



The Runestone: Voice of the Asatru Folk Assembly



Njörðshof
Fourth Hof of the Asatru Folk Assembly

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

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

-  [Parler](https://parler.com)
-  [Odysee](https://odysee.com)
-  [Bitchute](https://bitchute.com)
-  [Rumble](https://rumble.com)



[Twitter](#)



[Instagram](#)

[Donate to the AFA](#)

Words from the Alsherjargothi



Midsummer has always been a time of new beginnings for the AFA and this year is no exception. At one time Midsummer was the only "National" event the AFA hosted, and

in a way, it marked the beginning of each new AFA year. At Midsummer 2016, I was elevated to Alsherjargothi and Midsummer 2023 marked 7 years for me in this position and started my 8th Alsherjargothic year. Beginnings are a special time to think and to evaluate things, for me and I believe, for all of us. Whenever we take stock of things, it is valuable to focus on the fundamentals.

Asatru is the word that defines our faith. Asatru is the word that defines our lives.

Asatru is the word that defines US. Asatru literally means "loyal to the Æsir". It should be obvious (but we all need to be reminded of it) that Asatru should be about the Æsir... not about what's cool, not about what our buddies think, and not about what is most comfortable. The question at the front of our mind should always be "What do the Gods think?". When our Gods see us, how we look, how we dress, how we present ourselves... are they proud? When the Gods hear us speak... are they proud? When the Gods evaluate our deeds... are they proud?

The AFA is our church, not a club. Asatru is a religion, not a political or social accessory. It is time to refocus. In all we do and all we are... we shall strive to make our Gods proud.

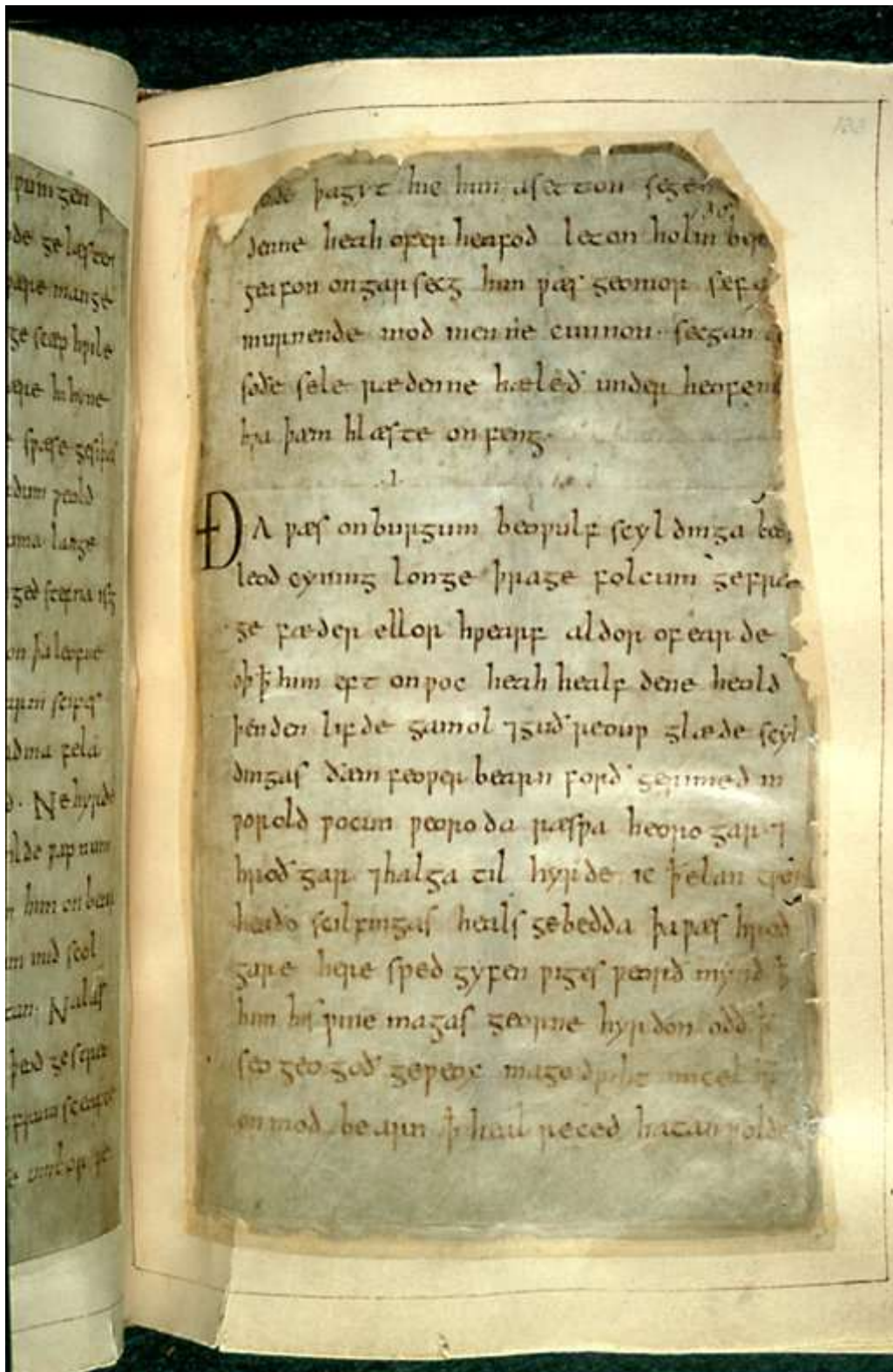
Hail the Æsir!



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

Words from the Witan

Beowulf, Introduction



One of the very first recommendations I have when folk ask me for my "reading list" is Beowulf. Many of the more advanced and academic works often reference or cite Beowulf, so, in my opinion, it's one of the most important works to start with. It is the "Gateway Lore"...

Beowulf is one of the most translated (and debated) pieces of Old English literature. Although the original manuscript is believed to have been composed between 950-1000

during the conversion of our people to Christianity, it is argued that the story itself originated as an oratory tradition far earlier and that the pagan elements and themes can still be seen in throughout the poem.

The original manuscript used for translation is referred to as the Cotton Vitellius A XV. The manuscript was found in the library of Sir Robert Cotton, an antiquarian. Sir Cotton's library was lined with cases of manuscripts, and on the top of each case were busts of Roman Emperors. The bound manuscript containing Beowulf was found in the case with Emperor Vitellius' bust, on the first shelf (A) and the 15th tome in.

Although the manuscript was damaged by fire in the 1730s, modern technology has been utilized to read previously unseen text. The same technology has also been used to determine where the manuscript was changed from its (possible) original version.

Although heavily "Christianized", traditions and culture of our people are still relevant and play center stage in the poem. Courage, nobility, honor, fidelity, and reputation are only a handful of recognizable themes that we can appreciate.

A few things to know when starting your study of Beowulf:

- The story takes place in the late 5th to early 6th century in Scandinavia
- It is important to keep track of the genealogy as you go along (just trust me)
- The narrator is to be trusted. Unlike modern novels or scripts, the narrator does not have agenda.
- Try to apply what you "see" into Asatru themes: loyalty, hospitality, honor. Do not let the word "God" deter you from reading an outstanding preservation of Anglo-Saxon culture, ritual, and tradition.

Stay tuned for more Beowulf in upcoming articles in The Runestone.



Witan Brandy Callahan
bcallahan@runestone.org

The Soul Complex, Pt 2 – The Ek



The Ek, or ego, is the second part of the soul complex listed in Founder Stephen McNallen's book, *Asatru, A Native European Spirituality*. In many modern religions, the Ego is seen as a bad thing, to be surrendered to God or a higher power in order to transcend. You'll see it spoken of as a bad thing in the mundane as well. Often bodybuilders and elite athletes will tell you to "leave your ego at the door" or "your ego is holding you back." In Asatru we reject this notion.

Ek, or Ego comes from the meaning "I" or "I, myself." The German word for "i" is "Ich" which is also from the Old Norse "ek."

It's what defines you as an individual, what makes you unique among the collective. It is what drives the desire for personal freedom, a rejection of submission, and encourages us each to stand out amongst the whole of our tribe or kindred, or Church. A poorly developed ego is part of the soul sickness that our Founder often speaks of. We are taught in the modern world that the smallest accomplishment should be rewarded, that participation is enough, and that standing out is poorly looked upon. In Asatru, what feeds your Ek, your ego, is accomplishment through Victory. That we each share in those victories, and that you should absolutely be proud of all you accomplish. In fact, I often encourage this amongst our folk, if you boast about any accomplishment, for example, buying your first home, getting a promotion at work, proposing to your sweetheart.. All these things can inspire others to take strides toward accomplishing something great. It's Not an inflated ego that makes us boast, it is a healthy one. Boasting about what you "are going to do" is the result of a poorly trained ego. "Planning to win" isn't the same as winning.

In the (Asatru) view, the ego or ek is only "bad" if it is limited by our small, superficial notion of who we are. Even then it is not evil, only incomplete- for even a restricted sense of self is better than "becoming one with God," Dissolving into the infinite sea,"

or “merging with the Oversoul.”

Stephen McNallen, Asatru, A Native European Spirituality.

In the above passage, Father McNallen is referring to the need by Modern society to just merge, or or be consumed by the flowing tide of modernity, that you are not special.

Be exceptional. Stand out among your peers. The pursuit of sameness, of equality, is the destruction of excellence. Train yourself, your ek, to be who you were born to be... a man or woman of exceptional character, with a well trained ego, who looks to climb higher and higher and stand tall among the world. This is your destiny, it is OUR destiny.

A caution; nothing here should be construed as advocating the narrow, deceptive and self-satisfied glorification of one’s self. There is all the difference in the world between egoism and egotism. One is puffery, and the other genuine development. Those who have come far are humbled by how far they have to go, and they will not belittle those who have accomplished less.

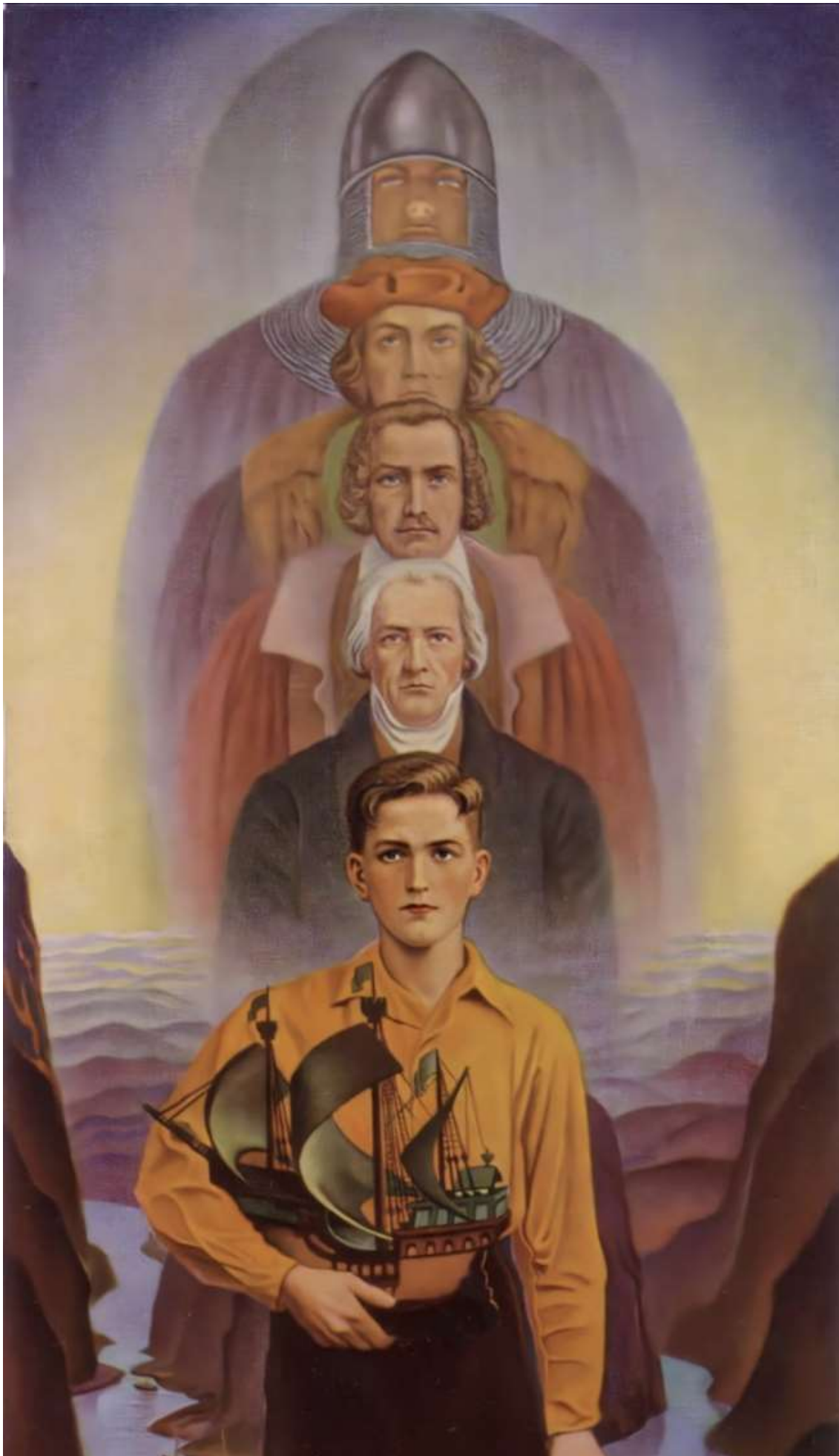
Stephen McNallen, Asatru, A Native European Spirituality



Witan Daniel Young
dyoung@runestone.org

Words from our Gothar

“Warrior Mindset” in the Wolf Age





In Asatru, we venerate all of our noble ancestors, whether they be farmers or preachers or schoolteachers. However, there is one class of Aryan who often stands tallest in our legends: the warrior.

The general view of our faith is plastered with pictures of warriors, from the Celtic rebels of Queen Boudicca to the Varangian Guard, from the united Germans under Prince Arminius to the Anglo-Danish huscarls of King Harold Godwinson. The list goes on and on, but we often venerate these distant heroes more than our less distant ancestors of the last few centuries. The picture and poetry of the martial archetype pervades the Aryan zeitgeist, and likely always will.



We treasure and hold high the warriors of old, as they put their very lives on the line for things that mattered. The warrior is timeless, because he fights for that which is timeless. The warrior is virtuous, because he fights for virtue. The warrior is immortal, because his deeds never die.

With all of this being said, allow me to bring us back into the present, hopefully with equally articulate wording!



How do we carry the warrior with us into our modern world? How do we strive for the things that matter in a productive way? How do we adopt that warrior mindset in the 21st century? After all, doesn't a warrior need a battle to fight?

That battle is life in the Wolf Age. We can speak on the woes of the world until Ragnarok, but I won't do that here. If you're reading this, you're aware of what challenges the modern world holds for our Folk. You're aware of all the obstacles facing you in your modern life. You know that you can't just smash through them with an axe like a Viking, or parry and slash at them with sword and shield like a knight. What you CAN do, however, is keep marching forward, like an Aryan.



Keep marching forward; over the mountains of toil, across the valleys of sadness, through the forests of doubt, and over the rivers of emotion. Our ancestors, warriors or

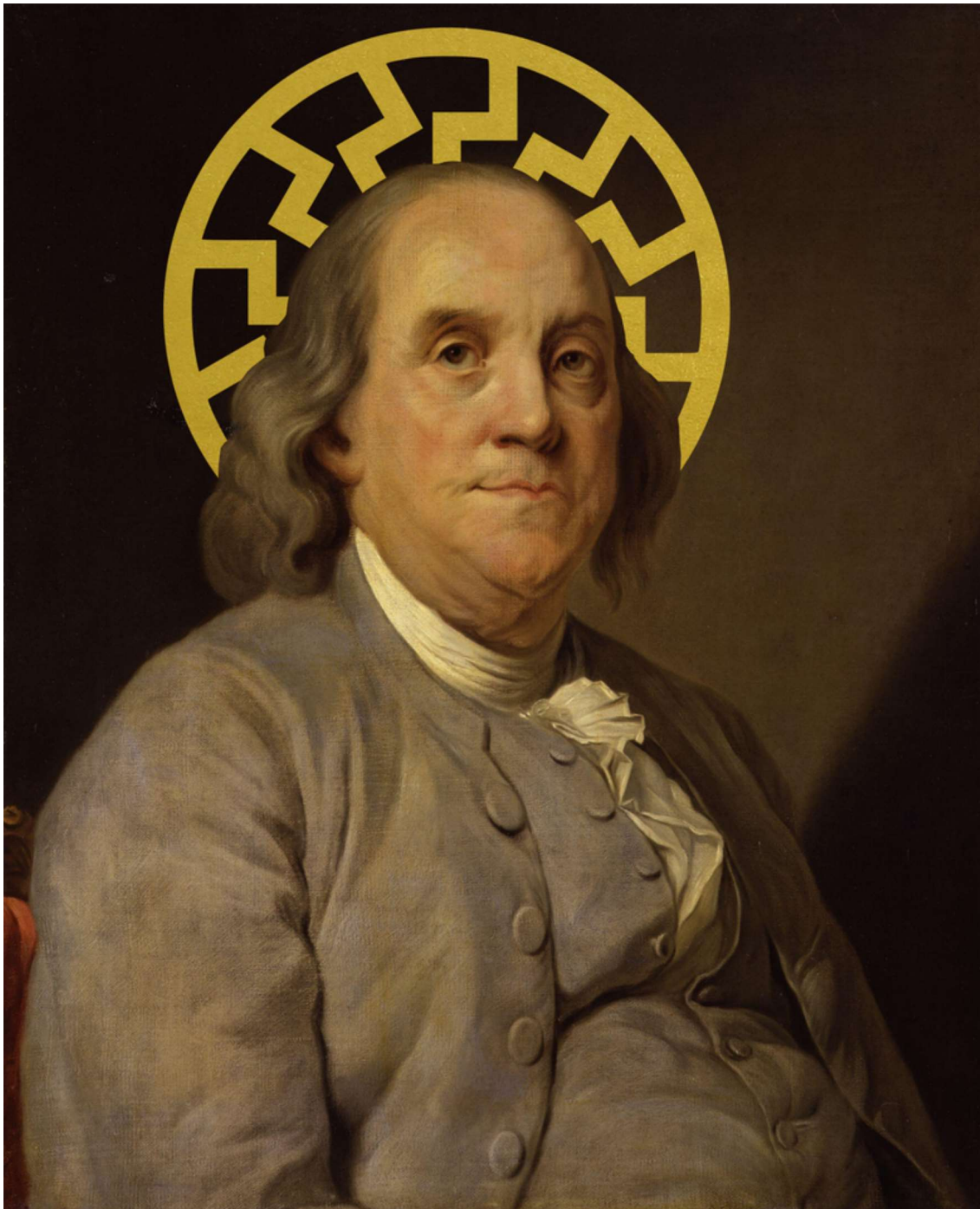
not, never gave up. They marched on, navigating whatever obstacles presented themselves. This was not always as glamorous as battle, but it was just as important. Obstacles are meant to be defeated, just as battles are meant to be won. That is the warrior mindset.

Remember who you are, and keep marching forward.



Gothi Trent East
teast@runestone.org

Our Germanic World-View in America's Founding



Everyone has heard America referred to as a “Christian Nation”. Setting the etymology of the word ‘nation’ aside, most of our founding fathers considered themselves Deists.

While the majority of settlers certainly considered themselves Christians our Germanic world-view and folk traditions were still firmly in place in the 1700s. Focusing on Benjamin Franklin in particular we see our ancestral wisdom echoed in his writings and his life.

Until a split with his parent’s Puritan faith it was planned that he would attend Harvard to become a pastor.

In 1727 at 21 Franklin formed the Junto club, a form of männerbund. The founding

members were craftsmen, printers, surveyors, cabinet makers, clerk, and a bartender... not top bankers and merchants in the colonies. Membership was based on a “spirit of inquiry when it came to politics, philosophy and a desire to better themselves and the community.”

“Early to bed and early to rise, makes a man healthy wealthy, and wise.” is Franklin’s most famous quote. It’s similarity to verse 58 of the Havamal is striking.

He must early go forth | who fain the blood
Or the goods of another would get,
The wolf that lies idle | shall win little meat,
Or the sleeping man success.

But this is not the only instance. In his Moral Improvement Project we see a sort of Nine Noble Virtues.

Temperance – “Eat not to dullness; drink not to elevation” combines both verses 19 and 20.

The greedy man | if his mind be vague,
Will eat till sick he is...
Shun not the mead | but drink in measure;
Speak to the point or be still.

Silence – “Speak not but what might benefit others or yourself. Avoid trifling conversation” is touched on in verse 19 as well, but is even better expressed in verse 27.

A witless man | when he meets with men,
Had best in silence abide;
For no one shall find | that nothing he knows,
If his mouth is not open too much.

Industry – “Lose no time, but always be employed in something useful; cut off all unnecessary actions” is literally one of our Noble Virtues, Industriousness we get from verse 59.

He must early go forth | whose workers are few,
Himself his work to seek;
Much remains undone | for the morning-sleeper,

For the swift is wealth half won.

This is not to say Benjamin Franklin was even aware of the lore, but that the ancestral memory still held these ideals. That as recently as the founding of America our gods were shining through the men who built this country.

Thomas Jefferson likewise recognized our ancestral world-view when he spoke of what guided our founding documents "...the common law existed while Anglo-Saxons were yet pagans, at a time when they had never yet heard the name of Christ pronounced or knew that such a character existed."

Moreover, he wanted the seal of these United States of America to be Hengist and Horsa, the Germanic brothers who is said to have led the Angels, Saxons, and Jutes in their invasion of Britain in the 5th century. According to the historian Bede, Hengist and Horsa were the sons of Wictgils, son of Witta, son of Wecta, son of Woden.

That's right, Jefferson wanted to make the seal of this nation the descendants of Woden!

So, on Independence Day; remember our ancestors, the founders of this nation, did not declare independence from our folk-ways or our faith.

Raise a horn to Woden!

Hail All-Father!

Hail the Founding Fathers!



Gothi Lane Ashby

lashby@runestone.org

Spirituality vs Religion



Spirituality contrasts entirely the systems of anti-natural dogmatism, in which spirituality is separated from life and in permanent conflict with other parts to divide reality into which is intended to render people mentally confused, disturbed in order to make them easily controlled.

This is what Imperialist cults do when its goal is to enslave humanity, make everyone join the flock or cult in the name of religion or as the case today the cult the religion of ultra liberalism a new religion.

The word holy as I see it, has been co-opted from our Elder Way, which the word holy meant wholeness of our Being, HAMR-the body, HUER-mind, will, intellect, and OND-/ANDI, soul, spirit, the vital breath. The bringing together of this reality, our Being, is the true meaning of Holy.



Gothi Thorgrun Odden
todden@runestone.org

Guido and the Armanen Runes

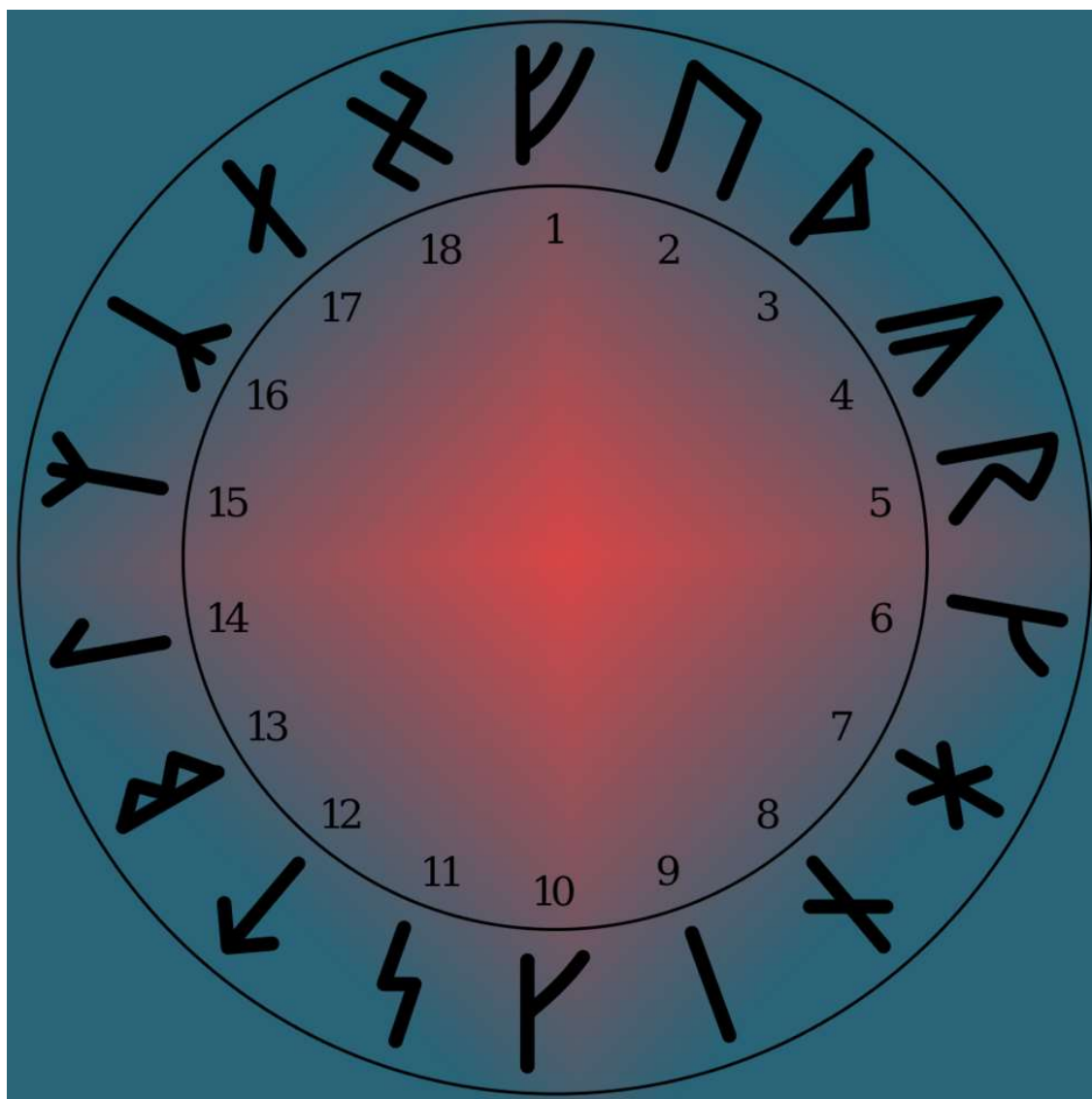


Hails from the Great Pacific Northwest! The Midsummer celebration at Odinshof this year was an amazing experience as always. The energy there has been evolving over time to become a family centered atmosphere which is great to see. The blots to Odin

and Baldr were stirring as led by the Alsherjargothi Matt Flavel and Gothi Trent East. This year Witan Brandy Callahan led the women in a special moving chant calling our folk home in old Norse, and I have to say that it was the magical moment during the midsummer celebration. I also had the honor of giving a presentation about the Armanen runes on Friday afternoon and I would like to speak about them here.

The Armanen Runes are Guido von Lists' divinely inspired interpretations of the spell songs of Odin. During an extended period of blindness following surgery on his eyes, he had an unverified personal gnosis of these poems' meaning, believing them to be the original language of the Aryan people. If one studies and meditates upon Guido von Lists' Armanen runes and their meanings it will lead that person to an enlightenment as to their own divine nature.

My own personal gnosis was with the Elder futhark. The Elder futhark runes each have poems associated with each separate character. Meditating upon these poems and their shapes have revealed to me that each of these rune staves have a vibrational frequency associated with it like the keys on a piano. This frequency is generated with intense feeling and emotion, which is then directed at the object of desire. For example, Fehu is the frequency of value. If you had \$10,000 in your hand what is the feeling that is generated? That feeling is that of value in that you can make things happen, you can cause change with it. If you take this feeling and encapsulated yourself in it without any distraction and with high intensity you are creating magic. You will without a doubt get a check in the mail, or a rise in social status, of course you must not have any doubt at all about what you are doing but accept it as a fact. If you think "this won't work", "or this is silly", it will destroy what you are trying to accomplish. You must correct those negative thoughts with positivity and the positive thoughts must outweigh the negative for your magic to work.



The difference between the Armanen runes and the Elder Futhark is for example the difference between a car and a tool. You can build things with tools including the car, but the already finished car will drive you around and you might not know how the car works, but it does.

The individual frequencies of the elder futhark runes allow you to micromanage when implementing your will here in the world of Midgard. The Armanen runes followed to enlightenment, allow the forces of the Nordic God to provide you the things you require in this world, as you have become a higher evolved being in that you are an instrument of the Nordic god.

It has been several years now since my spiritual rebirth here in Midgard, and I would like to say that I have become an instrument of divine consciousness, but it seems to be an almost impossible thing to accomplish. However, I have learned many things in the past 5 years and one of them is persistence. When things seem impossible in all reality they are not, all things are possible, and it depends where you place your energy. If you

stumble in your practice, get up and try again and at some point, a breakthrough will occur, or opportunities will present themselves and help with one's own evolution.

I will end this article with Meister Guido von List's Hagal rune – “introspective awareness, the consciousness to bear his Nordic God with all his qualities within himself, produces a high self confidence in the power of the personal spirit which bestows magical power, a magical power which dwells within all persons, and a power which can persuade a strong spirit to believe in it without any doubt. Borne by this consciousness which has no doubt inherent, the chosen one controls the physical and spiritual realms, which he contains comprehensively, and thereby he feels himself to be All Powerful. Therefore: Harbor the All in yourself, and you will control the All!

Hail the Gods! Hail the Folk! Hail the AFA!



Gothi Joe Rozanek

jrozanek@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 \$109,370 on our remaining loan.
2. We need to raise our monthly donation average by 4.2%.
 - This is membership dues/hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

This is not a "quick" process so stay patient and resolute. As we progress, I will keep you all updated on our progress!

Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org



Sigrheim: Home of Victory



We've got some awesome things happening at Sigrheim, including the first national event in Tennessee—Sigrblot! They'll be more information about it later in the article, but don't forget to get your [tickets](#) soon for Sigrblot at Sigrheim on July 22nd. Come celebrate with us!



In addition, we've got next month's Freyfaxi celebration with 2 very special guests.
Come on out y'all!

Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨ ✨ ✨
amazon

Thank You!

We've now gotten a couple generous packages from Folk that sent us some of the products off our Wishlist. A huge thank you to those two fine gentleman, and a future thanks to anyone else who takes the time to send us any of th items that we need to help Sigrheim function and grow.

[> Check out our Wishlist HERE <](#)



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6pm PST / 8pm EST

vk.com/asatrufolkassembly

entropystream.live/app/MattFlavel

youtube.com/c/AsatruFolkAssembly

odysee.com/@AsatruFolkAssembly:e

twitter.com/FolkAsatru



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

AFA Homeschool Program



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

New Parent and Student Orientation

A dark blue rectangular graphic with a light blue semi-transparent box in the center. The text inside the box is white and reads: 'Homeschool prep class for 2023-2024 Teams meeting July 16, 2023 at 10 am PST'. A faint, larger version of the Asatru Academy logo is visible in the background of the graphic.

Assistant Dean Rachel Johnson will be giving a video class for parents and students on the INS and outs of our online learning platform . She will also be giving tips and tricks to successfully homeschool. Rachel is an expert in homeschooling, and knows our academic program inside and out. She has a wealth of experience and all our new parents, and even our returning parents, will benefit greatly by attending. The session will also be recorded and made available for parents who are unable to attend live. We look forward to seeing you!



Gothi Rob Stamm
Dean of AFA Academy
rstamm@runestone.org

Remembrance & 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 4	Day of Remembrance for John Yeowell “Stubba”
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 21	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 18th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31 (observed on 16th)	Yuletide

Day of Remembrance

Sveinbjorn Beinteinsson - July 4th



Alexander Rud Mills - July 9th



Alexander Rud Mills was born in Forth, Tasmania, and lived from 1885-1964. He was the guiding light for the foundations of Asatru in Australia.

In 1933 Rud Mills began writing books about our faith and in 1936 he founded the Anglecyn Church of Odin. Mills was able to build a solid Asatru community, but during the turbulent times of the Second World war, Rud Mills was bitterly persecuted by his government, and the community that he built suppressed. With no evidence against him of illegal activity, Alexander Rud Mills was imprisoned. It was nearly a decade before Mills was released and despite all of his efforts, he was unable to revive his church to its former glory.

All was not lost, however. Alexander Rud Mills's many publications and his passion lived on and inspired a new generation. In the 1970s a group of Odinist Students at the University of Melbourne campaigned to have Odinism recognized as a formal religion in Australia, hoping to be able to protect the faith from the same persecution that Mills suffered. It took almost two decades, but by the early '90s, Odinism was granted religious status in Australia. Alexander Rud Mills's vision also, notably, inspired Else Christensen, who was a leading voice of Asatru in North America.

So, what can we learn from this story?

Alexander Rud Mills didn't live to see the culmination of all of his hard work. When he died Odinism and Asatru were still a repressed faith in his homeland. Even without reward and recognition, he worked until his death, to try and revive the ancient folkway. And he did succeed. Could he have ever imagined how far-reaching his influence would be while he lived? Despite being imprisoned and persecuted for his beliefs, Alexander continued. Even without knowing that his hard work would bear fruit, he continued. He didn't give up in the face of a thankless, and dauntless task. He didn't let his ego or his own self-importance stop him from doing what he believed he needed to do. There were no rewards. There were no praises. There was nothing in it for him except the knowledge and the belief that he was doing the right thing for his folk.

Take from this story the need to remember that the bigger picture, even when we can't see it, is so much more important than just ourselves. We do what we are doing for our children and for their children so that when we are gone they have a foundation strong enough to hold them up and help them build better and stronger.



Gythia Catie Erickson
cm.erickson@runestone.org

Holiday

Sigrblót - July 15th



Sigrblót literally means ‘Victory Blot’ and was celebrated by our ancestors in the early summer months. On the one hand, our ancestors were celebrating their victory over the harsh winter. Life had won. On the other hand, our ancestors performed blot to ask for victory. With the warm weather and the completion of the planting time the men often

turned their minds to the duty of man. War. Practically speaking, summer was the better time to organize new campaigns and to set sail.

In our modern times, the vast majority of us are not familiar with war in a personal way. We do, however, all have our struggles. Sigrblót is a time to refocus. It is the time we can use to reorganize our priorities, to figure out the steps we need to take in order to reach our ultimate goals, and to break free from those that we struggle with.

One great way to celebrate Sigrblót is to offer a meal or some other item that you spent time making in thanks for the victory of life. Another option is to sacrifice a bladed weapon to the fire. A nice knife, for example, the blade dulled in battle so that it cannot be used against you (this is symbolic, of course), offered to the fire is a great way to ask our Gods for victory during the coming winter.

A gift for a gift.



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Events

Sigrblot at Sigrheim | July 22nd



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

The first Sigrblot at the home of victory!

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

This is the time we come together to honor both the summer and to make offering to Odin in hopes of his blessing for that which we are striving forth to conquer or acquire for us and our Folk! In times now passed, our Folk would be asking for Odins blessings

in battles and raids! And we ask now at this time for him to accept what we have to offer that he may lend his strength to see us victorious in our current endeavors!

Blot! Feasting! An auction with one-of-a-kind items! And,

The 1st ever Victory Tournament! Come test your skills on the field of honor! Tug o war! The Hammer throw! Jomsvikinger! Farm Walk! Race! Arm wrestling! And more!

Who shall taste defeat and who shall reign as The Supreme Victor?!

Camping is available on site. There are hotels within 20 to 30 min of Sigrheim as well and you will be responsible for your own camping gear or other accommodations off site. You are welcome to come and gather before or to stay after, but the event begins at 9 A.M. on Saturday July 22 and goes through the evening. Or you can choose to come and go throughout the weekend.

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

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

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

The registration for this event is \$20 plus an auction item per person. OR \$50 per person. Children free.

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

Folkbuilder Nicholas Rice

nrice@runestone.org



Freyfaxi at Baldrshof | August 18th-20th



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

7 Meals * 4 Blots * 3 Morning Dedications * High Sumbel * Daily Fika * Multiple Educational Discussions and Classes * Childrens Activities and Sumbel * Merchandise Table * Live Auction and Silent Auction * Baldrsball * Meet your Folk and local and National Leadership.



Freyfaxi At Baldrshof 2023

Our national event!



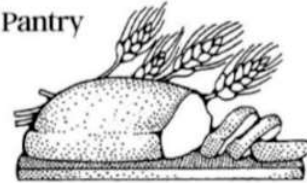
Friday 8/18:

- 8 am: Breakfast
- 9 am: Dedication -Baldr
- 10 am : Fika
- 11 am: Welcoming of the Gods
- Noon: Lunch
- 1 pm: Men's/Women's groups
- 3 pm: Class 1
- 4 pm: Folk time
- 5 pm: Dinner
- 6 pm: Baldrsblot
- 7 pm: Baldrball
- 10 pm: Hof closes



Saturday 8/19:

- 8 am: Breakfast
- 9 am: Dedication- Else
- 10 am: Fika and Food Pantry
- 11 am: Class 1
- Noon: Lunch
- 1 pm: Class 2
- 2 pm: Folk Time
- 4 pm: Freyfaxi Blot and Ceremonies of the Folk
- 5 pm: Dinner
- 6 pm: Auction/ Complete silent auction
- 8 pm: Sumbel
- 10 pm: Hof closes



Sunday 8/20:

- 8 am: Breakfast
- 9 am: Dedication -Ancestors
- 10 am: Fika
- 11 am: Wayfarer Blot
- Noon: Hof closes / Cleanup



Come celebrate with your Folk this Freyfaxi 2023 at the House of Baldr!

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

Witan Brandy Callahan
bcallahan@runestone.org



Texas Harvestfest | August 25th-27th



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

Texas Harvestfest is a celebration of labor, accomplishments, and triumphs of our Folk at the end of the harsh southern summer. The evening of August 25th through the morning of August 27th, we will gather to give honor and thanks to Freyr for the abundance and fertility that we have been blessed with over the growing season before we begin our preparations for winter.

Over the course of this weekend-long festival, we will enjoy games, participate in workshops, hold an auction, have great food, and hold Blot to our Gods. We will have a group hall to gather in, with multiple barracks that can house many people, all on a beautiful lakeside looking out upon the cliffs. Tickets will sell out quickly, so reserve your spot now to Texas Harvestfest 2023!

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



Folkbuilder Justin Day
jday@runestone.org

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



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

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

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

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

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

While there are plenty of contests, we still have plenty of time for several workshops, and speeches by guest speakers. Craftsmen will also bring their wares out to sell and authors to sign their books. An AFA benefiting auction will provide ample opportunities to walk away with a bag full of spoils.

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

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

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

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

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

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

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

Please feel free to reach out to Tyler Heinlein at theinlein@runestone.org with any questions.

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



Folkbuilder Tyler Heinlein
theinlein@runestone.org

Winter Nights 12 | October 27th-29th



The Asatru Folk Assembly's Annual Winter Nights will be held from October 27th - 29th!

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

We look forward to seeing members and friends!

Your registration includes all workshops, lectures, meals, 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.

Register [HERE](#) today!

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.
- Tenting is available on-site.
- The location will be provided after registration as the event gets closer.
- Please contact Witan Clifford Erickson if you will attend.

Member Family – Weekend: \$120

Member – Weekend: \$80

Member – Day: \$40

Guest – Weekend: \$100

Guest – Day: \$50

Child – Weekend: Free

Child – Day: Free

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



Witan Clifford Erickson
cerickson@runestone.org

Folkbuilder Spotlight

Michael Butler, Apprentice Folkbuilder, Indiana



I hope everyone had a wonderful Midsummer. I want to highlight this month Apprentice Folkbuilder Michael Butler of Indiana. I first met Michael, his lovely wife Lisa, and their kids at Winter Nights 11 in Ohio. I was immediately struck by how well they fit the ideal of Aryan nobility.

Later, when I spoke to Michael about his interest in becoming an Apprentice Folkbuilder for the AFA I was stuck by how levelheaded he is and how he understands the need for all of our Folk to come together to build the future, as he would put it.

Michael has been representing and organizing the AFA very well in Ohio, in Indiana and nearby. He has been responsive to a few shifts in focus given to him from both me and from Alsherjargothi Matt.

I am pleased to have Michael on the Þórshof North team, and I look forward to to his continued success

Hail Michael Butler!



Witan Clifford Erickson
cerickson@runestone.org

Be a Doer



We need you to volunteer for the AFA!

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

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

Baby Blanket Project

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

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



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

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

Folk Services

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



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

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

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

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

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org

Introducing the Newest AFA Kindreds

Nordstern Volk Kindred, Colorado



Please welcome the Nordstern Volk Kindred of Colorado as one of the newest Official Kindreds of the Asatru Folk Assembly.

Led by Apprentices Nick Salo and Travis Bowdish in Nebraska, these Folk have hosted several moots and events in the last few months and are looking to continue to do big things!

Hail the Doers!

Hail the Nordstern Volk Kindred!!

Hail the Asatru Folk Assembly!!!

Snake River Volk, Idaho



Please welcome the Snake River Volk Kindred of Colorado as one of the newest Official Kindreds of the Asatru Folk Assembly.

Hail the Doers!

Hail the Snake River Volk Kindred!!

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher
jgallagher@runestone.org

Cooking for our Folk



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

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

To this day, I still believe that number one is the most important; but two is the most valuable lesson. So, for example: why would you add flour to the mix when 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 with details of when and where it was served (Hof/moot).



Folkbuilder Mike Joyner
mjoyner@runestone.org

Ancestral Food and Culture

Bread Pudding





Growing up outside of New Orleans food speaks to me, probably more than it should. Certain flavors and dishes become a part of who you are. I wish I could remember ½ the recipes and lesson my grandmother taught me in the kitchen. When it comes to cooking, more specially the old/traditional recipes, it becomes more of a process than a recipe.

Hummus is a great example of this. It's an easy dish, right? Well, it's easy to make, BUT hard to perfect. Why? It is all about the process. These processes are passed down from one line to another. I remember when I was learned to make hummus, the Egyptian man told me his "way of making it" had been passed down over the generations. Note: if you want to learn my process on how to make hummus call or email me.



Now, my grandmother is not an Egyptian man, but she did teach me to make one of my favorite desserts....Bread Pudding. Bread pudding is easy to get good, but once you get

it perfect, you'll always chase perfect. Yes, bread pudding is a process driven recipe. Walking out of Midsummer at Njordshof on Saturday night knowing there was most of a basket of sliced, toasted, going stale bread in the kitchen, I was excited for the next morning. If you have never made bread pudding before. Start simple! Also don't fall for the gimmicky bread puddings, a simple, good, and well-balanced bread puddings tends to beat out all the gimmicky ones. Also, traditional speaking bread pudding contains alcohol in the liquid (all the alcohol cooks offs). Ok ill get off my soap box and get to the recipe/method.

Mead Bread Pudding



Set oven to 350

Bread (you want the two-day old stale stuff that is dry. The dryer the bread the more cream mixture it will absorb but the longer it will take to absorb it. It is a trade off on texture as well. The fresher the bread will give you more of a custardy finished product; whereas, stale bread, if not soaked to death, will give you a really neat layering of textures with a great crust. Remember this dish was created to find a use for bread that was cooked and going stale, not for fresh bread or crazy “bread like items” such as donuts or cinnamon rolls. Crud, soap box again) Your bread can be sliced, hand torn, or cubed. (I suggest French bread or something like a Baggett or Italian loaf. Yes use the crust.)

Liquid amounts depend on how much bread you have. You want to make enough liquid for the bread to be able to absorb most of it.

Mix together until it starts to kinda thicken.

Start with three eggs

Maybe a cup or two of heavy cream

Pinch or two of salt

Pinch or two of cinnamon and/or nutmeg

Cup? Of sugar

Cup or two? of (your favorite that is available) mead. (I suggest sweet mead but you will want to adjust your sugar to accommodate. You can use any hard sweet alcohol or liquor as long as it fits with the flavor you want.)

Yes, you can taste the liquid to see if it is to your liking.

Stir in the bread, wait a little bit, and stir the mixture again, wait a little bit and stir the mixture again. You are looking to make sure the bread absorbs most of the liquid. When you feel (not think) it is ready put it into a greased pan and bake it at 350. Baking time will differ based on the size of pans and amount. Pull when it is solid.

On the last stir I added in a small, chopped apple for pop of flavor and texture.

I was taught a valuable lesson years ago in regard to cooking: once you fully understand the rule, you will learn how to bend them. The more you cook and learn to create your own recipes like our ancestors did, the more you will learn that you can reuse recipes for similar things. This recipe can also be used to make French toast. You just wouldn't soak the bread, just dip it. You will want to favor egg over cream.

Any questions on this recipe/process feel free to call or email me.



Folkbuilder Mike Joyner

mjoyner@runestone.org

Folk Web



Here is an updated list of job openings for the Folk Web Skills and Job Network:

Nationwide roundup for Folk Web Skills and Job Network. Please share and keep inquiries incoming! This is proving a success and gaining traction. Let's keep it up!

OPENINGS:

Northern Illinois (hiring nationwide)

You can reside and work interstate, no need to move

Job openings , high demand for barge deckhands , no experience required

Travel, lodging, meals covered

\$210/day starting pay + benefits packages, fluctuating schedules

Contact Folkbuilder Shane Duffy

sduffy@runestone.org

Northern Illinois, Rockford area

Labor and construction work, varying skills and jobs, negotiable pay

Contact Folkbuilder Jim Cummings

jcumings@runestone.org

Arizona, Colorado, New Mexico

Various departments hiring for a fortune 500 mining company, some require experience and others don't

Lodging is available for certain departments

Contact Folkbuilder Lou Nickerson

lnickerson@runestone.org

North Dakota, Fargo area

Apprentice Stian Penner is offering Workshops, classes and is also open to hire for commissions and projects utilizing the following skills:

Welding (bachelors degree)

Woodworking

General construction

Cabinetry

Carving

Blacksmithing/bladesmithing/metalwork

Signmaking (day job rn)

Painting

Drums

Knotwork

Sculpture

cpenner@runestone.org

Montana (reaching out Nationwide)

Folkbuilder Tyler Heinlein is looking for various skills building his homestead

-midwives who can be remote and travel when needed

Commission work:

-woodworker who can do knotwork and/or statue carving

-Mason who can handle stone arches

theinlein@runestone.org

West Indiana (Remote, nationwide online courses)

People who currently work in the graphic design industry, or who work in metal fab industries as production artists or fabricators that want to step up their game by adding engineering to their resume would benefit from learning AutoCAD. There are a ton of other programs to use, but AutoCAD is the original one most all others have been based on and therefore the interface language across most of them is similar. If you know AutoCAD, it's a good stepping stone to other more advanced software. Generally speaking, 90% of engineering work that is done in the world CAN be done with AutoCAD so it's a good one to know.

1. General discussion on how AutoCAD engineering software is used in architecture, civil, and multiple engineering industries.
2. Blueprint reading for basic drafting layouts used in mechanical and architectural drafting
3. 2D vs 3D AutoCAD (Note: I can cover 2D AutoCAD but not 3D AutoCAD because I do not know 3D well enough to teach it.)
4. Internet sources I found useful for self education- these are mostly Youtube videos and the Autodesk website.

Contact John Kelly or Folkbuilder Shane Duffy for info

North Carolina, Hendersonville area

-Manufacturing Associate and/or installers

Position open for a leading provider of high-quality custom closets, Murphy beds,

home office cabinetry, and garage cabinetry. We have served the greater Western NC and Upstate SC area for 20+ years.

We are in search of a new employee to work in our production facility. This employee will play a vital role in our manufacturing process. Daily tasks include...

Preparing manufactured jobs to be sent out for install
Assistance in loading outbound product and receiving inbound shipments
Operation of materials handling equipment - forklifts and pallet jacks
Cross training on large-scale panel processing machinery
Shop cleaning and organization tasks
Basic requirements...

- Valid driver's license and reliable transportation to work in Hendersonville everyday
- Proficiency with basic hand and power tools
- Willingness to work late on weeknights and work some Saturdays when the workload dictates
- Ability to communicate effectively with co-workers, and managers
- Productivity and quality-driven work ethic

Preferred experience...

- Previous employment in a production or factory environment
- Previous employment or experience in cabinet making, woodworking, or other manufacturing
- Experience in operating a forklift
- Experience working with large industrial equipment/machines

We're also hiring installers, the only difference is the preferred experience:

Contact Apprentice Tyler Bethea
tbethea@runestone.org

FOLK IN THE MARKET:

Illinois, Ottawa area (Remote, nationwide editing and

- 15 years of professional level videography and photography -
 - photo and video editing experience
 - experience recording live bands, filming weddings, photography of weddings, editing raw footage and transferring to many mediums
 - photo editing studio able to meet all needs
 - Experience as production assistant
-
- Owns all the professional equipment for a portrait studio, including microphones to do video and audio as well, and I have full editing capability with Adobe products.

Contact Tilmon Yearwood or Folkbuilder Shane Duffy for info

Arkansas, Mountain View Area,

- Married Folk with a family newly moved to the state

Ian:

- 10 years retail and restaurant management and consulting.
- Managed crews with up to 50 staff.
- Negotiated with local food distributors.
- Consulted with opening new locations.

Catherine:

- 11 years of office administration in higher education.
- Strong customer/student service focus in person as well as via phone, email, and chat.
- High level data entry (attention to detail, 80+wpm typing).
- Remote work experience.

Contact the Folk if you have the means, otherwise contact Folkbuilder Shane Duffy or Apprentice Tabatha Owens

sduffy@runestone.org

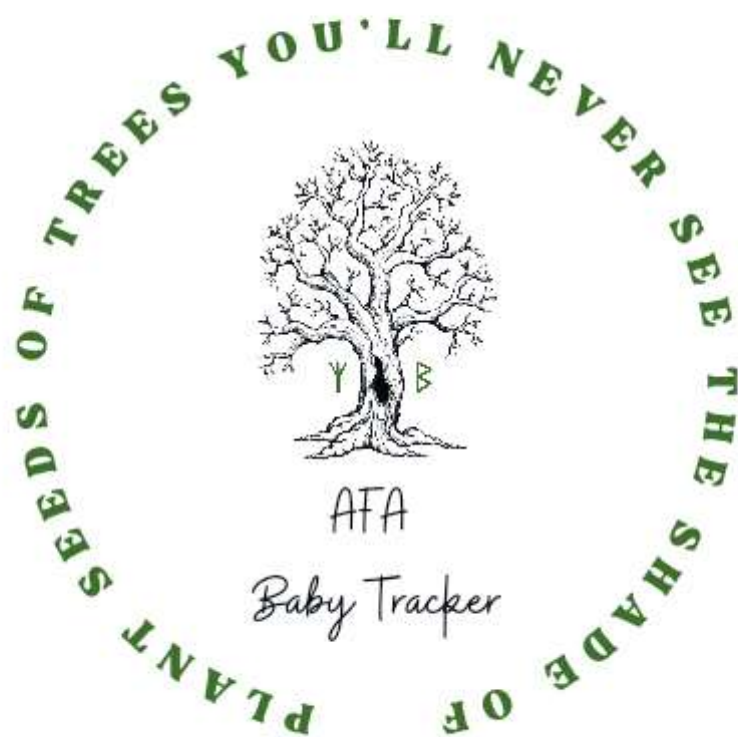
towens@runestone.org



Folkbuilder Shane Duffy

sduffy@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: 18

Saga's Literature Project



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

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

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

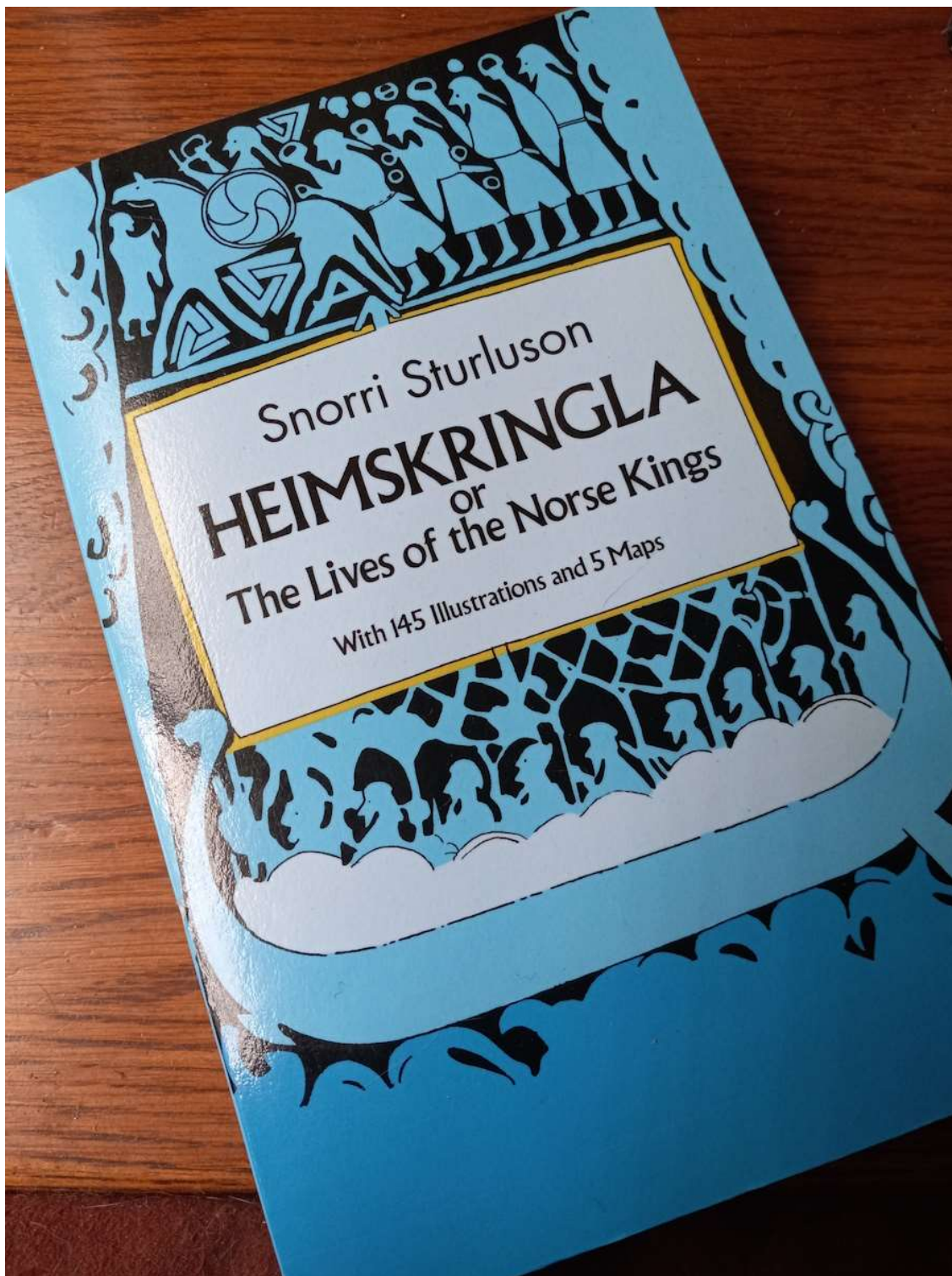
Saga needs your help! Submit any ideas or write-ups you have on the topics listed above to me, Apprentice Folkbuilder Shane Duffy at sduffy@runestone.org!

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

The Study Goes On!



We will resume lore study 7/11/23, beginning anew with the Heimskringla! Please feel free to review the Prose and in Poetic Eddas on the origins of the gods & on Asagard, for some great discussion material! As always off topic questions & curiosities are also welcomed at the end of our readings. As the upcoming books are fairly large, we will be doing our best to begin reading promptly, and to keep it 30mins or less at a time, so we have time for questions afterwards. We look forward to seeing you all again on Tuesday nights!



Gothi Jason Plourde
jplourde@runestone.org

Ladies Mysteries Podcast

LADIES MYSTERIES PODCAST

July 23rd at 2:30 pm CST

Gythia Catie Erickson Folkbuilder Sara Ault
 Writing Your Own History Building a Vaetter House

Folkbuilder Christine Dumas
 Ritual Runic Beads

Contact Christine Dumas for more information
cdumas@runestone.org

Virtue Recovery Group



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 Eldri: A Time and Place for Us!



Four fourteen weeks, a dedicated group of AFA members have gathered from the far corners of the country for our virtual Eldri meetings, hosted on Teams. The name is the Icelandic version for elders, which is our specific demographic. I created this MeWe group with associated chat to have our own place for topics pertinent to us.

They range from current news and cultural events to analysis of history, such as the War of Independence from England. Add in memories from our shared decades here in Midgard, and you'll see we find plenty to discuss.

I'm a strong supporter that EVERY member should have a MeWe account – especially for special interest groups like AFA Eldri. Our regular times are Fridays at 2:00 PT. It costs nothing -- and could bring great dividends to your life. If you're age fifty and older, we welcome you!

Gythia Shiela McNallen
shiela@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.



Folkbuilder James Ault
jault@runestone.org

Updates to the AFA Store



Hi everyone!

Our AFA store at runestone.org/store is undergoing some improvements which aim to improve order processing time and the responsiveness to store inquiries. Merchandise is temporarily unavailable while we implement these changes and get our new store management trained. We look forward to launching new AFA merchandise later this year and to having some of the traditional stock available for sale in a few weeks.

In the meantime, the store is still processing orders for donations, fundraisers, and events. You can also get AFA merchandise by visiting our Hofs or events. If you have placed a merchandise order and need an update on it, please contact store@runestone.org for assistance.

Also, please know that if you need a new membership card because you have changed your membership level or have lost your membership card, please email store@runestone.org for a replacement card.



Witan Clifford Erickson
cerickson@runestone.org

Njörðshof

Food Pantry at Njörðshof



The folk gathered together on June 17th to help our community. During June's food pantry, we were able to feed 22 families! There were many familiar, grateful faces. Hail the doers!

Katie Joyner



Apprentice Folkbuilder
kjoyner@runestone.org

Midsummer at Njörðshof



Many families traveled far and wide to attend Midsummer at Njordshof. WE were blessed to have several dozen in attendance for the two-day event.



The first day kicked off with the monthly food pantry. Next, everyone gathered for the blessing of the food and a delicious meal of vichyssoise, gazpacho, and grilled chicken. Once all of the bellies were full, the ladies adjoined to the front hall for Frith building, flower crown making, and general merriment! The children had a great time with their crafts. The gentlemen adjourned to the sanctuary for the men's discussion.



Jason Plourde let the folk in a blot to Baldr. After our group photo, dinner consisting of a homemade German hot dish, salad, and homemade bread was served. Delicious pear pie was the crown of the dessert table



After dinner, everyone got together to wish Lawspeaker, Allen Turnage, a very happy birthday (including singing and a homemade cake with candle!).



On the second day, everyone gathered back at the Hof for a light breakfast provided by all the ladies. Thank you ladies! The festivities concluded with a Wayfarers' Blot conducted by Gothi Lane. We left with full hearts and souls.



Katie Joyner
Apprentice Folkbuilder
kjoyner@runestone.org

Upcoming Events at Njörðshof

Njörðshof



2023



Yule

Feast of the Einherjar
November 18th

December 16th - 17th

Þórrablót
January 21st

Winter Nights
October 21st

Charming of the Plow
February 3rd - 5th

Winter Finding
September 16th - 17th

Ostara
March 18th

Freyfaxi
August 19th

Hexennacht
April 15th

Sigurblót
July 15th

Midsummer
June 17th - 18th

May Day
May 20th



The Harshest Winds Make the Strongest Wood

Boasts, Toasts, and Brags

Announcing Baby Plourde



Anna and Jason Plourde are pleased to announce the birth of their daughter, Irene Mae.

Irene was born on June 8th, in Florida.

We are looking forward to seeing her grow up surrounded by our wonderful Folk!

Hail the Future!



Gythia Anna Plourde
aplourde@runestone.org

Arkansas

West Virginia Moot



We went to Black Water Falls to see the waterfall. It was going really fast which usually its slow most of the time. It was a beautiful sight to see. Afterwards we went and had a

picnic. Then we went to see the nature center and a little hike to see another waterfall. We all had a great time.

Upcoming Events



Tabitha Owens

Apprentice Folkbuilder
towens@runestone.org

Guess Who's Back!



I have returned to Folkbuilding! I took some time off to deal with some personal matters, and now I'm back at it again! I have an upcoming Moot this weekend, we have many new members in Arkansas I have not met yet. Time to connect you guys into the family!

I will also be traveling to nearby states and working on getting them up and going. Look forward to seeing you at a Moot!



Folkbuilder Jesse Parton
jparton@runestone.org

Florida

June Panama City Craft Beer & Billiards Moot



The Panama City Florida's June Craft Beer and Billiards Moot was a nice relaxing day. We had a great time playing pool and enjoying some Craft beer. Each pool table had its own shelf, each decorated with different art. The pool tables were nice, the beer was cold, and the atmosphere was delightful. I look forward to the next time.

Hail the Folk!!!

Upcoming Events



Panama City Funland Arcade and Dinner Moot. July 29th, 2PM CST
 For more details, contact
 Apprentice-Folkbuilder
 Amy Stoddard @
astoddard@runestone.org



Amy Stoddard
 Apprentice Folkbuilder
astoddard@runestone.org

I Serve the Folk

I am a servant to the folk. The AFA leadership are servants to the folk. The folk serve the goddesses and the gods. The goddesses and gods love us like family.

When I took my oath as a Folkbuilder, I turned around and faced the folk. I stated to the folk at Thorshof and at the same time the folk of the AFA, “Brothers and sisters, I love you”. From my oldest child to my youngest grandchild, I constantly tell them that I love them. When I made that statement to the folk, what I was saying was that I consider you, the folk, my family. I believe this love of family is what makes a good leader.

I have professionally advised and counseled people for over 20 years. Although this has helped me understand people, it is being a father, a grandfather and being a good friend that has helped me the most on the path to being a good leader.

I have functioned in the role as a druidic priest/Gothi for over 12 years. I have led rituals for approximately 80 people in public and over 30 people at my own home. I have conducted, help conduct or trained those that have conducted a blot in over 200 blots in correctional institutions. I have counseled and taught many on our path, but it is

being a father, a grandfather and being a good friend that has helped me the most on my path to being a good leader

On this path to being a good leader, this is what I have learned.

A leader has to put aside their ego and their personal desires, and do what is the best for the family/folk. A leader cannot force or command those that they lead. This may work with a small child, but it will not work for an adult. A leader cannot say “Please” with their mouth, but deliver it as a command with their face. A leader cannot talk down to an adult and expect that they will respect their leadership. A leader cannot make their efforts to serve the folk, just an endeavor to receive praise to boost their ego. A leader should be humble and let others receive the praise. A leader cannot be absent from leadership and pass their responsibilities off to someone else. A leader is not fake, but is genuine. A leader says “sorry” and means it, when they have wronged someone or made a mistake that caused their family/folk discomfort, or harm.

A leader does not play favorites. A leader is fair to everyone. A leader realizes that perception of fairness is important to the folk.

A leader listens, even if it makes them uncomfortable. A leader puts aside their own bias to try to see the issue from the other person’s perspective. A leader contemplates the statements made by someone and does not summarily dismiss the other person’s opinion because it disagrees with their own opinion.

A leader strives to be better. A leader does not have to be right, but a leader should strive to make it right. A leader does not rest on the accomplishments of today, but looks forward to the trials of tomorrow.

A leader should not wait for other’s opinions, but should ask for opinions and criticism. A leader cannot improve if they believe they are doing the best they can do, when they are not. Introspection is difficult and usually is only accomplished by the critiques of others.

In my endeavor to become a good leader, I am here to listen. If you have issues with anything, I will listen. If you wish, I promise that I will keep what you tell me confidential. If you wish, I will take your concerns to the leadership. It is the least I can do for family.

I don’t know if I ever will obtain the accomplishment of being a good leader, but I know that I will continue to strive for that goal.

As long as I am striving for the goal of being a good father, a good grandfather, a good friend, a good leader and serving the folk, my life is complete.

Hail the Goddesses and the Gods!

Hail the Folk!

Hail the AFA!



Folkbuilder Otto Rafuse
orafuse@runestone.org

Moots, Traveling, and More



If you still contemplating whether you should make it out to a local moot, I'd like to point out a few things. There is nothing more satisfying than seeing folk. It's always a

great pleasure when you schedule a moot that everyone enjoys and it's easy and effortless once you break the ice and attend your first moot. One of the best ways to have find Frith is to spend quality time together outside of the regularly scheduled monthly rituals. In my experience, it builds the community from the ground up.



As a Folkbuilder, I think strengthening our relationships at the grassroots level is an essential part of serving the community. I had such an amazing month, with an

incredible experience at Midsummer at Odinshof, but I couldn't help feeling that I missed out on seeing folk at Njörðshof.



I tried to make as many moots as possible and see as many people as I could in Florida when there was an opportunity. With that being said, I can't wait to see everyone a Sigrblot in July and I look forward to getting together with all of you as much as possible. If you're new to the AFA and don't know how much you'll like going to a moot, I recommend jumping right into the fun. Happy Mooting!

Frith vs Grith



Within Asatru culture there is some confusion about what Frith is, especially in comparison to grith. As a result a lot of good folk fail to experience the full benefit of our ancestral spirituality with a culturally correct community. Sharing these points is in good faith with the intention of spreading quality information and to provide opportunities for growth. First, let's look at some definitions to these words.

- fri (y) mn. peace, tranquility, security, refuge, AO CP, . f. niman to make peace: privilege of special protection, and penalty for the breach of it, LL 10[5]: restoration of rights (to an outlaw), LL 316[13]. [Frith]
- Fri+, sb. peace, security, deer-park, forest, wood, S, S2, PP, HD +fryth+, S2, PP.AS. fri cp. OHG. fridu (Otfrid).
- Frith, frith, n. peace.ns. Frithborg (A.S. law), one of the tithings or groups of ten men into which the hundred was divided, the members of each being accountable for a fellow-member's misdeeds.
- Frithgild, a union of neighbours pledged to one another for the preservation of peace Frithsoken, the jurisdiction to punish for breaches of the peace.
- Frithstool, a chair of sanctuary, placed near the altar in a churches at Hexham and Beverley. [A.S. frith, peace Ger. friede.]

It would seem that Frith is simply "peace," and it is often defined and understood that way, but there is something important that we don't get from a dictionary definition,

especially a concise one. Grith, however, is different different even still.

- gri n. truce, (temporary) peace, Ma: protection of the person, asylum, sanctuary, guarantee of safety. [grith]

- Grith+, sb. peace, S +grie+, dat., S.Icel. gri, domicile, place of safety, peace hence gri in the Chron.

Grith is entirely absent in the modern English dictionary. These two terms seem to have the same meaning, with difference or nuance requiring separate words. As for the extra implications of frith, one can interpret frith was a requirement; a sacred bond of unity, solidarity and honor among family and friends that was unconditional and unbreakable. Frith is expressed clearly in the Runelaw for mannaz:

"The bonds of blood are sacred and unwavering devotion to family and folk is demanded. Family devotion is manifested by backing them in any circumstances and avenging them in death."

In the first chapter of Vilhelm Gronbech's "The Culture of the Teutons" the concept of frith is thoroughly discussed, and by the end one wonders where the definition emphasizing peace came from. It should be understood that vengeance is not the central focus of frith, but to deal with violations efficiently .

Grith, on the other hand is more of a common law type concept. It is the peace within the community. One doesn't have to share a bond of frith with someone to maintain Grith with them. It is not reasonable to make a case for true frith with those of our Folk outside of our families and trusted friends. What we can share, however, is Grith. (G)rith is basically to (g)uests what (f)rith is to (f)amily. It seems worth noting that there is more to the rune poem for Fe, involving Frith...

Fe is kinsmen's strife

and flood's fire

and serpent's path.

These kennings can all be related to the saga of the Volsungs, more particularly to the legendary hoard of gold, but also to the vengeance required by Frith. Now for the rune poem for Gipt:

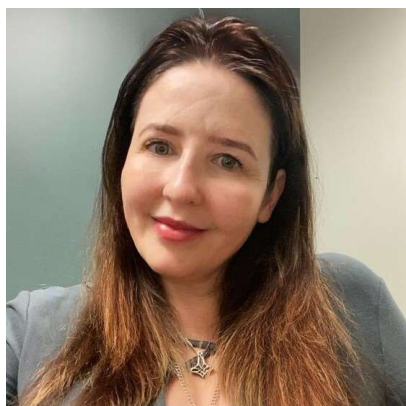
Gipt is King's duty

and lord of friendship

and adornment of maids.

Just as it is the responsibility of the head of a household to maintain the Frith of the family, it is a matter of community leadership to manage Grith. It is up to a family, kindred or clan to keep each other in order, and it is up to group mentors to protect Grith with the larger group of folk.

When we pretend to share Frith with people we don't know well, we doom the whole relationship to failure, whereas if we uphold the value of Grith, we can get along better and achieve remarkable accomplishments as a Folk unit. We should keep it real and acknowledge that we have a diverse group of Asatru Folk, and our religious beliefs are sometimes the only thing many of us have in common. Under those circumstances we can build bonds of Grith and bring more valued Folk home to our beloved ancestral religion community.



Folkbuilder Tracy Adler

tadler@runestone.org

Georgia

My Troth



Hello! My name is Amber Cameron and I have recently stepped up to become an Apprentice Folkbuilder for Njörðshof district. I have thought about taking this next step for quite some time because I wanted to have a reason for taking the path of leadership. I have found my reason. The term “Soul Sickness” is very much a sad reality for our Folk and I’ve experienced it first-hand. I understand how carrying Soul Sickness with oneself can slowly eat away at the soul and turn the world into darkness. However, there is hope. There is a light for our Folk. Some Folk just need a helping hand to find this light that is Asatru and I want to be one of those helping hands. I look forward to working with our strong leadership here in the AFA. Most of all I look forward to working with you, our Folk.



Amber Cameron
Apprentice Folkbuilder
acameron@runestone.org

Breath of Life



Our breath is a blessing from our oldest ancestors, the Gods. Yet we mindlessly wander, scroll and peruse through most facets of our day. Not once do we take a moment to be thoughtful of where our life began. How through breathing our life continues. Or even that you and I have been breathing wrong.

Qnd(1) or Andi(2) are old Norse words that are thought to mean either “soul”, “breath” or “life”. It is appropriate to assume that a word is shared because the meanings are

intrinsically linked to one another. Our soul is our breath. Our ancestors knew this, it's in the words they left us.

You're wondering how on earth are we breathing wrong. You're just trying to finish the Runestone. Now it feels like you're going to be sold a mediation retreat, some magic beads or a yoga class. The answer is simple. Breath through your nose. Take soft, mindful breaths. Be comfortable holding your breath. Just as the Gods are foundational to our lives, so is the breath they gave us.

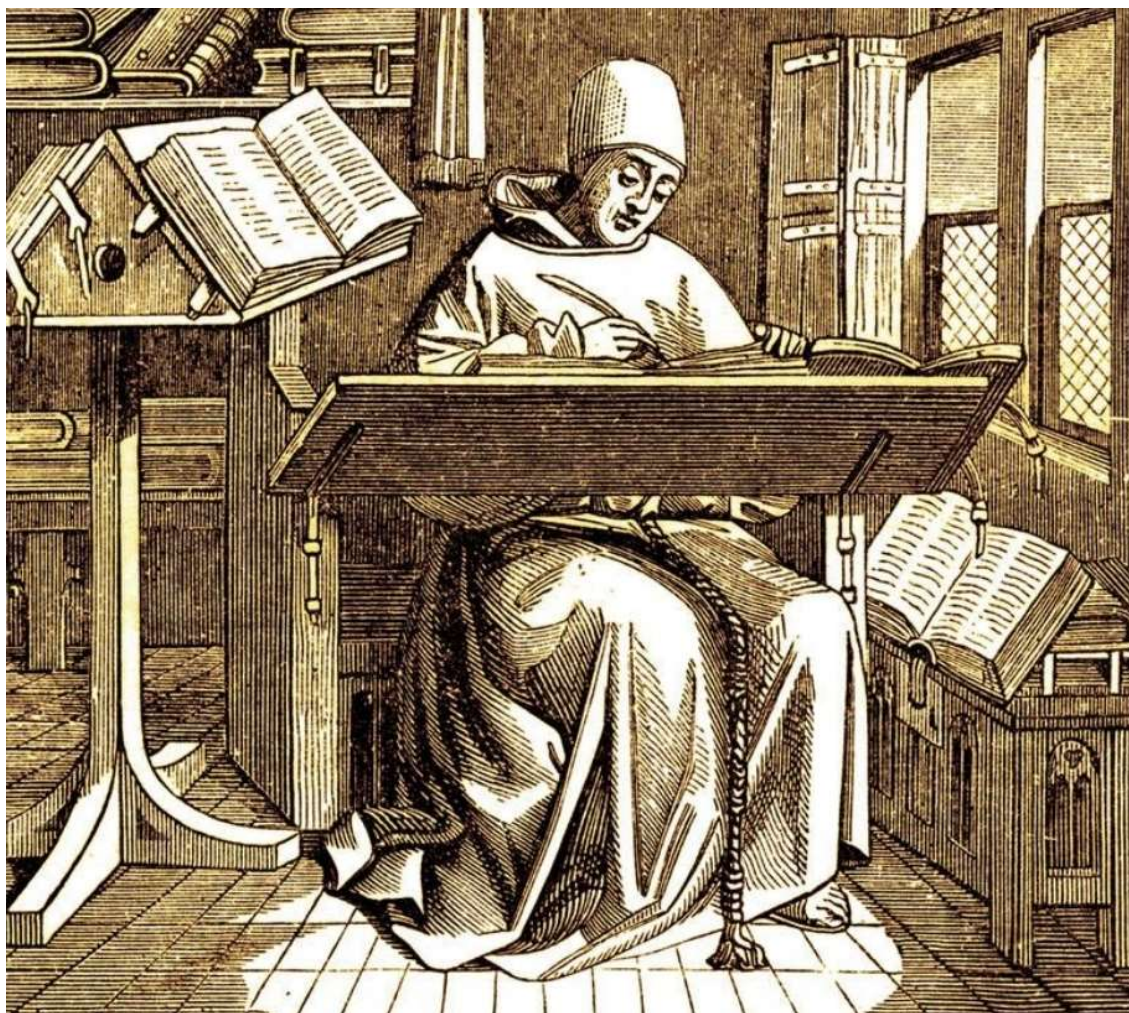
1 – Linguistic descendants include Önd in Icelandic (breath, soul. If derived from Proto-Germanic could mean duck as well.)

2 – Linguistic descendants include Andi in Icelandic and Faroese (breath, soul which can, in addition, mean ethos). Ande or Anda in Swedish (breath, spirit and gas). Ånde in Danish (breath, or to breathe).



Jace Cameron
Apprentice Folkbuilder
jcameron@runestone.org

Lore Test #1



I was thinking about what I could contribute to this month's Runestone, and I was reminded of a conversation recently where I stated to a dear friend that I have a love of teaching. I am not a teacher by trade, but few things in life bring me greater joy than sharing with people the things that I know and find valuable or interesting. To that end, I am including here a Lore test that I devised, which mostly covers the beginning of all things, according to the Lore. I understand fully that our Lore can be intimidating, but I feel it's important to know these things. Not everyone

needs to be a lore nerd, but we do ourselves a disservice by not knowing at least the general idea of this wonderful tapestry our ancestors wove for us.

Like all of my favorite teachers, I'm giving this as an open book test; I want you to look up these answers if you don't know them. I also want you to explore more of the Lore, and ask questions of your Gothar and leadership. That being said, I'd like to see some honest competition. Witan Herul, Gothi Stamm, and myself cannot be the only Lore Hounds in the entire church...so the first person to submit all 25 right answers to me will win a prize. Please send all submissions to bmayo@runestone.org.

I wish you all well and happy searching!

LORE TEST #1

- 1) What is the name of the World Tree in Old Norse, and what does it mean when translated into Modern English?
- 2) Name the Nine Worlds, the beings that inhabit each of them, and who/what rules over them.
- 3) What was the name of the Vanir goddess that came into Asgard, boasting of her love of gold, that was slain three times and tossed into the fire, only to be purified by the fire like gold? List her name before and after this event.
- 4) Who were the hostages exchanged after the first war between the Aesir and Vanir?
- 5) What did the Aesir and Vanir fight the war over?
- 6) In our Cosmology(creation story), who was the first being? Who/what was the second?
- 7) What are the names of Odin, Vili, and Ve's mother and father?
- 8) When Odin and his brothers attacked and killed Ymir, two frost giants survived. What were their names, and by what method did they escape?
- 9) What were the names of the first human beings that were created by Odin and his brothers?
- 10) What do the names of the first human beings mean in Modern English?
- 11) How does Our story of the creation of the first human beings differ from the other major religions?
- 12) What is the name of the poem from the Edda that lists rules for living, as well as runic charms? What does the name mean? Who is it referring to?
- 13) What does the word Edda mean?
- 14) There are two different Eddas, what are they called and what is the difference between the two?

- 15) Who is the author of the Eddas?
- 16) There is a poem in the Poetic Edda, the name of which is translated as “Song of the Seeress”, what is it’s Old Norse name?
- 17) What is the subject matter of the above poem?
- 18) If the Aesir are the Gods of Societal Law, what are the Vanir the Gods of?
- 19) Who is the father of Frey/Freyja? What is he the God of?
- 20) What do Frey and Freya’s names mean?
- 21) There are other Gods/Goddesses of the Sea, what are their names?
- 22) What God’s name is also the Old Norse suffix that means -a god?
- 23) Before Odin became the Alfather, what god originally held the majority of what would later be his auspices?
- 24) Who is the God that came to Midgard under the name of Rig, and what did he do while he was here?
- 25) Who is the one God that cannot cross Bifrost, and why not?



Bodi Mayo
Apprentice Folkbuilder
bmayo@runestone.org

Texas

Midsummer in Houston



On Saturday June 17th, Fríðr Folk Kindred Texas gathered to celebrate Midsummer! We enjoyed a lore discussion, a blot to Baldr, and a belated Maypole dance! It was a great time and we are looking forward to celebrating Sigrblot in Dallas on July 15th!



We are also gearing up for our big Harvestfest event outside Dallas on August 25th-27th, which will be a FULL WEEKEND of games, workshops, great food, and frith all on a lakeside overlooking the cliffs with air-conditioned cabins for a leisurely and fun camping trip. Tickets will be up on runestone.org soon and with people coming from several other states to this big event tickets will sell out quick, so keep a lookout! There's never been a better time to be an AFA member in Texas!



Folkbuilder Justin Day
jday@runestone.org



Copyright © *2020* Asatru Folk Assembly, All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

