

The Runestone: Voice of the Asatru Folk Assembly

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Baldershof
Third Hof of the Asatru Folk Assembly

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Donate to the AFA

Words from the Alsherjargothi



Victory never sleeps and neither does the AFA. In July we continued our evolution. We celebrated our first major event at Sigrheim and it was a powerful experience for all of us! We saw new apprentice Folkbuilders join our ranks, inspired to build and to achieve. We saw roots settle in for the beautiful community we will build from Sigrheim and we have seen the character of our members and our leadership refined.

Always, but especially now, we should never settle for stagnation but focus on moving, on building, on doing. The virility and energy of summer is all around us and we should use this time to be dynamic.

The summer and fall are full of AFA events, national, regional, and local. Get involved. Meet with other AFA members. Surround yourselves with our vibrant AFA family!

Hail the Gods!

Hail the Folk!

Hail the AFA!



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

We Remember



Michael Lee Vaughn †12/05/86 - 7/17/23‡

Michael Lee Vaughn was born near the Yuletide of 1986, in the state of Georgia, not too far from the Florida line. He had a happy childhood, with loving parents and siblings, as well as his niece who he loved dearly. His hobbies included reading, travel, bodybuilding, and esoterica.

When Michael became an adult, he enlisted in the United States Army and joined the Infantry. Like many men of our faith, he wanted to be a capable warrior, and so he became one. He served his time, left the Army, and went to college. He graduated with a degree in marketing, and made a respectable career with it. He spent the next few years of his life working and traveling, seeing many beautiful parts of Midgard and living a life we would all be a bit envious of. In 2021, he attended the first ever Ostara at Þórshof, a national event, at the invitation of another member who was a personal friend of his. During high sumbel at that event, he shared a heartfelt speech on how touched he was by the Gods and our church.

His love for the Folk and the AFA was clear for all to see. He became an official member of our church the very next day.

In the two years since then, he made friends with many of the Folk in Texas, including Folkbuilders Justin Day and Jesse Parton. They shared many great events before Michael hit the road again, traveling through Europe and Asia for the last two years of his life.

Michael was a constant smiling face, font of knowledge, and teller of tales. Among our Folk, he will be cherished and remembered.

Hail Michael Lee Vaughn!

Words from Our Witan

A Grateful Heart



This article was supposed to cover the third component of the Aryan Soul, but life dictated a slight shift in the regularly scheduled programming for Daniel.

This past Sunday i had a brush with death due to a serious health scare. I was mended quickly and will return ot my full faculties very soon. It was the fast action of my wife and medical professionals that made my being here at all possible. By the skin of my teeth.

Every day from then until my demise is a gift and is borrowed time. Time is our most precious commodity. It's quite literally the only finite commodity. I don't intend to waste any of mine on petty nonsense, and I ask that you all do the same. Every breath we are given is a gift, and the next one could be our last. Don't waste a minute of it on non-productive things or people. Build each other up, call your loved ones. We are all on borrowed time.

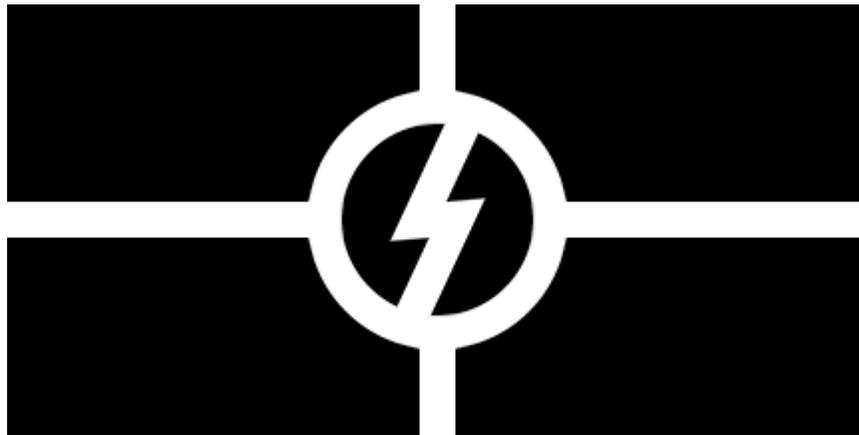
Thanks go out to all who comforted my wife and daughter, and sent up prayer to the Noble Aesir, the Loving Asynyur and to the ancestors.

I love you all, and am grateful that my story isn't over.



Witan Daniel Young
dyoung@runestone.org

Victory requires Loyalty; Divinity demands Piety



I have joked a few times this summer about how "it sure has been a hot summer for the AFA". We have had some people, inside and outside the AFA both, raise doubts about if the Asatru Folk Assembly is the Church of the Aesir in Midgard. Some of them have even left the Asatru Folk Assembly to start anew, creating democratic organizations that they think will empower them to have a greater say in "Asatru". The problem is these endeavors are doomed to fail. The most obvious reason is that they are founded against something instead of for something, and that they are founded by quitters instead of people who see things through. People that would quit their church over anything short of theological differences never really believed in that church to begin with, and when they do this the quality of our membership improves by the subtraction. In these mixed-up times our Folk deserves leadership who will make decisions for the greatest good over the longest run. There is no one ever who won by quitting. Trust and loyalty to the Asatru Folk Assembly and to our Alsherjargothi are not optional if we are to claim victory for our Folk Soul.

The Gothar of the Asatru Folk Assembly represent our Folk to the Aesir when they make Blot. Our Gods are real, they are alive, they exert their will in our world, and they can see us. When a Gothi or Gythia gives a gift, an offering, to the Gods and that gift is always in reciprocation for gifts the Gods already have given us. It is made of the gifts they have given us, and it is made by the gifts they have given us. It is a thank-you, and we hope that in giving it that the Gods choose to continue the gift cycle with the Folk that the Gods started at the beginning of our world. The Gothi or Gythia is there to receive the gift on behalf of the Folk. This gift cycle is the basis of our faith, and our Gods and Goddesses are divine, and so piety is not optional even if we cannot be perfectly pious.



Witan Clifford Erickson
cerickson@runestone.org

Words from Our Gothar

Folk Futhark- Part 3



GEBO- This is the rune of the gifting cycle, which is the foundation on which the AFA is built. The Gods have blessed us so abundantly, and even more so since Founder McNallen revived their worship here in Midgard, because of the gifting cycle. If there is a rune that symbolizes Blöt the best, it would be Gebo!

This stave is one of the most different from its Elder Futhark cognate, as it is borrowed from the Gibor rune of the Armanen Futhark. The shape looks to me as a connection between the upper and middle worlds, as if to symbolize the path that the gifts between us and the Gods travel upon.



WUNJO- The rune of joy and harmony! This one is simple, but also quite broad in the scope of its usage. You could use this for anything relating to hope, perfection, contentment, or positivity. For example, I have it carved on the inside of my wedding band, to remind me of the joy in marriage.

This stave is unchanged, it is the same as the one used in the Elder Futhark. Just a line version of the letter P.



HAGALAZ- There are no "bad runes", but there are ones that should be treated more cautiously than others. Hagalaz is one of them. The name translates directly to "hail," and can be associated with the "storms" in our lives. Chaos, struggle, challenges, anything that can be difficult for us but give us opportunity to grow. My Gothar Program mentor told me that this could symbolize the ancient Germanic custom of holmgang, where two men would battle to the death to prove who was right in some dispute. Hagalaz may make you feel like you're fighting for your life, but there's a reward on the other side!

This stave is also taken from the Armanen Futhark, from the Hagal rune, called the "Mother Rune" by many Armanists. I view this stave as the various lines being differing paths that could be taken to the center of the rune, which represents victory at the end of those paths. Victory through trial.



Gothi Trent East
teast@runestone.org

Lord of the Sea Shanty (Hail Njörð!)



Yo-Ho! Hail Njörð! Njörðr, lord of the sea;
Yo-Ho! Hail Njörðr! Grant us prosperity.

Down by the shore – in Nóatún lives;
a prince of Wanes, who wisdom gives.
Fair-winds our folk – on voyages wide;
you bless us by, and take our side.

Yo-Ho! Hail Njörð! Njörðr, lord of the sea;
Yo-Ho! Hail Njörðr! Grant us prosperity.

A temple we share – now sacred the ground,
a gift for gift, we are bound.

Reward noble deeds – to grow our wealth;
to heal our Folk, restore our health.

Yo-Ho! Hail Njörð! Njörðr, lord of the sea;
Yo-Ho! Hail Njörðr! Grant us prosperity.

At Njörðshof we join – together in grith;
the feasting table, feeds our Frith.
Fair-winds our folk – on voyages wide;
you bless us by, and take our side.

Yo-Ho! Hail Njörð! Njörðr, lord of the sea;
Yo-Ho! Hail Njörðr! Grant us prosperity.

Yo-Ho! Hail Njörð!

Yo-Ho! Hail Njörð!

Yo-Ho! Hail Njörð!

*sing-a-long at Njörðshof for Freyfaxi



Gothi Lane Ashby
lashby@runestone.org

Being Relentless



Since my last entry for the *Runestone*, there has been a change in my life. As a lot of you already know, about two weeks ago at Sigrblot at Sigrheim, I was given the honor and privilege of swearing my Oath to take up the ring and stole and serve the folk as a Gothi. I am honored and grateful for the opportunity, and this month I want to take a few minutes of your time to tell you why.

Standing up on Tyr's Ridge, on the future site of his temple, speaking of victories past, present, and future, I was struck with the feeling of wholeness. Everything was going just the way it should, the rightness of it was palpable. Yes, myself and everyone else there were sweaty and some of us were a bit more gassed than others from the climb, but every face that I could see was smiling, every bit of conversation I overheard was positive and joyous.

As the Alsherjargothi dedicated the Sword of Týrshof, and gave it its name, Relentless, the holiness of those moments could not and cannot be described in mere words, but suffice it to say, that it was so moving that grown men prone to constant stoicism were moved to tears. But those tears were joyous, pious, and soul-mending. So glad and content were my heart and soul, that when I was asked if I wanted to take my Oath, it felt like this moment was always going to happen, that it was meant to be.

I was fortunate to share the honor of being the first two Oaths sworn on that holy relic with Folkbuilder Tyler Bethea, who has many times over demonstrated his relentless spirit to his Folk, his Ancestors, and his Gods. He is a great reminder of the level of devotion, piety, and will that we all should aspire to ourselves.

So, what does being relentless look like for me? What are the yardsticks that I'm measuring this quality by?

I will be relentless in my Oath to educate the Folk. There are few things here in Midgard that I love more than teaching people about our Lore and our history. Our story is so vast, varied, complex, unique, and amazing, that I want all of you to know as much as you want to learn. The more you learn of the immense body of knowledge and wisdom passed down to us, the more it sinks into your bones, and the more pious you become.

I will be relentless in my piety, as an example to the Folk. This is what separates us from those in the world today that merely put on the costume, those who are pious when it's convenient or for show. Asatru isn't a social club, and it isn't a hobby. This is the very real faith of our Ancestors and it should be treated as such. To that end, I will strive every day to cultivate, elevate, and maintain my understanding and connection to our Ancestors and the Gods. By doing so, I will be better equipped to

lead the folk in finding their own relationship with the Holy Powers.

I will be relentless in my love for our Church and our Folk. I believe in what we're doing with all my heart and soul. I have and will continue to take every opportunity to celebrate us and everything about us. Love for ourselves as a folk must be at the center of everything we do; it is normal and natural to love your Folk, no matter what the modern world tells you. I will do my best to encourage our Folk to do the same and continue to seek out that which is beautiful and good about us and share it often.

I will be steadfast in my Loyalty to our Church. What we have in the AFA is unique, it is Good, and it must endure for generations to come. An unfortunate fact of life is that as soon as Good begins to stack victories, evil in all its forms is out for blood. It is also unfortunate that our own worst enemy is often ourselves. To combat this, I will be loyal to our Gods, my Ancestors, and Our Church. By this example, I will empower my folk to continue to build on the bright fame we are winning every day in the AFA.

Lastly, I will give wise rede to my Folk. As one of your priests, it is my duty to stand by you, all of you, through thick and thin. I do not see this as a burdensome chore, but rather my calling in this life. I am always going to make time for you, to the best of my abilities, day and night. If I don't know the answer, I'm going to find someone who does.

As my dear friend Witan Young said up on Tyr's Ridge, I just exude joy when I'm around my Folk. I love our Church; I love my Folk.



Gothi Bodi Mayo
bmayo@runestone.org

Kenaz



Hails from Northern Idaho! This month we discussed the Rune Kenaz of the Elder futhark and KA from the Armanen runes.

Old English rune poem- (Torch) is to every living person known by its fire, it is clear and bright, it usually burns when the noblemen rest inside the hall.

Norwegian rune poem- Sore is the curse of children, grief makes a man pale.

Icelandic rune poem- Sore is the bale of children, and a scourge, and the house of rotten flesh.

Kenaz- Represents moments when awareness bursts through into consciousness. It is the element of fire under focused control. It represents technological Knowledge and the ability to shape. It is human ingenuity. Kenaz is inspiration, an idea to solve a problem, it is controlled energy to shape and transform. Regeneration to begin again, to give something more life or life anew. The will to generate and create.

I have found that this rune has two distinct energies, but we will concentrate only on the Old English poem. Meditation upon that poem brought me to the realization that Kenaz is the feeling you get when you have a great idea- your eyes widen and there is that spark of creativity, that is the vibration.

An experience I had with this rune was at work we were going to have a meeting to come up with new concepts to present to one of our

customers. Several hours before the meeting, I meditated on the feeling of idea, inspiration and merged it with the subject matter of the upcoming meeting. Sure enough, a revolutionary concept arose within me that was perfect, and I impressed myself. In that meeting everything was crystal clear about what should be done.

The keys to unlocking these poems are inside of you, immerse yourself in all the material that you can find about that rune. Meditate upon it, draw the rune, stare at its shape, carve it in your mind and at some point, you will have a flash of inspiration from your higher self that will make perfect sense. The runes were given to us by Odin the All-father, he won them by sacrificing himself to himself, and they will allow you to work your will here in Midgard. Remember however, that your will must be in alignment with natural law and your purpose! Discovering your purpose and mastery over yourself should be your priority before manipulating the primordial energies of the universe, good luck!

Our next meeting will be held on Sunday August the 27th in CDA.

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

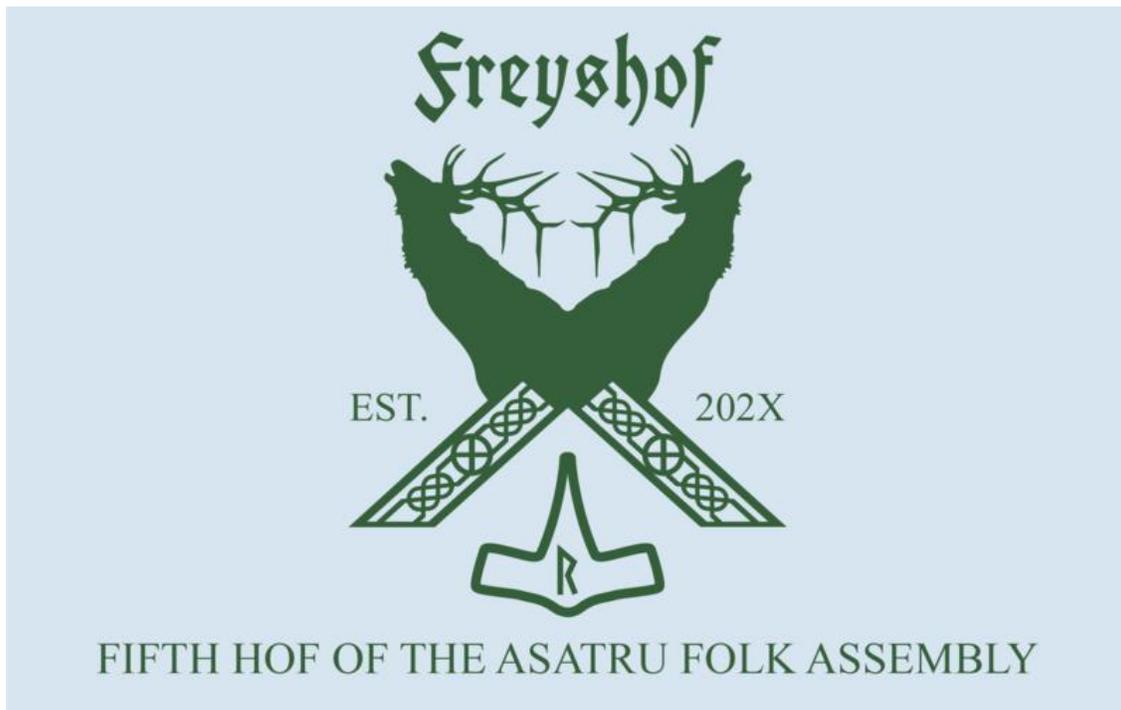


Gothi Joe Rozanek
jrozanek@runestone.org

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 \(runestone.org\)](http://runestone.org)

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 \$106,160.63 on our remaining loan.
2. We need to raise our monthly donation average by 4%.
 - 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



Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

Sigrheim: Home of Victory



Sigrblot at Sigrheim I



Freyfaxi at Sigrheim

Friday, August 11th

w/ special guests
Founder Steve and Gythia Sheila
Menallen

Contact Folkbuilder Nick Rice for more info / nrice@runestone.org



WINTER FINDING AT SIGRHEIM

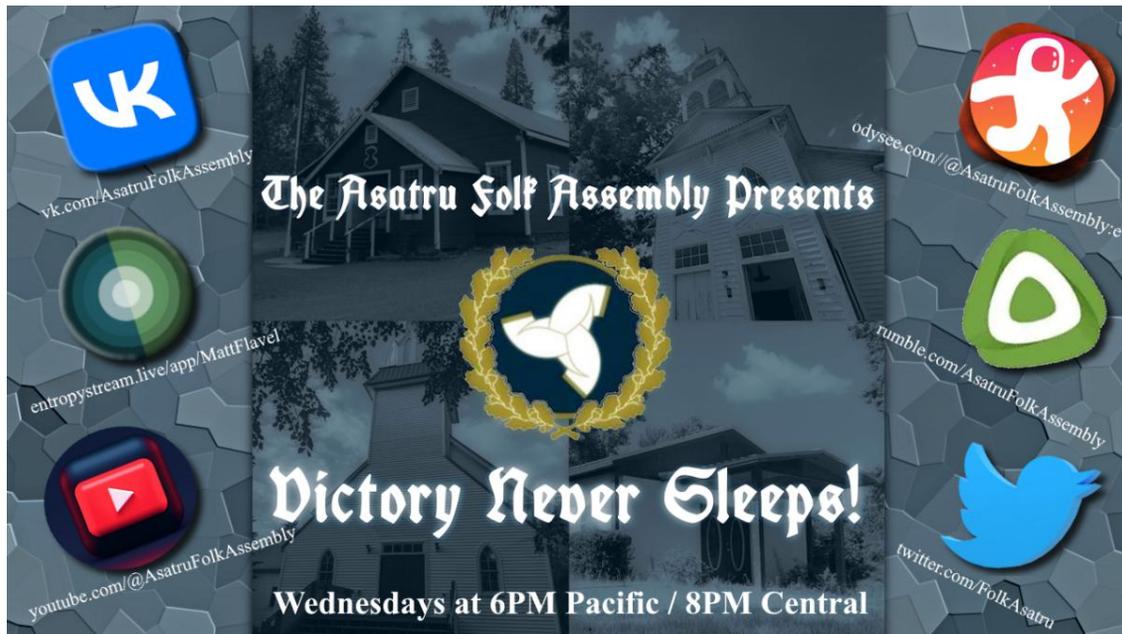
SEPTEMBER 23RD

RSVP w/ nrice@runestone.org



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

Victory Never Sleeps



The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6PM Pacific / 8PM Central

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

AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org

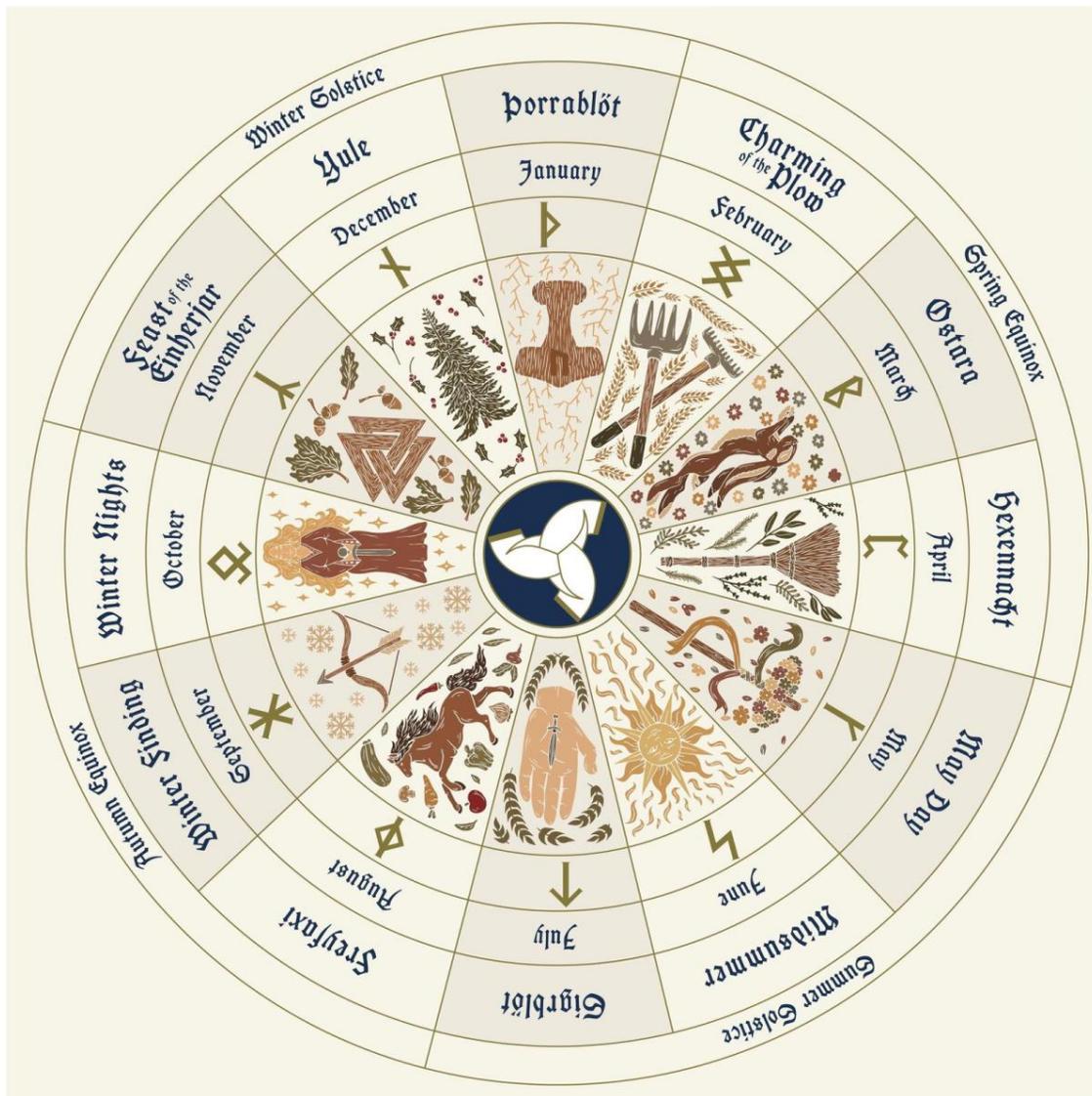
Hello parents and students. I'd like to take this time to welcome all our new students! We are very excited to have you as part of our academy. Rest assured our staff have been hard at work to bring you the very best homeschooling, the afa way, experience possible. If you have not watched Assistant Dean Rachel Johnson's orientation recording, I highly suggest you take time to watch it. We will also have plenty of opportunities to interact via video conference, throughout the year. We are so proud and excited for the upcoming year, and can't wait to see all our new kids! If you need anything at all, please reach out to myself, or any of our dedicated staff who're listed on the [Academy website](#).

Welcome to the AFA Asatru Academy!



Gothi Rob Stamm
Dean of AFA Academy
rstamm@runestone.org

Remembrance and Holy Days



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

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 21	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 18	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 21 (observed on 18th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 22	Day of Remembrance for John Gibbs-Bailey “Hoskuld”
April 28 (observed on 15th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 20th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 21 (observed on 17th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 15	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 19	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 16th)	Winter Finding
October 4	Day of Remembrance for John Yeowell “Stubba”
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 21	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 18th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night

Date	Observance
December 20-31 (observed on 16th)	Yuletide

Day of Remembrance

King Radbod of Frisia



Radbod, known as the greatest King of the Frisians, spent his life tirelessly fighting against the subjugation of the Franks. While his predecessor, Aldegisel, had accepted Christian conversion easily, Radbod was unwilling to stray from his belief in the Gods of his people.

On the verge of accepting baptism, Radbod turned to the Priest presiding and asked if his ancestors would be waiting for him in the Kingdom of Heaven. Upon being told that his pagan ancestors were burning in Hell Radbod refused the baptism, expressing that he would rather burn in Hell with his pagan ancestors than live in Heaven with beggars.

His rule, 680 – 719 CE, was spent fighting against the Frankish rule and banishing Christianity from his land. Despite losing to Pepin of Herta on several occasions Radbod never gave up. While never successful in his lifetime, his successors continued the battle for many years after his death.

What can we learn from this story?

Radbod was not bolstered in his mission by success. When he looked back he did not see win after win, but quite the opposite. What Radbod could see, however, was the long line of his Ancestors stretching back to the first in his line. He saw them and he was proud of them and of their faith. Rather than disappointing them, King Radbod did his very best to make them proud and to continue their legacy.

Our culture, our society, as a whole, is under attack. They would have us turn our back on our families and on our folk. They would have us turn our backs on Asatru and our Ancestors. They would see the death of the traditional nuclear family and of the dedicated community. Everything from the books we read to the shows we watch looks to tear down the idea that our Folk should grow stronger together.

Like Radbod we should look behind us to see the long line of our Ancestors standing behind us, supporting us. We should then look forward to the bright future for our children and their children, a future that we should fight for tirelessly, no matter how many times we might stumble along the way.



Gythia Catie Erickson
cm.erickson@runestone.org

Holiday

Freyfaxi



Though Freyfaxi is, in name, a modern holiday the celebration around which it is centered is much older. Dedicated to Freyr, our ancestors celebrated the first harvest of the season. The most common offerings during Freyfaxi included the sheaves of wheat, or other grains, and freshly baked loaves of bread. Less common was the sacrifice of a horse in honor of Freyr.

The beginning of the harvest season marked the beginning of hard work and dedication. Every

harvest of the season was necessary to the survival of each family, of the community. This hard work ensured that there would be food to see them through the long winter months.

Those seeds that we planted after Mayday and tended so carefully for the last few months have grown and some of them should be bearing the fruit of all of that labor. Take some time in the garden, as you pick the first offerings of your plants, to thank Freyr. Share with him some of that first harvest, along with bread and ale. Celebrate the God of Vitality and abundance with your family and folk.



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Events

Freyfaxi at Baldrshof | August 18th-20th



> [Get your tickets HERE!](#) <

7 Meals * 4 Blots * 3 Morning Dedications * High Sumbel * Daily Fika *
Multiple Educational Discussions and Classes * Childrens Activities and
Sumbel * Merchandise Table * Live Auction and Silent Auction *
Baldrsball * Meet your Folk and local and National Leadership.



Freyfaxi At Baldrshof 2023

Our national event!

Please check in at the table when you arrive



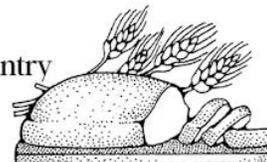
Friday 8/18:

8 am: Breakfast
9 am: Dedication -Baldr
10 am : Fika
11 am: Welcoming of the Gods
11:30 am: Water Wars
Noon: Lunch
1 pm: Men's/Women's groups
3 pm: Class 1 (Virtue Recovery)
4 pm: Folk time / Crochet Class
5 pm: Dinner
6 pm: Baldrsblot and Children's
activity
7 pm: Baldrball
10 pm: Hof closes



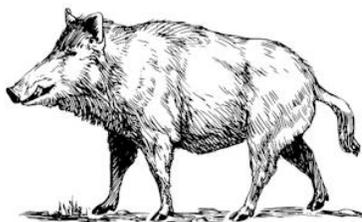
Saturday 8/19:

8 am: Breakfast
9 am: Dedication- Else
10 am: Fika and Food Pantry
11 am: Class 1 (Freyfaxi)
Noon: Lunch
1 pm: Class 2 (Sigrheim)
2 pm: Folk Time / Crochet class
4 pm: Freyfaxi Blot, Children's Blot, and
Ceremonies of the Folk
5 pm: Dinner
6 pm: Auction/ Complete silent auction
8 pm: Sumbel and Children's Sumbel
10 pm: Hof closes



Sunday 8/20:

8 am: Breakfast
9 am: Dedication -Ancestors
10 am: Fika
11 am: Wayfarer Blot
Noon: Hof closes / Cleanup



Come celebrate with your Folk this Freyfaxi 2023 at the House of Baldr!

> [Get your tickets HERE!](#) <



Witan Brandy Callahan
bcallahan@runestone.org

Texas Harvestfest | August 25th-27th



> [Get your tickets HERE!](#) <

Texas Harvestfest is a celebration of labor, accomplishments, and triumphs of our Folk at the end of the harsh southern summer. The evening of August 25th through the morning of August 27th, we will gather to give honor and thanks to Freyr for the abundance and fertility that we have been blessed with over the growing season before we begin our preparations for winter.

Over the course of this weekend-long festival, we will enjoy games, participate in workshops, hold an auction, have great food, and hold Blot to our Gods. We will have a group hall to gather in, with multiple

barracks that can house many people, all on a beautiful lakeside looking out upon the cliffs. Tickets will sell out quickly, so reserve your spot now to Texas Harvestfest 2023!

> [Get your tickets HERE!](#) <



Folkbuilder Justin Day
jday@runestone.org

Freyr's Harvest Feast in Montana | September 22nd-24th



> [Get your tickets HERE!](#) <

Freyr's Harvest Feast is the time to honor the Gods after a productive year's Harvest. On September 22nd through the 24th, we gather together for a weekend filled with activities that honor the three Vanir

deities Njord, Freyr, and Freya.

During the course of the weekend, the folk gathers together for three blots using mead donated by Heinlein's Hollow Meadery.

In addition to blot, we see the display of Freyr's Proposal on stage (stage under construction), the viking games tournament with a prize to be revealed at the feast as well as access to the Drengr Dinner where all previous years' champions are invited out the day before the event.

In addition to brawn, the brain is tested in our Hnefatafl competition. While this competition is less fierce the bragging rights are still pretty good. Guests can also test their luck at a game of Orlog.

While there are plenty of contests, we still have plenty of time for several workshops, and speeches by guest speakers. Craftsmen will also bring their wares out to sell and authors to sign their books. An AFA benefiting auction will provide ample opportunities to walk away with a bag full of spoils.

The whole event is hosted on a private 20-acre ranch in a very low-population area. It's on the river and away from prying eyes. So not only do you get to enjoy a full event you can take in the beauty of rural Montana, enjoy the river and see what an AFA homestead looks like. An optional tour and sumbel will be held in the early morning for those wanting to see inside a proper meadery.

Lodging is straightforward as well. Bring an RV or tent and camp under the beautiful stars. Trust us when we say there's more of them visible than wherever you're coming from and on lucky nights the Northern Lights can be seen.

For those who want less rustic accommodations, there are numerous hotels and motels within a reasonable driving distance. In a few more years we will have cabins available too!

So that's lodging but everyone's got to eat right? Well, we got you covered as well. The meals are all plentiful and delicious, none more so than the feast itself. Last year we filled the dining hall with food and refreshments and this year we aim to provide just as much good fare. Five to ten

gallons of mead will be provided for the feast according to turnout and the couples dance that follows is always great fun.

Remember to dress your best at the feast and dance but it won't all be formal. For the first blot, we go into the water to honor Njord. Ladies especially, make sure that you wear clothes that you're not only comfortable getting wet but are also modest when wet.

While the prospect of getting into the water in September might be daunting to some, the month has a wonderful climate. It has a high of 70 and a low of 50 with a nice midday breeze.

The truth is unless you come out you won't know what you're missing so don't make that mistake and come out to Freyr's Harvest Feast.

Please feel free to reach out to Tyler Heinlein at theinlein@runestone.org with any questions.

> [Get your tickets HERE!](#) <



Folkbuilder Tyler Heinlein
theinlein@runestone.org

Winter Nights 12 at Sigrheim | October 27th-29th



> [Get your tickets HERE!](#) <

The Asatru Folk Assembly's Annual Winter Nights will be held from October 27th - 29th, at Sigrheim near Whitleyville, Jackson County, Tennessee!

Since 2012, this long-running AFA festival has been dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, Goddesses, and Ancestral Mothers. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships.

We look forward to seeing members and friends!

Your registration fee includes all workshops, lectures, meals, tenting, and of course our holy rituals. Only AFA members and vouched-for guests will be admitted to this event. If you are not an AFA Member you should confirm with the member who is vouching for you that they will do so when asked about your registration.

Things to know:

- Children 17 and under attend for free!
- Meals are included with all passes.

- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Accommodations are on-site tenting. Campers welcome.
- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

Member Family - Weekend: \$120

Member - Weekend: \$80

Member - Daypass: \$40

Guest - Weekend: \$100

Guest - Daypass: \$50

Child - Weekend: Free

Child - Daypass: Free

If you have any questions or concerns please email
cerickson@runestone.org



Asatru - Winter nights & the Disir

Don't miss out! Visit the Home of Victory for Winter Nights!

> [Get your tickets HERE!](#) <



Witan Clifford Erickson
cerickson@runestone.org

Folkbuilder Spotlight

Folkbuilder Cormag Jaime Alainn



This month, I would like to take a moment to recognize a bright light in the Asatru Folk Assembly and in Baldrshof District, Folkbuilder Cormag Jaime Alainn.

Folkbuilder Alainn took his Folkbuilder oath in 2022 and has been a huge asset and pillar of support since he began his apprenticeship in North Dakota in 2021. He serves as the official Baldrshof Historian, keeping records of all of our victories in this district! He is currently serving as our oathed Folkbuilder in North Dakota, building Frith and the folk in his area.

Folkbuilder Alainn has been a driving force behind the beautification of Baldrshof, spending countless weekends on cleaning and grounds work,

in addition to supporting our monthly food pantry and helping make each and every event memorable for all.

Known for his wisdom, quick wit, impeccable wardrobe, obsession with epic poetry, incredible culinary skills, and well-timed puns, he is a joy to us all.



“Mr. Cormag Álainn has been a staple at Baldrshof since before the time I joined. I remember meeting him 3 years ago in the basement of

Baldrshof while renovations were underway, and I was impressed to see what a humble, chivalrous, and honorable gentleman he was and has continued to be. He has always been a great example of what it means to be Asatru and to myself personally and to live virtuously with honor and distinction. I am proud to count him among my closest friends.” – Apprentice Folkbuilder Christian Penner, North Dakota

“Hail Jaime for all he does for our folk. He is a super respectful, witty man that I see as a role model to many here in the AFA.” – Apprentice Folkbuilder Bruce Perron, Wisconsin

“Jaime, brings such joy to Baldrshof with his infectious smile and witty dad jokes. He does so much at Baldrshof and is always there to lend a hand. He has become a close brother over the last few years. Hail Jaime!” -Folkbuilder Jason Gallagher, Minnesota

Thank you, Folkbuilder Alainn, for your support, loyalty, dedication and the love and commitment to your Folk!

Hail the doers!

Hail Jaime Alainn!

Hail the Asatru Folk Assembly!



Witan Brandy Callahan
bcallahan@runestone.org

Be A Doer

We need you to volunteer for the AFA!

Yes, you. We have work to do and need folk who are artists, editors, writers, accountants, lawyers, publicists, reputation managers,



professionals of all manner, technical support, web developers, system admins, tradesmen, craftswomen, and more. See the list of amazing projects we have below. We will find a way for you to help our Folk.

Please email volunteer@runestone.org 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

Lilla Ullevi Kindred of Montana



Please welcome the Lilla Ullevi Kindred of Montana as the newest Official Kindred of the Asatru Folk Assembly. Led by Folkbuilder Ryan Harlan, these folks have hosted several events already and continue to keep building up their area.

Hail the Lilla Ullevi Kindred!
Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher
jgallagher@runestone.org

Cooking for our Folk

A top-down view of various baking ingredients and tools on a white marble surface. The items include flour, brown sugar, white sugar, blueberries, oats, eggs, butter, a wooden spoon, a whisk, a rolling pin, and a pink bowl.

Calling all Chefs

We are looking for recipes for a cookbook. We ask that the recipes were served to the folk at a Hof or moot. Please include where and when it was served.

cookbook@runestone.org

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."

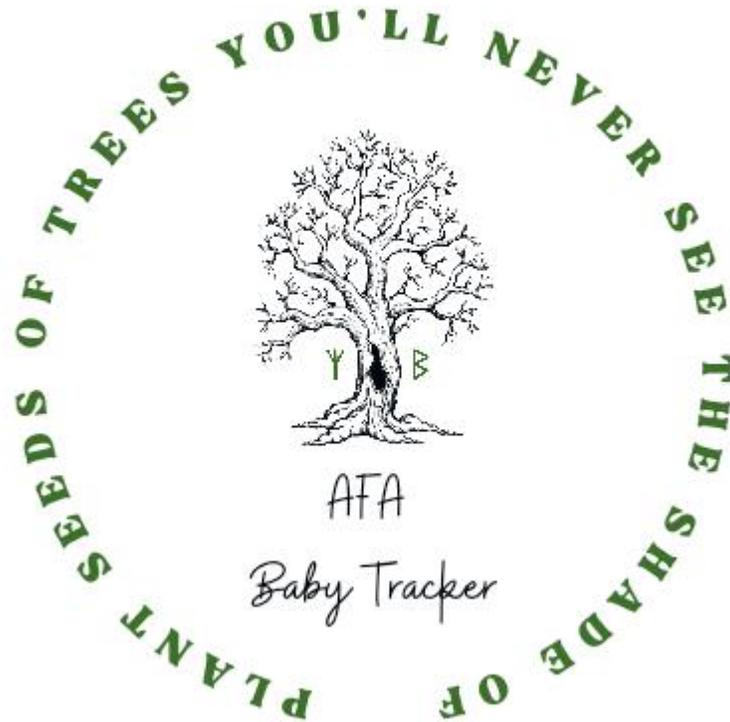
When you cook from the heart, people can tell. Don't cook out of spite or obligation. Cook for the folk because you want to! Find new recipes. Test them. Make them better. And when your heart tells you it is right...time to serve. If you have never made cookies from scratch...make them. Why not? Use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

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 2023: 22

Virtue Recovery Meeting



*Virtue recovery
meeting*

Thursdays at 7pm CST;
5 pm PST; 6 pm MST;
8 pm EST

With Ashley Mcstocker
amcstocker@runestone.org

Saturdays at 9 am CST;
7 am PST; 8 am MST;
10 am EST



With Jaclynn Duffy
jduffy@runestone.org

VIA ZOOM

MEETING ID: 885 2917 0746

PASSWORD: Virtue

PASSWORD: virtue

Virtual Events and Meetings

Come join the Eldri Folk

and meet others on our Friday afternoon Teams meetings

Interesting Topics — Lively discussions

We've saved you a place!

A group for AFA members, born before 1973

**Contact Gythia McNallen,
sheila@runestone.org or MeWe**



Weekly! Sisters Sunday Chats

10 am central, every Sunday!

Contact Apprentice

Folkbuilders Ali Clausen

and Katie Joyner for more

details!

aclausen@runestone.org
kjoyner@runestone.org



Ladies Mysteries Podcast

August 27th @ 2:30 pm CST

Podcast link will be emailed and posted in
AFA Ladies Group on Mewe.
For more information please contact any of these
Ladies of Leadership.

Witan Brandy Callahan

Gythia Catie Erickson

Gythia Anna Plourde

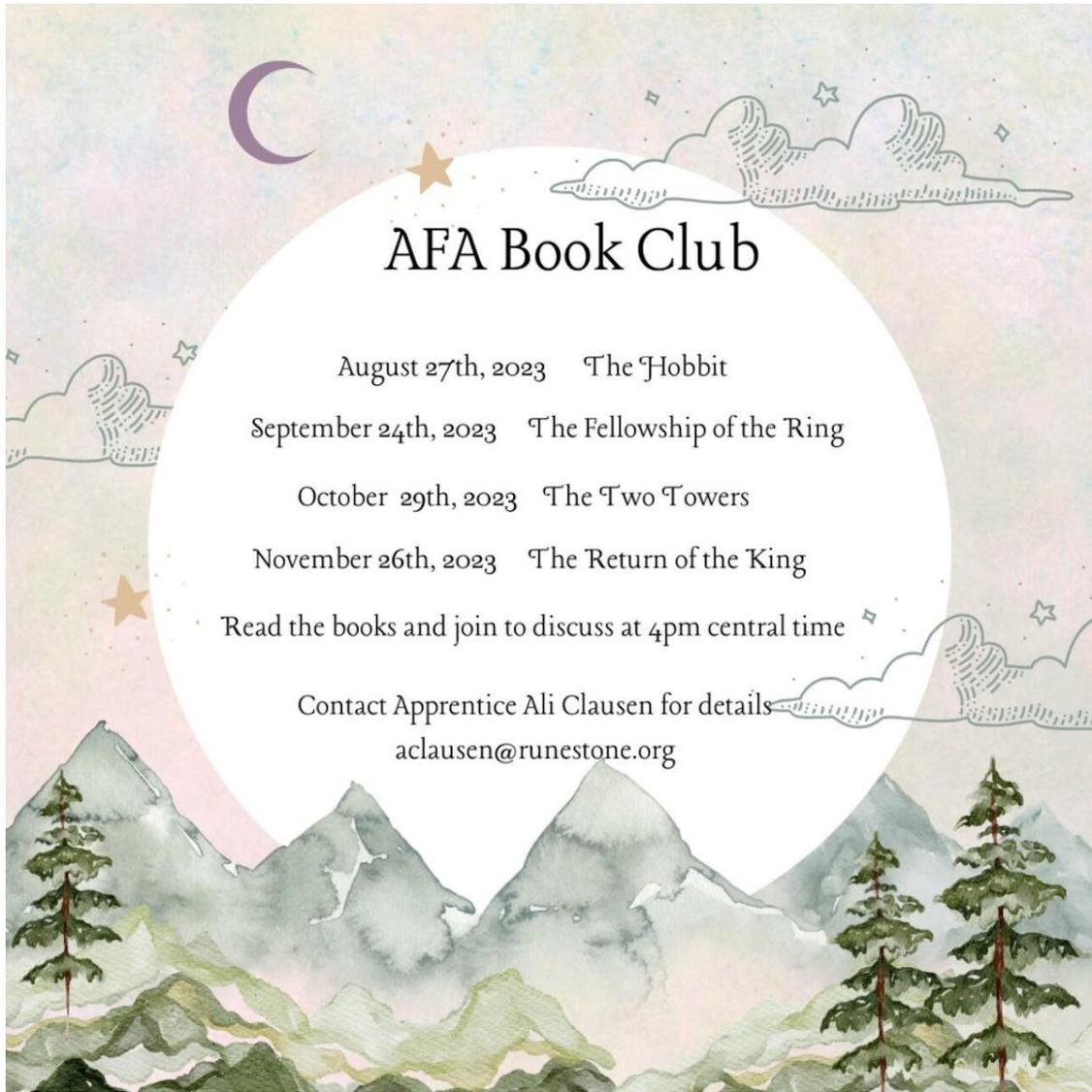
Folkbuilder Sara Ault

EIR



GEFJON





AFA Book Club

August 27th, 2023 The Hobbit

September 24th, 2023 The Fellowship of the Ring

October 29th, 2023 The Two Towers

November 26th, 2023 The Return of the King

Read the books and join to discuss at 4pm central time

Contact Apprentice Ali Clausen for details

aclausen@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.



James Ault
Prison Ministry Director
jault@runestone.org

The Folk Web



OPENINGS:

Northern Illinois (hiring nationwide)

You can reside and work interstate, no need to move

Job openings , high demand for barge deckhands , no experience required

Travel, lodging, meals covered

\$210/day starting pay + benefits packages, fluctuating schedules

Contact Folkbuilder Shane Duffy

sduffy@runestone.org

Northern Illinois, Rockford area

Labor and construction work, varying skills and jobs, negotiable pay

Contact Folkbuilder Jim Cummings

jcumings@runestone.org

Arizona, Colorado, New Mexico

Various departments hiring for a fortune 500 mining company, some require experience and others don't

Lodging is available for certain departments

Contact Apprentice Lou Nickerson
lnickerson@runestone.org

SERVICES:

North Dakota, Fargo area

Apprentice Stian Penner is offering Workshops, classes and is also open to hire for commissions and projects utilizing the following skills:

Welding (bachelors degree)

Woodworking

General construction

Cabinetry

Carving

Blacksmithing/bladesmithing/metalwork

Signmaking (day job rn)

Painting

Drums

Knotwork

Sculpture

cpenner@runestone.org

West Indiana (Remote, nationwide online courses)

People who currently work in the graphic design industry, or who work in metal fab industries as production artists or fabricators that want to step up their game by adding engineering to their resume would benefit from learning AutoCAD. There are a ton of other programs to use, but AutoCAD is the original one most all others have been based on and therefore the interface language across most of them is similar. If you know AutoCAD, it's a good stepping stone to other more advanced software. Generally speaking, 90% of engineering work that is done in the world CAN be done with AutoCAD so it's a good one to know.

1. General discussion on how AutoCAD engineering software is used in architecture, civil, and multiple engineering industries.

2. Blueprint reading for basic drafting layouts used in mechanical and architectural drafting

3. 2D vs 3D AutoCAD (Note: I can cover 2D AutoCAD but not 3D AutoCAD because I do not know 3D well enough to teach it.)

4. Internet sources I found useful for self education- these are mostly Youtube videos and the Autodesk website.

Contact John Kelly or Folkbuilder Shane Duffy for info

New Hampshire (Remote, nationwide Virtual Administrative Assisting)

- 20+ years of office administration & remote work.
- 20+ years web design (HTML, CSS & WordPress), website hosting, and graphics.
- experienced with small businesses & entrepreneurs, particularly in pet care & construction industries.
- experienced in scheduling, customer/client service, data entry, transcription, writing, editing, graphic design, light bookkeeping, inventory management, and most common small business software/tech.
- experienced in newsletters, social media, and blogging for businesses and organizations.
- highly organized and able to work as a team as well as independently.

Business website: www.TygerLily.com

Email: lilyplasse@tygerlily.com

NEED OF SERVICES:

Montana (reaching out Nationwide)

Folkbuilder Tyler Heinlein is looking for various skills building his homestead

- midwives who can be remote and travel when needed

Commission work:

- woodworker who can do knotwork and/or statue carving
- Mason who can handle stone arches

theinlein@runestone.org

FOLK IN THE MARKET:

Illinois, Ottawa area (Remote, nationwide editing and

- 15 years of professional level videography and photography -
- photo and video editing experience
- experience recording live bands, filming weddings, photography of weddings, editing raw footage and transferring to many mediums
- photo editing studio able to meet all needs
- Experience as production assistant
- Owns all the professional equipment for a portrait studio, including microphones to do video and audio as well, and I have full editing capability with Adobe products.

contact Tilmon Yearwood or Folkbuilder Shane Duffy for info

**FOLK
WEB**
*Skills &
Job Network*

Submit info, resumes,
job openings, etc to

Folkbuilder Shane Duffy
sduffy@runestone.org

We're in this together!



Folkbuilder Shane Duffy
sduffy@runestone.org

Saga's Literature Project



Saga needs your stories!

Do you have thoughts throughout your day or your studies that you ponder about our Gods, Goddesses, Heroes, or our Faith?

Do you and your family or Kindred have ways you like to venerate the Gods that are special to your own traditions?

How do you celebrate our Holidays or Days of Remembrance?

Do you have advice for those who have finally come home and wish you could have it handy to give to them?

Are you enrolled in Asatru Academy or partake in Lore Study or the Virtue Recovery Group?

The Asatru Folk Assembly wishes to create booklets, brochures, and pamphlets to have on hand in our Hof's and with membership Assembly-wide to give out to anyone with curiosity, whether they are a member or not.

This will be key in our studies as experienced practitioners, and should serve as a more efficient way than directing those with questions to our websites alone.

Saga needs your help! Submit any ideas or write-ups you have on the topics listed above to me, Apprentice Folkbuilder Shane Duffy at sduffy@runestone.org!

Note: All submissions are subject to review from myself and up the chain of command to the Alsherjargothi himself.



Folkbuilder Shane Duffy
sduffy@runestone.org

Now Available in the AFA Store



Hi Friends and Folk! I'm so excited to announce that the Runestone store is almost back, and with new management, after our brief hiatus.

Thank you all for being so patient with us while we reorganized and made improvements. Existing orders will be filled and shipped starting August 10th, going out bi-weekly, then the store will be open to new orders shortly after. Expect us to be back to normal with orders as soon as possible.

Thank you again for your patience and support! If you have any questions about your order or products we offer, please reach out to store@runestone.org and we will get you the information you need.



Alison Clausen
Apprentice Folkbuilder
aclausen@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 if 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 are so blessed and elated to continue to have an incredibly successful food distribution at Baldrshof. This month, we were able to help 27 families in the community fill their cupboards and freezers with meat, canned goods, ready make meals, pizza, desserts and toiletries.



With this consistent uptick in attendance, Baldrshof has increased our “regulars” by nearly 50%!!! This is huge, this means that the community trusts and appreciates us. Hail the doers! Hail the Folk! Hail the AFA!!



Folkbuilder Ashley Mcstocker
amcstocker@runestone.org

Sigrblot at Baldrshof



Victory was the theme of Sigrblót in July.

The event was hosted by SígTyr Kindred. Folk gathered for Blót, summoning a feeling of accomplishment as we recited our personal victories before the Gods and one another.

Remembering and speaking our victories seems a small thing, but it can have a great effect. As it says in Hávamál, "Each word led me to another word, each deed to another deed."

So, each victory leads us to another. Our Folk have grown very strong after years of victories both large and small. What defeats we have suffered pale in comparison to the spirit of victory which surrounds us all and binds us to the glorious future we build with one another every step along the way.

What victories have you gained? What victories will you seek?

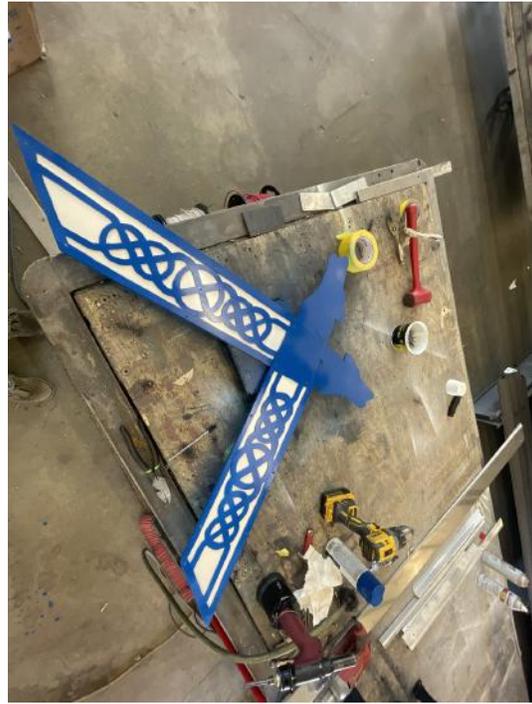
Hail Victory!

Folkbuilder Cormag Àlainn
calainn@runestone.org

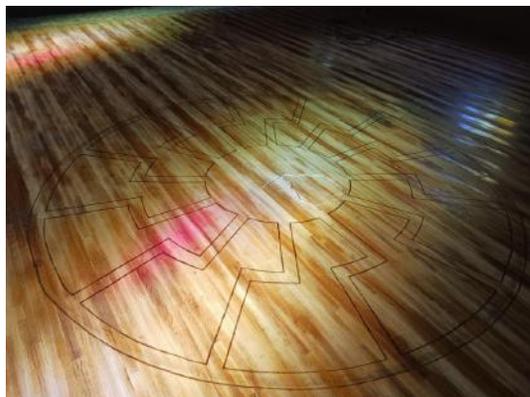


Baldrshof Work Day





Lots of warm weather projects in honor of Baldr. Two larger ones have come to completion thanks to a few of our folk. Stian Penner and his amazing creative abilities was asked to produce an outdoor sign for the front of the Hof and without question, he produced. Something was missing from of Baldrshof wolves into an outdoor sign that turned out amazing!



Jessie Shaffer is responsible for the exquisite, 9ft Black sun centered in the sanctuary before Baldr's alter. Hours and hours of labor she put into this image, honoring the gods and Baldr himself to share with our folk. More hours we put in by another one of our members, Jeremy, in the preparation and finishing of the sanctuary floor.

Thank you to all of the hardworking folk that sacrifice their time and efforts for the glory of our gods and folk!

Hail the Gods

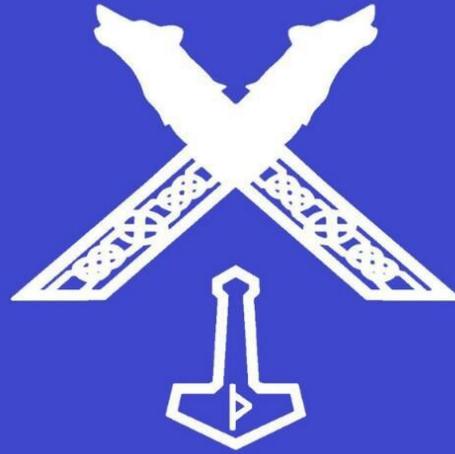
Hail the Folk

Hail the AFA



Folkbuilder Nathan Erlandson
nerlandson@runestone.org

Upcoming Events at Baldrshof



Baldrshof Calendar

2023

January 21st
Thorrablót

May 20th
May Day

September 16th
Winter Finding

February 18th
Charming of
the Plow

June 16th - 18th
Midsummer

October 21st
Winternights

March 17th - 19th
Ostara

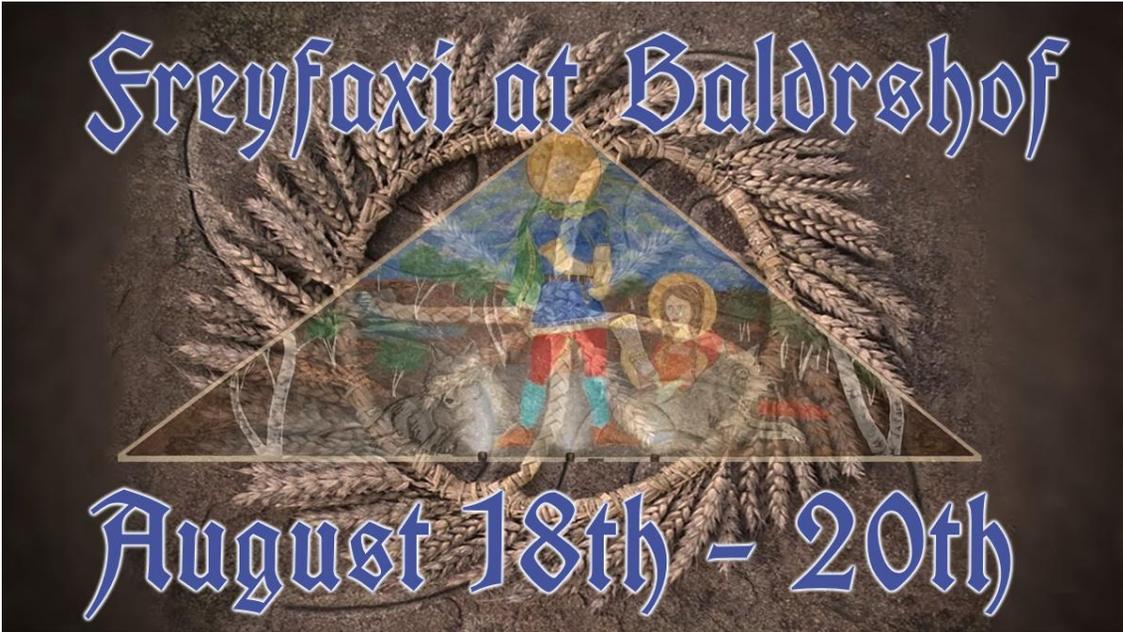
July 15th
Sigrblót

November 18th
Folksgiving &
Feast of the Einherjar

April 15th
Hexennacht

August 18th - 20th
Freyfaxi

December 15th - 17th
Yule



Baldershof Ladies Book Study

Thursday Nights

at

7 pm CST

Link for Teams meeting will be posted in
the AFA Ladies group on MeWe

For more information contact:

Gythia Brandy Callahan

bcallahan@runestone.org

or

Folkbuilder Sara Ault

sault@runestone.org

Baldersballroom Musician Blitz



Hello Folk!

Freyfaxi at Baldrshof is coming up very soon and I'd like to remind all of our Folk who are musicians to bring their Instruments for BaldrsBall! We would love to have some Live music for this event for our Folk attending to dance to. What I am aiming for is an impromptu Jam session, and hopefully some talented folks will participate in the festivities! Guitar, Bass, fiddle, even a horn or a Kazoo are welcome to make some music

and have a wonderful time! We have a beautiful Piano as well as a Drum Kit at the Hof available for anyone with the talent to make music and honor the Aesir through song and dance, so please if you are planning on attending,

Let's make some music and Memories together at the Hof of the Shining One!



Christian Penner
Apprentice Folkbuilder
cspencer@runestone.org

Illinois

Hail from Illinois!



July was overwhelmingly busy for my family. With the help of the Folk and some family, we managed to get moved into a new home. The Gods have smiled on us to where I have the ability to take the time off work needed to set us up in a much healthier situation. When Cullen was born, my instinct kicked into overdrive to protect this family. The Chicago area was not suitable, so even though it's been extremely stressful moving just having a baby, it's a sacrifice we had to make. I am also blessed to have these Folk come out to help.

It saddens us not to make Freyfaxi at the Hof this year. It would be fitting to celebrate an early anniversary and have Cullen's Baby Naming, but we can't travel that far with him just yet.

August will be productive and prosperous, may the Harvest Gods reap well for us!

Upcoming Events



Folkbuilder Shane Duffy
sduffy@runestone.org

Freyfaxi



Our celebration of Freyfaxi, the beginning of the harvest, is quickly approaching. In olden times, the significance of this season was magnified - if our ancestors did not have the discipline and self motivation to work hard planting and sowing, the harvest would be poor, and they may not survive the harsh northern winter.

Today, few of us are farmers, solely responsible for growing the food to sustain ourselves and our families. While living the Noble Virtues is a reward in itself, as doing so ennobles us, and helps us to evolve as individuals, in this celebration of the harvest, we see an external, material culmination of practicing particular virtues – Discipline, Self Reliance, and Industriousness.

In this modern world, we may not experience famine due to a weak harvest, but success in all aspects of our life still requires self discipline, diligence, and hard work. As we celebrate this holiday, we should take note of the efforts we have made in the past year, and savor the rewards we have reaped due to them. Perhaps we will also reflect upon areas where we could have applied ourselves more rigorously, and focus on doing so in the year to come – if you don't like what you are harvesting, plant different seeds.

And, always, we should give thanks and honor to the Divine Powers, at this time especially Freyr, the Lord of abundance and fertility. Like all our Gods, he does not give us “hand outs”, but imparts to us the innate abilities, which, if we have the fortitude to use them, allow us to reap Life’s bounty.



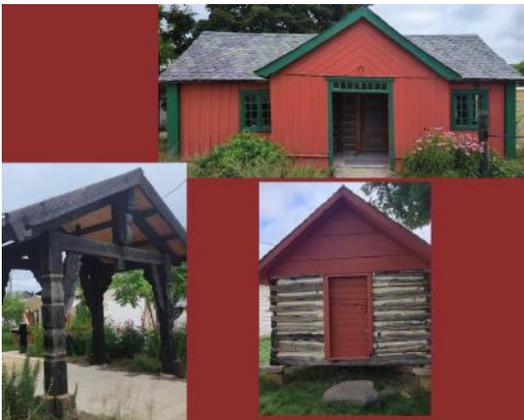
Folkbuilder James Cummings
jcumplings@runestone.org

Iowa

Nordic Fest



Nordic Fest is an annual celebration of Scandinavian heritage, culture, and food in Decorah, Iowa. It started in 1967 with two goals in mind: to celebrate the community spirit of Decorah as well as its Scandinavian heritage. This year is Decorah's 56th year celebrating Nordic Fest, and its theme was Vikings and Gnomes and Trolls, Oh My! We started off the day by enjoying a Pannekake Breakfast with all you can eat pancakes with sausage and beverage hosted by the local fire department. We got there early enough to find a great spot for the parade that was going to take place, setup our chairs in the beer garden and wandered around the city checking out the venues before the parade began.



During our wandering we discovered Vesterheim, the national Norwegian-American museum and heritage center. On the campus of Vesterheim there were structures some that were originally built in Norway then deconstructed, shipped, and reconstructed in Decorah; other buildings were built by Norwegian immigrants who moved to Decorah, IA and Minnesota . Also on the campus were live demonstrations of alebowl turning, blacksmithing, and woodworking. For the kids to participate they had Viking fight enactments on the grounds of Vesterheim. I will be checking Vesterheim again for the Folk Art tradition classes they offer.



After wandering around Vesterheim, we found a rømmegrøt stand and treated ourselves while waiting for the parade to begin. The parade was started by the presentation of the color by the color guard. A veteran's march followed with local government officials and local businesses advertising after. The best part of the parade were the Nordic Dancers and local school band towards the end. The Decorah Nordic Dancers strive to keep traditional folk dancing alive, and they delivered! It certainly was a sight to behold.



As the parade was winding down, we decided to get another round of rømmegrøt. We also treated ourselves to some delicious krumkake and rosettes. The true star of the food of Nordic Fest was the lefse, the line never shrunk, always growing. The lefse stand was the only stand with a sign to let people know where the end of the line begins. Rømmegrøt is a Norwegian sour cream porridge that is best with melted butter and cinnamon sugar on top. Krumkake is a very large, thin traditional Scandinavian cookie that is prepared by pouring batter into a waffle iron-like appliance and then rolled around a cone to give it its form. The krumkake tastes like a butter cookie that has more care put into it. Rosettes are a Scandinavian crispy fried cookie coated in sugar. The food that I have yet to try is lefse, it is a soft traditional Norwegian flatbread that can be sweet or savory, thick or thin and served with a wide variety of accompaniments.



For my first time visiting this festival and city, I can say it will not be my last. The food was delicious, the traditions alive, and the entertainment fun and enjoyable. The city of Decorah has plenty of Scandinavian shops containing art and literature and is full of culture throughout.

Hail the Folk!



Christopher McDowell
Apprentice Folkbuilder
cmcdowell@runestone.org

Kansas

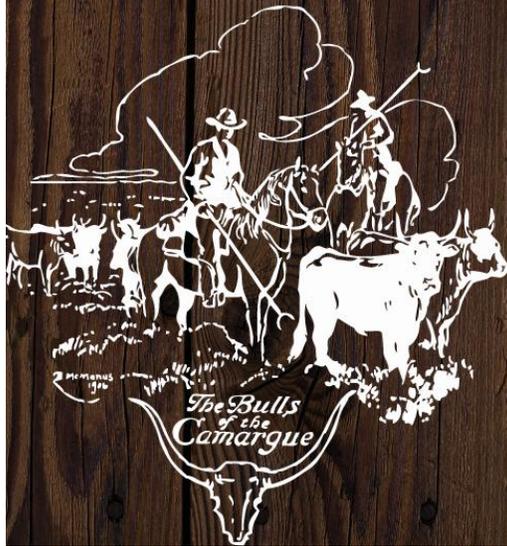
Upcoming Events

Old Cowtown moot

Wichita, Kansas

September 3, 2023

High Noon



Contact Apprentices
Cody & Ali Clausen
for details

Minnesota

Embracing Ancient Wisdom: The Significance of Herbal Medicine in Modern Health



Our people and our Gods have a deep historical connection to the healing abilities of herbal remedies. A great example of this is found in The 9 Herbs Charm, also known as "Nigon Wyrta Galdor," an ancient healing spell from the Old English medical compendium "Lacnunga," dating back

to the 10th century. In this charm, Odin calls upon the healing powers of nine "sacred herbs": Mugwort, Plantain, Lombescyrse, Attorlaðe, Chamomile, Nettle, Crab Apple, Fille, and Fennel. These revered herbs were believed to possess extraordinary healing abilities.

While the knowledge of how to use some of these herbs has been lost to time, our ancestors had a deep understanding of the healing properties of plants and herbs, which we can seek to rediscover in our own lives.

Despite living in a vastly different era of modern medicine, the ancient wisdom of Odin and the healing properties of herbal remedies remain relevant today. Each of the known herbs mentioned in the charm continues to be utilized in contemporary healing. For instance, Mugwort aids digestion, reduces blood pressure, and manages stress and anxiety. Chamomile, with its calming effects, promotes restful sleep, eases inflammation, and soothes minor skin irritations. Nettle, packed with essential nutrients, can alleviate joint pain, help with asthma, and act as a natural hemostatic agent when applied topically.

To familiarize ourselves with these herbs, we can cultivate them at home and craft tinctures and salves. This process allows us to deepen our connection with their therapeutic properties and appreciate the ancestral heritage of our Folk. Embracing herbal medicine in our modern lives is not just about finding relief from ailments but also about preserving and honoring the ancient connection between humanity and nature—a legacy of healing that transcends time and unites us with the age-old wisdom of the Gods. By embracing both the old and the new forms of medicine, we pave a path towards a healthier, more balanced future where ancient traditions and modern advancements work hand in hand to support our physical, emotional, and spiritual well-being. I'll conclude this article with a family recipe for a calendula salve that I absolutely love, for those who wish to try it at home!



Let's make a calendula oil infusion! You'll start by filling a mason jar at least $\frac{3}{4}$ full of dried calendula flower heads, or about half full of loose dry petals. Then, you fill the jar with an oil of your choice, enough to cover the flowers. (I prefer Jojoba, but there are many that can be used!) Place a lid on the container, and store it in a sunny, warm location to enhance infusion. A bright windowsill is a popular choice! Allow the oil and flowers to infuse for at least three weeks. When the time is up, you'll strain the flowers from the oil with a cheese cloth, collecting the oil in

another container. You've now made a great calendula infusion! This will be the base for our salve.

For this salve, you'll need

1 cup of calendula infused oil,

3 tablespoons of beeswax pastilles,

2 tablespoons Shea Butter,

A few drops of lavender or eucalyptus essential oil,

Small tins for storing your salve.

Have your salve tins, glass jars, or other calendula salve storage containers of choice ready.

In the top portion of a double-boiler (or makeshift double-boiler), combine 1 cup of calendula oil, 3 tablespoons of beeswax, 2 tablespoons of Shea Butter, and a few drops of the essential oil of your choice. Heat the double-boiler over a medium-low heat on the stovetop. We want to avoid excessively heating the calendula oil more than what is necessary to melt the beeswax!

Monitor and routinely stir the mixture until everything is melted. Then immediately transfer to storage tins of your choice.

You're all set! Calendula Salve has many uses. It has antiseptic, anti-fungal, and anti-inflammatory properties. It can be applied on small cuts, scratches, and scars to promote faster healing, and cell regeneration.

I hope this inspires you to find more ways to include herbal remedies in your daily life!



Lydia Phelps
Apprentice Folkbuilder
lphelps@runestone.org

NBK Monthly Events in MN



Freyfaxi at Baldrshof is coming up fast! This is the event we look forward to all year long. And this year is going to out do last year's. We have several folks coming from out of state. So many activities and Blótar and Sumbel and auctions. Lots of activities for the children too. Delicious meals and much much more! And please bring a swim suit and towel for the first water wars at Baldrshof. Bring squirt guns and water balloons and all the other water shenanigans.

Upcoming Events



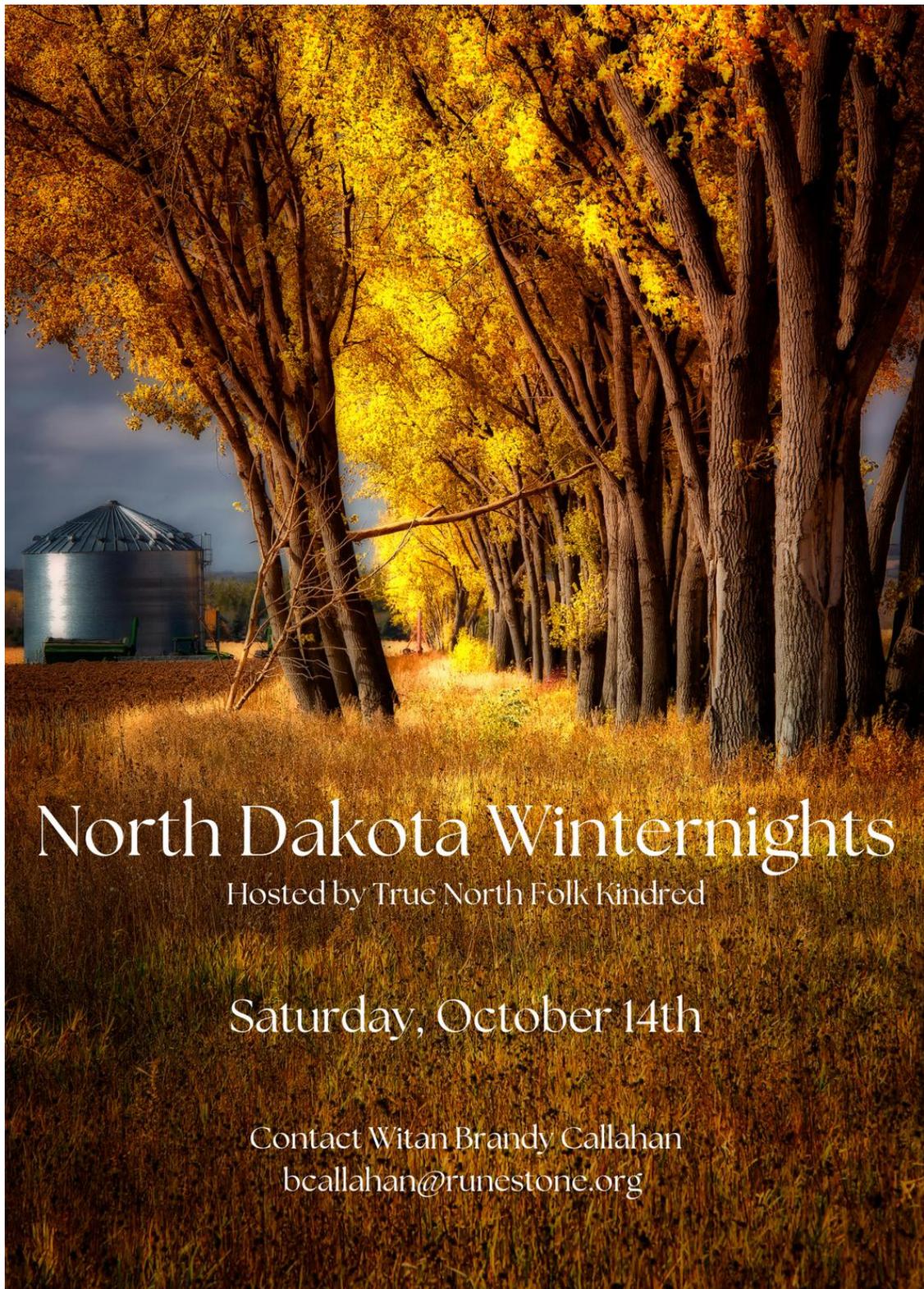
On Sunday August 6th Northern Blood Kindred is hosting a moot at Gasthaus German restaurant in Stillwater, MN. We are meeting at 3pm for a early dinner.





Folkbuilder Jason Gallagher
jgallagher@runestone.org

Upcoming Events



North Dakota Winternights

Hosted by True North Folk Kindred

Saturday, October 14th

Contact Witan Brandy Callahan
bcallahan@runestone.org

Join the Folk in Dickinson, North Dakota, on Saturday, October 14th for an all day Winternights event for the young and old hosted by True North Folk kindred of ND!

Schedule of Events:

8 am - Greeting of the Day followed by breakfast provided by TNF

9 am - Welcoming of the Gods

10 am - Pumpkin Carving for kids & adults / Fika
11 am - Discussion: The Disir & Winternights with Witan Callahan
12 noon - Lunch provided by TNF
1 pm - Fall crafts & Folk Time
2 pm - Q & A discussion with Witan Callahan
3 pm - Baldrblot & Binding of the Folk
4 pm - Games
5 pm - Dinner provided by TNF
6 pm - Disir blot
7 pm - Sumbel
8 pm - Event cleanup

Children are welcome to wear Halloween costumes!!!

Lodging is not provided with the event. We are recommending any of the affordable hotel accommodations in the area if you are traveling.

Contact Info to RSVP:

Witan Brandy Callahan: bcallahan@runestone.org

Folkbuilder Jaime Alann: calainn@runestone.org

Folkbuilder Stian Penner: cpenner@runestone.org



Witan Brandy Callahan
bcallahan@runestone.org

Nebraska

Greetings Baldrshof!



I'd like to take a moment to introduce myself. I've been an Apprentice Folkbuilder for 8 months in the Óðinshof district out of Longmont Colorado. I recently moved to Scottsbluff Nebraska with my family to give my children a better opportunity at a safer better lifestyle.

I am a father of 5 beautiful children who motivate me to better myself every day. My children are being raised Asatru and my youngest children will be enrolling in the Asatru Academy when they were old enough.

I have been practicing Asatru for 8 years and found myself coming home to the AFA late last year. I love the community aspect and spirituality of the AFA, as I was a solo practitioner prior to joining.

I look forward to helping continue the bright flame that Baldrshof district already has. If there's anything I can do for you please reach out to me!

Hail the Folk!

Hail the Gods!

Hail the AFA!

Upcoming Events



Hike Moot

SCOTTSBLUFF NE.



AUGUST 5 @11AM

Wotan on the Peaks
Picnic to follow.

RSVP

Apprentice Folkbuilder Travis Bowdish
tbowdish@runestone.org



Pizza Moot

AUGUST 12 @ 2PM

Aurora, Colorado



RSVP: Apprentice Folkbuilder Travis Bowdish
tbowdish@runestone.org



Travis Bowdish
Apprentice Folkbuilder
tbowdish@runestone.org

A Father and Son Adventure



There is no greater joy in my life than being a father. There's nothing I cherish more than time spent with my kids, so when I have the opportunity to turn that into a lifelong memory, I take it. This past month, I decided to take my son on a day trip to the botanical gardens. He's always loved nature and they had an exotic butterfly exhibit.

The drive down was long, made longer by him not quite understanding that no, we weren't in fact at a grocery store, gas stations are just bigger in some places. We stopped at three before he decided we were at an appropriately sized gas station. We passed the time on our four hour

drive by playing games, such as "Get Those Stinky Feet Out Of Here" and "Who Can Yell The Loudest." I'm proud to say that I can yell the loudest.

Once we got there, my son led the way. The day was all about what he wanted to do and see. The butterflies were first. He was so fascinated by their colors, the way they felt when they landed on him, and he especially liked the ones that were eating rotting fruit. He got to see the chrysalis, which I had to explain was like an egg. He even asked to help the ones that had torn or worn out wings.

After the butterflies, we started exploring outside. He spent some time in the splash pad with some other kids, asked about some of the plants he saw, and led me on a two mile hike through a forested area. Once he was sufficiently tired, we found a nice little pier on the lake to sit and relax. Eventually, he got too hot and asked to go back.

The hike back was rough. Two more miles of carrying a toddler really took it out of me. We got back inside and grabbed some water and a couple of treats before we made the long journey home. The drive back was quieter. My son took a well-deserved nap, I listened to some music, and we stopped to grab some food. I think we were both glad to finally get back home.

It was a long, hot day, but it was also a great time. I got to spend a whole day just being a dad, no other distractions, and my son got one-on-one time with me, something he hasn't had in a long time. Seeing him play and explore in nature was wonderful and made me proud of the boy I was raising.



Cody Clausen
Apprentice Folkbuilder
cclausen@runestone.org

Upcoming Events



Nebraska camping Moot!

12 noon August 12th
staying until 13th

contact
jonathanmontgomery762@yahoo.com
for more details.

North Dakota

Upcoming Events

ND bowling Moot

Fargo ND, Sunday, August
13th, 5pm

Contact apprentice
Folkbuilder Christian Penner
for details



Christian Penner
Apprentice Folkbuilder
cspencer@runestone.org

Wisconsin

Spirit Mountain Bike Race





This month in Duluth we met up at spirit mountain to watch Folkbuilder Nathan Erlandson race!



When he finished the race, we took a trip over to Grandmas on canal park to try out their Reubens and have some good conversation!

Upcoming Moot



**SUPERIOR FITNESS
MOOT AND DINNER**

we'll do some weight lifting
and find food shortly after! 8-
13@4pm docs gym in
superior, wi

**CONTACT APPRENTICE BRUCE
PERRON
BPERRON@HUNESTONE.ORG**



Bruce Perron
Apprentice Folkbuilder
bperron@runestone.org

Mustard Muesum Moot



This month we traveled to the Mustard Muesum in Middleton, Wisconsin. Dedicated to all things mustard in the world, this tiny museum was filled to the brim with everything from mustard history to mustard containers to mustard artwork. The museum also had a tasting bar where you could sample over 6,090 mustards from all 50 states and more than 70

countries. If you find yourself obsessed with mustard, this is definitely a must-see place!



After the museum, we headed to Stoughton, Wisconsin to have lunch at the Viking Brew Pub. This unique eatery features good food and microbrews crafted to spotlight the area's rich Scandinavian heritage. Inside the pub there is a cool bar shaped like a Viking long ship, that includes Hilda the friendly dragon. Hilda even puffs smoke.

More wonderful adventures in Wisconsin coming soon!

Folkbuilder Sara Ault
sault@runestone.org



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