

The Runestone: Voice of the Asatru Folk Assembly

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Baldrshof
Third Hof of the Asatru Folk Assembly

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Words from the Alsherjargothi



As 2023 comes to a close and we prepare to begin the 30th year of the AFA, it is time to take stock of where we are. It is time to take stock of the successes and failures of 2023 and how we can build upon those successes and correct the failures in 2024.

I am so proud and so happy to build my life and my family with my AFA brothers and sisters. We have something truly beautiful in our AFA. Those who come out and engage know this and it is absolutely life changing. Too many of our folk, some who are reading this, have not yet experienced the fullness of our church. We are real, we

exist in the real world. I want to take this time to encourage all our Folk to come out and participate! Go to our Hofs. Go to the moots. Do Asatru in real life. This and every issue of the Runestone is packed with images of our amazing family getting together and building the life we want, together. If you are in these pictures, FANTASTIC! If you aren't, your folk want you to share this with us and we want to share it with you and your family.

We have amazing things ahead and I am very excited to share all 2024's blessings with our beautiful AFA family!

Happy Yule!



Matthew D. Flavel
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Words from Our Gothar

Asatru: More Than a Club



“Asatru is so much more than just rollin’ with the homies!”

- Alsherjargothi Flavel, Midsummer 2023

Much of this piece was originally drafted a day or two after Midsummer at Óðinshof, which was in the middle of a small exodus of people who did not take Asatru or our Gods seriously. A few people left, and these few people were each followed by a few others whose loyalties were with their friends rather than the Æsir.

Some of our people who identify as Asatru seem to do so simply as a way to be different, as a path to a culture that is counter to the mainstreams of Christianity and atheism. As someone with very strong feelings on both Christianity and atheism, I can understand that aspect. However, these same people tend to treat our faith and our church as if they are nothing more than a club. It is nothing to them but another way to spend time with their buddies. This is the wrong way to look at Asatru, or any faith, for that matter.

The word Asatru means “loyal to the Æsir”, which translates to belief in our native Gods, as well as staying true to them. This is why the AFA has Hofs dedicated to the Æsir, rituals honoring and exchanging gifts with the Æsir, and ordained clergy to manage all of these things.

What we do here is not only real and serious, but will echo throughout the currents of time itself. Our ancestors are watching us from beyond the veil, raising cups or horns alongside us every time we hail our Gods and Folk. Our descendants are already being born into a world with multiple Hofs. Our present Folk are returning to the Æsir in record numbers, never seen before and predicted only in the minds of optimistically pious.

Our Gods are with us- and by “us”, I will forever be speaking of the Asatru Folk Assembly.

This is not a club. This is not a hobby. This is real, because our Gods are real. This is who we are.

Gothi Trent East

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Call of the Wild: Kulning and Ladies' Chants in Modern Asatru



Asatru is not just a living religion, but it allows for change in the 21st century. We're establishing customs and new traditions in the AFA that were previously unknown, as far as we know. Our fundamental beliefs include cycles of rebirth, as in Sunna at the Solstice and bright Baldr's return. We also see ourselves as our Ancestors reborn.

A practice that was initiated at Midsummer 2010 is the ladies preparing the horn before blot. AFA elder David Byron James (who has long-since passed-on) presided over the blot where he had the women step aside into a circle "to speak words over the horn."

That basic ritual now ends in three special - magical - words that have been repeated hundreds of times at this point. Hundreds of babies have been born into the AFA since then. Let those words speak for themselves. The women know. The women have

always known.

Some of our changes have taken place quite recently; in fact, since our own Witan, Brandy Callahan, stepped forth to lead. Anyone who has worked with her sees a rare fearlessness that she encourages in others. She has us ladies develop our own voices and presence in a dynamic, yet feminine manner. This is contrary to the more passive voice that we as women often exhibit.

My husband describes the nature of those voices coming together in the darkness on a moonless night as "eerie and inviting". From beyond the Winter Night's bonfire, comes the shrill call of "Wunjo! Wu-un jo!!" Goose bumps are felt by all. Out from the darkness; out from the past; deep in the primal psyche of our Folk, the men know this call.

We call this "kulning"-- the women calling the beasts of the field and farm home. Home the men come to us, to the fire and abode of the Gods. Could Witan Callahan do more for us? In fact, she has. She's gathered the women to ritualize our chants in blot, to call the folk home. We look for ways to communicate these words, with the added magical essence is that we say the words in Swedish: "Folk kom hem!"

One time should be enough, however, we ritualize this by chanting in a sequence of gradually rising voices. As each verse reverberates, the decibels rise until we are shouting those words out through the cosmos, calling the folk home.

Meanwhile the men have stepped back, letting us wild women do our thing. In an outer circle, the men methodically intone the rune Raido to those "folk without" to begin the journey back to us and our noble, native ways. The intensity of our words together is meant to bring change. Does it work?

In November of this year, Oðinshof gained eleven new members, far more than previous months. It's not likely that we'll continue at this rate, but... why not? We ask for the blessings and guidance of the Aesir and our Ancestors. Are we heard? I think so.

Know that you too can help "bring the folk home." Intoning runic galdr of Raido, Wunjo, Mannaz, or calling "Fok kom hem" may bring someone home to Asatru. The old AFA slogan still has it right. "The Way of the Ancestors Calling us Home."



Gythia Sheila McNallen

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We Remember You



It is with a heavy heart that we announce the passing of Kamden Musser of Ohio. Called Kam by those who knew him, he was born in Indiana, Pennsylvania. Don't worry though, Ohio was still his most superior home!

Those who didn't know Kam well were still instantly aware of his friendly personality by his big, easy smile. He loved a good joke, a good beer, and the companionship of his friends. Kam's love of history was rivaled by his love of animals. If he wasn't reading a good political history, you might be able to find him volunteering at his local animal shelter.

One thing that you could always be sure of with Kam was his love for his folk. He was loyal to those he cared for to a fault- to the AFA, to his kindred, Under Ash and Oak in

Ohio, and most importantly, to his wife, Mary Jane.

All those who knew and cared for Kam knew that he was selfless, funny, and passionate. He will be missed by many.

He will be remembered by many.

Hail Kamden Musser!

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)

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.
 - o The first of 2 loans have been paid off!
 - o We now owe \$99,756.87 on our remaining loan.
2. We need to raise our monthly donation average by 7.6%.
 - o 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!



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Sigrheim: Home of Victory

A Folksgiving Dedicated to Victory



This past month, the local Sigheim Folk gathered for a Central Tennessee Folksgiving at a local Celtic pub. Being able to take the time to gather in Frith, bonded by our Loyalty to the Gods, and share in community over a good meal...this really is one of the small joys that our Church is all about. Please, if you're ever in the area, make sure to reach out. I'd love to have you over for dinner!

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



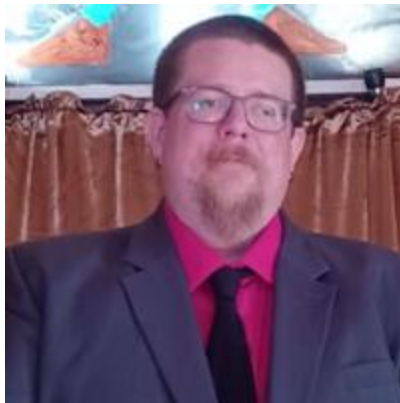


Charming of the Plow at Sigrheim

Saturday, February 17th



RSVP w/
Folkbuilder
Nick Rice
via nrice@runestone.net



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, Odysee, 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](#).



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AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org

Asatru Academy and the Children's Blot



Greetings parents and students! If you didn't know, our meetings every Friday are a great way to get connected and meet other parents and students. We have had some wonderful guest storytellers and have more scheduled that you are sure to enjoy! We hope to see you there!

This past weekend at Thorshof, I had the honor of leading the children in a children's blot. The kids learned about the einherjar, and then we participated in a special kids-only blot. The children really did great! And had a lot of fun and learned about our

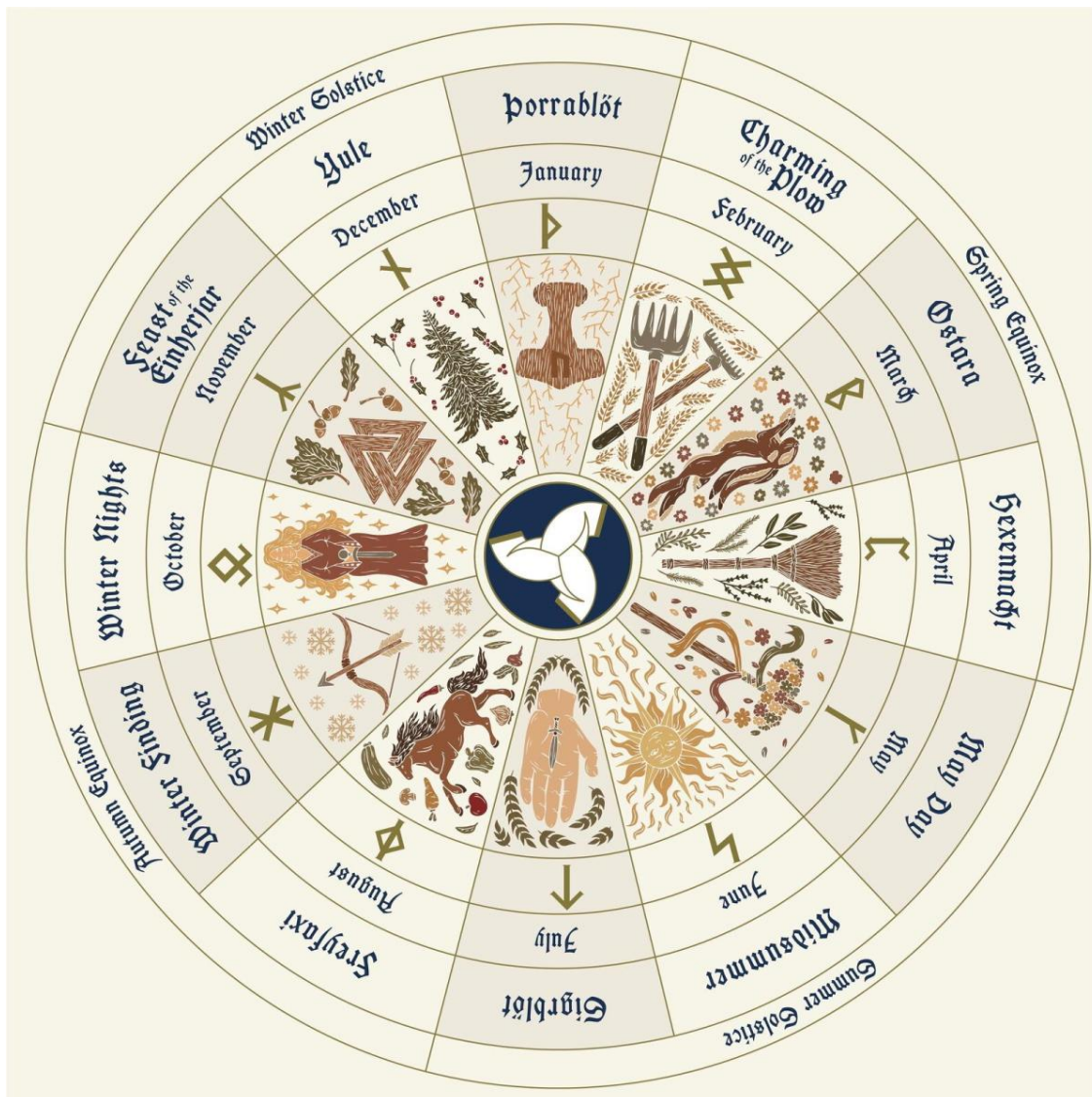
faith. I encourage kindred's and Hofs alike to make time for special children's blots. Gythia Sheila McNallen who is on our staff, does some wonderful children's ritual at Odinshof, I encourage you to attend if you are in the area.

We thank all our parents and kids for their hard work this semester. With the coming of Yuletide, we just posted some brand-new Yule specific activities and stories for you. I hope you enjoy! This is such a special time of year; we look forward to seeing all our smiling kids and their projects! We'd love any and all pictures of your kids doing Academy work, or of their projects so that we can showcase them here in the runestone.



Gothi Rob Stamm
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Remembrance and Holy Days



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

2023

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 21	Porrablót
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 10	Day of Remembrance for John Yeowell "Stubba"
April 28 (observed on 15th)	Hexennacht

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

Day of Remembrance

Egill Skallagrímsson | December 9th



"Here I am at the hearth
 Of my host, Yngvar
 The Generous, who grants
 Gold to heroic men;
 Free-handed fosterer,
 You'll find no three-year
 Babe among bards
 More brilliant than me."

So "penned" the three-year-old Egill Skallagrímsson after stealing a horse from this father to attend his grandfather's feast. That small poem was just a precursor for the man who would become known as one of the best poets of the Viking age. Planting an ax in the skull of the boy who cheated him at a game at seven years old would similarly set the tone for a man who would become known as a fierce warrior prone to berserker rages.

From Egill's Saga, one of the great Icelandic family saga's written in the 13th Century by Snorri Sturluson, we learn about a man who was both an unforgiving warrior and a masterful poet. He spent a good half of his life as a very successful Viking chieftain whose violent tendencies took him through most of Northern Europe. From Norway to Latvia, from Sweden, to Saxony, his exploits were prolific.

Egill was known to always strike out in revenge against those who wronged the ones he loved, even going so far as to rip out the throat of a man with his teeth in an honor duel. For all the man was known for his ferocity, Egill Skallagrímsson was also known for his love of his family. This is seen most clearly in his poetry. Many of his poems were composed as a result of the death of someone he loved. He wrote a poem for his brother, Thorold, and recited it at his poems. He also wrote a poem named "Sonnatorrek" after the untimely death of both of his sons.

His skills don't end there, however. Egill was considered a skilled rune master, even going so far as to heal the daughter of a man with whom he was staying by carving runes into a stick and placing it under her pillow. Truly he seemed to be gifted by the Allfather.

Egill retired to a farm in his middle years and lived to be nearly 90 years old before dying of a sudden and quick acting illness.

What can we learn from this story?

Egill represents the true duality of human nature.

Egill's Saga is one of war and one of love. We watch the pagan chief battle his way across all of Northern Europe, and we watch him immortalize his love of his friends and families through masterful poems. His loyalty to those who were important to him was tantamount to the man he became.



Gythia Catie Erickson
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Holiday

Yuletide | December 20th-31st



Yuletide is the 12-day period in December in which we hold our biggest celebrations. During the Yuletide, we celebrate our families and our tribes and the bonds that hold us strong. We celebrate our Ancestors. We celebrate our Gods and the Wild Hunt. We celebrate the bright fires of the hearth that keeps us warm, and we celebrate the rebirth of the sun. We have made it halfway through the harshest time of the year. The sun begins to stay in the sky a little longer each day, moving us closer and closer to the fruitful and warm summer.

We celebrate by gathering together to feast and sing songs. We put up our Yule trees and our wreaths. We bake cookies and give presents. We build strong bonds and traditions that our children remember and pass on. It is a joyous time of the year.

We begin the Yuletide on the 20th of December, called Mother's Night. During Mother's Night, we celebrate our ancient mothers, the Disir, who kept the hearth flames burning bright. One way to celebrate this is to extinguish all of the lights in the house. Light a candle to represent the hearth flame and, if you have children, give them pots and pans. Starting at the central part of your home, or the hearth (usually the kitchen and the stove, but can be a literal hearth if you have a fireplace), let the children “chase the ill-wights,” or the bad energy, from each room by running through the house and banging the pots and pans. As you go through each room, light a waiting candle. You are bringing the light of the hearth, of the Goddess Frigga, of the Disir, into each room to bless it. You can say something simple with each candle you light, like “The Goddess Frigga bring love and light into this room” or “The Disir bless this home and all who live within it.”

Yuletide ends on December 31st, a time when people can make oaths for themselves for the coming year.

An AFA tradition started by our esteemed founder Steven McNallen, focuses on celebrating 12 Asatru virtues: Industriousness, Justice, Courage, Generosity, Hospitality, Moderation, Community, Individuality, Truth, Steadfastness, Loyalty, and Wisdom. Each night, we light a candle in honor of each of these virtues. Steven McNallen has videos for each of these days on our YouTube channel, and we recommend that everyone take some time to watch them.



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Feast of the Einherjar 2023: A Look Back



This year's Feast of the Einherjar was held in South Dakota bringing together new members of the AFA with long-time members to the event from previous years. There were well over a dozen children playing and having fun with each other, and all of this couldn't have been done without my fiancé, Folkbuilder Ashley McStocker, with the commitment and work she put in. In an exquisite location, the weather couldn't have been better for the time of year in a northern climate, sandwiched by the weeks leading up to the event of freezing temps and the week following by freezing temperatures. The location put us on the cliffs above the Missouri River with an Einherjar Blot at the edge of the water. This event was a collaboration of Baldrshof District leadership with everyone involved from planning to execution ensuring a successful event for our Folk to experience. Honored guests again included Founders Elder Stephen and Gythia Sheila McNallen, Alsherjargothi Matthew Flavel, and Witan Gythia Brandy Callahan.

The event started with Gothar student Folkbuilder Stian Penner welcoming the Gods, a first time Freyja/Odin Blot synchronized together by AFA Founders Elder Stephen and Gythia Sheila McNallen, Einherjar Blot by firelight at dusk culminating with a ship lighting and sending off, and Wayfarers blot by Gothar student Folkbuilder Allison Clausen. The Alsherjargothi led a powerful and at times emotional Sumbel that connected the attending Folk. Elder McNallen and Gythia Sheila McNallen conducted a Baby Naming for a couple of long-time members. There were talks, activities, and a Witan-inspired (directed) dance allowing the Folk an opportunity to cut loose. The Folk in attendance had the opportunity to witness apprentice Folkbuilder Bruce Perron being offered and taking his Oath as a Folkbuilder for the AFA. Hail Folkbuilder Bruce Perron!



If one is not completely familiar with just what the Feast of the Einherjar entails, it is the time to gather together with our Folk in ritual and celebration to honor those who have passed, specifically those who have gone, by way of combat, living lives of honor, and examples of courage in fighting one way or another for our Gods, Folk, Family, and Community. Einherjar means “those who fight alone” and have specifically been chosen to join Odin in Valhall, to continue their fight beyond this life. In fighting alone, meaning, one that fights in a manner that elevates them above the typical and mundane masses around them in their focus and selfless, right, and controlled actions. One does not get to choose themselves to join this elite group that will fight alongside Odin at Ragnarok. Live courageously and in service of our Gods and Folk, build bright fame, and be a beacon for the Folk to without to find their ways home.



“Many brave warriors sit in Valhall, and many more are yet to come. And yet, it will still be too few when the wolf comes”



Gothi Nathan Erlandson
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Help a Member Rebuild After a Fire



On the evening of December 1st, there was a catastrophic fire in the apartment building in which one of our New York members, Sara, lived. News sources have stated that the fire is a total loss, and Sara concurs. She was allowed entrance after the fire was extinguished; however, she was unable to salvage anything, and was given a mere few minutes to even look around, due to the unsafe structure of the building. She has lost everything! She even lost her beloved pet hedgehog. Per our conversation, Sara is in need of Clothing, Essentials, Household goods...etc. She is currently away from the vicinity staying with friends. She may have found a possible apartment for rent that would be available on December 15th.

Please [help](#) in any way you can to help one of our members as she goes through the arduous process of rebuilding everything that she knew and had.

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

Deep Well Kindred

It is my honor to announce Deep Well Kindred of Florida as the newest official Kindred of the Asatru Folk Assembly.

Deep Well Kindred is one of several AFA Kindreds that help support Florida and Njörðshof. 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 Deep Well!

Hail the Kindreds of the AFA!!

Hail the Asatru Folk Assembly!!!



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.

James Ault
Prison Ministry Director
jault@runestone.org



Artisans of the AFA Support Our Folk



Wyrd Woman custom laser engraving, cutting or etching. Wood keychains, magnets, altar cards and more.



Contact Cody or Ali Clausen for details and inquiries or email wyrdwomanllc@gmail.com



Folkbuilder Alison Clausen
aclausen@runestone.org

Cooking for our Folk



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

New Year, Old Roots: A Folk's Collective Genealogical Journey



“Where do we come from?”

When posed by a child, the decision is really yours how far exactly to delve in

answering this question. For my maternal grandfather, well, he took the simple route.

“From your mom and dad, of course!”

He didn't expect that as an eighth grader, I wanted more than just an overly simplistic answer – that I was actually interested in substance. I'd been assigned a project at school that required me to create a poster highlighting the culture of whichever ethnicity I chose from the myriad possessed by my forefathers. It was a convenient tool and justification for “pestering” my parents and the precious few remaining elders in my family for answers I'd wanted for a long time. Who are we as a people? Who are we as a family? My inquiries had been brushed off in the past – probably due to my age – but since my parents were adamant about striving for straight A's and being as successful as possible in school, chances were high I would finally get what I had long since been yearning for: a straight answer. Who am I? Where did I come from? Where do I belong? Who am I descended from? Who are we as a family, and as a people?

I was met with a wide range of reactions from each side of my family. My maternal grandfather viewed it as a humorous endeavor, though he did indulge my curiosity by accompanying my mother and me to a nearby cemetery and walking me to where his grandparents were interred.

My maternal grandmother supplied me with information which turned out to be incorrect entirely – things ranging from her mother's cause of death to which ethnicities she was.

My paternal grandfather had passed, but his wife (my grandmother), was all too happy to use this assignment as a bonding experience between the two of us. We exchanged phone calls frequently, and during those, she would try to be as helpful as possible about both her and my grandfather's backgrounds. She phoned cousins of mine a few states away whom I'd never met, and they were happy to oblige in sending the little research they had done on our family. It still is some of the best mail I've ever received. “The Rigginses didn't have two nickels to rub together when they came over,” I remember her saying. “And my side, well, we're just Polish.” Polish would eventually change to Yugoslavian, which in turn changed to Czech. There was no one alive who could quite nail down where her folk were from, though she did know that her maiden name of Baricak was pronounced differently in the old country. It wasn't until later on that I found out that the Baricaks are from a village in northern Slovakia called Vysoká nad Kysucou, which today is still relatively small, with a population of less than 3,000. After my grandmother had passed some years later and I leaned on her younger sister – my great aunt – for answers, her attitude turned sour, and she'd shut me down and

change the topic of conversation completely. I later found out why, but that's a story for another article...maybe.

I was grateful to my teacher, though, for assigning us such a task. Ultimately, I ended up choosing Scotland for my project as an homage to my paternal grandfather, who was primarily of Scots-Irish descent. It was just one assignment, and one that most of my classmates probably slapped together the night before it was due, but for me, it was the first step in a profound journey – one that I'm still on today and that I would love to share with others if they'd like to take the first step.

At 33 years old, I can say that I've been researching my family and heritage for over half of my life, and it brings me great joy both to make personal discoveries and help others make theirs. Many equate genealogy with Ancestry.com and paywalls; this is not necessarily the case. I've made tremendous discoveries for myself and others using other websites and other resources that cost nothing. I've been in County Clerk's offices at courthouses, in cemeteries battling weeds, briars, and yellow jackets, in State Archives so quiet and rigid that you could hear a pin drop, and in cozy historical societies run by some of the sweetest and most passionate volunteers and elders I've ever encountered – I say all this not as some sort of a strange boast, but as a reassurance that in today's technological age, you don't need to be tech-savvy (though it may come in handy from time to time) and you don't have to sign up for anything with a recurring monthly charge that competes with your bills to find out incredible things about your family. Despite popular marketing claims, no single website has everything you need in one click (or a thousand).

If your eyes glaze over at the thousands of search results that come up when you're looking up terms like "ancestry," "family history," or the like, if you find yourself yawning while looking at family histories posted by others online because you can only read "born, married, died on (this date) and at (this location)" so many times, and if you want to put meat on the bones of your ancestors and resurrect their stories, learn from their shortcomings and rejoice in their triumphs, then I invite you to read what I envision to be a monthly column in The Runestone on how to get your start in finding your roots – hopefully in a way that's not overwhelming for absolute beginners and still interesting for researchers who have much more experience than I do.

Next month's objective to kick off the new year will be to cover the topic of the federal census records – perhaps the most beginner-friendly and widely accessible record for genealogists – and what information you can glean from them as well as the information that you can't.

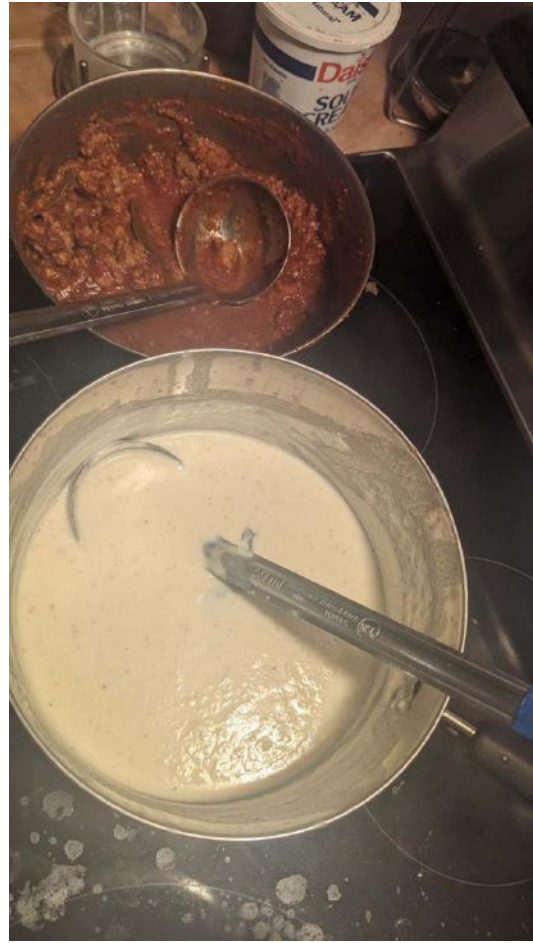
- Samantha Riggins, Member, North Carolina

Ancestral Food and Culture

A Pasta Making Adventure



What happens when you mix flour, eggs, water and the folk? Pasta! On December 7th, the folk gathered at the Joyner's house to help preserve the box of 90 eggs that Gythia Catie Erickson gifted the hof. As it is on most occasions, the kitchen was the center of attention. Everyone took turns kneading the pasta dough (and getting an amazing arm workout!) around the center island. Even the littles took part in playing in the flour. We feasted on fantastic fresh pasta and Mike's homemade alfredo and Bolognese sauces. Flour was as plentiful as the laughter and smiles.



Egg Pasta:

347 grams flour

185 grams of wet ingredients – 2 whole eggs, 3 yolks, and add water until proper weight

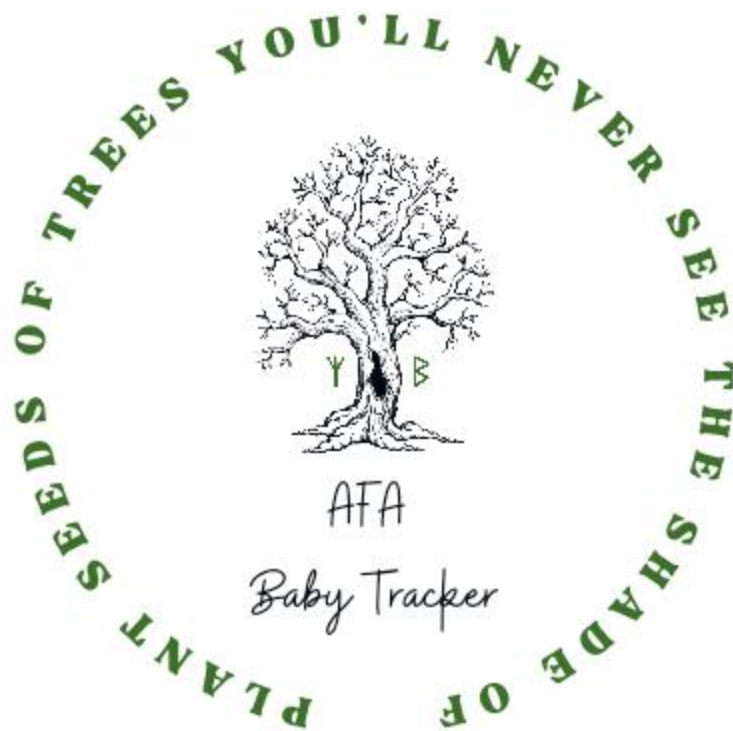


Create well with the flour on the counter, place wet ingredients in the well. Whisk with fork while incorporating small amounts of flour until the consistency is no longer runny. Using your hands, start mixing in the rest of the flour. Knead until smooth. Pat with flour and wrap in plastic wrap for 30 minutes to rest. Take out in sections. Roll out to desired thickness and shape as you please. Boil in salty water until done (only a few minutes as fresh pasta cooks much quicker!). Enjoy with your favorite sauce.



Folkbuilder Katie Joyner
kjoyner@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: 33

Just for Fun



Thank you all who participated last month! Awesome job, Tracy Adler, for being the first member to solve it! Baldrshof, where are your puzzle people?

Here's a new puzzle of Yule words:

Yule Word Search

H L
 C W
 Q H A H
 V B C B
 Z G S Q E Q
 B W Y T C G
 U T Y B M S I U
 D E M H P I F O
 J L O R Z Y N T Q A
 U D C W L R D S O W
 Y S W U L H T U R T G X
 I L C H V L N S B H Z W
 W D L D I I O S T V O C X P
 P G V Z N B Y T R A S H K B
 R V Q Y W D O A E I E P S U N J
 N K E K M I W L A O W I L N W R
 Z Y A S M O V K T D U C T D R E T N
 N T E Q W D I R Y F S B A F P C F O
 H T I G E E R D R S A N B L X F I N T J
 R I N A N C A U V J S E H I K I T H Q B
 D V O U R Z K N A M W T S B T J I S C P U E
 E P J M U N C I L O I N S U Y U Q U S G M W
 S F F T M O Y A C I D L E X U P Z X J Q I H I A
 U Z V K O C K U H T E D S S Y T I S O R E N E G
 U G Y S N C B X I T Y R H S O E I G J I T E I E P J
 B U B E C H S K T N B A U S O L S T I C E Y H L H V
 T N T D
 I T K B
 O L F Y
 N Q N S

YULE	MODRANICHT	SOLSTICE
INDUSTRIOUSNESS	JUSTICE	COURAGE
GENEROSITY	HOSPITALITY	MODERATION
COMMUNITY	INDIVIDUALITY	TRUTH
STEADFASTNESS	WISDOM	LOYALTY
WILDHUNT	KITH	KIN
GIFTS		

The first member to solve it and send proof to Press@Runestone.org will get a shout-out in next month's Runestone! Happy Word Hunting!

And here's a coloring page for the youngsters to get involved in the season as well!



We'd love to see their finished creations, so feel free to send those to Press@Runestone.org. (And yes, parents, we know you like coloring too. That's okay!)



Olivia Sutherland
Apprentice Folkbuilder
osutherland@runestone.org

Online Events and Meetings



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

Sisters Sunday Chats

Every Sunday, 10am central

For more info contact
Folkbuilder Ali Clausen
aclausen@runestone.org
or
Folkbuilder Katie Joyner
kjoyner@runestone.org



Ladies Book Study

Thursday Nights at 7 pm CST

No book study in Decemember but...

We return with a new book on
January 4th!!!!

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

For more information contact:

Witan Brandy Callahan
bcallahan@runestone.org

or

Folkbuilder Sara Ault
sault@runestone.org

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**

*AFA Eldri -
A social group on MeWe for our seniors*

Every Friday, members from across the country gather for a ninety-minute Teams call. There's generally a topic in mind, but we quickly take the conversation in new directions. Come check out this easy-going, convivial group. For AFA members age 50 and above.

Hostd by Gythia Sheila McNallen; sheila@runestone.org

Now Available in the AFA Store

**The Asatru
Folk Assembly
2024 Calendar**

Now in pre-order! The Asatru Folk Assembly 2024 calendar. Featuring a beautiful photo of our Folk for each month, our Holy Days and Days of Remembrance. Perfect for keeping track of our many important celebrations and your own important dates.

Get your order in ASAP to ensure it arrives by the New Year!

This item is in pre-order and will not ship immediately. Shipping confirmation will be sent when the time comes.

<https://runestone.org/product/2024-afa-calendar/>



Folkbuilder Alison Clausen
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 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 such a beautiful turnout for our Hof celebration of Feast of the Einherjar and Folksgiving this November!! There is much that goes into assuring we are able to hold this community event each month. Of course, our many donators are essential and the foundation, but then we have our pick up crew, members Brock and Corrie Proudfoot that make the inventory pickup, spanning up to 200 miles, multiple times a month, a priority.



Also, the timely delivery to the Hof and finally storing and processing safely is an aspect that we quite literally would fail without. It takes our leadership networking , establishing and maintaining relationships with vendors, leadership advertising and assuring all supplies needed are available, and not to forget the day of folk who help set up, refill tables, keep track of the number of families that have come by and help create a smooth flow and successful food shelf.



We were so honored again this month to have our community line up in anticipation, assured that we would do our best to fill their cupboards and freezers. Thanks to a private donator gifting 590 pounds of turkey, we were able to give out over 800 pounds of meats total to 38 families at our food distribution. Along with an array of dried goods, baked treats, fresh breads, juice, soda and household paper goods.



A success indeed! Hail the Gods! Hail the Folk! Hail the AFA!!



Folkbuilder Ashley Mcstocker
amcstocker@runestone.org

Feast of the Einherjar at Baldrshof



Just a week prior, Feast of the Einherjar was held in SD as the big district event. Fast-forward a bit, and we held our local Hof event of the same name plus the addition of Folksgiving! We are so grateful for each and every member, this was an incredible opportunity to exist in Frith, appreciation, and joy.



And what a turnout! Nearly 50 Folk made it out on this beautiful day, we nearly couldn't fit everyone in the picture! That is quite the quality problem to have as we see more and more of our folk come home with an instinctual pull to come together, it is quite a beautiful thing to see.



We had many first-time visitors this weekend as well who joined us as we were able to see the rays of light pierce through the stained-glass windows in the Hof built for Baldr, hear the umpteen children running, laughing and playing, wanting nothing more than to never leave.



Then, as the aromas of our huge Folksgiving Feast of the Einherjar started radiating upstairs toward the sanctuary, we felt the culmination of every bit of what it means to be a member of the Folk as Witan Callahan led us through her Einherjar Blot with an unmatched, fierce yet precious energy. We were heard, we were felt, and we were blessed.



We then filled our dining room with so much food we had to add an extra serving table to hold our array of traditional Thanksgiving fixings and of course Turkey! Along with everything from caramel apple dream mouse to member Charlie Emerick's famous guacamole, that we all can't quite get enough of.



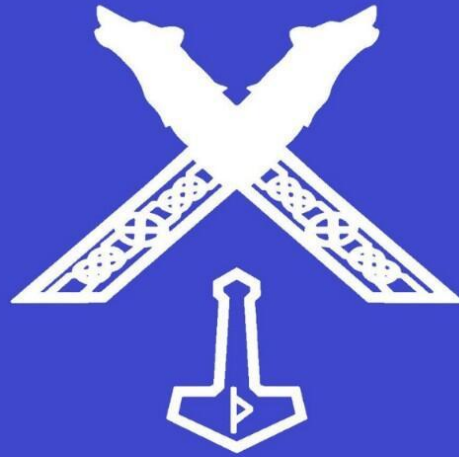


If you are someone who is reading this and has not yet made it out to the Hof for an event, please do. We have such a fabulous team of leadership and members alike that make an amazing moment of time happen every month. It is a truly special time to be folkish, in this newly awakened inferno of a folk soul that continues to be victorious in our endeavors with purpose and forward right action.



Folkbuilder Ashley Mcstocker
amcstocker@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

Yule at Baldrshof

12pm Fri 12/15 to
12pm Sun 12/17

- 6 meals
- 3 dedications
- 4 Plots
- 2 discussions
- Sumbel
- Friday is Ugly Sweater Day!
- Under \$20 Adults' & kids' gift exchanges!

No ticket event! Meals provided and lodging options available in Benson MN and Willmar MN



New Year's Day Baldrshof Workday

Monday, January 1st
10 am to 4 pm

Lunch will be provided

Contact Witan Brandy Callahan for details
bcallahan@runestone.org

Help Keep Baldr's Light Shining

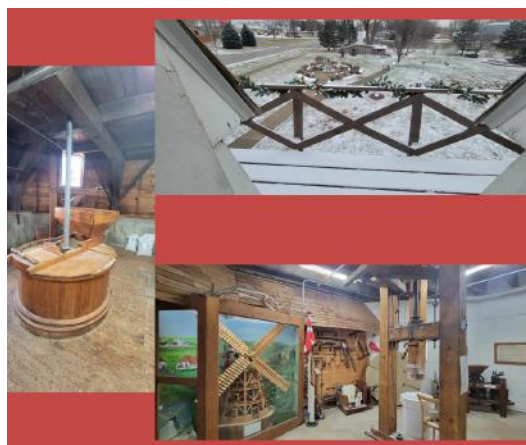
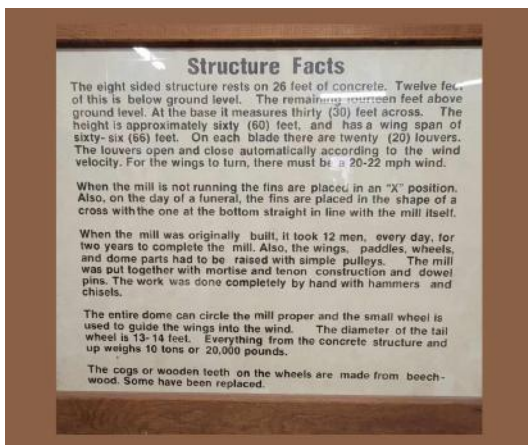


Iowa

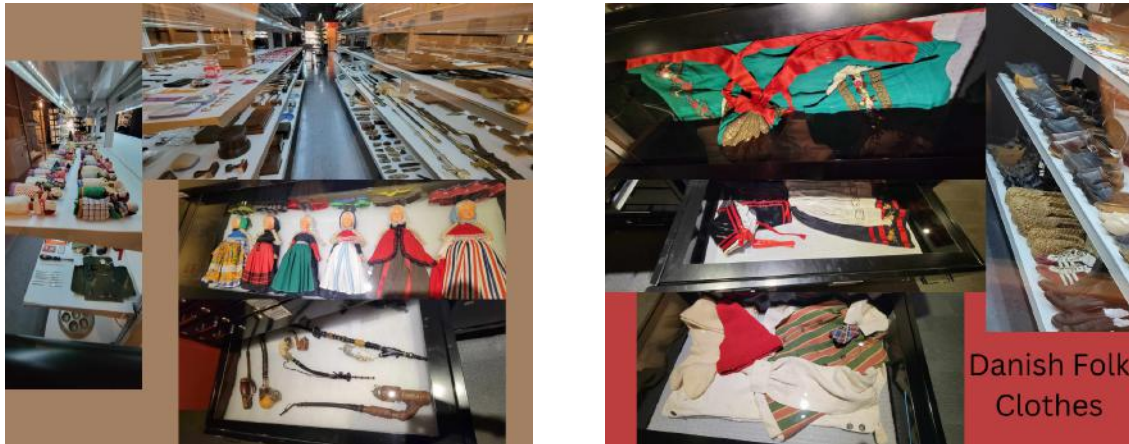
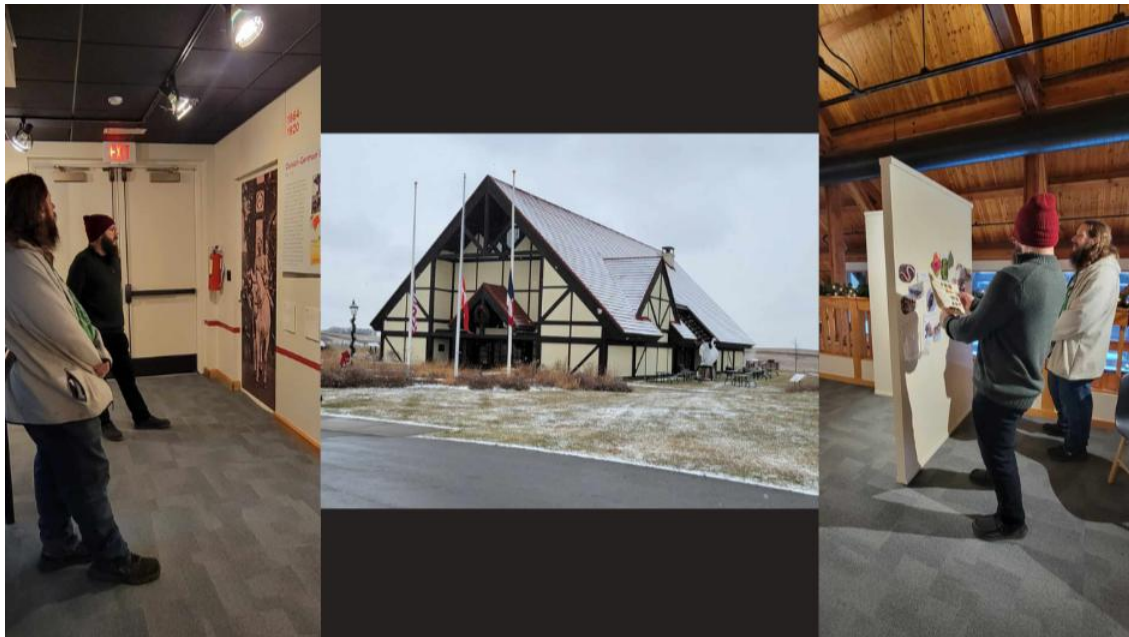
Danish Windmill Museum Moot



We met a local tavern, The Norse Horse and each tried a butter rum to warm up before we walked the village of Elk Horn. Afterwards we stopped by an amazing bakery to get some kringle and other Danish tasty treats. We visited the only Danish windmill outside of Denmark which is operational in Elk Horn, Iowa.



"The Danish windmill is a working museum, showing visitors the inside working of a historic mill built in Nørre Snede, Denmark in 1848. It was brought to America in pieces where it was lovingly rebuilt in the Danish village of Elk Horn by community volunteers in 1976 in honor of their Danish ancestors and restored to working order."




We went inside the museum and sampled some glögg and toured the inside of the windmill going up examining each level as we learned how the structure works. Glögg is a Scandinavian hot mulled wine. After wandering the gift shop, we made our way over to the Museum of Danish America. We spent over an hour reading about Danish companies, immigration into America, and famous Danish folk. We took some time inspecting personal belongings, clothes, tools, and weapons. LEGO is a Danish product, and I am happy to say it was my favorite toy to play with as a child.

After exploring Elk Horn, we visited Kimballton, a neighboring Danish Village and walked the Hans Christian Andersen Sculpture Garden & Park. We took pictures of the sculptures which can be seen on my MeWe! Some of the sculptures we saw were The Little Mermaid, The Steadfast Tin Soldier, The Ugly Duckling, and The Princess and The Pea. The moot ended with hugs and well wishes. Safe travels during the winter folk!

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

Hail Victory!!!

Upcoming Events



Iowa Snow Tubing Moot
Saturday December 30th

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

NORTH IOWA WINTER GAMES KITE FESTIVAL MOOT

NOON - SATURDAY JANUARY 27TH 2024



CONTACT APPRENTICE FOLKBUILDER CHRIS MCDOWELL FOR MORE INFO.
CMCDOWELL@RUNESTONE.ORG

IOWA ARCADE MOOT

SATURDAY FEB, 24TH 2PM



CONTACT APP. FOLKBUILDER CHRIS MCDOWELL FOR INFO.
CMCDOWELL@RUNESTONE.ORG



Christopher McDowell
Apprentice Folkbuilder
cmcdowell@runestone.org

Minnesota

Communication, and Why It's Important



A personal growth goal of mine this last month has been to improve my communication skills, and that's been an excellent opportunity to learn what it means to communicate well. While spending my time focusing on improving this skill in my life, this is what I found.

Good communication does not have to be a difficult thing, but it seems like for whatever reason, these days it is hard to come by people who actively choose to keep up on their relationships and stay in contact. I have been one of those people, but after a month of putting conscious effort into the relationships I have with family, both blood

and folk, I can say that staying in touch and being active with the people that mean the most to me in my life has not had a significant impact on my time, but it has made a significant impact on the way that I feel. Just by taking an extra ten minutes out of my day to reach out to someone and let them know I'm thinking about them and having a conversation, I have found myself in a better mood, and feeling more fulfilled. It makes you feel good to stay in touch and nurture the relationships you have developed throughout your time on Midgard.

Good communication makes everything you do more efficient. Whether it be at work, in school, or in your own social group. Staying in touch with one another and keeping everyone updated on what you have going on will increase your productivity, and your peers' productivity as well. When everyone has the information they need to succeed because they communicate, well-made plans can form and large tasks can be tackled with ease. While focusing on bi-directional communication at work and in my personal life and being proactive about addressing the things that I need and what's needed from me, I have found that I have been able to turn projects that would have taken months into a simple job. It sounds cliché, but when you work together, you really can achieve just about anything you can think of.

My challenge to all of you this coming month, is to try to actively communicate. Reach out to those that mean the most to you and let them know you are thinking about them. Especially with Yule around the corner, it's important to let the folk around us know that they are loved and cared for. Take the extra ten minutes and respond to that email now instead of five hours from now, you will feel better that you stayed on-the-ball and kept productive. The people around you will know you respect their time, and they will return the favor when you call on them.

Happy Yule to All! May your holiday season be filled with joy, love, and laughter.



Zach Phelps
Apprentice Folkbuilder
zphelps@runestone.org

To the Editors: A Letter of Gratitude



I just wanted to share some gratitude for letting me dive into the tech side of things in our awesome community.

Being a happy tech friend for the Asatru Folk Assembly has been quite the journey, and I wouldn't have been able to do it without my good friend Nick Rice. From troubleshooting everyone's personal issues to making sure our virtual moots and meetings run smoother than well-brewed mead - we couldn't do it without him.

With the way we embrace both ancient traditions and modern tech, Nick helps our community in so many ways.

He attends every meeting, and somehow manages to be in 3 places at once. We appreciate Nick more than words can say. Thank you for always being there to support the folk, both in ways seen and many more unseen.

I'm so excited for the road ahead and the tech adventures we'll dive into together. Here's to more seamless virtual gatherings, fewer glitches, and a whole lot of shared laughs, (until 3 am). Hail the AFA. Hail those who build the folk all day every day. Hail Nick Rice. ❤️



Lydia Phelps
Apprentice Folkbuilder
lphelps@runestone.org

Minnesota Polar Plunge



February 24th in Alexandria Minnesota we'll be doing a polar plunge to raise money for the Minnesota special Olympics! Come join team AFA and jump or show up to support us and then we'll go find some lunch shortly after!

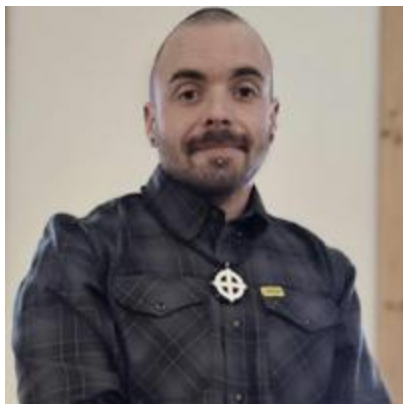
Contact Folkbuilder Bruce Perron [@bperron@runestone.org](mailto:bperron@runestone.org)
or Folkbuilder Jason Gallagher jgallagher@runestone.org



The poster features a blue and white background with a large, bold title "2024 POLAR PLUNGE" in black. Below the title are three Polaroid-style photographs: the first shows two men in winter gear, one in a purple shirt and one in an orange shirt; the second shows three women in pink shirts running on a wooden platform; the third shows two men swimming in the water. At the bottom, a red banner contains the text "TAKE THE PLUNGE TO SUPPORT SPECIAL OLYMPICS MINNESOTA!".

<https://reg.plungemn.org/team/asatrufolkassembly1>

Looking forward to seeing you there!



Folkbuilder Bruce Perron
bperron@runestone.org

Upcoming Events

**Saturday
of
Sisterhood
Moot**

**Jan 27th
1pm - 5pm**

Come join your sisters for an afternoon of selfcare in Himalayan salt caves, followed by dinner at our local Sushi & Steak house.

for details contact
amcstocker@runestone.org



Folkbuilder Ashley Mcstocker
amcstocker@runestone.org

Adventures in MN with Northern Blood



Wishing everyone a Glad Yule!

This is my favorite time of the year.

Join Northern Blood Kindred for our 8TH Annual Folkish Family Yule Celebration

December 9th 4PM Bloomington, MN.

Yule Blót followed by a Holiday potluck feast and Sumbel. And a Northern Blood tradition of burning a Julbok.

The 3rd Annual Yule event at Baldrshof is December 15th-17th. A three-day event filled with Yuletide joy and lighting of the Kindred trees and gift exchange and much much more. Bring the whole family!

Northern Blood Kindred is planning a science museum moot for January or February and few winter hikes.

Looking forward to 2024 and even greater things happening in our Church.

Join us On February 24th, for the polar plunge fundraiser in Alexandria, MN organized by Folkbuilder Bruce Peron for the second year. Members from Team AFA will make the plunge, and I'm honored to be able to participate this year. If you are interested in joining us or donating, please contact Bruce or myself.

Upcoming Events



12/9 - 8th annual Folkish Family Yule celebration with Northern Blood Kindred Bloomington, MN 4pm.



Folkbuilder Jason Gallagher
jgallagher@runestone.org

Upcoming Events

Gothi Erlandson's
WINTER
dinner
MOOT

In honor of
Rand the
Strong

SUNDAY
1/7/24 @ 6 PM

contact nerlandson@runestone.org for details



Gothi Nathan Erlandson
nerlandson@runestone.org

Risky Business in MN

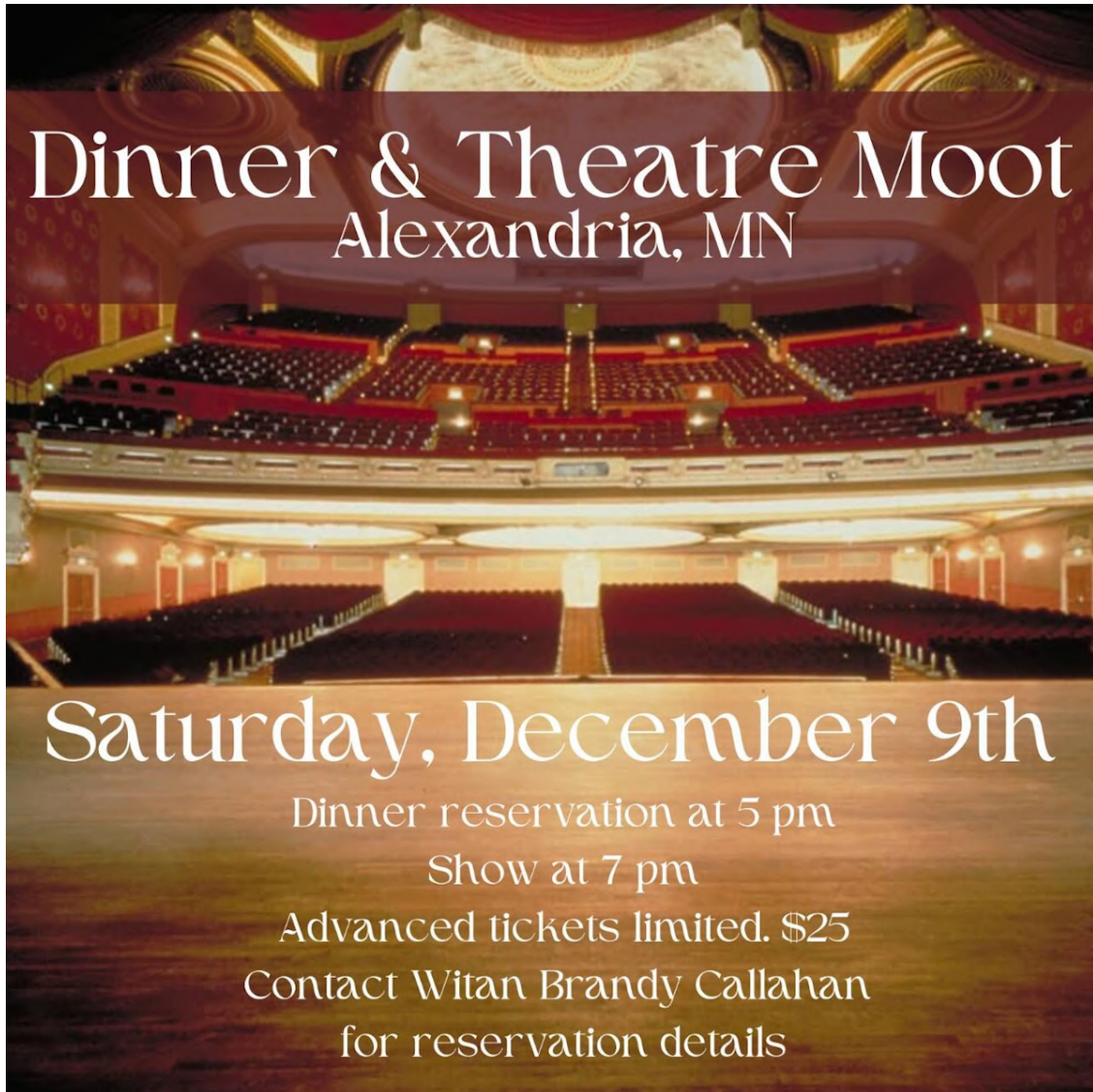


On a one the first cold days of November, Folk gathered for a potluck and Frith! Everyone brought a delicious addition to feast and we followed up with movies an exciting game of Risk, with house rules.



Our own Folkbuilder Jaime Alaiinn is the True North Folk Risk Champion, but we all look forward to taking that title from him soon!

Upcoming Events



Dinner & Theatre Moot
Alexandria, MN

Saturday, December 9th

Dinner reservation at 5 pm
Show at 7 pm
Advanced tickets limited. \$25
Contact Witan Brandy Callahan
for reservation details



New Year's Eve With The Folk

Sunday, December 31

Starting at 5 pm

Callahan House

Alexandria, MN

Remembrance Feast For Eyvind Kinrifi



Sunday, February 4th * starting at 1 pm
Callahan Residence * Alexandria, MN
bcallahan@runestone.org



REMEMBRANCE FEAST FOR JARL HAAKON

Sunday, April 7th
starting at 1 pm

Callahan Residence, Alexandria, MN
bcallahan@runestone.org



Witan Brandy Callahan
bcallahan@runestone.org

Nebraska

Swedish Konditori



For my birthday this year, my husband and kids brought me to a Swedish Konditori. We tried a variety of traditional Swedish cookies and treats. My favorite being a tie between the Swedish tea ring and lingonberry jam cookies.



Afterwards, we took a walk through the town square looking at the Yuletide decorations and munching on popcorn from the old fashioned popcorn stand.

These little family moments are so amazing and fun. It was a great birthday.

Upcoming Events





ANTIQUE CRAWL

GRAND ISLAND, NE

FEBRUARY 17TH, 2024
1 PM. DINNER TO FOLLOW

CONTACT FOLKBUILDERS ALI AND CODY CLAUSEN FOR DETAILS
ACLAUSEN@RUNESTONE.ORG
CCLAUSEN@RUNESTONE.ORG



Folkbuilder Alison Clausen
aclausen@runestone.org

Nebraska Sushi Moot



There's nothing quite like a nice restaurant moot. Some sushi rolls, a little soup, and a couple of drinks with the folk always does some good. Of course, being in the Midwest, it almost never ends right after dinner.

The restaurant is a favorite of ours and most of us had been there several times before. The quiet atmosphere made it perfect for some fun conversations and more than a few laughs. The food was good, but time spent with the folk made it so much better.

After dinner (which we took our sweet time eating), we went outside and said our goodbyes. That's when it happened, one of our oldest traditions and one we swore we'd avoid: the Midwest Goodbye.

Here's the thing about the Midwest Goodbye, avoiding it takes skill, something we lacked that day. We gave our hugs, said goodbye, then proceeded to talk about life for an hour. Afterwards, we walked to the parking garage, said our goodbyes again, then continued our conversation for another half hour. Finally, we got to our cars and decided that wasn't enough, so we talked for another 15 minutes. After the final goodbye, we made sure to wave at each other as we left. The tradition had been observed and we all left happier with some wonderful memories.

Overall, it was a wonderful night. No matter what anyone says, the long goodbye is always worth it, even if it means getting home later than you expected.

Upcoming Events



Museum Moot

LINCOLN, NE
1/20/24 10AM
LUNCH
AFTERWARDS

CONTACT FOLKBUILDERS CODY AND ALI
CLAUSEN FOR DETAILS
CCLAUSEN@RUNESTONE.ORG
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Folkbuilder Cody Clausen
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North Dakota

The Blood of Heroes



Folk: Remember now, the blood of heroes that runs through your veins. It is the blood of conquerors! What you hold within you is the combined might and main of your ancestors that faced adversity, peril, death by famine and by sword, and remember how your ancestors persevered by Faith, devotion and fealty to our Gods! We are blessed by our ancestors and by our Gods to strive against the Forces of chaos and be above all that would drag us down into death and the destruction of our proud Noble Folk. By our blood, we are born to nobility. By our right action and deeds, we ascend to greatness. Never give up despite any struggle. Never forget the sacrifices made by our honored ancestors that we may live, and honor them by your actions each and every day! Each day, in right action, we move forward ever unto greatness, building the Folk's Might. Each day, we choose to honor our Holy Aesir. May we ever push onward to further our Folk and bring our Gods glory and honor! We have Victory each and every Day, and strive for the Victory in the days to come!

Upcoming Events



Baldrshof Skiing Moot II

North central Minnesota,
January 13th 2024

Contact Folkbuilder
Christian Penner for more
details!
cpenner@runestone.org
218-902-0079



Folkbuilder Christian Penner

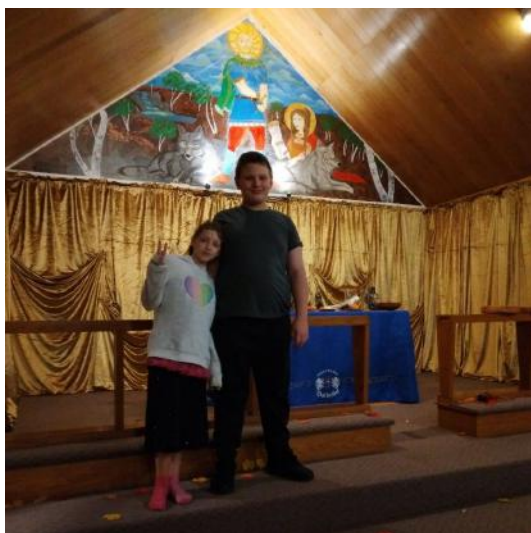
cspencer@runestone.org

Wisconsin

Tradition is Not the Worship of Ashes, but the Preservation of Fire



Teaching our children tradition helps give them a strong sense of identity. Tradition serves as a reminder of where your family came from. It helps strengthen family bonds. It helps build character. In a fast-paced and ever-changing world, it's a comforting sense of consistency. Family rituals also teach strong values. These are lifelong lessons that our children will impart to their children, keeping the Folk-flame alive generation after generation.



The Asatru Folk Assembly strives to keep alive the tradition of our ethnic European faith. In bringing your children to events, you are sharing with your children another aspect of your rich heritage. The rituals and blots your family experience at an event can be then taken back home and worked into your own family's traditions.

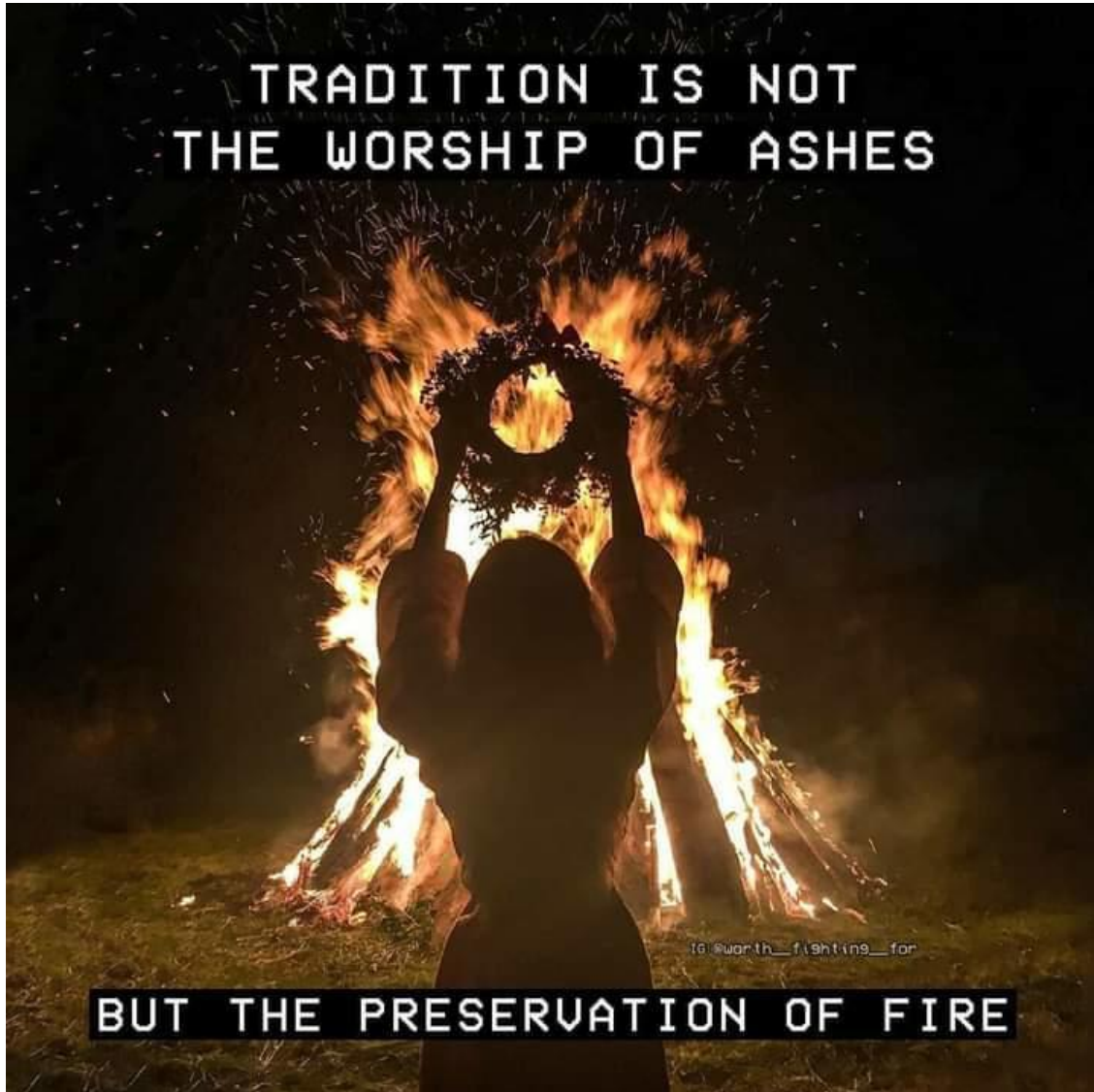


Sumbels are one of the most emotionally touching rituals that our Folk experience during an AFA event. Bringing this into our own homes and teaching it to our children helps impart the importance of our gods and goddesses into our daily life plus shows our deep connection to our ancestors and our Folk.



For home Sumbels with the children, often apple juice or sparkling grape juice is used instead of mead in the horn. Simply pour the juice into the horn, concentrating on positive energy and what you'd like your children to take away from this ritual. An AFA Sumbel is done in three rounds. The first is the god round. Have the child hold the horn and hail whatever god or goddess they would like to. With little children, even having them simply say, "Hail" is a good start. The second round is the ancestor round. Have the child hold the horn and hail someone who has passed away. It is perfectly okay to give them suggestions. Remember this is a learning and bonding time for your family,

so be relaxed and enjoy creating good memories from this. The third round is the boasting and toasting round. Have the child hold the horn and hail, someone they love, tell of something good they saw, or something they are thankful for. When this last round is finished, you can have the last child finish drinking from the horn or take the horn outside to pour out by a tree. Remember this is the family tradition you are building, so it's perfectly acceptable to customize any part of this to what works for you.



Remember, we are our future ancestors! Build your traditions to last for generations to come.

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

Upcoming Events





January 27, 2024
Come explore the Ice Castles
in Lake Geneva, WI.
More information available
after December 6th.
Contact Folkbuilder Sara Ault
sault@runestone.org



Folkbuilder Sara Ault
sault@runestone.org



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