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Baldrshof
Third Hof of the Asatru Folk Assembly

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Words from the Alsherjargothi



As I write this, the official membership of the Asatru Folk Assembly is now 1000, for the first time in history. Thank you all for making this a reality. Special thanks go to our, ever-growing, team of amazing Folkbuilders. Too often the hard work of these folk goes unnoticed and unpraised, yet it is that same hard work that makes these victories manifest.

Hail the Folkbuilders!

Hail Victory!

I would like to mention something here that has been weighing on me. The leading cause of death in the Asatru Folk Assembly is, overwhelmingly, suicide. Suicide is killing a shocking number of white men. One reason for this is being overwhelmed with negativity and the hopelessness that this breeds over time. Those of us with a traditional worldview have a tendency to "shine a light" on all the myriad things terribly wrong in the world. We share these things all day and all night. We talk about all the things we don't like until we are out of breath. Sometimes it is the need to get things off our chests. Sometimes it is to expose these things or to wake our folk up.

The trouble is that, more often than not, we share an endless flow of negativity to an audience that is all too awake and aware to these things. This focus on negativity is literally killing our young men (and those not so young). More than that, this focus takes our eyes off of goals and victory. We are far better served celebrating what we have instead of mourning what we don't. Life is good. We are doing great things. We are growing. We are winning. We are doing this day by day and year by year. We do this together as a family. Hold your head up and focus on the positive. Always look for opportunities to succeed, seize those opportunities, rejoice and celebrate with deeds and with glory. Be a force to lift your fellows up, keep your spirit high. We build, we achieve, we ascend. Focus on Victory and there is no end to what we can achieve.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

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



Today, we lost a great man. Mitch Loveless, born July 16, 1988, was the epitome of what a man should be: kind, loyal, and an ever-loving father and husband. He was someone you could call on in a time of need and count that he would be there at a moment's notice. Mitch was an avid outdoorsman and a hard worker. He was an example to young men on what true masculinity should be. He also had a softer side that would shine through, especially with his girls. He could go from strong and resilient to soft and gentle with just a smile from anyone of them. Mitch lived in a blended home with three children of his own blood and four from his wife, but you would never know, as he loved all of them as if they were all individual pieces of his own heart. He also helped sculpt two boys into very fine young men who will do great things. Mitch will be severely missed by any who have had the pleasure of his company, his kindred that will never again be whole, and of course, a family that have lost their father and husband, something no one can truly understand without firsthand knowledge. Mitch leaves behind his beautiful, strong wife Kristina, their seven wonderful children, both parents and extended family and in-laws. May his passage into the Halls of the Ancestors be smooth. Please keep the family in your thoughts and prayers. Until we meet again, with much love and respect. Hail the Loveless Family! Hail Mitch! – from Josh Birdzell

Words from Our Witan

Our Season of Growth



I am writing this halfway between Charming of the Plow and Ostara. I had the honor of leading Blot to Freyr and Gerda at a great gathering of Folk from at least four states near Pittsburgh, Pennsylvania. Nearly 40 of us gave gifts to our Gods, received their blessings in return. We witnessed a ritual drama, witnessed the naming of two new children into the Folk. Thank you to all the Folk who attended and to Folkbuilders Keller, Cook, and Hudak for their efforts in organizing this event.

This time of year, we set about breaking out of the winter and doing all the work to ensure a prosperous year. We plan gardens, we plant seeds, we maintain and fire up the engines of machines that sat over the winter, we budget for the year, we schedule out our time, travels, and vacations.

We do this in the Asatru Folk Assembly leadership as well. Our Gothar evaluate which Folkbuilders are doing well and who needs help. Our Alsherjargothi reviews the Witan and the Gothar. Planning for Sigrheim is well under way, and for hofs yet to come.

The Asatru Folk Assembly this month has just had our membership count reach 1000. This is not 1000th Facebook “like” or even our 1000th member signup. We have, for better and for worse, had members come and go through the years. This is 1000 simultaneously active and contributing members. This is a great achievement, and our

success will continue so long as we are acting in a noble way that pleases the Aesir.

I am making a call to action to all our members in states, provinces, or countries without a Folkbuilder. Become that Folkbuilder! Our Folk need someone to rally around, and there is no reason it should not be you. So often it takes one brave person to be first to raise the AFA banner and folks will find them and kindreds will form around them, and eventually even Hofs dedicated to the divine Æsir. This first person is what makes Asatru possible to so many Folks.

Also, there is no such thing as too many Folkbuilders, so if you are in an area that has one already but would like to answer this call, we need you too. If you are willing to lead your Folk home please contact me or another member of our Witan or Gothar, witan@runestone.org and gothar@runestone.org, and we'll setup an interview with you to make sure you understand the position, its expectations, and that you are fit to serve in this role.



Witan Clifford Erickson
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Ostara



Blessed Ostara to the Folk! The days lengthen, the snow and ice is melting, the birds are awake, hope returns...

Spring begins to break through as winter loosens its grip on the earth and on the folk. A new dawn shines over the horizon.

Below is my personal blot for Ostara and the coming of Spring. Blessed Ostara to all the Folk!

Items Needed:

Mead

Water

Horn

3 Bowls

Flowers of Choice

Sprig

Single Flower

Vase

1 Folk to assist in receiving gifts and giving blessings.

Entrance: Prior to blot, give a flower to each of the folk present. Enter your sacred space in a clockwise motion.

Blessing of the Mead: If women are the folk are present, ask them to bless the mead prior to blot.

Welcoming:

“Folk, welcome to the celebration of spring and devotion to Ostara.

*May our voices, in worship to her,
stretch across the horizon
and welcome the coming of the dawn of spring.*

*Holy Aesir, mighty gods and goddesses of our Folk,
we ask for you to join us here,
hear our voices, devoted and pious,
witness our worship,
and see the honor we hold for you in our hearts!*

*Honored Ancestors, grandmothers and grandfathers as far back as time remembers,
we ask you to join your sons and daughters here,
in celebration and in worship!*

*Friendly vaetter, spirits of this land and place,
look upon us, witness our devotion,
see our nobility and deeds!*

*Hail Ostara!
Goddess of the Dawn,
Bringer of rebirth and of renewal,
With you comes the songs of the birds,
The fertility of the fields,
The fresh rains,
And beauty of the blooms!
With you, comes the dawn,
As the light pushes back
The darkness and cold of Winter!
We ask you, to join the gathered Folk here,
Who prepare to give you their gifts,*

*Who prepare to receive your blessings!
Hear our voices, your name on our lips,
Echoing our worship of you
And carried on the winds of March!*

Hail Ostara!"

Receiving the gifts of the Folk:

*"Folk, close your eyes and place your hands over your heart.
Feel the heartbeat beneath your fingertips.
The blood that runs through your veins
Is that of your ancestors.
Noble, strong, and beautiful.
Gather your gifts for Ostara within your heart,
The best and the brightest of yourself.
From your heart and into your hand
Push those gifts forward.
Open your eyes, and as the horn is brought to you,
Through your hand put your gifts into the horn for Ostara."*

Give the vase to one of your folk to collect the flowers for Ostara.

*"In your hands you hold your flower
Colorful, beautiful, alive and vibrant.
A physical reminder of the beauty
And rebirth spring brings to us.
Into these flowers, pour your thanks
To Ostara for the arrival of spring,
For the rebirth of the earth,
Of fertility and opportunity.
Place your flower of thanks into the vase
As it follows the horn."*

Ask the folk to galdr together as the gifts are given. There are many appropriate runes, I will be using Berkano.

Giving the gifts of the Folk to Ostara:

After collecting the gifts of the Folk, hold the horn high, your assistant should hold up the vase of flowers.

*"Ostara!
The horn is heavy with the gifts of the folk,*

*Our flowers radiate the beauty of our personal thanks.
If you see these gifts worthy,
We ask that you take them now.”*

Place the vase of flowers on the altar and pour the mead into the offering bowl.

Receiving the gifts of Ostara:

Pour mead into the 2nd bowl, water into the 3rd. Hold the bowl of mead high, having your assistant hold the bowl of water.

*“Ostara,
We ask for your blessing,
For ourselves, for our families,
For our Folk.
Bless us, give us hope,
Let us see the beauty in the world.
Brighten our days,
Make our fields and our women fertile.
Give our Folk, if you find us worthy,
Those things they ask for themselves.
May this mead carry your blessings,
May this water remind us of the cleansing rains of spring,
The rebirth of the earth,
And the chance of our own spiritual rebirth and renewal.*

*Hail Ostara!
Hail Ostara!!
Hail Ostara!!!”*

Using the spring, asperge the Folk with the blessings of Ostara. Have your assistant, using the single remaining flower, sprinkle water upon the heads of the folk.

Closing of blot:

*“Folk, this blot has ended.
Take with you, not only the blessings of Ostara,
But the hope of spring,
And the strength of the community that surrounds you.*

*Hail the Gods!
Hail the Folk!!
Hail the AFA!!!”*

Be sure to properly tend to the gifts of the Folk and Ostara.



Witan Brandy Callahan
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Lawspeaker's Challenge - Patience

“Patience is
bitter, but its
fruit is sweet.”

—JEAN-JACQUES ROUSSEAU

Having missed last month’s deadline I was going to write about procrastination, but I never could get around to it.....

I am not a patient person by nature. Having found Asatru 18 years ago (thank you Mr. McNallen!), I am ready for all our Folk to find their way home. Everywhere I see so many of our people who are spiritually lost, their malaise manifesting as depression, anxiety, drug abuse, and the Ten Thousand Horrors that plague modern civilization.

In the Olden Days, like, say, around 2010, the frustration that I felt often manifested as impatience: impatience at the slow check-out clerk, slow traffic, and anything that didn’t move at a fast-enough pace. I wanted things to change; I wanted everyone around me to see what I could see so clearly. When they couldn’t see it, or wouldn’t, I

wanted to give them a good shaking!

Don't get me wrong, though. It wasn't all about Asatru. I was also busy at work, with my three young boys, with a too-busy modern life.

I'm not sure when that all changed. Whether age has given me a better perspective or my meditation practice is finally working, or whether the progress that the AFA is making just has me in a better frame of mind overall, it's hard to know. The one thing I know for sure is that the more patient I am the better things seem, including the response of the people around me.

I still get impatient, and there is plenty of Road Rage to go around (I mean, don't those people even know what the term "SLOW LANE" means??). Overall, though, I almost always get through my day without boiling over. One reason, certainly, is my confidence that the gods have us well in hand, and our petty annoyances are nothing to lose sleep over.

I cannot remember where I heard it, but "despite all indications to the contrary the universe is unfolding as it should." Trust your gods, trust your Fylgja, trust yourself. The better you act, the more likely that the cashier, busboy, or mechanic will be to want to join you in your wholeness. We are right, and we will prevail.



Witan Allen Turnage
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Words from Our Gothar

Ritual Mundus: Discipline = Freedom



Ritual is at the core of Aryan man. It is our means of creating order in our lives and participating in the works of our gods. Like building when a house, we must equip ourselves with good tools and build a sturdy foundation. Start each day by embracing our Noble Virtue of Discipline. Establish a ritual routine every morning and make it a habit. In doing so start with the mundane and build upward towards the divine. Perhaps start with making your bed, followed by starting some coffee, light stretching, and some brief meditation in front of your alter. Your rituals are not limited to these things

alone, but whatever the elements you choose are, they should be an act which be an act which makes you and your surroundings more orderly. In doing so you develop discipline, freeing your mind to focus on finer details in your life to either expand on your daily ritual, or begin to build rituals with-in rituals. Repeat consistently and with intention. Chances are if you are experiencing discomfort or awkwardness in doing so, congratulate yourself. You are experiencing growth and likely do something right! At the highest level of execution your daily actions may even become at act of worship, liberate you from unnecessary stress, reduce your chances for error, and open your mind to possible creative liberties you may not have previously considered as circumstances change with-in a moment. Discipline creates freedom, and the means to make poetry of life. Start mastering yourself today, so you may conquer the world tomorrow. It's what the gods made you to do.

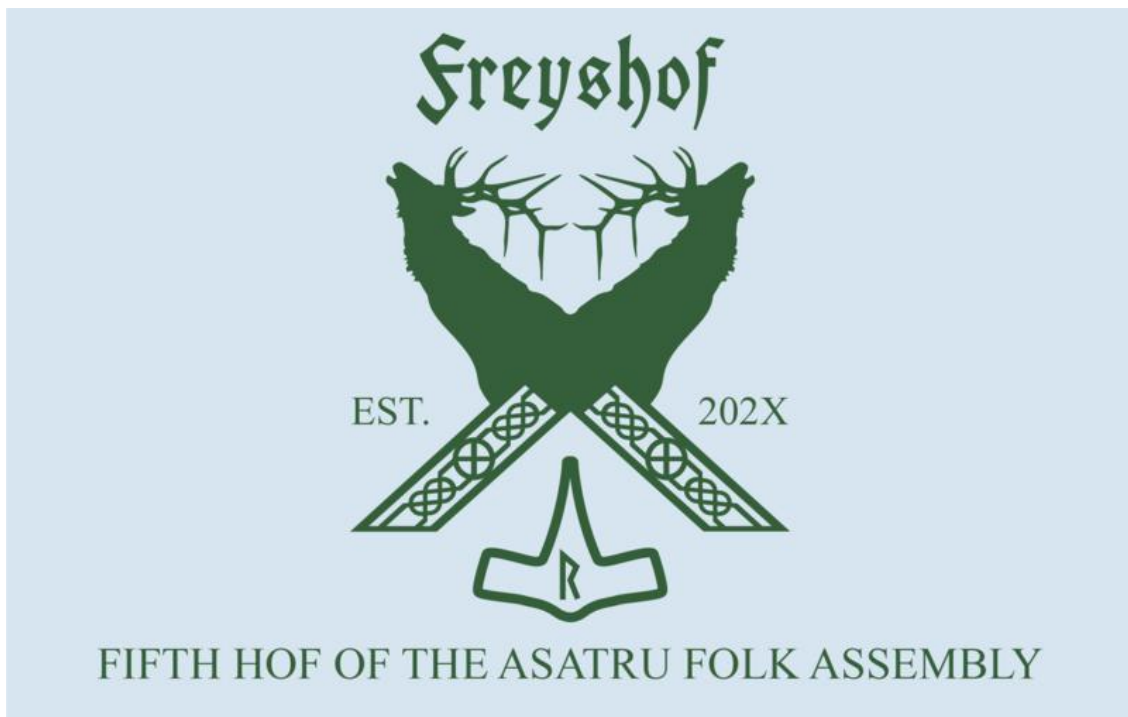


Gothi Jason Plourde
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The Quest for Freyshof

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

– Gylfaginning



[Freyshof Fund – Asatru Folk Assembly \(runestone.org\)](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. (We have paid off 58.28% so far.) If every member donated \$102 we would be able to pay this off today!
2. We need to raise our monthly donation average by 11%. (This is membership dues/Hoftollar plus other donations.)
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

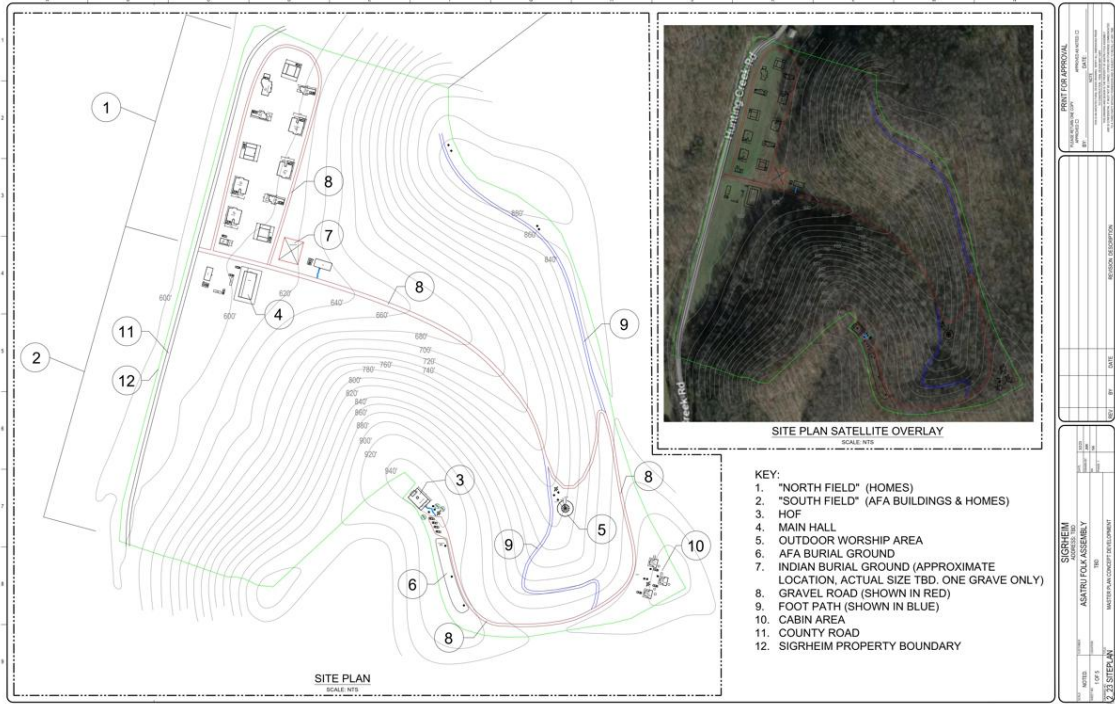
This is not a "quick" process so stay patient and resolute. As we progress, I will keep you all updated on our progress!

Hail Freyr!

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Sigrheim: Home of Victory



Progress continues in the planning and development of Sigrheim. This above is an idea of the space available and the first phase of our plans. This month we have some members of the team headed to the site to do some measurements and to talk to an engineer/sewage guy to get a more realistic idea of what we can and can't do on the site. The results can definitely change the above plan. We also have a member who will be living onsite in April and 2 more who could possibly get there by then as well. This is a long-term process, but we are certainly making progress.



And don't forget, Sigrheim is OURS, and we can only build it up as the Capital of Asatru and the AFA with the help and donations of our generous Folk! Donate to the [Sigrheim Fund](#).



We'd love to see you out there in July for Sigrblót at Sigrheim.

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Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6pm PST / 8pm EST

vk.com/asatrufolkassembly

entropystream.live/app/MattFlavel

odyssey.com/@AsatruFolkAssembly:e

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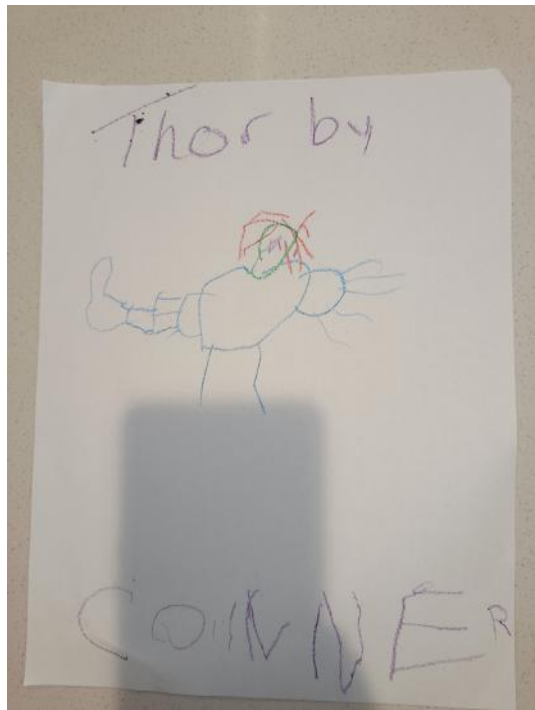
AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org



I gave the assignment to our kindergarten students to draw or color their favorite God or Goddess, lore story, or even a memory from their Kindred or Hof. I'm proud to present a few of the entries we have received so far!

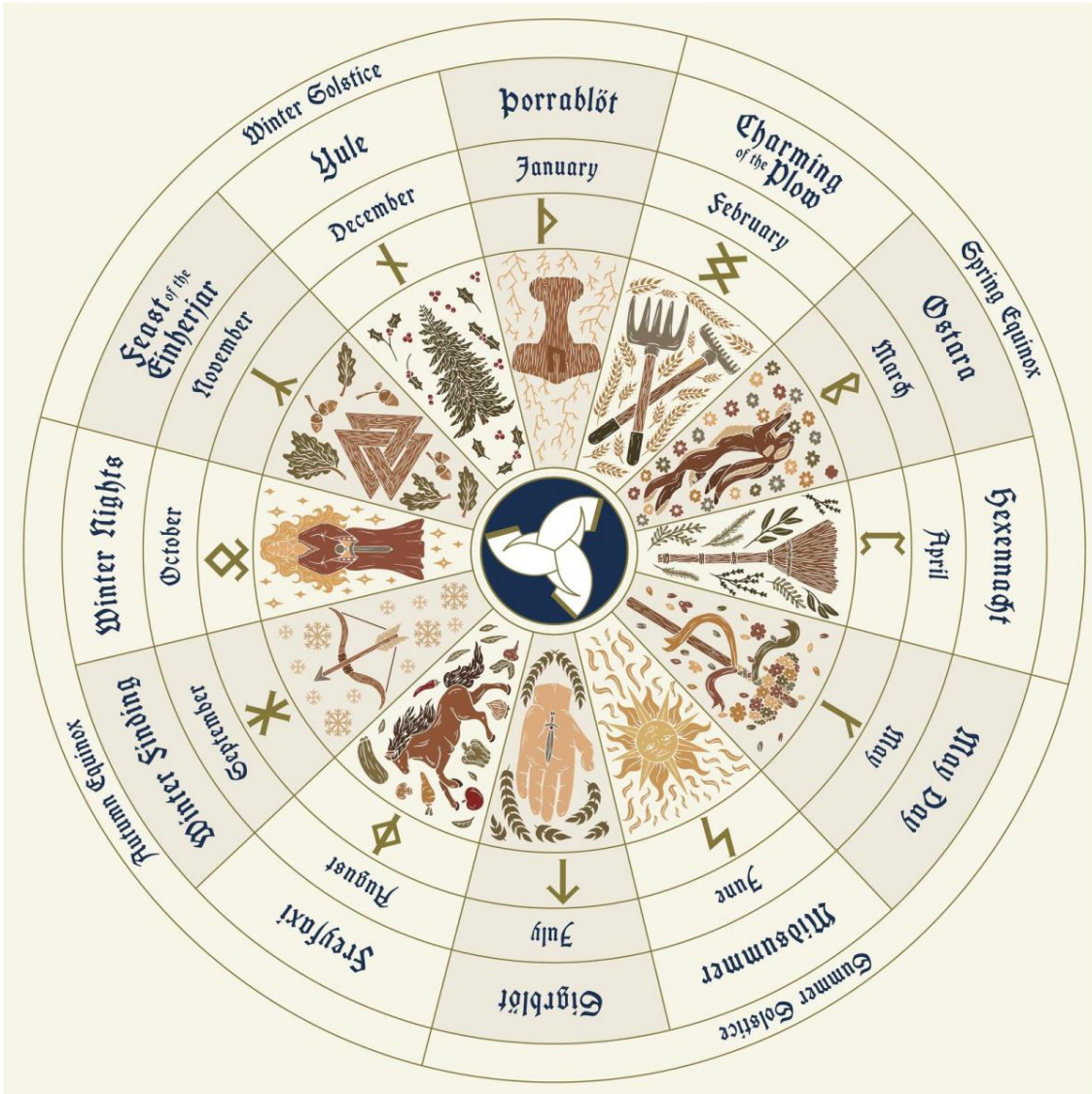


We are proud of our students and all their hard work this year, and certainly of their beautiful art!



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Remembrance and Holy Days



Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 21	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 18	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 21 (observed on 18th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 22	Day of Remembrance for John Gibbs-Bailey “Hoskuld”
April 28 (observed on 15th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 20th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 21 (observed on 17th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 15	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 19	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 16th)	Winter Finding
October 4	Day of Remembrance for John Yeowell “Stubba”
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 21	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 18th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31 (observed on 16th)	Yuletide

Day of Remembrance

Olvir of Egg



Sometime between 1020 and 1021 CE, the Christianization of Pagan Europe was well underway. King Olaf II was ensconced on the throne of Norway. Much of the country had been baptized under threat of torture and death. Such things, however, were not

enough to deter the faithful, and eventually, word reached the ears of King Olaf II of gatherings in and around Trondheim of a very pagan nature.

Olvir of Egg, a leader and a Gothi of his people, was elected by his people to speak to the King on their behalf and to defend their religious activities. An intelligent man, Olvir was called before the King on two separate occasions to defend the stories of Pagan festivals and feasts. On both occasions, Olvir of Egg humbly described not Pagan gatherings, but communal gatherings, in which neighbors drank and feasted as friends.

Both times Olvir left behind an unconvinced King and when spies told him a third time of an Eostre festival being arranged for the people, Olaf decided that he had heard enough. Five ships and over three hundred men were gathered and set out to ambush Olvir and the men and women who worshipped with him. Arriving under the cover of darkness, Olaf's men ambushed Olvir and his pagan community. Olvir was killed and many of his people were tortured, mutilated, or killed. Once a great stronghold of the Pagan faith, Trondheim had been taken.

And what can we learn from this story?

Many of these stories are not happy stories. On the surface, they are stories of death and defeat, but we have to look past the surface of all of these stories. Here, with Olvir, we see a man who loved his Gods and, despite all of the pressures of his ancient world, did his best to worship them. Not only did he do his best for himself, but he also did the best he could for his people. In the face of adversity, Olvir did his best to provide and protect his people from the angry, outside force that was the King.

Our world is not the same world that Olvir lived in. We have the right to choose our faith, but there will always be obstacles. In these times, when our native faith is still so small, and our heritage is being challenged by the multicultural whirlwind, remember Olvir. Provide a safe place for your folk to be away from the harm of the "societal norm". Remember that sometimes smart words are required instead of rash ones.

Be there for your folk. Provide for your folk.

The Gods and the Ancestors are watching.



Gythia Catie Erickson
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Holiday

Ostara



Hail Ostara, conquering Goddess of the Dawn, radiant Lady of Spring! You ride boldly out of the east, conquering all before you! May your light chase away the darkness! May your warmth banish the cold!

Ostara is the celebration marking the beginning of Spring. The cold, dreary days of winter are finally coming to an end. The sun is warming the frozen soil. Life is once stirring from the depths. Ostara is a celebration in every way. Our ancestors celebrated life and the survival of another long winter. They celebrated the birth of lambs, calves, and horses. They celebrated the blossoming fertility of the world around them.

In today's fast and hectic world now is a good time to stop and take a deep breath. Let the sun warm your face and take the time to thank the Gods and the Ancestors for seeing you through another cold winter. Shake off the influences of the winter blues. Now is the time to get your hands dirty.

The small plot of the garden that you planned for during the Charming of the Plow is almost ready for planting. Keep that soil turned and soft. Keep fertilizing it. It is too cold to plant seeds directly into the ground, but this is a good time to begin your seeds inside. Plant them and keep them warm. Set yourself up for success. If you are not working on a garden then you should be moving from the planning stages of your Charming of the Plow project into the beginning of the active stages. The winter months are stationary by nature, but winter is over. Now it is time to leave the introspection in favor of action. With industriousness, we can change the world. Start small and move always onward.



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Upcoming National Events



Order your tickets [HERE](#)

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
<https://www.runestone.org/product/ostara/>



Witan Clifford Erickson
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Folkbuilder Spotlight

Folkbuilder Ryan Harlan
Marysville, Montana



Ryan Harlan has been an AFA member for only ten years, but it seems like he's always been with us. You could easily describe him as tall, handsome, personable, thoughtful – but, in his quiet way, he's so much more. Ryan's well-researched talks at Óðinshof have a deep historical perspective from which we learn more about our ancestral roots. His mead-making workshops and hand-crafted knives of Damascus steel have brought history to life before our eyes. If there's a job to be done, Ryan will take care of it. At events, he's right there for health emergencies, having set up our array of medical equipment as a qualified EMT. He's an Odin's-man, an Ullr's-man, a Frey's-man – but at the very root it all, he's a family man.

It was my pleasure to spend time with Ryan this morning, learning more about his journey to the AFA. What follows is some of what I learned.



Family is at the core of who Ryan is, whether he's telling stories of his ancestors or bringing you up to date on Harlan family of today. He keeps one foot in the past, with the stories of Cornish gold miners from his mother's side or the roots of the Harlan clan on his father's. Ryan refers to his children as “our future” and they are filled with strong virtues and high expectations, even at their young ages.



Both sides of his family had careers in law enforcement and fire-fighting, and though he wanted to be a Navy medic, a diagnosis of colorblindness ended his hopes of a

military career. As an Explorer Scout, he did ride-alongs with firemen and began training as an EMT. At age 19, he received his certification and began his career with the US Forest Service. After years of being a “fire-tech” working the forest fires throughout the west, he moved to a dispatcher position so he could stay home with his family.

When it came to religion, Ryan said that Christianity "never clicked" with him. Instead, he found himself reading books on Greek and Celtic mythology. By researching “European religion” online, he discovered the AFA website - but it would still be some time before he made his move. While the AFA's Midsummer 2014, he knew it was the right decision at that point in his life.



When asked about important memories, he was quick to reply: getting engaged and married, and the baby-naming ceremonies of his three daughters. It was through the AFA that he met his wife, Rachel. In September 2016, they were married at June Lake, on the east side of the Sierras in true mountain-folk fashion. It's no surprise that when they relocated to Montana, they found a home built in 1892 in a ghost town with only 70 inhabitants...not unlike the California gold rush communities they both left behind.



Ryan had been a Folkbuilder before leaving California, so it was only natural that he rolled up his sleeves and began building an AFA presence in Montana, which had never had a Folkbuilder. He describes the locals as “hearty gold-country folk but more reserved” than those in California. He's getting to know folks there, and his efforts are showing results with an increase in Montana membership. Ryan is cautious about growing a community too quickly; he's much more concerned about maintaining high quality.

Ryan has hosted events at various venues, with several families now joining. A kindred is being established, and will proudly hoist its flag this August. Coming right up is this year's Ostara Celebration at Elkhorn Hot Springs close to the Idaho border (elkhornhotsprings.com). The site offers cabins plus other amenities, so reach out to Ryan at rharlan@runestone.org if you'd like to know more.



When weather prevents meeting with other families, the Harlan's do blot as a family. Once you've seen the photos of his young daughters Heidrun and Ida Belle pouring libations on a Montana mountaintop, you'll understand the impact the AFA has in our lives today...and in the days to come.



Gythia Sheila McNallen
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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

Cooking for our Folk



Calling all Chefs

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

cookbook@runestone.org

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

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

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

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

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

(don't take out a second mortgage for this) but be proud to feed the folk.

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



Folkbuilder Mike Joyner
mjoyner@runestone.org

Ancestral Food and Culture



I know I'm preaching to the choir, but there are many tangents involved in our Ancestral Faith that don't exactly break off, but rather interweave into each other.

Culture, community, traditions. How are those not interconnected into not only what we are doing, but who we are? Bangers and mash are such a simple, yet delicious and hearty meal. It was a staple in my grandparents' house and I'm lucky to have my wife serve it to our family. What's so great about peas, sausages, potatoes, and onion gravy? Nothing and everything. Tacos sure are delicious but this simple and filling meal is a nod to my ancestors every time it's prepared. Thoughts wander back to England, Ireland, and beyond how they would be in the kitchen preparing, butchering, harvesting, and so forth.



Before dinner, my wife also served delicious Irish breakfast tea with cream and blueberry scones. Again, sipping and munching these treats activates my ancestral memory and I transport myself in a long-forgotten blood memory overseas. Everything about us is important and it all incorporates into our faith. I would love to share our recipes and traditions and encourage you all to take pictures of your own meals and treats, and please submit them to the Runestone to share with us all. If you do not have traditions, you can start today! The ancestors are so important, but WE are the ancestors now my Folk and we need to start thinking that way. To your health, Hail!



I can imagine the first thing some of you are thinking while reading this after you rolled your eyes is why a holiday after someone that allegedly purged Ireland of "pagans" is being written about in an Asatru Newsletter.

In a society where everything White is under attack, why not then embrace any semblance of culture we still have? Most people don't associate this holiday with religion at all.

In my Family, St Patrick's Day was a happy time, but not one of silliness. I was raised by Depression-era Irish Americans that knew all too well the harshness this world can muster. Corned beef, cabbage, potatoes, root vegetables, and soda bread might be a seasonal delicacy for some, but for the Ancestors of myself and many others, it was the cheapest food available at that time. We ate this meal to remember how much they had to sacrifice to provide us with our easy lives here in America. We ate the meal with the highest reverence, paid our respects, and raised our Guinness and whiskey up to hail their good names. Even as a little boy, I could tell this day was a very serious day for my Grandparents and we were a part of something special.

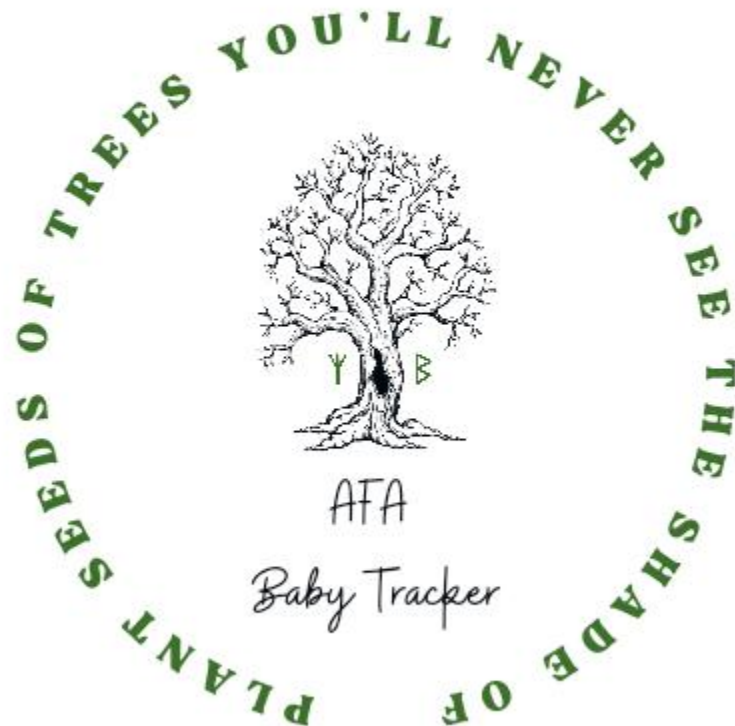
To me, that is very much in alignment with what we are doing, even if it was done by some Irish Catholics. This day to us is a day to honor not only our ancestors but to celebrate our victories and to pass on that good Orlog to the next generation.

I think it's easy to play victim and complain about St Patrick and many other similar tangents, but then which side are we on: crybaby liberals or Noble European Folk? We can't be victorious stuck in a victim-mindset, being contrarian, and claim to be Asatru at the same time. We have to steel ourselves and rise above.



Folkbuilder Timothy Dumas
tdumas@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: 3



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Ladies Mysteries Podcast

LADIES MYSTERIES PODCAST

Spiritual Self Care

◆ March 19th @ 1:30 pm CST
◆
◆



GYTHIA CATIE ERICKSON



GYTHIA ANNA PLOURDE



FOLKBUILDER SARA AULT



FOLKBUILDER CHRISTINE DUMAS



FOLKBUILDER HEATHER YOUNG

Contact Christine Dumas for details
cdumas@runestone.org



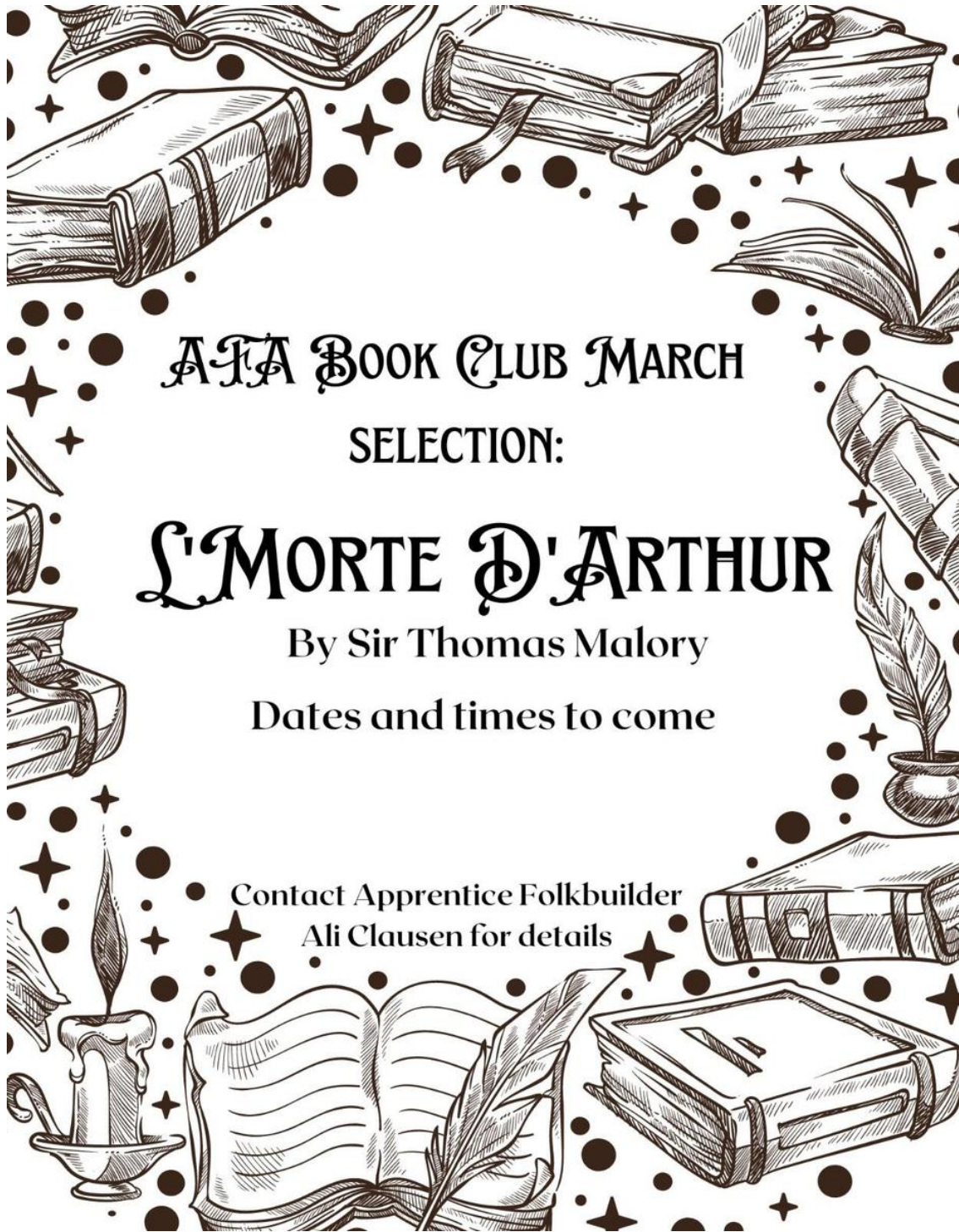
Folkbuilder Christine Dumas
cdumas@runestone.org

AFA Sisters Chat



Alison Clausen
Apprentice Folkbuilder
aclausen@runestone.org

AFA Book Club



ATA BOOK CLUB MARCH

SELECTION:

L'MORTE D'ARTHUR

By Sir Thomas Malory

Dates and times to come

Contact Apprentice Folkbuilder
Ali Clausen for details



Alison Clausen
Apprentice Folkbuilder
aclausen@runestone.org

Saga's Literature Project



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

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

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

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

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



Folkbuilder Shane Duffy
sduffy@runestone.org

Now Available in the AFA Store



The first of the new 2023 Apparel has arrived!



Last year we celebrated to the light of the AFA shining and guiding our folk to us. Now we call them home! "Folk Kom Hem!"

[Get yours today!](#)

Also, March is the last month to get the 2022 AFA t-shirt. It is being retired. So if you want one, get it today!

Another Not-So-New Item



We also wanted to point out that we have a few Official AFA Tie Clip and Cufflink Sets in the store that've been for sell a while, but have definitely flown under the radar. We've only got 9 gold sets and 5 silver sets in stock at the time of writing this, and when they're gone, they're gone! [So snatch 'em up fast!](#)



Folkbuilder Melisa Mills
mmills@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!

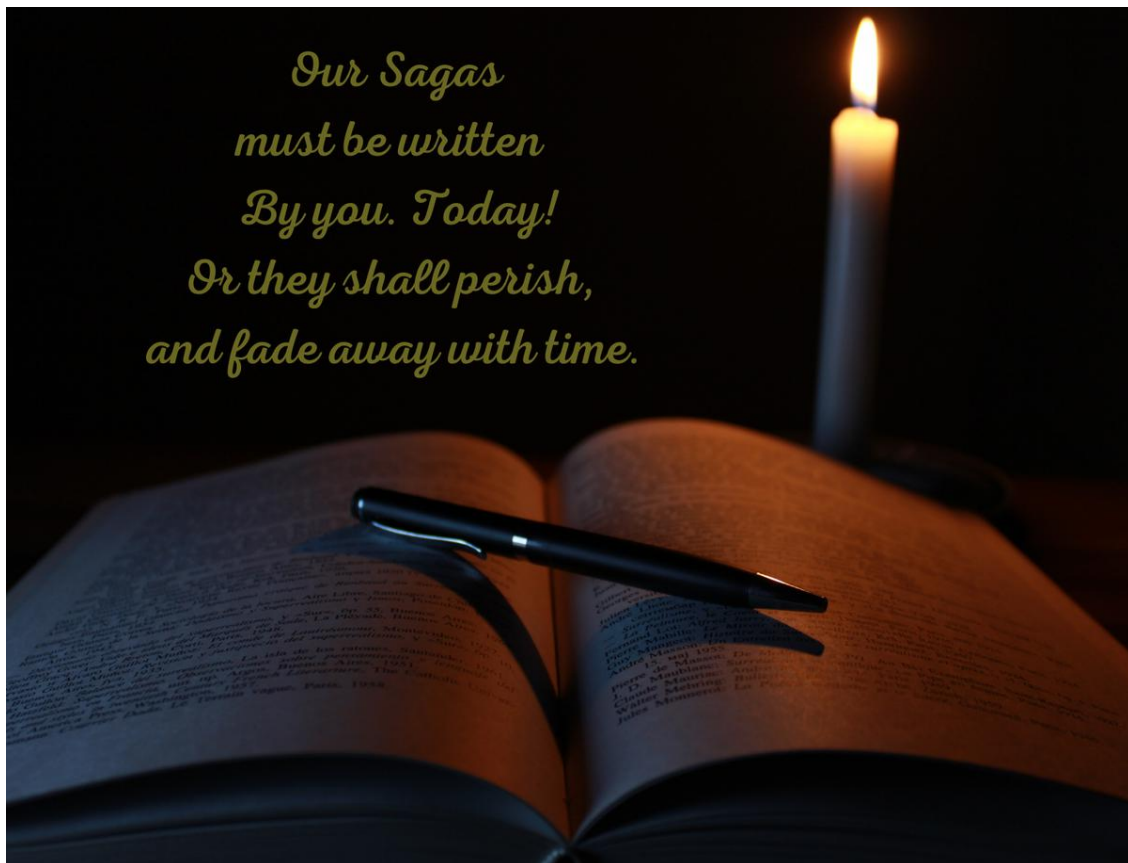
If you are unable to bring the photo, you are welcome to email a digital copy which will be printed, framed, and hung on the ancestor wall. We also ask that you provide your name, the name of your ancestors, birth and death dates of they are available, as well as a memory, story, or dedication about 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

The Living Book of Sagas



Our shared history is our foundation. Built upon thousands of years of strong, courageous, determined and amazing ancestors!

Those stories may caution us. Inspire us! Make us laugh. And sometimes bring a tear to our eye. They bind us and give us guideposts with which to navigate into the future. But let us not forget that the Sagas of tomorrow, are being written TODAY!

Please share your stories of your Kindreds, your meetings and interactions with our elders. The brave tales and the actions that brought you smiles!

If you don't write them who will? And when you pass beyond the vale those stories, our SAGAS will die with you.

Do not allow your story or those of your Folk to go unwritten! Share them with Folkbuilder and Baldrshof Historian Jamie Alainn calainn@runestone.org

If you don't fancy yourself a writer, that's ok! Tell us your story and let us get it recorded!

The Living Book of Sagas will soon be displayed at Baldrshof. You will be able to go up to it, turn the pages, and read the Sagas we are living right now!

We are waiting with great expectation to read and hear your stories!



Folkbuilder Melisa Mills
mmills@runestone.org

Food Pantry at Baldrshof



Our food pantry started off the day, feeding over 19 families. New faces came by and we were delighted with good conversation from the local community. Folkbuilder Ashley McStocker did a fantastic job leading the drive and gathering donations, acquiring over 100lbs of meat and many dried goods to give out.



Folkbuilder Cormag Àlainn
calainn@runestone.org

Holiday at Baldrshof



February in Baldrshof was an icy affair. Snow covered the ground of the frozen northern tundra, but the first signs of spring were coming through despite the chill wind.

After the Food Pantry was Charming of The Plow.



The Plow was decorated and blessed by the assembled Folk during an unexpected break in the frigid temperatures. Afterwards, we held Blót to Gefjun before blessing the tools of the Folk and holding Symbol.

We hope this year will bring great success to our hard working Folk!

Our next event is Ostara taking place March 17th - 19th. Make sure to register or contact a Folkbuilder to find out how. We look forward to seeing you there!

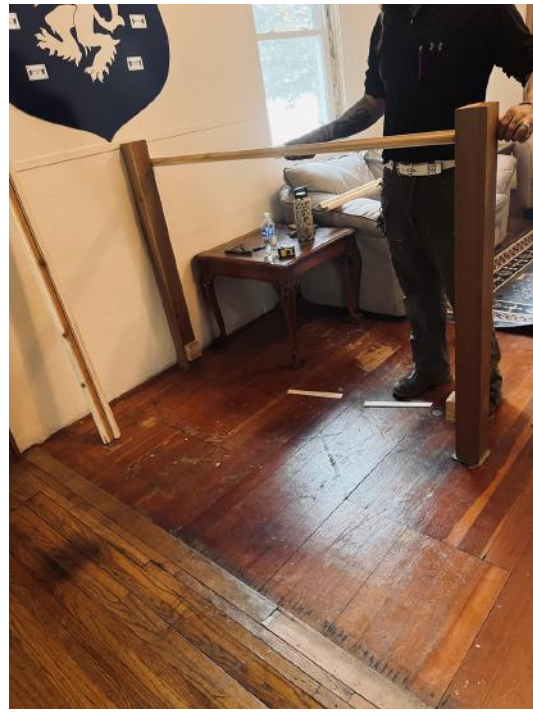


Folkbuilder Cormag Àlainn
calainn@runestone.org

Beautify Baldrshof



Winter projects are well underway at Baldrshof! Thanks to the selfless help from some of our folk, specifically Josh and Kirsten Rapin, and Brock Proudfoot, we have begun the daunting task of finishing the hall floor in the basement of the 120-year-old building. With the time and financial donations from these Folk listed, there has been an abundance of donation support from our Folk AFA-wide to help complete these projects in Baldr's Hof!



The pictures do not do the work involved justice, so imagine needing high-end hearing protection and respirators to engage in this work. A number of days just to get the surface prepped as you can see in some of the pictures. We are also adding to the sanctuary with a railing to hopefully keep the children contained without the use of duct tape. Thank you to Stian Penner for heading up that project, not to mention his culinary expertise to satiate the appetites of the folk when at the Hof. Finished pictures to come next month. Thank you to all of the Folk that take responsibility for their Hof and donated to help get these projects started and completed.



Further donations to allow us to continue our work in making Baldershof great can be made by going to the Baldershof Fund at <https://www.baldrshof.org/store>.



Folkbuilder Nathan Erlandson

nerlandson@runestone.org

Baldrshof.org Website



There're all kinds of fun new things at Baldrshof.org! Check out what the weather's like at the Hof, keep up with our district membership count, have a look at all the amazing blogs, articles, and posts that Folkbuilder Sara Ault puts up, get to know all your local leadership by reading their bio pages and learn a bit about their favorite music, and much, much more to come. I'm hard at work and will be adding further updates in the coming weeks. Don't miss out and check it out!

Folkbuilder Nicholas Rice

nrice@runestone.org



Upcoming Events at Baldrshof



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



Ostara at Baldrshof

Friday, March 17 to Sunday, March 19, 2023



Forthcoming, I have the honor of co-hosting Ostara at Baldrshof alongside my wife, Folkbuilder Melisa Mills, and a number of her Kindred. Please reach out if you are interested! I will be giving a presentation on the Return of Baldr, and there are a number of activities and delicious meals planned.

Registration is FREE! Please go sign up and "buy" a ticket so we can get a proper headcount for meals.

<https://letsgoaviking.ticketspice.com/ostara-at-baldrshof>



Folkbuilder Shane Duffy
sduffy@runestone.org

Illinois

One-Half of a Folkbuilding Powerhouse



Hi there! I'm Jaclynn Duffy, and my husband is Folkbuilder Shane Duffy. We currently reside on the southside of Chicago, IL. We found the AFA with a chance meeting with Elder McNallen. Because of Shane's love of the Gods and our luck we joined in 2019. With that, we found exactly what had been missing in life. In 2021, we were Handfasted at Baldrshof in a beautiful ceremony in front of our Gods and Folk. We are

currently expecting our third child. We're a dynamic duo, very active with our kindred, Hrafnagud, and we do everything together as a team. We love our folk and are so happy to be able to help bring them home.

I am apart of our Virtue Recovery Program. As of June 11, 2022, I decided that it was time for a change and began my journey of sobriety. Soon after I started attending meetings, and I began running a Virtue Recovery meeting on Saturday mornings. Going over one of the Nine Noble Virtues each week. Sobriety is a beautiful thing, and I hope I can inspire others wanting a change to do so and welcome them with open arms and understanding. Please reach out if you need more info about it!

How To Make Natural Egg Dye



Ostara is upon us and a great way to get the kids involved is by coloring eggs. I've listed the recipes for many different natural dyes. Hard boil as many eggs as you'd like to color and let them cool fully. You can place flowers or herbs onto the eggs and wrap them tight with panty hose before putting them into the dye. This will leave the shapes of the flowers and herbs on your dyed egg adding even more fun to your Ostara eggs. See the beauty of what our crops can bring.

The best part, they're safe to eat once the festivities are finished.
Enjoy!



When dyeing eggs naturally, the shade may vary from ingredient to ingredient, but you can generally expect the following colors. Soak your eggs in the refrigerator longer to increase the intensity of the colors; I recommend soaking them overnight.

Bluish-Gray: Mix 1 cup frozen mashed blueberries with 1 cup water, bring to room temperature, and let sit until the water is colored. Strain blueberries before adding hard-boiled eggs.

Blue: Cut a head of red cabbage into chunks and add to 4 cups boiling water. Stir in 2 tablespoons of vinegar. Let cool to room temperature and remove cabbage with a slotted spoon.

Jade Green: Peel the skin from 6 red onions and simmer in 2 cups water for 15 minutes; strain. Add 3 teaspoons of white vinegar.

Faint Green-Yellow: Peel the skin from 6 yellow apples. Simmer in 1½ cups water for 20 minutes; strain. Add 2 teaspoons of white vinegar.

Orange: The longer you soak these onion-dyed eggs, the darker the color will be. Take the skin of 6 yellow onions and simmer in 2 cups water for 15 minutes; strain. Add 3 teaspoons of white vinegar.

Faint Red-Orange: Stir 2 tablespoons paprika into 1 cup boiling water; add 2 teaspoons of white vinegar.

Yellow:

Rich yellow: Simmer 4 oz. chopped carrot tops in 1½ cups water for 15 minutes; strain. Add 2 teaspoons of white vinegar.

Mustard-yellow: Stir 2 tablespoons turmeric into 1 cup boiling water; add 2 teaspoons white vinegar.

Brown: Add 1 tablespoon vinegar to 1 cup of strong coffee.

Pink:

Medium pink: Mix 1 cup pickled beet juice and 1 tablespoon vinegar.

Dark pink: These beet-dyed eggs will darken the longer they sit in the liquid. Cut 1 medium beet into chunks and add to 4 cups boiling water. Stir in 2 tablespoons of vinegar and let cool to room temperature; remove beets.

Happy Ostara!

Upcoming Events

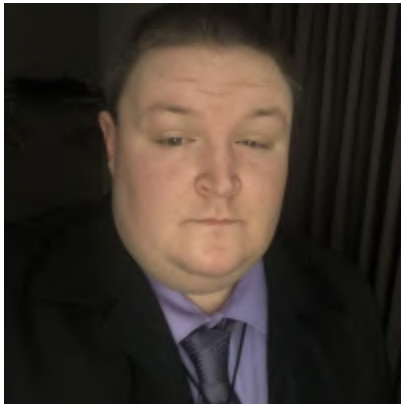


Jaclynn Duffy
Apprentice Folkbuilder
jduffy@runestone.org

Pink Elephant? Not as Impressive as You'd Think...But Still a Good Day



Greetings to all of my Folk in the Baldrshof district. During the month of February, I hosted a moot at a Southern Illinois Antique mall called the “Pink Elephant” and some folk from Southern Illinois and Missouri had showed up for a day of browsing and conversation among folk. After the day’s events, everyone sat down for a meal at the restaurant located within the Pink Elephant. Overall, It was a wonderful day filled with great company and great conversation. And here is to many more like it!!



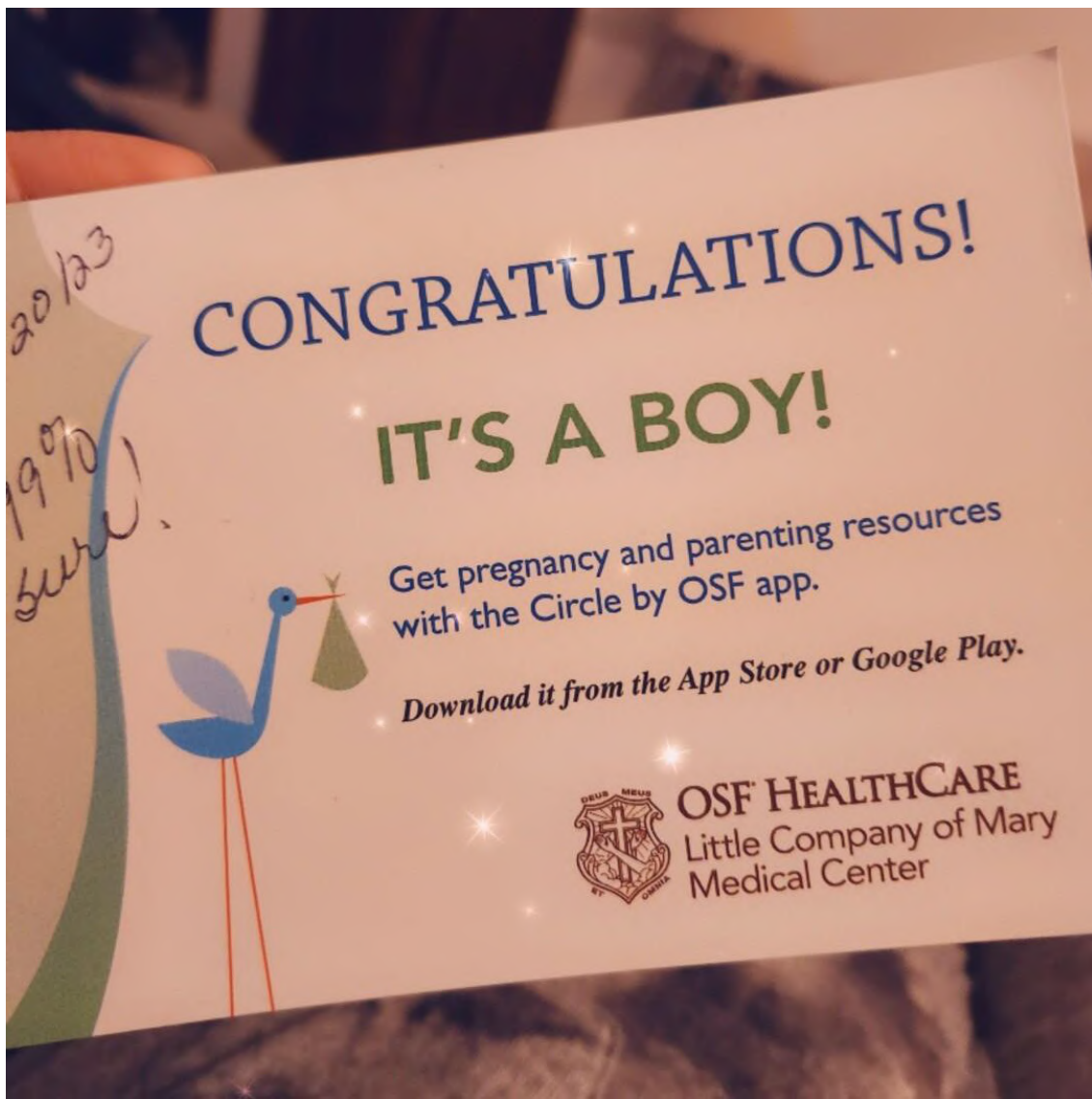
Victor Palazzolo
Apprentice Folkbuilder
vpalazzolo@runestone.org

Onwards and Upwards



Hail from Illinois!

February has been kind and a blessing for my Folk, my family, and myself. The energy of Frey is igniting all around as he helps us prepare for this coming year, tilling the soil for implantation.



He has shown up strong since I venerated him so deeply in October. He has even blessed my wife Jaclynn and I with a baby boy!



Continuing on! Jaclynn and I began this month with a long-awaited trip to Njördshof for their First Annual National Event, Charming of the Plow. It is here we made bonds with our Folk whom we had yet to meet, and strengthened bonds already forged. I had the honor to be Oathed alongside Folkbuilder Mike Joyner, the radiating engine behind so much success at Njördshof. It was fitting I take that oath within the Temple of the Ship Captain.

What a way to sharpen my tools and take a step up to challenges forthcoming for this year. I will love the continued work I do with my state Leadership, and those abroad. And it's great that my beautiful wife has now also stepped up!



During the middle of the month, I was able to help a member in our state make Frith with members in Alaska during her trip to see her son and granddaughter!



This month then closed out with me taking a much needed day off of work for a monthly Moot, where I was finally able to meet 2 long-time members whom it's difficult usually to line schedules up with. We look forward to meeting more as time goes.

Folkbuilder Shane Duffy
sduffy@runestone.org



Eggs and Hares, Hares and Eggs



Ostara is our Goddess of the Dawn, of Spring, and Rebirth. Her return at the Spring Equinox heralds longer days and warmer weather. We see green sprouts and await the

blooming of flowers.

References to Ostara in the Scandinavian Lore is scant. It seems her worship was more prevalent in the Germanic lands slightly to the south (Germany and England). The Christian historian Bede, writing in 731 CE, noted the prevalence of a Spring festival in honor of Eostre (English spelling of the German 'Ostara') in April. The old English calendar even named what we now call April as "Eosturmonath", and in the old German calendar, it was Ostarmanod.

Today, many Christians gladly color eggs and tell their children that the Easter bunny hides them, along with treat-laden baskets, as part of their Easter celebrations. However, these customs, along with the name of the holiday itself, have nothing to do with any faith originating in the Middle East. These are our traditions. As with many aspects of Yule, the ancient holiday was intentionally overlaid with a Christian veneer as part of the conversion process.

In his *Deutsch Mythologie*, written in 1835, Jacob Grimm picked up on Bede's writings to reacquaint the Folk with our Spring Goddess. Expanding on his work, Adolph Holtzman, writing his own book, in 1883, of the same name (*Deutsch Mythologie*), relates the story of Ostara, on her way to bring rebirth to the world, finding a bird, frozen and nearly dead. In pity, the Goddess restored the bird to life. But its wings being so damaged by the frost, they could not be healed, she instead revived the bird in the form of a hare. The hare grew sad, as it could no longer fly. In compensation, Ostara allowed the hare to once again lay brightly colored eggs, once a year, at the time of her return. There are several versions of this story, some a little more complex, but what is described above covers the general idea.

Since ancient times, the hare has been associated with fertility (they breed, after all, like rabbits), and the egg symbolizes pending birth and the eternal cycle of life. It is appropriate that they are associated with the Goddess who brings life back into the world.

This year, as you color eggs and conceal chocolate bunnies for children to delight in finding, bear in mind that you are participating in a tradition (and honoring a Goddess), that our Germanic ancestors practiced for hundreds, perhaps thousands, of years before the coming of Christianity.



PSA



Be careful who you fall asleep around. The tomfoolery is strong with these ones.

P.S. - Definitely had a good time at Charming of the Plow at Njordshof, but perhaps we should start scheduling adult nap-times during the afternoon?

Upcoming Events



McDILL'S
IRISH PUB

FRIDAY, MARCH 17TH AT 7PM

CONTACT FOLKBUILDER NICK RICE
TO RSVP VIA NRICE@RUNESTONE.ORG

Sunday, April 16th at 5:30PM

Gabby Goat

AMERICAN PUB & GRILL

**Contact Folkbuilder Nick Rice
to RSVP via**

NRice@runestone.org



S T . L O U I S
SCOTTISH GAMES
AND CULTURAL FESTIVAL

We are excited to share!
the return of the
**St. Louis
Scottish Games**

Saturday, May 6, 2023

**Schroeder Park
359 Old Meramec Station Rd.,
Manchester, Missouri**

For more details visit:
www.stlouis-scottishgames.com

Contact Any of Us to RSVP:

Folkbuilder Nick Rice | NRice@Runestone.org

Folkbuilder Melisa Mills | MMills@Runestone.org

Apprentice Vic Palazzolo | VPalazzolo@Runestone.org

Folkbuilder Nicholas Rice

nrice@runestone.org



Minnesota

Hail the Ancestors



February has always been special because it reminds me of my paternal grandfather, Edward Milo Shaffer. He was born Feb 29th, leap year, which made it easy to remember. I didn't know much of him growing up, but the little I did see and learn from him has helped shape me as a person today. I can also enjoy it because my youngest son, Bjorn shares this same birth month as my Grandpa Ed. He turned 3 at the end of the month and has brightened many with his smile and personality. He has shown to be a bit of a protector already, so I got him a set of gloves and a punching bag. His first instinct was to close his eyes and start throwing haymakers...we have some work to do on that Berserker, so I'm starting him young.



“Don’t pay someone else to do something you can do yourself!” This phrase and the same voice of my grandpa rings in my head every time something needs to be fixed or done. I really only recall him saying it once, but that was enough. I have learned a great deal because of it as a result, and for that I am grateful. I only seen him a handful of times since he lived in the Midwest and I grew up in Washington. On one occasion he told us a story of the Lorelei on the Rhine River and how she would lure the sailors and their ships to the jagged rocks with their beauty and singing to their demise. “She” being a maiden that was transformed into a siren after she threw herself into the river after her true love broke her heart...or something along those lines. That story also stuck with me through the years and I ended up naming my first daughter, Lorelei, after that tale that my grandpa told me ages ago when I was young. I have a picture of Edward Milo Shaffer on the Ancestor Altar at Baldrshof and my children and I have the opportunity to light an incense or candle for him and remember and tell stories to them

amongst other Folksouls and ancestors. Hail Edward Milo Shaffer and hail the Ancestors!



As always, the time spent at Baldrshof during the month of February was wonderful. Charming of the Plow was a fun and beautiful event and the food shelf had another great turn out.



Thank you Tru North Folk for hosting and Witan Callahan for blot and blessing the tools. The old two-man saw is blessed and good to go for Baldr games when the menfolk are ready.

Folkbuilder Jessie Shaffer
jshaffer@runestone.org



NBK MN Monthly Update





February was a quiet month. But March is going to be amazing because of Ostara at Baldrshof. Looking forward to seeing everyone, especially those I don't get to see very often. Northern Blood Kindred has a hike coming up on April 2nd At Kenyon, MN. And the following week April 8th is the Wotan on the Peak event at Willow river state park Hudson, WI. This is the second year of the event that was organized by Folkbuilder Sara Ault and co-hosted with Folkbuilder Jessie Shaffer and me. More events are coming soon.

Upcoming Events



**FOLKISH FAMILY HIKE
WITH NORTHERN
BLOOD KINDRED AT
NEWSTRAND STATE
PARK
KENYON, MN
4/2/23 11AM**

**CONTACT
FOLKBUILDER JASON
GALLAGHER FOR
MORE INFO
JGALLAGHER@
RUNESTONE.ORG**

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 Jason Gallagher

jgallagher@runestone.org

Missouri

Birthday Party and Applebee's



My son has been a big fan of Spider-Man recently, so I knew that for his fourth birthday party, I wanted to get an entertainer that would dress up as his favorite hero. I searched and searched for a local company that had a Spider-Man actor to get someone either to come to the party or simply give Henry a video call to wish him a happy birthday. It was the Monday before the party and I still had not found anyone, so at that point I started to get desperate. As a last-ditch effort, I asked my Folk in Baldrshof if anyone had a Spider-Man costume that they could put on to help make my little boy's day. Folkbuilder Jason Gallagher stepped up and went above and beyond. He didn't have a costume, so he ordered one. When I told him I would pay for the cost of the costume, he wouldn't accept the money. That day, he exemplified the very best of what our Folk is capable of and I couldn't be more grateful to him.



The following Sunday, February 19th, I had my first moot as an apprentice Folkbuilder. My husband and I met some of our folk at Applebee's in Columbia, Missouri for lunch and then we all went to the park with our children after. I couldn't have asked for a better moot. It gives me so much hope in our folk when I see young couples with their children attending events and meetups. It's just a glimpse into the future of Asatru here in the US and abroad.

Upcoming Events



Bonnie View Nature Sanctuary
Scott's Branch Trail Moot
March 26th, 11am
Columbia, MO
RSVP with apprentice Folkbuilder
Jordan Welch



Jordan Welch
Apprentice Folkbuilder
jwelch@runestone.org



With last month's travels to Florida for Charming of the Plow, this is sadly getting to you all a month later than I'd like, but Sigrheim was so fantastic, I had to share it with you all the same.

What a great start to 2023! After celebrating Yule in the season of excess and gratitude, January found us standing on the Grounds of Victory!

Sigrheim, the future headquarters of the AFA and Home of the Hall of Tyr. People came from Florida, Ohio, Oklahoma, Alabama, Georgia, Tennessee, Missouri, Illinois, and

more! To see the beginning of history in the making.

Do to timing on my part, I didn't make it to the spot on the grounds where they did Blot, but I am not sad. Because I heard it reverberating through the trees and carrying through the valley. We never get to hear the sounds of Blot from that type of distance. And it was worth it! As the sun came out and turned the two bluff's trees into gold, as the cool wind itself stopped to listen, nothing in the forest moved. Not even me, standing down below the ridges, far down the hill. I heard our Alsherjargothi shout "Hail Tyr!" and I answered back "Hail Tyr" with those standing in the circle above on the ridge. And a sense of excitement echoed through the land of Victory! How powerful just a few of our folk can be was embodied in the crescendo that come rippling through the forest and over the leaves. "Hail Tyr! Hail Tyr! HAIL TYR!!!"



I sadly did not take pictures at Sigrheim. I was too caught up in enjoying the land, the people, and the promise of a tomorrow so close for our Folk. I did get a couple fun ones from the house that a majority of us stayed at that weekend. The mood was one of celebration. Lots of smiles, good mead, great food, and plenty of Frith to go around!

Keep your eyes on the future. Manifest your dreams! Fight for Victory! Embrace the dream! All that we now have was once only yearned for in the Folk soul. All that we have in our future will be paid for by the efforts of those who keep moving one foot in front of the other towards those mountain peaks in the distance.



Thank you to our Alsherjargothi, Matt Flavel, The Witan, our Gothar and the Folkbuilders who keep bringing our Folk home. And last, but most definitely not the least, our Folk. Our generous, hard working, beautiful Folk. We are all a part of the tapestry. One string missing and it would not be complete.

Hail the Doers!!

Hail Tyr!

And Hail VICTORY!!

Upcoming Events

What's happening in the Heart of the Country?

For those of us in Missouri, we are out here enjoying (or not enjoying) Second Winter. It warmed up enough for us to enjoy Charming of the Plow, then back to cold. It's the normal cycle for the Show Me state.

We have some great opportunities to get together coming up. They are as follows:



*Come and celebrate the
Spring!*

*You are Cordially
invited to join your
Folk in Springfield
MO*

*for an egg hunt, a
meal and Blot.*

**Contact Folkbuilder Melisa Mills for details.
mmilks@runestine.org**



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SF/23

DINNER AT GRÜNAUER



ENJOY AUSTRIAN CUISINE!

• 04.30 •  • 04.30 •

BEER • FOLK • Fun

Contact Folkbuilder Melisa Mills
mmills@runestone.org for details

Come out and join your
Folk for a fun filled
excursion at the

St. Louis MO

Scottish Games!

Saturday May 6th 2023

There will a vacation house rental option for those
interested.

please RSVP as soon as possible to take advantage of
that!

For details please contact:

Folkbuilder Nick Rice nrice@runestone.org

Folkbuilder Melisa Mills mmills@runestone.org

Apprentice Folkbuilder Vic Palazzo

upalazzo@runestone.org



Folkbuilder Melisa Mills

mmills@runestone.org

Nebraska

Omaha Pizza Moot



A break in the weather provided a perfect opportunity to have dinner with our Nebraska folk. We met for pizza in Omaha and celebrated the birthday of our newest Nebraska member. Dinner was great and the conversation was even better. I'm so excited that we had such a great turnout and even more excited for the future of Nebraska in the AFA!

Upcoming Events



Fontenelle forest walking moot

- ▶ Omaha, Nebraska
- ▶ 3/25/2023
- ▶ 2pm

Contact apprentice
Folkbuilders Cody and
Ali Clausen for details

aclausen@runestone.org
cclausen@runestone.org

April 14-16

Hexennacht and Mayday Celebration!

- *Seidre workshop
- *Womens botanicals for ritual workshop
- *Mens masculinity workshop
- *maypole dancing!
- *Crowning of the May Queen!
- *Dancing, singing, and so much more!

In Eastern Nebraska just north of
Omaha details to come!



Alison Clausen
Apprentice Folkbuilder
aclausen@runestone.org



We had such a fun time at the bike show! It was a smaller group, but it's always nice meeting up with our local folk. We had some good laughs, saw some really cool bikes, and even got to talk to a couple of people about the AFA. Afterwards, we met up for dinner at a nice barbecue restaurant. I'm so excited about the great things happening in Nebraska!

Upcoming Events

BALDRSHOF LORDS

Monday March 20th
8pm



Cody Clausen
Apprentice Folkbuilder
cclausen@runestone.org

North Dakota

Downhill Skiing Moot



This month, after being rescheduled due to weather, Folkbuilder Cormag Álainn and I braved the icy roads to hit the slopes and rip some fresh powder In Minnesota. We hope to make this an annual event and hope next time we go more folks can make it out. Twisty, windy, and steep trails were braved and harsh winter weather was thoroughly enjoyed up on the high hill! Hope to see you all up here in the northland soon! Skål!



Christian Penner
Apprentice Folkbuilder
cspencer@runestone.org

Wisconsin

"Dragon Slayer"



Hail to he who is most pleasant to look upon.

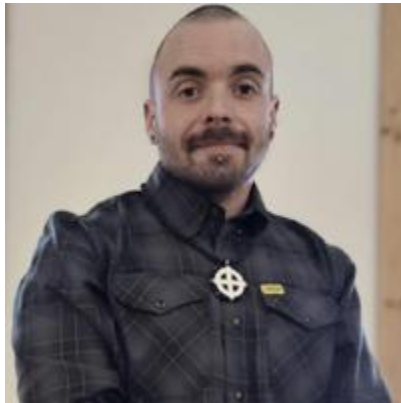
Hail to he whom nourished mother jörd with red water, that Odin blessed warrior whom littered the Gnita Heath with that dragons entrails!

Hail to he who made heavy Grani's back with the weighted otter skin from the Rhine.

That holy praised son who is best among men, that bold one who set free from the
Byrne of slumber, that daughter of Har, that beauty who is wise in runes.
Hail to he who has bled in the sacred trench of Jörd, and made holy the bonds of
kinship and the oath thereof!
Hail to he who knows best the heroes song and the warriors destiny..
Hail to Sigurd the Volsung, and hail those who know him.

–Dr. Casper Odinson Cröwell

Artwork by apprentice Folkbuilder Christian Penner



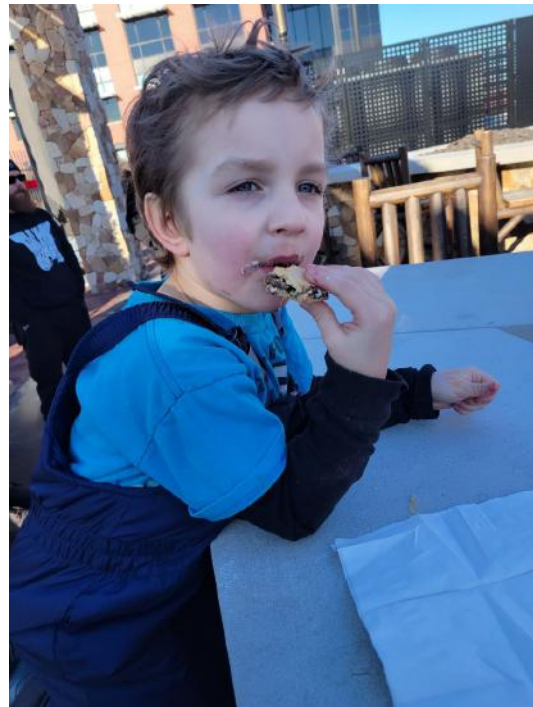
Bruce Perron
Apprentice Folkbuilder
bperron@runestone.org

Hangin in Wisconsin Winter Wonderland!



This month Wisconsin had some pretty wild weather to contend with, but that didn't stop the folk from getting out! This month we met up with some folks at the Neenah

Plaza for coffee, hot cocoa, and some ice skating. However, no ice skating adventure is complete without Smores!



The kids enjoyed racing and teaching Kirsten how to skate like a pro!



Vatnafólk also was able to drop off their largest donation yet to the local shelter in Green Bay. The ladies were excited to receive lots of new clothing to help get them set up for future success.



We are looking forward to meeting up again in April for pizza and a huge game room at the Mineshaft in Oshkosh. It will be another great day of food and Frith with our folk.

Upcoming Events

BALDRSHOF PRESENTS:

RUNE STUDY



WITH GOTHI TRENT EAST

SUNDAY,
MARCH 26TH



For more details contact Folkbuilder Josh Rapin or Apprentice Folkbuilders Ali and Cody Clausen



Folkbuilder Josh Rapin
jrapin@runestone.org

AFA Prison Ministry



Greetings kinsfolk,

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 know of someone who is Folkish and will benefit from this ministry, please contact me at jault@runestone.org. Or if you'd like to donate to this ministry, you can donate to the AFA general fund on the Runestone website with an earmark "AFA Prison Ministry" in the comments section.

Upcoming Events



AFA
ADOPT A HIGHWAY
CLEAN UP.

Please join us in Wisconsin on May 7th at 10 am to clean up the AFA's 2 mile stretch of highway. A picnic lunch will be provided after. Due to highway department rules, no one under 13 may participate in the clean up. There is a park at our meeting place where the parents can sit with their children or feel free to come closer to noon to enjoy your Folk's company and a delicious lunch.

For more information contact:
James Ault
jault@runestone.org

Remembering the Folkmother



Please join us in Wisconsin for the
3rd Annual AFA
Remembrance of
Else Christensen
May 26th - 28th

Hosted by several AFA Kindreds
Coordinated by Folkbuilder James Ault
More information to come.

For questions, please reach out to
Folkbuilder James Ault at jault@runestone.org

AFA ADOPT A HIGHWAY CLEAN UP.

Please join us in Wisconsin on
September 10th at 10 am to clean up
the

AFA's 2 mile stretch of highway.

A picnic lunch will be provided after. Due to highway department rules, no one under 13 may participate in the clean up. There is a park at our meeting place where the parents can sit with their children or feel free to come closer to noon to enjoy your Folk's company and a delicious lunch.

For more information contact:

James Ault

jault@runestone.org



Folkbuilder James Ault

jault@runestone.org

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For more information please contact:

**Folkbuilder Jason Gallagher
jgallagher@runestone.org**

**Folkbuilder Jesse Shaffer
jshaffer@runestone.org**

**Folkbuilder Sara Ault
sault@runestone.org**



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