

The Runestone: Voice of the Asatru Folk Assembly

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Baldrshof
Third Hof of the Asatru Folk Assembly

www.baldrshof.org

April 2024

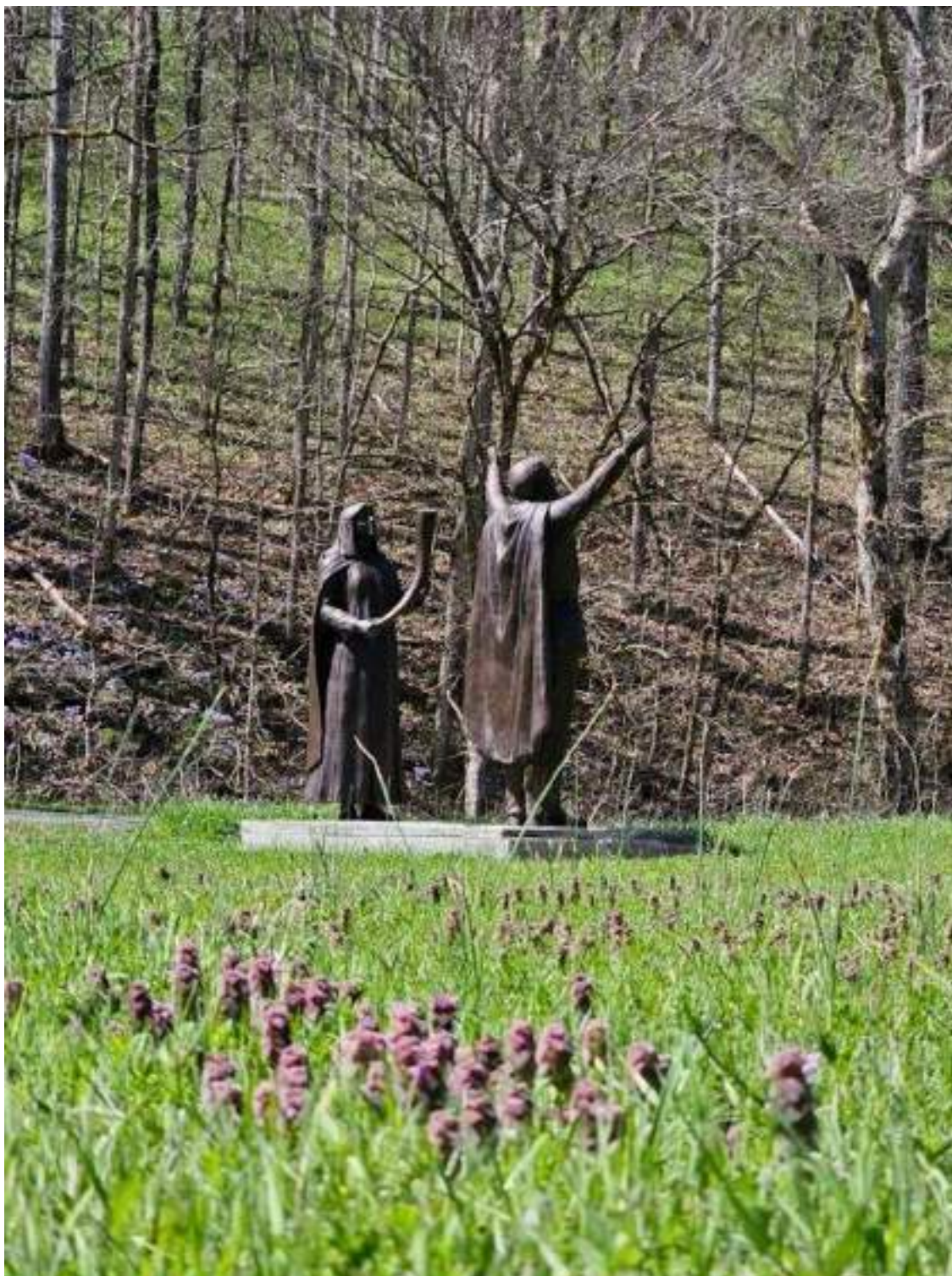
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Words from the Alsherjargothi



Congratulations to Þórshof! Ostara 2024 was the largest event Þórshof has had yet. Not only did a record number of our Folk attend, it was a powerful event for all involved.

For myself, I was very energized by the event and by the company. More than that, I was extremely proud of my AFA family and especially our amazing Folkbuilders.

Saturday night's High Sumbel may have been my favorite Sumbel I have ever been a part of. It was truly inspiring to hear how people were there for each other in times of need and the positive way our AFA has enhanced people's lives.

We are all part of something amazing. There is no better time than now to go out there and make things happen. There is so much to do, so many dreams to make reality, so many ways all of us can help work together to achieve greatness. If you would like to help the AFA build, grow, and achieve, reach out to your nearest Folkbuilder because there is ALWAYS more to do then there are hands to do it. Let's build our Golden Age today!



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
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Words from Our Gothar

Altars & Asatru At Home



If you've ever been to one of our Hofs or national events, you're aware that there's nothing like standing in a ritual with the Alsherjargothi or his Witan, alongside other Folk devoted to our Gods. Those moments live with you forever, and can be life-affirming.

However, what do we do in between those events? How do we set ourselves up to experience as much Asatru as possible?

The first step I recommend to the many people who ask this question: set up an altar at home! You can get as esoteric with this as you prefer, but at minimum, an altar is simply a sacred space within your home where you keep ritual items and speak to your

Gods and Ancestors. I share here two pictures of my altar so that you can get an idea of what should be present on an altar.



As you can see, my altar includes not only ritual items (horn, bowl, Runes), but also personal items that are special to me (axe from my father, seax knife, ordination certificate). I approach my altar every day for one reason or another, typically just to sort of take stock of the weight of sharing Troth with the Æsir. I do a Three-Rune pull once a year to give me a general outline of what I can expect for that year, and occasionally a Single-Rune pull to answer a question I may have for the Norns. Some people pull a single Rune every single day and meditate on that Rune's concepts throughout their workday. Some approach their altar and say the prayer to the Day from the Sigrdrifumál every morning (you can read even more about that prayer in Gythia McNallen's article just below).

Besides altar work, you can always officiate Blöt or Sumbel at home! For Blöt, all you need is an offering or gift, and a receptacle such as a bowl to leave the offering in if it is something like mead. Simply invoke the God or Goddess, say a prayer, and leave the offering. For Sumbel, you can have your family and/or kindred gather outside or in a dining room, then pass the horn around hailing Gods, ancestors, and heroes. For more detail on these rites, feel free to send me an email at teast@runestone.org.

I hope this short article proves helpful to our Folk who crave more Asatru in their daily lives! Please don't hesitate to contact myself or any of the Gothar with questions!



Gothi Trent East
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Hail to the Day!



One of the most common questions by someone new to Asatru, is, “How do I develop a spiritual practice?” The answer is simple. Start with The Dawn and get ready to create your day.

Go outdoors if you can or stand by a window. Sense the change as the sky begins to lighten – the transition between night and day. This is the time of liminality. It’s fleeting, but this interval provides moments of grandeur and power. This is when sky-

colors change and clouds may dance before you. Sunna's rays may shoot up over the horizon.

Think of your intentions; collect yourself into the moment if you're outdoors. Feel the air, hear the sounds. Start your day with purpose. This is a time of profound expression. In the image of Ostara, the Goddess of the Saxons, she throws open the window to allow the light and warmth to enter our lives. Stand with arms outstretched, inhale deeply, and sense the energy flowing to your hands.

Embrace the majesty of our divine fertility-spirits: Ostara, Nerthus, Sunna, Frigg, and Freya in their guardianship of our blessed Midgard. In our home, this daily practice includes reciting a passage from the Sigrdrífumál:

Hail to the Day: Hail to the Sons of Day.
Hail to Night and its Daughter.

Gaze upon us gently standing here.
Give your blessings on our battles.

Hail to the Gods! Hail to the Goddesses!
Hail to the all-giving Earth!
Wisdom and lore, as long as we live, grant us
And healing hands.

Give thanks for this new day. Speak to those beyond the Veil. Send a morning thought to loved ones who live far away. Thank the Aesir and your Ancestors for another day to create anew and count the blessings in your life, and to offer blessings to others.

Healing hands and healing words are magical acts. Good intentions should guide each day's journey. Don't let your Victories hide in the shadows. Celebrate them with a full heart.



Gythia Sheila McNallen

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The Quest for Freyshof

“Njördr in Nóatún begot afterward two children: the son was called Freyr, and the daughter Freyja; they were fair of face and mighty. Freyr is the most renowned of the Æsir; he rules over the rain and the shining of the sun, and therewithal the fruit of the earth; and it is good to call on him for fruitful seasons and peace. He governs also the prosperity of men.”

– Gylfaginning



[Freyshof Fund – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/freyshof-fund)

This sacred quest has had a great start so far! The generosity has been amazing, as always!

This is the list of things that need to happen before we can make Freyshof a reality:

1. We need to pay off Njörðshof.
 - The first of 2 loans have been paid off!
 - We now owe \$92,068.20 on our remaining loan.
2. We need to raise our monthly donation average by 17%.
 - This is membership dues/Hoftollar plus other donations.

3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

This is not a "quick" process so stay patient and resolute. As we progress, I will keep you all updated on our progress!

Hail Freyr!



Matthew D. Flavel
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Sigrheim: Home of Victory

Ostara's Blessings



March and the welcoming of Springtime are a bit behind us now, but the blessings of Ostara's dawn are still bright in my mind. The Folk at Sigheim had a good month, full of solid work and a truly wonderful Blot to the Mother of Dawn. If you haven't made it out yet, please come. There's always work to be done, always friendships to strengthen, always smiles to be had. We'd love to see you!

Support the Home of Victory



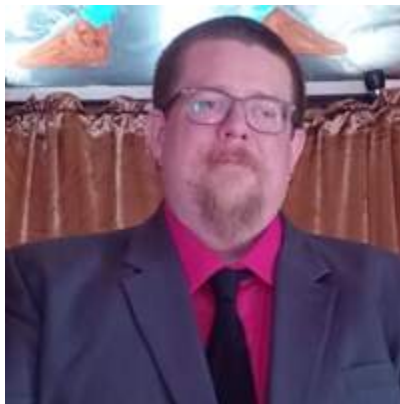
Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨ ✨ ✨
amazon

Thank You!

[CLICK HERE](#)

Upcoming Events



Folkbuilder Nicholas Rice
nrice@runestone.org

Victory Never Sleeps



Victory Never Sleeps, a weekly podcast produced by the Asatru Folk Assembly, hosted by Alsherjargothi Matthew Flavel alongside weekly guests. The show doesn't stop until the questions stop rolling in. Come listen and learn about a variety of topics and truths relevant to our modern Asatru Folk.

Aesir. Virtues. Heroes. Doctrine. Beliefs. Cosmology. Runes. Holidays. Literature. Lore.

Help [support](#) the stream and keep the cameras rolling!

Catch us LIVE with new episodes on Wednesdays at 8pm Central / 6pm Pacific on YouTube, Twitter, Entropy, Odyssee, VK, Rumble, and Twitch. Audio versions drop on Spotify the Friday after the new episodes air.

Check out the full playlist with 100's of hours of previous recordings on our [YouTube](#).

Matthew D. Flavel
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AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org

Spring has Sprung at the Academy



Greetings parents and students! Spring is in full swing and we hope you all had an amazing Ostara! We loved seeing all of your Ostara projects! Some of those projects we are showing off here in the runestone this month.



I'd like to remind parents that the academy enrolls all year round and that as a homeschool program, we don't have traditional school years, per se, however we do run

until midsummer for administrative purposes, but you have all summer to complete your work and be ready for the next school year.

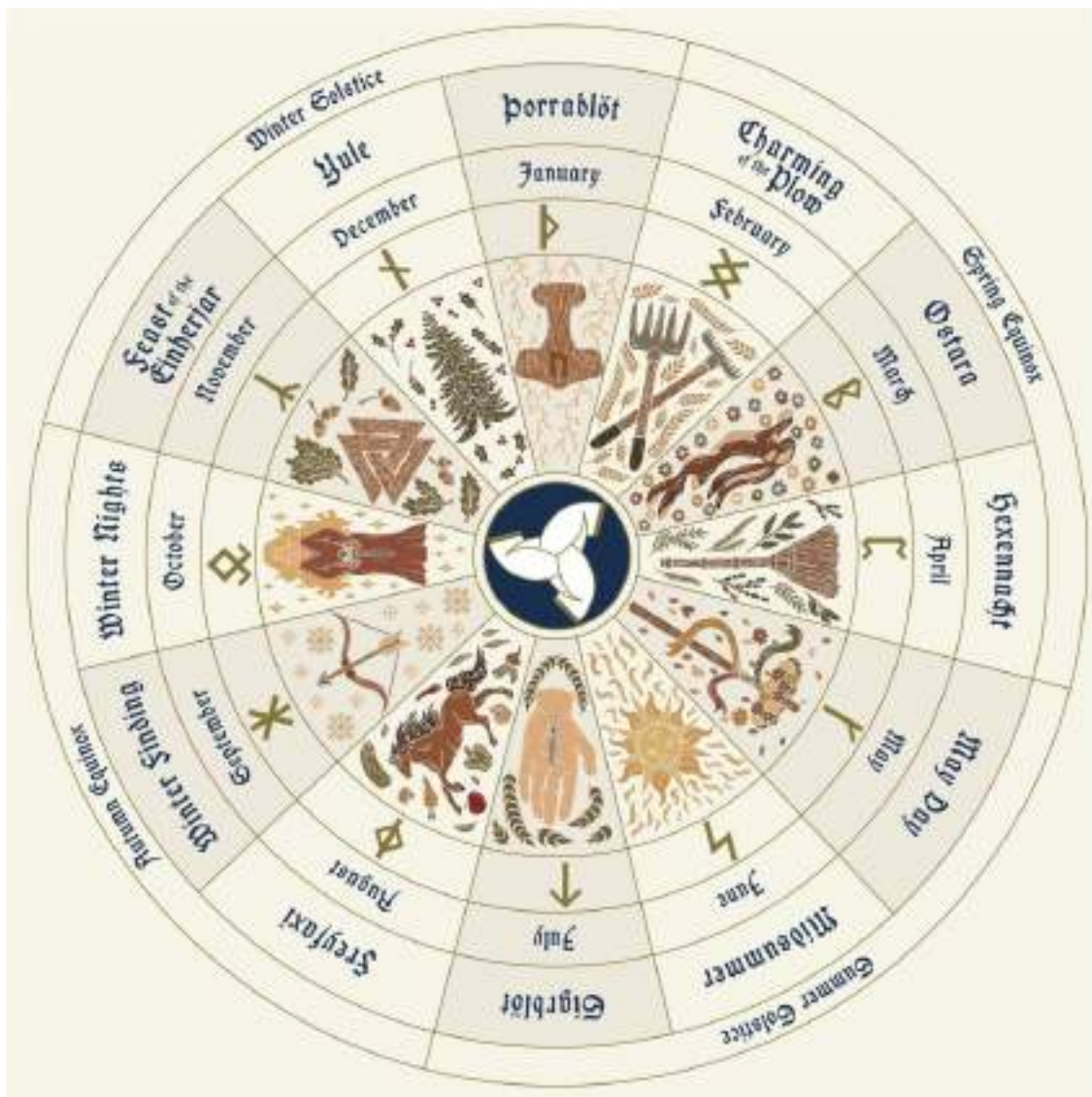


This fall we will be enrolling K-6 grades, once again we are well ahead of the promised schedule and are very proud to welcome new students all the way up to and including 6th grade! We can't wait to see you!



Gothi Rob Stamm
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Remembrance and Holy Days



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

2024

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 20	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 19 (observed on 16th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 10	Day of Remembrance for John Yeowell "Stubba"
April 30 (observed on 20th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 18th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 20 (observed on 15th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 20	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 17	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 21st)	Winter Finding
October 1	Day of Remembrance for John Gibbs-Bailey "Hoskuld"
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 19	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 16th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31 (observed on 21st)	Yuletide

April



Asatru Holidays - April 2024 - Jarl Haakon | Stubba | Hexennacht

Day of Remembrance

Jarl Haakon | April 9th



Jarl Haakon, or Haakon Sigurdsson, son of the Norwegian earl of Lade, was exiled to Denmark after the murder of his father by Harald II Graycloak. He soon allied with Harald Bluetooth, and they overthrew his father's murderer. While Haakon became the sovereign in the west, Harald Bluetooth annexed southeastern Norway. The two would again join forces when Bluetooth needed aid in fighting against the Holy Roman Emperor Otto II in 974.

Though forced into baptism, Haakon's faith in his Gods was so strong that he was not only able to revolt against Bluetooth's efforts to Christianize Norway for a time, but also to spread and expand his faith in his lands. In the end, powers that he could not control began to sway the attitudes of his men and he was killed by one of his own retainers.

Jarl Haakon was the last Asatru Ruler of Norway—his death in 995 CE leading directly to the takeover by Olaf Tryggvason.

So what can we learn from this story?

There will always be people in our lives who do not understand our faith or our dedication to our faith. Even our friends might choose to try and change our minds. When the people we have trusted do this, we can sometimes find ourselves doubting our choices, even if for just a moment. ‘What if?’ Take that breath and reaffirm your faith. It isn’t always going to be easy, but nothing that is worth anything ever is.

With dedication can come reward. We might not be able to make everyone understand our values and our beliefs, but for every person who turns away, there is a person somewhere whose mind can be opened by our words. There is that person whose soul longs to ‘come home’. They just don’t know it yet. Perhaps your words, your dedication, your belief will be the thing that helps someone else find their way, and what better reward could there be for standing strong?

We must also take a moment to remember to curb our arrogance. When we become too sure of ourselves and our ability to stand tall against everything that would fight us, we can become blinded by the reality of the situation around us. Always remember to take time to take the measure of the situation. Take the time to know if it is a good time to talk or to hold your tongue.

*Wise in measure let each man be, but let him not wax too wise;
for never the happiest of men is he who knows much of many things*
— Hávamál 54

Hail Jarl Haakon!



Gythia Catie Erickson
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Day of Remembrance

John Yeowell “Stubba” | April 10th



On April 10, 2023, the AFA marked the first official celebration of a Day of Remembrance for John Yeowell, known as “Stubba.”

Yeowell enjoyed a long life and did many great works in spreading our faith in the Aesir. He lead a full life, starting out by serving in an Irish division of the military, and later the French Foreign Legion, earning distinction and being decorated by General Charles de Gaulle, and served in WWII, before returning to his home country of England. His life is somewhat shrouded in mystery, as he preferred, but he became aware of his cultural English heritage and came to know of the Aesir in the 1950s when he met another of our Heroes, John Gibbs-Bailey “Hoskuld.” Together, they would proceed to research and re-establish what they dubbed “Odinism” and go on to found an organization dedicated to the worship of the Holy Aesir as “The Odinic Rite.” Gibbs-Bailey, being at least a decade older than Yeowell, had been an Odinist since the 1930s, and, by the time the two met, had been involved in a number of proto-Odinist groups. Yeowell felt the call of the Gods and eventually felt that Asatru was the natural religion for those of Northern and Indo-European descent and sought to reclaim the religion and birthright of his Ancestors.

In 1973, believing they had codified a solid structural framework on which to build, they went forward practicing and disseminating our native religion until 1980, at which time the name of the formal societal organization was cemented simply to “The Odinic Rite.” Together with Hoskuld, Stubba laid the foundation of the Nine Noble Virtues — Courage, Truth, Honour, Fidelity, Discipline, Hospitality, Self-Reliance, Industriousness, and Perseverance, which we still use today with the addition of the tenth Noble Virtue, VICTORY. They together established connections with fellow

devoted believers, notably ‘Folkmother’ Else Christensen, another one of our Heroes, who they corresponded via letters, newsletters, and publications, such as *The Odinist*, steadfastly spreading the religion of Asatru. This is now what we call “Folkbuilding.”

Our Folkbuilders are continuing this tradition constantly, bringing more and more of our Folk Home every single day, just as Stubba, Hoskuld, and the Folkmother did, every month contributing an article to our own newsletter, *The Runestone*. Stubba would eventually lead the Odinic Rite as the “Director of the Court of Gothar,” which is equivalent to being the Alsherjargothi. John Yeowell lived a full and long life, and his dedication to the Aesir never wavered. He was Courageous in leaving Catholicism. He spoke the Truth in his letters. He gained Honor for his service in the war, and he exhibited Fidelity in his devotion to the Odinic Rite. He exhibited Discipline in living Nobly and embodied Hospitality in caring for his Folk. He was Self-Reliant, typing many newsletters laboriously by hand on a typewriter, consistently being Industrious, and he Persevered until the end of his life. We Hail these Heroes for their foundational and right Noble actions in the reclamation of our birthright and inheritance of the worship the Aesir.

It is important that we Honor and remember not only the Heroes of the distant past, but those in more recent days whose efforts have contributed to the renewal of our Faith.

Hail Stubba!



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Holiday

Hexennacht | April 30th (Observed April 20th)



When the ground was thawed and the colder weather was beginning to give way, it became necessary to move the cattle from the winter fields to the summer ones. Hexennacht, traditionally, was a festival celebrating this very thing. The main focus of the holiday was the bonfire. The men would all gather and build the large need-fire. They would then walk the cattle through the smoke to bless them before rehoming them for the warm months. Often the men would call on Freyr during Hexennacht, asking for fertility and abundance.

While the men were off blessing the cattle, the women gathered together for their own festivities. They had their own bonfires, and it was during this time that the women often burned herbs and practiced their local magic or Seiðr. As the men called on Freyr, the woman would often call on Freyja.

After the separate celebrations, men and women would come together and continue the festivities.

We in the AFA celebrate this day as Hexennacht instead of the more common “Walpurgisnacht.” Walpurgisnacht is named such because it is the night before the Christian feast day honoring Saint Walpurga, who was credited with healing and repelling witches.

Men and women celebrating separately and then coming together are one of the main features of Hexennacht, as well as the bonfire. A good way to celebrate the holiday might include the men building the bonfire while the women practice communal Seiðr. When they are finished, the men and woman can join together around the bonfire. The women can throw herbs into the fire, and, asking for the blessings of Freyr and Freyja, the men, women, and children can each take turns walking through the smoke.

Hail Freyr! Hail Freyja!



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Upcoming National Event



You're invited to Midsummer, Óðinhof's signature event of the year! Please join your Folk from across all the districts as we celebrate and honor our Gods and Goddesses at the very First Hof of the Asatru Folk Assembly. This weekend will be a summer "spiritual retreat" for all our Folk coming from near and far. It will be filled with inspirational rituals, scrumptious and hearty meals, healing music, warm sunshine, laughter, motivating conversations, and fun activities for all ages!

- Camping onsite at Odinhof is free and includes the use of outdoor hot showers.
 - Additional lodging options in the greater Brownsville area may also be available.
- Guests (non-members) must be approved prior to the event.

- Please contact any of the Folkbuilders in advance to assist with this process.
- Keep a lookout as additional information will be provided soon.

Tickets on sale soon, so stay tuned! See you there!



Gythia Sheila McNallen
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Recap: Ostara at Þórshof 2024



Ostara at Þórshof 2024

In March, we hosted our annual Ostara at Þórshof. This year was a record-breaking year for us at Ostara. 113 in attendance, a wildly successful auction...but that only tells a part of the story. Ostara doesn't begin in March for Þórshof Leadership. The march toward Ostara begins at the end of Winter Nights. This year was no different.

Our Folkbuilders and Gothar have been working the phones, sending emails, and

spamming MeWe groups ever since November. And a huge thank you goes out to them!

The event began with Welcoming the Gods on Friday afternoon. The Vè was the most packed I had ever seen on the opening ritual. We had at least 70 people present for this important rite. It was awesome to see.

Friday evening, we enjoyed a really delightful meal prepared by Gythia Catie Erickson followed by a thunderous Blót to Þórr performed by our High Priest, the living avatar of Þórr, Alsherjargothi Matt Flavel. As we often say, you don't just experience Blót performed by Alsherjargothi, you *feel it*. That wrapped up Friday's festivities.

Saturday began with an awesome breakfast prepared by Folkbuilder Mike Joyner, while we prepared for Food Pantry. Weather kept the food pantry crowd small, but we saw many of our regulars who are always grateful for our generosity and hospitality. We held a ladies' and men's group while taking care of our neighbors. Ladies group was led by Folkbuilder Heather Young, and men's group was led by Folkbuilder Robert Shotwell.

Heather made us a nice lunch of homemade chicken noodle soup with sandwiches.

Ostara Blót was next, performed by Gythia Erickson along with Witan Fassett and Folkbuilders Heather Young and Katie Joyner. The ladies worked in a sun cross formation as they blessed us with gifts of Ostara, and it was beautiful. I personally was filled with pride seeing my wife along with some of my best friends perform this sacred rite.

After Blót, we joined Alsherjargothi in Oathing Folkbuilder Tyler Sagert to full Folkbuilder status. Tyler is a star for Þórshof North, and it was awesome seeing him take this step in his journey. Afterwards, Alsherjargothi awarded Folkbuilder Heather Young with Folkbuilder of the Year. A very emotional moment for she and I personally. Huge congratulations to Heather and Tyler both. We are so much better with them on our team.

We then saw the wedding of Austin and Adaline, daughter of our dear friend Folkbuilder Jon Rock. The ceremony was presided over by Witan Svan Herul, and, as is usual, the rite was beautiful. Congratulations to the happy couple.

We also saw a baby naming for the Sagert's youngest daughter, which is by far my favorite ritual that we do in Asatru.

We the enjoyed a lasagna prepared by Folkbuilder Young, which is a personal favorite, as it's my grandmother's recipe. Then it was time for the auction. Lead by our Lawspeaker, Allen Turnage, we raised an astonishing \$6000 for Þórshof! More than 10 names are being added to our donor plaque at Þórshof due to the generosity and selfless nature of our Folk! Many thanks go to Stian Penner, Robert Shotwell and Gilbert for their donated auction items which raised a tremendous amount for Þórshof. Can't thank you all enough.

Saturday ended with what turned out to be the most powerful Sumbel I've ever been a part of. Hardly a dry eye was in the room when an esteemed member from Missouri sang a song for Ostara in a style that reminded me of opera. It was absolutely beautiful.

Sadly, we had to say goodbye on Sunday. Wayfarer Blot was led by Witan Brandy Fassett and Gothi Rob Stamm. Blót was given to Óðinn and Frigg.

We ended the day with a vow renewal for Folkbuilder Tyler and his wife Emily Bethea, who are celebrating their 10th wedding anniversary. Both are personal friends of mine, and it was my honor to preside over the ceremony. Congratulations to the Betheas.

If you weren't there, you should have been. Next Ostara may be even better, so plan on coming to see us then.

Hail Ostara!



Witan Daniel Young
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Folkbuilder Spotlight

Folkbuilder Nick Rice



You may not know Nick Rice personally however, as a member of the AFA you've seen his work. Nick is the guy that will go out of his way to help anywhere or anyone he can without hesitation. As a Folkbuilder, Nick is one of our foremost front line guys bringing our Folk home and bringing our Folk together, which is a lot of work on its own. Being as successful as he is as a Folkbuilder is just scratching the surface in regard to all of the ways he works for our Church and our members.

Nick Rice is one of the Asatru Folk Assembly's most dedicated Folkbuilders. For many years before Nick and very few others got involved, I was responsible for all the AFA technical administration, technical support, website publishing, and newsletter publication. When Nick volunteered for the tech support team and the Runestone newsletter team, he took on many responsibilities and this helped me serve our Folk better as a Gothi because I had the time available to dedicate to more priestly duties.

Hail Nick Rice!

--Witan Cliff Erickson

Folkbuilder Nick Rice is very dedicated to his Gods, his church and to his Folk. He is where I turn when I need something, and I do so often that we joke that Nick Rice is the keeper of all of Witan Fasset's things. I ask and the item, or file, or information appears as if by magic! Folkbuilder Rice is hardworking and devoted and a part of the victory we have achieved. He is also one of my greatest supporters and friends.

Thank you, Nick!

--Witan Brandy Fasset

I have had the distinct pleasure of working with Nick since he relocated to Þórshof South last year. He is always eager to help, often overeager to help. But that comes from his desire to contribute, either to big projects or small ones. What makes Nick easy to work with is he is reliable, and he wants to help. Nick has been the driving force behind the scenes on Victory Never Sleeps since its inception. And to my knowledge he has never missed an episode as its producer.

To sum up Nick's qualities in a word it would be reliability. He can always be counted on, and he executes quickly. He's integral to the success of Þórshof South and a major contributor to the Asatru Folk Assembly as a whole. Thank you, Nick, for all you do.

Hail Folkbuilder Rice!

--Witan Daniel Young

The definition of the word invaluable is valuable beyond measure; something so precious that one cannot assign a price to it. This is Folkbuilder Nick Rice. Whether it is helping parents in the Asatru Academy navigate Quick Schools or other members of leadership find their way through the tech side of their positions, Nick is there with quick action and knowledge. The number of times that I personally have had to have conversations with Nick that start with the words, "So I did a thing...", only to have Nick respond with patience and understanding saying, "No worries, let's fix it. Easy Peasy." are innumerable. He is a true asset to the functioning of the AFA.

--Folkbuilder Sara Ault

There isn't much that Folkbuilder Rice isn't involved with in our Church. The work ethic of this guy is of the highest quality and to top it off, he is one of the nicest guys anyone could encounter. If you know Nick personally, count yourself lucky because to know Nick is to know what selfless service looks like and to know a guy that cares as deeply as anyone can. If you don't know him personally, make an effort to get to know him. We that do know him are all better off than we would be had we not. Thank you for all that you do for all of us.

Hail Folkbuilder Nick Rice!



Gothi Nathan Erlandson
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Folk Services

Help for the Stone Family



Anyone that knows the Stone Family knows Ellie Stone as a smart, pretty, and outgoing 9-year-old and older sister to three younger siblings. Over the past five years, Brandon and Angelina Stone have raised Ellie as her primary caregivers, with little to no involvement from her biological mother.

Recently, the biological mother has decided she wants custody over Ellie. Brandon was served with custody papers. In order to keep Ellie with her family, we need to pull together to help them retain a good lawyer.

Ellie has been thriving. She is an Honor Roll student and has been attending the same school since Kindergarten. She enjoys being in her learning atmosphere with her longtime friends.

We do not want Ellie taken away from her loving and supportive family, stable household, and church community. Her biological mother and the mother's partner do not share our beliefs. Over the years, there has been very little involvement and no financial support from the biological mother to assist with Ellie's care. The Stone Family fears that if Ellie were taken from her home, she would become neglected.

The Stone Family is asking for our assistance to raise \$6,000 to help with lawyer fees. Having a good family court lawyer in California is very expensive. Please help support this loving Odinhof family keep Ellie at home where she belongs.

> [Donate Here](#) <

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!

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:

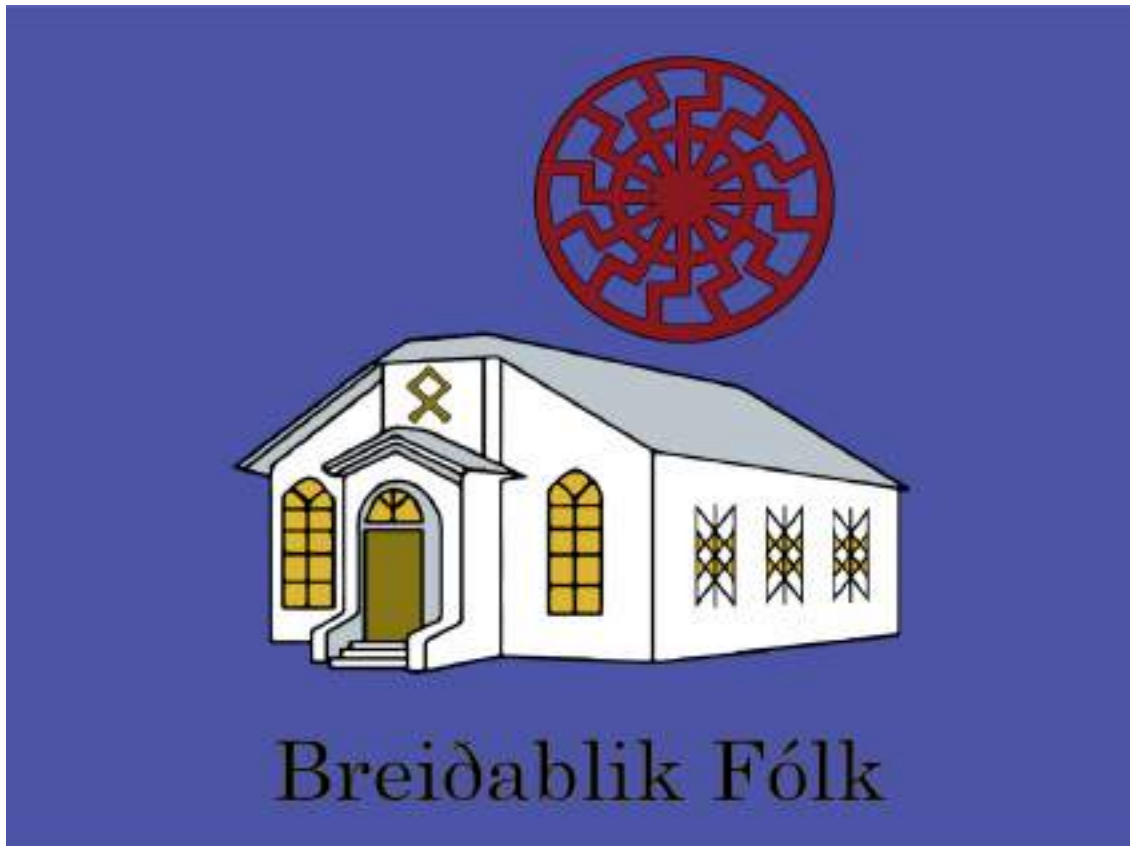
Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org

Introducing the Newest AFA Kindreds

Breiðablik Folk Kindred



It is my honor to announce Breiðablik Folk Kindred of Iowa as the newest official Kindred of the Asatru Folk Assembly. Headed up by a crack team of Folkbuilders in Chris McDowell and Cody and Ali Clausen, we are sure to expect some awesome things out of these Breiðablik Folk!

Without these Kindreds and dedicated members, it would not be possible to maintain

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

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

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

If you are interested in forming an AFA Kindred in your area or would like more information. Please contact the Kindred program email at kindred@runestone.org.

Hail Breiðablik Folk!

Hail the Kindreds of the AFA!!

Hail the Asatru Folk Assembly!!!



Senior Folkbuilder Jason Gallagher
jgallagher@runestone.org

AFA Prison Ministry



The importance of this AFA Prison Ministry is so much more than just for those who are actually incarcerated, it benefits not only them as followers of Asatru but their families and loved ones on the outside as they will see the noticeable change in their demeanor and demand that our faith commands for them to lead a noble life. We all are future ancestors and will help them be examples of our faith and not be a burden or a product of recidivism.

We are compiling letters from prisoners that are Educational, Empowering, and Encouraging along with special spiritual writings from our Gothar to create a quarterly newsletter to be distributed to inmates, institutions, and jails. Our mission is not about providing free books or literature to bored prisoners who simply want free stuff. We intend on making real-world change for the better of our folk.

""No packed rooms in the prisons; in each institution I have only a few people; occasionally about a dozen, but 5-6 is more common. I certainly do not want the Fellowship to be a club for cons, or ex-cons; the advantage is that when in prison the inmates have time to discuss and digest what they read, a point that often is lost to people on the outside in the hubbub of daily concerns" - Else Christensen

By the example of our Folkmother, Else Christensen, we will also be going into prisons as we are able to. Some of our Gothar and other leadership, will be going into the prisons to hold study groups, lead blot, and encourage continued growth in the folk inside.

If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact us at prisonministry@runestone.org.



Or if you'd like to donate to this ministry, there's a donation earmark set up on our site [here](#). The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.

Cooking for our Folk



Cooking from the Heart. One of the first chefs I worked for told me that there are two main rules to cooking.

1. ALWAYS cook from the heart!
2. You must know the why of the rule before you can think about breaking it.

To this day, I still believe that number one is the most important; but two is the most valuable lesson. So, for example: why would you add flour to the mix when are you making Fried Potato balls? It doesn't add anything to the dish overall and in fact, it takes away flavor and disrupts texture. The reason is that what flour takes away: is moisture. It adds to the binder and liquid consumption.

So, what does this mean for the folk? Plan and simply don't take shortcuts. Whenever I pick up the knife and began cooking for the folk, I think of it as channeling the ancestors. Cooking reminds me of that age-old musing "I don't measure seasoning; I wait for the tap on the shoulder from the ancestors to tell me that's enough."

When you cook from the heart, people can tell. Don't cook out of spite or obligation. Cook for the folk because you want to! Find new recipes. Test them. Make them better. And when your heart tells you it is right...time to serve. If you have never made

cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

When the recipe is right and you feed the folk, please send the recipe to cookbook@runestone.org with details of when and where it was served (Hof/moot).



Folkbuilder Mike Joyner
mjoyner@runestone.org

Ancestral Food and Culture

Italian Wedding Soup



For the meat balls:

- 1lb meatloaf mix if available (Beef, pork, veal blend)
- 1lb ground Italian Sausage

- 1 cup bread crumbs
- 2 eggs and a dash of milk
- 1 tsb fresh garlic, 1tsp onion powder, a dash of paprika
- Salt and pepper to taste
- ¼ cup parmesan cheese

Blend all ingredients well, form small meatballs, sauté meatballs in 2 tsp EVOO, 1 tsp balsamic vinegar and a dash of marsala or sherry wine until browned.

For the soup:

- 8 cups chicken stock or broth...store bought or homemade
- 1 cup sliced carrots, 1 cup diced celery
- ½ cup diced red or sweet onion
- 2 cups fresh spinach, 2 cups chopped escarole
- 4 large Roma or San Marzano tomatoes, diced
- 3 tsp minced garlic, 2 tsp onion powder, 2tsp Italian seasoning
- ½ tsp paprika
- ½ cup white or sherry wine
- 2 tsp balsamic vinegar
- Salt and pepper to taste
- ½ cup pastina

Combine broth and or stock with carrots, celery and onion and spices, bring to a boil.

Cook on medium heat until carrot, celery, onion are tender.

Add wine and balsamic vinegar, stir well.

Add meat balls one by one until desired amount is placed in soup.

Add spinach, escarole and tomatoes.

Cook on low/ medium heat for about 1.5 hours until meatballs are tender.

Add pastina and cook an additional 5 minutes until pasta is al dente.

Serve with warm bread, Mangia!

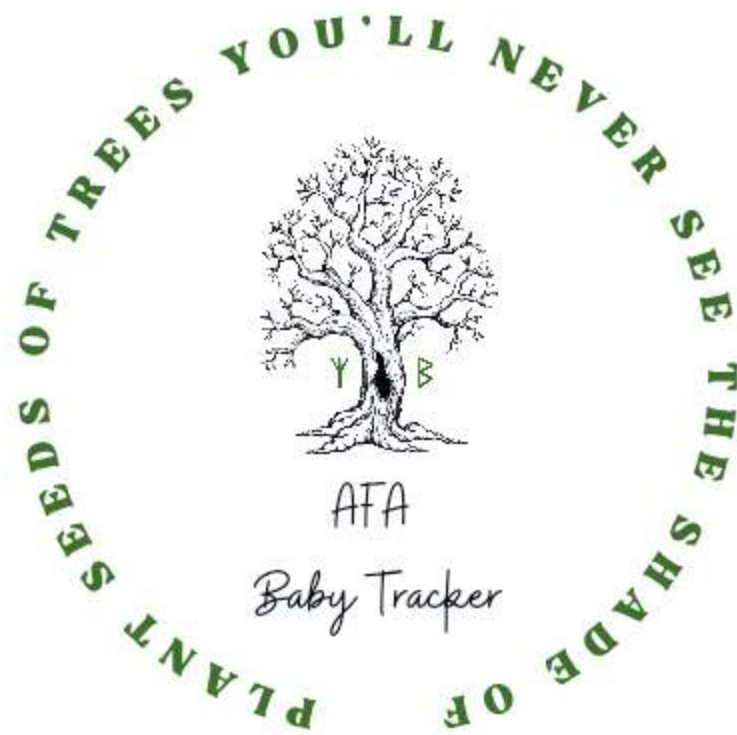
Danielle Risso

Apprentice Folkbuilder

drisso@runestone.org



Baby Tracker



To show the growth of our folk we present to you an ongoing baby tracker. We will be keeping track of how many children have been and are born within the AFA from 2022 and forward. The ongoing tracking is proof that we are building something sustainable for the future of our folk, which is a place for these children to grow up within and a place where they can feel proud of who they are!

Total babies born in 2024: 6

Just for Fun

The AFA Best Egg Competition was eggstra-special! Some of the youth worked on their entries at Óðinshof's Ostara. Take a look at all these wonderful eggs!



1st Place in the Member Category goes to **Hope White** for her gorgeous sun wheel butterfly design! By the way, she also completed March's crossword puzzle at record speed.

1st Place in the Youth Category goes to **Soren** for his abstract egg design with a dark border and pastel interior.

This month, we have a new activity just for fun! What words can you make from the word Hexennacht?



Send in your word scrambling to press@runestone.org! The victors will be announced in next month's issue!

Have Fun!

Folkbuilder Olivia Sutherland
osutherland@runestone.org



Online Events and Meetings



**VIRTUE
RECOVERY
MEETING**

THURSDAY 7PM CST
(5PM PST, 8PM EST)

SATURDAY 9AM CST
(7AM PST, 10AM EST)

Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12 step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining to the divine will or requesting the removal of any shortcomings. So, we run what we are calling the Virtue Recovery Meeting. Since we are an international organization, the best way for us to do this is via Zoom (<http://tinyurl.com/virtuerecoverymeeting>). We hold our meetings every Thursday at 7pm Central and every Saturday at 9am Central. Join us!! Feel free to reach out to

Folkbuilder Ashley McStocker with any and all questions!

AMcStocker@Runestone.org





AFA Reading Challenge Meetings



1/9/24	Link will be posted on MeWe the weekend before the meeting	7/9/24
2/13/24		8/13/24
3/12/24		9/10/24
4/9/24		10/8/24
5/14/24		11/12/24
6/11/24		12/10/24

**CONTACT FOLKBUILDER ALI CLAUSEN FOR DETAILS
ACLAUSEN@RUNESTONE.ORG OR ON MEWE**

**These meetings are family friendly so please, no
politics or overly mature topics**

Ladies Book Study

Revolt Against the Modern World

by Julius Evola

Dates:

7 pm CST

~~January 25th~~

~~February 8th~~

~~February 22nd~~

~~February 29th~~

~~March 7th~~

~~March 28th~~

~~April 4th~~

April 11th



For more information contact

Witan Brandy Callahan

Folkbuilder Sara Ault



Ladies Mysteries Podcast Hexennacht/May Day

April 14th

3 pm PST, 4 pm MST, 5 pm CST, 6 pm EST

Witan Brandy Fassett

Gythia Anna Flourde

Gythia Catie Erickson

Folkbuilder Heather Young

Folkbuilder Sara Ault

Folkbuilder Ali Clausen

Link will be emailed to all AFA Ladies
the week before and posted in the
AFA Ladies Group on Mewe

Hope to see you there!



Our Ladies' Rune Study is just getting started! We meet on Teams every other Saturday at 1pm Eastern. Contact me with any questions you might have. — aplourde@runestone.org.

I hope to see you there!

**Lore Study with
Gothi Jason Plourde**
Join us every Monday night

at

8:00 pm EST

7:00 pm CST

6:00 pm MST

5:00 pm PST

4:00 pm AKST

**Each study begins with trivia questions
from VNS and the previous week's
reading. A winner is announced monthly.**

**The link can be found in the AFA
Spiritual Excellence Group on Mewe.**

**For more information
reach out to Gothi Plourde
jplourde@runestone.org**



If it's not possible for you to attend a Hof gathering, we've come up with solutions for that. There are a variety of virtual Teams meetings for you to join – even spur-of-the-moment. Some of these are quite new, but you will find them on the April Calendar. They're hosted by Gythia McNallen unless shown otherwise. Write for more info: sheila@runestone.org.

- McNALLEN'S PUB MOOT - April 12th Once a month, Friday nights; casual & inspiring conversation.
- NORTHERN FOLK - April 11th & 25th Especially for Alaska, BC & Alberta, US/Canada border areas.
- NORTHWEST UNITY CALL - Anyone is welcome to this Pacific Northwest Meeting, every Sunday night at 6:00 PT; Tyler Heinlein does a deep dive into philosophy, history and personal excellence.
- OCEANIA MOOT - April 28th Australia & New Zealand (once a month, Sunday morning, Australia time).

March Sister's Fitness Winner



The winner of the AFA's Sisters' Fitness Challenge for the month of March is Folkbuilder Sara Ault, Congratulations, Sara!

Sara hit her goals last month with a consistency rate of 96% -- a record best month for our current challenge!

Since joining our group last July, Sara has lost 60 pounds by being consistent, resilient, and has absolutely shown the virtues of Perseverance and Victory! In addition to all that, she has been a constant pillar of support, inspiration, and motivation for the other ladies in our group. Congratulations again Sara, you deserve this win!

All ladies of the AFA are welcomed and encouraged to join in the Sisters' Fitness

Group. All you have to do is get on MeWe and contact Folkbuilder Ali Clausen. You do not have to take part in the monthly challenge to be part of the group and ALL fitness levels are welcome.

— Corrie Proudfoot, member, Baldrshof

Genealogy and Kinship Charts



Come on, AFA family!

- 1) The AFA Genealogy MeWe group has added "chat". We can now share tips, discoveries, resources and all the goodies of family tree research.**
- 2) Create a Gedmatch.com account to obtain a "kit number" to find your DNA matches with other AFA members.**

Send your Gematch Kit # to
Sheila@runestone.org
for inclusion on our next AFA KINSHIP CHART

See how closely you're related to other AFA members. 72 people so far, and counting!



Gythia Sheila McNallen

sheila@runestone.org

Calling All Folk Photographers



Folkbuilder Nicholas Rice

nrice@runestone.org

Baldrshof

Ancestor Altar



All folk are welcome to bring framed photos of their deceased loved ones to be placed on the ancestor altar at Baldrshof!

If you are unable to bring the photo, you are welcome to email a digital copy which will be printed, framed, and hung on the ancestor wall. We also ask that you provide your name, the name of your ancestors, birth and death dates of they are available, as well as a memory, story, or dedication about them. This information will be printed and placed into our book of ancestors kept next to the ancestor altar. Of course, the ancestor can

remain anonymous, but remember that our immortality is in our names and stories being spoken by the folk!

Please contact Folkbuilder Jessie Shaffer for more info or to submit your ancestor pictures and information.



Folkbuilder Jessie Shaffer
jshaffer@runestone.org

Food Pantry at Baldrshof

We had a windy yet very successful food distribution last month at Baldrshof.



We helped 18 families with dry goods, beverages, and copious amounts of meat and other frozen goods. We were also able to add some household items this month with cleaning supplies and toiletries!! This included paper towels, toilet paper, shampoo, conditioner, body wash, hand sanitizer, and disinfecting cleaning wipes.





To put this number into some perspective, our 18 families equaled 72 people, which is nearly 25% of the community! We are so fortunate to have formed such a great relationship with those surrounding the Hof of Baldr, being able to give back strengthens our significance and builds genuine Frith. Hail the Doers!



Folkbuilder Ashley McStocker
amcstocker@runestone.org

Ostara at Baldrshof



A truly magical time as the good Folk of Baldrshof gathered to welcome Spring and the Lady of Dawn as she spread Her warm days across the land to renew the earth and our spirits from the long winter. Our Ostara was a three-day packed event! When you come to Baldrshof, there is never a dull moment.





We had two families, the Clausen's and McDowell's, affirm their strong bonds to each other in a God-Parenting ritual performed by Witan Fassett and assisted by Gothi Stamm. Another very special ritual was the Proudfoot's renewing their marriage oath and re-affirming their love and devotion to each other. Witan Fassett performed a beautiful wedding ritual assisted by Gothar Erlandson and Stamm. But that was not all this wonderful weekend had in store!



The Folk were also treated to live music, a Blót performed by Gothar Student Ali Clausen, Ostara Blót performed by Witan Fassett, and a very special children's Blót, performed by the kids themselves, with guidance from Wotan, Gothar, and Gothar students.



Every gathering at Baldrshof is special and a great time, but the three day events seem to be even more so, as we get to spend so much more time with our Folk, honoring our Gods, and in the presence of Victory.



Gothi Rob Stamm
rstamm@runestone.org

Upcoming Events at Baldrshof





Help Keep Baldr's Light Shining



Poetry Corner

Ostara, Breath of Spring



When the breath of Spring,
Flows around us,
We hear the birds sing.

Ostara's time,
We feel the shine
Of the warm sun on our faces.

While the precious flowers bloom,
The Goddess Frigg sits
Weaving at her loom.

Life begins anew,
All things continue to grow,
Will you?



Jordan Welch
Apprentice Folkbuilder
jwelch@runestone.org

Illinois

A Walk in the Woods



Five of the Illinois Folk and three of our pre-teens/teens met for a casual hike in the woods. We hiked almost 3 miles in about a 2-hour time span. We all had the honor of seeing Spring blooming from the ramps, garlic mustard, and yellow buttercups to the dainty wood squill.

The sights of our hike just enhanced the Frith being built even more so than it already is. The pre-teens climbed on fallen trees, played, lagged behind and just got to be kids.

The teen kept up with the adults and asked questions about our lore, faith, and wanted to know more.



Each person brought knowledge, conversation, as well as laughs to the group.

This was my second hosted Moot, and I must say this one hit differently. Here is why, two things occurred to me as we were hiking.



1) We have 6 preteen/teens in my area, 5 of them were at AFA events. This is our future & it made me so joyful that 5 were with their Folk and enjoying themselves.

2) I found myself at one point in the very back, & as I looked, I saw each member that attended today, talking & laughing, building the Frith, and my heart was just so warmed and happy.

Hope's Herbs



Let's talk about bloodroot. Many of us have seen this pretty little flower bloom in the Spring before the canopy of the trees are shading the forest floor. This little flower has some big benefits though. Bloodroot has an old history. One historical way it was used was as a war paint for the Native Americans. I wouldn't recommend that for today's use since there are much better uses for the little beauty.

You may be wondering why the odd name for a little white flower, well it's what we don't see that gives it the name...the root. The root is where all the medicinal goodness is at. The root is an orangish red color that when cut has a red liquid. You can also see this liquid by breaking the stalk of the flower.

Bloodroot is used for the skin. Not as a lotion or as some magical beauty secret but, to help with skin conditions such as eczema, ringworm, warts, and skin tags. These are the primary uses for it. It was used for respiratory issues in old times. Because it does have toxic properties, it should NOT be used orally—only for topical ailments. There is no reason to fear this root; although popular culture now will tell a potential harvester that if it is used it has to be diluted down to barely any root at all. This is not true. The root has corrosive properties but, not enough after mixing with other herbs to really harm someone. When using a salve that has bloodroot, always start with a small amount first,

then you can add more on if there are no improvements. If you do develop a rash, stop taking it.

Hope's Eczema Salve Recipe

Eczema Salve

Equal parts:
Dandelion root & leaves
Burdock root
Bloodroot
Marigold
Yarrow leaves & flower
Marshmallow root
(Turmeric if marshmallow root isn't available)

Make infused oil with these.

1 hour high then

7 hours on low.

Turn off & let cool.

Strain when cool, measure 4oz of infused oil to every 1oz of bees wax. Put in jar in a pot of water & let bees wax melt. Remove from heat. Add essential oils if desired.

As a precautionary note, use gloves when cutting up bloodroot. It will stain. This picture is after several washings later.



Please harvest responsibly. These flowers are becoming harder to find due to habitat loss and overharvesting. Before usage, please make sure this will not interact with any other topical creams, health issues, or medicines you may be on.

If you have any questions, please feel free to contact me: HWhite@runestone.org

Upcoming Events



Hope White
Apprentice Folkbuilder
hwhite@runestone.org

Iowa

Becoming Self-Sufficient



When I stepped up as an Apprentice Folkbuilder back in June 2023, I shared some of what I have been up to in an introductory article. It has almost been a year since then, and I figured I would update you with some of what I have planned to start and end 2024 strong. By the time this article comes out, I have been a member of this great church for a year!



Last year, I grew a few crops after starting late with planting, a few of each made it to harvest and was enjoyed by family. This year I have prepared another garden plot 4 times larger, by utilizing the warm winter days I have turned the soil, dug out grass and weeds, and began laying landscaping fabric. I still have some seed placement planning to complete, as I already got seeds so I could get a head start. In a couple of weeks, the weather should be good to start planting in North Iowa. We received an arch that will be used to hold up the cucumbers, which fits perfectly between the two raised gardens from last year. The goal for this year is to learn to grow by the "square foot gardening method," to be able to grow enough food for the year, and to build a greenhouse to extend my growing time.



A couple of months ago, I also tried my hand at making my first batch of mead. I just recently gave it a taste, and I believe I got the sweetness I was looking for. I will bottle after some more aging in the carboy. The first bottle is dedicated to Óðinn! Since that first delicious tasting, I will be investing more into making mead, and trying other flavors as well. I might go through the headache of getting my license after I do the research, because I would like to eventually sell my mead and crops at nearby farmers' markets.

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

Hail Victory!!!

Upcoming Events

North Central Iowa
Highway Clean-Up
April - TBD

RSVP w/ App. Folkbuilder
Chris McDowell

cmcdowell@runestone.org

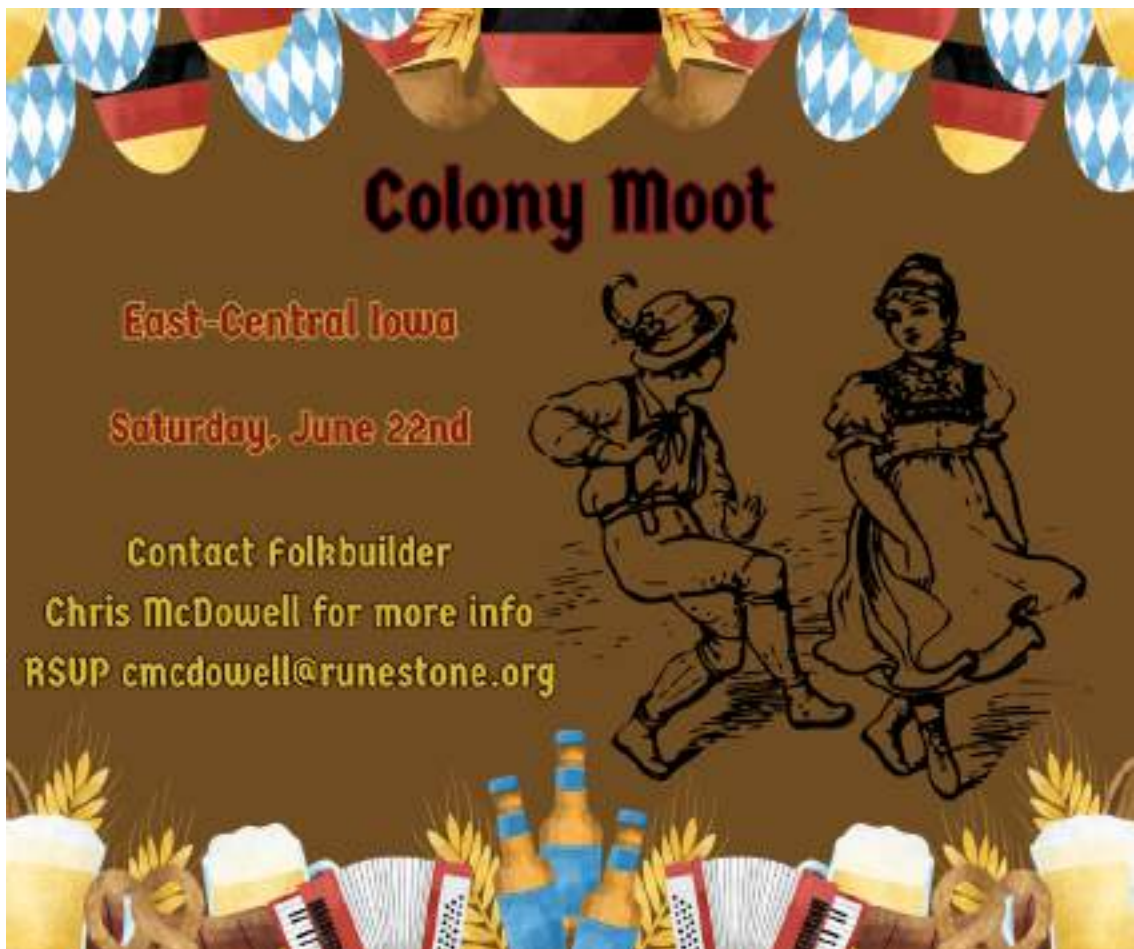




MAIFEST MOOT
MAY 4TH
0930

East Central Iowa

Contact Folkbuilder
Chris McDowell
cmcdowell@runestone.org



Colony Moot

East-Central Iowa

Saturday, June 22nd

Contact Folkbuilder
Chris McDowell for more info
RSUP cmcdowell@runestone.org



*Come travel the road least traveled
Explore the riverside as our ancestors did
Only ja style*

SCENIC RIVER TOUR
MOOT

Iowa Falls, IA

Saturday, July 13

RSVP w/ App. Folkbuilder
Chris McDowell
cmcdowell@runestone.org



Breidablik Fólk
presents the 2nd annual
Winter Nights in Iowa

Camping Moot
Oct. 11-13

Contact Folkbuilders Chris McDowell cmcdowell@runestone.org
for detail and RSVP All Clausen aclausen@runestone.org
Cody Clausen cclausen@runestone.org

IA
NE

Check-In
4pm



Folkbuilder Christopher McDowell
cmcdowell@runestone.org

Kansas

3/23/2024 Kansas Moot



Four members including myself met at the Outback range for some target practice. We enjoyed the conversation with the range owner and each other. After a couple of hours of practice, we all drove down the road and met at a Pizza Hutt in Mcpherson, KS, where we talked more and had a few slices of pizza. We all parted ways after another couple hours. I sent everyone off with a bottle of my homemade mead for ritual or personal consumption.

Upcoming Events



**KANSAS
MOOT**

Saturday, April 20th
Salina KS

Contact
ccrawford@runestone.org



Coke Crawford
Apprentice Folkbuilder
ccrawford@runestone.org

Minnesota

Marchski Runestonio



This March has been nonstop and filled with Folk. I had a chance to set up our new boxing equipment and use it for a few days in the sunshine before Old Man Winter greeted us again.

I also cooked corned beef and cabbage in honor of the old leprechauns during Ostara this year at the Hof. That was quite a feast and quite an event for all.





I had the liberty of taking some time off and traveling a bit to see Folk for a traveling art show, of the sort. It was great getting some time on the road while seeing old and new faces, also. I can't wait to do it again.



April is here and it's time for warmer weather, so we can all get outdoors. Don't forget about the Willow Falls Moot this month folk!! It's a great time!!



Folkbuilder Jessie Shaffer
jshaffer@runestone.org

Upcoming Events

We Bought a House!!
So, Moving Meet-

MEET AT WAITE PARK HOUSE

SUNDAY, APRIL 14TH 12PM-6PM

MARVELOUS APPRECIATION DINNER 6PM-8PM

Contact Gothi Erlandson or Folkbuilder Ashley McStocker
for details AMcStocker@runestone.org NErlandson@runestone.org

Come See the Erlandson
Family Roost!



Folkbuilder Ashley McStocker
amcstocker@runestone.org

Adventures with Northern Blood and Folk from All-Around

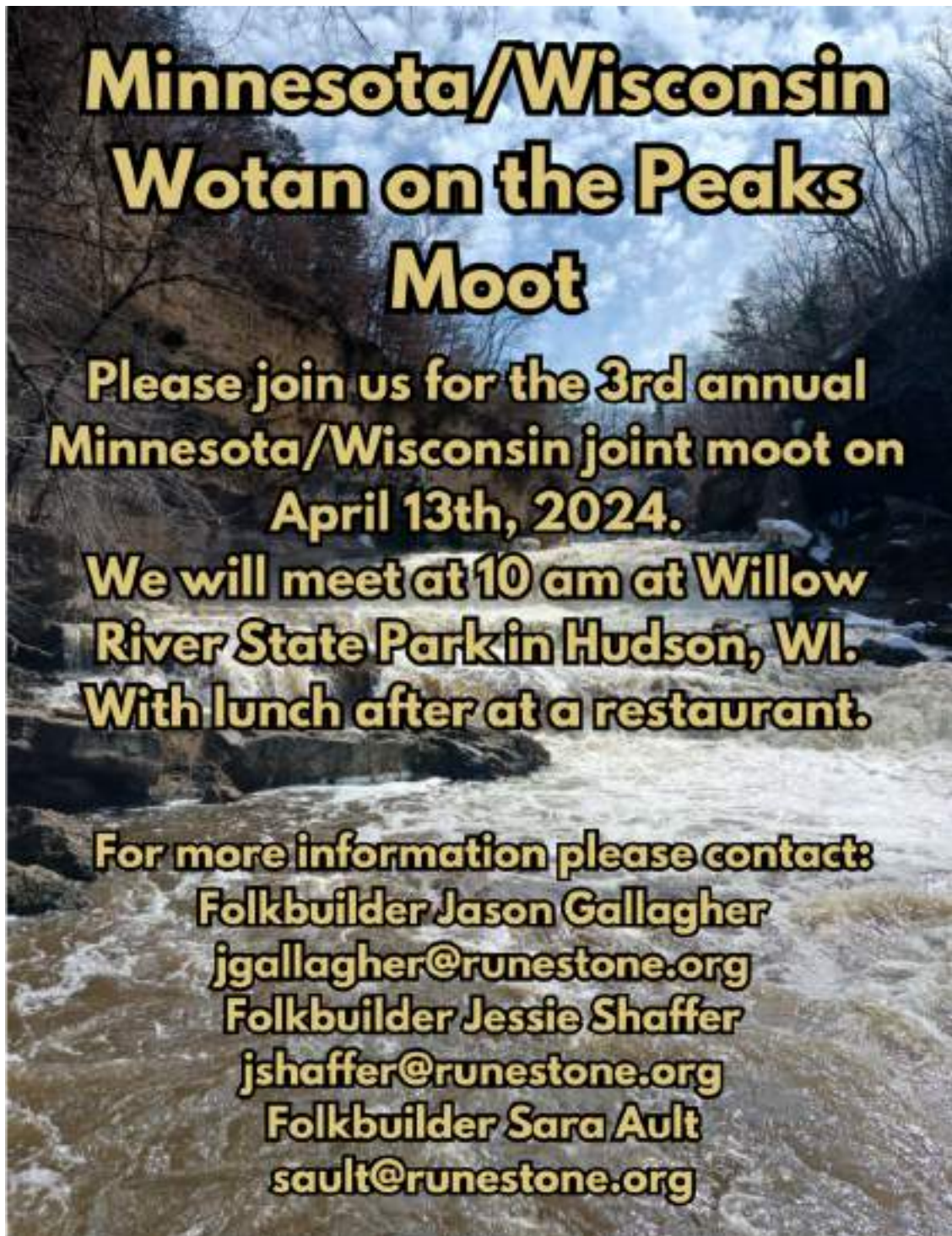
On March 9th, I hosted a Three Stooges Moot at my place. I definitely plan to host more Three Stooges moots in the future. I haven't laughed that hard in a long time.

Join Folkbuilders Sara Ault and Jessie Shaffer and myself on April 13th at 11am at Willow River State Park in Hudson, Wisconsin. Followed by lunch at a local pub.

Just a few months away from the second annual Wotan on the Water on Lake Superior. Please RSVP with me if you plan to attend.

Hail the Doers!

Upcoming Events



Minnesota/Wisconsin Wotan on the Peaks Moot

**Please join us for the 3rd annual
Minnesota/Wisconsin joint moot on
April 13th, 2024.**

**We will meet at 10 am at Willow
River State Park in Hudson, WI.
With lunch after at a restaurant.**

For more information please contact:

Folkbuilder Jason Gallagher

jgallagher@runestone.org

Folkbuilder Jessie Shaffer

jshaffer@runestone.org

Folkbuilder Sara Ault

sault@runestone.org

On April 13th, Folkbuilder Sara Ault and Folkbuilder Jessie Shaffer and myself are hosting our third year of the Wotan on the Peaks hike in Wisconsin. Will be at Willow River State Park in Hudson, WI. Contact either of us for more information.



June 29th, we are hosting the second annual hike on Lake Superior in Silver Bay, MN. This last one was a great time.



Senior Folkbuilder Jason Gallagher
jgallagher@runestone.org

Upcoming Events

**MN/ND MOOT!
WEDNESDAY,
APRIL 17TH**

**MICRO
WRESTLING
FEDERATION**

**8PM-
10PM**

FARGO

**Contact Goði Erlandson
NErlandson@Runestone.org
or Folkbuilder Stian
CPenner@Runestone.org**



Gothi Nathan Erlandson
nerlandson@runestone.org



A Month Of Amazing Memories





Spending time with family, friends, and Kindred are such an important part of what we do.

I had the joy of having dinner with my Kindred brother Jaime and my youngest son at our favorite "okay Chinese food place."





Members of True North Folk gathered on the first weekend of March to honor our Folk Hero Olvir of Egg in Minnesota. Food, games, and a lot of laughs made for an amazing time between brothers and sisters.



I had the pleasure of attending Ostara at Thorshof in March. It was an amazing event full of people I loved and great friends! It was a record breaking Ostara with over 100 Folk in attendance!



It was the first time, since I have been a member of the Witan (outside of our meetings), that the Alsherjargothi and his Witan have all been at the same place at the same time!



The majority of the Gothar class of '21 was in attendance as well! These men will always hold a special place in my life.



I also got to spend quality time with Folkbuilder Jessie Shaffer and was able to witness her incredible artistic talents first hand. She is absolutely amazing!

I encourage you all to get out there! Meet the Folk. Make friendships. Build bonds. Find your family!

Upcoming Events

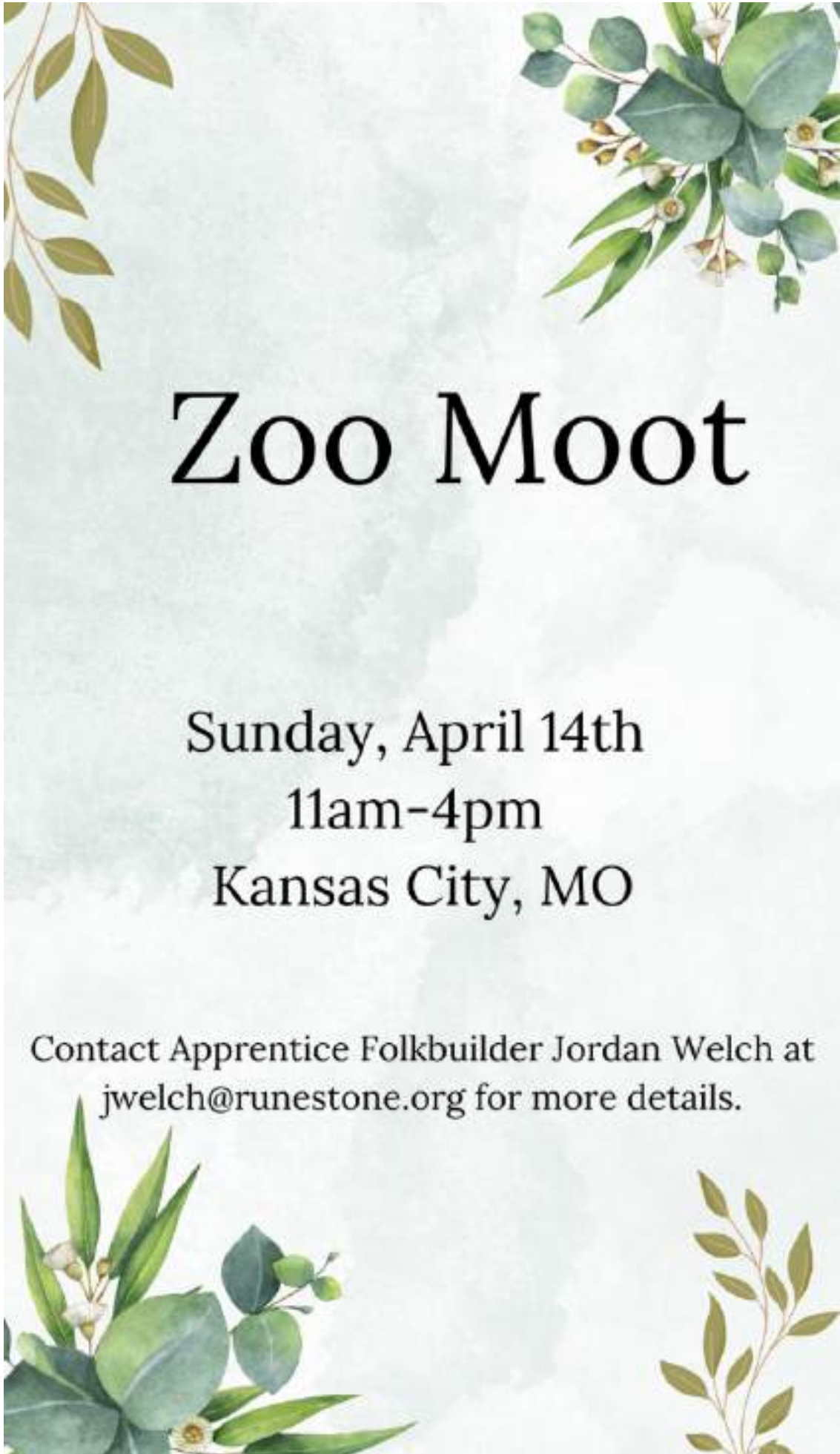


Witan Brandy Fassett
bfassett@runestone.org



Missouri

Upcoming Events



Zoo Moot

Sunday, April 14th
11am-4pm
Kansas City, MO

Contact Apprentice Folkbuilder Jordan Welch at
jwelch@runestone.org for more details.



Jordan Welch
Apprentice Folkbuilder
jwelch@runestone.org

Nebraska

Fantastic Folk Time!



This past month, we had a fantastic day with some of our favorite Folk.





We started the day at the International Quilt Museum in Lincoln. I knew that I would enjoy it, but I was surprised by how much the menfolk and children enjoyed the museum. We were able to see everything from modern, handmade, quilted artworks to Great Depression subsistence quilts made from scraps and flour sacks. Since our visit was on the first Saturday of the month, they also had a children's activity and the little ones were able to make their very own quilted bookmarks.



After the Quilt Museum, we popped into a local favorite bookstore. This store is incredible, floor to ceiling books on two floors. And they have shop cats! (The kids absolutely fell in love with Fluffy and Cocoa.) We all left with some great finds.

Rounding out our day of adventure, we finally had our Chinese food at the best place in town. The food was as amazing as always.



Folkbuilder Alison Clausen
aclausen@runestone.org

A Lesson From the Emperor



[1] From my grandfather Verus: nobility of character and evenness of temper.

[2] From what I've been told and remember of my natural father: modesty and manliness.

[3] From my mother: reverence for the gods, generosity, and the ability to abstain not only from wrongdoing but even from contemplating it; also, a frugal lifestyle, far removed from the habits of the rich.

- Marcus Aurelius, Meditations 1.1-3

The emperor spends his first notebook discussing the lessons he learned from the people in his life at a young age. These were not written for the public, giving us some private insights into the man who would be known as one of the last Good Emperors of Rome.

I believe there's two important things to take away from this. First and foremost, it shows how much value he put into the character of his family, friends, and mentors as he grew. He credits these people with helping shape him into who he was. Of course, unlike today, Aurelius's path was predetermined. I'd argue, though, that this means our influence on the next generation has even greater importance. We don't know who they'll become. We're not exactly raising dynasties nowadays (yet). But, we can teach

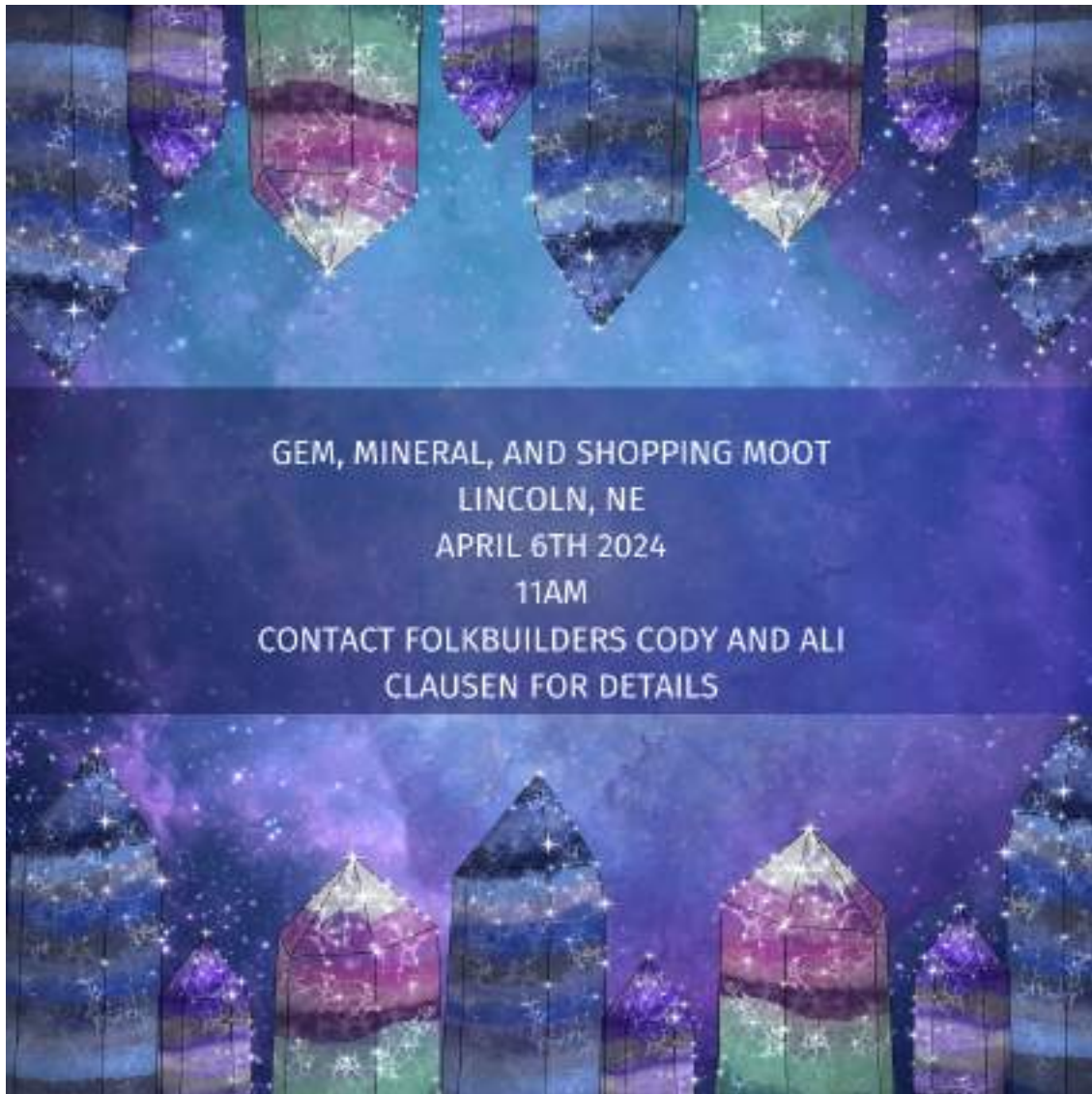
them what we know, raise them with Aryan values, and show them what it means to be Asatruar. In this, they'll be prepared for anything, whether that's becoming a great leader, a Gothar, or even a productive member of our community.

This doesn't mean it's solely up to parents. "It takes a village" immediately comes to mind. It's not referring to the difficulty of raising children but the benefit of having others to teach new things and impart wisdom that parents may lack. Look at the kindred, for example. They're not related by blood, but they act as an extended family, a local community inside the greater community of the church. We each have different experiences, different lessons learned that the children benefit from. Not only do we want to see this new generation grow and succeed beyond us, but we want them to write and say the good that we've done as Marcus Aurelius has. This isn't just for our own pride but a mark of our success as well.

The second is more personal, something we can only really do as individuals. Marcus Aurelius wrote these notebooks with no intention of distributing his words to the public. And yet, we can read and analyze them here and now, giving us more information and context than any historian could. Alongside that, we have his wisdom he gained throughout life. This brings up a couple of questions: How much are we missing from our heroes' and ancestors' lives? How different would we think and act with that information?

This is the power of journaling. You and I may not become a celebrated figure in history, but our stories deserve to be written down for future generations to learn from. Our successes, our failures, and even our most mundane moments can be the thing that inspires someone even a hundred years from now. Tell your stories, write down your thoughts, and leave a legacy beyond your physical actions.

Upcoming Events



Folkbuilder Cody Clausen
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North Dakota

Music and Folk



One of the most transformative and fundamental things I've learned in my time is the value of music, and the pursuit of being a musician. It takes time, dedication, and consistency to be successful. I've played drums for around 17 years, and it's still an incredibly rewarding experience to play music. Some of my best memories are playing in live bands. It was through music, specifically in one of my favorite genres that I first really came to know of the Aesir. From there, I found our Eddas, Sagas, and folklore. I felt an immediate connection to so many aspects of our Faith.

Music can inspire deep emotion, stir up long forgotten memories, and the ability to bring people together. Our ancestors certainly recognized this, and through them our musical heritage has been passed down to us just like the Sagas. We still incorporate music into our Blots and rituals today. I'd like to encourage anyone who is on the fence about picking up an instrument, or vocalization, to pursue it, because it teaches one the value of discipline and dedication to one of our most beautiful art forms. Most importantly, we can praise and honor our Holy Gods with our talents and voices in songs and rejoice when we gather together. One of the big highlights of Ostara at Baldrshof for myself was to have an impromptu jam session Saturday afternoon with

one of our members, it was glorious!

Recently, one of my fellow Folkbuilders, Mr. Patrick Cook of Virginia, has set up an AFA Musician's Group on MeWe. If you're a musician, or would like to learn and participate, please join us! And also, if you're coming to Baldrshof, bring your instrument! We also have a piano, as well as a Drum kit, available to use. I hope this message finds you well, and we look forward to seeing you all at our next event!



Folkbuilder Christian Penner
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Wisconsin

Painting



For the month of March, I hosted another fitness moot! There was low attendance, so I ended up cancelling dinner and instead of that I went to a painting class nearby my house! We had our choice of a rabbit or a moose for this one and being so close to Ostara I picked the rabbit. Looking forward to more of these classes in the future!



Folkbuilder Bruce Perron
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Creating Family Traditions



This is a wonderful project to do with children of any age.

Simply pick any flavor of box cake mix or even a family favorite made from scratch cake.

Mix according to directions and pour into 2 greased round pans.

Bake according to directions and allow to cool completely.

Remove from pans.

Save one layer to make another bunny or just to eat.

Cut one layer in half.

Put halves together with frosting to make the body.

Place cake upright on the cut edge on a tray.

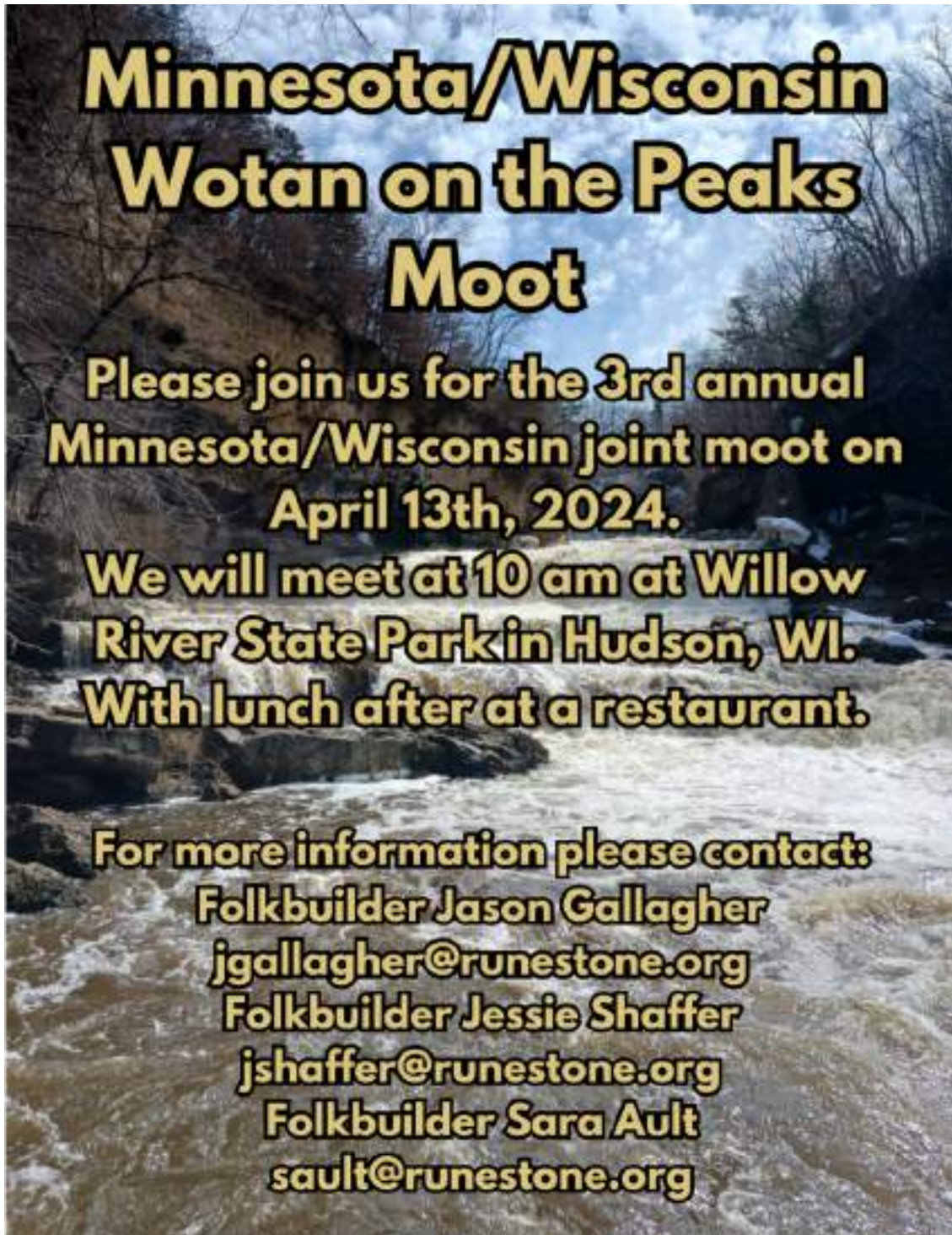
Cut out a notch about one-third of the way up one end of the body to form the head.

Attach cut-out piece to the other end to form a tail.

Frost round the entire body.

Now is the time to get super creative with the kids. Make sure your bunny has a face using whatever your imagination comes up with. Chocolate chips or jelly beans make good eyes and nose. Thin red licorice can be cut and formed into a mouth. Ears can be made out of construction paper or even a twinkie cut in half, frosted, and attached with toothpicks. Imagine all the fun the children will have making their cake into the bunny. Having fun, building traditions and memories are the key here.

Upcoming Events



Minnesota/Wisconsin Wotan on the Peaks Moot

**Please join us for the 3rd annual
Minnesota/Wisconsin joint moot on
April 13th, 2024.**

**We will meet at 10 am at Willow
River State Park in Hudson, WI.
With lunch after at a restaurant.**

For more information please contact:
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