

The Runestone: Voice of the Asatru Folk Assembly





**Njörðshof**  
**Fourth Hof of the Asatru Folk Assembly**

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# Words from the Alsherjargothi



The veil thins!

As summer ends and we head into fall and winter, the thin veil that separates us from the ancestors grows yet thinner.

The remainder of the year is time to redouble our efforts to take stock of what we have, the ways we have been blessed, and the proud ancestors that have brought us into this amazing world.

Hail the Disir!

Hail the Alfar!

Celebrate the season with your Folk. Celebrate with your family. Know you are blessed. Know that you are loved..... and make sure you children know it as well.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel  
Alsherjargothi, Asatru Folk Assembly  
[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

**Manifesting the World Around Us**



Welcome Home | [Runestone.org](https://runestone.org)

## Words from our Gothar

*Warrior and Priest*



Today the term warrior is largely taken for granted, and it is also assumed that a priest would not be one who fights. That is not the case. A warrior is not solely a blood thirsty combatant, and a priest does not have to be confined to a solely passive persona.

Throughout history a warrior was someone who fought physically, brutally, and with a thirst for the fight. For the most effective warriors, it wasn't reckless violence as some would have us believe of our ancestors. It was a time when the best and strongest warriors were also the leaders of their tribes and folk with purpose and direction. They became leaders because they had a fight inherent within them combined with the ability to exercise a bold intellect.

Our people were not led by the faint of heart because to survive and to ensure survival one had to be bold, courageous, and smart. For most, fighting was a part time expectation in their tribe or community. For a few it was a calling--for those that had a natural sharp intellect along with a violent nature and could exercise restraint when

necessary. Today, it is considerably different. Yes, we have our warriors still, however, we also have far more faux warriors who think that sitting behind a keyboard and making bold statements makes them some kind of pseudo warrior. I believe the term is “social justice warrior”. I cannot personally acknowledge or comprehend this mindset and think it is disgusting. We have become soft as a society in the soul sickness of our folk, in that our men are losing their masculinity and aggressiveness due to pressure from a society based in a victim mindset. We must do what we can to retrain our men as they come to us, teaching them that being men of our folk means that it is okay to be aggressive and that we must fight if necessary to protect our folk and our families.

That doesn't mean that we go out starting fights. It means that we embrace the natural violence of being a man without shame or regret. It also means that with aggression comes a responsibility. We must balance a bold, physical, and courageous nature with humility and caring, love and compassion. We must teach our young boys that balance and to strive towards a warrior and a priest homogeny that resides within us as noble Aryan men. An approach of a warrior and a priest--be the first to reach out a helping hand and also the first to defend the folk and your family if necessary. We are to be men of action and words, restraint and aggression, being bold and pious. Many can epitomize one or the other, some can be both. As a warrior, we are to be protectors of our Folk, while as a priest we are to be the conduit between our folk and our gods. Both are necessary for the survival of our folk, and survival is an absolute must. “It is not negotiable.” (Stephen McNallen)

So, for our warriors out there, look to incorporate some pious attributes into your personality. For our Priests, seek to investigate some of the warrior ethos into your abilities. We must continuously seek to build on who and what we are as noble Aryan men, building our folk as they continue to open their eyes and come home.

Havamol Stanza 15, “The son of a king shall be silent and wise, and bold in battle as well; Bravely and gladly a man shall go, till the day of his death is come.”



Gothi Nathan Erlandson  
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## *Honoring the Ancestors*



As the harvest season is nearing its end, we come to a time of year where we look back with pride on the work we have accomplished throughout the past year and begin to give thanks. Thanks to our Gods for their seen and unseen influences, the Wights for their aid, and our Ancestors especially who, if not for their unbroken love for generations over, we would not be here. Take some time as the veil thins and the year winds down to get to give love & thanks to the ancestors you know, and to get to know those you do not. Like among the living, "With half a loaf, and half a cup, a friend won thee", a simple gesture of an offering and heartfelt words can bring joy & love of an ancestor into your life. If you are not sure where to start, fill a horn and meditate on how we got here. After all, if at any point one of Disir or Alfar had chosen another we would not be here.

So let yourself find appreciation and gratitude in how lucky each of us is to have the chance to traverse Midgard. Hold that sensation in your chest, and then start with your least distant ancestor and work your way back as far as you can, state their name and pour a small libation into a sacred vessel or a fire, and let them know you're thinking of them. Eventually you will find someone who will reveal themselves to you, even if only to say thank you. For the ancestors who are familiar to you, put out their favorite dish and a glass of their favorite drink, it's the least we can do for their gift of life.

Whether you're alone or surrounded by the Folk, you'll have a house filled with warmth & love. If you do this often, you'll never walk alone. As the holiday season is upon us, we look forward to seeing as many beautiful white smiling faces, across the AFA and especially at each of our Hofs. May your harvests be bountiful and your holidays merry!

Hail the Gods,  
Hail the Ancestors,  
Hail the AFA!



Gothi Jason Plourde  
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*Winter Nights and You*



Start with the memories. Those Halloween memories from your childhood -- pumpkins, costumes, candy, and the thrills of spookiness! Back in the day, our Christian parents would never have connected this date with anything significant or spiritual. Most of modern society continues with that interpretation.

However, we're different. If you came by way of Celtic culture, you know October 31st is known as Samhain – the last night of the Celtic year, when “the veil” is thin. This allows spirits to not just roam, but to enter our abodes and our psyche. Jack-o-lanterns have been the warders against dark and unwelcome spirits for centuries.



In Asatru, this focus on spirits exists but is transferred to a special group, our very own Mothers -- the Disir. In Sweden, they traditionally celebrate the Mothers in February with a *Disablót* at the time of *Disting*, or a *Thing*-gathering by the tribe or community.

In modern Asatru, we celebrate in mid-October – a time that feels charged with mystical energy. In our *Disablót*, we offer our own thanks and devotion, asking for our Mothers blessings in return. Who among us would not want to feel the loving touch of a mother from your lineage, in time of need? The mothers are there, barely seen through the veil. *Vanadis*, “Dis of the Vanir” is one name for Freya, and she too can be called on in this ritual. She and our Mothers, in their many manifestations, are described in Stephen McNallen’s epic poem, “October Women.”

At *Oðinshof*, we invite these ladies into our sacred circle – each of us calling out to one of our Mothers to be with us. As Asatru women, we become the Mothers to our men, calling them forth, guiding them in. Torches and fire, chants and song, movement and stillness, and runes chosen by our mothers are part of our *Disablót*. For many, this can bring forth unexpected gifts

### *How to Honor the Disir in Your Own Home*



Gather special items like candles, photos, flowers, or foods to place on an Ancestors' altar. Do you have one particular Mother you wish to contact? Talk with her; sing with her; speak her name; write her a letter; give her a special gift. Your own Dísablót can include an offering of liquid that you associate with your mother, though traditional mead is always fine. In blot, honor her life. Think of her gifts to those she knew. Offer your love and a vow to keep her memory alive, to use her lessons to create your best-self. After your offering, within the gifting cycle, you can ask for her gifts in return. What do you need? Insight, tranquility, perseverance, strength, courage, health, hope,

balance, luck... This may happen in unexpected ways. Reach for a rune as a message carrier. Think on your Mother at bedtime, as these messages can present themselves in your dreams.



Dear folk, we have the opportunity to build our own traditions this time of year. Do it alone or with others, but know that in October, your Mothers are always near.



Gythia Sheila McNallen  
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## October Women

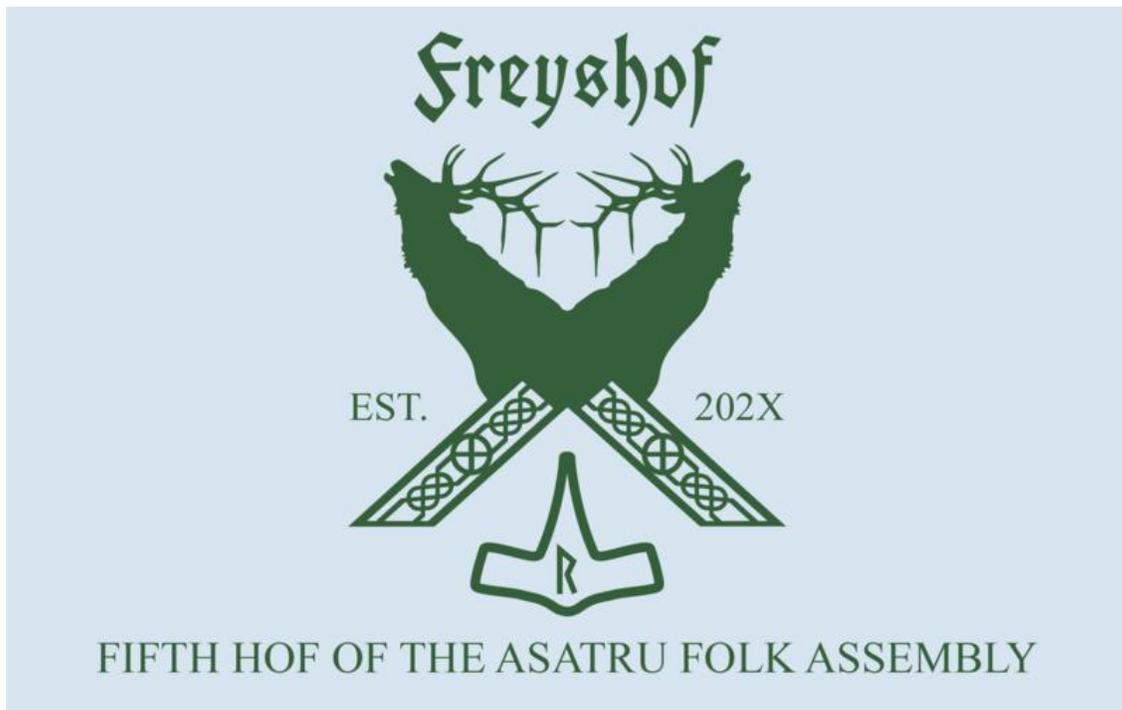


Asatru - Winter Nights & the Disir

## 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 \$103,790.86 on our remaining loan.
2. We need to raise our monthly donation average by 4%.
  - 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](mailto:mattflavel@runestone.org)



## Sigrheim: Home of Victory

*Support the Home of Victory*



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](mailto:nrice@runestone.org)

**Victory Never Sleeps**

The Asatru Folk Assembly Presents

**Victory Never Sleeps!**

Wednesdays at 6PM Pacific / 8PM Central

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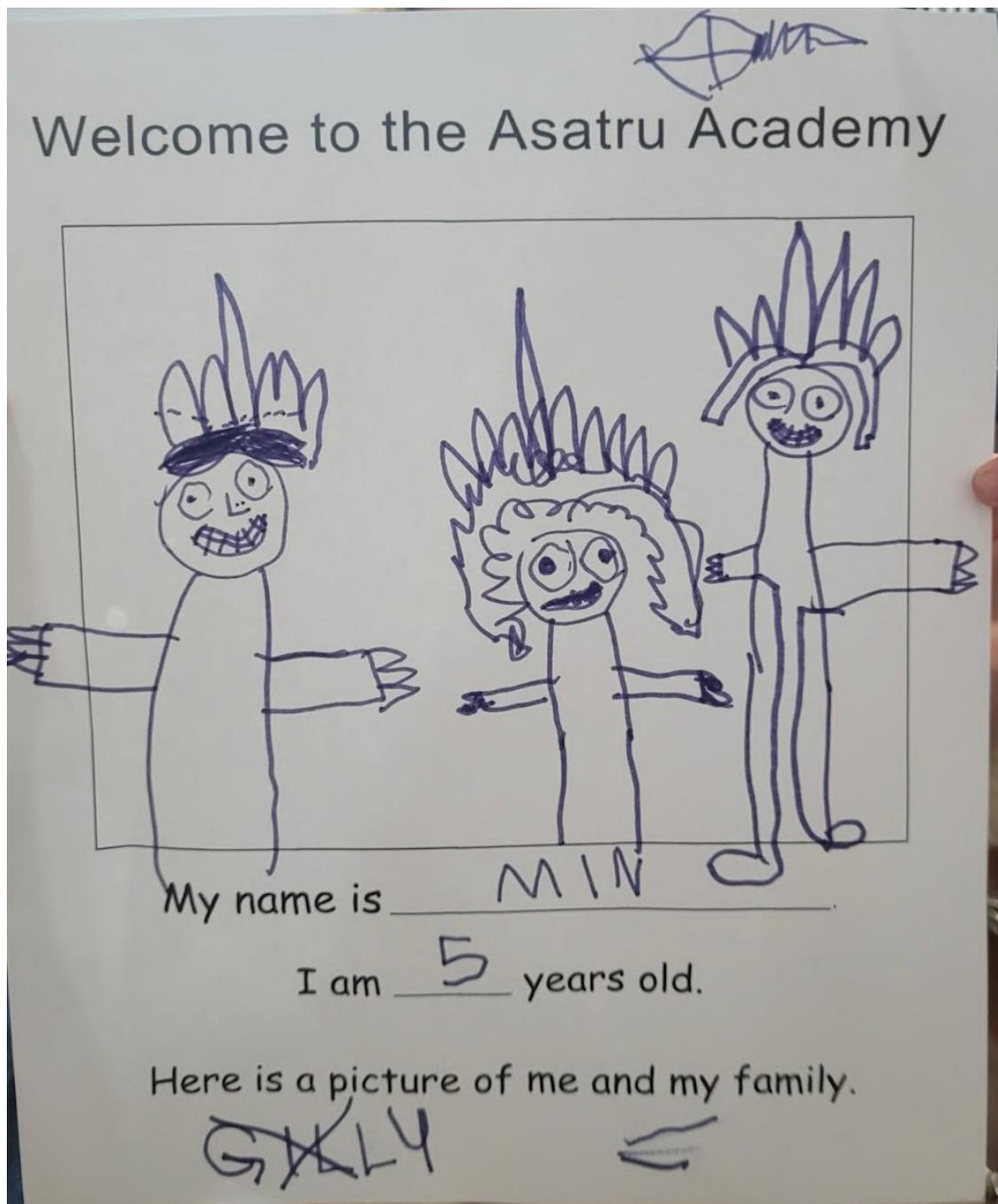


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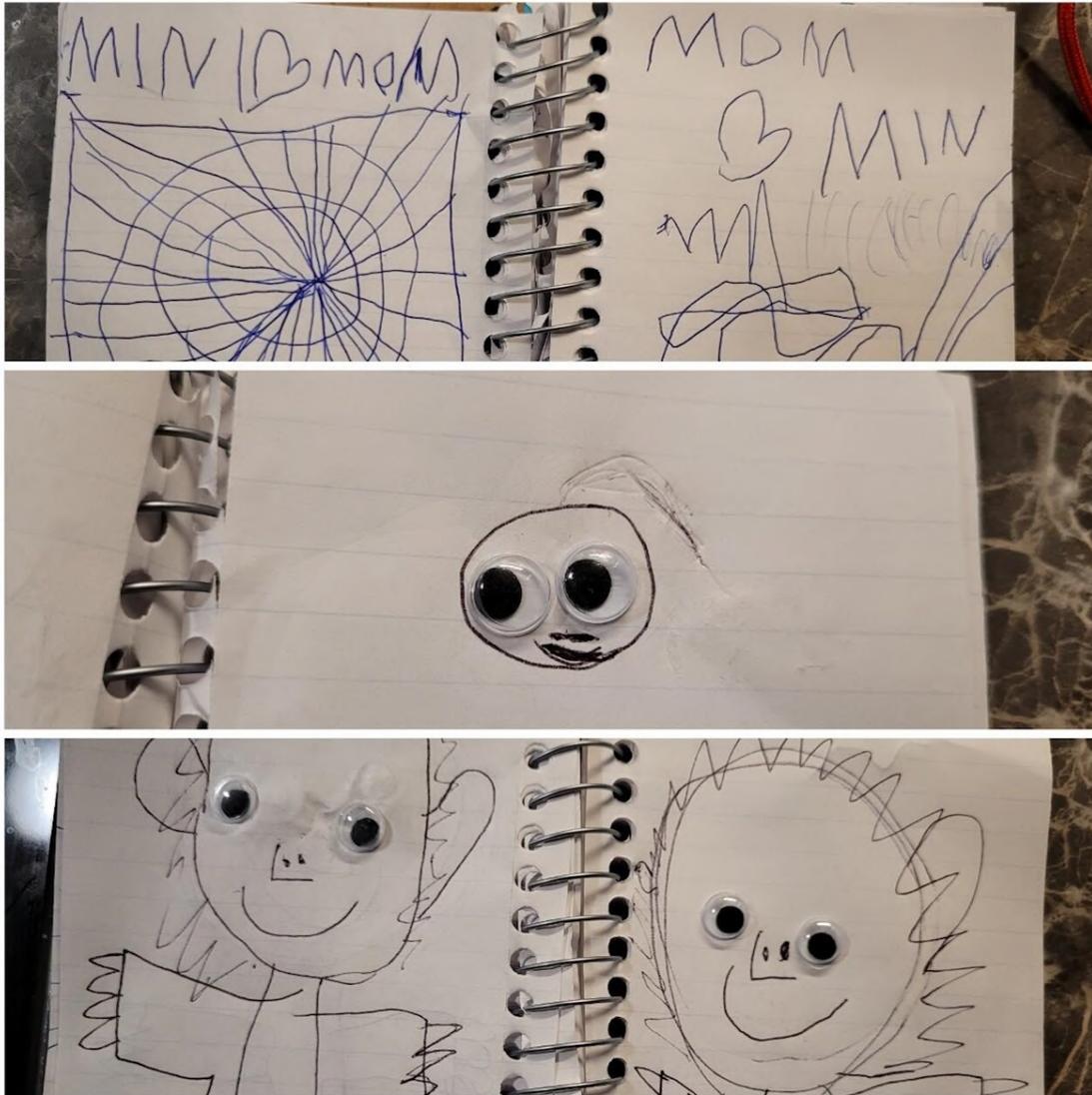
## AFA Asatru Academy



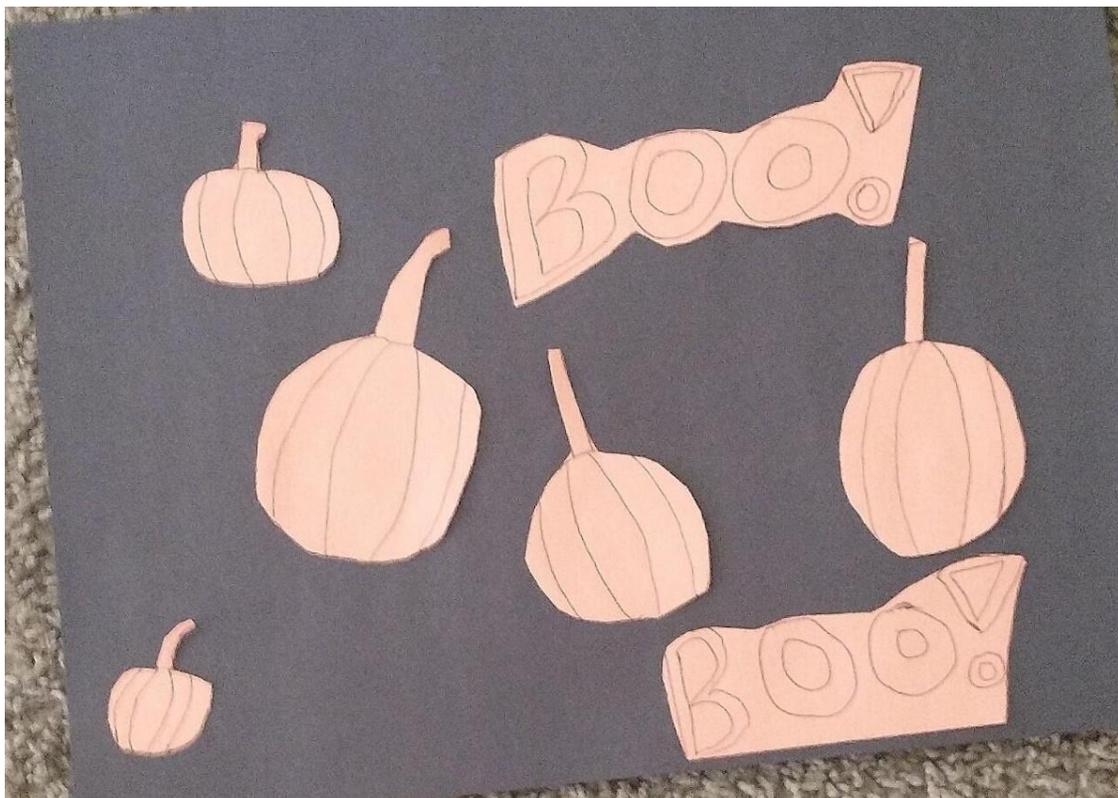
For More Info: [Welcome | Asatru Academy](#)



What an exciting time with the Asatru Academy, the AFA, and our future. We're now a solid month into the school year, and it's been a productive start. We're pleased to be able to start doing weekly video calls now with the parents and students, and new from today's meeting, weekly live story readings! Working with these early grades really does wonders to put a smile on your face. The kids got to learn what happens when you "give a mouse a cookie" (hint...they ask for some milk), and I'm excited already for next week's call.



On top of these live story readings, we've also had a good influx of parents and other AFA members submitting their own stories readings for us to upload to the kids. If you're interested in volunteering to make some recordings for our kids, whether that be telling you're own life-stories or reading something from our kids' suggest book list, feel free to reach out to me, and I'd be happy to explain a bit more about the process and possibilities.

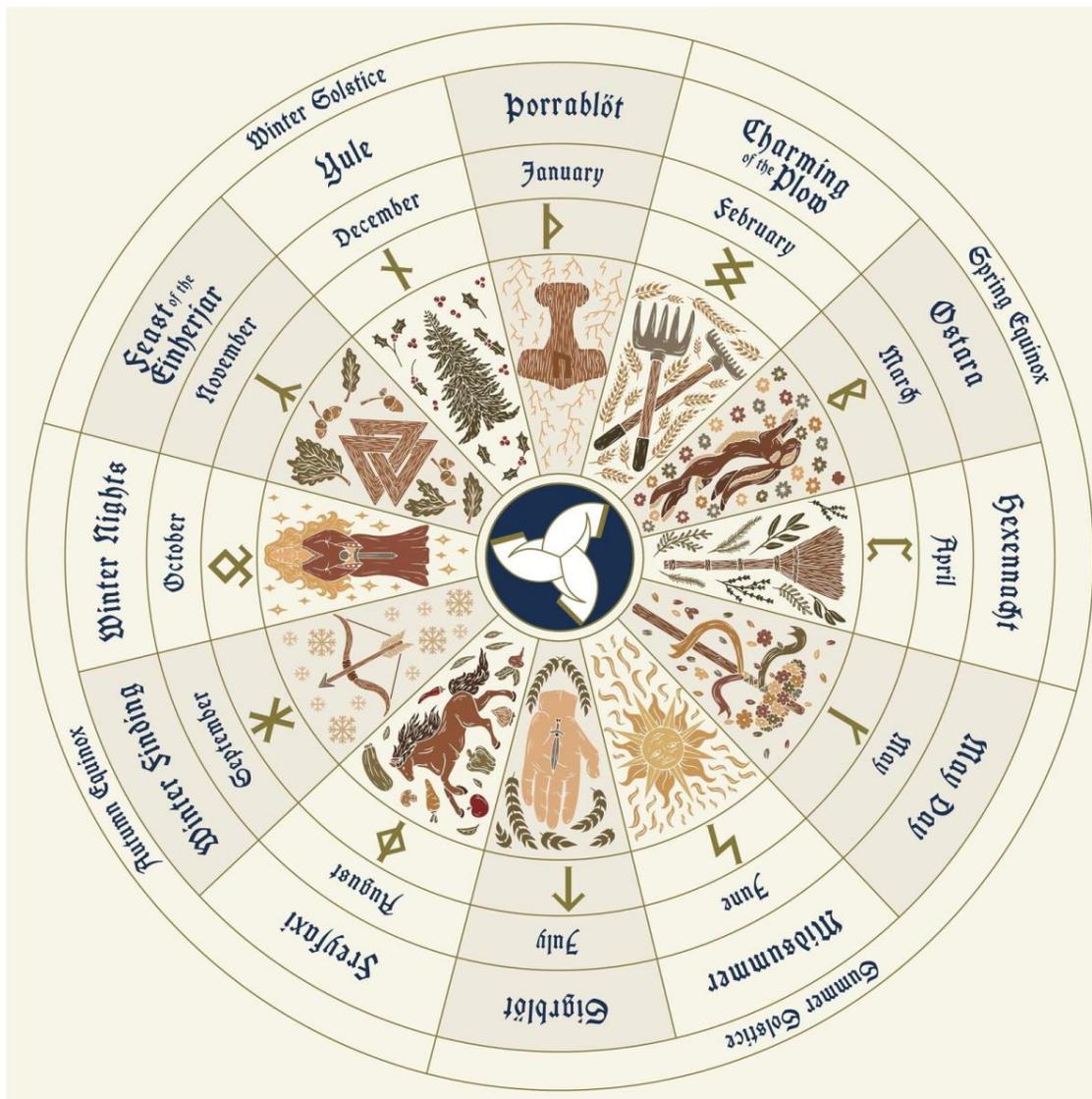


As we're turning the corner towards the cooler months of the year, this marks a great time for our kids to get outside, exploring the rapidly changing environment. Watch as the leaves change, notice how the bugs hide away from the chill, and see all the pretty colors of the autumn world. Whether you're 6 or 60, I bet going on a fall walk through the woods, with leaves crunching under foot, would do just about anyone well.



Folkbuilder Nicholas Rice  
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## Remembrance & Holy Days



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

2023

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 21	Porrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 18	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 21 (observed on 18th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 22	Day of Remembrance for John Gibbs-Bailey “Hoskuld”
April 28 (observed on 15th)	Hexennacht

<b>Date</b>	<b>Observance</b>
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 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 21	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 18th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31 (observed on 16th)	Yuletide

## Day of Remembrance

*Meister Guido von List - October 9th*



Born in October of 1848 in Vienna, Guido Karl Anton List was the son of a prosperous middle-class family who traded and worked in the Leather goods industry. Raised a Roman Catholic, List found his love of mythology and history early in life, often acknowledging that his belief in the Germanic Gods, and Wotan in particular, developed during these young years. A scholar, painter, and writer, his big ambition was

to live his life doing the things he loved. His father, however, pressured him strongly into taking over the family business.

In his spare time, he continued to write and paint. He also took part in several leisure sports clubs, such as rowing and mountaineering. During one of his many trips List purportedly left his group to spend a solitary midsummer atop Geiselberg hillfort. Here, it is said, he reaffirmed his belief in Wotan. Upon the death of his father in 1877 List abandoned his family business in favor of pursuing his writing passion.

Despite being an avid believer of Wotan, he married his second wife in a Protestant ceremony in 1899. This didn't hamper his writing or his influence, however, and by 1902 when his writings took on a different direction, he was a prolific and well-known voice in the nationalist and volkish movements.

It was in 1902 that von List had his great epiphany. After a cataract surgery left him blind for eleven months, List was left with much time for reflection and meditation. During this time he discovered the Armanen runes. He called this set of runes the Proto-language of the Aryan race. It was through these runes that von Lists occult ideas and writings evolved.

The popularity of his ideas exploded amongst the wealthy, middle class of Austria and Germany at the time and the Guido-von-Gesellschaft was born. The von-List society further evolved and on the Midsummer of 1911, the inner group called the High Armanist Order was created. While the main group focused on his occult and political ideologies, the inner group was dedicated to the worship of Wotan through his writings and sacred pilgrimages.

With food shortages after the war and old-age creeping up on him, von List's health deteriorated and in May of 1919 he passed away at the age of 71. His body was cremated and buried in an urn in the Vienna central cemetery, Zentralfriedhof.

Among his many novels, plays, and political manuscripts it was his first dedicated occult manuscript, "Das Geheimnis der Runen" or "The Secret of the Runes," that really sets Guido von List up as a forefather of modern Asatru, influencing many including the Asatru Folk Assembly's hero Alexander Rud Mills.

What can we learn from this story?

We can never anticipate when the spark of inspiration will lead to the flame of an idea. It's easy to look at that inspiration and say that it isn't real, or it's just the imagination going crazy. With faith, however, our limitations can be cast off. Have faith in our Gods. Have faith in our Ancestors and in our Folk soul. Most importantly, have faith in

yourself. each one of us can accomplish great things if we work hard enough and maintain our faith.



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## **Birthday of Founder Stephen McNallen**

*Birthday of Founder Stephen McNallen - October 15th*



*Anyone who has raised a horn in honor of our ancestral Gods,  
has done so because of, or in spite of, Stephen McNallen.*  
— Alsherjargothi Matt Flavel. Ostara In the South, March 2020

This month we celebrate the birth of our Founder, Stephen McNallen. Before he became the Father of Modern Asatru, before he started a religious movement on his own, before the Kennewick Man, he was born in a small rural town in Texas in 1948.

*“On a more intimate level, I chose my parents well: My father was a hard-working, Irish Catholic oil hand who had come to Texas for the oil boom some years earlier; and my mother was a loving, kind, and intelligent woman who – significantly – bought me the books I wanted and read them to me.”*

Founder McNallen developed an interest in pre-Christian religion in college after reading the book *The Viking*, by Edison Marshall. In 1968 or 69, he dedicated himself to worship the Gods of Europe. In 1969-70, he founded the first Asatru church in the new world, *The Viking Brotherhood*, which gained tax exempt status in 1972. He began writing and distributing *The Runestone* which was hand typed and copied on a mimeograph machine.

*“At first it was a private thing, but then I began quietly promoting the religion – which at that point I simply called “Norse paganism,” as I had no name for it. I really was starting from scratch. About the time of my graduation from college, I started a minuscule publication called *The Runestone*. I cranked it out on a mimeograph machine (!) – the first run was eleven copies. Within a year or so – August 29, 1972 – I had received recognition of the *Viking Brotherhood* as a tax-exempt religious organization.”*

After reading Magnus Magnusson’s book, *Hammer of the North*, where first heard the word Asatru, Founder McNallen began to use and promote his religious ideal as Asatru, rather than Odinism.

At some point during his time in the US Army, Founder McNallen began to adopt the belief that Asatru was a religion of the peoples of Europe, rather than being a religion for all, thus adopting Folkism. In 1976, after being discharged from the Army, he renamed the *Viking Brotherhood* to the *Asatru Free Assembly*. In 1987, Steve dissolved the *Free Assembly*.

After seeing what American Asatru had developed into, which denied that Asatru was a uniquely ethnic faith, Mr. McNallen stepped back into the Asatru scene. Establishing the *Asatru Folk Assembly*. The emphasis on Folk to differentiate from the universalist lie that threatened to take hold of our ancestral faith.

*“It flourished. Over the years it grew, and I wrote *Asatru: A Native European Spirituality*, which defines my convictions and purpose. We purchased a permanent building which became *Odinshof* – our first temple to the Gods. The AFA has since expanded to include four Hofs in the USA and continues to grow. In 2016, after leading the *Asatru Folk Assembly* for 20 years, I turned it over to a younger generation and started the next phase of my service to my Gods and to my Folk.”*

In the years since Mr. McNallen retired, he has remained an active participant at Odinshof with charitable giving and contributing in any way possible.

It is often said that we stand on the shoulders of giants, and none are more giant than that of our Founder, the First Alsherjargothi. Thank you, and Happy Birthday, Mr. McNallen, from all of us in the Asatru Folk Assembly.



Gythia Sheila McNallen  
[sheila@runestone.org](mailto:sheila@runestone.org)

## Holiday

*Winter Nights - October 21st*



Autumn has officially started. The days are noticeably shorter. The nights are noticeably cooler. The trees are ablaze with the colors of Fall and the crunching of the

fallen leaves underfoot has begun. All around us the world is dying. This was a time of drawing in close, of hearth and home and family. For our ancestors, this was not an Autumn festival, but a quiet Winter rite in which the female spirits were honored in a rite called Disirblót.

Today, Winter Nights is often seen as a death of the physical world, the world we can see, and the reawakening of the intangible. It is the world of high energy, of spirits. It is that deeper feeling and connection to the things we know to be there. This is the time we honor our Disir—our female ancestors. We remember that without our ancient mothers we could not be. They cared for the home and the hearth fires. They cared for their families. Our ancient mothers, with strength and determination, raised the next generation against odds we cannot really begin to fathom.

With the harvests finished, there is a quiet lull before we turn our minds to the hectic holiday season. Now is a good time to turn inward in introspection, and to self-improvement. It is also the time to meditate on things of a more spiritual nature. Connect to the energy that is always there.



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## Upcoming National Events

*Winter Nights 12 at Sigrheim | October 27th-29th*



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

The Asatru Folk Assembly's Annual Winter Nights will be held from October 27th - 29th, at Sigrheim near Whitleyville, Jackson County, Tennessee!

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

We look forward to seeing members and friends!

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

Things to know:

- Children 17 and under attend for free!
- Meals are included with all passes.
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.

- Accommodations are on-site tenting. Campers welcome.
- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

Member Family - Weekend: \$120

Member - Weekend: \$80

Member - Daypass: \$40

Guest - Weekend: \$100

Guest - Daypass: \$50

Child - Weekend: Free

Child - Daypass: Free

If you have any questions or concerns, please email [cerickson@runestone.org](mailto:cerickson@runestone.org)

Don't miss out! Visit the Home of Victory for Winter Nights!

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



Witan Clifford Erickson  
[cerickson@runestone.org](mailto:cerickson@runestone.org)

*Feast of the Einherjar in South Dakota | November 9th-12th*

# FEAST OF THE EINHERJAR

GET YOUR TICKETS AT [RUNESTONE.ORG](https://runestone.org)



**SPECIAL GUESTS:**  
**FOUNDERS ELDER STEPHEN AND GYTHIA SHEILA MCNALLEN**

**SOUTH DAKOTA**

**Nov. 9-12**

Contact Goði Nathan Erlandson or Folkbuilder Ashley  
McStocker for more info [nerlandson@runestone.org](mailto:nerlandson@runestone.org)  
[amcstocker@runestone.org](mailto:amcstocker@runestone.org)

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

Join your Folk in honoring our warrior ancestors and those that still fight for the folk today! Veterans Day weekend in South Dakota November 9-12.



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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:aturnage@runestone.org)

## Introducing the Newest AFA Kindreds

*Five Arrows Kindred of Georgia*

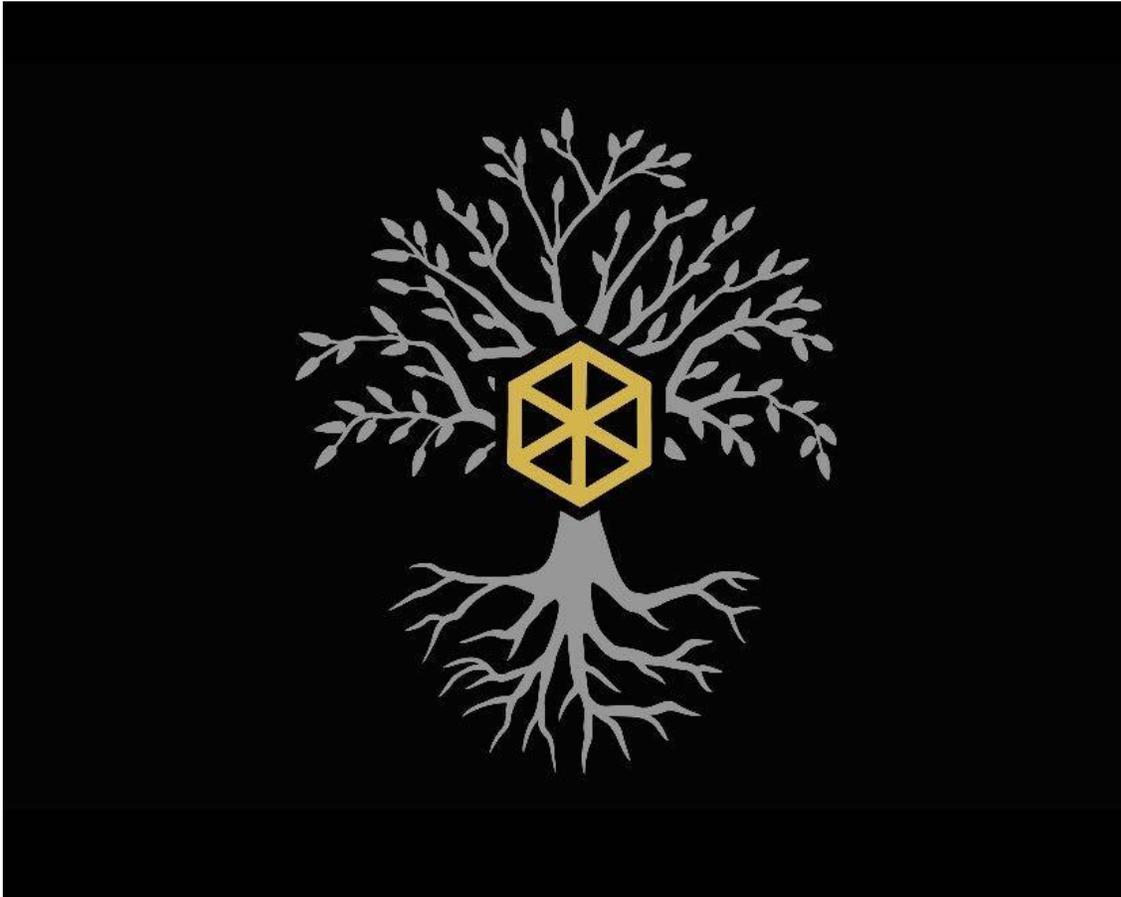


Please welcome Five Arrows Kindred of Georgia as one of the newest Official Kindreds of the Asatru Folk Assembly.

Hail the Doers!

Hail the Five Arrows Kindred!!  
Hail the Asatru Folk Assembly!!!

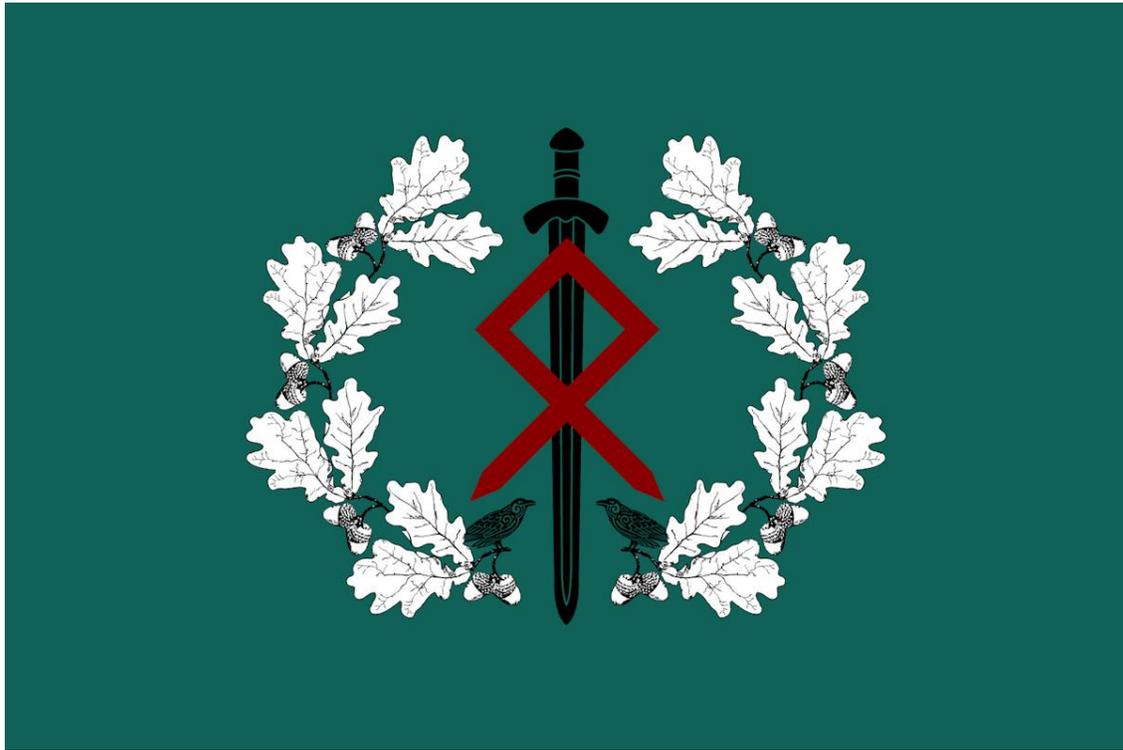
*Ninth Night Kindred of Florida*



Please welcome Ninth Night Kindred of Florida as one of the newest Official Kindreds of the Asatru Folk Assembly.

Hail the Doers!  
Hail the Ninth Night Kindred!!  
Hail the Asatru Folk Assembly!!!

*Blood Oak Kindred of Arkansas*



Please welcome Blood Oak Kindred of Arkansas as one of the newest Official Kindreds of the Asatru Folk Assembly.

Hail the Doers!

Hail the Blood Oak Kindred!!

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher  
[jgallagher@runestone.org](mailto:jgallagher@runestone.org)

## Cooking for our Folk



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

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

To this day, I still believe that number one is the most important; but two is the most valuable lesson. So, for example: why would you add flour to the mix when you are making Fried Potato balls? It doesn't add anything to the dish overall and in fact, it takes away flavor and disrupts texture. The reason is that what flour takes away: is moisture. It adds to the binder and liquid consumption.

So, what does this mean for the folk? Plan and simple, don't take shortcuts. Whenever I pick up the knife and began cooking for the folk, I think of it as channeling the ancestors. Cooking reminds me of that age-old musing "I don't measure seasoning; I wait for the tap on the shoulder from the ancestors to tell me that's enough."

When you cook from the heart, people can tell. Don't cook out of spite or obligation. Cook for the folk because you want to! Find new recipes. Test them. Make them better. And when your heart tells you it is right...time to serve. If you have never made

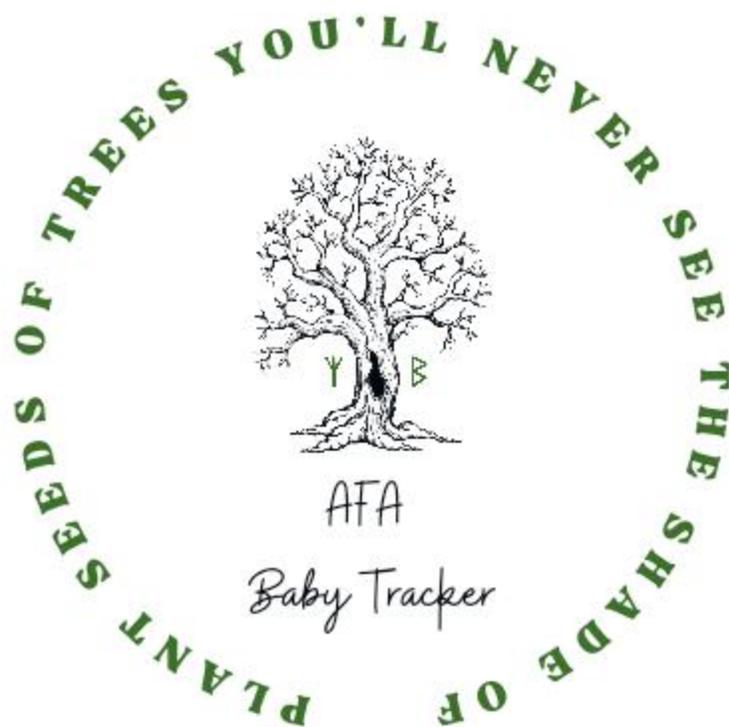
cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

When the recipe is right and you feed the folk, please send the recipe to [cookbook@runestone.org](mailto:cookbook@runestone.org) with details of when and where it was served (Hof/moot).



Folkbuilder Mike Joyner  
[mjoyner@runestone.org](mailto: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 2023:

## **AFA Internet Happenings**



Virtue recovery  
meeting

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

With Ashley Mcstocker  
amcstocker@runestone.org

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

With Jaclynn Duffy  
jduffy@runestone.org

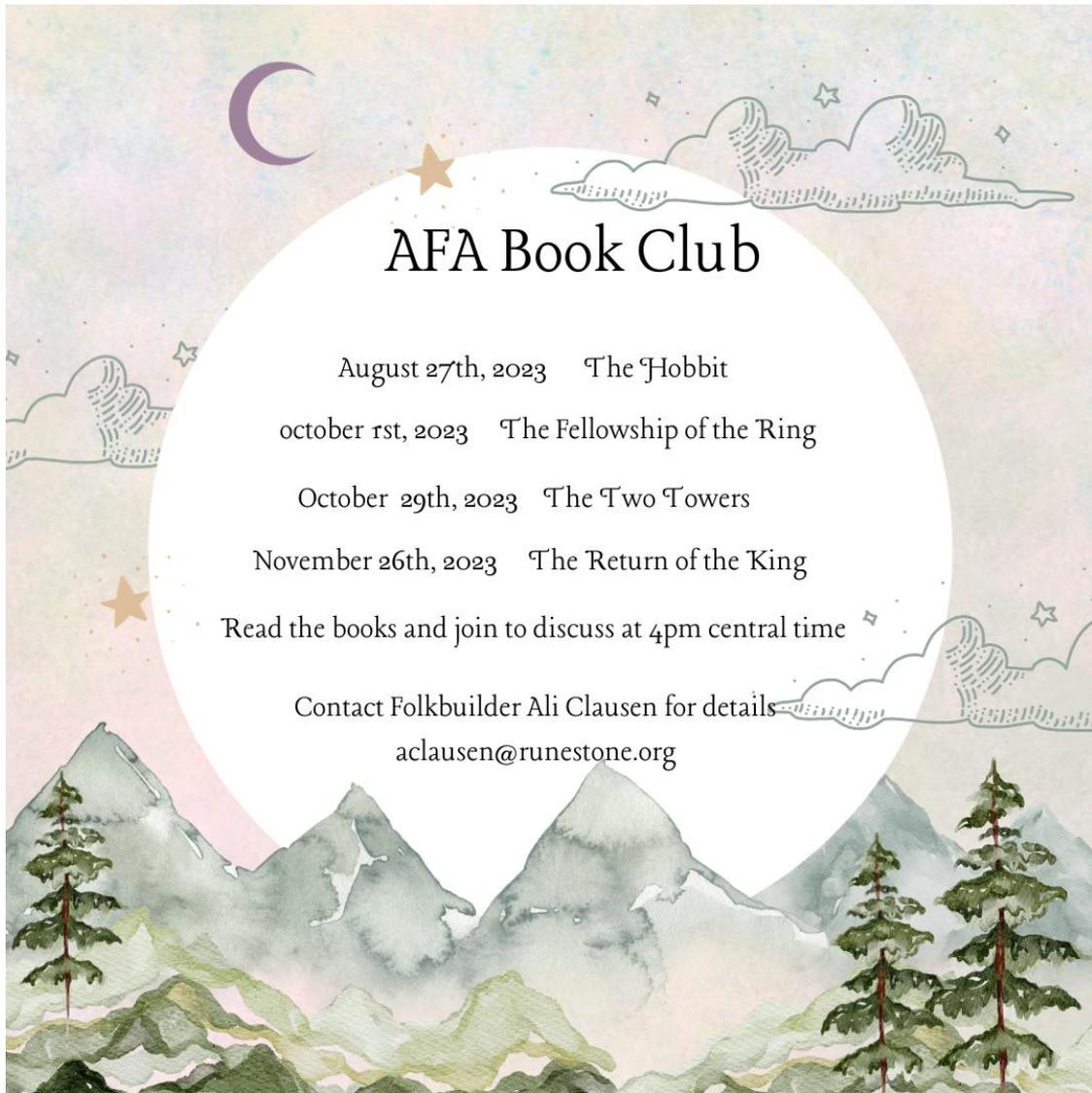
**VIA ZOOM**

**MEETING ID: 885 2917 0746**

**PASSWORD: Virtue**

# PASSWORD: VIRTUE





# 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](mailto:bcallahan@runestone.org)

or

Folkbuilder Sara Ault  
[sault@runestone.org](mailto:sault@runestone.org)





**Come join the Eldri Folk**  
and meet others on our Friday afternoon Teams meetings

Interesting Topics — Lively discussions  
*We've saved you a place!*

**A group for AFA members, born before 1973**  
Contact Gythia McNallen,  
[sheila@runestone.org](mailto:sheila@runestone.org) or MeWe

# Ladies Mysteries Podcast

## Seidr

Sunday, October 15 at 2:30pm CST

Witan Brandy Callahan

Gythia Anna Plourde

Gythia Catie Erickson

Folkbuilder Heather Young

Folkbuilder Sara Ault

Folkbuilder Ali Clausen

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

Hope to see you there!



**WEEKLY** ✨

**SISTERS** ✨

**SUNDAY**

**CHAT**

**10 AM CENTRAL** ✨

**EVERY SUNDAY**

**CONTACT**

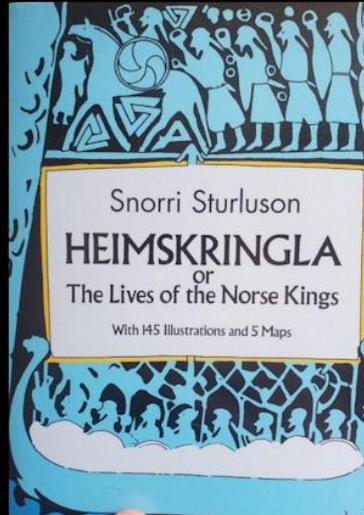
**FOLKBUILDER ALI CLAUSEN AND**

**APP. FOLKBUILDER KATIE JOYNER**

**aclausen@runestone.org**

**kjoyner@runestone.org**

# 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](mailto:jplourde@runestone.org)**

**Saga's Literature Project**



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

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

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

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

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



Folkbuilder Shane Duffy  
[sduffy@runestone.org](mailto:sduffy@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](mailto: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](mailto:jault@runestone.org)

## Just For Fun

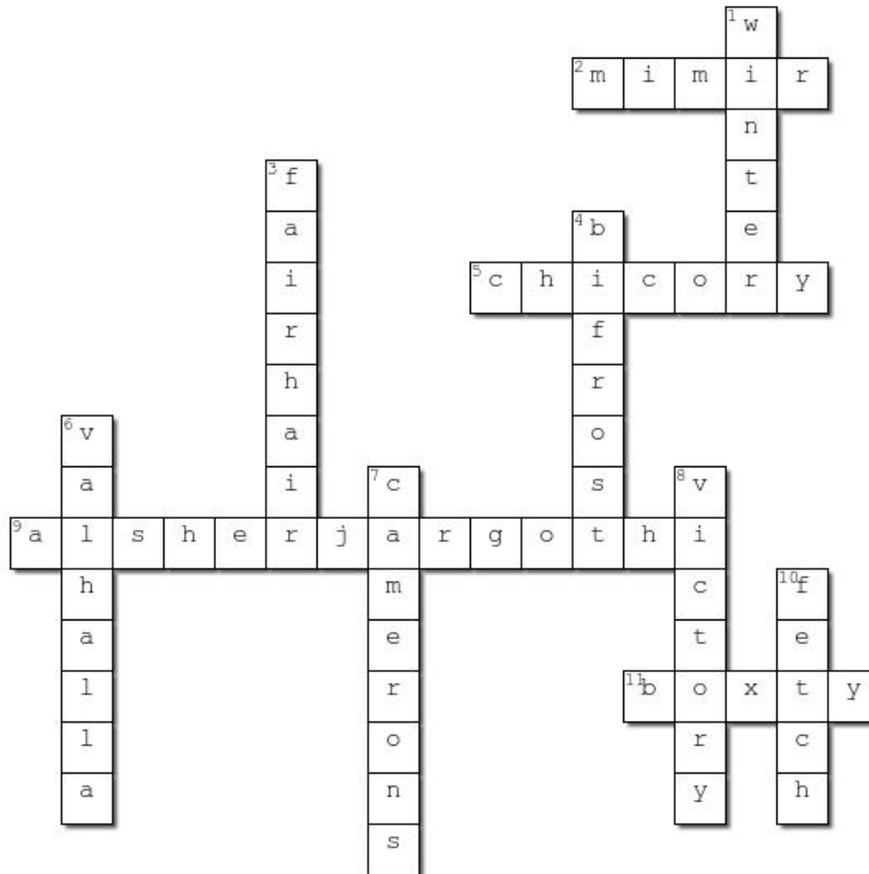
*October Coloring Page*



*Answer Key to September's Puzzle*

## Runestone Puzzle

The answers to this puzzle can be found within the pages of this issue.



Created using the Crossword Maker on TheTeachersCorner.net

### Across

2. Demanded the eye (**mimir**)
5. Something missing (**chicory**)
9. Can be a challenge to pronounce and spell (**alshergothi**)
11. Served in Idaho (**boxty**)

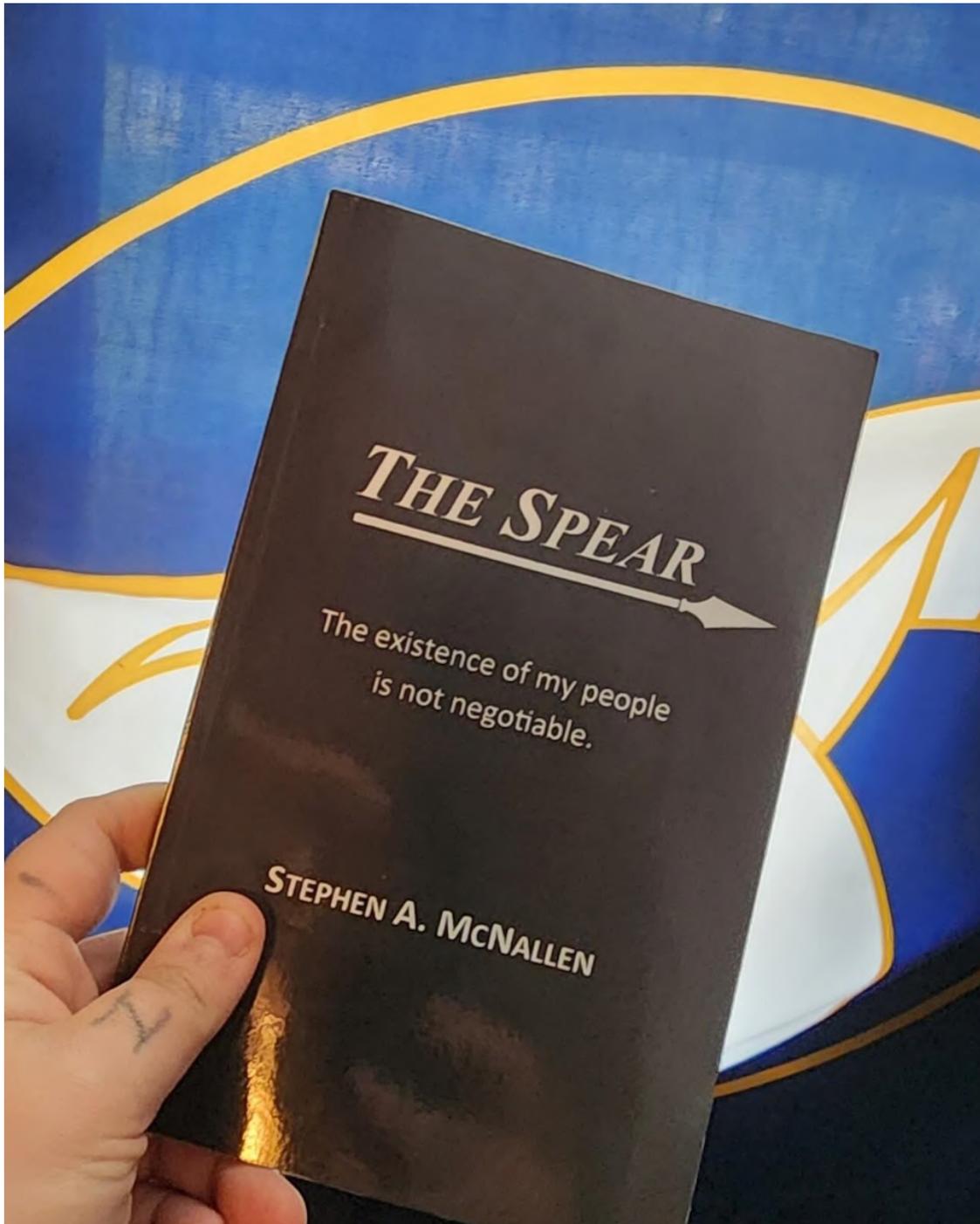
### Down

1. What will we be Finding? (**winter**)
3. Descended from Freyr (**fairhair**)
4. Sighted on the 9th (**bifrost**)
6. At the end of Odin Dr. (**valhalla**)
7. Shining this month (**camerons**)
8. Never Sleeps (**victory**)
10. Fylgia (**fetch**)



Olivia Sutherland  
Apprentice Folkbuilder  
[osutherland@runestone.org](mailto:osutherland@runestone.org)

**Now Available in the AFA Store**



The Runestone Store is very proud and excited to announce that we now have in stock "The Spear" by Founder and Elder Stephen McNallen. This is a long-awaited addition to our store and one that many people are excited to see. This book is the topic of the year for Asatruar and one that everyone should take the opportunity to read.

A special thank you to both Founder and Gythia McNallen for making it possible for us to share this book with our AFA family!



Folkbuilder Ali Clausen  
[aclausen@runestone.org](mailto:aclausen@runestone.org)

## Njörðshof

### Food Pantry at Njörðshof



On September 16<sup>th</sup>, the folk gathered at Njörðshof to help the community. Many hands came together to feed 33 families in the area. We were able to provide canned and preserved foods along with frozen meats. There will be less hungry bellies due to the generosity of the folk.

Katie Joyner



Apprentice Folkbuilder  
[kjoyner@runestone.org](mailto:kjoyner@runestone.org)

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## Hurricane Relief Emergency Food Pantry at Njörðshof



Hurricane Idalia blew through Florida and up the east coast in late August and early September. This storm caused havoc and widespread power outages to many of our folk

and greater communities in Florida and Georgia. Njordshof was near the eye of the storm as it passed over. Major tree damage to the surrounding communities caused power outages for several days (over a week in the more rural locations) for the residents. All of their food in their freezers and refrigerators were lost.





FEMA supported the community for a few days and then pulled back. Leaving the community in dire need. City officials reached out to Folkbuilder Mike Joyner to request the assistance of our church. It was agreed that we would open and hand out any food that we had. Then, the Gods blessed us. Farm Share answered our request and granted us access to their program! When the good folks at Farm Share heard about the predicament the residents were in, they went above and beyond with their contribution. They packed the bed of the truck, the entire back seat, and front seat and floorboard with food. They packed and repacked the truck to get as much food as possible to help. We had to turn down some food that they wanted to give us just because it wouldn't fit.



On Saturday, September 23<sup>rd</sup>, only one week after our normal food pantry, 43 families were fed. Several members were able to make it last minute to help with the food pantry. We were able to hand out milk, eggs, yogurt, fresh fruit, cliff bars, bread,

snacks, and more! The grateful smiles will stay with the doers for many months to come. Many of the families were first time participants and will be back at future food pantries. They are telling their friends and neighbors and family members.

Hail the Gods!

Hail the AFA!

Hail the Doers!



Katie Joyner  
Apprentice Folkbuilder  
[kjoyner@runestone.org](mailto:kjoyner@runestone.org)

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## Winter Finding at Njörðshof



As a native Minnesotan, I actually have yet to find winter in Florida. I have, however, found an amazing group of folk at Njörðshof.

Winter Finding is one of our four full weekend events. We kicked the weekend off after our monthly food pantry with Gothi Lane Ashby leading us in Greeting the Gods. A full day of fellowship and ritual followed, with a Blót to Ullf led by Gothi Trent East that shook the building. The Folk also enjoyed the Swedish tradition of Fika, when everyone stops to simply enjoy each other's company. The multi day events lend themselves perfectly to this, a chance to slow down if only for an hour. We returned to the ritual circle again to honor Idunn, and to reflect on keeping our hearts joyful and young.



Saturday also saw us laying to rest a member of our Folk. Michael Vaughn, who had sadly passed away in July, honored us by choosing the grounds of Njörðshof as his final resting place.



The evening wrapped up with Sumbel, led by Lawspeaker Allen Turnage. This is the ritual where we often find ourselves drawing together, and forming those bonds. This is where we are often the most emotional, and open with one another. Many a close friendship has taken root in Sumbel.

After breakfast on Sunday, Gothi Bodi Mayo performed a Wayfarer Blót, for the safety of the Folk as we all returned home.

There never seems to be enough time, even over several days. We'll see you all next time!

Hail Njörð!

Hail y'all!



Gythia Anna Plourde  
[aplourde@runestone.org](mailto:aplourde@runestone.org)

## Funeral for Michael Lee Vaughn



This month at Njörðshof, we held our two-day Winter Finding event. There was Blöt to Ullr, Idunna, and Thor. There was High Sumbel led by the Lawspeaker. There was great food, as always... These things will be written about by my fellow Njörðshof leaders later in this issue.

While I did have the honor of leading the Folk in ritual to Ullr, I also had the tremendous privilege of performing the first funeral and burial at Njörðshof. Michael Lee Vaughn's ashes sat on the harrow throughout the Ullr Blöt, were blessed by the Gothar, and spoken to by various Folk as we waited for his family to arrive for the burial.



Mere minutes after the Ullr Blöt, Michael's older sister, niece, and best friend arrived at the Hof. We showed them around, and some of our Folk shared memories they had of Mike. Then we processed outside to our new burial ground, courtesy of our Hof Steward. Once we arrived at the hole dug for Mike, I spoke a few words about how Mike's name and deeds will be remembered forever at Njörðshof. I then lowered the ashes into the grave, along with the sprig and leftover mead from the earlier Blöt. Next, Mike's three relatives each scooped three handfuls of dirt into the grave, which we all felt was very auspicious. Finally, Goði Bodi Mayo and Hof Steward Mike Joyner added the rest of the dirt as we walked Mike Vaughn's relatives back to the Hof.

On a related note, I'd like to personally thank everyone who donated to the fund to arrange for a headstone for Mike Vaughn's grave. Your support is appreciated more than I can articulate, and it will show to his family and to all of our Folk that the AFA cares.

Hail Michael Lee Vaughn!



Gothi Trent East  
[teast@runestone.org](mailto:teast@runestone.org)

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## Wedding at Njörðshof

*An Oath Has Been Fulfilled and A New One Has Been Made!*



On September 29th, 2023, we had our first wedding at Njörðshof between Drac Cameron and Rachel McDonald!

The day's weather was pleasantly cool. The friends and family who made the journey were giddy and jovial. There were the usual last-minute stresses and adjustments, however everyone was set and ready to play their part.

At one point I was unable to locate the bride and groom, I eventually found them making the finishing touches on the reception's food. I couldn't believe they catered their own wedding. I thought my wedding was stressful.

At 3pm sharp our Lawspeaker Allen Turnage brought about a silent, authoritative reverence as he began to wind the threads that would bridge one oath to a new one, this new oath extended to a lifetime of love and loyalty. With the bonds firmly made before Gods and Folk, with not a dry eye in the room, he concluded the ceremony. Drac and Rachel now stood as one, husband and wife, of Clan Cameron.

To those unable to make it due to circumstance or not residing in Midgard, you were missed. Those who were present, thank you for being there. The love you shared helped to make their day the best it could have been.

Hail Drac and Rachel Cameron!



Jace Cameron  
Apprentice Folkbuilder  
[jcameron@runestone.org](mailto:jcameron@runestone.org)

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## Upcoming Events at Njörðshof

# Njörðshof



## 2023



### Yule

Feast of the Einherjar  
November 18th

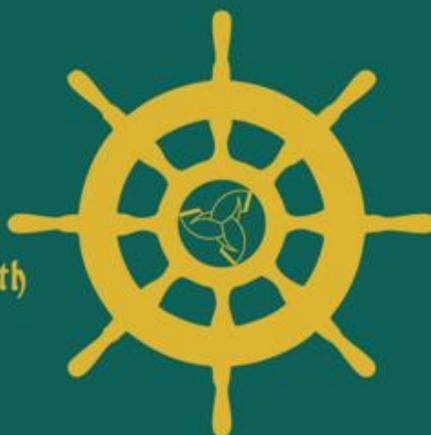
December 16th - 17th

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



**Arkansas**

*Arkansas's September Moot*



We met up at a pizza restaurant and talked for a while. Then we went to a park and let the children play. Had a really good time.

### *Upcoming Events*





Tabitha Owens  
Apprentice Folkbuilder  
[towens@runestone.org](mailto:towens@runestone.org)



*Walk Through the Woods*



Me and my great friend Celine took a stroll through the woods. The path took us out by the end of a road, we then walked the road up back to the car, after over two hours later, we drove back to civilization, where we ran into a health food store to get some water.



Folkbuilder Jesse Parton  
[jparton@runestone.org](mailto:jparton@runestone.org)

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## Florida

### *My First Moot*

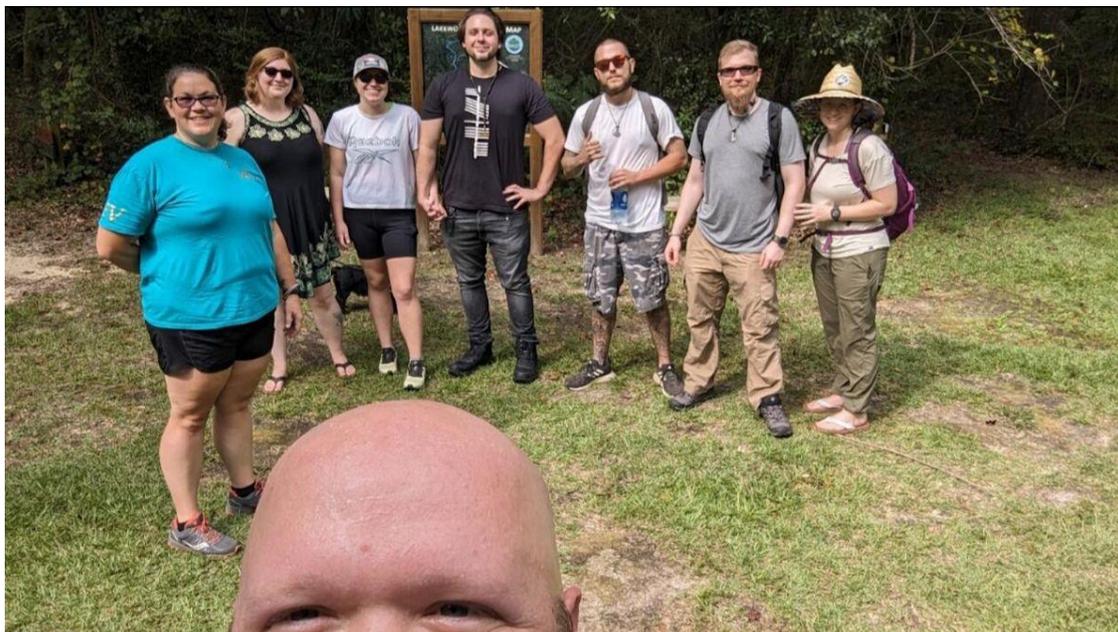


My first moot hosted by myself and Amy Joe was a blast! Not a whole lot of people actually showed up, BUT regardless of the numbers, the Frith and joy as a group was there. We laughed, we joked, we spoke about personal matters, we spoke of family and friends and memories of all. We had some sort of bacon-wrapped something on a stick. (I didn't because I ate before I went.) The beer was odd flavored but good regardless. Rick was there, and he's always a blast to speak with. I had an excellent time, and I believe they did also. There was a live band that played some familiar tunes (King of the Hill theme). I hope to see more at my next Moot this October...message me for details.



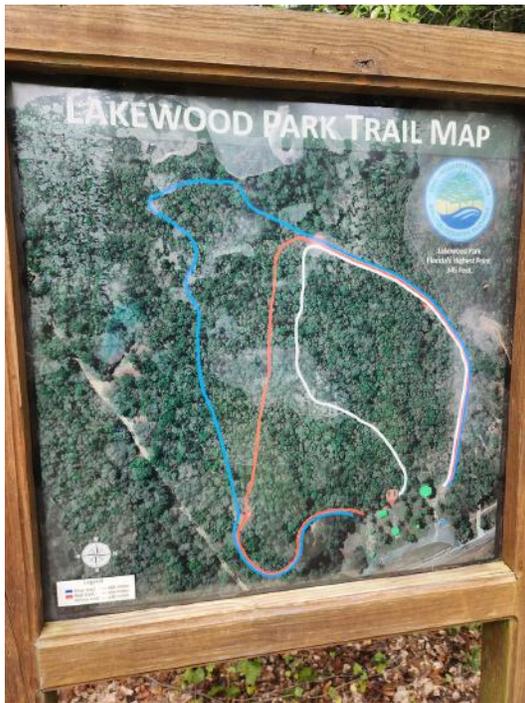
Bradley Hayes  
Apprentice Folkbuilder  
[bhayes@runestone.org](mailto:bhayes@runestone.org)

### *Wotan on the Peaks - Florida Edition*





On the ninth day of the ninth month, the folk gathered at the highest point in Florida to give blot to Odin. We Choose the highest point in Florida since there are no mountains and few tall hills in this region of the country. Elevation was 345 feet above sea level.



After Blot, the Folk walked the trails in Lakewood Park before gathering for food and Frith at a local riverside.



Katie Joyner  
Apprentice Folkbuilder  
[kjoyner@runestone.org](mailto:kjoyner@runestone.org)

*Enjoying Time with Folk*





I want to thank everyone for all the time we have spent together this year. It is my honor and pleasure to host moots and I'm delighted that I get to see many of you as often as I do, despite our busy life. I look forward to more with you. To anyone who is interested, please contact me and I can advise you regarding moots that we have coming up in your area.

### *Upcoming Events*

# Crystal River Scarecrow Fest

Saturday October 14th 3pm

Crystal River, Florida

Dinner to follow.

RSVP TRACY ADLER



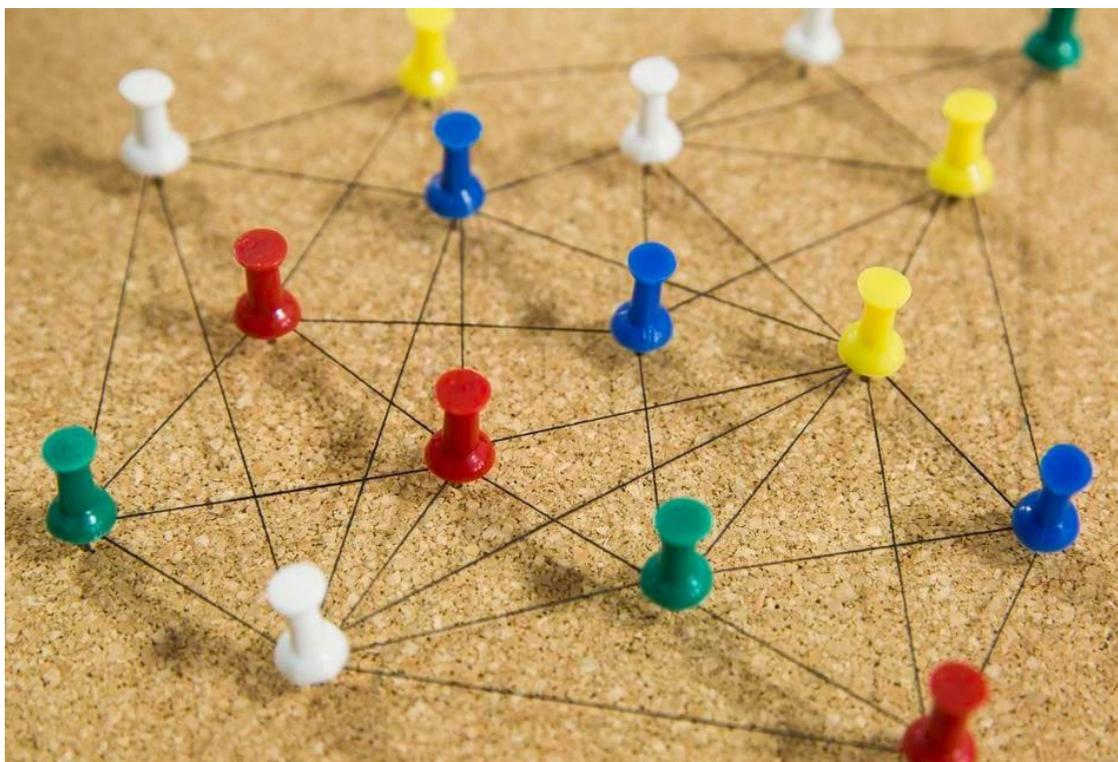




Folkbuilder Tracy Adler  
[tadler@runestone.org](mailto:tadler@runestone.org)



### Frith in Modern Asatru



In *Asatru: A Native European Spirituality*, Stephen McNallen defines frith as “Fruitful peace, happiness within a community.” Wikipedia states that it shares the same root-cognate as Friend. So, what does that mean? Frith can be seen in a couple of different lights such as love, doing no harm, friendship, kinship, or brotherhood.

Our ancestors would uphold frith within the clan, family, and neighbors. There is even text that talks about penalty if a brother doesn’t keep frith with his brother. Witan Brandy Callahan says that women are naturally gifted in creating and maintaining frith.

In modern times our social circles have evolved to have many more layers than even

our grandparents did. Witan Daniel Young explains frith as a series of circles called kinfences. Those who you would share the most frith with would be in the inner most circle and they would be your spouse and children. Then parents in the next circle, brothers and sisters in the next and so on with the circles getting bigger and bigger.

Frith in the modern since can be summed up by “You pick your family.” Meaning that you pick who you want to be where, for the most part, in your kinfence. I know for a lot of us in the AFA have pulled the AFA members closer and pushed the non-AFA friends farther out. Frith is was one of the most valuable things to our ancestors AND it should be to us.

How to build frith: send a friendly text message or letter to someone you haven’t talked to in a while, a small “this made me think about you gift” goes a very long way (yes it can be as cheap as a hot wheels truck), if you have the means buy a friend dinner or a round of drinks, or host a dinner party or bonfire night. Really any chance to get closer to someone or make the feel loved is a chance to build frith.



Folkbuilder Mike Joyner  
[mjoyner@runestone.org](mailto:mjoyner@runestone.org)

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## Georgia

### *Zoo Trip*



This past Sunday, September 24th, I had the pleasure of visiting the Birmingham Zoo with Logan, a local member there. It was my first time in that broader area as well. The mountains on the way in reminded me of my old home back in Virginia, with its own unique back-country feel. We had the opportunity to see lots of different animals, such as the orangutan in the above picture, as well as giant elephants, giraffes, and many wild cats.



There seems to be a lot more action near me in Georgia compared to Alabama, but it was awesome to make a daytrip there and meet our folk out that way. I look forward to doing so again in the future, and I know we will see the same growth in Alabama!



Jordan Wells  
Apprentice Folkbuilder  
[jwells@runestone.org](mailto:jwells@runestone.org)

*Love Holds the Folk Together*



Having attended my family's recent wedding, congratulations Drac and Rachel(!), has caused me to reflect on what holds us together.

While other groups talk of what they are against, the AFA and our Folk are joined by what we are for, the love of our people. The family unit being the smallest unit is held by these bonds, this expands into the Folk and allows us a sense of purpose.

The soul sickness for which we often mention is a lack of this basic need. We need to belong, this cannot be filled with the material. It can only be supported by the care of each other.

It's been well over a year since my family and I came home. In this time, I have personally had difficult moments that make me question who I am and want to be. It is through the love that you all share that gives me purpose. It drives me to be a better wife, mother and friend.



Amber Cameron  
Apprentice Folkbuilder  
[acameron@runestone.org](mailto:acameron@runestone.org)

---

## Texas

*Adopt a Road Trash Cleanup in Dallas, Texas*



On Saturday September 30th, members of Friðr Folk Kindred Texas gathered in Dallas, TX to do our first trash pickup for our newly adopted road! We enjoyed walking and talking with each other, and afterwards shared a late breakfast together. It was a great time and it's always fulfilling to know that we are bettering the world around us through our service. We are looking forward to our Winter Nights celebration on Saturday October 7th in Austin, TX so stay tuned for more updates and feel free to contact me to get involved!

Folkbuilder Justin Day  
[jday@runestone.org](mailto:jday@runestone.org)



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