

## The Runestone: May, 2023

The Runestone <therunestone@runestone.org>

Fri 5/5/2023 12:45 AM

To: Folkbuilders <folkbuilders@runestone.org>

The Runestone: Voice of the Asatru Folk Assembly

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**Baldrshof**



## Third Hof of the Asatru Folk Assembly

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## Words from the Alsherjargothi



"We are our deeds."

These simple words mean everything. Thoughts and theories, beliefs and ideas are great but if those things don't manifest into ACTIONS, they are worthless. Asatru is real when lived!

That is what we do in the AFA, we LIVE Asatru....and we live it together.

Seeing all the amazing things we have going on makes me so proud to be a part of this.

Our first year of the Asatru Academy Home School is coming to a close soon as an amazing success. We have 4 hofs hosting worship services every month as well as food pantries, feeding our neighbors in need. And, as you will see in this issue, we have progress at Sigrheim, the first AFA intentional community!

What a time to be alive! What a time to be in the Asatru Folk Assembly!



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

### *May Day*



### *FREYRBLÓT*

“Hail the Holy Æsir, Gods and Goddesses of our Folk! We ask you to join us today as we honor your kin!

Hail the Æsir!

Hail to the Honored Ancestors, Mothers and Fathers as far back as time remembers! We ask you to join your sons and daughters gathered here!

Hail the Ancestors!

Hail the Friendly Vaetter, spirits of this land and place! We ask you to look upon us in worship, see our deeds!

Hail the Vaetter!

Hail Freyr!

We ask you to join us here,  
Witness our devotion,  
Hear our praise,  
Receive our gifts!

Folk, prepare your gifts for Freyr. From your heart to your hand, and from your hand to the horn, give the best and brightest of yourselves to him.

Ask your hornbearer to collect the gifts of the Folk

“Freyr! The horn is heavy with the gifts of your Folk.  
If you find them worthy, take them from us now.  
Hail Freyr!”

Hold the horn high and await the acceptance of Freyr.  
Pour the gifts into the bowl.  
Refill the horn.

“Freyr,  
We have given you our gifts.  
We have offered you our love,  
We have offered you our praise,  
Our strength, our energy,  
Pieces of the best of ourselves.  
We ask, should you to bless the gathered Folk.  
For the fertility of our fields,  
And for the fertility of our women.

May we be blessed with prosperity and good health.  
May our animals, our crops, and our children grow healthy and strong.  
May the storms we face as Folk be mild. May we weather them with our heads held high,  
With courage and with dignity.  
May the summer rains nourish our lands  
and may your gifts nourish our souls.  
Hail Freyr!”

Receive the gifts of Freyr. Walk the horn around the circle of gathered folk and offer them the gifts of Freyja.

Pour remaining mead from the horn in the bowl.

“This blot has ended.  
We have given our gifts and received gifts in return.  
Take with you, and into your homes, the blessings of Freyr.  
Go forward with passion, with strength, and achieve the victory that awaits you!  
Hail the Gods!  
Hail the Folk!!  
Hail the AFA!!!”



### *THE MAYPOLE DANCE*

May Day celebrations are not complete without a May Pole! The May Pole itself is a fertility symbol, with the pole representing a strong masculine energy. The feminine is represented by the beautiful flora decorated crown and the ribbons that wrapped around the pole during the maypole dance.

Following Freyrblot, ask the women to attach the ribbons to the top of the pole and then the menfolk to carry the Maypole “plant” it in a sturdy place already arranged. Divide

the group into two groups, those who will dance clockwise and those who will dance counterclockwise. Distribute them along the ribbons evenly. As the group dances, they should go “over” or “under” the person dancing in the opposite direction. The Maypole dance is best done with a good Polka! Once reaching the ends of the ribbons, secure the ends to the pole.

Baldrshof tradition is that those women seeking fertility, asnip a piece of the ribbon ends and take them home with them.



Witan Brandy Callahan

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## Words from Our Gothar

*"Warrior Faith" in the Modern Age*



Asatru is often called a “warrior faith”, and there is some truth to this. Our male ancestors often fought with sword, shield, axe, and spear to protect the things that mattered to them, and that still matter to us. They were almost all required to have some sort of martial bearing, and to be able to stare conflict in the eye without taking a single step backward.

We, those warriors' descendants, live in a time where comfort is king for many people, in the deepest and scariest sense of that phrase. Martial prowess is no longer expected from us, or seen as necessary. There are not currently any physical battles to fight; no need to smash through a shield wall, no need to plant some archers in that tree line over there, etc... However, as humans, we have a physical need to exercise that aggression. And as Aryan humans, we have a need to exercise that aggression in a HEALTHY way.



The best options for this are weightlifting, and combat sports. We will never feel the rush of smashing a war axe through someone's shield, but you CAN feel the raw power of lifting iron off of your chest, or from blocking another man's left hook.

This is a call: if you want to call yourself a warrior, get in the gym. Put on the boxing gloves, or the ace bandages around your joints, and get to work. Face that fight. Make yourself solid in a world of mush.

If you need tips on a decent but simple workout routine, get in touch with me at [teast@runestone.org](mailto:teast@runestone.org)!



Gothi Trent East

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### *The Soul Complex, a summary*



It's an age-old question. It's taken up many pages in many books, it's been pondered by philosophers, social commentators, and religious leaders for centuries. "What is the soul?" Many cultures across this planet have differing viewpoints on this topic. Recently we had a Gothar meeting on the subject. By the time you read this, Alsherjargothi Flavel and Witan Herul will have had a discussion on Victory Never

Sleeps about the Soul and its many parts.

Webster's Dictionary defines it as such,

- : the immaterial essence, animating principle, or actuating cause of an individual life
- : the spiritual principle embodied in human beings, all rational and spiritual beings, or the universe
- : a person's total self
- : an active or essential part
- : a moving spirit
- : the moral and emotional nature of human beings
- : the quality that arouses emotion and sentiment.
- : spiritual or moral force
- : FERVOR

That's the definition, but what do we, as Asatruar define as the soul?

Simply, it's what animates you, makes you unique, it's what makes you...you. It's what makes you human, it's what separates us from animals.

We, in the Asatru Folk Assembly believe that the soul, is broken down into parts. Here in this edition of *The Runestone*, we will explore the different parts of the Soul Complex, and how each part of the Soul makes us who we are. This will not be exhaustive, but a summary, pulling from *Asatru, A Native Spirituality*, by Founder Stephen McNallen, and *Runelore*, by Edred Thorsson. Over the coming months, we will break down each component of the soul, pulling from different sources. If we were to try to compile all we know here, this will turn into a book. Rather than do that, we'll spread it out over the coming months.

Now that we have defined what the soul is, let's break down the soul, as it is seen in Asatru, in a summarized list.

1. Lík, The physical body.
2. Ek, the ego.
3. Hugr, the logical mind.
4. Minní, memory.
5. Önd, Vital Breath.
6. Hamr, The Projected Self.
7. Sál, The Shade Self, that which is hidden.
8. Hamingja, The Luck or Personal Spiritual Might.
9. Fylgja, or the Fetch, The Primal Essence
10. Óðr, or Wode, the Ecstatic State, the combination of Hamr and Sál.

In the coming months, we will do a deeper dive into each component, beginning with the Lik. We will explore exercises for each component, and how to use each for your spiritual journey.

Each component makes up the whole, and we will also explore how each part interplays with some or all of the others.

Hail the Gods.

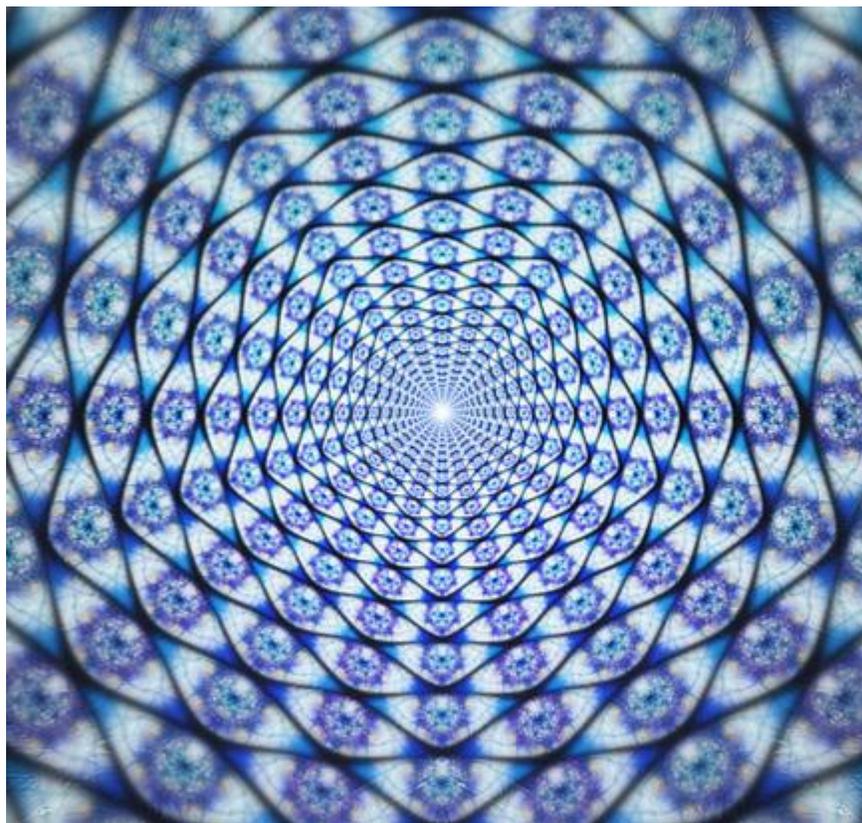
Hail the Folk.

Hail the Asatru Folk Assembly.



Gothi Daniel Young  
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*Vision & Action*



As we move forward in our growth and our relationships, we need direction and momentum to seize the day. With all the conveniences & distractions in our modern world, it is of the utmost importance to have a vision. Vision should be apex of your will & your goal for an ideal future. Having begun developing discipline & good habits, self-honesty should be becoming a daily occurrence. As such use it to check the vision you've painted for yourself. Is it realistic, is it a productive & prosperous, does it elevate you & your folk? If so, have you worked it backwards so you can see your way forward? If all lines up and points towards a good life, start taking actions each day to make it manifest. Having a good life worth living will give a pious man a greater strength, then one who is reactionary or indulgent.

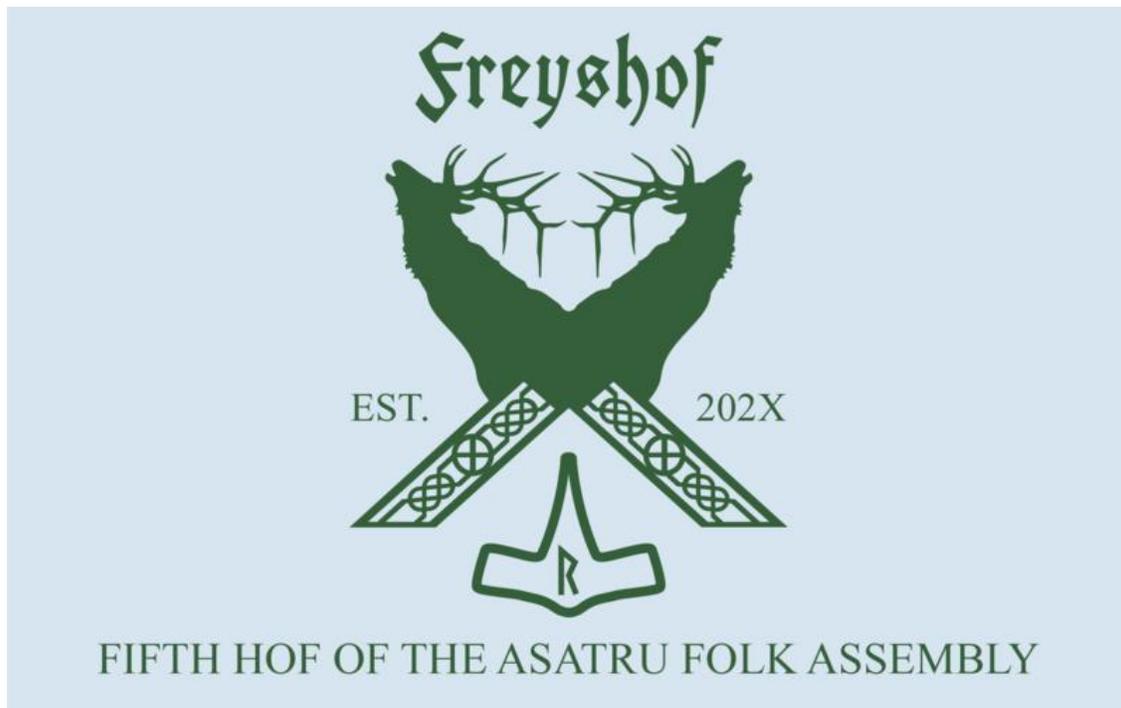


Gothi Jason Plourde  
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# The Quest for Freyshof

*“Njörðr 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 \$110,857.86 on our remaining loan.
2. We need to raise our monthly donation average by 6.25%.
  - 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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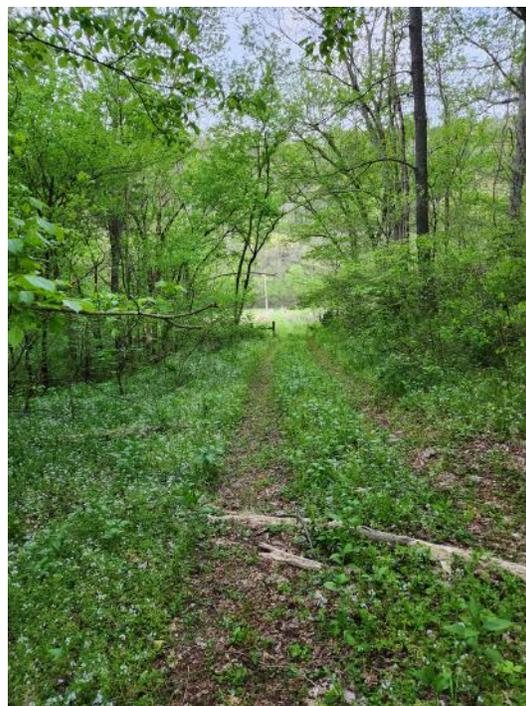
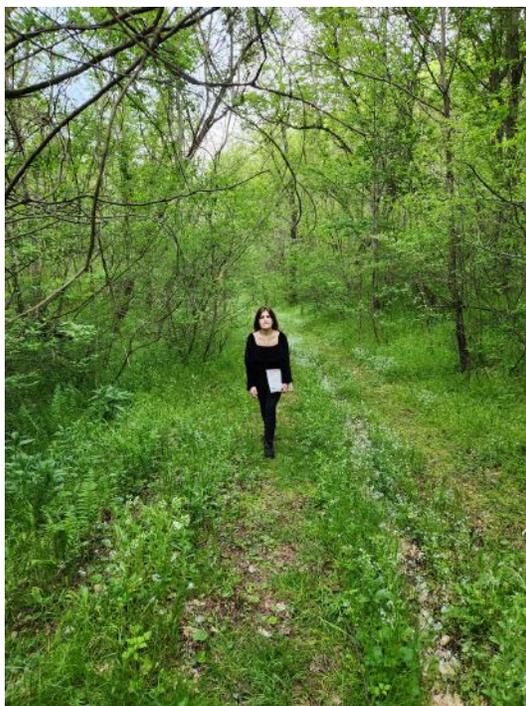
## Sigrheim: Home of Victory

### *An Earth Day Moot*





At Sigrheim, some Tennessee Folk gathered in April to celebrate Earth Day. They camped out the day before the moot to spend as much time with the land and the Folk that came. The weather was fine, and while they did enjoy a minor rainstorm, the scents and sounds of the verdant land were beautiful to behold.



The land has promise, but it will take a lot of work from us all! Anything worth having takes hard work. The old axiom "Put in the blood, sweat, and elbow grease." The future is promising, but we will have to work hard to achieve this goal and continue to pursue it.



Since then, our first pioneer living on the property has been the first to break ground and make preparations for the time to come. We've got a couple more brave adventurers too coming later this month or first of next to call Sigrheim home!



And of course, we hope that you can join us in July for Sigrblót at Sigrheim, the first of many, many bigger events at our Home of Victory!



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**Victory Never Sleeps**



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## AFA Homeschool Program



Check out the Asatru Academy at [AsatruAcademy.org](https://AsatruAcademy.org)

*We Have a New Motto!*



Student Heidi Harlan, learning about growing and farming!  
Keep up the good work Heidi, we are all proud of your hard work this year!

Greetings everyone! Last month I put out a call for submissions for a new motto for the AFA academy. We got a ton of really great submissions! It was a very difficult decision to choose between all the great ideas.

We ultimately decided to go with:

Through knowledge, victory!  
Með vitandi, vinna Sigr

Submitted by Allison Clausen.

We chose this because it fully encompasses the AFA culture of victory, and how our students gaining knowledge will lead to that victory.

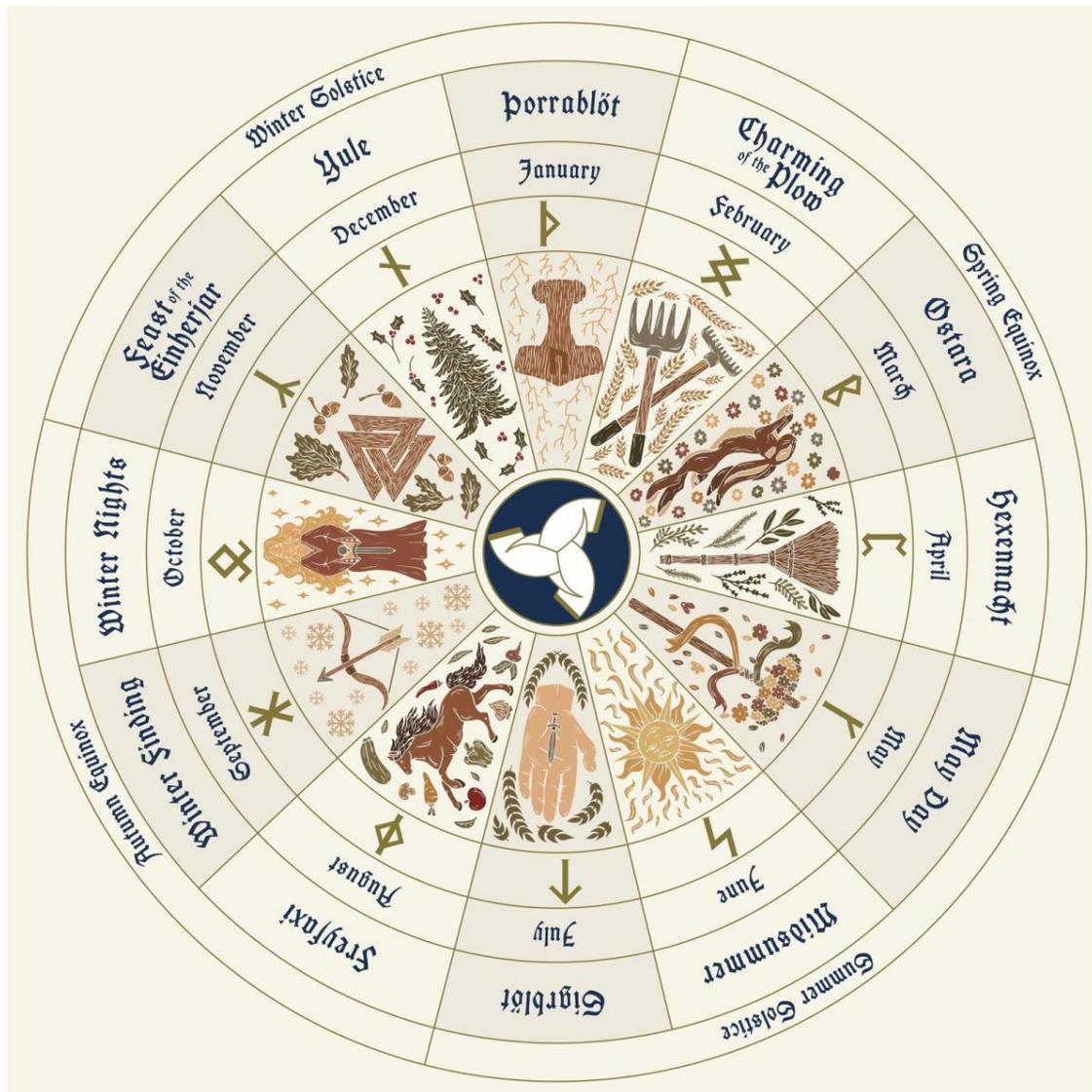
Congratulations to Allison, we will be in touch to get your details and choice of AFA tee shirt!

Thank you to everyone who made a submission!



Gothi Rob Stamm  
Dean of AFA Academy  
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## Remembrance and Holy Days



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

2023

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 21	Porrablót
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

<b>Date</b>	<b>Observance</b>
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

*Else Christensen*



Originally born in Denmark, Else Christensen (nee Ochsner) was one of the leading figures in the modern Asastu movement. As a young woman, she left her hometown of Esbjerg in favor of Copenhagen. It was during her time in Copenhagen that Else awoke to the ideas of National Socialism in the midst of right-wing and left-wing radical struggles. She met and married Aage Alex Christensen, and together they were members of the Danish Workers Party.

Both she and her husband were imprisoned after the German invasion of Denmark in 1940 for their involvement with elements of the National Workers Party. After their release from prison Else and her husband emigrated to Canada, via England.

Even from Canada, Else continued to nurture her desire to find a place for her own people. It was during this time, while she was reaching out to far-right activists across North America that she first discovered Odinism in a pamphlet titled Call of Our Ancient Nordic Religion, by Alexander Rud Mills. This was the beginning of Else's dedication to the revival of the worship of the Norse Gods. Her understanding of our relationship with the Gods was heavily influenced by the idea that the Gods were encoded in the collective unconscious of the Aryan race.

In 1969 Else Christensen founded the Odinist Fellowship. Until her death in 2005, Else worked tirelessly for her folk, spreading the word of our faith and our Gods to all who would listen. She founded a prison outreach program that proved to be instrumental to

many men. She wrote and published many publications. Her efforts saw her recognized as the Folk- Mother to Asatruar everywhere.

So, what can we learn from this story?

We don't always know where our stories end. We can't always see the ramifications of our thoughts when put into action. Else was just one single woman. She was a woman who believed in unpopular ideas in a time when those ideas were definitively unpopular. Despite being imprisoned for those beliefs she did not give up.

Our current times are, in many ways, similar to the ones that Else dealt with. They are turbulent and wrought with anger on all sides. We stand at the precipice of a new world, but we have no way of knowing which way the tides will turn. Else didn't turn and run. She stood and faced the future. In doing so she became one of the most important women in the Asatru movement to date.

When things are hard, when public opinion would have you conform, just remember. Your story hasn't reached its end yet, and only you can control the direction the story takes.

Stand strong.

Stand with Else.

For more information, including tons of articles and photos, visit the Baldrshof site's [dedication page](#).



Gythia Catie Erickson  
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## Holiday

*May Day*



On the heels of Hexennacht, when the cattle were blessed in the smoke of the fire before being sent to their summer fields we celebrate May Day! Halfway between the spring and summer solstice, May Day is often considered to be the first day of summer. Warmer days are becoming normal. The spring rains that helped to nourish the wakening fields have begun to taper off. The world around us is verdant again.

On May Day, sometimes called Sumermál, big celebrations were held both to celebrate the end of the harder days of winter and to bless themselves and their crops for a fertile and productive year. Men and women leapt over fires together or alone, wishing for fertility in the coming year. The maypole was raised and around it, people danced and wove their ribbons. Women decorated their windows and doors with flowers and wove them into their hair.

Mayday is the coming together of men and women to celebrate life. We use this time to celebrate all the good things that we have, all of the things that we have worked hard for. We have survived the harsh months when stagnation is so easy a thing to fall into. When the celebration is done, the real hard work begins. The plan that was set into motion at Charming of the Plow will now begin the active stage. Those seeds that you planted, or that project that you planned at Ostara, will now need real tending to. Mayday marks the beginning. It marks the start of growth.

Where one has the will all things can happen.



Gythia Catie Erickson  
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## Upcoming National Events

*ElseFest 3 in Wisconsin | May 26th-28th*

**THE AFA'S  
3RD ANNUAL  
ELSE FEST**

*HONORING THE FOLK MOTHER*

**COME AND GET TO KNOW ELSE AND ALL SHE'S DONE FOR THE FOLK, PARTAKE IN BLOT, AND SHARE IN FRITH.**

*HOSTED BY:*  
**HRAFNAGUD, FOLC IRMINSUL, MID-HEARTH  
KINDREDS  
AND THE AULT FAMILY**

**MAY 26TH - 28TH**  
FOR MORE INFO REACH OUT TO  
CORDINATOR JAMES AULT  
-[JAULT@RUNESTONE.ORG](mailto:JAULT@RUNESTONE.ORG)

The 3rd annual ElseFest looks to be even more epic than the first two. This year we will once again kick off the event with a traditional Wisconsin Fish Boil! There will be many speakers, learning sessions, kid's activities, a Viking games competition, lots of great food, and good company. This is a beautiful camp setting with individual cabins and a bunkhouse. Ticket sales are now live. The price includes lodging for the weekend and all meals.

[Get your tickets here!](#)

Join the Asatru Folk Assembly in remembering Folkmother Else Christensen in Wisconsin from Friday, May 26th – Sunday, May 28th, 2023 (Memorial Day Weekend).

The 3rd annual Elsefest looks to be even more epic than the first two. This year we will once again kick off the event with a traditional Wisconsin Fish Boil! There will be many speakers, learning sessions, kid's activities, a Viking games competition, lots of great food, and good company. This is a beautiful camp setting with individual cabins and a bunkhouse. Ticket sales are now live. The price includes lodging for the weekend and all meals.

An itinerary and the specific location will be emailed one week prior to the event or upon request with ticket purchase. Children attend FREE!

Any questions about the event can be directed to James Ault at [jault@runestone.org](mailto:jault@runestone.org).

Oathed Folkbuilders and Gothar need to contact James Ault directly to secure their lodging at [jault@runestone.org](mailto:jault@runestone.org)

We are looking forward to sharing in this glorious event to honor the Folkmother and build Frith among our folk.

[Grab your ElseFest III Tickets Today!](#)



Folkbuilder James Ault  
[jault@runestone.org](mailto:jault@runestone.org)

*Midsummer at Óðinshof | June 16th-18th*



Come and tread the hallowed hall of the high one! Come celebrate Midsummer at Óðinshof!

Get your tickets [HERE](#)

Midsummer approaches!! And how exciting! For at this year's Midsummer, we present several educational and fun workshops, exhilarating highland games, fascinating talks, moving rituals, and family-friendly activities throughout the entire weekend.

Midsummer is the premier event of the year at Óðinshof! We have pulled out all the stops this year to bring you great speakers! New and exciting workshops! Bountiful feasts! And as always, you can expect to feel the very heartbeat of the Asatru Folk Assembly when you walk the grounds, step inside the ritual circle of and enter the Hall of Óðinn! There is no better place to gather with your Folk and celebrate Midsummer this year! Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

Have a look at the amazing itinerary planned over on our [ticket page](#)!

Ticket costs include meals, camping, on-site showers, bathrooms, and all events occurring throughout. There are a few workshops that do require pre-registration, so make sure to sign-up for those that interest you and reserve your spot as space will be limited.

We will be having a raffle, auction, and several vendors, so don't forget to bring your cash or cards, and if you have a unique item you would like to donate towards the raffle, bring it along as well!

Lodging: Óðinshof has free on-site camping and if coming from afar, we can assist with tents, bedding, etc. If dirt camping isn't your thing, there is also the Brownsville Motel nearby and several Airbnb's, as well as a casino in the area. For help with booking or any information, please contact [Sierra Chapman](#).

Weather: Even though clear skies and warm weather are expected, please keep an eye on the weather before arriving as it can be unpredictable at times.

Volunteer: If you would like to volunteer during the event and become an Óðinshof Doer, please contact [Ashley Stockton](#) at your earliest convenience. It takes us all working together to make big events run smoothly, and those that volunteer receive an Óðinshof Doers T-shirt!

\*Side note\* This time of year is also California's fifth season: FIRE SEASON! So, we ask you to please be very conscious if you are a smoker and stick to designated smoking areas and always place your butts in a can.



**Midsummer at Óðinshof**

June 16-18 2023  
Brownsville, Ca

Three transformational days with leaders and members across the globe!

- + Rituals of all sorts
- + Memorable Workshops & Presentations
- + Outdoor fun & games
- + Children's activities
- + Vendors
- + Auction
- + Music & culture
- + Delicious meals

**BE HERE FOR IT ALL!**

Event Contacts:

Sheila McNallen  
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Ashley Stockton  
Astockton@runestone.org  
707.800.5333

Michael Sessumes  
Msessumes@runestone.org

Sierra Chapman  
Schapman@runestone.org

+ Artisans consider becoming a vendor!  
+ Non-AFA guests must be vouched for

+ Óðinshof has a large camping area & offers hot showers. There is also a nearby motel, casino and local Air bnb's  
+ If traveling from afar and camping we are able to assist with bedding and tents

Purchase tickets through the website & register for workshops before all spots fill up!  
<https://runestone.org/product/midsummer-at-odinshof-2/>  
Children are free!

Want to get more involved?  
Consider volunteering and help make Midsummer great!

All well-behaved dogs are welcome but must be leashed at all times and cleaned up after  
Hard alcohol is discouraged & to respect families and our neighbors the noise curfew is midnight

[Midsummer at Odinshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org)

Midsummer is Óðinshof's big fundraising event of the year so if you are unable to attend and would still like to donate, please feel free to do so.

As of right now, we are still working toward many repairs including a new roof that will cost us around 35k! This roof is needed before the next rainy season in order to keep Óðinshof up and running. The structure damage due to water could be slowly

growing and repairing it is a must! For more information on this please keep an eye out for the soon to be added Óðinshof Restoration Project page on the [Odinshof.org](http://Odinshof.org) website and pick up merch, participate in any active raffles, or just donate!

We can't wait to see you around the campfire! Don't wait!

Get registered today! Some workshops have nominal fees to help cover the cost of supplies. And they will also have limited available spots. Those workshops are listed under registration.

Event and Workshop Tickets [HERE](#)



Folkbuilder Ashley Stockton  
[astockton@runestone.org](mailto:astockton@runestone.org)

*Freyr's Harvest Feast in Montana | September 22nd-24th*



Freyr's Harvest Feast is the time to honor the Gods after a productive year's Harvest. On September 22nd through the 24th, we gather together for a weekend filled with activities that honor the three Vanir deities Njord, Freyr, and Freya.

Get your tickets [HERE](#)

During the course of the weekend, the folk gathers together for three blots using mead donated by Heinlein's Hollow Meadery.

In addition to blot, we see the display of Freyr's Proposal on stage (stage under construction), the viking games tournament with a prize to be revealed at the feast as well as access to the Drengr Dinner where all previous years' champions are invited out the day before the event.

In addition to brawn, the brain is tested in our Hnefatafl competition. While this competition is less fierce the bragging rights are still pretty good. Guests can also test their luck at a game of Orlog.

While there are plenty of contests, we still have plenty of time for several workshops, and speeches by guest speakers. Craftsmen will also bring their wares out to sell and

authors to sign their books. An AFA benefiting auction will provide ample opportunities to walk away with a bag full of spoils.

The whole event is hosted on a private 20-acre ranch in a very low-population area. It's on the river and away from prying eyes. So not only do you get to enjoy a full event you can take in the beauty of rural Montana, enjoy the river and see what an AFA homestead looks like. An optional tour and sunbel will be held in the early morning for those wanting to see inside a proper meadery.

Lodging is straightforward as well. Bring an RV or tent and camp under the beautiful stars. Trust us when we say there's more of them visible than wherever you're coming from and on lucky nights the Northern Lights can be seen.

For those who want less rustic accommodations, there are numerous hotels and motels within a reasonable driving distance. In a few more years we will have cabins available too!

So that's lodging but everyone's got to eat right? Well, we got you covered as well. The meals are all plentiful and delicious, none more so than the feast itself. Last year we filled the dining hall with food and refreshments and this year we aim to provide just as much good fare. Five to ten gallons of mead will be provided for the feast according to turnout and the couples dance that follows is always great fun.

Remember to dress your best at the feast and dance but it won't all be formal. For the first blot, we go into the water to honor Njord. Ladies especially, make sure that you wear clothes that you're not only comfortable getting wet but are also modest when wet.

While the prospect of getting into the water in September might be daunting to some, the month has a wonderful climate. It has a high of 70 and a low of 50 with a nice midday breeze.

The truth is unless you come out you won't know what you're missing so don't make that mistake and come out to Freyr's Harvest Feast.

Grab some tickets at [Freyr's Harvest Feast – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/freyrs-harvest-feast).

Please feel free to reach out to Tyler Heinlein at [theinlein@runestone.org](mailto:theinlein@runestone.org) with any questions.

Tyler Heinlein



Apprentice Folkbuilder  
[theinlein@runestone.org](mailto:theinlein@runestone.org)

*Winter Nights 12 in Ohio | October 27th-29th*



The Asatru Folk Assembly's Annual Winter Nights will be held between the Greater Dayton & Greater Cincinnati area in Clinton County, Ohio from October 27th – 29th!

Since 2012, this long-running AFA festival has been dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, Goddesses, and Ancestral Mothers. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships

We look forward to seeing members and friends!

Your registration includes all workshops, lectures, meals, lodging, and of course our holy rituals. Only AFA members and vouched-for guests will be admitted to this event. If you are not an AFA Member you should confirm with the member who is vouching for you that they will do so when asked about your registration.

Register at <https://runestone.org/product/winternights/> today!

Things to know:

- Children 17 and under attend for free!
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Tenting is limited; you must contact Witan Clifford Erickson if you intend to tent.
- The camp address will be provided after registration as the event gets closer. Travel plans can be made for Clinton County, Ohio.
- We are pleased to announce lower ticket prices this year, due to a change of venue to features a commercial kitchen and other amenities we had come to expect since the first event in the Poconos of Pennsylvania.

Member Family – Weekend: \$120

Member – Weekend: \$80

Member – Day: \$40

Guest – Weekend: \$100

Guest – Day: \$50

Child – Weekend: Free

Child – Day: Free

If you have any questions or concerns, please email [cerickson@runestone.org](mailto:cerickson@runestone.org).



Witan Clifford Erickson  
[cerickson@runestone.org](mailto:cerickson@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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:aturnage@runestone.org)

## Introducing the Newest AFA Kindreds



Please welcome the Prairie Fire Kindred of Nebraska as the newest Official Kindred of the Asatru Folk Assembly.

Led by Apprentices Cody and Ali Clausen in Nebraska, these Folks have hosted several moots and events in the last few months, including a weekend Hexennacht event for the region.

Hail the Doers!

Hail The Prairie Fire Kindred! 🔥

Hail the Asatru Folk Assembly!!!

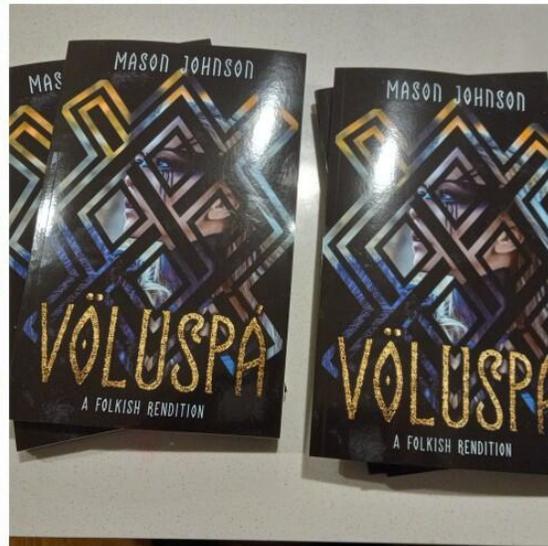
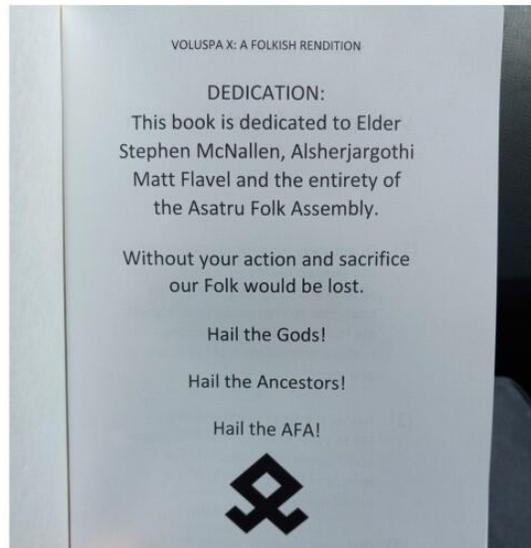
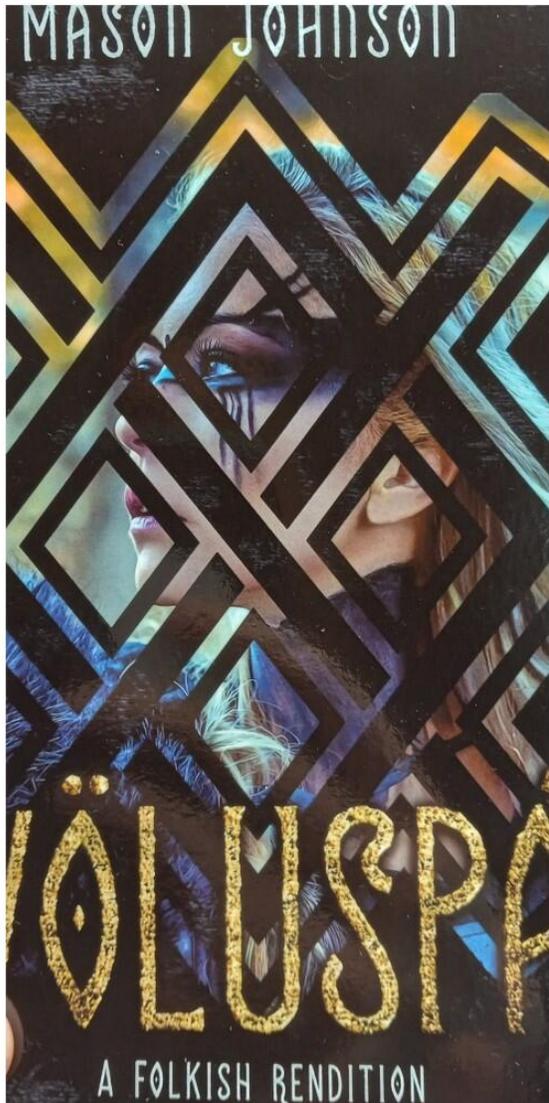


Folkbuilder Jason Gallagher

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

**Artisans of the AFA**  
**Support Our Folk**

*The Authors Johnson*



We are happy to announce the first published works for a wonderful AFA family!

*Voluspa: A Folkish Rendition* by Folkbuilder Mason Johnson

"This short book offers my own Rendition of the Voluspa Along with the original Old Norse text AND translations from both Bellows and Thorpe!"



*Elder Futhark Runes*, a coloring book by Rachel Johnson

"Finally got it back from the publisher. My first coloring book about Runes!!! Super excited."

Reach out to them and pick up a copy or seven today!



Mason Johnson  
Folkbuilder  
[mjohnson@runestone.org](mailto:mjohnson@runestone.org)

Rachel Johnson  
Assistant Dean of AFA Academy  
[rjohnson@runestone.org](mailto:rjohnson@runestone.org)

## Cooking for our Folk



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

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

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

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

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

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

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



Folkbuilder Mike Joyner  
[mjoyner@runestone.org](mailto:mjoyner@runestone.org)

## Ancestral Food and Culture

*Good Mornings Start with Fresh Bagels and Coffee*



In America we may associate bagels with New York City, but they have a long and storied Aryan past. They are believed to have originally been invented in German monasteries during the Middle Ages, much like their cousins the pretzel. They were brought from Germany into Poland by peasant farm workers. They have become a staple food in the country going by the name obwarzanek and are found in most Central European countries. In America today, bagels are found everywhere in grocery stores, cafes, and drive thrus, but for me, nothing beats homemade. They're simple and once you get a knack for it, they're very easy to make.

For the dough:

- 1 and 1/2 C warm water
- 4 tsp yeast
- 4 C flour
- 1 Tbsp honey
- 2 tsp salt

Eggwash:

1 egg, beaten  
2 Tbsp water

For Boiling:

2 Quarts water  
1/4 Cup honey

Any bagel seasoning you might like on top (everything, onion/garlic salt, coarse sea salt, sesame seeds)

Add yeast, warm water and honey to a mixing bowl or stand mixer, allow yeast time to activate and foam (5-7 minutes)

Mix in flour and salt, forming stiff, dry dough

Knead for 5-7 minutes or until smooth and stiff

Allow the dough to rest in a clean, covered dish for an hour or until doubled in size

Preheat oven to 425°F

Line two baking sheets with parchment paper

Put the water and honey for boiling on the stove at medium heat allowing it to warm as you shape the bagels

Divide dough into 8 equal sized parts and form each into a ball

To form the bagel shape, slightly flatten each ball and poke your finger through the center of it. Gently stretch from both sides until the hole in the center reaches around 2 inches.

Allow each bagel a few minutes to rest before boiling

When the water reaches boiling, place two bagels at a time in and allow them to boil 2-3 minutes. They should float when they're done.

Set each bagel on the parchment as it's removed from the water to give them time to cool off.

Once your bagels have had time to cool, gently dip the top side only in the egg wash then dust with seasoning.

Bake 20-25 minutes, until golden brown.

It's important to give your bagels a bit to rest out of the oven to allow them to become chewy and delicious. I usually let them sit for 15-20 minutes before cutting into one.

Serve with butter, cream cheese, jam, as a breakfast sandwich or with soup. They're delicious however you choose to enjoy.



Alison Clausen  
Apprentice Folkbuilder  
[aclausen@runestone.org](mailto:aclausen@runestone.org)

*Grandma's Gurkensalat Recipe*



Yummy Gurkensalat made from my grandmother's recipe....kinda. She could never write down measurements because she didn't measure. So it's as close as I can estimate to the taste...

#### Ingredients

- 2 English Cucumbers
- ½ C sour cream
- 1 Tbsp white vinegar

- 1 tsp sugar
- 1 Tbsp fresh dill chopped
- ½ tsp salt
- black pepper to taste

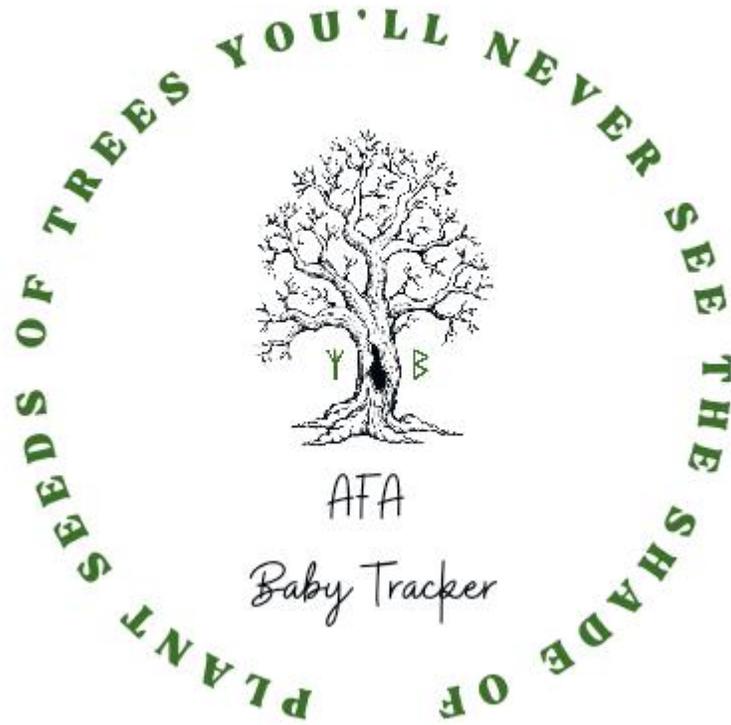
### Instructions

1. Peel the cucumbers if desired and thinly slice them with a mandolin slicer. The thinner the better! Put them in a large salad bowl.
2. In a medium bowl, whisk together sour cream, vinegar, sugar, and dill. Salt and pepper to taste.
3. Pour dressing over cucumber slices and toss until combined.
4. Cover and refrigerate at least 4 hours or overnight.
5. Serve with a slotted spoon.



Folkbuilder Sara Ault  
[sault@runestone.org](mailto: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 2023: 10



Jessica Keller  
Apprentice Folkbuilder  
[jkeller@runestone.org](mailto:jkeller@runestone.org)

# AFA Ladies Virtual Events

INTRODUCING THE ALL NEW:

*Weekly! Sisters Sunday Chats*

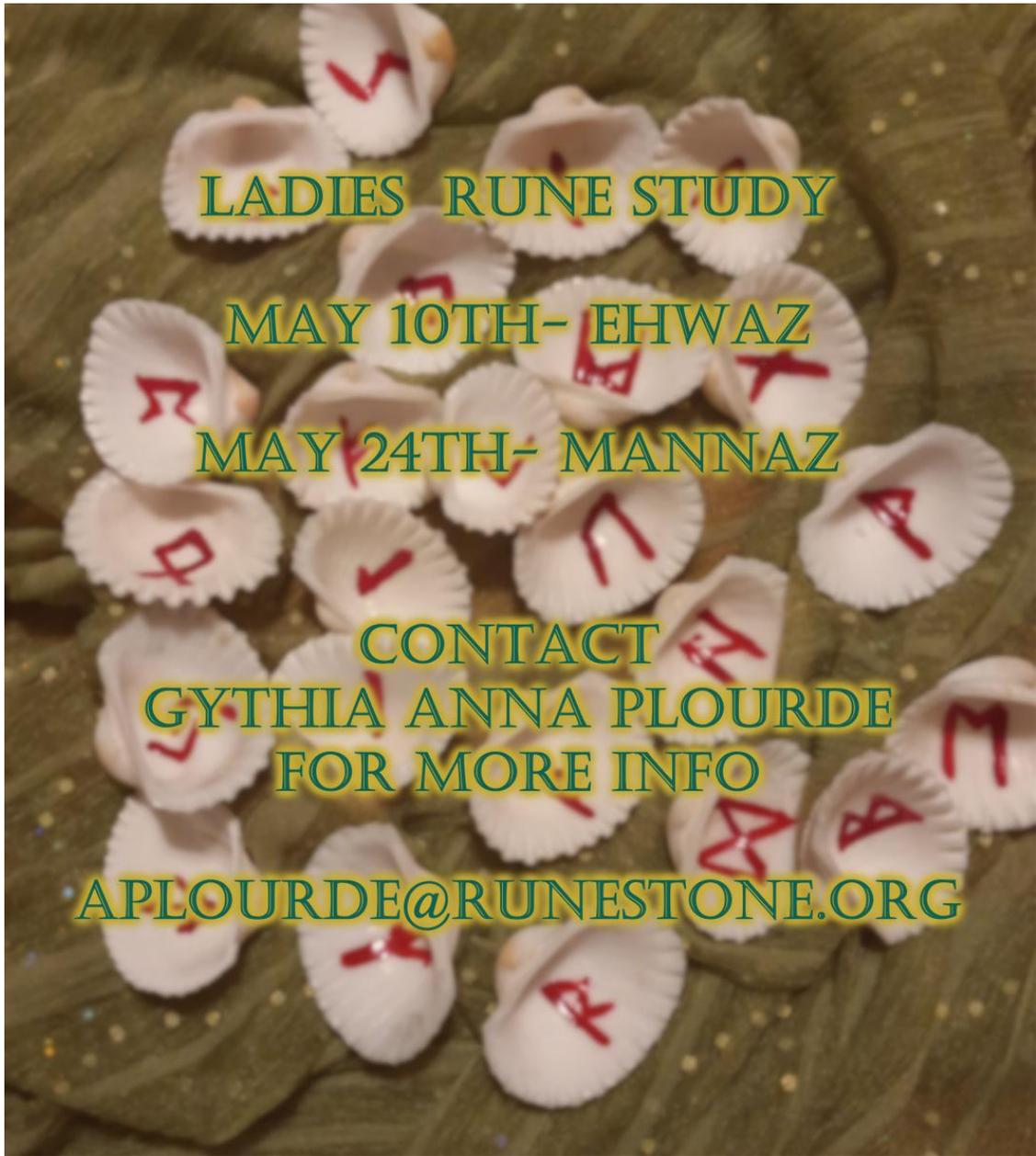
*10 am central, every Sunday!*

*Contact Apprentice*

*Folkbuilders Ali Clausen*

*and Katie Joyner for more  
details!*

[aclausen@runestone.org](mailto:aclausen@runestone.org)  
[kjoyner@runestone.org](mailto:kjoyner@runestone.org)





# Ladies Mysteries Podcast

MAY 14TH @ 2PM CST

## Frigga

GYTHIA CATIE ERICKSON  
GYTHIA ANNA PLOURDE  
FOLKBUILDER SARA AULT



## Saga

WITAN BRANDY CALLAHAN  
FOLKBUILDER CHRISTINE DUMAS

CONTACT CHRISTINE DUMAS FOR  
INFORMATION

CDUMAS@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 Hofs 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](mailto: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](mailto:sduffy@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](mailto:jault@runestone.org). Or if you'd like to donate to this ministry, there's a [donation earmark set up on our site](#).



Folkbuilder James Ault  
[jault@runestone.org](mailto:jault@runestone.org)

**Now Available in the AFA Store**



[Óðinshof Shorts](#) | [Þórshof Shorts](#) | [Baldrshof Shorts](#) | [Njörðshof Shorts](#)

It's summertime! And new shorts are in the store!!



Folkbuilder Melisa Mills  
[mmills@runestone.org](mailto: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](mailto:jshaffer@runestone.org)

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## Living Book of Sagas



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

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

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

Will you let their stories die with you? Or will you share them that future generations

will know about those who made this rebirth of our folk, our faith and our church possible?

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

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

All Living Book of Sagas submissions go to [calainn@runestone.org](mailto:calainn@runestone.org)



Folkbuilder Melisa Mills  
[mmills@runestone.org](mailto:mmills@runestone.org)

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## Food Pantry at Baldrshof



April's food pantry at Baldrshof was another success! We were able to help 16 families with over 100 pounds of prime cut meats, dry goods, beverages, home cleaning supplies and as an added plus, a ton of pastries and sweet treats.



We are, once again, just some blessed to be a trusted contributor to the families in the Murdock community!

Hail the Doers!  
Hail the Folk!  
Hail the AFA!!



Folkbuilder Ashley Mcstocker  
[amcstocker@runestone.org](mailto:amcstocker@runestone.org)

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### Hexennacht at Baldrshof



Greetings from Baldrshof!

This past month we celebrated Hexennacht, a joyous occasion for lots of fine Folk! We enjoyed a somewhat chilly, yet successful Food Pantry with many members of the community dropping by to say Hello to and distribute some spectacular Food items! It's always a pleasure to help serve the community.



Traditionally, this day was when the menfolk would move their cattle to the spring pastures for grazing. They would build a large bonfire that would produce a cleansing smoke for the cattle to walkthrough, while the womenfolk would hold their own fire and gather for Seiðr and ritual to provide their men, families and livestock with their power and being for protection through the season.

For this event, all of our little folk were able to participate with creating their own “fires” with their hands and learning the great traditions of their ancestors.



For the holiday, a powerful Blót, Sumbel, and delicious meals. I am also glad to see many new members coming out to events in our district, it always gladdens my heart to make new friends, and see some of my best friends at any of our beautiful Hofs.



Hail Freyr!  
Hail Freya!  
Hail the AFA!



Christian Penner  
Apprentice Folkbuilder  
[cspencer@runestone.org](mailto:cspencer@runestone.org)

## Work Day at Baldrshof

**Baldershof  
Work Weekend**

**May 13th & 14th**

**Contact Folkbuilders Erlandson,  
Gallagher, McStocker, Shaffer,  
Alainn, Penner, or Perron  
for more info.**

The poster features a central white box with a yellow and black diagonal striped border. Inside the box, the text is centered and surrounded by several tool icons: a pair of pliers, a power drill, a pair of shears, a paint roller, a hammer, and a hand saw.

The snow is finally gone around Baldr's Hof and things are starting to green. Now is the time we can get back to outdoor projects along with the remaining indoor ones. There will be a minor work weekend in May on the 13th and 14th. We have Folk making a trip to the Hof to refinish the wood floors and front stairs. With that, we welcome all others that would like to help in outdoor clean up and landscaping. Contact myself or any of the local Folkbuilders for help with lodging in the area if needed. Food will be provided.

May Day at Baldr's Hof is right around the corner so if you haven't already made plans to come out, now is the time. We look forward to seeing you there!



Folkbuilder Nathan Erlandson  
[nerlandson@runestone.org](mailto:nerlandson@runestone.org)

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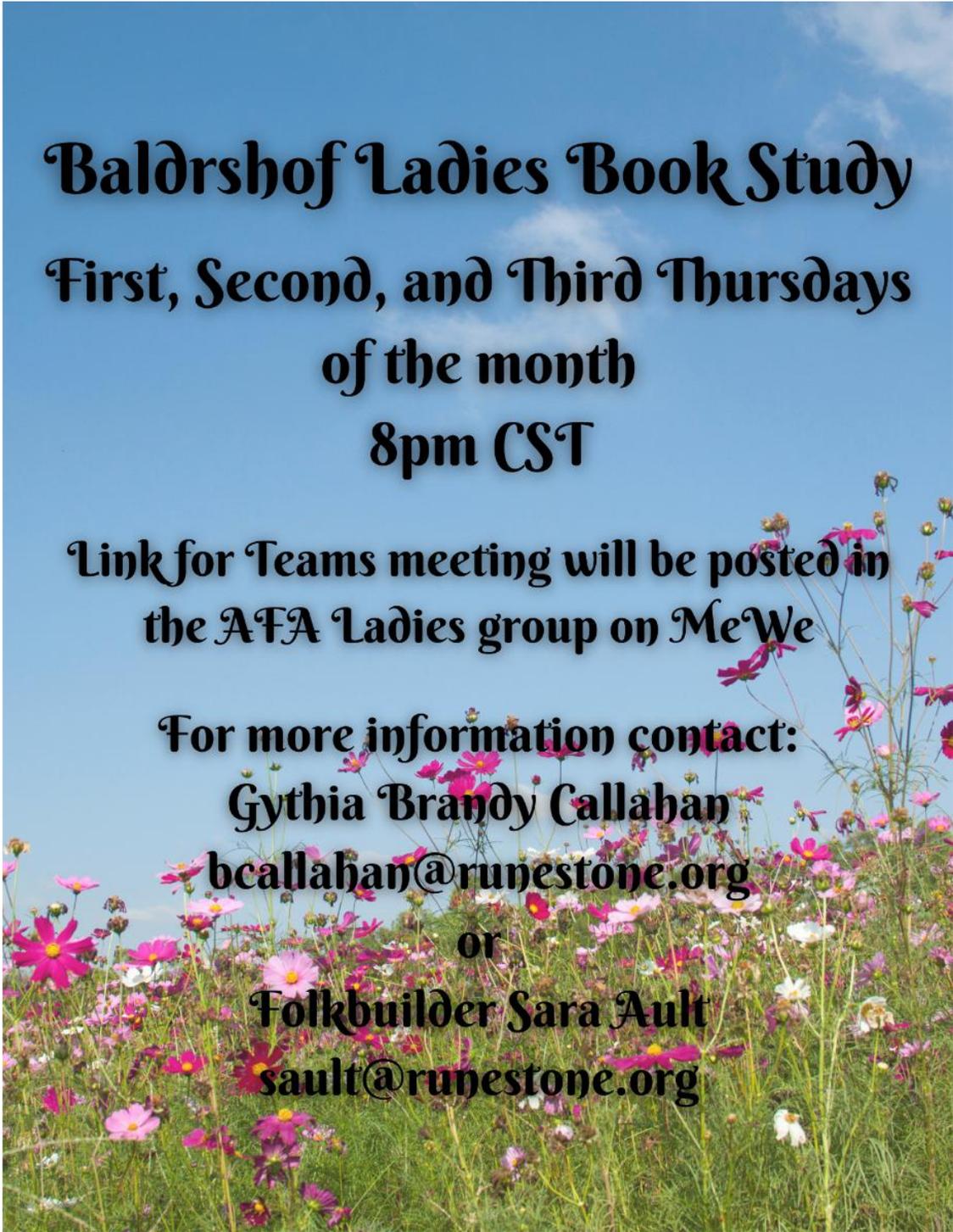
## Upcoming Events at Baldrshof



# 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



**Baldershof Ladies Book Study**  
**First, Second, and Third Thursdays**  
**of the month**  
**8pm CST**

**Link for Teams meeting will be posted in  
the AFA Ladies group on MeWe**

**For more information contact:**

**Gythia Brandy Callahan**

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

**or**

**Folkbuilder Sara Ault**

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

# BALDRSHOF PRESENTS: RUNE STUDY



## Featuring Goði Rob Stamm

Sunday, May 7, 2023  
2pm Central



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

# BALDRSHOF PRESENTS: RUNE STUDY



Featuring Goði Joe Rozanek

Sunday, May 14, 2023  
2pm Central



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



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**Illinois**

*First Hike of Spring*



For my first moot as apprentice Folkbuilder I set up a hike and lunch. My amazing kindred, Hrafnagud Kindred, came out in support. They truly are my family . It turned out to be the most beautiful day mid 60's and sunny. We enjoyed the fresh air, sights, and Frith. There's nothing like getting the Folk together outdoors and appreciating what Midgard offers us. We discussed future moots and just how life is going. So many great things happening for our Illinois Folk. I look forward to more time spent with them.



Our virtue recovery meetings have been going so well. New members joining all the time. New faces on our meetings all the time. I'm so honored to be apart of the recovery community. Leading the Saturday meetings gives me strength and pride to continue my recovery journey and to continue to live out our Virtues daily. If you are interested or curious please reach out and I'd be happy to speak with you.

*Upcoming Events*

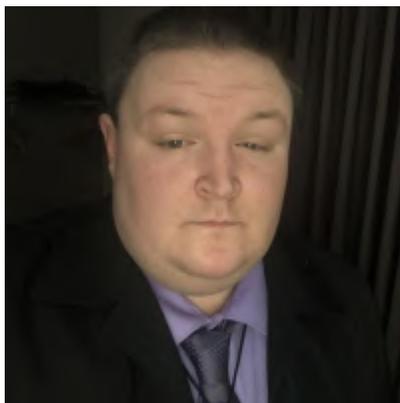


Jaclynn Duffy  
Apprentice Folkbuilder  
[jduffy@runestone.org](mailto:jduffy@runestone.org)

*3rd Annual Viking Festival Moot*



In April, folk from Central-Southern Illinois and Missouri gathered and attended the 3rd annual Viking festival. We had the pleasure of sampling several different meads and the folk gathered for friendly conversation and food afterwards. This will definitely become an annual event tradition for folk in my area.



Victor Palazzolo  
Apprentice Folkbuilder  
[vpalazzolo@runestone.org](mailto:vpalazzolo@runestone.org)

*Hail the Living Hearth*



April was more productive personally for my family and I than in the realm of Folkish activities. I'm dedicating almost every day from now until mid June to gathering a stockpile and building our nest. It's my duty to provide Jaclynn with all the space needed to prepare. I do this because at the moment it's my calling. It's our circumstance.

I look forward to the day we can be on the right track to lend efforts and support so that each of us is stable in our calling. First and foremost , the Leaders and Guides between us and the Gods. The more successful we each are personally, the more we can lay and harden the foundation so that those who's calling it is to be Gothar, Witan, and Alsherjargothi can be more so supported by these successes and through our gifts and our charity.

And so in dedication to May and the spring renewal, I let some thoughts flow for us all to consider.



For the tenders of the Hearth , the Flame of the Folk... Both in our homes and within our Church:

You were burning at the conception of our lives, at the creation of our cosmos... You, the Flame, marrying and colliding with Ice... The core at the spark of electric power...

The Sun , it's radiance... one of Ymir's Eyes .. brought here to us on Mitgart. Both in our hearts and in our hearth...

You energize the nervous system, Yggdrasil itself, the spine of Ymir... You are within and without in all your functions...

You pump the blood that carries our ancestors within. You purify the offerings to them and our Gods. You prepare our food, warm us, give us light by which we light the world...

It is Three Milks, it is May, it is Beltane... Ragnarök and the scourge of cold you have combatted... You return to us in the sword of Frey, in the Hearth of Westya...



For months we honed our spirits in our homes at your hearth , and we now bring you back to your rightful place out in the field... Wedding Earth and Sky like Ice and Fire...

Purify and renew us like a bath of ash and smoke... A touch and reminder of the end of times and rebirth...

May you be there at the time we ride from one plain to the next, burning away attachments so we are ready for the Gods and Ancestors...

Hail Westya !  
Hail Ing !  
Hail May !  
Hail the Spring!

*Upcoming Events*



Folkbuilder Shane Duffy  
[sduffy@runestone.org](mailto:sduffy@runestone.org)

*Say "No" To the Black Pill*



“The unwise man is awake all night, and ponders everything over; when morning comes he is weary in mind, and all is a burden as ever.”

Havamal 23

There is a certain mindset that is infecting some of our Folk today that is uncomfortable to discuss, but still needs to be addressed. This is a negative, defeatist perspective of victimhood. In the current internet parlance it could be called a “black pill” mindset.

We live in an information age, where we are bombarded by news stories, opinions, and images that affect the way we perceive the world around us. There is a lot that is wrong with our society, and with the world. I don’t mean to minimize the challenges that face our Folk, or humanity as a whole, and we certainly should be active, individually and collectively, to do what we can to make things better.

However, when someone becomes so immersed in the gloom and pessimism that the many screens we sit in front of, or hold in our hand, present, it can paralyze their will to act positively on those things they can actually impact. And, honestly, sometimes it’s just easier to wallow in negativity and self pity than take on the work to improve things for ourselves, our families, and our Folk.

Anxiety over things outside our control weakens us – especially in that it distracts us and saps our will to move forward and make real progress in ways that advance ourselves, our people, and our church. No individual can “fix the world”, but you can improve yourself. Spend time learning about our Lore and faith; read about the great achievements and history of our people – this will strengthen your mind. Grow your connection to the Gods through ritual, prayer, and meditation; participate in AFA ‘in person’ events – these activities will strengthen you spiritually. Work on your diet, health, and fitness – thereby making your body strong.

Victory – for each of us, as individuals, and for all of us, as a Folk – is the destiny the Gods desire for us. They have blessed us with the innate abilities to achieve that destiny. It is our responsibility to ignore the siren song of those who would demoralize us, to focus on the good, the great, things we are capable of accomplishing.

Victory is vindication.



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

*Auf Wiedersehen Baldrshof*



It's sad day in Illinois. I sit and write this article the day before my house sells and I start my journey moving down to Þórshof. It's not good-bye forever though, as I'll visit from time to time. I'll see y'all up at Freyfaxi too. Wouldn't miss it for the world! If you're ever down in my neck of the woods, come say hi!



Folkbuilder Nicholas Rice  
[nrice@runestone.org](mailto:nrice@runestone.org)

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## Minnesota

*April With Folk*



It was kicked off with a beautiful hike at Willow River State Park in Wisconsin. Our kindred hosted Hexennacht at Baldrshof, helped my neighbors save their home in the flood, and my oldest turned ten years old. So much to be grateful for and so many people to thank!



Spring has sprung and the thaw's begun! The snow has melted and the grass is finally starting to turn green on the west side of the state here. We are able to make our way

outside and enjoy some great weather finally. Hexennacht was enjoyed by folk near and far. Witan Callahan furnished us with another beautiful blot and the children loved the crafts and goodies!



My daughter turned ten and I couldn't be more proud of her. She is very crafty and loves to read. I admire her will and am so grateful to have her and the rest of my clan.



SigTyr moot in Sioux Falls, South Dakota and we will be hosting May Day at Baldrshof, as well!! Can't wait to see everyone!!

*Upcoming Events*

**Wotan on the Peaks**

Join your folk in Sioux Falls, South Dakota  
**SUNDAY May 7th 2023**  
**11am**

Contact Sig'Tyr Kindred  
Nerlandson@runestone.org  
Amcstocker@runestone.org  
Jshaffer@runestone.org  
Bperron@runestone.org



Folkbuilder Jessie Shaffer

[jshaffer@runestone.org](mailto:jshaffer@runestone.org)

*Monthly Update for Local Events and NBK*



Things are starting to pick up now that winter is finally gone here in my part of Minnesohhhta. April really was a busy month and May and June are filling up too. There is so many great events coming up here and the surrounding states especially Wisconsin. And planning an event in Iowa in the next few months. So many great hikes and outdoor activities to do now that Spring has sprung.



What an amazing month it was. I was honored to cohost the 2nd annual Wotan on the peaks at willow river state park again with Folkbuilders Sara Ault and Jessie Shaffer.



We had Hexennacht at Baldrshof and finishing off the month with a moot in New Ulm, MN.

I want to Thank Folkbuilders Sara Ault and Jessie Shaffer for organizing and cohosting the 2nd Annual Minnesota/Wisconsin Wotan on the peaks at willow river state park. And Thank you Folkbuilder Jessie Shaffer for picking me up for the second year in a row. On May 21st will be co-hosting a Hike with Folkbuilder Josh Rapin and Apprentice Folkbuilder Bruce Perron at McMillan Marsh Marshfield, WI 12pm. If you are interested in attending, please reach out to one of us for more details. Thank you for inviting me to be a part of this, Josh and Bruce.

### *Upcoming Events*



**MINNESOTA/WISCONSIN  
MCMILLAN MARSH HIKING MOOT**

**SUNDAY MAY 21ST  
12:00PM**

**JOIN US FOR A HIKE IN THE WETLANDS  
AND A PICNIC IN THE PARK!**

**MCMILLAN MARSH STATE WILDLIFE AREA,  
COUNTY RD C, MARSHFIELD, WI 54449**

**CONTACT FOLKBUILDERS  
JASON GALLAGHER  
JGALLAGHER@RUNESTONE.ORG**

**BRUCE PERRON  
BPERRON@RUNESTONE.ORG**

**JOSH RAPIN  
JRAPIN@RUNESTONE.ORG**



**Folkish Family**  
**Wotom on the Water**  
**hoipe**

6-10-23  
Tettegouche  
State Park  
11:00 A.M.

Contact Folkbuilder  
Jason Gallagher  
For More Info

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



Folkbuilder Jason Gallagher  
[jgallagher@runestone.org](mailto:jgallagher@runestone.org)

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## Missouri

*One Quarter of the Year Already Behind Us*



April saw Missouri folk gather with Nebraska, Kansas and Oklahoma folk to throw a beautiful Hexennacht celebration! And our Missouri Folk gather to spend some time around the dinner table in Kansas City. Where we shared in Austrian cuisine, a walk around and enjoyed each other's good company.

If you missed any of that be sure to join us for the next chance to get together!



Folkbuilder Melisa Mills  
[mmills@runestone.org](mailto:mmills@runestone.org)

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## Nebraska

### *Hexennacht in Nebraska*



April 14-16 we were privileged enough to host our very first event here in Nebraska. 20 people from multiple states joined us in our neck of the woods to celebrate.

We enjoyed great food, great friendship and many, many laughs together. A special thanks to the wonderful ladies who helped so much in the kitchen.



On Saturday the womenfolk made flower crowns and learned an herbal charm to ward off evil and made candles to take home and enjoy until next year.

The men enjoyed an afternoon of woodburning and conversation.

There was a joint Freyja and Freyr's blot and Sumbel was held after a very lively auction.



A special thanks to Melisa Mills and Shea McCurdy for helping this become a reality.  
And thank you to Shade McCurdy for your amazing artwork.

We hope to see this event grow over the coming years!

Hail the AFA!

*Prairie Fire Kindred*



I'd like to give a little context to our flag. It's beautiful and I couldn't have come up with something so incredible without Josh Rapin and Madison East taking the ideas I had and putting them into images, thank you both so much. It's also incredibly meaningful for our Kindred and I would like to say it's a summary of what the AFA has done for us.

The name of our Kindred is Prairie Fire. A prairie fire is a fire that scorches the earth with incredible force and speed. This has become a major, major issue here in Nebraska with the advent of monoculture and chemical pesticides because a prairie fire will reverse that man made shift and revert the fields they have spent generations perfecting into its natural state within a year. The heat from the fire activates those deeply buried seeds of the long gone prairie and allows nature to heal regardless of what the corporate field owners want planted there. This is exactly what we hope to bring to Nebraska and to the AFA at large. We want to help bring that awakening that burns away the centuries of Christianity burying our Asatru blood memory and allow our Folk a fighting chance at knowing who they are meant to be and what's dormant inside of them. The Prairie Fire will burn away the old self and give us the chance to sprout and connect to the Folk Soul.

The flag colors and symbols represent the colors and shapes of Nebraska. The golden fields, the Western bluffs and cliffs, the beautiful blue sky over the rolling hills.

The flag's focal point, the golden Sonnenrad, represents the new day dawning on our Folk. It represents the power and might of the Æsir and the cyclical nature of our stories and awakening. I feel that we are entering a new Golden Age of Asatru and for the Æsir

and I wanted to capture that on the flag.

The red outline is a representation of the ALU-ULA formula. Without cluttering up the flag we wanted to show the gifting cycle. From the Folk to the Gods to the Folk. The red was Burt's idea and I think it not only visually enhances the flag but the symbolism is amazing. Lastly we have the goldenrod. State flower of Nebraska, used by our Pioneer Ancestors to find water and therefore life. It can be used for dowsing and it grows ovetop our many buried springs, giving hope to the Folk who struggled and sacrificed so greatly to build something truly their own.

Hail the Gods! Hail the Folk! Hail the AFA! Hail the Folk who made the Prairie Fire Kindred possible! Hail Jason Gallagher! A special thank you to Jason for pitching the idea and putting this beautiful thing into motion.

### *Upcoming Events*



NEBRASKA RENAISSANCE  
FAIRE MOOT

Bellevue, Nebraska

May 13th, 2023

11 am

Tickets must be prepurchased

For more info, please contact Apprentice Folkbuilders  
Cody and Ali Clausen



Alison Clausen  
Apprentice Folkbuilder  
[aclausen@runestone.org](mailto:aclausen@runestone.org)

*Nebraska Hiking Moot*



With the weather warming up, we decided to get out and enjoy a nice hike through the forest. There was a stunning view of the Missouri River, the trails led us through hills and valleys, and our son led the charge, showing us up the whole two miles we hiked.



After we got back to the entrance, we went over to the raptor rescue they had. We got to see some local owls, hawks, vultures, and even a bald eagle that had lost part of its wing.



Finally, before we left, we went into their indoor visitor's center. In the basement, they had several local reptiles and amphibians on display. While we've seen some of the snakes in our yards before, the softshell turtle they had was a new sight for us!



It was a beautiful day, and we had a wonderful time together enjoying the sights and sounds of the forest.



Cody Clausen  
Apprentice Folkbuilder  
[cclausen@runestone.org](mailto:cclausen@runestone.org)

## North Dakota

### *Appreciation*



Hello folks! I want to share my sincere appreciation for all the hard work that goes into making things happen at our Hofs and at all our events. This month, I had the opportunity to help with one of our Hexennacht projects and I'm excited to show off

my work. I am so glad that the event turned out as amazing as it did. This little ritual horn was a delight to carve and emboss with Gold leaf. I'm so happy to be able to help with events! To all our volunteers, and leadership, thank you for your dedication and support!

*John Gibbs-Bailey*



April 22nd was the Day of Remembrance for one of our Heroes, John Gibbs-Bailey.

John Gibbs Bailey or “Hoskuld” as he was known by, remains a somewhat enigmatic, yet foundational figure within the AFA’s heroes but he is Worthy to be honored for the extraordinary work he accomplished during the reconstructive work of our belief system. He, along with John Yeowell, “Stubba”, and others including our Founder, and Folk Mother, helped rekindle our Faith and re-establish Nine of what are commonly called The Noble Virtues, and rediscover our traditions in the way we honor the Aesir and ancestors. He was active in the community of our folk and helped establish some of the early organizations. By all accounts he was a kind man, with deep blue eyes and a long white beard at the time of his passing. He possessed a deep love of the folk and the Aesir from his awakening to Asatru around the Turn of the Century until his passing in the 1980s. From the accounts I’ve gathered, he was an honorable and upright man until his passing and his influence was invaluable to the reconstruction of Asatru. Hail the

Heroes!

I look forward to discussing more about Hoskuld on Victory Never Sleeps on May 10th. You can check that out at [here](#).



Christian Penner  
Apprentice Folkbuilder  
[cpenner@runestone.org](mailto:cpenner@runestone.org)

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## Wisconsin

*Heritage and Train Depot Moot*



This month, I hosted a moot at the St. Louis County Heritage & Arts Center and Train Depot!



After touring the immigration section of the museum, we ventured into the basement to check out the collection of trains they had. We finished off the moot with a nice lunch and some good conversation at Grandma's on Canal Park in Duluth.

*Upcoming Events*



**MINNESOTA/WISCONSIN**  
**MCMILLAN MARSH HIKING MOOT**  
**SUNDAY MAY 21ST**  
**12:00PM**  
**JOIN US FOR A HIKE IN THE WETLANDS**  
**AND A PICNIC IN THE PARK!**  
**MCMILLAN MARSH STATE WILDLIFE AREA,**  
**COUNTY RD C, MARSHFIELD, WI 54449**  
**CONTACT FOLKBUILDERS**  
**JASON GALLAGHER**  
**JGALLAGHER@RUNESTONE.ORG**  
**BRUCE PERRON**  
**BPERRON@RUNESTONE.ORG**  
**JOSH RAPIN**  
**JRAPIN@RUNESTONE.ORG**



Bruce Perron  
Apprentice Folkbuilder  
[bperron@runestone.org](mailto:bperron@runestone.org)

*Fresh Air with Wisconsin Folk*



It's was nice that we were fortunate this month to be able to have crisp air but fair weather. So we took advantage as best we could and planned a hike.

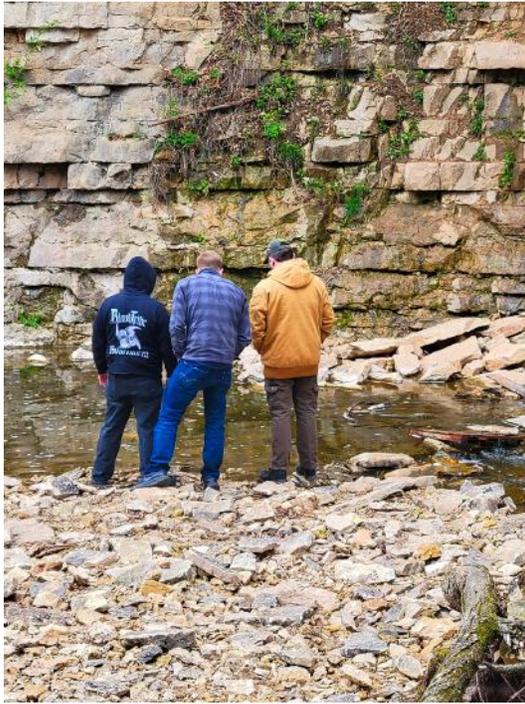


It was a wonderful time and beautiful weather for it!





We found a Hiking spot that was absolutely beautiful! We had to cross a swelling creek to reach the other side of our trail. Some removed shoes for the invigorating experience while I opted for a bolder move, no feet got wet! Lol.



We wrapped up our day with some lunch at a local Bar and Grill and good company for conversation!

Thank you to all that could make it, it truly was a wonderful and beautiful day because it spend with you all!

*Upcoming Events*



PLEASE JOIN US FOR  
FOLK, FRITH, AND FOOD  
VATNAFÓLK KINDRED'S  
2ND ANNUAL  
**MIDSUMMER**

SATURDAY | JUNE 10TH | 2:00 PM

THE RAPIN RESIDENCE  
540 CLOVER LANE  
GREEN BAY, WI 54301

RSVP BY JUNE 3RD

FOR MORE INFORMATION CONTACT  
FOLKBUILDER JOSH RAPIN  
JRAPIN@RUNESTONE.ORG



Folkbuilder Josh Rapin  
[jrapin@runestone.org](mailto:jrapin@runestone.org)



### *Minnesota/Wisconsin Adventure for Wotan*



The 2nd annual Minnesota/Wisconsin Wotan on the Peaks was not only a success but an adventure in typical Wisconsin weather. The drive up to Hudson from our side of the state was the first indication that spring had not yet made it to the North. Arriving at Willow River State Park, we were greeted by both old friends and new ones. Having done this same hike last year, we were prepared for the path to the waterfall. For those who have never been to this park, the path is a steep incline. On the way down it's great, but the way back out takes a little effort and is a wonderful work out for your legs.



The path was snow and ice covered. Approaching the incline, we noticed several other hikers lose their footing or using walking sticks to balance themselves. Many of us chose to venture off the path and into the woods to get better footing. An adventure for sure, with many slips and at least one person falling on their butt. Just as we got round the icy bend, the sight of the amazing waterfall made the journey worthwhile. We spent some time exploring the grounds around the waterfall.



Folkbuilder Jason Gallagher with assistance from Folkbuilder Jessie Shaffer led us in a Wotan on the Peaks blot. Calling out to Wotan to awaken his people and bring them home! It was a beautiful sight to see the many children eager to join in. After the blot

the children did some more exploring of the huge rocks, caves, water and trees in the area. Then it was time to head back up to the parking lot. The icy incline was an adventure once again but seemed to go easier after such a wonderful spiritual experience shared with Folk.



After our adventure in the state park, we drove over to Riverfalls for lunch at a local Irish Pub that is known for its Boxy. Boxy is basically a potato pancake. A new member from that area met us there and a good time was had by all. While at the pub, we raised a glass to hail Jarl Haakon, the last Asatru ruler of Norway, whose remembrance day is April 9th. Afterwards we said our goodbyes and traveled back to our homes with plans to do the same thing next year.

Hail the Folk!

Hail the Gods!

Hail the AFA!

*We Have This Day*



There are two poems I switch between reading during the 3rd round of Sumbel — *For What it's Worth* by Ron McVan and this then one.

*We Have This Day* by Christina Finlayson Taylor

Today I rest in retrospect and contemplate this life, reflect on just  
how swift a decade flies, how one is born and lives and dies,  
and what appears will disappear. How apparition-like we're here.

No time to waste in rumination, life's a stream in steady motion,  
not the dancer, but the dance. Each moment holds another chance  
to love like flowers love the sun, to do 'til all the doing's done.

Beyond the doing, there we be; beyond the seeking, there we  
see that life's a dream, a dream divine: a time to star, a time to shine  
like gods and goddesses at play. Our moment here, we have this day.

We are the future Ancestors, act accordingly!

Hail the Gods!

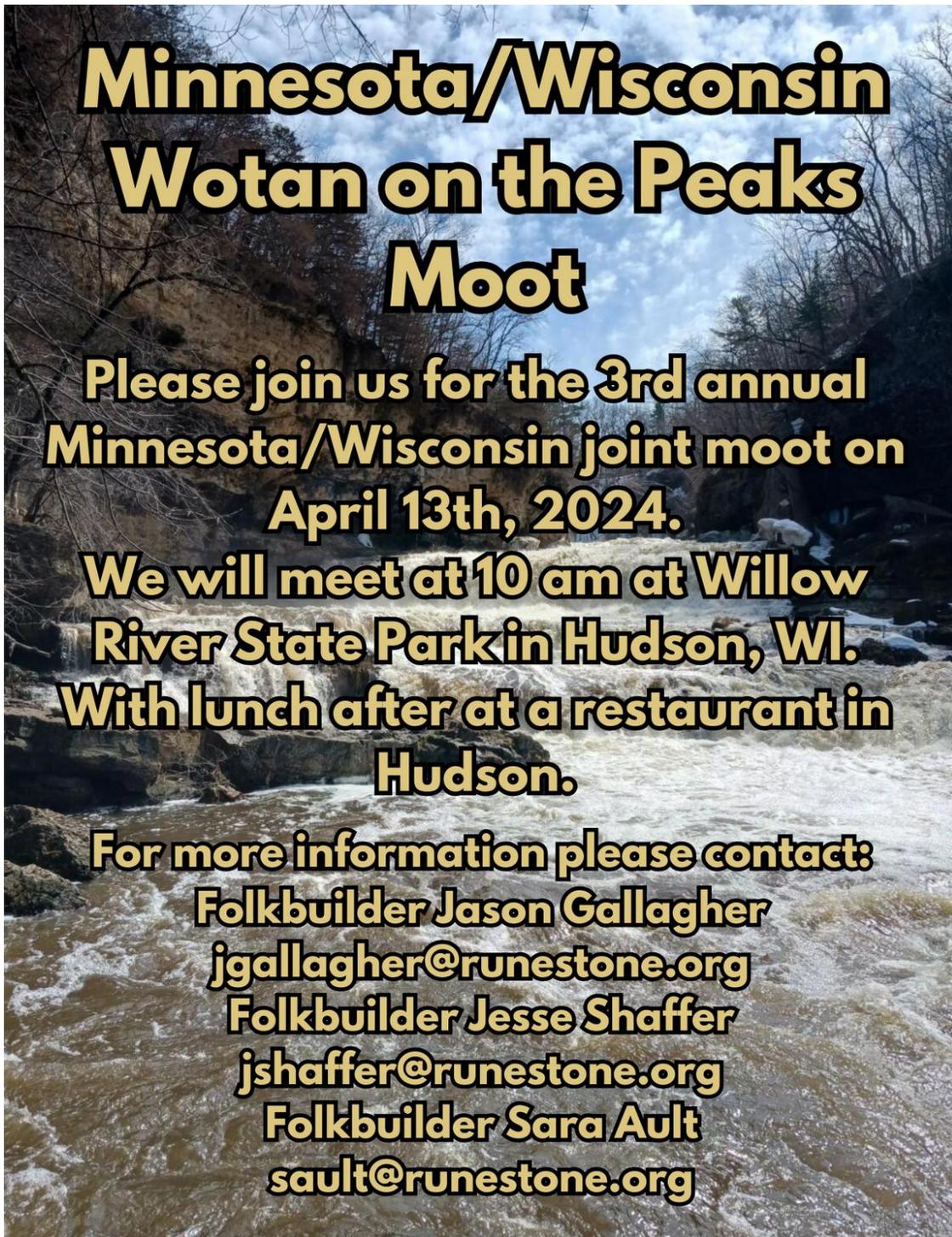
Hail the Folk!

Hail the AFA!

*Upcoming Events*



**Please join us on June 24 in Ellsworth, WI. We will be meeting at 11 am to enjoy the Cheese Curd Festival. Entrance to the Festival is free. For more information contact: Folkbuilder Sara Ault [sault@runestone.org](mailto:sault@runestone.org)**



# **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 in  
Hudson.**

**For more information please contact:**

**Folkbuilder Jason Gallagher**

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

**Folkbuilder Jesse Shaffer**

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

**Folkbuilder Sara Ault**

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