

The Runestone: Voice of the Asatru Folk Assembly

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Baldershof
Third Hof of the Asatru Folk Assembly

www.baldershof.org

March 2024

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Words from the Alsherjargothi



Thank you to the amazing Folk at Njörðshof! Charming of the Plow was a wonderful event and I am certain you all will read more about it in this issue.

Ostara is coming up this month and I hope to see each and every one of you there... better yet bring friends and family!

Spring is here and life will soon be in bloom all around us! Now is the time to get active. We are the folk who build. One of the hallmarks of the AFA is that we are

building the future we want, every day, and through hard work. This is a call to everyone reading this to go out, get involved, and build our AFA! I encourage you all, go to the nearest moot, even if it is a little bit of a drive, make the effort and see the results. Go to your district hof and worship our Gods there, in their temples. The Hofs are a great distance from many of you but actively attending and supporting them is exactly what will make a hof happen closer to you. We all have friends and family who should be part of our AFA Family.... have you invited them to join us? If there are not moots near you and you want more activity in your area, are you willing to host something? Better yet, are you interested in becoming an apprentice Folkbuilder and making this that we all love to succeed at a higher level?

What future do you want?

What are you willing to do to BUILD that future?

If you are interested in Folkbuilding, please contact Folkbuilder Coordinator, Gothi Nathan Erlandson nerlandson@runestone.org

Let's build our dreams together... for our Folk, for our Gods, for our children!



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

Embracing the Fight



Witan Young recently wrote a great article, "Rejecting the Black Pill." I highly recommend reading it if you have not already. In case you haven't read it, I'll give a brief summary.

The world our ancestors knew has been twisted and corrupted, but we are still standing.

Our ancestors live here through us, and our noble Gods see our good deeds. Not all is lost, but spending all of your time wallowing in doom and gloom will certainly push your mind, body, and spirit to feel the effects of that negativity. Our world is not a fairytale, but it is OUR world, and it is beautiful. Our Folk can still be industrious, and courageous, and strong, and free.



Witan Young's message is not that life is perfect and that we should completely close ourselves off from reality, but rather that we should go gladly into this reality and use our will to shape it in a way that will provide for our Folk and honor our Gods.

As expected from any Goði or Gythia of the Asatru Folk Assembly, Witan Young's words convey one of the most important messages found in the Havamal:

"The noble man is thoughtful, silent and bold in battle. But every man should be cheerful and happy until the day of his death." — Stanza 15

We absolutely should be aware of the various dangers and issues of our world, and we should be ever-ready to stand against chaos when it threatens our Gods and our Folk. We should train to be strong, we should practice courage, we should teach our children to be steadfast in every endeavor.

All of that being said, we do ourselves a profound disservice when we live this life by ourselves in an echo chamber of negativity. There are "battles" to be fought, yes, but there is no reason to fight them sad and alone.



To borrow from Witan Young again, our Folk have a community to be a part of, with four Hof's and another 70 acres of land. There has never been a better time to be Asatru in the last thousand years, as the AFA is making unprecedented strides in building a world for ourselves and our descendants. We should be rejoicing at the realization of this, no matter the state of the outside world.

Let's take stock- of our blessings, our victories, our strength as a united Folk- and go forth gladly into this world. We will continue to bring glory to our Gods, with smiles on our faces and courage in our hearts.

Hail the AFA!

Gothi Trent East

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From Preparation into Action



If you were at Charming of the Plow at Njörðshof, then you heard me say during the Freyr Blot that now was the time of the year to prepare for what lies ahead. I reminded you all that preparation is the hallmark of success, and that laying the proper foundation for Victory is stacking the deck in your favor. So now what?

Now, we're moving into the time of the year where the rubber meets the road, when we have to begin implementing those plans and putting in the work in order to reap the success and glory that we are honor-bound to always seek. As Aryan men and women, that internal drive to work our will on this 'middle enclosure' is strong and when honed and aimed properly it is unstoppable. So how do we do that?

As always, when confronted with such a question, my first thought is "what did my ancestors do?" They did all the things that I implored all of you to do at Charming of

the Plow: they devised a plan, they gathered all they needed to carry out the plan, and then they worked the plan. They also turned to their folk when there were setbacks, when the plan seemed in danger of failing, or when it was plainly obvious that they needed help. How can we be more like them?



We can best emulate our ancestors by looking back on their best practices and incorporating them into our own daily lives. Best practices like discipline, consistency, and courage. The best among them never sat around and waited for the world to come to them or for things to be handed to them, they put in the work and reaped the reward. They didn't wait for a Golden Age to come along due to someone else's toil and struggle, just so they could set back and enjoy the fruits of another's labor, and neither should we. So how do we do all of this?

It takes courage to get off the couch, to commit to making yourself better. It takes discipline to do the right thing or the thing that needs to be done, which if done often enough, becomes consistency. As Witan Young reminds us, we are on the precipice of our Golden Age, and it will take all of us being courageous, disciplined and consistent to usher it in. WE are in control of this, no one else.

So, as we move from the time of preparation for the year into the time of action, let us all look towards the dawning of our Golden Age. Let us all rise to the occasion, whatever that may be in our lives, just as Ostara, Goddess of the Dawn, raises her warming light upon the world every Spring. Let us all have the courage to return fully to the Folk, the discipline to do the work necessary no matter what obstacles may come, and the consistency needed for each of us to do our part for our future.

Hail Ostara!
Hail Victory!
Hail the AFA!



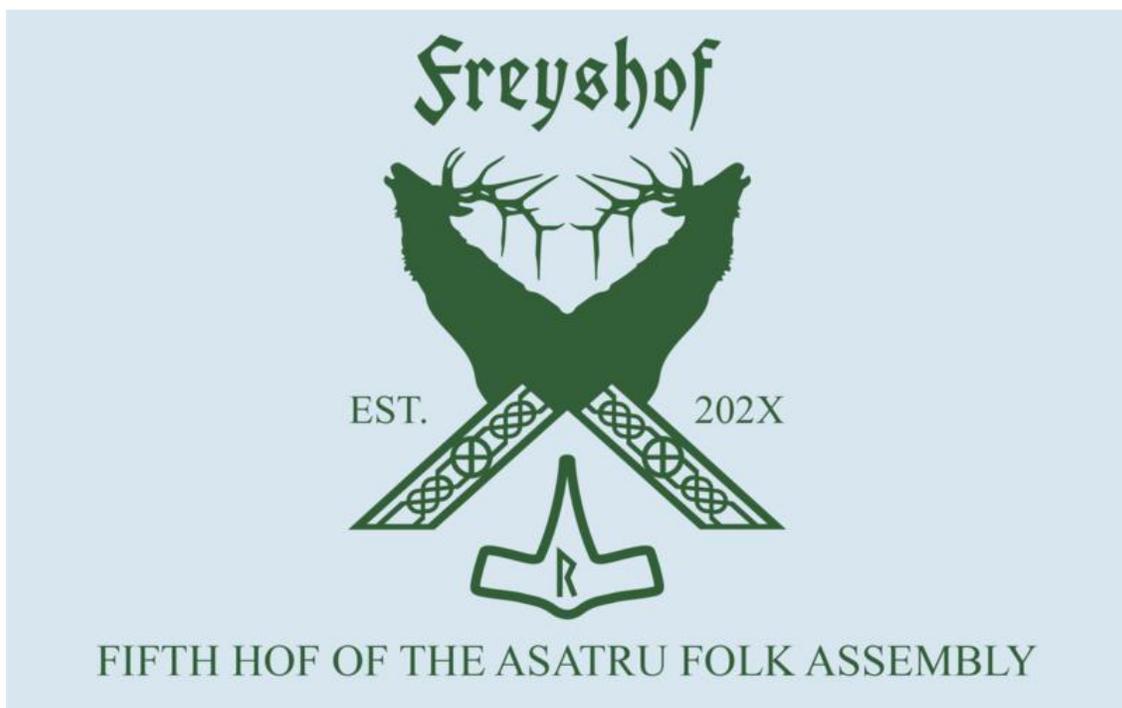
Gothi Bodi Mayo

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The Quest for Freyshof

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

– Gylfaginning



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

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

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

1. We need to pay off Njörðshof.
 - The first of 2 loans have been paid off!
 - We now owe \$92,935.77 on our remaining loan.
2. We need to raise our monthly donation average by 14.48%.
 - 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!



Matthew D. Flavel
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Sigrheim: Home of Victory

Hard Work Pays Off



February marked Charming of the Plow and a month to get some work done. We didn't have any land needing plowed, but what we did have was a shed needing built. Over the last year, we've acquired a number of tools, supplies, and the like to aid the work at Sigheim, and it was time a couple weren't enough to keep everything tidy. I went and bought us a shed for the AFA to use while we need it, and we set to work putting it together.





Here's a tip: don't schedule things around the completion timeline listed on the instructions. It took us about 3x that amount, but with a perseverance and a few weekends of work, we got it up, and we got the supplies moved in out of the weather. It's a tiny thing, but it's cute, and it'll serve its job.

Come on out and see us for Ostara. It's gonna be good.

Support the Home of Victory



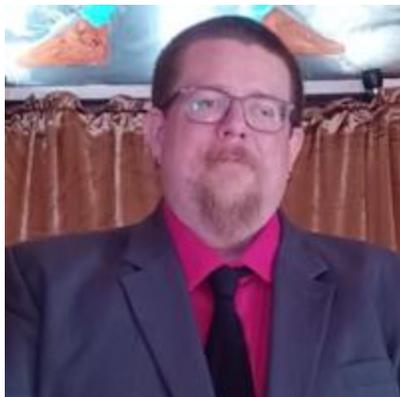
Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
amazon

Thank You!

[CLICK HERE](#)

Upcoming Events



Folkbuilder Nicholas Rice

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Victory Never Sleeps



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

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

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

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

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

Matthew D. Flavel

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AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org

Entering Spring with the Asatru Academy



Our AFA Asatru Academy is humming right along and looking forward to the spring season! Currently we have 33 students attending our academy, and we look forward to

adding even more students as we prepare to offer K-6th grade this fall. When we began the academy last year, we made a commitment that we would always have the next grade ready, so we could follow our students as they progress and they would always have the next grade level ready for them. I'm very proud that the Academy staff has worked very hard to not just meet this commitment, but far exceed it. For the next school year, we will have kindergarten through 6th grade ready for students! We are very proud of all our students and families, and we are very proud of all your successes! We celebrate victory together!

The AFA Academy is so Much More Than Just Story Times

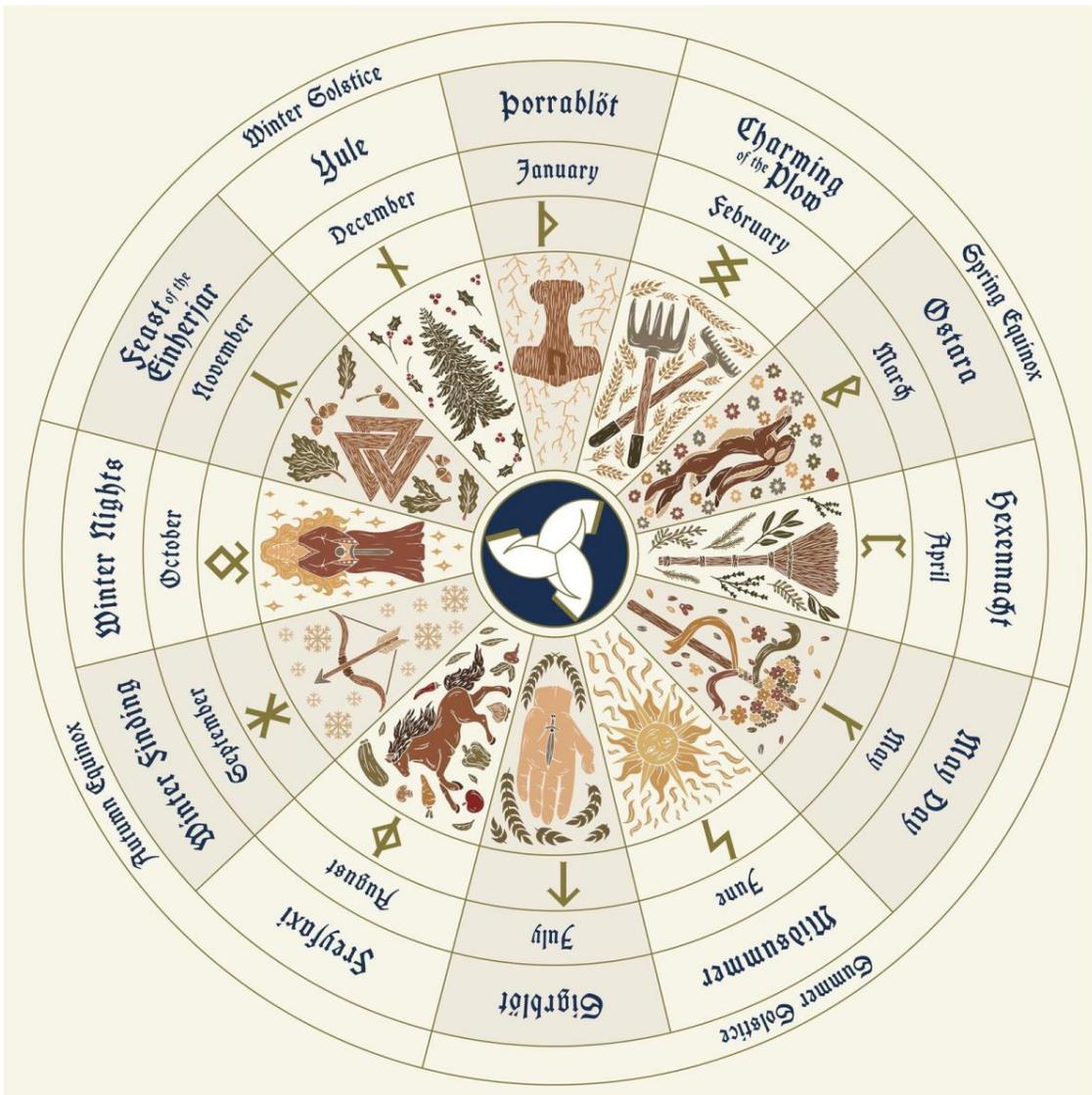


Many of our parents and students enjoy our story times and recorded lore lessons, etc. and you should! They are a wonderful part of our program. But I really want to bring your attention to the rest of our program. We provide everything you need to successfully home school. We chose as our academic anchor a tried-and-true method and material called Waldorf. Normally Waldorf material would cost you hundreds of dollars, it is free to our students in our program. Waldorf is a traditional schooling program, developmentally based, and has been around a long time. Many cities even have regular private Waldorf schools. You really should be taking advantage of this exceptional service we offer to our students, at no cost. All our Waldorf material is accessible to you by logging into quick schools. We really hope you'll take advantage of our full program. And please join us on our parents' and students' meetings that happen twice a month! We often have guest readers, and story tellers, as well as academy staff to answer questions. and the kids get to interact with each other. We hope to see you!



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Remembrance and Holy Days



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

2024

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

March



Asatru Holidays - March 2024 - Olvir of Egg | Ostara

Day of Remembrance

Olvir of Egg | March 9th



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 | March 19 (Observed March 16)



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.



Gythia Catie Erickson
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Upcoming National Event

Ostara at Þórshof | March 22nd - 24th



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

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

Ostara at Þórshof



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

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

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

Thorshof Shirts Available at Ostara



Hoodies \$45



Event Tees \$25



Hof Tees \$15

We'll have a merch table at Ostara featuring flags, pins, books, and more. We'll have some awesome event shirts up for sale, as well as last year's Hof shirts (at a discount) and Þórshof hoodies.

Contact your local Folkbuilder for details.

Get your tickets [HERE](#)



Witan Daniel Young
dyoung@runestone.org

Charming of the Plow 2024



Charming of the Plow at Njörðshof 2024

Gothar Spotlight

Gothi Nathan Erlandson | Minnesota



AFA Folkbuilder Coordinator
Gothar Class of 2023
Ordained August 19, 2023
Mentored by Witan Daniel Young

Nathan Erlandson is a powerhouse of a man. A force of nature. It has been my pleasure getting to know him over the past few years. I was first introduced to Nathan at Winter Nights 2020, at the insistence of Witan Brandy Callahan. I had just been ordained, and he had just started his own journey into the Gothar Program. He and I hit it off immediately.

It wasn't long after that Gythia Catie Erickson asked if I would mentor him in the

Program, to which I said yes. We started off a little rough, but over the following months we began to crack the ice, so to speak. Once we had broken through a few barriers, Nathan began to open up, and for that, I am grateful. Along the way he and I became friends. I am glad to say that he is one of my closest friends. He learned quickly, and what was most enjoyable was that I got to learn from him as well.

Nathan is a leader. He was almost born with it. What separates Nathan is that he leads from the front. Not one to shy away from work, he is often the first one to volunteer and put in the dirty work. From major repairs at Baldrshof, to cutting lawn, to preparing for and planning events at the Hof.

Nathan felt the calling to the Aesir in 2013 and committed to it 2017. Despite being raised Catholic, Nathan had always felt a calling to something more. He served in the US Army from 1998 to 2005, first as a firefighter than as an infantryman. This tells you a lot about what motivates him in life. His willingness to put himself out front to protect and guide those he holds dear.



Nathan joined the Asatru Folk Assembly in 2020, while he was searching for a community to further his own practice, and like most of us, to find fellowship with like-minded Folk. Nearly immediately, he volunteered to Folkbuild for the AFA. At Odinhof in June of 2021, Nathan took his Folkbuilder Oath at Midsummer, and was immediately accepted in the Gothar Program.

At his ordination at Baldrshof during Freyfaxi, Nathan took his Gothar Oath before performing the Freyfaxi Blot. I was unable to be there, but thanks to Witan Brandy I got to see it all through video call. Nathan is also responsible for hosting the AFA's annual

Feast of the Einherjar, which he has for the past 3 years.

Recently, he was named the Folkbuilder Coordinator for the AFA. When the idea of naming a coordinator came up, Nathan's name was the only one that came up. We have many amazing Folkbuilders in the AFA, however Nathan was the clear choice. The AFA is better with Nathan in it.



“Gothi Erlandson has been a driving force in Baldrshof District and in the Asatru Folk Assembly. His passion, diligence, and steadfastness are an anchor for his friends, his family, his Folk, and his Church. Thank you, Nathan for all you do to protect and support the people and Folk that you love.”

– Witan Brandy Callahan

“Gothi Nathan Erlandson is a great example of many of our Asatru Virtues. He’s certainly hard-working and industrious, forthright and perseverant. He’s the embodiment of self-reliance—and quite literally such, he was the selected by his peers to be the chosen guest on Victory Never Sleeps on the episode all about it. Gothi Erlandson is a catalyst for right action and forward progress, helping to lead the AFA’s

team of Folkbuilders. He's a strong man, a proud man, and I'm proud to be able to work with him daily."

– Folkbuilder Nick Rice

"Goði Erlandsson has always been an inspirational person to me, the conduct of his character and strength of his resolve is absolutely something to aspire to. His dedication and steadfast commitment to the AFA is truly remarkable, and the faith he displays in the Aesir marks him as a true leader. The example he sets at Baldrshof makes all of our leadership team very proud to meet the high standards of excellence that he has set for us. Not only is he a great leader, he is also someone who cares deeply about our folk, providing exceptional counsel and advice for those in need. He is organized, coordinated and extremely professional and exemplary Goði."

– Folkbuilder Stian Penner

"Goði Nate Erlandson is someone who steps into a position 110%, and I can say this because I have personally witnessed it on multiple occasions- helping revive Baldrshof, Folkbuilding, becoming a Goði, being the Folkbuilder Coordinator- just to name a few. As a former US Army Infantryman, he chases his goals with the spirit of a warrior and a dogged determination that reminds us how our Folk shaped the world so many times in our history."

– Gothi Trent East



Witan Daniel Young
dyoung@runestone.org

Folkbuilder Spotlight

Folkbuilder Heather Young | South Carolina



For those of you that don't know Heather Young, she is a shining beacon for our Folk. She is who one thinks of when someone says Folkbuilder or Frith weaver for our Church. Heather is directly involved with the management of Thorshof which includes the beautification project, National Event planning and execution for Ostara, she works seamlessly across the AFA as a whole bringing our Folk community, local community work such as a food pantry, coat drives, and toy drives. As if her days weren't filled already, Heather is also studying to become a Gythia for the Church.

“Folkbuilder Young is an outstanding example of a Frithweaver. She spends countless hours reaching out to our folk to help them with their needs, large and small. She is an

outstanding Folkbuilder, amazing woman, and one of my dearest friends. Thank you, Heather for all you do!”

– Witan Brandy Callahan

“Heather is one of the most caring and industrious people I know, both traits that certainly make her an awesome Folkbuilder. She is hard-working, always willing to lend a helping hand, and more than happy to lend an ear as well. She works very hard in a variety of areas with the Church, acting to maintain Thorshof and its leadership.”

– Folkbuilder Nick Rice

“Working with Folkbuilder Heather Young is always a joy. She attacks any problem thrown at her head-on and with a smile. The passion she has for our Church and the love she has for our folk shines through in every interaction. Whether she is spearheading the food pantry, serving meals to our folk, or weaving frith amongst our membership, no task is too great or too small. Her grace and piety bring a light that we couldn’t do without. She is a role model for our women and our Folkbuilders.”

– Folkbuilder Tyler Bethea

“Heather Young exemplifies the ideal Folkbuilder, demonstrating unwavering dedication and commitment to both the folk and her spiritual beliefs in the Gods. She always works to ensure that everyone enjoys themselves, and she spares no effort in supporting the folk in any way she can, from planning events and cooking meals, to outreach amongst AFA members around the country. Heather’s genuine kindness and compassion shine through in every interaction, making her one of the most pleasant individuals I’ve had the pleasure of knowing.”

– Folkbuilder Robert Shotwell

As the above folks have stated, Heather Young is one of the most prized members of AFA leadership. She exemplifies everything it means to be a leader of our Folk and is without question the tip of the spear for our members. Thank you, Heather, for all that you do for the Gods, The Church, and our Folk.

Hail Folkbuilder Heather Young!

Gothi Nathan Erlandson

nerlandson@runestone.org



Be A Doer



We need you to volunteer for the AFA!

Yes, you. We have work to do and need folk who are artists, editors, writers, accountants, lawyers, publicists, reputation managers, professionals of all manner, technical support, web developers, system admins, tradesmen, craftswomen, and more. See the list of amazing projects we have below. We will find a way for you to help our Folk.

Please email volunteer@runestone.org to help us make a difference in our world.

Baby Blanket Project

The Women of the AFA are proud to be continuing this fine and noble work we call the Baby Blanket Project! We're committed to ensuring all new babies born within the AFA are gifted a handmade — knit, crocheted, or woven — baby blanket! It's just our little way of celebrating each new addition to our folk!

This project has been going strong for nearly a year now, and has been a rousing success! The Ladies of the AFA have knitted, crocheted, and sewn beautiful baby blankets for over 20 of our littlest folk, with more on the way. They've been delivered everywhere from Alaska to Florida, California to Sweden!

If you are a member of the AFA who is expecting a baby, please let your Folkbuilder know so we can get a blanket to you. If you would like to contribute, either financially or by volunteering as a baby blanket crafter, let your Folkbuilder know about that as

well, so he can get you in touch with the right people. It's so rewarding to see your handicraft being loved by our little heathens!

Would you like a blanket for your newborn, or to donate and help with yarn costs (yarn is expensive!)? Please email babyblanket@runestone.org today!



Folk Services



For some, it may be a natural disaster. For others an unexpected change in health, and for some just an unforeseen chain of events. Whatever the case may be sometimes we find ourselves in a sticky situation, and although we try and to work and do our best to pull ourselves out, sometimes we may need the help of our Folk community to give us a hand...

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.

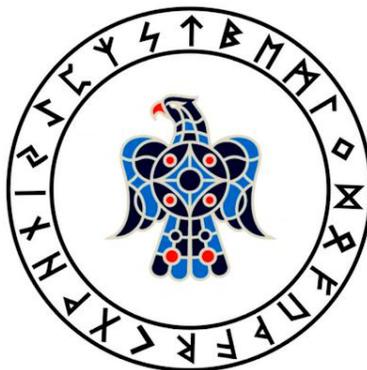
If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact us at prisonministry@runestone.org.



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.

Artisans of the AFA Support Our Folk

GOTHIC RUNES



FRITZ MAES

GOTHIC RUNES

Energy Elements Ethnicity

Fritz Maes

Final Revised Glorious Edition 03 March 2024

"Fritz Maes' latest book, Gothic Runes, is a precious jewel. In a genre saturated with every other kind of runes - Younger, Elder, Anglo-Saxon, Frisian, whatever - it is a delight to find a competent volume on the runic lore of the much-neglected Goths.

Maes' book breaks new ground, and is illuminated by his knowledge of, and passion for, the mythic and somewhat mysterious Goths. Already known for his works on medieval German weaponry and fighting traditions, he applies a scholar's mind with a refreshing passion to breathe life into the runic tradition of the Goths. Well done!"

— Stephen McNallen

Please consider purchasing your copy of my book from Lulu:

<https://www.lulu.com/shop/fritz-maes/gothic-runes/ebook/product-yv7vgyw.html>

BTW: Anyone who has previously bought my book may email me to verify that and request free copy of latest edition + FM

fritzmaes@yandex.com

Best Regards,

Fritz

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

German Sweet Milk Rolls



Ingredients

- * 450 g all-purpose flour (use weight, not cups for accuracy)
- * 250 ml milk, lukewarm
- * 1 pouch dry yeast (7 g or 0.25 oz)
- * 2 Tbsp vanilla sugar <<https://amzn.to/3PGIAZ6>>
- * 2 Tbsp sugar
- * 1 Tbsp honey
- * 1 egg

- * ½ tsp salt
- * ½ stick butter, cut in slices (=56g) at room temperature



Instructions

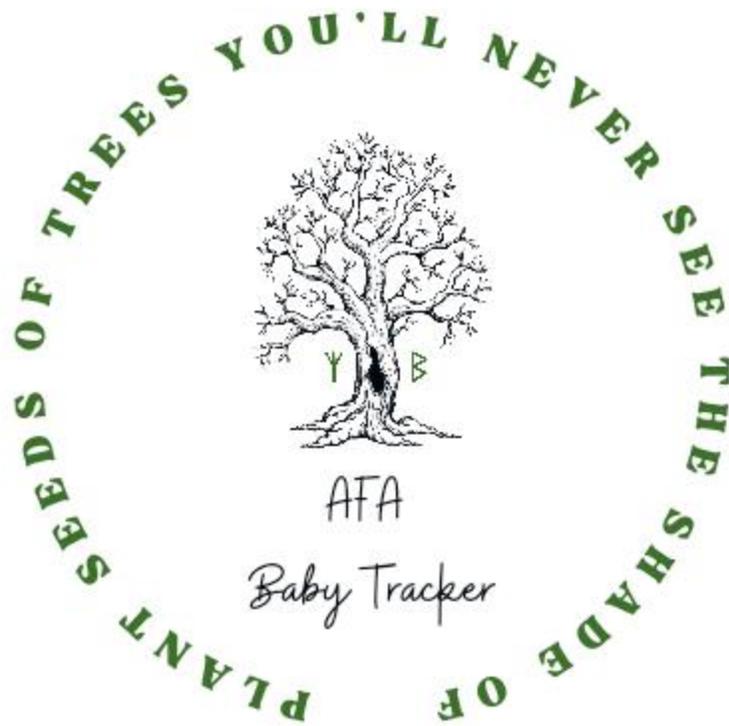
- * Use some of the warm milk to dilute the yeast in a small bowl.
- * Add the flour to a large mixing bowl.
- * Add the yeast milk mix to the flour, cover and let stand for 10 minutes.
- * After 10 minutes add the sugar, vanilla sugar, honey, salt and the egg.

- * Give it a quick mix until the ingredients are mixed well, then add the butter.
- * Mix the dough for 10 minutes.
- * After 10 minutes mixing, cover the bowl with a damp towel and let the dough proof for 2 hours.
- * After 2 hours the dough should be significant larger.
- * Give it a quick knead and if you have time, let it rest for a few minutes.
- * Preheat the oven to 350°F.
- * Divide the dough into 9 parts of equal size.
- * Each dough part gets shaped into a sphere by moving it with a hollow hand in a circle on the table.
- * Grease a baking sheet or a casserole with butter and place the rolls there.
- * You can either place them close to each other, so they grow together, or apart so they bake separate.
- * Bake at 350°F for about 20 minutes (more or less, depending on the oven and size of the rolls).
- * Remove the rolls from the oven, let cool. Best enjoyed warm and fresh.



Folkbuilder Sara Ault
sault@runestone.org

Baby Tracker



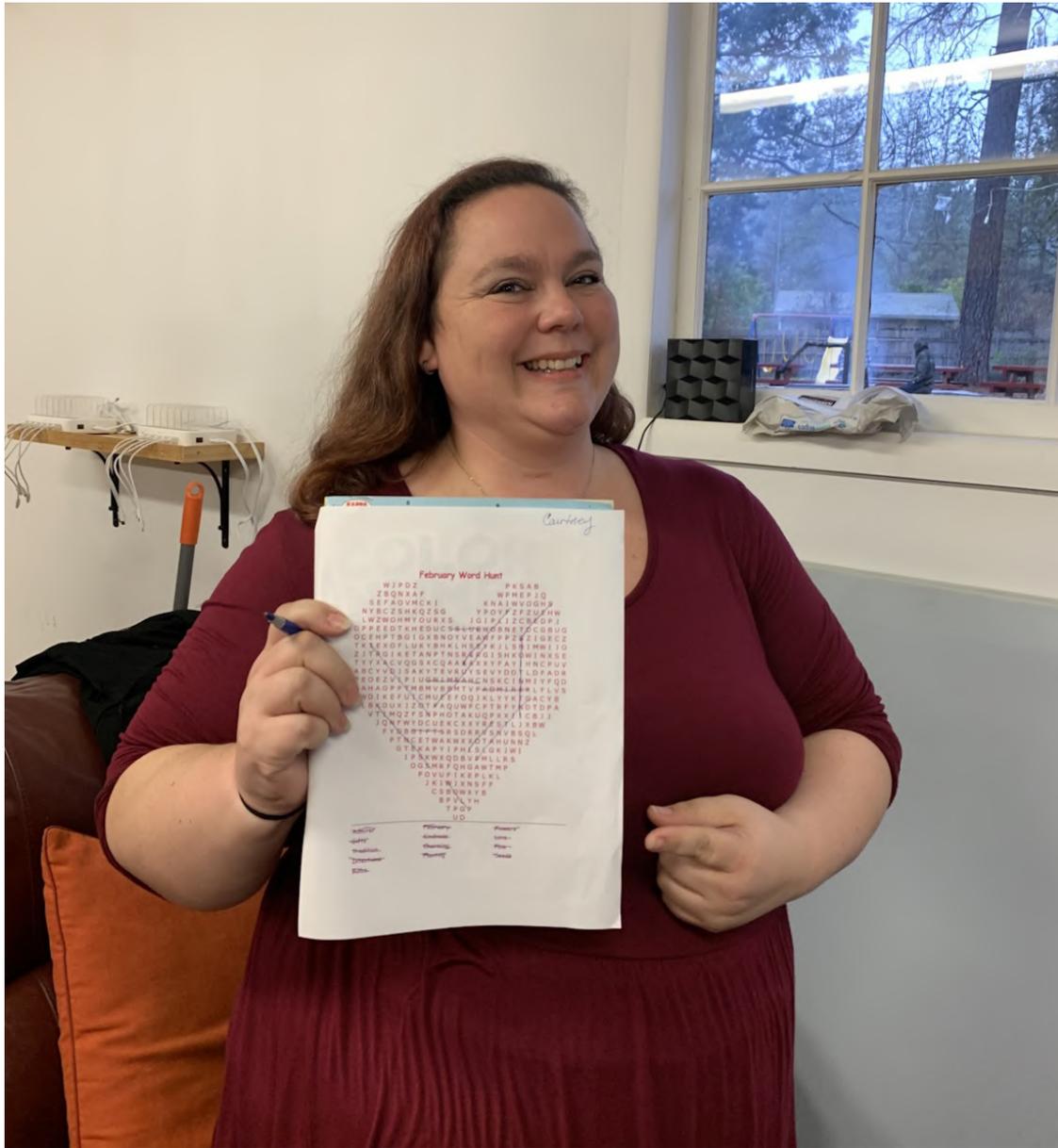
To show the growth of our folk we present to you an ongoing baby tracker. We will be keeping track of how many children have been and are born within the AFA from 2022 and forward. The ongoing tracking is proof that we are building something sustainable for the future of our folk, which is a place for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

Total babies born in 2024: 5

Just for Fun



Apprentice Folkbuilder **Hope White** took 1st place in completing February's word search. Hooray! It was definitely a fun one, and a couple of ladies at Óðinshof raced each other to complete it at Charming of the Plow.



Courtney and Caitlin finished the puzzle with smiles on their faces, worthy of honorable mentions.



Thank you to all who participated!

A huge shout-out also goes to our youth participants, **Kara, Russell, and Madilene** for their efforts in completing the kid's maze and creating a "LOVE" acrostic poem this month!

LOVE Maze

Write a Valentine's Day Acrostic:

L Laugh

O Optimistic

V Valuable

E Enchanting

www.BrainyMaze.com

Images (c) Hidesy's Clipart & Little Red

LOVE Maze

Write a Valentine's Day Acrostic:

L

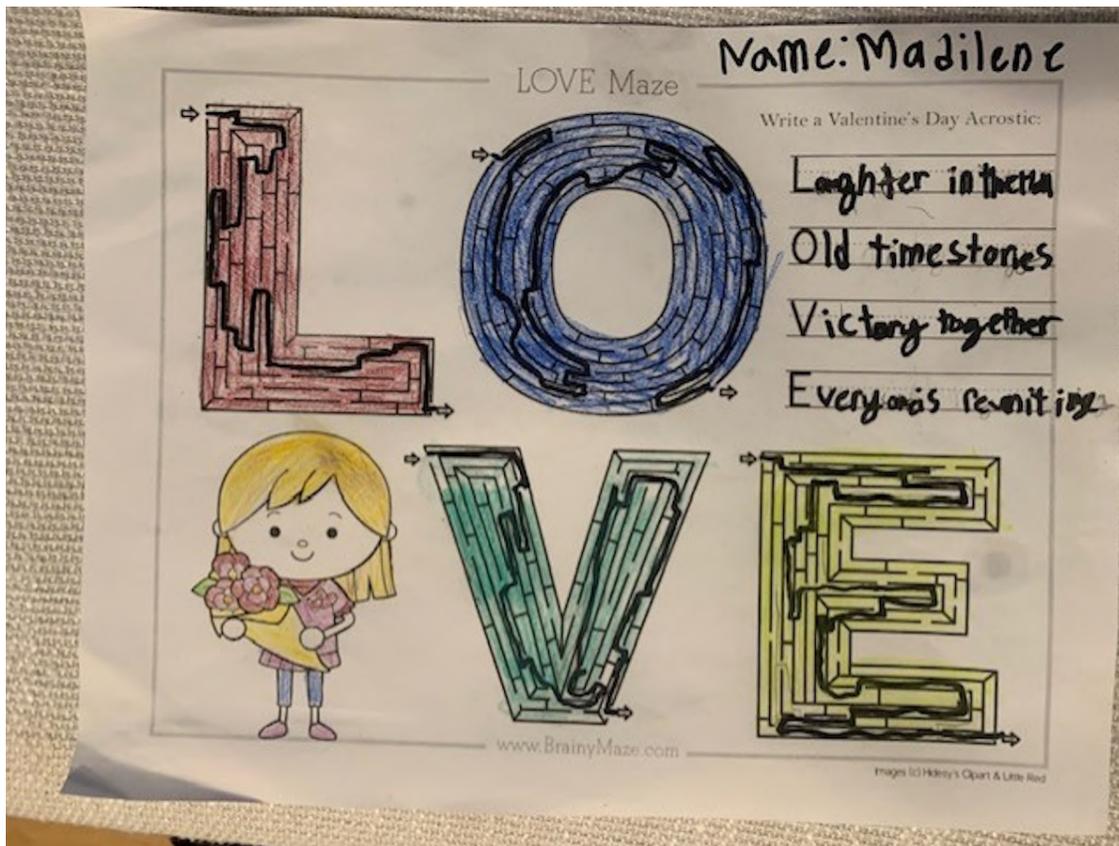
O

V

E

www.BrainyMaze.com

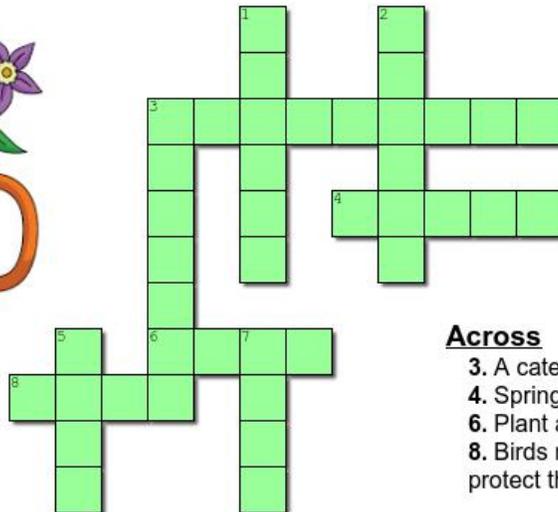
Images (c) Hidesy's Clipart & Little Red



As we welcome the return of Spring, I invite both members and youth to participate in a fun crossword puzzle and to enter the contest for the best AFA Ostara egg design!

March Crossword

You're invited to complete and send proof to press@runestone.org!



Across

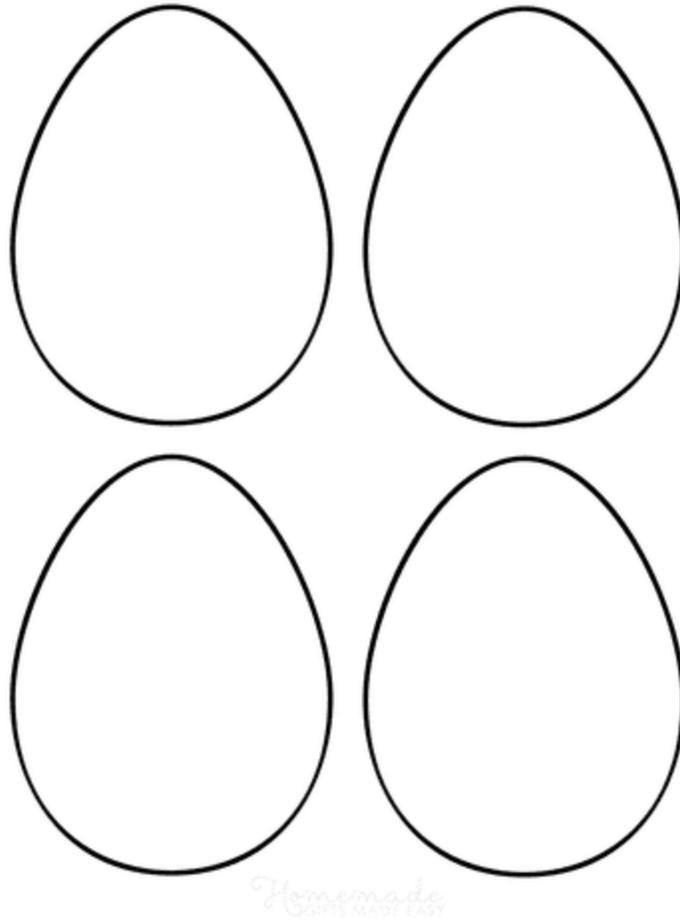
- 3. A caterpillar turns into a _____.
- 4. Spring starts during this month.
- 6. Plant a _____.
- 8. Birds make a _____ to lay and protect their eggs.

Down

- 1. goddess we call upon this month
- 2. The first day of Spring lands on the _____ equinox in the northern hemisphere.
- 3. colorful arc in the sky after rain, guarded by Heimdall
- 5. Ice and snow _____ when they warm up.
- 7. We dye, decorate, and hunt for these.

Created using the Crossword Maker on TheTeachersCorner.net

The best AFA eggs in the "Member" and "Youth" categories will be featured next month! Please send your design entries to press@runestone.org.



Have a Fun and Magical March!



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Online Events and Meetings



VIRTUE RECOVERY MEETING

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

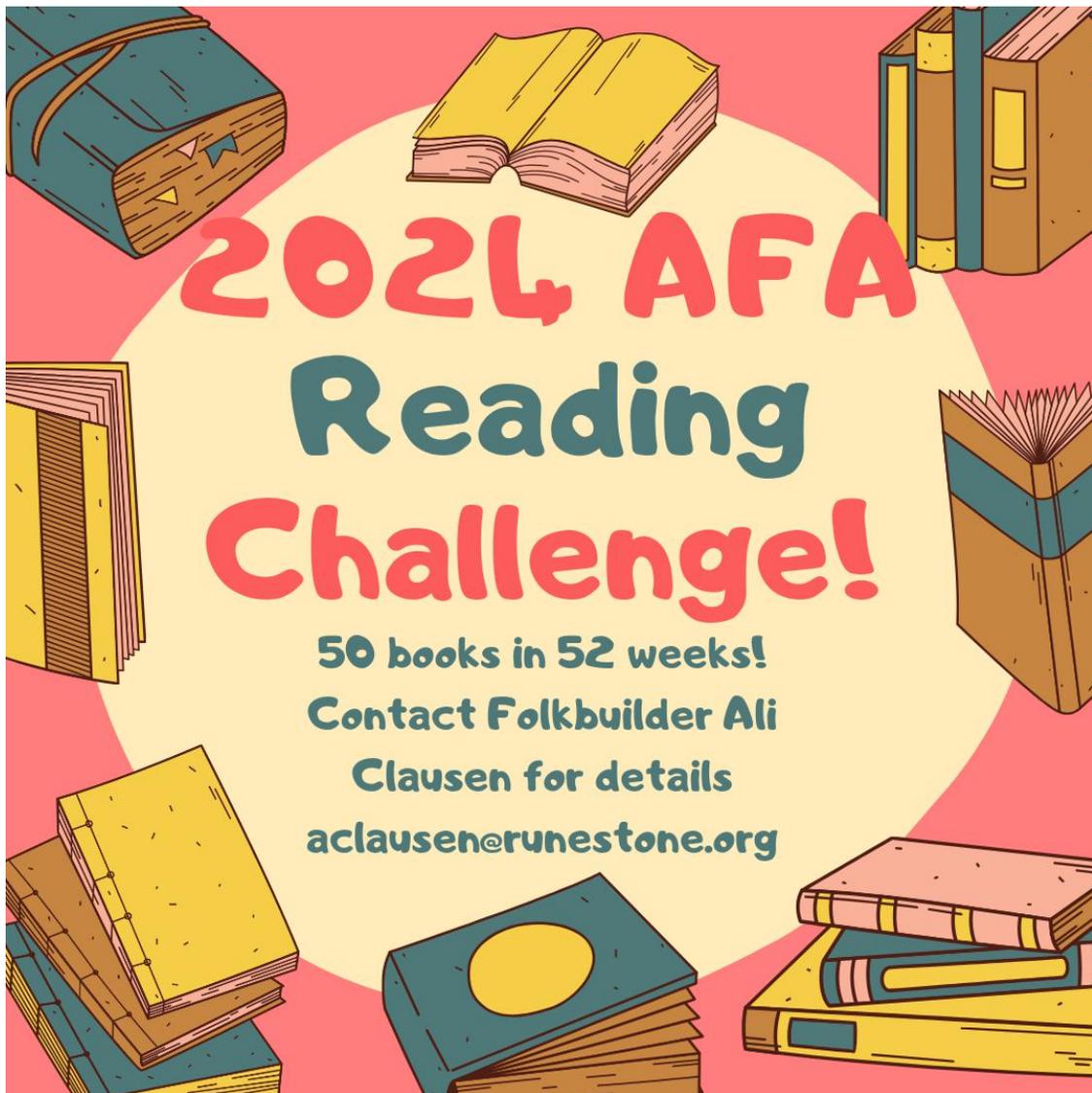
SATURDAY 9AM CST
(7AM PST, 10AM EST)

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

Folkbuilder Ashley McStocker with any and all questions!

AMcStocker@Runestone.org





AFA Reading Challenge Meetings



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

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

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

Ladies Book Study

Revolt Against the Modern World

by Julius Evola

Dates:

7 pm CST

January 25th

February 8th

February 22nd

February 29th

March 7th

March 28th

April 4th

April 11th

**Free PDF
and meeting link
in Mewe Ladies Group**

**For more information contact
Witan Brandy Callahan
Folkbuilder Sara Ault**

Ladies Mysteries Podcast

Seidr

March 10th

3 pm PST, 4 pm MST, 5 pm CST, 6 pm EST

Witan Brandy Callahan

Gythia Anna Plourde

Gythia Catie Erickson

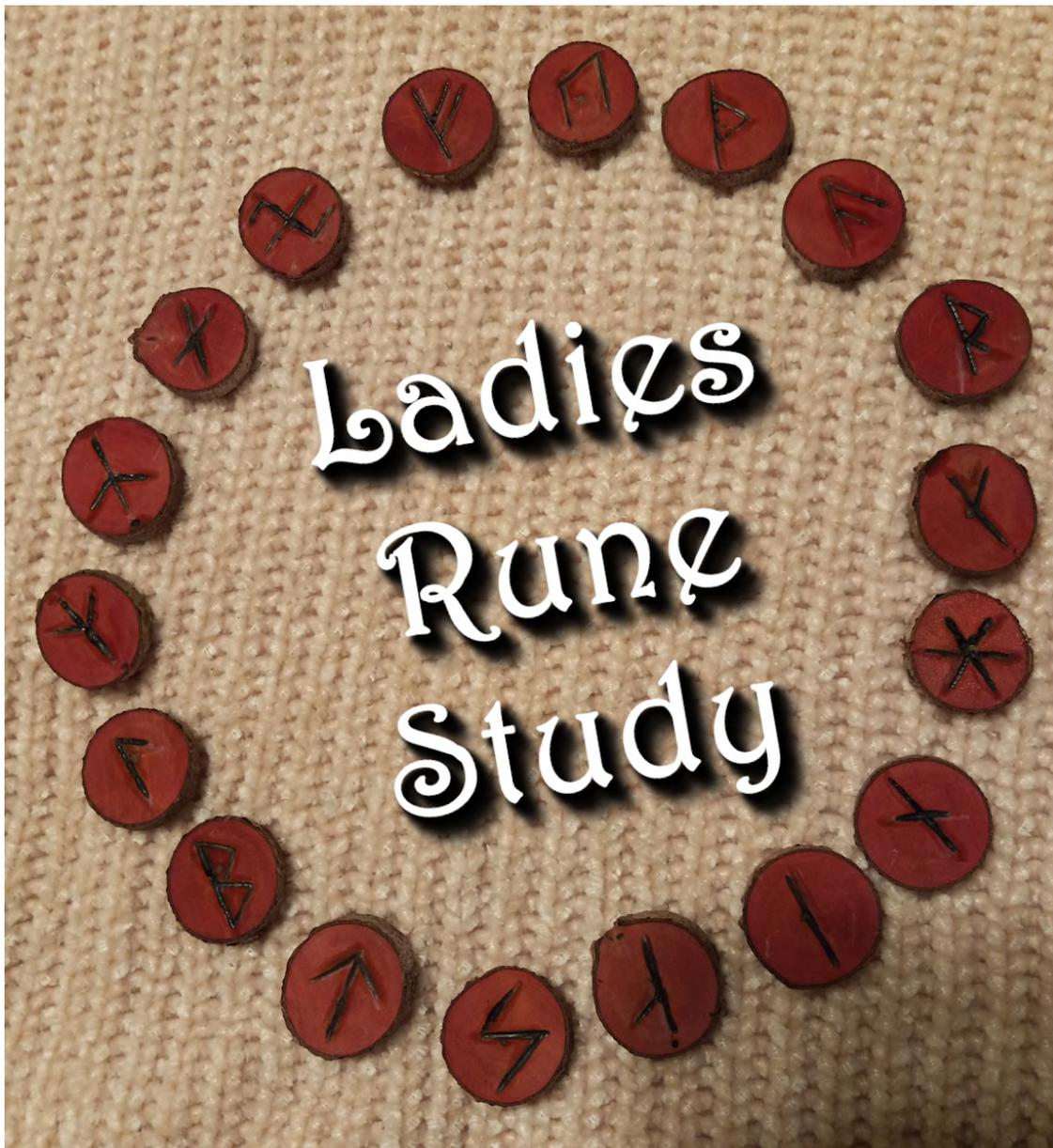
Folkbuilder Heather Young

Folkbuilder Sara Ault

Folkbuilder Ali Clausen

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

Hope to see you there!



Starting February 3rd, at 1pm Eastern

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

**Lore Study with
Gothi Jason Plourde**
Join us every Monday night

at

8:00 pm EST

7:00 pm CST

6:00 pm MST

5:00 pm PST

4:00 pm AKST

**Each study begins with trivia questions
from VNS and the previous week's
reading. A winner is announced monthly.**

**The link can be found in the AFA
Spiritual Excellence Group on Mewe.**

**For more information
reach out to Gothi Plourde
jplourde@runestone.org**



For our AFA Folk who are 50 and over

Eldri

Teams Meetings

TUESDAY EVENINGS:

March 5th & 19th

5:30 PT 6:30 MT 7:30 CT 8:30 ET

FRIDAY AFTERNOONS:

March 8th & 22nd

2:00 PT 3:00 MT 4:00 CT 5:00 ET

Join us for animated conversation where we share wisdom & reflections while building bonds of friendship.

Copy this link into a browser: <https://tinyurl.com/yc289cn8>

Hosted by Gythia Sheila McNallen

February Sister's Fitness Winner



The winner of the February Sisters Fitness challenge is Ceilidh McPhee of New Zealand!

Ceilidh has been consistently working hard in our group and is so deserving of this victory. Every month she has made reasonable goals, continually building off her previous goals.

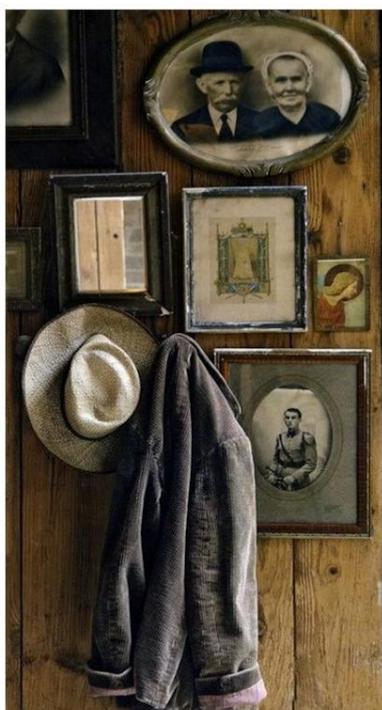
She has shown true perseverance and despite any setbacks she always continues to the end.

Congratulations Ceilidh!

All women of the AFA are welcomed and encouraged to join our AFA sisters' fitness group. Everyone's goals are self-determined and whoever is most consistent wins!

— Corrie Proudfoot, member, Minnesota

Genealogy and Kinship Charts



Come on, AFA family!

1) The AFA Genealogy MeWe group has added “chat”. We can now share tips, discoveries, resources and all the goodies of family tree research.

2) Create a Gedmatch.com account to obtain a “kit number” to find your DNA matches with other AFA members.

Send your Gematch Kit # to
Sheila@runestone.org

for inclusion on our next **AFA KINSHIP CHART**

See how closely you’re related to other AFA members. 72 people so far, and counting!

Gythia Sheila McNallen

sheila@runestone.org



Submit Now to the Runestone

Took some awesome pics at a moot or event? Were you at the Hof recently?

A collection of various cameras and lenses, including Sony and Canon models, arranged on a yellow background.

We'd love to see 'em. Send to Photos@Runestone.org



Folkbuilder Nicholas Rice
Editor, *The Runestone*
nrice@runestone.org

Baldrshof

Ancestor Altar



All folk are welcome to bring framed photos of their deceased loved ones to be placed on the ancestor altar at Baldrshof!

If you are unable to bring the photo, you are welcome to email a digital copy which will be printed, framed, and hung on the ancestor wall. We also ask that you provide your name, the name of your ancestors, birth and death dates of they are available, as well as a memory, story, or dedication about them. This information will be printed and placed into our book of ancestors kept next to the ancestor altar. Of course, the ancestor can

remain anonymous, but remember that our immortality is in our names and stories being spoken by the folk!

Please contact Folkbuilder Jessie Shaffer for more info or to submit your ancestor pictures and information.



Folkbuilder Jessie Shaffer
jshaffer@runestone.org

Food Pantry at Baldrshof



We hosted another successful food distribution at Baldrshof preceding our Charming of the Plow event. We consistently have the quality problem of having an abundance of Frozen meats and dinners. Cuts from our local donators that are a staple to any Minnesota winter meal. This month, we were able to distribute over 400 pounds of meat to nearly 20 local families! IN ADDITION to the rest of the monthly goods available. This ranged from dinner rolls to donut holes and every food group in between. We are so looking forward to incorporating a small amount of seasonal and practical household goods, to build and inspire, from home to home!!



All our Folk donate their time and efforts in the True North! We would be lost and wandering if it not for our wee FLB brigade. (Future Leadership of Baldrshof, of course!) We are so humbled to be trusted contributors to any and all dinner tables in our beloved community that gave us the opportunity to pour our light and excitement into the heart of Murdock!



Folkbuilder Ashley McStocker
amcstocker@runestone.org

Charming of the Plow at Baldrshof



Charming of the plow at Baldrshof was an action-packed Saturday filled with great Folk, love, and worship of the Gods! A delicious lunch was provided by Witan Brandy, followed by a talk on the meaning of Charming of the Plow and fertility rituals by Gothi Rob Stamm. The Folk then were witness to a powerful womb blessing by Witan Brandy, followed by a couples blessing performed by Witan Brandy and assisted by Gothi Stamm. the day didn't end there!



The Folk gathered for a dual blot honoring both Lord Freyr and Nerthus, performed by Witan Brandy and Gothi Stamm. After the formal blot the folk processed outside where the Baldrshof plow was ritually blessed by Gothi Stamm and Witan Brandy, and the ladies of Baldrshof performed their very special ritual of waking up the earth. The good

Folk of Baldrshof were then privileged to witness a beautiful wedding of our own Jaime and Sam Alainn performed by Witan Brandy, followed by dancing and cake.



We enjoyed a very busy Saturday filled with ritual and folk time! Every event at Baldrshof feels like a family gathering, and Charming of the Plow was no exception. Love was in the air as the folk of Baldrshof woke up the earth, charmed the plow, and communed with the Gods to ensure a fruitful and fertile season ahead!



Gothi Rob Stamm
rstamm@runestone.org

Upcoming Events at Baldrshof

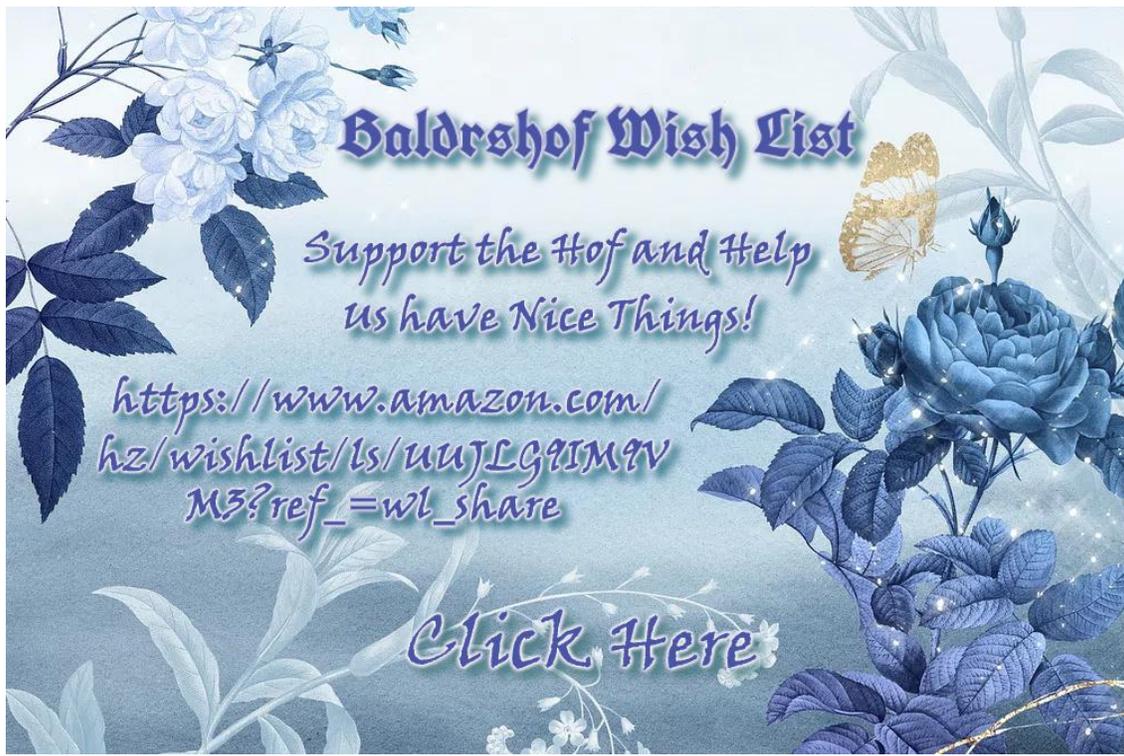


Join your Folk in celebration of Ostara, Friday, March 15th at 12 noon through Sunday, March 17th at 12 noon.

- 6 meals
- Daily fika
- 4 blots
- High Sumbel
- Baldrsball
- Daily morning dedications
- Educational discussions
- Multiple crafts and activities for children
- Egg hunt
- Women's spiritual group

Contact any of the local leadership for travel and accommodation recommendations.

Help Keep Baldr's Light Shining



Illinois

A Cozy Moot: Conversations Over Coffee and Confections



I made my first official moot at a quaint coffee shop in Willow Springs, IL. Our group of five with the cutest baby making six embarked on a late morning of specialty lattes, sodas, muffins, cakes and paninis.

We spent two hours chatting about life, recipes, future moots and of course the cutest attendee, the baby.

Thank you for making my first hosting moot a successful one!

Hope's Herbs



With Spring around the corner this is a perfect time to start learning about different herbs and spices that are medicinal as well as delicious for seasoning or to drink.

My plant of choice to share this month is the common teasel plant. I say plant instead of herb because the most common use of this plant is the root, which would categorize this as a spice. Teasel leaves are able to be used as well in medicine, but the root is more common.



The teasel root is what most old school herbalists rely on for anything osteo. Osteo refers to bones. The root has a long history of helping the healing process along when one may have a fracture. Teasel root is also known to help ease the symptoms of Lyme disease. Especially for joint pain and inflammation. Inflammation leads us to the next usage of teasel root. Teasel root has anti-inflammatory properties and can also be used in pain relief much like ibuprofen. Some other ways teasel root can help is in detoxifying the liver, promote immune health, and can also help in urinary tract infections. To treat any of these with teasel you only need to make a teasel root tea. You'll need to roast your root first; some people even dehydrate the root. Either is fine. Find what you like best. In my opinion, teasel root alone is not great. I generally add chamomile or lavender with some honey to help with flavor. Another great way to make a teasel tea is with cocoa nibs, cinnamon, and honey.



What about the leaves of the teasel plant? This herb is useful but not as beneficial. The leaves are good for helping to make poultices for wounds. The leaves here can help with healing, fighting off infections, as well as pain management. To make a poultice gather and clean your leaves. Add in other leaves that could help such as plantain or comfrey. Crush or chop your leaves. You want to do this because bruising them (like you would during cooking) releases all that goodness. You can use a blender, mortar and pestle, or just a kitchen knife. You want to try to get it to a paste-like consistency as much as possible. Apply the poultice and secure it with a covering. Cotton or linen cloth is great but, use what you have on hand, just cover and secure the poultice in place. Change the poultice depending on the wound. This can be done every 30 minutes to twice daily. You can dry the leaves the use later in the year when needed or even crush it up and use in tea as well. I've made some into pill form for the diuretic properties.

As with anything before using herbs medicinally, it is important to talk to a healthcare professional. Herbs can interact with other medicines as well as have adverse effects with some conditions.

Upcoming Events

Hiking Moot

Palos Hills, IL

March 23, 2024

11:00am

Completely free,
bring lunch & beverage for the trail

Contact Hope White
hwhite@runestone.org



Hope White
Apprentice Folkbuilder
hwhite@runestone.org

Iowa

The Wyrđ Of My Oath



I decided to travel to Njörðshof for Charming of the Plow and experience this amazing event dedicated to Lord Freyr in the temple of His father. This was my first time visiting Njörðshof, or any Hof other than the bestesthof Baldrshof. I had a great time getting to meet many great folks from outside of our district, some of note, Gilbert Page, Tracy Adler, Jace Cameron, and Michael and Emily Cosgrove. I helped with the biggest food pantry I have yet to be a part of; we fed 74 families in the White Springs community. We had some of the best food I have ever had...Folkbuilder Mike Joyner truly puts his heart in every part of each meal that filled the bellies of 72 folk throughout the event...that I got to help serve.



In-between rituals and Folk time, the Folk were assembled in the sanctuary and there we talked about the importance of Oaths by Alsherjargoði Flavel. As he finished this talk, he called my name and asked if I was ready to take the Folkbuilder Oath. My reply was, "Yes sir!" and I joined them in front of Njörðr. To take my Oath in front of Njörðr was an honor, knowing Njörðr was with me during my travels on the great blue while overseas was a beautifully perfect way to officially end my time from the Navy and move into bringing our Folk home and assisting in the building of the ever-growing Asatru Folk Assembly. I took the Folkbuilder Oath with Jordan Wells, whom I spent plenty of time with completing tasks around the Hof. Jordan and I were the first to take an oath on Dauntless which hangs above the doors in the sanctuary of Njörðshof. It truly was a wonderful experience and time well spent at Njörðshof.



After Charming of the Plow concluded a few of us took a trip to a beach in Jacksonville. I picked up some seashells from the shore, like I always have from each beach I visit and went into the ocean to hail Njörðr, Nerthus, Freyr, Freya, and Skaði. It felt right after the time I had spent in His Hof meditating at His mural. Make the trip and visit the other Hof's, explore Midgard!

Upcoming Events

North Central Iowa
Highway Clean-Up
April - TBD

RSVP w/ App. Folkbuilder
Chris McDowell

cmcdowell@runestone.org



Emily's 40th Birthday

Bonfire Party Moot

Saturday May 11 - 12, At our North Iowa Home

Free Food and Drinks

Free lodging and camping

RSVP with App. Folkbuilder Chris McDowell

Cmcdowell@runestone.org





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

SCENIC RIVER TOUR
MOOT

Iowa Falls, IA

Saturday, July 13

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



Folkbuilder Christopher McDowell
cmcdowell@runestone.org

Kansas

Introducing Coke Crawford



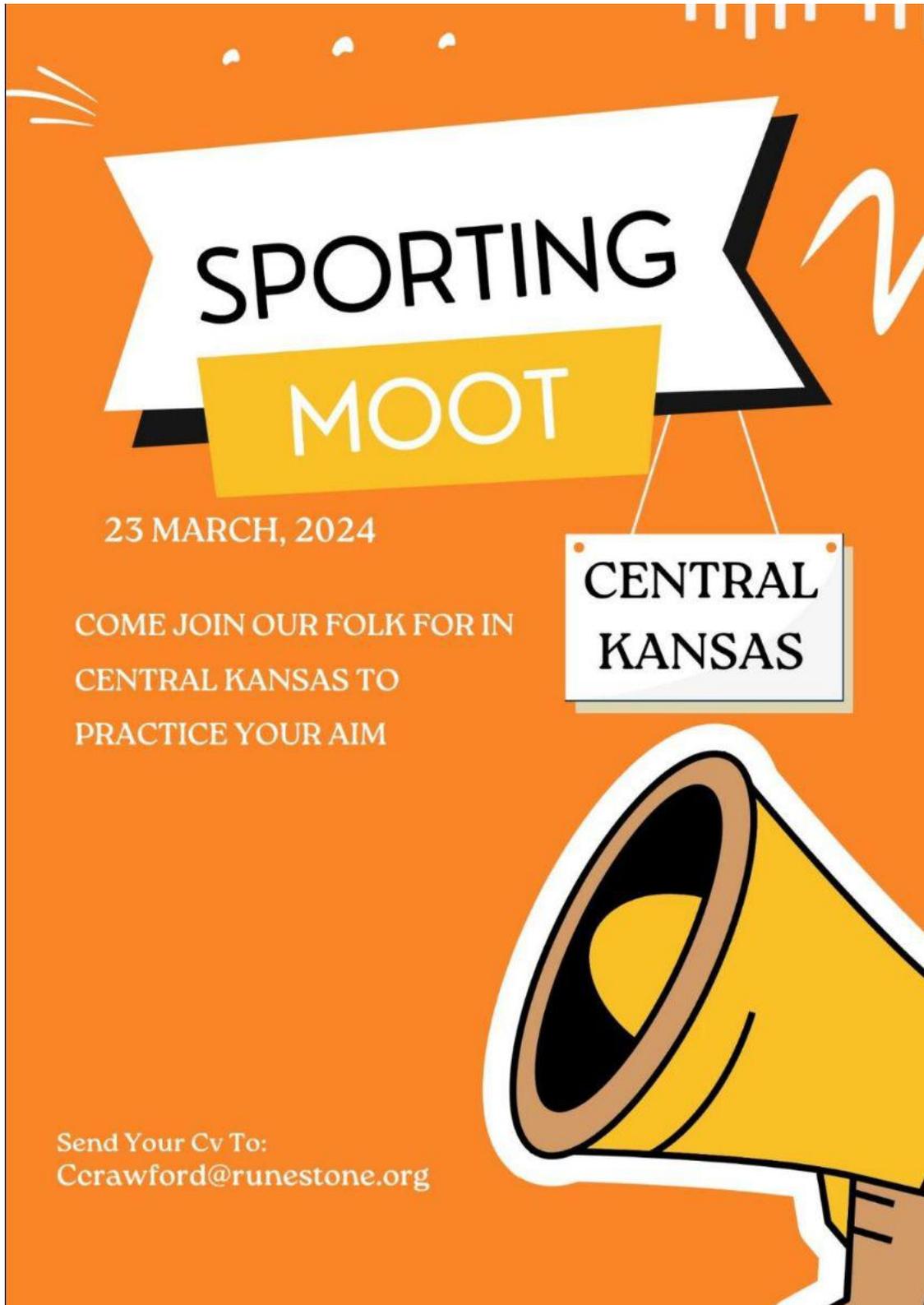
Hello all, my name is Coke Crawford, and I'm from Salina, KS. I'm married with 3 daughters. I have been a part of the AFA for over a year now. It's easy to just wait for someone else to step up and carry a light through the darkness for others to follow. Well, I'm tired of waiting, and that's why I'm happy to be an Apprentice Folkbuilder for the Baldrshof district. Like many of us, I have become unhappy with the culture that we are all forced to live in out in the world. Building a better one in its place starts with us. Together we can plant seeds of spiritual excellence and bring our people back to what made us great. Hail the Gods, hail the Folk, hail the AFA.

Lindsborg KS Moot



We met at Blacksmith coffee shop about ten o'clock, I introduced the other two AFA members that came to my wife and daughters, we enjoyed coffee while talking about a host of different things such as relationships, my new role as an AFB, health concerns, and work. After a couple hours, we went for a nice walk down the main street of Lindsborg KS, admiring the Swedish heritage and murals. It is a gorgeous small town. Before parting ways, a couple members had some gifts to exchange.

Upcoming Events



Send Your Cv To:
Ccrawford@runestone.org

Coke Crawford
Apprentice Folkbuilder
ccrawford@runestone.org



Minnesota

Folk Files: February



February was another great month of Folk and Frith! We started it off with a kids' pool moot at my Kindred sister's awesome gym! Slide and salt water made it that much more enjoyable for all.



A meal at the local mom and pop diner made it complete for a great day out with great Folk.

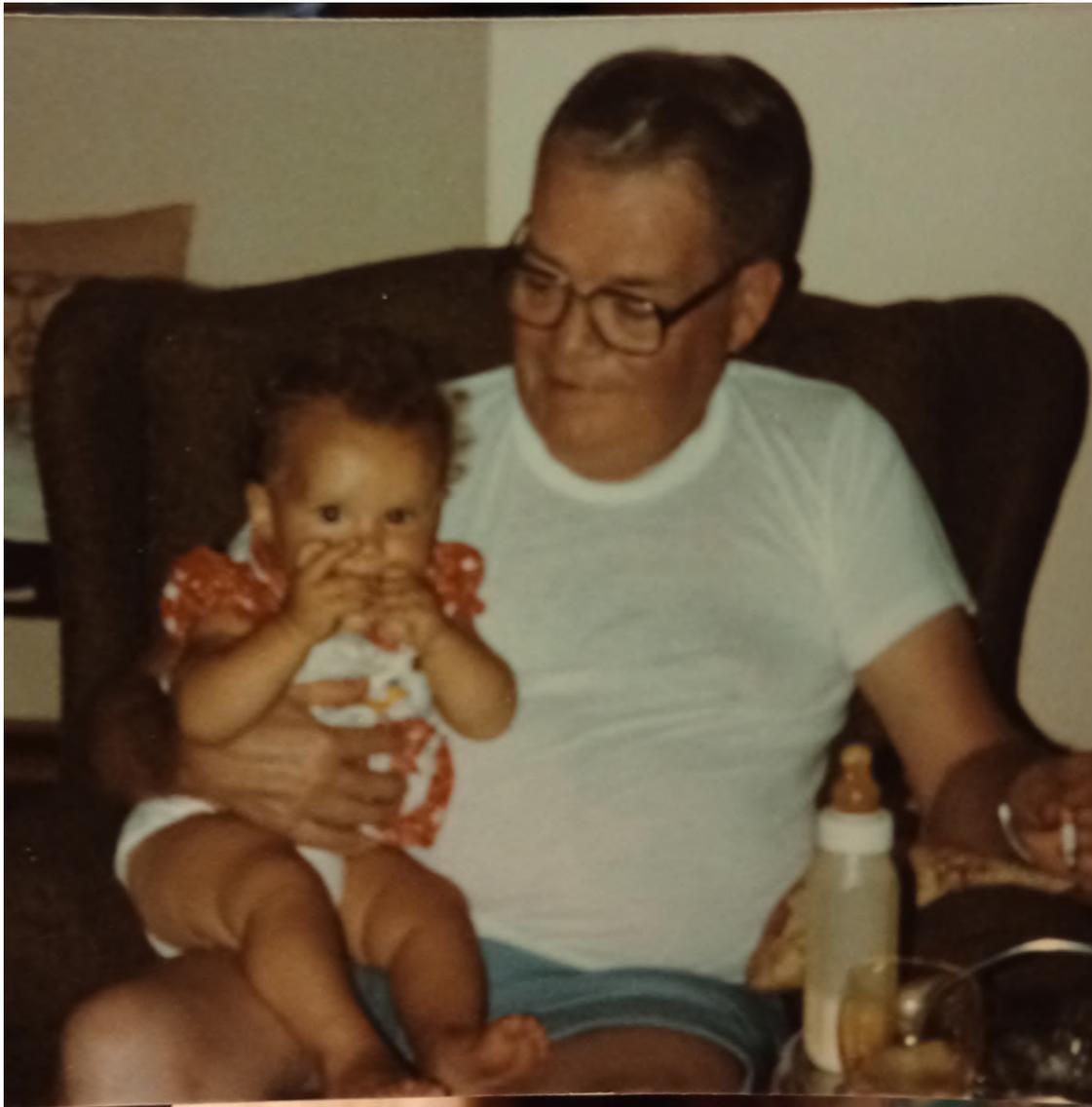


I was traveling mid-month and called up the masked folker himself, Folkbuilder Jason Gallagher, for a bite and great time with a few Folk from the cities. Never miss a

chance to touch base with that crew!!



My kids and I were up early shoveling and packing bags for the months' food drive. I love to see them enjoy our Hof as much as we do!



My grandfather would have been 24 years old this leap year. Didn't know much of him besides he was a mapper & radio man on the bomber planes in WWII, enjoyed a good joke, was a solid working homebody, and smoked like a chimney. Hail Edward Milo Shaffer!



Folkbuilder Jessie Shaffer
jshaffer@runestone.org

Minnesota Polar Plunge



This month team AFA joined up to raise money for the Special Olympics by entering a polar plunge in Minnesota. Unfortunately, we were not able to participate, but we still went to show our support for a great cause.



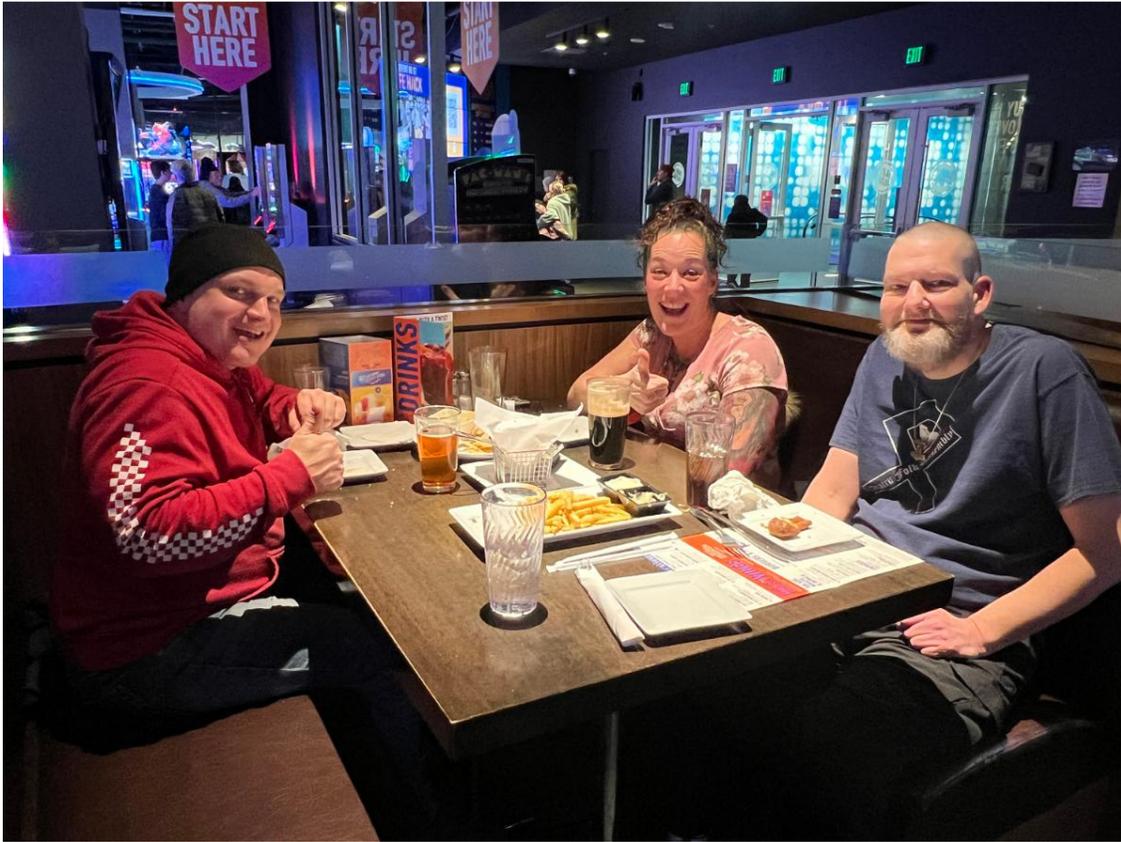


Shortly after, we headed over to a local bar and grill to eat and hang out! I love being a part of these charitable events, and there will definitely be more coming soon so keep an eye out for flyers on mewe!



Folkbuilder Bruce Perron
bperron@runestone.org

MN Events with the Folk

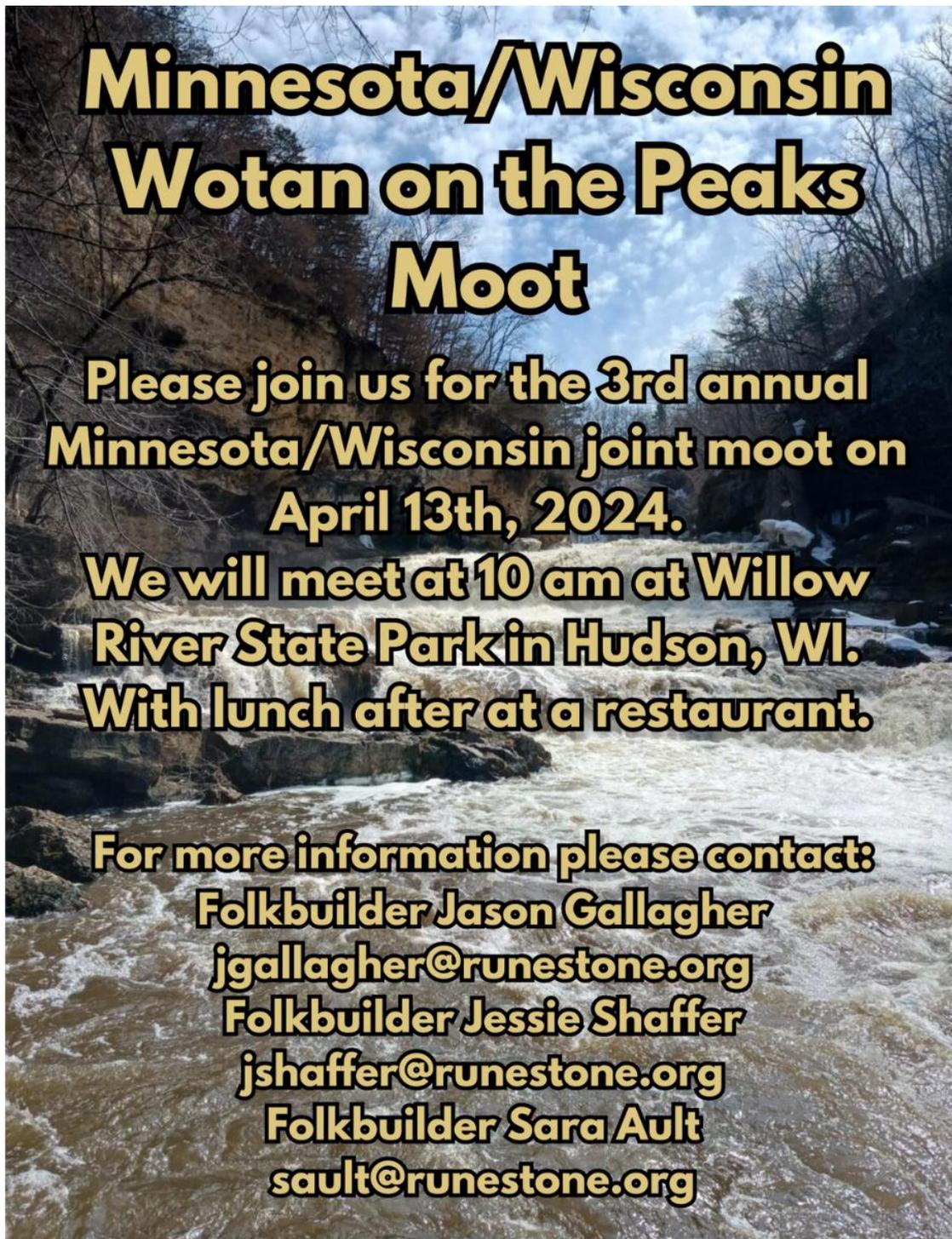


We are just a few weeks from Spring and lots of things in the works. Looking forward to our third year of our Wotan on the Falls event at Willow River State Park in Hudson, WI on April 13th at 11am. Hosted with Folkbuilders Sara Ault and Jessie Shaffer. This has always been a powerful event done by the waterfall after a light hike. Last year, the path was a snow hill and we had to improvise going down it. This year should be different. Please reach out to one of us if you are interested in attending. And we will end the event with lunch at a local pub.

Upcoming Events



The Three Stooges Movie Moot has been changed to Sunday March 10th at 11AM instead of the Saturday March 9th. We are less than a week away from lots of shenanigans and belly laughs. Laughter is the best medicine especially when it's slapstick comedy! Please let me know if you would like to attend.



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.



Second Annual Folkish Family Lake Superior Hike with Northern Blood Kindred 6/29/24

Contact Folkbuilder
Jason Gallagher
for more info
[jgallagher@
runestone.org](mailto:jgallagher@runestone.org)

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

Feast of Remembrance



On the first Sunday of February, Folk gathered in Alexandria, Minnesota to enjoy good food and Frith in honor and remembrance of Eyvind Kinnrifi.

We feasted on homemade (and easy) Chicken Walnut Pesto and spent the afternoon assembling puzzles and enjoying each other's company.



Chicken Walnut Pesto - Easy Version

Ingredients

• 1 lb. boneless, skinless chicken breast • 2 Tbsp butter • 2 cloves garlic • 1/2 lb. penne pasta • 2.0 cups chicken broth • 1 cup milk • 4 oz. cream cheese • 1/2 cup basil pesto • 1/4 cup grated parmesan cheese • black pepper to taste • 3 cup fresh spinach • 1/3 cup sliced sun-dried tomatoes • 1 cup chopped walnuts

Cut the chicken breast into 1-inch pieces. Add the butter to a deep skillet and melt over medium heat. Add the chicken to the skillet and cook over medium heat until the chicken is slightly browned on the outside.

While the chicken is cooking, mince the garlic. Add the garlic to the skillet with the chicken and continue to sauté for one minute more.

Add the uncooked pasta and chicken broth to the skillet with the chicken and garlic.

Stir to dissolve any browned bits from the bottom of the skillet. Place a lid on the skillet, turn the heat up to medium-high, and bring the broth up to a boil.

Once the broth comes to a full boil, give the pasta a quick stir, replace the lid, and turn the heat down to medium-low. Let the pasta simmer over medium-low heat for about 8 minutes, or until the pasta is tender and most of the broth has been absorbed. Stir the pasta briefly every two minutes as it simmers, replacing the lid quickly each time.

Add the fresh spinach, walnuts, and sliced sun-dried tomatoes. Stir until the spinach has wilted, then remove the pasta from the heat. Top the pasta with freshly cracked pepper. Serve with a side salad and bread.

The next remembrance dinner will be held Saturday, March 2nd, starting at 5 pm in honor of Olvir of Egg.

Upcoming Events

Remembrance Dinner for Olvir of Egg



Saturday, March 9th, 2024 * 5 pm to 9 pm

Alexandria, Minnesota

Contact Witan Brandy Callahan



REMEMBRANCE FEAST
FOR JARL HAAKON

Sunday, April 7th
starting at 1 pm
Callahan Residence, Alexandria, MN
bcallahan@runestone.org



Witan Brandy Callahan
bcallahan@runestone.org



Missouri

My Moot



On February 4th, there was a moot set up at a local blacksmith and antiques shop in Rocheport, Missouri. Unfortunately, despite checking online to make sure the hours were open, it was not. We could not be deterred and instead decided to go just down the road to the Katy Trail Park. Luckily for us, a couple minutes into the walk, we stumbled on a playground for our kids to play at. After a couple of hours at the park, we went to a café right next to the park for a quick meal. It was such a pleasure meeting up with other members of the AFA and I am really excited for the next moot!



Jordan Welch
Apprentice Folkbuilder
jwelch@runestone.org

Branson Missouri Moot



Got to see Christian in Harrison, but he was busy afterwards, I picked up Patrick and took off to Branson. I went and got Daniel, and then we met with Marlene at a pub, where they had live music, the band was really good. Many more exciting ideas to come there.

Folkbuilder Jesse Parton
jparton@runestone.org



Nebraska

Olvir of Egg



In the early eleventh century the Norwegian King Olaf II was continuing the Christianization of his country, following in the bloody footsteps of his god father Olaf Tryggvason. Much of the country had been converted already, many through torture and executions, but there was a stronghold in the central coast that was still committed to their ancestral faith.

After hearing that there were still Asatru celebrations happening in Trondheim, King Olaf summoned their leader to explain. The people of the region elected their Gothi, Olvir of Egg, to travel to the King on their behalf. Olvir explained that the gatherings were not, in fact, pagan worship but it was simply neighbors having feasts and sharing in each other's company. Satisfied with this answer, Olaf sent him home.

Again, Olaf was tipped off that there may be pagan gatherings, again Olvir went before the King and swore that they were only friends and neighbors sharing a meal and friendship. This time the King was not so satisfied with the answer. He sent Olvir back home, but also sent spies behind him.

These spies reported back to the King, the people of Trondheim were again planning a traditional festival. The Christian King was incensed that the people of Trondheim were not only practicing their ancestral faith, but also that Olvir had lied to him about the nature of the gatherings.

Olaf traveled north with armies and ships full of men. They launched their coordinated attack on the community under the cover of darkness. Olvir was captured, as were his friends, neighbors and other members of his community. Olvir was murdered for having deceived the king, the others captured were tortured and killed.

In recognition of the sacrifice made by Olvir, we, as modern Asatruar take the ninth day of March each year to remember his life and story. Olvir was a man so committed to his faith and the Gods that he lied to the King to protect those other faithful practitioners. We no longer have to lie and hide, for fear of torture and death, but we do need to explain ourselves quite often. In honor of his ability to provide a space to practice Asatru, it is our duty to do the same. We raise our children Asatru, we build and maintain Hofs to our Gods, we live our lives publicly Asatru and by the Virtues so that people will know that we are here, and we will not fold to the currents of modern society.

Upcoming Events



Lizard Moot

MARCH 10, 2024
10 am
LINCOLN, NE

contact folkbuilders cody and ali
clausen for details



Folkbuilder Alison Clausen
aclausen@runestone.org

Antique Mall Moot



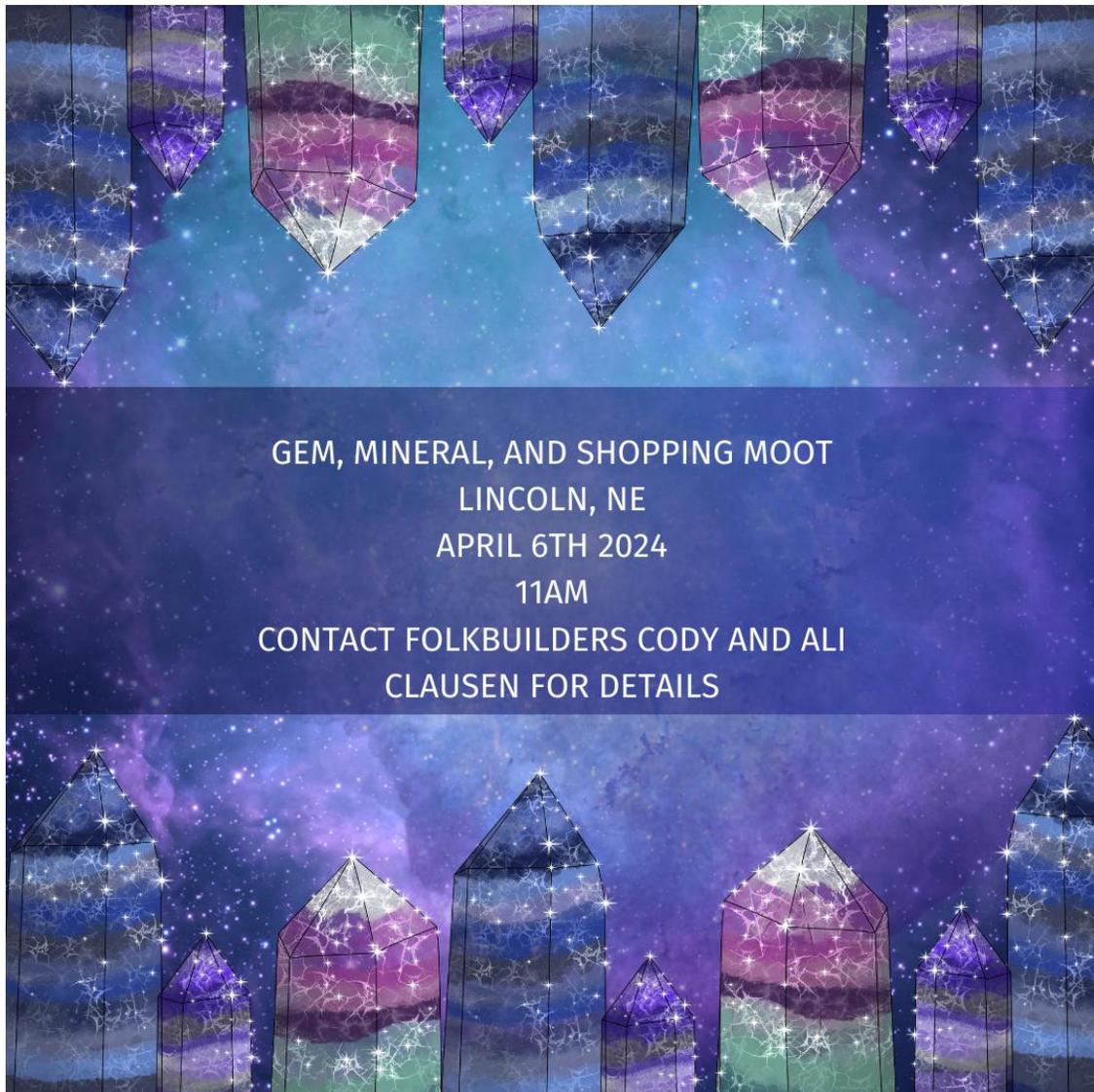
Antiquing is such a fun time, even if you don't walk away with something. Seeing all of the furniture, tools, and knick-knacks from a time past (or your childhood) is so cool.

We met up with one of our members at a large antique mall. It was huge, converted from an old department store into rows upon rows of other people's old junk. They had everything from old pull tab beer cans to full dining room sets. There was even someone's old Beanie Baby collection, which was definitely a good investment. In between debating whether or not to buy everything, we talked about life, joked around, and just enjoyed spending time together.

Towards the end of our trip through time, we started discussing where we were going to eat. Being small town folk, we didn't even think about needing reservations. Luckily, we found a place that offered dinner and a show: a little hibachi restaurant on the outskirts of town. It was a blast; I was almost as excited as the kids were! The food was excellent as well.

Before parting ways, we all talked about the sheer amount of fun stuff there was to do around town and threw around a few ideas for the future. We've got some big plans for the future, and we can't wait to share them.

Upcoming Events



Folkbuilder Cody Clausen
cclausen@runestone.org

North Dakota

ND Axe-Throwing and Dinner Moot



Hello from True North Folk kindred in the great state of ND! This month we had the pleasure to host an awesome afternoon of axe-throwing followed by a steak dinner.



We had many old friends and some new faces in attendance as well. Great conversation and many laughs were shared by all. It means very much to me to share in hospitality with my Folk. Next month will also have another Axe-Throwing Moot, followed by a homebrewed beer tasting and hors d'ouvres at my home! Thanks to everyone who traveled to meet with us, and we will hopefully see you again next month!

Upcoming Moots

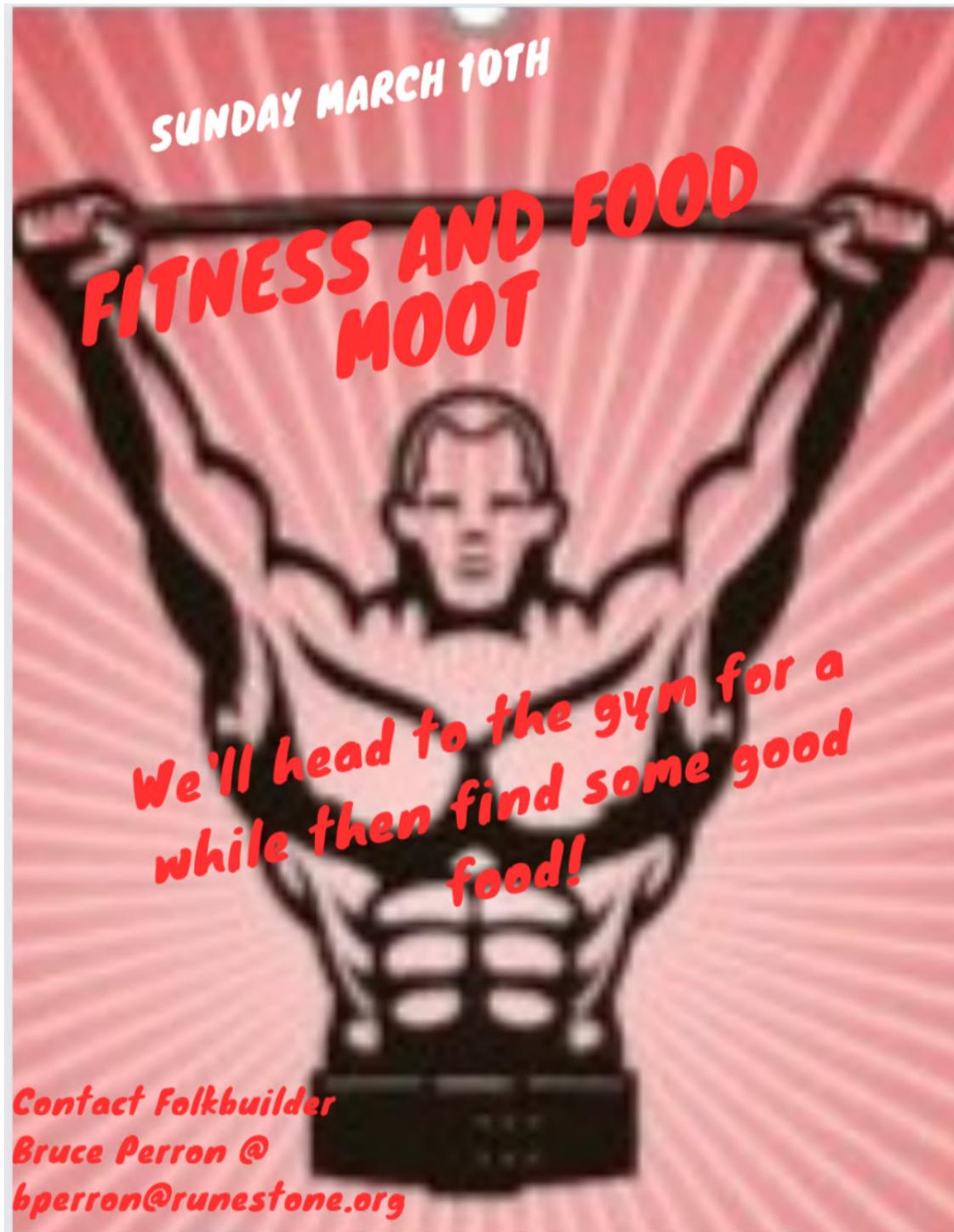
ND Axe Throwing and Beer tasting Moot



Folkbuilder Christian Penner
cpenner@runestone.org

Wisconsin

Upcoming Events



Folkbuilder Bruce Perron
bperron@runestone.org



Coffee Moot



February's coffee moot had us exploring yet another of the wonderful locally owned coffee shops Wisconsin has to offer. This one was held in a renovated former autobody shop. Delicious coffee options along with yummy homemade bakery added to the uniqueness of the decor. We had many great conversations as the children played with the available board games. Truly a time of frith and happiness.

Hail the Folk!

Upcoming Events



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

Please
RSVP
by
February 29th

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

Minnesota/Wisconsin Wotan on the Peaks Moot

**Please join us for the 3rd annual
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Folkbuilder Sara Ault

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Folkbuilder Sara Ault

sault@runestone.org



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