

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



The veil thins!

As summer ends and we head into fall and winter, the thin veil that separates us from the ancestors grows yet thinner.

The remainder of the year is time to redouble our efforts to take stock of what we have, the ways we have been blessed, and the proud ancestors that have brought us into this amazing world.

Hail the Disir!

Hail the Alfar!

Celebrate the season with your Folk. Celebrate with your family. Know you are blessed. Know that you are loved..... and make sure you children know it as well.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
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Manifesting the World Around Us



Welcome Home | [Runestone.org](https://www.runestone.org)

Words from Our Gothar

Warrior and Priest



Today the term warrior is largely taken for granted, and it is also assumed that a priest would not be one who fights. That is not the case. A warrior is not solely a blood thirsty combatant, and a priest does not have to be confined to a solely passive persona.

Throughout history a warrior was someone who fought physically, brutally, and with a thirst for the fight. For the most effective warriors, it wasn't reckless violence as some would have us believe of our ancestors. It was a time when the best and strongest warriors were also the leaders of their tribes and folk with purpose and direction. They became leaders because they had a fight inherent within them combined with the ability to exercise a bold intellect.

Our people were not led by the faint of heart because to survive and to ensure survival one had to be bold, courageous, and smart. For most, fighting was a part time expectation in their tribe or community. For a few it was a calling--for those that had a natural sharp intellect along with a violent nature and could exercise restraint when

necessary. Today, it is considerably different. Yes, we have our warriors still, however, we also have far more faux warriors who think that sitting behind a keyboard and making bold statements makes them some kind of pseudo warrior. I believe the term is “social justice warrior”. I cannot personally acknowledge or comprehend this mindset and think it is disgusting. We have become soft as a society in the soul sickness of our folk, in that our men are losing their masculinity and aggressiveness due to pressure from a society based in a victim mindset. We must do what we can to retrain our men as they come to us, teaching them that being men of our folk means that it is okay to be aggressive and that we must fight if necessary to protect our folk and our families.

That doesn't mean that we go out starting fights. It means that we embrace the natural violence of being a man without shame or regret. It also means that with aggression comes a responsibility. We must balance a bold, physical, and courageous nature with humility and caring, love and compassion. We must teach our young boys that balance and to strive towards a warrior and a priest homogeny that resides within us as noble Aryan men. An approach of a warrior and a priest--be the first to reach out a helping hand and also the first to defend the folk and your family if necessary. We are to be men of action and words, restraint and aggression, being bold and pious. Many can epitomize one or the other, some can be both. As a warrior, we are to be protectors of our Folk, while as a priest we are to be the conduit between our folk and our gods. Both are necessary for the survival of our folk, and survival is an absolute must. “It is not negotiable.” (Stephen McNallen)

So, for our warriors out there, look to incorporate some pious attributes into your personality. For our Priests, seek to investigate some of the warrior ethos into your abilities. We must continuously seek to build on who and what we are as noble Aryan men, building our folk as they continue to open their eyes and come home.

Havamol Stanza 15, “The son of a king shall be silent and wise, and bold in battle as well; Bravely and gladly a man shall go, till the day of his death is come.”



Gothi Nathan Erlandson
nerlandson@runestone.org

Honoring the Ancestors



As the harvest season is nearing its end, we come to a time of year where we look back with pride on the work we have accomplished throughout the past year and begin to give thanks. Thanks to our Gods for their seen and unseen influences, the Wights for their aid, and our Ancestors especially who, if not for their unbroken love for generations over, we would not be here. Take some time as the veil thins and the year winds down to get to give love & thanks to the ancestors you know, and to get to know those you do not. Like among the living, "With half a loaf, and half a cup, a friend won thee", a simple gesture of an offering and heartfelt words can bring joy & love of an ancestor into your life. If you are not sure where to start, fill a horn and meditate on how we got here. After all, if at any point one of Disir or Alfar had chosen another we would not be here.

So let yourself find appreciation and gratitude in how lucky each of us is to have the chance to traverse Midgard. Hold that sensation in your chest, and then start with your least distant ancestor and work your way back as far as you can, state their name and pour a small libation into a sacred vessel or a fire, and let them know you're thinking of them. Eventually you will find someone who will reveal themselves to you, even if only to say thank you. For the ancestors who are familiar to you, put out their favorite dish and a glass of their favorite drink, it's the least we can do for their gift of life.

Whether you're alone or surrounded by the Folk, you'll have a house filled with warmth

& love. If you do this often, you'll never walk alone. As the holiday season is upon us, we look forward to seeing as many beautiful white smiling faces, across the AFA and especially at each of our Hofs. May your harvests be bountiful and your holidays merry!

Hail the Gods,
Hail the Ancestors,
Hail the AFA!



Gothi Jason Plourde
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Winter Nights and You



Start with the memories. Those Halloween memories from your childhood -- pumpkins, costumes, candy, and the thrills of spookiness! Back in the day, our Christian parents would never have connected this date with anything significant or spiritual. Most of modern society continues with that interpretation.

However, we're different. If you came by way of Celtic culture, you know October 31st is known as Samhain – the last night of the Celtic year, when “the veil” is thin. This allows spirits to not just roam, but to enter our abodes and our psyche. Jack-o-lanterns have been the warders against dark and unwelcome spirits for centuries.



In Asatru, this focus on spirits exists but is transferred to a special group, our very own Mothers -- the Disir. In Sweden, they traditionally celebrate the Mothers in February with a *Dísablót* at the time of *Disting*, or a *Thing*-gathering by the tribe or community.

In modern Asatru, we celebrate in mid-October – a time that feels charged with mystical energy. In our *Dísablót*, we offer our own thanks and devotion, asking for our Mothers blessings in return. Who among us would not want to feel the loving touch of a mother from your lineage, in time of need? The mothers are there, barely seen through the veil. *Vanadis*, “Dis of the Vanir” is one name for Freya, and she too can be called on in this ritual. She and our Mothers, in their many manifestations, are described in Stephen McNallen’s epic poem, “October Women.”

At *Oðinshof*, we invite these ladies into our sacred circle – each of us calling out to one of our Mothers to be with us. As Asatru women, we become the Mothers to our men, calling them forth, guiding them in. Torches and fire, chants and song, movement and stillness, and runes chosen by our mothers are part of our *Dísablót*. For many, this can bring forth unexpected gifts

How to Honor the Disir in Your Own Home



Gather special items like candles, photos, flowers, or foods to place on an Ancestors' altar. Do you have one particular Mother you wish to contact? Talk with her; sing with her; speak her name; write her a letter; give her a special gift. Your own Dísablót can include an offering of liquid that you associate with your mother, though traditional mead is always fine. In blot, honor her life. Think of her gifts to those she knew. Offer your love and a vow to keep her memory alive, to use her lessons to create your best-self. After your offering, within the gifting cycle, you can ask for her gifts in return. What do you need? Insight, tranquility, perseverance, strength, courage, health, hope,

balance, luck... This may happen in unexpected ways. Reach for a rune as a message carrier. Think on your Mother at bedtime, as these messages can present themselves in your dreams.



Dear folk, we have the opportunity to build our own traditions this time of year. Do it alone or with others, but know that in October, your Mothers are always near.



Gythia Sheila McNallen
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October Women

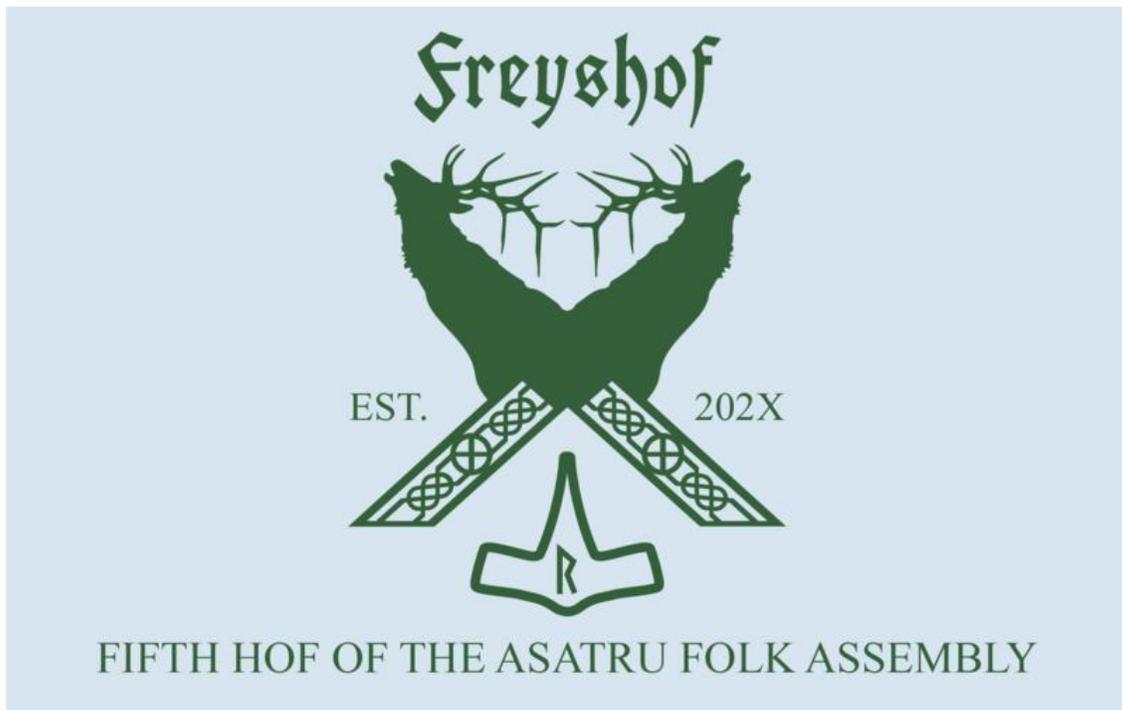


Asatru - Winter Nights & the Disir

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



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 \$103,790.86 on our remaining loan.
2. We need to raise our monthly donation average by 4%.
 - 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
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Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6PM Pacific / 8PM Central

vk.com/AsatruFolkAssembly
entropystream.live/app/MattFlavel
youtube.com/@AsatruFolkAssembly
odyssee.com//@AsatruFolkAssembly
rumble.com/AsatruFolkAssembly
twitter.com/FolkAsatru

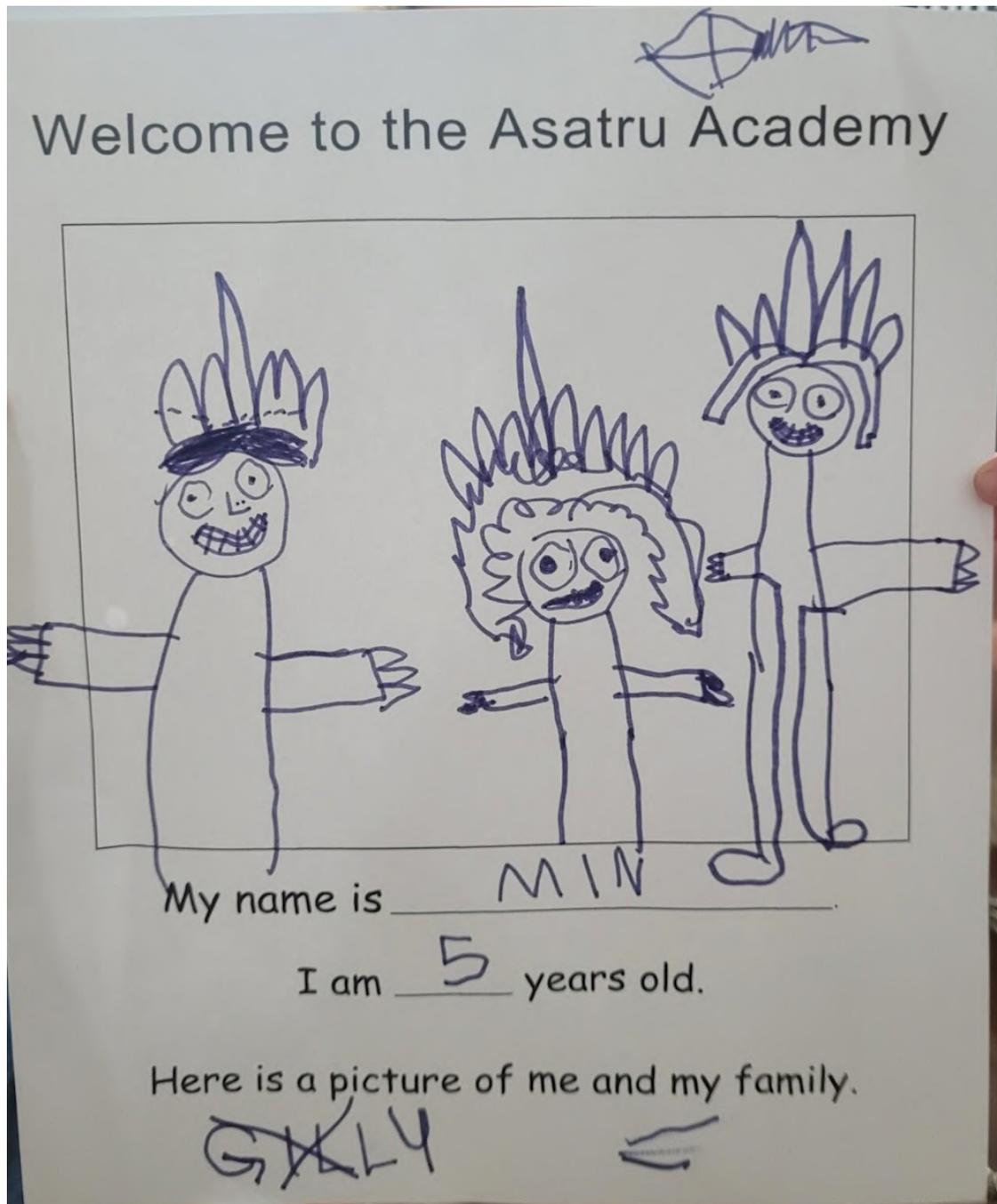


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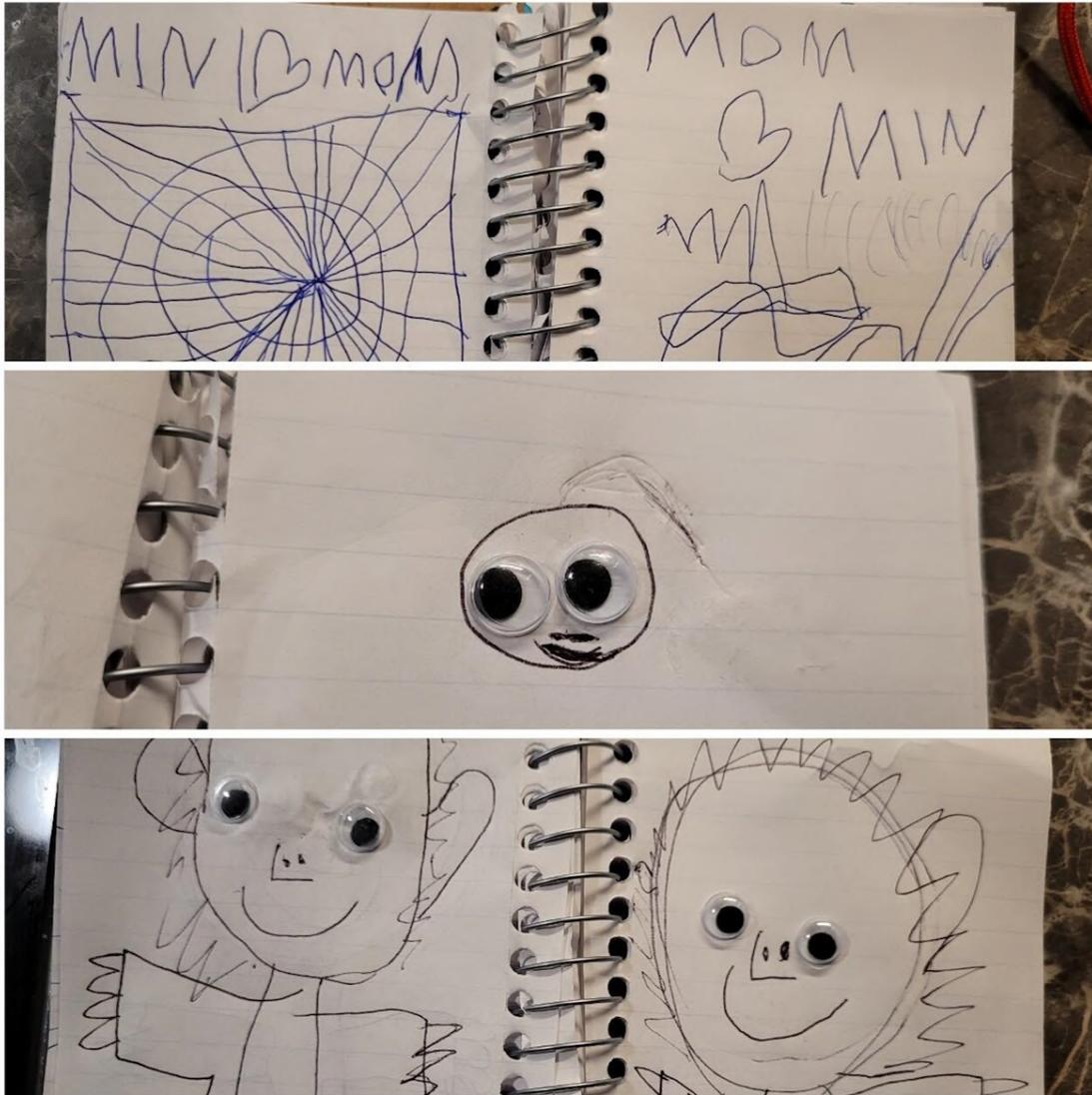
AFA Asatru Academy



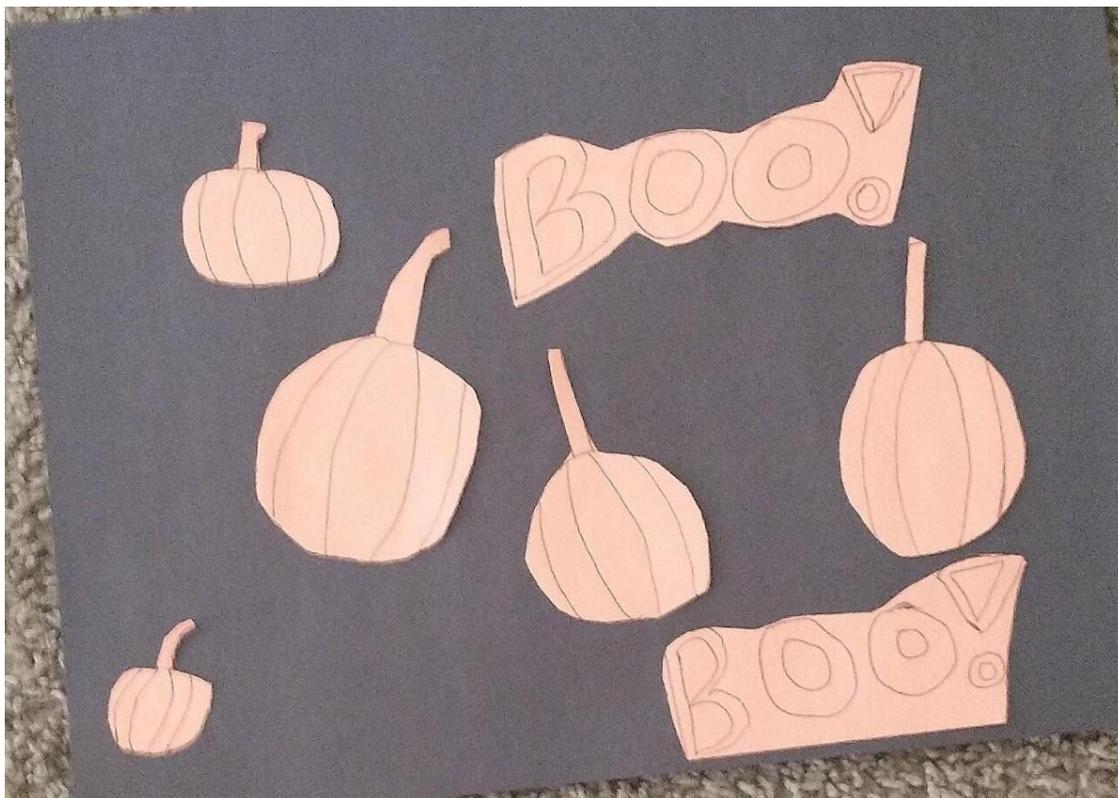
Check out the Asatru Academy at AsatruAcademy.org



What an exciting time with the Asatru Academy, the AFA, and our future. We're now a solid month into the school year, and it's been a productive start. We're pleased to be able to start doing weekly video calls now with the parents and students, and new from today's meeting, weekly live story readings! Working with these early grades really does wonders to put a smile on your face. The kids got to learn what happens when you "give a mouse a cookie" (hint...they ask for some milk), and I'm excited already for next week's call.



On top of these live story readings, we've also had a good influx of parents and other AFA members submitting their own stories readings for us to upload to the kids. If you're interested in volunteering to make some recordings for our kids, whether that be telling you're own life-stories or reading something from our kids' suggest book list, feel free to reach out to me, and I'd be happy to explain a bit more about the process and possibilities.



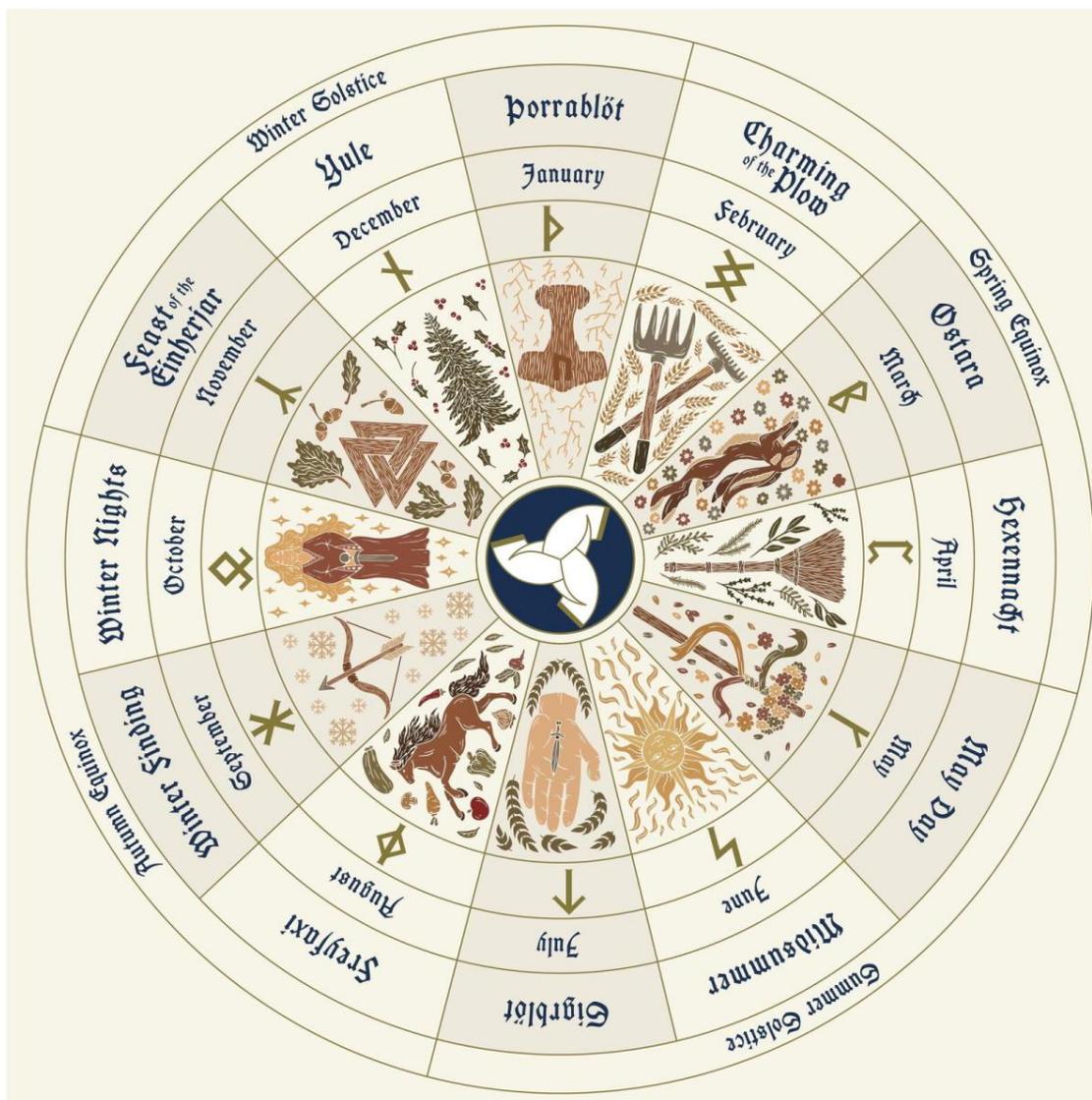
As we're turning the corner towards the cooler months of the year, this marks a great time for our kids to get outside, exploring the rapidly changing environment. Watch as the leaves change, notice how the bugs hide away from the chill, and see all the pretty colors of the autumn world. Whether you're 6 or 60, I bet going on a fall walk through the woods, with leaves crunching under foot, would do just about anyone well.



Folkbuilder Nicholas Rice

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Remembrance and Holy Days



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

2023

| Date | Observance |
|--------------------------------|--|
| January 9 | Day of Remembrance for Raud the Strong |
| January 21 | Porrablót |
| February 9 | Day of Remembrance for Eyvind Kinnrifi |
| February 18 | Charming of the Plow |
| March 9 | Day of Remembrance for Olvir of Egg |
| March 21 (observed on 18th) | Ostara |
| April 9 | Day of Remembrance for Jarl Haakon |
| April 22 | Day of Remembrance for John Gibbs-Bailey “Hoskuld” |
| April 28 (observed on 15th) | Hexennacht |

| Date | Observance |
|--------------------------------------|---|
| 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 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

Meister Guido von List - October 9th



Born in October of 1848 in Vienna, Guido Karl Anton List was the son of a prosperous middle-class family who traded and worked in the Leather goods industry. Raised a Roman Catholic, List found his love of mythology and history early in life, often acknowledging that his belief in the Germanic Gods, and Wotan in particular, developed during these young years. A scholar, painter, and writer, his big ambition was

to live his life doing the things he loved. His father, however, pressured him strongly into taking over the family business.

In his spare time, he continued to write and paint. He also took part in several leisure sports clubs, such as rowing and mountaineering. During one of his many trips List purportedly left his group to spend a solitary midsummer atop Geiselberg hillfort. Here, it is said, he reaffirmed his belief in Wotan. Upon the death of his father in 1877 List abandoned his family business in favor of pursuing his writing passion.

Despite being an avid believer of Wotan, he married his second wife in a Protestant ceremony in 1899. This didn't hamper his writing or his influence, however, and by 1902 when his writings took on a different direction, he was a prolific and well-known voice in the nationalist and volkish movements.

It was in 1902 that von List had his great epiphany. After a cataract surgery left him blind for eleven months, List was left with much time for reflection and meditation. During this time he discovered the Armanen runes. He called this set of runes the Proto-language of the Aryan race. It was through these runes that von Lists occult ideas and writings evolved.

The popularity of his ideas exploded amongst the wealthy, middle class of Austria and Germany at the time and the Guido-von-Gesellschaft was born. The von-List society further evolved and on the Midsummer of 1911, the inner group called the High Armanist Order was created. While the main group focused on his occult and political ideologies, the inner group was dedicated to the worship of Wotan through his writings and sacred pilgrimages.

With food shortages after the war and old-age creeping up on him, von List's health deteriorated and in May of 1919 he passed away at the age of 71. His body was cremated and buried in an urn in the Vienna central cemetery, Zentralfriedhof.

Among his many novels, plays, and political manuscripts it was his first dedicated occult manuscript, "Das Geheimnis der Runen" or "The Secret of the Runes," that really sets Guido von List up as a forefather of modern Asatru, influencing many including the Asatru Folk Assembly's hero Alexander Rud Mills.

What can we learn from this story?

We can never anticipate when the spark of inspiration will lead to the flame of an idea. It's easy to look at that inspiration and say that it isn't real, or it's just the imagination going crazy. With faith, however, our limitations can be cast off. Have faith in our Gods. Have faith in our Ancestors and in our Folk soul. Most importantly, have faith in yourself. each one of us can accomplish great things if we work hard enough and maintain our faith.



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Birthday of Founder Stephen McNallen

Birthday of Founder Stephen McNallen - October 15th



*Anyone who has raised a horn in honor of our ancestral Gods,
has done so because of, or in spite of, Stephen McNallen.*
— Alsherjargothi Matt Flavel. Ostara In the South, March 2020

This month we celebrate the birth of our Founder, Stephen McNallen. Before he became the Father of Modern Asatru, before he started a religious movement on his own, before the Kennewick Man, he was born in a small rural town in Texas in 1948.

“On a more intimate level, I chose my parents well: My father was a hard-working, Irish Catholic oil hand who had come to Texas for the oil boom some years earlier; and my mother was a loving, kind, and intelligent woman who – significantly – bought me the books I wanted and read them to me.”

Founder McNallen developed an interest in pre-Christian religion in college after reading the book *The Viking*, by Edison Marshall. In 1968 or 69, he dedicated himself to worship the Gods of Europe. In 1969-70, he founded the first Asatru church in the new world, The Viking Brotherhood, which gained tax exempt status in 1972. He began writing and distributing *The Runestone* which was hand typed and copied on a mimeograph machine.

*“At first it was a private thing, but then I began quietly promoting the religion – which at that point I simply called “Norse paganism,” as I had no name for it. I really was starting from scratch. About the time of my graduation from college, I started a minuscule publication called *The Runestone*. I cranked it out on a mimeograph machine (!) – the first run was eleven copies. Within a year or so – August 29, 1972 – I had received recognition of the Viking Brotherhood as a tax-exempt religious organization.”*

After reading Magnus Magnusson’s book, *Hammer of the North*, where first heard the word Asatru, Founder McNallen began to use and promote his religious ideal as Asatru, rather than Odinism.

At some point during his time in the US Army, Founder McNallen began to adopt the belief that Asatru was a religion of the peoples of Europe, rather than being a religion for all, thus adopting Folkism. In 1976, after being discharged from the Army, he renamed the Viking Brotherhood to the Asatru Free Assembly. In 1987, Steve dissolved the Free Assembly.

After seeing what American Asatru had developed into, which denied that Asatru was a uniquely ethnic faith, Mr. McNallen stepped back into the Asatru scene. Establishing the Asatru Folk Assembly. The emphasis on Folk to differentiate from the universalist lie that threatened to take hold of our ancestral faith.

*“It flourished. Over the years it grew, and I wrote *Asatru: A Native European Spirituality*, which defines my convictions and purpose. We purchased a permanent building which became *Odinshof* – our first temple to the Gods. The AFA has since expanded to include four Hofs in the USA and continues to grow. In 2016, after leading the Asatru Folk Assembly for 20 years, I turned it over to a younger generation and started the next phase of my service to my Gods and to my Folk.”*

In the years since Mr. McNallen retired, he has remained an active participant at *Odinshof* with charitable giving and contributing in any way possible.

It is often said that we stand on the shoulders of giants, and none are more giant than that of our Founder, the First Alsherjargothi. Thank you, and Happy Birthday, Mr. McNallen, from all of us in the Asatru Folk Assembly.



Gythia Sheila McNallen
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Holiday

Winter Nights - October 21st



Autumn has officially started. The days are noticeably shorter. The nights are noticeably cooler. The trees are ablaze with the colors of Fall and the crunching of the fallen leaves underfoot has begun. All around us the world is dying. This was a time of drawing in close, of hearth and home and family. For our ancestors, this was not an

Autumn festival, but a quiet Winter rite in which the female spirits were honored in a rite called Disirblót.

Today, Winter Nights is often seen as a death of the physical world, the world we can see, and the reawakening of the intangible. It is the world of high energy, of spirits. It is that deeper feeling and connection to the things we know to be there. This is the time we honor our Disir—our female ancestors. We remember that without our ancient mothers we could not be. They cared for the home and the hearth fires. They cared for their families. Our ancient mothers, with strength and determination, raised the next generation against odds we cannot really begin to fathom.

With the harvests finished, there is a quiet lull before we turn our minds to the hectic holiday season. Now is a good time to turn inward in introspection, and to self-improvement. It is also the time to meditate on things of a more spiritual nature. Connect to the energy that is always there.



Gythia Catie Erickson
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Upcoming National Events

Winter Nights 12 at Sigrheim | October 27th-29th



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

The Asatru Folk Assembly's Annual Winter Nights will be held from October 27th - 29th, at Sigheim near Whitleyville, Jackson County, Tennessee!

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

We look forward to seeing members and friends!

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

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 chilly at night, so plan accordingly.
- Accommodations are on-site tenting. Campers welcome.

- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

Member Family - Weekend: \$120

Member - Weekend: \$80

Member - Daypass: \$40

Guest - Weekend: \$100

Guest - Daypass: \$50

Child - Weekend: Free

Child - Daypass: Free

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

Don't miss out! Visit the Home of Victory for Winter Nights!

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



Witan Clifford Erickson
cerickson@runestone.org

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

FEAST OF THE EINHERJAR

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



SPECIAL GUESTS:
FOUNDERS ELDER STEPHEN AND GYTHIA SHEILA MCNALLEN

SOUTH DAKOTA

Nov. 9-12

Contact Goði Nathan Erlandson or Folkbuilder Ashley
McStocker for more info nerlandson@runestone.org
amcstocker@runestone.org

> [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

Be A Doer



We need you to volunteer for the AFA!

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

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

Baby Blanket Project

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

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

If you are a member of the AFA who is expecting a baby, please let your Folkbuilder know so we can get a blanket to you. If you would like to contribute, either financially or by volunteering as a baby blanket crafter, let your Folkbuilder know about that as well, so he can get you in touch with the right people. It's so rewarding to see your

handicraft being loved by our little heathens!

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



Folk Services



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

That's when our folks Services Program comes in. We give one-time monetary grants to those members in need. These folks are so grateful and we know that once they get back on track they will contribute to this fund. For those that are able, we are in need of funds so we can be prepared for when these situations arise in our community. If you're able please place a donation today. Even a small donation adds up in the grand scheme of things and even \$5 or \$10 can help if enough people pitch in. If even a fraction of the folks who like the page did that each month, imagine the possibilities!

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

Do you have a health concern and need a little extra energy? Are you battling with a mental illness like depression or PTSD? Is your baby having a hard time with teething? If you've answered yes at all, reach out to us. Once a month women of the AFA will get together to perform healing rituals all across the globe. If you would like to be included, please send a message to let us know!

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

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

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

Please make your will **today**.

The AFA would like to collect signed original copies of wills for all our members and store them. We want to ensure that when members of our AFA family die, their wishes are honored. Please send these to:

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org

Introducing the Newest AFA Kindreds

Five Arrows Kindred of Georgia

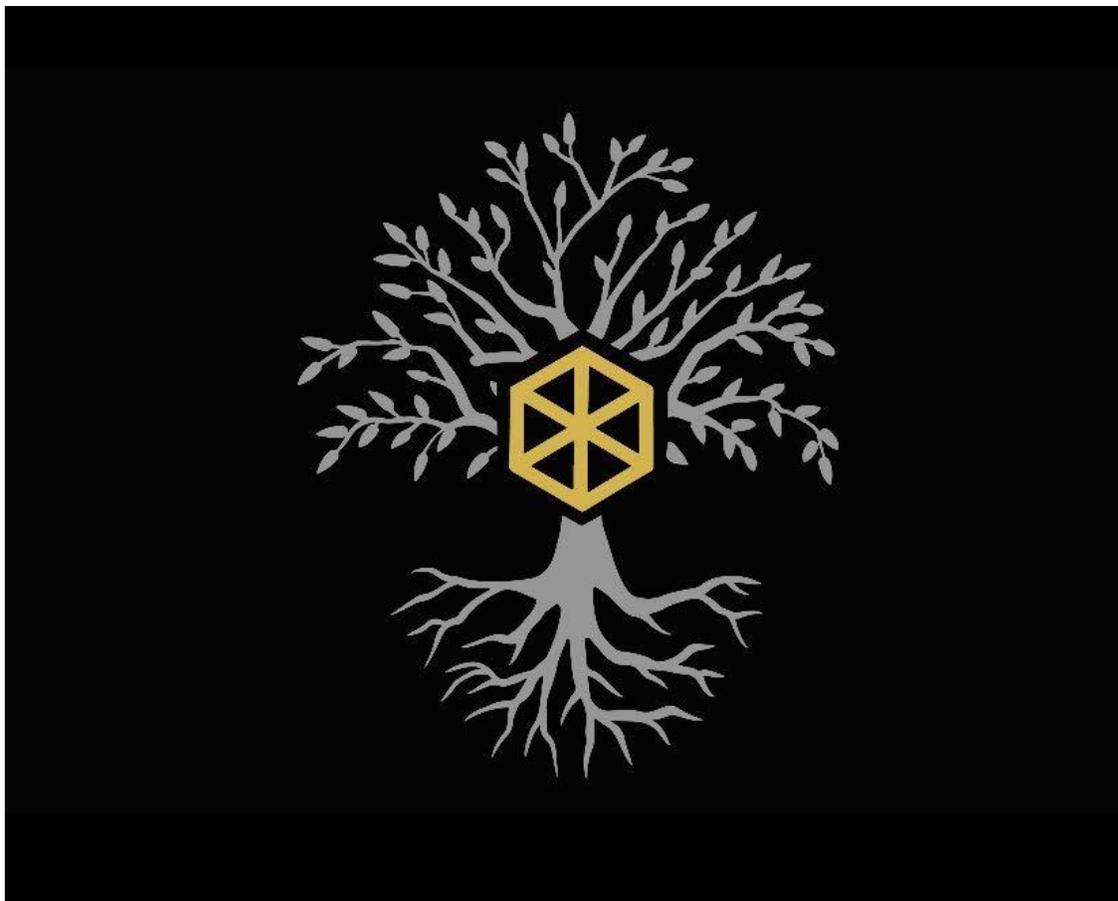


Please welcome Five Arrows Kindred of Georgia as one of the newest Official Kindreds of the Asatru Folk Assembly.

Hail the Doers!

Hail the Five Arrows Kindred!!
Hail the Asatru Folk Assembly!!!

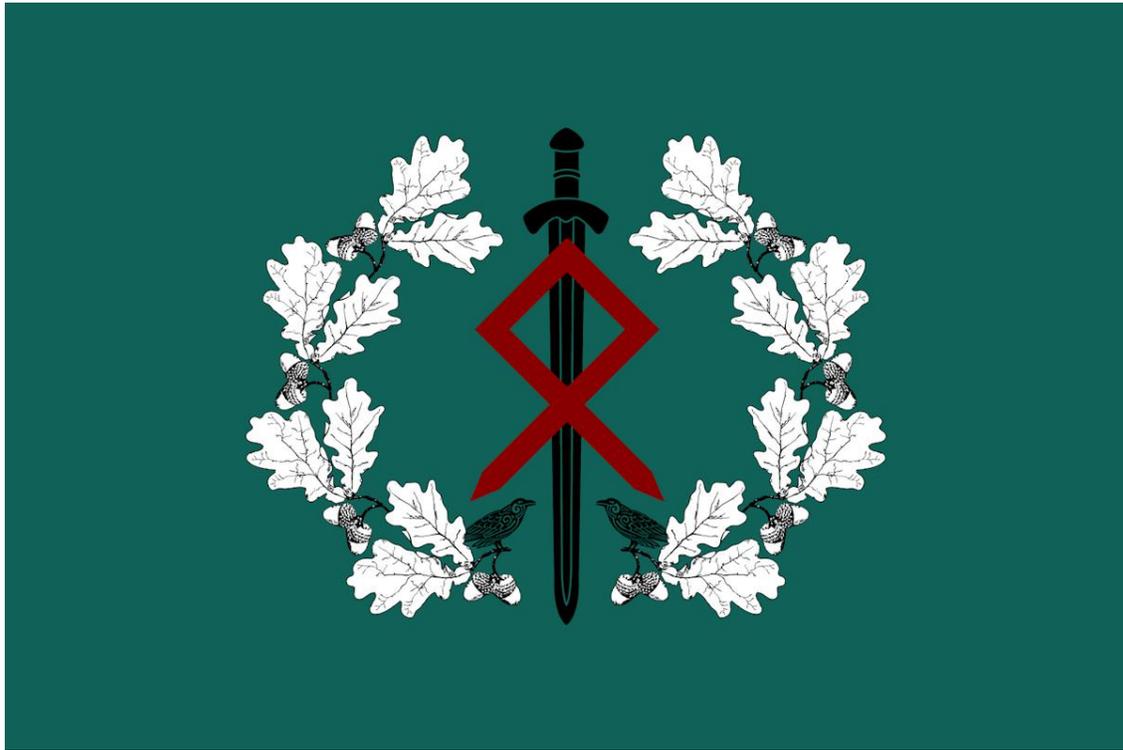
Ninth Night Kindred of Florida



Please welcome Ninth Night Kindred of Florida as one of the newest Official Kindreds of the Asatru Folk Assembly.

Hail the Doers!
Hail the Ninth Night Kindred!!
Hail the Asatru Folk Assembly!!!

Blood Oak Kindred of Arkansas



Please welcome Blood Oak Kindred of Arkansas as one of the newest Official Kindreds of the Asatru Folk Assembly.

Hail the Doers!

Hail the Blood Oak Kindred!!

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher

jgallagher@runestone.org

Cooking for our Folk



Calling all Chefs

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

cookbook@runestone.org

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

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

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

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

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

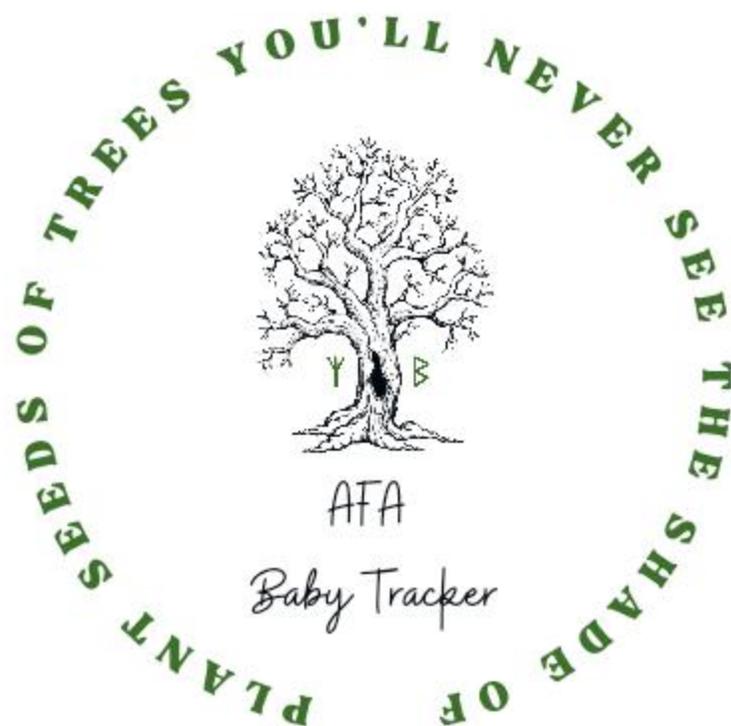
cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

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



Folkbuilder Mike Joyner
mjoyner@runestone.org

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: 22

AFA Internet Happenings



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

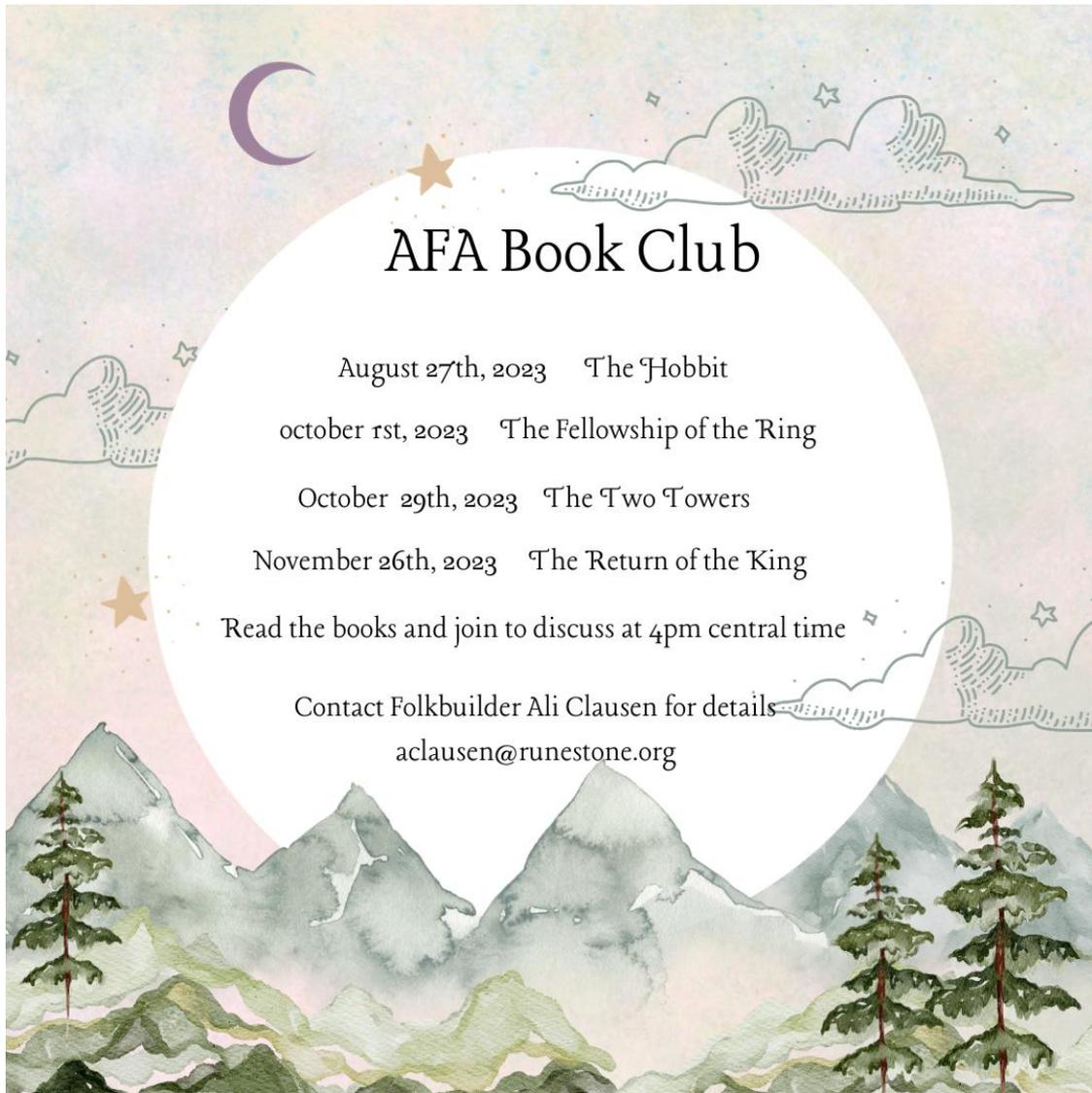
VIA ZOOM

MEETING ID: 885 2917 0746

PASSWORD: Virtue

PASSWORD: VIRTUE





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

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

or

Folkbuilder Sara Ault

sault@runestone.org





Come join the Eldri Folk
and meet others on our Friday afternoon Teams meetings

Interesting Topics — Lively discussions
We've saved you a place!

A group for AFA members, born before 1973
Contact Gythia McNallen,
sheila@runestone.org or MeWe

Ladies Mysteries Podcast

Seidr

Sunday, October 15 at 2:30pm CST

Witan Brandy Callahan

Gythia Anna Plourde

Gythia Catie Erickson

Folkbuilder Heather Young

Folkbuilder Sara Ault

Folkbuilder Ali Clausen

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

Hope to see you there!



WEEKLY ✨

SISTERS ✨

SUNDAY

CHAT

10 AM CENTRAL ✨

EVERY SUNDAY

CONTACT

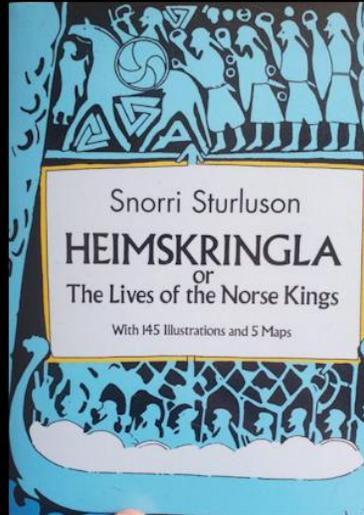
FOLKBUILDER ALI CLAUSEN AND

APP. FOLKBUILDER KATIE JOYNER

aclausen@runestone.org

kjoyner@runestone.org

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**

Saga's Literature Project



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

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

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

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

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



Folkbuilder Shane Duffy
sduffy@runestone.org

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.



James Ault
Prison Ministry Director
jault@runestone.org

Just for Fun

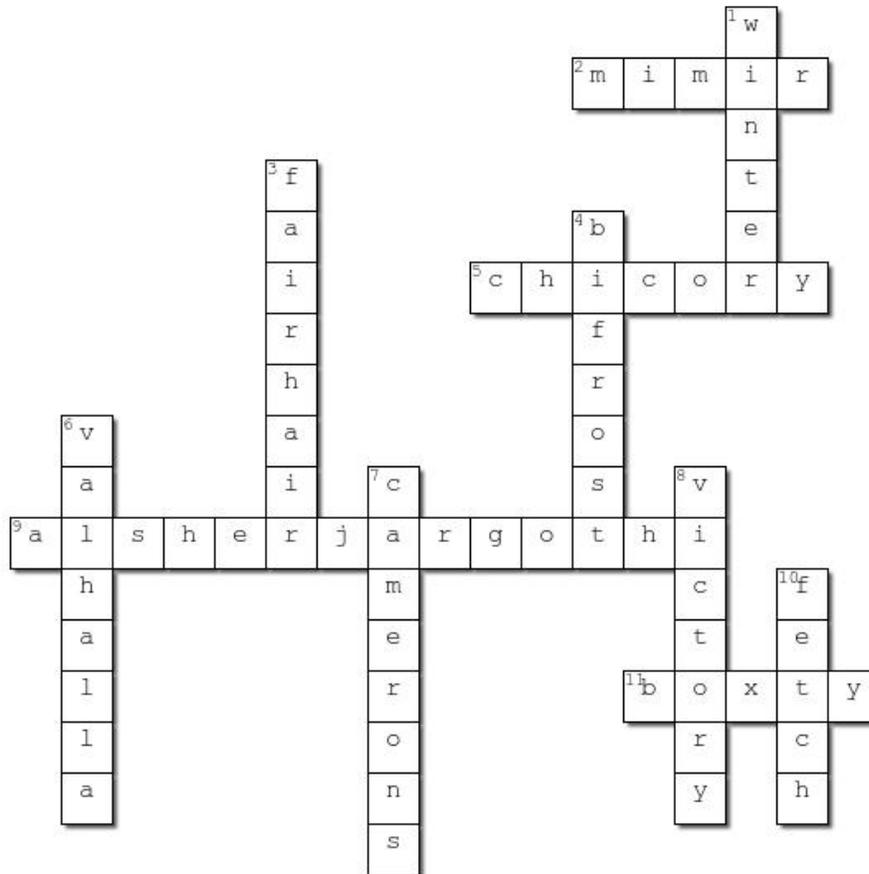
October Coloring Page



Answer Key to September's Puzzle

Runestone Puzzle

The answers to this puzzle can be found within the pages of this issue.



Created using the Crossword Maker on TheTeachersCorner.net

Across

2. Demanded the eye (**mimir**)
5. Something missing (**chicory**)
9. Can be a challenge to pronounce and spell (**alshergothi**)
11. Served in Idaho (**boxty**)

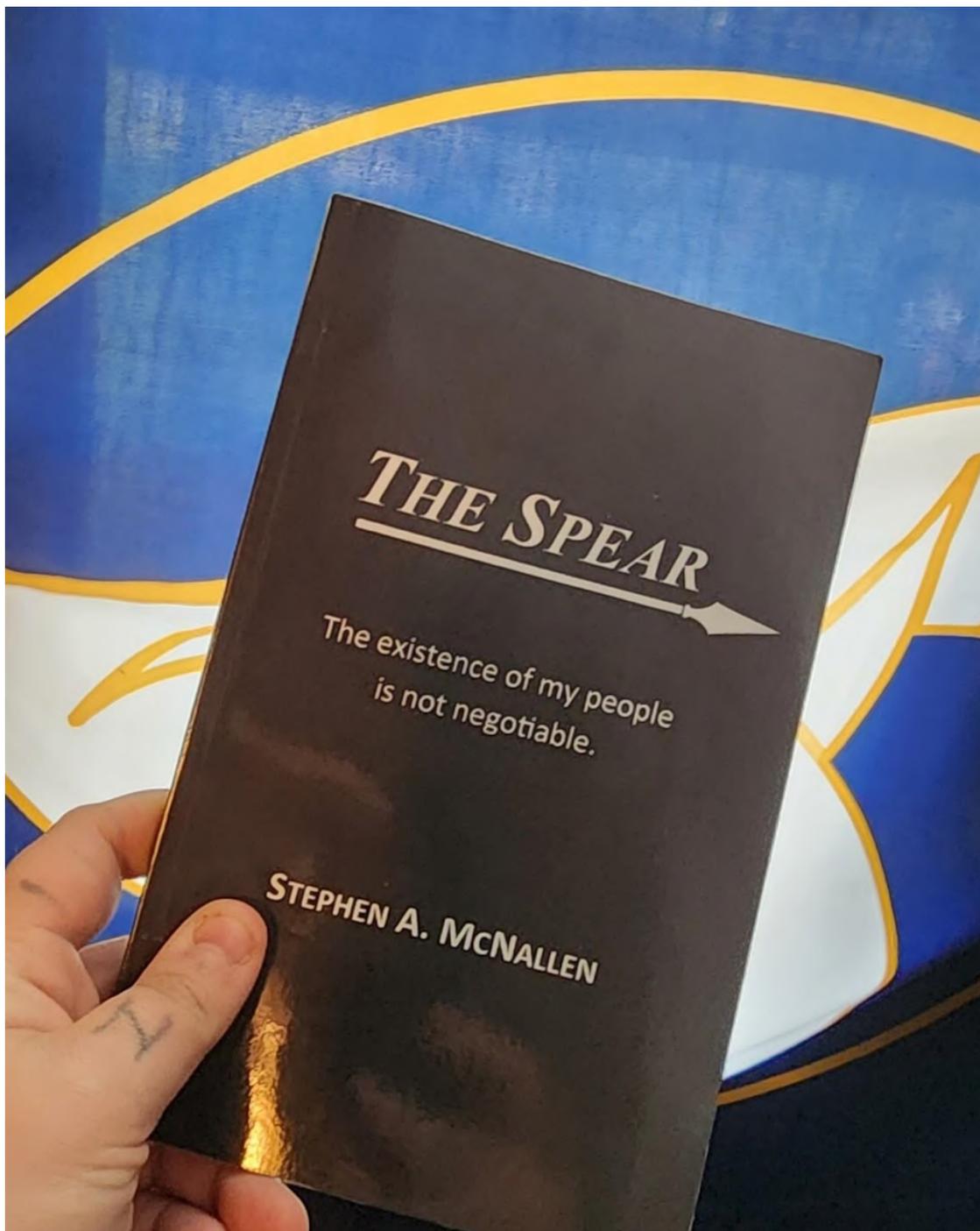
Down

1. What will we be Finding? (**winter**)
3. Descended from Freyr (**fairhair**)
4. Sighted on the 9th (**bifrost**)
6. At the end of Odin Dr. (**valhalla**)
7. Shining this month (**camerons**)
8. Never Sleeps (**victory**)
10. Fylgia (**fetch**)



Olivia Sutherland
Apprentice Folkbuilder
osutherland@runestone.org

Now Available in the AFA Store



The Runestone Store is very proud and excited to announce that we now have in stock "The Spear" by Founder and Elder Stephen McNallen. This is a long-awaited addition to our store and one that many people are excited to see. This book is the topic of the year for Asatruar and one that everyone should take the opportunity to read.

A special thank you to both Founder and Gythia McNallen for making it possible for us to share this book with our AFA family!



Folkbuilder Alison Clausen

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

Food Pantry at Baldrshof



This September 2023 food distribution at Baldrshof was pleasantly warm and brought out our whole town, right away when we opened. We are all so blessed to have the trust of our community that we will always be there, every third Saturday of the month! We were able to help 32 families with frozen meals, frozen meats, bakery goods, dry goods, beverages and a few household items as well!



It takes so much work from so many; we could not stay true to our commitment if it weren't for each and every contributing factor. In particular, Baldrshof leadership would like to thank and recognize members Brock and Corrie Proudfoot, for assuring that the trips to round up donations throughout the month not only happen but are carried out with safety and care so that storage of the goods is possible. Thank you to all who support this essential resource Baldrshof gets to provide. Hail the Doers!



Folkbuilder Ashley Mcstocker
amcstocker@runestone.org

Holiday at Baldrshof



Winter Finding brought with it joyous times as we began preparing ourselves for the coming winter.

The opening of hunting season presented itself as an auspicious time to Blót to Ullr. For our ancestors and for many Folk today the hunt was and remains a vital part of life.

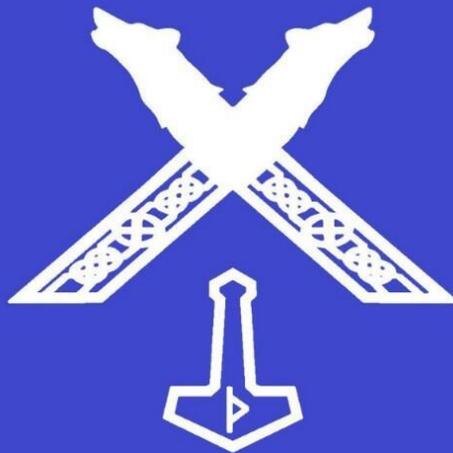
So, we honoured Ullr. Yet, it was not only the hunt that we sought blessings for this year, but also the pursuit of all those goals which we set out to obtain.

May good luck and prosperity continue to be with our Folk through this fall season and into the coming



Folkbuilder Cormag Àlainn
calainn@runestone.org

Upcoming Events at Baldrshof



Baldrshof Calendar 2023

January 21st
Thorrablot

May 20th
May Day

September 16th
Winter Finding

February 18th
Charming of
the Plow

June 16th - 18th
Midsummer

October 21st
Winternights

March 17th - 19th
Ostara

July 15th
Sigrblot

November 18th
Folksgiving &
Feast of the Einherjar

April 15th
Hexennacht

August 18th - 20th
Freyfaxi

December 15th - 17th
Yule



Join your Folk at Baldrshof in celebration of Winternights on Saturday, October 21. Food Pantry and pumpkin themed fika starts at 10 am. Lunch served at noon followed by crafts and games for kids and adults. Dinner at 5 pm followed by Disirblot.

Kids are welcome to wear Halloween costumes!



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



Yule at Baldrshof

 DECEMBER 15-17

Friday

8am Breakfast
 10am Fika
 11am Welcoming of the Gods
 Noon Lunch
 1pm Tree Decorating
 3pm Alsherjargothic Yule Address
 5pm Dinner
 6pm Odinsblot
 7pm Baldrball
 10pm Hof Closes

Saturday

8am Breakfast
 10am Fika
 11am Yule Crafts
 Noon Lunch
 1pm Gift Exchange and Games
 3pm Yule Discussion and Kid's Craft
 5pm Dinner
 6pm Yule Blot
 7pm Sumbel and Kid's Craft
 10pm Hof Closes

Sunday

8am Breakfast
 10am Fika
 11am Wayfarer's Blot
 Noon Hof Closes



Please bring a gift for each member of your family, including children to participate in the gift exchange. The budget for each is \$20.

Please bring your best ugly Yuletide sweater for Baldrball on Friday.



Contact Witan Brandy Callahan for RSVP and recommendations for travel and lodging.
bcallahan@runestone.org



New Year's Day Baldrshof Workday

Monday, January 1st
10 am to 4 pm

Lunch will be provided

Contact Witan Brandy Callahan for details
bcallahan@runestone.org

Baldrshof Wish List



Illinois

Upcoming Events



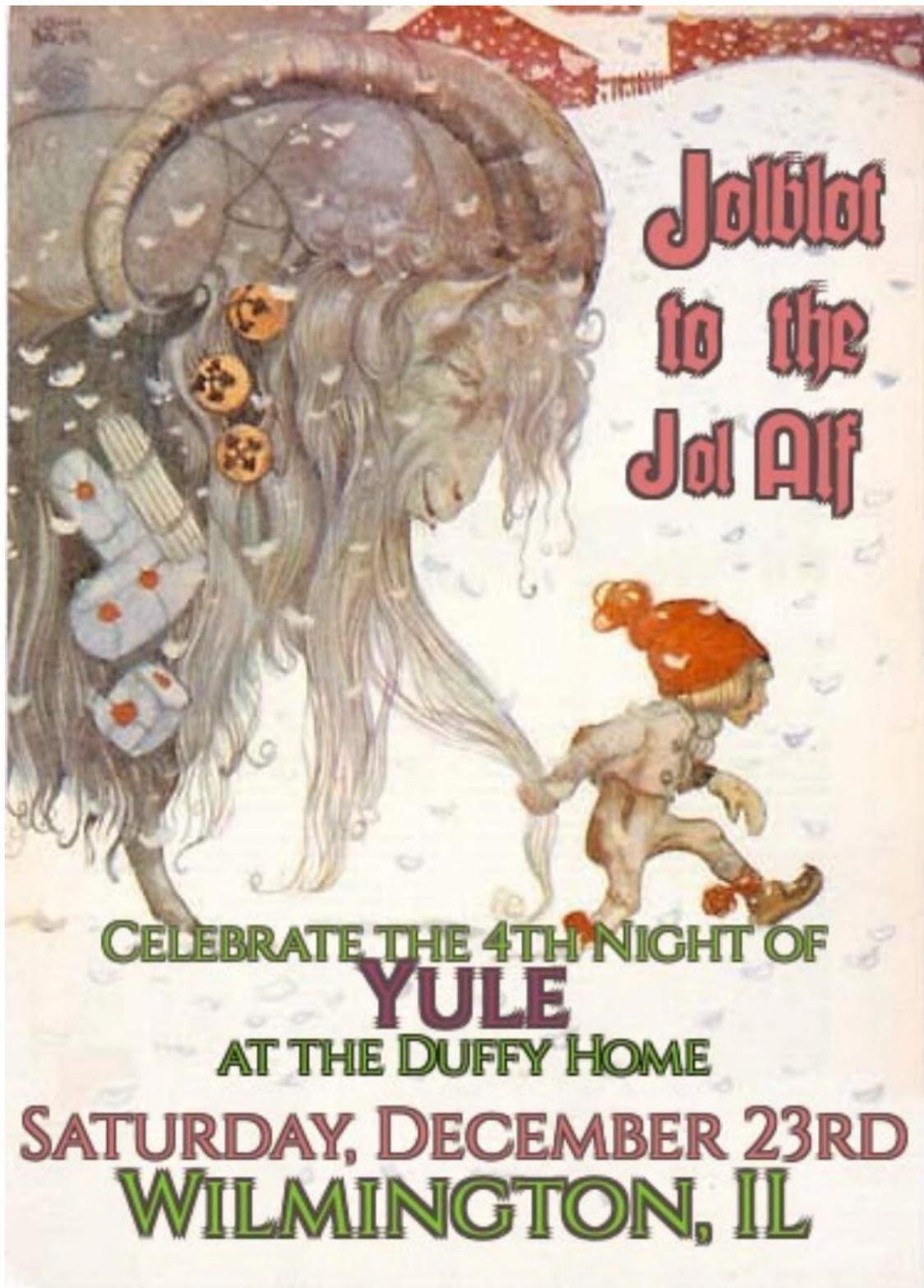


RSVP w/ Folkbuilder Shane Duffy

FALL
Folks-Give-Thing



SATURDAY,
NOVEMBER
11TH
Fairfield,
IL



Folkbuilder Shane Duffy
sduffy@runestone.org



Embracing the Warrior Spirit



“The Free Man is a Warrior. I do not believe in any Rights that are not supported by the power required to enforce them.”
— Friedrich Nietzsche, *The Will to Power*

Article VIII of the Statement of Ethics of the Asatru Folk Assembly concerns the Warrior Principle: “We believe that our members should strive to be ready for the challenge to defend our folk, Gods and Goddesses with both cunning and physical skill

when needed. We should be prepared to stand against those forces which would seek to destroy our Gods and Folk.”

When we hear the term “warrior”, the first image that comes to mind is a soldier or man armed and ready for battle, and this is, of course, correct and the primary definition of what a warrior is. He strives to prepare himself through training and the preparation of the required tools to fight for and protect those things he holds dear – his family, Folk, their traditions, and freedom. This is a necessary component in any society, or tribe, to ensure the existence and continuation of a people.

This need to be able to provide a defense against malign forces is also applicable on an individual level. After all, the societal ability to safeguard itself is comprised of many individuals who have trained to be capable of providing that defense. We should consider, if the need arose, whether we would be able to react effectively to situations that threatened us or our loved ones personally. If that examination reveals deficiencies, then we should take action to ameliorate them. Meditation on the aspects of Asgard’s greatest warrior, Thor, his strength, power, and his responsibility to utilize them in the preservation of that which is good, can inspire one to increase those capabilities where we may be lacking.

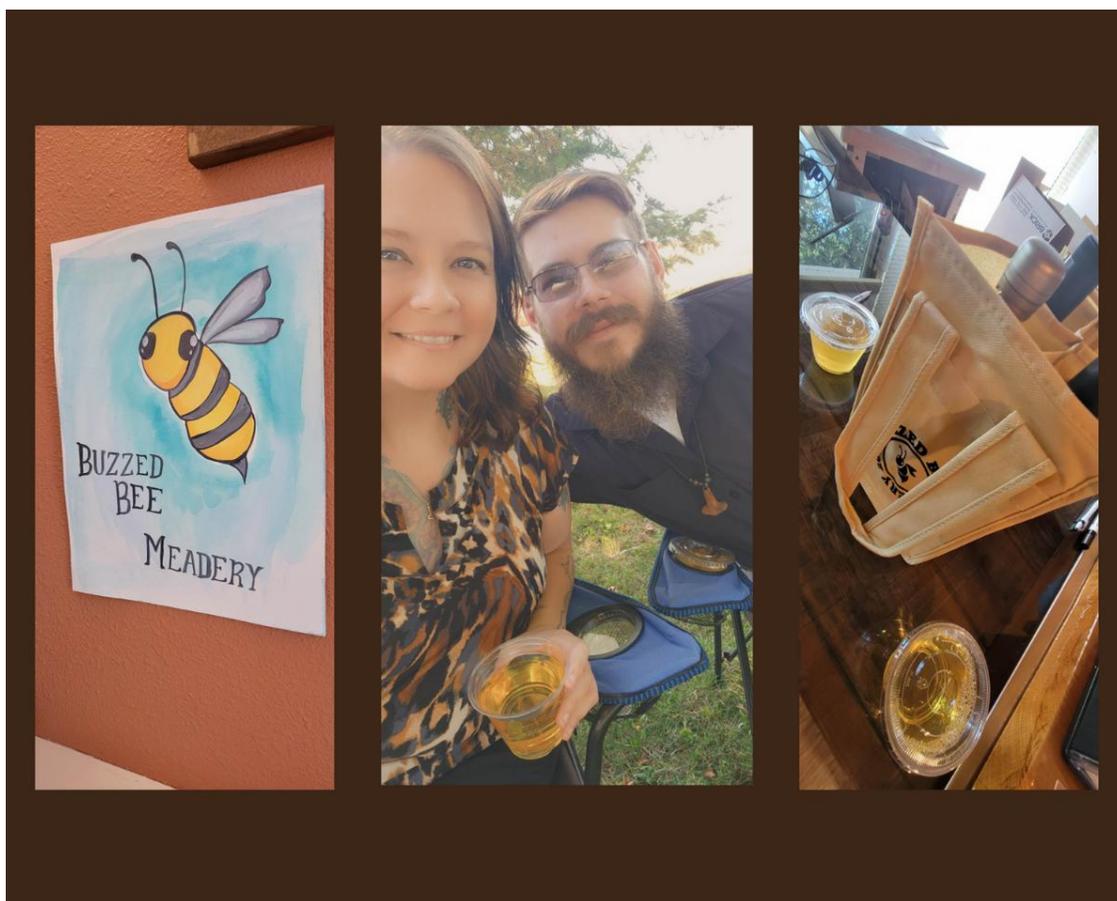
There is another aspect to the warrior principle that goes beyond just physical conflict. In a way, each of us can call upon this principle in our everyday life. The warrior is disciplined and goal (or mission) oriented. All of us will continually face challenges. Many of these originate from within us – a weakness of the will, laziness, a desire to prioritize comforts and entertainment over those things which we should focus on to be successful. Meeting these mundane challenges is, in itself, a battle, even if it is small in magnitude. They are struggles against complacency and ennui, that, if not fought, or lost, will have a negatively cumulative effect that degrades all aspects of our life. When facing such obstacles, we can call upon the tenets of the warrior principle – the warrior’s discipline and determination – to overcome them. Just as the effects of failure in such struggles is cumulative, so are the results of victories in them. Small success builds upon small success, and eventually we are achieving more than we previously thought possible.

Folkbuilder James Cummings
jcumings@runestone.org



Iowa

Buzzed Bee Meadery Farewell



Emily and I went back to the Buzzed Bee Meadery for their Farewell Bash they were throwing to thank their customers, who became friends and family with, for their continued support over the past decade. We met up with an Iowa member and his fiancée. We tasted and shared mead while having wholesome conversations and getting to know each other. The Meadery was buzzing with folk getting together for some last of its kind mead. It is sad when a local business that you come to love is closing,

however it was amazing to see everyone coming out to support the Spohnheimers for all they have done for their community.



Inside the Meadery there were still free books to be taken by customers, so I grabbed five Home Repair and Improvement books. While signing the Buzzed Bee Meadery guest book I noticed that there was a map with four different color pins on it. We each placed a red pin on where we are visiting from. It was amazing to see how far people have travelled to visit this Meadery. The love the guests had for the Spohnheimers was equally returned with all the pictures, drawings, and tales they shared with one another. I made sure to go back in among the long line of mead purchasers to give the busy bees a card to let them know there is Folk who have the same virtues as them.



My favorite mead was the Cinnamon Ceyser which tasted just like an apple pie. I will be attempting to make this flavor in the future, along with many others. The Spohnheimers have inspired me to try all sorts of mixtures and to have fun with it. If you are a mead maker yourself, I hope you also experiment with different flavor combinations as well. After leaving the Meadery, Emily and I decided to stop for some ice cream for the warm trip back at Snookies Malt Shop, which was also their final day, but for the season. I had an XL chocolate malt which reminded me of the malts my grandparents would make us as kids and Emily had a fun chocolate cone with sour worms and an animal cracker on it. Get out and explore what Midgard has to offer.



Christopher McDowell
Apprentice Folkbuilder
cmcdowell@runestone.org

Minnesota

Fall Orchard Moot



On Sunday, September 10th, my wife and I hosted a fall orchard moot in Alexandria, MN. We happened upon the perfect day for such an event and had an amazing turnout! The skies were clear, the sun was shining, and we were fortunate to have so many of our folk join us for this excellent experience.



We started the day by playing bazooka ball, a super fun take on paintball that uses soft foam golf balls as ammo. For the ten minutes that we were all on the course we ran, ducked, dodged, and laughed as we forgot who was on what team and ended up launching foam at whoever was closest at that time. After we were through, we moved on to the giant corn pit, pedal cars, and the bounce balloon! Essentially a giant trampoline, which was the star of the show and the main attraction. The girls and I ended the day with a handful of pumpkins picked from the orchard pumpkin patch, and apple cider slushies!



This moot was made whole by the SigTyr kindred children, whose smiling faces and energy put the magic in the day. We are thankful we got to spend a beautiful Sunday afternoon in the company of our kindred brothers and sisters! Look out for this one next year, as it will be an annual event!



Zach Phelps
Apprentice Folkbuilder
zphelps@runestone.org

October Celestial Events Including a Solar Eclipse!



October offers a fantastic lineup of celestial events for stargazing enthusiasts. This month, the northern lights will be more visible, a trend expected to continue until the fall of 2024. Thanks to earlier sunsets, we'll have an easier time observing solar flare activity, which typically peaks around 10 pm.

Moreover, we have some exciting events to look forward to! On Sunday, October 8th, the Andromeda Galaxy will be visible, coinciding with the Draconids Meteor Shower – a night of celestial double delight. If you miss that, later in the month, on the 20th-21st, the Orionid Meteor Shower will grace our night sky.

Additionally, we have a rather unique celestial event on the 14th – an Annular or "Ring of Fire" Solar eclipse. This particular eclipse occurs when the moon is at its farthest point from Earth in its lunar cycle, allowing us to witness a captivating "Ring of Fire" effect. You can catch this eclipse between 11:30 AM and 12:00 PM, but please remember to use proper eyewear for safety; never look directly at the sun.

This October is an exciting month for stargazers. From the northern lights to meteor showers and a captivating solar eclipse, there's something for everyone to enjoy. So, mark your calendars and get ready to be amazed by the cosmic wonders that this October has in store!

Lydia Phelps
Apprentice Folkbuilder
lphelps@runestone.org



Minnesota Days



September has always been a very busy time of the year for our family. School started for the children, there were a handful of birthdays to plan, and it is the beginning of harvest season where we can reap the rewards of the season's hard work. Not to mention the autumnal equinox. Oh yes, officially pumpkin spice time, folk.



Can't forget the planning for some games and activities at the Feast and making auction donations for it on Veterans Day weekend. I can't wait to share my new skills with some of you.



Snap dragon flowers turn into little skulls when they dry, and seeds pour out of the eyes. Such a fun plant.

As always- my phone is always on, and my door is always open. I can't wait for October and the thinning of the veil!



Folkbuilder Jessie Shaffer
jshaffer@runestone.org

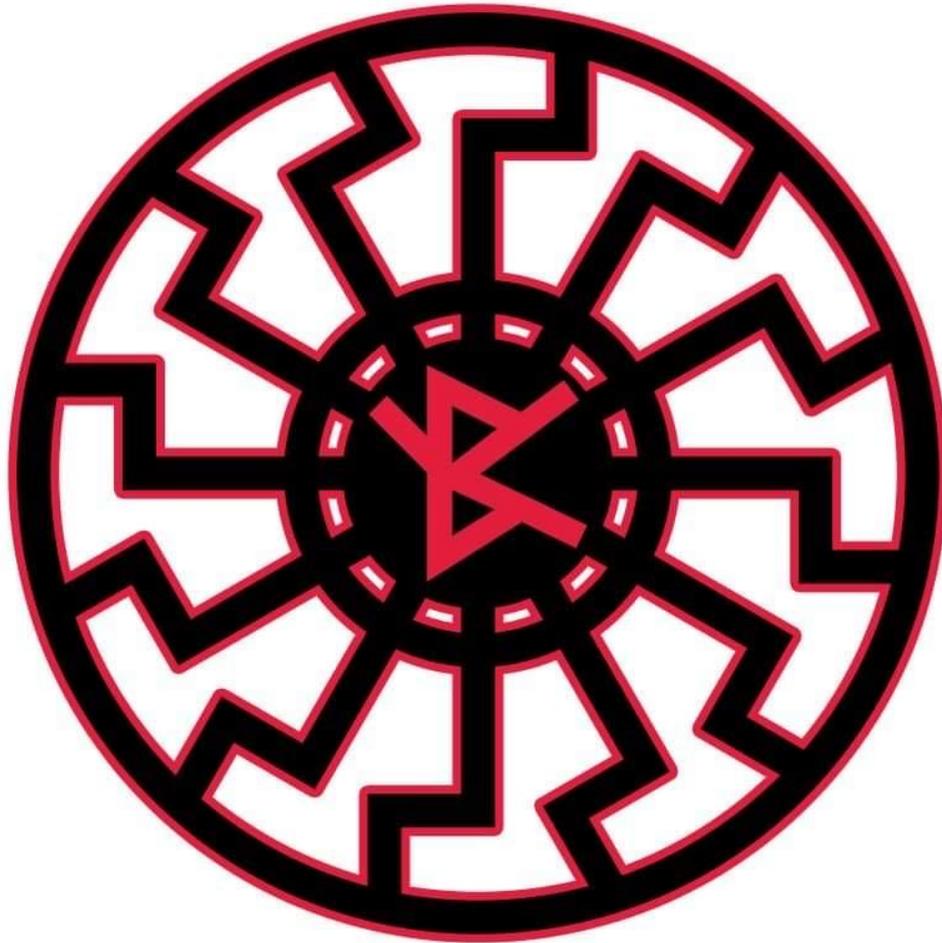
Adventures of Northern Blood Kindred



September went fast and Fall is officially here in Minnesohta.

On September 24th Northern Blood Kindred hosted another one of our Wotan on the water type events at Minnehaha Falls in South Minneapolis. It was a beautiful day for a hike with the Folk. We are planning our eighth Annual Yule celebration now. More information is coming soon.

Holding Strong in MN



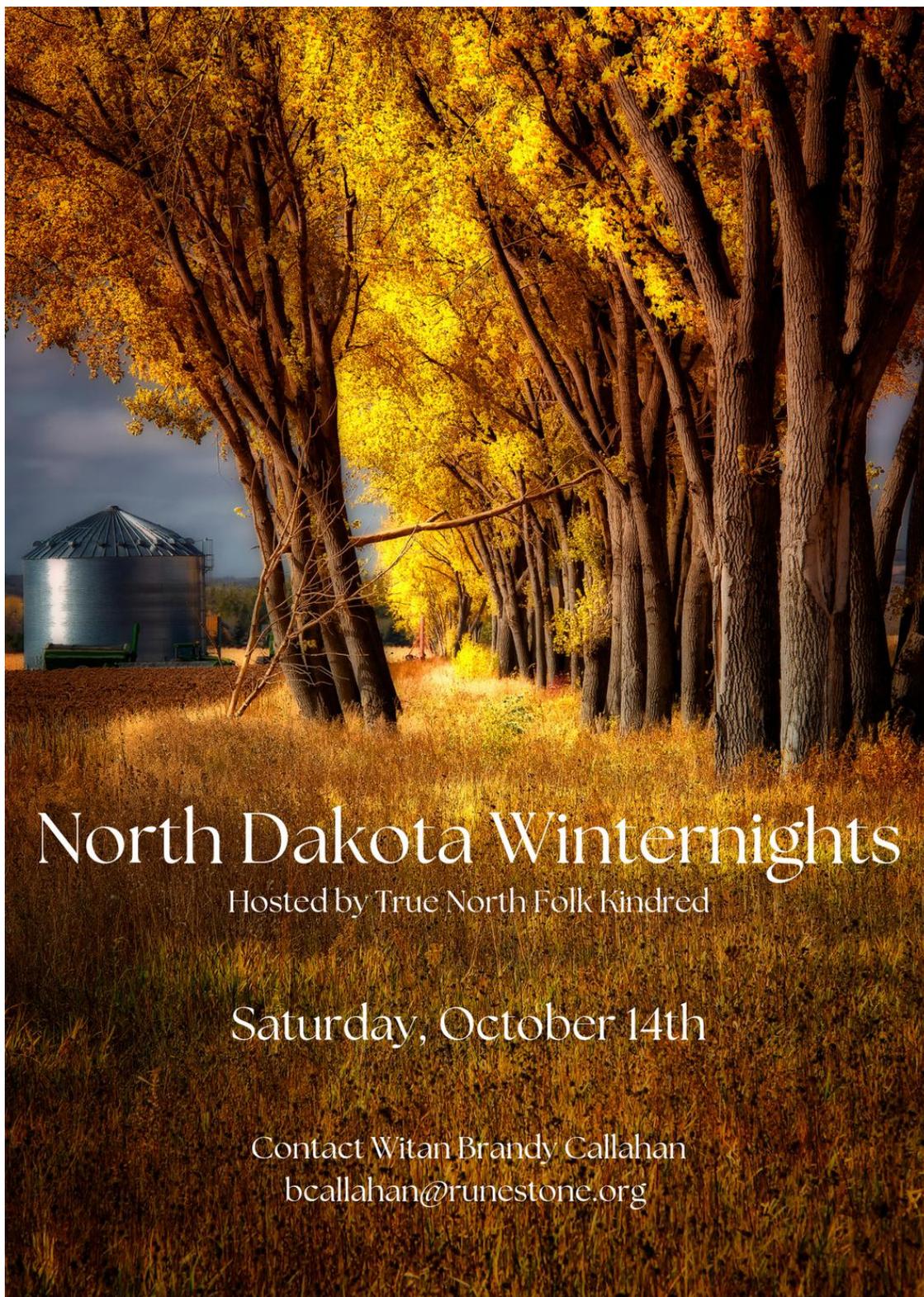
Northern Blood Kindred celebrates our Seventh Anniversary this month and is going on eight years of hosting events. We are proud to be an AFA Kindred and to be part of this amazing Church.

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher
jgallagher@runestone.org

Upcoming Events



North Dakota Winternights

Hosted by True North Folk Kindred

Saturday, October 14th

Contact Witan Brandy Callahan
bcallahan@runestone.org

North Dakota Winternights

Saturday, October 14th

8 am to 9 pm

Dickinson, North Dakota

Hosted by True North Folk Kindred

Witan Brandy Callahan and Folkbuilders Jaime Alainn and Stian Penner are hosting Winter Nights on the southwestern edge of ND!

This is a Folkish, family-centered event! We will be serving 3 feasts and Fika, the first starting with a hot breakfast at 8 am. Educational presentations and discussions to be presented. Games and crafts for the young and old!

We will be holding 2 Blots and High Sumbel during this all-day event!

Contact Witan Brandy Callahan for hotel recommendations and further details.

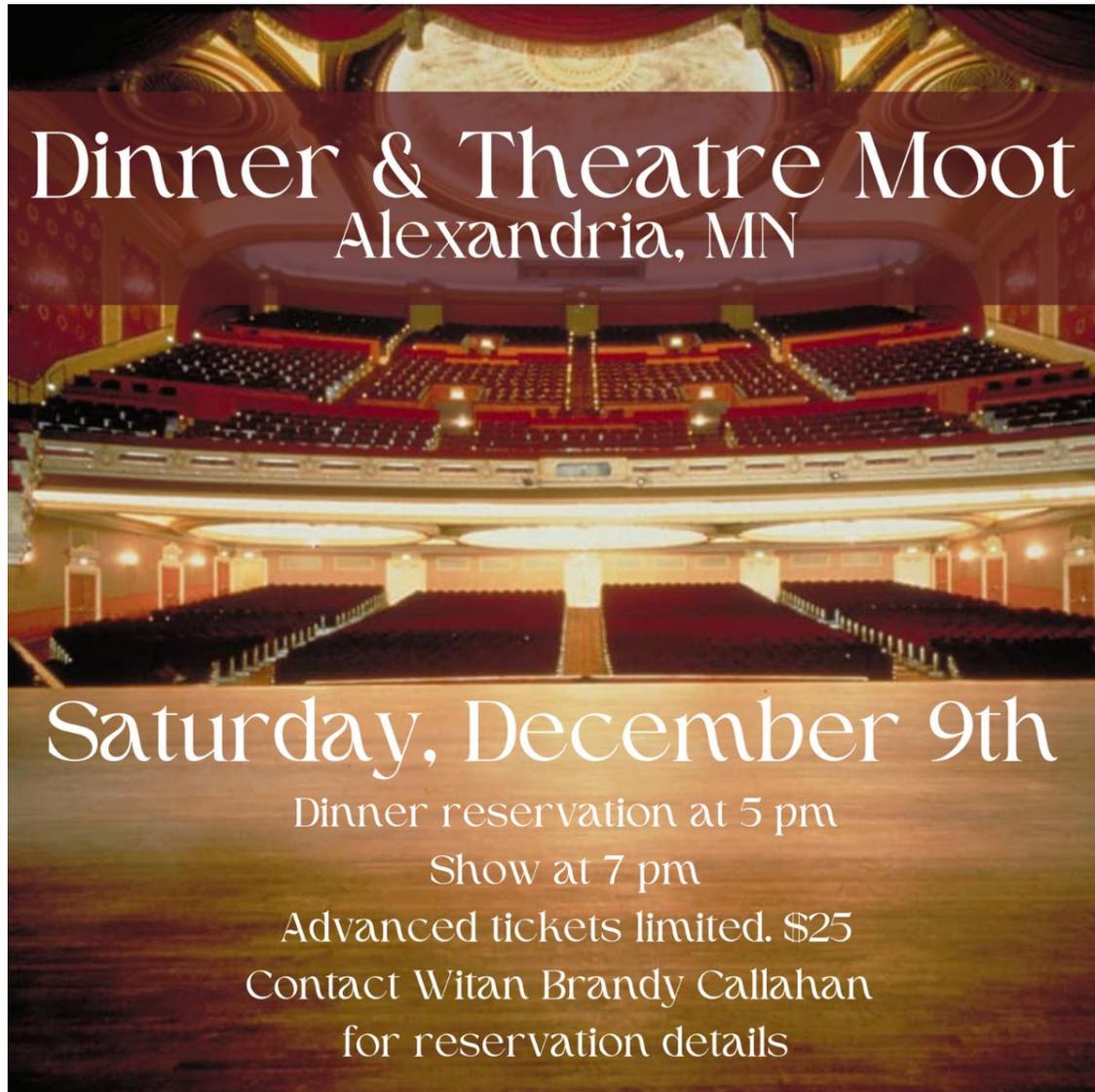


Folksgiving! Saturday, November 25th Starting at 12 noon Callahan House, Alexandria MN

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.

Contact Witan Callahan to RSVP and receive directions.



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.

Contact Witan Brandy Callahan for details and directions.



Witan Brandy Callahan
bcallahan@runestone.org

Nebraska

RrzrzTsydyd



xeerxtcrdtdeeedcdtonkbiyouojjjjjjjlhoiifzrzrxxrszsy

— Guinevere Clausen, awesome kiddo, Nebraska

Living Outdoors



I am a houseplant. I love my cozy chair, my hooks and yarn, my beautiful desk, and above all else, I absolutely adore my kitchen. In many ways, this is a blessing. It's hard to be sunburnt when you're indoors and the mosquitoes don't follow you inside.

But lately, I've been thinking. I was recently introduced to the 1,000 Hours Outside Challenge and it's been on my mind a lot now. When I was a child, it was a challenge to get me indoors and to wash the mud off long enough for dinner time. Now, with tablets, phones, toys that light up and talk, it's sometimes hard to get the kids outside at all.

As of writing this, October third, there are approximately 89 days left in this year. Of those, at least in Nebraska, 75 will be mild enough to get outdoors and breathe the fresh air. There are around 2,100 hours left in this year, we're committing to spending at least

300 of them outdoors. That's 3 hours per day and I invite everyone to give it a go.

The cooler weather, beautiful changing scenery, and crisp clean air are more inviting than ever and it's time to open the front door and enjoy it.

Upcoming Events



The leadership of Iowa and Nebraska are proud to present
the first
WINTER NIGHTS IN IOWA
CAMPING MOOT
OCTOBER 13-15

CONTACT APPRENTICE CHRIS
MCDOWELL OR FOLKBUILDERS CODY
AND ALI CLAUSEN FOR RSVP AND
DETAILS

CHECK IN AT 4PM

cmcdowell@runestone.org
cclausen@runestone.org
aclausen@runestone.org





SATURDAY, OCTOBER 28TH, 2023
NOON

PIONEER MUSEUM MOOT

Grand Island, Nebraska

CONTACT FOLKBUILDERS CODY AND ALI CLAUSEN FOR DETAILS
CCLAUSEN@RUNESTONE.ORG ACLAUSEN@RUNESTONE.ORG



Folkbuilder Alison Clausen
aclausen@runestone.org

Nebraska Oktoberfest



Everyone loves a good Oktoberfest, especially when it's with friends. Nothing like some good food, good polka, and a cool autumn day. Of course, we only got two of those, as the weather decided it was the perfect day for 100° and not a single cloud.

We didn't let that deter us. Being that it was lunchtime, one of the first things we did was get some lunch. What's on the menu? Schnitzel, brats, sauerkraut, and potatoes. Absolutely delicious, not to mention filling. We all sat around, joking, laughing, and getting to know each other before heading over to watch the steinholding competition. It was a blast watching everyone from little kids to grown men compete to see who had the most endurance. Of course, what's spectating without a little snack? We got ourselves a little currywurst, which I highly recommend trying. After the steinholding, we spent a little time in the shade while the kids ran off some energy on the playground. Well, everyone else watched. I got roped into some monkey bar shenanigans with the kids, which was some great fun. With the heat rising, we decided to leave a little early, but not before going to town on some free watermelon!

While it was only a few hours together, it was time well spent with our folk. Any time spent in the company of friends and family is time worth cherishing.



Folkbuilder Cody Clausen

cclausen@runestone.org

North Dakota

North Dakota



Hello folks! I'm pleased to say that the month of September was a fantastic one, and busy! Most notably, I hosted an instructional moot on the finer points of Muzzleloading rifles ahead of the upcoming Season. It was a blast!



The day before, a few of us met at the Hjemkomst Center in Moorhead, MN, to tour the Viking Ship and Stave Church at the museum. I'm so glad to see ND becoming more and more active, and more of our Folk coming home!



Folkbuilder Christian Penner
cspencer@runestone.org

Wisconsin*October Push-Up Challenge*

Wanting to be the best version of yourself doesn't just include spiritual and financial excellence. We should all be striving for physical excellence as well. Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. For the month of October, I challenge all of you to do 50 push-ups a day throughout the month. If you can't do the whole 50, I encourage you to do what you can to start, and I promise you will see improvements through the month! Something else we can do for whoever wants to join us is post our updates in the physical excellence group on mewe to do a bit of boasting and help encourage others to start their own fitness journey.

Bruce Perron



Apprentice Folkbuilder

bperron@runestone.org

Ladies Frithweaving



Frith is something you extend to those you consider your family. It's a peaceful, welcoming, and comforting feeling. Women are a huge part of it in the AFA, just as they build and strengthen their families and friends.... the bonds they build with other women in the AFA strengthen the AFA as folk and family.... building these bonds is frithweaving.

One of the things our Alsherjargothi, Matt Flavel, has said on the women of the AFA

is:

“One of the things that women have always done well, and our ladies in the AFA really excel at, is networking with other women in the AFA to build those connections and build that web of families that know each other and share with each other. One of the nicest things I can hear from a member is they felt like they came home when they joined the AFA.”

We as women of the AFA have a vital role in the growth of the AFA. The more we bond with each other, the more we strengthen each other to learn, to become closer to our Gods, to raise our children with our traditions and to keep moving forward with a focus on the future of our Folk.

There is a story told about a village where all the women washed clothes together down by the river. When they all got washing machines, there was a sudden outbreak of depression, and no one could figure out why.

It wasn't the washing machines in and of themselves. It was the absence of time spent doing things together. It was the absence of community.

As women we are told to be independent.....to say we are fine when we aren't. We could be depressed, overwhelmed, lonely, or hurting, and we will still say we are fine and function through life instead of living to our potential.

We tend to isolate ourselves and become very untrusting of new people. With the current culture we live in, it is understandable. Building an actual friendship is a lot of work and with everything else we have going on in our own lives, it may seem like an unnecessary effort to put forth. Unfortunately, sometimes we just don't feel the need to put forth that effort however important it is not only to our community but for each of us.

There is a special kind of energy when women come together, share ideas, stories, and struggles. This is how we as women build.

I encourage you to step out of your comfort zone. Go to events, moots, gatherings near to you. Smile more. Be welcoming of others. If you look around any event, you will see others who are new and unsure of what to do or say. Don't be afraid to introduce yourself, strike up a conversation with small talk.

Join an online study group. We currently have ones for lore study, rune study, or ladies book studies. Ask questions, interact. Notice the ones that come to each study and if you find them interesting, “friend” them outside the study and strike up a casual

conversation. Keep things light and positive, as you get to know them.... remember that not everyone will mesh with everyone else and that is okay.... you will eventually bond with others that share your hobbies, experiences, and goals.

The AFA often needs volunteers for the various programs it has. Volunteer in whatever capacity you have to offer. If you have a talent, offer it. At the larger events, especially at the Hofs, there is always some help needed in the kitchen. Offer to help cook or help with dishes. I personally have formed some of the best friendships I have in the AFA over sinks at Baldrshof.

Although ideally, we want everyone to come to things in the real world, with us being so spread out at the moment, online is a useful tool in getting to know others. The easiest way is being active in the online ladies' group, striking up conversations and sending friend requests. Notice the things going on around you online. One of the easiest ways of showing Frith and bonding with other women, is just noticing them. If they express that they are having a bad day, follow up with them later and see how they are. It may seem like a small thing, but it makes a difference to know you are seen and remembered. A lady may speak on concerns about their child not progressing the way they think they should or a procedure they have coming up. Remember these things and follow up with them. This becomes especially important when someone loses a loved one. Knowing that someone cares not just when it happens but down the road a ways matters a lot! Strive to become a woman who thinks beyond herself to her folk.

If you find a friend, you fully trust
And wish for his good-will,
exchange thoughts,
exchange gifts,
Go often to his house Havamal 44



Folkbuilder Sara Ault
sault@runestone.org



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