


The Runestone: Voice of the Asatru Folk Assembly





Njörðshof
Fourth Hof of the Asatru Folk Assembly

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

May 2024

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Words from the Alsherjargothi



May is an exciting time! I hope everyone has had or will have an amazing May Day! We are in the prime of the year, activity and great things are going on all around us. I seem to say this every month but that is because it is so important, get out there and participate!

In today's world, we all spend a lot of time on social media. That is a great tool to maintain connections over distance. Unfortunately, social media tends to amplify anxiety and promote wallowing in the *doom spiral* as well. Life is good, share it with your AFA family. I would like everyone who reads this to make a point of attending a meet-up in your area. Better yet, make the trek to your Hof! Hof attendance and real-world participation is what builds the community that we all need. Participation is essential to Asatru—it is not a theory or a philosophy, it is actively worshipping the Æsir

and engaging with your AFA family.

I am excited! We have some great things coming up this summer, and I look forward to sharing all of it with all of you.

Now is the time to make things happen!

Hail the Æsir!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
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The Folk Remember



The Asatru Folk Assembly is saddened by the passing of Nyx Olavi Hostvet Levang of Hartville Ohio. Nyx departed Midgard on April 28, 2024, at the age of 31. She leaves

behind her father Arnold, and her fiancé Joseph Drotos. She is predeceased by her mother Lisa (2023) and her brother Leif (2021). Nyx had a fiery passion for her Folk. She often gave of herself without hesitation to assist our folk in need, even those she didn't know. Ms. Levang grew up in Anchorage, Alaska, earned her Bachelor's in Health Science, and worked as a model.

A service in her honor will be held on May 9, 2024. Please contact Folkbuilder Michael Melillo for details.

The Asatru Folk Assembly sends heartfelt prayers to those who called her a sister, daughter and life partner.

The Folk Remember

Words from our Gothar

Faith in the Dark



Every religion has its fair-weather practitioners, and Asatru is no exception- especially in the Wolf Age.

All of us have seen it: a pious and devout member of the AFA, attending every event

and donating their time or hard-earned money to every cause, suddenly goes through a hard time. Perhaps they lost a parent or a pregnancy, a job or a car, or are simply not feeling that connection to the Folk that they used to take such pride in. They go through any of these tribulations, and slowly drift away from the Folk and, ultimately, away from the Æsir. They often decide to leave the AFA, and they often say it's just "for a little while", but many do not return. They allow their struggles to outweigh their reverence for the Æsir, and so return to the atheistic malaise that is life without Asatru.

This problem is one that must ultimately be confronted by whoever is going through these trials, but the rest of us CAN help get their mind in the right place. We can remind them that their AFA family is here for them no matter what, that the Æsir exist no matter what, and that their ancestors care for them no matter what.



As you read this, think back to your grandparents or even your parents. Many times, when they faced hardship, they kept their faith in a foreign god and a foreign church. They took strength from that community, and the promises of that foreign god. If they can take strength from that, we should all be able to take so much more strength and comfort from OUR Gods and OUR church.

Now, think even farther back, beyond the desert faith's hold over the Folk. Imagine the Norse, or the Saxons, or the Rus, or whichever Aryan tribe your blood comes from. Even in the darkest of winters, in the bloodiest of battles, they kept their troth with the Æsir. It sounds so simple, but believe me when I say that it takes real strength and devotion. Not only did they keep their own loyalty to our Gods, they kept their

kinsmen's loyalty strong, as well. They would not allow their kin-fence to suffer a withered post.

As was the case with our forebears, both Asatru and Christian, we must learn to keep our faith strong in the face of adversity! The Æsir have blessed us so abundantly, and it is only right that we maintain that troth even in the darkest of days.

If you ever find yourself struggling with this, or with anything, email your Gothar at gothar@runestone.org, because we are here for you and your family.



Gothi Trent East
teast@runestone.org

Jera and the Cycle of Ceremonies



Six months ago, we entered our ritual circle to a drumbeat that pulsed like a heartbeat. It was Winter Nights, and there was a chill to the air. The pine trees were stark silhouettes surrounding us. The bonfire was blazing – and Freya and the Disir were

called through the quivering veil. Gifts exchanged and runes taken.

For Hexennacht, those same holy women were on my mind all day. In my morning workshop on “Hex Art & Magic,” we reviewed the Elder Futhark and imagery that is seen, and sometimes “unseen,” in hex art. We know these designs are inspired by our Folk-soul, even when painted by ardent Christians.

Our Ladies’ Chat had the added pleasure of a baby shower hosted by our own Óðinshof group, Daughters of Frigg. Fertility of the season was personified in the gifting to Caitlin’s new arrival, due in late May.

During that time, I spoke on the background of this day of celebration, and our particular role in it. We are not women of the 10th, 14th, or 18th centuries, but of the 21st. As such, our interpretation and expression of this day is “just right” for us.

Contrary to the darkness of Winter Nights, this ritual took place in the glorious late afternoon. The turning of the seasons was evident in the new growth and emergence of spring flowers. Though we would again invoke the blessings of our Lady of the Vanir and our Mothers, this time it was with dynamic energy of the returning sun to further our own goals and needs, to bring forth the fertility of the body, mind, and spirit. Remember in March when felt the change as Ostara opened the window to the bright and healing nature of Springtime?

Leading up to this day, Folkbuilder Olivia Sutherland and I had discussed the need to gather herbs to generate a cleansing smoke during the traditional ritual based on the old English “Nine Herbs Charm.” Olivia came through for us with our own variety of herbs cut fresh from her garden. Foot-long sprigs of rosemary, lavender, thyme and lemon-thyme were placed in a basket and carried to each person during the ritual. With hands cradling the basket, each inhaled deeply the pungent aroma as I asked them to recall a time they had experienced those smells in the distant past.

Then, with a sudden toss, the herbs were thrown into the fire. Crackling and smoking, I invited all to step forward to receive the blessings of that smoke. I stepped within the close circle and made many sweeps around the firepit, pushing the smoke over the assembled folk with my handmade wooden broom. I came away thinking that this was a rite I had for the Folk done long, long ago. It felt so natural.

Remembrances of our Mothers, and offerings to Freya, each person set a personal intention during the ceremony. Freya’s blessings were asperged to the Folk, and holy mead sprinkled over the open box of runes. That would be our “seiðwork” for the day.

She, who exchanged her knowledge of other-world mysteries with Óðinn would surely be able to bless our runes.

May all learn from the runes they drew, and use them in right accordance to their needs. As the yearly cycle continues, the rede of the rune should manifest.



Gythia Sheila McNallen
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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)

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 \$90,320 on our remaining loan.
2. We need to raise our monthly donation average by 17.6%.
 - This is membership dues/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!

Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
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Sigrheim: Home of Victory

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
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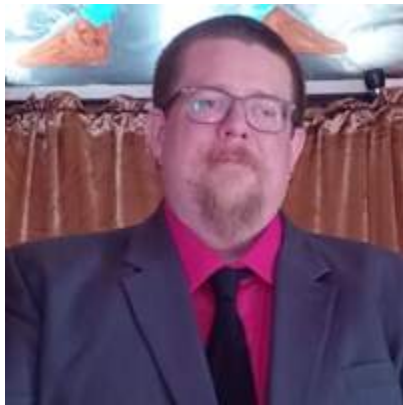
Thank You!

CLICK HERE

A Folkgiving Dedicated to Victory







Folkbuilder Nicholas Rice
nrice@runestone.org

Victory Never Sleeps



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

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

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

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

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



Matthew D. Flavel
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AFA Asatru Academy



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



Hello Folks! My name is Amber Cameron, and I'm thrilled to join the staff of the Asatru Folk Assembly's Academy. As a parent of soon to be three children and a devout follower of our Gods, I believe deeply in the intertwined importance of faith and education. A background in child rearing with my own family has given me a passion

for fostering engaging learning environments that children want to be a part of. With this, I'm excited to contribute to the growth and development of our ever-growing number of students. Our faith as Asatru is not just a belief system, it's a guiding principle in how we approach our life and our learning.

Our Academy's program, based on the principles of Waldorf education, emphasizes a holistic approach to learning that aligns perfectly with our values. I've found thus far, that we are committed to integrating our spiritual Lore into our children's educational journey, fostering a balanced approach that nurtures not only the spirit but the mind and body as well. Together, I look forward to embarking on a journey of exploration, discovery, and academic excellence in partnership with our students and their families.



Amber Cameron
Staff, AFA Asatru Academy
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Remembrance & Holy Days

Date	Observance
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 18th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 20 (observed on 15th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 20	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 17	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 21st)	Winter Finding
October 1	Day of Remembrance for John Gibbs-Bailey "Hoskuld"
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 19	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 16th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31 (observed on 21st)	Yuletide

May



Asatru Holidays - May 2024 - Else Christensen | May Day

Day of Remembrance

Else Christensen | May 9th



Originally born in Denmark, Else Christensen (nee Ochsner) was one of the leading figures in the modern Asatru movement. As a young woman, she left her hometown of Esbjerg in favor of Copenhagen. It was during her time in Copenhagen that Else awoke to the ideas of National Socialism in the midst of right-wing and left-wing radical struggles. She met and married Aage Alex Christensen, and together they were members of the Danish Workers Party.

Both she and her husband were imprisoned after the German invasion of Denmark in 1940 for their involvement with elements of the National Workers Party. After their release from prison, Else and her husband emigrated to Canada, via England.

Even from Canada, Else continued to nurture her desire to find a place for her own people. It was during this time, while she was reaching out to far-right activists across North America, that she first discovered Odinism in a pamphlet titled "Call of Our Ancient Nordic Religion," by Alexander Rud Mills. This was the beginning of Else's dedication to the revival of the worship of the Norse Gods. Her understanding of our relationship with the Gods was heavily influenced by the idea that the Gods were encoded in the collective unconscious of the Aryan race.

In 1969, Else Christensen founded the Odinist Fellowship. Until her death in 2005, Else worked tirelessly for her Folk, spreading the word of our faith and our Gods to all who would listen. She founded a prison outreach program that proved to be instrumental to many men. She wrote and published many publications. Her efforts saw her recognized as the Folk-Mother to Asatruar everywhere.



So, what can we learn from this story?

We don't always know where our stories end. We can't always see the ramifications of our thoughts when put into action. Else was just one single woman. She was a woman who believed in unpopular ideas in a time when those ideas were definitively unpopular. Despite being imprisoned for those beliefs, she did not give up.

Our current times are, in many ways, similar to the ones that Else dealt with. They are turbulent and wrought with anger on all sides. We stand at the precipice of a new world, but we have no way of knowing which way the tides will turn. Else didn't turn and run. She stood and faced the future. In doing so, she became one of the most important women in the Asatru movement to date.

When things are hard, when public opinion would have you conform, just remember: your story hasn't reached its end yet, and only you can control the direction the story takes.

Stand strong.

Stand with Else.

Else Christensen is the dedicated hero of Baldrshof. For more information and a deeper dive into the life and acts of our Folkmother, check out Baldershof.org.



Gythia Catie Erickson
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Holiday

May Day | May 1st (Observed May 18th)



The Maypole (oil on canvas) by Peter Miller

On the heels of Hexennacht, when the cattle were blessed in the smoke of the fire before being sent to their summer fields, we celebrate May Day! Halfway between the spring and summer solstice, May Day is often considered to be the first day of Summer.

Warmer days are becoming normal. The Spring rains that helped to nourish the awakening fields have begun to taper off. The world around us is verdant again.

On May Day, sometimes called Sumermál, big celebrations were held both to celebrate the end of the harder days of winter and to bless themselves and their crops for a fertile and productive year. Men and women leapt over fires together or alone, wishing for fertility in the coming year. The Maypole was raised and around it, people danced and wove their ribbons. Women decorated their windows and doors with flowers and wove them into their hair.

May Day is the coming together of men and women to celebrate life. We use this time to celebrate all the good things that we have, all of the things that we have worked hard for. We have survived the harsh months when stagnation is so easy a thing to fall into. When the celebration is done, the real hard work begins. The plan that was set into motion at Charming of the Plow will now begin the active stage. Those seeds that you planted, or that project that you planned, at Ostara, will now need real tending. May Day marks the beginning. It marks the start of growth.

Where one has the will, all things can happen.



Gythia Catie Erickson
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Upcoming National Event

Midsummer at Óðinshof | June 21st-23rd



You're invited to Midsummer, Óðinshof's signature event of the year! Please join your Folk from across all the districts as we celebrate and honor our Gods and Goddesses at the very First Hof of the Asatru Folk Assembly. This weekend will be a summer “spiritual retreat” for all our Folk coming from near and far. It will be filled with inspirational rituals, scrumptious and hearty meals, healing music, warm sunshine, laughter, motivating conversations, and fun activities for all ages!

- Camping onsite at Óðinshof is free and includes the use of outdoor hot showers.
 - Additional lodging options in the greater Brownsville area may also be available.
- Guests (non-members) must be approved prior to the event.
 - Please contact any of the Folkbuilders in advance to assist with this process.

Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

If you have any questions, please feel free to reach out to me or to Gythia Sheila McNallen.

See you there!

Register today and take advantage of our Early Bird Special! Get your tickets [HERE!](#)



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Sigrblót at Sigrheim | July 19th-21st



The second Sigrblót at the Home of Victory!

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

This is time we come together to honor both the summer and to make offering to the Æsir in hopes of their blessing for that which we are striving forth to conquer or acquire for us and our Folk! In times now passed, our Folk would be asking for the Æsir's blessings in battles and raids! And we ask now at this time for them to accept what we have to offer that he may lend his strength to see us victorious in our current endeavors!

Blóts! Feasting! Sumbel! An auction with one-of-a-kind items!

Camping is available on-site (bring your own tents and gear), and there are hotels within 20-30 mins of Sigrheim as well. Some AirB&B's in the area too. You are

welcome to come early, stay late, and spend as much time on the land as you'd like. It's open to any of our member Folk!

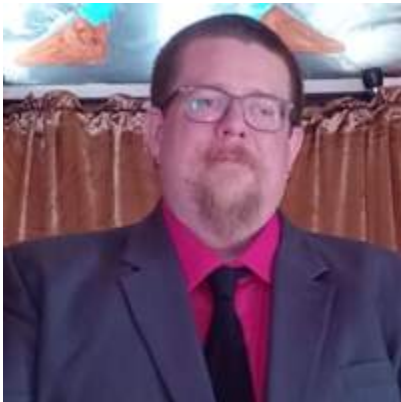
Notice: this is undeveloped land. We will have Port-a-potties and will make sure drinking water is readily available. However, it is imperative that you plan accordingly. There will be a couple large event tents to gather in. But no other public structures.

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

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

If you have any questions about the land, area, or event, please reach out to Folkbuilder Nick Rice at nrice@runestone.org.

Get your tickets [HERE!](#)



Folkbuilder Nicholas Rice
nrice@runestone.org

Winter Nights XIII | October 11th-13th



Started in 2012, the Asatru Folk Assembly's Winter Nights festival was hosted at a beloved camp in Pennsylvania for its first decade. Winter Nights has since been hosted in Ohio and in Tennessee and this year Winter Nights XIII will be held from October 11th – 13th, in Cheshire County, New Hampshire!

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

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

Things to know:

- Children 17 and under attend for free!
- Meals are included with all passes.

- You will need to bring your own bedding and it can get COLD at night, so plan accordingly.
- Accommodations are on-site tent camping. Bring your tent!
- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

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

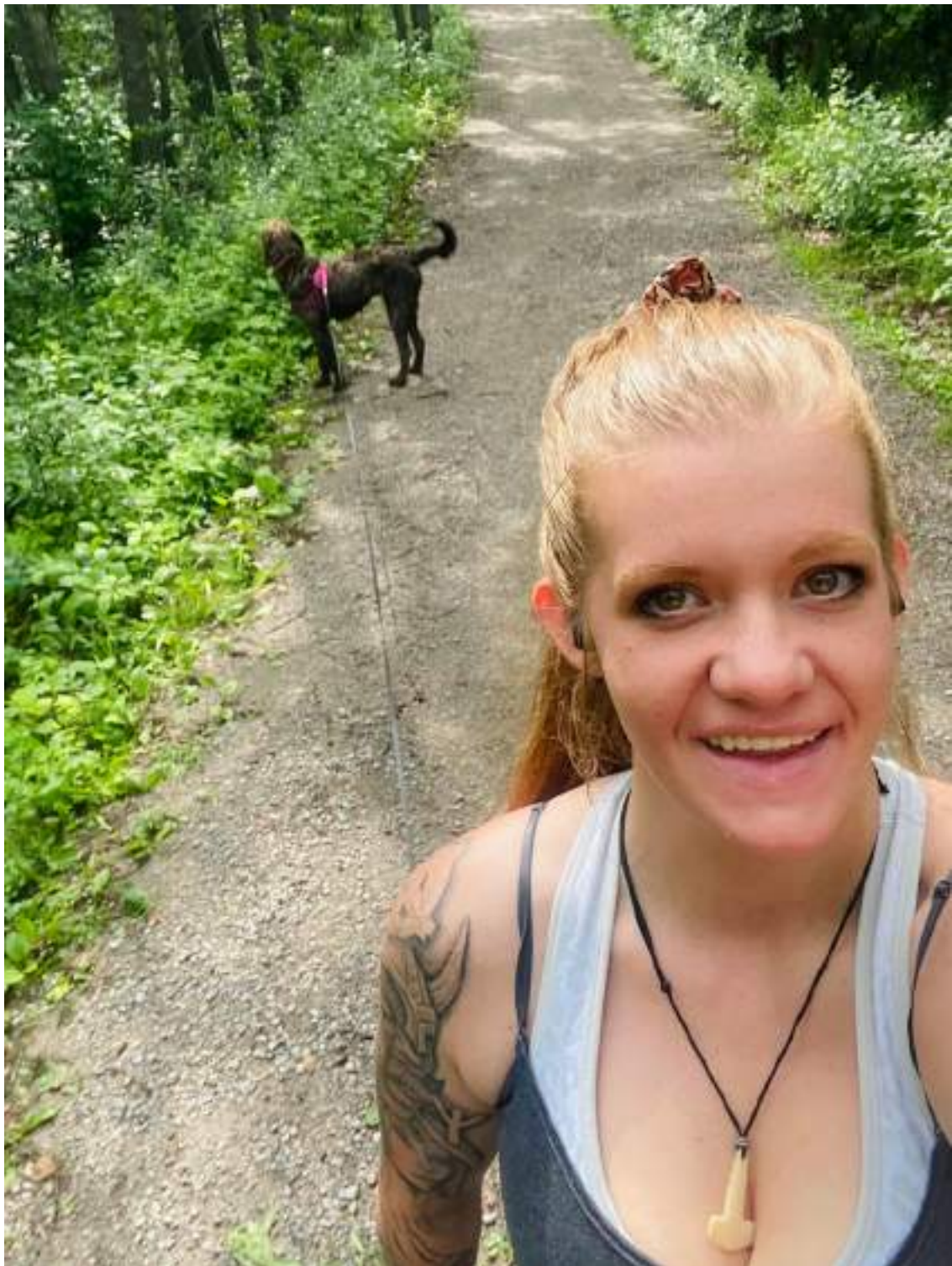
Get your tickets [HERE!](#)



Witan Clifford Erickson
cerickson@runestone.org

Folkbuilder Spotlight

Ashley McStocker | Folkbuilder | Minnesota



Ashley is one of the most driven of our Folkbuilders in the AFA. She is a mother of three, a dedicated partner, and working her way through nursing school. She is as hardworking as they come, continually having the Folk and her family at the forefront of her motivations and works tirelessly in AFA responsibilities. She is the driving force in building community relations at and around Baldrshof in delivering community building with the monthly food pantry, toy and clothing drives, back-to-school supplies, and other relationship building projects in the local community. This is just scratching the surface as to her dedication to the Church and her family.

Folkbuilder Ashley McStocker has become a pillar of Baldrshof District while also working to grow Frith outside the district lines. Her tireless efforts have grown a relationship with our community through the monthly food pantry, school supply drive, obtaining holiday meals for those in need, and with the Yule toy drive. She can be found in the kitchen, with the children, assisting in Blot, or building relationships with members each and every month. She is a vital resource for the AFA and a driving force behind the Victory of Baldrshof. Thank you, Ashley, for your sacrifices, dedication, and hard work that contributes to the Folk every day!

-Witan Brandy Fassett-

Ashley McStocker is one of a sweetest ladies that we have in the AFA. She is an incredibly hardworking, strong, and proud woman. Her work with the Baldrshof Food Pantry, the Virtue Recovery group, and any of our members' needs are First-Class, but they're still out shadowed by her loyal dedication to her wonderful children and fiancé. I've been super proud to work alongside her since I stepped up, and I know she's going to keep doing things long into the future, just the same has she has for these last few years!

-Folkbuilder Nick Rice-



So much of what happens at Baldrshof happens because of the tenacity, motivation and drive of Folkbuilder Ashley McStocker. She organizes the food shelf and does the most important job of finding donors. She organizes the school supply giveaway in the fall and toy drive at Yule time. Ashley is the reason our Hof is such an asset to the community of Murdock, MN. She also goes above and beyond in organizing Hof events from planning and cooking meals to thinking up and implementing children's crafts. In addition to all that she runs a Virtue Recovery Meeting once weekly, throws really fun Moots, and is the sweetest friend. I am so grateful to have Ashley in my life and as my kindred sister. Thank you, Ashley, for all you do!

-Corrie Proudfoot, member-

Ashley is very devoted to helping her Folk. She is also very willing to help with anything you may need help with no district lines to hold her back. She is a hard worker and reliable. She can be counted on. She is never too busy to talk. She is a good friend.

-Folkbuilder Heather Young-



She smiles, and without a word, you know that you have a friend and ally. Her demeanor is one of optimism, of handling whatever comes in the most noble and gracious way. She has the energy of youth and the understanding of an elder. Compared to those who are more intense, Ashley brings balance and heart to AFA leadership... both are qualities that are always needed. Steve and I have felt Ashley's warmth since the moment we met her.

-Gythia Sheila McNallen-

I have had the distinct privilege of working with Ashley McStocker over the last few years, whether she is training new Folkbuilders in our district or helping find food donors for our food charities. She is always helpful because she wants to help, not because she feels like she has to. She attacks tasks with unmatched enthusiasm and high energy, and she is a real team player. Ashley is among the very best of our Folkbuilders and she is a pleasure to work with.

-Witan Daniel Young-



It's hard to hail Ashley McStocker because there are so many things she does, and I don't know where to begin.... She is the most caring and sincere mother, a funny and reliable sister, devoted Folkbuilder & beacon for our Folk, and one hell of a friend!

Seeing her in action is a work of art, and she has a genuine heart of gold! Her compassion shows through her deeds and devotion to her family, our Folk, and the Baldrshof community. The bonds she has built with businesses and individuals through the food shelf, school drive, and countless other avenues is beyond belief and priceless. The reminders and tech help are always appreciated too. She finds the time to help me through my phone/laptop smashing mode, and never complains...

From her “dunzo bernardos,” to her awesome crafts and egg bakes, we are all lucky to have her in our corner, working hard for us!

Hail Ashley McStocker, McRockstar, McMurdock, soon to be Erlandson!!!!
-Folkbuilder Jesse Shaffer-

Folkbuilder Ashley McStocker is so much more than a Folkbuilder for her Church. She is someone no one can question that her heart lays with the Folk, her Family, and her Gods. She makes those around her better and does so selflessly. If you don't know Ashley, get to know her, she'd be happy to know you.

Hail Folkbuilder Ashley McStocker!



Gothi Nathan Erlandson
nerlandson@runestone.org

Be a Doer



We need you to volunteer for the AFA!

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

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

Baby Blanket Project

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

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



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

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

Folk Services

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

AFA Prison Ministry



The importance of this AFA Prison Ministry is so much more than just for those who are actually incarcerated, it benefits not only them as followers of Asatru but their families and loved ones on the outside as they will see the noticeable change in their demeanor and demand that our faith commands for them to lead a noble life. We all are future ancestors and will help them be examples of our faith and not be a burden or a product of recidivism.

We are compiling letters from prisoners that are Educational, Empowering, and Encouraging along with special spiritual writings from our Gothar to create a quarterly newsletter to be distributed to inmates, institutions, and jails. Our mission is not about providing free books or literature to bored prisoners who simply want free stuff. We intend on making real-world change for the better of our folk.

""No packed rooms in the prisons; in each institution I have only a few people; occasionally about a dozen, but 5-6 is more common. I certainly do not want the Fellowship to be a club for cons, or ex-cons; the advantage is that when in prison the inmates have time to discuss and digest what they read, a point that often is lost to people on the outside in the hubbub of daily concerns" - Else Christensen

By the example of our Folkmother, Else Christensen, we will also be going into prisons as we are able to. Some of our Gothar and other leadership, will be going into the prisons to hold study groups, lead blot, and encourage continued growth in the folk inside.

If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact us at prisonministry@runestone.org.



Or if you'd like to donate to this ministry, there's a donation earmark set up on our site [here](#). The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.

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

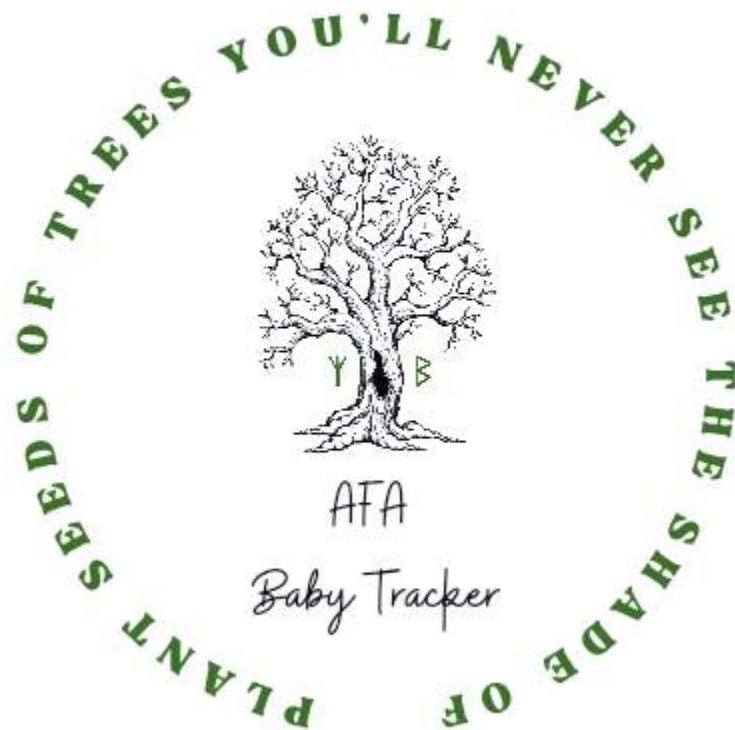
cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

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

Baby Tracker



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

Total babies born in 2024: 9

Online Events and Meetings



VIRTUE RECOVERY MEETING

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

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

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

Folkbuilder Ashley McStocker with any and all questions!

AMcStocker@Runestone.org





AFA Reading Challenge Meetings

COFFEE
Into the woods

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

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

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

Ladies Book Study

Revolt Against the Modern World

by Julius Evola

Dates:

7 pm CST

April 11th

April 25th

May 2nd

May 9th

May 30th

June 6th

June 20th



For more information contact

Witan Brandy Fassett

Folkbuilder Sara Ault





Our Ladies' Rune Study is just getting started! We meet on Teams every other Saturday at 1pm Eastern. Contact me with any questions you might have. — aplourde@runestone.org.

I hope to see you there!

**Lore Study with
Gothi Jason Plourde**
Join us every Monday night

at

8:00 pm EST

7:00 pm CST

6:00 pm MST

5:00 pm PST

4:00 pm AKST

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

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

**For more information
reach out to Gothi Plourde
jplourde@runestone.org**



**AFA Eldri Meetings
for May**

*A place for members aged 50 and
older to share memories, ideas,
experiences, and the joys of life ~*

Tuesdays 5/7 & 5/21
5:30 PT, 6:30 MT, 7:30 CT, 8:30 ET

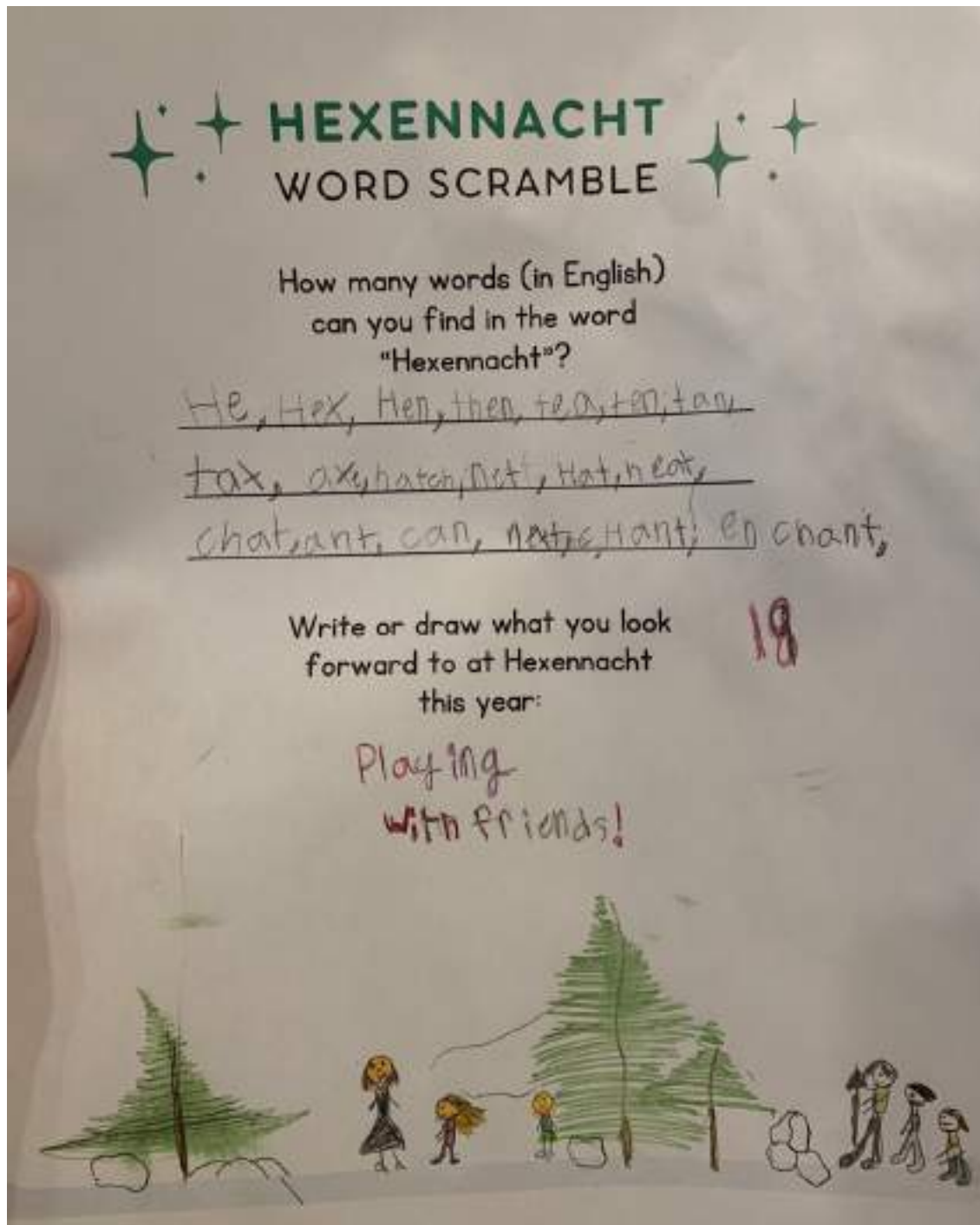
Fridays 5/10 & 5/24
2:00 PT, 3:00 MT, 4:00 CT, 5:00 ET

Use our regular link:
<https://tinyurl.com/yc289cn8>

Hosted by Gythia McNallen

Just for Fun

Last month, I invited our members to see how many unique words they could find in the word "Hexennacht." **Hope White** from Baldrshof District found the most--with a total of 28 words!



As for our youth, **Madilene** from Óðinshof District found 19 words!



Additionally, some Folk submitted their words and drawings about what they were looking forward to at Hexennacht. These are really great--thank you all for contributing!



This month, I invite everyone to participate in a May Day Word Search! Who will be the first member from each Hof district to find all nine words and send proof to press@runestone.org?



May Day Word Hunt

When you've found all the words, please submit to press@runestone.org

L N C
 F A B X O D Z H X
 C I U B K H S X F R S Q G
 K O X L U H G O A E J A J W X L G
 O O D N K E C F Y E R L R N B C U Q U
 J A W O G R T L Z W Y V P O R C G A S E A
 Q M O U M S Z D N G Z D O A K H L G I N B
 P G Y K F Y C B D E Q W Q U N Z V T I F L J W
 U A M N M M E Q Z A F H Y T I L I T R E F L N
 I M M L O X A I D L N N N S X Q V B P S L J Q T M
 Q W U V Z F R E Y R U W C L Y N I C S I G U V P L
 C G Z X K P Y L Q P A U G I O Z J I Z X D H S D J
 W M P U L X B Y C N V F B M U N D N O I H S C F E Z I
 C P M H Q S E K O A A Q E W O O G B N V V U D X B H U
 G K E A W Y Y I S R M I A M Z S E M I V G P I G R W T
 J A H K D Y R O Z B B R R L Q C Y U X C L X E B R
 C Z S S O Z L H V A O V I N V D K J N F S D M N W
 Y X H S A F H I J G O F S A X G X U F P F V P L S
 V T C U R F O H P B J N H V I E P S U J U T T
 O X P O I H F B T S G O T J G U W E G T M Z I
 Z L D Z K T E X C G B B R T Y B M J A T Q
 G I P A T A J Q X C B J W A L Y O V C F E
 P B S J M V E T O I V U B W V H Z B P
 X R A O W E D E R A K S P F U O O
 J N L T L W V I X B P L U
 I P N J A Z Z T Y
 N Q H

BLESSINGS
FERTILITY
HARPA

DANCING
FLORA
MAY

FAUNA
FREYR
RIBBONS

And here's a May Day coloring page! :)



[Coloringspapers.com](https://coloringspapers.com)

Have a Marvelous May!



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Genealogy and Kinship Charts



Come on, AFA family!

1) *The AFA Genealogy MeWe group has added "chat". We can now share tips, discoveries, resources and all the goodies of family tree research.*

2) *Create a Gedmatch.com account to obtain a "kit number" to find your DNA matches with other AFA members.*

Send your Gematch Kit # to
Sheila@runestone.org

for inclusion on our next AFA KINSHIP CHART

See how closely you're related to other AFA members. 72 people so far, and counting!



Gythia Sheila McNallen
sheila@runestone.org

Calling All Folk Photographers

Took some awesome pics at a moot or event? Were you at the Hof recently?



We'd love to see 'em. Send to Photos@Runestone.org



Folkbuilder Nicholas Rice
nrice@runestone.org

Store Spotlight

GO TO [HTTPS://WWW.RUNESTONE.ORG/STORE/](https://www.runestone.org/store/) OR [CLICK HERE](#)



Njörðshof

Food Pantry at Njörðshof



This April, Njörðshof fed 63 families! Folkbuilders Mike and Katie Joyner picked up the food, while Goði Ashby led some of the Folk in distributing the food to local community members.

We had our usuals, as well as some new people, show up and gratefully accept our help. The Asatru Folk Assembly always makes a difference in its communities!



Gothi Trent East
teast@runestone.org

Hexennacht at Njörðshof



For Hexennacht this year, Njörðshof had a great turnout and an awesome set of rituals. The event started off with a successful food pantry, as Goði Ashby led some members in feeding 63 families. Next, we shared food and froth as we enjoyed a wonderful lunch provided by the Joyners and other members who brought food.

After lunch, the Folk gathered in a circle to go through Witan Fassett's "Binding of the Folk." We meditated on manhood and why it's integral to our people, and then we did the same for womanhood, and lastly we discussed the two genders are strongest together.



Following the Binding of the Folk, men and women briefly separated. I led the men in a small ritual where we each felt the weight of a blade and reflected on the weight of responsibility of manhood. During this time, Folkbuilder Katie Joyner led the women in an exercise with a similar purpose.

The men and women came back together to give Blöt to Njörðr's children, Freyr and Freyja. Gifts were given, and the Folk were blessed. Then, the ladies went outside to prepare the fire so that we could all sacrifice things we wanted to leave behind.

Folkbuilder Katie Joyner led the women in preparing the fire and sacrificing a few items for the women. Then I led the men around the fire, each of us listing a thing we wanted to sacrifice and leave behind. Anxiety, doubt, bad habits, etc, as the ladies wafted the smoke over us.



The Lawspeaker then remembered that there had been a Christian sash of some kind left in the church before we bought it. He threw it into the sacrificial fire, and it burned quickly, releasing a thick black smoke into the air. The Folk applauded, and we hailed victory.

Lastly, the Lawspeaker led us in High Sumbel. Many great toasts were shared, tears were shed and laughs were had.

Njörðshof wishes all of our AFA family a happy Hexennacht and a merry May Day!



Gothi Trent East
teast@runestone.org

Upcoming Events at Njörðshof



Alabama

Alabama Hexennacht Moot



Our Alabama group got together on April 20th at the Confederate Memorial Park in Chilton County, Alabama. We walked through the park, toured the museum, and walked through the cemetery. It was a nice sunny day for a park outing. The park is beautifully kept with walkways, trails, lots of trees and the sweet smell of privet blossoms. We learned that the site of the park used to be a retirement home for civil war veterans. The museum was built to be a replica of the original house.



After the park outing, we drove over to Peach Park. Chilton County Alabama is renowned for its peaches. They had a store where you could buy fresh produce, an ice cream shop where you could buy ice cream and fried pies and other sweets. They also had a lunchroom that serves meat and three lunches of various types of pork and

vegetables. We sat outside on the patio and enjoyed some pulled pork sandwich lunches and followed it up with their fresh peach fried pies and peach ice cream. We enjoyed a gorgeous day out full of frith and good food with our Folk.

Upcoming Events

May Day Moot

Sunday, May 19th 11:00 a.m.

Tannehill State Park

McCalla, Al

R.S.V.P. to

lmorris@runestone.org





Laura Morris
Apprentice Folkbuilder
lmorris@runestone.org

Arkansas

Else Christensen



Else was born in Denmark in 1913 but lived most of her life in the United States. She was raised Christian but has never felt connected to Christianity. Else married Alex Aage Christensen in 1937. He was a woodcarver by trade. Him and Else were very well-off money wise because rich people were always needing woodwork done. In turn Else and Alex bought weapons off the black market. Else was a hand weaver but injured her back so then she started teaching adults and children with dyslexia. Else was part of the National Socialists Workers Party in Denmark in the 1930s as she did believe in all the ideas of National Socialism. Else and her husband were arrested for

their political beliefs. She was locked up for less than 10 hours and Alex was sent to a concentration camp for 6 months. After moving to North America in 1951, she learned about Odinism through Alexander Rudd Mills writings. She wrote to him until he passed away. In 1968 Else and her husband held Odinist study groups in their home.

Inspired by Alexander Rudd Mills writings she founded the Odinist Fellowship in 1970 and in so creating the first Heathen organization in the United States. In 1971 Else's husband passed away and in the same year the first publication of The Odinist was released. In the 1980s Else taught Odinism to prisoners and popularized the Asatru faith. Else didn't have many prisoners go to her talks about Asatru at the prisons, she had about 6 people and was hopeful that some of them would follow the Asatru faith outside of prison. The Asatru Folk Assembly has a remembrance day for Else on May 9th. Stephen McNallen and Else Christensen were supportive of each other's efforts. When she was incarcerated, the AFA helped in every way possible by helping raise money for her legal defense and took over her prison outreach when she could not do so. Later the AFA also raised money for Else's headstone. Else became known as the Folkmother because she put a lot of effort into making Asatru known to many people by traveling the world to prisons and through her organization Odinist Fellowship. Hail Else Christensen!



Tabitha Owens
Apprentice Folkbuilder
towens@runestone.org

Florida

German Restaurant Moot



It was a beautiful day on April 19th, but also a very hot day. Some of the Folk decided to join me out at one of our regular establishments, a German restaurant called Hollerbach's in Sanford, FL.



We were in need of some Folk time, excellent food and decent service. The highlight of my day was seeing my favorite little girl sampling all of the German food, and of course we all decided to shop at the German grocery store as well.



This successful Moot was nothing short of a wonderful time spent with my family.



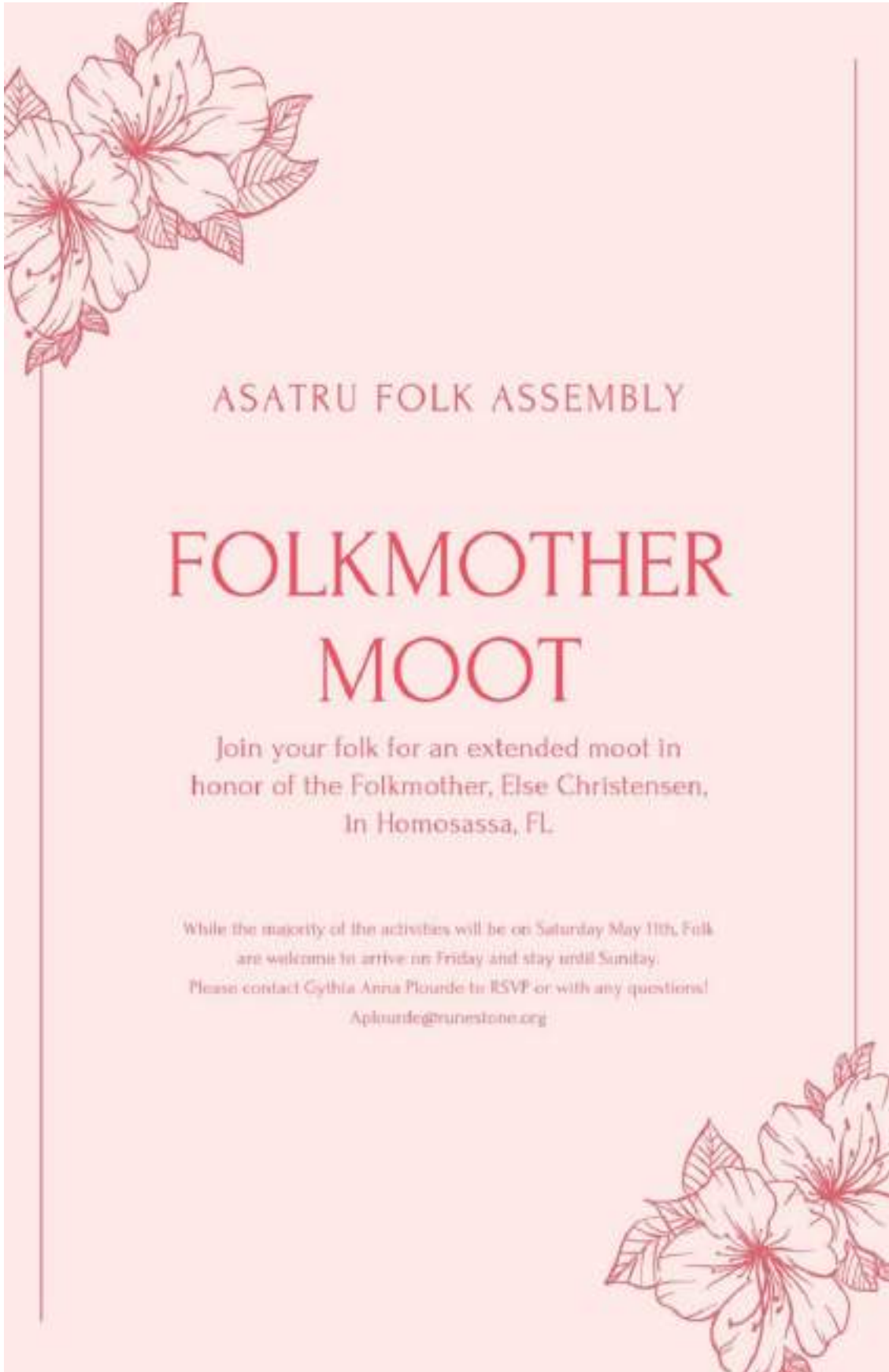
Folkbuilder Tracy Adler
tadler@runestone.org

Upcoming Events



Folkbuilder Mike Joyner
mjoyner@runestone.org

Upcoming Events



ASATRU FOLK ASSEMBLY

FOLKMOTHER MOOT

Join your folk for an extended moot in
honor of the Folkmother, Else Christensen,
in Homosassa, FL.

While the majority of the activities will be on Saturday May 11th, Folk
are welcome to arrive on Friday and stay until Sunday.
Please contact Gythia Anna Plourde to RSVP or with any questions!
Aplourde@runestone.org



Gythia Anna Plourde
aplourde@runestone.org

Georgia

Speaking From Experience



Good afternoon,

I'd like to share with you all how I came around to the Asatru Folk Assembly.

In the beginning of 2018, Trent and I had just started dating. He told me a little bit about his religion and that many of the people in it were very important to him and how

they're more like his family than some of his own blood family. After hearing this, I really wanted to meet these people that were so near and dear to him.

Being an 18 year old still in high school, I was quite anxious being around such a large group of complete strangers. Not only that, but I had no idea what was going on. As someone with very little self confidence at the time, I was too scared to ask questions and draw attention to myself. Trent was always there to answer any questions I did ask and also never made me feel pressured to participate in anything I didn't feel comfortable with. This allowed me to sit on the sidelines and take in the experience from a comfortable distance.

Many people, especially the women, would try and strike up a conversation with me and include me in things. I will always be grateful for those who brought me in with open arms back when I was so shy and unsure if it was for me. Those interactions are ones I think fondly about and I now try to emulate that same hospitality to new members in a similar situation I was in.

Some people talk about their first AFA event/experience like it was this grand fairytale and they joined immediately with no hesitation. While that's great for them, I do know that there are others who have had and are currently having the experience I had. I want to express that it's okay if how you got here is different. Do not let that deter you from still showing up and giving it your best. If I had stopped coming to events just because they were out of my comfort zone and I was uncomfortable at first, I wouldn't have ever met my best friends in the entire world, the people who I, too, consider my family.

You don't grow when you're comfortable. 18 year old me wouldn't believe you if you were to ask me back in 2018 if I ever saw myself speaking in front of 100 people. Over the years, I've really let my walls down and become a more confident and happy person thanks to the AFA.

I say all of this not to brag on myself, but to share what might just come of those of you that feel the same way for showing up and giving it a shot.

If you have family or friends that should be in the AFA with us, worshipping the Æsir with their Folk, have them read this and go to runestone.org!

Best,
Madison East
Graphic Design
Rig's Blood

Building Moot Traditions



For the second year in a row, myself and some of our Georgia folk visited the largest Renaissance Festival in the state. Though it was colder and rainier than last year, we had a lot of fun and spent most of the day there together. The festival has an enormous permanent village with lots of stores, games, and food. It's proven to be something that everyone enjoys, both adults and kids alike. I plan on hosting a moot there every year in the Spring, as it runs from April to June (until the heat becomes too much near Atlanta!)

My upcoming moot will be at Providence Canyon on May 11th, a beautiful gorge hike in southwest Georgia which we've also done previously. I hope that one sticks as a yearly moot as well!

Upcoming Events



Folkbuilder Jordan Wells
jwells@runestone.org

Texas

Volunteerism



Idea for volunteering. A few years ago I wanted to volunteer on the Texas border but I did not want to do federal service again. I found an organization doing just that outside the federal government and I joined.

Like I was, you might not be aware that many states have their own military. During peacetime these militaries do not officially carry weapons, with a few exceptions for security teams and volunteers who are judges or law enforcement. Outside war time the members role is non-combative and serves as emergency response across their states. In Texas this will typically be search and rescue, tornado, hurricane, fire and flooding.

One of the really cool things about the organization and I'm sure about other states similar organizations is that they tend to be made up of about half veterans, even Green Berets and Seals, and about half experienced professionals from all over: academia, politics, construction, emergency management, logistics, cyber, etc. All of these people share their experiences and pass knowledge. This often includes regular military topics but also many others from justice system, food preparation, and logistics planning.

Of course there is training. Some people will join land search and rescue, others the dive team or boat teams, headquarters, logistics or security. Some of these roles will be on reserve meeting once a month and other full time. In Texas full time positions pay well, at about \$85k with health and education benefits regardless of rank. For most of these state militaries, the composition is going to be 95% our folk and most people will be traditional. It would be rare to find another Asatru but you will find many men who believe in protecting our folk, want to see us prosper and still hold honorable values.

Serving these organizations is great way to get back to your local community. This service can also lead to excellent networking opportunities. These professionals come from all over and I have seen many people land their next position through this

network.

If you're looking for a fulfilling volunteer opportunity, I would say to check and see if your state has a state military. If you're in Texas and you have questions about feel free to reach out to me.

Upcoming Events

May 19, 2024 10 a.m.

5 MILE RUCK OR WALK



Teague, Tx

We'll move as a group.
Any level of fitness is welcome.

Contact
Apprentice Folk Builder
Patrick Wynne



Patrick Wynne
Apprentice Folkbuilder
pwynne@runestone.org



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