






The Runestone: Voice of the Asatru Folk Assembly

Njörðshof
Fourth Hof of the Asatru Folk Assembly

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Words from the Alsherjargothi



I hope you all are having an amazing summer so far! It is shaping up to be a busy summer for myself and the AFA, events are rolling right along, and major ones are

planned every month. May we had Elsefest III, June will be Midsummer at Óðinshof, in July we will host Sigrblot at Sigheim I, August will be Freyfaxi at Baldrshof, in September I will be in Idaho for Freyr's Harvest Feast, October will be Winter Nights in Ohio and in November I will be at Oklahoma's Feast of the Einherjar! I hope to see each of you at some or all of these events!

We have so much going on these days and are accomplishing great things for our Folk and our Gods. I want to thank all of our great volunteers and leaders that make these things happen. Asatru is about doing and we are blessed with outstanding doers! We are our deeds!

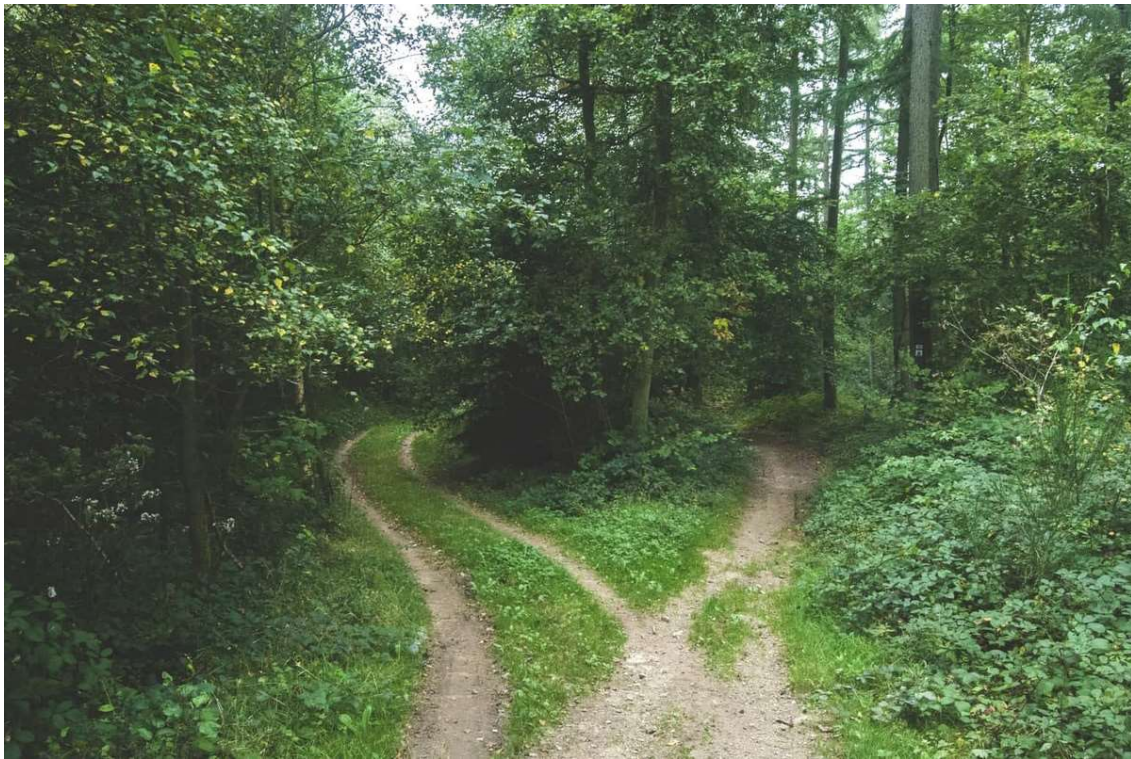
Go out and make your dreams a reality under the warmth of Sunna!



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Words from the Witan

Choice



We are faced with thousands of choices a day. When looking up choices and how many we make a day on the interwebs, modern studies claim that you make over 30,000 of them a day. Some are easy, some are excruciatingly hard. Some are instinct, impulse, and some are carefully weighed and measured beforehand. What I have learned, often the hard way, is that the hardest choices we make are those that we fear. We are afraid of the consequences of the choice, the uncertainty of the future, the reactions of our folk and family. And because of this fear, we often do one of two things: we fail to choose at all, or we choose the safest route possible, even at the cost of freedom, happiness, fulfillment, and forward movement.

The first, failure to choose, is the most dangerous of the two. The roads are littered with flattened squirrels who couldn't make a decision. The poor thing panicked, darted left- then right- then left again... or it just simply ran down the road, unable to make the commitment to move one way or the other out of fear. Squish. Flat Squirrel. Failure to make a choice is often worse than the consequences of either option. Doing nothing, results in... nothing. I suppose sometimes that is easier, but it is not the noble path. The second, the easy path, the worn road, the safe street, while it may sometimes truly be the best option and make you and those around you happy, it is sometimes just our default... out of fear. I speak from the heart and from experience when I urge you to reconsider that unmapped trail that's overgrown and hard to navigate. Failure to take the forward moving path, simply because the other is safer or easier, can often lead to regret and missed opportunities. Your best self and your best life, really could be down that hard road. "What might have been" can be so much more painful than "At least I tried". The last grain of sand in the hourglass could surely fall to the bottom before the

opportunity ever arises again.

Fear is one of the most crippling infections of our folk soul. We all have it, we all feel it. Working through the fear is what is important. There are conversations we dread, decisions we don't want to make, choices with no positive outcomes, but face them. Face them nobly. Conquer the fear of the outcome. Too often we work ourselves into a frenzy about what MIGHT happen or what COULD go wrong, and it stops us from moving forward. Instead, be prepared for what MIGHT happen, and work around what DOES go wrong. Don't let fear paralyze you. Don't be a squished squirrel. It could also really be a lot easier than you anticipated and you worked yourself up for nothing:

“The unwise man is awake all night,
and ponders everything over;
when morning comes he is weary in mind,
and all is a burden as ever.”

Havamal 23, Bray translation

If it will make your life better, make that hard choice.

If it will improve your relationship, make that hard choice.

If it allows you to be the best version of yourself, make that hard choice.

If it brings you closer to your Gods, make that hard choice.

And remember that you are not alone in it. We are all with you. Cheering for you if you win. Offering a hand if you don't.

Be courageous. Move forward. Choose. And choose well.



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Words from our Gothar

The Gods Are Real



In modern Asatru, many of us may run into people who claim that the Gods are simply archetypes, or characters, who exist only as storybook examples to be followed in some vague way. This is incorrect, and frankly, nothing more than a winding path to atheism.

Our ancestors did not view the Gods as mere archetypes. This is immediately evident in any saga or story. The pre-Christian Europeans regularly spoke with the Gods, exchanged gifts, dedicated deeds to them, etc, and that's without getting into the idea that the Gods reciprocate these things with us.



I am going to share a very personal story with you all, one that hopefully illustrates that the Gods are real and do acknowledge us through the gifting cycle.

In 2019, the local branch of "Antifa" found that I had gone to a rally protesting the removal of Confederate monuments. My name and face were blasted all over national media from April to late December, as they tried to attack me for my faith as well as my love for my southern heritage. Through this period, I lost friends and even family. Much of my world decided to stand with domestic terrorists and estrogen-laden "journalists" against me.

I eventually fell into something of a spiritual rut. I began to ask myself if our Gods were even real, and if I should instead be following Christianity. I decided that I would ask the Abrahamic deity for a sign. If he would give me even a single sign, I would dedicate my life to him and become "normal"...

I was given no such sign. The silence was beyond deafening. Even things that could have been interpreted as signs seemed to steer clear of me during this time.



So, the next night, I asked our All-Father Odin for a sign. I asked him to show me that I was on the right path and that I was doing the right thing for my Folk. I went to bed right after asking for this sign, and was awakened a few hours later by howling winds. I

cannot overstate how powerful these winds sounded! However, I was the only one in the house who woke up to them. My wife stayed sleeping, while I got up and went outside to feel the wind. When I stepped outside, I felt the wind, saw that the moon was full and the stars were bright, and I was instantly assured that the Gods are real, and that the AFA was doing things right.



That event was four years ago, and my faith has not wavered ever since, but it has grown stronger every single day. We have gained three more Hofs, and even our own plot of land for Sigrheim and Tyrshof. We have given praise and gifts to the Gods, and they have returned it a thousand times over.

The Gods are real. The AFA is right and true, and we will continue to have victory so long as we continue to honor the High and Holy Æsir.



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The Soul Complex — Part 1, The Lik, The Physical Body



In the previous edition of The Runestone, we talked about what makes up the Aryan soul. The first part of our soul complex is Lik (pronounced "leek"), the physical body.

Paraphrasing from Asatru, A Native European Spirituality, we often view the body as distinct and separate from the soul. This is not how we in the Asatru Folk Assembly view this. It is the vehicle we are given by Odin and his brothers (or, if you prefer, Odin in his triadic nature) in order to work the will of the Gods and Folk here in Midgard.





"We habitually think of the body and soul as being two distinct things, or even opposites. We regard our flesh as spiritually insignificant, a mere garment we wear on Earth, and then discard when we leave this world." -Stephen McNallen, Asatru A Native European Spirituality.

The body is a part of the soul, it's the most tangible part of it. As I mentioned above it is the vehicle we are given to work with in this realm. It is the receptacle of magical work, as stated by Edred Thorsson, in Runelore. It is the gift of Lodhurr, or Ve. The name Ve correlates to our word we use for Temple. Kind of harkens back to the cliché, "my body, my temple."



So, let's talk about the practical part of caring for the Lik. We all know these things, yet we often hire trainers, follow diet plans, some good, some not so good. We hire trainers, not because we don't know how to take care of our bodies, but because it's about accountability. Accountability is vitally important. It's about caring for the children who are, without a doubt, watching everything we do. It's about being accountable to our Ancestors and Gods. We were given this body, as a gift, to manifest our will upon the world. We are the result of a thousand thousand loves, as our ancestors did enough to make sure we are here, through famine and plague, war and strife. It is of paramount importance that we care for this body.



Eat well, avoid processed garbage. There are a million diet plans, and a billion workout plans. Whether it's keto, carnivore, paleo, macro counting, take your pick. All of it works, you just must find what works for you. As for exercise, weight training and cardio are staples of fitness and have been effective since the dawn of time.



I lift weights at least 6 days a week. I'll often Galdr on the way to the gym, URUZ, the rune of primal strength. I won't always do this audibly, often it's in my conscious thought. When I press the barbell off my chest, I think of the bench as the altar on which I sacrifice myself to a higher self, a higher Lik. Every rep, every sore muscle is a sacrifice. We do this because we are good enough to be better.

Imagine you are given one car to drive for the rest of your life. You would do all the basic maintenance, keeping the oil changed, the coolant clean, all the bearings greased. All the belts changed. Your Lik is the only one you have for this life here in Midgard. It's a gift from Odin, do all you can to keep it in optimal condition. It's your sacrifice to show you are grateful for the gifts given.



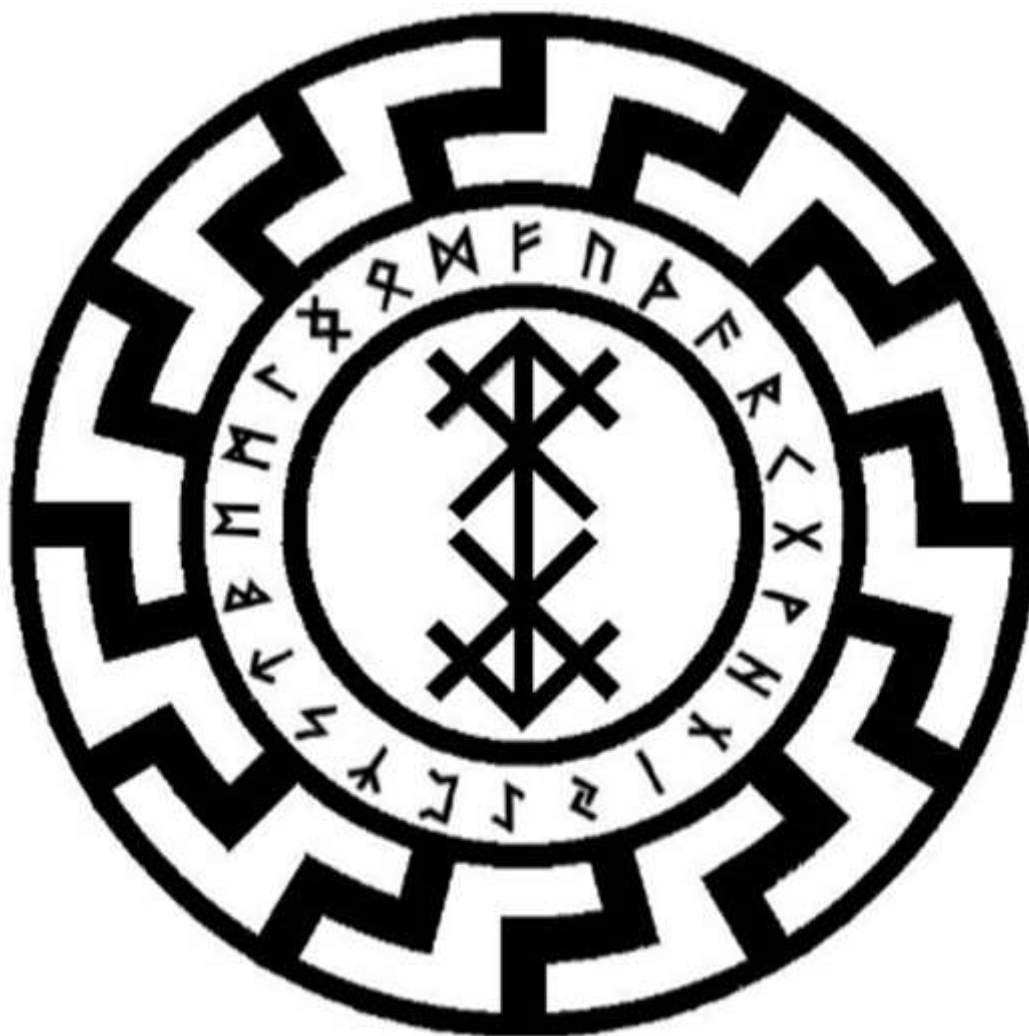
I could add all kinds of statistics on obesity, diabetes, and heart disease. We all know these things. Part of what our Founder refers to as the “soul sickness” that our people suffer from manifests in a diseased Lik. Beauty matters as well as overall health. Despite what the world tells us.

Next month we will look into the Ek, the ego. Another part of the soul that can suffer if not cared for and developed properly.



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Rune Means Mystery



Hails from Northern Idaho! Last month in May we met to discuss the Rune Raidho, and we had a lengthy discussion of this rune which was very enlightening. For those of you who are led to the Runes here are some important facts that I have discovered during my journey, give them a read and they may help you in yours.

The word Rune means mystery, or secret, and these symbols contain the mysteries of

the Universe and the keys to unlocking them reside inside you. To learn the Runes, you must begin to internalize, and this is done through meditation and developing your will.

The Egoic mind is the aspect of our mind that chats with us as we move about our day, it is the “voice in our head.” The Egoic mind only exists here in this world of Midgard, and is very protective of that fact, so it is constantly creating drama and using distractions to keep us separate from our True self. The True self is our immortal soul that has been present in all our incarnations here in this world, it is the real you.

Your will is the part of you that controls your desires and actions, and you must actively begin to train and strengthen your will so that you may control your thoughts during meditation. Your will is strengthened through austerity and discipline, for example fasting. Fasting is denying the basic need of your body to stay alive; our bodies constantly crave food and by fasting you are rising above the normal function of material existence. This builds your will.

Meditation is the practice of controlling your thoughts and quieting the egoic mind, and this is done so that you begin to access your Fetch/ your true self. Once you begin to access your Fetch, this higher part of you will start communicating with you through inspiration, intuitive thoughts, and that feeling in the pit of your stomach. This will allow you to function in images, feelings, and emotions.

Each Rune has a poem connected with it, and this poem contains the power of that individual Rune. The keys to unlock the Rune poems are inside of you, they are passed down to you from your ancestors, and meditating on the shape of the Rune and it's poem will allow you with your Fetch to unlock it's power.

Galdr is an Incantation or evocation, and it is the calling forth the power of the Rune so that you may work your will and gain your desires, this is Magic.

MAGIC -The term Magic has been made a joke by the media and was literally murdered out of us by Christianity. Magic is real, it is what our ancestors used to create changes in this reality, it is the power of the runes and when you use them you are creating Magic. The many ceremonies described in order to obtain a willed result, are guides to get you into the correct mindset to create that result. Meditation (controlling thoughts) is key, the longer you can hold an image and feeling/emotion towards a desired outcome without being distracted by random thoughts, the more successful you will be.

The Runes are like the keys of a piano and act on different wavelengths of energy.

These different wavelengths are separated and defined by the individual Runes. String theory tells us that everything is vibrating like the string on a violin, right down to the smallest particle, This includes our thoughts and intentions that we set forth from our minds, which shape and change not only ourselves but the environment that surrounds us.

When you Galdr on a specific rune, it vibrates that wavelength. I have found that the runic wavelength is feeling and emotion. The action of you implementing this feeling or emotion with images towards a desired result causes changes in the world. When performing Galdr, you must hold that feeling or emotion with the image of your desire for as long as possible without any thoughts in your mind, you will know when you are done. Then release it and do not think of it again.

You must KNOW, not believe, that the runic energy and the change that you set forth into the world is real. As real as a table or a rock, it is not a wish or a hope. Wishes are an impossibility, and hopes may not come true, it is a FACT. You must think of the change you are sending is already done, it is past tense. Doing this will cause the universe to take the appropriate steps necessary for your desire to manifest. If your egoic mind brings up thoughts such as “this will never work”, or “maybe it’s not working”, immediately countermand it with past tense positive mantra (mind protector) about your desire. Such as “I received a promotion at work”, or “I got a new car”, or “I built a log home in the country”, whatever your desire is put it in the past tense. If you dwell negatively on your desire more than you do positively, the negativity will defeat your magic.

Your intent is a projection, and the manifestation is reception. The energy of the universe will take your intent and make it into something. You need to be willing to receive that manifestation when it arrives, that means being aware of the opportunities when they present themselves. What you manifest may not be exactly what you envisioned but will still fulfill that manifestation. Sometimes you must let the universe do its job and not micromanage it.

We must speak briefly of the nature of the universe and this reality that you are now in. Ymir was the first conscious being and everything in our known universe derives from him, including you. The world you are experiencing is a mind-created illusion of Ymir, so the universe is mind, and you are an individual point of consciousness of that mind. Your Ego separates you from Ymir and once it is quieted you remove the separation and the weight of the entire universe is behind you, your will is that of the universe!

The Gods and Goddess are our blood kin and want us to succeed, this is why I would

recommend that you hold a private blot to the All father and ask for knowledge and wisdom in learning the Runes, he will help you.



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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/freyshof-fund)

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 \$110,081.22 on our remaining loan.
2. We need to raise our monthly donation average by 4.1%.
 - 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!



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Sigrheim: Home of Victory

Sigrheim's Amazon Wishlist

Help Sigrheim get stocked
and ready for our Folk!



> https://www.amazon.com/hz/wishlist/ls/1K7WY7ZU5SEGQ?ref_=wl_share <

Sigrheim is here, Sigrheim is here! I'm starting to host monthly events at Sigrheim, and we've got the first of many national events coming up soon with Sigrblot in July. There's still plenty to get done and we all know our Folk are doers! Let's kick off the festivities and make sure we have everything we need to host our Folk and honor our Gods with joyous comradery and festive communion. Anything you can donate is much appreciated and will solely be used for our Folk! Please let me know if you have any questions.

Upcoming Events





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Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6pm PST / 8pm EST



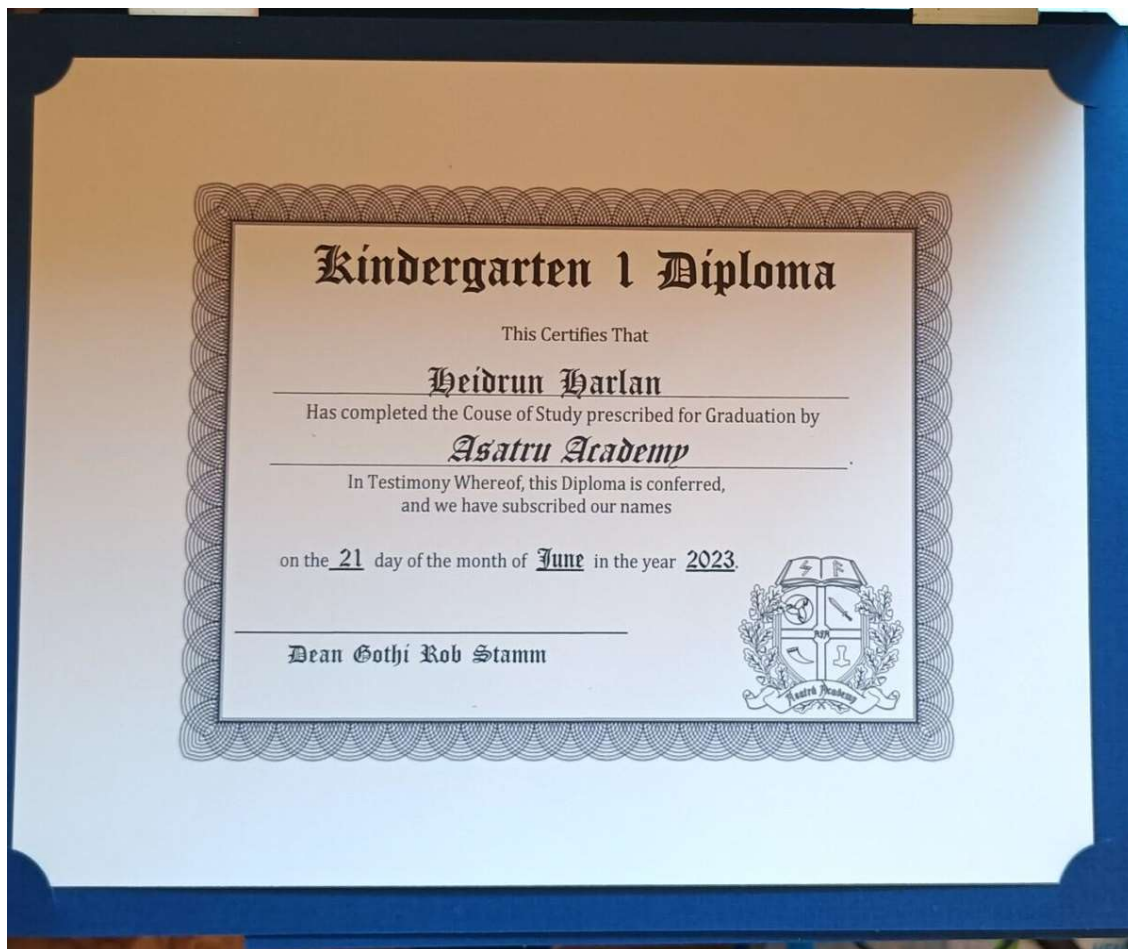
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AFA Homeschool Program



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

Kindergarten Graduation is Upon Us!



Greetings students, parents, and folk!

This month marks the end of the traditional school year. Although some of our students will continue working throughout the summer, and that's great! We have some of our kids who are graduating kindergarten 1 and moving on to either kindergarten 2 or 1st grade.

Parents, myself or Assistant Dean Rachel Johnson will be in touch in the coming weeks to talk about kindergarten 2 and first grade. Soon we will mail out your graduation diplomas, example is pictured with the article.

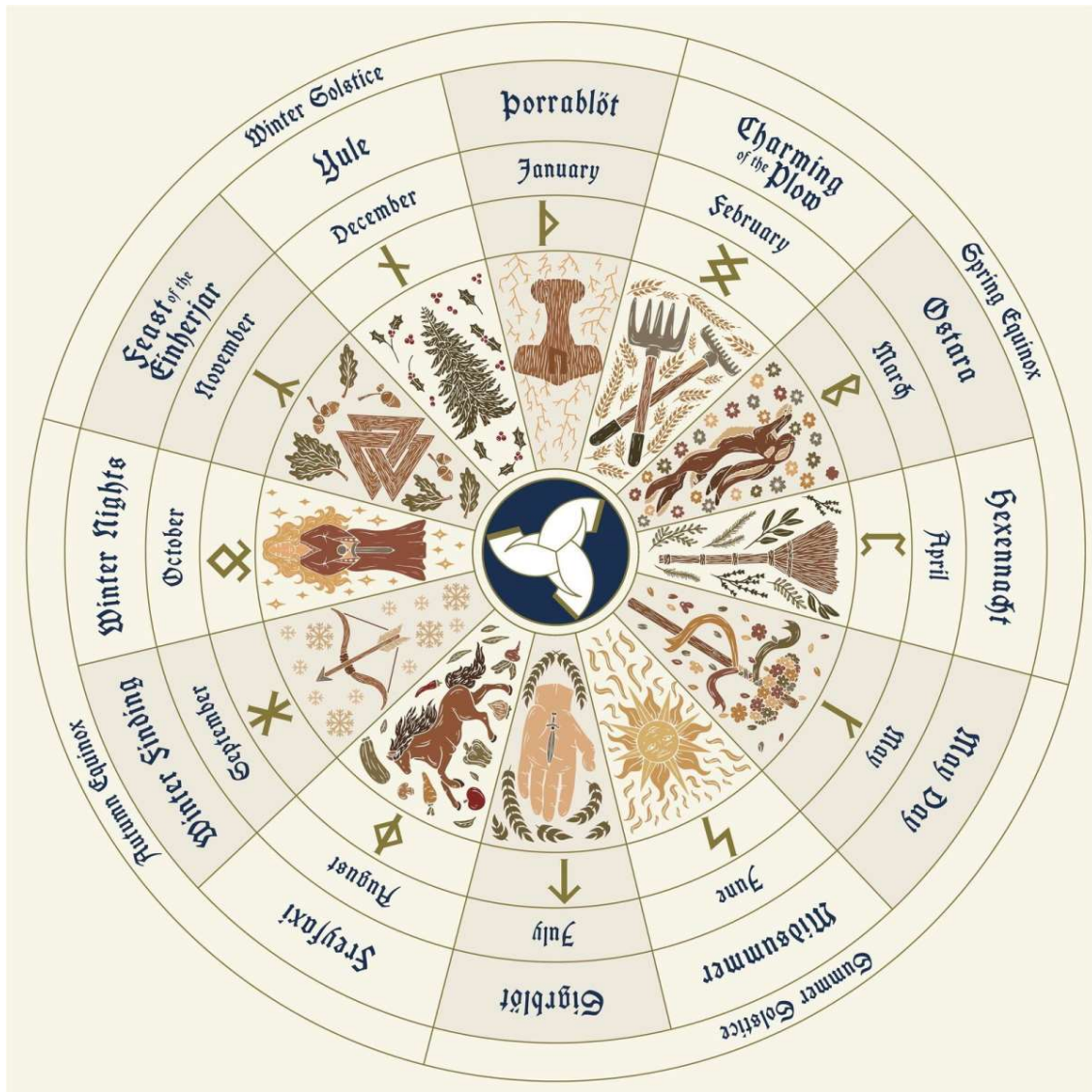
We would also like to welcome all our new families to the ásatrú academy! Soon you will be getting invites to our online learning platform and we will schedule a video conference to get to know everyone and introduce you to the program. We are very excited to see all our new students, and of course our returning students!

We had a great time this year, and we all learned so much, each year we will learn and grow and the academy will get better and better! Victory never sleeps, and neither does learning. The sky is the limit for our kids!



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Remembrance & Holy Days



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

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
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

King Athanaric of the Visigoths



King Athanaric, King of the Visigoths, ruled his people from 369 CE until he died in 381 CE.

Sometimes called the first and greatest King of his people, Athanaric was a staunch Gothic Pagan. Viewing it as his responsibility to foster and promote the faith of his people he went so far as to execute over three hundred Visigoths that had converted to the Christian faith. Their Gothic culture was paramount, and he feared that the advent of Christianity would destroy it.

During his 12-year reign, Athanaric fiercely defended his culture against the advance of the Roman Christian conversion. In the early years, he allied with his fellow Visigoth

King, Fritigern, to stop the encroachment of the Roman legions into their lands. While the two were allied the Goths managed to stave off the Roman armies. For unknown reasons, however, Fritigern turned his army against Athanaric, causing the Gothic Civil War.

In the early stages, Athanaric won every encounter he had with his one-time ally. This prompted Fritigern to turn and request aid from his former Roman enemy, Emperor Valens. Even so, despite some advances, Fritigern lost the war. The Gothic Civil War took a toll on the land and the Visigoths, however, and when the Huns began to invade shortly after the end of the Civil War Fritigern appealed to Emperor Valen to allow him and his people to cross into Roman land. The appeal was answered, but only for Fritigern, who had since converted to Christianity, and his followers.

The rest of the Visigoths were left to fend for themselves. Despite his best efforts, King Athanaric was unable to hold his ground against the ruthless and better-provisioned Huns. In the face of starvation, Athanaric led his people into the Alutus Valley (modern-day Transylvania) where they settled. In 380 CE Athanaric was deposed and removed himself to none other than Constantinople and the lands of his once upon a time Enemy, the Roman Empire. The new Emperor, Theodosius I, accepted Athanaric to the Empire graciously. Upon his death some two weeks later Athanaric was buried in state to show Theodosius's respect for the Gothic Culture.

So, what can we learn from this story?

King Athanaric stood his ground in the face of all that would have torn him down. He recognized the importance of maintaining the Culture of his people and saw the dangers of conversion for what they were. In these modern times it is even more important to view Athanaric's struggles for what they were and to remember that the preservation of our people and our culture is so very paramount.

It's about Roots.

It's about Connections.

It's about coming home.

Let us always strive to make sure we have a Home for our folk to come back to!

Gythia Catie Erickson

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Holiday

Midsummer



For us, Midsummer is considered the official beginning of summer, but for our ancestors, who only recognized two seasons (winter and summer), Midsummer was the middle of the season. The common factor between our ancestor's celebration and ours is the Summer Solstice. On Midsummer, we celebrate the longest day of the year and the shortest night. The dark and cold of winter is firmly past and the days are full of vitality and life.

But first, we celebrate. The best-known symbol of Midsummer is the bonfire. In Europe, bonfires are still lit and burn the whole night through. Men and women gather to celebrate the warm days and the successful planting season by dancing around the bonfire. Many people focus on love and fertility during the summer solstice, with folk traditions that include picking wildflowers and putting them under one's pillow to

dream of the person they will marry. Couples often jump over the fire during Midsummer to be blessed by the Gods and the Ancestors.

The planting season is finished. The hard work that began with the blessing of the tools at Charming of the Plow and the planting of the seeds after Ostara has been finished. Now we tend to the growing crops and revel in the beauty of life. We can take a momentary break from the difficulties of life to embrace that which makes the hard work worth the effort.

As the revelry comes to an end, however, we must take the time to remember that the days will now begin to shorten once again. Winter will come and our hard work is not yet done.



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Upcoming National Events

Midsummer at Óðinshof | June 16th-18th



Come and tread the hallowed hall of the high one! Come celebrate Midsummer at Óðinshof!

Get your tickets [HERE](#)

Midsummer approaches!! And how exciting! For at this year's Midsummer, we present several educational and fun workshops, exhilarating highland games, fascinating talks, moving rituals, and family-friendly activities throughout the entire weekend.

Midsummer is the premier event of the year at Óðinshof! We have pulled out all the stops this year to bring you great speakers! New and exciting workshops! Bountiful feasts! And as always, you can expect to feel the very heartbeat of the Asatru Folk Assembly when you walk the grounds, step inside the ritual circle of and enter the Hall of Óðinn! There is no better place to gather with your Folk and celebrate Midsummer this year! Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

Have a look at the amazing itinerary planned over on our [ticket page](#)!

Ticket costs include meals, camping, on-site showers, bathrooms, and all events occurring throughout. There are a few workshops that do require pre-registration, so make sure to sign-up for those that interest you and reserve your spot as space will be limited.

We will be having a raffle, auction, and several vendors, so don't forget to bring your cash or cards, and if you have a unique item you would like to donate towards the raffle, bring it along as well!

ODINSHOF MIDSUMMER

JUNE 7TH



**MIDSUMMER WORKSHOP
REGISTRATION IS
CLOSING!**

REGISTER NOW @ [RUNESTONE.ORG](https://runestone.org)

[Midsummer at Odinshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org)

Midsummer is Óðinshof's big fundraising event of the year so if you are unable to attend and would still like to donate, please feel free to do so.

As of right now, we are still working toward many repairs including a new roof that will cost us around 35k! This roof is needed before the next rainy season in order to keep Óðinshof up and running. The structure damage due to water could be slowly

growing and repairing it is a must! For more information on this please keep an eye out for the soon to be added Óðinshof Restoration Project page on the Odinshof.org website and pick up merch, participate in any active raffles, or just donate!

We can't wait to see you around the campfire! Don't wait!

Get registered today! Some workshops have nominal fees to help cover the cost of supplies. And they will also have limited available spots. Those workshops are listed under registration.

Event and Workshop Tickets [HERE](#)



Folkbuilder Ashley Stockton
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Sigrblot at Sigrheim | July 22nd



The 1st Tournament of Victory at Sigrheim during Sigrblot!

This year has been a home to many firsts for the AFA! And the 1st Sigrblot at Sigrheim is coming July 22nd!

And at this auspicious event, the 1st Tournament of Victory will take place!

There will be one male and one female who will leave it all on the field and be crowned the winners in the 1st Tournament of Victory! Come prepared to test your endurance

and strength! Do you have what it takes?

Register to attend then register to COMPETE!

<https://runestone.org/product/sigrblot-at-sigrheim/>



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Freyfaxi at Baldrshof | August 18th-20th



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

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.

Get your tickets [HERE](#)

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.

Grab some tickets at [Freyr's Harvest Feast – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/freyrs-harvest-feast).

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



Folkbuilder Tyler Heinlein
theinlein@runestone.org

Winter Nights 12 in Ohio | October 27th-29th



The Asatru Folk Assembly's Annual Winter Nights will be held between the Greater Dayton & Greater Cincinnati area in Clinton County, Ohio 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, lodging, 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 at <https://runestone.org/product/winternights/> today!

Things to know:

- Children 17 and under attend for free!
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Tenting is limited; you must contact Witan Clifford Erickson if you intend to tent.
- The camp address will be provided after registration as the event gets closer. Travel plans can be made for Clinton County, Ohio.
- We are pleased to announce lower ticket prices this year, due to a change of venue to features a commercial kitchen and other amenities we had come to expect since the first event in the Poconos of Pennsylvania.

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

Elsefest III Recap

The 3rd Annual Elsefest



Once again, we gathered this past May to remember the Folkmother Else Christiansen in Wisconsin. This was the third year in a row that such a large group of our members gathered together to build Frith and share in the responsibilities of making this another successful event to bring honor to one of our most beloved modern heroes.

Once the majority of our folk were settled in, Our weekend was officially started off with a powerfully spirit filled welcoming of the Gods blot by Witan Cliff Erickson.





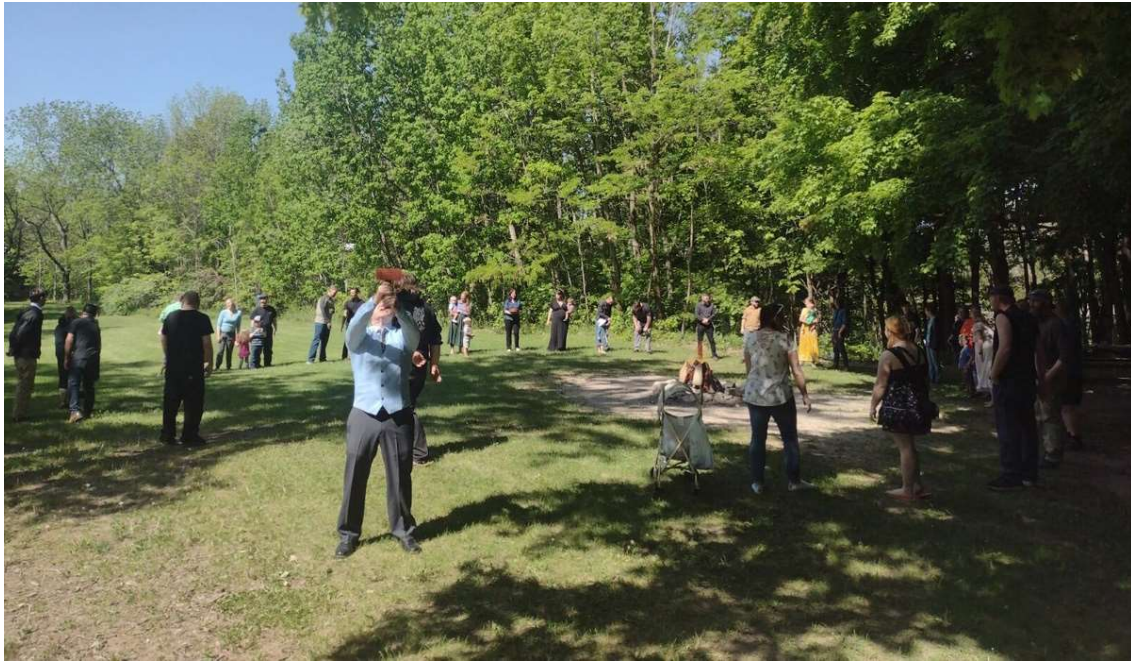
Folkbuilder Shane Duffy read a message from his wife, Jacklyn who was unable to attend due to advanced pregnancy, on the Virtue Recovery program. We enjoyed a sit down with our leadership for a bit of Q&A before the meal. Both Folkbuilder Tyler Heinlein and Shane Duffy gave respective talks on Self-Reliance and the Hearth Flame. Folkbuilder Jon Rock and Melisa Mills taught the Folk during the men's and ladies' groups.



The first meal was an official Wisconsin Fish Boil made with Icelandic Haddock and plenty of butter. Everyone was left full and very happy. This was also the theme for all meals from the weekend. Cooks this weekend were Michael Butler, Jon Rock, Jim Cummings, Shane Duffy, and Kevin VanPay. Huge shout out to Emily McDowell and Tanya, who not only helped in the kitchen but in a million other ways over the weekend. Hail the Doers!



We all enjoyed music through the weekend. Ben played old school songs during dinner Friday night. Then on Saturday, the Schattenforst family sang a beautiful song accompanied by John Veger.





On Friday, once the sun had set and it was thoroughly dark outside, we followed a candle-lit path through the woods to a great open field where a sacred fire was blazing and awaiting us. We followed our Alsherjargothi into our ritual space and participated as he led us in a passionately powerful blot to Odin. On Saturday, we gathered for an amazing ritual and honoring tribute to the Folkmother Else Christiansen by our beloved Gythia Catie Erickson. Sunday morning, we all made our way to the ritual space for one last gathering as we were led by Folkbuilder Jim Cummings in the Wayfarer's blot.





An Oathing ceremony for a true doer, Tyler Heinlein who in true form held the record for the one who drove the farthest with his lovely family from Montana all the way to Wisconsin. Hail Tyler Heinlein!



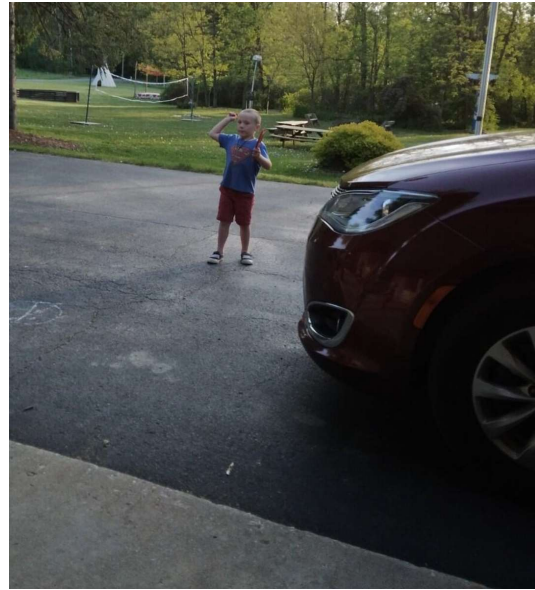
This year's Viking Games included a hammer toss, spear throw, atlatl, axe throwing, and the optional caber toss. Gythia Catie is awesomely skilled at the atlatl. This year's

winner was James Ault.

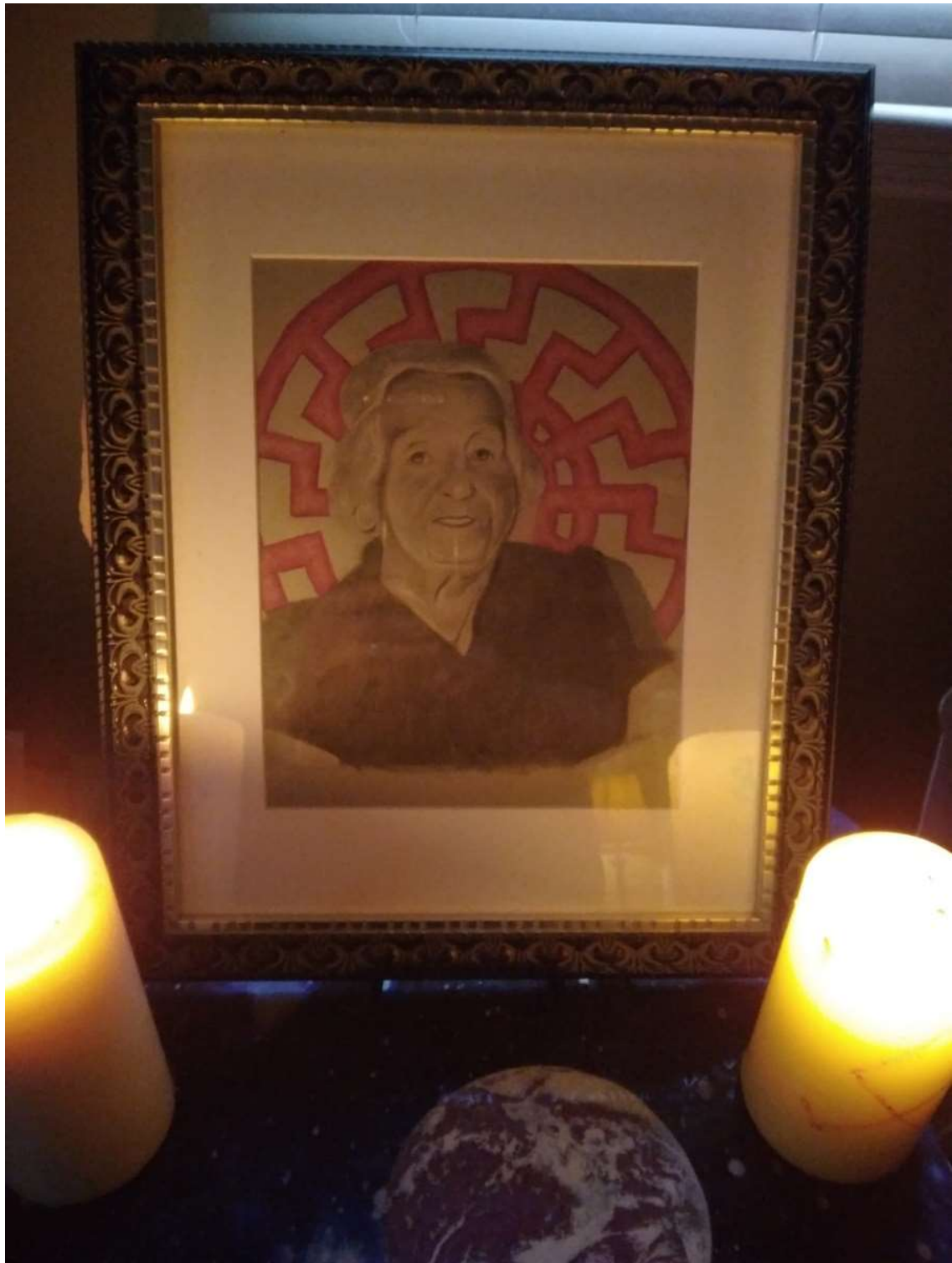


Saturday evening, Melisa Mills and James Ault tag teamed on the all the auction items that were graciously donated by our folk concluding the night with a great Sumbel.





Over the weekend gathering, I looked around at all families with tons of children laughing and playing, at the many young expectant mothers, at the older folk sharing stories, at those at their first ever AFA event and could only think that the future of our folk is secure because of these great folk, the efforts of the Folkmother and many of our heroes and the love of our folk from the AFA.





To our folk who attended the time to honor our Folkmother, Else Christiansen. We are grateful to you for taking your time to see the value in developing relationships (Frith) with our Folk, giving of yourselves time, efforts, and money to attend. This event was what it was because of all of you!

Till next year,

Hail the Folkmother!

Hail Else Christensen!

Hail the Folk!

Hail the AFA!



Folkbuilder James Ault
jault@runestone.org

Honoring Else Christensen



During the first AFA Remembrance of Else Christensen in 2021, members in Canada gathered at the resting place of Else Christensen at the same time that Gythia Anna Plourde gave blot for Else at the event in Wisconsin. Powerful connections were made and Else was honored as she hadn't been in a very long time.



In keeping with this tradition members from around the United States and the world raised a horn, held blot, or honored Else in some way at the same time that Gythia Catie Erickson performed blot here in Wisconsin.

Together with one voice, we have kept the Folkmother's memory alive and assured that she will never be forgotten!

Hail the Folk!

Hail Else Christensen!

Hail the AFA!



Folkbuilder Sara Ault

sault@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



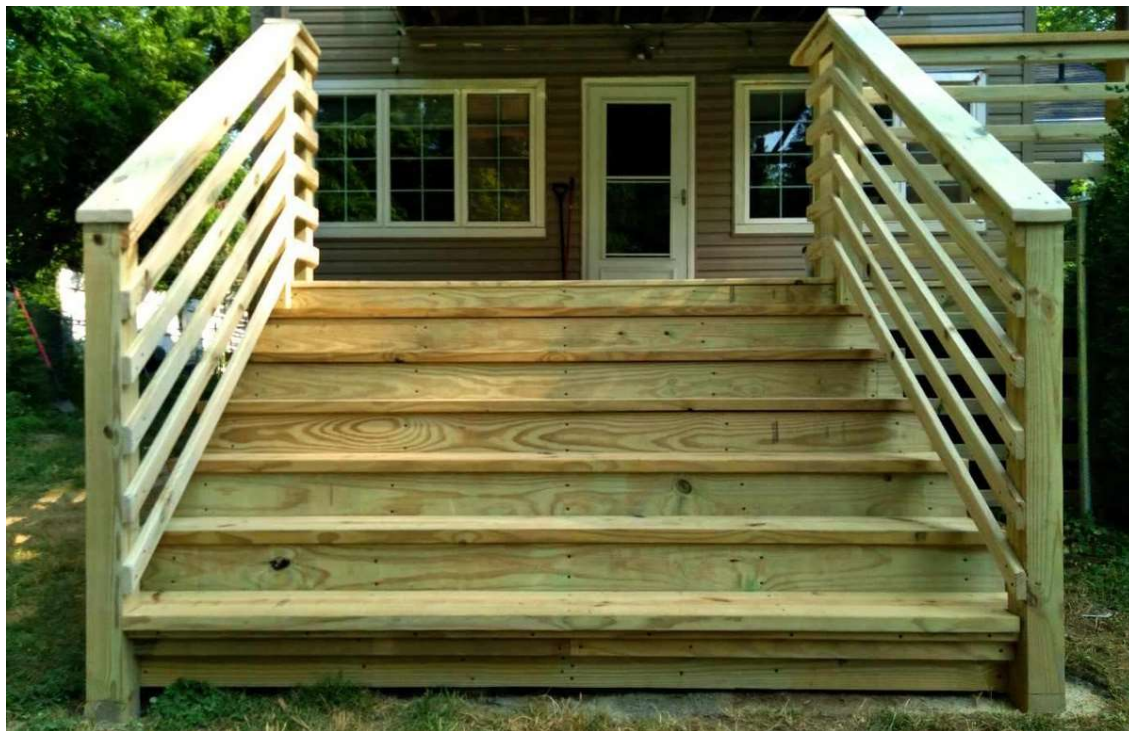
Witan Allen Turnage

aturnage@runestone.org

**The Artisans of the AFA
Support Our Folk**



The Celtic Craftsman is a general craftsman by trade. He and his wife are growing a young family in the Midwest (USA). Together they raise chickens, garden, hike, and sing and dance at the local Irish pub. In puzzling out the True history of our people, studying their languages, and practicing their arts (culinary, musical, visual, etc.), our family hopes to keep the Fire of our Volk ablaze forever.

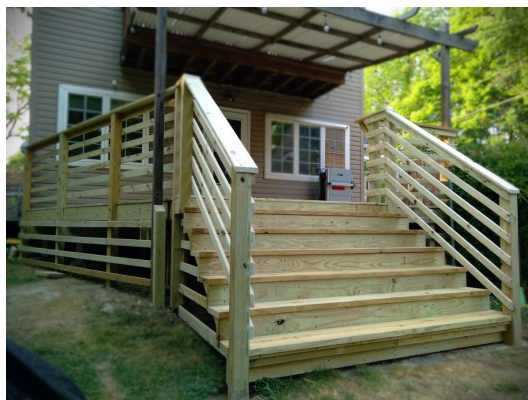
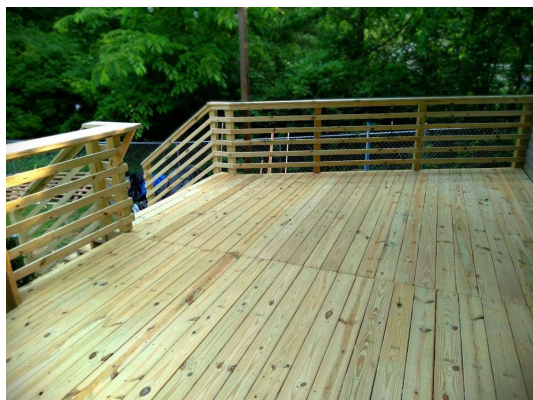


Pictures from the Dumas deck project

Handmade art to honor the ancestors and inspire the Volk.

Our work examines Truth— perhaps the most fundamental of which:

1. We are a distinct People marked with a history of heroism, courage, exploration, and conquering.
2. We have the duty and privilege to carry this torch into the future.



Blood and Honor!

Hail the Volk!

Work can be found at: <https://t.me/celticcraftsman>

For serious inquiries, comment on our channel. We'll reach out via Private Message.

— The Celtic Craftsman



Folkbuilder Timothy Dumas
tdumas@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

Irish Grandmother Smoked Salmon Mousse Recipe



Every year for yule my grandmother would make smoked salmon mousse. It was always my favorite growing up. So, I decided to make an appetizer for the seniors at my work. To make it a little more special I made Irish cheddar cheese cups by putting the shredded cheddar on the skillet and forming it on a rolling pin.



Ingredients:

- 8 ounces cream cheese,
- 4 ounces smoked salmon,
- 2 tablespoons lemon juice,
- 1 teaspoon chopped fresh dill
- A pinch of salt and pepper

Michael Butler

Apprentice

mbutler@runestone.org



Mary Jane's Killer Kraut Recipe



Making sauerkraut is quite easy, and there are several ways you can do it.

Sauerkraut is a product of anaerobic fermentation. This means it must stay fully submerged in the brine throughout the process. Exposure to air could result in mold developing. Do not confuse mold with kahm yeast. Sometimes a white yeast may develop around the top of your batch, this is completely harmless. If you do not want to eat it, simply scrape it off the top. Mold has a distinct look and smell, you will know right away if your sauerkraut has developed mold.



What you will need -

- A large Mason Jar
- An air lock lid or pickle pipe
- A fermentation weight to hold the sauerkraut under the brine
- Something to pound/massage the kraut

Alternatively, you could opt out of the airlock and weight. This would require you to "burp" the jar lid each day to let out excess pressure that develops from the fermentation. This option has a much higher risk of mold because you are briefly exposing it to air each day. If you like to experiment, this is a totally viable option. I have had much success using nothing but a mason jar.

More experienced fermenters will use a crock and weights. This is an easy way to make larger batches but not necessary. A mason jar, air lock/pickle pipe and a fermentation weight are the same exact process as a large crock and weights.

The only two food items you need are salt and cabbage. The ideal ratio of salt to cabbage is 2.25 - 2.5 percent salt to cabbage. In grams this would be 2.5 grams of salt to 100 grams of cabbage.

How do I make my garlic kraut? I'm not one to follow recipes often so I do a lot of experimentation.

Depending on how big of a batch I want, I will use anywhere from 3-9 heads of cabbage. My 2 gallon crock can hold around 8-9 heads of cabbage at full capacity.

I like a mixed texture kraut, so I do a combination of shredding the cabbage (I use a large cheese grater, cabbage shredders are ideal for this texture) and chopping it up with a knife. This results in finely shredded cabbage mixed with thicker chunks.

Once I'm done chopping up a head, I will add it into a bowl and add 2-3 tablespoons salt. Lightly mix it into the cabbage to let it sit while I continue chopping up the rest of the cabbage. Salt draws out the moisture from the cabbage.

I also add 5-6 chopped up cloves of garlic per head of cabbage.
Sometimes I will add a dash of black pepper per head of cabbage.

Repeat this process for each head of cabbage you plan to use, adding it all into the same bowl/crock.

Once I am done chopping and have mixed in the salt, garlic and pepper, I use my hands to pound down the cabbage and slowly massage it. They make cabbage pounders specifically for this process. I don't have one, so I use my hands.

Thoroughly pound and massage your cabbage to draw the moisture out, this will be the brine that the cabbage remains submerged in throughout the fermentation process. Once

you have drawn enough salty liquid to fully submerged the cabbage, you are good to go.



If you are using a jar, stuff as much cabbage and brine into the jar as possible. It needs to be packed in tightly to ensure there are no air bubbles. Leave about 1.5-2 in head space and place your fermentation weight on top of the cabbage to keep it submerged in the brine. Once the weight is placed, take your air lock or pickle pipe and seal the jar.

The process is the same if you are using a crock.

The ideal length of fermentation time is 2-4 weeks. Temperature of your house will impact the speed of the fermentation. The warmer it is, the faster it will ferment.

I typically leave mine for 3-4 weeks. Taking it out too soon may result in more salty, less sour and a very firm and crunchy texture. Leaving it too long will result in a satisfactory level of sour but a very mushy texture.

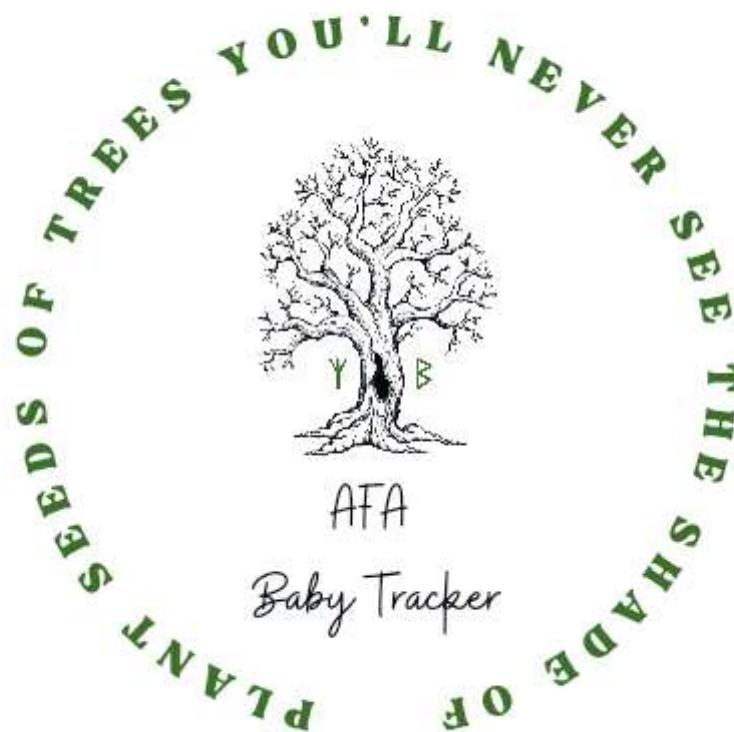
There is a lot of trial and error. It's easier to do right than wrong! Have fun experimenting and happy fermenting :)

– Mary Jane, member, OH, Under Ash + Oak Kindred



Folkbuilder Timothy Dumas
tdumas@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: 12



Folkbuilder Jessica Keller
jkeller@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 me at jault@runestone.org.

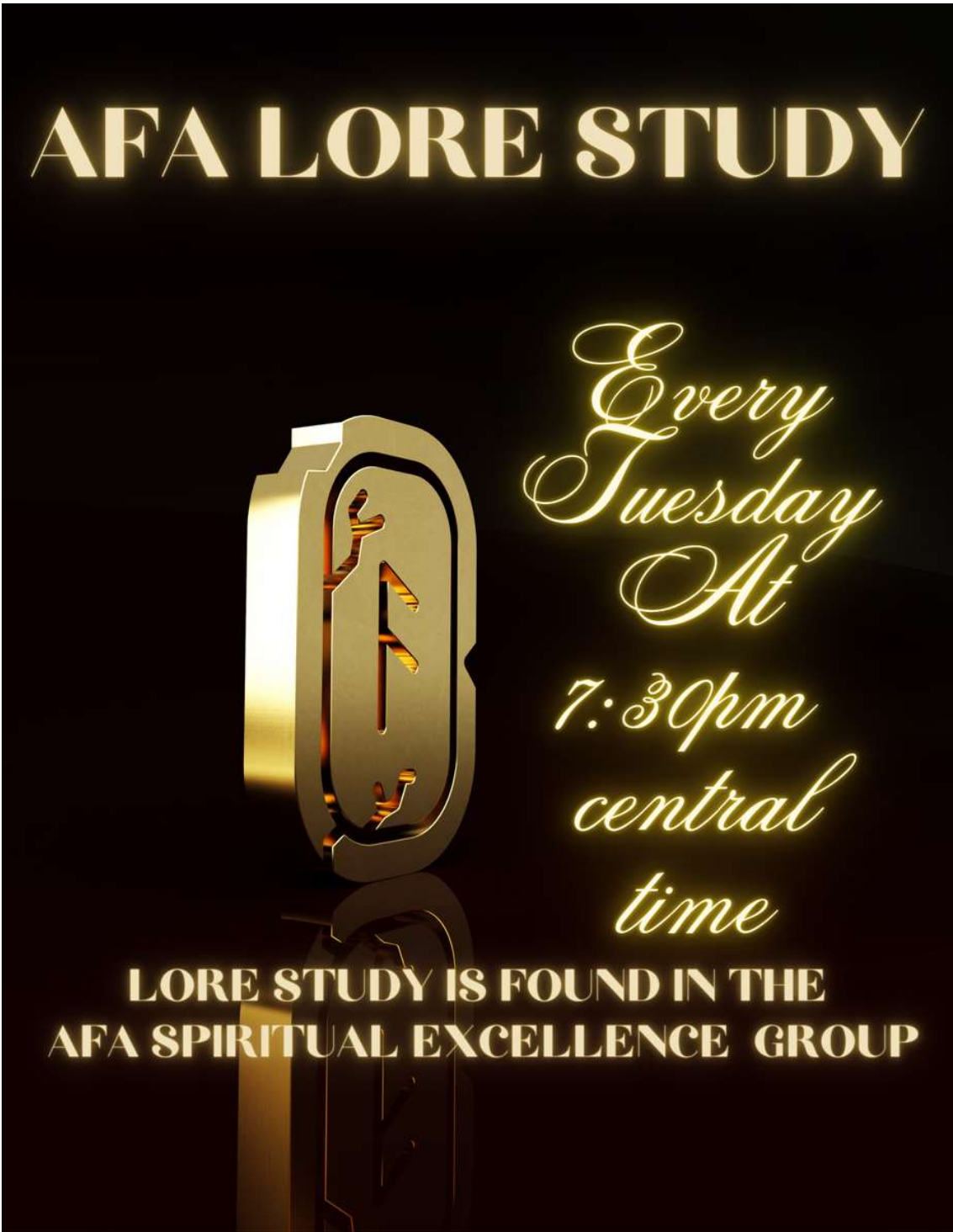


Or if you'd like to donate to this ministry, there's a donation earmark set up on our site at [Prison Ministry Fund – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/prison-ministry-fund). The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.



Folkbuilder James Ault
jault@runestone.org

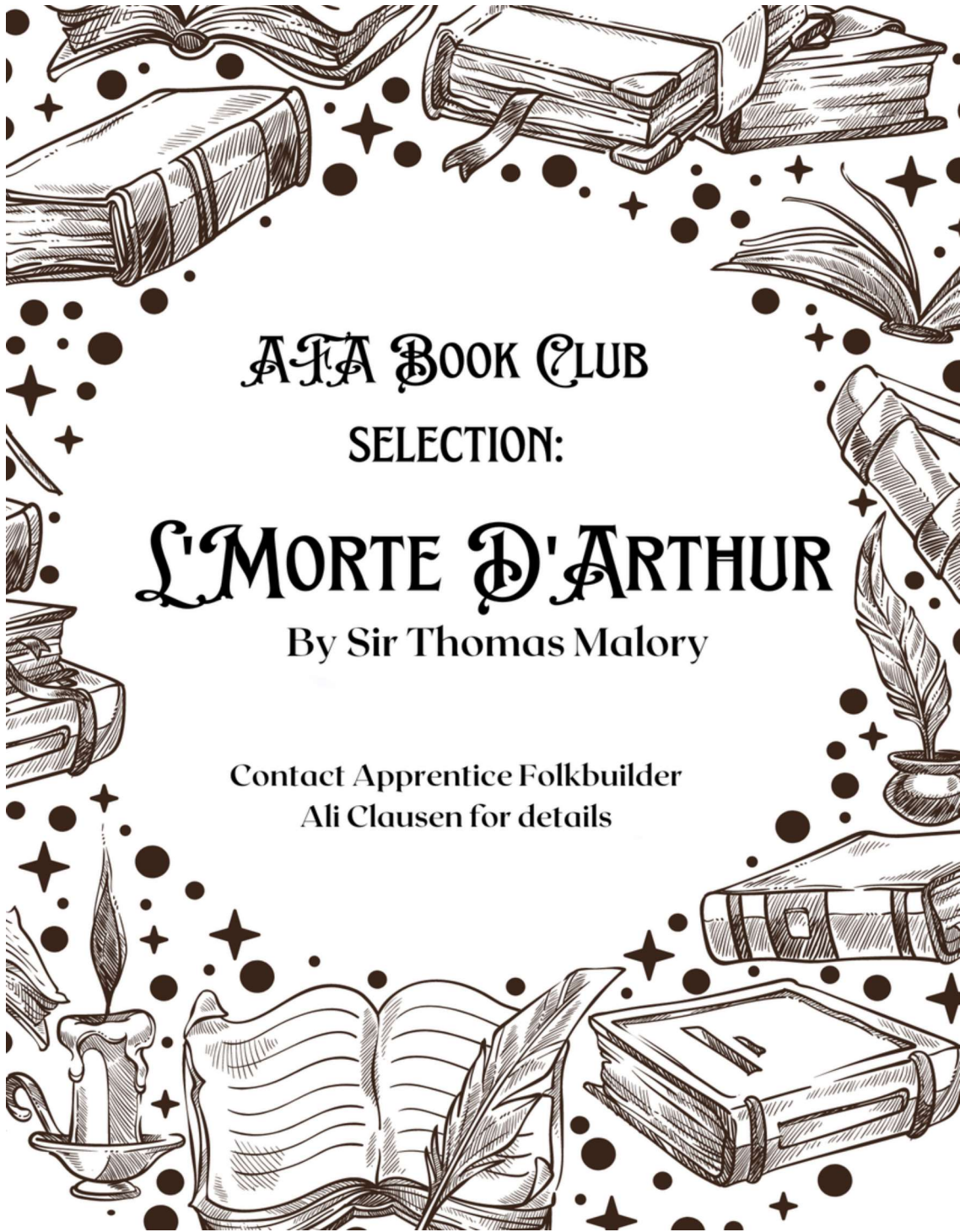
Virtual Meetings and Fun



AFA LORE STUDY

*Every
Tuesday
At
7:30pm
central
time*

**LORE STUDY IS FOUND IN THE
AFA SPIRITUAL EXCELLENCE GROUP**



ATA BOOK CLUB

SELECTION:

L'MORTE D'ARTHUR

By Sir Thomas Malory

Contact Apprentice Folkbuilder
Ali Clausen for details

Weekly! Sisters Sunday Chats

10 am central, every Sunday!

Contact Apprentice

Folkbuilders Ali Clausen

and Katie Joyner for more

details!

aclausen@runestone.org
kjoyner@runestone.org

LADIES MYSTERIES PODCAST

June 11th at 2:00 pm CST

Witan Brandy Callahan
Ond Othr and La
Kom Hem Chant

Gythia Catie Erickson
Writing Your Own History

Folkbuilder Sara Ault
Building a Vaetter House

Apprentice Folkbuilder
Ali Clauson

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

Our opening statement: We are a group of likeminded individuals that are seeking to be our best selves and are committed to living a life of recovery. We, as a whole, follow the Asatru faith and are continuously improving ourselves for our families, our Gods, and our Folk.

Though similar to 12-step meetings, we are an independent entity that recognizes a 9-step program, adhering to the steps that fall in line with our beliefs and values. This meeting continuously goes through the 9 steps focusing on one per week. After we read each step and correlating literature, we open up the conversation for each person to share with no interruption. After we have shared, we delve deeper into meaningful conversation.

Please reach out to either Ashley or Jaclynn for more info.

Amcstocker@runestone.org | Jduffy@runestone.org



Jaclynn Duffy
Apprentice Folkbuilder
jduffy@runestone.org

Saga's Literature Project



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

The Asatru Folk Assembly wishes to create booklets, brochures, and pamphlets to have on hand in our Hof's 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

Now Available in the AFA Store



We call on you Children! We call on you Men! We call on you Sisters! Folk Kom Hem!
Get your new Odinshof apparel and help our Folk to find their way home this year!

<https://runestone.org/product/odinshof-t-i/>



Folkbuilder Melisa Mills

mmills@runestone.org

Njörðshof

Food Pantry at Njörðshof



With the help and support of our Njörðshof folk, we were able to serve 44 families with meat and pantry items. In the short few months since opening, Njörðshof has blessed so many in our local community and we have to thank our folk for their efforts and generosity to help make that happen. You are wonderful and we could not have done it without you. Hail the Folk!



Folkbuilder Tracy Adler
tadler@runestone.org

Holiday at Njörðshof

Njordshof May Pole Dance



May Day is filled with hope and fertility and prosperity. After a wonderful blot by Gothi Trent East, the participants processed with the beautifully draped maypole to the clearing by the back pond.



The maypole was erected in the middle of the clearing. Multicolor ribbons fluttering in the breeze. Single people were the first to step up to dance as this dance is a representation of the masculine and feminine energies combining.



Next up were the ones seeking fertility in the coming year. Mike played some delightful polka music (including the chicken dance!) and the participants went round and round. There was laughter and smiles as the circle became smaller and the dance more intricate.



Once the ribbons were wound around the maypole, ends were snipped off for the ladies, and everything was secured. The beautiful representation was carried with care back into the hof for safe keeping until next year.

Ladies Egg Ritual



Several months ago, while on a Ladies Mystery Podcast, Witan Brandy Callahan spoke about a ritual that she performs every year. Each year, she will empty out an egg and replace it with meaningful bits and pieces. The egg is sealed with wax. Then comes the pretty part. Each egg is decorated to represent the hope or wish the egg will represent.



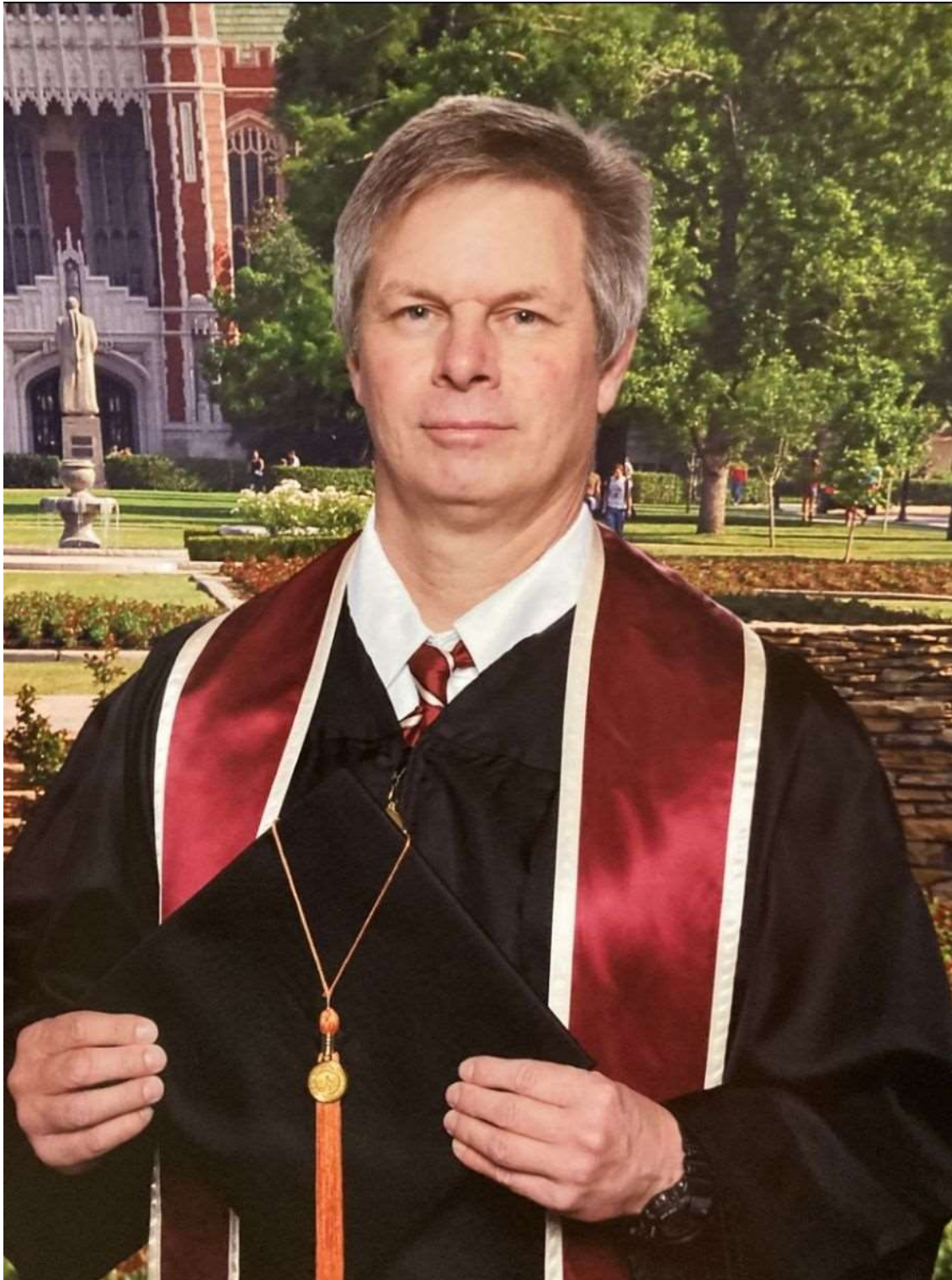
The ladies spoke and nurtured their eggs daily. Placed them on their alters. Once May Day came, the ladies carefully wrapped their eggs and brought them to Njörðshof . With all the ladies together and chanting Folk Kom Hem, the eggs were broken open and sacrificed to the fire. We released those hopes and prayers into Midgard to manifest into reality. Let's call our folk home.



Katie Joyner
Apprentice Folkbuilder
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Toasts & Boasts

Bragging on My Husband



Gable has graduating from university and achieved the Degree of Science in Electrical Engineering on 5/13/2023 at 9am.

— Shelsea Bates, Member, OK

Upcoming Events at Njörðshof



The poster features a dark green background with gold text and icons. At the top, the name 'Njörðshof' is written in a large, stylized font. Below it, the year '2023' is centered, flanked by two small gold icons of a ship's prow. The events are arranged in a circular pattern around a central gold ship's wheel icon. The events listed are: Feast of the Einherjar (November 18th), Winter Nights (October 21st), Winter Finding (September 16th-17th), Freyfaxi (August 19th), Sigurblót (July 15th), Yule (December 16th-17th), Midsommer (June 17th-18th), Þórrablót (January 21st), Charming of the Plow (February 3rd-5th), Ostara (March 18th), Hexennacht (April 15th), and May Day (May 20th). At the bottom, the quote 'The Harshest Winds Make the Strongest Wood' is written in a gold, stylized font.

Arkansas

Hiking Moot in Arkansas



In the beginning of May we hiked Pinnacle Mountain. Afterwards our children played in the creek to cool off and then played in the park there.



We had a great time hiking and socializing and can't wait to keep getting together here in the Natural state every month.


Upcoming Events

Waterfall Moot



June 24
Davis
West
Virginia

RSVP TO
APPRENTICE
FOLKBUILDER
TABATHA OWENS AT
8703458077



*Petit Jean
mountain
Museum of
automobiles
and lunch*

Morrilton Arkansas
July 22 10am
RSVP to Apprentice
Folkbuilder Tabatha Owens at
8703458077

The graphic features a stylized white line-art illustration of a mountain range with several evergreen trees in the foreground. The text is written in a white, cursive script. Two white arrows, one pointing right and one pointing left, are positioned on either side of the main title.



Tabatha Owens
Apprentice Folkbuilder
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Florida

May Panama City Beach Moot



Hail Folk,

In May, the Panama City Beach moot was small, but a success. Days before the moot a wonderful young lady reached out to me who was interested in the AFA. We had an enjoyable conversation, and I invited her to the moot.

Fortunately, she was able to attend our Panama City Beach moot. The two of us were the only attendees. This gave us the opportunity to have a more personal one-on-one conversation. We talked more about the AFA and its community. We had a great lunch at Schooner's Beach Club. To top it off, the weather was perfect. It was not too hot, and it was a relaxing breezy sunny day.



I am happy to say after our moot, she joined our AFA family that evening. Welcome Home!!!!

Hail Victory!!!

Upcoming Events

The Craft Beer
Emporium.
Historic
Downtown
Panama City
Florida Moot.

Billiards and
Craft Beer 3 pm
CST June 24th

300 Harrison Ave,
Panama City FL 32401



Contact Folk Builder Amy Stoddard
astoddard@runestone.org



Amy Stoddard
Apprentice Folkbuilder
astoddard@runestone.org

Porch Beers Moot

Porch beers is a time-honored tradition in the Joyner household. This is the time to sit back, enjoy a tasty beverage, and relax with the chosen people around you. Porch beers can last for 30 minutes or might end up going well into the night hours. There are a few

things that must be present. A porch. Drinks (does not have to be adult beverages). Good folk. That is the recipe for a wonderful evening.

On a warm Tuesday evening, there gathered three Folk to enjoy friendship and libations. We gathered together on the Joyner's upstairs porch to discuss lore, history, and the mundane. A small afternoon shower came as well. We were happy to be under a roof. We were having such a nice time that only one photo was taken while saying our southern goodbyes.



Katie Joyner
Apprentice Folkbuilder
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Carrie and Joshua Dent's Vow Renewal



On June 3, 2023, at Anastasia State Park beach, St. Augustine, Florida, Carrie and Joshua Dent renewed their vows before the goddesses, gods, Disir, Alfar and the ancestors. The ceremony was conducted at dawn on the beach. A cool wind blew in from the ocean and the waves crashed on the shore near the ceremony.

The ceremony was conducted by Lawspeaker Allen Turnage. As usual, Lawspeaker Turnage performed an excellent ceremony. The bride was beautiful, and the groom was handsome. The ceremony was attended by members of the AFA and family members of Carrie and Joshua. The love in their eyes beamed like they were being married for the first time. Saying that the ceremony was special is an understatement.

Following the vow renewal, Lawspeaker Turnage performed a blot to Njord. Again, the ceremony was excellent. The blot to Njord being performed on the shore with the crashing waves could not have been more perfect.

The party then went to breakfast at a local diner. After breakfast, Carrie, Joshua and some of the party climbed the steps of the St. Augustine lighthouse.

A vow renewal is special because you are agreeing to love and cherish an individual even after knowing all of their strengths and weaknesses. It reaffirms the love that you had when you first committed to this eternal bond. Most of us probably were married outside of an Asatru wedding. By renewing your bonds in an Asatru ceremony with a Gothar of the AFA, it makes the bond even more special.

For those of you that have met Carrie and Joshua, you know these are some of the nicest people you will ever meet. For those of you that don't know them, find them at the next blot and talk to them. You will be the better for it.



Folkbuilder Otto Rafuse
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Ladies Slumber Party and Moot



The ladies at Njörðshof had the idea to do a little get together the day after May Day. But since there were a few people who didn't wish to drive even more, the idea of having a Ladies Slumber Party was created. We brought back the fun and nostalgia of being teenagers again and had a slumber party with laughter and memories, getting to know each other on a deeper level and building our relationships. Dinner with the ladies that night was amazing, and the fun continued all the way till breakfast, which was really delicious. In true slumber party fashion, we barely had any sleep, but made memories and built up our relationships.



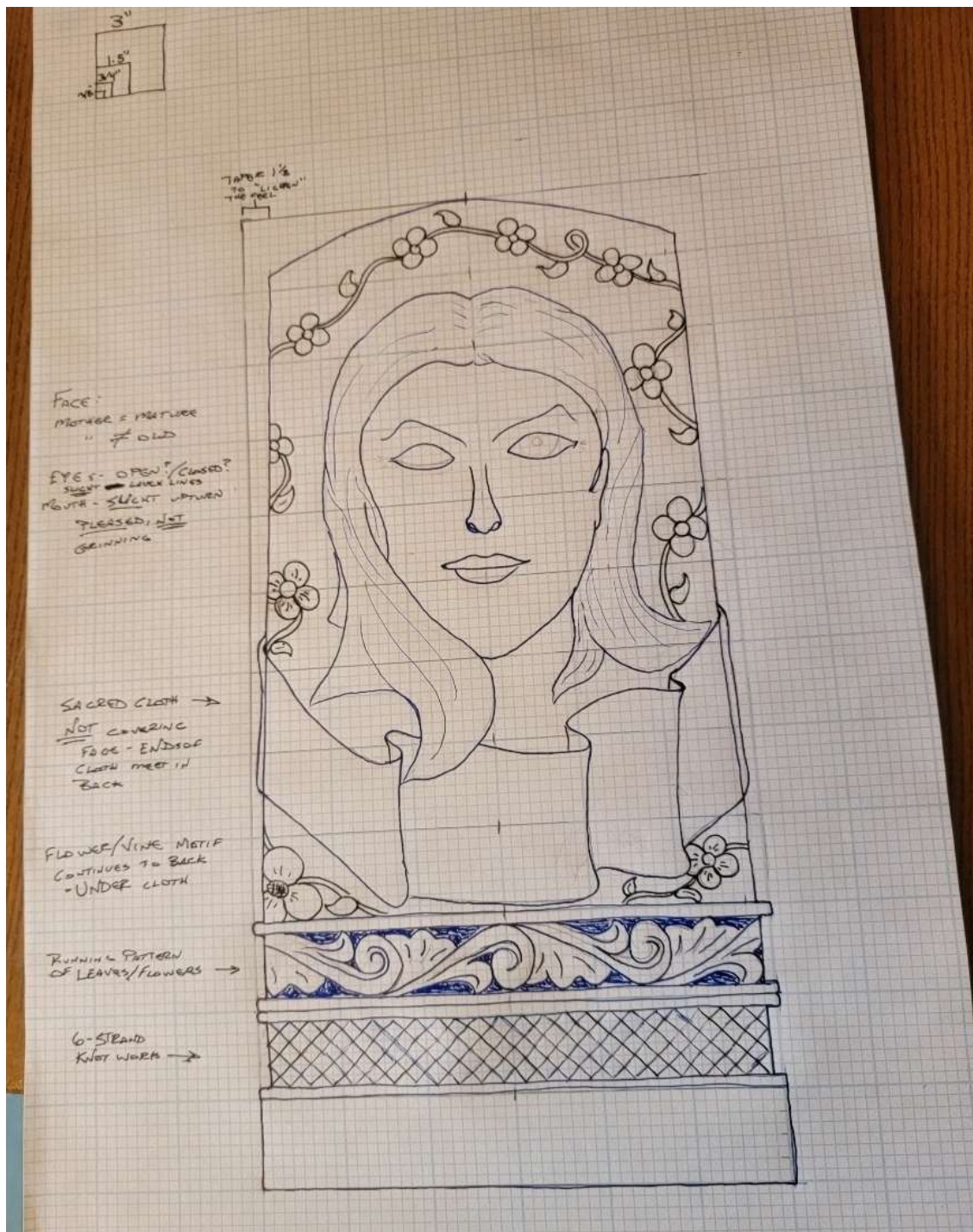
Folkbuilder Tracy Adler
tadler@runestone.org

Nerthus and her God-Pole





In mid-February, Gothi Trent East started the project of getting a God-pole made for Njordshof. He asked the leadership if we knew of anyone that could do it. One name came to mind, Gilbert Page. Gilbert lives in Lawrenceville Georgia and is a skilled wood carver. Gilbert accepted the challenge and was quick to source the wood and get started.



Nerthus is Njordr's first wife and is believed to be the mother to Frey and Freya. She is a Vanic Goddess and would have been married to Njordr pre-war. She is not spoken about much in the lore; however, Tacitus does write about her in Germania. Tacitus makes note that she is commonly worshiped as Mother Earth.





Nerthus travels by cart pulled by kind-eyed heifers. Tacitus states that when Nerthus visits “no one goes to war, no one takes up arms; every object of iron is locked away; then and only then, are peace and quiet known and loved.” During her travels she is veiled. She is accompanied in her travels by priest who are not allowed to touch her. At the conclusion of her travels, meaning when she has had her fill of humanity, she is washed in a spring/secluded lake by her slaves. The slaves are then drowned in spring/secluded lake for no one who has seen such beauty should live to talk about it. She resides in a sacred grove on an island in the ocean. Since she is the Veiled Goddess and when not in ceremony Godpole is covered to honor the tradition.



The Nerthus God-pole is carved out of 6 ½' by 2' piece of poplar wood and weighs about 400lbs. Gilbert Page thank you again for your hard work and devotion.



Ways to Honor Nerthus

1. Plant a garden
2. Plant a tree

3. Pick up trash in the forest
4. Plan and go on an extend nature walk/hike
5. Meditate near a spring or lake



Fun side note: there is a minor planet in the main Asteroid belt between Mars and Jupiter that is named “601 Nerthus.”

Tal-lanta Nest Moot



One of the best parts about traveling is being able to see the Folk. I got to travel to Atlanta for work and had the wonderful pleasure of meeting up with some of the Atlanta folks for dinner. Its funny, no matter how well we know the folks, it always feels like dinner with family.



Folkbuilder Mike Joyner
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Georgia

Dungeons and Dragons



For the month of May, our Kindred held a Dungeons and Dragons 3.5 zero session. The event lent itself to how our Folk were in the past. Not glued to a screen, but directly interacting. There are few moments more joyful in life than being with our Folk.

Even if a world inspired by the Lord of the Rings doesn't draw you. I implore you to travel to our events, spend time at our Hof's and be among your people. Isolation as the modern world has allowed can cause depression, anxiety and shorten your life span.

We had a great time and will continue our sessions every Monday evening. All of our Folk, beginner and veteran players, are warmly invited to attend. If interested, I may be reached on MeWe or at jcameron@runestone.org.

Jace Cameron
Apprentice Folkbuilder
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Perspective



PERSPECTIVE

*If you change the way you view the path,
the path itself will change.*

The topics that I could have chosen for this issue of the Runestone are vast; tales of heroes of the folk, interesting deep dives into the lore, or historical facts about our amazing Aryan journey thus far. All those things are worthy of writing about, and I will get to those at a later date. This month, however, I wanted to talk about perspective.

We find ourselves in very exciting times, even if it doesn't always feel that way during our day-to-day lives. We often can miss the bigger picture while working on the fine details, which can lead us to falsely believe that what we're doing doesn't matter or that progress on our goals is moving at a snail's pace. This can snowball into apathy and complacency, which is obviously counterproductive. To that end, I'd like to offer my

own unique perspective on just how far we've come and the amazing place we find ourselves in today.

I became an asatruar on Mother's Night of 2001. I did so via a long since forgotten ritual known as a 'profession of faith', which was very much in vogue back then. It involved renouncing all ties to Christianity and publicly declaring loyalty to the Aesir, which was a direct reversal of the ritual some of our ancestors were forced to perform in ancient times. It was all very exciting, and I truly felt the power of it. But in the days, weeks, and months that followed I was struck with the question of "now what"?

Asatru was a very different animal back then; sure, I had a community around me, and we observed the major holy days of Midsummer and Yule, but we numbered in the dozens at best. I didn't even know the AFA existed until a year or so later, and I was told that it was mainly a "California thing". Learning the Lore was akin to a scavenger hunt, always tracking down a book that some other guy had read, and scouring the internet for sources that didn't seem overtly liberal/universalist. The only guidelines for performing blot and sumbel weren't much better, and how it was done was pretty much a regional thing, with no real rhyme or reason.

There was also what amounted to a cold civil war going on, with the universalists claiming that anyone could be Asatru, and the folkish contingent, who steadfastly maintained the correct position of it being for white folks only. There were many fierce arguments, both online and in person, that raged like wildfires during that time, and I took part in my fair share. Our little communities grew, shrank, and completely dissolved numerous times based on this large issue and all the things that revolved around it. I wish I could say that there were good people on both sides of that conflict, but I'm clearly biased, and their position is and always has been illogical and unnatural.

We dreamt big back then, too. As the Alsherjargothi has said on many occasions, intentional Asatru communities have been a dream since the very beginning, and it was no different twenty years ago. Many a night was spent around the moot fire speaking of grand plans for our own little villages, an Asatru utopia, free from the trash of the modern world, where we could live out our lives, worshipping our gods as we saw fit. We fashioned many organizations back then, too. Some were good, a few were great, but none of them had a real infrastructure or leadership. A lot of them devolved into cults of personality, which is always the kiss of death.

There were a few attempts at recurring national events, including one that I attended for at least three years in a row, that was borne out of that not-so-civil war I mentioned earlier. But it, too, eventually came to an end due to personality cults, in-fighting, and lack of solid organization. Don't get me wrong, there were a lot of good times and a lot

of meaningful connections made during this time, with many fond memories. It was at one of these moots that I met Founder McNallen, which I consider one of the most important events in my life as an asatruar.

There were no Hof's back then, other than a few feeble attempts at purchasing land and repurposing small buildings for use by isolated regional groups. Any events that took place were at state parks and campgrounds, with the ever-present worry of being disrupted by outsiders.

And so it was, existing in small numbers here and there, doing the best we could with what we had, but always dreaming of 'some day'. For a lot of us, Asatru was small, personal, and not at all something that extended beyond those small pockets of like-minded folk, getting together when they could, hailing the gods around campfires and worshipping at our home altars.

But, as has happened time and time again in the history of our people, the seed that lay dormant was beginning to grow roots and sprout forth. We learned from those growing pains, as we still do. Founder McNallen continued to put in the work and remained steadfast in his vision for our future. This in turn sparked a fire in many great men and women who lead us today. One by one, they came home to their spiritual birthright and home, and lent their might and main to our noble endeavor. The AFA began growing, expanding its reach and influence beyond California and the western part of the country. Mere words will never suffice to describe the hard work and sacrifices that so many have made and continue to make towards our goal of a truly living faith in our gods and ancestors.

At present, there are four temples to our gods, with more on the way. No longer do we have to resort to those state parks and campgrounds or be content to only worship our gods at our home altars. We have dedicated sacred spaces for the Holy Powers where we can gather and express our piety. That long sought goal of an intentional community is now becoming a reality at Sigrheim, which will one day soon be home to Tyrshof and the headquarters of the AFA. We are blessed by the gods with a strong corps of leaders, led by the Alsherjargothi, the Witan, and our Gothar. These priests and priestesses of our gods and folk strive mightily every day to lead us in proper ritual and give wise counsel. We folkbuilders work daily to bring more of our folk home and do the work of our church. We are more connected now than ever before in our history, and not a weekend goes by that groups of AFA men and women gather together in fellowship and common cause.

The road to this point has been long and perilous, but we have persevered and have stacked victory upon victory, all the while learning from our mistakes and moving ever forward. I find it important to stop from time to time and consider our journey thus far,

with all its setbacks, missteps, and also the triumphs. From my perspective, we're winning.



Bodi Mayo
Apprentice Folkbuilder
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Oklahoma

Friðr



Folk from Texas to Missouri met for May Day in Oklahoma to continue building Frith amongst each other. This meeting truly began with the previous holiday Hexennacht, which was held in Nebraska with Folk from Oklahoma, Kansas, and Missouri. The

women outnumbered the men 2-1 at Hexennacht, where they charged the ribbons that were later woven onto the May pole.



We were still blessed with many of our female counterparts for May Day, which makes all the difference in the world when weaving ribbons around a May pole.

Being the host has its benefits. We lit a fire under ourselves, figuratively and literally, to prepare our little place for our Folk and our Gods. The return on investment has been tremendous. Spring cleaning is great, but to then make lasting memories with my Asatru family where I dwell, day to day, gives me frequent opportunities to recollect.



I am so grateful for the Frith we share and continue to nurture. There are bright days ahead, of which our planted seeds will bear rich fruit.



Thank you to all who travel to visit your Folk. We are not so far apart once we make those paths well-worn and straight.



Folkbuilder Shea McCurdy
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South Africa

South Africa Update



A dark winter lies ahead for our Folk in South Africa. Poor maintenance, a lack of planning and corruption mean that throughout the country, we face about nine hours without electricity every day. The duration of these daily outages is expected to increase as the cold sets in and demand rises. The rolling blackouts are designed to prevent a grid collapse, an ever-present and growing threat, which could see the country without any power for a week or longer. Our currency just hit a historic low, and many fear a repeat of the deadly riots that hit parts of the country two years ago.

In a world that would prefer to not talk about the realities of what is happening in South Africa and that prefers to ignore the plight of our people, the AFA's South Africa Fund stands out as a beacon of hope and bravery, a reminder that we are not forgotten by our kin across the world.

The (other) Wheel of the Year



Being part of the AFA family can help us maintain a sense of community with our Folk even if we happen to find ourselves literally on the other side of the world from most

other followers of Asatru.

It is a great and powerful thing when we are able to perform blot or other rituals at the same time, even if not in the same place. A great example of that is when people all over the world raised a horn to Else Christensen at the same time on May 27. We joined in from South Africa at what was 6pm local time.

Southern Hemisphere Calendar

January 16 – Sigurblót	August 19 – Charming of the Plough
February 15 – Freyfaxi	September 22 – Ostara
March 21 – Winter Finding (observed March 22)	October 28 – Hexennacht
April 28 – Winter Nights	November 1 – May Day (observed November 12)
May 19 – Alfablót	November 11 – Feast of the Finberjar
June 25 – Yule	
July 15 – Þorrablót	December 22 – Midsummer

Come home!
www.runestone.org

The Wheel of the Year is reversed down south, however, meaning that we celebrate Yule in June instead of December. This keeps the holidays properly aligned to the seasons, at the same time that it makes us a small minority observing the holy days at these times.

To help those of us in the south feel more connected to others also celebrating Ostara in September and Winter Finding in March, I have, with the help of Gothi Lane Ashby, drawn up a holy days calendar for the southern hemisphere.

I hope that it will be of help to others who find themselves below the equator, and will make it easier for us to co-ordinate our celebrations, when practical.

Coffee Farm Rune Study Moot



We enjoyed beautiful views, great coffee and stimulating conversation at another Coffee Farm Rune Study Moot, and are looking forward to the next one.

Upcoming Events



Yule
June 25
Leisure Bay, South Africa

Contact Apprentice Folkbuilder Michael Coetzee
mcoetzee@runestone.org



Michael Coetzee
Apprentice Folkbuilder
mcoetzee@runestone.org

Texas

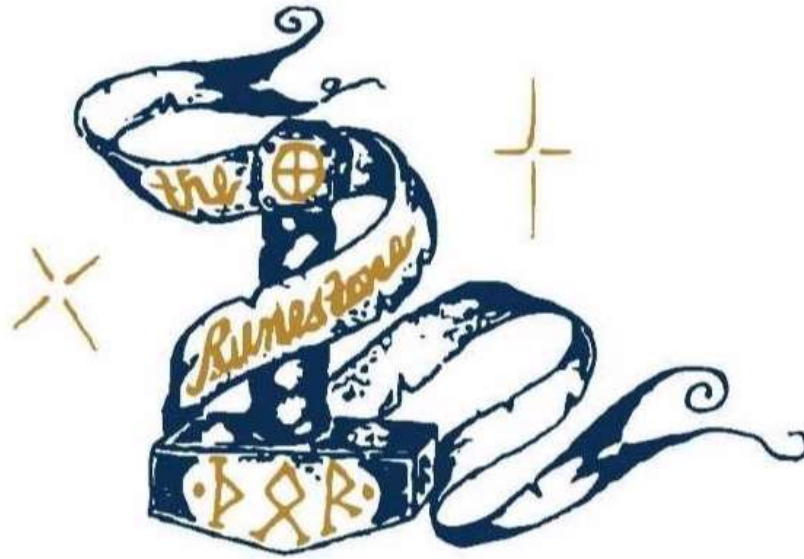
Downtown Denton Moot



On Friday June 2nd, 2023, members of Fríðr Folk Kindred met on the square in Downtown Denton, Texas for an evening of live music, drinks, and Frith. Looking forward to our Midsummer event coming up on June 17th in Houston, Texas!



Folkbuilder Justin Day
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