


The Runestone: Voice of the Asatru Folk Assembly

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Baldershof
Third Hof of the Asatru Folk Assembly

www.baldershof.org

May 2024



Donate to the AFA

Words from the Alsherjargothi



May is an exciting time! I hope everyone has had or will have an amazing May Day! We are in the prime of the year, activity and great things are going on all around us. I seem to say this every month but that is because it is so important, get out there and participate!

In today's world, we all spend a lot of time on social media. That is a great tool to maintain connections over distance. Unfortunately, social media tends to amplify

anxiety and promote wallowing in the *doom spiral* as well. Life is good, share it with your AFA family. I would like everyone who reads this to make a point of attending a meet-up in your area. Better yet, make the trek to your Hof! Hof attendance and real-world participation is what builds the community that we all need. Participation is essential to Asatru—it is not a theory or a philosophy, it is actively worshiping the Æsir and engaging with your AFA family.

I am excited! We have some great things coming up this summer, and I look forward to sharing all of it with all of you.

Now is the time to make things happen!

Hail the Æsir!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
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The Folk Remember



The Asatru Folk Assembly is saddened by the passing of Nyx Olavi Hostvet Levang of Hartville Ohio. Nyx departed Midgard on April 28, 2024, at the age of 31. She leaves behind her father Arnold, and her fiancé Joseph Drotos. She is predeceased by her mother Lisa (2023) and her brother Leif (2021). Nyx had a fiery passion for her Folk. She often gave of herself without hesitation to assist our folk in need, even those she didn't know. Ms. Levang grew up in Anchorage, Alaska, earned her Bachelor's in Health Science, and worked as a model.

A service in her honor will be held on May 9, 2024. Please contact Folkbuilder Michael Melillo for details.

The Asatru Folk Assembly sends heartfelt prayers to those who called her a sister, daughter and life partner.

The Folk Remember

Words from Our Gothar

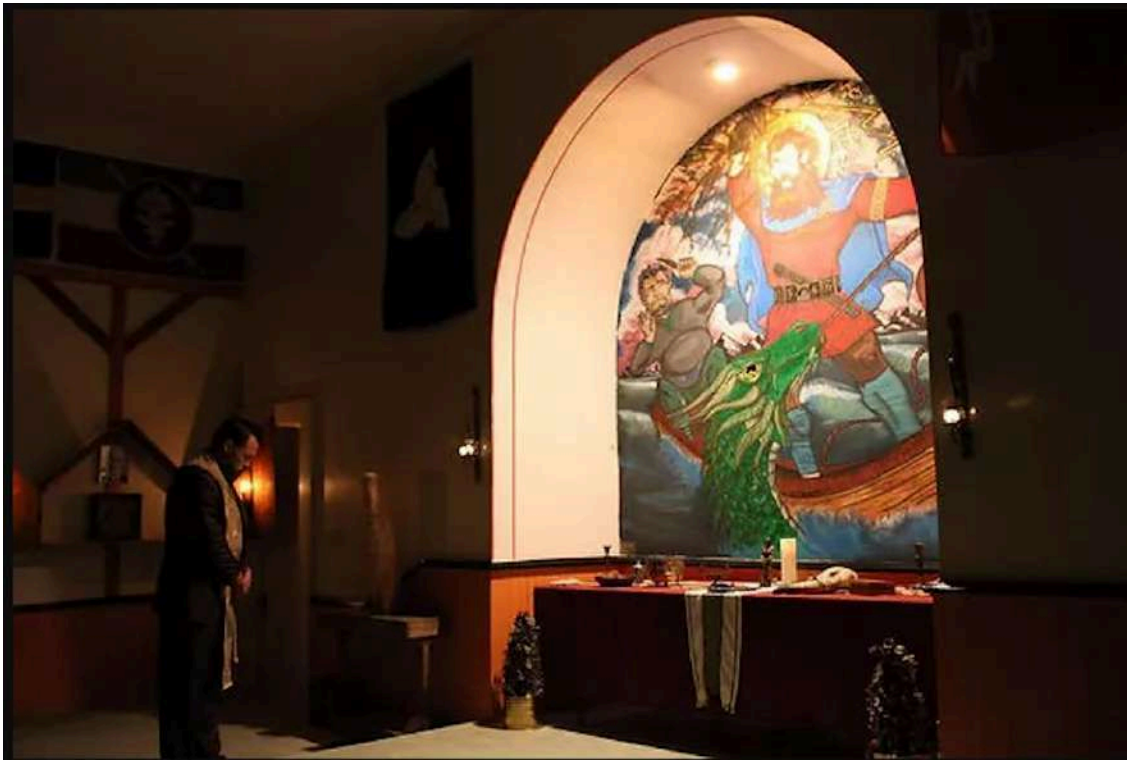
Faith in the Dark



Every religion has its fair-weather practitioners, and Asatru is no exception- especially in the Wolf Age.

All of us have seen it: a pious and devout member of the AFA, attending every event and donating their time or hard-earned money to every cause, suddenly goes through a hard time. Perhaps they lost a parent or a pregnancy, a job or a car, or are simply not feeling that connection to the Folk that they used to take such pride in. They go through any of these tribulations, and slowly drift away from the Folk and, ultimately, away from the Æsir. They often decide to leave the AFA, and they often say it's just "for a little while", but many do not return. They allow their struggles to outweigh their reverence for the Æsir, and so return to the atheistic malaise that is life without Asatru.

This problem is one that must ultimately be confronted by whoever is going through these trials, but the rest of us CAN help get their mind in the right place. We can remind them that their AFA family is here for them no matter what, that the Æsir exist no matter what, and that their ancestors care for them no matter what.



As you read this, think back to your grandparents or even your parents. Many times, when they faced hardship, they kept their faith in a foreign god and a foreign church. They took strength from that community, and the promises of that foreign god. If they can take strength from that, we should all be able to take so much more strength and comfort from OUR Gods and OUR church.

Now, think even farther back, beyond the desert faith's hold over the Folk. Imagine the Norse, or the Saxons, or the Rus, or whichever Aryan tribe your blood comes from. Even in the darkest of winters, in the bloodiest of battles, they kept their troth with the Æsir. It sounds so simple, but believe me when I say that it takes real strength and devotion. Not only did they keep their own loyalty to our Gods, they kept their kinsmen's loyalty strong, as well. They would not allow their kin-fence to suffer a withered post.

As was the case with our forebears, both Asatru and Christian, we must learn to keep our faith strong in the face of adversity! The Æsir have blessed us so abundantly, and it is only right that we maintain that troth even in the darkest of days.

If you ever find yourself struggling with this, or with anything, email your Gothar at gothar@runestone.org, because we are here for you and your family.



Gothi Trent East

teast@runestone.org

Jera and the Cycle of Ceremonies



Six months ago, we entered our ritual circle to a drumbeat that pulsed like a heartbeat. It was Winter Nights, and there was a chill to the air. The pine trees were stark silhouettes surrounding us. The bonfire was blazing – and Freya and the Disir were called through the quivering veil. Gifts exchanged and runes taken.

For Hexennacht, those same holy women were on my mind all day. In my morning workshop on “Hex Art & Magic,” we reviewed the Elder Futhark and imagery that is seen, and sometimes “unseen,” in hex art. We know these designs are inspired by our Folk-soul, even when painted by ardent Christians.

Our Ladies’ Chat had the added pleasure of a baby shower hosted by our own Óðinshof group, Daughters of Frigg. Fertility of the season was personified in the gifting to Caitlin’s new arrival, due in late May.

During that time, I spoke on the background of this day of celebration, and our particular role in it. We are not women of the 10th, 14th, or 18th centuries, but of the 21st. As such, our interpretation and expression of this day is “just right” for us.

Contrary to the darkness of Winter Nights, this ritual took place in the glorious late afternoon. The turning of the seasons was evident in the new growth and emergence of spring flowers. Though we would again invoke the blessings of our Lady of the Vanir and our Mothers, this time it was with dynamic energy of the returning sun to further our own goals and needs, to bring forth the fertility of the body, mind, and spirit. Remember in March when felt the change as Ostara opened the window to the bright and healing nature of Springtime?

Leading up to this day, Folkbuilder Olivia Sutherland and I had discussed the need to gather herbs to generate a cleansing smoke during the traditional ritual based on the old English “Nine Herbs Charm.” Olivia came through for us with our own variety of herbs cut fresh from her garden. Foot-long sprigs of rosemary, lavender, thyme and lemon-thyme were placed in a basket and carried to each person during the ritual. With hands cradling the basket, each inhaled deeply the pungent aroma as I asked them to recall a time they had experienced those smells in the distant past.

Then, with a sudden toss, the herbs were thrown into the fire. Crackling and smoking, I invited all to step forward to receive the blessings of that smoke. I stepped within the close circle and made many sweeps around the firepit, pushing the smoke over the assembled folk with my handmade wooden broom. I came away thinking that this was a rite I had for the Folk done long, long ago. It felt so natural.

Remembrances of our Mothers, and offerings to Freya, each person set a personal intention during the ceremony. Freya’s blessings were asperged to the Folk, and holy mead sprinkled over the open box of runes. That would be our “seiðwork” for the day. She, who exchanged her knowledge of other-world mysteries with Óðinn would surely be able to bless our runes.

May all learn from the runes they drew, and use them in right accordance to their needs. As the yearly cycle continues, the rede of the rune should manifest.



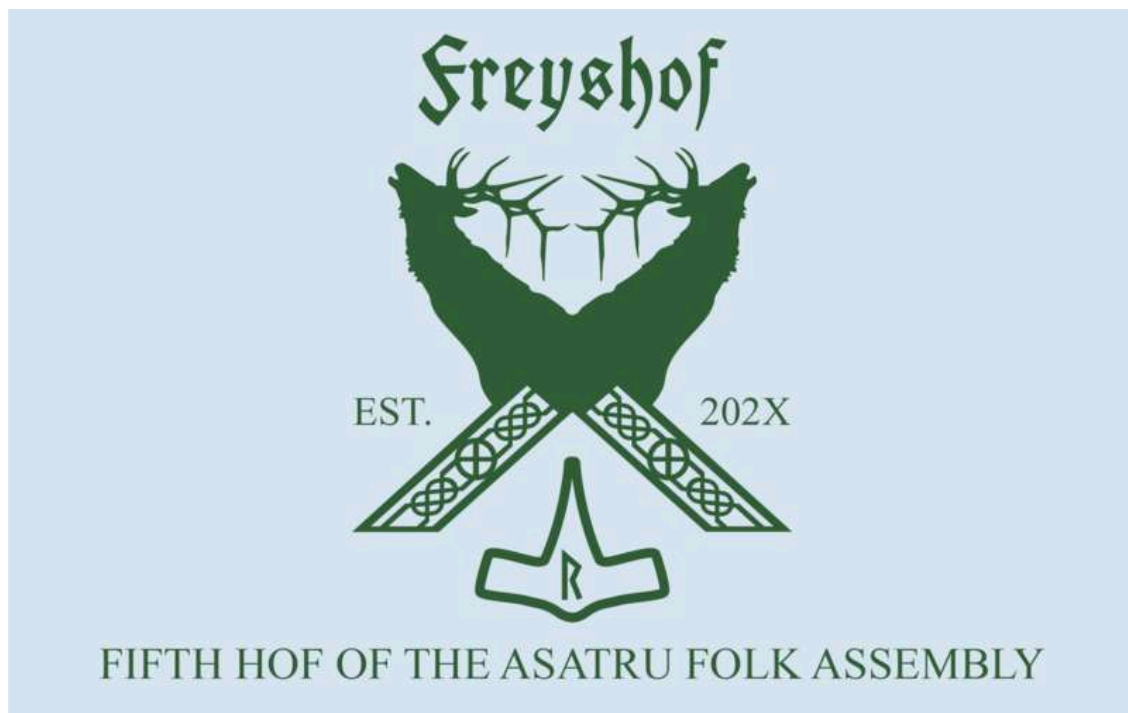
Gythia Sheila McNallen

sheila@runestone.org

The Quest for Freyshof

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

– Gylfaginning



[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 \$90,320 on our remaining loan.
2. We need to raise our monthly donation average by 17.6%.
 - 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

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
nrice@runestone.org

Victory Never Sleeps



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

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

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

Catch us LIVE with new episodes on Wednesdays at 8pm Central / 6pm Pacific on YouTube, Twitter, Entropy, Odysee, VK, Rumble, and Twitch. Audio versions drop on Spotify, Apple Podcast, iHeartRadio, and Amazon Podcasts on 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



Hello Folks! My name is Amber Cameron, and I'm thrilled to join the staff of the Asatru Folk Assembly's Academy. As a parent of soon to be three children and a devout follower of our Gods, I believe deeply in the intertwined importance of faith and education. A background in child rearing with my own family has given me a passion

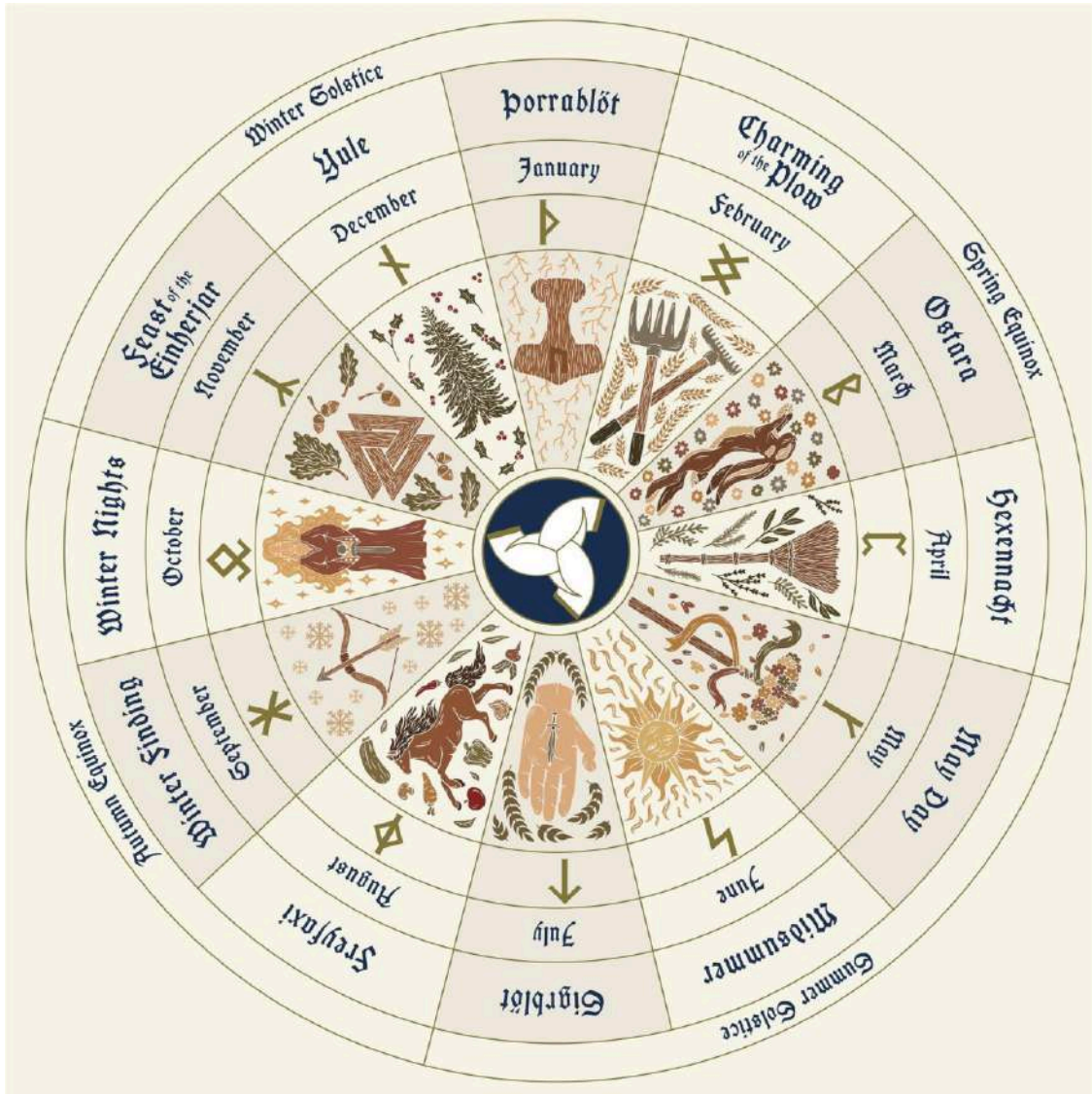
for fostering engaging learning environments that children want to be a part of. With this, I'm excited to contribute to the growth and development of our ever-growing number of students. Our faith as Asatru is not just a belief system, it's a guiding principle in how we approach our life and our learning.

Our Academy's program, based on the principles of Waldorf education, emphasizes a holistic approach to learning that aligns perfectly with our values. I've found thus far, that we are committed to integrating our spiritual Lore into our children's educational journey, fostering a balanced approach that nurtures not only the spirit but the mind and body as well. Together, I look forward to embarking on a journey of exploration, discovery, and academic excellence in partnership with our students and their families.



Amber Cameron
Staff, AFA Asatru Academy
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Remembrance and Holy Days



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

Date	Observance
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

May



Asatru Holidays - May 2024 - Else Christensen | May Day

Day of Remembrance

Else Christensen | May 9th



Originally born in Denmark, Else Christensen (nee Ochsner) was one of the leading figures in the modern Asatru 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.

Else Christensen is the dedicated hero of Baldrshof. For more information and a deeper dive into the life and acts of our Folkmother, check out [Baldrshof.org](https://www.baldrshof.org).



Gythia Catie Erickson
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Holiday

May Day | May 1st (Observed May 18th)



The Maypole (oil on canvas) by Peter Miller

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 awakening 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.

May Day 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. May Day marks the beginning. It marks the start of growth.

Where one has the will, all things can happen.



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Event

Midsummer at Óðinshof | June 21st-23rd



You're invited to Midsummer, Óðinshof's signature event of the year! Please join your Folk from across all the districts as we celebrate and honor our Gods and Goddesses at the very First Hof of the Asatru Folk Assembly. This weekend will be a summer “spiritual retreat” for all our Folk coming from near and far. It will be filled with inspirational rituals, scrumptious and hearty meals, healing music, warm sunshine, laughter, motivating conversations, and fun activities for all ages!

- Camping onsite at Óðinshof is free and includes the use of outdoor hot showers.
 - Additional lodging options in the greater Brownsville area may also be available.
- Guests (non-members) must be approved prior to the event.
 - Please contact any of the Folkbuilders in advance to assist with this process.

Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

If you have any questions, please feel free to reach out to me or to Gythia Sheila McNallen.

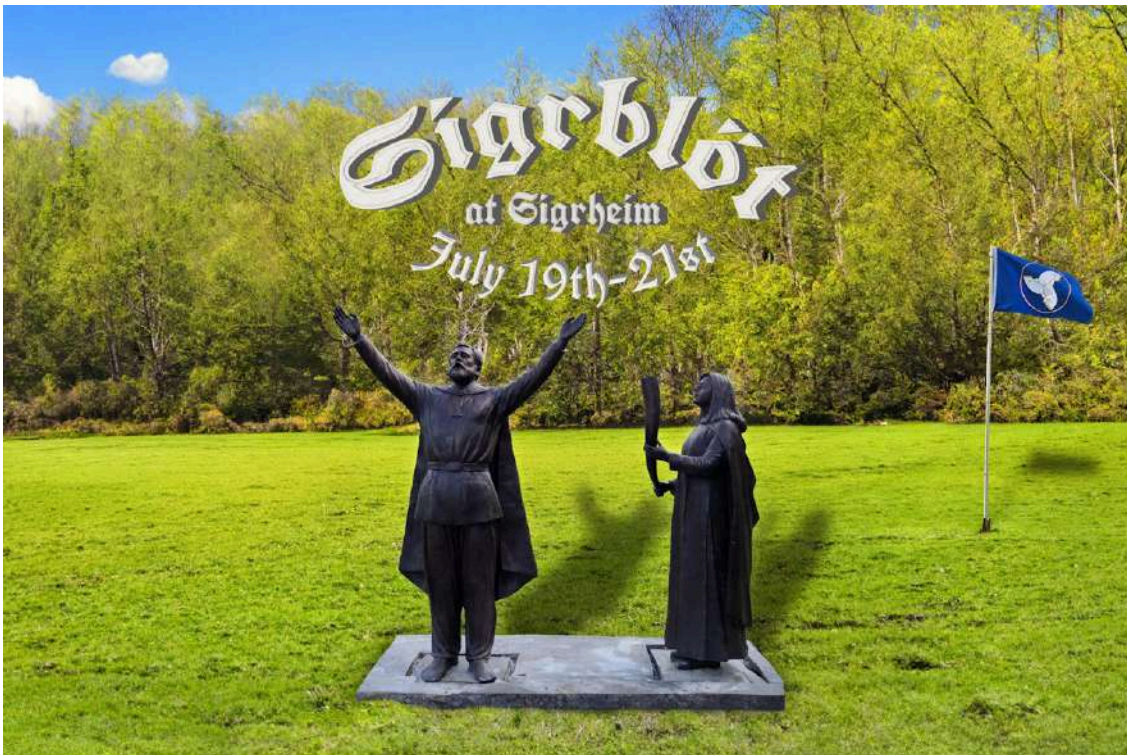
See you there!

Register today and take advantage of our Early Bird Special! Get your tickets [HERE!](#)



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Sigrblót at Sigrheim | July 19th-21st



The second Sigrblót at the Home of Victory!

And no other place is it more righteous to celebrate the Victory Sacrifice!

This is time we come together to honor both the summer and to make offering to the Æsir in hopes of their blessing for that which we are striving forth to conquer or acquire for us and our Folk! In times now passed, our Folk would be asking for the Æsir's blessings in battles and raids! And we ask now at this time for them to accept what we have to offer that he may lend his strength to see us victorious in our current endeavors!

Blóts! Feasting! Sumbel! An auction with one-of-a-kind items!

Camping is available on-site (bring your own tents and gear), and there are hotels within 20-30 mins of Sigrheim as well. Some AirB&B's in the area too. You are

welcome to come early, stay late, and spend as much time on the land as you'd like. It's open to any of our member Folk!

Notice: this is undeveloped land. We will have Port-a-potties and will make sure drinking water is readily available. However, it is imperative that you plan accordingly. There will be a couple large event tents to gather in. But no other public structures.

Please wear appropriate footwear and be prepared for a hike through the woods and up the ridge if you plan on participating in Blót. If you have any physical restrictions, this particular part of the weekend may cause a challenge or an inability to participate on that particular event. If you have off-road vehicles such as 4-runners, ATV's, etc., they would be a most welcome addition to the weekend and could mean the ability to get those who are otherwise restricted, up the ridge and safely back down again.

Bug spray, sunscreen, coolers, water, snacks, tents, blankets, appropriate clothing and footwear is advised.

If you have any questions about the land, area, or event, please reach out to Folkbuilder Nick Rice at nrice@runestone.org.

Get your tickets [HERE!](#)



Folkbuilder Nicholas Rice
nrice@runestone.org

Winter Nights XIII | October 11th-13th



Started in 2012, the Asatru Folk Assembly's Winter Nights festival was hosted at a beloved camp in Pennsylvania for its first decade. Winter Nights has since been hosted in Ohio and in Tennessee and this year Winter Nights XIII will be held from October 11th – 13th, in Cheshire County, New Hampshire!

This long-running AFA festival is 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 fee includes all workshops, lectures, meals, tent sites, and of course our holy rites. 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.

Things to know:

- Children 17 and under attend for free!
- Meals are included with all passes.

- You will need to bring your own bedding and it can get COLD at night, so plan accordingly.
- Accommodations are on-site tent camping. Bring your tent!
- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

If you have any questions or concerns, please email cerickson@runestone.org

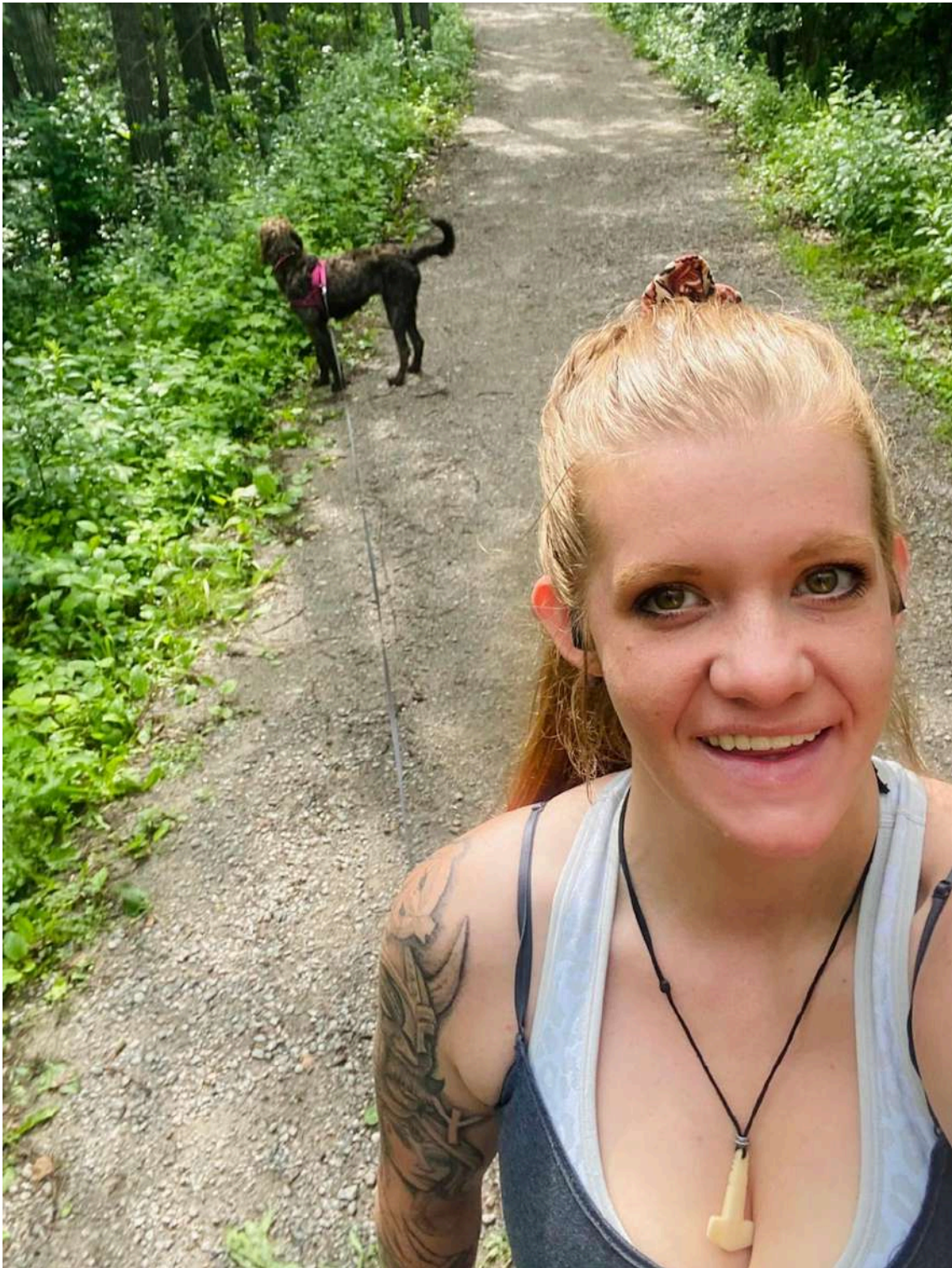
Get your tickets [HERE!](#)



Witan Clifford Erickson
cerickson@runestone.org

Folkbuilder Spotlight

Ashley McStocker | Folkbuilder | Minnesota



Ashley is one of the most driven of our Folkbuilders in the AFA. She is a mother of three, a dedicated partner, and working her way through nursing school. She is as hardworking as they come, continually having the Folk and her family at the forefront of her motivations and works tirelessly in AFA responsibilities. She is the driving force in building community relations at and around Baldrshof in delivering community building with the monthly food pantry, toy and clothing drives, back-to-school supplies, and other relationship building projects in the local community. This is just scratching the surface as to her dedication to the Church and her family.

Folkbuilder Ashley McStocker has become a pillar of Baldrshof District while also working to grow Frith outside the district lines. Her tireless efforts have grown a relationship with our community through the monthly food pantry, school supply drive, obtaining holiday meals for those in need, and with the Yule toy drive. She can be found in the kitchen, with the children, assisting in Blot, or building relationships with members each and every month. She is a vital resource for the AFA and a driving force behind the Victory of Baldrshof. Thank you, Ashley, for your sacrifices, dedication, and hard work that contributes to the Folk every day!

-Witan Brandy Fassett-

Ashley McStocker is one of a sweetest ladies that we have in the AFA. She is an incredibly hardworking, strong, and proud woman. Her work with the Baldrshof Food Pantry, the Virtue Recovery group, and any of our members' needs are First-Class, but they're still out shadowed by her loyal dedication to her wonderful children and fiancé. I've been super proud to work alongside her since I stepped up, and I know she's going to keep doing things long into the future, just the same as she has for these last few years!

-Folkbuilder Nick Rice-



So much of what happens at Baldrshof happens because of the tenacity, motivation and drive of Folkbuilder Ashley McStocker. She organizes the food shelf and does the most important job of finding donors. She organizes the school supply giveaway in the fall and toy drive at Yule time. Ashley is the reason our Hof is such an asset to the community of Murdock, MN. She also goes above and beyond in organizing Hof events from planning and cooking meals to thinking up and implementing children's crafts. In addition to all that she runs a Virtue Recovery Meeting once weekly, throws really fun Moots, and is the sweetest friend. I am so grateful to have Ashley in my life and as my kindred sister. Thank you, Ashley, for all you do!

-Corrie Proudfoot, member-

Ashley is very devoted to helping her Folk. She is also very willing to help with anything you may need help with no district lines to hold her back. She is a hard worker and reliable. She can be counted on. She is never too busy to talk. She is a good friend.

-Folkbuilder Heather Young-



She smiles, and without a word, you know that you have a friend and ally. Her demeanor is one of optimism, of handling whatever comes in the most noble and gracious way. She has the energy of youth and the understanding of an elder. Compared to those who are more intense, Ashley brings balance and heart to AFA leadership... both are qualities that are always needed. Steve and I have felt Ashley's warmth since the moment we met her.

-Gythia Sheila McNallen-

I have had the distinct privilege of working with Ashley McStocker over the last few years, whether she is training new Folkbuilders in our district or helping find food donors for our food charities. She is always helpful because she wants to help, not because she feels like she has to. She attacks tasks with unmatched enthusiasm and high energy, and she is a real team player. Ashley is among the very best of our Folkbuilders and she is a pleasure to work with.

-Witan Daniel Young-



It's hard to hail Ashley McStocker because there are so many things she does, and I don't know where to begin.... She is the most caring and sincere mother, a funny and reliable sister, devoted Folkbuilder & beacon for our Folk, and one hell of a friend!

Seeing her in action is a work of art, and she has a genuine heart of gold! Her compassion shows through her deeds and devotion to her family, our Folk, and the Baldrshof community. The bonds she has built with businesses and individuals through the food shelf, school drive, and countless other avenues is beyond belief and priceless. The reminders and tech help are always appreciated too. She finds the time to help me through my phone/laptop smashing mode, and never complains...

From her “dunzo bernardos,” to her awesome crafts and egg bakes, we are all lucky to have her in our corner, working hard for us!

Hail Ashley McStocker, McRockstar, McMurdock, soon to be Erlandson!!!!
-Folkbuilder Jesse Shaffer-

Folkbuilder Ashley McStocker is so much more than a Folkbuilder for her Church. She is someone no one can question that her heart lays with the Folk, her Family, and her Gods. She makes those around her better and does so selflessly. If you don't know Ashley, get to know her, she'd be happy to know you.

Hail Folkbuilder Ashley McStocker!



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 up...

That's when our folks Services Program comes in. We give one-time monetary grants to those members in need. These folks are so grateful and we know that once they get back on track they will contribute to this fund. For

those that are able, we are in need of funds so we can be prepared for when these situations arise in our community. If you're able please place a donation today. Even a small donation adds up in the grand scheme of things and even \$5 or \$10 can help if enough people pitch in. If even a fraction of the folks who like the page did that each month, imagine the possibilities!

AFA Folk Services is intended to provide modest, one-time monetary grants to AFA members in dire need of basic services. It is also to be a source for referrals and information to help members get help beyond what the AFA can directly provide. For more information, please email folkservices@runestone.org.

Your contributions are earnestly solicited and of course, are tax-deductible! Please donate to Folk Services or one of our other AFA Fundraisers at <http://www.runestone.org/donate/>.

Thanks in advance!

Photo Donations

We have a real need for hi-res photographs of our members' gathering, being active in their kindreds, and showing what it means to live Asatru!



If you are willing to donate some hi-res photos for use in promotions such as the AFA Calendar, the AFA website, our publications, and more please email them to the AFA at photos@runestone.org. The larger the resolution the better, so please email them from the device where the photo was taken.

Eir's Blessings

Everybody needs a little extra help sometimes. Women, being the frithy creatures that we are, are uniquely suited to the task of manipulating energy for the purpose of healing. Magic, you could say.

Do you have a health concern and need a little extra energy? Are you battling with a mental illness like depression or PTSD? Is your baby having a hard time with



teething? If you've answered yes at all, reach out to us. Once a month women of the AFA will get together to perform healing rituals all across the globe. If you would like to be included, please send a message to let us know!

At the same time, Women of the AFA! If you are interested in helping to create a frithful, healing magic, let us know! It's easy, but it makes a huge difference to those in our community who need our help!

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

Recently, several members of our AFA family have passed beyond the veil. One was an old man in ill health, two were young men in the prime of life... all died with no legal will on record. Sadly, in two of these cases, our dead AFA members did not have their wishes respected regarding their funerals nor the final resting places of their remains.



We never know when tragedy will strike. We have a responsibility to our loved ones, we have a responsibility to our own legacies, to plan for our passing, and to make our wishes known. Planning for and contemplating our death is uncomfortable. Hopefully, we all have plenty of time for that down the road, but we can't count on that. Maybe we worry about expenses or hiring a lawyer. We all have excuses to put things off until later, unfortunately, sometimes the clock runs out before "later" happens.

We have found an amazing resource for our U.S. members to make legally binding wills in minutes online for **free**. This site also has resources to make Advanced Medical Directives and Powers of Attorney. It takes only **minutes** at <https://www.doyourownwill.com/>.

Please make your will **today**.

The AFA would like to collect signed original copies of wills for all our members and

store them. We want to ensure that when members of our AFA family die, their wishes are honored. Please send these to:

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org

AFA Prison Ministry



The importance of this AFA Prison Ministry is so much more than just for those who are actually incarcerated, it benefits not only them as followers of Asatru but their families and loved ones on the outside as they will see the noticeable change in their demeanor and demand that our faith commands for them to lead a noble life. We all are future ancestors and will help them be examples of our faith and not be a burden or a product of recidivism.

We are compiling letters from prisoners that are Educational, Empowering, and Encouraging along with special spiritual writings from our Gothar to create a quarterly newsletter to be distributed to inmates, institutions, and jails. Our mission is not about providing free books or literature to bored prisoners who simply want free stuff. We intend on making real-world change for the better of our folk.

""No packed rooms in the prisons; in each institution I have only a few people; occasionally about a dozen, but 5-6 is more common. I certainly do not want the Fellowship to be a club for cons, or ex-cons; the advantage is that when in prison the inmates have time to discuss and digest what they read, a point that often is lost to people on the outside in the hubbub of daily concerns" - Else Christensen

By the example of our Folkmother, Else Christensen, we will also be going into prisons as we are able to. Some of our Gothar and other leadership, will be going into the prisons to hold study groups, lead blot, and encourage continued growth in the folk inside.

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



Or if you'd like to donate to this ministry, there's a donation earmark set up on our site [here](#). The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.

Cooking for our Folk



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

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

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

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

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

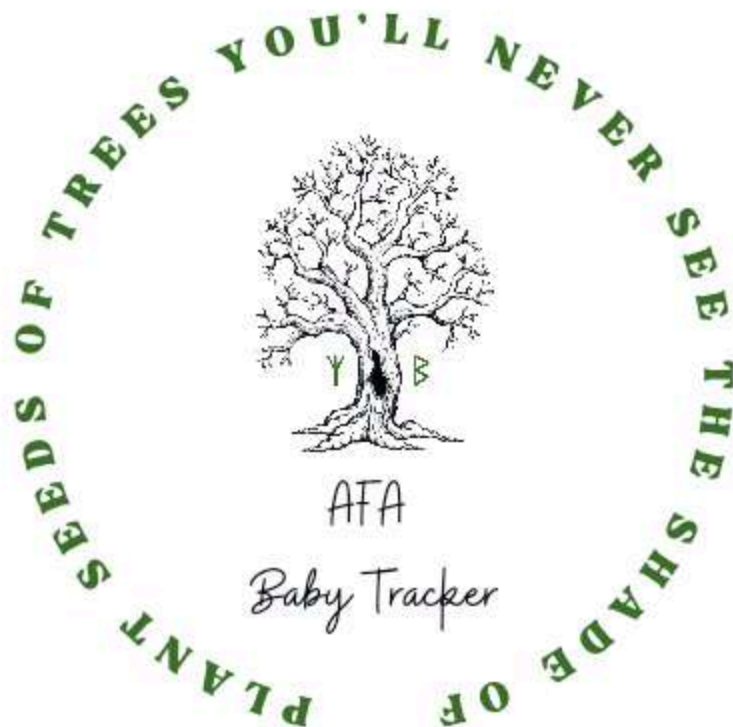
cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

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



Folkbuilder Mike Joyner
mjoyner@runestone.org

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: 9

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

April 11th

April 25th

May 2nd

May 9th

May 30th

June 6th

June 20th



For more information contact

Witan Brandy Fassett

Folkbuilder Sara Ault





Our Ladies' Rune Study is just getting started! We meet on Teams every other Saturday at 1pm Eastern. Contact me with any questions you might have. — aplourde@runestone.org.

I hope to see you there!

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**



**AFA Eldri Meetings
for May**

*A place for members aged 50 and
older to share memories, ideas,
experiences, and the joys of life ~*

Tuesdays 5/7 & 5/21
5:30 PT, 6:30 MT, 7:30 CT, 8:30 ET

Fridays 5/10 & 5/24
2:00 PT, 3:00 MT, 4:00 CT, 5:00 ET

Use our regular link:
<https://tinyurl.com/yc289cn8>

Hosted by Gythia McNallen

Just for Fun

Last month, I invited our members to see how many unique words they could find in the word "Hexennacht." **Hope White** from Baldrshof District found the most--with a total of 28 words!



HEXENNACHT


 WORD SCRAMBLE

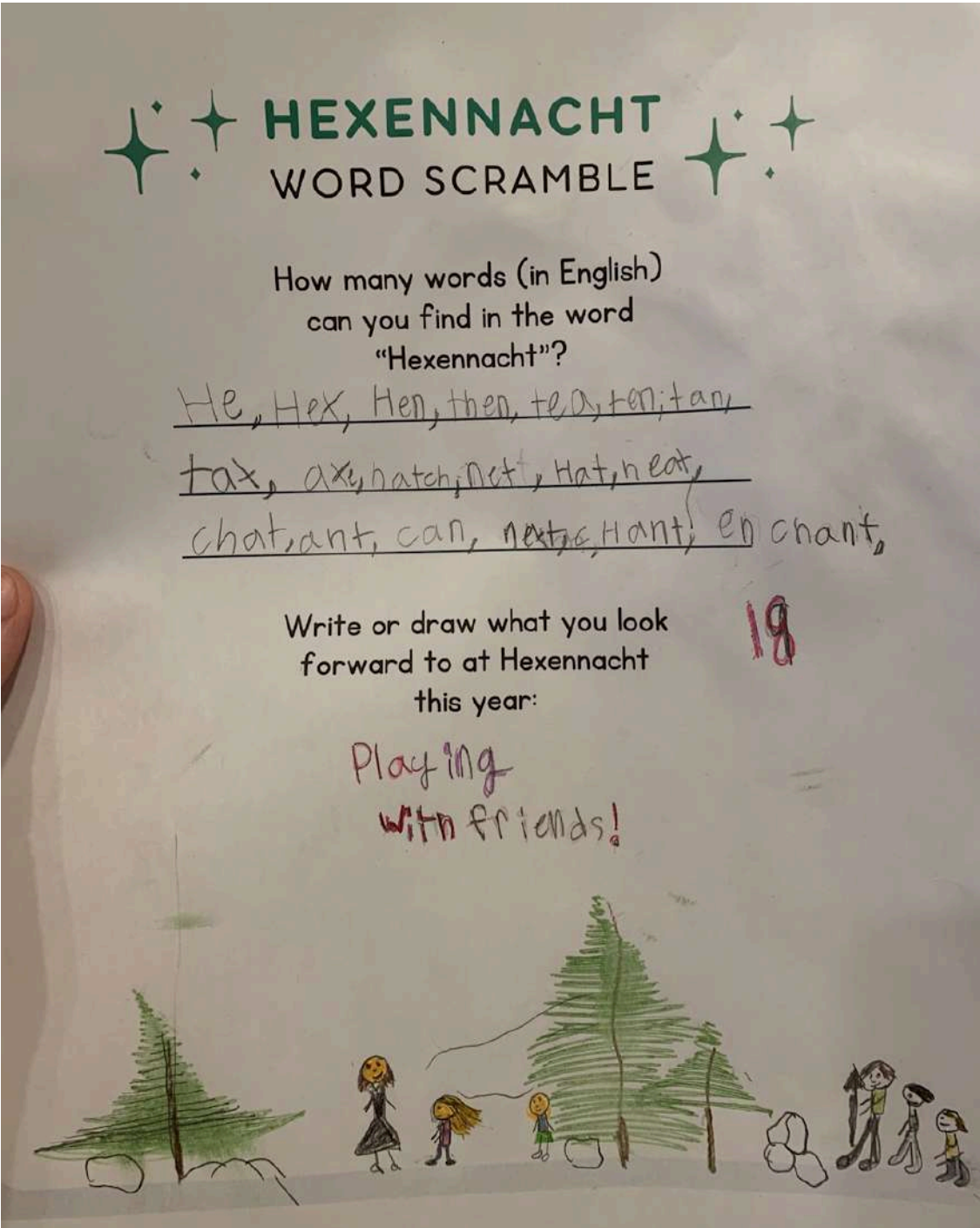
How many words (in English)
 can you find in the word
 "Hexennacht"?

He, Hex, Hen, then, tea, ten, tan,
tax, ax, hatch, net, Hat, neat,
chat, ant, can, next, Hunt, enchant,

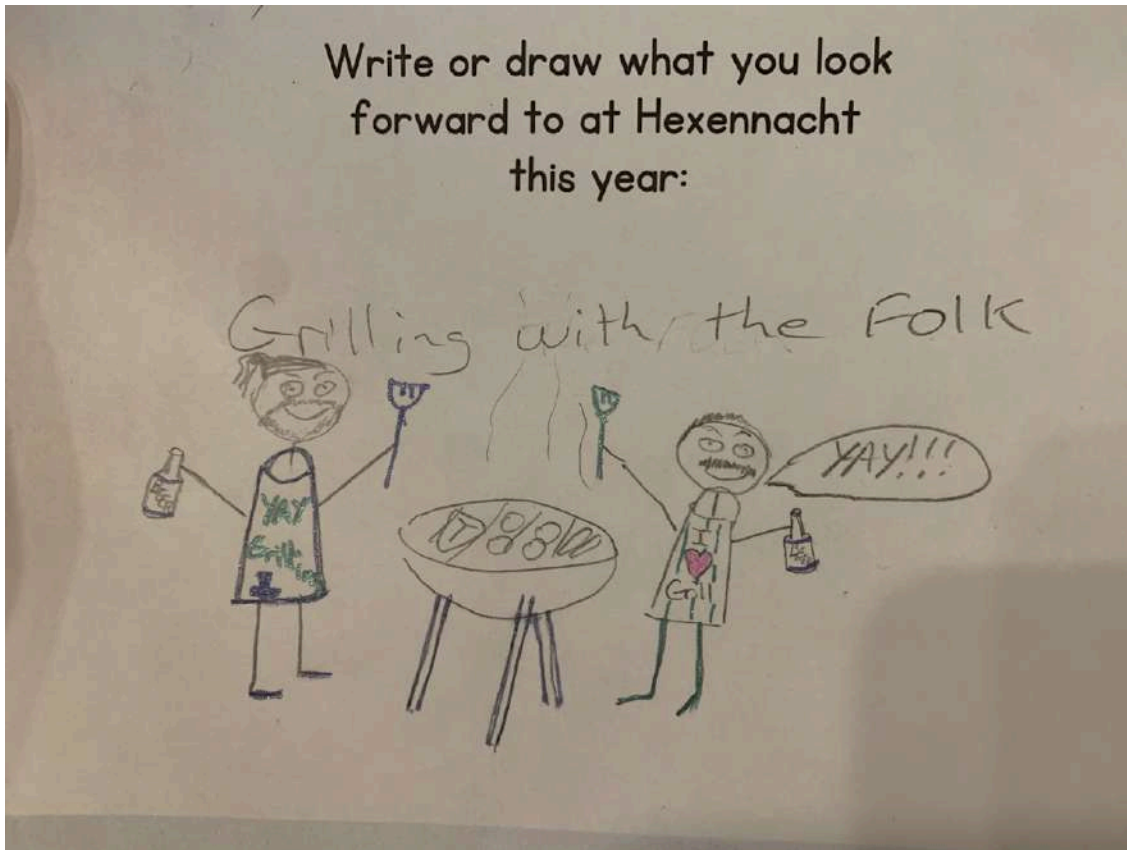
Write or draw what you look
 forward to at Hexennacht
 this year:

19

Playing
 with friends!



As for our youth, **Madilene** from Óðinshof District found 19 words!



Additionally, some Folk submitted their words and drawings about what they were looking forward to at Hexennacht. These are really great--thank you all for contributing!



This month, I invite everyone to participate in a May Day Word Search! Who will be the first member from each Hof district to find all nine words and send proof to press@runestone.org?



May Day Word Hunt

When you've found all the words, please submit to press@runestone.org!

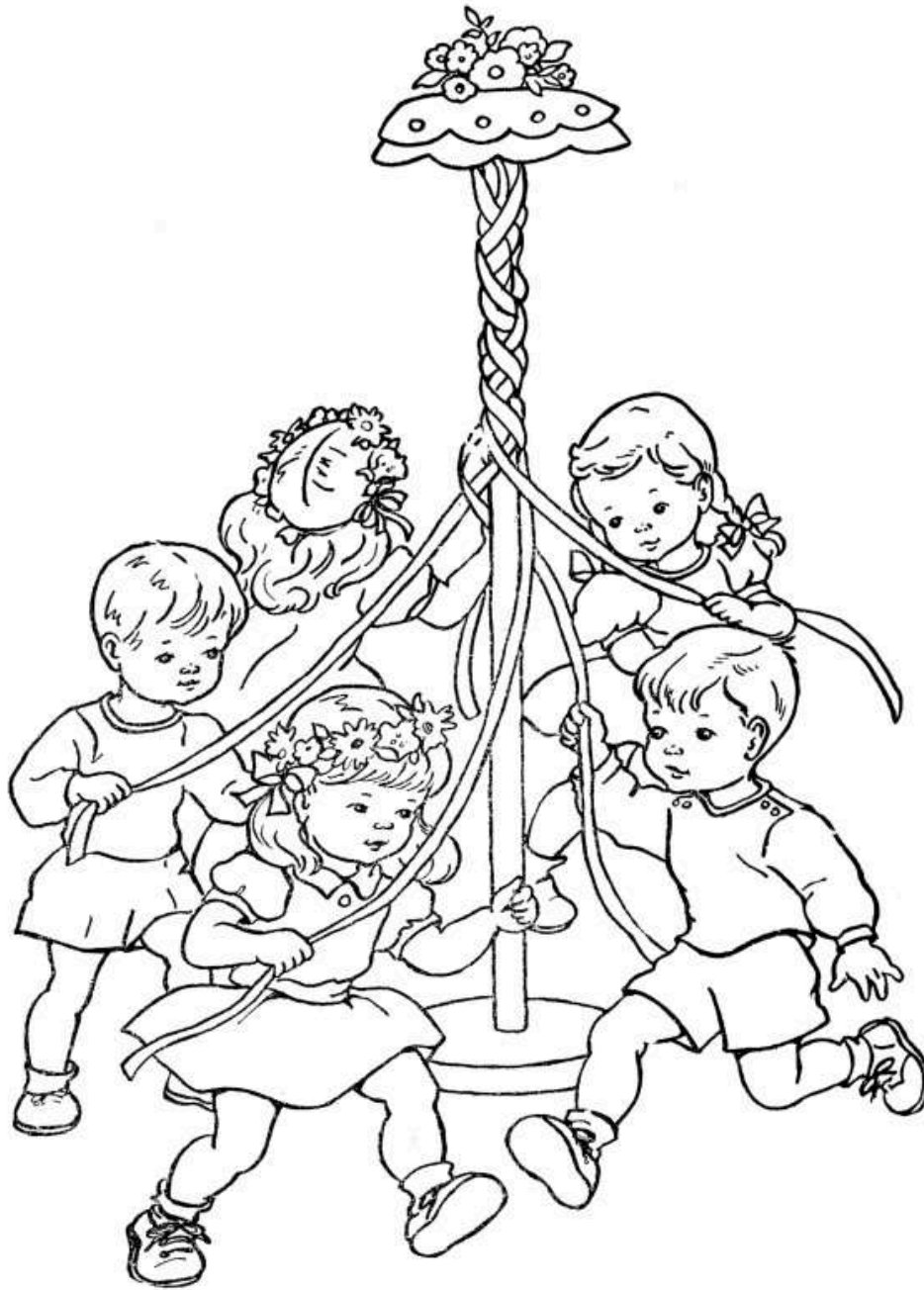
L N C
 F A B X O D Z H X
 C I U B K H S X F R S Q G
 K O X L U H G O A E J A J W X L G
 O O D N K E C F Y E R L R N B C U Q U
 J A W O G R T L Z W Y V P O R C G A S E A
 Q M O U M S Z D N G Z D O A K H L G I N B
 P G Y K F Y C B D E Q W Q U N Z V T I F L J W
 U A M N M M E Q Z A F H Y T I L I T R E F L N
 I M M L O X A I D L N N N S X Q V B P S L J Q T M
 Q W U V Z F R E Y R U W C L Y N I C S I G U V P L
 C G Z X K P Y L Q P A U G I O Z J I Z X D H S D J
 W M P U L X B Y C N V F B M U N D N O I H S C F E Z I
 C P M H Q S E K O A A Q E W O O G B N V V U D X B H U
 G K E A W Y Y I S R M I A M Z S E M I V G P I G R W T
 J A H K D Y R O Z B B R R L Q C Y U X C L X E B R
 C Z S S O Z L H V A O V I N V D K J N F S D M N W
 Y X H S A F H I J G O F S A X G X U F P F V P L S
 V T C U R F O H P B J N H V I E P S U J U T T
 O X P O I H F B T S G O T J G U W E G T M Z I
 Z L D Z K T E X C G B B R T Y B M J A T Q
 G I P A T A J Q X C B J W A L Y O V C F E
 P B S J M V E T O I V U B W V H Z B P
 X R A O W E D E R A K S P F U O O
 J N L T L W V I X B P L U
 I P N J A Z Z T Y
 N Q H

BLESSINGS
FERTILITY
HARPA

DANCING
FLORA
MAY

FAUNA
FREYR
RIBBONS

And here's a May Day coloring page! :)



[Coloringpagesonly.com](http://coloringpagesonly.com)

Have a Marvelous May!



Folkbuilder Olivia Sutherland
osutherland@runestone.org

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

Calling All Folk Photographers

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



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



Folkbuilder Nicholas Rice

nrice@runestone.org

Store Spotlight

GO TO [HTTPS://WWW.RUNESTONE.ORG/STORE/](https://www.runestone.org/store/) OR [CLICK HERE](#)



TEES! MUGS! HATS!

New in Store!



TEES, TANKS, SWEATERS!

MUGS! HATS! STICKERS!

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



Baldrshof district had another incredibly successful food pantry for the month of April! We are again just so grateful that we have become a staple of the area and have gained the love and trust of the Murdock.





Baldrshof, residing in a farm community and consisting of salt of the earth folks, means that most are 4-5 hours into their day at 10am when we open up the pantry, so we continue to have neighbors waiting for us to open. This month, we ran out of all supplies within the first half hour. This is a quality problem! As we were able to help 19 families (roughly 40% of the town) and gave out more than 300 pounds of meat alone.





A special shout out and huge thanks to not only Folkbuilder Jessie Shaffer but also to her army of wee-folk who were such a huge help in the set-up, distribution, and clean-up this month. So, to Willow, Lorelei, Ariana, Odin, and Bjorn—Thank you! Here's to the children who, through their upbringing, are true examples of living Asatru through practicing a victorious life with the philosophy that we are our deeds. Hail the doers!



Folkbuilder Ashley McStocker
amcstocker@runestone.org

Hexennacht at Baldrshof



The good Folk of Baldrshof gathered to celebrate Hexennacht at our beautiful Hof on Saturday, April 20th. The day before it had been cold and even snowed a bit, but we were treated to mild temperatures and sun to celebrate Freyja and the special power that our women wield. Witan Fassett performed a beautiful Blot to Freyja, and cooked a delicious meal of meatballs. This day at the Hof was very intimate, filled with the laughter and smiles of good friends and Frith all around. Of course, we were treated to some live music by 2 very talented musicians who always bring a lot of joy and rock! To our Folk at the Hof. Children ran and played, ritual was uplifting, and good friends enjoyed each other's company. We can't wait to see you all at the next event at Baldrshof.

Gothi Rob Stamm

rstamm@runestone.org



Upcoming Events at Baldrshof



MIDSUMMER
BRINGS THE LONG-DRAWN DAY,
THE DAWN DANCE SENDS US ON OUR WAY
THE
SUN DRENCHED
HOURS LOST IN BEE-FLIGHT,
THEN HONEY SWEET THE
SOLSTICE NIGHT

Midsummer
at
Baldrshof

June
14th - 16th

Help Keep Baldr's Light Shining



Illinois

Hope's Herbs



This month with so many wonderful plants blooming, it was a difficult choice which one to choose. I feel if I spoke about dandelions it would be a rerun of what most of us have been seeing on social media, the same goes for wild violets. This month, I am choosing mugwort. Yes, I know this is not a spring harvestable plant. Fast forward to mid summer to early fall and you'll be happy we discussed mugwort early. Without further ado let's get into talking about this great herb!

First let's describe mugwort, it can grow from anywhere between 3 to 6 feet tall. It has a somewhat bitter to medicinal smell. The leaves are what is going to make it very easy to properly ID mugwort. Mugwort leaves are typically a dark green color on the upper surface, while the underside may appear lighter or silvery-gray. Mugwort leaves are long and narrow with pointed tips. The leaves are typically 2 to 6 inches long and 0.8 to

2 inches wide. They taper to a point at both ends, resembling the shape of a lance or spearhead.

Mugwort offers so many ways to use it. This is a plant that can be used medicinally, spiritually, and culinary.

This is another herb that has been used since ancient times, history shows this herb being used in ancient times. It has a rich history throughout Europe, North America, and Asia.



Medicinal uses for mugwort:

- Digestive Aid: To aid in digestion and relieve bloating, gas, and indigestion.
- Menstrual Support: Help regulate menstrual cycles and alleviate menstrual cramps and irregularities.

- **Antimicrobial:** Helps fight off bacterial and fungal infections.
- **Anti-inflammatory:** Beneficial for conditions such as arthritis and inflammatory skin conditions.
- **Mild Sedative:** Helps promote relaxation and alleviate mild anxiety and insomnia.

Culinary uses for mugwort:

- **Herbal Seasoning:** Finely chopped mugwort leaves can be used as a seasoning in soups, stews, and sauces. They can also be added to marinades for meat or fish.
- **Baking:** Dried mugwort leaves can be added to bread dough or pastry dough.
- **Infusions:** Can be infused into oils, vinegars, or syrups to create flavored bases for dressings, marinades, or desserts. **How To:** Simply steep dried mugwort leaves in the liquid of your choice and strain before using.
- **Tea:** Leaves can be dried and brewed into a tea. **EXTRA EXTRA** it is often consumed after meals, why you ask? Because it helps with digestion.
- **Seasoning for Meat:** Seasoning for meat dishes, particularly in Asian cuisines. It can be used to flavor grilled or roasted meats, stir-fries, or meat-based sauces.
- **Pickling:** Leaves can be used as a flavoring agent for pickles or fermented vegetables. — **How To:** Add dried mugwort leaves to the pickling liquid to infuse it with their unique flavor.

Spiritual uses for mugwort:

- **Dream Enhancement:** Long-standing association with enhancing dreams and promoting lucid dreaming. **How To:** Use in a dream pillows or sachets placed under the pillow to induce vivid dreams.
- **Divination:** In some traditions, it was used for scrying or divination practices to enhance psychic abilities and gain insight into the future.
- **Protection:** Believed to have protective properties and is often used in rituals, ceremonies, and smudging to ward off negative energy and evil spirits.



As you can see there are many uses for mugwort. Let's get to the recipes so that you are ready come mid summer to early fall to make all your salves, tinctures and of course enough to have for tea and for cooking with. First thing, dry your mugwort, hang it or dehydrate it. Whatever works for you. Obviously one way is a lot quicker.

Mugwort Tea: steep for 5-10 minutes, (with dry leaves), sweetened with honey or sugar (whatever you'd like) and enjoy. This will help with digestion, menstrual support, and mild sedative

Mugwort Salve:

- 1 cup dried mugwort leaves (or 2 cups fresh mugwort leaves)
- 1 cup carrier oil (such as olive oil, coconut oil, or sweet almond oil)
- 1/4 cup beeswax

Mugwort Lotion:

- 1 cup dried mugwort leaves (or 2 cups fresh mugwort leaves)
- 1 cup carrier oil (such as olive oil, coconut oil, or sweet almond oil)
- 1/4 cup shea butter or cocoa butter
- 1/4 cup beeswax pellets or grated beeswax
- *Follow same directions as salve below, just melt shea or cocoa butter when you melt beeswax*

If using dried mugwort leaves, crush or grind them to release their oils. If using fresh mugwort leaves, wash them thoroughly and allow them to dry completely.

1. In a clean, dry glass jar, combine the crushed or dried mugwort leaves with the carrier oil. Make sure leaves are completely submerged in the oil.
2. Seal the jar tightly and place it in a warm, sunny spot to infuse for at least 2 weeks. Shake the jar gently every day.
3. After 2 weeks, strain the infused oil through a cheesecloth to remove the plant material. Squeeze cheesecloth to get as much oil as possible.
4. In a double boiler or heat-safe container placed in a pot of simmering water, melt the beeswax.
5. Once the beeswax is completely melted, add the infused mugwort oil to the double boiler and stir well to combine.
6. Continue heating the mixture until it is well blended. To test the consistency, you can dip a spoon into the mixture and allow it to cool slightly on a plate.
7. Carefully pour the hot salve/lotion into clean, sterilized jars or tins. Allow to cool and solidify completely before sealing the containers with lids.

****NOTE**** to quicken the process of infusing the oil with the mugwort, follow step one. After step one put the jar in a crockpot that is filled $\frac{1}{2}$ to $\frac{3}{4}$ of water. Place jar in crockpot for 4 to 8 hours at least on low. 4 hours is the bare minimum. Then skip to step 4. Use for skin irritations, minor cuts, bug bites or stings, skin conditions (e.i. eczema, psoriasis), muscle/ joint pain and dry skin.

Mugwort Seasoning Recipe:

- 2 tablespoons dried mugwort leaves
- 1 tablespoon dried thyme leaves
- 1 tablespoon dried rosemary leaves
- 1 tablespoon dried sage leaves
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried marjoram leaves
- 1 teaspoon dried savory leaves
- 1 teaspoon dried parsley flakes
- Salt and pepper

Put on veggies, poultry, fish, tofu, and meats before cooking. Can be used in soups and stews as well as gravy & sauces. Make a big batch, throw it in a mason jar to have on hand.

Questions or want to learn how to make a tincture with mugwort contact me:

hwhite@runestone.org

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.

With any skincare product, it's a good idea to do a patch test on a small area of skin before using it more extensively, especially if you have sensitive skin or allergies. If irritation occurs, discontinue use immediately.

Upcoming Events





11:30am

Kenosha, WI

Contact Hope at

hwhite@runestone.org



Czech Restaurant Moot

Elmhurst, IL

Saturday, June 1, 2024

4:30pm

Contact

App. Folkbuilder Hope White

hwhite@runestone.org



Camping Moot
June 21-23, 2024
Normal, IL
Hosted by John D.

For details contact
App.Folkbuilder Hope White
Hwhite@runstone.org



Ladies & Little Ones
Crafts & Finger Foods
Moot
Wed. July 17, 2024
11:30am-2:00pm
Western Suburbs, IL

Contact
App.Folkbuilder Hope White
Hwhite@runstone.org



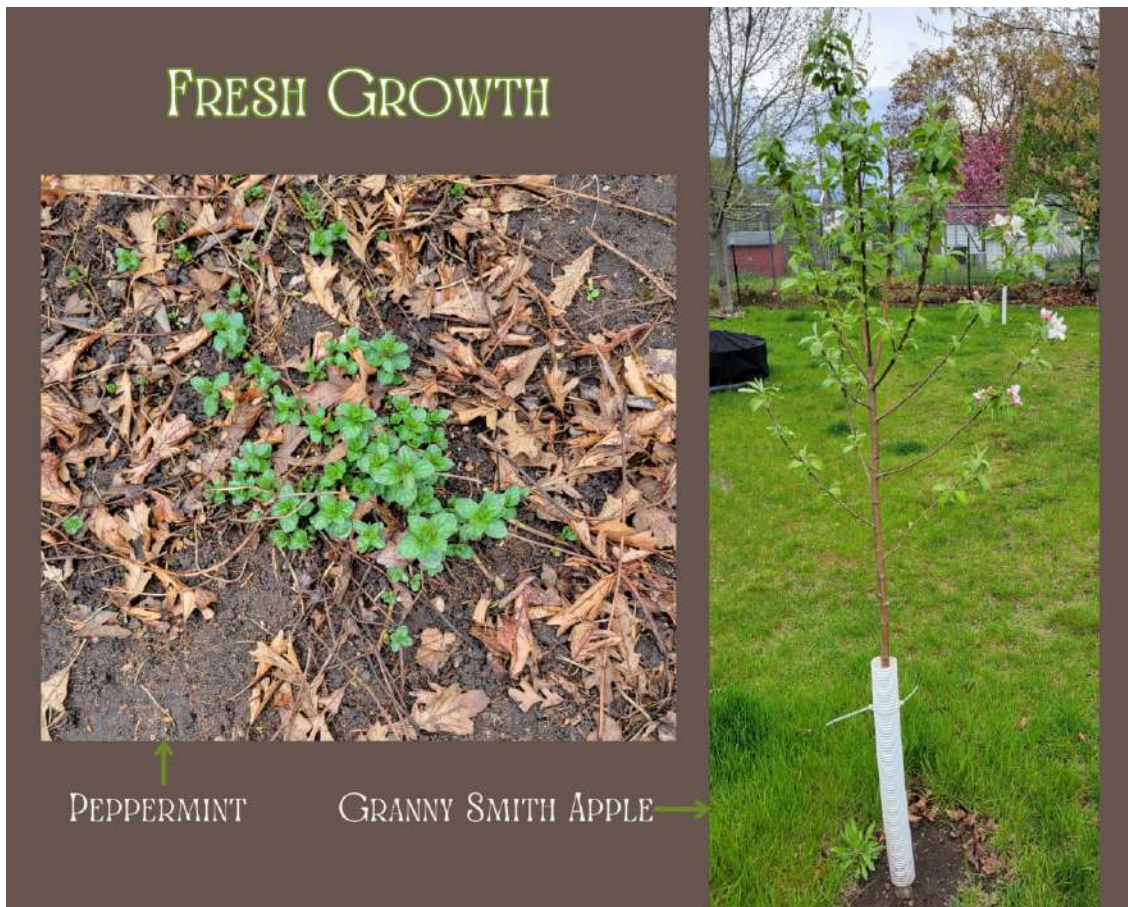
Hope White
Apprentice Folkbuilder
hwhite@runestone.org

Iowa

The Gaden's Growth



Last month, I got the garden ready, this month I have sown seeds and planned future plants to be transplanted. I planted 20 tubers, a mix of Red Norland and Gold Yukon potatoes; 33 Peaches and Cream sweet corn seeds; and 88 Sugar Daddy sweet peas seeds in an 11' x 6' plot. In a 11' x 3' plot I planted over 450 seeds consisting of kaleidoscope carrot, parade green onion, and kale, as well as 100 red onion bulbs. I made sure to mark flags with the name/type of seed, time until harvest, number of seeds/tubers/bulbs planted, and the date planted next to the start of each crop



I have been researching companion planting and utilizing the square foot gardening method to grow as much as I can using as much space as possible. Companion planting is the art of growing plants near each other for their ability to complement or enhance each other. Compared to single row gardening; square foot gardening is estimated to cost 50% less, use 20% of the space, 10% of the water, and 2% of the work. It allows for more plants per square foot while providing shading for the soil, which limits evaporation and inhibits weed seedlings.



As I was getting last year's garden ready, I saw that both mints survived the winter and would love the addition of the chocolate mint I received from my father-in-law. I also noticed the 3' x 3' raised bed had carrots and chive growing in it from the previous seasons' seeds, luckily what I want to add in that box will benefit being next to those plants. While cleaning up the yard and preparing the gardens I realized how many worms I had come across; which had sparked the great idea of turning my beginning compost pile into a vermicompost worm farm for faster decomposition, and fish bait for self and bait shops for profit.

The Highway



We had our first highway clean-up the last weekend of April, the 3 of us filled up 10 large bags full of litter from 1.75 miles of our just over 4-mile stretch of adopted highway in North Iowa. We saw local residences waving at us and watching us clean up the roadside as we passed their homes, drivers were passing by honking at us with thumbs up and others continued to wave as they gave us room to clean as they passed. This part of the country highway has not been cleaned in many years; we found a couple old license plates from decades past just pressed into the surface. There were plenty of absolutely gross items found which we were happy to clear off the roadsides and ditches of Midgard. We are only required to clean twice a year, however with the current state of cleanliness we will be out there more until it all appears spotless and we complete our beautification plan with native wildflowers.

Upcoming Events

Colony Moot

East-Central Iowa

Saturday, June 22nd

Contact Folkbuilder
Chris McDowell for more info
RSVP 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



Breiðablik Fólk
presents the 2nd annual
Winter Nights in Iowa

Camping Moot
Oct. 11-13

Contact Folkbuilders Chris McDowell cmcdowell@runestone.org
for detail and RSVP Ali Clausen aclausen@runestone.org
Cody Clausen cclausen@runestone.org

IA
NE

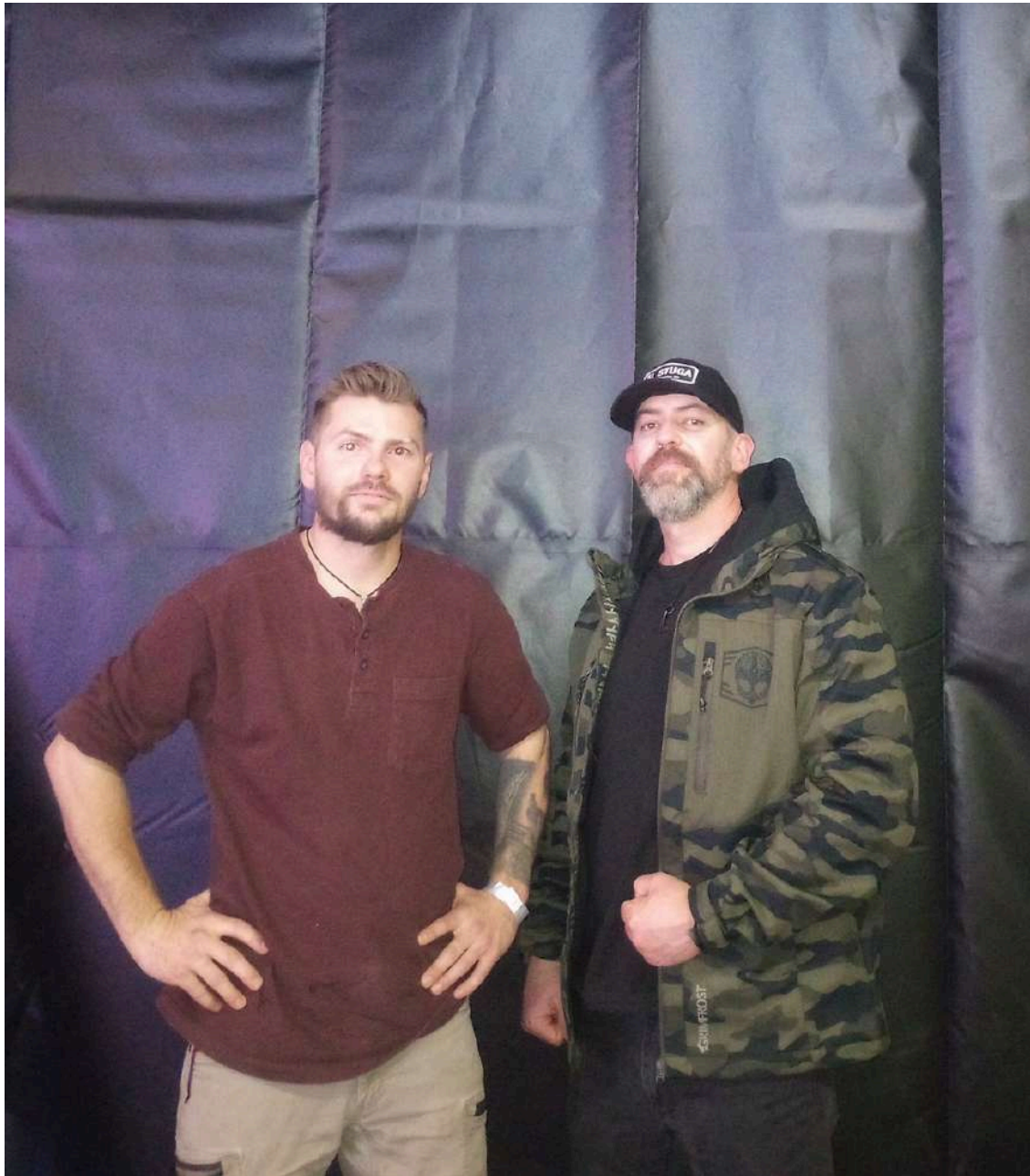
Check-
In
4pm



Folkbuilder Christopher McDowell
cmcdowell@runestone.org

Kansas

Kansas Moot



On April 20th, A few members met in central Kansas for good old axe throwing, billiards, and drinks.



Conversing about life, relationships, and birthdays. After a few hours, we parted ways and one member even gifted some fancy Viking blod mead which I'll be using in ritual soon

Upcoming Events



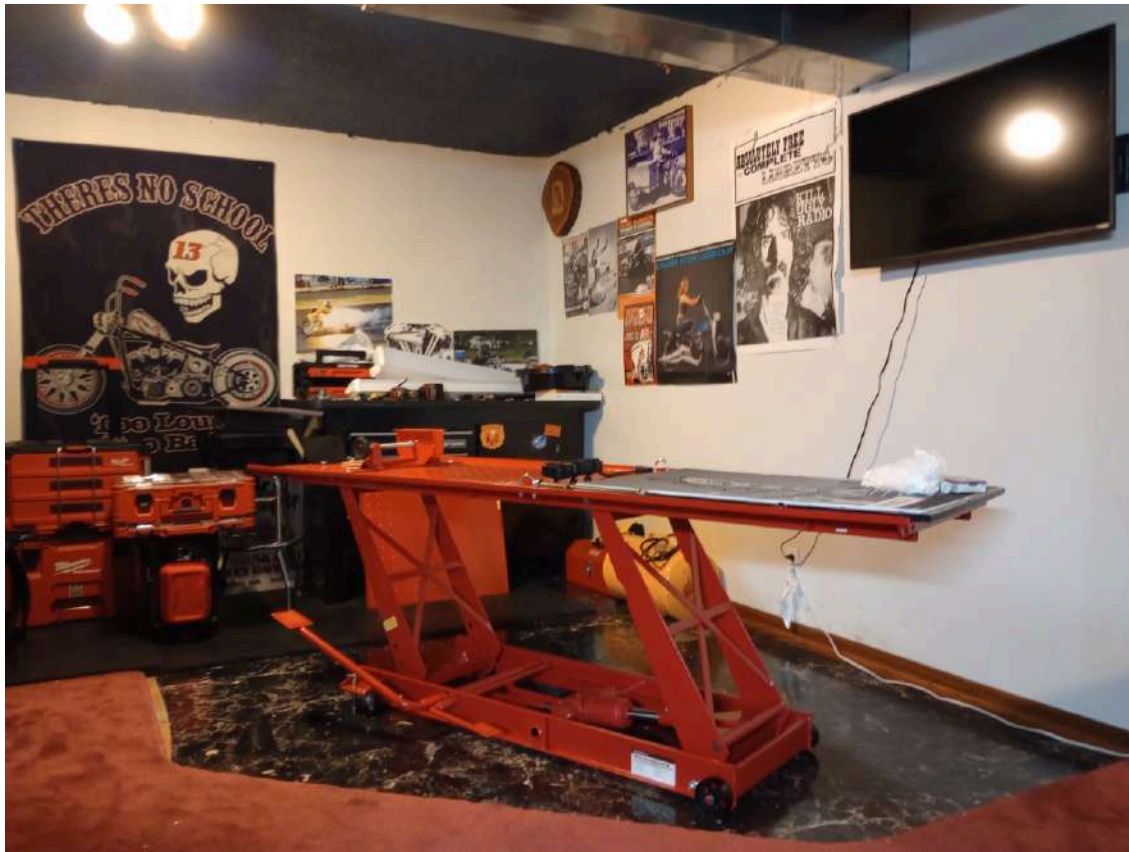
Coke Crawford
Apprentice Folkbuilder
ccrawford@runestone.org

Minnesota

April Amuck



April was packed with events and visits all around!! Started off with a wee folk sleepover, tackling 8 tiny humans and spoiling them for my Kindred Folk. I love seeing them grow!







My studio has moved and I replaced it with a bike lift in my basement, so I can tear apart my dyna and make her mine! Plan is to take her down to the frame, soda blast everything, have it painted in denim white, then I can reassemble and put red accents on it! I can't wait!



April brings on our annual Willow Falls Moot in Wisconsin. It has been one of my favorites and we all missed our sister, Sara, this year. The weather was so nice and we managed to beat the crowds, for the most part. After the falls moot and meal, we headed to the Erlandson's to help them move into their new home. Long weekend, but a lot accomplished!



The kids and I were at the Hof early to set up for the food shelf and arriving Folk during Hexennacht. What a great day.



My kindred sister, Corrie had her baby!!!! She is so perfect and I truly understand the

term baby fever....such a beautiful family!





My oldest daughter, Lorelei turned 11 and it's hard to imagine the person she's become. We celebrated with a family trip to Fargo and enjoyed some sites and food. I love her curiosity & clever remarks and keen observations.



We managed to fence in a little garden the other day, too. Plenty of starts are started and we are just waiting for warmer days to come!



Folkbuilder Jessie Shaffer
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Events Spent with the Great Folk



April was a great month. We had our third Annual Wotan on the Falls at Willow River State Park in Hudson Wisconsin. This event was created by Folkbuilder Sara Ault and co-hosted with Folkbuilder Jessie Schaffer and myself.



I led us in a Wotan Blót like previous years and finished the day with lunch at a local pub in Hudson, Wisconsin. Cannot wait until next year! This has become one of my favorite annual events.

Upcoming Events

**Lake Minnetonka Boat
Launch Moot with
Northern Blood
Kindred
5/25/24
LIAM**

Contact Folkbuilder
Jason Gallagher
For More info.
jgallagher@
runestone.org

Join Northern Blood Kindred for a Boat Launch moot on Lake Minnetonka on May 25th on Memorial weekend. This will be more entertaining than people of Walmart. Grab your lawn chair and cooler and bring the whole Fam Family! And set your calendars for Second Annual Folkish Family Lake Superior hike in Silver Bay, MN June 29th. Contact me for more information and location. More events in the works like our Folkish Family craft day with Northern Blood.

jgallagher@runestone.org

612-280-039



June 29th, we our hosting the second annual hike on Lake Superior in Silver Bay, MN. This last one was a great time.



Senior Folkbuilder Jason Gallagher

jgallagher@runestone.org

Upcoming Events

A landscape photograph of the North Dakota Badlands under a hazy, orange-tinted sky. The foreground is filled with tall, dry grasses. In the middle ground, there are rolling hills and some trees. The text is overlaid on the image.

ND BADLANDS MOOT
SATURDAY, JUNE 8TH

MEDORA

CONTACT WITAN CALLAHAN
BCALLAHAN@RUNESTONE.ORG

A photograph of several biplanes flying in a formation against a blue sky with light clouds. Each plane is leaving a thick white smoke trail behind it. The text is overlaid on the bottom half of the image.

SATURDAY, JULY 27TH
MEETING AT 10 AM
CONTACT WITAN CALLAHAN
FOR DETAILS

North Dakota Airshow Moot



Witan Brandy Fassett
bfassett@runestone.org

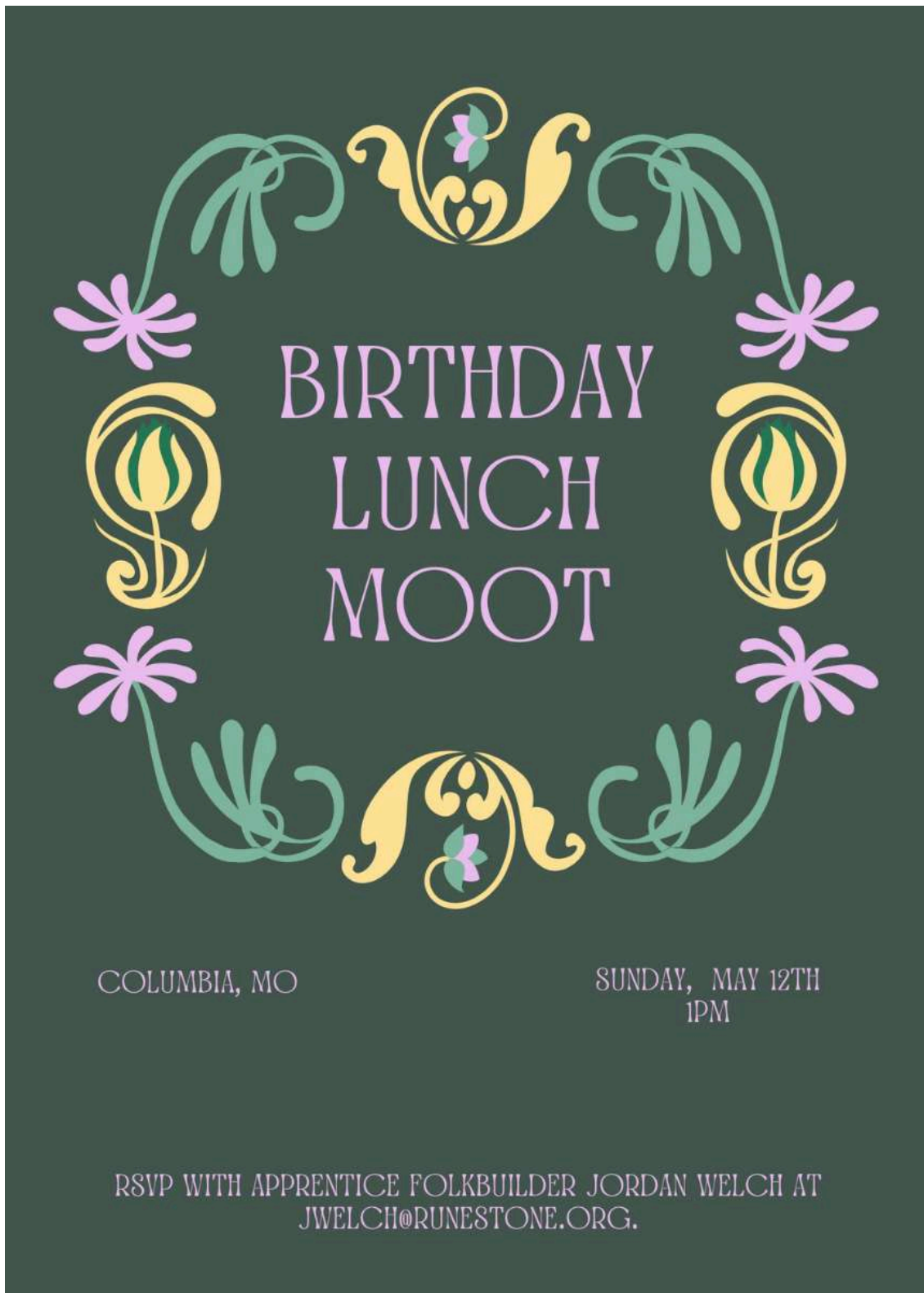
Missouri

Kansas City Zoo Moot



On Sunday April 14th, some of the Folks got together at the Kansas City Zoo. I got the chance to meet a member who I've not met in person before, which was incredibly exciting. We walked around for a couple of hours just talking, looking at all of the amazing animals, and we even pet some stingrays. A few members parted ways, and the rest of us headed over to a local restaurant to get some food. Overall, it was a great Moot and I can't wait to get together with the Folk again in May.

Upcoming Moots



Jordan Welch
Apprentice Folkbuilder
jwelch@runestone.org



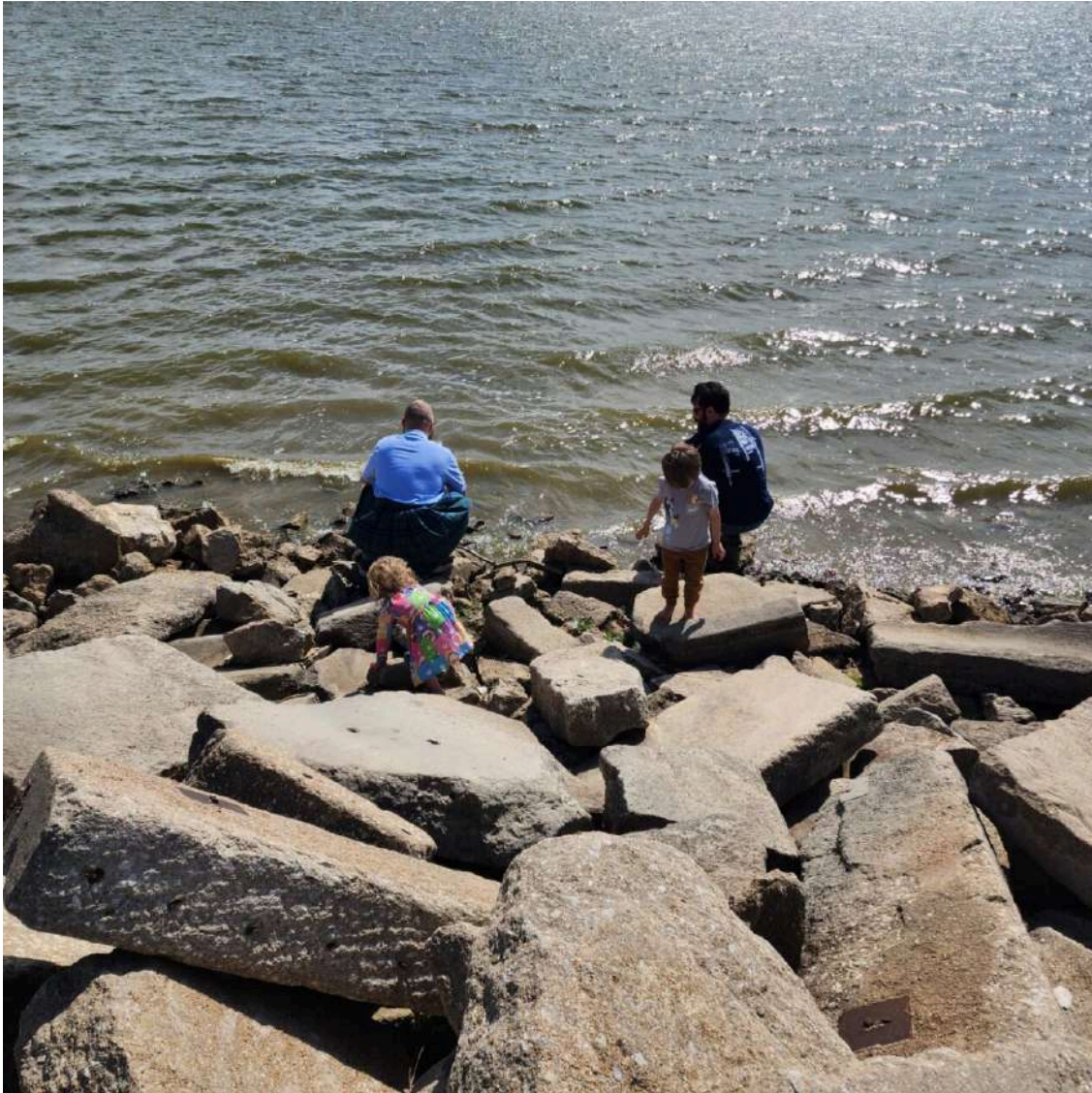
Nebraska

Nebraska Park Moot



The best part about spring? Grill outs at the park! Burgers, hot dogs, steak, we even broke out the potato salad. Of course, we can't forget the wonderful weather.

We got ourselves set up at a beautiful spot right next to the lake. There was a nice little firepit with a grill, open space for the kids to run around and play, and access to the lake with a careful climb down. As we waited for another member to show up, I got to work on the grill. Of course, we forgot the most important thing at a grill out: the lighter.



We managed to find a nice Russian family that was willing to help us out quick, and with that, dinner was cooking. As we waited, we all took the kids down to the shore to splash and cool off a bit. Once the last member arrived, we turned our attention to food and Frith. Light hearted discussion, lore talk, and Kindred business were the focus, but we also just joked around and enjoyed being together again. It may not have been exciting, but the day and the meal we shared was just as fulfilling as any other Moot.



Folkbuilder Cody Clausen

cclausen@runestone.org

Wisconsin

Wisconsin in April



This month, I hosted another fitness Moot in Superior, Wisconsin where we started at Docs Gym and ended up at 7 West Brew Pub for the best fish tacos around! The next few months, my work schedule gets crazy so be on the lookout for moots on the

calendar closer to my job site in Savage, MN! Looking forward to doing some exploring around the area and getting to know more of the Folk down there!



Folkbuilder Bruce Perron
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The Folkmother



As I was preparing to share knowledge of Else, I had been noticing how much of what people write about her is based on the Wiki article on her. Over the last couple of years, the Wiki article has been edited many times with less than favorable tales and false accusations. It seems futile to take on the task of editing it with facts and sources when another round of children will come through to add the lies that they believe. So to help with spreading knowledge, I will be sharing what I know of our Folkmother. My information comes from her own voice in interviews, her words in her publication, *The Odinst*, her close friends that are still with us, and the many prisoners who share her written letters. Every month there will be a blog article on the new Baldrshof District website dedicated to her. Here I offer a very brief introduction to who she is and why we honor her.

The Folkmother, Else Christensen



Else Christensen was born in Esbjerg, Denmark in 1913. Although she was baptized Lutheran as a child she never felt a connection to Christianity. She even went as far as petitioning the government to declare her a non-Christian. She married Alex Aage Christensen in 1937. He was a woodcarver by trade. She worked as a handweaver until she injured her back, and then moved on to teaching children and adults with dyslexia.



Alex introduced her to Anachro-Syndicalism, which is centered on the idea that power corrupts and any hierarchy that cannot be ethically justified must be dismantled. This

caused her to join the Strasserite National Bolshevik faction of the Danish National Socialist Party. To explain this further, basically she agreed with all the ideals of National Socialism except economics and governing. For the most part during the German occupation, they lived very well due to Alex's woodworking. Since few had his talent, his services were in high demand by the wealthy. With the cash coming in they could buy whatever they wanted on the black market including guns and ammo. However because their allegiance to the Strasserite faction caused them to be under heavy scrutiny which is why they had several visits by the German police. Since citizens owning weapons was outlawed, this included a visit due to a tip that they had pistols. She cooperated with them and handed over the pistols they asked for so they would not search the house and find other weapons, including a belt-fed machine gun. Near the end of the war Else and her husband were called in for questioning due to their political beliefs. She was held for less than 10 hours and Alex was sent to a concentration camp for six months. The Germans had zero tolerance for any communistic ideals including those in the Strasserite faction of the Danish National Socialist Party. National Socialism was all encompassing and had no room for Bolshevik ideas on governing.

After the war, they bought a large sailboat and had intended to sail to Canada but the weather did not permit it. They ended up migrating to Canada in 1951. Living in Toronto, she worked as a waitress and struggled to learn the language. Eventually, she worked as an X-ray technician and assistant to the head of the hospital until she retired.



Else recalled being introduced to the writings of Australian Odinist Alexander Rud Mills. She started writing to Alexander Rud Mills until his passing and continued to

correspond with his wife, Evelyn Price, until her passing. Else was heavily influenced by his ideas about reviving the worship of the ancient Norse deities. In 1968, Else and her husband started the Odinist Study Group with meetings in their home. A year later, they would form the Odinist Foundation and moved to Crystal River, Florida. She began touring North America to promote Odinism. Then in 1970, the Odinist Fellowship was born. She started reaching out to three prisons in Florida. She recalled that the study groups were small. She was the first to have Odinism recognized by any prison system. While working in the prison, she never had any misconceptions about her purpose. She recognized that most of the prisoners were rotten apples, but she held onto the fact that a small handful would come out and do great things.

She said of her prison work, “No packed rooms in the prison; 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.”



In 1971, the year Alex would pass away, is the same year the first publication of *The Odinist* was released. This publication took off like wildfire, especially within the prison system. She continued her building of Odinism and published *The Odinist* up until her death on May 4th, 2005.



On Odinism she said, “To understand my approach to Odinism, one simply has to realize that only when one knows all aspects of an ideology, can one choose wisely; if you only know half of it, you’re out of balance. “ She also wrote, “ Odinism, to the consternation of many people, Odinists as well as non-Odinists, is not dogmatic. We will have to agree upon and tolerate several main interpretations of Asatru/Odinism. Eventually I believe it will all come together. Although I at present do not deal with rituals and rune lore, I’m certainly aware of both and agree that they are part of our ancient religion. I’m simply not able to deal with them, so I leave them be until

somebody appears who can do so in an way I can accept as the closest to ‘the real thing’ when my instincts tell me they are.”



Else Christensen was bestowed with the title Folkmother due to her devotion to rebirthing Asatru after picking up the torch from Alexander Rud Mills. Most of those who have since come to the re-awakening probably would have not done so had it not been for her. Her dedication to bringing people back to their ancestral roots, especially those in prison is something that should inspire us all.

One of my favorite quotes from Else is from 1992,

“We’re all more or less caught up in the speed trap of modern society. We have just witnessed the Olympics where a fraction of a second makes the difference between a win or a loss. But in life you’re not in competition with anybody but yourself, you’re not out to win medals; you’re here as a member of your Folk, and your efforts are not counted in seconds in competition with other people, but rather in the quiet and continuous influence you have in the overall future in the life of our Folk.”



The Asatru Folk Assembly holds a Day of Remembrance for the Folkmother on the 9th of May.

There is a memorial altar dedicated to her at Baldrshof, the third hof of the AFA.

Hail the Folkmother!



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