

[View this email in your browser](#)



Baldrshof

Third Hof of the Asatru Folk Assembly

www.baldrshof.org

 [Runestone.org](https://runestone.org)  Email the Witan  [YouTube](https://www.youtube.com)

 [VK](https://vk.com)  [Twitter](https://twitter.com)  [Parler](https://parler.com)  [Odysee](https://odysee.com)

 [Bitchute](https://www.bitchute.com)  [Rumble](https://rumble.com)  [Instagram](https://www.instagram.com)

[Donate to the AFA](#)

Words from the Alsherjargothi



The 29th year of the Asatru Folk Assembly begins!

I am so proud of all we have accomplished together in 2022. During the summer, we dedicated the first Hof to Njörðr in over 1,000 years. In the fall, we enrolled our first class of students into the AFA Asatru Academy. In December, we purchased Sigrheim and began the long-dreamed of AFA community. Throughout 2022, there were 49 beautiful babies born to AFA families. During the course of 2022, our membership grew by an astonishing 20%.

We have amazing momentum coming into this new year and we have much to

accomplish. For our families, for our Folk, for our Gods, let's make 2023 the greatest year yet!



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

Lawspeaker's Challenge

Frugality



One major change that has occurred over the last hundred years or so is the amount of debt that Americans carry. At the turn of the Twentieth Century, most Americans had almost no debt, and many or most owned their homes or lived in the family home. Now, just 120 years later, the average American is NINETY THOUSAND DOLLARS in debt. While this figure includes mortgages, it demonstrates that our lives are out of balance.

As many of you know I practice bankruptcy law, so I see every day what happens when spending exceeds income. Other than a house or MAYBE a car there is no reason to go into debt. Too many of us are all just in the habit of swiping that credit or debit card,

and there is no immediate difference between swiping ten dollars or a hundred dollars. I am constantly amazed at the people I work with who have no idea how much their utility bills are, their insurance, and sometimes even car payments, as they have it all set up on direct withdrawal and live on auto-pilot.

So, this month's challenge: make a budget, and stick to it. Make coffee at home, skip the Starbucks (or even the convenience store). Cook more, eat out less. Pack a lunch occasionally. Pay down your debt; save more, spend less. There are many tips and techniques out there for budgeting, but ignoring the math and just 'living paycheck to paycheck' will never put you in the mindset to improve the situation.

Don't get me wrong, though. I am not saying that we should live like misers, or never indulge ourselves at all. Just be mindful of your budget, and live below your means. Your grandchildren will thank you.



Witan Allen Turnage
aturnage@runestone.org

Words from Our Gothar

We are Not Vikings, We are Aryans!



Many of our Folk who have come home to Asatru tend to identify with a very small portion of our Germanic ancestors' past: the Viking Age. There are many reasons for this: the Vikings were all white, they were tough, they were cunning, they were warriors, they were adventurous, and most importantly, they were Asatru. These are all great things to be, and all things to be proud of!

However, this obsession with Scandinavian pirates does have its detriments. The Vikings, even if they were our kin or direct ancestors, are not the example par excellence for Asatruar or our Folk at large. While many of them surely were pious and devoted to the Gods, the majority of them were focused on simply being pirates: pillaging, burning, raping. The average Scandinavian/German/Aryan would not have seen this as a pious or noble or spiritually-driven life. Going a-viking was typically a last resort effort to make one's own fortune and glory. That concept is still alive in us today, as well as in all of our ancestors and cousins between the Viking Age and the present. In the following paragraphs, I'd like to present an alternate group of our ancestors who possessed most of the positive traits of the Vikings, but also managed to cultivate devotion to nobility so well that they became known for their (unfortunately Catholic) piety!



If you are of British, Irish, French, Belgian, Dutch, or Sicilian descent, then these pious adventuring warriors were likely part of your ancestry or culture: the Normans, which is Frankish for “Northmen”.

The Normans were a pan-Aryan mixture of Franks, Saxons, Gauls, and Danes. Their bloodline was formed when Rollo, a Viking leader, was offered land in northwestern France so that he and his men would stop raiding the Christian Frankish kingdom. Rollo and his descendants, unfortunately, converted to Catholicism, but also learned of chivalry and piety, even if it was piety towards a foreign deity. Even as devout Catholics, though, they kept their adventurous nature, their cunning minds, their martial bearing, and their conqueror spirit!



The Normans famously conquered and ruled England, Wales, Scotland, Ireland, Sicily, the Netherlands, much of France, and some parts of the Middle East. When they conquered these lands, they did it for glory, just as their pagan Viking forebears did, but also because it was often the will of the Pope and, in turn, their god.

To paraphrase something our Alsherjargothi said: we need less “berserkers” and more “knights”!

When we look to one of our ancestral cultures to take inspiration from, let us make it the Normans! Pious, wise, horse-riding, adventurous, conquering Northmen who became knights, priests, and kings! Let us replace their foreign Christ-god with our own high and holy Æsir and Vanir, and march forward with both strength and nobility! Let us conquer life’s obstacles proudly and for the glory of the Gods!



Gothi Trent East
teast@runestone.org

Time and Lore



It was June this past year, and I had the distinct honor to preside over the Midsummer Blot at Odinshof. I was walking the ritual circle ahead of time, chatting with our Alsherjargothi about what I had in mind. I was also getting used to the ground so I wouldn't trip. A question popped into my mind with regard to what direction I should focus my gaze, should I look up to the heavens when addressing Baldr, or look toward the ground (the underworld)? What the Alsherjargothi had to say was vitally important. We tend to view our Lore as strictly past tense, rather than in a cyclical fashion. Baldr is in Helgard, he is also returning from Helgard, and he has already risen victoriously... all at the same time. That really resonated with me. I already knew that our Ancestors

viewed time as cyclical, but it had never occurred to me to view our Lore the same way. I'll give some examples below.

The sons of Bor were once walking along the seashore and found two trees. They lifted the logs and from them created people. The first son gave them breath and life; the second, intelligence and movement; the third, form, speech hearing and sight.... the man was called Ask, and the woman, Embla. From them came mankind... (Gyfaganning, The Prose Edda)

*To the coast then came, kind and mighty
from the gathered gods three great Aesir
on the land they found, of little strength
Ask and Embla, unfated yet. (Voluspa 17.)*

Do we believe that humankind literally came from two pieces of driftwood? No. But it is my belief that the symbolism indicates that they washed up from the sea of humanity, or the turbulent seas of chaos, unfated...rootless even. It is also my belief, that Ask and Embla represent a generation, rather than the first humans. Perhaps they were the first generation to be conscious of our gods. (Odin gave breath..can be also be interpreted as consciousness.) With that in mind, how would we view this story through the lens of cyclical time? Another generation made aware of our Gods, is the likes of A Rudd Mills, Guido von List, Else Christensen....Stephen McNallen. an Ask and Embla generation right in front of us.

Our Ancestors lost their way after and during the conversion of Europe, perhaps a Ragnarok level of disconnection between our Gods and our people. They became rootless. They were unfated yet again, until a generation of men and women became aware, or conscious of the Gods. Did Odin give the gift of consciousness again to his people? That is my belief.

In the next Runestone, we will take a look at the slaying of Ymir, and how we can see the stories unfold in a cyclical way.

That which was, is, and that which is, is yet to occur.

Hail the Gods, Hail the Folk, and Hail the Asatru Folk Assembly!



Gothi Daniel Young
dyoung@runestone.org

Inner Conqueror

It is a new year and a fresh start as the Sun Wheel continues to turn. Time stands for no man, and it is finite. Even if we live in politically turbulent times, creating a Wolf Age for our Folk. Midgard on a meta-level is in an information age. Our values and virtues are timeless, and the spirit of Folk is unchanging. We are what we are. This is often why considering our fullest potential; it has been stated our Folk suffers from a soul-sickness. As the Asatru Folk Assembly is on the precipice of founding its fifth temple, and private community for our Folk, we no longer have the luxury of clinging or skulking in said illness. As a Folk, we have achieved too great a Victory for securing the future of our ways, strong relationships with our gods, and the mending of our folk soul, to identify as "victim", "oppressed", "hunted", or "shamed". Our ancestors were pioneers, innovators, and conquerors. Quite often excelling at each, with very little beyond a will to power, and a heartful of wonder. In the Bronze Age, we likely traveled far out of Europe and across North America, In the Iron Ages, we built wooden boats that traversed seas in which steel ships vanished or sank. In the Dark Ages, we managed to hold off & greatly influenced the Christian church into something barely recognizable to ancient Christianity. The lore is overflowing with heroic tales of men who mastered and conquered the frontiers of their time. So where are heroes in the information age? We invented the means and paved the way for it. Where are our champions? Where are our conquerors in the 21st Century?! We have the power simmering in our blood to do so. Wotan has blessed us with knowledge at our fingertips, and the capacity to will our desires into reality. Fostering the wealth of the Fehu rune is now a matter of Discipline (a Noble Virtue), rather than grueling work, and a daily struggle between life & death. Businesses are now systems founded on Hospitality, Honor, & Frith (again Noble Virtues), and streams of wealth can be made from simply sharing thoughts in a book or a single song that speaks to the soul. We live in good times when strong-willed men can ascend to unimaginable heights in society if they stay focused. So why are we "slumming it" arguing with weak men on internet forums who have no ambition other than to put down and keep down anyone who happens to pass by? Especially when they're as easy to escape as the press of a button

or the closing of a laptop screen. The possibilities are so many, it is easy to be overwhelmed by the possibilities. However, there is no need to hide. Instead, we need to take the time to become laser-focused, and like a magnifying glass under the sun, set the world on fire. Sculpted and molded to best serve the needs of our Folk, our families, and ourselves. Take time to assess yourself this year. Meditation is a great tool, as well as journaling. Ask yourself what you truly need vs. what makes you comfortable. Then strike a compromise between the two, and cast your ship off. Look into ways to create the life you desire for your family or how you can generate the success and tools to build up your Folk. After all, wealth and power is worthless without friends & family to share it with. Set goals, make plans, and stick to them! Start out small and compound on them a little more each day. Turn the need fire into a wildfire, to clear your way towards Victory. With four Hof's dedicated to the Asa, we are now champions and a light in the dark for folk. As such we now have a responsibility to become successful as individuals and seize Victory at every corner in the frontiers of the information age, so we can come home and be excessively generous, in deeds & wisdom.



Gothi Jason Plourde
jplourde@runestone.org

The Quest for Freyshof

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

– Gylfaginning



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. (We have paid off 40.83% so far)
2. We need to raise our monthly donation average by 9%. (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 the patient and resolute. As we progress, I will keep you all updated on our progress!

Hail Freyr!



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

Sigrheim - Home of Victory



We have big plans and big dreams! I am proud to announce our first moot at Sigrheim. This will be a chance to explore our land and plan and plot the shape that our dreams will take in the coming years.



Picnic & Exploration

at



Sigrheim

January 14th

Tennessee



If you would like to join us, please contact Melisa Mills at mmills@runestone.org, or me at mattflavel@runestone.org.



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

Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6pm PST / 8pm EST

vk.com/asatrufolkassembly

entropystream.live/app/MattFlavel

youtube.com/e/AsatruFolkAssembly

odyssey.com/@AsatruFolkAssembly:e

twitter.com/FolkAsatru



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

AFA Homeschool Program

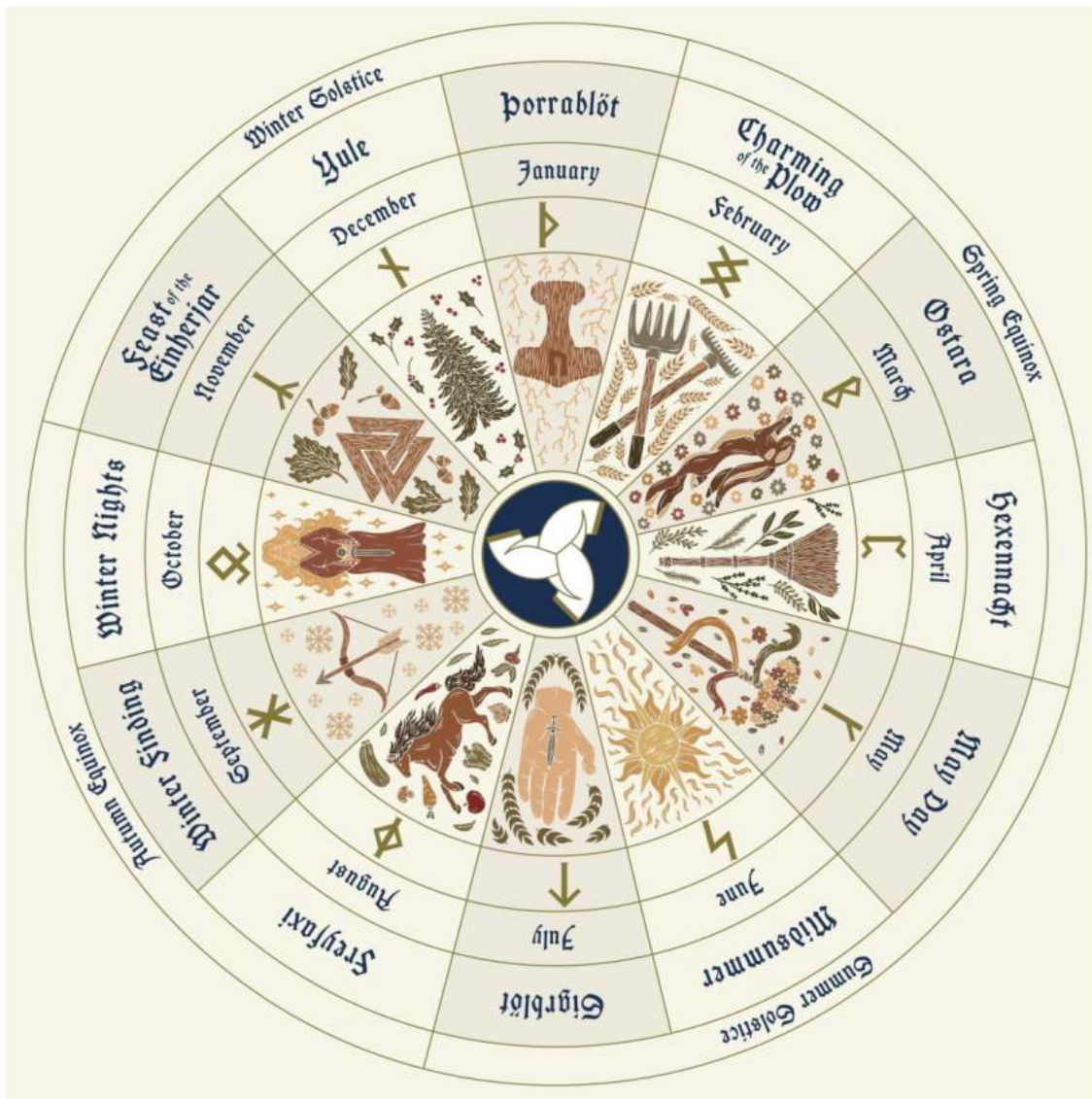


Check out the Asatru Academy at AsatruAcademy.org



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

Remembrance and Holy Days



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

2023

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 21	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 18	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 21 (observed on 18th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 28 (observed on 15th)	Hexennacht
May 9	Day of Remembrance for Else Christensen

Date	Observance
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 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 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

Raud the Strong



So well-known was the hero, Raud the Strong, that his story comes to us from several Icelandic Sagas, the most common of which is the *Heimskringla* (The Chronicle of the Kings of Norway) by Snorri Sturluson. The story tells of a great seafaring warrior who had Thor and Seiðr on his side.

Around the year 1000, the zealous Norwegian King, Olaf Tryggvason, began an expedition to North Norway to continue his Christianization of the pagan people. Olaf found much success in his efforts, owing largely to his brutal methods of both torturing and killing those who refused, but not all were swayed.

In Godøy, near present-day Bodø, lived the man Raud the Strong. Raud was known to have a strong connection with the Sami people, and to own a remarkable longship that was larger than any that Olaf himself owned. With a gold-plated dragon head, it is what many suppose the popular Viking longship designs are based on.

Upon hearing that Olaf was heading his way Raud gathered as many men as he could and lead a great assault at sea. Despite everything, however, Raud found himself overwhelmed and had to retreat from the battle. Stories say that Raud was able to Seiðr to call on the winds to speed him home safely while also blocking Olaf Tryggvason's chase.

It was all for naught, however.

Though he made it home, Raud was eventually caught by Olaf Tryggvasson. Despite the King's efforts, however, Raud refused to turn his back on his gods despite torture. In the end, he was killed when a live snake was forced down his throat. Many of Raud's

men, following his example, were also killed after refusing to convert.

So, what can we learn from this story?

Some might make the argument that it is better to fight and die rather than retreat in “shame.” In some cases, this might be true. For every one of us sitting here reading this, however, one of our ancestors made a different choice. The choice to convert saved our lives.

For many of our ancestors, death was the best option. Which of us ever chooses to be killed in a horrible, painful way? Was death the easier option? We have to believe that for some, it was. For Raud the Strong, a friend of Thor, it was. To convert was to turn his back on his Heritage, to turn on his Honor, and to turn on his Courage and a warrior and leader.

Our ancestors lived in a very different time. They lived in a world in which men and women could be killed for choosing to remain loyal to their Gods. We are exceptionally lucky that we live in a society that allows us the freedom to worship our Gods.

That very same society that allows us to worship our Gods, however, does not do so without stipulations. That society, so unlike the sort of tribal society our ancestors lived in, would tell us how to worship our Gods. They would tell us who is allowed to worship our Gods. And that society would try to harm us for choosing to do it differently than they tell us we are allowed to do it.

We don't face the same torture and death as Raud the Strong for choosing to worship our Gods our way, but we do face the possibility of ostracization from society. People, even our families, can turn their backs on us for disagreeing with the “rules” they have given us. We are not free from the effects of the multicultural paradigm, but we don't have to bow to it.

Like Raud the Strong, we can stand tall and be proud of who and what we are. We are Asatruar. Like Raud the Strong, we can stand against those who would tell us to turn our backs on what we know to be Tru. We can live with Honesty, with Courage, and with Honor.

Gythia Catie Erickson
cm.erickson@runestone.org



Þorrablót



Þorrablót is an Icelandic midwinter festival dedicated to, as the name describes, Þor, or Thor. Þorrablót is named after the Icelandic month of Þorri from the historic-calendar and ran from mid-January to mid-February. Though Þorrablót is a relatively modern social celebration in Iceland, there is a reference in the Flateyjarbók that states that the Kvens offered a yearly sacrifice to Þorri at mid-winter. Typically, Þorrablót is

celebrated by gathering together and eating many of Iceland's traditional foods and by singing, reciting poems, and telling stories.

Some good ways to celebrate Þorrablót include eating traditional Icelandic foods, such as Hákarl (putrefied shark), Blóðmör (blood suet, filled sausage/black pudding), Hrútsprungur (ram's scrotum with testicles), Lundabaggi (sheep's fat), or Svið (burnt sheep's head).

Don't worry! If these are unavailable, or simply not to your taste, eating goat and goat products such as goat cheese or goat milk are also appropriate options.

Called by some as the cabin fever holiday Þorrablót is a great way to liven up the doldrums of mid-winter. So, take some time to light a fire and make merry. Have the folk tell stories or recite poems about Thor. Eat, drink, and enjoy the company of folk and family.



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Events

Charming of the Plow at Njörðshof



Order your tickets at

[Charming of the Plow at Njörðshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/Charming-of-the-Plow-at-Njorðshof)

The Charming of the Plow is an ancient custom of our Folk that will be the National Event at Njörðshof for the first time in 2023, held the first weekend in February. The celebration can be tied to the Gylfaginning, where Gefjon, one of the Disir in service to Frigga, went to visit King Gylfi of Sweden to ask for land of her own.

To our ancestors "luck" meant preparation. This was the time to prepare for the new year, to make plans and set goals that will allow us the prosperity we seek. Njörðr is our god of prosperity, and it is at his temple the AFA will gather to make ready the earth to accept the seed of our plans for the coming year. Whether it's preparing the actual soil for planting, or sharpening the plow, taking a class that will let you advance at work, or even changing careers; to work our will in this world our implements must be sharp if they are to be effective.

This is why we ask that you join us at Njörðshof for our first Charming of the Plow starting Friday, February 3rd and running through Sunday, February 5th.

In addition to the blots and sumbel, there will be great food (ask anyone that attended our dedication), activities for the kids, discussions with our Goðar, an auction, and more. Build Frith with your folk in Florida, so get out of the cold for a great time in the sunshine state at Njörðshof.

Tickets are available at

[Charming of the Plow at Njörðshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/Charming-of-the-Plow-at-Njorðshof)

Ostara at Þórshof



Order your tickets at

[Ostara at Þórshof – Asatru Folk Assembly \(runestone.org\)](http://runestone.org)

Ostara at Þórshof, an Asatru Folk Assembly national event, is scheduled for March 10 – 12 at our very own Þórshof!

There will be fun and games for the children, classes for the adults, and good memories to be made. We have an assortment of different activities for people of all ages in attendance. Classes to be held will cover a wide range of topics.

As always we will be having an auction of unique and one-of-a-kind Asatru-related items. All auction proceeds go to help fund these amazing events. We ask anyone who would like to donate to this great cause to please donate an item to the auction, or bring your cash to bid! Anyone wanting to set up a vendor table at this event please feel free, all we ask is a donation of a substantial item to the auction.

Tickets are available at

[Ostara at Þórshof – Asatru Folk Assembly \(runestone.org\)](http://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

Ladies' Mysteries Podcast

LADIES MYSTERIES PODCAST
JANUARY 15TH @ 1:30PM CST
CREATING A POSITIVE HOME SPACE

Witan Brandy Callahan

Clearing the clutter

Maintaining positive energy

Gythia Catie Erickson

Protection charms

Folkbuilder

Sara Ault

Hlin

Welcome weaving



Folkbuilder

Christine Dumas

Home cleansing

TEAMS call, contact cdumas@runestone.org
for more information



Folkbuilder Christine Dumas

cdumas@runestone.org

Ladies' Rune Study



Hey ladies! We are going to be back at our Rune study! We are going to be looking at Pertho this time, and I hope to see you all there. Like before, this study is at 8pm EST.

January 18th- Pertho

February 1st- Algiz



Gythia Anna Plourde
aplourde@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).



Mike Joyner
Apprentice Folkbuilder
mjoyner@runestone.org

Ancestral Food and Culture

Kolaczki



8 oz cream cheese

2 sticks unsalted butter

3 cups flour

1 tsp salt

- Cream the butter and cream cheese together then add flour and salt. We used our hands to mix it.
- Refrigerate an hour or longer OR
- Freeze for 10 -15 mins for quicker results (to get to eating cookies faster lol)
- Roll the dough out to 1/8 inch or you can use a baking mat until u can start to see what's on the mat through the dough.
- Cut dough into (as best you can) square.

- Then cut out 2-inch by 2-inch squares to form a big square.
- Place a teaspoon of the preferred preserve.
- Dab water on opposite corners bring together and meld them somewhat together then fold them over.
- Freeze cookies for 10 mins before placing on oiled cookie sheet
- Bake at 350 for 15 mins or until edges look a lil browned.
- Place on cooling rack.
- Add powdered sugar and enjoy.



This is a traditional Polish cookie. Made for holidays or special occasions. For me, kolaczki represents my childhood with my moms, mom. When I'm making them I think

of her. It also reminds me of my ancestors who came from the hills of Poland. They're a testament to being able to make something great out of very little. They came here with little and these cookies are made with little ingredients. I'm proud to be Polish, and kolaczki are my way of saying thank you to those ancestors.

- Jaclynn Frazier-Duffy, member



Folkbuilder Timothy Dumas
tdumas@runestone.org

AFA Prison Ministry



Greetings kinsfolk,

I am very happy to report, that this past December 20th,2022, our Alsherjargothi Mathew Flavel had the opportunity to gather with a group of followers of Asatru who are incarcerated.

This was no small task to achieve, as there were countless interactions and paperwork and waiting involved. I would like to thank all that were involved with this process with a special thanks to Rodney, Clistie, Jolene, Chaplin Joseph, and Alsherjargothi Mathew Flavel.

Our Alsherjargothi has seen the need for this outreach for a long time and has followed in the footsteps of Haptaguð—Odin's name that is known in the Gylfaginning as (God

of the Prisoners)—as well, has rekindled the torch that was started first by our Folkmother Else Christensen in the 1970s in Florida.

Being able to share in Mother's Night with those kinsmen in prison, Blot and Sumbel and simple camaraderie, was the first time in the Asatru Folk Assembly's history that we have had our Alsherjargothi be able to share with our often forgotten folk.

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.

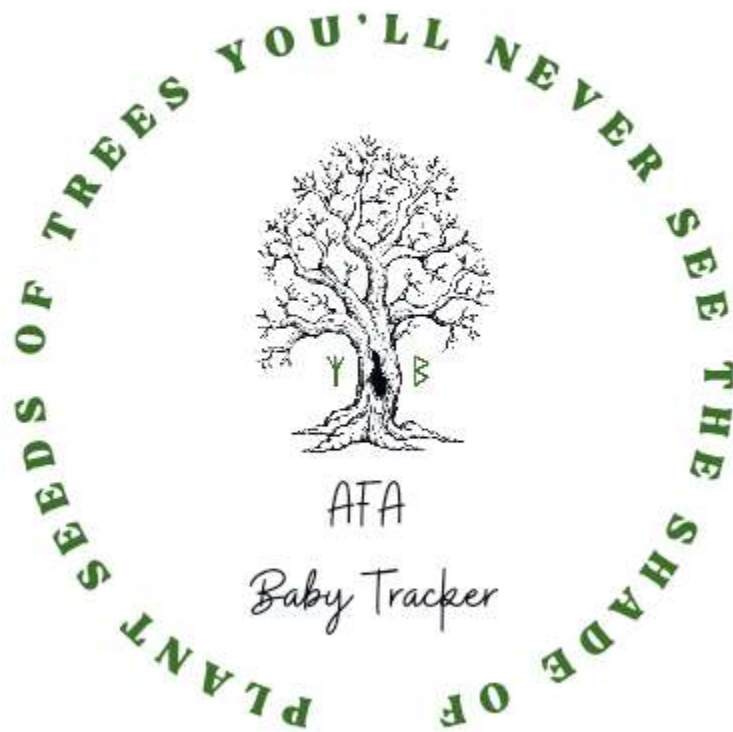
We intend on making real-world change for the better of our Folk.

If you have a loved one who is incarcerated or would like to help with this ministry, please contact me or donate to our general fund on the [Runestone website](#) with an earmark "AFA Prison Ministry" in the comments section.



Folkbuilder James Ault
jault@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 2022: 49



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Saga's Literature Project



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

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

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

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

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



Shane Duffy
Apprentice Folkbuilder
sduffy@runestone.org

Now Available in the AFA Store

The Usatru Folk Assembly



2023 Calendar

Calendars will be up for one last chance!

Ordering will begin January 7th and end January 20th. All calendars will be shipped at the end of the ordering time frame and will arrive around the end of January.



Folkbuilder Melisa Mills
mmills@runestone.org

Baldrshof

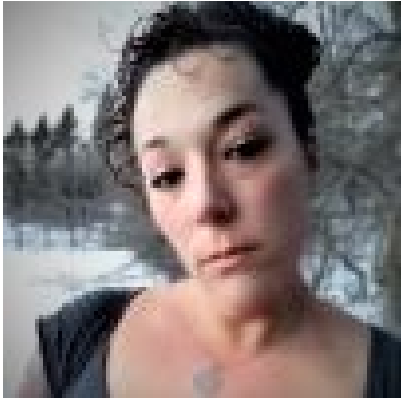
Ancestor Altar at Baldrshof



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

The Living Book of Sagas at Baldrshof



We read the sagas written about our folk from long ago. And we learn from them. We Find pride and inspiration in those tales of heroes of old.

But what of our modern-day heroes? What of our Folk that are inspiring us RIGHT NOW?

Where shall their stories be found and who will tell them?

Will you let their stories die with you? Or will you share them, that future generations will know about those who made this rebirth of our folk, our faith, and our church possible?

Everyone has a story to tell. Share yours with your folk. Baldrshof will have the Living Book of Sagas on a podium to be viewed by all who visit.

Submit your stories today! And if you don't think you are a writer, reach out to Jaime Alaine. He will gladly help you get them recorded. Whether it's a story about a specific person, i.e. Jason Gallagher, Witan Brandy Callahan. Or about something at an event, I.e. a powerful Blot, a sweet moment with a friend, a friendly competition of skills, etc. We want to read them. We want our future generations to read them. Pictures are also highly encouraged.

All Living Book of Sagas submissions go to the Hof Historian, Folkbuilder Jaime Alainn at calainn@runestone.org.



Folkbuilder Melisa Mills
mmills@runestone.org

Food Pantry at Baldrshof



So thankful to those who donated! Toys for tots is not available in Baldrshof's county, so our drive has been dollar for dollar from cash donations!! We helped 10 families this

holiday season with copious amounts of meat and were able to give out 55 presents for kiddos! 9 degrees and Snow or not we made it happen!! Thank you Folkbuilder Jessie Shaffer, Folkbuilder Jason Gallagher, Daniel Ullrsman, and Josh Hemmingson for all the extra help!!!



Folkbuilder Ashley Mcstocker
amcstocker@runestone.org

Holiday at Baldrshof

December in Baldrshof



Early December brought great merriment to the Folk. The impending winter storms seemed to halt themselves just long enough for our Folk to gather for our annual Yule celebration.

The first day was a relaxed affair. Everyone in attendance spent time getting to know one another as the Kindred Trees were decorated and gifts were placed beneath them. The day ended with a dance before Folk went to the rented BnB.

Day two saw a bigger turnout as Blót was held, gifts were given, and delicious meals were devoured. The sound of happy children filled the sanctuary throughout the day. It would be fair to say that while it was cold outside, the warmth of spirit indoors was beautiful to behold.

Finally, the Folk parted ways. After sharing fond farewells we all headed home, some by car and some by plane. Shortly thereafter the storms finally set in and blanketed the region in feet of snow. Luck, or perhaps a kind favour, seems to have belayed those storms just long enough.

The monthly food drive was also a success as several of our Folk braved the icy roads to come out and do good works.

The next event will be Þorrablót in January. We look forward to seeing all who come!



Folkbuilder Cormag Àlainn
calainn@runestone.org

Upcoming Events at Baldrshof

Baldrshof Ladies Book Study

Thursday, January 5th
Thursday, January 12th
Thursday, January 19th
8 pm central



Contact Witan Brandy Callahan for details
bcallahan@runestone.org

Join your sisters from Baldrshof District for a ladies only book study!

We will be finishing *Deep Ancestors* by Ceisiwr Serith this month. Don't worry if you do not have the book, we will be reading the text aloud and discussing as we go along.

Thursday, January 5th

Thursday, January 12th

Thursday, January 19th

8 PM Central



Þorrablót at Baldrshof
Saturday, January 21st
10 am to 4 pm

Join the Folk at Baldrshof in celebration of Þorrablót, Saturday, January 21st.

Food Pantry begins at 10 AM. Help us feed those in need in the Murdock area! Warm up with Fika with your Folk!

Event begins at 12:00 with a potluck lunch. Please bring your favorite casserole for the Þorrablót Casserole Extravaganza! Salad and bread will also be provided.

Blot will follow lunch. Blot will include Hammer blessings.

Discussion and Sumbel as well!

Contact Brandy Callahan for further details — bcallahan@runestone.org



Baldrshof Calendar

2023

January 21st
Thorrablot

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
Sigrblot

November 18th
Folksgiving &
Feast of the Einherjar

April 15th
Hexennacht

August 18th - 20th
Freyfaxi

December 15th - 17th
Yule



Illinois

Irish Pub Moot Central & Southern Illinois Folk



Central & Southern Illinois Folk gathered in Springfield, IL to attend a moot at a local Irish Pub.

It was filled with great Frith and good conversation and food, I had the pleasure of meeting a few new faces that weekend. I hope also to meet many more within the coming years.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Upcoming Events



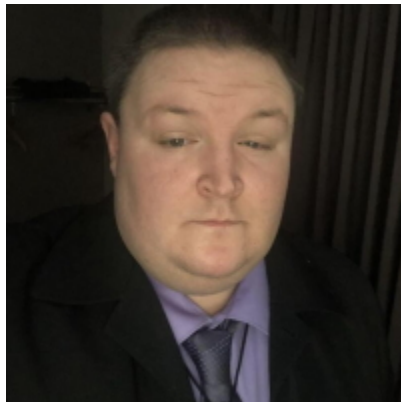
Bald Eagle Festival

\$5
Per
Person

January 22nd @ Noon
Grafton, IL

Contact Folkbuilder Nick Rice, 770.709.1959
nrice@runestone.org

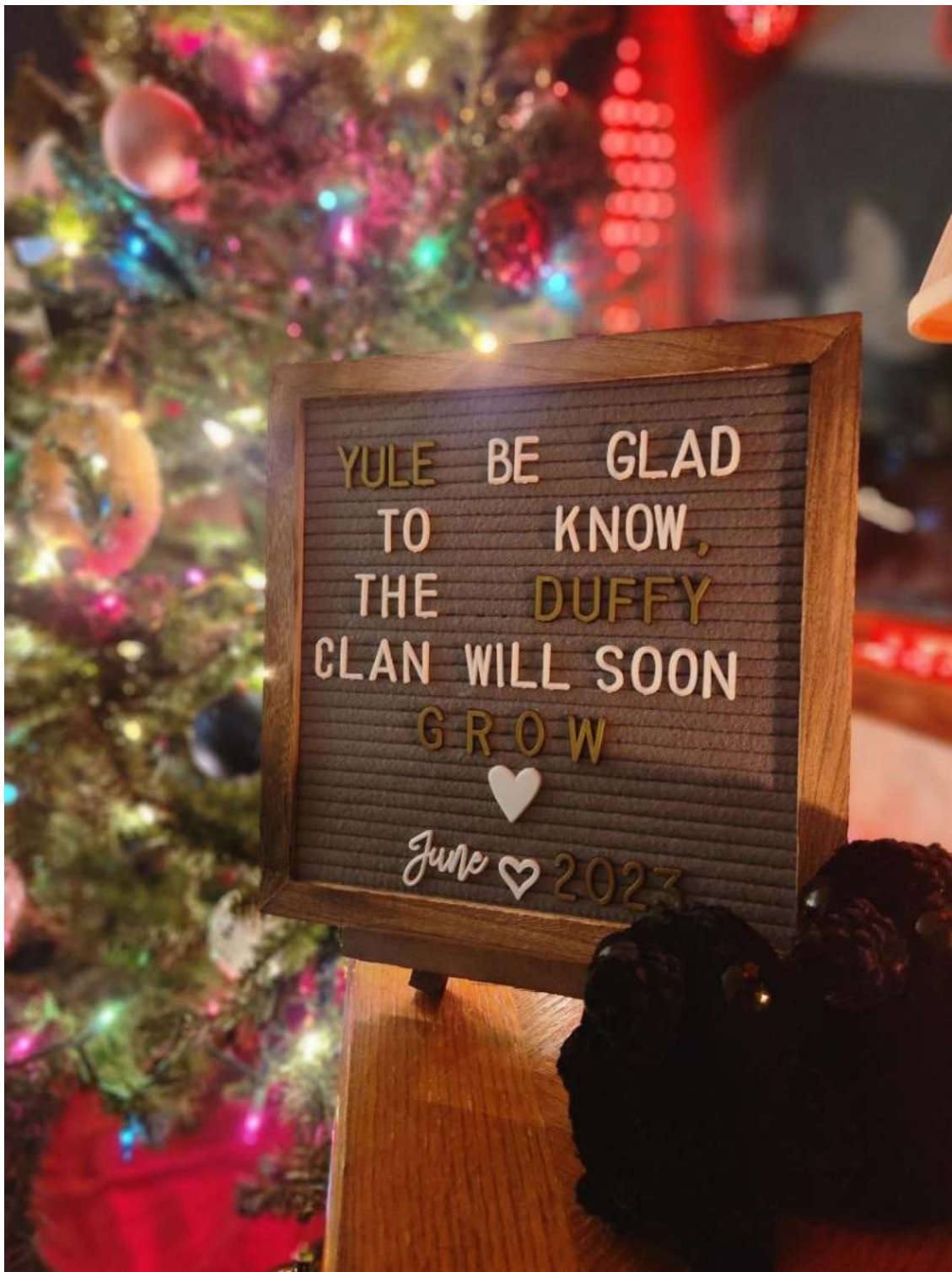
Apprentice Victor Palazzolo, 217.953.5333
vpalazzolo@runestone.org



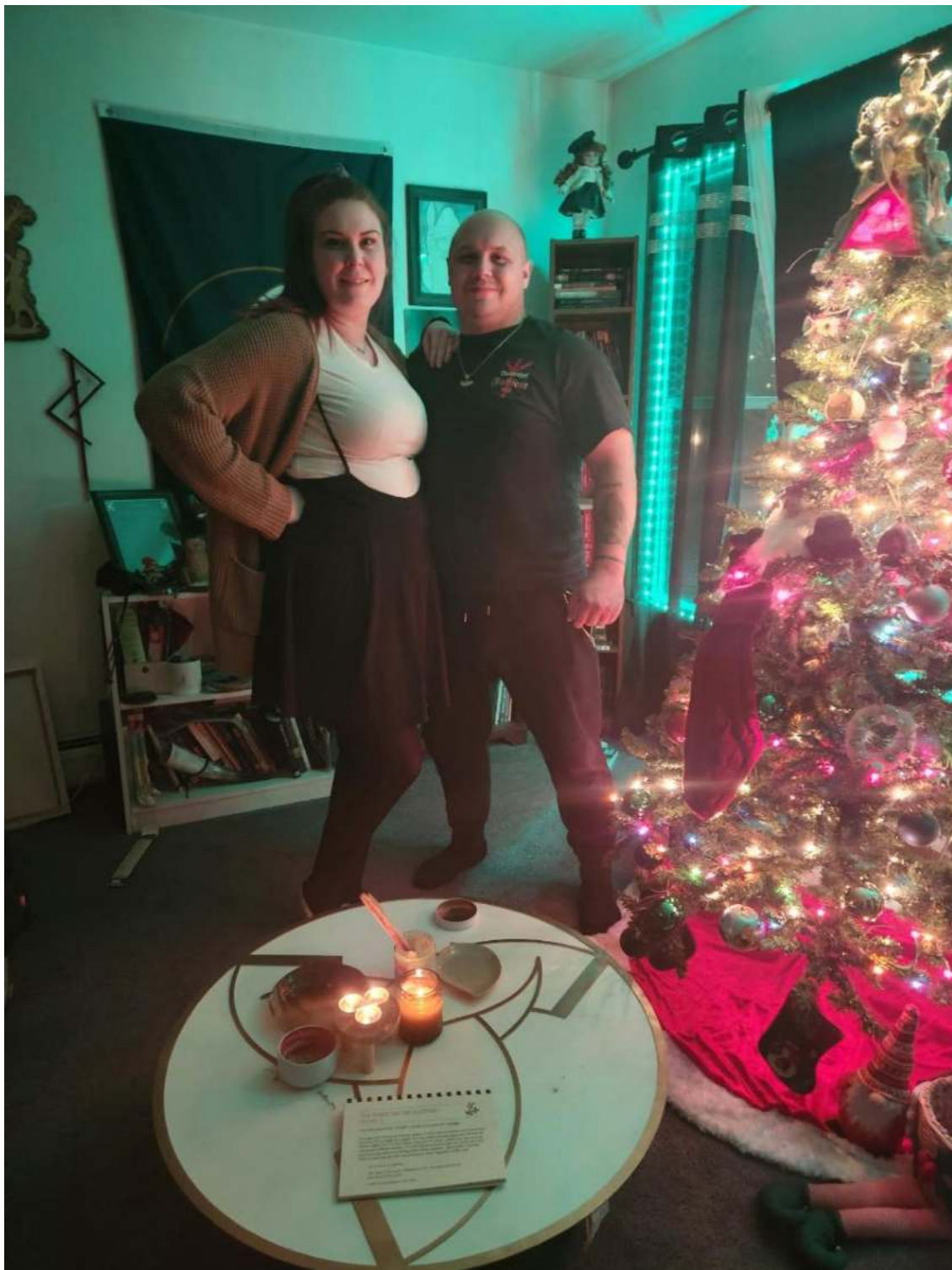
Victor Palazzolo
Apprentice Folkbuilder
vpalazzolo@runestone.org

Hail from Illinois!

December and Yuletide have been eventful, fruitful, and amazing for my family, my folk, and myself!



Firstly, my wife and I have announced the coming arrival of our first child and the growth of our Clan! We now begin shuffling life around to create a beneficial and loving environment for this new thread to our Wyrð! October's Blots to Frey, and my daily veneration to Njörd have proven and will prove to continue to empower us!



We thank Witan Svan for his insight and publishings on a recommended approach to the Holiday. It was the first year my family and I went into it with actual passion, and we learned a lot as to implement our own traditions to carry on for this coming year.

Each day we acknowledged the Gods, Yule Wights, and the Ancestors as a family. On the 22nd and the 23rd, the Third and Fourth Nights of Yule, we hosted several Folk at our home. There was feasting, sharing tales, and Frith, and Blòt. We took the Fifth Day to rest a bit after tidying and preparing for the family gathering on Sixth

Night/Christmas. The final 6 days were spent celebrating and gift-giving in various ways and following both Elder McNallen and Witan Svan's examples.



2023 is here as I write this. The Asatru Folk Assembly is the light upon the horizon, the beacon for our Gods to return after this season of Ragnarök. The coming month will see us Garner strength during the harsh elements by keeping Thor in our mighty, pumping hearts! We will wrestle clingings and negative aspects of the previous year into submission and transform them.

My Kindred and many Folk and guests follow a tradition of doing this with our annual

Thorrablót! Contact myself or Folkbuilder Jim Cummings and join us Saturday, January 21st!

Following that celebration, I plan to host a more intimate and cozy dinner at my home on Saturday, January 28th.

Upcoming Events





DINNER MOOT
with the Duffys

SATURDAY, JANUARY 28
7PM

POTLUCK!
BRING STUFF!

Shane Duffy
Apprentice Folkbuilder
sduffy@runestone.org



New Year's Resolutions



With the New Year, many of us will make a resolution to achieve something specific, give up an old destructive habit, or take on a new positive habit. This might involve losing some weight, starting an exercise program, saving money, or achieving an intellectual aim such as learning a new language. Most start out strong, but with time (often a regrettably short time), our dedication and discipline wane. If you regularly attend a gym, it will be more crowded than usual for a few weeks, but will go back to normal as people give up and return to their couches.

I thought I would share a method, call it a thought process, that I have found useful in maintaining discipline. Realize that our Gods, our elder kin, wish us victory. They value and reward achievement. In Blot, we proffer to the Holy Powers not just mead, but

mead infused with our dedication, devotion, loyalty, and love. Would they not also find acceptable as a sacrifice of our sincere efforts in a quest for a laudable objective?

As you strive to fulfill any resolutions you may make, offer up the hunger, the pain in your muscles, or the mental energy you have to focus to achieve your goals to the Gods (or to a particular God if you prefer). Your eventual success (victory), the realization of a better you, will be an even more valuable gift to lay before the Gods.



Folkbuilder James Cummings

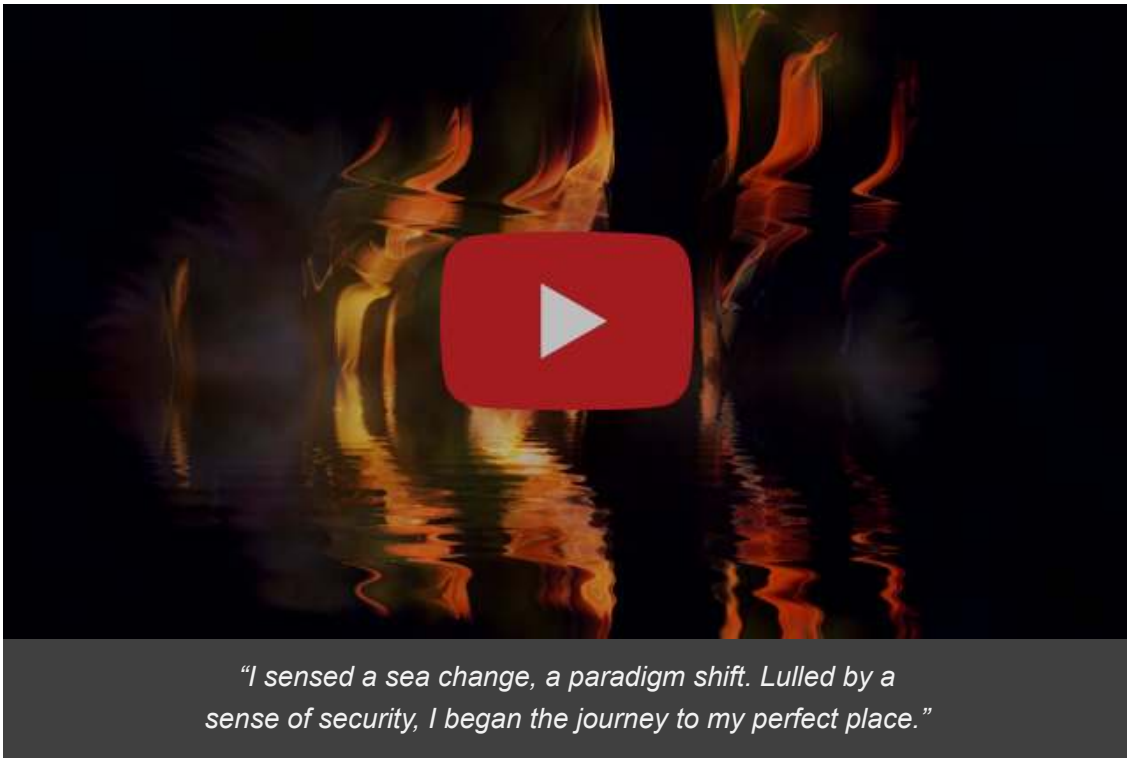
[jcummings@runestone.org](mailto:jcumings@runestone.org)

2022, A Year in a Nutshell



I would not be remiss to say that this was one of the best years of my life. Meeting so many friends and Folk, taking my Folkbuilding Oath, getting the opportunity to travel all over to moots and events, strutting my stuff behind the scenes on Victory Never Sleeps. So many memories! Here's to many more!

Realm of Destination Incognito



In the course of the various episodes of my life, I have often found myself in a state of being that makes nothing more than a mere faint, stark resemblance to the normal spectrum of perception. Upon each rebirth into our worldly vale of consciousness, my mind is hazed over with a fog of ruse and confusion, with no utter remembrance of the root of the fresh relapse.

This consistent path of events was one evening altered. Upon the onset of nocturnal shadows succeeding a day that appeared to be of the norm, I slowly drifted off into another enigmatic orb of perplexity. I arose from my aura of almost-sleep to experience something of the original sense. The sudden remembrance of my dream-like daze left me in wonder and awe. All that had just happened amicably bonded to forge a novel outlook on my very own life's significance, a meditative elevation of sagacity. What a perfect existence this is to be! Such a voyage was soon after charted in the manner that follows.

The airy realm of Destination hitherto is a place of everything adored. The enticing smells and fragrant aromas of vanilla beans and pecans permeate the air accompanied by the wafting sensation of citrus smoothies. The main stays of peoples are varied and diverse. A colorful world marked by a vibrant rainbow of human personalities. Likeness is in some but that is where the similarities cease. Differences are praised, uplifted, glorified. All working for a common good. To learn, to better ourselves, to better others, but also to cherish the time while growing in body, mind, and soul.

Ears twitch with the audible overtones of rejoicing, conversating, learning. The turning of pages, the falling of the sands of time. A time that is adored because with each

coming of each morning sun, all know that this everlasting time truly is forever. Learning and playing mesh together harmoniously, never ceasing in their bind.

But this world is not all on its own. On the Eternal Scales of Ideal Balance, this liberal market square is leveled parallel with the weights of a labyrinth of solitude. On the outskirts of the crowd, lie houses in abundance. When others begin to overwhelm and silence becomes a need, off and away one may venture towards the shadows of the town. One may slink out to his or her own place of Incognito, to the house of one's residence.

In the presence of one's singular self, there lies the joining of silence and soothing shades, of darker shades and velvety fabrics, the tastes and the buds.

Here they may relax; soothing sounds are all that may be heard. The connection of sounds, the coming together of nature's simple chimes with the mellowing effects of composers long gone. The blissful array of decibels acts to release stress and welcome the coming of focus, relaxation, and meditation.

Liveliness and color are abandoned in the square, traded for a place all the more serene. The vibrancy of color makes its exodus, leaving behind a darker sense of reality. The tints of blacks. The tinges of gray. The darker hues of blues, purples, and reds. Those of sapphire, emerald, and blood-etched garnet. Acting in accord to slow the work of the eyes and to calm the nerves.

The walls adorned not with the various coats of paint, but with the smooth linings of regal cloths. The delicate touch of satin, lace, and cashmere decorates the walls.

Behind the lips lies an excess of tastes, an abundance of foods and drinks seeking to salivate the buds of the mouth. Sour, salty, spicy, bitter, and sweet all blend in perfect unison, becoming an overwhelming ecstasy of fervent tastes dancing on the tongue.

All things work together to elevate the cerebrum, to enhance the mind. All acting in unison to raise one's sense of learning. Relaxing, concentrating. Helping to develop the learning process. Learning, studying, reading, writing, growing, adapting, accepting. To understand not the personal reasons why an action is done, but the background of it, the history of it. To realize the culture of others, to know each sand of time. To comprehend the teachings and learning of others. But also to learn how to express the understanding of one's self. Those things taught to and learned by one's self. All in one purpose. To teach and to learn is to live. All things working towards accepting everyone and everything, acknowledging how they and it naturally are.

To help with the growth of reason and meaning. The meaning of life is not one of being

the elite. Not of being the smartest, strongest, fastest. Not of being the best. This essence of life's purpose remains in and of itself quite simple but equally shares to be at the same time both intricate and complex. Learning, studying, and researching brings us closer to knowing this meaning of life's existence but the concept's reality is in need of such astute consideration that it may truly forever remain vague and undecipherable in its own sphere of mystery and obscurity.



Folkbuilder Nicholas Rice
nrice@runestone.org

Iowa

Bringing Some Southern Charm to the Midwest



My work has me traveling all over, and I recently changed job sites this month from Texas to Iowa just in time for the snowstorm that hit the Midwest and traveled right after the storm back to my house. In January, I'm having a moot close by to see if I can meet up with some of our Iowa members.

Upcoming Events

Shepherd Pie Lunch Moot

Ankeny, Iowa

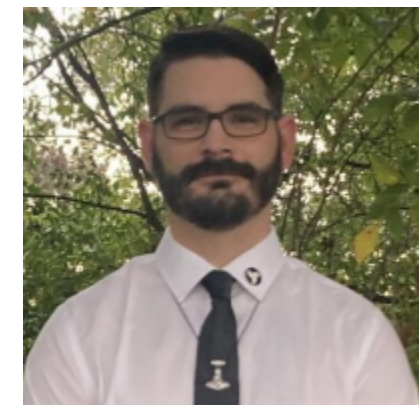
01/08/2023

11am- 2pm

Contact AF Charles Evans

Cevans@runestone.org

(702) 350-4819



Charles Evans

Apprentice Folkbuilder

cevans@runestone.org

Minnesota

What I Learned This Year



This month's runestone has been a work in progress. I could tell you what I did in the past month, but I would rather share a couple things I learned this last year. It has been a challenging year, but I am a healthier person, there is less chaos in my family, I've held true to my oaths, and I have learned a great deal of acceptance. Acceptance was a

bit of an uphill battle at first and I tend to be a bit stubborn at times. I can honestly accept things, adjust, and learn from them instead of trying to make them the way they were or the way I think they should be.



Finding acceptance changed my perspective of certain things, also. Things that were overwhelming, can now be seen as a blessing. I embrace the fact that I am never going to be alone because I always have my children instead of dreading the fact that I am never going to be alone because I always have my children. My acceptance of their presence as my shadow, 24/7, doors optional, gives me the opportunity to enjoy the time with them and find ways to teach them, not get bent out of shape.



Well, enough of that—how ‘bout some Yuletide greetings? This holiday season was full of family, folk, and good times all around. We decorated our Yule tree at home with the rune ornaments painted by the kids at Baldrshof during Yule Sumbel. There’s something about random colors, a paintbrush, and little cookie runes that kept them content, no matter how late it is. It Was a pleasure meeting and spending time with the Joyners, as well as, all the other folk that came from near and far! My time was cut short, but I appreciated the bit we had together.

*If you have an ancestor you would like added to the Alter at Baldrshof reach out to me for details.

*If you are having a baby, please reach out to me with the due date, etc. for the baby tracker, as well!

I am eager to see the progress that 2023 has in store and I look forward to a healthy, happy, and prosperous endeavor.



Folkbuilder Jessie Shaffer
jshaffer@runestone.org



Well folk, winter is in full swing here at Baldrshof. We don't let that get in our way, we still have a successful food shelf monthly, interior projects, and of course keeping our Hof shoveled out which is no small task, from the drive back and forth to subzero temps with wind and snow to the actual shoveling. Hail the strength of the northern folk!



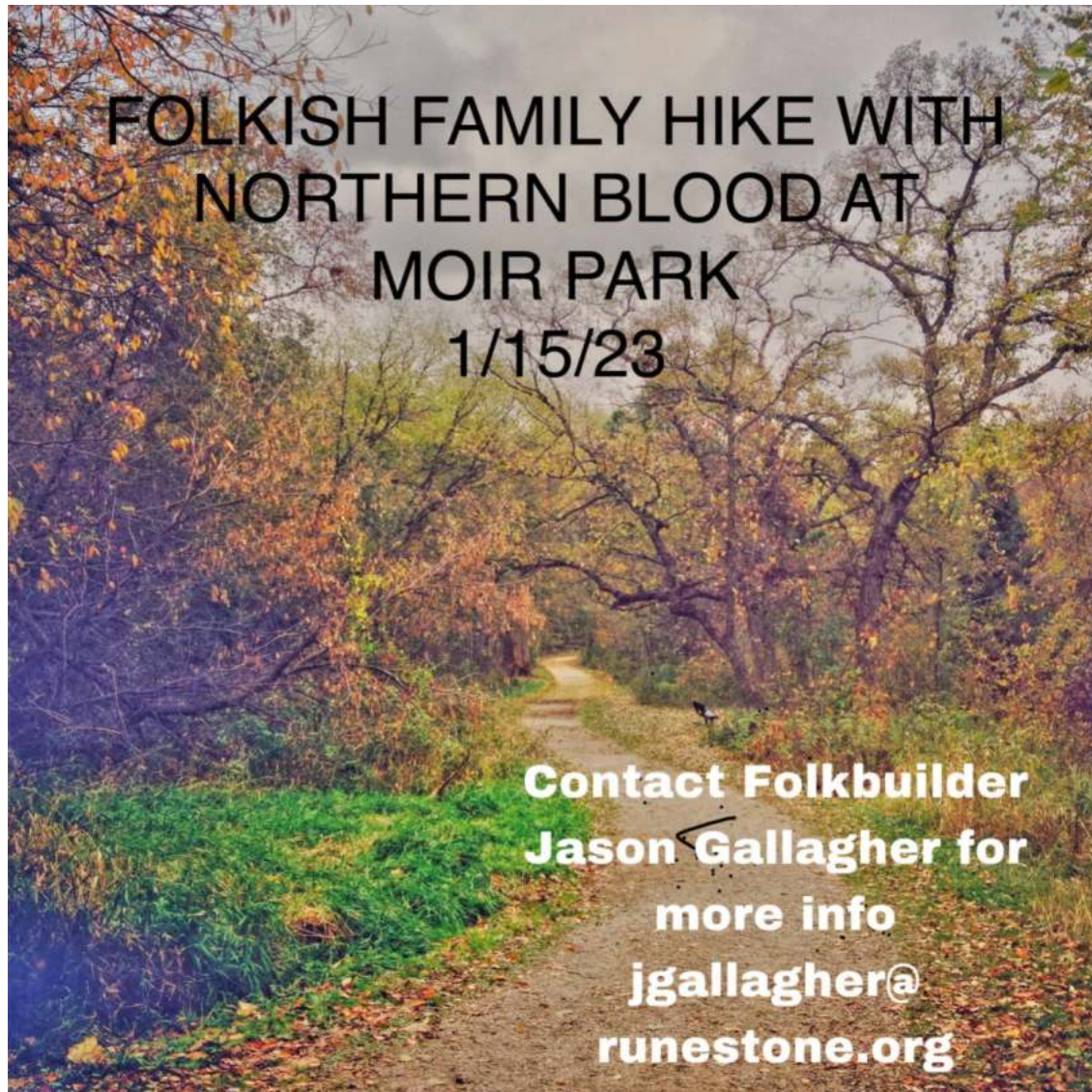
Folkbuilder Nathan Erlandson
nerlandson@runestone.org

Monthly Update MN NBK



December was a great month and a wonderful Yule for sure! 2023 was such an amazing year and was great for the AFA. I am so thankful for our Church, Folk, and Kindred. So looking forward to 2023 and all the great things we are going to accomplish. The second annual Yule at Baldrshof was magical. A weekend spent with folk honoring our Gods and Ancestors celebrating Yule. The lighting of the AFA and Kindred trees and children opening gifts. Cannot wait until next year!

Upcoming Events



**FOLKISH FAMILY HIKE WITH
NORTHERN BLOOD AT
MOIR PARK
1/15/23**

**Contact Folkbuilder
Jason Gallagher for
more info
jgallagher@
runestone.org**

PIZZA
FOLKISH FAMILY

PIZZAMOOT WITH
NORTHERN BLOOD
KINDRED

1/29/23 3-5PM

Lakeville, MN



PIZZA

PIZZA

**Contact Folkbuilder
Jason Gallagher for
more info.**

**[jgallagher@
runestone.org](mailto:jgallagher@runestone.org)**



Folkbuilder Jason Gallagher
jgallagher@runestone.org

Charcuterie & Football



Cozy Sundays with your Folk are the absolute best Sundays! I was able to share delicious food and a terrible football game with some of my favorite Folk recently. Even though our team lost, we had full stomachs and great conversation while the house was filled with the laughter of toddlers.

Upcoming Events

MOVIE SUNDAY WITH THE FOLK!

Contact Brandy Callahan for details
bcallahan@runestone.org

Sunday, February 5th
1 Pm to 6 pm



Witan Brandy Callahan
bcallahan@runestone.org

Missouri

The Yuletide Season in the Heart of Midgard!



What abundance in blessings and joy we have received this year!

Many shared memories and laughter. Warm hugs and long goodbyes.

December saw us participating in the celebration at Baldrshof and at our An Olde Time Yule in Oklahoma! And a cozy 12th-night celebration to usher in the new year.

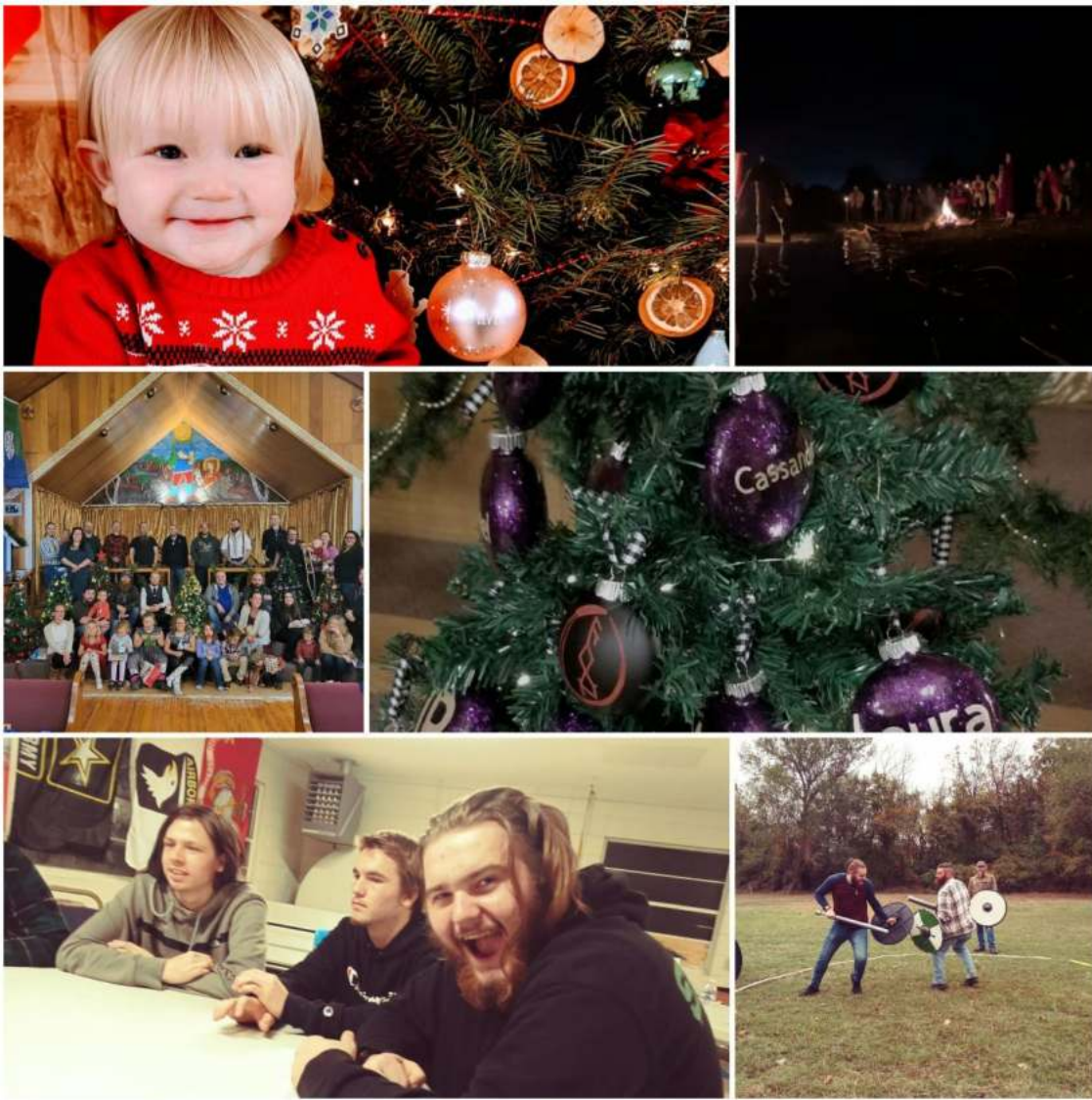


There was a gingerbread house contest that created many fun and beautiful houses to display. One even became a Norse longhouse and had a blood sacrifice on the lawn...creatively amongst our folk is in no short supply!

We decorated the Yule log and set it ablaze. We told stories and wassailed our way through the cabins toasting to each other's health and prosperity in the new year! We collected and decorated our Yule tree. The children enjoyed the cookie decorating and the frosting was everywhere! We loved it!

We all took kindred and family photos for the holidays. And we feasted on hearty soups and orange cranberry turkey! And finished our feast with an upside-down apple spice cake.

And we danced! And danced! And sang and laughed the night away!



Yule is the time to celebrate. To rest and spend time with those you love. To indulge in excess and to make merry! We wasted no opportunities to do that this year.

2022 was full of new bonds made and new memories to share. I am looking forward to what our folk will accomplish and create in 2022!

From the Heart of Midgard, stay warm, stay close to your loved ones, and keep facing the light!



Folkbuilder Melisa Mills

mmills@runestone.org

Nebraska

Crochet Mini Wish Hearts: A beginner project.



Crochet Mini Wish Hearts: A beginner project.

Supplies: 3.75mm hook, worsted weight yarn, yarn needle, a small slip of paper to write your wish/prayer on, herbs or stuffing to fill the heart.

Make two:

- 1] Ch 7, sc in 2nd ch, sc in all ch to end. Ch 1, turn(6sc)
- 2] Sc in each to end, ch 1, turn (6)
- 3] Sc in each to end, ch 1, turn (6)
- 4] Sc in first 3 st, ch 1, turn (3)
- 5] Sc in each, ch 1 turn (3)
- 6] Sc in each, ch 1, turn (3)
- 7] Sc in each, ch 1, turn (3)
- 8] Crochet border around heart, slst in the "v" at the top of the heart, sc to end, slst first stitch. Fasten off and weave in ends.

Place pieces wrong sides together. Using contrasting yarn, sew to join, stuffing with herbs or poly fill and wish paper.

These hearts are a perfect way to involve the littlest ones in the worship of our Goddesses and to teach them to crochet. Once you've mastered the pattern, each heart should only take a short time to finish. Perfect for decorating or gifting.

Upcoming Events

AFA Sisters
Sunday Morning
Chat

January 8th
&
January 22nd
2023

10 am Central

Teams link to be
posted the
morning of the
chats

Contact
Apprentice Folk
Builder Ali
Clausen for
details



Alison Clausen
Apprentice Folkbuilder
aclausen@runestone.org

Chinese Food in Nebraska



We had a nice outing with our local folk at a Chinese restaurant. Plenty of food, good laughs, and fun discussions. We even brought in a new member! We have so much planned for Nebraska, so keep an eye out!

Upcoming Events

Pioneers Park Walking Moot



January 8th, 2023
1:30pm

Lincoln, Nebraska

Contact:
Cody
(402)853-3457
or Ali
(402)853-4246
Clausen
to RSVP

Cody Clausen
Apprentice Folkbuilder
cclausen@runestone.org



North Dakota

Folkbuilding Chefs and Yuletide Fun at the Hof





Glad Jul to all! We had an awesome turnout at Yule at Baldrshof with friends old and new. My fellow Chef, Mr. Joyner, and I had a great time cooking and serving the folk with our fellow Folkbuilders. He brought some amazing handmade sausages and we all had so much good conversation in the kitchen, great discussions, and powerful Blots and Sumbel. I was gifted a Hof Chef apron from our wonderful Njordshof folks and it was an absolute honor to cook for our folks on Saturday night.



Thank you sincerely to everyone who came out to make this event so special and memorable.


Upcoming Events

DOWNHILL SKIING MOOT

**HOSTED BY TRUE NORTH FOLK
KINDRED**

**SUNDAY, JANUARY 29TH AT 2PM.
MESSAGE MYSELF OR FOLKBUILDE
CORMAG ÁLAINN FOR DETAILS**



JANUARY 29TH 





Christian Spencer
Apprentice Folkbuilder
cspencer@runestone.org

Ancestral Duty



The concept of Ancestral Duty is one which at once brings great pride and great responsibility. In the modern age, most people have no grasp of this, or worse, they find the very notion offensive. Yet, for many of our ancestors, it was as basic as breathing and every bit as important.

So what is it?

At its core it is a responsibility we have to honour our ancestors.

We've all seen the memes.

“It took a thousand loves to create you”

“It took 2 parents, 4 grandparents, 8 great grandparents....”

So on.

Our ancestors braved unimaginable suffering, cruelty, starvation, cold, and every discomfort imaginable just to keep on living and keep their families going. They did it so their children could survive. They did this so their children might have better lives than they did.

Regardless of class, their mission remained the same. From the lowest plebeian, to the highest King, it was always about something greater than the self.

We are not ourselves. We are, each of us, one individual link in a chain of blood that has existed since before the first man and which will continue to exist so long as its lineage endures. So, we are part of something far greater than just ourselves. We are our ancestors reborn and we are the future they struggled to create.

This knowledge, once fully understood, should offer a great sense of pride of being who you are. Once you comprehend this then you must also understand that you are not worthless. You come from a legacy of endurance and there is honour in your name, no matter what has happened it is there waiting to be restored.

Thus comes the Duty. As our Ancestors did for us, so we are called to do for our own descendants. One day *we* will be the Ancestors they look to for inspiration, comfort, or to thank for what we built for them. One day it will be time to relinquish our link in the chain that another may have their time and so it is our duty to give them as honourable a legacy as we can.

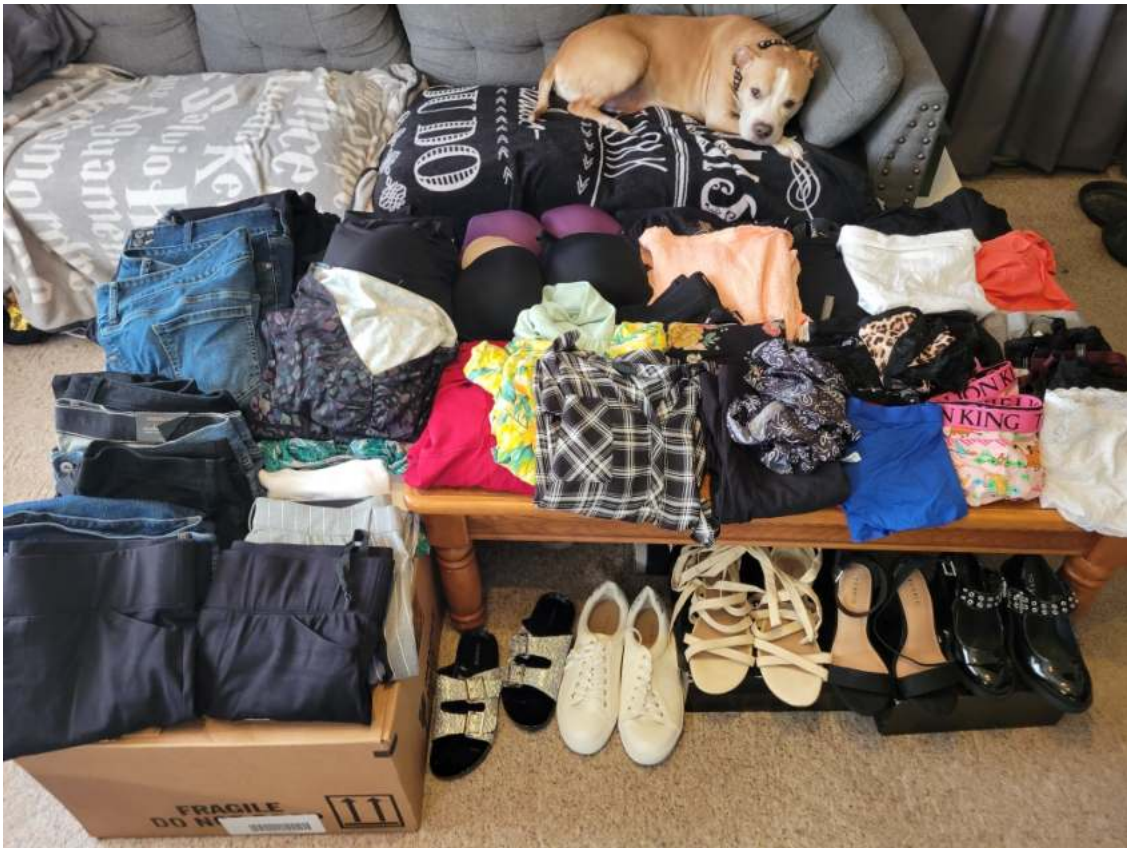
For this reason everything we say and do does have importance, now more than ever. Ask yourself this, “What legacy do I wish to leave behind?” and then live each day in a manner to create and protect it.



Folkbuilder Cormag Àlainn
calainn@runestone.org

Wisconsin

A Glad and Grateful Yule !



Yule was a beautiful time with Folk in Wisconsin!

We are so grateful to have gotten to spend and share it with all of you! A Yule dinner at our house, meeting new members, Vatnafólk Kindred women's shelter donation pictures and the wife was able to make it up North a few hours to share in the joy of an AFA wedding, it was a busy month. Congratulations 🍌 to the expectant and the growing Schattenforst family, may the Gods Bless and keep you and yours!



Special thanks to Witan Callahan and Folkbuilder Nathan Erlandson for making their wedding trip to WI extra long just to come to have breakfast with us in Green Bay, it was wonderful to build holiday memories with y'all! Asenheil!

As we say farewell to the old year and in welcoming the new I ask all who read please let us not forgot above all what it is we strive for and keep an open mind for what we can accomplish in Midgard. Nothing is impossible.

I believe it's not hard to see at our events, our Hofs in the photos and in the faces of our children not only how important what we have done is but what we will do in the future! Wotan Mit Uns!

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

Upcoming Events



Folkbuilder Josh Rapin
jrapin@runestone.org

Upcoming Events

Winter Polar Splash and 5K run/walk

**On January 28th, 2023 we will
be joining in on the fun of the
annual Winter Splash in
Reedsville, WI. As an AFA team,
some of us will be doing the 5K
run/walk, some taking the
plunge, and some both!**

**To join the team or for more
information please reach out to
Folkbuilder James Ault
jault@runestone.org**



Folkbuilder James Ault
jault@runestone.org



Reflecting on the memories we will take with us into the new year from this one. The love shared, the lessons learned, the heartache, and the victories. The friends lost and the friends gained. The incredible blessings within our family, the amazing growth of the AFA, and the successes of those we love the most. We look to 2023 with anticipation and strength knowing the victories will only get bigger.

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

Our Family's Tradition for New Year's Day



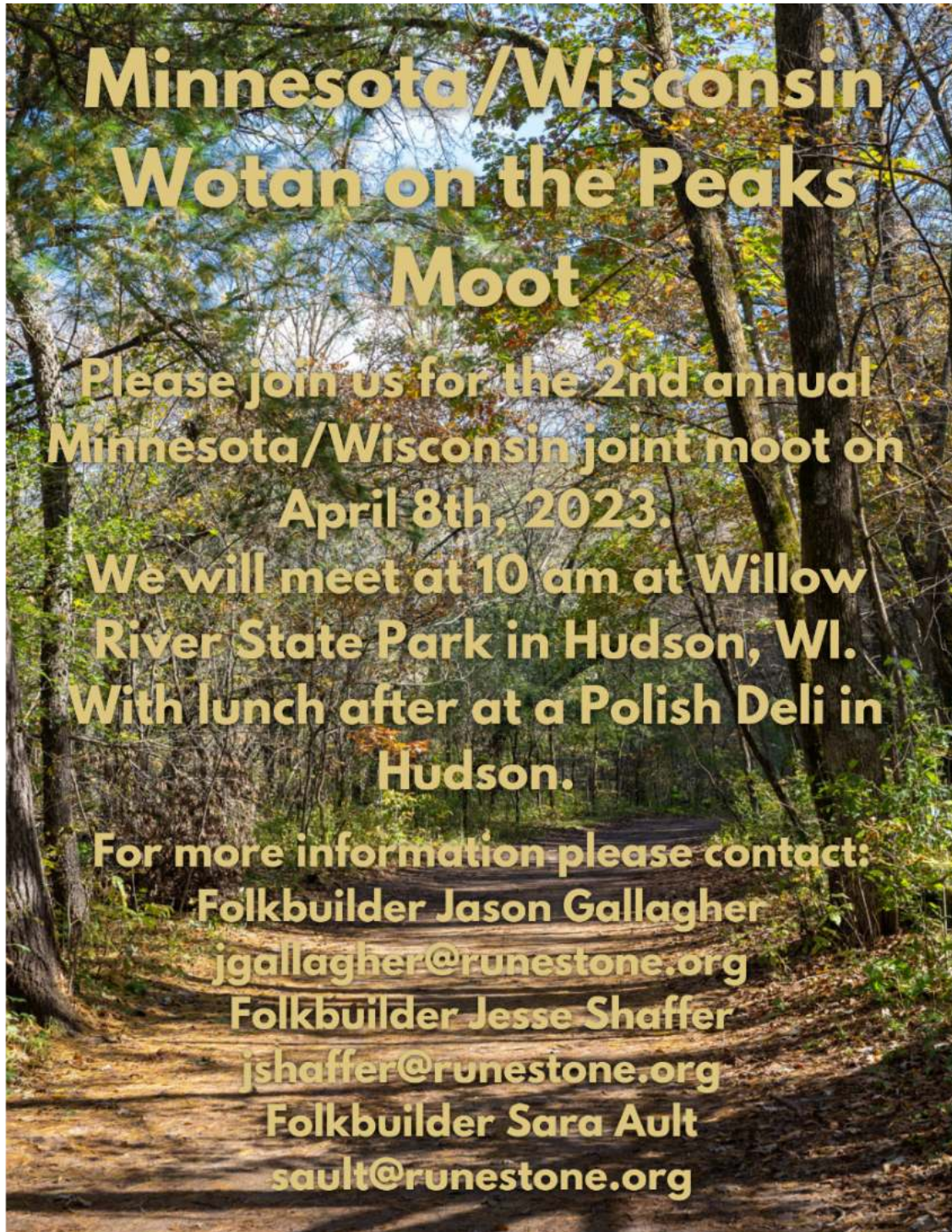
We finish up our Yuletide on December 31st, then on New Year's Day our tradition is to start the new year with fire to burn away the leftover issues of the old year and to offer up intentions for the new one. On our Yule log, every member of the house writes an intention, hope, or goal for the new year. I take several branches from our tree and attach notes to them. These are filled with issues from the last year I want to leave behind and good intentions to move forward. I also write out a list of my goals for the year. These can range from learning something new to a personality trait I would like to

improve on. All of this is thrown into the fire pit. As it burns, we offer everything up to the Gods with the hope that they continue to guide us along our path in this new year.

Hail the Gods!

Hail the AFA!

Upcoming Events



**Minnesota/Wisconsin
Wotan on the Peaks
Moot**

**Please join us for the 2nd annual
Minnesota/Wisconsin joint moot on
April 8th, 2023.**

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


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



Folkbuilder Sara Ault
sault@runestone.org



*Copyright © *2022* Asatru Folk Assembly, All rights reserved.*
[unsubscribe from this list](#) [update subscription preferences](#)

Grow your business with  **mailchimp**