

The Runestone: Voice of the Asatru Folk Assembly

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Baldrshof
Third Hof of the Asatru Folk Assembly

www.baldrshof.org



Donate to the AFA

Words from the Alsherjargothi

The 30th Year of the Asatru Folk Assembly has Begun!



We have an exciting year ahead of us! In recent months we have seen loads of new interest from folks that have just now discovered the AFA and our amazing family. To all our new members, welcome! In a lot of ways 2023 was a refining process that has produced a healthier and more noble group of folks to build our future with. I am excited to see all the things we can accomplish together in the coming year. We have much we want to do, including continued work at Sigrheim as well as moving ever closer to making Freyshof a reality. Let's hit the ground running!



Make sure to check your District websites, we have event Calendars there that are updated constantly with activities to get our AFA Family connected and participating in the real world. If you are already actively participating, we are excited to see you. If you have yet to participate or haven't participated enough in the past, this year is the year and today is the day, go out and get involved, it is always worth the effort.

I look forward to seeing all of you this year as I travel to our amazing events at each of our 4 Hofs!



Matthew D. Flavel
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Words from Our Witan

Welcome 2024



Happy New Year and 2024 to all our brothers and sisters, friends and family in the Asatru Folk Assembly.

2023 closes a chapter of our lives and our history. Another year of solid troth with the Æsir and Frith amongst the Folk. As we step into another bright year of Victory, I wanted to remind each of you that your family is here.

Anyone who has stood in a Wayfarer Blot with me, knows that the closing of the Blot

ends with the “Binding of the Folk”. We acknowledge the beauty and worth of our women. We acknowledge the strength and courage of our men. We recognize in each other the web that ties us all together. We are reminded that we are a strong and noble Folk. The words “These are your brothers and sisters. When you succeed, we win with you. When you fall or fail, our hands will reach down to pull you back up” are true and spoken with intent.

We are more than just white Folk we see each other every now and then, who meet in a temple to worship once a month, or who share common belief in our Gods. Your Folk are the solid foundation beneath your feet. We are here in your Victory and we are here in your turmoil.

Isolation in the worst of times may seem necessary, it may seem easier. You may not want to “burden” anyone. You may be embarrassed about needing help or support. But, your Folk are here to support you, to guide you, to help you when you need it. Being a member of the AFA is more than just being a member of a church. Being a member of the AFA means that you are never alone.

Should you ever find yourself in need, our leadership and your Folk are here. Please reach out to any of us, at any time.



Witan Brandy Callahan
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The Folk Remember



At Þórshof, during our Yule celebration, we have established a tradition of remembering those we have lost during the past year.

It's solemn and sad. It's also necessary. In our tradition, we light a candle for each of our AFA family we have lost. This year it was 7. As each candle was lit, we hailed the person by name. We kept those candles lit throughout the weekend. We remember each of them for the way they touched our lives. We keep their names alive at Sumbel. We keep them in our hearts.

The Folk Remember.



Y Allison Melillo 11/18/1970 - 2/7/2023 ♪



Y Mitch Loveless 7/16/1988 - 2/10/2023 ♪



Y Janet Lea Flavel 7/26/1948 - 4/4/2023 ♪



Y Daniel Franklin 5/19/1983 - 5/1/2023 ♪

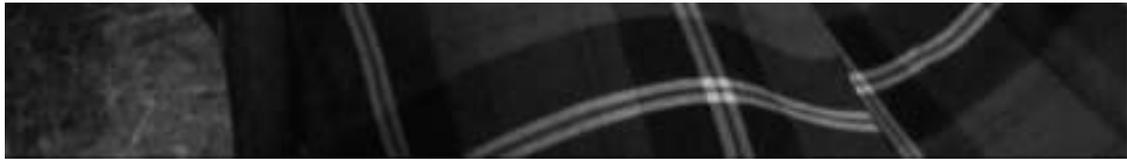


Y Michael Lee Vaughn 12/5/1986 - 7/17/2023 †



Y Alan Wittenberg 7/2/1949 - 10/28/2023 ♪





Y Kamden Musser 9/25/1996 - 11/10/2023 卐



Also of important note, we give honor to a member whom we recently learned of his passing. Hail Christopher Chambless!



Christopher Chambless
Y10/3/1981-12/11/2023

Christopher graduated from Ouachita Parish High School in 2000. Christopher enlisted in the United States Marine Corps after high school. He then enlisted in the Army National Guard. Christopher enjoyed riding motorcycles, spending time with friends and family, but more importantly spending time with his children. He was a gun enthusiast. Christopher was a Pittsburg Steelers fan, #12 Bradshaw. He was known for his laugh and always making folks laugh. Christopher always had a smile on his face.

He is preceded in death by his wife, Jamie Leigh Chambless; brother, Michael Chambless; grandparents, Marvin and Lilly Bell Chambless; and uncle, Russell Fox, Jr.

Survivors include his five children, Chloe Chambless, Gage Chambless, Marcus Chambless, Ava Chambless, and Audrey Chambless; stepdaughter, Aubrey Garner; mother, Patsy

Magee and her husband, Chief Master Sergeant Wayne Magee, USAF, Retired; father, Perry Chambless and wife Jackie; sister, Sherry Acree and husband Eric; brother, Todd Chambless and wife Sarah; cousin, Benny Fox; as well as numerous nieces, nephews, cousins and many special friends.

Pullbearers will be Kevin "Bomber" Webb, Ronnie "Dozer" Holcomb, Randy "Gunner" Franks, Gale "Loner" Rogers, Brandon "Spark" Seamans, and Joey "SlowPoke" Mulrhead. Honorary Pallbearers will be Jerry "Rooster" McCoy, and Ron "HellRaiser" Long.

A trust fund has been set up for his children, memorial donations may be made to Ouachita Valley Federal Credit Union.



Witan Daniel Young
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Devotion Works



I don't remember having a singular moment of revelation where I suddenly knew the Gods were real.

I was initially skeptical of Ásatrú because I didn't believe in the supernatural and my faith was science or secular humanism. Time did its thing and I found myself wanting more than that selfish worldview could ever provide. I wanted a community with deeper roots.

So, I went back to the Catholic Church of my upbringing. I had a true crisis of faith, rebelled against Yahweh and had held an anger at "God" for years. But in the decade that I had been away from it, that church had dramatically failed. The old folks wouldn't touch each other during the sign of peace because they were afraid of swine flu or avian flu- whichever fad flu it was. There were no young people. The Irish parish was full of Asians...

I was also becoming racially aware at this time. I was growing frustrated with the erosion of traditional roles and status that I had been raised to expect and of the broader cultures' rejection of natural order. I became interested in political movements, but ultimately was underwhelmed by the quality of the people involved compared with the ideals.

Along the way, I was introduced to "Norse paganism" and binged around various groups. Some were universalist (even though in practice it was all white people), some were "tribal" whereby the importance was on being adopted into the tribe, and some were Folkish with a focus on the kinship between the Aesir and the Folk.

One of those Folkish groups was the Asatru Folk Assembly which was relatively small in Pennsylvania at the time. I was very much a tire kicker. I hung around but didn't join any. Our local AFA Folkbuilder at the time, Pat Hall, managed to arrange for the McNallens and senior leadership (which included Alaska Folkbuilder Matt Flavel) to come to an event called Winter Nights in the Poconos. This was the first time I was able to participate in Blot and Sumbel with Folk who truly believed in our Gods, rather than using them for various political and social reasons. I still wasn't there. But I did make up my mind to choose to "believe in believing in the Gods". I still didn't join the AFA for almost another year. I began a practice of devotion to the Gods, with much guidance from Folkbuilder Hall. I learned about the runes and ways to use them. I read the Elder and Younger Eddas, various retellings of the Eddic stories that were easier to understand, and the Völsung Saga. I didn't read much contemporary material, which I think benefited me. Steven McNallen hadn't published "Ásatrú" yet.

I began meditating and I began a gift cycle first with my ancestors- after all, even as a skeptical person I knew for a fact that my ancestors were real once. I started to become more confident in myself in ways not related to religion or politics. I then chose to assume that this was my ancestors blessing me, and if this were true that I would also assume that other spirits were real such as Vættir and the Æsir.

I joined the AFA, and by the time I had done this I had enough real proof in my life that devotion my ancestors, that honor to the wights and that worship if the Gods made a real and positive difference in my life that they must be real.

I decided to become a Folkbuilder. I met my wife in the AFA. All my closest non-blood friends I know because of the AFA. My children were born into the AFA. I have the great privilege to serve our Folk in a way so much more important than politics. I share in the chance to really change the course of our history for the better in a permanent way.

It's now over 25 years since I had a crisis of faith with Roman Catholicism. I was a snobby, know-it-all atheist for ten of those years. I thought the universe was there for me to observe. I'd have loved simulation theory if it were more mature at the time.

It's been 15 years since I was first aware of Ásatrú as a modern religion, and 10 years since I made a gamble of a choice to treat it as real even if I was intellectually resistant to such things.

And that has made all the difference in my life. I know some people have a moment of revelation. But for those who have not, you should know that it is okay and quite

normal. Devotion will yield a slow “drip, drip, drip” of blessings that make you stronger and more confident. It will win your fame. It will win you the girl. It will build your wealth. Things will happen when and in such a way so as to make it undeniable that your devotion is working. That energy builds up in a way I have trouble describing.

That will be all the proof that you need.



Witan Clifford Erickson
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Words from Our Gothar

Odin, Vili, Vé: A Closer Look



Odin, Vili, & Vé are typically viewed as the first of the Æsir. They took action to create our world as we know it, ordered in a way that our Folk were able to thrive. They each gave us a gift to make us who we are, setting in motion the countless victories and immeasurable glory that our ancestors attained. Our mind, our body, and our spirit are all owed to these first three among the Æsir.

The gifts of mind, body, and spirit are not all we were given at the dawn of our world. These tangible boons are priceless, of course, but we've also been given something more abstract: a roadmap to success in any endeavor.

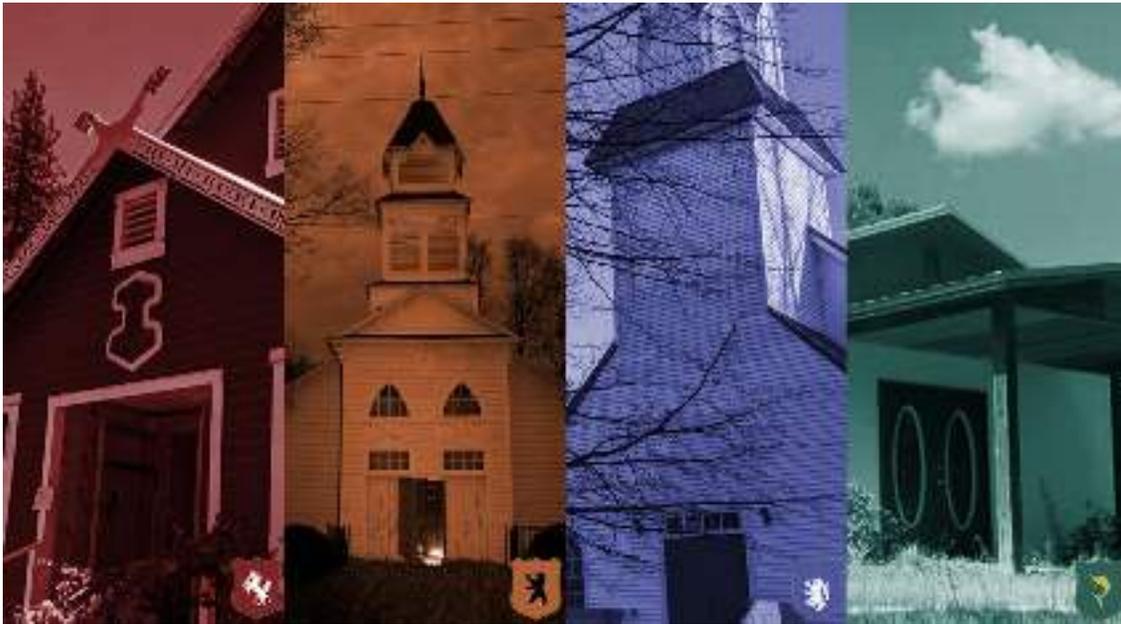


As with many things, including the deeper lessons in our faith, language and etymology is one of our best tools. Let's take a look at some meanings found in the names of these Gods.

Odin means “inspiration”, roughly. “Vili” means “will”. Vé means “sacred”.

Before we go further, I want to make clear that I am not suggesting that the Gods are mere archetypes or symbols. The Gods are real, and powerful, and beyond worthy of our devotion.

That being said, the recipe for success is found in this tale.



The “sacred” found in the name Vé can fairly be interpreted as piety and devotion.

The “will” found in the name Vili can be viewed as conscious intent.

And, of course, the “inspiration” found in the All-Father’s name is that relentless drive and ambition that has always made our people stand out in the annals of history!

Piety. Intent. Furious ambition.

These are the three tools needed for Victory in any serious endeavor, and these are the very same tools that the AFA carries on our march to glory in the name of the Gods.



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Pagan vs Neo-Pagan; A Response



Lately or the latest shrill accusations from the armchair historians, that really only expound their bias about the past of northern Europe, especially about the Christian Conversion a millennium past, has made me want to add my research.

I have found some research that confirms my view and that is, the Conversion was a very messy and unfinished business to say the least. For one, the work of Dr. Russell, PhD and his book, "The Germanization of Early Medieval Christianity", shows that Christianity was not the same desert theology after centuries of influence from, our Ancient Religion of Germanic Europe. It was tempered through years of turmoil and displacement. It was not adaptable to Europe but was tempered with the concept of the individuality of Person. A comparison today would be moving millions into Europe from another religion from the desert and expecting a peaceful joining of religion/culture to make a united culture.

No, I propose that there has been continuity The Folk, the People of the Land, be they called peasants or Lendsmen, (Odal Bonde, ON.) or Yeomen in the British Isles. The Folk held onto much that has not been recorded due to much of this lore being verbal such as stories like elves, fairy mounds and other land spirits and those that can sense the wonder of Nature/Creation when in a forest or the spray of the ocean surf and sun. Beauty is all around us, if one takes the time to sit quietly and listen to Her beating heart.

I want to add that my gr.grandfather Gulbrand Torgrimsen-Odden was a healer, a Bloodstopper to be exact. b.1844 Valdres, Norway, emigrated 1865 d,1923 Minnesota.

I counsel you Loddfafner;
if you take my advice
learn it, you'll profit if you remember it:

Get a good man to teach you the runes,
and learn a healing spell while you live.

— Havamal 120



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Wyrð



Wyrð is the etymological equivalent in Old English of Old Norse Urðr. The only modern definition of Wyrð is that it roughly translates to “fate”. That is not entirely accurate as Wyrð is centered around the significant deed, where one of the fundamental perceptions we have of Wyrð is the tendency of acts to ripple out in all directions from the point at which they take place, crating consequences far beyond what was intended at the time, perceived, or can be comprehended. Wyrð could be defined as fate if and only if we stopped acting indefinitely after an act or deed. Wyrð is much more than just fate. Wyrð is what we make our lives to be, moment by moment, deeds good and poor, woven together and built on the Orlog we inherited at birth.

Wyrð governs the working out of the past into the present and is nearly synonymous with the Norn Urth (that which is) as the activity of the Norns is also referred to as Wyrð as well. Wyrð is the interaction of the past and present as we look at it here—action and reaction—and is the weaving together of the sum total of past and present acts and their consequences. It is necessary to become a strong, self-reliant, and wise person with megin and luck through acting well and building off of right action to create a dominant and prosperous web of Wyrð woven in our lives that inevitably cross an indefinite number of other's paths and have effect on them and their Wyrð. The web we weave by our deeds extends well beyond the comprehension of our existence in the cosmos. Wyrð permeates throughout time and space and is stored in the well of Urth layer by layer becoming Orlog. When I refer to deeds, I am not simply talking about mundane, monotonous daily activities. It is the times that activities acquire a special significance that go beyond our limited perceptions. We must prepare and place our lives in accordance with prescribed codes of conduct received from the past and by doing so, creating positive Wyrð, we protect our reputation and insure good fame for ourselves and those close to us. Our actions will be governed by what we know, therefore the wise man seeks to discover all that he can and attempt to associate himself directly with all he knows to be good and wise. By doing so, he will put himself in the best position to die well. It is then that we will fully understand the nature of Wyrð itself.

Wyrð is a continual presence and influence in the rituals, the artifacts, and everyday activities we find ourselves engaging in. It is how actions are related to actions and how significance is to be discovered in the ordinary sequence of events in our lives. If we are to find evidence of the operation of Wyrð, its sustained power and its past, we will have to examine the literary remains of the Germanic peoples themselves; only they will be able to place events in what will be their proper order and to give them their proper significance.

In the coming year be of positive substance and lay down right action. When choosing a course, ask yourself; does this better my church, and am I building, or am I causing chaos. Think of your words to others and ask yourself how you want to be known, or remembered.



AFA in 2023



https://youtu.be/_6pcoFdRQfU?feature=shared

The Quest for Freyshof

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

– Gylfaginning



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

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

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

1. We need to pay off Njörðshof.
 - The first of 2 loans have been paid off!
 - We now owe \$99,346.87 on our remaining loan.
2. We need to raise our monthly donation average by 9.2%.
 - This is membership donations/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!

Matthew D. Flavel
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Sigrheim: Home of Victory

A New View Gracing the Grounds of Sigrheim



<https://youtu.be/MAkd7PfyPQ?feature=shared>

My words can't begin to do justice to the awe and beauty of what we've accomplished in the last month at Sigrheim. Luckily, our wonderful Apprentice Lydia Phelps made this lovely video that does the talking for me.

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

**Þorrablót
at
Sigrheim**

**Sat., January 20th
Whitleyville, TN**

**RSVP w/ Folkbuilder Nick Rice
nrice@runestone.org**

**Charming of
the Plow
at Sigrheim**

Saturday, February 17th



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



Folkbuilder Nicholas Rice

nrice@runestone.org

Victory Never Sleeps



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

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

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

Catch us LIVE with new episodes on Wednesdays at 8pm Central / 6pm Pacific on YouTube, Twitter, Entropy, 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](#).



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AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org

Academy Storytime



Grimm Brothers

Mother Goose

Aesop

Give a Mouse a Cookie

Thor is Our Friend

and many more...

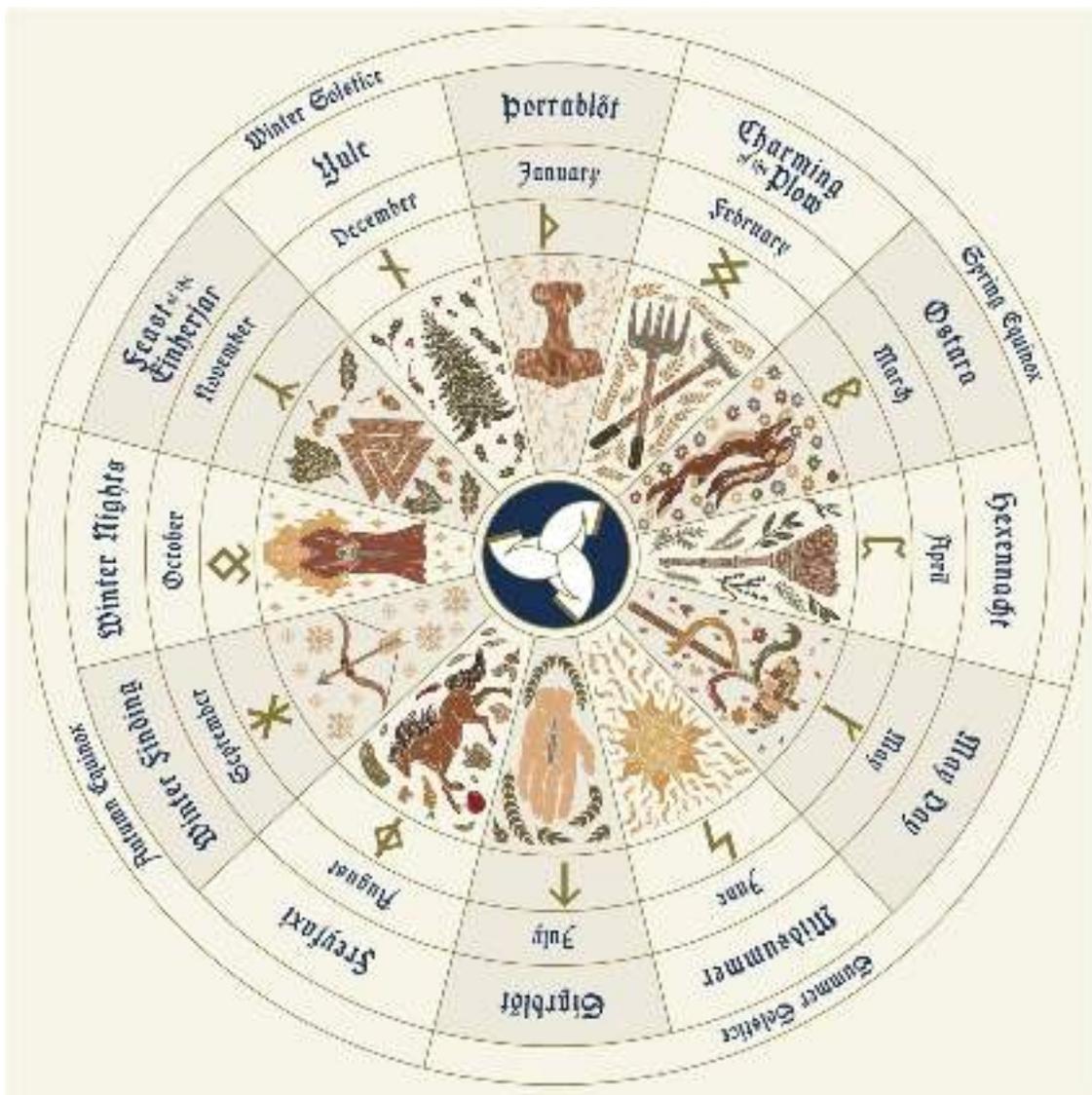
We've been so thrilled with all the solid volunteers taking time out to record wholesome stories for our kids in the Academy that we knew we had to share them with all of you! If you haven't checked it out already, there's a [playlist](#) over on the AFA's YouTube channel!

Folkbuilder Nicholas Rice



Academy Administrative Secretary
nrice@runestone.org

Remembrance and Holy Days



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

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 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

January



<https://youtu.be/DIIZvPHVxZk?feature=shared>

Day of Remembrance

Raud the Strong | January 9th

So well-known was the hero, Raud the Strong, that his story comes to us from several Icelandic Saga's, 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 Trygvason, 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 Trygvason's chase.

It was all for naught, however.

Though he made it home, Raud was eventually caught by Olaf Trygvasson. 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, 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 multi-cultural 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
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Holiday



Þorrablót is an Icelandic midwinter festival dedicated to, as the name describes, Þorr, 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), Hrótsprungur (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

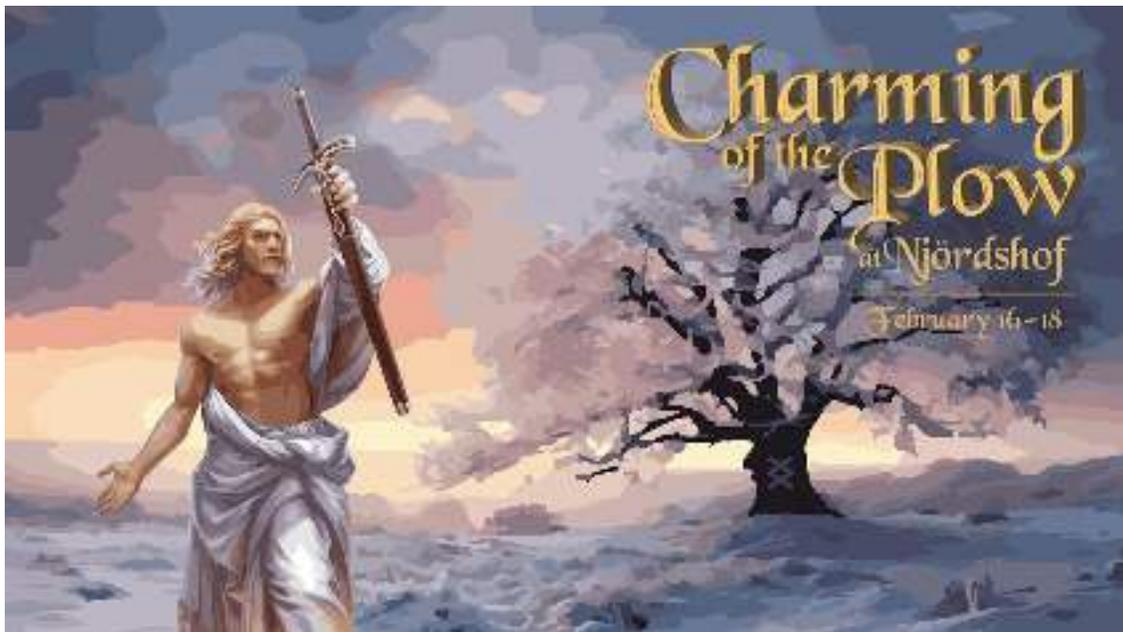
folk tell stories or recite poems about Thor. Eat, drink, and enjoy the company of folk and family.



Gythia Catie Erickson
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Upcoming National Event

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



Come join the Folk at Njörðshof for our second annual Charming of the Plow, being held February 16th-18th! This is our Hof's national event, so we will have great food, multiple rituals, auction, and more!

Get your tickets [HERE](#)



Gothi Trent East
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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

Artisans of the AFA Support Our Folk

The Children from Frostmo Mountain

The Children from Frostmo Mountain

Laura Fitinghoff



Translated by Laura Lugnet

This classic Swedish children's novel tells the story of seven destitute orphans and their goat who, one bitter cold winter day during the Swedish famine of the 1860's, set out on a harrowing journey in the hopes of a fate more noble than living in the poorhouse.

On Sale January 15th

While the book will be available through Amazon, Kindle, and most eBook platforms, please consider supporting your local bookstore or Scandinavian gift shop by asking them to order a copy for you. You can even check if your local library will order it for you.

Contact laura.lugnet@gmail.com with any questions.



Book Release January 15th:

The Children from Frostmo Mountain by Laura Fitinghoff,

Translated by AFA Member Laura Lugnet

For just over a year, I have been working to translate “Barnen ifrån Frostmo Fjället,” a Swedish literary gem, into English in the hopes of sharing it with a wider audience.

Throughout the process, I have developed such a personal connection to the novel, and I am proud and excited to finally be able to share it.

In the final stages of preparing the book for publication, I noticed that January 15th was the name day for “Laura” here in Sweden. It seemed most fitting for me, then, to release my translation on the name day that I share with the book's author, Laura Fitinghoff. I hope to honor her with my translation and to increase her renown by sharing her wonderful work with a new audience.

Christianity features prominently in the novel, but upon reading it I found that many of its themes resonated with me as an Asatruar. The workings of Wyrð are apparent throughout the story. The children feel their mother watching over them from beyond the grave. The idea of luck being passed from generation to generation in families is also portrayed. A love of and connection to nature is found throughout the book. The protagonists embody many of our virtues including honor, nobility, industriousness, self-reliance, courage, piety, and living joyfully even in the face of hardship. I think our folk will also appreciate the vivid portrayal of Swedish culture.

I hope those of you who chose to read the book enjoy it, and I would love to hear what other connections to Asatru our folk can make.

Hail Laura Fitinghoff!

— Laura Lugnet, member, Sweden

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

Goetta the Store and the Get the Stuff to Make This



Cincinnati is not only a monument to human advancement, but also a historic landmark for German American settlement and culture. Working a blue-collar job and hitting the gym after, this Cincinnati man is always on the hunt for a good source of protein and fuel for my body. Luckily being here in this rich city, I've always had a quick and easy go-to meal for such a purpose... Cincinnati goetta. Here's a simple ingredients list to get you started on the path of a strong Ohio Man.

Meat: Our recipe uses only ground meat, in part because pork hearts and skins are not only polarizing, but hard to come by. Earlier versions of goetta used, as the saying goes, “everything but the oink,” and were made not with ground meat, but tougher cuts of pork and pork variety meats that were simmered until fall-apart tender. You still see this variation in some homemade goetta recipes today, but most use ground meat. The pork skin in particular helps make a goetta that’s firmer, whereas goetta made with ground meat only is slightly crumbly. You can use all pork, as the original did, but a 50:50 mix of ground beef and ground pork lends a robust flavor. A pork and beef mix is the predominant composition of goetta recipes today.

Oats: Pinhead oats are the historic precedent in Cincinnati. The once-preferred brand was from Dorsel's, a regional mill. There was even a goetta recipe on the back of the bag. Pinhead oats are remarkably similar to steel-cut oats, so if you don't want to special order hard-to-find Dorsel's pinhead oats, use steel-cut.

Seasonings: Bay leaves and onions are nearly required. So is pepper. Dried herbs such as sage show up in nearly every version. Some goetta recipes are quite light on the seasoning, while others go big. I took inspiration from the spice mixes used in traditional German bratwurst recipes and amped it all up for a robust, crave-able flavor.

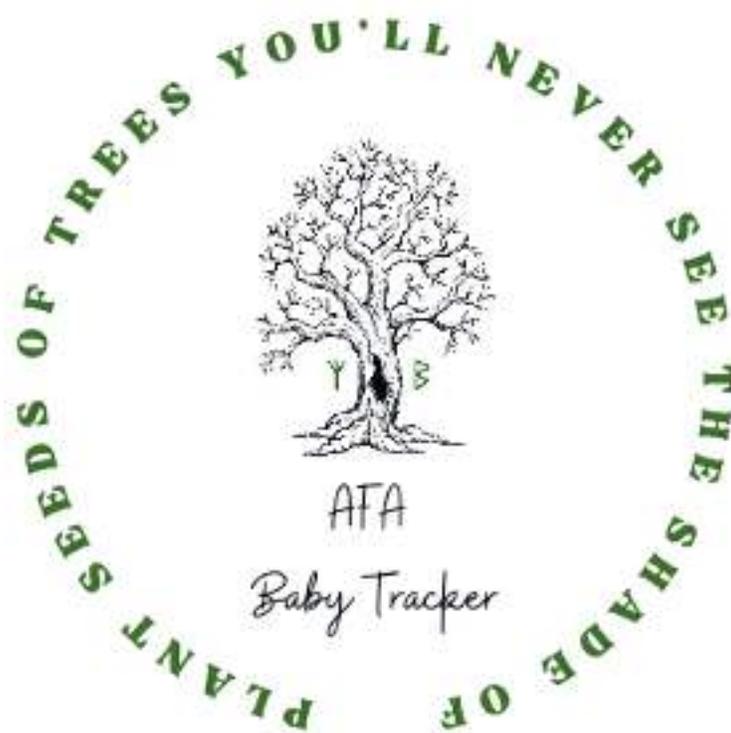
You are going to be making essentially sausage loafs out of your mixture, preferably refrigerated for one day then cut into thick pieces for cooking up quickly.

If you have any further interest on recipes or the history, you will have no problem finding the Goetta Fandom online!



Dan Borden
Apprentice Folkbuilder
dborden@runestone.org

Baby Tracker



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

Total babies born in 2023, year-end count: 37

Just for Fun



Congratulations to **Rachel Cameron** for being the first member to solve December's puzzle! It was definitely a competitive month with multiple submissions from some of the districts-- thank you to everyone who participated.

Here's January's Word Hunt:

January Word Hunt

mbwri	xeegp	myoyj	qhdm	
ksdav	onsqq	ldxpz	xeirb	
nugxq	kmorz	oidex	rkaku	
ruzrn	dwpiw	lvomj	iefcy	
phcre	erewt	gniae	ywqae	
	taxmk	cgwlc	mechw	khjdy
	angmd	eeuvo	ljgev	ztfaz
	miizv	dmtat	panlo	krgyi
	twzwy	ibcos	sqozi	cswja
	ibzod	ettfr	mytda	xmisy
gxide	isbmh	pvayf	uwgvu	
wpupb	xmvkh	blmqz	ldhgh	
lqbhh	utkkg	qkvvv	ucjlm	
imwix	xlocz	eahtq	ipyqh	
klnpq	eysku	griin	acvuj	
	nmmah	yfrdt	tjaup	gimnx
	yqmdf	bwaaa	aszrl	bjbvi
	wykco	wmlyu	rjiet	mrtmj
	dnssu	bcmml	mceeh	beapp
	htrpb	quxma	ilpoq	iraud
xgmjc	tqnci	mavtt	svqcb	
melkx	jhdmw	fcryn	uuhak	
muams	mkkaw	tuiot	jcrgg	
hvyup	hoxvp	yuuru	zrjvz	
ntfkj	qczzs	vkigv	ajuvi	
	lpleq	tasun	vglwh	vdkpc
	evxzz	prykh	ppstf	hacgo
	smeqq	ozemm	qhtmq	gmlxx
	ohwci	hgdnx	xwpcz	xwdbv
	fmhan	mqwug	flyyy	hkuuo
cxzzc	tjdkm	tcpqu	tqyvm	
ystug	ywcej	mh dai	rqdai	
qmebl	oorjo	krgvw	aypgk	
qfxyy	qsajy	bwnli	nmajw	
fnqny	obvci	limki	kovmy	
	ncium	xcqrm	tmprf	tiidc
	dkkdx	uyakt	osckx	ymyvr
	yigmu	hbubk	okaaf	qs dus
	pxocd	eevqw	dweeq	ifjhb
	mrcih	kbewe	nwwvf	xcuts

THORRABLOT
APRICITY
PROTECTION

MIDWINTER
RAUD
NEWYEAR

FEASTING
STRENGTH
SURVIVAL

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

Thank you Hope, Gabby, & Kara of Illinois for your coloring submissions! All are beautiful, and I love Kara's addition of dialogue with other animals. How fun!



For the youth (and youthful) this month, I have a fun maze and cursive activity. Did you know that writing in cursive positively affects our brains, improving both cognition and memory?

Online Events and Meetings



Virtue recovery
meeting

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

With Ashley Mcstocker
amcstocker@runestone.org

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



With Jaclynn Duffy
jduffy@runestone.org

VIA ZOOM

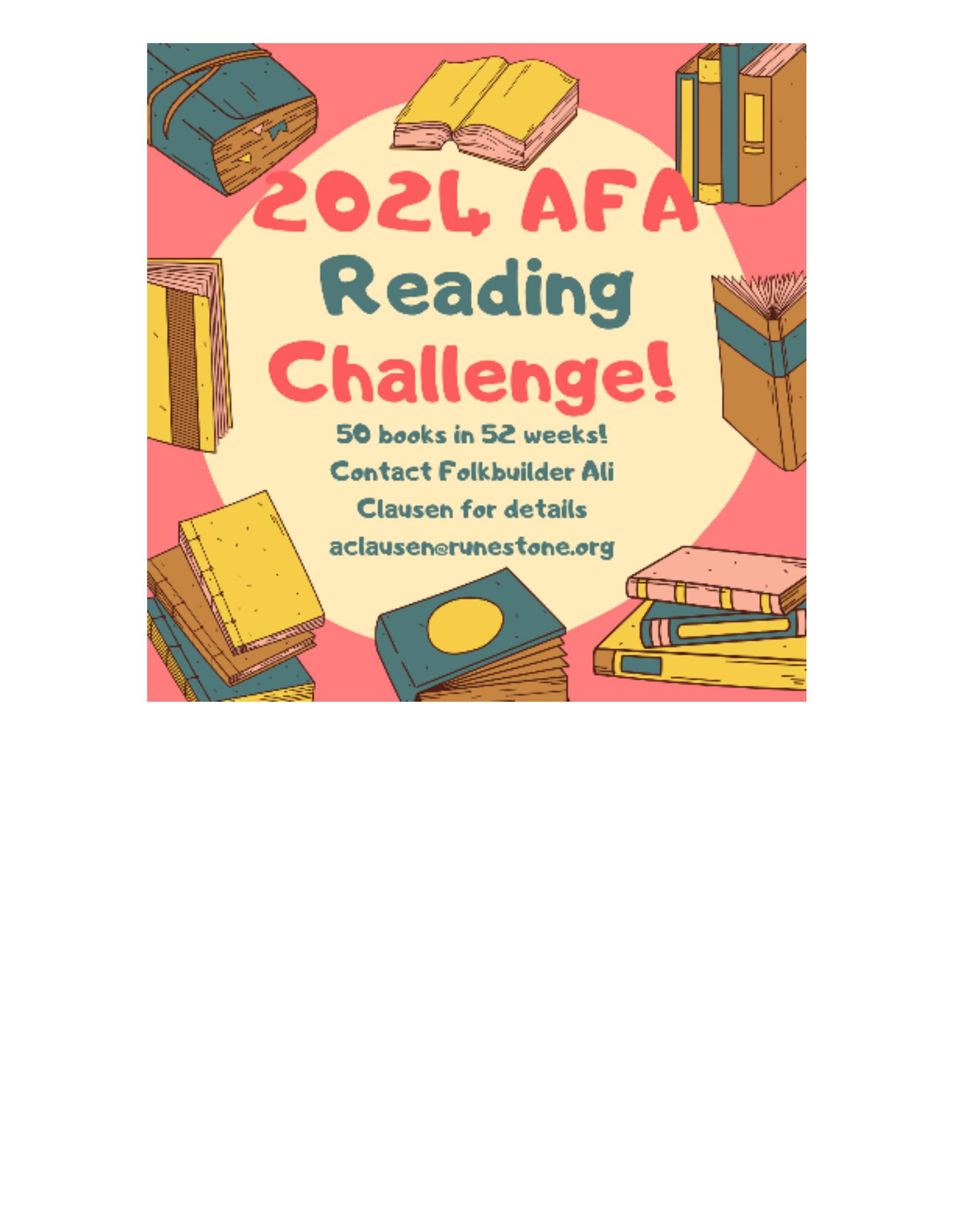
MEETING ID: 885 2917 0746

PASSWORD: Virtue

PASSWORD: VIRTUE

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 (<https://us02web.zoom.us/j/82489360035?pwd=QWM0SFZiakwvOUgyQVF4ZVZMUjVIZz09>). We hold our meetings every Thursday, at 7pm, CST. Join us!! Feel free to reach out to Folkbuilder Ashley McStocker with any and all questions! AMcStocker@Runestone.org





2024 AFA Reading Challenge!

50 books in 52 weeks!

Contact Folkbuilder Ali

Clausen for details

aclausen@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

Thursday Nights at

7 pm CST

Returns January 11th

Revolt Against the Modern World

by Julius Evola

There will be a pdf for the book and a study guide

Link for Teams meeting will be posted in

the AFA Ladies group on MeWe

For more information contact:

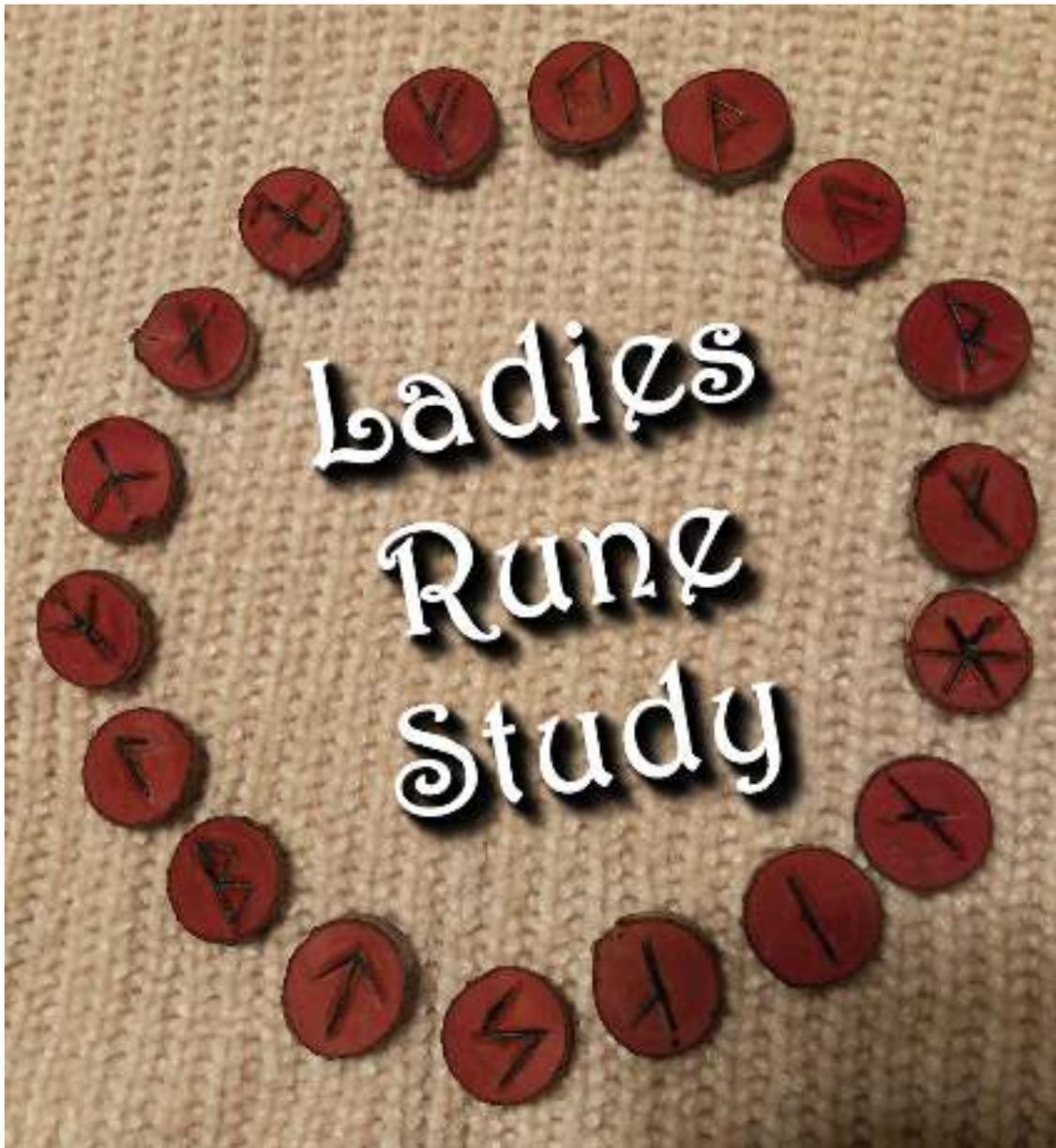
Witan Brandy Callahan

bcallahan@runestone.org

or

Folkbuilder Sara Ault

sault@runestone.org



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
Returns January 8th!
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**

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!



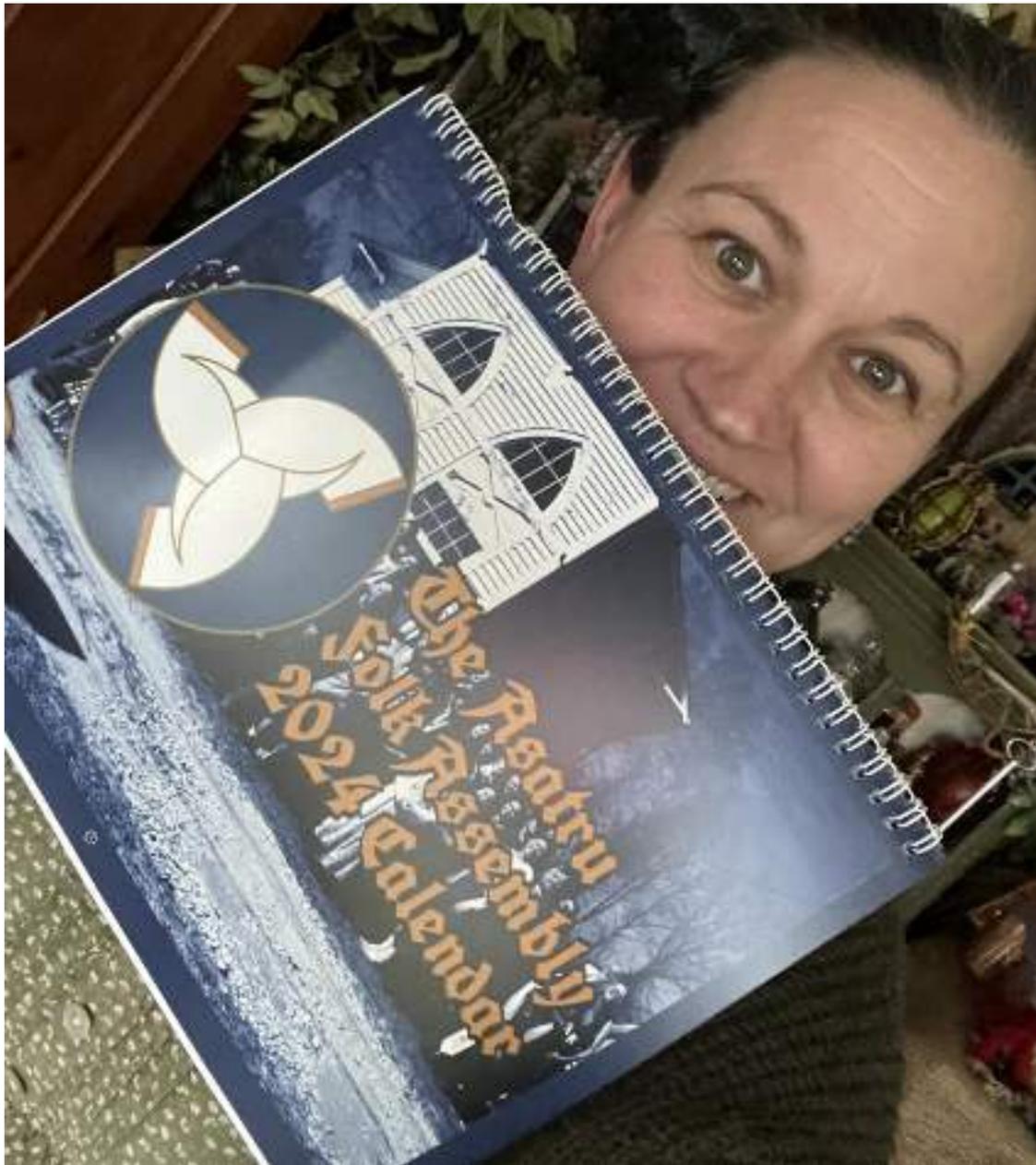
Now Available in the AFA Store



Show your Hof pride to all your guests with a flag! Spark conversation, maybe even interest, among those who find themselves in your Hall this Winter, and bring the Folk

home to Asatru!

[Check out the selection and fly your flag high!](#)



And it's not too late to get a copy of the 2024 calendar! There's still plenty of months left in the year to keep it up on the wall!

[Get your calendar ordered today!](#)

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



This month, as part of our food pantry before Yule at Baldrshof, we were able to help 38 families make their holiday season and little less stressful with gifts and stockings for kiddos of all ages! Adding the component of generosity, hospitality, and community to our beautiful holiday celebration was truly beautiful, to say the least.



Our small community has let us grow and prove ourselves as contributing members of the Murdock/Benson area and we are so grateful to be a part of it! Hail to the children. The work and time that is put into each and every community action project we have is nothing short of intricate and pure but is something that we all enjoy very much. Having this big picture which we do purposeful work for, and then having the opportunity to see the joy and peace it brings to many local families' faces is what it is all about.





Baldrshof strives to continue to improve our outreach so that we can do our part to build up and be grateful for our community! What a marvelous Yule we were so blessed to be a part of, may blessed New Year come to the Folk!



Folkbuilder Ashley McStocker
amcstocker@runestone.org

Yule at Baldrshof



Yule time in Baldrshof brought another opportunity to reunite with friends and family from both near and far.

The food drive saw many local families receive food, toys, and other items to spread holiday cheer through the community. It may sound cheesy to say, but the real gift is in the happiness we may bring to others.

Standing within the beautiful Sanctuary of Baldr also offered a chance to reflect upon the importance of giving. We give of ourselves to those we love, to our community, and to the Gods and in so doing we maintain the relationships we have developed. Through generosity of spirit we show and receive appreciation.

We hope to see you all out again this January for Thorrablót!



Folkbuilder Cormag Àlainn
calainn@runestone.org

Baldrblot



This Yuletide event at Baldrshof I had the pleasure and honor of conducting Blot to our holy God of our temple, Lord Baldr. The son of Odin, son of Frigg. Father to Forseti and the husband of Nanna. Best and brightest of the Aesir! Before coming to the Asatru Folk Assembly, I had only cursory knowledge of Baldr, as time has passed and my worship and troth developed to Lord Baldr, I have come to know him and the Aesir so much more deeply.

On Friday evening of Yule, I was so deeply honored to conduct a Blot to the God of our temple, uniting the folk in worship and giving gifts to our Lord Baldr. In the years we have honored Baldr in his temple, we have developed a relationship between our Folk and the Bright Shining one.

We at Baldrshof celebrated Yule joyously with amazing feasts and powerful Blots. Our gift exchange (of Yule gifts) was truly wonderful and one that made memories! It is

always such a joy to me to see my Folk and celebrate Yuletide with decorating trees, gifts, Frith, and enjoying holiday treats.

Going forward as always through the winter months we still strive to know our Aesir and how to worship them better and be the best, and shining folk reflecting him in his Holy temple.

Take this time now in the winter months to reflect on all we have built, and the harvest we have enjoyed through the summer months and now reaped the fruits of our labors, preparing yourselves for the coming year. 2024 will be an amazing year for the AFA!

If you have not been to Baldrshof yet, we invite you out to join us for our events! As we celebrate Yuletide, Let us strive to emulate Lord Baldr as the best and brightest shining Folk, standing ready as always now and forever!



Folkbuilder Christian Penner
cspencer@runestone.org

Upcoming Events at Baldrshof



Porrablót at Baldrshof

*Saturday
January 20th*

10 am to 6 pm

Help Keep Baldr's Light Shining

Baldrshof Wish List

*Support the Hof and Help
us have Nice Things!*

https://www.amazon.com/hz/wishlist/ls/wa7LGA1M8V?ref_=wl_share

Click Here

Iowa

December Journeys



Started December with going to the 10th annual European Christmas Market in St Paul, MN which hosted 70 vendors offering handcrafted artisan goods and authentic European foods. We walked around the venue looking at the handmade crafts and unique gifts from local vendors. While roaming the market the smells of the European foods caught our attention and we got in line at Burach's European Pancakes to get our hands on some traditional German potato pancakes, schnitzel, Bavarian pretzel and some hot cider to wash it all down. Their authentic recipe for the potato pancakes comes from Braunschweig, Germany. The line was long but well worth the wait!



December was full of all sorts of great times with Folk. We feasted with Northern Blood Kindred during their annual Folkish Family Yule Dinner. We had a great time feeding Folk homemade Swedish meatballs and corned beef and cabbage for dinner for Yule at Baldrshof. Emily and I made 355 1oz meatballs, 5lbs of mashed potatoes, homemade cream gravy, egg noodles, and lingonberry sauce. Paul made the delicious corned beef and cabbage. We heard nothing but great things of our meals and are happy to cook for the Folk! I traveled to Nebraska to spend time with the Awesome Clausen's during Yule getting snowed in by a blizzard for a few days', plans were canceled, however a great time was still had with amazing Folk.

Ended December going to the Union Pacific Railroad Museum in Council Bluffs, IA. The permanent galleries within the museum are America Travels By Rail, The Lincoln Collection, and Building America. The children had fun playing with the interactive media while learning about the creation of the Transcontinental Railroad. We were transported to the 1860's, learning about frontier life, the monumental work needed for constructing the railroad, and the communities that were created along its route. The Lincoln Collection memorializes and celebrates the life of Abraham Lincoln, who became the founding father of Union Pacific upon signing the Pacific Railway Act.



After checking out the Railroad Museum we walked to the Squirrel Cage Jail, which was built in 1885 and was in continuous use until 1969. The design and size of the Historic Pottawattamie County Squirrel Cage Jail make it a one-of-a-kind structure. It was one of 18 revolving "squirrel cage" jails built. It is the only three-story one ever made. Built at a cost of about \$30,000, this unique jail has three floors of revolving pie-shaped cells inside a cage. The jail rotates by a hand crank. The front part of the building had offices for the jailer, kitchen, trustee cells, and quarters for women. Today, only three revolving jails remain: a one-story structure in Gallatin, Missouri; a two-story jail in Crawfordsville, Indiana; and the unique three-story jail in Council Bluffs, Iowa. All three are preserved as museums.



We ended that night at a local restaurant enjoying pasta, pizza, and steak. We shared stories and caught up with old friends while making new ones as we feasted. I had a wonderful time this month getting out and spending it with Folk.

Upcoming Events

NORTH IOWA WINTER GAMES KITE FESTIVAL MOOT

NOON - SATURDAY JANUARY 27TH 2024



CONTACT APPRENTICE FOLKBUILDER CHRIS MCDOWELL FOR MORE INFO.

CMCDOWELL@RUNESTONE.ORG

IOWA ARCADE MOOT

SATURDAY FEB, 24TH 2PM



CONTACT APP. FOLKBUILDER CHRIS MCDOWELL FOR INFO.

CMCDOWELL@RUNESTONE.ORG

*Emily's 40th Birthday
Bonfire Party Noot
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*



Christopher McDowell
Apprentice Folkbuilder
cmcdowell@runestone.org

Hello Baldrshof!



Greetings, I wanted to take the time to introduce myself, as I will now be calling Baldrshof district home! Many of you know me as the Dean of the AFA Ásatrú Academy, and a Thorshof Gothi.



I already knew many of the district leadership from national events, but I also got to meet new folk, and to experience Minnesota for the first time. I absolutely loved my time there. The folk, the climate, and of course, the Hof. That really lit the fire that would eventually lead to my move from Virginia to Northern Iowa.



A little about myself. I have been a proud AFA member since late 2018. I volunteered to be a Folkbuilder in 2019. I had the profound honor of being ordained as an AFA Gothi at Winter Nights 2021 alongside 2 of my best friends. I now have the great honor of leading the AFA homeschool program, the Ásatrú Academy.

I served on board fast attack submarines in the US Navy. After the Navy, I graduated the University of South Florida with a BA in European History. And Arizona State University with a Masters. History is my great passion. I also enjoy the gym a great deal.

I am very excited to get to know you all, to work with you, and to worship with you.

Hail the Gods
Hail the Folk
Hail the AFA



Gothi Rob Stamm

rstamm@runestone.org

Minnesota

Looking back: A Year with the AFA



2023 has been a life changing year for myself and my family. When we first joined the AFA, we were looking for a homeschooling program that we found suitable for our children. We have many great ones in our area, but all of them are held by highly Christian families. We did not want our children to be the only Asatruar in the room, so we went searching for a home school program that would incorporate our religion into their teachings. After all, if you can think of it, it probably exists, right?

We discovered the Asatru Academy, which was just what we wanted for our little ones. A curriculum that teaches the core material, reading, writing, arithmetic, but also one that incorporates what makes our people unique. A place where our children will learn to love the gods and love themselves. To enroll your child in the Asatru Academy, you must be an AFA member. We were talking to a Folkbuilder that evening, and made our first step on this journey with the Asatru Folk Assembly.

And what an amazing journey it's been! Although we went searching for a school, what we found was so much more. We found a beautiful hof dedicated to the shining lord Baldr, and all of the beautiful people that gather in it. Folk that are warm, inviting, and make you feel at home. A brilliant, thriving community full of artisans in every field, that stay connected and take care of one another. Some of the best displays of human kindness I have seen in my time on Midgard have been among the folk of the AFA. This is what led to my wife and I becoming Folkbuilders, to have a chance to give another family the kind of experience we had when we joined, and help them find their way home.

To the folk of the AFA, thank you all for such an amazing year. Getting to meet, work with, and make friends with so many of you is what brought the magic for us in 2023. We look forward to 2024, and the victories we all will achieve together. Our people have a very bright future!

Upcoming Events

Folkish Bake your own Pizza Night!

Hosted by the Phelps Family



Sunday Jan 21st @ 7:00 PM

Contact Zach or Lydia for details



Zach Phelps
Apprentice Folkbuilder
zphelps@runestone.org



Winter Wellness



As winter continues, I thought I'd list some of my favorite tips for a healthier, more enjoyable season!

- Sunlight Boosts with Short Walks!

Take short, sunlit walks to get that essential vitamin D. It's not just good for your health but also a mood lifter. It's tough to get enough vitamin D this time of year in Baldrshof District. Make sure you soak up the rays whenever you get a chance!

- Add Colorful Veggies to Your Plate

Brighten up your meals with colorful winter veggies like sweet potatoes and carrots. They're not just nutritious but also add variety and flavor to your diet. My kids really like squash and there are so many ways to cook it.

- Citrus Fruits for Immune Support

Incorporate citrus fruits like oranges and grapefruits for a vitamin C boost. It's an easy way to support your immune system and stay healthy during the winter.

- Stay Hydrated with Herbal Teas!

Combat dry indoor conditions by staying hydrated. Warm herbal teas like chamomile or peppermint are a great supplemental beverage to make sure you're keeping that water intake high even when it's cold.

- Include Omega-3s for Heart Health

Introduce omega-3 fatty acids into your diet with foods like walnuts, flaxseeds, and fish. We always cook a lot of fish in our house in the winter, if you haven't tried smoked paprika air-fryer salmon, I absolutely recommend it!

- Prioritize Quality Sleep

Take advantage of longer nights for a good night's sleep. Establish a consistent sleep routine. Quality sleep is essential for overall well-being, especially for the kiddos! The changing hours of sunlight always tend to mess up our bedtime routine, but it's important to keep a consistent schedule to stay healthy and happy.

Wishing you all a cozy and healthy winter season! ❄️

Upcoming Events

ARCHERY

and Lunch!

03
FEB

HOSTED BY

THE PHELPS'

10:00 AM

bring your bow or rent!

Central MN

Contact 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

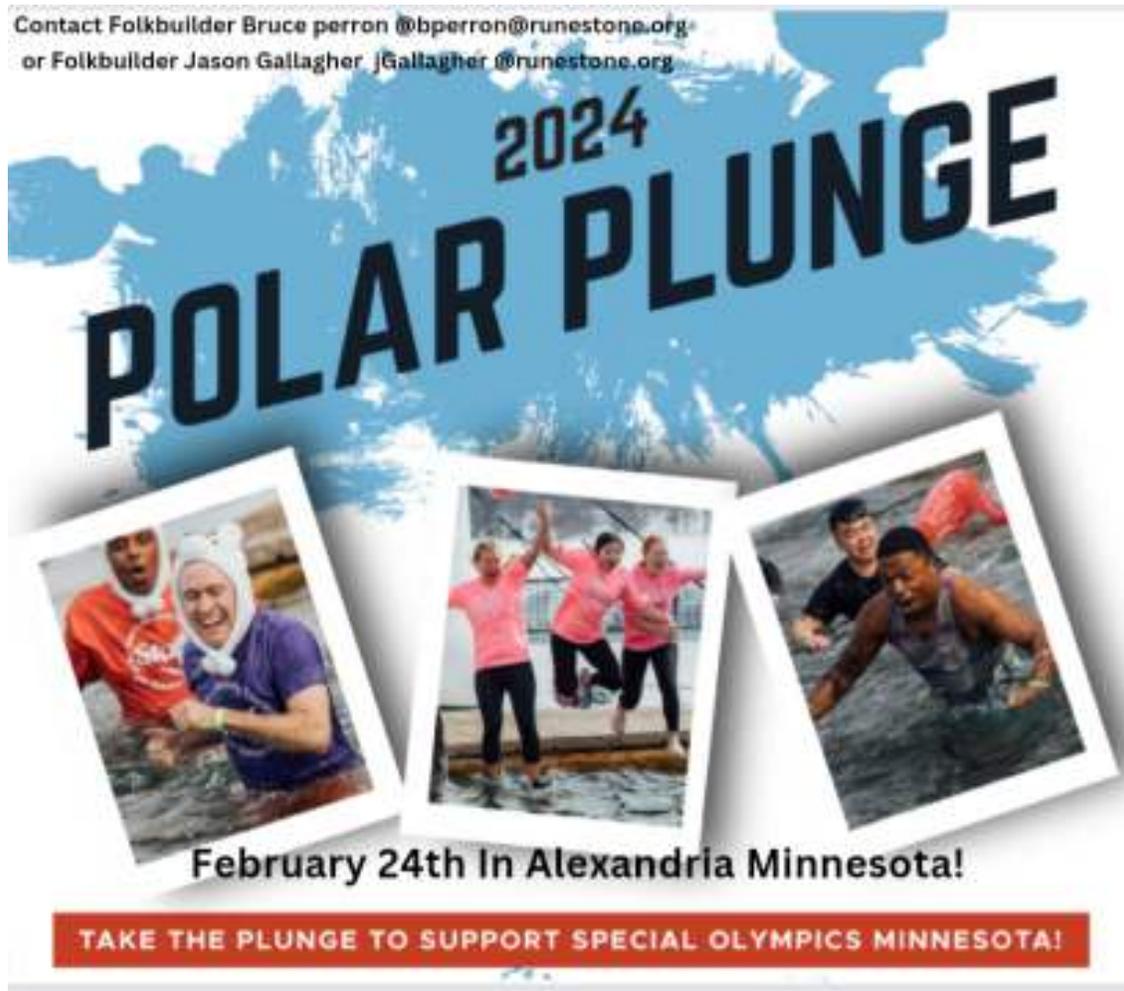




Lydia Phelps
Apprentice Folkbuilder
lphelps@runestone.org

Upcoming Events

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

A promotional poster for the 2024 Polar Plunge. The background features a blue silhouette of a person jumping into water. The text "2024" is in the top right, and "POLAR PLUNGE" is written in large, bold, black letters across the center. Below the text are three Polaroid-style photographs: the first shows two people in winter gear, the second shows three people in pink shirts on a wooden platform, and the third shows a person in a tank top in the water. At the bottom, a red banner contains the text "TAKE THE PLUNGE TO SUPPORT SPECIAL OLYMPICS MINNESOTA!".

2024
POLAR PLUNGE

February 24th In Alexandria Minnesota!

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

MN Moms and Kiddos Movie Moot



At the beginning of this month, my Kindred sister, Corrie Proudfoot, and I held a small moot that was a uniquely fun time! The local gym in Morris MN holds an annual movie night in the rec pool, which was open to the public. They featured the animated movie, “Luca,” which takes place at the Italian seaside, where the titular character is the son in a family of sea creatures who follows his parents' rules not to go near the dangerous surface, until he comes across a stranger collecting treasures.

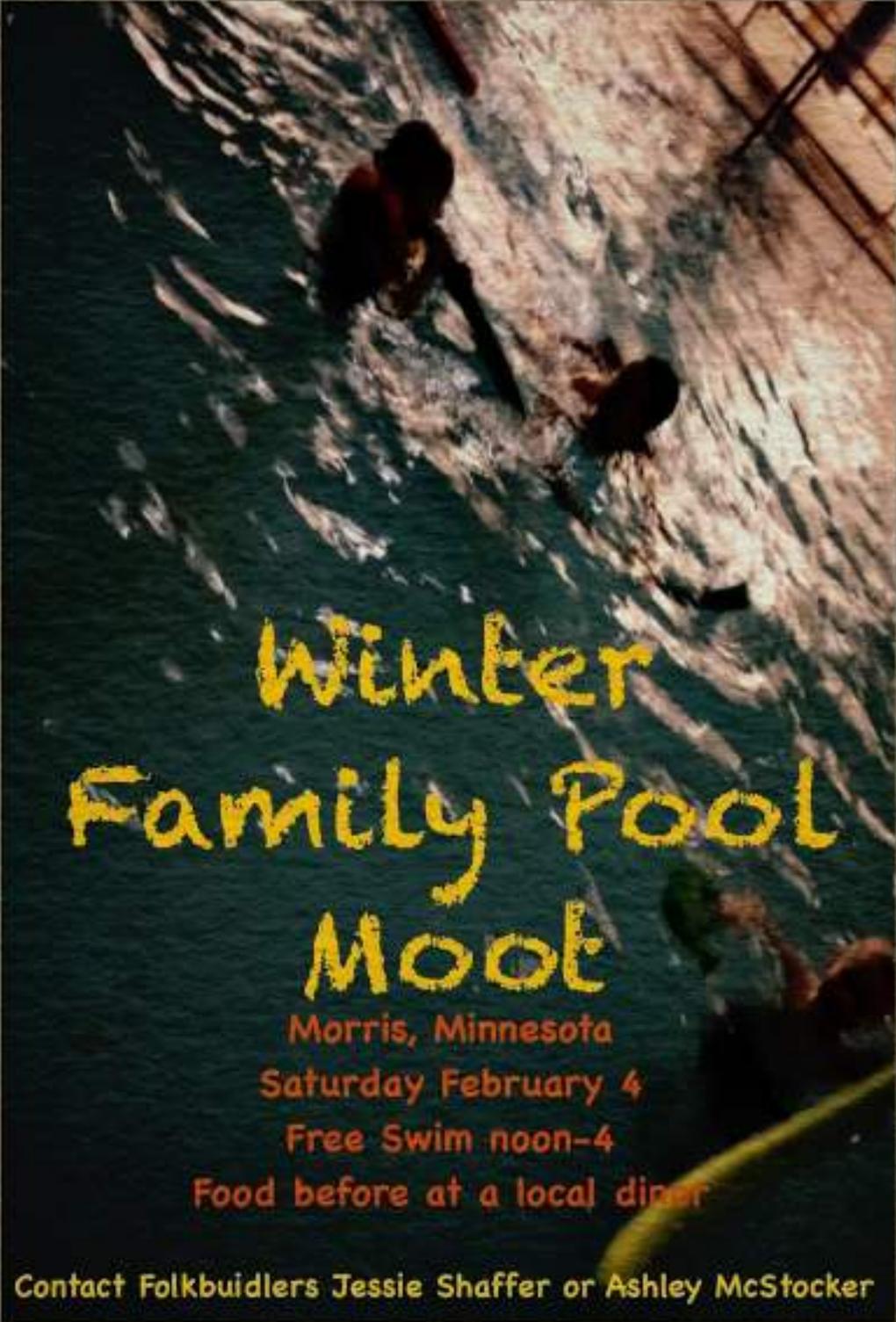


This played projected on the wall in the mostly dark pool area while kiddos got to play and swim (staying collectively quiet in an unspoken agreement, in order to hold onto both experiences).



Everyone had such a wonderful time!! This gym holds a family aspect, which is organically woven into the community, effortlessly, and is quite simply refreshing to see and be a part of. From the small moots to the large events and everything in between; these moments matter in the construction of memories and substance of our children; the very future of our Folk.

Upcoming Events



Winter Family Pool Moot

Morris, Minnesota

Saturday February 4

Free Swim noon-4

Food before at a local diner

Contact Folkbuilders Jessie Shaffer or Ashley McStocker

Jshaffer@runestone.org

Amcstocker@runestone.org



Folkbuilder Jessie Shaffer
jshaffer@runestone.org

Upcoming Events

Saturday of Sisterhood Moot



Jan 21th
1pm - 5pm

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

for details contact
amcstocker@runestone.org



Folkbuilder Ashley McStocker
amcstocker@runestone.org

What I Love about Being a Folkbuilder



For me, interacting with the folk and helping bring new folks home is what its all about. I always look forward to meeting the new folks at events. Try to make sure I go and introduce myself and welcome them. Love to see that look on their face after they come to an event or Hof. That's what gets me out of bed, what keeps me going. And the Children, the future, the Hof's. That's why I push myself so hard. I have been with the AFA a long time and can remember when things were the Broshow here in MN and around. And doing most events in the backyard even at bars lol not even kidding about that! And seeing that unwavering enthusiasm in folks. Now you go to any event

especially a Hof and you practically are tripping over children every where. Its a beautiful thing! Watching the kids grow up and learn our ways and worship Gods with Piety. This is an exciting time to be alive! And a new year is beginning and so many new opportunities.

Hail the Folk!

Hail the Future!

Hail the Asatru Folk Assembly!!!

New Year and Many New Adventures to be had Here in Minnesothhhta and Beyond

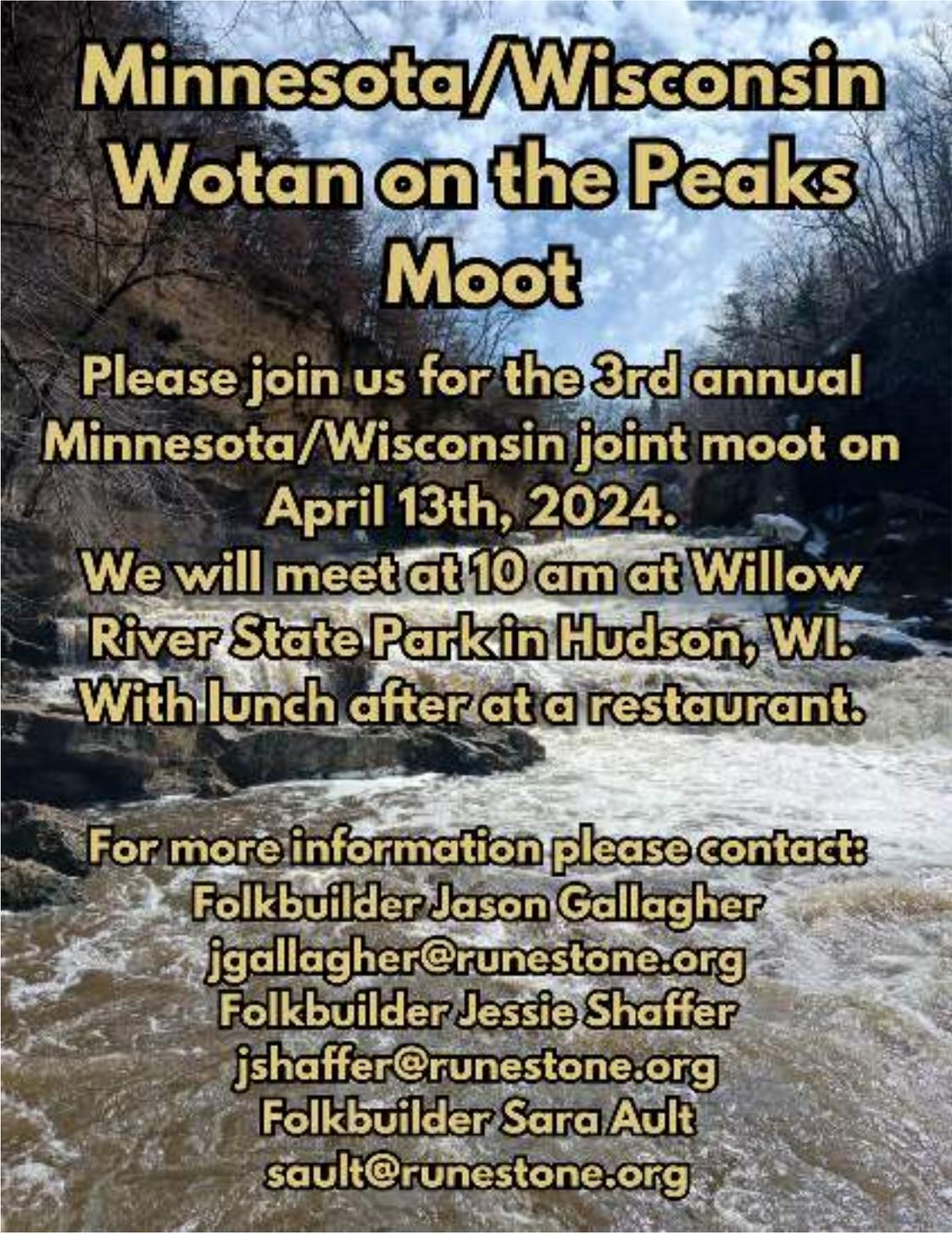


Hard to believe that 2023 is done. Our Church accomplished a lot this year and even more things to come in 2024. Northern Blood Kindred celebrated our 8th Annual Folkish Family Yule celebration. It really was a nice event and lots of new faces. This is my favorite time of the year.

Upcoming Events



Join us on January 28th for our Folkish Family hike at Fort Snelling state park.



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 our 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

Gothi Erlandson's
WINTER
dinner
MOOT

In honor of
Rand the
Strong

SUNDAY
1/7/24 @ 6 PM

contact nerlandson@runestone.org for details



Gothi Nathan Erlandson
nerlandson@runestone.org

Theatre Moot MN



Early in December, the Folk gathered together for dinner and theatre in western MN. A delicious meal out on the town was followed by a night at the theatre, taking the opportunity to see *All Is Calm: The Christmas Truce of 1914*.

Upcoming Events

Remembrance Feast For Eyvind Kinrifi



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



REMEMBRANCE FEAST
FOR JARL HAAKON

Sunday, April 7th

starting at 1 pm

Callahan Residence, Alexandria, MN

bcallahan@runestone.org

ND BADLANDS MOOT SATURDAY, JUNE 8TH

MEDORA

CONTACT WITAN CALLAHAN
BCALLAHAN@RUNESTONE.ORG



Witan Brandy Callahan
bcallahan@runestone.org

Nebraska

Memorial Moot



This month we celebrated Yule with a multi-day visit with one of our best friends, Apprentice Chris McDowell. The kids were so excited to have Uncle Chris stay with us!



During our visit, we honored our Ancestors, the fallen, and the Einherjar with a visit to a WWII and 9/11 memorial. We all had a very powerful experience stepping on to a Higgins boat that was used in the landing at Normandy on D-Day. There aren't words to describe the experience, there was such a powerful energy in the space. I can only recommend that everyone experience it for themselves. Knowing that the view we had of the lowered gate and sand was the last thing so many young men saw was incredibly moving. I don't know that any of us left without tearing up.



At the park they also had a sculpture made with beams of the World Trade Center. For us adults, it was a physical representation of the most pivotal moment of American History we've experienced. To see it in person was amazing. Terrible and beautiful at the same time. Again, I recommend everyone takes the opportunity to experience it if they can.

The kids, of course, enjoyed the outdoor time and a nice run through the park.

Upcoming Events



Folkbuilder Alison Clausen
aclaussen@runestone.org

Finding Community



The winter season can be a challenge for a lot of our folk. Life circumstances, weather, or even just distance can make it feel nearly impossible to experience the community within the Asatru Folk Assembly. It doesn't have to be that way.

We live in an increasingly more connected world. Want to get out of the house for a while? Reach out, get with your local Folkbuilder and see if anyone else feels the same way. If there's nothing planned in your area, see about getting something planned. We're here to not only bring the folk home, but to connect everyone and build relationships as well. Can't get out of the house? Try reaching out to members and leadership around you for a chat.

Are you or is someone you know going through hard times? Something as simple as a phone call or video call can help. Reach out to each other, build those lasting connections. Open your home to those who don't have anywhere to go. If you can't travel, see about organizing a potluck at your house. Nothing brings people together in the winter quite like good food in a warm home.

As a Folk, we should be ready and willing to help each other any way we can. Call each other, text, find something that works for everyone. Don't be afraid to get out of your comfort zone. It's cold out, why not combat it with the warmth the folk bring into our lives?

Upcoming Events



Museum Moot

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

CONTACT FOLKBUILDERS CODY AND ALI
CLAUSEN FOR DETAILS
[CCLAUSEN@RUNESTONE.ORG](mailto:cclausen@runestone.org)
[ACLAUSEN@RUNESTONE.ORG](mailto:aclausen@runestone.org)



Folkbuilder Cody Clausen
cclausen@runestone.org

North Dakota

Upcoming Events



Baldrshof Skiing Moot II

North central Minnesota,
January 13th 2024

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



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

Starting the New Year on the Right Foot



New Year's Day is the end of the Yuletide in our house. It is our tradition to start the new year with a bonfire 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. Each family member is given paper to write the issues, situations, or conflicts they want to leave behind in the old year with good intentions to move forward.



I take several branches from our tree and each family member attach notes to them. 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. As it burns we offer everything up to the gods and goddesses, with the hope that they continue to be with us along our path.

Hail New Beginnings!

Hail the Folk!

Hail the AFA!

Upcoming Events



Minnesota/Wisconsin Wotan on the Peaks Moot

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Folkbuilder Sara Ault

sault@runestone.org



Folkbuilder Sara Ault

sault@runestone.org



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