Norse Gods. Her understanding of our relationship with the Gods was heavily influenced by the idea that the Gods were encoded in the collective unconscious of the Aryan race.

In 1969 Else Christensen founded the Odinist Fellowship. Until her death in 2005, Else worked tirelessly for her folk, spreading the word of our faith and our Gods to all who would listen. She founded a prison outreach program that proved to be instrumental to many men. She wrote and published many publications. Her efforts saw her recognized as the Folk- Mother to Asatruar everywhere.



So, what can we learn from this story?

We don't always know where our stories end. We can't always see the ramifications of our thoughts when put into action. Else was just one single woman. She was a woman who believed in unpopular ideas at a time when those ideas were definitively unpopular. Despite being imprisoned for those beliefs she did not give up.

Our current times are, in many ways, similar to the ones that Else dealt with. They are turbulent and wrought with anger on all sides. We stand at the precipice of a new world, but we have no way of knowing which way the tides will turn. Else didn't turn and run. She stood and faced the future. In doing so she became one of the most important women in the Asatru movement to date.

When things are hard, when public opinion would have you conform, just remember. Your story hasn't reached its end yet, and only you can control the direction the story takes.

Stand strong.

Stand with Else.



Gythia Catie Erickson

cm.erickson@runestone.org

Remembrance & Holy Days



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

2022

Date	Observance
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

Date	Observance
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

May Day



On the heels of Hexxenacht, when the cattle were blessed in the smoke of the fire before being sent to their summer fields we celebrate May Day! Halfway between the spring and summer solstice, May Day is often considered to be the first day of summer. Warmer days are becoming normal. The spring rains that helped to nourish the wakening fields have begun to taper off. The world around us is verdant again.

On May Day, sometimes called Sumermál, big celebrations were held both to celebrate the end of the harder days of winter and to bless themselves and their crops for a fertile and productive year. Men and women leaped over fires together or alone, wishing for fertility in the coming year. The maypole was raised and around it, people danced and wove their ribbons. Women decorated their windows and doors with flowers and wove them into their hair.

Mayday is the coming together of men and women to celebrate life. We use this time to celebrate all the good things that we have, all of the things that we have worked hard for. We have survived the harsh months when stagnation is so easy a thing to fall into. When the celebration is done, the real hard work begins. The plan that was set into motion at Charming of the Plow will now begin the active stage. Those seeds that you planted, or that project that you planned at Ostara, will now need real tending to. Mayday marks the beginning. It marks the start of growth.

Where one has the will all things can happen.



Register here: <https://runestone.org/product/midsummer-at-odinshof/>

Come join us on June 17-19th 2022 at Óðinshof for one of the Asatru Folk Assembly's grandest events of the year! Visit for a day if you like but we would love for you to stay the whole weekend! Expect guest speakers, the viking games, vendors, a thrilling auction, fun, frith, and more. Please bring the family and as always, children are free. We have plenty of campsites available as well as some local lodging options.

Please make sure to leave your contact information in the notes of your purchase.

A schedule for midsummer will be e-mailed out prior to the event. please make sure to select tickets for all children (even though they are free), it helps us maintain a proper headcount and plan activities for them. There are a lot of ticket options, please read their details carefully. If you have questions about what ticket you should select, please reach out to Sheila McNallen at Sheila@runestone.org or Krystal Podbreger at kpodbreger@runestone.org.



Witan Clifford Erickson
cerickson@runestone.org

Fallfest at Baldrshof



Register here: <https://runestone.org/product/fallfest-at-baldrshof-2022/>

7 Meals * 4 Blots * 3 Morning dedications * High Sumble * Daily Fika * Multiple Educational discussions and Classes * Children's Blots and Activities * Vendors * Auction and Silent Auction * Hnefetafl Tournament * Games for Adults and Children * Meet your Folk and local and National Leadership.

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 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!

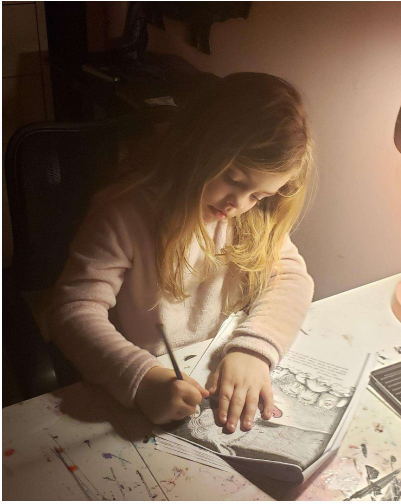


If you are a member of the AFA who is expecting a baby, please let your Folkbuilder know so we can get a blanket to you. If you would like to contribute, either financially or by volunteering as a baby blanket crafter, let your Folkbuilder know about that as well, so he can get you in touch with the 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 today!

Youth Program

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



monthly themes based on the Nine Noble Virtues.

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

If you are interested in registering your child for the AFA Youth Program, send an e-mail to

youth@runestone.org to get started.

Folk Services



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

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

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

Your contributions are earnestly solicited and of course, are tax-deductible! Please

donate to Folk Services or one of our other AFA Fundraisers at <http://www.runestone.org/donate/>.

Thanks in advance!

Photo Donations

We have a real need for hi-res photographs of our members' gathering, being active in their kindreds, and showing what it means to live Asatru!



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

Eir's Blessings



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

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

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

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

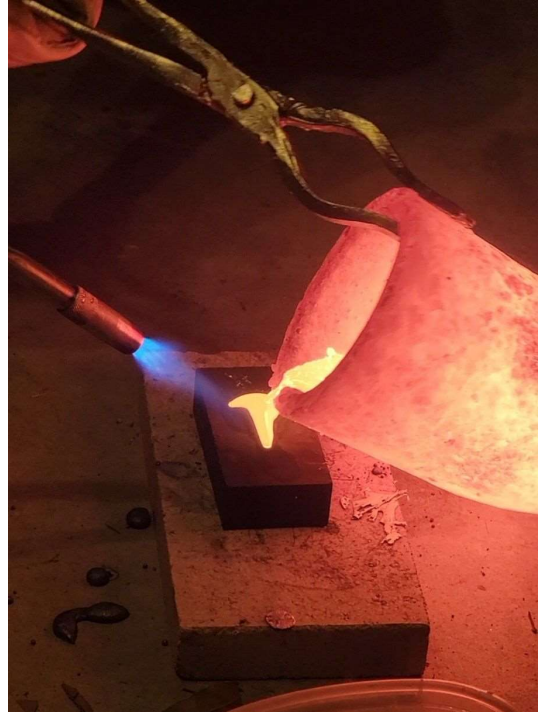
We have found an amazing resource for our U.S. members to make legally binding wills in minutes online for **free**. This site also has resources to make Advanced Medical Directives and Powers of Attorney. It takes only **minutes** at <https://www.doyourownwill.com/>.

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317

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



My lady was invited by her father to his garage where she was invited to grab items that belonged to her grandfather. Among a few nicknacks, she also grabbed a vise and a small metalworking hammer. I remember asking her " Why did you grab those?" she didn't have to look, but she immediately replied, "I thought of you." A few weeks later Shea, his son Shade, and a few others came down to Texas from Oklahoma. I admired Shade's Mjolnir, the way it shimmered in the light I could tell someone spent hours sanding, and polishing it. I could tell it wasn't made by machine. Inspired, I acquired some pewter and went to work. Then copper, and silver. Each piece is different than the last, crafted to order. Forged by fire from metals specifically selected, with some tools older than myself. In my opinion, these aren't just necklaces, fashion statements, or fads. They are family heirlooms, beacons to others of our heritage, and worn with honor. If you are interested in getting a custom Mjolnir made, reach out to me at tgleason@runestone.org. Hail The hammer sign of Thor! Hail the AFA!

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

Jessica Lambert
Apprentice Folkbuilder
jlambert@runestone.org



Ancestral Food and Culture

Meron Family Meat Pie Recipe



This is my mother's meat pie recipe. For us, this was always a Christmas Eve tradition and so now I am working it into Yule instead.

1/2 lb ground beef

1/2 lb ground pork

large onion

large potato

1 tsp salt

2 tsp Bell's poultry seasoning

1 can golden mushroom soup

6 saltine crackers

pie crust

I have not made a pie crust for this and always used a store-bought one. Lightly fry the pork and beef until it starts to brown. Add onion and saute. Microwave a large potato for 5 minutes. Peel off the skin and add to the meat. Mash and mix together. Add salt, poultry seasoning, soup, and cracker crumbs. The two key flavors here are the poultry seasoning and the Golden mushroom soup (not cream of mushroom) Spread pie crust in a pie pan. Add filling to the crust and cover with a second crust. Bake at 350 degrees for 30 minutes or until crust is golden. Good served with something like cottage cheese or sour cream on the side.

Submitted by Rachel Kinsler

Now Available in the AFA Store

Þórshof II T-shirt

\$15.00 – \$23.00



Buy Here: <https://runestone.org/product/thorshof-ii-tshirt/>

Óðinshof
First Hof of the Asatru Folk Assembly



<http://www.odinshof.org/>

Food Pantry at Óðinshof



Northern California experienced one of the driest winters on record, but April came in like a lion. Being one of the wettest weeks of the year, dispensing from our Odínshof Food Pantry this month would prove to be a challenge. The McNallens spent a stormy afternoon loading taking food to Brownsville and filling the grocery bags. Saturday morning, our dedicated volunteers put up popups, set up tables, and spread-out multiple bags of food for each family.



Even in the downpour, many locals made the trip to Odinhof. Founder Steve McNallen stopped by every car to wish them a good morning and answer any questions people might have. This month, we were able to ask if they'd like “a ham or a chicken,” as extra provisions were offered to us for Easter dinners. We gave away lots of provisions to 31 families consisting of 106 individuals and saw the success of our program in the smiles and friendly waves as people drove off.



If you'd like to help with the Odinhof Food Pantry, cash donations are most welcome! Even a few dollars will help us get more storage capacity. Options included donating through the AFA website, sending a check or money order to AFA, P.O. Box 124, Brownsville, CA 95919, or Sheila McNallen can set you up with a monthly subscription in any amount you want.

Gythia Sheila McNallen
sheila@runestone.org



Hexannacht at Óðinshof



Hexannacht at Odinshof was a lovely time. We came together for ritual, food pantry, and well-spent time with the folk. I spoke about the history and traditions of Hexannacht and Connor Norris told the story of Jarl Haakon.



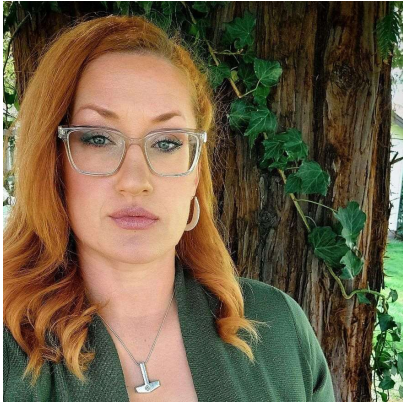
A beautiful Freya blot was led by Victor Podbreger and food was cooked by the misses as usual. I lit red and black candles and myself and some of the women threw red roses in the fire for Freya and walked through the smoke.





After dark, a few of us enjoyed the full moon on the beautiful crisp evening and gave thanks for yet another wonderful day spent together.

Ashley Stockton
Apprentice Folkbuilder
astockton@runestone.org



Upcoming Events at Óðinshof

MIDSUMMER

at Oðinshof

JUNE 17-19
2022

8408 La Porte Road
Brownsville, CA 95919



Come join us June 17-19th 2022 at Óðinshof for one of the Asatru Folk Assembly's grandest events of the year! Visit for a day if you like but we would love for you to stay the whole weekend! Expect guest speakers, the viking games, vendors, a thrilling auction, fun, frith and more. Please bring the family and as always, children are free. we have plenty of camp sites available as well as some local lodging options.

Please make sure to leave your contact information in the notes of your purchase.

A schedule for midsummer will be e-mailed out prior to the event. please make sure to select tickets for all children (even though they are free), it helps us maintain a proper head count and plan activities for them. There are a lot of ticket options, please read their details carefully. If you have questions about what ticket you should select, please reach out to Sheila or Krystal.

www.runestone.org/product/midsummer-at-odinshof/

In a little over a month, Midsummer will be upon us. Please make sure to purchase your tickets or do a deposit in advance. This helps us in preparing menus and activities for the event. Even if you wish to buy your ticket at the door please contact your Folkbuilder and let them know you plan to come.

Don't feel like camping? We have reserved the Brownsville motel and many rooms are available but will sell out quickly. Let them know when you call that you are with the

AFA.

Folkbuilders will be making calls to our members in regards to the event and they should be able to answer any questions you may have. Emails will go out with additional lodging options for those who'd rather get a room and event schedules.

Are you wanting to bring a guest? Please contact your Folkbuilder, Krystal or Sheila.

We can't wait to see everyone for yet another possible record-breaking event. Safe travels and see you soon!

<https://runestone.org/product/midsummer-at-odinshof/>

Upcoming events

Odinshof

May 21 - 22	Mayfest
June 17-19	MIDSUMMER
July 16	Sigrblot/Sommarfest
August 20	Freyfaxi
September 17	Winter Finding
October 22	Winter Nights
November 19	Feast of the Einherjar
December 17	Yule

Food Pantry is always the 3rd Saturday

Check www.odinshof.org for additional events

8408 La Porte Road, Brownsville, CA

Folkbuilder Krystal Bailey

kbailey@runestone.org



Arizona

Like the Flowers, Our Frith Grows



The past few months have been absolutely amazing in the new year. Our Frith grows tremendously as we gather to honor our gods in our ancestors. It is and will always be an honor to be a part of such a great community of like-minded folks that bring positivity and growth. It brings great honor to know that the gods shine their light in our direction all over the world.



Samuel Ramsey
Apprentice Folkbuilder
sramsey@runestone.org

California

Upcoming Events

REDDING FIRE FESTIVAL MOOT

Premiere Cirque Show

Arts and Crafts Fair

Shasta District Fair Grounds

Saturday May 14th

2-9:30 pm

Tix: \$15.00

Kids 9 and under are free

For questions and to RSVP contact

Apprentice folkbuilder

Ashley Stockton

Astockton@runestone.org

Redding Moot

***Aqua golf followed by
lunch at the Greek shack
July 23 @ 11am***

***To RSVP contact Apprentice folkbuilder
Ashley Stockton
astockton@runestone.org***



MANZANITA LAKE CAMPGROUND
AUG 5-7TH

LASSEN CAMPOUT

Hiking | Fishing | Kayaking

Sites fill up fast here, book yours asap for a weekend of outdoor adventure with the folk

To coordinate camping, RSVP or any other inquiries contact apprentice folkbuilder
Ashley Stockton
Astockton@runestone.org

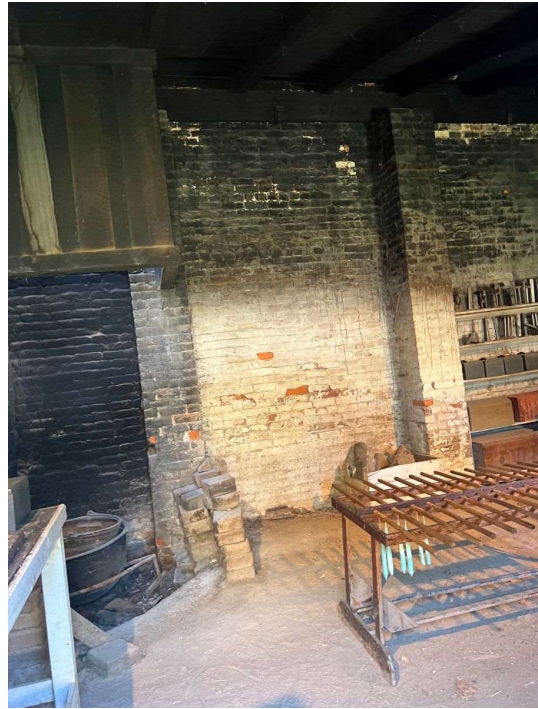


Ashley Stockton
Apprentice Folkbuilder
astockton@runestone.org

Going Back in Time at Sutters Fort



This month was full of Frith Building here in Sacramento. Lots of small meet-ups between members but our main moot was a success as well! We went to Sutters Fort to learn the origin story of this beautiful piece of history before it is lost forever. From jail cells, and guardrooms, to armories and candle-making and even an old oak tree from Kandern, Baden, Germany, the birthplace of John Sutter, this fort had many different pieces of history happening in it at any given time.



The guards' room, not pictured is a whole set up of a washbasin, grooming tools, and a razor. The bed is made of a very thin mattress that was hand-sewn and stuffed with cotton grown nearby. And the candle-making room. You can see the soot-covered walls and chimney where the melting and shaping of the candles take place. The "table" in the middle is a drying/hardening rack for the candles to cool down and solidify into their shape. This was definitely a very educational moot and was a lot of fun!



Sierra Chapman
Apprentice Folkbuilder
schapman@runestone.org

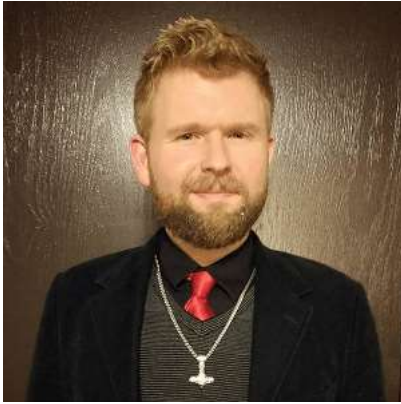
South Bay AFA Monthly Event



South Bay AFA is once again getting together for another afternoon of Kubb in the Park. For those who don't know, kubb is a Swedish lawn game that finds its origins on the island of Gotland and is even said to date back all the way to the Viking Age! It is played with blocks of wood and is a bit like a combination of horseshoes and lawn bowling. The rules are very simple and easy to learn; it's a great game for the whole family!

We'll be meeting on Saturday, May 14th at 3 PM at Discovery Meadow Park located on Woz Way in San Jose, CA. The park also has a giant Monopoly board game which is where we will meet.

We hope to see you there!



Folkbuilder Connor Norris

cnorris@runestone.org

A May Day Wedding at Odinhof



From their home in Arizona, Carter Shafer and his fiancée Sloane McFarland had set their sights on Odinhof as the venue for their May first wedding. A total of some 25 people were invited, with family coming from Arizona and coastal California, while college friends flew in from one end of the United States to another. This was their first trip to Odinhof, chosen by them for our dramatic ritual circle, and by extension, the might and majesty of the Lord of Asgard.



After much rehearsal and fine-tuning, the moment came...The wedding party slowly processed into the ritual circle to the music of Wagner's Lohengrin led by AFA Founder Stephen McNallen, who carried a blazing torch to light the fire in the center of the circle - a fire of holiness, of the might of the blazing sun, and of course, the hearth-fire. Then came the groom, best man, and torchbearers. The bride, whose radiance outshone the ritual fire, was walked in with her father. With her demure smile and wearing a simple embroidered dress of traditional folk design, she was for that moment the incarnation of Europa herself.

The ritual itself had passages of great eloquence inspired by Nietzsche and others and much symbolism in the use of fire and torch. Affirmations of honor and duty rang across the circle as Founder McNallen called on the Holy Powers and Ancestors to witness this rite. After the rings were exchanged, Carter removed the floral crown that Sloane wore into the circle and replaced it with a crown of leaves - for she was a mere girl no longer, but a wife, with a new and more exalted role.



Escorted out to the magnificent music of Beethoven, we adjourned to the hall for a wonderful meal worthy of the event, catered by a local chef. While some danced to Strauss waltzes, the McNallens shared information about Asatru to family members who had all just witnessed a wedding very different from the Christian experience.

It was our honor to play such a major role in the lives of this young couple. May they always know the blessings of the Gods! Hail, Mr. and Mrs. Shafer, and may their line be fruitful and happy!



Gythia Sheila McNallen

sheila@runestone.org

Idaho

Leavenworth Moot



Had a great blöt in Leavenworth with the Fólkvangr kindred! We honored Odin by the River and enjoyed some authentic German food as well. Great turn out from my own

Northern Bastion kindred in North Idaho as well. Thanks to Tyler Heinlein for organizing. Hail the Gods!



Derek Wright
Apprentice Folkbuilder
dwright@runestone.org

Montana

Folkish Family Pizza Night



Spring has sprung here, although it doesn't seem like it at times. Teased with a few warmer days, the rain and snow return to driving us back indoors, but much like the local bear population, we've gotten more active, and ventured out to explore.

On April 22nd, the Harlan and Greaney families hosted a Folkish Family Pizza Night here in Helena MT. Along with the pizza and comradery, a discussion on the Runes was held, along with planning for future events, and the foundations of possible kindred formation.

On April 30th, an impromptu Hexenaxht dinner was held at the Harlan home, where the Greaneys joined us once again. Lots of great discussions was had among the adults, as the children enjoyed cupcakes and lively play.

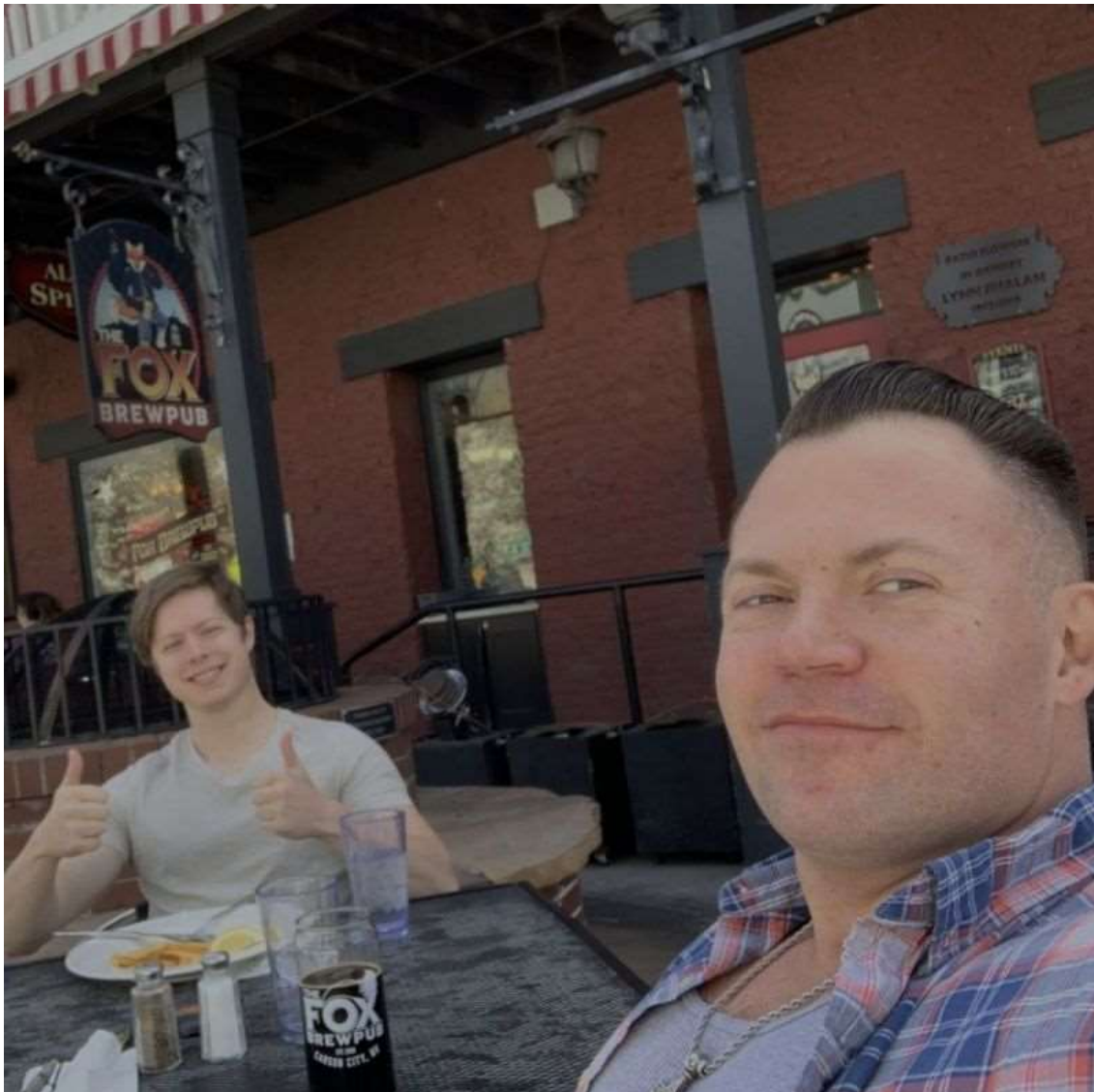
We will be beginning to host other gatherings around Western Montana, and a May event should be announced once the details and location are finalized, so stay tuned!



Folkbuilder Ryan Harlan
rharlan@runestone.org

Nevada

Gatherings with Alsherjargothi



We had a great time this month, despite the windy weather and the last winter storms

passing.



It was great to have folks over and we were particularly honored to have the McNallens join us this month. I am looking forward to having folks over to my home on May 28th for experimental tropical schnitzel and Mai Tais.



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

Oregon

Baby Naming Ceremony



Hails from the great NW! I had the honor and pleasure of performing a baby naming ceremony for Lorelei Garnett Harlan on Wodenstag April 6th. This was my first time performing and attending such a gathering and I was overwhelmed by the feeling of Love that was present. The happiness and joy of welcoming little Lorelei into the world really struck me with just how amazing life really is.

Our ancestors considered that a baby did not yet have a soul or a place in the family örlög until nine days later when it was named. The naming rite and feast are the events in which the örlög is laid for the child's entire life; its personal being was tied into the hamingja and luck of the family, clan, and tribe or community. It is at this time that the “Norns,” or rather the family's idises, come to speak its wyrd.



In the days leading up to the ceremony, I had fasted and meditated upon Lorelei in order to ask the Norns for their blessings upon her. From the mother Goddess Udr I drew the rune Kenaz, a blessing of inspiration and creativity. From Verdandi the power of Uruz, that she may break through all barriers that may be in her way so that she may gain her goals. The blessing from the Goddess Skuld was Mannaz, the rune of Man. It is with this that she may be enlightened to know the true nature of this world, to learn and live with her fate with an all-encompassing passionate purpose and have a fulfilling and joyful life during her time here in Midgard.

The Goddesses of fate water Ygdrasil the tree of life daily and write into the stars at the moment of birth a person's purpose in this world. We have been blessed with free will to discover this purpose and should choose to work with it. We as parents and as a community must provide guidance to the best of our ability, so that this new soul may discover their fate and learn to live with all the distractions offered up in Midgard. Welcome, Lorelei to your family, your Folk, and this world of Midgard!

Gothi Joe Rozanek

jrozanek@runestone.org



Washington

April with NordVestri Kindred



For the NordVestri Kindred, we have many birthdays in April, so we attempted a rolling skating birthday party for all of them. We got together and had food, cake, and glow sticks. All of which ended up being just way too much fun and we arrived too late to go skating. Skating has been rescheduled...



A hexennacht bløt to Frey and Freya was held on the 30th. There was a talk on fertility/vigor and not just the modern concept, but the idea that fertility is also wrapped in growth, ideas, health, land, animals, plants, wealth, action, plans, and the folk. We need fertility/vigor in our lives we should be focusing on the growth of ourselves, our land, our families, and our folk.



The men bonded around creating the fire. Then the men worked out and went for a run while concentrating on Frey and the Rune ingwaz. This was their sacrifice to Frey.

The women created fertility water, brushed each other's hair, danced around the fire with ribbons and the ribbons went around trees as a representation of the Maypole. Runes were sewn onto fabric and offered as a sacrifice to Freya.



When the men returned from their sacrifice they dipped their fingers into the fertility water completing it. The water was placed in hand-painted water bottles for everyone to use throughout the year as offerings to the Gods and Goddesses for those times in our lives when we need more fertility and vigor.

Blót was held with sumble after. We enjoyed many hours of sunshine, food, and frith. It was a great day. We look forward to next year.



Rachel Johnson
Apprentice Folkbuilder
rjohnson@runestone.org

Victory: Old and New



Fólkvangr Cascadia out of northwest Washington and Northern Bastion out of Couer D'Alene met together in the Bavarian village of Leavenworth for good food, times, and good company as well as to hold Blót to the All-Father.

The Kindred members shared their many achievements of the season with one another and enjoyed the scenic region. Many kinsmen had successful planting seasons and others had great progress in their work life. A few notable achievements were a very prosperous lambing season for one of our members as well as a legally recognized

Meadery opening up for another. Throughout the reflection of our personal victories, we pondered how we could achieve communal victory as well. There is a long road ahead for us all when we seek out building up our folk but together, we will achieve our goals

With this in mind, I lead the gathered folk to the river's shore and gave offerings of mead made by our own hands to Odin.

With the rite concluded we then broke bread together and explored the town marking a very successful event.



Two days later our Kindred grew by one when my baby girl was born into my arms happy and healthy. We will be holding a naming ceremony on May 5th to welcome her into Midgard.

Hail the Gods and Hail the AFA!

Tyler Heinlein



Apprentice Folkbuilder
theinlein@runestone.org

Wedding Rite in the Great PNW



On September 8th Friends, Family and Folk Gathered to Witness the Sacred union of Bride and Groom.

A Great rite uniting two of our favorite people took place at a beautiful venue full of wonderful folks.

It was an honor to be present at such an event alongside many of our Kindred members and surrounded by the wonderful friends and family of both Bride and Groom. The wedding was a mixed bag of Asatruar, Christians, and folks from different walks of life.

The beauty of this is that all who were in attendance saw the power of a Traditional Asatru Wedding. Many who attended stated it was the most beautiful wedding they had ever experienced and a few even were brought to tears by the ceremony.

The amount of love and positive energy present was phenomenal.

The power of our God's and Ancestors is felt in the blood of all who find themselves in their presence. This was a most beautiful spiritual truth to experience.

Hail The Newlyweds!

HAIL THE GODS!

HAIL THE ANCESTORS!

HAIL THE AFA!

Upcoming Event



MAY 15, 2022 PORTLAND AREA

MJOHNSON@RUNESTONE.ORG

Folkbuilder Mason Johnson
mjohnson@runestone.org



<http://www.thorshof.com/>

Food Pantry at Þórshof



Before we celebrated Hexenacht at Þórshof we held our monthly Food Pantry. The Þórshof Team fed 9 families in Linden this month. One high note is that our team has grown substantially in the past year. Several local families have joined our ranks and quickly taken their place sharing their generosity with our community.

Hexennacht at Þórshof



This month, AFA members from all over the American southeast came to Þórshof to celebrate Hexennacht!



First, we had a small baby shower for one of our members who is expecting a baby boy

within the next couple of months! The ladies at Þórshof held a baby shower for the Bethard Family who is expecting a son to arrive in July. Madison East prepared some wonderful homemade treats and all had a good time. On behalf of Þórshof and the Asatru Folk Assembly, we wish James and Lindsay all the best and good health for their son and the entire family. Raising our children together in the Folk Community and Asatru faith is the highest honor, and we are happy this family is doing that with us.



After Þórshof's first baby shower, Witan Svan Herul gave us a very in-depth class on both Hexennacht and the AFA calendar of holy tides. Afterward, we all shared a wonderful potluck dinner before giving blöt to Freya. After the blöt to Freya, we processed outside to burn herbs associated with the Nine Herbs Charm, wafted the smoke over the gathered Folk, and Folkbuilder Young distributed Freya's blessings.



Many thanks to those who came out to spend time with our wonderful AFA family this weekend, and may Freya keep you throughout the summer tide!

Hail Freya!

Gothi Trent East

teast@runestone.org



Upcoming Events at Thorshof

May 28, 2022	May Day
June 25, 2022	Midsummer
July 30, 2022	Sigrblot
August 27, 2022	Freyfaxi
September 24, 2022	Winter Finding
October 29, 2022	Winter Nights
November 26, 2022	Feast of the Einherjar
December 18, 2022	Mother's Night

Florida

Hexennacht



The Florida Folk enjoyed a fine Hexennacht on the gulf coast. Gothi and Gythia Plourde officiated their first blot, since moving to Florida, to Freyr and Freya.



There was quite a spread of delicious food. Over the feast, new friendships were formed and old ones strengthened.



Sumbel is always a powerful experience, and on this day, it was quite emotional. Several of the new members were visibly moved by the words spoken over the horn.



Long after Sumbel had ended the conversations carried on until late in the night.

Upcoming Events

6th Annual Beach Blot to Njörðr
May 7th - Atlantic Coast, FL
contact lashby@runestone.org for details



Folkbuilder Lane Ashby

lashby@runestone.org

Celebrating Hexannacht in the Sunshine State



Hexannacht was celebrated on a beautiful day in April. The Folk took part in a blót to Freyr and Freyja, and were offered blessings of wellness and prosperity for the months ahead. The Folk also made a small offering to Eir, for the health and healing of the Folk everywhere.

We shared an amazing potluck supper and thoughtful discussions throughout the day. Gothi Jason Plourde led the Folk in Sumbel, weaving us together even more. I feel very honored and humbled by the hospitality shown to us, and look forward to the next time!

Hail the Folk!

Hail the AFA!

Rune Study Schedule



We are off to a great start with our Ladies Rune Study! The dates will be changing slightly, but the group will still be held on Wednesdays at 8/7 CST.

On May 11th we will be covering Ansuz

On May 25th we will be covering Raidho

On June 8th we will be covering Kenaz

I encourage everyone interested to read ahead, and come ready to ask questions! As the study progresses, we will also have the opportunity for crafting.

Contact aplourde@runestone.org for details!



Gythia Anna Plourde
aszczepanski@runestone.org

Indiana

April Awakens



I hope April was as good to you as it was to us here in Indiana. We began the month (as we so often do) with fellowship. Spring is the time of renewal and there is nothing more invigorating than the breath of fresh air that is spending time with Folk. We enjoyed our highest turnout for a standard monthly moot to date (18). It seems that every month we grow stronger, not only in numbers but in our bonds with one another.



Here in the Hoosier heartland, we are big proponents of the correlation between physical and spiritual strength; we are also petty jerks. In satisfaction of these core values, I decided to include pictures of several of the finalists in our most recent pushup contest as vengeance for my crushing defeat.



We finished up our day with some boxing and wrestling drills while the children explored the uncharted wilderness of my backyard.



One of the true successes of our local community is that, though we officially only meet once per month, in reality, we gather much more often (this despite the fact that we are spread about geographically). In Mid-April the majority of us found ourselves, once again, at a cookout sharing our time and values with a group of "not-yet-Asatru" folk.



It is important that we extend our presence into other circles to form relationships and build conversion rates among our scattered brethren. While it's too early yet to measure our harvest from these burgeoning relationships, I did return home with one ardent new four-legged convert. Friends of mine who are sportsmen and familiar with hunting hounds speculate that she looks to be a red-bone or German Pointer. However, after living with her for a couple of weeks I can verify that she is, in fact, a purebred Hamburgler and Couch-Thief.



I had the good fortune to close out the month by attending Elsefest in Wisconsin with Folkbuilder Tim Dumas of Ohio. I won't speak much of the event as I assume it will be covered Else-where in this newsletter (I'm a dad, I can't control my use of puns). However, I'd like to say that we were struck by the success of the event.



Not only was Elsefest orderly and well run (which is impressive enough) I am actually a little awestruck by the volume of life events that coincided with this celebration. To attend an AFA event (in which the power of our people and Gods are already made manifest) and see it supplemented with a wedding and three baby namings is more than just a fitting tribute to the Folk Mother, it is victory.

Until next time my Folk, ever onward towards victory.

Johnathan Rock
Apprentice Folkbuilder
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April with Heimdall's Midgard



Greetings from Southern Indiana,

Heimdall's Midgard got together for our monthly camping trip the last weekend of the month to celebrate Hexannacht. We had a potluck of delicious food. There was blot and Sumbel. We had a few rounds of Kubb which I have found is a fan favorite within my kindred and the camp. I did a presentation on the Voluspa and how we can use it to build our knowledge of the lore. Our next camping trip will be May 27-29th. Most of our camping trips fall on the last Sunday of each month. If you are interested in participating please contact me. We also have conference calls each Saturday. We always have something going on.





This month I went to Elsefest in Wisconsin and experienced one of the best AFA events that I have had the pleasure to attend. Thanks, James and Sara Ault for hosting such a great event. Thanks to Hrafnagud and all of the rest of the folks that helped make this event as awesome as it was. Thanks to Folkbuilder Jim Cummings for his hospitality during my travels. It was an honor to be in charge of the holy fire for the ceremonies. I hope to attend each Else event! Long live the Folk and their noble deeds!



Folkbuilder Zach Cato
zcato@runestone.org

Italy

Euro Mai Day



In Italy, as in the rest of Europe, from Scandinavia to France, from England to Germany, from Spain to Ukraine, on the first day of Mai, in the countryside Maipoles are erected. They represent ancient Tree cults connected to prosperity and fertility. The Mai pole in fact is a phallic symbol that reminds the pagan columns like the nordic Yggdrasill and the germanic Irminsul. These pictures are from south Italy: the "Maggio" (Maypole) of Accettura and the "Maio" (Maipole) of Baiano.

Francesco Morese
Apprentice Folkbuilder
fmorese@runestone.org



Maine

Chillin' at the Beach in New England



We had a moot at a nice restaurant called Copperdoor in Salem, NH. The food was really good in fact, that may have been the best shepherd's pie I've ever had!



After that, we decided that a visit to the beach would be cool, and we could get some ice cream at a local ice cream shop. It wasn't exactly sunny and warm, and we discovered the act of eating ice cream seemed to magically act as a form of weather control. With every bite, the air seemed to get colder and colder around, but, hey, it's ice cream, so totally worth it!

Upcoming Events



A member in Vermont has generously offered to let us come and celebrate Midsummer at her home on June 18th. She has room for folks to camp in tents, a fire ring, and a pool for us to enjoy. So, definitely don't miss out on that one! Email me for details at dmason@runestone.org



Daniel Mason
Apprentice Folkbuilder
Dmason@runestone.org

Ohio

Hofbrauhaus Moot in Columbus Ohio



As the calendar turned to April, my thoughts wandered toward the new beginnings that Spring is bound to bring as it has for time immemorial.

Due to the weather still being a bit unpredictable in our part of Midgard this time of year, we held moot at Hofbrauhaus in Columbus Ohio.

A German bier hall is just about my favorite place to be. I believe that they harken back to the time when our ancestors would enter the great hall of their folk to share in food, drink, and song.

While we did not sing (and other than galdr, no one wants to hear my sad excuse for pipes), we did all enjoy in the revelry of enjoying a delicious meal and fine German bier.

Members recently joined, perspectives and old salts alike shared stories, their thoughts of the Folk and our Gods, and true camaraderie and frith was further built among those

in attendance.

My most cherished part of being an Apprentice Folk Builder is in bringing our people home to where they have always belonged and further, bringing them in contact with one another.

While our hearts lay in what has been, so too they must lay in the now and in what is to become.

We said our goodbyes, but only for the time being as we all knew that we would be together again.

That is always the most difficult part for me...saying farewells.



Mike Melillo
Apprentice Folkbuilder
mmelillo@runestone.org

Grill Moot in the Valley





We had an awesome moot building frith in the historic Beaver Creek Valley. The weather was unseasonably warm with hardly a cloud in the sky causing us to long for green leaves to bud and spring out on the branches of the tall trees covering the valley. Though the water was still cool enough to offer respite from the sun and the food and drink enough to keep us satisfied.



Christian Williams
Apprentice Folkbuilder
cwilliams@runestone.org

Pew Pew Pew



Another month and another great moot. Amongst all of the wonderful things going on in Ohio these days a few of us had a chance to have some fun laser tagging. Fun I would certainly recommend for all ages and styles. I love the community we are building, cultivating, and from simple fun to serious spirituality. I believe we're making something to be proud of. I look forward to more people finding what I have amongst you all, and with every gathering, every time we just go out for something fun together we are laying the foundation and on the ground floor of rekindling the fire of our folk soul. Everyone here I wish you wonderful barbeques, paintball, bicycling, or whatever may get us out there enjoying each other's company and living life together. A beautiful a fruitful spring to you all.



Joe Drotos
Apprentice Folkbuilder
jdrotos@runestone.org

Viking Festival



On Saturday, April 30th, Under Ash and Oak gathered with AFA members and potential AFA members at Viking Festival in Ashville, OH.



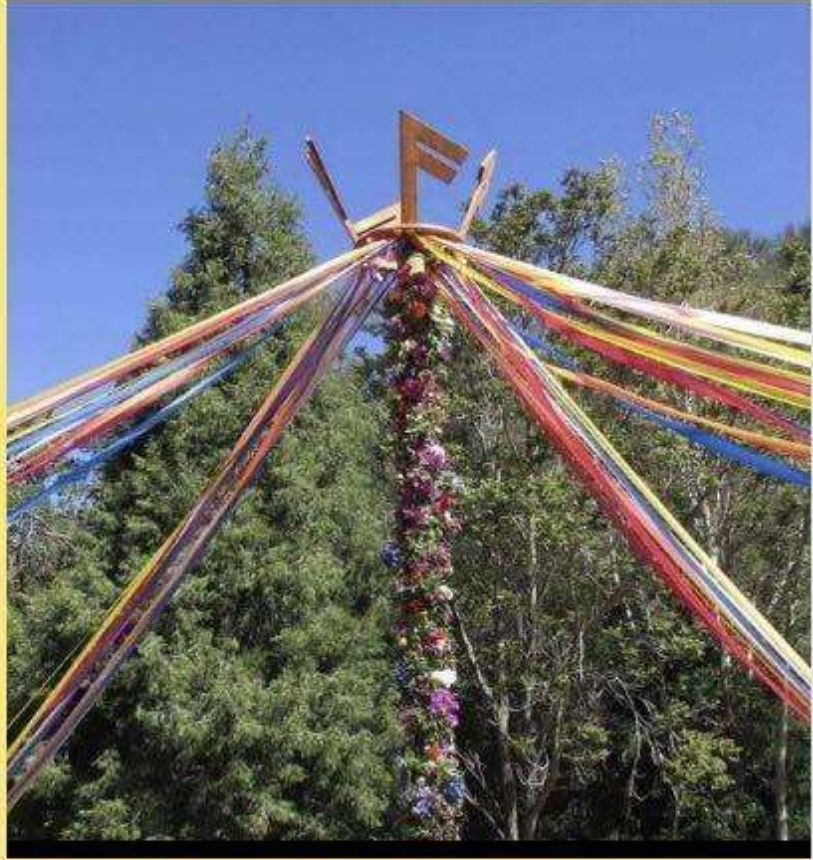
We spent time exploring the park grounds where Viking campsites were spread out amongst vendors. The children were able to throw spears and axes alongside Viking re-enactments. We watched Knights joust clad in armor. While we enjoyed BBQ dishes and homemade ice cream, bagpipes played in the background. Magic shows were conducted on the sidelines as some of us learned about falconry. We were even able to hold a falcon!



As the event came to an end, we coordinated plans for our next event and said our goodbyes till next weekend.

Upcoming Events

*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
for more information.*

Canning Moot



CANNING AT HOME

For Victory

*... hold the family
health front*



*July 30th @ 1 pm
Columbus OH
Contact Christine Dumas
cdumas@runestone.org*

Christine Dumas
Apprentice Folkbuilder
cdumas@runestone.org



Victory



There is a strange mindset I have encountered within our circles, a mindset of defeatism. Victim mentality is disgusting. Taking the black pill does exactly what for our people? “Things are bad so I’m going to be miserable and worthless”. What a very effective and noble strategy (insert sarcasm face). Taking the black pill takes zero effort, it’s not only lazy but the cowards’ way out.

Our people were masters of this planet because they plain did stuff. They worked, and they worked hard, and they kept working and tried to our work the next person. Not everyone has the same attributes, but villages aren’t made of all bakers or all mechanics. A community functions well with everyone doing their part to the best of their ability and encouraging their Folk to do their best. Use your passions to benefit your family and your Folk. Better yet, try to do things you don’t think you’re capable of.

If we want to be what we think we should then we have to just be it. We must DO. No

one is going to do it for us. We must roll our own sleeves up and do the hard work, make the hard decisions, and create the world we want. We must believe in ourselves again; we must know we can win. In the end, all noble roads lead to the highest goal, VICTORY!

Upcoming Events

JOIN YOUR FOLK FOR:

SUMMER
SOLSTICE

SATURDAY
JUNE 25TH
1PM

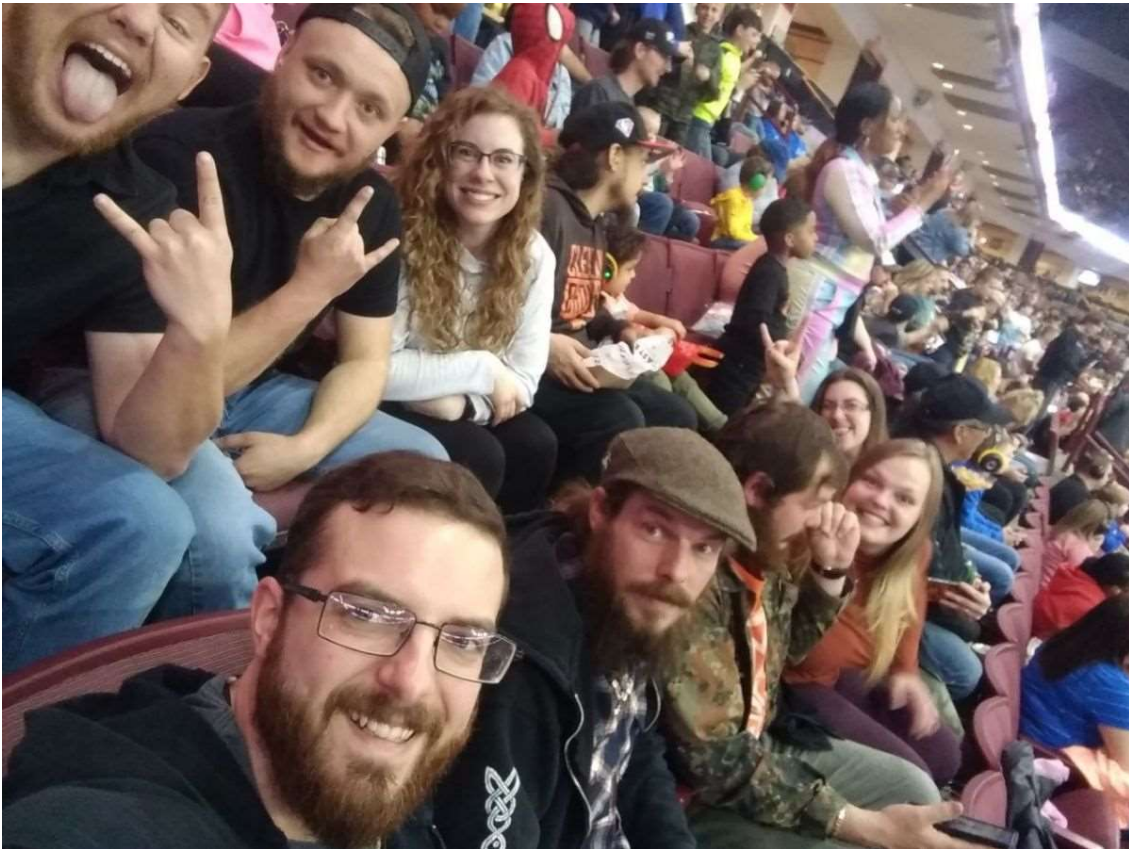
CONTACT ANY OHIO
FOLKBUILDER FOR DETAILS



Folkbuilder Timothy Dumas

tdumas@runestone.org

Big Trucks and Pierogies



One of my favorite things about being a part of the AFA is you are with family. So when I mentioned I was going to a monster truck show, of course, a few folks were like "heck yeah! I wanna go!!!!". And so we did, on April 2nd in Columbus, we had a fun-filled night of loud monster trucks doing big jumps and doughnuts and all sorts of crazy stunts! We were all just as excited as the children that were there. After being all ramped up from the show we then invaded Kam and Mary Jane's house nearby for some post-show shenanigans and slumber party which lasted until late, late into the night.



We finally awoke and peeled ourselves off the floor and headed over to Pierogi Mountain in Columbus for the actual moot of the weekend. Pierogi Mountain has a really cool modern fusion for the pierogi. We all ventured with some interesting pierogies and traded with each other like we were in the school cafeteria. As always, being with folk is being with family. There is always comfort in knowing we are connected by something bigger than us. After very full tummies we said our goodbyes and headed home.

Upcoming Event

On Sunday, May 9th we are gathering in Painsville, Ohio at 11 am.

We will be tending to our Adopt-A-Highway space. Our sign will be going up within the next week or so and I want the area to be super clean now that the snow has melted. Following the cleaning will be a lunch at Burgers To Beer.

Contact Folkbuilder Jessica Lambert for details.

Folkbuilder Jessica Lambert

jlambert@runestone.org



Pennsylvania

Pennsylvania Sigrblot



At the beginning of our journey, we debated going on our hike or not as the weather was questionable but, we the group ruled to proceed. We started our trek off along Dead Man's Hollow Trail in a single file line as we rung bells to awaken the gods and to help chase away any negativity on the paths ahead.



When you think of a hike in nature you are probably used to the sounds of birds and trees rustling but we wanted a different experience for this hike. We wanted to invite strength, endurance, and spiritual awakening to prove to Wotan that we are capable, so we had certain folkish music being played to try and help us release some of our internalized strength, allowing the music to tap in and pull something out of our subconscious. In addition to the music, Christine Dumas did drum work for us to direct the intensity of our energy and to help us focus on our mission ahead as well as a form of protection. You could feel a ripple of rings vibrating from the trees as she played, creating a protective barrier to our folk.



Upon each steep incline that we approached, we hailed Wotan and kept moving. Our first stop was at The Well Trees. This tree has three trunks that stem from one base and in the center is a well of water. I encouraged folk to dip anything they'd like consecrated into the well, but to proceed with caution as the energy that came from within symbolized great power. One of the unique things about this trail is that the switchback paths create sig runes back and forth, as it's surrounded around lush greenery and tall treetop canopies. Really allows you to find a meditative rhythm. About halfway into our hike, we were hit with extreme rain, wind, and hail. We were

too far in to turn back, and so we pressed on, drum and all as we moved with purpose, persevering through those miserable moments, with the thoughts in mind, that far worse is ahead and that our ancestors had far greater struggles.



As we reached our Second destination the rain finally lightened up, and we came to The Enchanted Staircase which is a stone staircase that cascades down around the trees leading to a Y in the trail. Left is the bridge, and right is the ruins of a building that once stood erect. We detoured through the ruins in a circle. I explained to the folk that what once belonged to nature, was overthrown by infostructure, to then fall to its demise, allowing for nature to reclaim what was theirs once again, demonstrating the significance of natural order. Many of our folk, could feel the heaviness the ruins gave off in energy, and the drumming became louder and louder, and we carried on back to the bridge. Stepping across the bridge felt as if we had reached a checkpoint and we were moving on to the next level because the rays of Sunna decided to grace us finally as if we'd earned it.

Our fourth stop was at the Sycamore 3, or the Sycamore Norns, again a single base trunk that split into 3. This beauty surely was the width of at least 9 wide men, and taller than I could tell, but provided a lovely photo opportunity for folks to stand tall with or to seek wisdom from yet again. As we crossed cricks and stones and trekked on through the mud, we approached our final incline, passing the oath tree which holds secrets and oaths to the forest and to those who wished to do so.



At the top of the peak, was a large stone table, that formed a cliff. The men poured a libation to Wotan for strength and victory. The stone itself is truly special, as the underside of it has a natural hole, yet again providing another opportunity for oaths to be made.



The trail back down led us to a grove of trees in the center of the woods, where we held blot. Everyone was asked to place their phones in a basket to allow for a more

intentional and more connected experience with their folk and our gods. The basket was then placed outside of the circle. I lead blot for our group with the help of Mike Melillo as co-officiant, but several of the folk in attendance had a role within blot, helping encourage the awakening of victory and the divine within themselves. The Gods were absolutely with us, you not only could feel them, but signs revealed their presence. The offering bowl of mead was spilled into the soil of the groove by a force other than of folk, and then hail and rain came down upon us once again as words of wisdom were spoken louder and louder. We ended our blot by guldring Sowilo, offering up our weaknesses and manifesting through the vision of victory we wish to see for our folk. As we trekked back up the hill to our vehicles, we stopped one last time at two trees that faced each other. Each base was wide enough to crawl and hide within the trunk. The symbolism reminded me of being born from the tree as there were 2, Ash and Embla.



We retreated to my house for some hot food and further frith. I served Up Konigsberger Klopse (German Meatballs with cream sauce), Barley bacon kale and mushroom porridge, and salad. Another folk member also brought her famous and quite lovely bacon fat cookies. The final event of the evening was a house cleansing shared by sister folk. They helped lift the presence and energy within my home. Although there were struggles along the hike, we completed it together. I am proud of every single person who made it out and pushed themselves.

MUSHROOM HUNT HIKE & COOKOUT



DID YOU KNOW

Fungi are the largest life forms on earth and they allow trees to communicate to one another.



COME BUILD WITH!!



THURSDAY MAY
19TH @4PM
MOON TWP, PA

CONTACT:
JESSICA KELLER

JKELLER@RUNESTONE.ORG
814-659-8692

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

COOKOUT TO FOLLOW



CONTACT
JESSICA KELLER
FOR INFORMATION
JKELLER1892@GMAIL.COM



JULY 10, 2022 @11AM

Pittsburgh Zoo Moot

Pack a lunch and Come Build Frith!!

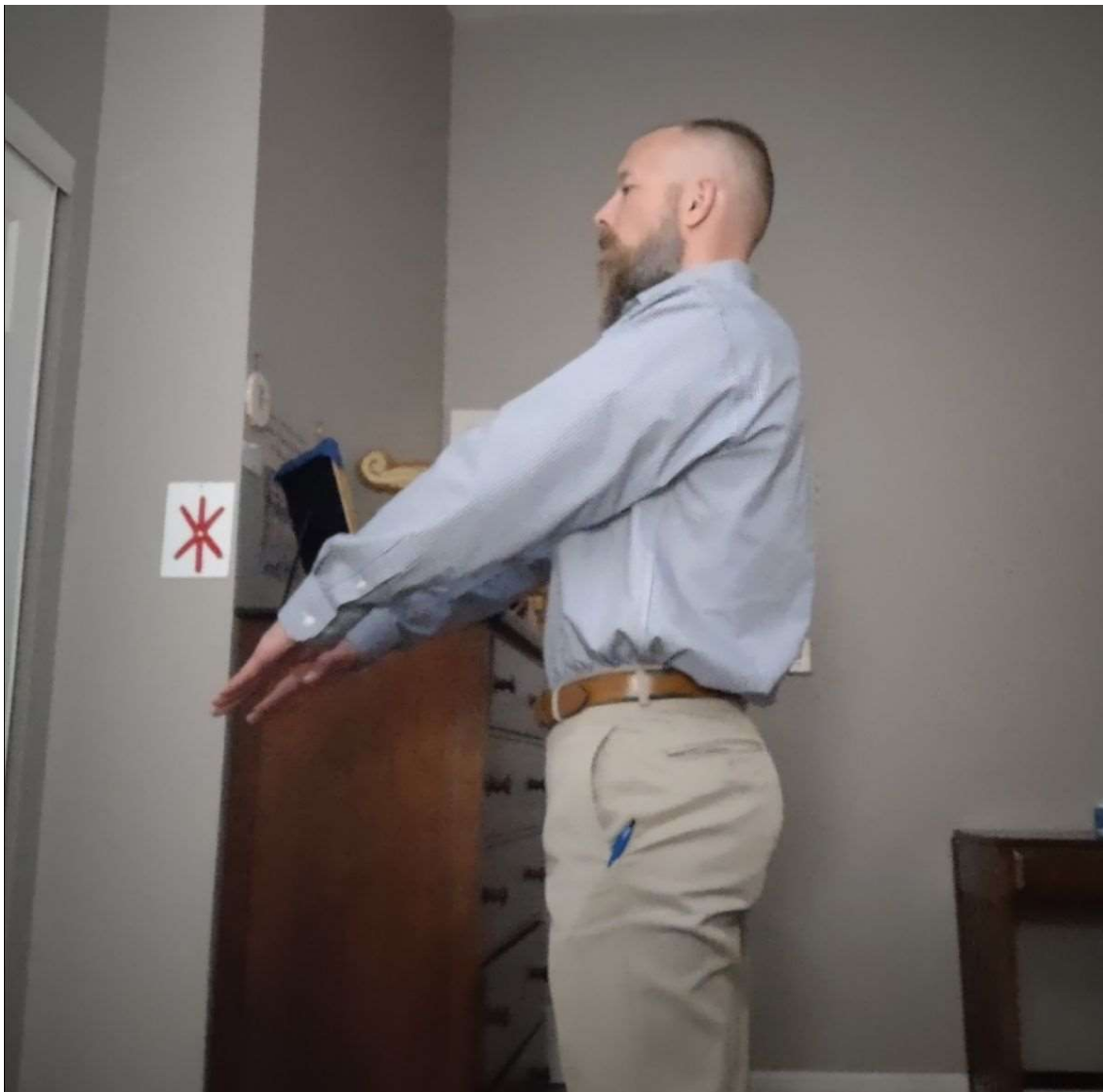


CONTACT: JESSICA KELLER
JKELLER@RUNESTONE.ORG
814-659-8692

Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org



Runic Yoga Part 6 LAF



Last month we discussed an important part of the journey, the SIG and TYR Rune. This month I would like to slow it down a little and discuss One. As I had mentioned we have lives and have to live in this world also. Sometimes too short of a practice breeds little results and sometimes too long has a similar effect. We are all different and have to find what works for us so I can only give advice on what has worked for

me. Maybe it can for you.

Before we go any further though I would like to give a glimpse into a practice that I do to start out any Runic Yoga routine. I do nothing till this is done. Hopefully, it will put you in the right frame of mind as it does for me. As always, adjust to what works for you. This is a framework.

1. Stand in the IS rune position. Close your eyes and picture yourself out in space.
2. Now put your left hand on your solar plexus area. Now raise your right and carve yourself out of this place, turning clockwise. Your Ritual Hammer is good for this for obvious reasons.
3. Once done, say a few words like "I am protected from all that is contrary, none may enter this place" or something along those lines. Put your Hammer down at this juncture. Of course, a fist can be used too.
4. Now close your eyes and what you carved out is now the center of the universe, you are it, outside of space-time. Imagine a Black Sun or Universe now turning counterclockwise. While doing this you begin your breathing. At this point in your development, you should be able to sense very easily the above and below Vril stream. It will be very obvious.
5. Do this for a few breaths and then begin singing (eeeeeee). Change the sound from a high tone to a low. The key here is as doing it you are also letting the outer universe know (also the inner) that you are in control, the center of it All. Think of it as a vibration being sent out. Kind of like a warning of who is in charge. Do this a few times. Finished with 3 breaths or so by saying nothing just breath and energy movement.
6. You will now be ready to begin your work. To finish, say a few words like " My Axis is Straight, I control it All. As I grow, may I do good things for others and may I always fight this battle on two fronts with two swords" or something along those lines.

This is also a good time before beginning your Runic Yoga practice to do any accessory exercises. These are things like alternate nostril breathing, Rune pulls, or my personal favorite staring at the HAGAL Rune with a dot in the center. I have discussed this latter practice on MeWe and its benefits. I highly recommend it. It will reveal much. Lastly, I think it would be wise for anyone doing Armanen Rune Yoga to learn the Armanen Cosmic Tree. It is different from what we see in Asatru. I am not saying one is right or wrong but it will give a better understanding of where the energies are coming from and their characteristics.

Now let's talk about breaking up the exercises. The First 5, IS, KA, MAN, UR, and CROSS are extremely beneficial to keep together in one session. In a way you can

almost not count IS because you are doing it before any practice anyway. Almost all of this revolves in some way or another with it. It IS important as we know. NOT, EH, SIG, TYR, LAF would be the remainder. So in this context, you'll be doing the LAF rune exercise 14 times in a month or so. To do all of this with accessory exercises takes about an hour. Sometimes longer but what you receive is well worth the sacrifice.

Next month with OS we'll break it into 3-day intervals but more on that later.

LAF RUNE

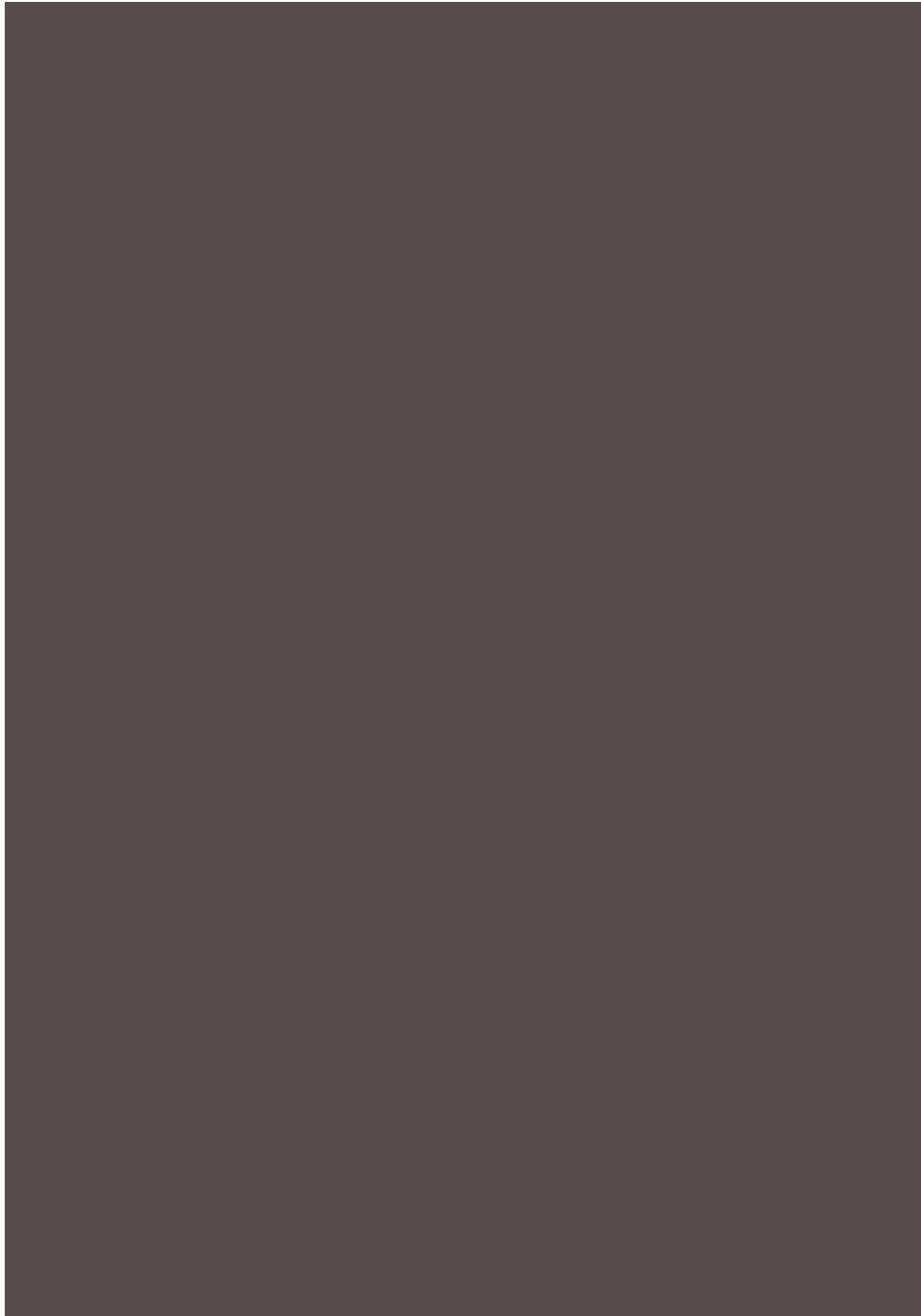
1. Face North and begin your IS rune stance breathing as always.
2. Raise your hands like the picture provided to form the LAF rune.
3. Now picture yourself pulling energy into your fingertips, up to your head, and then down all the way to your feet as you continue breathing. You may feel like a breeze running over you. Pay attention to it. Periodically sing (laaaaffff).
4. Do this for as long as you can. As mentioned in previous articles the longer the better.
5. Once complete, put your arms down. Notice how light you may feel. Think about the fact that you have a clear vision now, that everything you have been through in life, bad or good, wrong or right, has brought you here to where you find yourself. Lastly, you know how to use your emotions wisely. To sum up, gratitude and positive thoughts as we should already be doing in any Runic Yoga practice.

Now let's go over the transformational aspect here and a few other thoughts. LAF has much to do with Örlög. The top of the Well so to speak. The realm of form, the Astral world or body. What is thought.....happens just like that. There is no time or restriction. "Then" is the same as "Now" or "What should be" and vice versa. It gives us the vision to see clearly, to see it All. Hence "I can name the divine names of all the Gods and Elven kind I know as well as any". It is also the place of emotion and that is important here. LAF allows us to use our emotions positively. When we think back for a moment to the TYR rune and the Two selves now One, reborn in matter, a play if you will start to take place. Water, Emotion are linked to the Feminine but sometimes as we know emotion can be a hindrance to Her. She can lash out uncontrollably in ways where generally He won't. This is of course in no way putting down women. Trust that we Men admire that fire, that passion that you have. It is special and beautiful. A mystery that we all want to know. Nonetheless with the Two now together, reborn here the Hero puts it to good use. Whether anger or joy it's directed under his Will. It's channeled to create what he envisions whether in the mind or elsewhere. There is more to come though. In OS She will give. We'll see this play continue back and forth, side to side until we get to HAGAL.

I hope the above will give you a few keys along the way. I would like to close with one last important aspect of Armanen Rune Yoga. It has been said that Man is standing on his head. That is because his poles are reversed. What is up is actually down and what is down is actually up. The path to Hyperborea if you will is not North but South. With that in mind and if you followed along in doing these practices we started with IS, the Ich, the Will. Without that nothing else can take place. You will not master any other aspect of yourself or out if that isn't guiding you first. As we progressed through the Runes you may have noticed that what you feel in your body is affecting the upper regions and progressively working its way down with each new Rune. This is not all the time but you can see what is taking place. LAF is a perfect example. That comes from below and is more subtle. The Wheel is being turned back to the Origin. This is not the easiest concept to grasp but it was designed to work this way. It will make much more sense in next month's OS Rune description and especially in FA, the Root when the 2 Suns mix.

Thanks for listening *

Upcoming Events



Folkbuilder Adam Hudak

ahudak@runestone.org

Upcoming Event

Join us Saturday, May 21st at 1 pm at a park near the Erie, PA area.

This will be a potluck lunch picnic style.

Burgers and hot dogs will be provided but we do ask people to bring sides to pair with them.

There is a great playground for the kiddos to play together on.

Join us for fun in the sun!!!

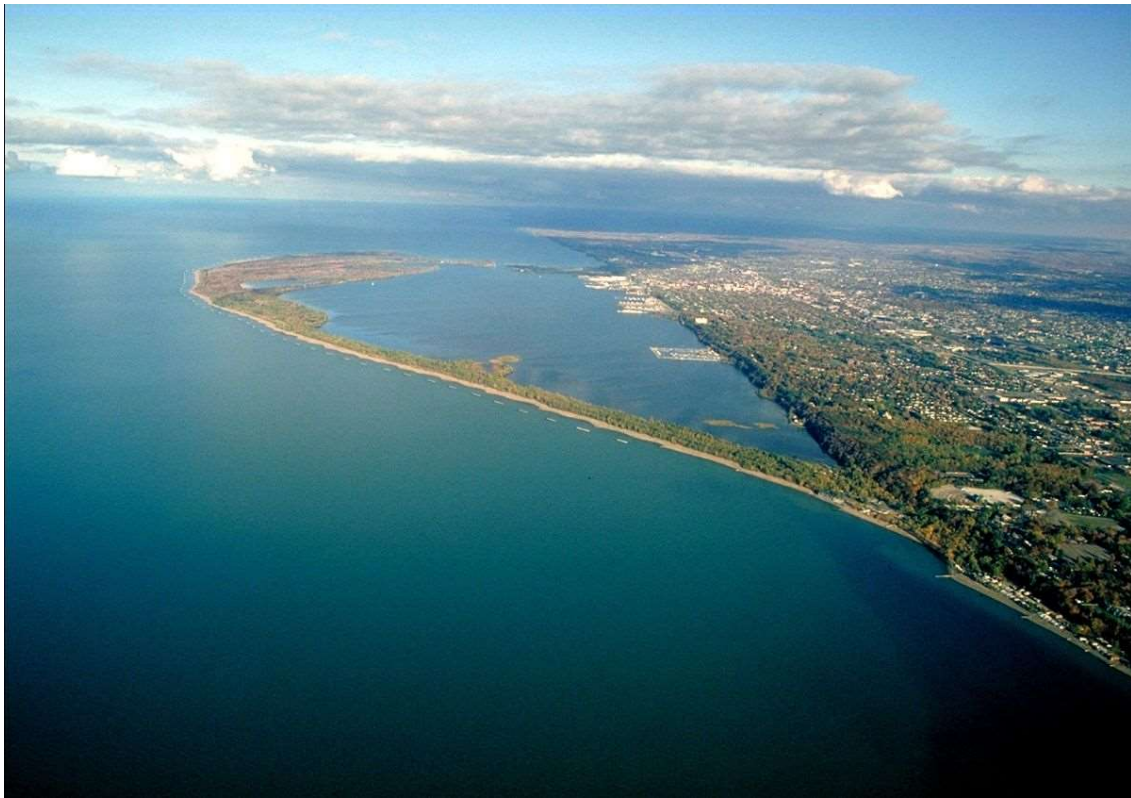
Please contact Gythia Catie, Witan Erickson, or Folkbuilder Jessica Lambert for details and location.



Gythia Catie Erickson

cm.erickson@runestone.org

Upcoming Event



Witan Clifford & Gythia Catie Erickson invite all Asatru Folk Assembly members to join us for a family-friendly day at the beach in Erie, Pennsylvania.

We will meet at Presque Isle State Park at 11:00 am on Sunday, June 19th. This park is absolutely beautiful, jutting miles into Lake Erie with 21 miles of trails, 13 beaches for swimming, and a marina!



So eat a good breakfast, then meet your Folk for fun in the sun and water. We will have snacks and drinks for everyone, and afterward, anyone who is hungry can join us for a late lunch and some drinks.



Witan Clifford Erickson
cerickson@runestone.org

South Carolina

Rig's Blood Moot



Members of Rig's Blood Kindred and guests gathered at the Young household for Odin World Prayer Day in April.

The moot began with the oathing of Craig Flynn, Bodi Mayo, The Smoaks, Brian, and Tiana. We are very pleased to have them as oathed members of our kindred. Bodi, a longtime AFA member, is a great source of lore knowledge and insight, and a man who brings positive energy with him. Craig, a consistent hof volunteer, brings a jovial spirit and sense of welcoming to every event he attends. Brian and Tiana both are contributors to Þórshof's success and have been supporters since we opened. Welcome, and hail our new members!

After a great supper which featured Folkbuilder Heather's chicken casserole, and a few adult beverages, we gathered for blot to our All-Father, our Victory Bringer, Oðin. Led by Gothi Young, we galdered Ansuz after the mead was blessed. As the horn was filled with our love and devotion, we chanted "Wodenaz, Woden, Wotan, Odin" a full nine times. As we invoked our All-Father, we asked that he bless us with his spirit of self-sacrifice, his need to ascend. As we hailed Odin, you could feel his blessings being given to a devoted folk, who gladly accepted.

We held a small Sumbel inside, where we shared stories of ancestors and heroes and of our Gods. As is usual with most Sumbels, a few laughs were shared, a few misty eyes were seen and frith given by all.

The next morning we had a nice southern breakfast and wrapped up the small event. It was with joy we said farewell, it was with a full heart we exchanged hugs and goodbyes. And before the last car left our driveway that we already missed our friends.

Hail the Gods

Hail the Folk

Hail the Asatru Folk Assembly



Folkbuilder Heather Young

hyoung@runestone.org

Your AFA Gothar

There are exactly 14 ordained Gothar in the Asatru Folk Assembly, including our Witan and Alsherjargothi. To become an ordained priest or priestess of the AFA, one must first serve the church as a Folkbuilder. This process includes an apprenticeship, and after a time, we are then oathed as full folkbuilders. Oathed folkbuilders can apply for our Clergy Training, and if accepted, they undergo academic study and for a period of time, we must show that we can apply what we learned in a functional and effective way. If accepted by the Alsherjargothi, Witan, and ordained Gothar, then we are ordained. This is a beautiful ceremony and is the highest honor to achieve and receive.

The Gothar has many functions, but what are those functions? And how can the average member take advantage of these functions?

First and foremost, the primary function of our priesthood is being spiritual leaders to the Folk. It is our job to be a bridge between our Folk and our Gods. That includes leading rituals, both Blot, and Sumbel. As Gothar, we provide spiritual advice and perform threshold ceremonies. These include baby naming, man or woman making, weddings, and funeral rites. This is not an exhaustive list by any means. We provide other important functions.

One such function is that we provide counseling to our membership. Whether it's dealing with personal loss, the passing of a family member or friend, marriage

counseling, or personal struggles, your Gothar are here to help. As a Folk, we are told to harden our chins and pull ourselves up by the bootstraps. This can be sound advice but it doesn't mean that we cannot reach out for help. Who better to ask than your Gothar? It's what we are here for. To guide the folk.

If you or someone close to you is struggling, be it an addiction, a divorce, the death of a loved one, or any of life's struggles, reach out to us! It can sometimes be difficult to reach out for help when we are struggling. Some may be embarrassed. Don't be. Lean on us for help, we are here for you.

Visit our website www.runestone.org and look up your Gothar or email us at gothar@runestone.org for counseling needs or any other function provided by our priesthood.

Life has its challenges. Let us help you face them.

Hail the Gods!

Hail the Folk!

Hail the Asatru Folk Assembly!



Gothi Daniel Young
dyoung@runestone.org

Sweden

Hexennacht



The Lugnets held blot to Freyr and Freyja on the 23rd of April.

We got a big fire going. The flames eagerly rose up from the dried birch logs. We brought out the sacrificial food: Cheese, meat, mead, and vegetables. And then we called out for the God and Goddess to join us. At that point, it felt as if the flames of the fire rose even higher up for a moment. The air filled with energy. As we gave our gifts to Freyr and Freyja, a blackbird sang in the background with its beautiful song. A clear sign that spring has arrived in full force, and summer is just around the corner. That dreamlike time of year up here gives a pause to the otherwise frigid, dark place we live in.



We asked for fertility for our livestock, and for ourselves, in return for our gifts we gave. May this summer 2022 be fruitful for us in the north, and the rest of our Folk worldwide!

Hail Freyr! Hail Freyja!

Hail the Folk!

Hail the AFA!

Sima: Finnish May Day Brew



When the Finns celebrate May Day, they like to do so with a beverage that they call "Sima". It is a fermented drink that is consumed before all the sugar in it has been consumed by the yeast. Fresh, fruity flavor with a bit of sparkle to it!



Here is how you make it!

Ingredients:

Half a cup brown sugar (alternatively half brown and half white sugar)

Juice and grated zest of one lemon

5 raisins (these are important!)

0,03 oz yeast

Put the sugar into a large pot and add 3 cups and a quarter of water. Bring to boil, then remove from heat and leave to cool until room temperature.

Add the lemon juice and zest and raisins. Dissolve the yeast in a tablespoon of the liquid. Whisk it into the mixture.

Pour mixture into a sterilized container, cover, and leave at room temperature for 24 hours.

Stir the Sima, then decant into sterilized bottles, then seal them tightly. Leave them another 24 hours at room temperature. Here is where the raisins enter the picture. They will ferment in the drink as well, and as they fill up with CO₂, they will float up to the

surface. This is when you know the Sima is ready! Refrigerate for 2 days before drinking. Burping them might be wise, as the gas inside will build up quickly!

Even though it might look like muddy water one could find in a ditch, it is actually pretty tasty. Trust me!

Fika with Folk



Life is not complete without Fika. What is fika you ask? Simple really! You get at least one other person, sit down with them, brew some (or a lot of) coffee, put out some pastries or cookies (or both), sit down, and enjoy each other's company. Simple is it not? Back in the day, some people would walk from house to house in the village, having fika at each place. That's a lot of socializing! And coffee.



I had the fortune of sharing a fika with my lovely wife and our delightful daughter on the first day of May. It was time well spent, and I encourage my fellow Folk anywhere in the world to invite someone over for fika. It is a fantastic way to create new bonds of friendship or strengthen current ones. And when you are part of the AFA, there is always someone you can invite over for fika.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Upcoming Events

May Day in the North



Join the Lugnets up north as we celebrate May Day this May 21st.

The Thursday Call



Apprentice Folkbuilder Erik Lugnet invites all Scandinavian members to a weekly Teams-call, Thursdays at 18:00 CEST. See you there!

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

Hail the Gods!

Hail the Folk!

Hail the AFA!

Monthly Call Ireland and UK



Apprentice Folkbuilder Erik Lugnet will start to host a monthly Teams-call for members in Ireland and the UK. These calls will take place on the first Sunday of the month, 16:00 BST.

The next one is 5th of June. Welcome!



Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org

Tennessee

Growing Bonds

As the months march on in Tennessee, we've seen growth in our population base, men and women returning to their roots. Recently we have had at least five new prospects

trying to return home, and while there have been hiccups along the way, Tennessee has always been on to try to bounce back right away. Recently we've held moots and other get-togethers to build frith and expand our bonds as an ever-growing family. Jesse Parton and I held a moot near the end of April to bring some of the newest members closer, and we had a good time swimming and time at my own home with food and mirth.

Jesse and I also discussed the upcoming events, which we are still planning, and with the warmth of Spring, there are many things to do and see and experience. The newest arrivals to our fair State are brimming with ideas and plans to get our Folk together and thrive! Soon one of our latest members has opted for a moot at Stone Fort, lovely outdoors camping and hiking area with history to boot! So from us here in Tennessee, we Hail the Gods, Hail the Folk, and Hail the AFA, and we'll see you hopefully at one of our gatherings!



Russell Brown
Apprentice Folkbuilder
Rbrown@runestone.org

Virginia

North Carolina Hike Moot



On April 16, we held a Hike Moot at Raven's Rock State Park! With the weather perfect, and the scenery breathtaking, we started our hike. The group of people who came out shared in good conversations and building frith with each other. Keeping with good banter and laughing, we had great spirits as we trekked along the path to a small waterfall.



At the spot that was cleared out, we held a Blot to the Landvættir and Gods led by Folkbuilder Raynard for all of their great offerings to us. After the hike back to the starting area, food was shared between the Folk, and friendships were forged between members. I want to say thank you to all that showed up and made that day a very amazing day.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Upcoming Events



CAMPING MOOT
@ FIRST LANDING STATE PARK
MAY 6-8, 2022
FOR MORE INFO CONTACT
FOLKBUILDER CODY RAYNARD
CRAYNARD@RUNESTONE.ORG



BIER GARDEN LUNCH
JUNE 4, 2022 @1400-1600
FOR MORE INFO CONTACT
FOLKBUILDER CODY RAYNARD
CRAYNARD@RUNESTONE.ORG OR 757-372-3089



Folkbuilder Cody Raynard
craynard@runestone.org

West Virginia

Odin World Prayer Day, a Holy Observance



The Ninth of every month is Odin World Prayer Day. Mark it!

This didn't pass us by even a little bit in the Stonewall Shire as we took to the trailhead at Catoctin Mountain Park to visit Chimney Rock and Wolf Rock.

The journey up wasn't too difficult. But when we got to Wolf Rock, so named because of its resemblance to a canine silhouette, we found ourselves scrambling over rocks and fighting the elements - mainly wind - for a semi-even place to lift a horn of mead to the High One.



We were not alone. Group after group passed by our little enclosure, wandering here and there over the rock formation. As we were setting up, one particularly obnoxious group of teens passed us by, all "F" this and "S" that. We had a moment wondering whether we should relocate our ritual...and we decided that since ours was the more worthy cause, they would move and not us.

Sure enough, and I say this truthfully: though crowded while in ordinary space, once our ritual site was hallowed, not a soul was to be found. Interesting how it always seems to work that way!



On the way back we were treated to a hailstorm, which further thinned the excess population and gave us a sense of urgency scrambling down off the high rocks and back through the Appalachian hills to safety.

While atop Wolf Rock we used the kindred blot horn made for us by Gythia Catie Erickson of Keystone Tru Folk. It shall be the first of many!



Folkbuilder Patrick Cook

pcook@runestone.org



Baldershof Third Hof of the Asatru Folk Assembly

<http://www.baldershof.org/>

Food Pantry at Baldershof



This month, residents are getting a whole bag of hygiene supplies (body wash, deodorant, laundry detergent, etc.) along with all the meat, bread, and cottage cheese they can eat.



A very successful food shelf for Baldrshof! We helped 13 families (over 25% of the town!!) and supplied them with hygiene products, bread for at least 2 weeks' worth of meals, and gave out more than 75 pieces of prime cut meats! And our wonderful City Manager, Kim has followed through on her promise to post our food shelf in the monthly newsletter and committed to doing so indefinitely! Nothing short of progress for the right action.

Folkbuilder Ashley Mcstocker
amcstocker@runestone.org



Hexxennacht at Baldrshof



The end of the month was celebrated with Hexxennacht. Witan Callahan led us all in a beautiful Blót to Freyja. The spirit of May felt renewed as the returning fertility of the Earth was celebrated and invigorated within us.

Aside from Blót, the highlight of the day was the dancing. Led by Witan Callahan we all learned and attempted a traditional Victorian English Long Set. It was great fun and, I believe, a beautiful return to our sacred European social tradition. It was so much fun we were even joined by Hof Grandma for a few spins!

We at Baldrshof look forward to another wonderful month in May and eagerly anticipate our coming May Day celebration. Dancing, a Maypole, and a good community surely wait in the coming days. So come join us!

Upcoming Events at Baldrshof



Workday at the Hof



Baldrshof had a much-needed work weekend. We got 60+ feet in the air to take the cross down finally. That was a way overdue project, along with doing what we could to seal all the seams on the steeple to keep water out.



A wall got framed and put up in the basement, a ton of landscaping rock got transplanted to the driveway to keep cars from sinking in, and gutters were put up.



Thank you to everyone that showed up. It takes everyone helping out to keep our Hofs

operating.



Folkbuilder Nathan Erlandson

nerlandson@runestone.org



April in Baldrshof brought some big changes. Construction on a wall the downstairs was begun, much-needed work was done on the very old plumbing system, the driveway was improved with rocks, and most importantly of the Cross atop the Steeple was finally taken down.



The removal of the Cross solidifies our place in the Hof and marks the final conversion of the old Lutheran Church into the Hof of Baldr. Of course, this action was done with all respect, and the Cross itself was donated to a local cemetery, with the gratitude of the community.



Cormag Àlainn
Apprentice Folkbuilder
calainn@runestone.org

Illinois

Upcoming Events



Shane Duffy
Apprentice Folkbuilder
sduffy@runestone.org

Journey of the Lone



At dusk he lets free a howl, calling out to his bride.
The night is his bride, the darkness her veil.
The twilight beckons her forth to him, worthy of an embrace.
Yearning for her sustenance, he awaits the time whence he may reunite with her grace.

Without his pack, he is forced to live each day as his last.
Not sure of his next meal, he must depend on the aid of his lady.
Skulking around like a thief in the cover of darkness, he bravely marches forth.
Knowing that without the hunt, he shall surely perish.

Through the thick fog that cloaks the land, he senses a resonance.
The subtle sound of nevermore, a black demon betrays his point.
Creeping towards the corpse of a fallen forest bull, simple remains of a horde's kill.
A guttural bellow announces his presence, a growl to alert the avian.

The wings flutter, ascending the drab creature into its airy abode.
Forth he marches, accepting that a life of feeble scraps is his alone.
Devouring that which remains, not fit for the mouths of the noble pack.
This meager platter is a scavenger's feast, never enough to end desire.

Rustling in the brush, a scout stalks the lone lupine.
Swiftly making his way to the group, alpha alerted of the intruder.
Assembling the troops for battle, they charge the carcass.
Enveloping the warrior, no escape to meet his aid.

With a snarl and a bite, he prepares for his last stand.

No way out, death will soon be his only friend.

He makes a final dive at the king, dodged with the agility of a master.

Flanked from behind, he is shot down by a sentry.

His final wail is heard throughout the wood, alerting all of his demise.

As the army ventures home, victory has been achieved.

Forth from the sky, descends the feathered ghoul.

Delightfully spiteful of his earlier disturbance, nevermore is all he can proclaim.

Upcoming Events



Let's Go Junkin'

LITCHFIELD PICKER'S MARKET

Sunday, May 8th @ 10am
Downtown Litchfield, IL

Contact Apprentice Folkbuilder
Nick Rice for further info and to RSVP.
770.709.1959
nrice@runestone.org

We'll follow it up with
a local meal, tbd.

\$10

INDOR SPORTING EVENT/MOT

SUNDAY, JUNE 5TH @ 3PM

ALTON, IL

POSSIBLE DINNER TO FOLLOW, TBD.

CONTACT APPRENTICE FOLKBUILDER NICK RICE
FOR FURTHER INFO AND TO RSVP
770.709.1959 / NRICE@RUNESTONE.ORG



Folkbuilder Nicholas Rice

nrice@runestone.org

Elsefest 2022



Hrafangud Kindred and other members from Illinois were happy to participate in and assist with Elsefest this year. James and Sara Ault were tireless in making sure everyone had an enjoyable event. Folk from Illinois were responsible for a number of the meals provided, and the cooks (especially Jackie) outdid themselves.

Congratulations to our newest member in Illinois, who got off to a roaring start by winning the Viking Games.



For my part, I was asked to give a talk, and, at the risk of this article going a little long, I am including the text thereof below:

Today I would like to review the 9 noble values and specifically focus on one of them. First, let's go through what the 9 noble values as interpreted by the AFA are:

1. Strength is better than weakness.
2. Courage is better than cowardice.
3. Joy is better than guilt.
4. Honor is better than dishonor.
5. Freedom is better than slavery.
6. Kinship is better than alienation.
7. Realism is better than dogmatism.
8. Vigor is better than lifelessness.
9. Ancestry is better than universalism.

The item for our discussion today will be #5, Freedom is better than Slavery.

If you ask anyone "Do you value freedom?", very few would answer in the negative. However, many of those same people are far from free. They have either embraced or are trapped in some level of restriction, or servitude. Many do not even realize the extent to which they are 'un-free'.

What is Freedom? Freedom means you are able to do and think what you want, within

the confines of responsibilities you have accepted of your own will. The acceptance of those responsibilities is similar to an oath, a sacred obligation once taken in Asatru morality. Those responsibilities do, indeed, impinge on our personal liberties, but, one must remember that we have taken them on willingly or due to actions we took willingly. Examples would include marriage, having children, or honoring a contract.

Opposed to freedom is slavery. A slave is not their own person. The parameters of what they do and think are defined by someone else. The choices we make, and the actions we take, can all add links to the chains that bind us.

The nature of our current social order can create circumstances that force us, sometimes against our own preference, into accepting obligations that we would not take on otherwise. The machinations of the societal elite have engineered economic conditions to force both parents in many families to participate in the workforce; wages are stagnant (attributable to policies that have increased the workforce, such as immigration and constant propaganda denigrating the role of homemaker and glamorizing women taking on jobs outside the home); debt from consumerism, fostered by the constant bombardment of the populace with advertising (both overt and subtle) is a great weapon the elite use to keep people indentured. These circumstances make it difficult, but not impossible, to maximize one's personal freedom.

Let's break down different types of freedom:

Personal Freedom

So many of us sacrifice our personal freedom for what really amounts to very little. A lot of this overlaps with Economic Freedom, especially in the consumerist paradigm that all Western societies embrace. But there is also the freedom we sacrifice for the sake of others. Do you ever worry about what others are thinking of you? Do you alter your words or activities in order to ensure their approval? These are not things a free person should fret over. I am not talking about behaving with a basic level of decorum and decency or treating others with the respect they deserve. What is referred to here is shaping one's actions or words based on the arbitrary standards defined by other individuals. Standards-based not on nature or Divine Law, but on the whims and perceptions of other people.

Be aware when you are being penned in by the expectations of others. Refuse to conform to them, unless there is a direct benefit to yourself that cannot be seized via other means.

Now, I want to reiterate here what I noted at the beginning of this talk – if your willing

actions or agreement to a situation obligate you to responsibilities that may curtail your freedom, these must be fulfilled. The best example of such a situation is children. If you father or give birth to a child, that child's care is your responsibility. You created them, whether you planned to or not, and you owe them. Would you be freer if you said "Screw it", and walked away? Yes. You would also be without honor – a niding.

Another way in which many people sacrifice their freedom is through addiction. Addiction takes many forms – substances (drugs, alcohol, food); 'stuff' – a compulsion to acquire things we want, but do not necessarily need; we can even be addicted to other people. Overcoming addictions of any kind can be difficult, and requires an exercise of the will. If you recognize addictive behavior in yourself and analyze it, you must come to an understanding that it diminishes your personal freedom and growth, and fight to overcome it.

Economic Freedom

The man does not know, the one who knows nothing,
Money makes monkeys of men.

Havamal, 75

This is the area where people most have their freedom encroached upon, and from which further encroachments on personal freedom originate. As alluded to above, the system is designed to economically chain us. New 'needs' are invented every day, and the herd scrambles to procure the latest gadget or product. The clever, manipulative advertising tells us that this or that product will make our life easier, more glamorous, and sexier. As the false needs accumulate, they offer us "credit", little magic cards, which allow people to purchase things they do not even have money for. The debt builds, strengthening the fetters that erode our personal freedom.

We use the money we do not have to buy things we do not need, and then must toil at jobs we do not love to pay our debt. The problem is pervasive, as it is planned to be. In 2020, the total consumer debt owed by the American people is \$3.9 trillion dollars. The average credit card balance for households is over \$9,000. This takes into account credit cards only. If we add other forms of debt – mortgages, car payments, student loans – then the average household owes over \$130,000. A nation of serfs and slaves.

The first step in freeing oneself from this deliberate and sinister trap is to recognize it for what it is. They – the people that own this society – want you in debt, and they have set things up to accomplish just that. They want good, subservient, and quietly desperate consumers. When you see advertisements, hear of some item you find appealing, then bear this in mind – they want me to want this so that I give them my wealth. The wealth (it may be small, or large) represents time and effort from your life.

Defy the temptations to buy what you do not need, pay those debts you may have, and incur no more. By doing this, you will be able, over time, to accumulate sufficient wealth to have greater economic, and, hence, personal, freedom. You will no longer be their monkey.

Spiritual Freedom

This is the most personal form of freedom, as it (or its absence) impacts the health of our very soul. If you accept a theology based on fear, that demeans you as intrinsically flawed, or prone to evil, from birth, you are a spiritual slave. You accept as a master a deity that despises you and is ever vigilant for violations of rules that will condemn you to eternal torment. Like an abusive husband or parent, that deity may proclaim his love for you, but yet the abuse, the debasement, continues. You are assimilating a thought system in which you have no value. The only value you may claim is that bestowed upon you by your abuser.

Our ancestral religion is free from such spiritual impoverishment. The Gods did not create us to be groveling, miserable skraelings. We are Their spiritual children, with Their divinity imbued within us. Created ‘good’ from birth, with emulation of the Gods, and working to fulfill Their Divine Will through our actions, as our purpose here in Midgard. Where negative theologies maintain a god only transcendent, apart, and judgmental, the European faith posits Gods both immanent (in Nature and ourselves) and transcendent – in that they own a higher level of consciousness.

By embracing your ancestral faith you have turned away from foreign cults that seek to enslave you. Let them keep their guilt and fear. You are a true child of Odin. He desires you to succeed, to evolve into something more, just as the Lore tells us He constantly strives to become greater, wiser, and more powerful.

Friedrich Nietzsche said, “The free man is a warrior.” Gaining freedom, in the spiritual, personal, or economic sense, does require courage, will, and determination fit for a warrior. Think of your struggle to be free as a battle. You are, to steal a phrase, an ‘Army of One’ in the war for your own liberty.

Upcoming Events



Folkbuilder James Cummings

jcumings@runestone.org



Minnesota

April Filled with Folk and Frith



Another folk-filled month for April. Started off on the right foot with some great

conversation, food, and frith-building at a local brewery in Fort Dodge, Iowa. The day started off, just as any moot/blot day does- hopping in the truck during the wee hours and driving for a varied number of hours to different places of gathering. These moments of driving leave for time to reflect on both in the moment and what I have to appreciate, as well as, what I can improve or learn from. Of course, it's reflected upon in-between the joyous sounds of sibling rivalries in the backseat and another child screaming because someone rolled the window down.... but nonetheless, finding a way to become centered while surrounded by chaos. I'm looking forward to journeying down to Iowa again and meeting more delightful people and keeping the ball rolling forward.

Each weekend in April was filled with folk and frith. Whether it was having the chance to enjoy beautiful waterfalls in Wisconsin, work on our Hof for all to enjoy, or camping out with family and friends; April was amazing.



I am particularly grateful I was able to make it to Else Fest. It was truly a spectacular weekend. I was able to corral the kiddies in the kitchen for some cake baking and decorating while the adults enjoyed the Viking games. Seeing the kid's creativity sparked and energy rise as the icing and sprinkles were heaped and inhaled was priceless.

My daughter really blew me away during the auction that evening too. She mustered up the courage to bid on the last item. This would be the beautiful, one-of-a-kind, Else Fest mala beads by the wonderful Desert Rose Arts. Needless to say, she wasn't the only one who wanted it. We set a cap and I explained to her that it was her saved money she would be bidding. Her response was, "it's okay mom, the money's going to help our Hof." It's hard to explain how proud I was of her at that moment. She just turned nine. May has another onslaught of activities planned. The weather is warming and Spring has arrived up in the Midwest. Those sticking around for Memorial Day weekend can come out and visit New Ulm, MN. Potluck in the pavilion under Hermann the German on the 29th- hope to see ya there!

Hermann Monument Moot

May
29



Pavilion 2

Hermann Heights Park
New Ulm, MN
noon

Contact Apprentice
Folkbuilder Jessie Shaffer
jshaffer@runestone.org

-Hail Arminius- Cheruscan Cheiftan

- Potluck
- Kids Playground
- 32 ft statue

Optional-

- Brewery tour
- Glockenspiel Clock

Jessie Shaffer

Apprentice Folkbuilder

jshaffer@runestone.org



Virtue Recovery Meeting PERSEVERANCE



Many of us have used a traditional 12-step program, but there are certain steps that do not coincide with our belief system. For example, the need to turn your will over to an all-knowing God, or to ask said God to remove any shortcoming. This leaves us to either go through the motions and make it work or, more commonly, feel alienated and as if there is not a program that honors ourselves and our Gods. We must give credit where credit is due and we genuinely respect and appreciate the 12-step programs that have done so much good for so many people yet have the need for an inspired and similar yet completely Asatruar congruent 9-step programs, which are centered around

the 9 Noble Virtues. We are able to be a hybrid meeting. This means that some of us meet together, but those who cannot join in with us via zoom! This opens up the ability for anyone to log on and listen, speak or just observe what we are all about! We 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 8th article so we will be looking at the 8th step; “Continue on a daily basis to talk personal inventory, and when we were wrong; admit it. . Noble Virtue: PERSEVERANCE. Having gained the Runes over addiction, I continue to live with meaning as genuinely as I can, day to day, always remembering that wisdom, not lived in a sword not drawn.

This Virtue in particular is something that is an absolute cornerstone to recovery and living a virtuous life. Coming back into real life after being on a path of destruction is difficult, it also takes time for things to fall into place. To earn the trust back of our folk and families, to build up our finances, to re-establish our lives.... There are times when it may seem easier to go back to the land of no responsibilities. Where you can't be let down by yourself or anyone else because you saw it coming. This is where the perseverance comes in, staying at it because this life we're building is great and we can feel our souls inflating with light. Even on the hardest day on the virtuous path, it has not been, nor will it ever, worth giving up our connections, folk, oaths, and Gods.

If you would like to join in on one of our meetings, we have a new meeting time! Thursday evenings at 7 pm CST via Zoom. Absolutely anyone is welcome to see what we are all about.

Zoom Meeting ID: 497 370 4791 Password: Virtue

Upcoming Events



Syg Tyr Kindred

St. Croix hiking moot

Saturday,

May 14th

11 am - 3:30 pm

Contact Ashley McStocker

Or Nathan Erlandson

For location



Folkbuilder Ashley Mcstocker

amcstocker@runestone.org

Wotan on the Water Hike Moot



We had a great month! Started April out with a Wotan on the water event in Wisconsin. Sara Ault organized it and Apprentice Folkbuilder Jessie Shaffer and I co-hosted. Was a beautiful sunny day, we hiked to the big waterfall and did a Wotan Blót. Assisted by Folkbuilder James Ault led us in Blót.



Afterward we all went to the local restaurant and shared a meal and Frith. Folkbuilder James Ault gave a talk about Jarl Haakon and we honored him with a group hail. There was a work weekend at Baldrshof and the cross finally came down. There were quite a few of us there that weekend and it was a productive one for sure. And to end the month I hosted the first Folkish Family German dinner at my place and there will be more of these events coming soon.

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher
jgallagher@runestone.org

The Gift Cycle



The most prominent moment in blot to our gods and goddesses is that of the gift cycle.

We take of ourselves the best and brightest that we have to give and put those gifts into the horn and offer it to our gods. In turn, we ask for the gifts and blessings of the Aesir to be bestowed upon us. This exchange is the most obvious and common version of the gift cycle that we all witness and experience.

Today, I'd like to touch on other "gifts" for our gods.

The gift cycle between your family and your gods is also important. Items such as incense, alcohol, baked goods, flowers, and other gifts dedicated to or created specifically for the gods can be placed on the family altar at the house. Buy or gather for Freya a bouquet of flowers, ask your child to draw Thor a picture, write a poem for Bragi, bake an item specifically for Frigga, dedicate a beautiful candle holder and candle for Baldr, leave an offering of mead for Odin.

During the Wayfarer Blot held at Baldrshof following the most recent work weekend, I reminded those present that the time they spent at their Hof, every drop of sweat shed, the money they spent to travel and stay the weekend, the tools and supplies that they donated were all gifts to Baldr. The work weekend was a sacrifice of time, money, skill, and physical strength. These gifts do not go unnoticed by the gods to which these beautiful Hofes have been dedicated!

If you can and are willing, contact your local Hof managers or Gothar and donate your time to the improvement of a Hof near you. Also, there are always items that are needed in the Hofes, ranging from tools to paper supplies, food for events, or gifts for the gods themselves.

Hoftollar and donations to your church are a way to enter into the gift cycle with the gods. You are helping, through these donations, to support and maintain the Hofes dedicated in their names and also to help the Folk in need who worship them.

All of these things are appreciated, and the generosity of the Folk has been amazing. Thank you to everyone who supports the Asatru Folk Assembly!

Upcoming Events

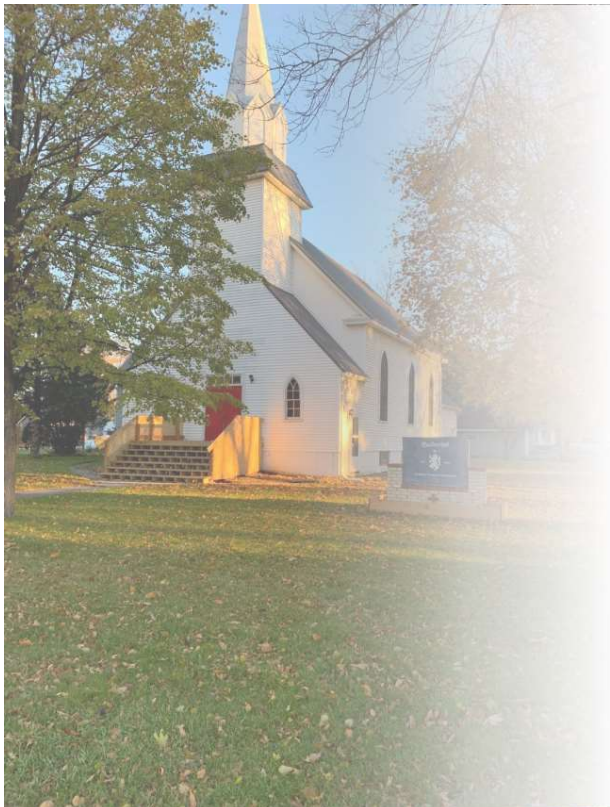


*Day of Remembrance for the Folkmother
Else Christensen*

Saturday, May 7th
6 to 11 pm

Callahan House

Contact Brandy Callahan
for details



*Baldrshof
Ladies
Book Study*

**DEEP ANCESTORS BY
CEISIWR SERITH**

*Friday, May 6
&
Friday, May 20
7 pm Central via Teams*

Contact Witan Brandy Callahan for details
bcallahan@runestone.org
or
Follow link instructions on
Baldrshof MeWe group



Baldrshof District Meeting

ALL BALDRSHOF DISTRICT MEMBERS OF THE AFA
ARE INVITED TO JOIN THEIR FOLK ON
A DISTRICT MEMBERSHIP CALL.

Thursday, May 26
8 pm central

Presentations by:

GOTHI
TRENT EAST

CELEBRATING
MIDSUMMER

APPRENTICE
FOLKBUILDER
NICK RICE

FOLK HERO
KING ATHANARIC

OUR MEMBERSHIP CALL WILL TAKE PLACE VIA TEAMS
THROUGH AN INVITATION LINK.
CONTACT WITAN BRANDY CALLAHAN FOR DETAILS
OR FOLLOW INSTRUCTIONS ON BALDRSHOF MEWE EVENT

Witan Brandy Callahan

bcallahan@runestone.org



Oklahoma

Forest Immersion





Now that spring has sprung and the pollen is promulgating, we took a weekend trip to the forest for a vigorous hike and a peaceful reprieve.

This time of year brings out such hopefulness for the season to come. Creation is the goal and the Oklahoma forests are abundantly clear with their intentions. Everything has a coating of pollen, adding a glow to the weathered rock and freshly sprouted green leaves. Butterflies, bees, and birds are frequently in view or heard nearby, working away diligently towards duplication.

The rising energy is contagious. A hope of prosperity to come and youthful perpetuation inspires adventurous ambition.

May this potential opportunity meet your dreams and give way past your obstacles.

If you're near central Oklahoma on May 6, 2022, and have a hankering' for Irish foods and brews, while being entertained with live traditional Irish music, please contact me and join us for a convivial time.

Upcoming Event



Shea McCurdy
Apprentice Folkbuilder
smccurdy@runestone.org

Spring Cleaning - Friðr Folk Kindred

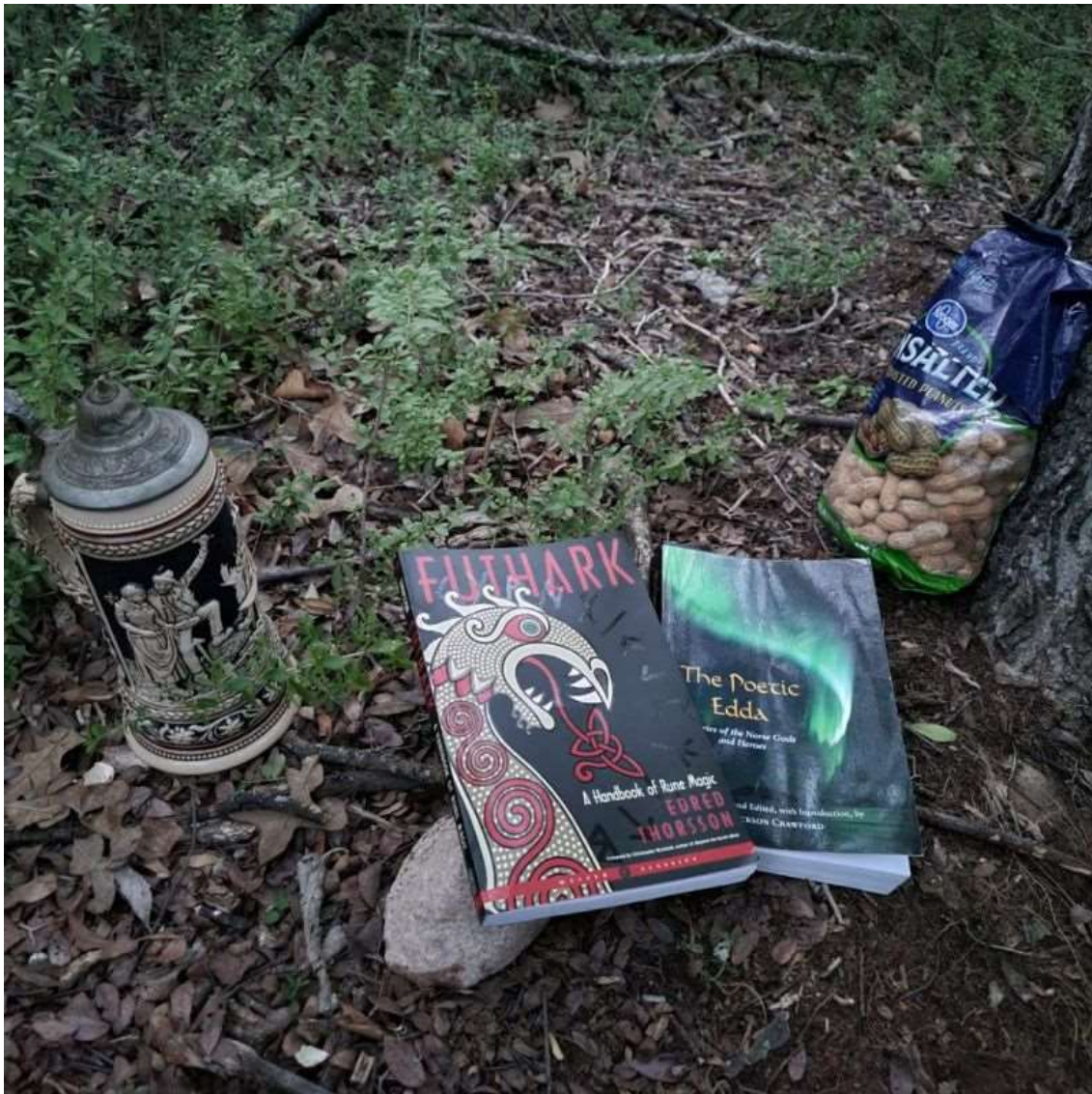


This month Friðr Folk Kindred Dallas-Fort Worth has been focusing on giving back to our local communities by hosting trash cleanups at local parks and nature preserves to restore the beauty of nature for the coming spring and summer of outdoor activities. Along the way, we have done nature hikes to help cleanse our bodies and engaged in rune study and group galdr meditation to cleanse our minds and spirits.

Day of Remembrance for Haakon Sigurdson



On April 9th Fridr Folk Kindred Dallas-Fort Worth raised a stein of mead to Haakon Sigurdson for his day of remembrance. This stein my grandfather brought back from Bavaria when he was stationed there during the war.



We cleaned up South Lakes Park in Denton and read from Havamal at our secret forest shrine. The rune we gave the tree has healed up quite nicely and gave an offering of unsalted peanuts for the ravens! It was a great time, and somebody else with a lot of time on their hands made a shrine of their own not far from ours. Really cool!

Fridr Folk Moot 2



On April 17th Fridr Folk Kindred Dallas-Fort Worth hosted a great hike and park cleanup at Murrell Park in Flower Mound, followed by a discussion and group galdr session on the Tiwaz rune and the discipline it has the potential to bring us in our lives! Also found this cool geocache box tucked away in the rocks.

Fridr Folk Moot 3

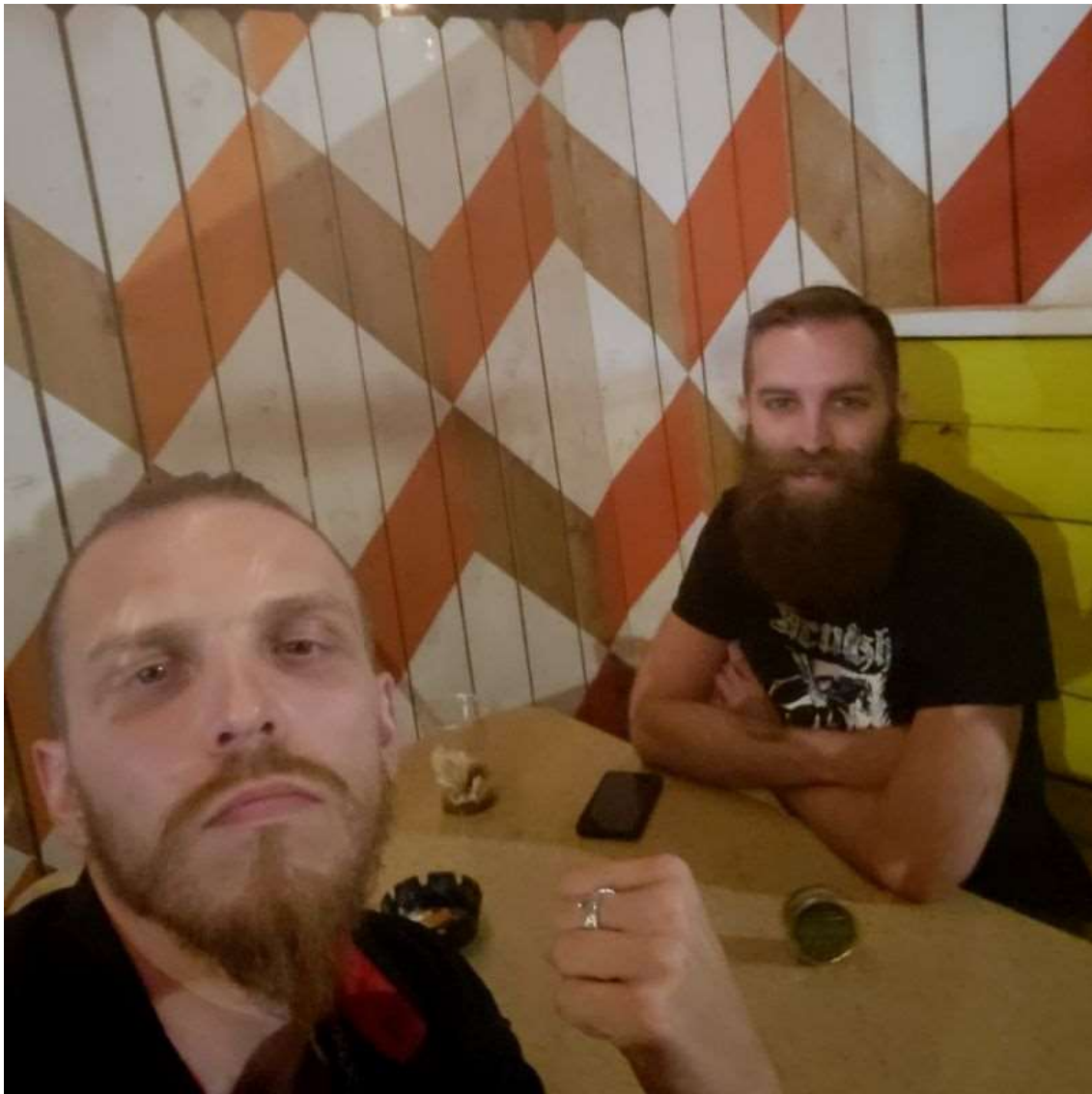


On April 23rd Friðr Folk Kindred Dallas-Fort Worth hosted a hike, park cleanup and group meditation session on the Hagalaz rune at Arbor Hills Nature Preserve in Plano, TX.



The creekside really needed a clean up as you can see from the huge garbage bag of trash we collected. Really proud to be making such a positive impact in our community!

Frid Folk Moot 4



On April 30th Fridr Folk Kindred Dallas-Fort Worth hosted an impromptu concert moot at T's Bar and Grill in Lewisville! Great way to unwind after a month of diligent community service and spiritual growth!

Upcoming Events



HEXENACHT

Conroe, TX

May 7th

\$20

**Kids & Guests Free
(Approved Guests Only)**

Bring:
Men: Firewood.
**Women: Herbs, Flowers
& Spices with intention.**
**Camping gear &
Mead**

RSVP@ 512-944-6283

Justin Day

Apprentice Folkbuilder

jday@runestone.org



Wisconsin

Wisconsin Fólk are Wunderbar



Our month started out with some fun and frith with an evening of Folk Friends at the Green Bay Gamblers family night Hockey Game. We enjoyed the game and family night fun with the kids! In true hockey spirit, Charles' young son even challenged his dad to throw down the gloves after the game. Is that a Tilly or a donnybrook? Canadian Folk help me out? Lol, we had a great time though and grabbed some dinner together after at a local distillery restaurant.



Later in the month, we planned the layout for the ritual space for AFA probationary Kindred Vatnafölk. We are working hard on the plans and will be completed in just a few weeks!!

Onward into the busy month, I joined a good handful of our fine Folk in Murdock for the work weekend at Baldrshof. We accomplished some great things and made some ambitious and solid work plans for the future. Baldrshof will shine brightly into the future in honor of the Radiance of the most beloved of the Æsir for which it is named. Hail Baldr!



Last but not least, one of the most humbling experiences of my life took place at this year's, ElseFest. Nick Rice and I were asked to take oath as Folkbuilders for the AFA. Hail Nick Rice! This is a huge honor and responsibility. As exciting as it is the humbling moment happens right after when you reflect on how serious this oath. The real honor of it all isn't a title, it is in service to our Folk, to have those you respect believe you will rise to that challenge before the Gods and our Folk. Thank you to Matthew Flavel, Brandy Callahan, Shane Duffy, James, and Sara Ault. You all mean so very much to me and our family. You all inspire us every day.



Lastly, the second annual festival hosted by Folkbuilding team James and Sara Ault was amazing. I had heard so much about last year and was amazed at how hard they work for our Folk.

Until next month Folk, Ásaheil!

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

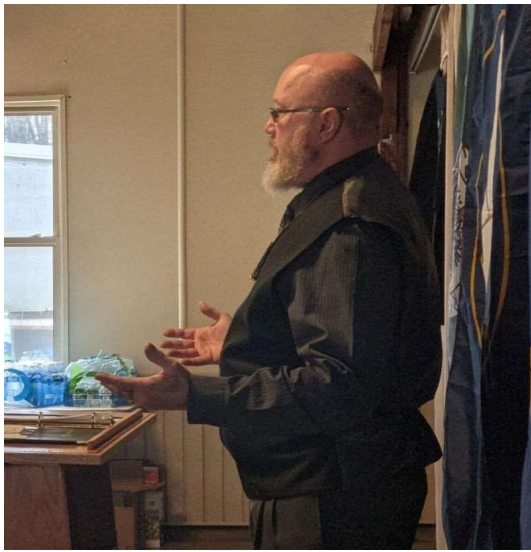


Folkbuilder Josh Rapin
jrapin@runestone.org

Elsefest 2022



Elsefest is an Asatru Folk Assembly Family weekend event to remember the Folkmother, Else Christensen. Members and trusted friends traveled from all over the states to Wisconsin to honor our Folkmother. This year, The Aults were joined by the Hrafnagud Kindred of Illinois in sharing hosting duties. The final numbers were 47 adults, 15 children, and 4 babies. It was wonderful to see so many new people and families make the journey.



Friday night started the process of settling in and getting to know the beautiful campground again. Folkbuilder James Ault welcomed the crowd. He gave a brief talk on Frith and Grith to set the tone for a wonderful weekend. Folkbuilder Jim Cummings was the first speaker of the weekend. He spoke on the topic of “Freedom is better than slavery.” As some of the menfolk gathered in the kitchen to prepare the traditional Wisconsin fish boil, Alsherjargothi Matt Flavel and Witan Brandy Callahan answered questions about the AFA, Baldrshof, and the district. After supper, Apprentice Folkbuilder Shane Duffy lead the men in the Groom Circle and Folkbuilder Melissa Mills lead the women in the Bride Circle to help prepare and give encouragement to the Bride and Groom before their wedding the next day. Then all came back together to witness the first baby naming of the weekend. Alsherjargothi Matt Flavel led us all in welcoming James Wilhelm into the Folk. As there seemed to be a break in the rain that had hampered the earlier outdoor activities, the decision was made to continue with the final outdoor blot of the evening. As darkness descended, Alsherjargothi Flavel lead the Folk up the beautifully lit path to the circle above for the Odin’s Blot. It was a very dramatic and powerful way to end the very first night.



Saturday brought out the sun to shine brightly on a full day of activities. Folkbuilder James Ault started the morning with a talk on the rich, interesting life of Else Christensen showing us why she is indeed the Folkmother. Witan Callahan led an

emotional and beautiful Blot in Else's honor. Afterward, the Alsherjargothi took care of two oathings. Congratulations and Hails to Folkbuilder Nick Rice and Folkbuilder Josh Rapin! The morning was finished with a gorgeous wedding. Congratulation to Tyler and Ashley! The afternoon saw the start of the rigorous Viking Games competition. Thank you to all who participated. Hail to Muhamed in his victory overall! Folkbuilder Melissa Mills led the ladies' talk about Seidr. Apprentice Folkbuilder Shane Duffy headed the men's talk. Member Miranda sang a cappella before the second baby naming of the weekend. The Alsherjargothi lead us all into welcoming Friedrich Gustavus into the Folk. This was followed by a very lively auction that showed the generosity of the Folk. The evening concluded with an emotion-filled, beautiful Sumbel that included tales, poems, and singing.



Sunday morning was bittersweet as we gathered for the last Blot of the weekend. We shared in the cleanup, said our goodbyes, and wished all a safe journey home with many, many warm memories of fellowship from our time together.

Hail the Folkmother!
Hail Else Christensen!
Hail the Folk!
Hail the AFA!

Upcoming Events



Wisconsin Moot

MAY 14TH 2022

**JOIN US TO CELEBRATE
NORWEIGAN HERITAGE AT
STOUGHTON'S SYTTENDE MAI
FESTIVAL**

**MORE DETAILS WILL BE PROVIDED AFTER
ELSEFEST**



Folkbuilder James Ault
jault@runestone.org



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