

The Runestone: Voice of the Asatru Folk Assembly

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Baldrshof
Third Hof of the Asatru Folk Assembly

www.baldrshof.org

February 2024

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Words from the Alsherjargothi



2024 is the 30th year of our Asatru Folk Assembly and we are off to a great start! It's great to see the year start with so many gatherings and so many smiling faces. We have

a big year ahead of us and much to accomplish. I want to start out by bringing your attention to a few things in case you are not already aware or engaged.

Victory Never Sleeps is live at 6 Pacific every week on YouTube. Currently Witan Svan Herul and I are in the midst of a verse-by-verse lore study of the Hávamál. We encourage questions from anyone about anything people want to know more on. These shows are also available on Spotify as podcasts every Friday.

Also, Folkbuilder Lydia Phelps is revamping our websites to make them beautiful and loaded with functionality. Stop by and check them out if you haven't already:

www.odinshof.org | www.thorshof.com | www.njordshof.org

The Baldrshof District site and the Runestone website are under construction as we speak.

Also, there is still time to register and make plans to attend Charming of the Plow at Njörðshof in White Springs Florida, I look forward to seeing you all there.



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

Reject the Black Pill



We exist in a world of ruin. The whole system is aligned against you. Your very existence is under threat. Triple parentheses and all that. It's over, we are done. We can't win. Our children are to be sacrificed to the monster that has consumed us.

If this is the language of "influencers" you watch, read, pay, subscribe to, I have one word for you. Stop. That's my advice. Stop.

We may view this age through a fearful lens, we may view it as something to lament. I choose to view it as opportunity. This whole world is rotten to its core. We are indeed in the Wolf Age. The Age of Iron. All of this is true.

I often hear people say, "You all just live in a bubble." Well, yeah....i suppose we do. Because we aren't looking fearfully at the ruin of modernity. What we are doing is planting the seeds for a golden age. Politics, people chopping off their reproductive organs, the public school system.... All of this madness might as well be happening in another time, another place. Because inside this "bubble" we are thriving. Couples come into being, children are being born, we have our own homeschooling curriculum, along with 4 Temples dedicated to our Gods. We have 70 acres of raw land dedicated to Tyr. One day some of us will live there, it'll be the ecclesiastical center of Asatru. While the world is tearing down statues of heroes, we're erecting statues of heroes.

This is what we are doing to prepare for “the end.”

In fact, we aren't preparing for the end, no.... We are preparing for the beginning. The beginning of a new world. The beginning of the Golden Age. We're on the ground floor of this, this beautiful existence. A world that celebrates beauty, strength, that celebrates traditions reaching back to the dawn of our people. We are gathering every week across the country, and in others. We have responded to the beacon of light, by lighting our own! We are lighting a signal fire within that never goes out.

It's easy to get sucked in by doom porn, “influencers” on whatever platform they spew their fear-based stream of madness. One thing that I'll challenge them all on ... they want to “wake people up.” Well, what happens after this awakening? Not one of these influencers has an answer for that.

That is why I came home to the Asatru Folk Assembly. We are DOING THINGS. Rather than waiting for something to happen. Come, join me in this age of victory. Be in the same bubble with us. Grow, be strong, be confident, be normal.

If you are reading this, and you haven't joined AFA, I ask you why not? When will be a good time? If not you, then who? Be a part of the solution rather than standing on the sidelines. We have Folkbuilders waiting for your application. We have Clergy, ready to answer your questions. Across Midgard we are shouting into the sky, Hailing our Gods. Be one of many voices in that circle.

Go to www.runestone.org, click on the Join link. Be a part of something special. Now that you are “awakened”, what will you do?

I know what you should do.

Hail The Gods!

Hail the Folk!

Hail! Hail the Asatru Folk Assembly!

Witan Daniel Young

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Words from Our Gothar

Ancient Europeans before the Viking Age



Our ancient traditions are many times older than the Viking Age. There is certainly a cultural continuity back to at least the Bronze Age, and most likely to our hunter-gatherers of the Eurasian Steppe or the "Great Steppe", a vast eco-region of temperate grasslands and shrubs. Our far-fairing people came from the Taiga, or boreal forests, which is an area characterized by coniferous trees. It spans from Karelia to the Pacific, from Alaska to Labrador Canada and from parts of the northern U.S. to Estonia, Sweden, Norway, and to the Scottish Highlands.

Our Folk built the first large structures, longhouses, 7,000 years ago, and Kurgan, or better known as burial mounds, found also in western Europe.

Our Folk have a culture that predates the Middle East. Our stories are not recorded with hieroglyphs or cuneiform writing but are found now through the sciences of DNA and archeology.

Our culture/religion is ancient. We have been challenged before. Be it climate upheavals, tyrants, or fools, we are resilient! Let us be like the pine tree of the Taiga, strong, be of rough bark.

I'm all of Rough Bark, a poem by Ivan Kharabarov

I'm all of rough bark
I'm all of pine branch.

I have come
to spread over this land,
to preserve it from sickness and ailment.

I have come from the Taiga,
my hands are heavy and dark,
my roots are tough, my branches resilient.
and to a stranger's eyes,
my tears
are scalding and hot,

On my pine resin shoulders
black sables drowse.

I shall bring Spring time
to these sparse
and stunted forests;

I shall bring back coolness'

to these
warm , turbid rivers.

I shall do no harm,
I am merely
a green tree,
do not cut me down,
love me instead.



Gothi Thorgrun Odden
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Fate



When we talk about Wyrd, or fate, often ideas of karma, or maybe an old Vikings movie or even a Greek mythology movie might be conjured up. But how many of us

really understand this concept? Fate is an interesting conundrum. For Americans, we are taught from a young age things like manifest destiny, and it was our fate to conquer from coast to coast, to be world leader, etc. yet we are also taught the ever popular "no fate but what we make." So, what is it? Are we driven inexorably towards a pre-ordained destination? Or do we forge our own path and destination? The answer is complex.

Many people are drawn to think of Wyrð as karma. Perhaps the Aryan concept of karma is easily digestible because it has been so mainstream and popular. But Wyrð is much more complex than pop Hinduism, karma itself is a much deeper concept than mainstream popular culture would have you believe. But let's dive into Wyrð. Wyrð as we know is a web of cause and effect. Fate drives us, not because an outcome was decided at birth and no matter what, that is the destination. Fate is, what must be, what should be, and what could be. All of our decisions paint the picture that is our lives, all lead to a direction. We can change that direction, by good decisions and bad ones. Some may be tempted to excuse bad behavior, bad action, by "well, that's fate baby. I don't have a choice in it." This is pure folly. Fate lights a path for us to lead to the correct destination, it is up to us to see the light and take the path. We can struggle and fight and go down a different path. That is free will. But ultimately, recognizing the Tru lit path, will make our lives more full, more rich, and more authentic to our purpose.

Many struggles and seemingly devastating occurrences in my own life, that felt terrible at the time, have led me down the correct path. Every heartache, every struggle, has led me to where I am today.

What does this mean in practical application? Well, the struggles we face, the hardship, the heartache, the pain, we lament at the time, but often steer us in the direction we are meant to go. So, when you struggle, when something happens that seems devastating, try to remember this is happening for a reason, trust in fate. Following the path that fate has lit up for me has caused temporary struggle but has always steered me in a direction that ultimately was much better and made me happier.

Trust in fate, the Nornir know what they are doing. Follow that lit path and love every minute in Miðgarð.

Gothi Rob Stamm

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The Quest for Freyshof

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

– Gylfaginning



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

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 \$98,651.87 on our remaining loan.
2. We need to raise our monthly donation average by 15.3%.
 - 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

In Thanks for the McNallen Statues



Gythia Sheila McNallen
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Þorrablót at Sigrheim



January was an awesome month around these parts, as we had some far-travelling guests come up for Þorrablót. Thank you so much to Mike and Emily Cosgrove for making the long drive up from Florida to weather the cold with us! We had a wonderful time, filled with good food, a somewhat warm fire, great conversations, and a solid Blót to Þorr that was accompanied by hammer-blessings and a special rune set blessing.

We can't wait for the next evens coming up. Check out the flyers below and keep your eyes on the calendar over at [Thorshof.com](https://thorshof.com) for all the latest scheduling at Sigrheim and the surround Central Tennessee area!

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~~ ^{10th}



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

Ostara at Sigrheim March 16th



RSVP to nrice@runestone.org



Folkbuilder Nicholas Rice
nrice@runestone.org

Victory Never Sleeps



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

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

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

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

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



Matthew D. Flavel
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AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org

Baldr & Nanna

Baldr is the son of Odin and Frigga. He is the favorite among the Gods and the most beautiful. Baldr shines with not only beauty of appearance but also of character. His death was foretold and will bring about Ragnarok. After the final battle and the Gods have died, he will emerge from Helheim and help start the cycle of life again. His life and death remind us that even in the darkest hour the light will return.

Nanna is Baldr's wife and mother of Foresetti. She is considered by some to be the Goddess of devotional love. She has unwavering love and loyalty to Baldr joining him in life, death, and rebirth. When he is killed, she dies of a broken heart and is placed on his funeral pyre.



Greetings Families,

We truly hope you are enjoying the Winter in your part of the world. The Academy has been busy with preparing new curriculum for the next school year. We are truly hoping to be able to add 4th-6th grade, and maybe even a preschool program, to our current K-3rd grade as soon as we can. Amazing things are in the works.

For our current K-3rd graders, we have revamped our Parent/Student meetings. Now taking place twice a month. One will include a storyteller for the children and the other a lesson from the curriculum taught by one of our awesome staff! Watch the parent group on MeWe and your emails for updates.

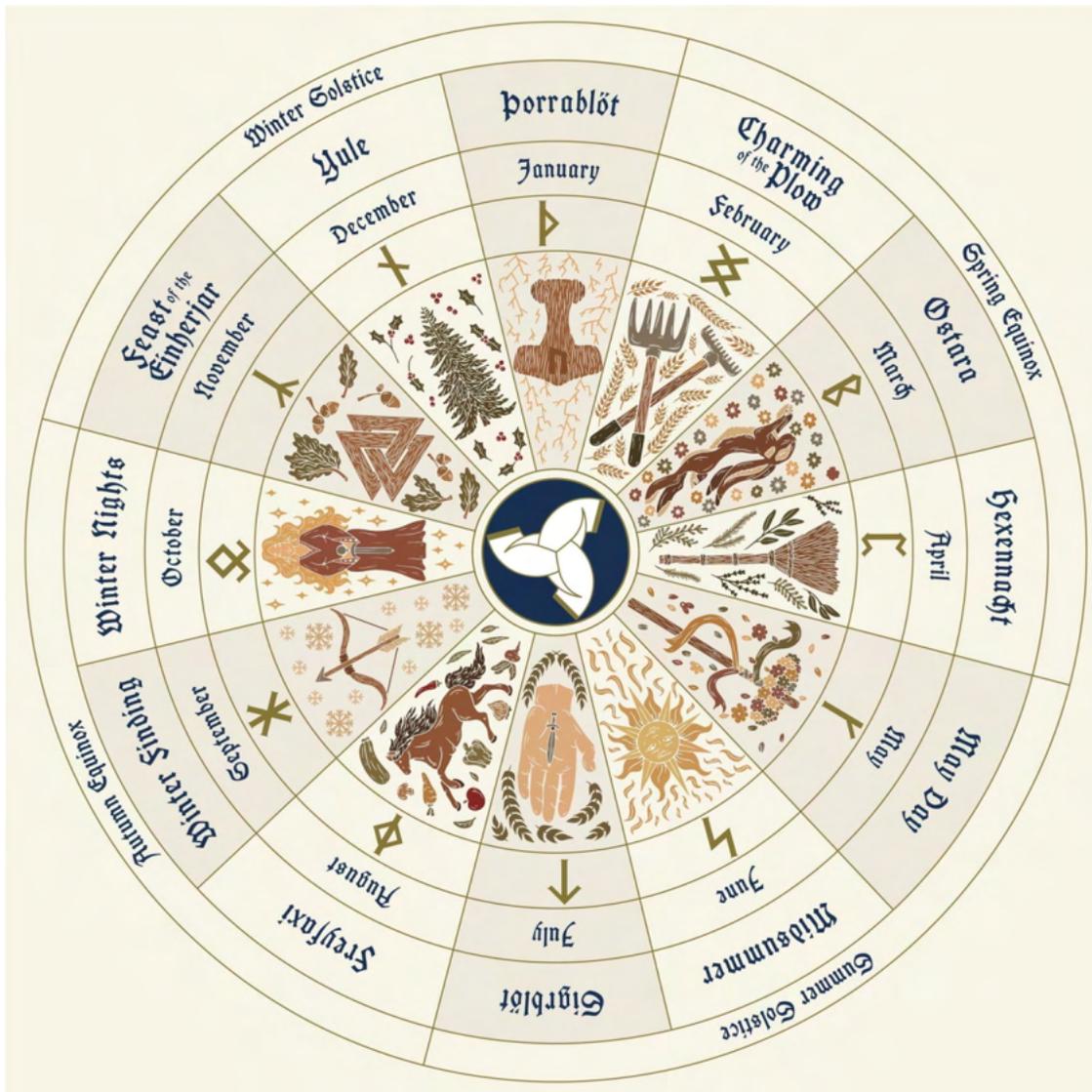
For parents of current students, our doors are always open for you. If you have any questions about the lessons or tech issues, please reach out to any member of the staff or use the chat in the MeWe Academy Parent Group. Also, please share with us what your children are working on. Anything from math assignments, science projects, writing, or drawing, post them in the group or email them to us. We want to be able to show how our students are doing.

As always, if you are interested in finding out more about our Academy program, you can reach out to us at school@runestone.org. -



Folkbuilder Sara Ault
Asst. Dean of Admissions
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Remembrance and Holy Days



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

2024

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

February



Asatru Holidays - February 2024 - Eyvind Kinnrifi | Charming of the Plow

Day of Remembrance

Eyvind Kinnrifi | February 9th



Near to what could be considered the beginning of the Christian conversion of Norway, under King Olaf Tryggvason, there was a farmer of Noble stock who stood against the king and his attempts at conversion.

Eyvind (Pronounced Ivin) Kinnrifi was called to make plans against the upcoming invasion by his friend Harek of Thjotta, who had very recently returned home after himself refusing conversion to Christianity. Eyvind answered the call, and for the sake of haste, he traveled with only a small retinue of men. He was well welcomed by Harek, but shortly after his arrival Eyvind was ambushed.

Unbeknownst to Harek, he had been followed by some of Olaf Tryggvason's men. They forced Eyvind to Thronhjem, where Olaf attempted to convert Eyvind, first with offers of land and gold, and then with threats of torture and death. Unwilling to turn him back on his faith, Eyvind was eventually killed.

So, what can we learn from this story?

On the 9th of February, as we stop to remember Eyvind Kinrifi and his unwavering faith despite the consequences, take a moment to consider what in your own life is important to you. Have there ever been times in which you had to choose between keeping your faith and losing something else? A Job? A friend? Family?

Even in these times, when we are living with unparalleled freedom of choice, it can be difficult to choose faith over all else. It is sometimes easier to hide behind the idea of a pseudonym or to keep your faith hidden from those in our lives that should matter. Remember, when you think of Eyvind, what truly matters. Stand strong with and take pride in your Folk.

Hail, Eyvind Kinnrifi!



Gythia Catie Erickson
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Holiday

Charming of the Plow | February 17th

Charming of the Plow is a ritual that takes place at the early beginning of the planting season. As the name implies the plow, or other tools used, are blessed and offerings are made to the Gods for a productive growing season. Traditionally, after blessing the plow, a ceremonial furrow was dug and then filled with cakes and other offerings. For our ancestors, this was a crucial time of year. Poor preparation often led to a poor harvest and a poor harvest led to starvation.

Asatru is the modern celebration of our ancestral heritage. Charming of the Plow symbolizes our willful penetration of the unyielding soil. It is with our own industriousness, our own will, that we create, that we change, that we provide. In the Asatru Folk Assembly, we often celebrate the Charming of the Plow by planting a tree.

Inflict your will on your world. As Asatruar, this is a time to “charm” the implements of your own productivity. Entreating the divine to bless your tools and your plans for the year is essential to starting things off right. Inviting the divine into our plans and intentions is a great way of making us aware of the sacrality that should be a part of all you do. The AFA encourages all Asatruar to be industrious in all that we do. Dream grand dreams. Make solid plans. DO big things. And after hard work, reap a bountiful harvest.

And what can you do to celebrate Charming of the Plow? Though most of us do not rely on growing our own food to survive, now is a good time to consider starting a small garden, or even just growing some herbs on the patio. Make a plan. Choose a small patch of yard and map out your garden beds. Bless the shovels and spades. Dig up the soil and begin fertilizing it with eggshells and coffee grinds. Prepare. If you

cannot plant a small garden begin planning some project. Sew a quilt, built a chair, take an idea and make a plan, and then put that plan into action.

Inflict your will on your world.



Gythia Catie Erickson
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Upcoming National Event

Charming of the Plow at Njörðshof | February 16th-18th



As we continue our journey through 2024, as well as the AFA's 30th year, I urge you all to take stock of both your victories and defeats.

Many of you may have done this during Yule, or at the start of January, but I find it useful to do it once more right after Þorrablót, right before we begin planting seeds at Charming of the Plow.

Yule is the darkest time of year, where we draw inward and share in each other's company to make it through the long discontent. When January comes around, we celebrate with Asa-Þórr and rejoice in the fact that we made it through another winter.

For Charming of the Plow, we count our blessings and acknowledge our shortcomings over the previous year. We come together to make the choice to not rest on the laurels from previous victories, and to make the choice to not be buried under any mistakes we made. It's also a great time to take a look at our trajectory for the current year and make decisions on what we can do to keep or improve that trajectory.

Please join us at Njörðshof and celebrate this powerful holy tide with your Folk!

Get your tickets [HERE](#)



Gothi Trent East
teast@runestone.org

Ostara at Þorshof | March 22nd - 24th



It's that time again! Pretty soon, the grass in Dixie will awaken from its slumber, bees will be buzzing, flowers will begin to bud again. Our national event at Þórshof, Ostara. Folks are coming from all over the country to celebrate the Dawn, the Spring. Ostara has been among my favorite events since I joined AFA in 2018. Join us to worship, to fellowship, to give birth to the community and to the Gods and Folk.

We will have VIPs such as Alsherjargothi Matthew Flavel, and the AFA Witan, along with Gothar from all over the country! Expect Blót, Sumbl, games, and talks on various Asatru subjects.

Ostara at Þórshof



Ostara at Þórshof, an Asatru Folk Assembly national event, is scheduled for March 22 - 24 at our very own Þórshof in Linden, North Carolina! [Click here for Tickets](#)

Registration is already underway, please make sure to include children's tickets (even though they are free) so we can have an accurate headcount to plan meals.

Also, if you have items for our auction, whether it's handmade Asatru items, or homemade jam, whatever you wish to donate, it's greatly appreciated.

Contact your local Folkbuilder for details.

Get your tickets [HERE](#)



Witan Daniel Young
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Gothar Spotlight

Svan Herul, Witan, Virginia



Ordained March 14, 2020

Mentored by Alsherjargothi Matthew Flavel

Svan is a native-born Icelander whose family immigrated to the US when he was 5 years old. Svan found his way to his ancestral faith in 1994 when he was a young teenager.

He joined the Asatru Folk Assembly in 2016. During that time, he founded Irongard Kindred, and began apprentice Folkbuilding. He brought with him a pious spirit, his knowledge of the Runes, and of our Sacred Lore that he continues to share with our priesthood and our Folk.

In 2019 and 2020 Svan was absolutely critical to the founding of Þórshof in North Carolina. I was present for much of the process. I can remember being there when he took his Gothar Ordination at Ostara in the South 2020. So impressed with his presentation and his overall presence, I decided to put my name in the hat for the Gothar Program.



Beginning in 2020, Svan began the pious task of painting murals for each of our Hofs, starting with Þorr in NC, for which I personally was present. He would go on to reverently put together all of our Hof murals.



Later in 2021 at Midsummer, Gothi Herul was appointed to the AFA Witan, a counsel of Gothar that advise the Alsherjargothi and disseminate his policies to the Gothar and Folkbuilders.



I was accepted to the Gothar Program the year Svan was ordained, alongside Trent East, Rob Stamm, Brandy Callahan, Clifford Erickson and others. Myself, Trent, and Rob fell under Svan's influence and his tutelage for much of the journey to being ordained. All of us have been influenced to a degree by Svan and his wisdom, but the 3 of us, myself, Trent, and Rob were directly impacted by him.

Much of the success we have experienced at Þórshof is directly the result of his hard work, and the dedication of Svan and his family. We each owe him a debt of gratitude for that hard work and piety.

In May of 2022 my wife Heather and I renewed our vows to commemorate our 25th wedding anniversary, and we could think of no one we'd rather preside than Witan Herul.



If I could build a Gothi, Svan would be the model for what that Gothi would be. Witan Svan is a close friend. He's one of the most influential and respected of our Gothar. I'm glad he's my friend, my mentor and my priest.

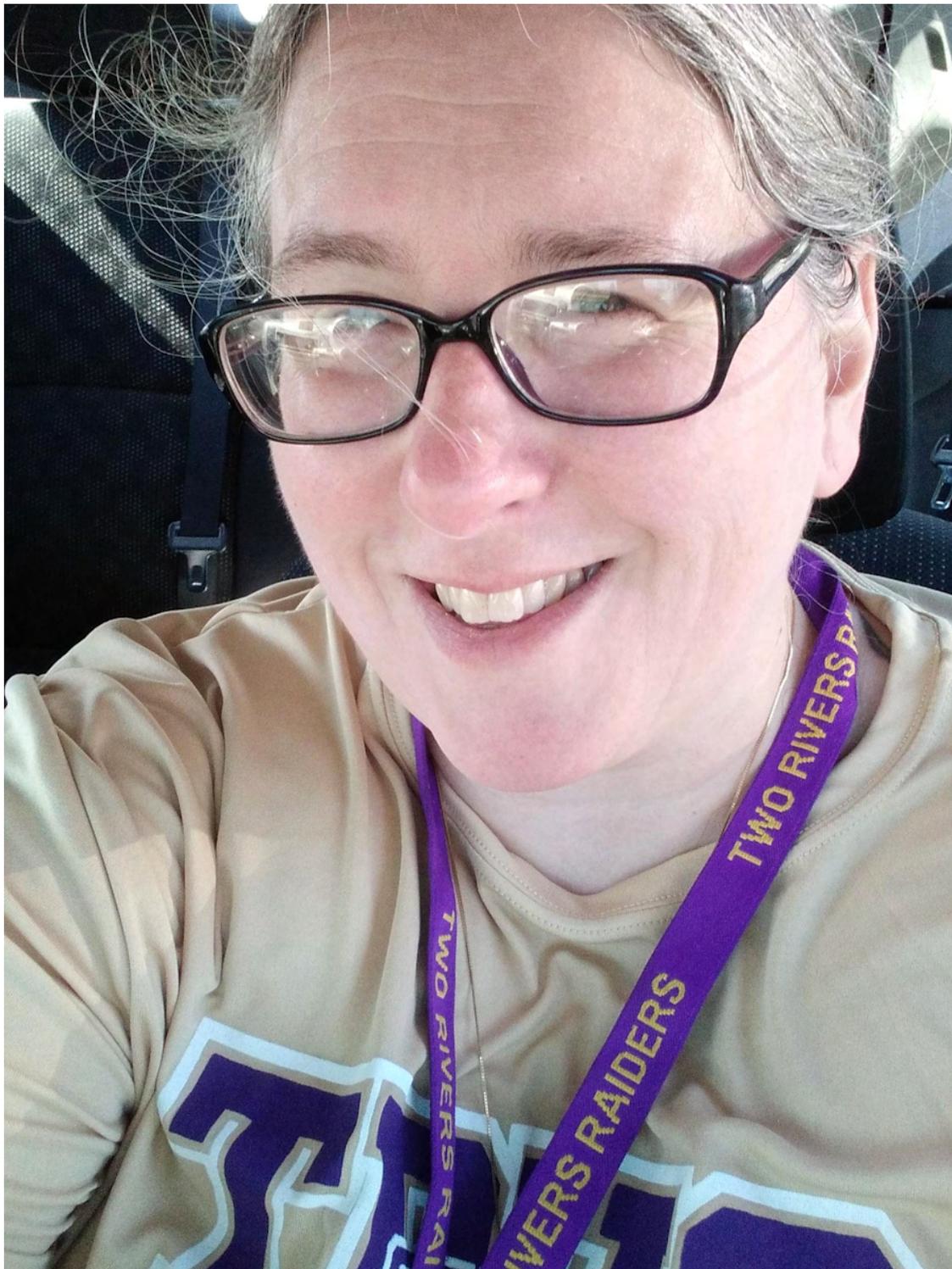
Hail Witan Svan!



Witan Daniel Young
dyoung@runestone.org

Folkbuilder Spotlight

Sara Ault, Folkbuilder, Wisconsin



Folkbuilder Sara Ault is one of our most instrumental women in the AFA. Most likely are unaware of just how much she does for our Folk. Nearly every one of us has crossed paths with Sara whether we know it or not. A lot of us unknowingly reap the work Sara puts in daily and may never know just how much. Sara has her hands on so many aspects of AFA functionality that a lot of our Victories would not be what they are without her. She is directly involved in with the Asatru Academy, Runestone Press, Social Media, Websites, Lore Study, and Women's Book Study just to list a few. Her daily sacrifice of time and energy for the Folk is beyond what most do in a month, or

even a year. Sara Ault directly impacts every one of us in one form or another.

Sara was amongst the first volunteers for the AFA Academy and is still there putting the work in where others have fallen off. She is always eager to help in any way she can and has taken on more and more of the responsibilities that are needed for our children and our Church to be successful. Sara is the first point of contact for interested parents in the Asatru Academy and knows the program inside and out, she interacts regularly with parents, and contributes personally to the academic and spiritual material.

If you have children in the Academy, read the Runestone, join in lore, or book study, etc. you know the work Sara puts in. If you do not know her personally, she would be happy to make your acquaintance. If you do know her, you know just how much of a positive impact she has for our folk. Either way, reach out to her and thank her for all she does. She is humble, wise, and caring. Sara is one of our most dedicated leaders of our Church.

Thank you, Sara, for all that you do, it does not go unnoticed.

“As our Goddesses have their handmaidens, Sara Ault is our safety net for AFA leadership. Whether it’s Asatru Academy, the needs of Hof Districts, assisting with teams meetings, or various book studies; she communicates clearly, swiftly, and quietly. She is always behind the scenes with her magic touch for management. Meanwhile, her nature is calm and caring so all who know her feel they are with family” – Gythia
Sheila McNallen

“Sara is the first to help in all her areas of contribution. She is a solid force for the AFA, and Baldrshof District” – Folkbuilder Nick Rice

“Sara has been absolutely instrumental in the success of the AFA Academy; we are proud lucky to have her as the assistant dean” - Gothi Rob Stamm



Gothi Nathan Erlandson
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A Thank You to Folk Services



I'm writing to give my heartfelt thanks and to let other AFA members know what a blessing our Folk Services are for our Folk. On January 4th, I was heading out with my children and our new puppy to pick up some extra work via Door Dash, something we had done many times before. We stopped for gas, and within a mile or two of the gas station, a large deer ran out from the opposite side of the road. The deer made it between two cars before impacting mine, giving me zero time to react. I was left completely caught off guard facing a hefty deductible if repairs were possible, rental car costs...etc. My Folk kindly set up a Folk Services fundraiser on my behalf, what a blessing it has been for my family. The money raised helped pay for my many accrued expenses during this unexpected hardship and taken some weight off my shoulders. We in Asatru Folk Assembly are blessed to have such services available to our Folk. It has been immensely uplifting to feel the love and support of my Folk in my time of need.

Hard situations in life can happen to anyone of us at any time and none of us are exempt from hardship. With the support from our Folk, we are able to overcome and prevail when situations beyond our control present themselves. I'd like to thank the Asatru Folk Assembly and all my Folk who donated.

With sincerest regards,



Danielle Risso
Apprentice Folkbuilder
drisso@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



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

Cooking for our Folk



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

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

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

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

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

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

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



Folkbuilder Mike Joyner
mjoyner@runestone.org

Ancestral Food and Culture

Rodeo Salad



Rodeo salad is a recipe that my mom made growing up. It's one of my favorites. It's a home-cooked comfort meal. It is also very easy to make and budget-friendly. Also, a meal that your children or family will love.

Ingredients:

Two cucumbers diced

One head of lettuce chopped

Can of black olives

Package of cherry tomatoes

A bag of Fritos

Shredded cheese

Hamburger meat cooked with taco seasoning

Can of black beans drained and rinsed

Catalina dressing

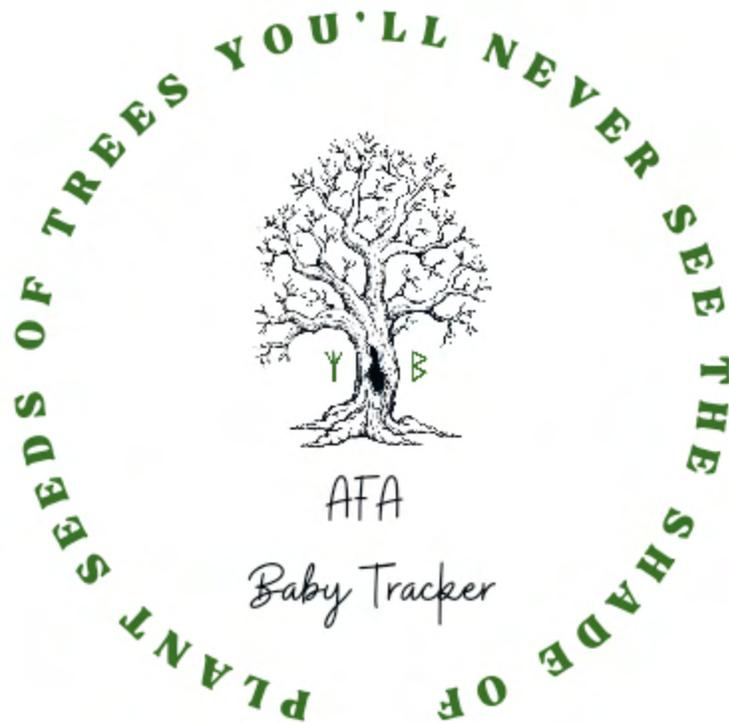
Directions:

Mix it all together and serve



Tabitha Owens
Apprentice Folkbuilder
towens@runestone.org

Baby Tracker



To show the growth of our folk we present to you an ongoing baby tracker. We will be keeping track of how many children have been and are born within the AFA from 2022

and forward. The ongoing tracking is proof that we are building something sustainable for the future of our folk, which is a place for these children to grow up within and a place where they can feel proud of who they are!

Total babies born in 2024: 4

Just for Fun

Kara, age 11, and Russell, age 3, solved January's maze and practiced a little cursive!



These are some beautiful writing samples. I love seeing the original characters and "purple express" drawn by Kara. I'm also delighted to see Russell's shapes recognition (he colored them green).



This month, our young (and young at heart) have another fun maze and opportunity to write their very own acrostic poems using the letters in LOVE. I can't wait to see the creative poems you come up with! Please feel free to use another sheet of paper for your poems if needed, and send them to Press@Runestone.org to share with the Folk!

LOVE Maze

Write a Valentine's Day Acrostic:

L _____

O _____

V _____

E _____

www.BrainyMaze.com

Images (c) Hidesy's Clipart & Little Red

Congratulations to **Rachel Cameron** of Njörðshof for being the first member to solve January's puzzle! Coming in a close second was Hope White of Baldrshof! Thank you to all who attempted the puzzle.

Here's the puzzle for February:



VIRTUE RECOVERY MEETING

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

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

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

Folkbuilder Ashley McStocker with any and all questions!

AMcStocker@Runestone.org





AFA Reading Challenge Meetings



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

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

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

Ladies Book Study

Revolt Against the Modern World

by Julius Evola

Dates:

7 pm CST

January 25th

February 8th

February 22nd

February 29th

March 7th

March 28th

April 4th

April 11th



For more information contact

Witan Brandy Callahan

Folkbuilder Sara Ault

Ladies Mysteries Podcast

Seidr

Returns in February!

Look for dates, times, and topics posted soon!

Witan Brandy Callahan

Gythia Anna Plourde

Gythia Catie Erickson

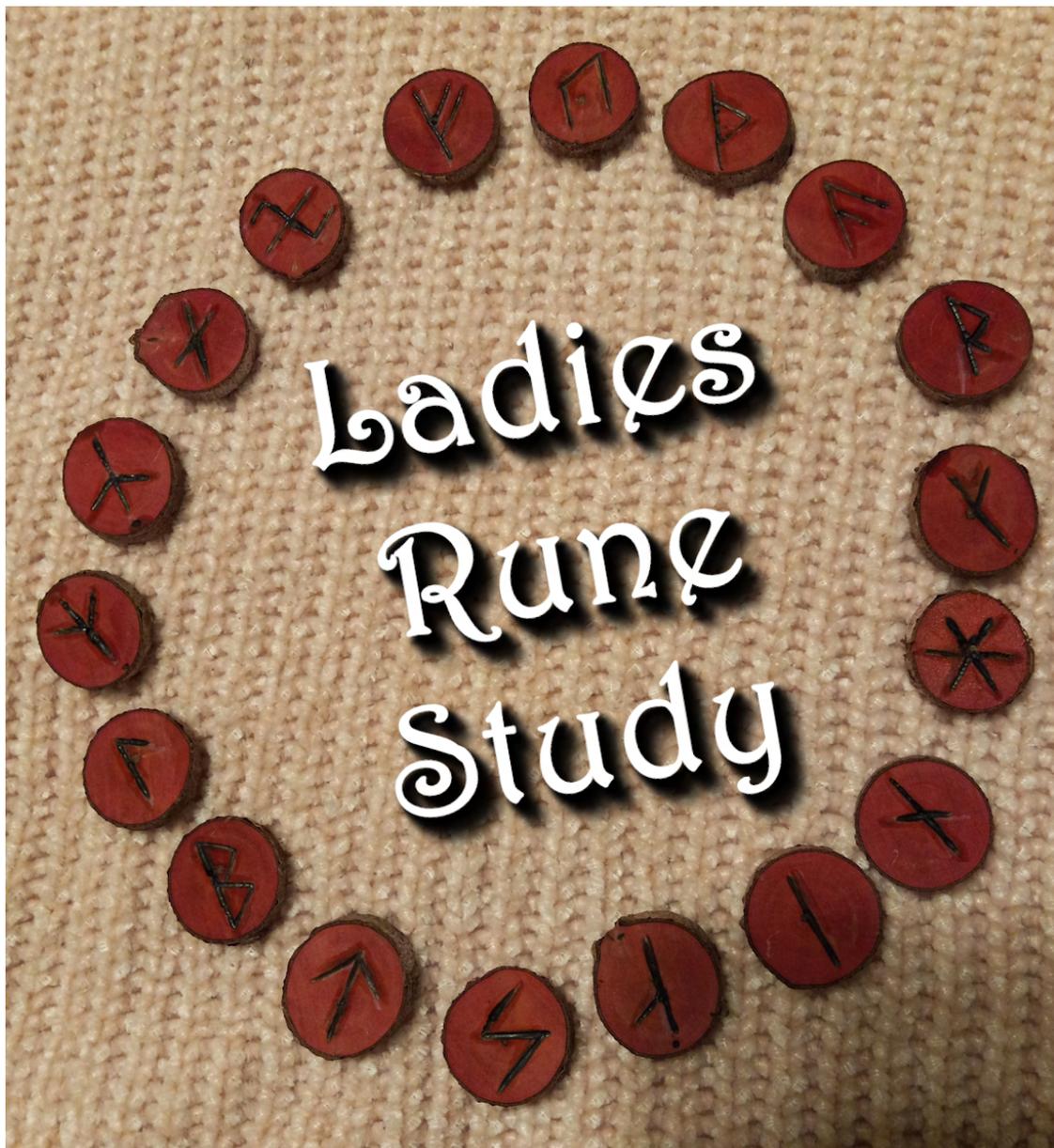
Folkbuilder Heather Young

Folkbuilder Sara Ault

Folkbuilder Ali Clausen

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

Hope to see you there!



Starting February 3rd, at 1pm Eastern

If you are looking to expand your knowledge of the runes in the company of your AFA sisters, stay tuned. We will be discussing how to work the runes into our real lives, and how they relate to us in the modern world. This is open to all women of the AFA. Stay tuned to the ladies' chat for more details, or feel free to contact Gythia Anna Plourde at aplourde@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**

Ask to join our MeWe group called AFA Eldri

AFA Eldri Meetings

For our members born before 1975

A place to share memories, ideas, experiences, and the joys of life ~ in caring conversation.

New Dates and Times for 2024

Tuesday nights
5:30 PST, 6:30 MST, 7:30 CST, 8:30 EST

Friday afternoons
2:00 PST, 3:00 MST, 4:00 CST, 5:00 EST

February	March	April
Tuesday: 2/6, 2/20	Tuesday: 3/5, 3/19	Tuesday: 4/9, 4/23
Friday: 2/9, 2/23	Friday: 3/8, 3/22	Friday: 4/12, 4/26

Copy this link into a browser: <https://tinyurl.com/yc289cn8>
Hosted by Gythia Sheila McNallen



January Sister's Fitness Winner



The winner of the Sisters Fitness challenge for the month of January is **Apprentice Folkbuilder Hope White** of the Baldrshof district. Hope has shown us her virtues of perseverance and victory by consistently working hard towards achieving her goals. Hope's continued participation in the group has been an inspiration. Congratulations Hope!

All ladies of the AFA are encouraged and welcomed to join in our ladies' fitness support group no matter her starting point. All goals are self-determined, and everyone's goals are different. Come build in frith while working on physical fitness!

— Corrie Proudfoot, member, Minnesota

Genealogy and Kinship Charts

Genealogy enthusiasts!

We have cool things to offer you!

This show what our KINSHIP CHARTS look like when we compare our DNA.

How do you get added?

Get a Gedmatch Kit Number after doing your DNA test. (We can tell you how.)

Send that number to Sheila McNallen: sheila@runestone.org

Also, make a free family tree at familysearch.org. Then login to site: relativefinder.org to find your common ancestors with other members!

JOIN the AFA Genealogy group on MeWe!

McNallen, Sheila	McNallen, Steve	McPhee, Ceilid	Minshall, Mary	Nickerson, Em	Nickerson, Lou	Odden, Thorgr
11.6	7.8	None	None	6.4	13.5	6.5
4.6	None	5	4.1	14.2	9.4	8.6
8.9	None	8.2	9.5	4	5.4	7.5
8.2	18.2	4.9	8.1	9.1	None	6.2
None	None	9.3	9.9	8.2	None	9.6
8.4	9.2	4.4	10.2	None	None	10.9
None	None	None	None	14.4	None	10.5
4.5	None	5.9	20.6	None	11.9	13
6.1	None	None	4.2	4.1	None	None
None	None	None	None	9	None	10.8
26.2	8.3	4.4	4.2	None	None	5.1
None	4.6	18.7	6.9	4.3	7.2	4.3
None	16.3	15.3	None	4.2	10.7	None
None	None	None	None	None	9.8	16.9
None	6.2	12.3	20.4	None	13.2	11.2
11.3	5.5	6	10.3	8.8	None	4.1

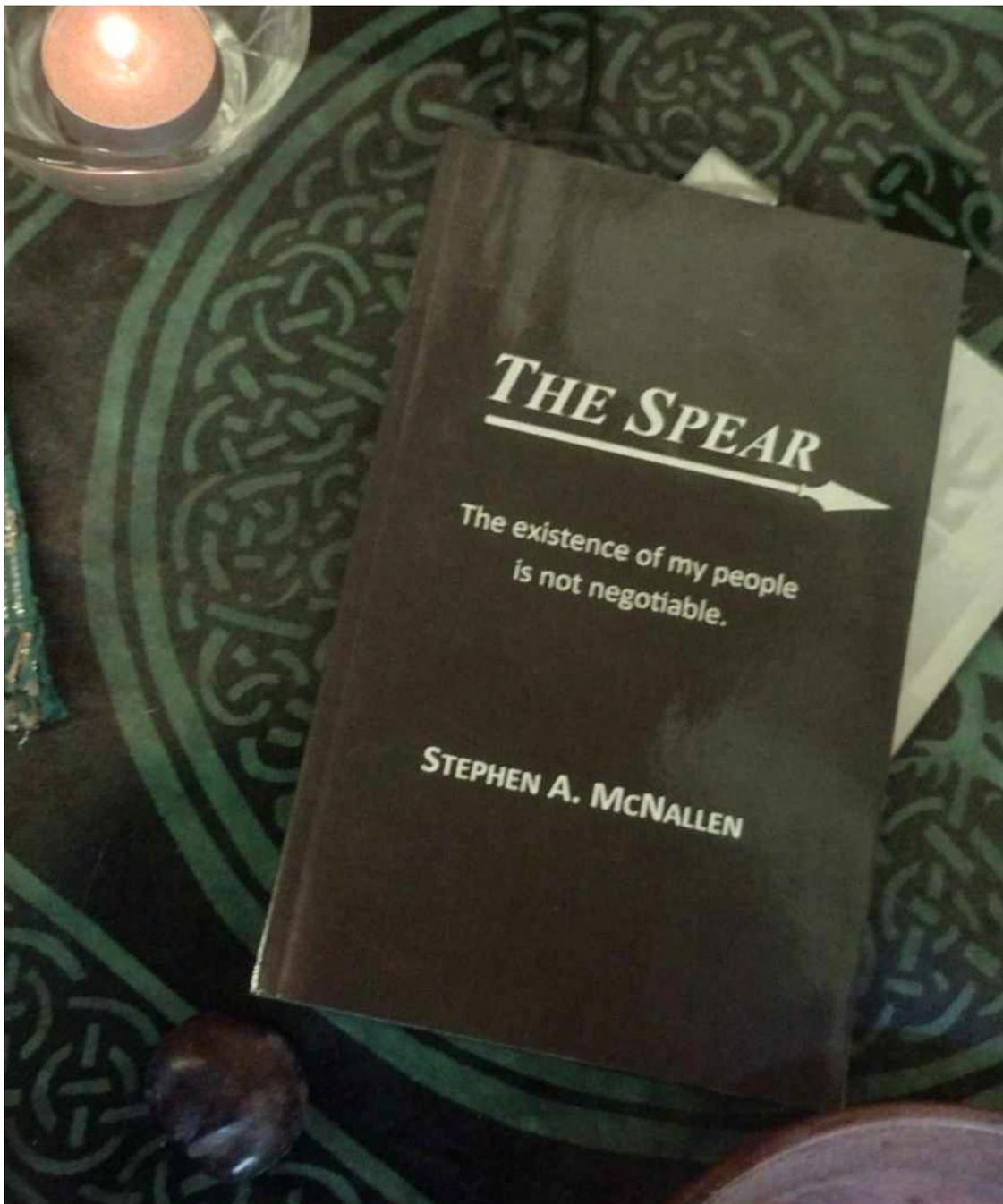


Gythia Sheila McNallen

sheila@runestone.org

Now Available in the AFA Store

Back in Stock



Backed by popular demand, we've got *The Spear* by Stephen McNallen back in stock (if they're not up on the website yet, check back soon, as its very imminent). They sold fast last time, and may not be around for long, so make sure to head on over and get your copy ASAP!

Get over to the [store](#) now!

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



A very successful food shelf for Baldrshof to start the year off!! We helped 16 families (over 25% of the town!!) and supplied them with hygiene products, bread for at least 2 weeks' worth of meals and gave out more than 200 pounds of prime cut meats!





Our gracious City Manager, Kim has followed through on her promise to post our food shelf in the monthly newsletter and committed to do so indefinitely! Right action always wins!

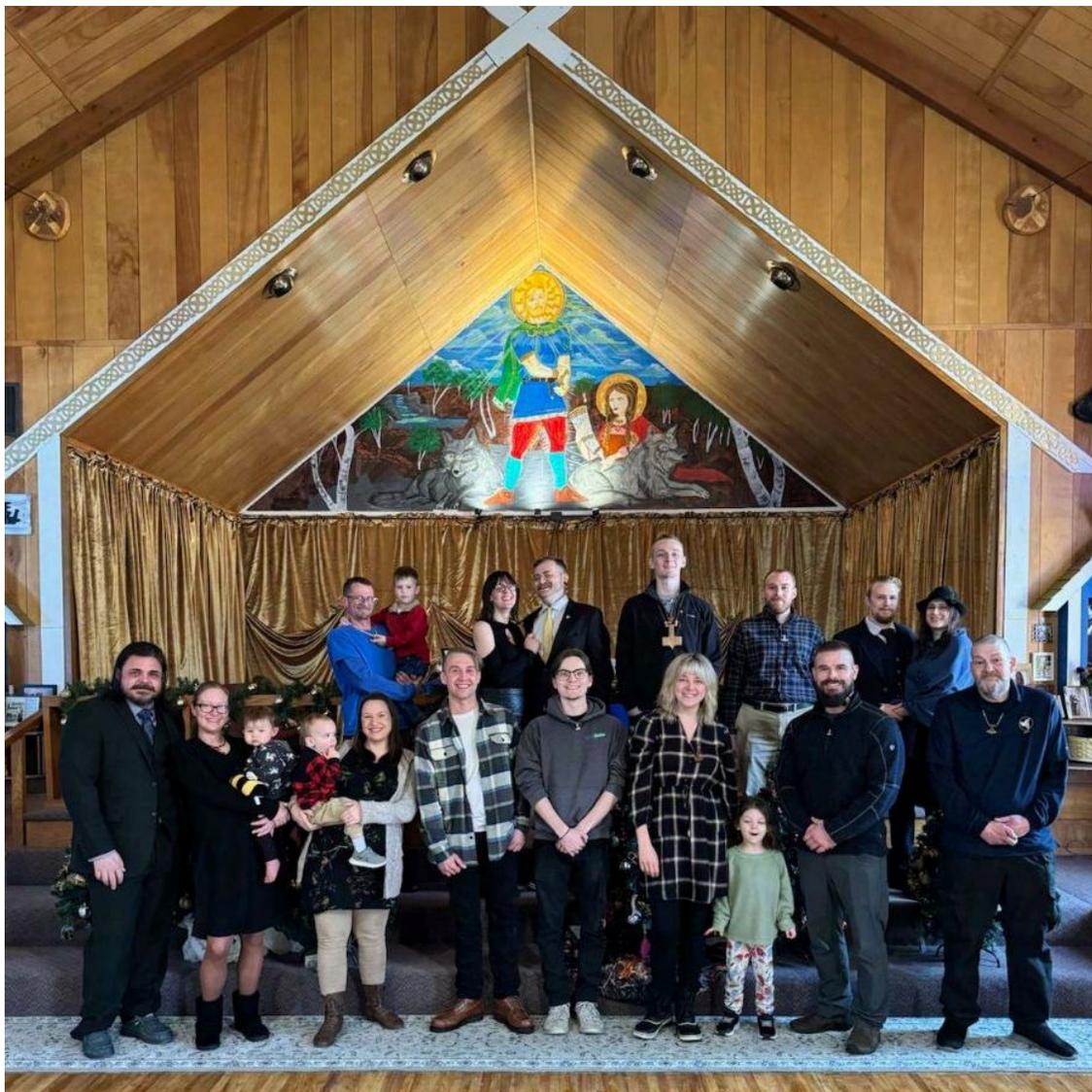
Hail the Gods! Hail the Folk! Hail the AFA!



Folkbuilder Ashley McStocker

amcstocker@runestone.org

Porrablót at Baldrshof



On Saturday January 20th the good Folk of Baldrshof district gathered at lord Baldr's temple to celebrate Porrablót. The day began early, and cold! After the food drive, Witan Callahan provided a delicious lunch of a traditional North Dakota German dish

called Fleischkuekle, and homemade apple and cherry pie. I had the Honour of giving a discussion and class on Þorrablót, and the deep Aryan connection to the Striker, Þorr. Folkbuilder and Gothi student Stian performed a rousing and beautiful Blót to Thor. The Striker and Friend of Man was well served and worshipped by the Folk! Blot was followed by a beautiful Sumbel presided by Gothi Erlandson.



This was my first holiday at Baldrshof. I had been to Baldrshof before, but not for a holiday and Blót. I was warmly welcomed by happy and friendly Folk. Every time I step into Baldrshof, I am struck by its beauty, its majesty, and its piety. It's clear the

love that went into making this Hof a home for our Folk and for Lord Baldr. Baldrshof be proud of your Hof. I look forward to seeing and meeting even more of you wonderful Folk at Charming of the Plow.



Gothi Rob Stamm
rstamm@runestone.org

Thank You Baldrshof Volunteers



Thank you, Dan! Our local Minnesota member, Daniel, has been diligently volunteering to maintain the grounds of Baldrshof! Snow removal and grounds maintenance are always on-going at the Hof. Thanks to the dedication of our members and leadership, we have been able to maintain the beautiful House of Baldr!

If you are interested in volunteering at Baldrshof, please contact Witan Brandy Callahan or Gothi Nathan Erlandson!



Witan Brandy Callahan
bcallahan@runestone.org

Upcoming Events at Baldrshof





Help Keep Baldr's Light Shining



Boasting Corner

Saturday of Sisterhood Moot <3



Oh, what a life, to be so blessed!

For my personal Moot this month, I thought that it would be marvelous to have a moment for our sisters to enjoy each other's company and build some focused Frith without being pulled in many directions by those wee little needs all over the place. As

we, of course, all truly honor and love our lives with our roles as the women in our homes, we also love some time to be together!

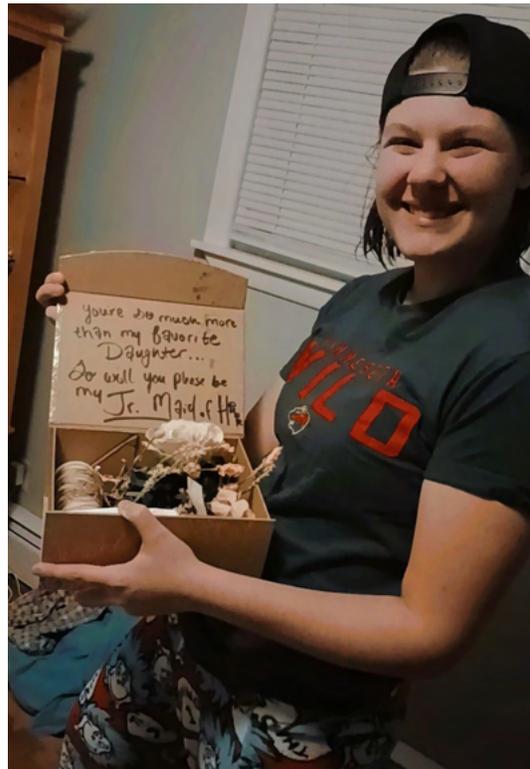




The first thing we needed was manpower! Someone had to wrangle the tiny army; who better than Gothi Nathan Erlandson, Apprentice Folkbuilder Zach Phelps, and Guac-master, member Charlie Emerick! Between the 3 of these brave souls, they methodically and thoughtfully entertained this gaggle of 10 wee ones under 10 years old. They did a marvelous job; the kids had a great time at the park, followed by a pizza and movie night.



We started at a very neat MN venue with an hour of salt cave session. This is a holistic approach to cleansing the body with a room filled with Pink Himalayan Salt Crystals from floor to ceiling and circulated through the air once the sessions have started. The cave stays between 66 – 72 degrees to help mimic the climate of a true salt cave and for better saturation of the air for proper inhalation of the salt. It was quite wonderful.



To finish off the evening, the girls who could make it and I went for dinner at our Sushi and Steak house for some wonderful hibachi and a very important request- and they all said yes!! For those not able to make our dinner, they received their bridesmaid's proposals individually and agreed to be my support of sisters while I become the Mrs. to this Mr.! #NashBash













Gothi Erlandson and I cannot express just how much it means to have all the love, support, and excitement that we do for our big day! Countdown to November 10th, 2024! Hail the Gods, Hail the Folk! Hail the AFA!!

Folkbuilder Ashley McStocker

amcstocker@runestone.org



Illinois

Introducing Hope White



Greetings, I am delighted to introduce myself as the new apprentice Folkbuilder in Illinois. With a passion for nature, family, and the rich tapestry of Asatru, I am eager to embark on this journey of community building and cultural celebration.

My love for the great outdoors is an integral part of who I am. Whether it's exploring scenic trails, foraging for the bounty of nature, or immersing myself in mushroom hunting, I find solace and inspiration in the beauty of the natural world. As your apprentice Folkbuilder, I am excited to infuse this love for the environment into our

community events, fostering a connection with the land that surrounds us.

Family holds a special place in my heart, and I am honored to share my life with my husband, Dale, and our three wonderful children. The bonds we forge within our homes are the foundations of strong communities, and I look forward to extending this sense of familial warmth to all members of our Folk.

In addition to my role as apprentice Folkbuilder and devoted family member, I am deeply committed to education as I navigate the rewarding journey of homeschooling. Nurturing young minds and imparting the values of Asatru within the intimate setting of our homes is a responsibility I cherish.

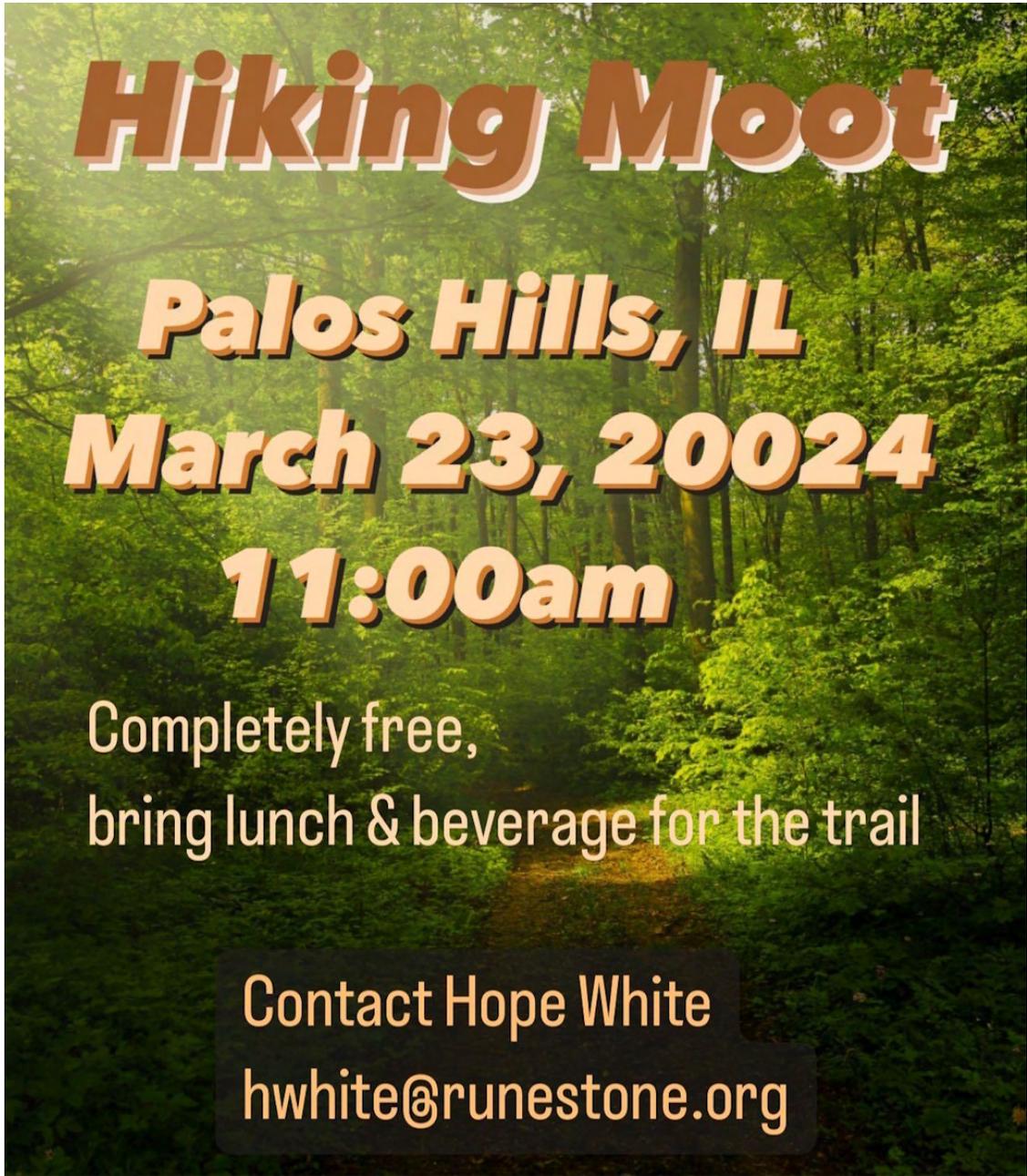
My path to Asatru began to unfold about three or four years ago, and it has been a transformative and enlightening experience. The rich traditions, ancestral wisdom, and the sense of community inherent in Asatru have resonated deeply with me, shaping my values and guiding my actions.

As we embark on this journey together, I am enthusiastic about the prospect of creating meaningful and engaging events that celebrate our shared heritage, foster camaraderie, and deepen our connection to the principles of Asatru. Together, let us weave a vibrant tapestry of community, where the threads of nature, family, and Asatru intertwine to create a rich and fulfilling collective experience.

I am eager to meet and collaborate with each member of our Folk, and I look forward to the exciting adventures that lie ahead. Hail to new beginnings and the bonds we shall forge together!

Upcoming Events





Hiking Moot
Palos Hills, IL
March 23, 20024
11:00am

Completely free,
bring lunch & beverage for the trail

Contact Hope White
hwhite@runestone.org



Hope White
Apprentice Folkbuilder
hwhite@runestone.org

Iowa

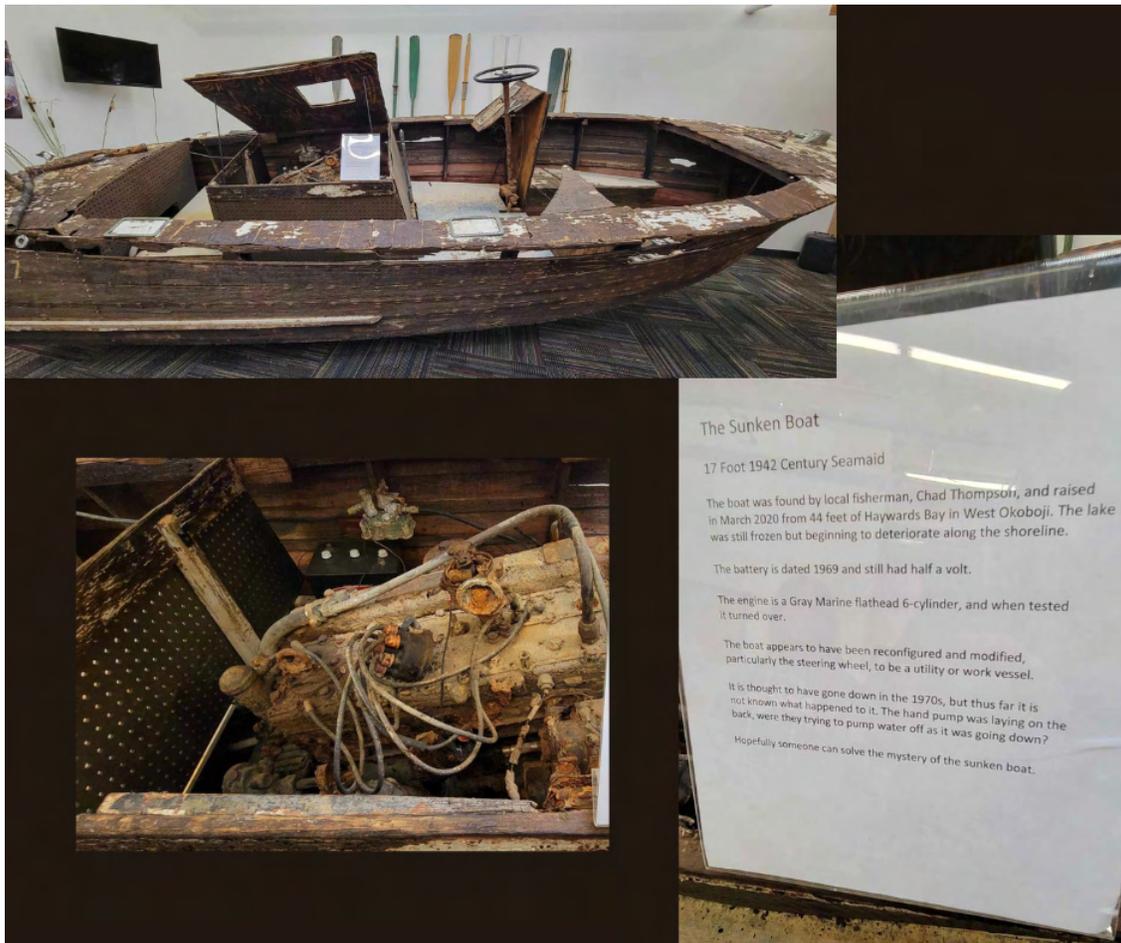
Winter Kite Festival and Maritime Museum



We decided to check out the Okoboji Winter Games Kite Festival in Arnolds Park, IA. We spent the day walking on the frozen Spirit Lake checking out about 200 giant colorful kites that ranged from 20-100 feet long. The University of Okoboji Winter Games celebrated its 44th event this year and hosted the Boji Kite Festival for its sixth year. The Okoboji Winter Games Kite Festival was started in 2019 by Steve Boote with Eagle Construction. Over the last few years this kite festival has quickly expanded into one of the largest kite festival events in the country. There were professional kite fliers from all around the world.



After checking out most of the kites we went into the pavilion to warm up and grab a bite to eat. We grabbed some hot cocoa from the cocoa bar and listened to some live music as we warmed up and filled our bellies. After warming up we walked the rest of the lake watching ATVs doing donuts on the ice as we looked closer at the rest of the kites. As we walked back, we noticed the polar plunge area and decided to slide on over and spectate for a moment before deciding to start heading back. This polar event has excited me for Bruce Perron's moot be sure to check his out!



As we were walking back to the car, we discovered the Iowa Great Lakes Maritime Museum which showcased a rare collection of antique wooden boats and a discovered sunken treasure pulled from the depths of West Okoboji Lake (pictured). We got to travel back in time to see what the Okoboji Store, swimsuits, recreational fishing and hunting articles that were from the golden days of boating on the Iowa Great Lakes, reliving the days of steamboats, wooden cruisers and motor launches. A special feature of the museum was the fully restored boathouse.

My favorite parts of this moot were the fun we had walking, sliding, "skating" across the ice and learning a bit about the maritime history of the Iowa Great Lakes. Especially since I grew up around the Great Lakes. Be sure to get out and have some winter fun while also learning and making history!

Upcoming Events

IOWA ARCADE MOOT

SATURDAY FEB, **10** TH 2PM
SATURDAY



**CONTACT APP. FOLKBUILDER CHRIS MCDOWELL
FOR INFO.**

CMCDOWELL@RUNESTONE.ORG

MILITARY MUSEUM MOOT



**NE IOWA
02MAR24
1100**

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

North Central Iowa
Highway Clean-Up
April - TBD

RSVP w/ App. Folkbuilder
Chris McDowell

cmcdowell@runestone.org

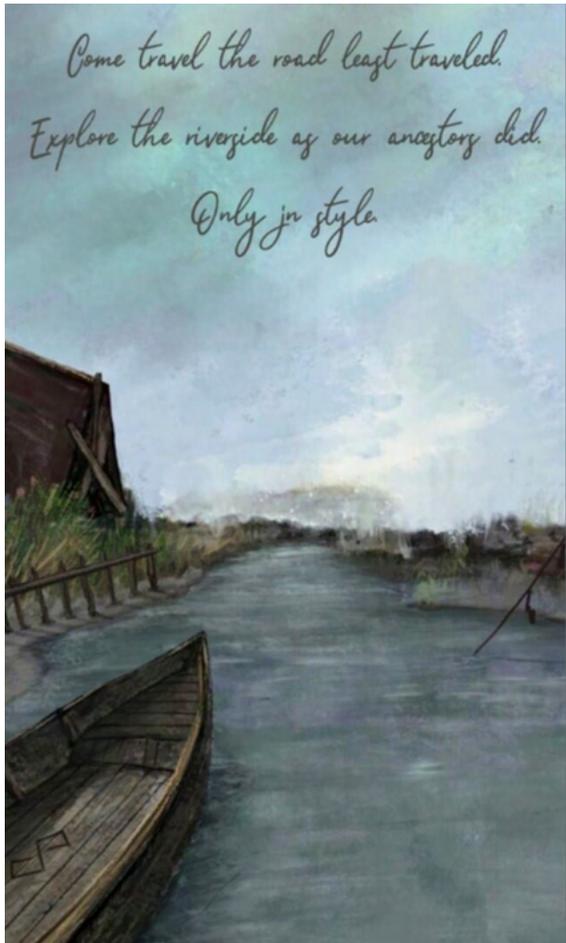




Emily's 40th Birthday
Bonfire Party Moot
Saturday May 11 - 12, At our North Iowa Home

Free Food and Drinks
Free lodging and camping

RSVP with App. Folkbuilder Chris McDowell
Cmcdowell@runestone.org



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

SCENIC RIVER TOUR
MOOT

Iowa Falls, IA

Saturday, July 13

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



Christopher McDowell
Apprentice Folkbuilder
cmcdowell@runestone.org

Kansas

Salina, Kansas Moot



It's exciting to see members wanting to step up and gather together of their own accord, even when there's not leadership nearby to facilitate. They got together and had some brunch at a local restaurant. These are the small steps, the beginning points, that every state, that every Kindred, that every Hof, had to go through once to get where they want to go! The members talked for a few hours about themselves, about the Gods, about the Folk, about what they want, about the future of the state, and are excited to get the momentum going!

If you don't think you have someone nearby, you probably actually do! Reach out to any of the Folkbuilders, and we'll be thrilled to help get you connected and out there building bonds with our Folk.



Folkbuilder Jesse Parton
jparton@runestone.org

Minnesota

Hof Bound!



Minnesota has been going through one of the strangest weather patterns I have ever lived through. Never have I ever been able to sit outside and have a fire in the middle of January wearing just a light hoodie for a jacket! My wife and I were able to bring the girls to the park and give them that outside time that is a rare commodity when it is normally -20 and snowy.

It seems as though winter never really started here. In just a few short months the cold chill in the air will subside, the trees and flowers will begin to bloom again, and weather will be less of a consideration when making travel plans. As it begins to get nicer, it is a great time to start planning your next trip to Baldrshof! Many of you have already made a visit to our beautiful hof, but there are still plenty who have never been able to experience a walk through our halls.

Attending Blot at Baldrshof is truly a life changing experience. My first trip out was in June of last year and had such a profound impact on me and my family that by Freyfaxi we had both made the decision to become Apprentice Folkbuilders. When you stand in the sanctuary of the shining one, it is a very emotional experience. Time seems to slow to a still, and there is a warmth you feel in your folk soul that cannot be easily explained. When you step in to Baldrshof, you truly feel home. When one of our Gothar or our Witan begin to give Blot, the halls of Asgard shake with the sound of our collective voices. It's an experience that's so powerful, that by the time you leave and get 5 minutes down the road, you will already be longing to return and planning your next trip back.

So, for those of you who have never taken the trip, 2024 is a great year to do so! Our next event is Charming of the Plow on February 17th, and if you live in Minnesota, expect to get a personal invite from yours truly! We want every one of our Folk to have the same great experience we have had, and we are looking forward to seeing you all at Baldrshof this year!

Upcoming Events



On Sunday the 21st, the Phelps family hosted a build your own pizza night! We had so much fun. I don't think I've decorated and baked my own pizza since I was in middle school, and there was definitely a good amount of nostalgic fun to be had!



There's nothing better than good company and good food, and in the future, I think I'd absolutely consider it again to have guests interact with their meal in a fun way. The

kids especially. Thanks to everyone who attended, I hope you had fun too!

Upcoming Events

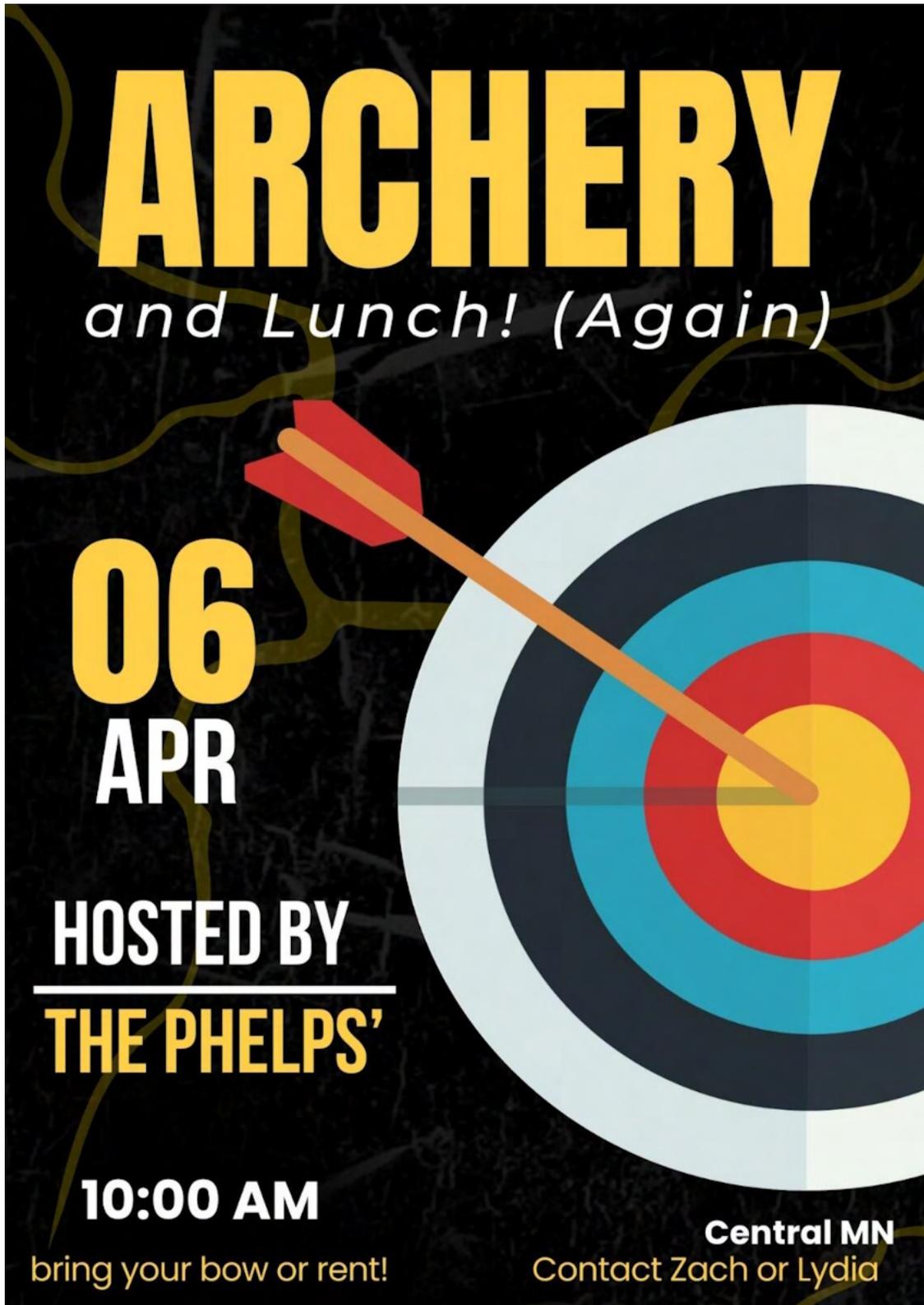


BRUNCH
& Bubbly

RING IN THE SPRING!

MARCH
SAT | **02** | AT 11 AM
2024

PHELPS HOUSE
RSVP TO ZACH OR LYDIA



ARCHERY
and Lunch! (Again)

06
APR

HOSTED BY

THE PHELPS'

10:00 AM

bring your bow or rent!

Central MN
Contact Zach or Lydia

Lydia Phelps
Apprentice Folkbuilder
lphelps@runestone.org



Upcoming Events

For the month of February, we're still raising money to support the Minnesota special Olympics by doing a polar plunge in Alexandria Minnesota on the 24th! If you have any interest in attending, please send me an email on my runestone email. Come and jump with us or show up for support!

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

**2024
POLAR PLUNGE**

February 24th In Alexandria Minnesota!

TAKE THE PLUNGE TO SUPPORT SPECIAL OLYMPICS MINNESOTA!

The graphic features a blue and white paint-splatter background. At the top, it lists contact information for Bruce Perron and Jason Gallagher. Below this, the text '2024 POLAR PLUNGE' is written in large, bold, black letters. Three Polaroid-style photos are arranged in a row: the first shows two men in winter gear, the second shows three women in pink shirts on a wooden platform, and the third shows a man and a woman in the water. At the bottom, a red banner contains the text 'TAKE THE PLUNGE TO SUPPORT SPECIAL OLYMPICS MINNESOTA!'.

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! Looking forward to seeing you

there! <https://reg.plungemn.org/team/asatrufolkassembly1> if you aren't able to make it and still want to make a difference check out the donation link!



Folkbuilder Bruce Perron
bperron@runestone.org

New Face and Musical Places





Hailsa and I hope everyone has been enjoying their year, thus far. January brought forth new faces and musical places. We were lucky enough to be able to make it in the frigid tundra and enjoy the National Music Museum after a surprise blizzard postponed the moot. Although a large portion was under renovations for upcoming displays, there was still a large variety of genres and instruments to learn about and see. South Dakota members brought the joys of experiencing playing the beloved bagpipes and that is something I will never forget!



I was able to spend a couple of occasions over at my Kindred member's home. It is great to be able to enjoy frith and watch our kids play, fight, and grow together. Ashley and Nate are the best hosts. One of my most memorable moments, now goes to Ashley. You are the best sister and friend and the time between now and November is going to be epic and filled with so many more memorable moments,

Next month we will be having a family pool moot in Morris, Minnesota. The establishment has a huge gym and other resources to stay fit and healthy. My Kindred Sister frequents it almost on a daily basis and enjoys it.



Folkbuilder Jessie Shaffer
jshaffer@runestone.org

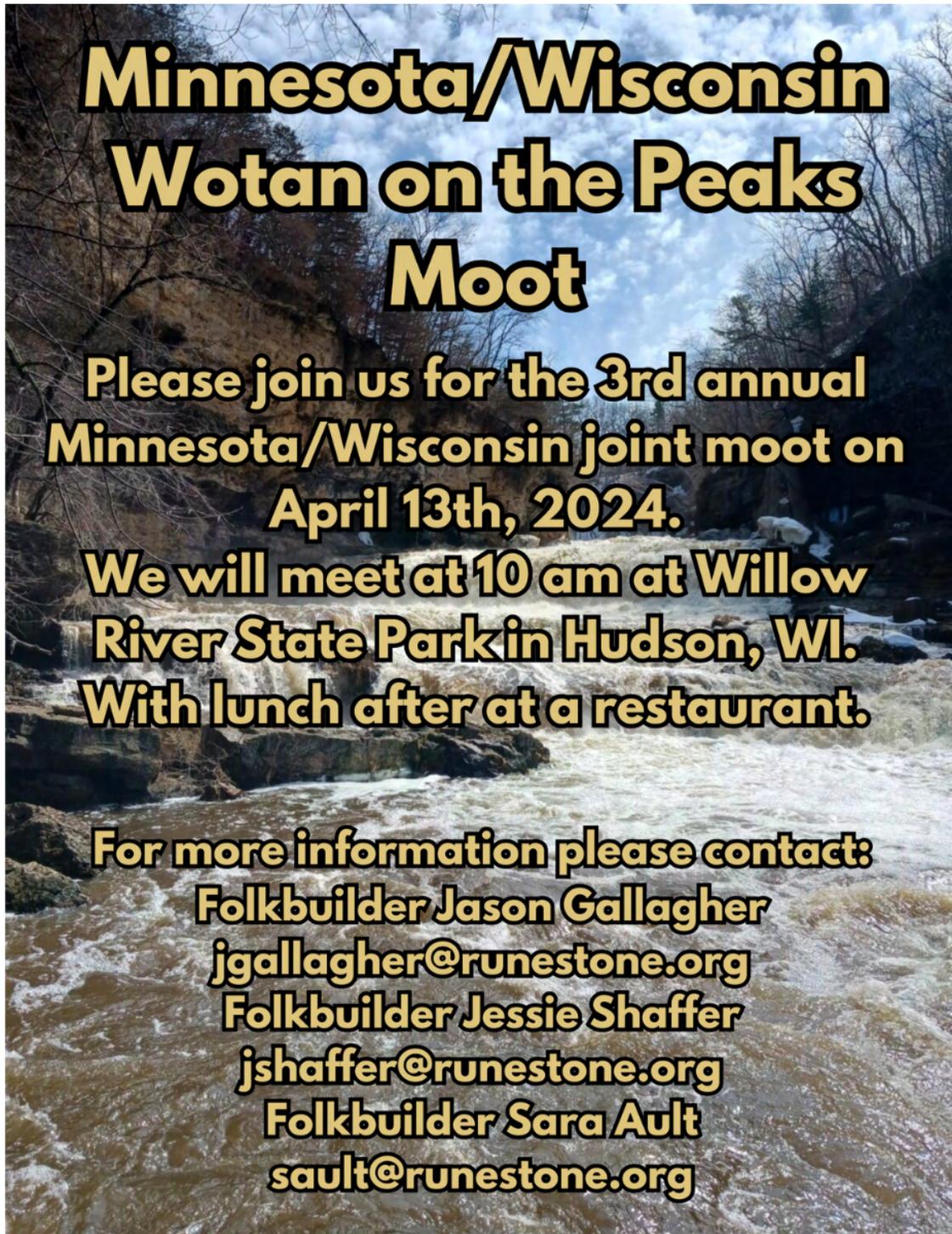
Events and Beyond in Minnesota



January seemed to go fast, and this new year is off to a fast start. So far, we haven't had much of a winter here in this part of MN. Looking forward to Spring and all the great events planned this Summer.

If you interested in attending any of the upcoming events, please contact me.

Upcoming Events



Minnesota/Wisconsin Wotan on the Peaks Moot

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

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

**For more information please contact:
Folkbuilder Jason Gallagher
jgallagher@runestone.org
Folkbuilder Jessie Shaffer
jshaffer@runestone.org
Folkbuilder Sara Ault
sault@runestone.org**

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



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



Senior Folkbuilder Jason Gallagher
jgallagher@runestone.org

Upcoming Events



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



Missouri

I'm Back :)



My name is Jordan Welch, and I've been a member of the AFA since June of 2022. I live in Columbia, Missouri with my husband and my two little boys. I have stepped up again to be an Apprentice Folkbuilder in Missouri, and I can't wait to see how I can serve my folk. Please feel free to reach out to me on MeWe or by email.



Jordan Welch
Apprentice Folkbuilder
jwelch@runestone.org

A Folkbuilding Journey through Missouri



I traveled up to Warrensburg, where I met with Charles and the Toler family. We had a wonderful time eating at a restaurant and discussing the future for the state. Afterwards we noticed an axe throwing place across the street and headed over for fun and games. When we realized that 2-degree temperatures and ice was not the most fitting of places to continue our discussions, we set off to the Tyler's residence, where we spent the rest of the night hanging out in Frith.



In the morning, the Tolers and I got on the road and met the Welch's in Columbia. Friendships were made, and after I left, they went to a play-place for the kids and spent a few more hours there. Off I went to Branson to meet new friends and continue the momentum. On the way there, we had a new member from Missouri join, and I talked with her on the phone, and she expressed her excitement to be a part of what was to come. Once in Branson, we all did Blot and in the witness of the Gods and Folk, Christian took an oath to work out three times a week for a year.



Marlene was a wonderful host, and I cannot wait for the many more adventures to come in Branson. Once home, Jordan Welch expressed that from her heart she knew that she was being called upon to take up the mantle again as an apprentice and direct the momentum to the rebirth of Missouri. I was elated and supported her 100%. I now look forward to the Missouri section of the Runestone and the many great things to come.



Folkbuilder Jesse Parton

jparton@runestone.org

Nebraska

Eyvind Kinnrifi



Eyvind Kinnrifi was a farmer, chieftain and nobleman in Northern Norway. He lived during the reign of King Olaf Tryggvason during the beginning of the Christian Conversion of Scandinavia. As was common with many of our heroes from this ancient period of our faith, Eyvind Kinnrifi was captured, tortured, and murdered in a gruesome fashion for his refusal to convert to the foreign faith.

Hearing from his ally, Harek of Thjotta, that Olaf's forces were moving northward, Eyvind, Harek and other local chieftains gathered their own small forces of men and set to meet the king's army. Rather than face Eyvind and his forces in battle, Olaf had instead, sent a spy behind Harek when he was released from his own capture and Eyvind was taken in by the king's men.

Eyvind Kinnrifi was then taken to Thronthjem, the seat of Olaf's court, and was given the same choice many of his compatriots had been given; convert and accept Olaf Tryggvason as the King of Norway or die. Olaf tried to persuade Eyvind with promises of land, fortune and favor but was rejected. Rather than betray his gods and ancestors, Eyvind chose instead to submit himself to torture and eventually to death. He was forced to lie on a table while a heated brazier was placed atop his stomach. This slowly and torturously burned him, boiling away his torso while his conscious mind was forced to endure the pain.

Eyvind Kinnrifi can be counted among the first martyrs of our faith, and we remember his for that strong devotion to the gods and refusal to accept foreign religious rule. We can honor his memory on his day of remembrance, February 9th, by publicly and proudly proclaiming our faith in the Gods. Eyvind Kinnrifi lived and died proudly Asatru and was tortured for the very fact, the least we can do in his memory and honor is to proudly wear the title and honor our Gods. It is also the perfect time to reflect on the choices we've had to make to live by our principles and take stock of what is most dear to us.

Upcoming Events



Lizard Moat

MARCH 10, 2024
10 AM
LINCOLN, NE

contact folkbuilders cody and ali
clausen for details

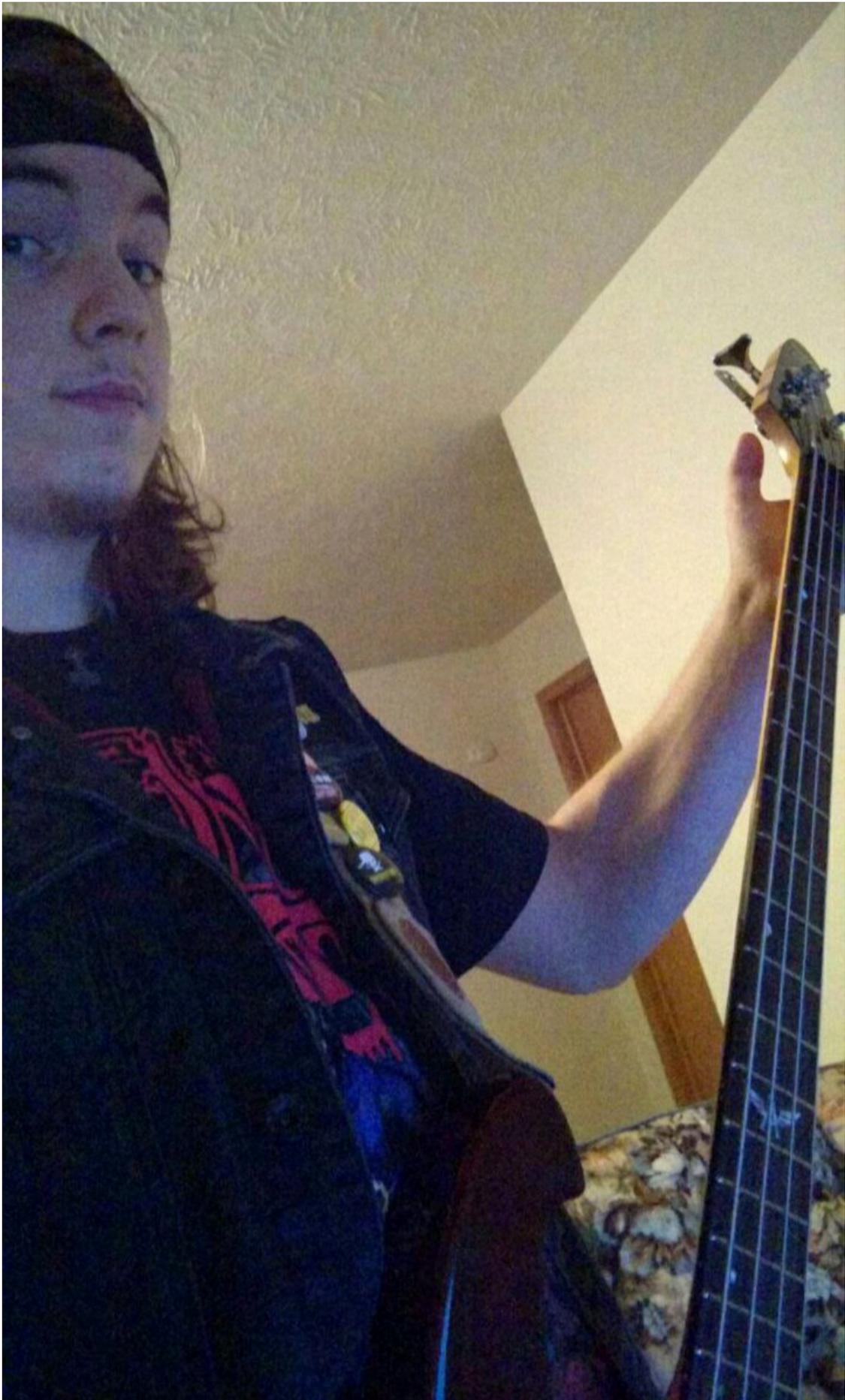
The poster features a green lizard with orange and red markings, standing on a reflective surface. The background is a gradient of purple, blue, and orange, with horizontal wavy lines. The text 'Lizard Moat' is written in a light green, cursive font at the top. Below the lizard, the date and time 'MARCH 10, 2024 10 AM' and location 'LINCOLN, NE' are displayed in bold, black, sans-serif font. At the bottom, the contact information 'contact folkbuilders cody and ali clausen for details' is written in a smaller, white, sans-serif font.



Folkbuilder Alison Clausen

aclausen@runestone.org

Get Creative



Tired of being bored? Have you ever said to yourself "Self, how can I be like all of those super cool and talented Folk in the AFA?" Well, you can stop talking to yourself because I have the solution: pick up a new hobby!

Sure, some hobbies are expensive. Not everyone has the money for fancy equipment or a cart full of supplies. Luckily, there's all sorts of hobbies that are either cheap or free. Here's some examples:

- Whittling: get a little pocketknife and a branch
- Knitting/crochet: a few dollars for hooks/needles and some yarn and you're set
- Writing: grab a pencil and some paper and go to town
- Wood burning: Less cheap, but a starter burner costs around \$50

Find something you're interested in and don't get discouraged. Learning a new hobby takes time and practice. Reach out to folk, get tips, and show off your progress. Never forget the biggest rule in hobbies: Have fun.

Oh, me? What's my hobby? I play the bass guitar.... Poorly.

Upcoming Moots



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



Museum Moot

LINCOLN, NE
3/2/24 11:30AM
LUNCH
AFTERWARDS

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



Folkbuilder Cody Clausen
cclausen@runestone.org

North Dakota

Borrablót at Baldrshof



Þorrablót is an Icelandic midwinter festival, named for the month of Þorri of the historical Icelandic calendar (corresponding to mid-January to mid-February), and Blót, meaning sacrifice. We in the AFA hold Þorrablót also in mid-January. This Year's date for Þorrablót is Sat. January 20th.

The modern festival arose in the second half of the 19th century, with the Romantic nationalism of the time. The first known celebration was reportedly organized by the association of Icelandic students in Copenhagen in 1873, and by other societies active

in the Icelandic independence movement of the time (Iceland received a constitution in 1874 and was recognized as a kingdom in personal union with Denmark in 1918).

The festival is an evening with dinner where participants hold speeches and recite poems, originally to honour the Norse god Thor. Calling the feast a Blót makes clear the reference to pre-Christian times, which many nationalists of the 19th century considered a golden age of Icelandic history. Today Þorrablót are common events among Icelanders everywhere and can be anything from an informal dinner with friends and family to large organised events with stage performances and an after-dinner dance. These large Þorrablót celebrations are usually arranged by membership associations, associations of Icelanders living abroad, and as regional festivals in the countryside.

Now, In the AFA this event is centered around the actual Blot. Feasting together in the Hall of course also happens, but religiously we venerate Thor with a Blot to him as we are practicing Asatru. Þorrablót marks the mid-winter on the calendar, and now after Yule, we can celebrate making it past the darkness of winter and await Ostara and the return of Sunna.

At an AFA Þorrablót, we not only come together in celebration and feasting, but in devotion and worship, engaging in the gifting cycle with Lord Thor in thanks for his protection, his courage and strength. We bear around our necks representations of His hammer Mjolnir so that we too may be strong, courageous and gain the boon of his protection. One of the unique elements that we incorporate into Þorrablót is a hammer-blessing, when the Leader of blot blesses your individual Mjolnir necklaces with sacred mead. This is one of my favorite holidays and one of my favorite blots to participate in and conduct alongside everyone at Baldrshof!

Hail Lord Thor!

Upcoming Events



February 10th, Fargo, ND

Come out and join your Folk for an afternoon of axe throwing, and some of my famous cooking afterwards!

Contact Folkbuilder Christian Penner for details 2189020079



Folkbuilder Christian Penner
cspencer@runestone.org

Wisconsin

Fitness and Food in Wisconsin!



This month myself and Gothi Nate met up in superior and hit the gym! Shortly after that we went across town to Gronk's Bar and Grill and had some dinner! His being the one-pound mammoth burger and mine was the double grilled cheese bison burger! Definitely a place to check out if you find yourself in the area.

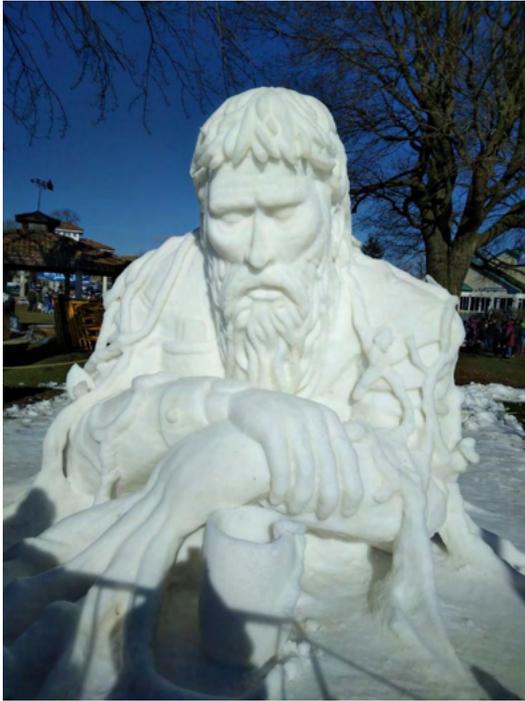


Folkbuilder Bruce Perron
bperron@runestone.org

Winter in Wisconsin



Several of us ventured to view the sights of Winterfest in Lake Geneva. We had a wonderful time touring the many snow sculptures that were displayed throughout the lakefront as part of the National Snow Sculpture Competition. The details of the sculptures were impressive.



We also had fun walking downtown to view the interesting local shops and ice sculptures. Huge thank you to all that made the drive. We all enjoyed the sights and conversation.

Hail the Folk!

Upcoming Events

Let's have coffee

**Join us at a Wisconsin Coffee
Shop for coffee and frith.
February 18th at 10:30 am.
For more information and
location contact
Folkbuilder Sara Ault.
sault@runestone.org**





You are Cordially invited to
Join us
March 9th at 6 pm
for a
Wisconsin Supper Club
Experience

Please
RSVP
by
February 29th

For more information or to RSVP contact
Folkbuilder Sara Ault
sault@runestone.org

Minnesota/Wisconsin Wotan on the Peaks Moot

**Please join us for the 3rd annual
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For more information please contact:

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jgallagher@runestone.org

Folkbuilder Jessie Shaffer

jshaffer@runestone.org

Folkbuilder Sara Ault

sault@runestone.org



Folkbuilder Sara Ault

sault@runestone.org



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