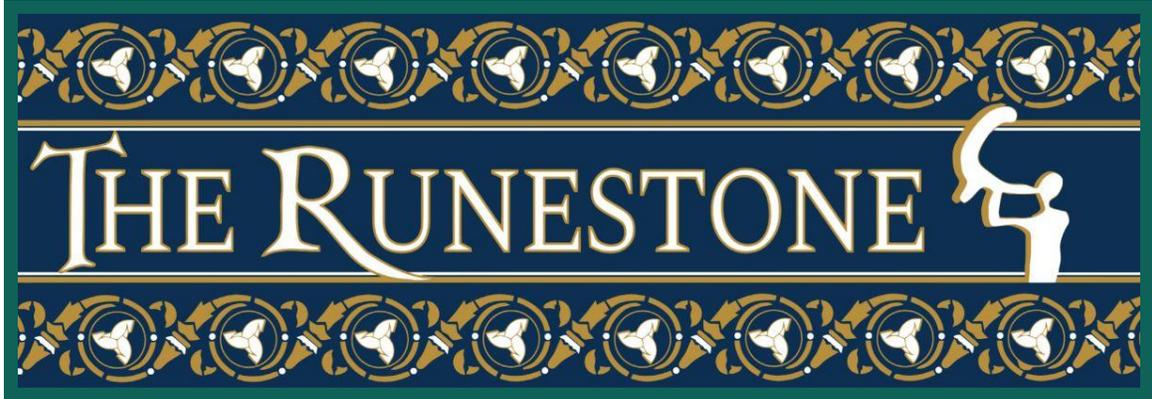


The Runestone: Voice of the Asatru Folk Assembly




**Njörðshof**  
**Fourth Hof of the Asatru Folk Assembly**

<http://www.njordshof.org/>

February 2024

-  [Runestone.org](http://Runestone.org)
-  [Email the Witan](mailto:Email the Witan)
-  [YouTube](https://www.youtube.com)

-  [Parler](#)
-  [Odysee](#)
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## **Words from the Alsherjargothi**



2024 is the 30<sup>th</sup> year of our Asatru Folk Assembly and we are off to a great start! It's great to see the year start with so many gatherings and so many smiling faces. We have a big year ahead of us and much to accomplish. I want to start out by bringing your attention to a few things in case you are not already aware or engaged.

Victory Never Sleeps is live at 6 Pacific every week on YouTube. Currently Witan Svan Herul and I are in the midst of a verse-by-verse lore study of the Hávamál. We

encourage questions from anyone about anything people want to know more on. These shows are also available on Spotify as podcasts every Friday.

Also, Folkbuilder Lydia Phelps in revamping our websites to make them beautiful and loaded with functionality. Stop by and check them out if you haven't already:

[www.odinshof.org](http://www.odinshof.org) | [www.thorshof.com](http://www.thorshof.com) | [www.njordshof.org](http://www.njordshof.org)

The Baldrshof District site and the Runestone website are under construction as we speak.

Also, there is still time to register and make plans to attend Charming of the Plow at Njörðshof in White Springs Florida, I look forward to seeing you all there.



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

## Words from our Witan

*Reject the Black Pill*



We exist in a world of ruin. The whole system is aligned against you. Your very existence is under threat. Triple parentheses and all that. It's over, we are done. We can't win. Our children are to be sacrificed to the monster that has consumed us.

If this is the language of "influencers" you watch, read, pay, subscribe to, I have one word for you. Stop. That's my advice. Stop.

We may view this age through a fearful lens, we may view it as something to lament. I choose to view it as opportunity. This whole world is rotten to its core. We are indeed in the Wolf Age. The Age of Iron. All of this is true.

I often hear people say, "You all just live in a bubble." Well, yeah....i suppose we do. Because we aren't looking fearfully at the ruin of modernity. What we are doing is planting the seeds for a golden age. Politics, people chopping off their reproductive organs, the public school system.... All of this madness might as well be happening in another time, another place. Because inside this "bubble" we are thriving. Couples come into being, children are being born, we have our own homeschooling curriculum, along with 4 Temples dedicated to our Gods. We have 70 acres of raw land dedicated to Tyr. One day some of us will live there, it'll be the ecclesiastical center of Asatru. While the world is tearing down statues of heroes, we're erecting statues of heroes.

This is what we are doing to prepare for “the end.”

In fact, we aren't preparing for the end, no.... We are preparing for the beginning. The beginning of a new world. The beginning of the Golden Age. We're on the ground floor of this, this beautiful existence. A world that celebrates beauty, strength, that celebrates traditions reaching back to the dawn of our people. We are gathering every week across the country, and in others. We have responded to the beacon of light, by lighting our own! We are lighting a signal fire within that never goes out.

It's easy to get sucked in by doom porn, “influencers” on whatever platform they spew their fear-based stream of madness. One thing that I'll challenge them all on ... they want to “wake people up.” Well, what happens after this awakening? Not one of these influencers has an answer for that.

That is why I came home to the Asatru Folk Assembly. We are DOING THINGS. Rather than waiting for something to happen. Come, join me in this age of victory. Be in the same bubble with us. Grow, be strong, be confident, be ..... normal.

If you are reading this, and you haven't joined AFA, I ask you why not? When will be a good time? If not you, then who? Be a part of the solution rather than standing on the sidelines. We have Folkbuilders waiting for your application. We have Clergy, ready to answer your questions. Across Midgard we are shouting into the sky, Hailing our Gods. Be one of many voices in that circle.

Go to [www.runestone.org](http://www.runestone.org), click on the Join link. Be a part of something special. Now that you are “awakened”, what will you do?

I know what you should do.

Hail The Gods!

Hail the Folk!

Hail! Hail the Asatru Folk Assembly!

Witan Daniel Young

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



## Words from our Gothar

*Ancient Europeans before the Viking Age*



Our ancient traditions are many times older than the Viking Age. There is certainly a cultural continuity back to at least the Bronze Age, and most likely to our hunter-gatherers of the Eurasian Steppe or the "Great Steppe", a vast eco-region of temperate grasslands and shrubs. Our far-fairing people came from the Taiga, or boreal forests, which is an area characterized by coniferous trees. It spans from Karelia to the Pacific, from Alaska to Labrador Canada and from parts of the northern U.S. to Estonia, Sweden, Norway, and to the Scottish Highlands.

Our Folk built the first large structures, longhouses, 7,000 years ago, and Kurgan, or better known as burial mounds, found also in western Europe.

Our Folk have a culture that predates the Middle East. Our stories are not recorded with hieroglyphs or cuneiform writing but are found now through the sciences of DNA and archeology.

Our culture/religion is ancient. We have been challenged before. Be it climate upheavals, tyrants, or fools, we are resilient! Let us be like the pine tree of the Taiga, strong, be of rough bark.

*I'm all of Rough Bark, a poem by Ivan Kharabarov*

I'm all of rough bark  
I'm all of pine branch.

I have come  
to spread over this land,  
to preserve it from sickness and ailment.

I have come from the Taiga,  
my hands are heavy and dark,  
my roots are tough, my branches resilient.  
and to a stranger's eyes,  
my tears  
are scalding and hot,

On my pine resin shoulders  
black sables drowse.

I shall bring Spring time  
to these sparse  
and stunted forests;

I shall bring back coolness'

to these  
warm , turbid rivers.

I shall do no harm,  
I am merely  
a green tree,  
do not cut me down,  
love me instead.



Gothi Thorgrun Odden  
[todden@runestone.org](mailto:todden@runestone.org)

*Fate*



When we talk about Wyrd, or fate, often ideas of karma, or maybe an old Vikings movie or even a Greek mythology movie might be conjured up. But how many of us

really understand this concept? Fate is an interesting conundrum. For Americans, we are taught from a young age things like manifest destiny, and it was our fate to conquer from coast to coast, to be world leader, etc. yet we are also taught the ever popular "no fate but what we make." So, what is it? Are we driven inexorably towards a pre-ordained destination? Or do we forge our own path and destination? The answer is complex.

Many people are drawn to think of Wyrð as karma. Perhaps the Aryan concept of karma is easily digestible because it has been so mainstream and popular. But Wyrð is much more complex than pop Hinduism, karma itself is a much deeper concept than mainstream popular culture would have you believe. But let's dive into Wyrð. Wyrð as we know is a web of cause and effect. Fate drives us, not because an outcome was decided at birth and no matter what, that is the destination. Fate is, what must be, what should be, and what could be. All of our decisions paint the picture that is our lives, all lead to a direction. We can change that direction, by good decisions and bad ones. Some may be tempted to excuse bad behavior, bad action, by "well, that's fate baby. I don't have a choice in it." This is pure folly. Fate lights a path for us to lead to the correct destination, it is up to us to see the light and take the path. We can struggle and fight and go down a different path. That is free will. But ultimately, recognizing the Tru lit path, will make our lives more full, more rich, and more authentic to our purpose.

Many struggles and seemingly devastating occurrences in my own life, that felt terrible at the time, have led me down the correct path. Every heartache, every struggle, has led me to where I am today.

What does this mean in practical application? Well, the struggles we face, the hardship, the heartache, the pain, we lament at the time, but often steer us in the direction we are meant to go. So, when you struggle, when something happens that seems devastating, try to remember this is happening for a reason, trust in fate. Following the path that fate has lit up for me has caused temporary struggle but has always steered me in a direction that ultimately was much better and made me happier.

Trust in fate, the Nornir know what they are doing. Follow that lit path and love every minute in Miðgarð.

Gothi Rob Stamm

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



## The Quest for Freyshof

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

– Gylfaginning



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

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

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

1. We need to pay off Njörðshof.
  - The first of 2 loans have been paid off!
  - We now owe \$98,651.87 on our remaining loan.
2. We need to raise our monthly donation average by 15.3%.
  - 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  
Alsherjargothi, Asatru Folk Assembly  
[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

## Sigrheim: Home of Victory

*In Thanks for the McNallen Statues*



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

***Þorrablót at Sigrheim***



January was an awesome month around these parts, as we had some far-travelling guests come up for Þorrablót. Thank you so much to Mike and Emily Cosgrove for making the long drive up from Florida to weather the cold with us! We had a wonderful time, filled with good food, a somewhat warm fire, great conversations, and a solid Blót to Þorr that was accompanied by hammer-blessings and a special rune set blessing.

We can't wait for the next evens coming up. Check out the flyers below and keep your eyes on the calendar over at [Thorshof.com](https://Thorshof.com) for all the latest scheduling at Sigrheim and the surround Central Tennessee area!

*Support the Home of Victory*



Help Sigrheim get stocked  
and ready for our Folk!

Donate Supplies  
from our  
wishlist ✨  
amazon

Thank You!

CLICK HERE

*A Folksiving Dedicated to Victory*



# Charming of the Plow at Sigrheim

Saturday, February ~~17th~~ <sup>10th</sup>

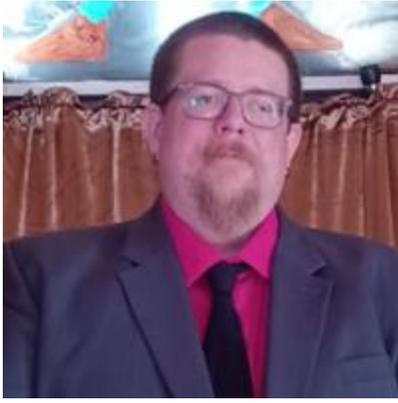


RSVP w/  
Folkbuilder  
Nick Rice  
via [nrice@runestone.net](mailto:nrice@runestone.net)

# Ostara at Sigrheim March 16th

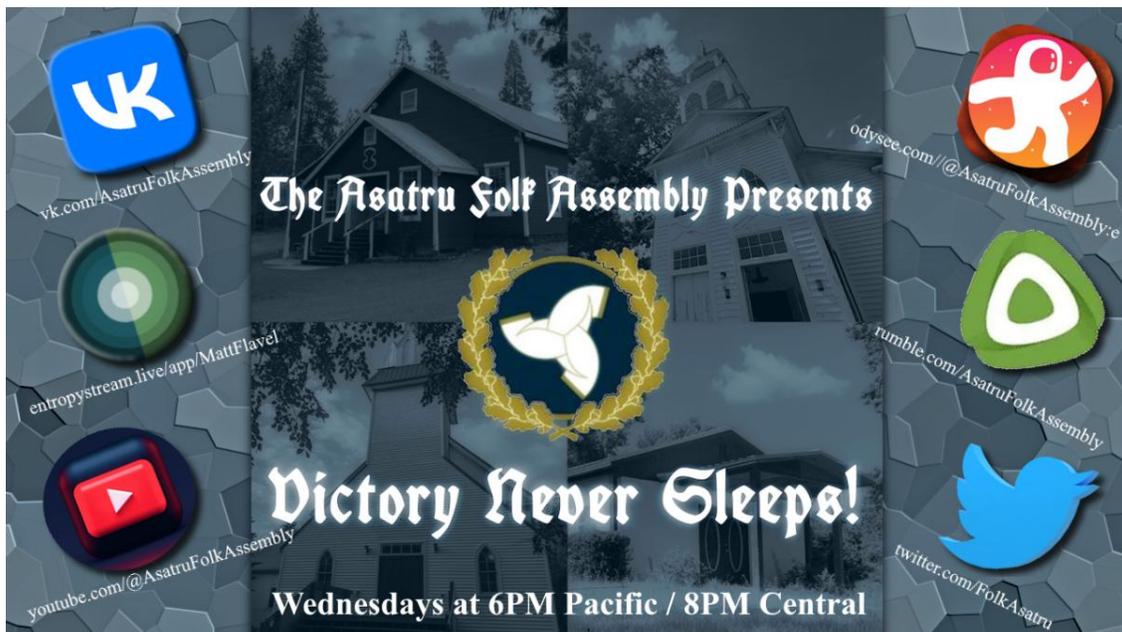


RSVP to [nrice@runestone.org](mailto:nrice@runestone.org)



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

## Victory Never Sleeps



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

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

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

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

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



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

## AFA Asatru Academy

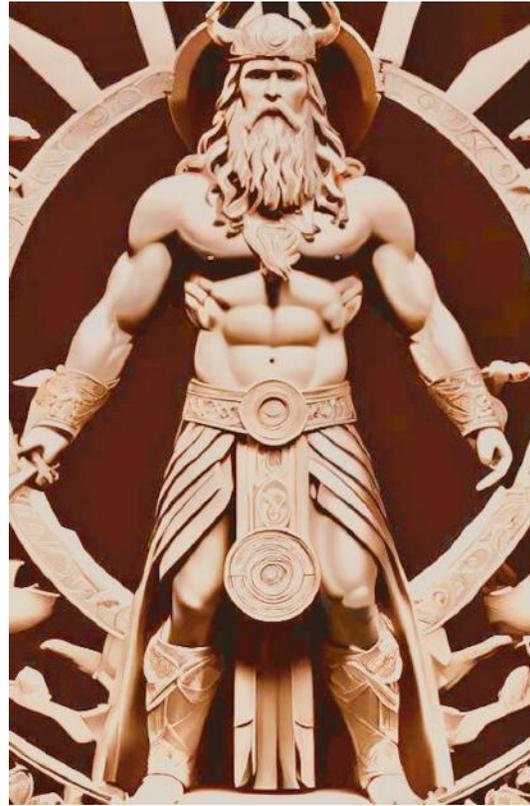


For More Info: [Welcome | Asatru Academy](#)

## Baldr & Nanna

Baldr is the son of Odin and Frigga. He is the favorite among the Gods and the most beautiful. Baldr shines with not only beauty of appearance but also of character. His death was foretold and will bring about Ragnarok. After the final battle and the Gods have died, he will emerge from Helheim and help start the cycle of life again. His life and death remind us that even in the darkest hour the light will return.

Nanna is Baldr's wife and mother of Foresetti. She is considered by some to be the Goddess of devotional love. She has unwavering love and loyalty to Baldr joining him in life, death, and rebirth. When he is killed, she dies of a broken heart and is placed on his funeral pyre.



Greetings Families,

We truly hope you are enjoying the Winter in your part of the world. The Academy has been busy with preparing new curriculum for the next school year. We are truly hoping to be able to add 4<sup>th</sup>-6<sup>th</sup> grade, and maybe even a preschool program, to our current K-3<sup>rd</sup> grade as soon as we can. Amazing things are in the works.

For our current K-3<sup>rd</sup> graders, we have revamped our Parent/Student meetings. Now taking place twice a month. One will include a storyteller for the children and the other a lesson from the curriculum taught by one of our awesome staff! Watch the parent group on MeWe and your emails for updates.

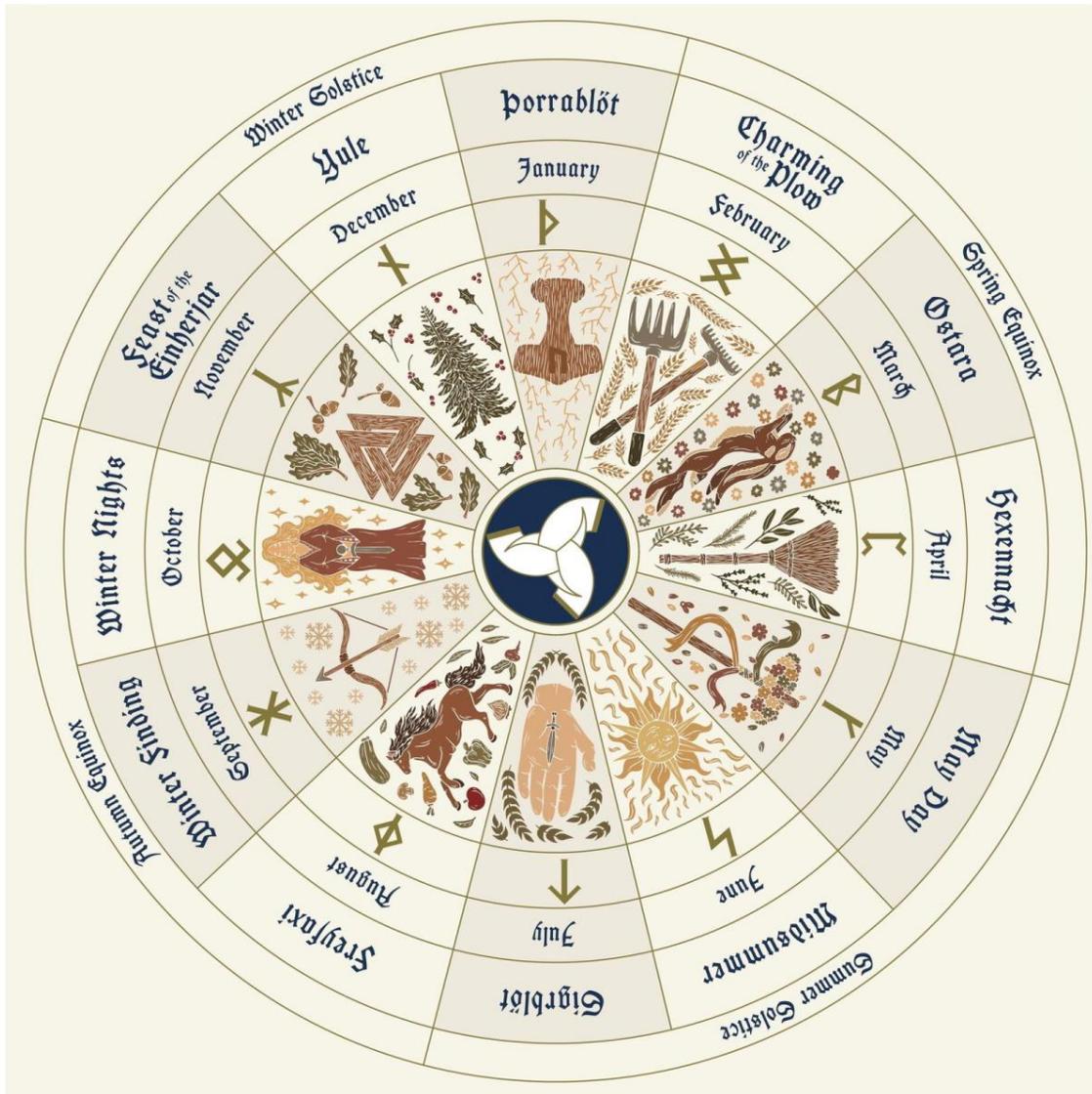
For parents of current students, our doors are always open for you. If you have any questions about the lessons or tech issues, please reach out to any member of the staff or use the chat in the MeWe Academy Parent Group. Also, please share with us what your children are working on. Anything from math assignments, science projects, writing, or drawing, post them in the group or email them to us. We want to be able to show how our students are doing.

As always, if you are interested in finding out more about our Academy program, you can reach out to us at [school@runestone.org](mailto:school@runestone.org). -



Folkbuilder Sara Ault  
Asst. Dean of Admissions  
[sault@runestone.org](mailto:sault@runestone.org)

## Remembrance & Holy Days



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

**2024**

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

<b>Date</b>	<b>Observance</b>
December 20-31 (observed on 21st)	Yuletide

## February



Asatru Holidays - February 2024 - Eyvind Kinnrifi | Ch

## Day of Remembrance

*Eyvind Kinnrifi | February 9th*



Near to what could be considered the beginning of the Christian conversion of Norway, under King Olaf Tryggvason, there was a farmer of Noble stock who stood against the king and his attempts at conversion.

Eyvind (Pronounced Ivin) Kinnrifi was called to make plans against the upcoming invasion by his friend Harek of Thjotta, who had very recently returned home after himself refusing conversion to Christianity. Eyvind answered the call, and for the sake of haste, he traveled with only a small retinue of men. He was well welcomed by Harek, but shortly after his arrival Eyvind was ambushed.

Unbeknownst to Harek, he had been followed by some of Olaf Tryggvason's men. They forced Eyvind to Thronhjelm, where Olaf attempted to convert Eyvind, first with offers of land and gold, and then with threats of torture and death. Unwilling to turn him back on his faith, Eyvind was eventually killed.

So, what can we learn from this story?

On the 9th of February, as we stop to remember Eyvind Kinnrifi and his unwavering faith despite the consequences, take a moment to consider what in your own life is important to you. Have there ever been times in which you had to choose between keeping your faith and losing something else? A Job? A friend? Family?

Even in these times, when we are living with unparalleled freedom of choice, it can be difficult to choose faith over all else. It is sometimes easier to hide behind the idea of a pseudonym or to keep your faith hidden from those in our lives that should matter.

Remember, when you think of Eyvind, what truly matters. Stand strong with and take pride in your Folk.

Hail, Eyvind Kinnrifi!



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

## Holiday

*Charming of the Plow | February 17th*



Charming of the Plow is a ritual that takes place at the early beginning of the planting season. As the name implies the plow, or other tools used, are blessed and offerings are made to the Gods for a productive growing season. Traditionally, after blessing the plow, a ceremonial furrow was dug and then filled with cakes and other offerings. For our ancestors, this was a crucial time of year. Poor preparation often led to a poor harvest and a poor harvest led to starvation.

Asatru is the modern celebration of our ancestral heritage. Charming of the Plow symbolizes our willful penetration of the unyielding soil. It is with our own industriousness, our own will, that we create, that we change, that we provide. In the Asatru Folk Assembly, we often celebrate the Charming of the Plow by planting a tree.

Inflict your will on your world. As Asatruar, this is a time to “charm” the implements of your own productivity. Entreating the divine to bless your tools and your plans for the year is essential to starting things off right. Inviting the divine into our plans and intentions is a great way of making us aware of the sacrality that should be a part of all you do. The AFA encourages all Asatruar to be industrious in all that we do. Dream grand dreams. Make solid plans. DO big things. And after hard work, reap a bountiful harvest.

And what can you do to celebrate Charming of the Plow? Though most of us do not rely on growing our own food to survive, now is a good time to consider starting a small garden, or even just growing some herbs on the patio. Make a plan. Choose a small patch of yard and map out your garden beds. Bless the shovels and spades. Dig up the soil and begin fertilizing it with eggshells and coffee grinds. Prepare. If you cannot plant a small garden begin planning some project. Sew a quilt, built a chair, take an idea and make a plan, and then put that plan into action.

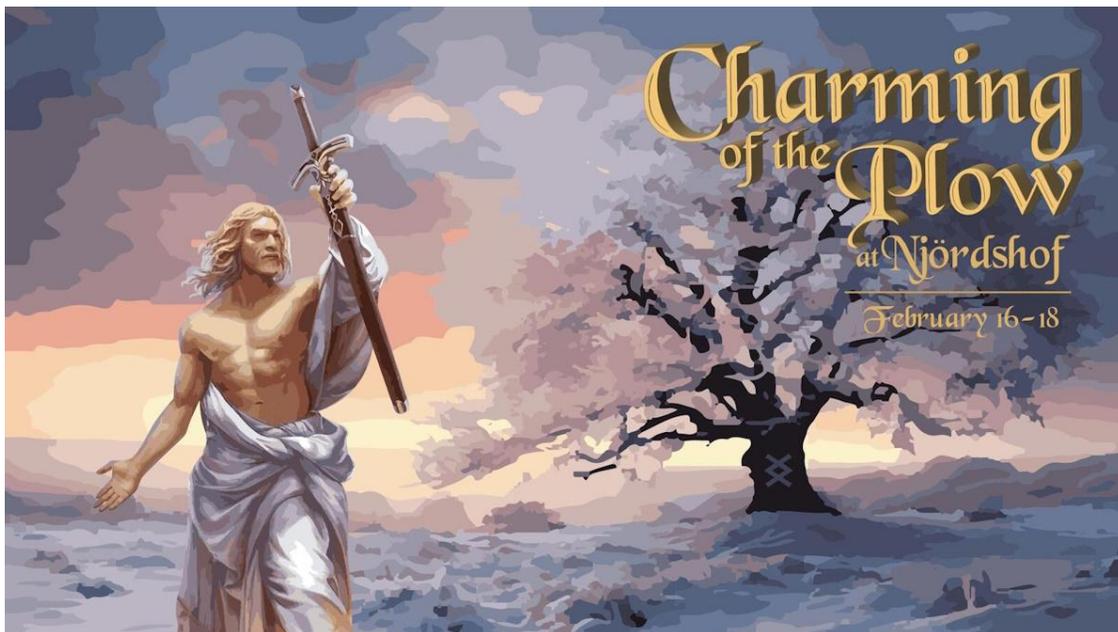
Inflict your will on your world.



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

## Upcoming National Event

*Charming of the Plow at Njörðshof | February 16th-18th*



As we continue our journey through 2024, as well as the AFA's 30th year, I urge you all to take stock of both your victories and defeats.

Many of you may have done this during Yule, or at the start of January, but I find it useful to do it once more right after Þorrablót, right before we begin planting seeds at Charming of the Plow.

Yule is the darkest time of year, where we draw inward and share in each other's company to make it through the long discontent. When January comes around, we celebrate with Asa-Þórr and rejoice in the fact that we made it through another winter.

For Charming of the Plow, we count our blessings and acknowledge our shortcomings over the previous year. We come together to make the choice to not rest on the laurels from previous victories, and to make the choice to not be buried under any mistakes we made. It's also a great time to take a look at our trajectory for the current year and make decisions on what we can do to keep or improve that trajectory.

Please join us at Njörðshof and celebrate this powerful holy tide with your Folk!

Get your tickets [HERE](#)

Gothi Trent East

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



*Ostara at Þorshof | March 22nd - 24th*



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

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

# Ostara at Þórshof



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

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

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

Contact your local Folkbuilder for details.

Get your tickets [HERE](#)



Witan Daniel Young  
[dyoung@runestone.org](mailto:dyoung@runestone.org)

## Gothar Spotlight

*Svan Herul, Witan, Virginia*



Ordained March 14, 2020

Mentored by Alsherjargothi Matthew Flavel

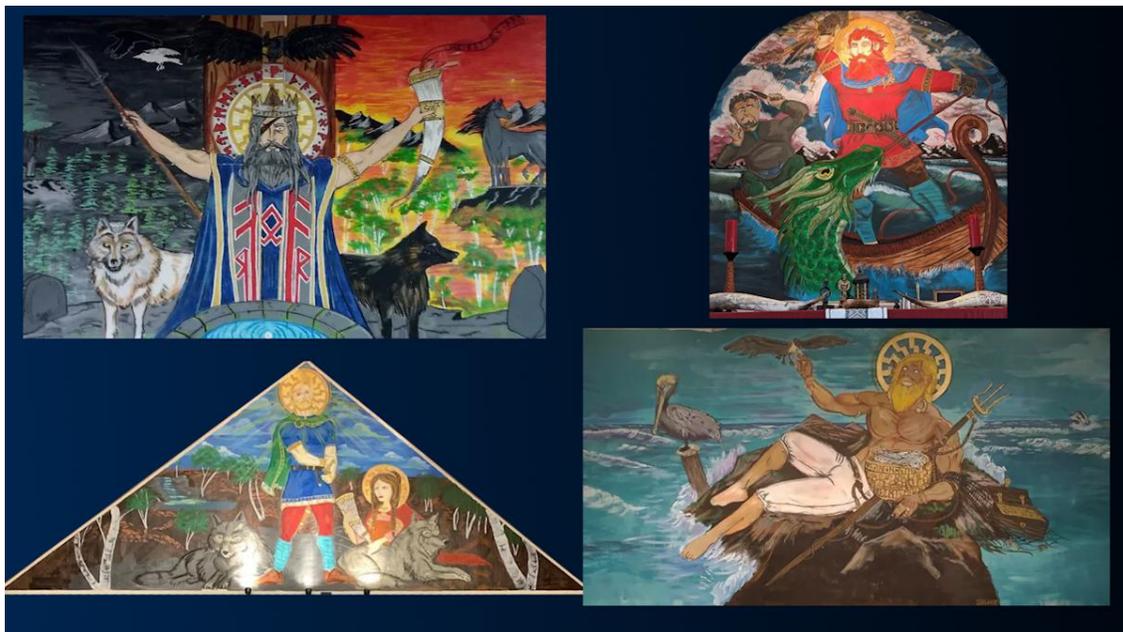
Svan is a native-born Icelander whose family immigrated to the US when he was 5 years old. Svan found his way to his ancestral faith in 1994 when he was a young teenager.

He joined the Asatru Folk Assembly in 2016. During that time, he founded Irongard Kindred, and began apprentice Folkbuilding. He brought with him a pious spirit, his knowledge of the Runes, and of our Sacred Lore that he continues to share with our priesthood and our Folk.

In 2019 and 2020 Svan was absolutely critical to the founding of Þórshof in North Carolina. I was present for much of the process. I can remember being there when he took his Gothar Ordination at Ostara in the South 2020. So impressed with his presentation and his overall presence, I decided to put my name in the hat for the Gothar Program.



Beginning in 2020, Svan began the pious task of painting murals for each of our Hofs, starting with Borr in NC, for which I personally was present. He would go on to reverently put together all of our Hof murals.



Later in 2021 at Midsummer, Gothi Herul was appointed to the AFA Witan, a counsel of Gothar that advise the Alsherjagothi and disseminate his policies to the Gothar and Folkbuilders.



I was accepted to the Gothar Program the year Svan was ordained, alongside Trent East, Rob Stamm, Brandy Callahan, Clifford Erickson and others. Myself, Trent, and Rob fell under Svan's influence and his tutelage for much of the journey to being ordained. All of us have been influenced to a degree by Svan and his wisdom, but the 3 of us, myself, Trent, and Rob were directly impacted by him.

Much of the success we have experienced at Þórshof is directly the result of his hard work, and the dedication of Svan and his family. We each owe him a debt of gratitude for that hard work and piety.

In May of 2022, my wife Heather and I renewed our vows to commemorate our 25th wedding anniversary, and we could think of no one we'd rather preside than Witan Herul.



If I could build a Gothi, Svan would be the model for what that Gothi would be. Witan Svan is a close friend. He's one of the most influential and respected of our Gothar. I'm glad he's my friend, my mentor and my priest.

Hail Witan Svan!



Witan Daniel Young  
[dyoung@runestone.org](mailto:dyoung@runestone.org)

## Folkbuilder Spotlight

*Sara Ault, Folkbuilder, Wisconsin*



Folkbuilder Sara Ault is one of our most instrumental women in the AFA. Most likely are unaware of just how much she does for our Folk. Nearly every one of us has crossed paths with Sara whether we know it or not. A lot of us unknowingly reap the work Sara puts in daily and may never know just how much. Sara has her hands on so many aspects of AFA functionality that a lot of our Victories would not be what they are without her. She is directly involved in with the Asatru Academy, Runestone Press, Social Media, Websites, Lore Study, and Women's Book Study just to list a few. Her daily sacrifice of time and energy for the Folk is beyond what most do in a month, or

even a year. Sara Ault directly impacts every one of us in one form or another.

Sara was amongst the first volunteers for the AFA Academy and is still there putting the work in where others have fallen off. She is always eager to help in any way she can and has taken on more and more of the responsibilities that are needed for our children and our Church to be successful. Sara is the first point of contact for interested parents in the Asatru Academy and knows the program inside and out, she interacts regularly with parents, and contributes personally to the academic and spiritual material.

If you have children in the Academy, read the Runestone, join in lore, or book study, etc. you know the work Sara puts in. If you do not know her personally, she would be happy to make your acquaintance. If you do know her, you know just how much of a positive impact she has for our folk. Either way, reach out to her and thank her for all she does. She is humble, wise, and caring. Sara is one of our most dedicated leaders of our Church.

Thank you, Sara, for all that you do, it does not go unnoticed.

“As our Goddesses have their handmaidens, Sara Ault is our safety net for AFA leadership. Whether it’s Asatru Academy, the needs of Hof Districts, assisting with teams meetings, or various book studies; she communicates clearly, swiftly, and quietly. She is always behind the scenes with her magic touch for management. Meanwhile, her nature is calm and caring so all who know her feel they are with family” – Gythia  
Sheila McNallen

“Sara is the first to help in all her areas of contribution. She is a solid force for the AFA, and Baldrshof District” – Folkbuilder Nick Rice

“Sara has been absolutely instrumental in the success of the AFA Academy; we are proud lucky to have her as the assistant dean” - Gothi Rob Stamm



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

## A Thank You to Folk Services



I'm writing to give my heartfelt thanks and to let other AFA members know what a blessing our Folk Services are for our Folk. On January 4th, I was heading out with my children and our new puppy to pick up some extra work via Door Dash, something we had done many times before. We stopped for gas, and within a mile or two of the gas station, a large deer ran out from the opposite side of the road. The deer made it between two cars before impacting mine, giving me zero time to react. I was left completely caught off guard facing a hefty deductible if repairs were possible, rental car costs...etc. My Folk kindly set up a Folk Services fundraiser on my behalf, what a blessing it has been for my family. The money raised helped pay for my many accrued expenses during this unexpected hardship and taken some weight off my shoulders. We

in Asatru Folk Assembly are blessed to have such services available to our Folk. It has been immensely uplifting to feel the love and support of my Folk in my time of need.

Hard situations in life can happen to anyone of us at any time and none of us are exempt from hardship. With the support from our Folk, we are able to overcome and prevail when situations beyond our control present themselves. I'd like to thank the Asatru Folk Assembly and all my Folk who donated.

With sincerest regards,



Danielle Risso  
Apprentice Folkbuilder  
[drisso@runestone.org](mailto:drisso@runestone.org)

## Be a Doer



**We need you to volunteer for the AFA!**

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

Please email [volunteer@runestone.org](mailto:volunteer@runestone.org) to help us make a difference in our world.

## Baby Blanket Project

The Women of the AFA are proud to be continuing this fine and noble work we call the Baby Blanket Project! We're committed to ensuring all new babies born within the AFA

are gifted a handmade — knit, crocheted, or woven — baby blanket! It's just our little way of celebrating each new addition to our folk!

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



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

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

## Folk Services



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

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

enough people pitch in. If even a fraction of the folks who like the page did that each month, imagine the possibilities!

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

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

Thanks in advance!

## Photo Donations

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



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

## Eir's Blessings

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

Do you have a health concern and need a little extra energy? Are you battling with a mental illness like depression or PTSD? Is your baby having a hard time with teething? If you've answered yes at all, reach out to us. Once a month women of the



AFA will get together to perform healing rituals all across the globe. If you would like to be included, please send a message to let us know!

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

You can reach us at [EirsBlessings@runestone.org](mailto:EirsBlessings@runestone.org)

## Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317



Witan Allen Turnage  
[aturnage@runestone.org](mailto:aturnage@runestone.org)

## 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)



## 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](mailto: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 you are 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 simple, don't take shortcuts. Whenever I pick up the knife and began cooking for the folk, I think of it as channeling the ancestors. Cooking reminds me of that age-old musing "I don't measure seasoning; I wait for the tap on the shoulder from the ancestors to tell me that's enough."

When you cook from the heart, people can tell. Don't cook out of spite or obligation. Cook for the folk because you want to! Find new recipes. Test them. Make them better. And when your heart tells you it is right...time to serve. If you have never made cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

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



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

## Ancestral Food and Culture

### *Rodeo Salad*



Rodeo salad is a recipe that my mom made growing up. It's one of my favorites. It's a home-cooked comfort meal. It is also very easy to make and budget-friendly. Also, a meal that your children or family will love.

Ingredients:

Two cucumbers diced

One head of lettuce chopped

Can of black olives

Package of cherry tomatoes

A bag of Fritos

Shredded cheese

Hamburger meat cooked with taco seasoning

Can of black beans drained and rinsed

Catalina dressing

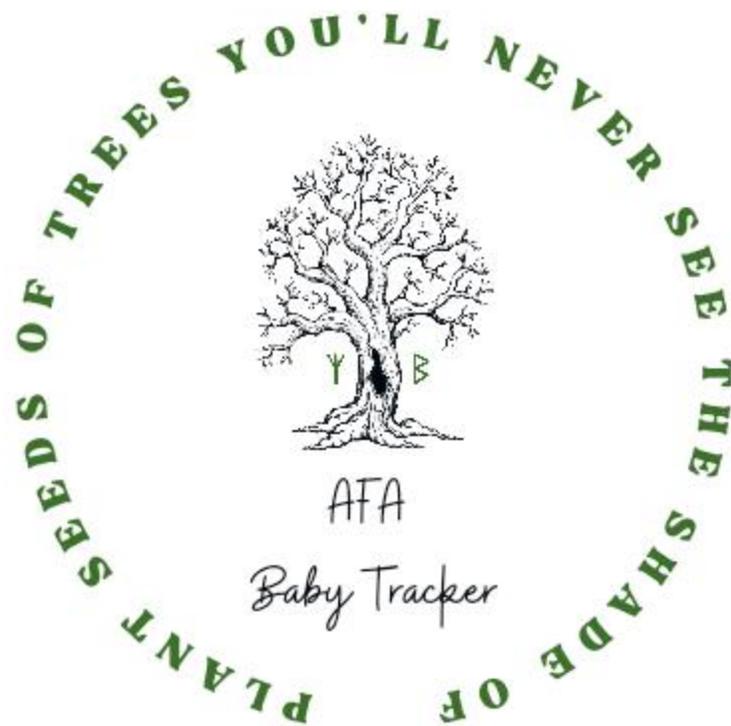
Directions:

Mix it all together and serve



Tabitha Owens  
Apprentice Folkbuilder  
[towens@runestone.org](mailto:towens@runestone.org)

## Baby Tracker

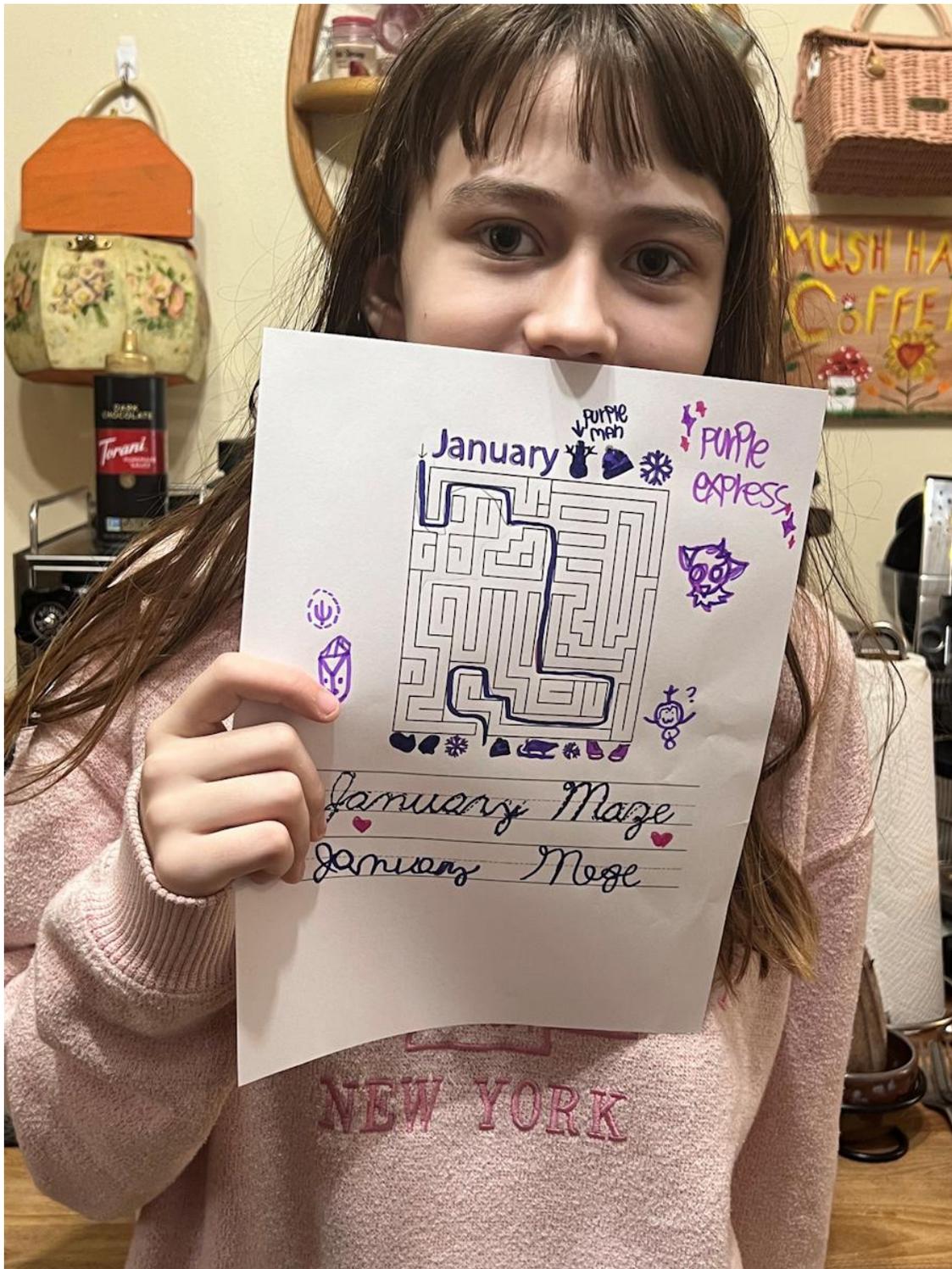


To show the growth of our folk we present to you an ongoing baby tracker. We will be keeping track of how many children have been and are born within the AFA from 2022 and forward. The ongoing tracking is proof that we are building something sustainable for the future of our folk, which is a place for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

Total babies born in 2024: 4

## Just for Fun

Kara, age 11, and Russell, age 3, solved January's maze and practiced a little cursive!

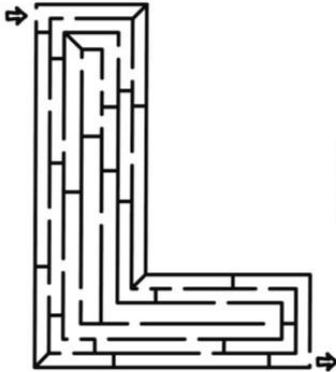
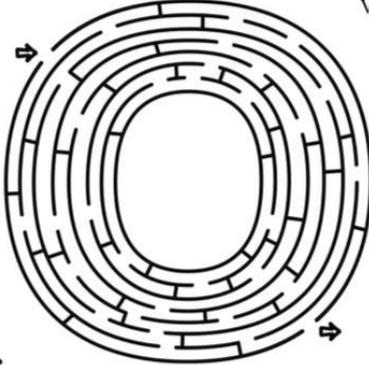


These are some beautiful writing samples. I love seeing the original characters and "purple express" drawn by Kara. I'm also delighted to see Russell's shapes recognition (he colored them green).d January's maze and practiced a little cursive!



This month, our young (and young at heart) have another fun maze and opportunity to write their very own acrostic poems using the letters in LOVE. I can't wait to see the creative poems you come up with! Please feel free to use another sheet of paper for your poems if needed, and send them to [Press@Runestone.org](mailto:Press@Runestone.org) to share with the Folk!

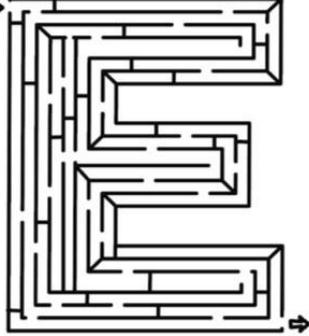
LOVE Maze

Write a Valentine's Day Acrostic:

L \_\_\_\_\_  
 O \_\_\_\_\_  
 V \_\_\_\_\_  
 E \_\_\_\_\_





[www.BrainyMaze.com](http://www.BrainyMaze.com)

Images (c) Hidesy's Clipart & Little Red

Congratulations to **Rachel Cameron** of Njörðshof for being the first member to solve January's puzzle! Coming in a close second was Hope White of Baldrshof! Thank you to all who attempted the puzzle.

Here's the puzzle for February:





# VIRTUE RECOVERY MEETING

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

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

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

Folkbuilder Ashley McStocker with any and all questions!

[AMcStocker@Runestone.org](mailto:AMcStocker@Runestone.org)





# AFA Reading Challenge Meetings



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

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

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

# *Ladies Book Study*

## **Revolt Against the Modern World**

**by Julius Evola**

**Dates:**

**7 pm CST**

**January 25th**

**February 8th**

**February 22nd**

**February 29th**

**March 7th**

**March 28th**

**April 4th**

**April 11th**



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

**For more information contact**

**Witan Brandy Callahan**

**Folkbuilder Sara Ault**

# Ladies Mysteries Podcast

## Seidr

Returns in February!

Look for dates, times, and topics posted soon!

Witan Brandy Callahan

Gythia Anna Plourde

Gythia Catie Erickson

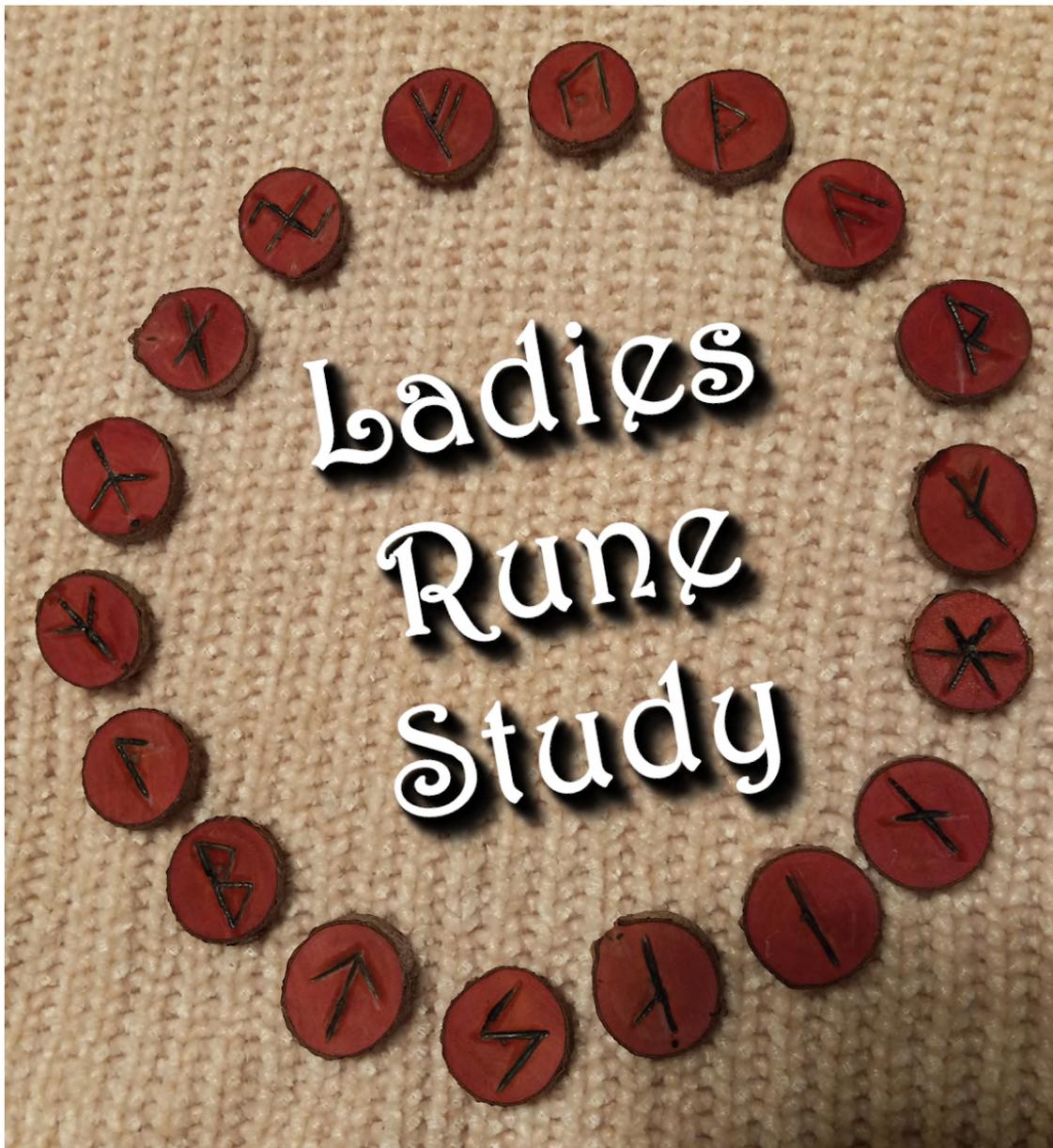
Folkbuilder Heather Young

Folkbuilder Sara Ault

Folkbuilder Ali Clausen

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

Hope to see you there!



Starting February 3rd, at 1pm Eastern

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

# **Lore Study with Gothi Jason Plourde**

**Join us every Monday night**

**at**

**8:00 pm EST**

**7:00 pm CST**

**6:00 pm MST**

**5:00 pm PST**

**4:00 pm AKST**

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

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

**For more information  
reach out to Gothi Plourde  
[jplourde@runestone.org](mailto:jplourde@runestone.org)**

*Ask to join our MeWe group called AFA Eldri*

# AFA Eldri Meetings

*For our members born before 1975*

**A place to share memories, ideas, experiences, and the joys of life ~ in caring conversation.**

**New Dates and Times for 2024**

**Tuesday nights**  
5:30 PST, 6:30 MST, 7:30 CST, 8:30 EST

**Friday afternoons**  
2:00 PST, 3:00 MST, 4:00 CST, 5:00 EST

February	March	April
Tuesday: 2/6, 2/20	Tuesday: 3/5, 3/19	Tuesday: 4/9, 4/23
Friday: 2/9, 2/23	Friday: 3/8, 3/22	Friday: 4/12, 4/26

Copy this link into a browser: <https://tinyurl.com/yc289cn8>  
Hosted by Gythia Sheila McNallen



*February 2024  
Sister's Fitness Challenge*

\$5 to join  
Prize money goes to 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



**January Sister's Fitness Winner**



The winner of the Sisters Fitness challenge for the month of January is **Apprentice Folkbuilder Hope White** of the Baldrshof district. Hope has shown us her virtues of perseverance and victory by consistently working hard towards achieving her goals. Hope's continued participation in the group has been an inspiration. Congratulations Hope!

All ladies of the AFA are encouraged and welcomed to join in our ladies' fitness support group no matter her starting point. All goals are self-determined, and everyone's goals are different. Come build in frith while working on physical fitness!

— Corrie Proudfoot, member, Minnesota

## Genealogy and Kinship Charts

# Genealogy enthusiasts!

We have cool things to offer you!

This show what our KINSHIP CHARTS look like when we compare our DNA.

### How do you get added?

Get a Gedmatch Kit Number after doing your DNA test. (We can tell you how.)

Send that number to Sheila McNallen: [sheila@runestone.org](mailto:sheila@runestone.org)

Also, make a free family tree at [familysearch.org](https://familysearch.org). Then login to site: [relativefinder.org](https://relativefinder.org) to find your common ancestors with other members!

**JOIN the AFA Genealogy group on MeWe!**

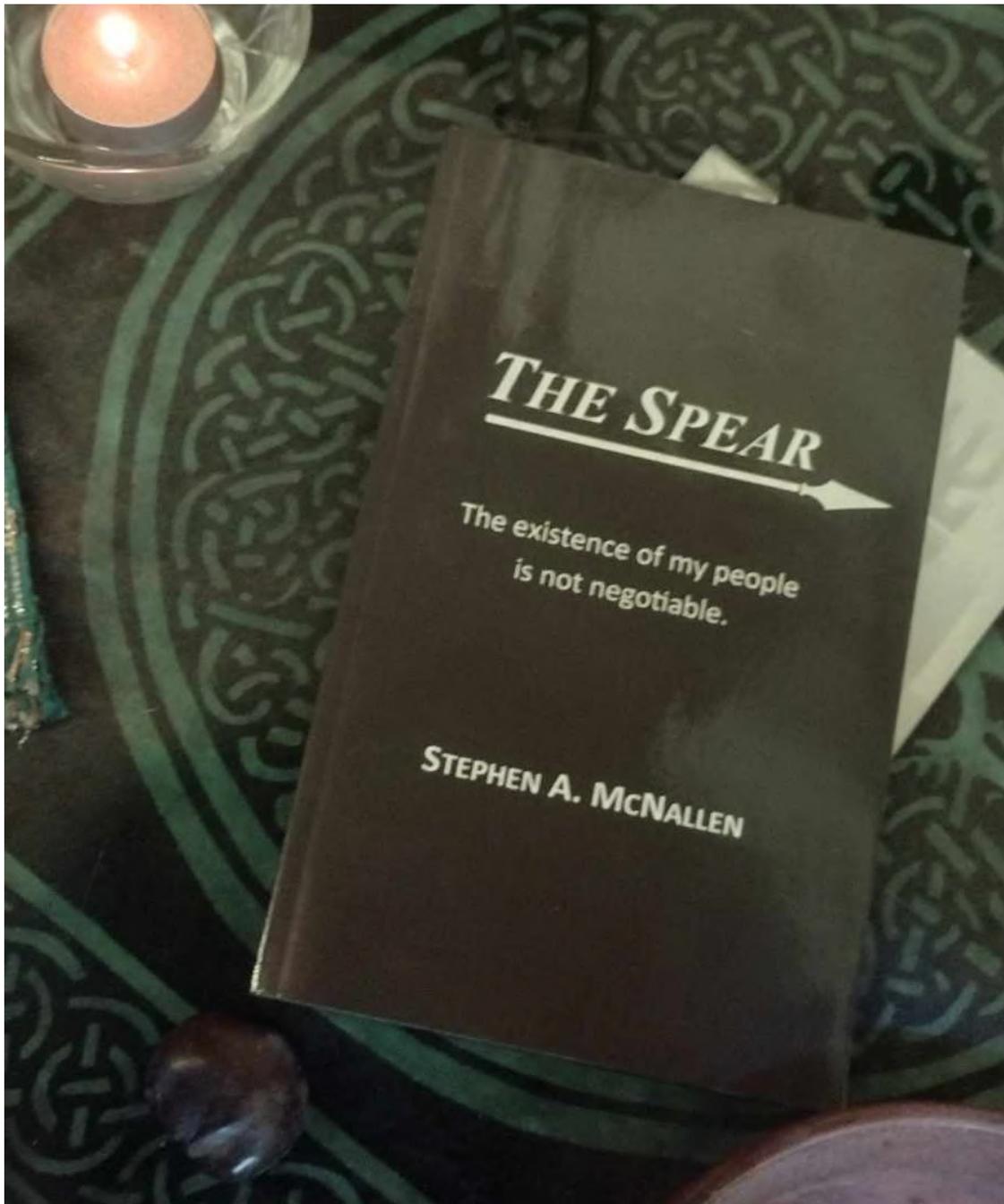
McNallen, Sheil	McNallen, Stev	McPhee, Ceilid	Minshall, Mary	Nickerson, Em	Nickerson, Lou	Odden, Thogr
11.6	7.8	None	None	6.4	13.5	6.5
4.6	None	5	4.1	14.2	9.4	8.6
8.9	None	8.2	9.5	4	5.4	7.5
8.2	18.2	4.9	8.1	9.1	None	6.2
None	None	9.3	9.9	8.2	None	9.6
8.4	9.2	4.4	10.2	None	None	10.9
None	None	None	None	14.4	None	10.5
4.5	None	5.9	20.6	None	11.9	13
6.1	None	None	4.2	4.1	None	None
None	None	None	None	9	None	10.8
26.2	8.3	4.4	4.2	None	None	5.1
None	4.6	18.7	6.9	4.3	7.2	4.3
None	16.3	15.3	None	4.2	10.7	None
None	None	None	None	None	9.8	16.9
None	6.2	12.3	20.4	None	13.2	11.2
11.3	5.5	6	10.3	8.8	None	4.1



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

**Now Available in the AFA Store**

*Back in Stock*



Backed by popular demand, we've got *The Spear* by Stephen McNallen back in stock (if they're not up on the website yet, check back soon, as its very imminent). They sold fast last time, and may not be around for long, so make sure to head on over and get your copy ASAP!

Get over to the [store](#) now!



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

## Njörðshof

### Food Pantry at Njörðshof



It was a brisk morning for Florida, but our Folk are hungry, and we are here to feed their body and spirit. 50 families received the blessing of our bounty; many returning members of the community who voiced their gratitude for the toy give-away and blankets provided at Yule. One woman was so touched she broke into tears telling us how she would not have been able to give presents to her grandchildren last year if not for the generosity of our hof in White Springs, FL.



Gothi Lane Ashby

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

## **Porrablót at Njörðshof**



Goði Trent East lead us in a rousing Porrablót that had us all ready to march out into Miðgarðr and seize the year with the might of our holy striker!

After another dieicious lunch from Mike and Katie Joyner was blessed, some of our Folk headed south for the baby shower of our members Henry and Ita where the couple and their soon to arrive daughter received a blessing from Goði Lane.



Back at the hof our Lawspeaker Allen Turnage presided over the High Sumbel before the agonizing task of saying goodbye to our Folk...until next time.

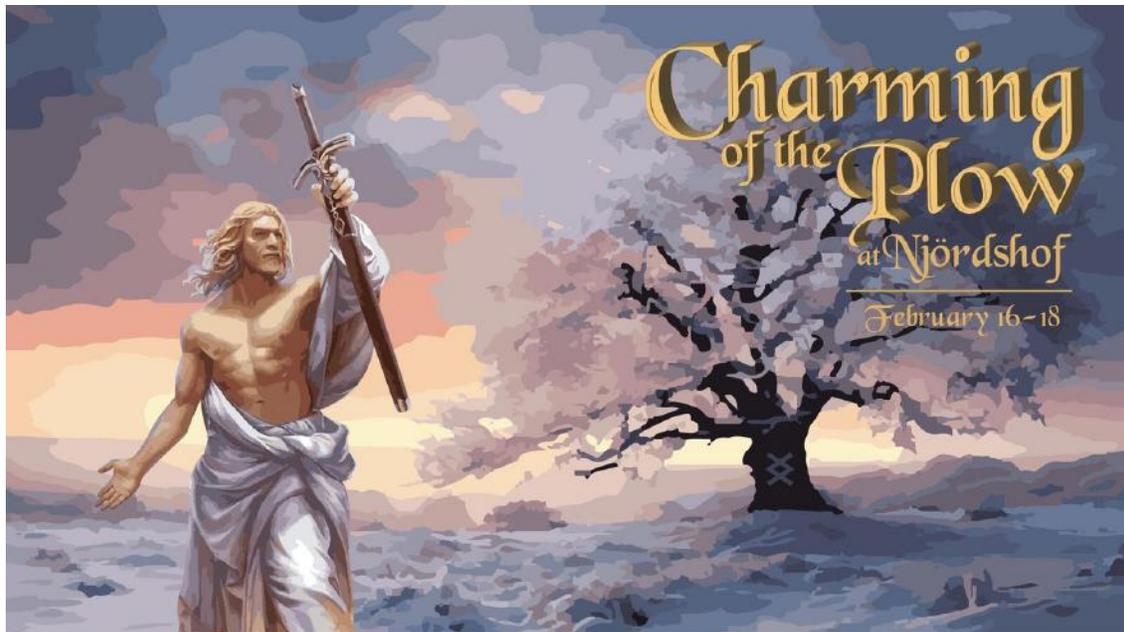
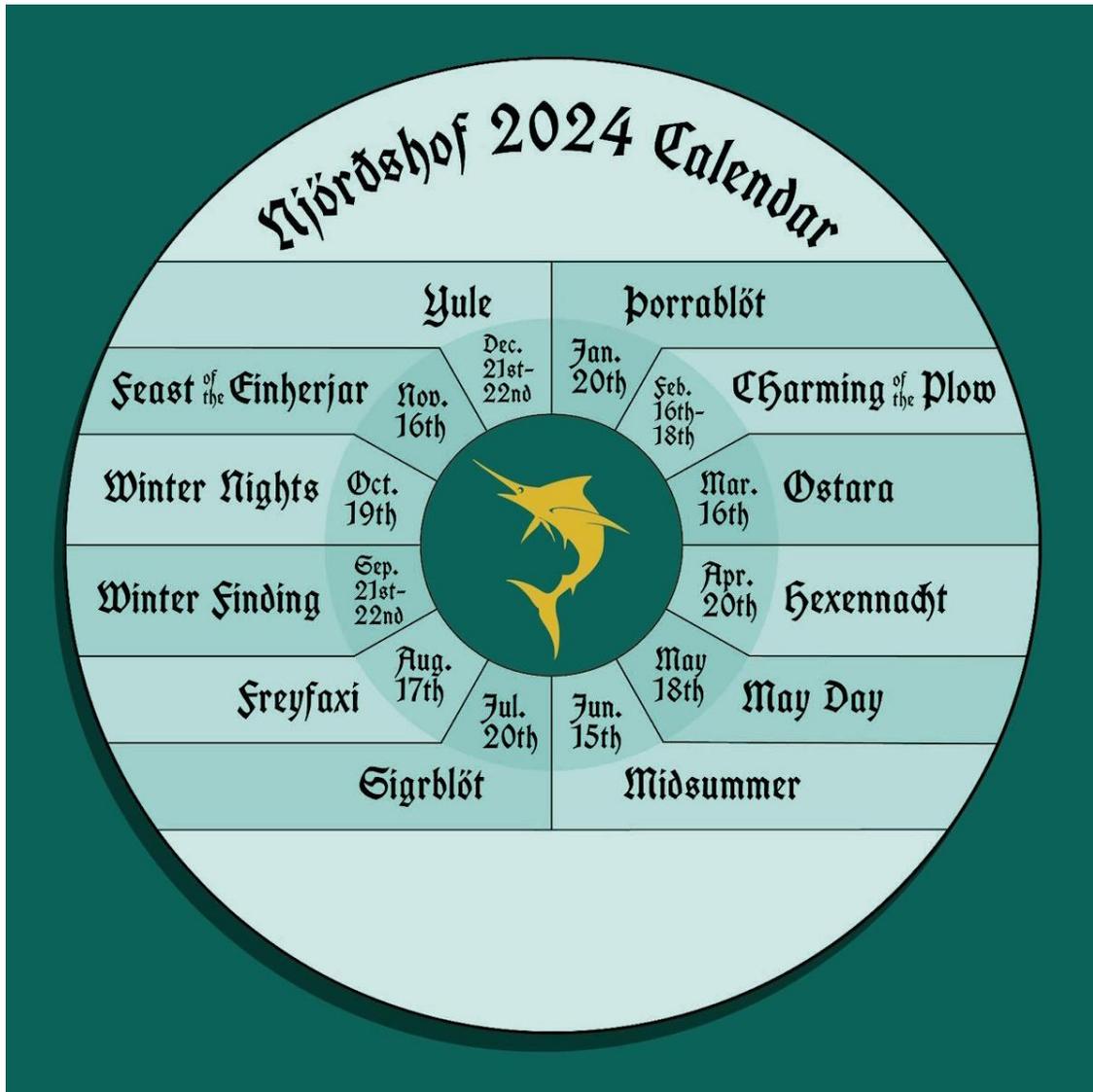
See you all at Charming of the Plow for our national event!



Gothi Lane Ashby  
[lashby@runestone.org](mailto:lashby@runestone.org)

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## Upcoming Events at Njörðshof



## Alabama

### *Þorrablót at Oak Mountain*



Our Alabama group gathered on a very cold Saturday to celebrate Þorrablót at Oak Mountain Brewery in Pelham. We enjoyed good frith, good food, and sour beers that both looked and tasted like alcoholic jolly rancher smoothies. We hope to see some new faces at our Charming of the Plow moot in Birmingham next month!

### *Upcoming Events*



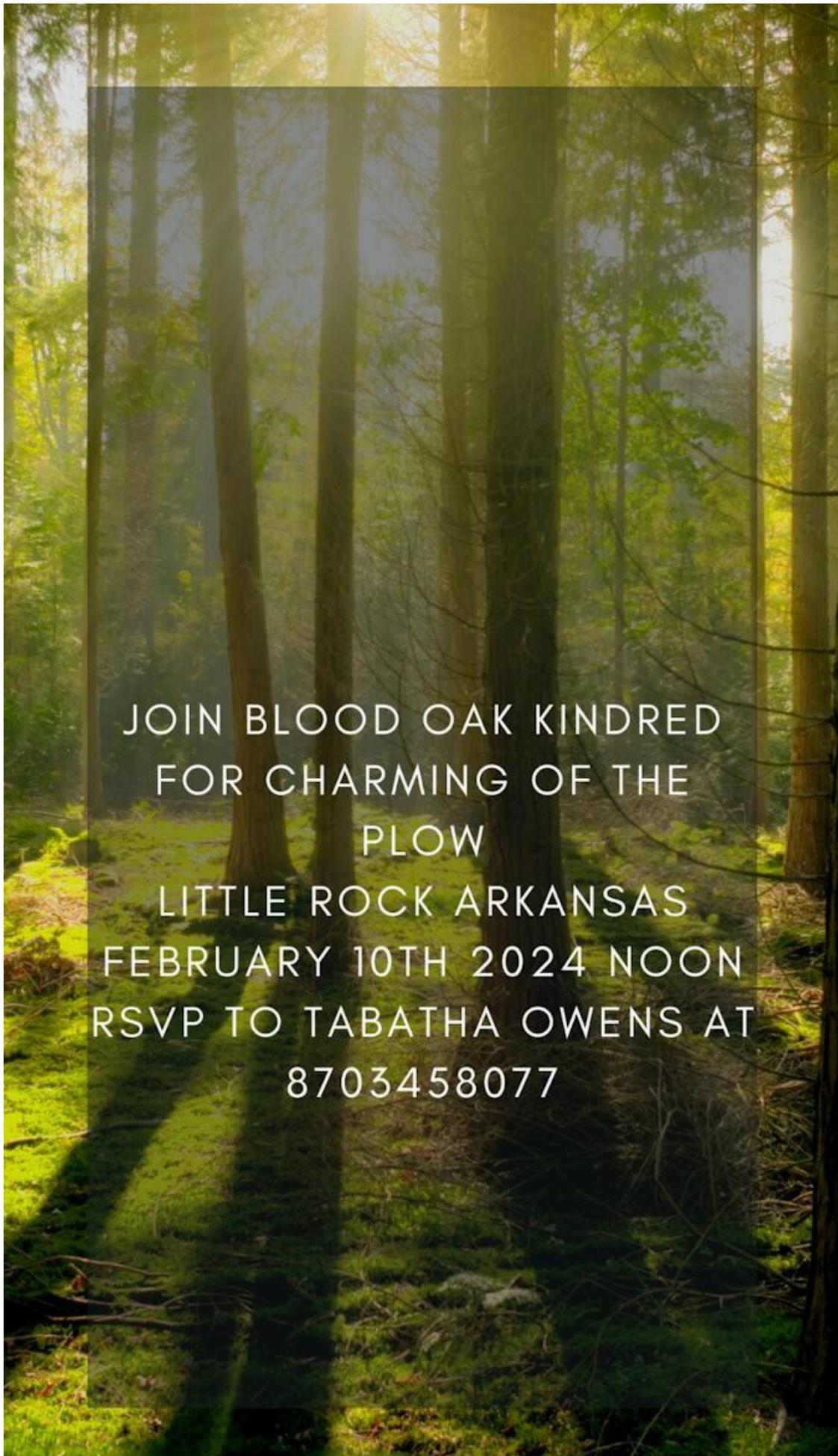
Laura Morris  
Apprentice Folkbuilder  
[lmorris@runestone.org](mailto:lmorris@runestone.org)



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## Arkansas

### *Upcoming Events*



JOIN BLOOD OAK KINDRED  
FOR CHARMING OF THE  
PLOW  
LITTLE ROCK ARKANSAS  
FEBRUARY 10TH 2024 NOON  
RSVP TO TABATHA OWENS AT  
8703458077



Join Blood Oak Kindred for Charming of the Plow in Little Rock, Arkansas on February 10th. Arrival time is, as always, at noon. Our event includes one or two meals and snacks. We will also have Blót and Sumbel. Bring tools that you would want blessed during Blót and dress nice.



Join us at the Viking festival in Hot springs Arkansas. There is so many cool things to see. There is lots of booths, mead contest, lore stories and so much more.



Tabitha Owens  
Apprentice Folkbuilder  
[towens@runestone.org](mailto:towens@runestone.org)

*Month of Snow*



We got hit with a snow storm here in Arkansas, so what better way than to honor Ullr and the cold season, than with hitting the ice ring. While plans have been canceled all over, we still managed to get out and have a little fun.

### *A Folkbuilding Journey through Missouri*



I traveled up to Warrensburg, where I met with Charles and the Toler family. We had a wonderful time eating at a restaurant and discussing the future for the state. Afterwards, we noticed an axe throwing place across the street, and headed over for fun and games. When we realized that 2-degree temperatures and ice was not the most fitting of places to continue our discussions, we set off to the Tyler's residence, where we spent the rest of the night hanging out in Frith.



In the morning, the Tolers and I got on the road and met the Welch's in Columbia. Friendships were made, and after I left, they went to a play-place for the kids and spent a few more hours there.

Off I went to Branson to meet new friends and continue the momentum. On the way there, we had a new member from Missouri join, and I talked with her on the phone, and she expressed her excitement to be a part of what was to come. Once in Branson, we all did Blót and, in the witness of the Gods and Folk, Christian took an Oath to work out three times a week for a year.



Marlene was a wonderful host, and I cannot wait for the many more adventures to come in Branson. Once home, Jordan Welch expressed that from her heart she knew that she was being called upon to take up the mantle again as an apprentice and direct the momentum to the rebirth of Missouri. I was elated and supported her 100%. I now look forward to the Missouri section of the Runestone and the many great things to come.

### *Upcoming Events*



Folkbuilder Jesse Parton  
[jparton@runestone.org](mailto:jparton@runestone.org)

*Upcoming Events*

**PIZZA  
NIGHT**

**HARRISON, ARKANSAS**

**MARCH 9TH STARTING AT NOON**

**BRING SNACKS**

**RSVP TO  
PATRICKCHOUINARD6107@GMAIL.COM**

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Florida

*Skate Moot - Tallahassee*



On Thursday, January 25th, the folk gathered in Tallahassee to test out our skating skills. Upon arrival, we noticed that there was an FSU film school crew on site. They were filming that evening for an independent film. You might see some AFA shirts in the background!

We skated and laughed and had a blast. The DJ even played S8R Boi by Avril Lavine (under duress but still did it!). There was only minimal wipe outs, which was surprising, since none of us skate often. We gathered at a local burger joint after for hearty grub and spicy fries.

### *Upcoming Events*

# BASKET WEAVING & CRAFT MOOT

Tuesday, February 6th  
6-9 PM

Tallahassee, Florida  
RSVP [kjoyner@runestone.org](mailto:kjoyner@runestone.org)



Folkbuilder Katie Joyner  
[kjoyner@runestone.org](mailto:kjoyner@runestone.org)

*Home-Brewing and Devotion*





One of the greatest nods you can give to your Ancestors and your Gods is to brew your own devotional spirits. Mead is one of the easiest forms of alcohol to make, not to mention Ancestral to the Folk. Traces of mead have been found in Europe as far back as 2800-1800 BCE. For the devotional aspect, think about how proud you are when you have created something, even more so when it is used. Like a crocheted blanket, or a handmade bookshelf. Homebrewing takes on that same concept and pushes it one step further. You and your Folk get to enjoy the brew that you have put time, energy, and effort into AND then you or a Gothi gets to give it to the Gods as a sacrifice. The return far outweighs the cost. As with a lot of creating, I like to think about who it is for as I am making it. If I'm brewing beer (can take up to 4 hours of active-ish watching), I think about who is going to enjoy it, a Blót I'm going to do with it, a sacrifice I'm going to make with, and sometimes I will even read lore/faith-based reading while I make it. I like to have a conversation with the Gods while I brew and, most importantly, thank them for the ability to brew for them and the Folk. I have started to brew for Charming of the Plow at Njörðshof in February and tell the Gods about the Folk that will enjoy it and how some will be sacrificed to them. Another thing I like to do is reuse/give back what I can from the brewing process. I will take the spent grains, dry them out, and my wife and I will cook with them.





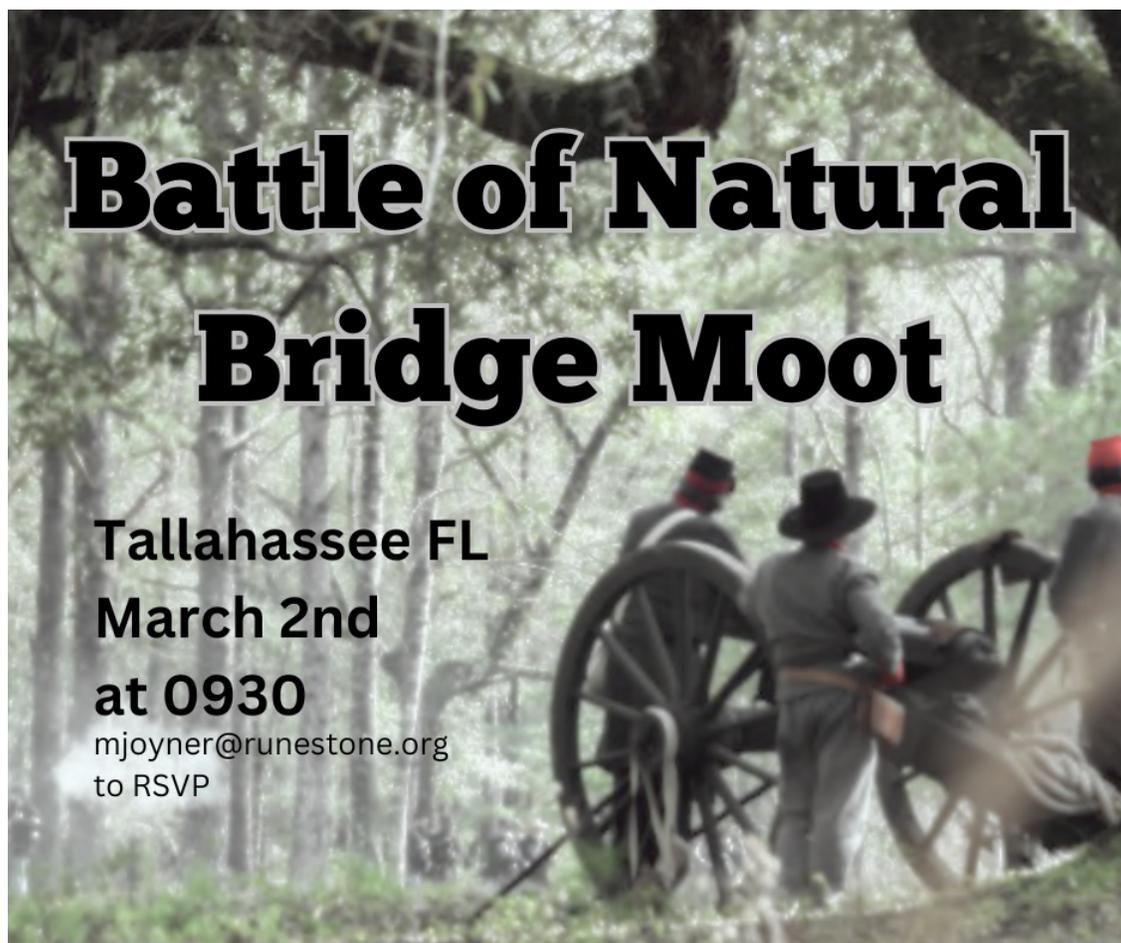
So how to get started at home brewing. It can be as easy or as complex as you want. You can brew mead with a glass gallon jug, honey, water, yeast, and a balloon. I personally brew in 5-gallon batches. Mix together 3lbs of honey with half a gallon of warm water (around 90 degrees should work). Put that in your 5-gallon jug. Top off with extra water until you have about 2-3 inches of head space. Let that cool down to at least 70 degrees. Add your yeast packet (I suggest Lalvin D47, it can be purchased from Amazon). Standard baker's yeast will work, but you will have off flavors. Put the balloon over the top of the jug and secure with a rubber band. Let it sit for a month before you taste it to see if it is to your liking.



You don't just have to brew mead. You can brew beer, run a still, or make kombucha. Homemade cookies, bread, and small cakes are also great devotional endeavors. The key thing is doing it with a devotional heart. Wither it is a thanksgiving dinner or a double New England hazy IPA, what matters most is that you do it from a place of love and put yourself into to.

Cook/brew from the heart.

### *Upcoming Events*



**Battle of Natural  
Bridge Moot**

**Tallahassee FL**  
**March 2nd**  
**at 0930**  
mjoyner@runestone.org  
to RSVP

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



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## Georgia

### *Mead Through the Rain*



Every day this past week, rainstorms flooded through the Peach State and made plans difficult despite the pleasant temperatures. It finally started to let up today, and I got to spend the afternoon at a great local Meadery with two of my favorite people. We sampled a variety of different meads, including one mixed with habanero peppers for a surprising but pleasant kick. Another favorite was pear almond mead, one of their specialties. I hope you'll join us next time!

Hail the Gods!

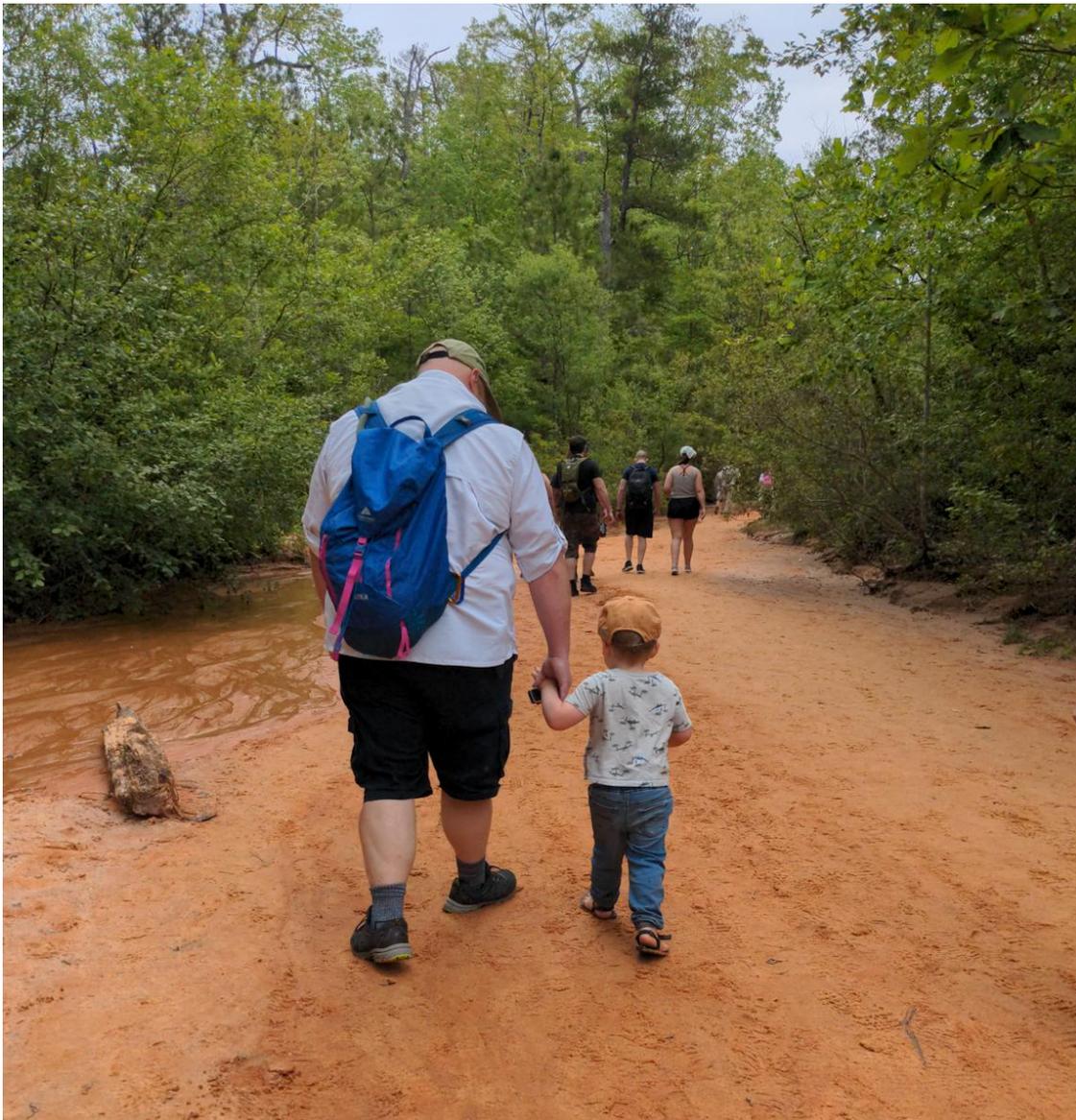
Hail the Folk!

Hail the AFA!



Jordan Wells  
Apprentice Folkbuilder  
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*To Be a Folkbuilder*



Despite all of the chaos of being a stay-at-home mother of two young children and wife to my handsome husband, looking back after almost a year of being an Apprentice Folkbuilder, my reason for stepping into leadership hasn't changed. It was and always will be to serve my Folk.

Originally, I was on the fence about assuming a leadership role. As my house, most days, requires everything and more to hold together. In a similar way, I have felt this about the AFA. The administrative, dutiful tasks are not why I signed up, nor am I particularly fond of it for my own home.

I'm here for the moments that change our Folk's lives. The look someone has when they feel our Gods. When a small child is named in ceremony. And as heartbreaking as it is, when our Folk come together after one passes beyond the veil. It is the emotions and the bonds formed that make the mundane worth doing.

It is for you, the one reading right now, that I Folkbuild, as we celebrate our 3rd child. I genuinely want you, my people, to know, that I will always be here for you. Just as you have been there for me.



Amber Cameron  
Apprentice Folkbuilder  
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## Texas

*Fríðr Folk Kindred's Fourth Annual Thorrablot in Austin, Texas*



On Saturday, January 6th, 2024, we at Fríðr Folk Kindred held our fourth annual Þorrablót in Austin, Texas. We started the day off with a late lunch at a lovely German restaurant. The staff was wonderful and so was the food! We very much enjoyed having the chance to sit and enjoy each other's company and discuss our plans for the future of our kindred.



From there we left for our campsite to start the main event. We held a lore study where we discussed several of Þórr's adventures as well as the origins of the first Þorrablót in Iceland. We sang songs together, ate a hardy meal, and held Blót to the mighty Thunder-God, followed by a heart-warming and Frithful Sumbel. Many of us slept overnight under the stars and enjoyed bonding with each other well into the night. It was a wonderful time, and we are very much looking forward to our dinner and drinks Moot north of Dallas in late January, as well as our upcoming Blót for Charming of the Plow in the Houston area on Saturday, February 3rd!

*Dinner and Drinks Moot in Dallas, Texas*



On Saturday, January 27th, 2024, Friðr Folk Kindred held a dinner and drinks Moot at an Irish pub just north of Dallas. We enjoyed traditional Irish food like shepherd's pie, as well as traditional Irish drinks like Guinness dark beer and Knappogue Castle 12 Irish Whiskey. The event had live music from a fantastic swing/folk band and a great time was had by all! Be on the lookout for more events like this being held soon in addition to our monthly regularly scheduled formal holiday events!



Folkbuilder Justin Day

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