

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



Donate to the AFA

Words from the Alsherjargothi



As I write this, the official membership of the Asatru Folk Assembly is now 1000, for the first time in history. Thank you all for making this a reality. Special thanks go to our, ever-growing, team of amazing Folkbuilders. Too often the hard work of these folk goes unnoticed and unpraised, yet it is that same hard work that makes these victories manifest.

Hail the Folkbuilders!

Hail Victory!

I would like to mention something here that has been weighing on me. The leading cause of death in the Asatru Folk Assembly is, overwhelmingly, suicide. Suicide is killing a shocking number of white men. One reason for this is being overwhelmed with negativity and the hopelessness that this breeds over time. Those of us with a traditional worldview have a tendency to "shine a light" on all the myriad things

terribly wrong in the world. We share these things all day and all night. We talk about all the things we don't like until we are out of breath. Sometimes it is the need to get things off our chests. Sometimes it is to expose these things or to wake our folk up.

The trouble is that, more often than not, we share an endless flow of negativity to an audience that is all too awake and awake to these things. This focus on negativity is literally killing our young men (and those not so young). More than that, this focus takes our eyes off of goals and victory. We are far better served celebrating what we have instead of mourning what we don't. Life is good. We are doing great things. We are growing. We are winning. We are doing this day by day and year by year. We do this together as a family. Hold your head up and focus on the positive. Always look for opportunities to succeed, seize those opportunities, rejoice and celebrate with deeds and with glory. Be a force to lift your fellows up, keep your spirit high. We build, we achieve, we ascend. Focus on Victory and there is no end to what we can achieve.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

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Mitch Loveless 7/16/1988 - 2/10/2023



Today, we lost a great man. Mitch Loveless, born July 16, 1988, was the epitome of what a man should be: kind, loyal, and an ever-loving father and husband. He was someone you could call on in a time of need and count that he would be there at a moment's notice. Mitch was an avid outdoorsman and a hard worker. He was an example to young men on what true masculinity should be. He also had a softer side that would shine through, especially with his girls. He could go from strong and resilient to soft and gentle with just a smile from anyone of them. Mitch lived in a blended home with three children of his own blood and four from his wife, but you would never know, as he loved all of them as if they were all individual pieces of his own heart. He also helped sculpt two boys into very fine young men who will do great things. Mitch will be severely missed by any who have had the pleasure of his company, his kindred that will never again be whole, and of course, a family that have lost their father and husband, something no one can truly understand without firsthand knowledge. Mitch leaves behind his beautiful, strong wife Kristina, their seven wonderful children, both parents and extended family and in-laws. May his passage into the Halls of the Ancestors be smooth. Please keep the family in your thoughts and prayers. Until we meet again, with much love and respect. Hail the Loveless Family! Hail Mitch! – from Josh Birdzell

Words from the Witan

Our Season of Growth



I am writing this halfway between Charming of the Plow and Ostara. I had the honor of leading Blot to Freyr and Gerda at a great gathering of Folk from at least four states near Pittsburgh, Pennsylvania. Nearly 40 of us gave gifts to our Gods, received their blessings in return. We witnessed a ritual drama, witnessed the naming of two new children into the Folk. Thank you to all the Folk who attended and to Folkbuilders Keller, Cook, and Hudak for their efforts in organizing this event.

This time of year, we set about breaking out of the winter and doing all the work to ensure a prosperous year. We plan gardens, we plant seeds, we maintain and fire up the engines of machines that sat over the winter, we budget for the year, we schedule out our time, travels, and vacations.

We do this in the Asatru Folk Assembly leadership as well. Our Gothar evaluate which Folkbuilders are doing well and who needs help. Our Alsherjargothi reviews the Witan and the Gothar. Planning for Sigrheim is well under way, and for hofs yet to come.

The Asatru Folk Assembly this month has just had our membership count reach 1000. This is not 1000th Facebook “like” or even our 1000th member signup. We have, for better and for worse, had members come and go through the years. This is 1000 simultaneously active and contributing members. This is a great achievement, and our

success will continue so long as we are acting in a noble way that pleases the Aesir.

I am making a call to action to all our members in states, provinces, or countries without a Folkbuilder. Become that Folkbuilder! Our Folk need someone to rally around, and there is no reason it should not be you. So often it takes one brave person to be first to raise the AFA banner and folks will find them and kindreds will form around them, and eventually even Hofs dedicated to the divine Æsir. This first person is what makes Asatru possible to so many Folks.

Also, there is no such thing as too many Folkbuilders, so if you are in an area that has one already but would like to answer this call, we need you too. If you are willing to lead your Folk home please contact me or another member of our Witan or Gothar, witan@runestone.org and gothar@runestone.org, and we'll setup an interview with you to make sure you understand the position, its expectations, and that you are fit to serve in this role.



Witan Clifford Erickson
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Ostara



Blessed Ostara to the Folk! The days lengthen, the snow and ice is melting, the birds are awake, hope returns...

Spring begins to break through as winter loosens its grip on the earth and on the folk. A new dawn shines over the horizon.

Below is my personal blot for Ostara and the coming of Spring. Blessed Ostara to all the Folk!

Items Needed:

Mead

Water

Horn

3 Bowls

Flowers of Choice

Sprig

Single Flower

Vase

1 Folk to assist in receiving gifts and giving blessings.

Entrance: Prior to blot, give a flower to each of the folk present. Enter your sacred space in a clockwise motion.

Blessing of the Mead: If women are the folk are present, ask them to bless the mead prior to blot.

Welcoming:

“Folk, welcome to the celebration of spring and devotion to Ostara.

*May our voices, in worship to her,
stretch across the horizon
and welcome the coming of the dawn of spring.*

*Holy Aesir, mighty gods and goddesses of our Folk,
we ask for you to join us here,
hear our voices, devoted and pious,
witness our worship,
and see the honor we hold for you in our hearts!*

*Honored Ancestors, grandmothers and grandfathers as far back as time remembers,
we ask you to join your sons and daughters here,
in celebration and in worship!*

*Friendly vaetter, spirits of this land and place,
look upon us, witness our devotion,
see our nobility and deeds!*

*Hail Ostara!
Goddess of the Dawn,
Bringer of rebirth and of renewal,
With you comes the songs of the birds,
The fertility of the fields,
The fresh rains,
And beauty of the blooms!
With you, comes the dawn,
As the light pushes back
The darkness and cold of Winter!
We ask you, to join the gathered Folk here,
Who prepare to give you their gifts,*

*Who prepare to receive your blessings!
Hear our voices, your name on our lips,
Echoing our worship of you
And carried on the winds of March!*

Hail Ostara!"

Receiving the gifts of the Folk:

*"Folk, close your eyes and place your hands over your heart.
Feel the heartbeat beneath your fingertips.
The blood that runs through your veins
Is that of your ancestors.
Noble, strong, and beautiful.
Gather your gifts for Ostara within your heart,
The best and the brightest of yourself.
From your heart and into your hand
Push those gifts forward.
Open your eyes, and as the horn is brought to you,
Through your hand put your gifts into the horn for Ostara."*

Give the vase to one of your folk to collect the flowers for Ostara.

*"In your hands you hold your flower
Colorful, beautiful, alive and vibrant.
A physical reminder of the beauty
And rebirth spring brings to us.
Into these flowers, pour your thanks
To Ostara for the arrival of spring,
For the rebirth of the earth,
Of fertility and opportunity.
Place your flower of thanks into the vase
As it follows the horn."*

Ask the folk to galdr together as the gifts are given. There are many appropriate runes, I will be using Berkano.

Giving the gifts of the Folk to Ostara:

After collecting the gifts of the Folk, hold the horn high, your assistant should hold up the vase of flowers.

*"Ostara!
The horn is heavy with the gifts of the folk,*

*Our flowers radiate the beauty of our personal thanks.
If you see these gifts worthy,
We ask that you take them now.”*

Place the vase of flowers on the altar and pour the mead into the offering bowl.

Receiving the gifts of Ostara:

Pour mead into the 2nd bowl, water into the 3rd. Hold the bowl of mead high, having your assistant hold the bowl of water.

*“Ostara,
We ask for your blessing,
For ourselves, for our families,
For our Folk.
Bless us, give us hope,
Let us see the beauty in the world.
Brighten our days,
Make our fields and our women fertile.
Give our Folk, if you find us worthy,
Those things they ask for themselves.
May this mead carry your blessings,
May this water remind us of the cleansing rains of spring,
The rebirth of the earth,
And the chance of our own spiritual rebirth and renewal.*

*Hail Ostara!
Hail Ostara!!
Hail Ostara!!!”*

Using the spring, asperge the Folk with the blessings of Ostara. Have your assistant, using the single remaining flower, sprinkle water upon the heads of the folk.

Closing of blot:

*“Folk, this blot has ended.
Take with you, not only the blessings of Ostara,
But the hope of spring,
And the strength of the community that surrounds you.*

*Hail the Gods!
Hail the Folk!!
Hail the AFA!!!”*

Be sure to properly tend to the gifts of the Folk and Ostara.



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Lawspeaker's Challenge - Patience

“Patience is
bitter, but its
fruit is sweet.”

—JEAN-JACQUES ROUSSEAU

Having missed last month’s deadline I was going to write about procrastination, but I never could get around to it.....

I am not a patient person by nature. Having found Asatru 18 years ago (thank you Mr. McNallen!), I am ready for all our Folk to find their way home. Everywhere I see so many of our people who are spiritually lost, their malaise manifesting as depression, anxiety, drug abuse, and the Ten Thousand Horrors that plague modern civilization.

In the Olden Days, like, say, around 2010, the frustration that I felt often manifested as impatience: impatience at the slow check-out clerk, slow traffic, and anything that didn’t move at a fast-enough pace. I wanted things to change; I wanted everyone

around me to see what I could see so clearly. When they couldn't see it, or wouldn't, I wanted to give them a good shaking!

Don't get me wrong, though. It wasn't all about Asatru. I was also busy at work, with my three young boys, with a too-busy modern life.

I'm not sure when that all changed. Whether age has given me a better perspective or my meditation practice is finally working, or whether the progress that the AFA is making just has me in a better frame of mind overall, it's hard to know. The one thing I know for sure is that the more patient I am the better things seem, including the response of the people around me.

I still get impatient, and there is plenty of Road Rage to go around (I mean, don't those people even know what the term "SLOW LANE" means??). Overall, though, I almost always get through my day without boiling over. One reason, certainly, is my confidence that the gods have us well in hand, and our petty annoyances are nothing to lose sleep over.

I cannot remember where I heard it, but "despite all indications to the contrary the universe is unfolding as it should." Trust your gods, trust your Fylgja, trust yourself. The better you act, the more likely that the cashier, busboy, or mechanic will be to want to join you in your wholeness. We are right, and we will prevail.



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Words from our Gothar

Ritual Mundus: Discipline = Freedom



Ritual is at the core of Aryan man. It is our means of creating order in our lives and participating in the works of our gods. Like building when a house, we must equip ourselves with good tools and build a sturdy foundation. Start each day by embracing our Noble Virtue of Discipline. Establish a ritual routine every morning and make it a habit. In doing so start with the mundane and build upward towards the divine. Perhaps start with making your bed, followed by starting some coffee, light stretching, and some brief meditation in front of your alter. Your rituals are not limited to these things alone, but whatever the elements you choose are, they should be an act which be an act which makes you and your surroundings more orderly. In doing so you develop discipline, freeing your mind to focus on finer details in your life to either expand on

your daily ritual, or begin to build rituals with-in rituals. Repeat consistently and with intention. Chances are if you are experiencing discomfort or awkwardness in doing so, congratulate yourself. You are experiencing growth and likely do something right! At the highest level of execution your daily actions may even become an act of worship, liberate you from unnecessary stress, reduce your chances for error, and open your mind to possible creative liberties you may not have previously considered as circumstances change with-in a moment. Discipline creates freedom, and the means to make poetry of life. Start mastering yourself today, so you may conquer the world tomorrow. It's what the gods made you to do.

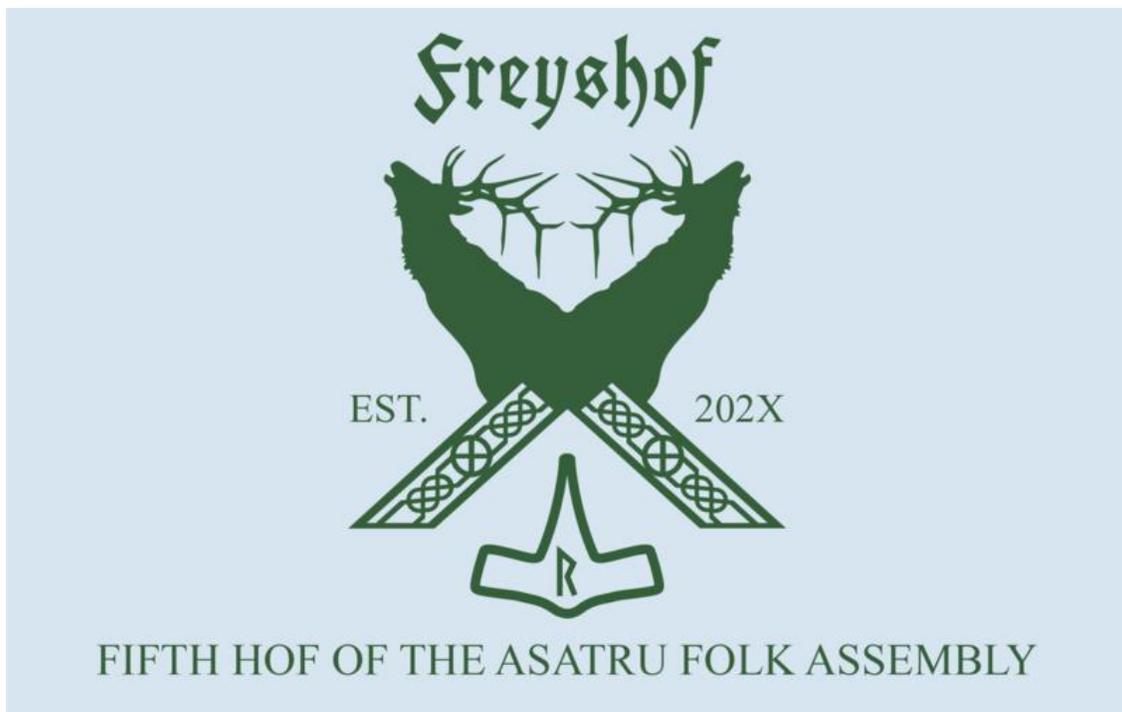


Gothi Jason Plourde
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The Quest for Freyshof

“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 \(runestone.org\)](http://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. (We have paid off 58.28% so far.) If every member donated \$102 we would be able to pay this off today!
2. We need to raise our monthly donation average by 11%. (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.

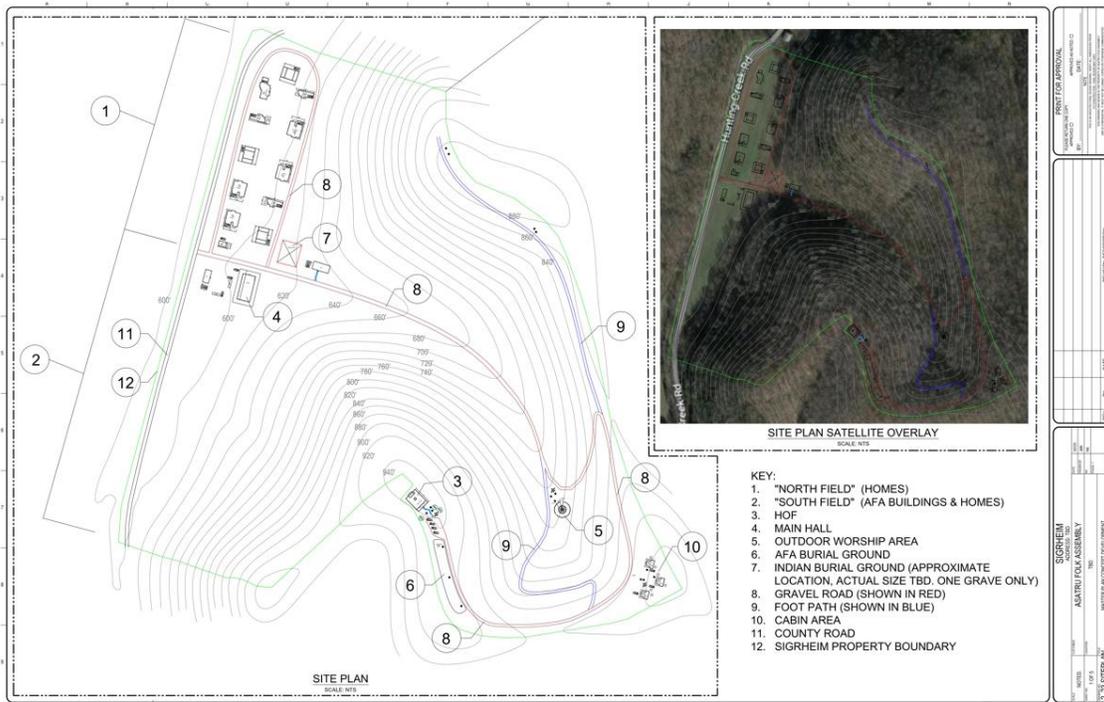
This is not a "quick" process so stay patient and resolute. As we progress, I will keep you all updated on our progress!

Hail Freyr!

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Sigrheim: Home of Victory



Progress continues in the planning and development of Sigrheim. This above is an idea of the space available and the first phase of our plans. This month we have some members of the team headed to the site to do some measurements and to talk to an engineer/sewage guy to get a more realistic idea of what we can and can't do on the site. The results can definitely change the above plan. We also have a member who will be living onsite in April and 2 more who could possibly get there by then as well. This is a long-term process, but we are certainly making progress.



And don't forget, Sigrheim is OURS, and we can only build it up as the Capital of Asatru and the AFA with the help and donations of our generous Folk! Donate to the [Sigrheim Fund](#).



We'd love to see you out there in July for Sigrblót at Sigrheim.

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Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6pm PST / 8pm EST

vk.com/asatrufolkassembly

entropystream.live/app/MattFlavel

odysee.com/@AsatruFolkAssembly:e

youtube.com/c/AsatruFolkAssembly

twitter.com/FolkAsatru



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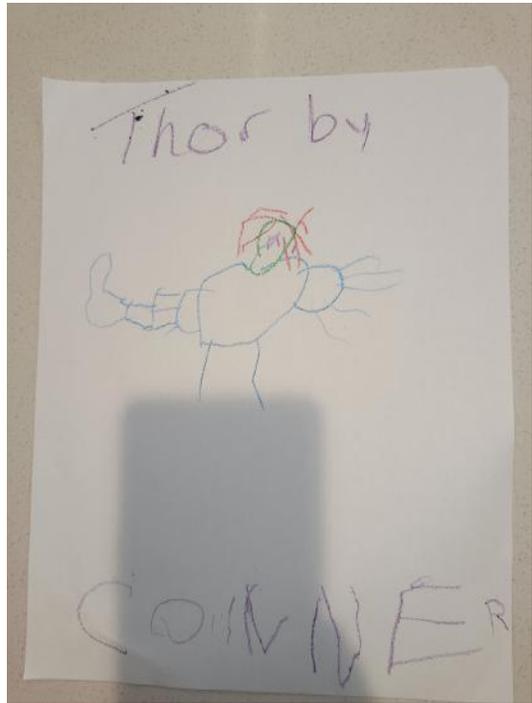
AFA Homeschool Program



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



I gave the assignment to our kindergarten students to draw or color their favorite God or Goddess, lore story, or even a memory from their Kindred or Hof. I'm proud to present a few of the entries we have received so far!

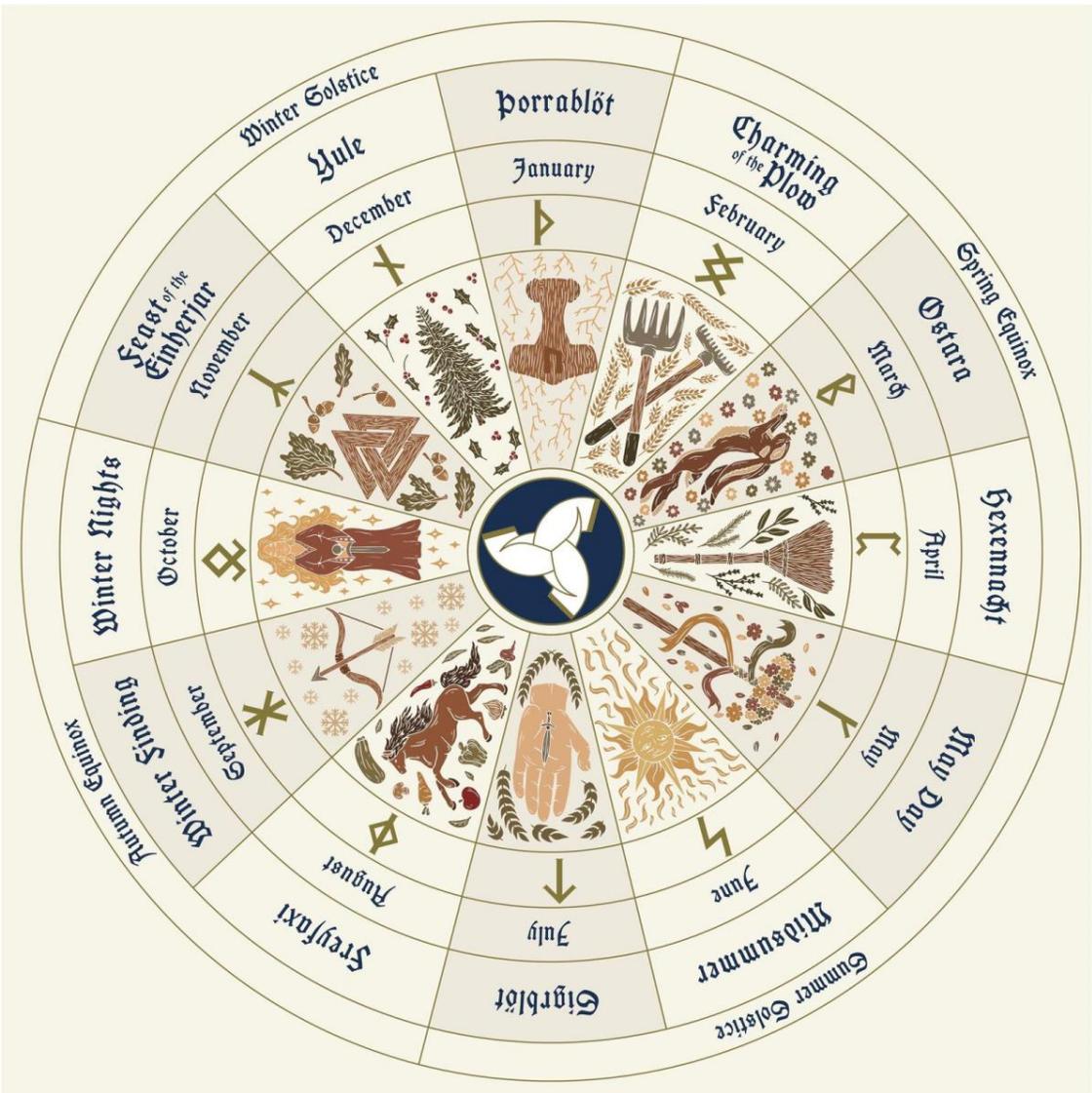


We are proud of our students and all their hard work this year, and certainly of their beautiful art!



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Remembrance & Holy Days



2023

| Date | Observance |
|------------------------------------|---|
| January 9 | Day of Remembrance for Raud the Strong |
| January 21 | Þorrablót |
| February 9 | Day of Remembrance for Eyvind Kinnrifi |
| February 18 | Charming of the Plow |
| March 9 | Day of Remembrance for Olvir of Egg |
| March 21 (observed on 18th) | Ostara |
| April 9 | Day of Remembrance for Jarl Haakon |
| April 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 |

Date

Observance

December 20-31
(observed on 16th)

Yuletide

Day of Remembrance

Olvir of Egg



Sometime between 1020 and 1021 CE, the Christianization of Pagan Europe was well underway. King Olaf II was ensconced on the throne of Norway. Much of the country had been baptized under threat of torture and death. Such things, however, were not enough to deter the faithful, and eventually, word reached the ears of King Olaf II of gatherings in and around Trondheim of a very pagan nature.

Olvir of Egg, a leader and a Gothi of his people, was elected by his people to speak to the King on their behalf and to defend their religious activities. An intelligent man, Olvir was called before the King on two separate occasions to defend the stories of Pagan festivals and feasts. On both occasions, Olvir of Egg humbly described not Pagan gatherings, but communal gatherings, in which neighbors drank and feasted as friends.

Both times Olvir left behind an unconvinced King and when spies told him a third time of an Eostre festival being arranged for the people, Olaf decided that he had heard enough. Five ships and over three hundred men were gathered and set out to ambush Olvir and the men and women who worshipped with him. Arriving under the cover of darkness, Olaf's men ambushed Olvir and his pagan community. Olvir was killed and many of his people were tortured, mutilated, or killed. Once a great stronghold of the Pagan faith, Trondheim had been taken.

And what can we learn from this story?

Many of these stories are not happy stories. On the surface, they are stories of death and defeat, but we have to look past the surface of all of these stories. Here, with Olvir, we see a man who loved his Gods and, despite all of the pressures of his ancient world, did his best to worship them. Not only did he do his best for himself, but he also did the best he could for his people. In the face of adversity, Olvir did his best to provide and protect his people from the angry, outside force that was the King.

Our world is not the same world that Olvir lived in. We have the right to choose our faith, but there will always be obstacles. In these times, when our native faith is still so small, and our heritage is being challenged by the multicultural whirlwind, remember Olvir. Provide a safe place for your folk to be away from the harm of the "societal norm". Remember that sometimes smart words are required instead of rash ones.

Be there for your folk. Provide for your folk.

The Gods and the Ancestors are watching.



Gythia Catie Erickson
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Holiday

Ostara



Hail Ostara, conquering Goddess of the Dawn, radiant Lady of Spring! You ride boldly out of the east, conquering all before you! May your light chase away the darkness! May your warmth banish the cold!

Ostara is the celebration marking the beginning of Spring. The cold, dreary days of winter are finally coming to an end. The sun is warming the frozen soil. Life is once stirring from the depths. Ostara is a celebration in every way. Our ancestors celebrated life and the survival of another long winter. They celebrated the birth of lambs, calves, and horses. They celebrated the blossoming fertility of the world around them.

In today's fast and hectic world now is a good time to stop and take a deep breath. Let the sun warm your face and take the time to thank the Gods and the Ancestors for seeing you through another cold winter. Shake off the influences of the winter blues. Now is the time to get your hands dirty.

The small plot of the garden that you planned for during the Charming of the Plow is almost ready for planting. Keep that soil turned and soft. Keep fertilizing it. It is too cold to plant seeds directly into the ground, but this is a good time to begin your seeds inside. Plant them and keep them warm. Set yourself up for success. If you are not working on a garden then you should be moving from the planning stages of your Charming of the Plow project into the beginning of the active stages. The winter months are stationary by nature, but winter is over. Now it is time to leave the introspection in favor of action. With industriousness, we can change the world. Start small and move always onward.



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Upcoming National Events



Order your tickets [HERE](#)

Ostara at Þórshof, an Asatru Folk Assembly national event, is scheduled for March 10 – 12 at our very own Þórshof!

There will be fun and games for the children, classes for the adults, and good memories to be made. We have an assortment of different activities for people of all ages in attendance. Classes to be held will cover a wide range of topics.

As always we will be having an auction of unique and one-of-a-kind Asatru-related items. All auction proceeds go to help fund these amazing events. We ask anyone who would like to donate to this great cause to please donate an item to the auction, or bring your cash to bid! Anyone wanting to set up a vendor table at this event please feel free, all we ask is a donation of a substantial item to the auction.

Tickets are available at

<https://www.runestone.org/product/ostara/>



Witan Clifford Erickson
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Folkbuilder Spotlight

Folkbuilder Ryan Harlan
Marysville, Montana



Ryan Harlan has been an AFA member for only ten years, but it seems like he's always been with us. You could easily describe him as tall, handsome, personable, thoughtful – but, in his quiet way, he's so much more. Ryan's well-researched talks at Óðinshof have a deep historical perspective from which we learn more about our ancestral roots. His mead-making workshops and hand-crafted knives of Damascus steel have brought history to life before our eyes. If there's a job to be done, Ryan will take care of it. At events, he's right there for health emergencies, having set up our array of medical equipment as a qualified EMT. He's an Odin's-man, an Ullr's-man, a Frey's-man – but at the very root it all, he's a family man.

It was my pleasure to spend time with Ryan this morning, learning more about his journey to the AFA. What follows is some of what I learned.



Family is at the core of who Ryan is, whether he's telling stories of his ancestors or bringing you up to date on Harlan family of today. He keeps one foot in the past, with the stories of Cornish gold miners from his mother's side or the roots of the Harlan clan on his father's. Ryan refers to his children as “our future” and they are filled with strong virtues and high expectations, even at their young ages.



Both sides of his family had careers in law enforcement and fire-fighting, and though he wanted to be a Navy medic, a diagnosis of colorblindness ended his hopes of a

military career. As an Explorer Scout, he did ride-alongs with firemen and began training as an EMT. At age 19, he received his certification and began his career with the US Forest Service. After years of being a “fire-tech” working the forest fires throughout the west, he moved to a dispatcher position so he could stay home with his family.

When it came to religion, Ryan said that Christianity "never clicked" with him. Instead, he found himself reading books on Greek and Celtic mythology. By researching “European religion” online, he discovered the AFA website - but it would still be some time before he made his move. While the AFA's Midsummer 2014, he knew it was the right decision at that point in his life.



When asked about important memories, he was quick to reply: getting engaged and married, and the baby-naming ceremonies of his three daughters. It was through the AFA that he met his wife, Rachel. In September 2016, they were married at June Lake, on the east side of the Sierras in true mountain-folk fashion. It's no surprise that when they relocated to Montana, they found a home built in 1892 in a ghost town with only 70 inhabitants...not unlike the California gold rush communities they both left behind.



Ryan had been a Folkbuilder before leaving California, so it was only natural that he rolled up his sleeves and began building an AFA presence in Montana, which had never had a Folkbuilder. He describes the locals as “hearty gold-country folk but more reserved” than those in California. He's getting to know folks there, and his efforts are showing results with an increase in Montana membership. Ryan is cautious about growing a community too quickly; he's much more concerned about maintaining high quality.

Ryan has hosted events at various venues, with several families now joining. A kindred is being established, and will proudly hoist its flag this August. Coming right up is this year's Ostara Celebration at Elkhorn Hot Springs close to the Idaho border (elkhornhotsprings.com). The site offers cabins plus other amenities, so reach out to Ryan at rharlan@runestone.org if you'd like to know more.



When weather prevents meeting with other families, the Harlan's do blot as a family. Once you've seen the photos of his young daughters Heidrun and Ida Belle pouring libations on a Montana mountaintop, you'll understand the impact the AFA has in our lives today...and in the days to come.



Gythia Sheila McNallen
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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

Cooking for our Folk



Calling all Chefs

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

cookbook@runestone.org

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

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

To this day, I still believe that number one is the most important; but two is the most valuable lesson. So, for example: why would you add flour to the mix when 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



I know I'm preaching to the choir, but there are many tangents involved in our Ancestral Faith that don't exactly break off, but rather interweave into each other.

Culture, community, traditions. How are those not interconnected into not only what we are doing, but who we are? Bangers and mash are such a simple, yet delicious and hearty meal. It was a staple in my grandparents' house and I'm lucky to have my wife serve it to our family. What's so great about peas, sausages, potatoes, and onion gravy? Nothing and everything. Tacos sure are delicious but this simple and filling meal is a nod to my ancestors every time it's prepared. Thoughts wander back to England, Ireland, and beyond how they would be in the kitchen preparing, butchering, harvesting, and so forth.



Before dinner, my wife also served delicious Irish breakfast tea with cream and blueberry scones. Again, sipping and munching these treats activates my ancestral memory and I transport myself in a long-forgotten blood memory overseas. Everything about us is important and it all incorporates into our faith. I would love to share our recipes and traditions and encourage you all to take pictures of your own meals and treats, and please submit them to the Runestone to share with us all. If you do not have traditions, you can start today! The ancestors are so important, but WE are the ancestors now my Folk and we need to start thinking that way. To your health, Hail!



I can imagine the first thing some of you are thinking while reading this after you rolled your eyes is why a holiday after someone that allegedly purged Ireland of "pagans" is being written about in an Asatru Newsletter.

In a society where everything White is under attack, why not then embrace any semblance of culture we still have? Most people don't associate this holiday with religion at all.

In my Family, St Patrick's Day was a happy time, but not one of silliness. I was raised by Depression-era Irish Americans that knew all too well the harshness this world can muster. Corned beef, cabbage, potatoes, root vegetables, and soda bread might be a seasonal delicacy for some, but for the Ancestors of myself and many others, it was the cheapest food available at that time. We ate this meal to remember how much they had to sacrifice to provide us with our easy lives here in America. We ate the meal with the highest reverence, paid our respects, and raised our Guinness and whiskey up to hail their good names. Even as a little boy, I could tell this day was a very serious day for my Grandparents and we were a part of something special.

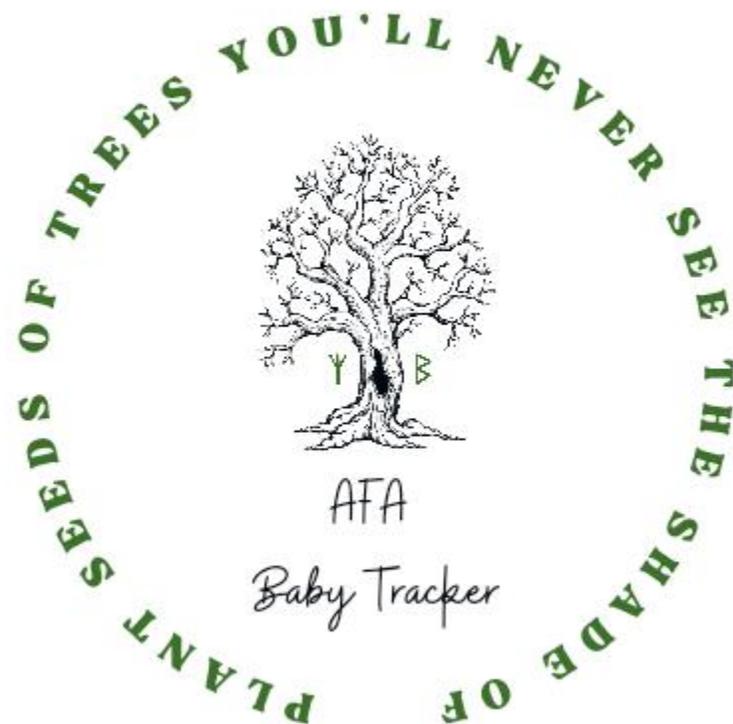
To me, that is very much in alignment with what we are doing, even if it was done by some Irish Catholics. This day to us is a day to honor not only our ancestors but to celebrate our victories and to pass on that good Orlog to the next generation.

I think it's easy to play victim and complain about St Patrick and many other similar tangents, but then which side are we on: crybaby liberals or Noble European Folk? We can't be victorious stuck in a victim-mindset, being contrarian, and claim to be Asatru at the same time. We have to steel ourselves and rise above.



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: 3



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Ladies Mysteries Podcast

LADIES MYSTERIES PODCAST

Spiritual Self Care

◆ March 19th @ 1:30 pm CST
◆
◆



GYTHIA CATIE ERICKSON



GYTHIA ANNA PLOURDE



FOLKBUILDER SARA AULT



FOLKBUILDER CHRISTINE DUMAS



FOLKBUILDER HEATHER YOUNG

Contact Christine Dumas for details
cdumas@runestone.org



Folkbuilder Christine Dumas
cdumas@runestone.org

AFA Sister's Chat



Sunday 3/12
Sunday 3/26
10 am central

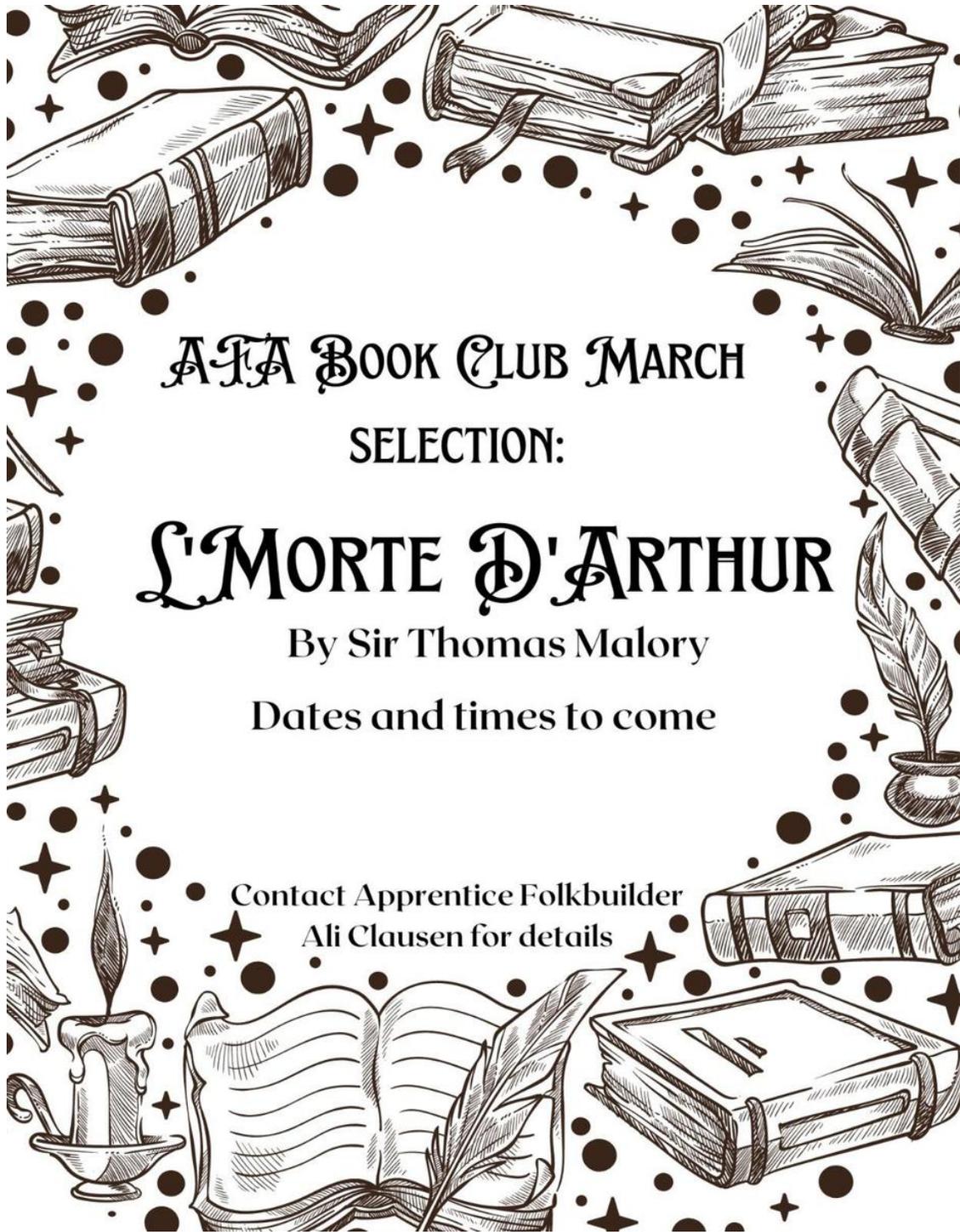
*Contact apprentice Folkbuilder Ali
Clausen for details*

All AFA womenfolk welcome!



Alison Clausen
Apprentice Folkbuilder
aclausen@runestone.org

AFA Book Club



ATA BOOK CLUB MARCH

SELECTION:

L'MORTE D'ARTHUR

By Sir Thomas Malory

Dates and times to come

Contact Apprentice Folkbuilder
Ali Clausen for details



Alison Clausen
Apprentice Folkbuilder
aclausen@runestone.org

Saga's Literature Project



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

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

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

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

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



Folkbuilder Shane Duffy
sduffy@runestone.org

AFA Prison Ministry



Greetings kinsfolk,

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.

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, you can donate to the AFA general fund on the Runestone website with an earmark "AFA Prison Ministry" in the comments section.



Folkbuilder James Ault
jault@runestone.org

Now Available in the AFA Store



Find Your Roots! Folk Kom Hem!



Runestone.org

The first of the new 2023 Apparel has arrived!



Last year we celebrated to the light of the AFA shining and guiding our folk to us. Now we call them home! "Folk Kom Hem!"

[Get yours today!](#)

Also, March is the last month to get the 2022 AFA t-shirt. It is being retired. So if you want one, get it today!

Another Not-So-New Item



We also wanted to point out that we have a few Official AFA Tie Clip and Cufflink Sets in the store that've been for sell a while, but have definitely flown under the radar. We've only got 9 gold sets and 5 silver sets in stock at the time of writing this, and when they're gone, they're gone! [So snatch 'em up fast!](#)



Folkbuilder Melisa Mills
mmills@runestone.org

Njörðshof

Food Pantry at Njörðshof



This month's food pantry was slightly different than the previous months at Njordshof. We celebrated Charming of the Plow earlier with our national family.



A concentrated group of doers traveled to our hof to load up bags and bags of groceries to hand out to our hungry community. All in all, we fed 31 families!



Keeping up the tradition of sharing a meal with our folk, we had a delicious lunch together. We took the opportunity to make it into a mini workday. The hot water heater was installed, lots of weeds were chopped down, and organization commenced for March's food pantry.



Katie Joyner
Apprentice Folkbuilder
kjoyner@runestone.org

Holiday at Njörðshof



This past month, Njörðshof celebrated our first national event: Charming of the Plow! It was a spectacular event that left everyone feeling spiritually charged and motivated to plant seeds of victory in their lives!

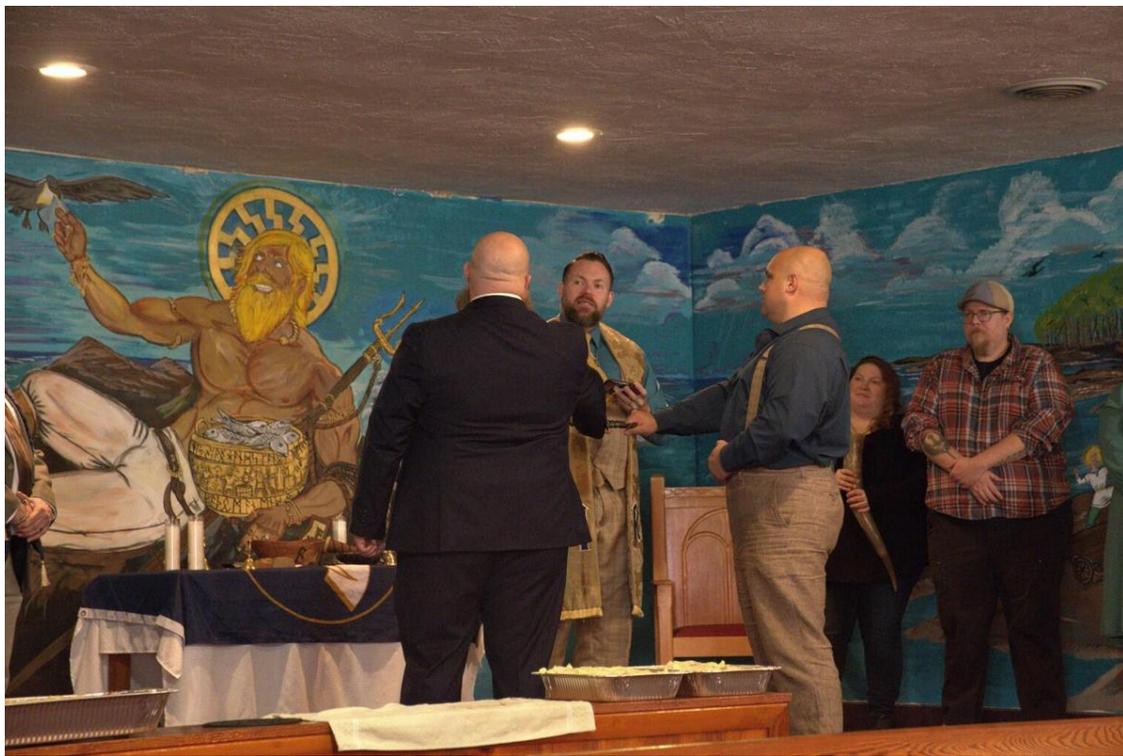
Madison and I arrived in Florida on Thursday, and had dinner with some other leadership that had arrived early. Folkbuilder Mike Joyner and the Lawspeaker also prepped the Hof for the weekend so that our work load would be minimized on Friday and Saturday.





On Friday, we started the event with my good friend and kinsman Goði Daniel Young leading our Greeting of the Gods ceremony. The rest of the daylight was spent simply enjoying time with our Folk, until night came, and the Alsherjargothi led us in a powerful Blöt to Njörðr himself.

Saturday started with an excellent breakfast prepared by the Joyners, followed by men's and women's group activities. The men went outside and practiced throwing axes, while the ladies stayed in the Vé and practiced crocheting and discussed Frith.



After this, we had two new Folkbuilders take their Oaths. Shane Duffy of Baldrshof District, as well as Mike Joyner of Njörðshof District, stood before all of the present oathed leadership and Njörðr to recite their Oaths of loyalty to the Asatru Folk Assembly. Folkbuilder Mike Joyner was also awarded the Folkbuilder of the Year accolade for 2022.

Following Oaths, Apprentice Folkbuilder Otto Rafuse led both men and women through some Highlands Games events. Everyone involved had a great time and found strength that they did not know they had!

During the Highlands Games, I prepared for my Blöt to Ingui-Freyr. I had some of the other Gothar gather everyone inside so the women and men could go to their respective spots to prepare for the ritual. We invoked Lord Ing, asking him to bless us as we strive to break through the unyielding earth and plant seeds of Victory. Once we exchanged gifts with Lord Ing, everyone had their hands or hearts or tools blessed, so that they may take a piece of that gift home to their trades or professions.



High Sumbel was led by Lawspeaker Allen Turnage, and everyone became closer as we tied our Wyrd together for that ritual. At the very end, we got to witness the proposal and engagement of two Njörðshof District members!

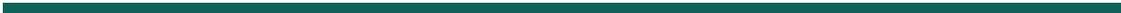
Sunday was a shorter day, as it always is. We had breakfast, a Wayfarer's Blöt led by Goði Ashby, and we said our goodbyes.

Many thanks to everyone who showed up! We hope to see you back at Njörðshof, and we hope to run into you at Ostara at Þórshof!

Hail Ingui-Freyr!



Gothi Trent East
teast@runestone.org



Njörðshof



2023



Yule

Feast ^{of} the Einherjar
November 18th

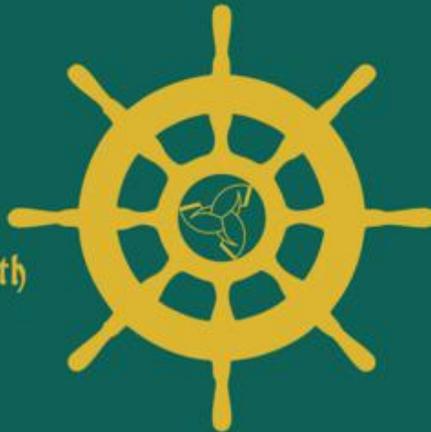
December 16th - 17th

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

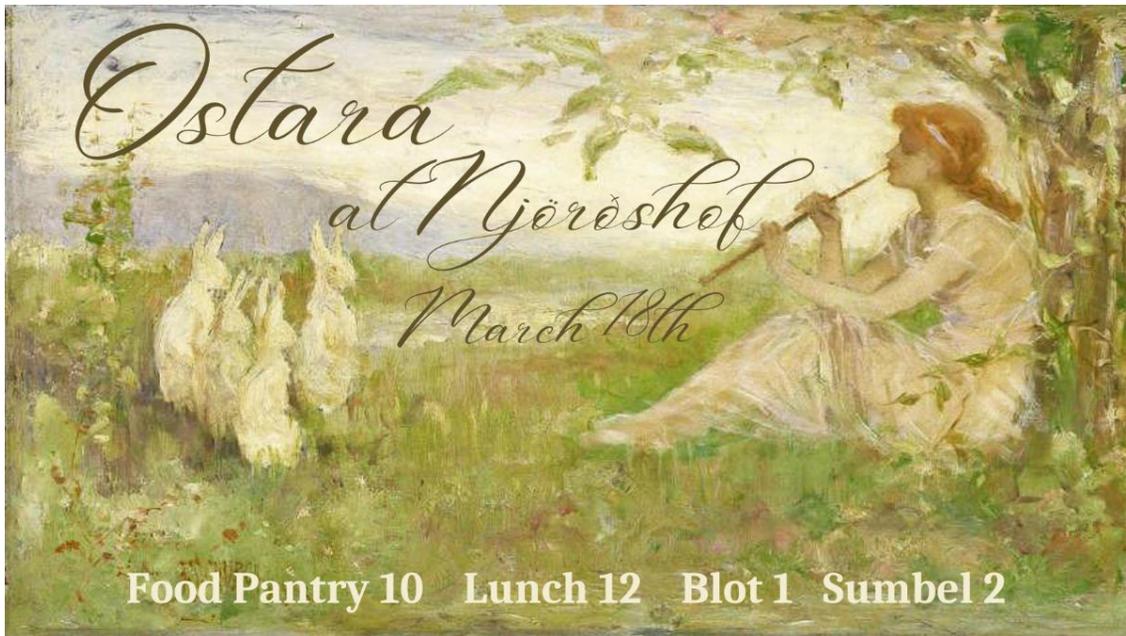
Hexennacht
April 15th

Sigurblót
July 15th

Midsummer
June 17th - 18th

May Day
May 20th

The Harshest Winds Make the Strongest Wood



Arkansas

Charming of the Plow in Arkansas



We celebrated Charming of the plow in Arkansas. We feasted, hung out, did Blot and Sumbel.



It was a really great time and I can't wait to celebrate more Asatru holidays in Arkansas and surrounding areas with my Folk.



Tabitha Owens
Apprentice Folkbuilder
towens@runestone.org

Florida

Ladies Cats and Coffee Moot in Tallahassee



On Sunday, February 28th, ladies met at Fat Cat Café in Tallahassee Florida. Fat Cat Café is a local nonprofit organization that helps aid in the adoption of cats. The organization will take in cats of all ages and backgrounds, foster them, give them care, and acclimate them to living with humans and other felines.



As you enter the café, you are greeted with a genuine smile in their small boutique. You can pay a nominal fee to go beyond the window into the kitty's playroom. The kitties will dance in figure 8's around your legs, bounce around, and climb on every conceivable ledge.



Racheal and I met there for fantastic conversation and building of Frith. Our husbands are lucky that we didn't adopt all of the energetic kitties!

Upcoming Events

TALLAHASSEE
JAZZ *and* **BLUES**
MUSIC FESTIVAL



TALLAHASSEE MUSEUM
3945 MUSEUM DR

MARCH 25, 2023
11 AM

RSVP WITH KATIE JOYNER
[KJOYNER@RUNESTONE.ORG](mailto:kjoyner@runestone.org)



Katie Joyner
Apprentice Folkbuilder
kjoyner@runestone.org

I'm on my death bed...



No, I'm not on my death bed, but what if I was. I would like everyone to close their eyes and imagine that their death is soon. They have a few hours or days. Who will be there for you in your last moments in Midgard during this life? Will it be family and friends?

Will it be everyone that you want to be there?

We believe that our family and friends should be there out of obligation, but why should they? When I say "family", I not only mean those that are related by blood, but also those that you have called and thought of as brother, or sister, or your own child.

Just calling someone a friend or having someone that is family based on biology doesn't mean they are close to us. What have we done to nurture these relationships?

Have we taken time out of our busy day or week to give them a call or visit them? Is there a problem between you and them based on some issue that probably wasn't that significant? Are you waiting on them to make the first apology?

A lot of people go through life nursing their egos more than their relationships. They take little slights against them and increase them to a point where they stop talking to the person they believed slighted them. Hopefully before the finality of this life is staring you in the face, you realize that you should have reached out to resolve the issue, even if it wasn't your fault.

Another issue we have is that we spend so much time trying to succeed in life, that we don't set enough time aside to spend with family and friends. I tried to be involved in my five children's lives, but as I look back, I know I could have spent more time with them. I spent long hours in the firm to become a partner. After becoming a partner in the firm, I spent long hours in the firm making sure the firm succeeded. Luckily, I finally realized that I needed to spend more time with my family. I started my own firm and starting taking Fridays off to watch my grandson. In five years, I hope to retire and become my grandchildren's taxi service. Until then, I will be at every jiu-jitsu practice, every baseball practice and every dance recital possible.
Now open your eyes, and live everyday like it is your last!



Otto Rafuse
Apprentice Folkbuilder
orafuse@runestone.org

Florida Saga Moot - Sponge Docks



Folk gathered in the Tarpon Springs area of Florida to enjoy The Sponge Docks. The Sponge Docks is known for producing the largest quantity of natural sea sponges in the United States. The area is part of the historic district of Tarpon Springs and offers shopping, dining and delicious coffee. Regrettably, I was sick and couldn't attend which means we are going to have to do a do over of this amazing outing.



Tracy Adler
Apprentice Folkbuilder
tadler@runestone.org

TLH Highland Games Moot



While the weather was not the best but members of Njordshof would not be turned away. The event is considered a world grade class event. There were Meat Pies and other Scottish food. Scottish Clans Flew their banners and had tents. Vendors were selling goods. Some of us even got to participate in primitive archery.



While all have that is cool BUT if you have never petted/seen a Highland Cow (cow) in person you're missing out. We had so much fun the event went by so fast almost like it went Plaid (Spaceballs Joke).



Folkbuilder Mike Joyner
mjoyner@runestone.org

Georgia

Introducing Myself



My name is Jace Cameron, I am a new Apprentice Folkbuilder for the Njordshof district. I joined the AFA June of last year, in part thanks to the works of The Guardian and Elder McNallen. In addition to having with Gothi East to answer all of my questions prior to applying for membership.

My journey that led me home, like many endeavors, began because I felt things in my life were not what they could be. My dilemma was I had no idea where I should go. I just knew I couldn't stay where I was. This feeling of listening when life called, was our Gods. They led me to the love of my life, they have given me two beautiful sons with all the pride and exhaustion they entail. They have brought me back to my folk, expanding my kin and continuing to provide spiritual fulfillment through all of you. If I stopped to list every single one of you who has touched my soul, you wouldn't get to any other article in the Runestone. Y'all know I can talk.

I look forward to serving you, our Folk and the Gods.

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



Jace Cameron
Apprentice Folkbuilder
jcameron@runestone.org

South Africa

Finding Family Where You Look for It



Family has been on my mind more than usual recently. Having to go for a serious medical procedure will of course do that to a man, but it's not just a sense of mortality

that has had me thinking about family. You can't choose your family, as the saying goes - or can you? I think that the experience of many AFA members in South Africa and Europe over the past few months would suggest that you can indeed choose your family. In a relatively short amount of time we have built strong relationships of friendship, mutual support and fun. It is interesting that this should happen among a group of people who are mostly very far apart from one another and many of whom are often the only member within several hours' travel.

I am glad that we have been able to fight against the growing tide of atomization and isolation that has swallowed so much of the world. And make no mistake, it is a fight. There are those who very much want people isolated and alone, who do not want people to form relationships and families. But every time we check in with one another we spoil their plans.

This is all a reminder of just how important it is to get out there and make these connections. Best of all, is to do this in person. To sit around the same fire, to drink from the same horn. But even if this is impossible for the moment, we still have to go out and build these relationships. It can be as simple as just showing up for a video chat. Never think that small steps cannot lead to great things. And so I would urge especially isolated and new members to take that leap into the unknown, to meet and get to know your fellow members, no matter how far they may be. A short video call may well be the beginning of a lifelong relationship.

Freyfaxi



We gathered on February 18 to celebrate Freyfaxi. Bread horses made with homemade dough, as well as vegetables from the garden were offered. Hail Frey!

Europe-South Africa Video Calls



The Europe-South Africa video calls started by Apprentice Folkbuilder Erik Lugnet and me continue to go from strength to strength. New faces keep showing up, including some special visitors from the US. We will continue our series of discussions on the Noble Virtues this month.

Upcoming Events

Winter Finding

March 18

KZN, South Africa

Contact Apprentice Folkbuilder Michael Coetzee
mcoetzee@runestone.org



Michael Coetzee
Apprentice Folkbuilder
mcoetzee@runestone.org

Texas

Thorrablot in Dallas



Members of Fríðr Folk Kindred gathered in Dallas to give honor to the mighty thunder god Thor! We ate good food, discussed the story of Thor's Journey to Utgarð, did a rune pull, and enjoyed the Frith that comes with blot and sumbel. With the blessings of Thor, we look forward to starting this year off strong!

Charming of the Plow in Austin



Members of Fríðr Folk Kindred gathered in Austin, TX to honor the inspiration, fertility, and abundance the mighty god Freyr has brought us this year and ask for his continued blessings for the spring. We did a traditional burying of a vegetable as an offering to the earth, enjoyed food and frith, discussed the story of Forskirmis aka

Skirnir's Journey, and held blot and sumbel. We look forward to seeing the fruits of our labor develop as we continue to plow our fields in the coming months.

Upcoming Events



Join us for Friðr Folk Kindred's
3rd annual Ostara celebration!

Adults:
\$30

Guests:
\$10

Children
10 &
under:
Free!

Bring items
both big and
small for
the auction,
as well as
money to
bid, mead,
camping
gear, and a
chair to sit
in!

We will have an egg hunt for
the kids, discuss the Hyndluljóð
story, enjoy a great meal, hold
Blot to the goddess Ostara,
and hold an auction and raffle
to raise funds to cover this and
future events!



Folkbuilder Justin Day
jday@runestone.org



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