


The Runestone: Voice of the Asatru Folk Assembly

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Third Hof of the Asatru Folk Assembly

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## Words from the Alsherjargothi



In October we celebrated Winter Nights at Sigrheim for the very first time. What an amazing event it was! This was the biggest event yet at Sigrheim and it felt amazing to have so many of our Folk there together in the Home of Victory!

It is very hard to explain to those that weren't there, but this was one of the most powerful gatherings the AFA has ever hosted. I have spoken many times of that moment when this faith becomes "real" to someone. The greatest thing as a Gothi is to see this moment happen in the eyes of one of the Folk .... better yet to feel like you were a part of facilitating such a moment. There were many of these moments from at

## Winter Nights.

There will be much more written about the event, but I have to share something really special that I got to do this year. As many of you know, there is a very old cemetery at Sigrheim with graves from as far back as the 1850s. You may also remember that I interred my mother's remains in this cemetery in July. We all invite our Dísir to be with us in the Dísir blot, our Dísir are always with us... but this year I was able to stand with one of my Dísir in very different and very special way. We made our circle in such a way that to incorporate my mom's grave in the circle with us and I was able to stand in Blot by her side. I can't do it justice and I can't share the feeling, but I do want to share that it was extremely special for me, and my soul is better for it.

Lots of us had "the magic" happen at Winter Nights this year.

Hail the Ericksons!

Hail the Dísir!

Hail Týr!



Matthew D. Flavel  
Alsherjargothi, Asatru Folk Assembly  
[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

## Words from Our Witan

### *Picking up the Torch*





We have been blessed with a divine spark. It was handed down from Heimdall to our ancestors and from them to us. It is your sacred birthrite. It is also our duty to kindle that spark into a flame that burns ever bright upon the altar of your heart. Let that flame burn as a beacon to those who are lost. May it be a beacon of beauty, of strength, of piety, and let it burn away all weakness and fear.

That torch is passed from your fathers to their sons to guide the Folk toward Victory. Our path is illuminated by our forebears, but it is our sacred duty to carry our torches past the safety and comfort of that path. To push into the dark and wilderness, to plant torches and clear obstacles for those who follow in our path. Our lives will be viewed through a mythic lens in the generations to come. The pioneers of Modern Asatru, and we must live up to that mythic status. Will you bear that torch? Will you prepare the next generations to do the same?

We are the Alfar of the future, our Alfar guide and protect the Disir beyond the veil. It is a sacred rite that begins in this life and carries on into the next. Will you be ready?

The flames of candles and scared needfires all go out eventually, but this sacred flame that burns in our heart must never extinguish. Others who carry the flame will recognize it in you, and those who are lost may follow the light that burns inside us all. We are recognized by our deeds and those deeds are what makes us Asatru.

Words are wind, deeds are iron.





Witan Daniel Young  
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## Words from Our Gothar

### *Drawing Inward for the Winter Holy Tides*



This morning, I woke up to a brisk temperature of 40 Fahrenheit- quite a marked change from the 90 degrees of two weeks ago! As I breathed in the cold air, I reflected on my ancestors. How did those noble Saxons feel when they felt the first cold morning of their winter? Did they welcome it, or did they feel a sense of dread?

Whatever the case may have been for our forebears, we know that the winter months are the time to look inwards: to our own hearth, to our ancestors on the other side of that thinning veil, to our own strengths and weaknesses.



My people at Njörðshof are familiar with this, as I have proverbially beaten them over the head with it for over a year now, but to borrow some imagery from John Steinbeck, any “long discontent” should be treated the same as these winter months.

If you are in pain, or mourning a loss, or simply feeling lower than usual due to the change in weather, please do not wander out into the cold. Look inwards, to your AFA family, and come sit by the flame of the Folk. We are here for you, and we will suffer through any winter right by your side. Keep attending events, keep our Gods and Heroes in mind, and reach out to your Gothar if you need us. We are here to serve you, and we will do so no matter what.





Gothi Trent East  
[teast@runestone.org](mailto:teast@runestone.org)

*Mothers All!*





Halloween is one night, but Winter Nights is -- always. That sense of high expectation as a child has now flowed from Halloween into Winter Nights. With the rich colors of autumn with its sights and smells, it's easier to dip into our ancestral past and imagine the lives of our forebears. Our Gythias play a special role in this as they lead us in blot to our Mothers at Winter Nights. We enter the circle where we stand shoulder to shoulder. And yet the goal of the Disablót is the thread that connects us to the other side. With eyes closed, we call the name of one of our Mothers. We sense the veil just beyond us and feel it quiver to our words.

Mothers All! We sing to you. We sing to your sons. We kúln among the women, calling to our Folk. We honor all the Holy Powers and give our gifts. Then it is our turn to receive our gifts from you.

Excitement grew, like the anticipation of a child at Yule. At Óðinshof, each murmured-message to a Mother was answered with a rune drawn from a box... Something to guide, to comfort, to teach -- all given by the Mothers with a touch of love. My own rune, taken last in the darkness, was Ingwaz.

Ingwaz? Such a small and simple rune. And yet, I came home with a sense of fulfillment and energy I haven't experienced in a long while.



Ingwaz? Since then, it has been like an egg cracked open. New ideas and creativity are

helping me fulfill my obligations as a Gythia to the Aesir and my role in Asatru Academy and our Oðinshof District. I will make the most of this gift which arrived at a time of need.

The veil is thin, for sure, but our Ancestors are forever. We grow closer to them every day. Did you take or seek a rune at Winter Nights that has led you in the right direction? What will be your next step?



Gythia Sheila McNallen  
[sheila@runestone.org](mailto:sheila@runestone.org)

**We Remember You**



**Alan Wittenberg**  
**Y 7/2/1949 - 10/28/2023 †**

Alan Wittenberg was a long-time member of the Asatru Folk Assembly and a good friend. He was born in Missoula, Montana on July 2nd in the year 1949.

His father was a stone mason and scholar, preserving a tradition of his family that went back to Scandinavia. His mother lovingly cared for the hearth and raised him to be a kind and caring man.





For a time, Alan worked with his father and his Uncle Stanley Hendrickson, learning the family trade. His work, and that of his family's, can be seen throughout Missoula.

Alan was part of two rock bands during his life. He played with Intripid and the Klassics.

He was a green thumb, and had a very healthy garden where he grew vegetables and flowers alike.

But Alan's true calling was the family occupation of scholar. Alan was witty and a brilliant writer. His sense of humor and the joy he found in this world filled volumes of his work as he studied the mysteries of the Runes.



Alan can be best described as a seeker. His thirst for knowledge set him on the Odinic path decades ago and his work primarily focused on runic knowledge and mysteries.

His work is being cataloged and preserved by the Odinic Order of the Ulfhednar, of which he was involved with as the Hall's Patron Hero. Now in his passing, the Hall remembers him and honors him by preserving his legacy.



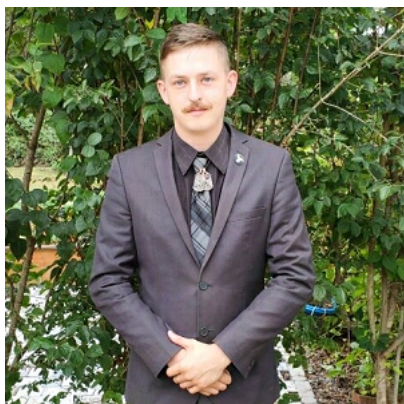


More important than his involvement with the Hall, he was a long time AFA member and once told me that his favorite part of the month was getting *The Runestone*. Alan was far too remote to be able to make it to the hofs but his constant support dated back to the Asatru Free Assembly days. In later years, thanks to technological improvements, he became much more involved. I will never forget that we held his first group Blot together or the joy he professed during his first Sumbel.

Alan received last rites in the form of the final Wayfarer's Blot surrounded by his loving family and afa members. Alan was perfectly lucid for the blot where he was honored by those who loved him and where he was presented with beautiful grave goods.

Alan passed with a smile on his face listening to Hemkomst ready to meet his ancestors.





Folkbuilder Tyler Heinlein

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## Thank You for Folk Services



I want to thank everyone for their help. I know it's a rough time for everyone and a lot of people are in the same boat as my family. This year has been a struggle for my family. From not getting paid for a month by an unscrupulous employer to taking a pay

cut and having to resign from my second job to start my Union Apprenticeship, we ended up getting behind on bills. With your help we were able to keep our electricity on. As winter approaches, I am so thankful to have the Folk give my family a helping hand when we needed it the most. Knowing we'll have heat this winter is a huge relief for our growing family. And we have all of you to thank for that.

Hail the Gods

Hail the Folk

Hail the AFA

— Asatru Folk Assembly & Keystone Tru Folk member David Green

## 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 \$102,699.60 on our remaining loan.
2. We need to raise our monthly donation average by 6.2%.
  - 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

*Preparing for Winter Nights*





This month, members from three states converged on Sigrheim to help ready the land for our second national event on the property this year. There was a lot of work to be done, but we were willing and eager to pitch in and do our part. Most of the work consisted of cutting up the many fallen trees in order to clear the path to the top of the mountain, and to fell a dead tree and clear the cemetery.





We worked pretty efficiently, with a team cutting and hauling, more Folk stacking wood and clearing debris, all while Folkbuilder Nick Rice steadily cut the seemingly never-ending grass on the lower fields.



As the light faded, we finished marking what graves we could find with orange engineering flags and made plans to head into Gainesboro for dinner before we all headed home. We settled on the Pie Peddler and were not disappointed by either the food or the entertaining locals. Every time we head to Sigrheim, it's like going home.





I think anyone who has visited Sigrheim multiple times will take note of how much the property improves with each visit. We were just down there earlier in the month for a workday, and the property was already more cleared and improved by the time Winter Nights rolled around, thanks to the hard work of the Ericksons and other dedicated Folk. It may seem like a literal mountain of work, and it is, but with more of us pitching in, we'll see those improvements stack on top of each other as we continue to make Sigrheim ours and shape the Home of Victory in a fashion that will make lord Tyr proud of us.



Folkbuilder Tyler Bethea  
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*Helping to Build Sigrheim*



Help Sigrheim get stocked  
and ready for our Folk!

Donate Supplies  
from our  
wishlist ✨  
amazon

Thank You!

CLICK HERE

*Upcoming Events*









Folkbuilder Nicholas Rice  
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## Victory Never Sleeps

The Asatru Folk Assembly Presents

**Victory Never Sleeps!**

Wednesdays at 6PM Pacific / 8PM Central

vk.com/AsatruFolkAssembly

odysee.com//@AsatruFolkAssembly

entropystream.live/app/MattFlavel

rumble.com/AsatruFolkAssembly

youtube.com/@AsatruFolkAssembly

twitter.com/FolkAsatru

**Victory Never Sleeps**

Here's the latest episode!



Matthew D. Flavel  
Alsherjargothi, Asatru Folk Assembly  
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## AFA Homeschool Program



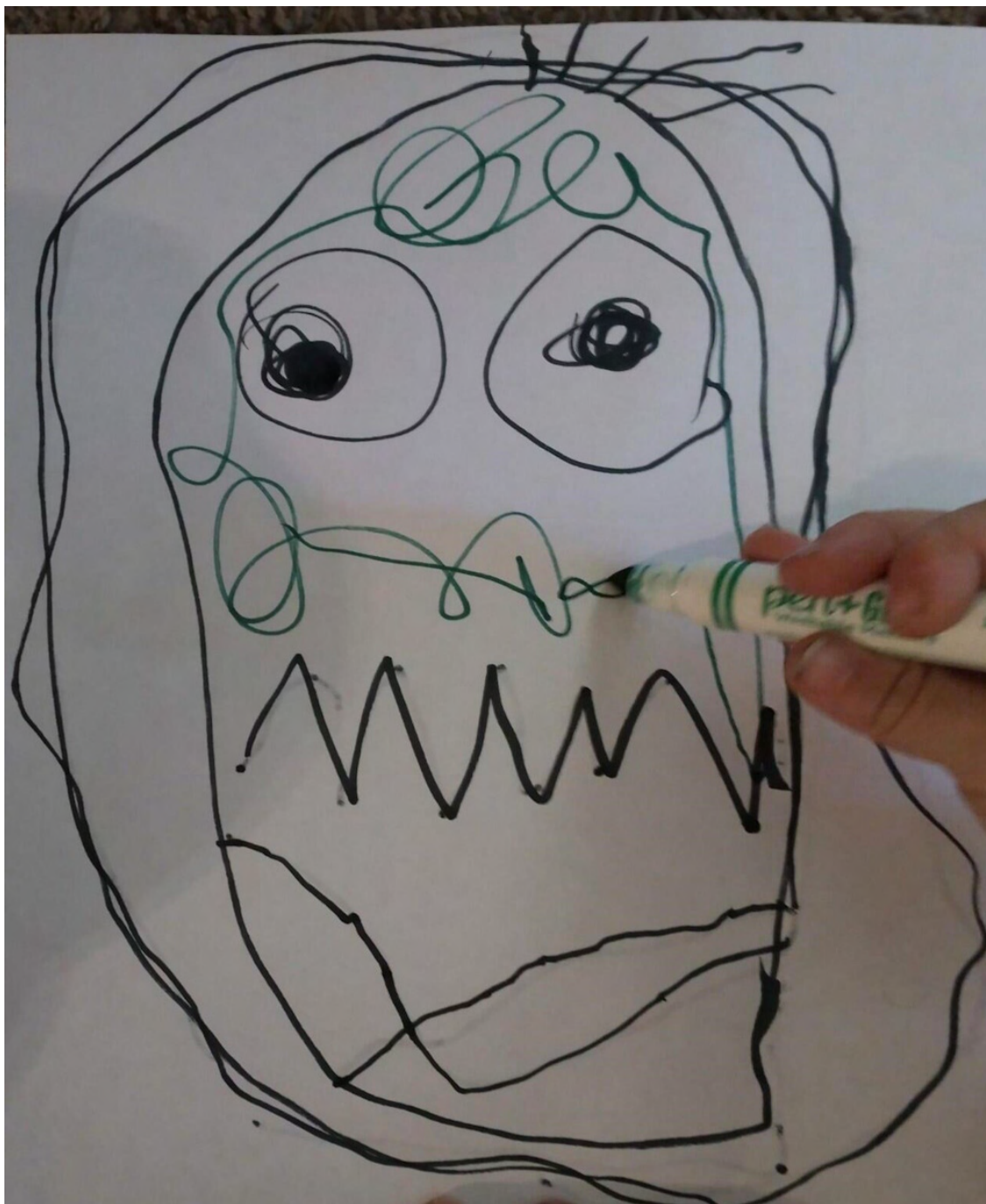
Check out the Asatru Academy at [AsatruAcademy.org](https://AsatruAcademy.org)

***Greetings Parents and Students!***



Hard to believe that we are nearing Yule, and halfway through our school year. We are all very proud of you and the entire Assembly cheers you on!

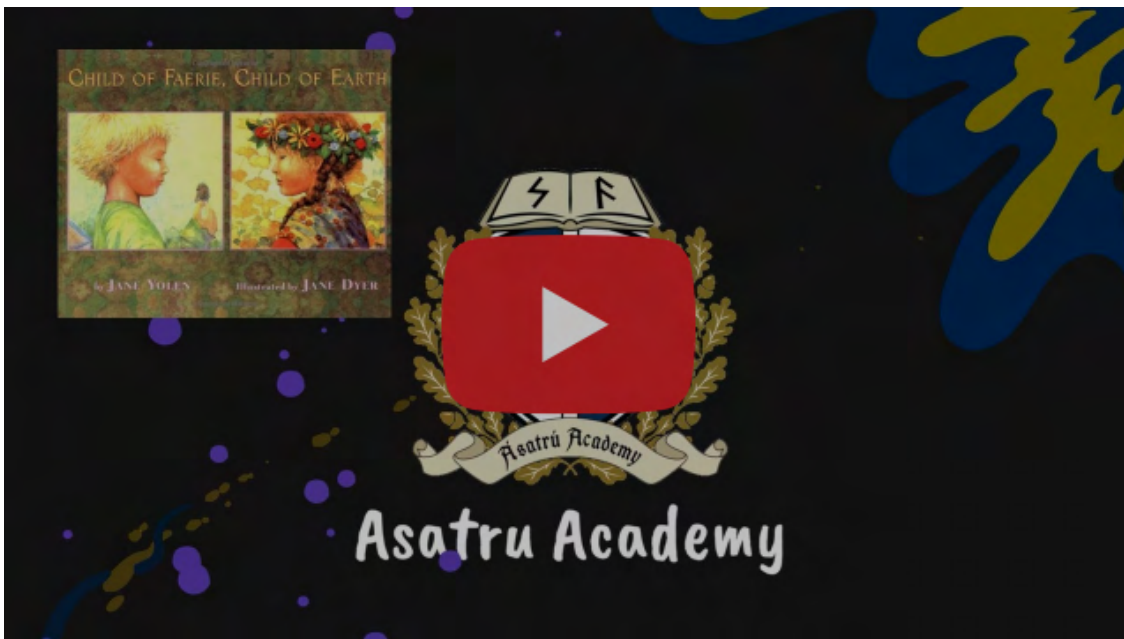




Parents, every Friday we have a parents, students, and teachers meeting. Check the parent's group in MeWe, or your email for the link to these meetings. I can't begin to tell you how helpful these meetings are. We have a live story telling for the kids, and also, we have Gythia Mcnallen often on the calls who is a very experienced teacher and can offer some tips and tricks to help you on your educational journey.



Our fantastic staff is always here to help and guide in any way we can! The meetings also help our parents to get to know each other, share our triumphs, and our troubles, and support each other. Experienced homeschoolers are there to offer good advice to those who are brand new to homeschooling. And we also have a lot of fun! We really hope to see you all on the calls on Fridays!



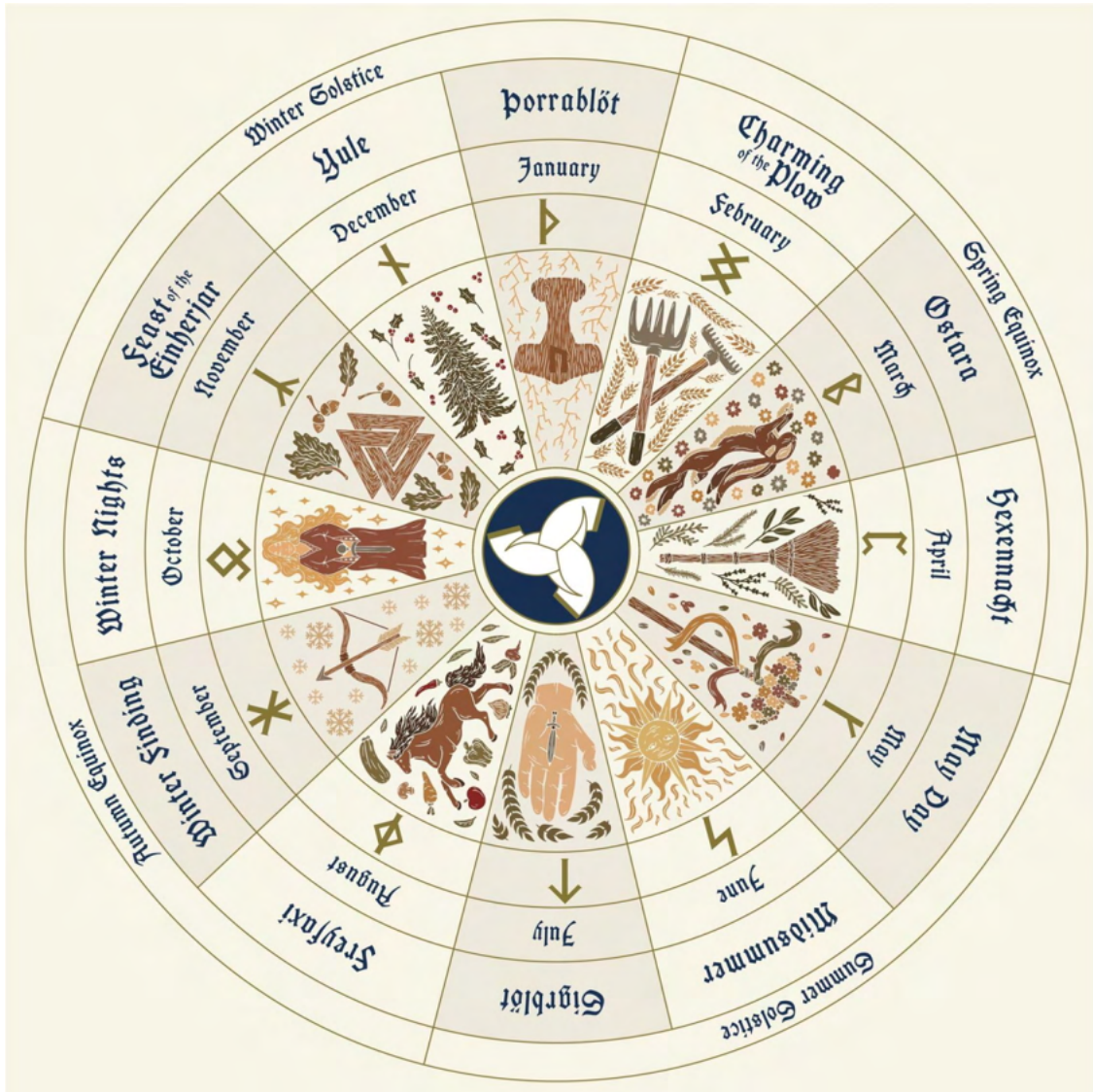
A lot of the story tellings are being put up on the AFA YT, along with many other story-time videos, so make sure to check those out! We're having so much fun helping to put out solid content for our kids!





Gothi Rob Stamm  
Dean of AFA Academy  
[rstamm@runestone.org](mailto:rstamm@runestone.org)

## Remembrance and Holy Days



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

2023



<b>Date</b>	<b>Observance</b>
January 9	Day of Remembrance for Raud the Strong
January 21	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 18	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 21 (observed on 18th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 10	Day of Remembrance for John Yeowell “Stubba”
April 28 (observed on 15th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 20th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 21 (observed on 17th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 15	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 19	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 16th)	Winter Finding
October 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 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

## *Queen Sigríð of Sweden | November 9*



Though little information of Sigrid, Queen of Sweden, exists in a historical text, the stories abound. Born a Swedish noblewoman Sigrid married Erik the Victorious and together they had one son. She became the Regent after the king's death, and it wasn't long before her vast wealth drew out all of the suitors, one of whom was her own foster brother.

Tired of the constant suitors, and very aware of poor manners, it is said that Sigrid invited her foster brother and another suitor to a feast only to light the building on fire and lock them inside. This didn't scare away the Christian Tyrant, Olaf Tryggvason. She might have entertained his proposal, but when he demanded that she convert to Christianity to wed him, Sigrid immediately turned him away. This enraged Tryggvason so much that he first insulted her age and beauty, and then slapped her. The story says she then told him that his behavior very well might lead to his death.

It was not long before Sigrid united Sweden with Denmark by marrying King Sweyn Forkbeard. Already feuding with Olaf, it didn't take much for Sigrid to convince her new husband to go to war. This led to one of the largest ancient maritime battles, the Battle of Swold, in which Olaf Tryggvason was killed.

What can we learn from this story?



While we can't run around burning to death the people that annoy us, we can take a stand for ourselves and our Folk. We have the right to defend ourselves and our dignity from those who would try to diminish us. And when we all work together as a cohesive group so much can be done to defend and raise our Folk up.

It is never in our best interest to play it nice just for the sake of being polite. Honesty and hard truths are rarely looked at with fondness, but they are so important. Be honest, be truthful, defend and build your dignity. We are our deeds.



Gythia Catie Erickson  
[cm.erickson@runestone.org](mailto:cm.erickson@runestone.org)

## Holiday

*Feast of the Einherjar | November 11 (Observed November 18)*



One of the most recognizable motifs in Asatru is that of the Viking warrior. Helm, sword, beard, and blood: boys and girls have long been mesmerized by the stories of Valkyries and the eternal feasting and fighting of the Einherjar in Odin's Hall, Valhalla. Pop culture has taken the Berserker and the Valkyrie and remade them hundreds of times.

Our ancestors lived in a different time, when fighting wars and general "viking" was necessary for survival. For a warrior, to die in battle was the greatest honor. Today, war is not necessary in the same way. Most people scoff at war, urge their children to "do better" or "be better". For those of us who practice Asatru, however, we recognize the importance and the value of the warrior. More important still, is the importance and the value of those who have fallen, the Einherjar.

Once a year we set aside a day specifically to honor the Einherjar. We raise a horn to the fallen warriors to thank them for fighting for our people and our freedom. One way to celebrate is to set a place at the table for the Einherjar. Serve them the same food you are eating for dinner. Pour them a glass of wine or beer. When you are done, leave the plate outside under a special tree in offering. Another way to celebrate would be to visit the graves of veterans at a local cemetery and help to clean them up. Leave some decorations or a small flag.

You don't have to have any veterans in your immediate family. It is a guarantee that somewhere down your ancestral lines you have family who fought in war, and most as



likely, that some of them didn't return from the front lines. It is in your blood. So, raise that horn, and raise it high. Remember our fallen.

Hail the Einherjar!



Gythia Catie Erickson  
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## Winter Nights XII at Sigrheim

### *Winter Nights XII*



Hail to you, Folk!

On the last weekend of October our Folk gathered from near and far at Sigrheim to celebrate the 12th annual AFA Winter Nights. From as far California and as near as Jackson County, Tennessee we came together.



On Friday afternoon, we began with a Procession of the Nine Noble Virtues led by Witan Erickson, who boasted the virtues of the Folk as they announced themselves loudly and upward to greet our Gods, Ancestors, and the Landvaettir. Later that evening, Alsherjargothi Flavel lead the Folk up to the top of Sigrheim where he made Blot to Tyr and hailed our Tenth Virtue, Victory! Gythia Catie and many helpers prepared a hearty vegetable and chicken soup for supper.





On Saturday, we had eggs and sausage for breakfast followed by children's crafts, ladies' discussion with Witan Brandy, osteomancy with Gythia Catie, and a Halloween costume parade of the children. After a Q&A with our Gothar, the Folk helped the Asatru Folk Assembly raise \$4600 in our benefit auction and raffle.



Supper on Saturday was a delicious beef stroganoff over buttered egg noodles, with squash soup and salad on the side. During supper, Katie Joyner took her Oath as an AFA Folkbuilder! We then headed up to the Sigrheim cemetery for Alfar Blot and Disir Blots from Witan Young and Gythia Catie. Our ancestors were called, and the present Folk felt their presence, and as Witan Young told me after some of us “left something up on that hill”. Sumbel was heartfelt and powerful, but you must have been there to know the words poured into the Well.





On Sunday morning after sausage and cheese grits prepared Folkbuilder Joyner, Witan Brandy led the Folk in a Wayfarer's Blot to Frigga reminding us to bring home the energy we built on this holy weekend.





I can't name everyone who made this event so successful, but special thanks to all our Gothar and Folkbuilders who ran this event, to all the auction donors and bidders, to Sarah Dye for donating the coffee and summer squash used all weekend, and to Gilbert Page for donating so many beautiful wood carvings. Thank you most of all to Nick Rice, the Youngs, the Betheas, and to my wife for the many days spent at Sigrheim making it ready.



Hail the Gods!

Hail the Ancestors!

Hail the Folk!



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

### *A Winter Nights Reflection*





This past weekend we celebrated the 12 Annual Winter Nights at Sigheim, and what a great weekend it was. As wonderful a weekend as it was, however, doubt plagued us for months before the event.

Facility cancellations, lack of any utilities like running water and electricity, overgrown fields, and fallen tree's blocking the path to Tyr's Ridge- we knew we were going to have a lot to contend with this year.





There are a few Folk who turned out for hours, days, weekends, to make sure that Sigrheim would be ready for all of us to take over. Nick Rice, Tyler Bethea, Kevin Flynn, The Young Family, and Riley Cox, all of you showed up to do the hard, but necessary work in the grueling summer sun and without you we could not have gotten it all done. Thank you so much! And a shout out to our Folkbuilders who worked their tails off during the event, too! It takes teamwork to make the dream work and we have a great team.





For myself, Winter Nights is one of the highlights of my year. It was the first big event I performed an AFA blot at, and I have been doing it ever since. My husband proposed to me during sumbel at a Winter Nights. We announced that we were having our daughter at a Winter Nights. We have watched our children grow alongside the other children of the AFA at Winter Nights.



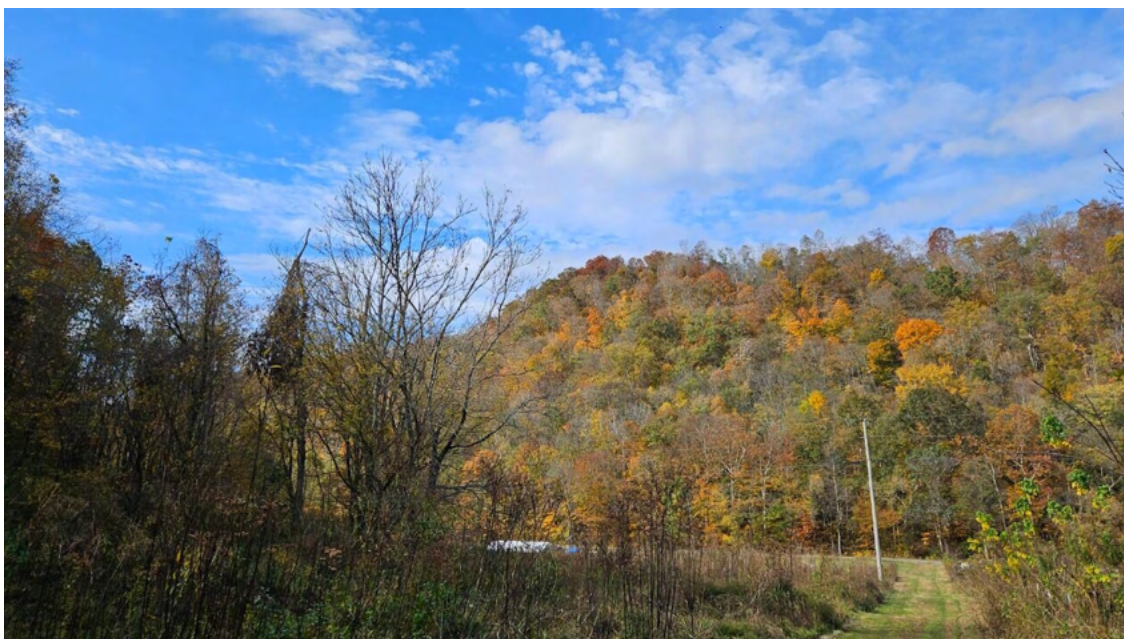


For all that Winter Nights is my favorite, however, it is the one event I attend that I spend the very least amount of time socializing with our Folk at. This year, for example, I don't think I had a single conversation with anyone outside of car time while I helped drive people to and from Airbnb's. So much of my time is spent running around, no doubt appearing like a chicken with its head cut off.

Here's the thing, though. What I see while I'm rushing around the tent to clean up the tables before the "next thing"? Groups of people getting to know each other and building bonds. What I hear while I'm rushing up the hill to prepare the ritual space? The buzz of conversations filling the valley. When I'm in the kitchen getting the next meal ready? The laughter of our feral pack of children as they build lasting friendships with children they will know forever.



And in the few moments, here and there, when I let myself take a few moments break? Smiles. Everywhere. I saw our strong, noble Aryan men, women, and children building the Asatru community that we have all, at some point, longed for. A community that, though separated by miles and miles, still manages to feel perfectly natural whenever it gathers together.



To everyone who came to Winter Nights at Sigrheim, thank you for helping to build the future for our children!



I look forward to seeing all of you again next year, and Hopefully I'll have a chance to chat with all of you before then!



Gythia Catie Erickson  
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### *Winter Nights at Sigrheim*



Thank you to Thorshof District for your incredible show of hospitality at Winter Nights 2023 at Sigrheim! I am amazed at each and every event that I attend at the Frith, friendship, and devotion to Folk and Gods, but Sigrheim had an extra special impact.

For those who have not yet made their trek to Sigrheim, please do. There is something magical and powerful about stepping on to the land the first time.

The cemetery is both solemn and sacred, surrounded by beauty and serenity. Seeing the headstones and understanding the amount of love and work that had gone into clearing and fixing this special place is still moving to think about.



The hike to the top of the location of the future Hof is beautiful. While it does take effort, the experience itself as a lead up to a sacred ritual prepares you in a very powerful way.



The fields that will hold our future homes and halls hums with energy and the emotion of the Folk who have been so diligently maintaining it.



The mountains literally echo with the devotion of our Folk in ritual!



Sigrheim is an experience all Folk should have. Thank you to the Folk and to the leadership who are paving the way for Victory!!

Witan Brandy Callahan  
[bcallahan@runestone.org](mailto:bcallahan@runestone.org)





## Upcoming National Events

*Feast of the Einherjar in South Dakota | November 9th-12th*

# FEAST OF THE EINHERJAR

GET YOUR TICKETS AT [RUNESTONE.ORG](https://runestone.org)

 An illustration of a large group of Vikings sitting at long tables outdoors, feasting. They are surrounded by a rocky coastline and the ocean. The scene is set during the day with a clear sky.
 

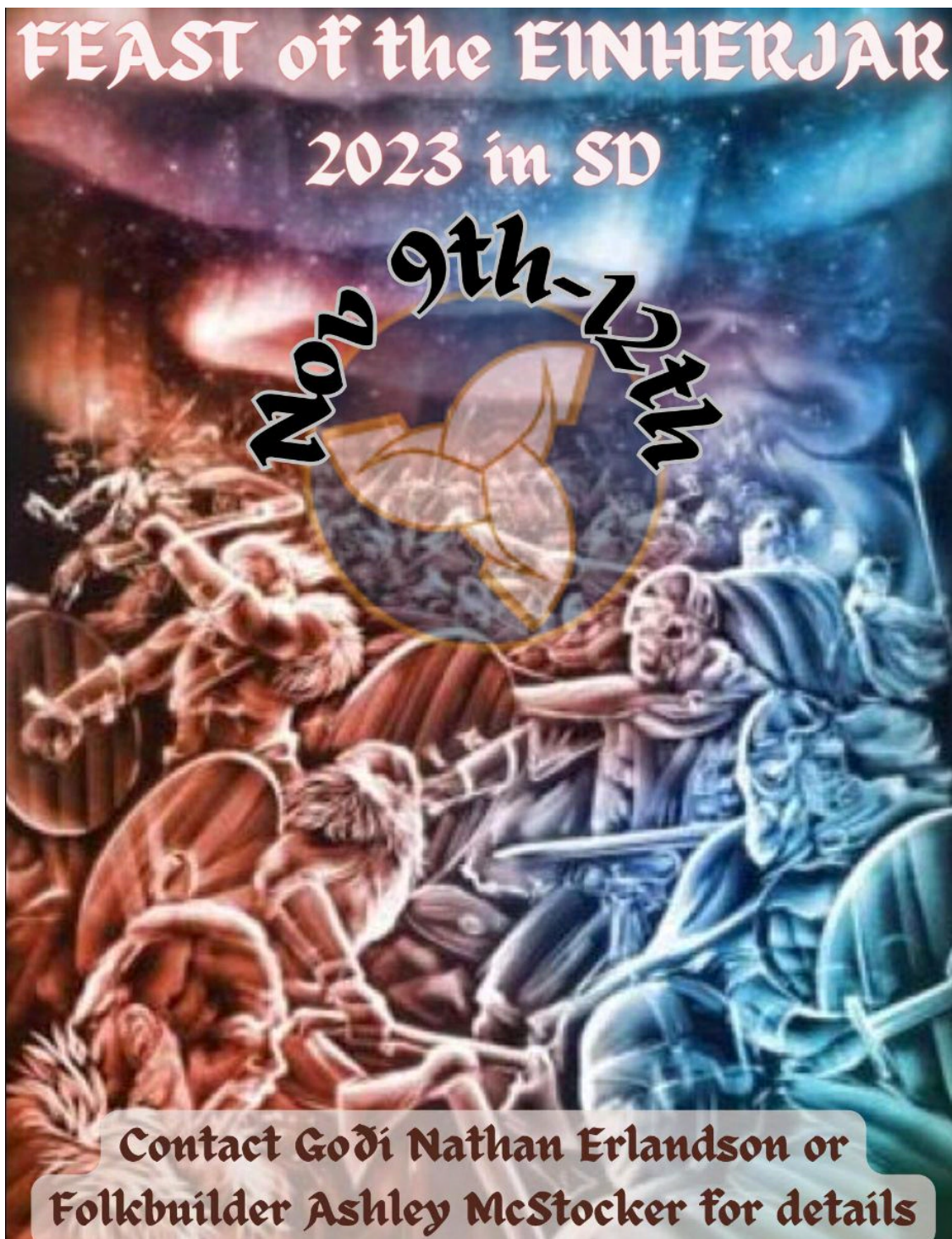
**SPECIAL GUESTS:**  
**FOUNDERS ELDER STEPHEN AND GYTHIA SHEILA MCNALLEN**

Contact Goði Nathan Erlandson or Folkbuilder Ashley  
 McStocker for more info [nerlandson@runestone.org](mailto:nerlandson@runestone.org)  
[amcstocker@runestone.org](mailto:amcstocker@runestone.org)

**SOUTH DAKOTA**  
**Nov. 9-12**

> [Get your tickets HERE!](https://runestone.org) <

Join your Folk in honoring our warrior ancestors and those that still fight for the folk today! Veterans Day weekend in South Dakota November 9-12.



Ticket includes all meals, lodging, Folk activities, and ceremonies. Tickets \$100 for individual, \$125 for family.

> [Get your tickets HERE!](#) <

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

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)

## Artisans of the AFA Support Our Folk

# GOTHIC RUNES



FRITZ MAES

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### GOTHIC RUNES

Energy Elements Ethnicity

Fritz Maes

2023

260 pages (revised edition)

The array of the Elder Futhark as uniquely understood by the Goths of Ancient Europa.

Historical & Spiritual + Powerful

Illustrated + Massive Bibliography

Formatted in legal-sized landscape-layout for large viewing & optimal printing

USD \$19: PDF e-book for sale now only at LuLu: downloads in minutes :  
<https://www.lulu.com/shop/fritz-maes/gothic-runes/ebook/product-yv7vgyw.html>

"Gothic Runes is the Das Rheingold of runic books."

## 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)

## 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](mailto:prisonministry@runestone.org).



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

James Ault



Prison Ministry Director

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

## Ancestral Food and Culture

### *Apfelkucken Recipe*



An Autumn treat enjoyed with coffee breakfast, after supper for dessert, or even for a nice snack. Perfect for the leftover apple pickings. Enjoy this classic traditional German dish with your family and friends.

Apfelkucken

8 Granny Smith apples



4 thinly sliced  
4 chopped  
2 c granulated sugar  
5 tbl granulated sugar  
2 tsp ground cinnamon  
3 c all purpose flour  
1 1/2 tsp salt  
1 1/2 baking soda  
1 1/2 baking powder  
6 eggs  
1 c applesauce  
2 tsp vanilla extract  
1/3 c orange juice

Glaze:

1 1/2 c powdered sugar  
2 tbl butter  
1 tbl water

Preheat oven to 350 degrees. Butter to round cake pans, dust with flour, tap out excess flour.

Peel, core, and slice apples then place in bowl. Mix sugar and cinnamon toss evenly.

In a large mixing bowl combine flour, 2 c sugar, salt, baking soda and powder. Add eggs, applesauce, vanilla extract, and orange juice.

Fill bottom of each pan with batter, then layer with apple slices and chopped apples, and add remaining batter on top.

Bake for 1 hour, prick with toothpick to ensure its fully baked.

Mix glaze ingredients until smooth. Drizzle over cakes. Serve warm with vanilla ice cream on top or coffee.

— Timmy, Member, Ohio

## 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: 26

## Online Events and Meetings





Virtue recovery  
meeting

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

With Ashley Mcstocker  
amcstocker@runestone.org

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

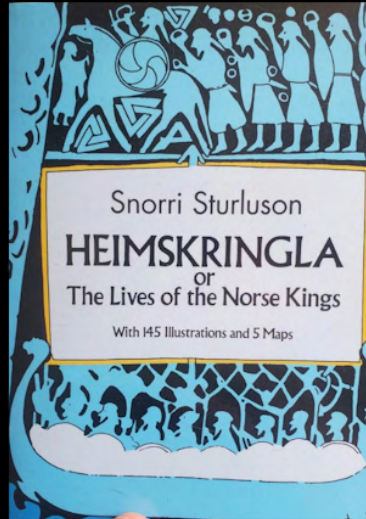
With Jaclynn Duffy  
jduffy@runestone.org

**VIA ZOOM**

**MEETING ID: 885 2917 0746**

**PASSWORD: Virtue**

# Lore Study with Gothi Jason Plourde

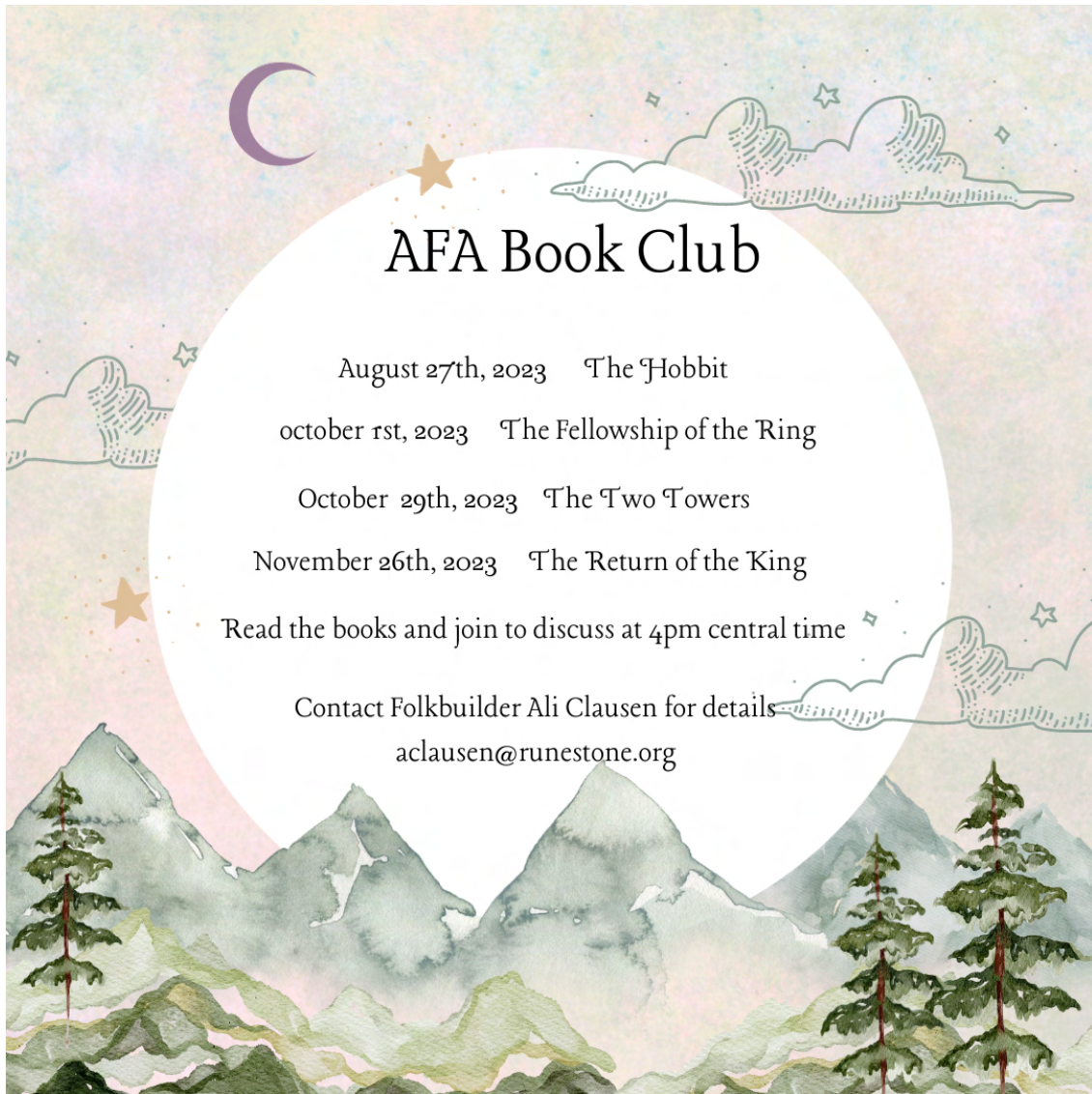


**Join us every Tuesday night  
at 8:30 pm EST**

**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 Book Club

August 27th, 2023 The Hobbit

October 1st, 2023 The Fellowship of the Ring

October 29th, 2023 The Two Towers

November 26th, 2023 The Return of the King

Read the books and join to discuss at 4pm central time

Contact Folkbuilder Ali Clausen for details

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

# Ladies Book Study

## Thursday Nights at 7 pm 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)





# ***Ladies Mysteries Podcast***

## ***Yule Traditions***

***Sunday, November 26th***

***at***

***2:30 pm CST***

***Witan Brandy Callahan***

***Gythia Anna Plourde***

***Gythia Catie Erickson***

***Folkbuilder Sara Ault***

***Folkbuilder Heather Young***

***Folkbuilder Ali Clausen***

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



## Sisters' Fitness Challenge



*Introducing the all new  
AFA Sisters  
Fitness Challenge*

**NOVEMBER '23**

*\$5 to join  
Prize money and keychain  
for the champion!*

Contact Folkbuilder Ali  
Clausen for details and to  
join on MeWe, by email  
[aclausen@runestone.org](mailto:aclausen@runestone.org),  
or text 402-853-4246

Introducing the new and improved Sisters Fitness Challenge! We invite all our AFA ladies to join us on this monthly challenge to improve our health and strive for Physical Excellence. We ask you to set three realistic daily health goals for yourself and we'll help to support you to Victory throughout the month! This is not a weight loss challenge; this is a challenge to build new and healthier habits, to build the areas of our life that need improvement, and to get out and get active! The woman who hits her goals the most consistently throughout the month will be awarded the prize money, as well as a small prize declaring her the Sister's Fitness Champion for the month! \$5 to join, please contact me for details and to join the fitness challenge!

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



## Just for Fun



# Nine Noble Virtues

Please find our Nine Noble Virtues!

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

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INDUSTRIOUSNESS	HONOR	HOSPITALITY
COURAGE	TRUTH	FIDELITY
DISCIPLINE	SELF-RELIANCE	PERSEVERANCE
VICTORY		

The first person to solve it and send proof to [Press@Runestone.org](mailto:Press@Runestone.org) will get a shout-out in next month's Runestone!



Olivia Sutherland  
Apprentice Folkbuilder  
[osutherland@runestone.org](mailto:osutherland@runestone.org)

## Now Available in the AFA Store



Tis' the season for decorating, hosting, feasting, and staying cozy indoors. Show your Hof pride to all your guests with a flag! Spark conversation, maybe even interest, among those who find themselves in your Hall this Fall, and bring the Folk home to Asatru!





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



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

## Baldrshof

### Ancestor Altar



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

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



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

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



Folkbuilder Jessie Shaffer  
[jshaffer@runestone.org](mailto:jshaffer@runestone.org)

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## Food Pantry at Baldrshof



For the October food shelf at Baldrshof, we were so blessed to receive some really amazing donations. On top of our staple items that we acquire, such as meats, dry goods, beverages and toiletries, we received an abundance of giant pumpkins, quarts of vanilla ice cream, and all the bread and baked goods you could think of.





We were able to help 26 families in the area fill their cupboards and freezers, and for the first time in recent history, actually had some left over! This gave us the opportunity to deliver the overage to a local family in need that was very grateful for the extras.





We are so fortunate to have the trust from the community, every 3rd Saturday of the month, to help lessen the blow of the extreme costs of simply feeding one's family right now. We could not be successful in this without each and every moving piece of the team that consistently goes above and beyond to make the food shelf a priority. The love and appreciation that every person expresses when they swing by on Saturday mornings, is what it is all about for these Baldrshof Folk. Hail the doers!



Folkbuilder Ashley Mcstocker

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

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## Winter Nights at Baldrshof



In Winter Nights we recognize a number of things.

The first of these being the rapid approach of the cold days of winter. For our ancestors



this was a critical time to button down the hatches and finish their preparations for the coming winter season. Failure to have properly prepared for winter meant significant risk of death. For us, this concern is less relevant. We have grocery stores that remain stocked with tropical fruits year-round and heating for our homes that insures we and our families will remain warm no matter how bad it gets outside. Yet, still we have our preparations to make.

Secondly, we remember our ancestors. We pay special respect to the Disir. We remember the sacrifices and hard work our forebears put in so that we might live and might have better lives than they did. It is impossible to calculate how far back our ancestral lines stretch, or to know how each of them approached parenthood, but one thing we can be certain of is that without the mothers and fathers that came before us we would not exist at all.

Thirdly, we recognize the thinning of the Veil. Our Ancestors are not necessarily always so far away as they may seem. During this time of the year, they draw ever nearer to us. They see us and know of us, and we must not disappoint them. This time of year is a wonderful opportunity to connect with those who came before us and give gifts to them in recognition of all they did for us.

Winter Nights in Baldrshof welcomed in the Autumnal changing of the seasons and the beginnings of the cold weather of the Midwest. While each of us must go on our own way forward into the new season, one thing which we all shared was the Frith we have built as a community and the common drive to be the best we can be not only for ourselves but for our Ancestral lines which we are all part of.

May the winter months be blessed for all our Folk.



Folkbuilder Cormag Àlainn  
[calainn@runestone.org](mailto:calainn@runestone.org)

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## Shouting Out the Team



Baldershof had a beautiful month of October. Winter Nights at Baldershof started us with a very successful food shelf that couldn't be if it wasn't for the continued efforts from Folk Builder Ashley McStocker and the two hardest working members of the district, Corrie and Brock Proudfoot. Without Corrie and Brock shouldering the weight they do for Baldershof we would not be nearly as successful in our community outreach around Baldershof as we are. Following up the food shelf, a fantastic Winter Nights celebration got under way. Some projects have been completed thanks to the continued dedication of Folk Builder Jessie Shafer in completing the sanctuary floor with a bright and



beautiful Sonnenrad. Outdoor grounds maintenance has been meticulously maintained by the efforts of Folk Builder Jaime Alainn as well.



Baldrshof Leadership is a very close-knit group of our Folk, that despite the hardships that came with the inception of Baldrshof Church in the media and structurally, it only brought us together, honing our resolve, and strengthening us in the shared difficulties. Today, we see the fruits from commitment and dedication to our church in the community surrounding Baldrshof. The leadership in Baldrshof district we have are strong and reliable. They have faced uncertainty, personal struggles, and fear together and harnessed all that came their way, turning it into success and Victory! Hail Baldrshof Leadership!



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

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### Upcoming Events at Baldrshof





Join your Folk in a 3-day Celebration of Yule at Baldrshof, December 15th through December 17th.

Contact Witan Brandy Callahan for RSVP and recommendations for travel and lodging.  
[bcallahan@runestone.org](mailto:bcallahan@runestone.org)



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## Baldrshof Wishlist



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## Illinois

*Illinois Midwinter Celebration*





AFA Folk from Illinois (and some from Indiana!) gathered at the new home of our friends Shane and Jaclynn Duffy to share Frith and honor the Dis and all of those ancestors who have passed beyond the veil that separates the worlds.

We enjoyed a delicious potluck meal and held Blot. It was great to have members bring additional family to this get-together, and a number of kids had the opportunity to participate in the rites of their Folk for the first time.

It is beneficial to remember that all of our ancestors, thousands of them going back to the dawn of our people, live today in the blood that flows through our veins. They have departed Midgard, but they remain always with us, and our descendants.

### *Upcoming Events*



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

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## Iowa

*Winter Nights in Iowa*





Before the event started, I went on a short early hike around the campground enjoying the scenery and leaving runes along the path for others to find. After my hike I waited at the campsite for folk to arrive. As folk were arriving, I gifted them a homemade fresh soft pretzel welcoming them to a weekend of fun and relaxation from the busyness of the modern world. We were helping each other pitch our tents during the light rain of the night. After getting all the tents pitched, I made delicious campfire pizza sandwiches that were passed down to me by my grandparents who took me camping over the years. We spent the night sharing drink and hailing a friend around the fire as we filled our bellies with campfire meals, treats and laughter.



The morning after we had bacon, eggs, and toast from homemade bread made by Ali Clausen over the fire in cast iron. After breakfast, we welcomed the Gods and then the women and men split for their activities. Ali and Emily went to the Villisca Ax Murder house for a tour, it was a few minutes away from Viking Lake State Park in Stanton, IA where Winter Nights was hosted. As the women folk were having their time, the men folk went on a hike to the shelter near the lake to have a talk about self-reliability and what it means to our folk. We talked about building their skills up, helping find the skills they thought they did not have, and talking about how by going to events you are building the community the folk are looking for. The Asatru Folk Assembly is the foundation for that community. Reach out to the folk first before going to outside sources. Later in the day, the campground was hosting a trick or treat event near the RV side where the kids got some goodies and the adults got some spooky drinks. There was a clown named Mr. Tickles, and Mr. Tickles is always out.





Later that night, Cody and Ali Clausen conducted beautiful blots to the alfar and Disir, respectively. Once the rituals were completed, we shared stories of our Alfar and Disir around the fire, then the men left for a 3/4-mile night hike along the hill trail. Making our way back we heard the women Kulning us to camp to prepare for sumbel. During Sumbel there were stories, songs, and poems shared by many Folk around the fire. A wonderful night of a spectacular weekend.



The next morning, we had a hearty steak and eggs breakfast to fuel us up for the tear down of camp and a 1.75 mile walk around most of the state park before we sat in our vehicles to drive the hours back home. That was a beautiful walk I will have to finish next year! Come out next year and see for yourself! This event has inspired others to get out in nature more often and to get out to meet more of our Folk! This was the First Winter Nights in Iowa and it will not be the last.

### *Upcoming Events*





# Julefest

Elk Horn, IA

Saturday

Nov. 25

1100

RSVP with App. Folkbuilder  
Chris McDowell  
[cmcdowell@runestone.org](mailto:cmcdowell@runestone.org)



Christopher McDowell  
Apprentice Folkbuilder  
[cmcdowell@runestone.org](mailto:cmcdowell@runestone.org)

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## Minnesota

*On Courage*



As we make our way closer to the Feast of the Einherjar, that holy feast where we celebrate the warriors who fought and died for our folk, I would like to talk a little about courage, and what it means to be courageous.

What is courage? Is it charging valiantly into battle, without fear of what awaits you? For many, this might be the idea that comes to mind. But courage isn't a blind jump into the fray. I think of the friends and family that I have that are and were military members, and in all of the stories that I have heard told, one thing remains the same. When all is done and you ask "What was going through your mind when that happened?", the response is almost always "I was scared". And here we find the truth, courage is action in the face of fear. Courage is choosing fight over flight and harnessing that fear towards a victorious end.

The AFA has many members and leadership that were or still are service members. But for those of us who are not military, how can we apply these concepts to our own lives? When danger is not imminent, and most of us have the luxury of safety here at home? How can we honor our brothers and sisters that do go off to battle and fight for us, fight for their folk?

We honor them by showing the same traits they have shown us. Sometimes situations will present themselves to you, which you fear. This could be a new job, public speaking, an event you are in charge of hosting, there are many things we face in our day-to-day lives which will scare us. In these moments, we are presented with a choice. Do you back down and miss an opportunity because you are afraid of how it will turn



out? Or do you face it head on, in spite of that fear, and trust in the gods that it will work out the way it needs to?

Every day, this choice is ours to make. Our situations often don't involve putting our life on the line, but inevitably you will be faced with a task that you fear. It is easy to give up and take the path of least resistance, but we bring bright fame and honor to our folk and our ancestors when we stand up and fight through it, and find victory. As we approach the day of the Feast and prepare to honor our fallen brothers and sisters, think of ways you can honor that sacrifice in your life. We cannot always control whether or not something scares us, that's just being human. What we can control, however, is how we act in the face of fear.

Honor your ancestors, honor your folk.

Find your courage.

"Fear controls the population, standing up to that fear may provide a more difficult path. Yet, honor and courage will provide you a more favorable outcome."

- Gódi Nathan Erlandson



Zach Phelps  
Apprentice Folkbuilder  
[zphelps@runestone.org](mailto:zphelps@runestone.org)

***Happenings with Northern Blood and Fun with Folk***



Here is a purty Fall picture of the Baldr Godpole with a Pumpkin background when I attended Winter Nights a couple weeks ago.

The year continues to fly! Only a couple months away from the new year and lots of new ideas and opportunities. So many great events are going on every single weekend all over Midgard. Get out and join your folk!

### *Upcoming Events*





**FOLKISH FAMILY  
RIVER HIKE  
ON THE  
MINNESOHTA  
RIVER  
11/26/23**

**For more details  
contact Folkbuilder  
Jason Gallagher  
jgallagher@  
runestone.org**



Please join Northern Blood Kindred for our eighth annual Folkish Family Yule celebration on December 9TH 4PM Bloomington, MN. Yule Blót followed by a Holiday Potluck feast and Sumble. Please bring a dish or dessert for the potluck feast. And like every year there will be a Julbok offered to the Ritual Fire.

Please RSVP with me if you plan to attend. [jgallagher@runestone.org](mailto:jgallagher@runestone.org) or message me on MeWe.



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

### *Upcoming Events*



**INDOOR PLAYPLACE**

**WEE-FOLK MOOT**

**Saturday, December 2nd**  
**St. Cloud MN @ 2pm**

**Contact Ashley McStocker**  
**AMcStocker@runestone.org**



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

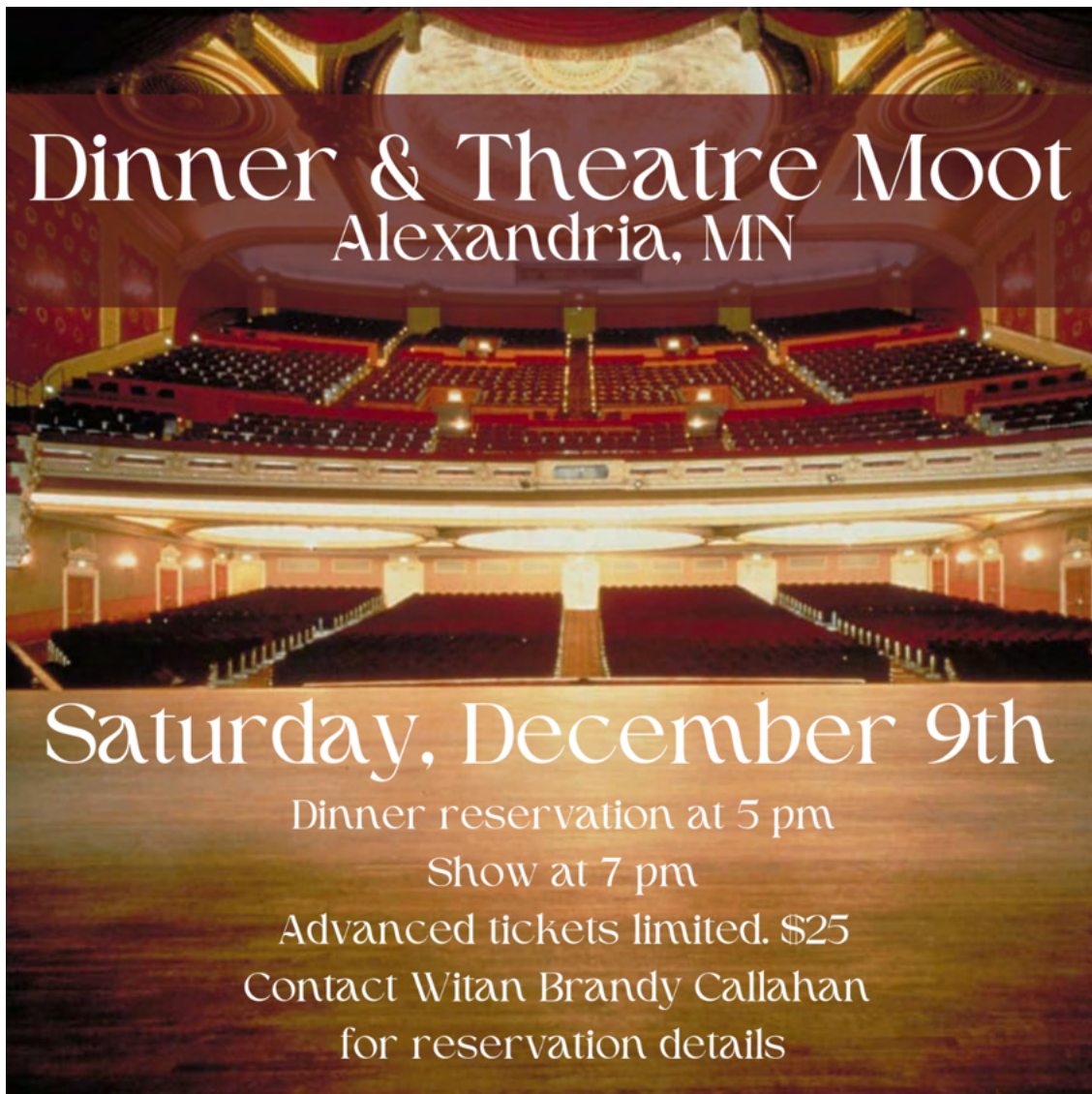
*Upcoming Events*



Folksgiving! Saturday, November 25th Starting at 12 noon Callahan House, Alexandria MN

Join the Folk for turkey and all the trimmings! Share thanks and Frith, food, and drinks! Light Lunch at 1 pm. Dinner will be served at 4 pm. Sumbel to follow.





Dinner & Theatre Moot Join the Folk for dinner and a musical! Saturday, December 9th  
Semi-Formal Attire

Dinner reservations are at 5 pm Show starts at 7 pm

Tickets are \$25. We have several already pre-purchased. Contact Witan Callahan for  
availability and details.



New Year's Eve with the Folk  
Sunday, December 31st  
Callahan House, Alexandria, MN  
Starting at 5 pm

Dinner and cocktails served at 6 pm.  
Cards Against Humanity after dinner.  
Sumbel to follow.  
Odinsblot to ring in the new year for those who can stay.

Witan Brandy Callahan  
[bcallahan@runestone.org](mailto:bcallahan@runestone.org)





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## Nebraska


### Upcoming Events

**LINCOLN SUSHI MOOT**

**NOVEMBER 18TH, 2023  
3PM**

**CONTACT FOLKBUILDERS CODY AND ALI CLAUSEN FOR  
DETAILS**

**CCLAUSEN@RUNESTONE.ORG ACLAUSEN@RUNESTONE.ORG**



*The Second Annual  
12/25 Chinese Food Dinner*

**12/25/23**  
**Lincoln, Nebraska**  
**1 pm**

**Contact Folkbuilders Cody and Ali  
Clausen for details**  
**[cclausen@runestone.org](mailto:cclausen@runestone.org)**  
**[aclausen@runestone.org](mailto:aclausen@runestone.org)**



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

*Nebraska Pioneer Museum Moot*





Nebraska was built by brave men and women who risked their lives in hopes of something more. With the veil thinning, we saw it fit to go and learn more about them.

The cold that day was intense, not unlike what the pioneers would have experienced. We're fortunate to live in the modern era, so we went inside to warm up. Unfortunately, the outdoor exhibits were closed, so we just stuck around inside.



*At a Meeting*  
of the



# Board

# County Supervisors

AND ASSOCIATE

# OFFICERS,

HELD JANUARY 15 1914 THE FOLLOWING WAS ADOPTED

WHEREAS God has seen fit, in a wisdom which, which reverently and humbly accepting we cannot understand suddenly to remove from us our Friend, Associate and Co-Worker

## James M. Dunkel

SHERIFF OF HALL COUNTY.

*Whereas* in all our official and private relations with him we have ever found him to be upright, genial and willing to lend his best efforts in the co-operation between officials so often necessary, and desirable for the best results to all

RESOLVED That we the members of the County Board of Supervisors and Associate Officers of HALL COUNTY hereby express our deep sympathy with her whose loss, — through his departure, is hardest to bear; that we sympathize with the children who are deprived of the companionship and counsel of a kind and loving father; that we sincerely condole with the brothers and sister of the deceased; that we give voice to the loss the people of Hall County will feel as the result of the sudden demise of

A CONSCIENTIOUS, ENERGETIC AND ABLE OFFICIAL

*Resolved* that an engraved copy of these resolutions be sent to the bereaved family, and they be entered at length on the records of this county and published in all the papers in the county, and that as a further mark of our keen sorrow and regret, the adoption of these resolutions be by a **Silent Rising Vote.**

County Board.

*William Stewart*

*Mary Anne*

*John L. ...*

*W. L. ...*

*Arthur ...*

*...*

J. B. ... Grand ...



The exhibit was fascinating. Replica clothing, a covered wagon, and plenty of artifacts from the taming of the prairie, but it went further than that. There were pieces from the old candy factory, photos, and posters from the early days of the railyard, and even a beautiful obituary for a beloved sheriff. The museum wasn't just for the remembrance of the pioneers, but a celebration of the city that grew from their roots.



While we may not have been able to experience everything, being able to see such a beautiful preservation of our folk's history here was amazing. Come spring, I'm sure we'll have plenty more memories here.



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

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## North Dakota

### *Folk Art*



Through the ages, our Folk's art has defined us. Our deeds shine through history; not only through our Lore, and Sagas, but visually through the crafts and artwork our folk have created. I found Asatru through the process of learning to do knotwork. Being fascinated by it and its history and complexity, I was intrigued to learn more and more about our myths and lore to influence my artwork and for my art to tell a story. When I'm working on something Asatru related, I find that it helps me understand aspects of our Faith, Lore, and our Gods and Goddesses.





Now, levels of artistic talent vary widely but even a simple devotion act with willful intent done for the Gods or ancestors can be very significant. One thing to consider is how we can come together as a Folk around a project, be it work on the Hof, decorations, or pieces of artwork. One thing I would encourage parents to consider is arts and crafts focused on children learning about our stories, ancestors, and Gods. Our Folk have the richest art history in Midgard, and we have the duty to carry that tradition forward!

### *Upcoming Events*

## North Dakota pierogie Moot

November 19th, folkbuilder  
Penner residence

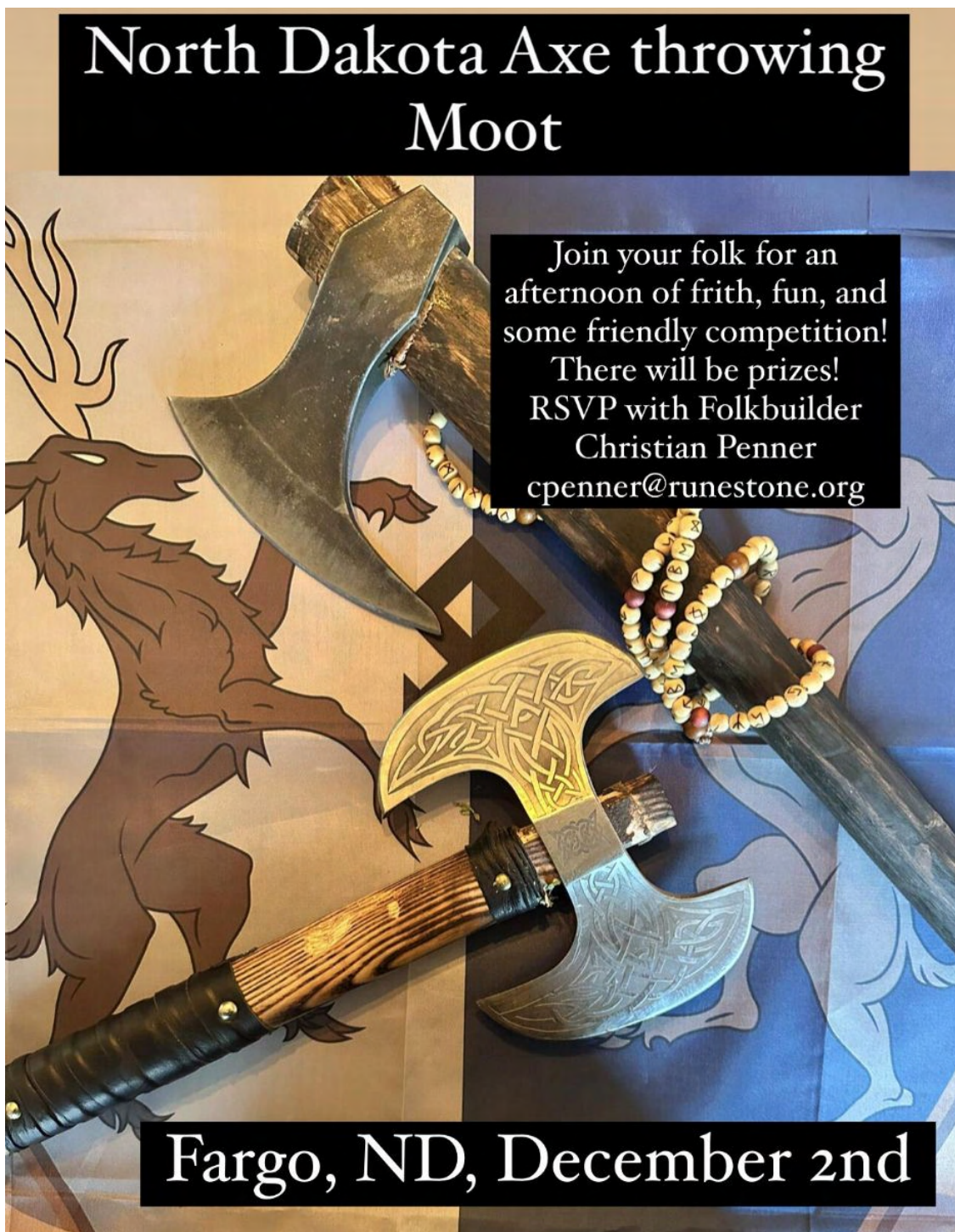
Please join us for an instructional moot on the tradition of making pierogies! All ingredients and kitchen supplies will be provided, with musical accompaniment, and good fellowship! RSVP with Folkbuilder Christian Penner





# North Dakota Axe throwing Moot

Join your folk for an afternoon of frith, fun, and some friendly competition! There will be prizes! RSVP with Folkbuilder Christian Penner [cpenner@runestone.org](mailto:cpenner@runestone.org)

A collage of images featuring axes, a wolf, and a beaver. The top half shows a large, rustic axe with a wooden handle and a metal head, set against a background of a brown wolf. The bottom half shows a smaller, ornate axe with a wooden handle and a metal head, set against a background of a blue beaver. A string of beads is draped across the axes.

## Fargo, ND, December 2nd



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

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## Wisconsin

### *Big Falls County Park Moot*



This month myself and Sara Ault co-hosted a moot at big falls county park in Eau Claire, Wisconsin.











We ended up going for a hike to the falls and shortly after held a Blot to Odin by the water with some awesome cinnamon mead made by a member. After leaving the park we met at a local pub and had some good food and conversation.



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

### *Becoming Amma*



Amma is the Icelandic word for Grandmother. In German, she is called, “Oma.” The role of Grandmother to our ancestors was a respected one. This was a woman, who had experienced all the earlier phases of life and had raised her children to adulthood. She is the one who quietly keeps everything going in the background. Her focus goes beyond that of her own family, but to the tribe. She knows what is going on in the life of everyone within the tribe through intuition, observation, and life experience. She is a sharer of knowledge. Sharing and preserving the traditions of those who came before her.



A woman who remembers and reclaims her ancestral wisdom is unstoppable. There is an inherent magic that she discovers within herself; a rootedness, substance, and strength that fills her with a sense of who she is and who she may become. She connects into an ancient wisdom that is a part of her yet is so much greater than her. Connecting her to the memory of her ancestors who walked the earth before her and walk with her still. When she speaks, she speaks with the power of the women who have gone before her.

In my own experience, becoming a grandmother has been one of the greatest joys in my life. Continuing the traditions and history of my family that my own Grandmother had shared with me, has made me feel a deeper connection to my line of female ancestors. I will continue to impart wisdom, knowledge, and a love for the past while embracing the future until I take my place among the Disir and my daughters take over my Grandmother role.



I recently added a grandmother chant to my morning ritual to help me connect on a deeper daily basis to that ancestral wisdom. Here is an example of the ritual.

After waking up, stretch and take a deep breath. As you light the candles on the altar, express thanks for waking up to another day of limitless possibilities. Quiet yourself in front of your altar. Place your hand over your heart and tap out the rhythm on your chest while remembering that your own heartbeat is just one in a long line of your ancestors that stand with you. As you do this concentrate on your female ancestors and say,

“Grandmothers lend me your hands. Keep my ears sharp to hear your voices. Fill me with your wisdom. Guide me in teaching the next generation. Bringing the Folk Home.”

I repeat that a few times. Usually, three or five. Depending on what I know of the day ahead, I ask for guidance. At that point, I stop tapping and listen with not only my head but my heart as well. I thank and hail them. Then I'll pull a rune and set it on the altar and concentrate on it. I say the name of the rune out loud and repeat it over and over. Thinking about what I know about the rune, what it could mean to me at that moment. I take a deep breath and blow out the candles.

I am working on creating a deeper understanding of ancestral wisdom and passing that knowledge on to future generations. This is the role of Amma to me.

### *Upcoming Events*



# ***Wisconsin Hiking***

## ***Moot***

***Join us on  
November 19th***

***at***

***11 am CST***

***for Hiking and Blot***

***at***

***Harrington Beach State***

***Park in Belgium, WI***

***We will have lunch at a  
local eatery afterward.***

***For more information contact:***

***Folkbuilder Sara Ault***

***sault@runestone.org***





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





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