

The Runestone: Voice of the Asatru Folk Assembly





Njörðshof
Fourth Hof of the Asatru Folk Assembly

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

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

-  [Parler](#)
-  [Odysee](#)
-  [Bitchute](#)
-  [Rumble](#)



[Donate to the AFA](#)

Words from the Alsherjargothi



In October we celebrated Winter Nights at Sigrheim for the very first time. What an amazing event it was! This was the biggest event yet at Sigrheim and it felt amazing to have so many of our Folk there together in the Home of Victory!

It is very hard to explain to those that weren't there, but this was one of the most powerful gatherings the AFA has ever hosted. I have spoken many times of that moment when this faith becomes "real" to someone. The greatest thing as a Gothi is to see this moment happen in the eyes of one of the Folk better yet to feel like you were a part of facilitating such a moment. There were many of these moments from at Winter Nights.

There will be much more written about the event, but I have to share something really special that I got to do this year. As many of you know, there is a very old cemetery at

Sigrheim with graves from as far back as the 1850s. You may also remember that I interred my mother's remains in this cemetery in July. We all invite our Dísir to be with us in the Dísir blot, our Dísir are always with us... but this year I was able to stand with one of my Dísir in very different and very special way. We made our circle in such a way that to incorporate my mom's grave in the circle with us and I was able to stand in Blot by her side. I can't do it justice and I can't share the feeling, but I do want to share that it was extremely special for me, and my soul is better for it.

Lots of us had "the magic" happen at Winter Nights this year.

Hail the Ericksons!

Hail the Dísir!

Hail Týr!



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

Words from the Witan

Picking up the Torch



We have been blessed with a divine spark. It was handed down from Heimdall to our ancestors and from them to us. It is your sacred birthrite. It is also our duty to kindle that spark into a flame that burns ever bright upon the altar of your heart. Let that flame burn as a beacon to those who are lost. May it be a beacon of beauty, of strength, of piety, and let it burn away all weakness and fear.

That torch is passed from your fathers to their sons to guide the Folk toward Victory. Our path is illuminated by our forebears, but it is our sacred duty to carry our torches past the safety and comfort of that path. To push into the dark and wilderness, to plant torches and clear obstacles for those who follow in our path. Our lives will be viewed through a mythic lens in the generations to come. The pioneers of Modern Asatru, and we must live up to that mythic status. Will you bear that torch? Will you prepare the next generations to do the same?

We are the Alfar of the future, our Alfar guide and protect the Disir beyond the veil. It is a sacred rite that begins in this life and carries on into the next. Will you be ready?

The flames of candles and scared needfires all go out eventually, but this sacred flame that burns in our heart must never extinguish. Others who carry the flame will recognize it in you, and those who are lost may follow the light that burns inside us all. We are recognized by our deeds and those deeds are what makes us Asatru.

Words are wind, deeds are iron.



Witan Daniel Young
dyoung@runestone.org

Words from our Gothar

Drawing Inward for the Winter Holy Tides



This morning, I woke up to a brisk temperature of 40 Fahrenheit- quite a marked change from the 90 degrees of two weeks ago! As I breathed in the cold air, I reflected on my ancestors. How did those noble Saxons feel when they felt the first cold morning of their winter? Did they welcome it, or did they feel a sense of dread?

Whatever the case may have been for our forebears, we know that the winter months are the time to look inwards: to our own hearth, to our ancestors on the other side of that thinning veil, to our own strengths and weaknesses.



My people at Njörðshof are familiar with this, as I have proverbially beaten them over the head with it for over a year now, but to borrow some imagery from John Steinbeck, any “long discontent” should be treated the same as these winter months.

If you are in pain, or mourning a loss, or simply feeling lower than usual due to the change in weather, please do not wander out into the cold. Look inwards, to your AFA family, and come sit by the flame of the Folk. We are here for you, and we will suffer through any winter right by your side. Keep attending events, keep our Gods and Heroes in mind, and reach out to your Gothar if you need us. We are here to serve you, and we will do so no matter what.



Gothi Trent East
teast@runestone.org

Mothers All!



Halloween is one night, but Winter Nights is -- always. That sense of high expectation as a child has now flowed from Halloween into Winter Nights. With the rich colors of autumn with its sights and smells, it's easier to dip into our ancestral past and imagine the lives of our forebears. Our Gythias play a special role in this as they lead us in blot to our Mothers at Winter Nights. We enter the circle where we stand shoulder to shoulder. And yet the goal of the Disablot is the thread that connects us to the other side. With eyes closed, we call the name of one of our Mothers. We sense the veil just beyond us and feel it quiver to our words.

Mothers All! We sing to you. We sing to your sons. We kuln among the women, calling to our Folk. We honor all the Holy Powers and give our gifts. Then it is our turn to receive our gifts from you.

Excitement grew, like the anticipation of a child at Yule. At Óðinshof, each murmured-message to a Mother was answered with a rune drawn from a box... Something to guide, to comfort, to teach -- all given by the Mothers with a touch of love. My own rune, taken last in the darkness, was Ingwaz.

Ingwaz? Such a small and simple rune. And yet, I came home with a sense of fulfillment and energy I haven't experienced in a long while.



Ingwaz? Since then, it has been like an egg cracked open. New ideas and creativity are helping me fulfill my obligations as a Gythia to the Aesir and my role in Asatru Academy and our Oðinshof District. I will make the most of this gift which arrived at a time of need.

The veil is thin, for sure, but our Ancestors are forever. We grow closer to them every day. Did you take or seek a rune at Winter Nights that has led you in the right direction? What will be your next step?



Gythia Sheila McNallen

sheila@runestone.org

We Remember You



Alan Wittenberg
Y 7/2/1949 - 10/28/2023 h

Alan Wittenberg was a long-time member of the Asatru Folk Assembly and a good friend. He was born in Missoula, Montana on July 2nd in the year 1949.

His father was a stone mason and scholar, preserving a tradition of his family that went back to Scandinavia. His mother lovingly cared for the hearth and raised him to be a kind and caring man.



For a time, Alan worked with his father and his Uncle Stanley Hendrickson, learning the family trade. His work, and that of his family's, can be seen throughout Missoula.

Alan was part of two rock bands during his life. He played with Intripid and the Klassics.

He was a green thumb, and had a very healthy garden where he grew vegetables and flowers alike.

But Alan's true calling was the family occupation of scholar. Alan was witty and a brilliant writer. His sense of humor and the joy he found in this world filled volumes of his work as he studied the mysteries of the Runes.



Alan can be best described as a seeker. His thirst for knowledge set him on the Odinic path decades ago and his work primarily focused on runic knowledge and mysteries.

His work is being cataloged and preserved by the Odinic Order of the Ulfhednar, of which he was involved with as the Hall's Patron Hero. Now in his passing, the Hall remembers him and honors him by preserving his legacy.



More important than his involvement with the Hall, he was a long time AFA member and once told me that his favorite part of the month was getting *The Runestone*. Alan was far too remote to be able to make it to the hofs but his constant support dated back to the Asatru Free Assembly days. In later years, thanks to technological improvements, he became much more involved. I will never forget that we held his first group Blot together or the joy he professed during his first Sumbel.

Alan received last rites in the form of the final Wayfarer's Blot surrounded by his loving family and afa members. Alan was perfectly lucid for the blot where he was honored by those who loved him and where he was presented with beautiful grave goods.

Alan passed with a smile on his face listening to Hemkomst ready to meet his ancestors.



Folkbuilder Tyler Heinlein

theinlein@runestone.org

Thank you for Folk Services



I want to thank everyone for their help. I know it's a rough time for everyone and a lot of people are in the same boat as my family. This year has been a struggle for my family. From not getting paid for a month by an unscrupulous employer to taking a pay

cut and having to resign from my second job to start my Union Apprenticeship, we ended up getting behind on bills. With your help we were able to keep our electricity on. As winter approaches, I am so thankful to have the Folk give my family a helping hand when we needed it the most. Knowing we'll have heat this winter is a huge relief for our growing family. And we have all of you to thank for that.

Hail the Gods

Hail the Folk

Hail the AFA

— Asatru Folk Assembly & Keystone Tru Folk member David Green

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 \$102,699.60 on our remaining loan.
2. We need to raise our monthly donation average by 6.2%.
 - This is membership dues/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!



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

Sigrheim: Home of Victory

Preparing for Winter Nights



This month, members from three states converged on Sigrheim to help ready the land for our second national event on the property this year. There was a lot of work to be done, but we were willing and eager to pitch in and do our part. Most of the work consisted of cutting up the many fallen trees in order to clear the path to the top of the mountain, and to fell a dead tree and clear the cemetery.



We worked pretty efficiently, with a team cutting and hauling, more Folk stacking wood and clearing debris, all while Folkbuilder Nick Rice steadily cut the seemingly never-ending grass on the lower fields.



As the light faded, we finished marking what graves we could find with orange engineering flags and made plans to head into Gainesboro for dinner before we all headed home. We settled on the Pie Peddler and were not disappointed by either the food or the entertaining locals. Every time we head to Sigrheim, it's like going home.



I think anyone who has visited Sigrheim multiple times will take note of how much the property improves with each visit. We were just down there earlier in the month for a workday, and the property was already more cleared and improved by the time Winter Nights rolled around, thanks to the hard work of the Ericksons and other dedicated Folk. It may seem like a literal mountain of work, and it is, but with more of us pitching in, we'll see those improvements stack on top of each other as we continue to make Sigrheim ours and shape the Home of Victory in a fashion that will make lord Tyr proud of us.



Folkbuilder Tyler Bethea
tbethea@runestone.org

Helping to Build Sigrheim



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
amazon

Thank You!

[CLICK HERE](#)

Upcoming Events





Folkbuilder Nicholas Rice
nrice@runestone.org

Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6PM Pacific / 8PM Central

vk.com/AsatruFolkAssembly

odysee.com//@AsatruFolkAssembly:e

entropystream.live/app/MattFlavel

rumble.com/AsatruFolkAssembly

youtube.com/@AsatruFolkAssembly

twitter.com/FolkAsatru



Here's the latest episode!



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

AFA Asatru Academy



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

Greetings Parents and Students!



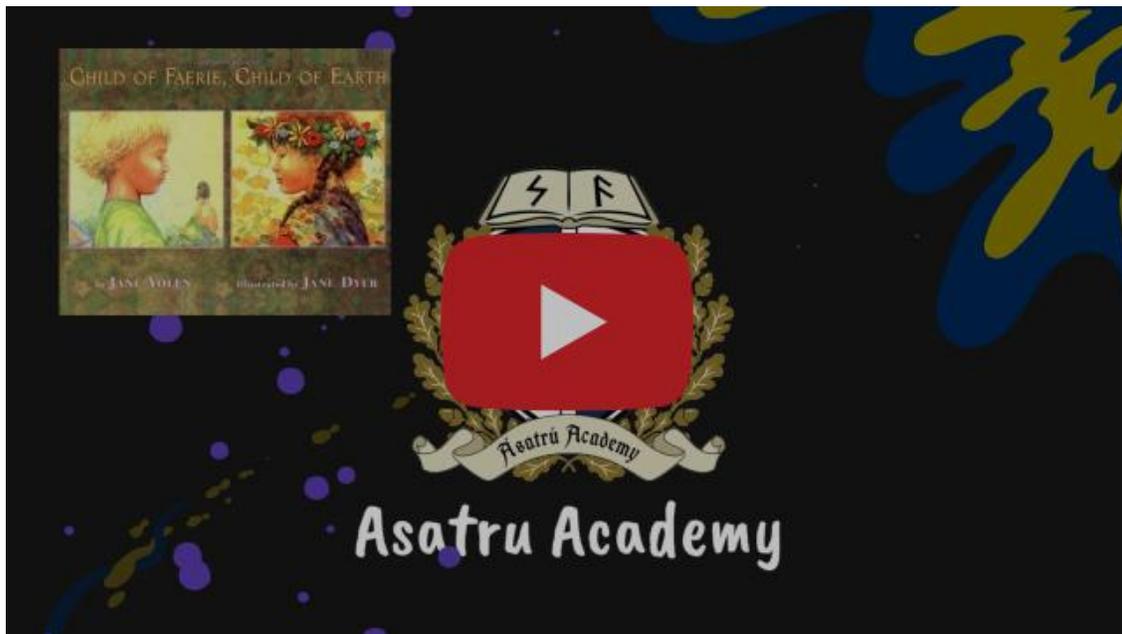
Hard to believe that we are nearing Yule, and halfway through our school year. We are all very proud of you and the entire Assembly cheers you on!



Parents, every Friday we have a parents, students, and teachers meeting. Check the parent's group in MeWe, or your email for the link to these meetings. I can't begin to tell you how helpful these meetings are. We have a live story telling for the kids, and also, we have Gythia Mcnallen often on the calls who is a very experienced teacher and can offer some tips and tricks to help you on your educational journey.



Our fantastic staff is always here to help and guide in any way we can! The meetings also help our parents to get to know each other, share our triumphs, and our troubles, and support each other. Experienced homeschoolers are there to offer good advice to those who are brand new to homeschooling. And we also have a lot of fun! We really hope to see you all on the calls on Fridays!

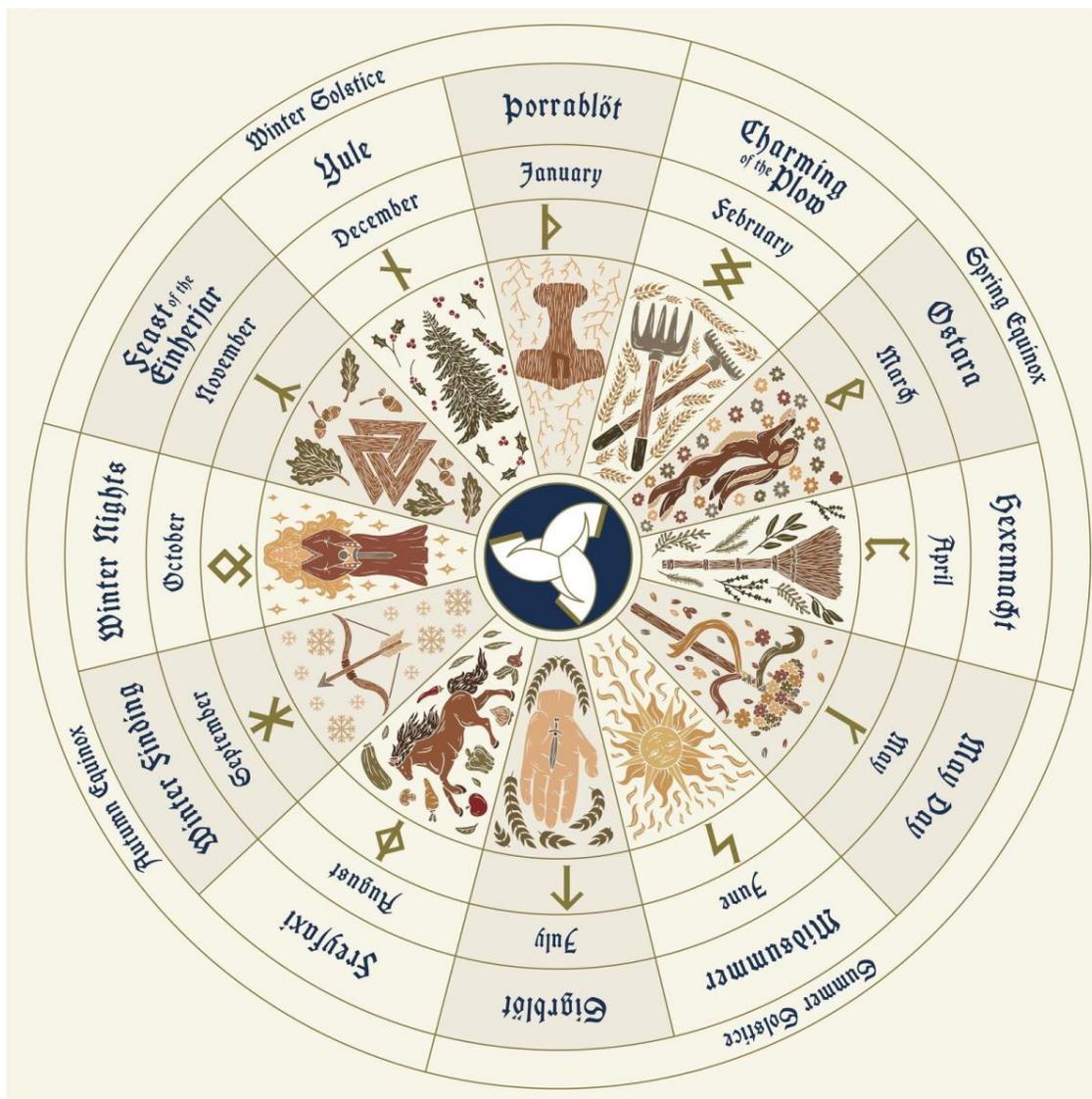


A lot of the story tellings are being put up on the AFA YT, along with many other story-time videos, so make sure to check those out! We're having so much fun helping to put out solid content for our kids!



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

Remembrance & Holy Days



Calendar – Asatru Folk Assembly (runestone.org)

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 10	Day of Remembrance for John Yeowell “Stubba”
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 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 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

Queen Sigríð of Sweden | November 9



Though little information of Sigríð, Queen of Sweden, exists in a historical text, the stories abound. Born a Swedish noblewoman Sigríð married Erik the Victorious and together they had one son. She became the Regent after the king's death, and it wasn't long before her vast wealth drew out all of the suitors, one of whom was her own foster brother.

Tired of the constant suitors, and very aware of poor manners, it is said that Sigríð invited her foster brother and another suitor to a feast only to light the building on fire and lock them inside. This didn't scare away the Christian Tyrant, Olaf Tryggvason. She might have entertained his proposal, but when he demanded that she convert to Christianity to wed him, Sigríð immediately turned him away. This enraged Tryggvason so much that he first insulted her age and beauty, and then slapped her. The story says she then told him that his behavior very well might lead to his death.

It was not long before Sigrid united Sweden with Denmark by marrying King Sweyn Forkbeard. Already feuding with Olaf, it didn't take much for Sigrid to convince her new husband to go to war. This led to one of the largest ancient maritime battles, the Battle of Swold, in which Olaf Tryggvason was killed.

What can we learn from this story?

While we can't run around burning to death the people that annoy us, we can take a stand for ourselves and our Folk. We have the right to defend ourselves and our dignity from those who would try to diminish us. And when we all work together as a cohesive group so much can be done to defend and raise our Folk up.

It is never in our best interest to play it nice just for the sake of being polite. Honesty and hard truths are rarely looked at with fondness, but they are so important. Be honest, be truthful, defend and build your dignity. We are our deeds.



Gythia Catie Erickson
cm.erickson@runestone.org

Holiday

Feast of the Einherjar | November 11 (Observed November 18)



One of the most recognizable motifs in Asatru is that of the Viking warrior. Helm, sword, beard, and blood: boys and girls have long been mesmerized by the stories of Valkyries and the eternal feasting and fighting of the Einherjar in Odin's Hall, Valhalla. Pop culture has taken the Berserker and the Valkyrie and remade them hundreds of times.

Our ancestors lived in a different time, when fighting wars and general "viking" was necessary for survival. For a warrior, to die in battle was the greatest honor. Today, war is not necessary in the same way. Most people scoff at war, urge their children to "do better" or "be better". For those of us who practice Asatru, however, we recognize the importance and the value of the warrior. More important still, is the importance and the value of those who have fallen, the Einherjar.

Once a year we set aside a day specifically to honor the Einherjar. We raise a horn to the fallen warriors to thank them for fighting for our people and our freedom. One way to celebrate is to set a place at the table for the Einherjar. Serve them the same food you are eating for dinner. Pour them a glass of wine or beer. When you are done, leave the plate outside under a special tree in offering. Another way to celebrate would be to visit the graves of veterans at a local cemetery and help to clean them up. Leave some decorations or a small flag.

You don't have to have any veterans in your immediate family. It is a guarantee that somewhere down your ancestral lines you have family who fought in war, and most as

likely, that some of them didn't return from the front lines. It is in your blood. So, raise that horn, and raise it high. Remember our fallen.

Hail the Einherjar!



Gythia Catie Erickson
cm.erickson@runestone.org

Winter Nights XII at Sigrheim

Winter Nights XII



Hail to you, Folk!

On the last weekend of October our Folk gathered from near and far at Sigrheim to celebrate the 12th annual AFA Winter Nights. From as far California and as near as Jackson County, Tennessee we came together.



On Friday afternoon, we began with a Procession of the Nine Noble Virtues led by Witan Erickson, who boasted the virtues of the Folk as they announced themselves loudly and upward to greet our Gods, Ancestors, and the Landvaettir. Later that evening, Alsherjargothi Flavel lead the Folk up to the top of Sigrheim where he made Blot to Tyr and hailed our Tenth Virtue, Victory! Gythia Catie and many helpers prepared a hearty vegetable and chicken soup for supper.



On Saturday, we had eggs and sausage for breakfast followed by children's crafts, ladies' discussion with Witan Brandy, osteomancy with Gythia Catie, and a Halloween costume parade of the children. After a Q&A with our Gothar, the Folk helped the Asatru Folk Assembly raise \$4600 in our benefit auction and raffle.



Supper on Saturday was a delicious beef stroganoff over buttered egg noodles, with squash soup and salad on the side. During supper, Katie Joyner took her Oath as an AFA Folkbuilder! We then headed up to the Sigrheim cemetery for Alfar Blot and Disir Blots from Witan Young and Gythia Catie. Our ancestors were called, and the present Folk felt their presence, and as Witan Young told me after some of us “left something up on that hill”. Sumbel was heartfelt and powerful, but you must have been there to know the words poured into the Well.



On Sunday morning after sausage and cheese grits prepared Folkbuilder Joyner, Witan Brandy led the Folk in a Wayfarer's Blot to Frigga reminding us to bring home the energy we built on this holy weekend.



I can't name everyone who made this event so successful, but special thanks to all our Gothar and Folkbuilders who ran this event, to all the auction donors and bidders, to Sarah Dye for donating the coffee and summer squash used all weekend, and to Gilbert Page for donating so many beautiful wood carvings. Thank you most of all to Nick Rice, the Youngs, the Betheas, and to my wife for the many days spent at Sigrheim making it ready.



Hail the Gods!
Hail the Ancestors!
Hail the Folk!



Witan Clifford Erickson
cerickson@runestone.org

A Winter Nights Reflection



This past weekend we celebrated the 12 Annual Winter Nights at Sigheim, and what a great weekend it was. As wonderful a weekend as it was, however, doubt plagued us for months before the event.

Facility cancellations, lack of any utilities like running water and electricity, overgrown fields, and fallen tree's blocking the path to Tyr's Ridge- we knew we were going to have a lot to contend with this year.



There are a few Folk who turned out for hours, days, weekends, to make sure that Sigrheim would be ready for all of us to take over. Nick Rice, Tyler Bethea, Kevin Flynn, The Young Family, and Riley Cox, all of you showed up to do the hard, but necessary work in the grueling summer sun and without you we could not have gotten it all done. Thank you so much! And a shout out to our Folkbuilders who worked their tails off during the event, too! It takes teamwork to make the dream work and we have a great team.



For myself, Winter Nights is one of the highlights of my year. It was the first big event I performed an AFA blot at, and I have been doing it ever since. My husband proposed to me during sumbel at a Winter Nights. We announced that we were having our daughter at a Winter Nights. We have watched our children grow alongside the other children of the AFA at Winter Nights.



For all that Winter Nights is my favorite, however, it is the one event I attend that I spend the very least amount of time socializing with our Folk at. This year, for example, I don't think I had a single conversation with anyone outside of car time while I helped drive people to and from Airbnb's. So much of my time is spent running around, no doubt appearing like a chicken with its head cut off.

Here's the thing, though. What I see while I'm rushing around the tent to clean up the tables before the "next thing"? Groups of people getting to know each other and building bonds. What I hear while I'm rushing up the hill to prepare the ritual space? The buzz of conversations filling the valley. When I'm in the kitchen getting the next meal ready? The laughter of our feral pack of children as they build lasting friendships with children they will know forever.



And in the few moments, here and there, when I let myself take a few moments break? Smiles. Everywhere. I saw our strong, noble Aryan men, women, and children building the Asatru community that we have all, at some point, longed for. A community that, though separated by miles and miles, still manages to feel perfectly natural whenever it gathers together.



To everyone who came to Winter Nights at Sigrheim, thank you for helping to build the future for our children!

I look forward to seeing all of you again next year, and Hopefully I'll have a chance to chat with all of you before then!



Gythia Catie Erickson
cm.erickson@runestone.org

Winter Nights at Sigrheim



Thank you to Thorshof District for your incredible show of hospitality at Winter Nights 2023 at Sigrheim! I am amazed at each and every event that I attend at the Frith, friendship, and devotion to Folk and Gods, but Sigrheim had an extra special impact.

For those who have not yet made their trek to Sigrheim, please do. There is something magical and powerful about stepping on to the land the first time.

The cemetery is both solemn and sacred, surrounded by beauty and serenity. Seeing the headstones and understanding the amount of love and work that had gone into clearing and fixing this special place is still moving to think about.



The hike to the top of the location of the future Hof is beautiful. While it does take effort, the experience itself as a lead up to a sacred ritual prepares you in a very powerful way.



The fields that will hold our future homes and halls hums with energy and the emotion of the Folk who have been so diligently maintaining it.

The mountains literally echo with the devotion of our Folk in ritual!



Sigrheim is an experience all Folk should have. Thank you to the Folk and to the leadership who are paving the way for Victory!!

Witan Brandy Callahan
bcallahan@runestone.org



Ticket includes all meals, lodging, Folk activities, and ceremonies. Tickets \$100 for individual, \$125 for family.

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



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...

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

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

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

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

our community who need our help!

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org

The Artisans of the AFA Support Our Folk

GOTHIC RUNES



FRITZ MAES

GOTHIC RUNES

Energy Elements Ethnicity

Fritz Maes

2023

260 pages (revised edition)

The array of the Elder Futhark as uniquely understood by the Goths of Ancient Europa.

Historical & Spiritual + Powerful

Illustrated + Massive Bibliography

Formatted in legal-sized landscape-layout for large viewing & optimal printing

USD \$19: PDF e-book for sale now only at LuLu: downloads in minutes :
<https://www.lulu.com/shop/fritz-maes/gothic-runes/ebook/product-yv7vgyw.html>

"Gothic Runes is the Das Rheingold of runic books."

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

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.



James Ault
Prison Ministry Director
jault@runestone.org

Ancestral Food and Culture

Apfelkucken Recipe



An Autumn treat enjoyed with coffee breakfast, after supper for dessert, or even for a nice snack. Perfect for the leftover apple pickings. Enjoy this classic traditional German dish with your family and friends.

Apfelkucken
8 Granny Smith apples

4 thinly sliced
4 chopped
2 c granulated sugar
5 tbl granulated sugar
2 tsp ground cinnamon
3 c all purpose flour
1 1/2 tsp salt
1 1/2 baking soda
1 1/2 baking powder
6 eggs
1 c applesauce
2 tsp vanilla extract
1/3 c orange juice

Glaze:

1 1/2 c powdered sugar
2 tbl butter
1 tbl water

Preheat oven to 350 degrees. Butter to round cake pans, dust with flour, tap out excess flour.

Peel, core, and slice apples then place in bowl. Mix sugar and cinnamon toss evenly.

In a large mixing bowl combine flour, 2 c sugar, salt, baking soda and powder. Add eggs, applesauce, vanilla extract, and orange juice.

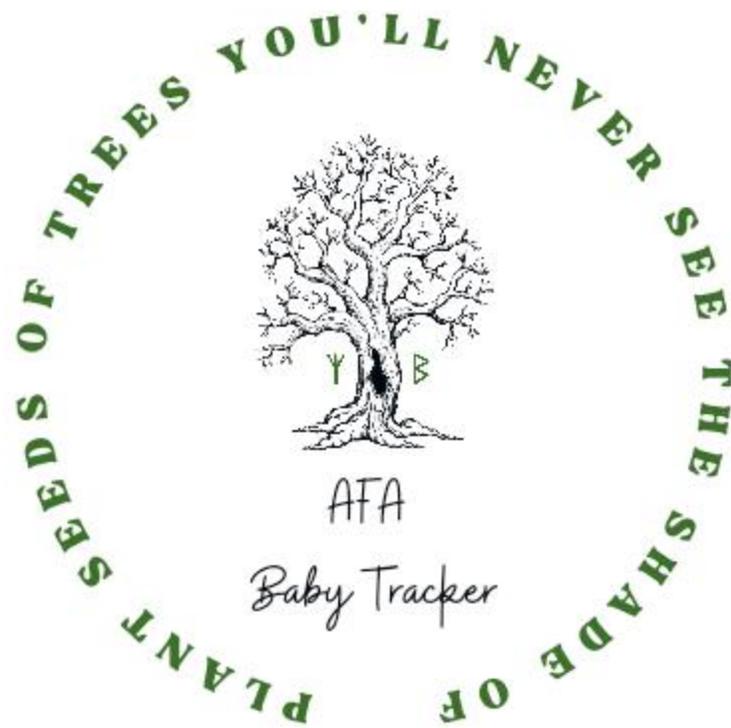
Fill bottom of each pan with batter, then layer with apple slices and chopped apples, and add remaining batter on top.

Bake for 1 hour, prick with toothpick to ensure its fully baked.

Mix glaze ingredients until smooth. Drizzle over cakes. Serve warm with vanilla ice cream on top or coffee.

— Timmy, Member, Ohio

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: 26

Online Events and Meetings



Virtue recovery
meeting

Thursdays at 7pm CST;
5 pm PST; 6 pm MST;
8 pm EST

With Ashley Mcstocker
amcstocker@runestone.org

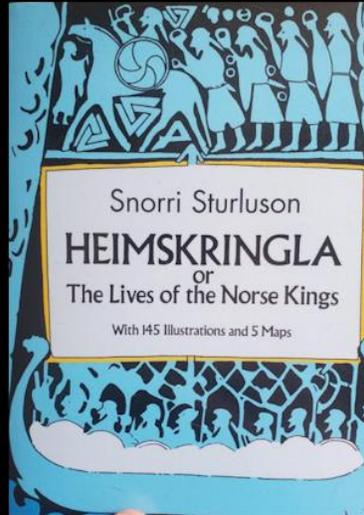
Saturdays at 9 am CST;
7 am PST; 8 am MST;
10 am EST



With Jaclynn Duffy
jduffy@runestone.org

VIA ZOOM
MEETING ID: 885 2917 0746
PASSWORD: Virtue

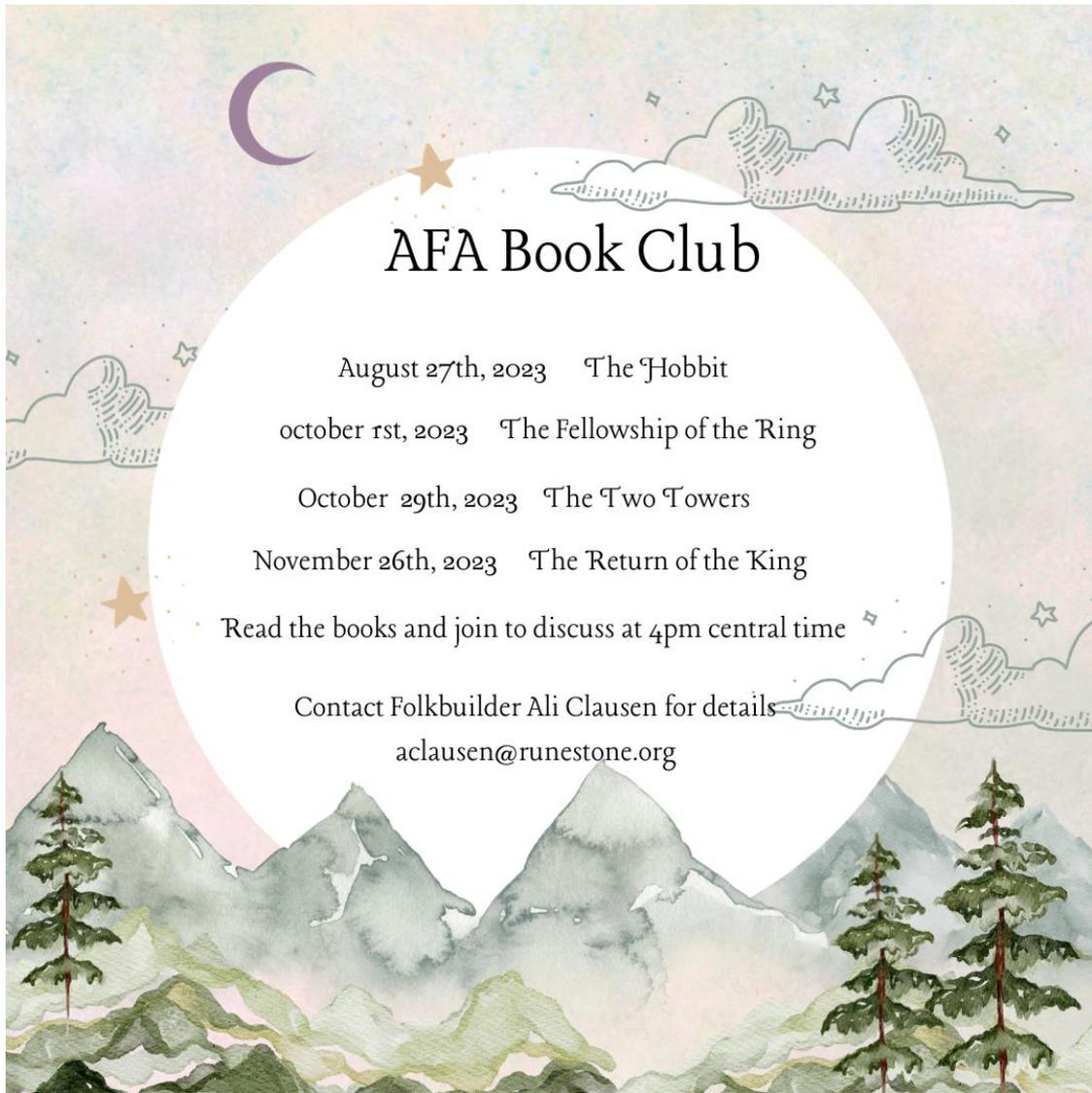
Lore Study with Gothi Jason Plourde



**Join us every Tuesday night
at 8:30 pm EST**

**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 Book Club

August 27th, 2023 The Hobbit

October 1st, 2023 The Fellowship of the Ring

October 29th, 2023 The Two Towers

November 26th, 2023 The Return of the King

Read the books and join to discuss at 4pm central time

Contact Folkbuilder Ali Clausen for details

aclausen@runestone.org

Ladies Book Study

Thursday Nights at 7 pm CST

Link for Teams meeting will be posted in
the AFA Ladies group on MeWe

For more information contact:

Gythia Brandy Callahan
bcallahan@runestone.org

or

Folkbuilder Sara Ault
sault@runestone.org



Ladies Mysteries Podcast

Yule Traditions

Sunday, November 26th

at

2:30 pm CST

Witan Brandy Callahan

Gythia Anna Plourde

Gythia Catie Erickson

Folkbuilder Sara Ault

Folkbuilder Heather Young

Folkbuilder Ali Clausen

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



Sisters' Fitness Challenge



*Introducing the all new
AFA Sisters
Fitness Challenge*

NOVEMBER '23

*\$5 to join
Prize money and keychain
for the champion!*

Contact Folkbuilder Ali
Clausen for details and to
join on MeWe, by email
aclausen@runestone.org,
or text 402-853-4246

Introducing the new and improved Sisters Fitness Challenge! We invite all our AFA ladies to join us on this monthly challenge to improve our health and strive for Physical Excellence. We ask you to set three realistic daily health goals for yourself and we'll help to support you to Victory throughout the month! This is not a weight loss challenge; this is a challenge to build new and healthier habits, to build the areas of our life that need improvement, and to get out and get active! The woman who hits her goals the most consistently throughout the month will be awarded the prize money, as well as a small prize declaring her the Sister's Fitness Champion for the month! \$5 to join, please contact me for details and to join the fitness challenge!

Folkbuilder Alison Clausen
aclausen@runestone.org



Just for Fun

Nine Noble Virtues

Please find our Nine Noble Virtues!

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

- | | | |
|-----------------|---------------|--------------|
| INDUSTRIOUSNESS | HONOR | HOSPITALITY |
| COURAGE | TRUTH | FIDELITY |
| DISCIPLINE | SELF-RELIANCE | PERSEVERANCE |
| VICTORY | | |

The first person to solve it and send proof to Press@Runestone.org will get a shout-out in next month's Runestone!



Olivia Sutherland
Apprentice Folkbuilder
osutherland@runestone.org

Now Available in the AFA Store



Tis' the season for decorating, hosting, feasting, and staying cozy indoors. Show your Hof pride to all your guests with a flag! Spark conversation, maybe even interest, among those who find themselves in your Hall this Fall, and bring the Folk home to Asatru!



[Check out the selection and fly your flag high!](#)



Folkbuilder Ali Clausen
aclausen@runestone.org

Njörðshof

Food Pantry at Njörðshof



After getting a great donation from Farm Fresh. Njordshof was able to feed 41 families in and around Hamilton County Florida. A big thank you to those who help hand out food.



Folkbuilder Mike Joyner
mjoyner@runestone.org

Winter Nights at Njörðshof



Great attendance and delicious food lead to a great Winter Night at Njordshof. Gythia Anna Plourde lead the Disir Blot. Anna also led a short ceremony where letter to the ancestors were offered up. Gothi Jason Plourde got the honor of leading Sumbel. Once dismissed, everyone made it home safe.



Folkbuilder Mike Joyner
mjoyner@runestone.org

Upcoming Events at Njörðshof

Njörðshof



2023



Yule

Feast of the Einherjar
November 18th

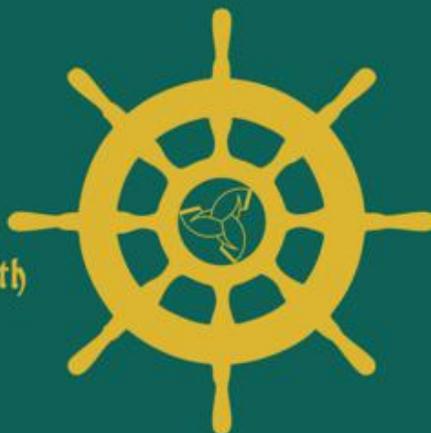
December 16th - 17th

Þórrablót
January 21st

Winter Nights
October 21st

Charming of the Plow
February 3rd - 5th

Winter Finding
September 16th - 17th



Ostara
March 18th

Freyfaxi
August 19th

Hexennacht
April 15th

Sigurblót
July 15th

Midsummer
June 17th - 18th

May Day
May 20th

The Harshest Winds Make the Strongest Wood

Njörðshof Pay-Off Challenge



Alabama

Upcoming Events



Laura Morris
Apprentice Folkbuilder
lmorris@runestone.org

Arkansas

Arkansas Pumpkin Patch Moot



When we got to the pumpkin patch we first fed goats, pigs, and mini cows. Then the children played in the playground for a little bit. Then we went towards the hayride that had exotic animals. There was a zebra, alpacas, emus and cows. We got to feed the cows while on the hayride. Afterwards we went to the other attractions. There was a homemade slide on hay. Then the children and adults played in the tub full of corn kernels. They all really enjoyed that. At the end we went and saw the pumpkin patch and the horses then we all left and went out to dinner.

Upcoming Events



Join Blood Oak Kindred in Arkansas for Folksiving and Feast of Einherjar Blot and Sumbel. Please bring your favorite thanksgiving side dish or a dessert.

Tabitha Owens



Apprentice Folkbuilder
towens@runestone.org

Upcoming Events





Folkbuilder Jesse Parton

jparton@runestone.org

Florida

To Whom it May Concern



Marsha French

‡ December 26, 1953 - November 2, 2023 †

Things can change incredibly quickly. My mother passed away on November 2, 2023. They took her away to be cremated and all I have felt of her is her belongings, many of them were unimportant and some things we can't locate. The process of going through her possessions makes me wonder what it might be like when someone has to go through my possessions. I know AFA leadership likes to point out that writing a will is so important because it is the best way to convey your last wishes. Less than 1% of our members have gone through the process of making their will, and I believe most people these days do not have a will despite knowing their time is limited. My mom tried to make a will when it was much too late and never finished but it didn't have to be that

way. We can't change how it happened but we can use it as an example. She is now among the Disir, which is a comfort to me.



I'd like to take this opportunity to thank everyone who reached out to me. Your kindness was very appreciated, I'd like to thank my kindred for the tireless nights you gave me when I needed you, and I'd like to thank those of you who very kindly sent take out to my home. It was very thoughtful and generous of you. Hail.

Upcoming Events



Please join Ninth Night for our first Central Florida

Folksgiving Dinner Party

SATURDAY
NOVEMBER 25, 2023
DINNER STARTS
AT 3:00PM

AT THE DENT FAMILY HOME IN
LAKELAND, FLORIDA

FOR MORE INFORMATION CONTACT
FOLKBUILDER TRACY ADLER

Folkbuilder Tracy Adler
tadler@runestone.org



Rejecting the Black Pill



In today's society it is so easy to be negative. Modern society teaches us to be judgmental and always look at the bad. One must only look at the fashion industry to see sheer judgement. The advertisement industry has given us the term "keeping up with the Joneses." This concept alone can be viewed as a negative. The idea of what you have is not good enough because your neighbor now has something nicer. It is easy to turn on the TV or go to a news site and see pages and pages, hours and hours of depressing content. It is no wonder why so many of the folk are seeing society through a veil of the black pill.

ADL.org defines black pill as: The black pill represents nihilism, or a realization that the system is too far gone to change. The powers that govern our lives are too deeply entrenched and too powerful to do anything about.

Add on the CDC's statis from June 2023 that: 18.4% of U.S. adults reported having ever been diagnosed with depression.

If you ever start going down the black pill path, remember one phrase WE ARE WINNING! The folk are winning. We have 4 Hofs, the land for a planned community, over 800 members and growing daily, and are almost ready for a 5th hof. If you want to seeing winning, look at your main MeWe feed (ignore the political posts). Look at the homestead group or the parenting group. You really want to know and see winning? Talk to someone after their first event or Hof visit. Watch a new member during an emotional Sumbel. Watch the Hof kids play and interact with each other.

My wife has always said that you visit the negative side of life, just don't by real estate. It may not always seem like we are winning in that moment, take a step back, take a deep breath. Call a Folk friend or a member of leadership if you need. Just remember one thing: WE ARE WINNING! And we will continue to do so!



Folkbuilder Mike Joyner
mjoyner@runestone.org

Georgia

Growing Alabama Folk



A few weeks ago, Gothi Bodi and Kristy did me the honor of joining me for barbecue at Byron's Smokehouse in Auburn, AL; my second foray into hosting for our Folk in my neighboring state. We were also honored to introduce a new person to the AFA, who I hope will be joining us fully soon!

The good food was complemented by a unique sight of a partial solar eclipse with the good company present. I'm excited to meet more of our Folk in Alabama in the coming months.



Jordan Wells
Apprentice Folkbuilder
jwells@runestone.org

Origins of Pumpkin Carving



For the month of October, The Five Arrows Kindred hosted some folks to carve pumpkins and enjoy a bonfire! Gathering around the table, sharing design ideas, and creating unique jack-o-lanterns brought joy to us all. The experience of carving pumpkins together was great for strengthening our bonds and creating memories. So, I thought it would be intriguing to delve into the fascinating history behind the beloved tradition of pumpkin carving.



Pumpkin carving, as we know it today, can be traced back to an ancient Celtic Festival called Samhain. Samhain marked the end of the harvest season and the beginning of winter in the Celtic calendar. During this time, people would light bonfires and carve faces into turnips or other root vegetables to ward off evil spirits.

This peculiar practice eventually crossed paths with the Irish and Scottish immigrants who settled in North America around the 19th century. They discovered that pumpkins, native to the Americas, were much easier to carve compared to turnips. Thus, the tradition of carving pumpkins was born, and it quickly became a staple of Halloween festivities.



Amber Cameron
Apprentice Folkbuilder
acameron@runestone.org

An Oath Fulfilled



First let me say, my absence has been well spent. I have worked incredibly hard to fulfill my oaths made to my Folk, our Ancestors and our Gods. I stand proudly before you all today with great honor, as my first oath taken at the original Sigrblot has been fulfilled. I have formally accepted a position as a Network Engineer.

My victory would not have been possible without vigorous and unwavering support. While far from being an exhaustive list, I would like to recognize some of the people who got me here today.

Thank you to my late mother Laura Cameron, while you were not physically here to see

this goal to the end. I hope I've made you proud.

Thank you to beautiful wife, Amber Cameron. The love and support you shared with me, in addition to your talent mothering our children, allowed me the time and energy to hone my craft.

Thank you Drac and Rachel Cameron. Your support and reassurance, helped pick me up when other opportunities didn't pan out.

Thank you Gilbert Page for the incalculable hours of hard work, networking with your contacts and letting me know how I could improve myself and my resume.

Thank you Russ Henderson for sharing your life experience and reminding me that success does not happen in a straight line.

Thank you Witan Daniel Young, your uncanny ability to check on my progress at the right time, asking what you could do. Helped me every step of the way.

Thank you Lawspeaker Allen Turnage, for genuinely believing in me and allowing me to take the first public oath at Sigrheim.

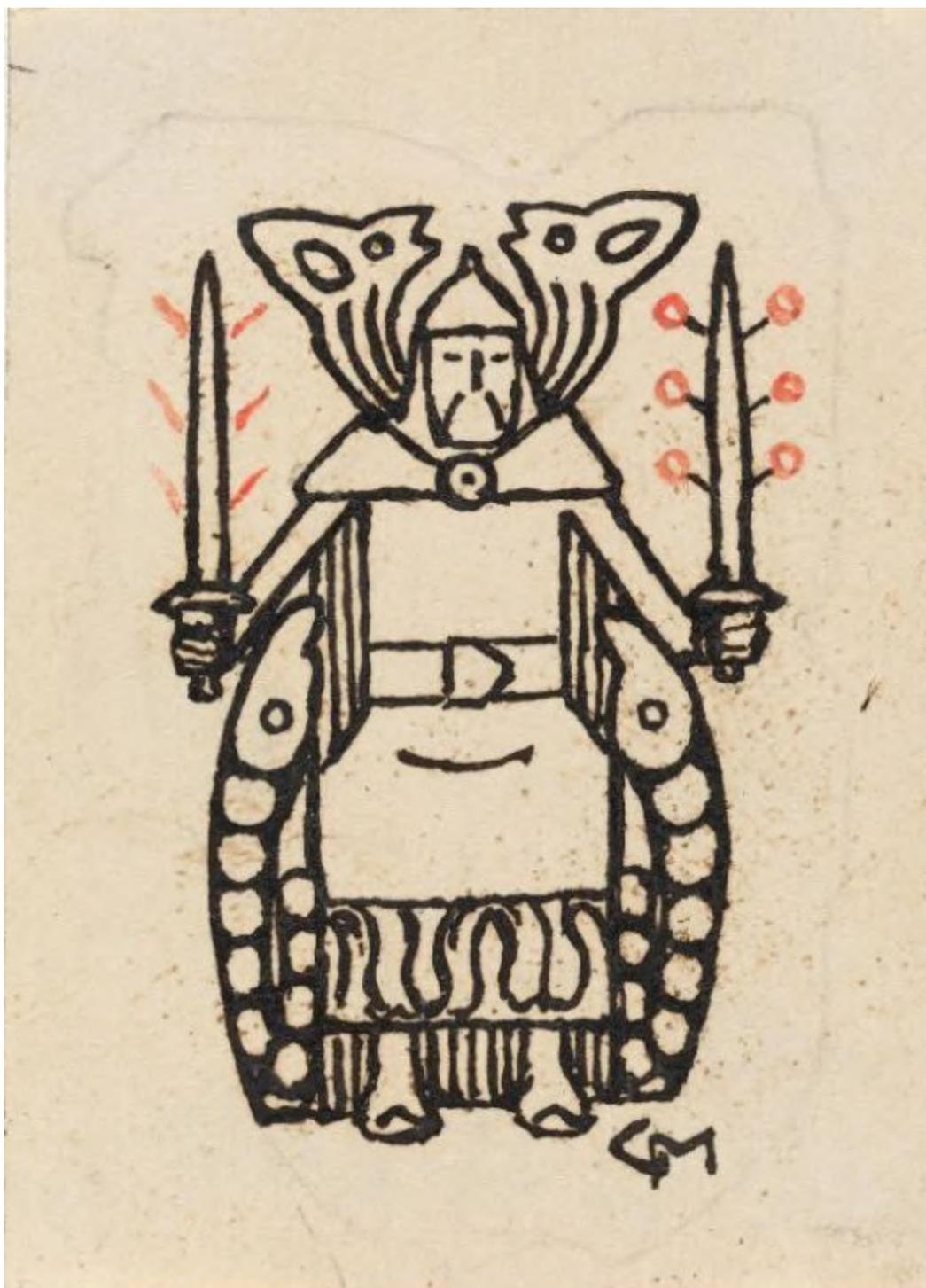
I will celebrate today. As tomorrow I move towards fulfilling my second and final oath. May I continue to bring honor to you, my Folk.

Hail the Folk!

Hail the Gods!

Hail the AFA!

We Are All Fathers



My youngest coming upon his second birthday, has me looking inward towards my role as a father. In unique timing, I came upon a small tidbit in Culture of the Teutons. Around page 184 or 185, depending on your version (plug for this [version](#) with a foreword by our Alsherjargothi).

Vilhelm after imploring us to accept that we may “be born several times...” continues to say that “an individual would then have two or even more fathers..” that the home he grew up in, any place he has brothers, all provide him a father. By these words they share kin, they are kinsmen and through that kinship they share Hamingja. Which links

back to our oldest ancestors the Gods, interconnecting us as a people forever.

Based on this we are all responsible, by varying degrees, for the next generation of our Folk. The old adage that it takes a village rings true. What you say, how you act and who you are bring us great fame or dishonor.

Let us take a moment to remember that not only is the world watching us, our children are.



Jace Cameron
Apprentice Folkbuilder
jcameron@runestone.org

Texas

Winter Nights in Austin, Texas



On Saturday, October 7th, 2023 Fríðr Folk Kindred Texas held our third annual Winter Nights celebration in Austin, Texas. We enjoyed a good meal, a lore study, held Blot and Sumbel, and enjoyed a great evening of fun and frith around the fire enjoying s'mores and building on our relationship with our gods, ancestors, and the spirits of the land. We'll be holding our third annual Feast of the Einherjar in Houston, Texas in November, and Yule in December in Dallas, so be sure to e-mail me now to get involved so you don't miss out on the fun!

Upcoming Events



Fríðr Folk Kindred Texas Presents our
3rd Annual Feast of the Einherjar

- *Join us for food, a lore study, blot and sumbel!**
- *Bring the kids to feed the farm animals and take family pictures!**
- *Enjoy s'mores around the fire while we bond with our Folk!**
- *Bring a tent or hammock and sleep under the stars!**

Adults: \$30
Couples: \$50
Kids and Vouched for Guests: FREE!

November 4th in
Houston, Texas



Folkbuilder Justin Day
jday@runestone.org



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

