

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)

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Words from the Alsherjargothi



August 13th was the official dedication of Njörðshof, Fourth Hof of the Asatru Folk Assembly.

What a tremendous honor it was to be there and to dedicate this beautiful hof to Njörðr! There could not be a more gracious and worthy group of people to make up the core of this hof's congregation. Walking the property and experiencing this place was very powerful. Svan's mural is truly magnificent!

We are living in a very special time. I say this a lot but that is because it is important. As we establish each new hof, we build a special relationship with our Gods. We build this relationship in a way that no one has for millennia, worshiping at these altars, we build a powerful bond with and understanding of the great Gods of our folk. I am honored to be part of this amazing journey with each and every one of you.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Alsherjargothi, Asatru Folk Assembly

mattflavel@runestone.org

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. (We have paid off 38.%)

3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
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AFA Homeschool Program



We are very excited that the first ever AFA Ásatrú Academy class has started! I want to welcome all our parents and students. Our excellent staff (which can be reached [here](#)) is here to assist you with any questions you may have and to make all our students have a great learning experience! We have a lot of awesome things in store for you this year! Parents, please join the MeWe parents group, and watch your email (check the spam folder) and Parent Portal: curriculum and videos will be posted in QuickSchools, but the MeWe group is your place to quickly interact with other parents and Academy staff. Our Assistant Dean of Curriculum, Gythia Sheila McNallen, is also hard at work putting her many years of professional teaching experience into creating top-notch material for you, above and beyond the material we have already posted.

We are so happy and excited for the school year, and hope you are too!

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



Day of Remembrance



Prince Hermann of the Cherusci, or Gaius Julius Arminius, was born to the Chief of the German Cherusci Tribe, Segimer in 16 BCE. Segimer was a Roman sympathizer and both of his sons, Hermann and Flavus, were raised in the Roman empire under Roman “guardianship”. Hermann proved to be equal to the task and it did not take him long to excel as a soldier in the Roman Legions. He earned both Roman citizenship and the rank of a Roman Knight before distinguishing himself in his exploits in the Great Illyrian Revolt, after which he was sent to Germania to aid in finishing the conquest of the Germanic Tribes.

Once in Germania again, Hermann was able to quietly unite five Germanic tribes with the intention of overthrowing the Roman occupation of his land. His deep knowledge of Roman warfare and his sharp tactical mind led to the historic Battle of Teutoburg Forest, and Rome’s most devastating defeat. Despite backlash from his Roman sympathizing father and brother and the loss of his wife and then-unborn son, Hermann continued to fight against the Romans and their retaliatory attacks.

Ultimately, Hermann was assassinated by tribal leaders who were frightened of his great power, in 21 CE. Even so, it was his crucial victory in the Teutoburg Forest that forever changed the face of Germania and the Roman empire.

So, what can we learn from this story?

We no longer have the ancestral homeland to fight for as our ancestors did. We live too scattered and the countries of our ancestors are not what they once were. However, we still have families, we have ideals and we have Asatru. Every day is a battle to hang onto those ideals that no longer have a proper place in our modern society. Every day is a battle to make our world a little better, a little stronger for those who we leave behind when we die. Patience and fortitude will get us far. So will the knowledge of how to best fight for what we want. With the knowledge of how to do things the right way, it might take that one decisive victory to reshape the future of our Folk.



Gythia Catie Erickson
cm.erickson@runestone.org



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

2022

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 15	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 19	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 20 (observed on 21st)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 31 (observed on 16th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 21st)	May Day

June 9	Day of Remembrance for King Athanaric of the Goths
June 21 (observed on 18th)	Midsummer
July 9	Day of Remembrance for Alexander Rud Mills
July 16	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 20	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 21 (observed on 17th)	Winter Finding
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 15	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 19	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31	Yuletide

Winter Finding



Winter Finding is sort of the winter prequel of feasts. This feast happens on the Fall Equinox and is the second harvest feast of the year (the first is Freyfaxi in August). Winter Finding is the beginning of autumn complete with foods harvested from around this time. Traditionally, it was a celebration of putting up crops for the winter and preparing for the cold winter months ahead. This was the time when people prepared to stay indoors, farmers moved their primary livestock inside or into their barns, and extraneous animals were slaughtered and preserved for winter.

Winter Finding was often celebrated with bonfires, feasting, dancing, and blots. In preindustrial times, this was a crucial period because if the harvest was poor, it meant possible death by starvation in the winter months.

food available, provided we have money.

That being said, it helps to have a farmer's market in your area (or better yet, have a backyard garden of your own) because you will get a better feel for the season and the types of food being produced in your area. Eating a feast made with foods from that season is a sure way to connect with our ancestors and the types of foods they ate. Although many foods we eat nowadays weren't available to our Northern ancestors, due to the fact that a number of fruits and vegetables we eat come from the Western Hemisphere, eating seasonal foods puts us in touch with the seasons and the wights.

So, how do you stay in tune with the season? Check out these ideas and see if any resonate.

- Weather and fire laws permitting, have a bonfire (or light some wood in your fire pit).
- Create a Heathen feast with foods from local farmers that are in season.
- Spend time gathering wild edibles — just be sure you know what you have.
- Preserve food for the winter: canning, dehydrating, and freezing.
- Make sure your pets and/or livestock are ready for the winter. Vaccinations, nail, and hoof trim, warm bedding, enough food, etc.
- Offer a blot to the gods of the harvest: Freyr, Gerðr, Freyja, Thor, Sif, and others.
- Start making your mead for Yule.
- Make sure your hunting gear is ready to go for hunting season.
- Get your house clean for winter.

What do you do for Winter Finding?

Upcoming National Events

Winter Nights 11
October 14th-16th



Register Here: [Winter Nights 11 – Asatru Folk Assembly](#)

The Eleventh Annual Winter Nights will be held in Scioto County, Ohio from October 14- 16! 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, our Goddesses, and our Ancestral Mothers. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships. We look forward to seeing members and friends!

Your registration fee includes all workshops, lectures, meals, tent camping, 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!
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Tenting is encouraged! There are also hotels within 20 minutes of the camp.
- Dogs are welcome but must be leashed at all times and are not permitted in common indoor areas such as the dining hall.
- The camp location will be provided upon registration.



Winter Nights XI

October 14 - 16, 2022

Friday, October 14

	Adults	Children
12:00 noon	Arrival & Check-in	*Coloring pages and a bounce house will be available all day*
2:00 pm	Welcoming the Gods	
4:00 pm	Daily Spirituality w/ Folkbuilder Adam Hudak	Children Vs. Adult Battle
5:30 pm	Dinner	
7:00 pm	Gothic Q&A Panel	*Coloring pages and a bounce house will be available all day*
8:30 pm	Odin Blot w/ Alsherjargothi Flavel	
10:00 pm	Oktoberfest Dance	

Saturday, October 15

	Adults	Children
8:00 am	Physical Fitness	*Fall-themed sensory bins for youngsters during each period*
9:00 am	Breakfast	
10:00 am	Men's Group w/ Ap. Folkbuilder John Rock Women's Group w/ Gythia Catie Erickson	<u>Craft</u> : Make your own noise <u>Game</u> : Pumpkin Ring Toss <u>Teens</u> : Assemble Yggdrasil
12:00 noon	Lunch	
1:30 pm	Disir Presentation w/ Witan Svan Herul	<u>Craft</u> : Scandinavian Yarn Dolls <u>Teens</u> : Finish Yggdrasil
3:00 pm	Rites of Initiation	Singing and Dancing <u>Teens</u> : Rune Rock Painting
4:30 pm	Raffle Drawing & Auction	Halloween Parade to story time and snacks
6:30 pm	Dinner	
8:30 pm	Disir Blot w/ Gythia Erickson	
10:00 pm	Sumbel	

Sunday, October 16

	Adults	Children
9:00 am	Breakfast	
10:30 am	Wayfarers Blot w/ Folkbuilder Adam Hudak	
11:15 am		Children's Blot w/ Witan Cliff Erickson
12:00 noon	Departure/ Clean Up	

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

Member Family – Weekend: \$150

Member – Weekend: \$100

Member – Daypass: \$50

Guest – Weekend: \$125

Guest – Daypass: \$60

Child – Weekend: Free

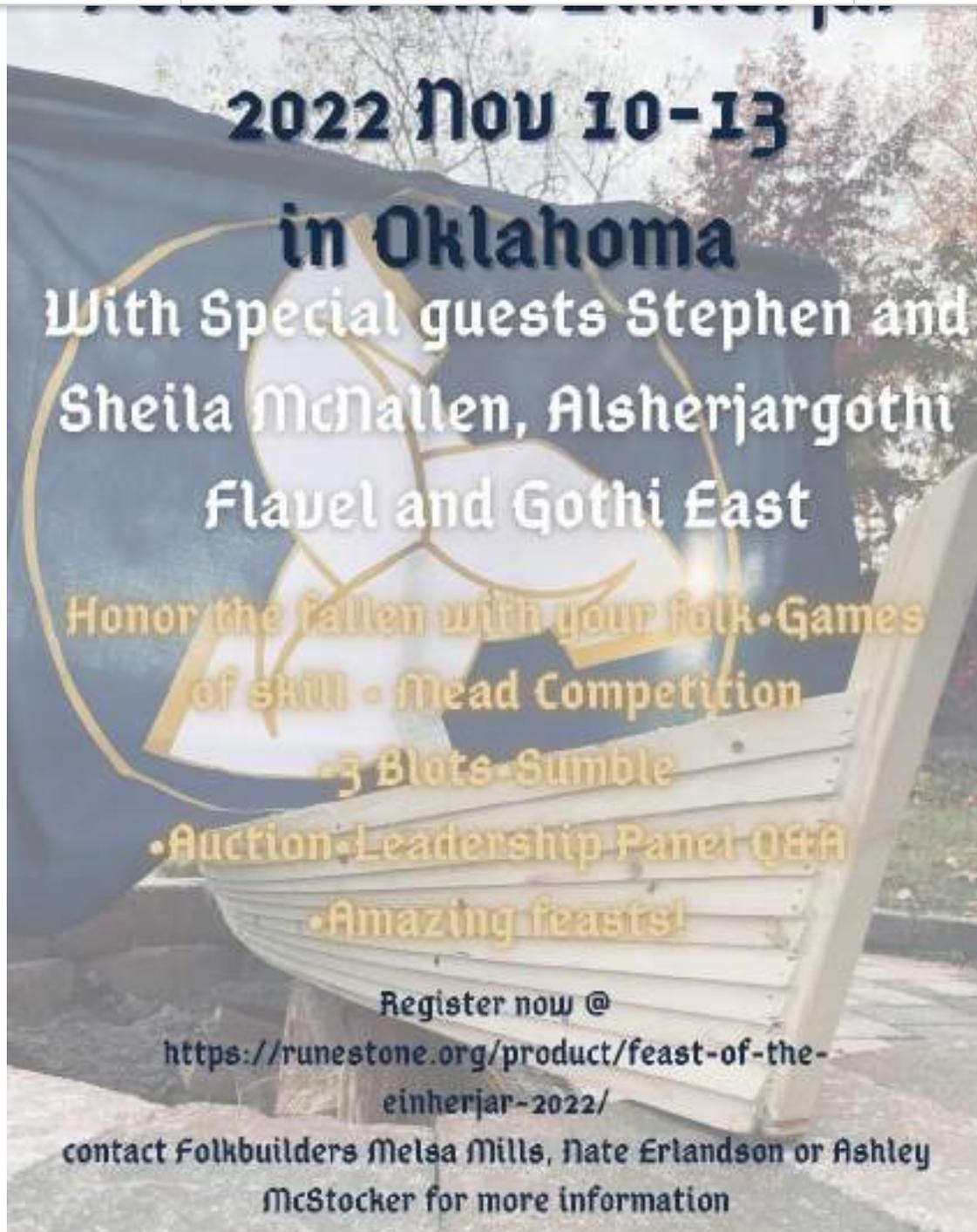
Child – Daypass: Free

Registration is open now at <https://runestone.org/product/winter-nights-11/>.



Witan Clifford Erickson
cerickson@runestone.org

Feast of the Einherjar
November 10th-13th



2022 Nov 10-13
in Oklahoma
With Special guests Stephen and
Sheila McNallen, Alsherjargothi
Flavel and Gothi East

Honor the fallen with your folk • Games
of skill • Mead Competition
• 3 Blots • Sumble
• Auction • Leadership Panel Q&A
• Amazing feasts!

Register now @
<https://runestone.org/product/feast-of-the-einherjar-2022/>
contact Folkbuilders Melsa Mills, Nate Erlandson or Ashley
McStocker for more information

Register Here: [Feast of the Einherjar 2022 Nov. 10th-13th](https://runestone.org/product/feast-of-the-einherjar-2022/)

Come and honor the fallen with your Folk.

The event concludes on Sunday at 11 am, but you are cordially invited to stay for the wedding of Terry Clark and Rebekah Brussel on Sunday and check out Monday morning after the wedding festivities.

Let us know if you are entering the mead competition!

To each of our Service Men and Women, thank you for your service. We would like to invite each and every one of you to join us this weekend.

Member Family – \$150

Member – \$100

Guest – \$120

Child – Free

Child – Free

Registration is open now at <https://www.runestone.org/product/feast-of-the-einherjar-2022/>



Folkbuilder Melisa Mills

mmills@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

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



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

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

Folk Services



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

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

AFA Folk Services is intended to provide modest, one-time monetary grants to AFA

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

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

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



I have created Elder Futhark Birthing Affirmation Cards for our women folk to utilize during their labor and delivery journey. These would also be good to utilize prior to labor to help get your mind, body, and spirit in a good place for you and your baby.

What are birthing affirmation cards? They are cards that have images and words specific to each rune stave, drawing on the energy of each one but geared towards labor, delivery, and motherhood. These can be hung up or arranged around your labor and

If you are interested in these, I am asking for donations of \$10 or more to be given to the Freyshof fund. Upon receipt of the donation, I will send you a PDF file with printing instructions. Or if you prefer, for a small charge to cover supplies and shipping, I can print and mail them to you.

Freyr being a fertility god, the brother of Freya, I thought these would be a good way to honor them for the gift of fertility. The more we raise, the closer we get to honor him in his own Hof, and honoring a fertility god means more beautiful white babies.

My good friend, Christine Dumas, also has done a voice-over with a guided meditation for these cards as some folk needs that extra auditory sensation. This will also be included with your cards, but they come as a packaged deal together, not one without the other.



The top picture here is 4 snippets of the 24 cards with watermarks on them, and the second is the full spread. Watermarks will be removed upon order.

Please contact me for more details or if you are interested!

Jessica Keller

Apprentice Folkbuilder

jkeller@runestone.org



Ancestral Food and Culture

Piparkokur (Icelandic Pepper Cookies)



I recently made these for a Moot and people enjoyed the unique spice taste of the cookies. Traditionally they are cut with a 2" round cookie cutter, but I had some cookie cutters that were gifted to me by my husband that I wanted to try. Keep in mind while making them that it is a soft dough and will spread while baking.

Piparkokur (Icelandic Pepper Cookies)

1 cup butter (room temperature)

1 cup sugar

$\frac{3}{4}$ cup light corn syrup (or golden syrup)

3 ½ cups flour

1 ½ teaspoons baking powder

½ teaspoon baking soda

2 teaspoon ground cinnamon

2 teaspoon ground cloves

1 teaspoon ground ginger

¼ teaspoon ground black pepper

1. Cream the butter and sugar together in a large bowl with an electric mixer, or vigorously by hand, then mix in the syrup and eggs and beat well.
2. Sift in the flour, baking powder, baking soda, and spices and mix until combined. Wrap dough and refrigerate overnight.
3. Preheat the oven to 350 F and line two baking sheets with baking paper.
4. Roll the dough out on a lightly floured surface to about ¼ inch thickness. This is quite a soft dough, but if it's not manageable to roll and cut, then lightly knead in a little more flour.
5. Cut into rounds with a 2" cookie cutter and place onto the prepared baking sheet, an inch apart. Keep in mind that they will spread.
6. Bake for 7 min. Let cool on the tray for a couple of minutes, then transfer to a wire rack to cool. They will firm as they cool.

Enjoy!



Folkbuilder Sara Ault

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Bread Horse



The recipe which I have found most effective for making large bread animals for blessings and feasts is actually a biscuit recipe. This is better than yeast bread because the dough does not swell up so much while rising, and thus there is less distortion of the animal's shape and so more detail is possible.

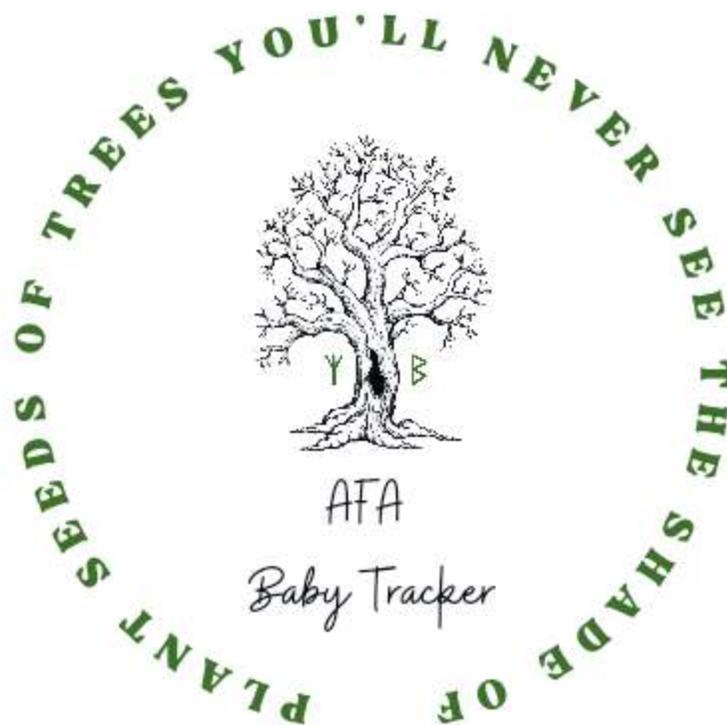
2 cups sifted all-purpose flour 4 teaspoons baking powder $\frac{1}{2}$ teaspoon salt $\frac{1}{4}$ teaspoon cream of tartar 2 teaspoons sugar $\frac{1}{2}$ cup butter $\frac{2}{3}$ cup milk Sift together flour, baking powder, salt, cream of tartar, and sugar; cut in butter until mixture resembles coarse crumbs. Add milk; stir until dough follows fork around bowl. Turn out on a lightly floured surface and shape into your beast.

The less kneading the dough gets, the lighter and flakier the end product will be. Bake in preheated oven at 350 degrees Fahrenheit until brown. If you are making a boar, a "bristled" effect can be achieved by making short snips along its back and side with a pair of clean scissors. The same technique can be used for texturing a horse's mane. A raisin or nut can be stuck into the dough to make the animal's eye.



Witan Svan Herul
sherul@runestone.org

Baby Tracker



Members, please be sure to let your local leadership know if you've given birth to a child recently to ensure that we get your new baby added to our baby tracker, as well as to help get you more information about other children-related programs and benefits that the AFA offers!

Total babies born in 2022: 30
(up 6 since last month!)



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Calling All Chefs!



We are putting together an AFA cookbook!

We are looking for your recipes with notes for foods served at Hofs and Moots. Please submit your recipes to cookbook@runestone.org. When submitting a recipe, please include a photo of the meal as well as info about the event and the date the meal was served.



Now Available in the AFA Store

AFA Hoodies

\$45.00



Buy Now: [AFA Zippered and nonzippered hoodies](#)

Warm weather apparel is falling into the Runestone.org store!
Hoodies! Zippered Hoodies! Long sleeve shirts!

Look for new items for each Hof over the next week!



Folkbuilder Melisa Mills

mmills@runestone.org

Njörðshof

Njörðshof Dedication



August saw the culmination of all the hard work by our Folk with the dedication of Njörðshof, in White Springs, Florida. We welcomed our Alsherjargothi Matt Flavel, Witan Clifford Erickson, and his wife Gythia Catie Erickson to the new Njörðshof District. Along with members from across the country, there were 76 in attendance to witness this historic occasion. As our Alsherjargothi has stated, when Njörðr looked out and saw the first temple to him in over a thousand years, he saw the faces of those in attendance that day.



Friday brought the first of our members arriving from other states for the celebration of our divine ship captain, blood-priest, and oath-keeper. Everyone was in agreement upon seeing the mural that pictures can not do it justice. Witan Svan Herul has captured the joy of Njörðr in his smile, the wisdom in his eyes, and his bounty that surrounds him on three expansive panels. In the days leading up to dedication, I would swear the gold in the sonnenrad grew brighter.



After a tour of the hof and its property we enjoyed a delicious dinner from our magnificent cooks; Mike Joyner, his wife Katie, Pam McCloskey, Kayleigh Watkins, Gythia Anna Plourde, and Madison East. Every meal would be delicious and served with the biggest smiles!



The day closed with a Leadership Sumbel. As each who raised their horn to Njörðr under his watchful gaze, the circle was charged with his might. More ancient than even Freyr, one of the oldest of our Gods, he would in modern times know a temple in his name resides in Midgard.



As we were about to step outside to begin the Landtaking on Saturday, the clouds opened up and a downpour diverted us to the sanctuary, where we greeted the Gods and those in attendance. At the end, the hammer that has been used for ritual in Florida was turned over to the Alsherjargothi to be used in Njörðshof. By the time we were done, Þórr had cleansed the land and the skies cleared for the Landtaking.





Walking the grounds, led by our Alsherjargothi, each of our Gothar blessed the building and the land, taking them in the name of Njörðr and the Asatru Folk Assembly from this day forward. Returning to the doors we took note of the flags flying at the entrance to the hof; the flags of the AFA and the American Crow Kindred that have flown at every event in Florida for almost three years.



Removing the kindred flag the members replaced it with the flag of Njörðshof.

followed was powerful. Each ritual act of the day builds to this moment. The significance of what was taking place could be seen in the face of all those in attendance. The time being spanned from when last men had temples to our lord of the sea to this day seemed both wide and yet adjacent spiritually as we entered into the gifting cycle with Njörðr in a manner no one has for a thousand years. The souls fortunate enough to receive the first blessing in that holy place will look back on it as a milestone in their lives.



Lunch was our next culinary milestone, and we were treated to handmade sausages. The Leadership Panel had good thought-provoking questions and insightful answers. When the discussion was finished a twenty-dollar bill, that had been found in an offering bowl the day we picked up the keys for the hof, was presented to the Witan as the first token of prosperity from the hof.



Resuming the ceremonies, to my surprise, I was called to the vey. It was such an honor to take my oath as a Gothi for the Asatru Folk Assembly. The kind words of

Witan has placed in me to serve every member of our church so long as there is breath in my lungs.



But I was not the only one in for a surprise that day. Jesse Parton was next to take his oath as a Folkbuilder. His efforts over the past year and his passion for his faith and his folk have been clear to all, and it was a pleasure to witness it rewarded.



Gothi Trent East officiated the baby naming of little Violetta Meyers, bringing another soul into the clan.



Last, but certainly not least, Pam McCloskey took her oath to the American Crow Kindred. The success in Florida would not have been possible without her. Even before she joined the AFA, she was there bringing treats for the hungry Asatruar.



Stomachs had begun to anticipate dinner some time ago. With every meal being better than the last, what could the cooks have in store for our guests next?



If the menu for this weekend was a symphony, dinner was the crescendo! The star of the show was a seafood gumbo, but all the sides and the homemade bread were amazing and left no one wanting. But just in case there was a variety of desserts including Gythia Plourde's famous cookies.



While everyone was finishing dinner Lawspeaker Allen Turnage began the auction. It was a lively auction and as usual, our Folk were generous. Not only generous in their bids, but in donating items either back to the hof, or to the very member with whom they were bidding against. I have seen this more than once at AFA auctions, and it never ceases to impress me. The AFA is full of some of the best people you'll ever want to meet.



Saturday concluded with the High Sumbel. Besides our Njörðr, many raised a horn to Eir that first round for healing to the Folk in need. Ancestors of ages gone by as well as

event possible were hailed; mentors, leaders, and doers; dear friends made over the years, and families formed in our church.



The next morning there was a light breakfast before Gothi Jason Plourde officiated a wayfarer's blot. Who better to see our folk on their way than the God who offers fair winds to sailors? It was a beautiful weekend no one wanted to end. New friendships were made, old ones renewed. Frith was strengthened across Midgard.



We look forward to seeing you all at Njörðshof soon!



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Food Pantry at Njörðshof



This month, Njordshof had its first Food Pantry. We even had cars in line even prior to the planned start time. We offered nonperishable food and endeavored to fully stock each bag. Much of our food items were donated by our local members. We served 15 families with bags of food intended for a family of four. This was a very good turnout, we felt, considering there was only one Facebook post made with a 36-hour notice of the Food Pantry. A couple of our patrons offered monetary donations to Njordshof and many of them expressed their gratitude. We eagerly look forward to having the Food Pantry at Njordshof on the third Saturday of every month. Our Food Pantry is a great way to give thanks to the community surrounding the hof. At Njordshof, we also see it as an opportunity to interact with our neighbors who normally do not come out to see us. Hail Njord and his bounty!



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Freyfaxi at Njörðshof



The folk gathered at Njordshof for Freyfaxi in August. We originally had the holiday planned for August 20th, but with the dedication of Njordshof just one week prior, the group earned a week of rest. We had a huge feast and Freyrblot officiated by Gothi Jason Plourde. We had a symbolic sacrifice of the horse Freyfaxi and we made an apple clove pomander as an offering to Eir for the sick or wounded. After we placed our offerings into the fire, we concluded our celebration with sumbel.



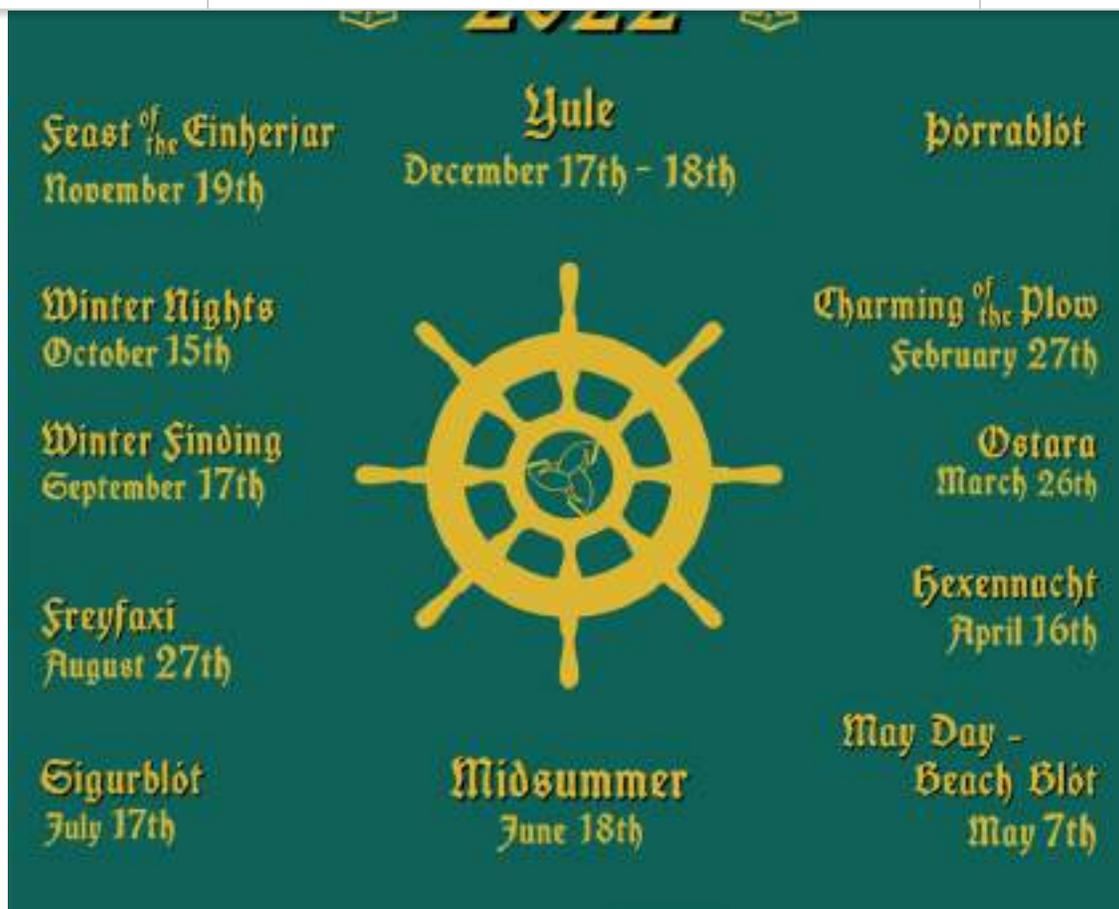
Here is just a brief morsel of food for thought on the recent holiday we typically call Freyfaxi today. We know that in ancient times there were harvest festivals around this time of year. Freyr being one of the wanes with agricultural functions, he was naturally expected to be venerated and there are records of horse fights as part of the celebrations. In the saga of Hrafnkel Freysgodi there is a horse called Freyfaxi who was dedicated to Frey, and it was forbidden that he be ridden or used for toil, much like the horses described by Tacitus in his first-century treatise on Germania. It is after this special horse that we name the harvest festival, but let us not forget that most of our culture is not as lost as we often believe, many customs and traditions quietly lived on right up until now, and shall continue to do so. I am not a scholar, but I like studying, and etymologies fascinate me. I wonder if the harvest rune (proto-Germanic *jera O.N. A'r) is the first part of the modern English "harvest" and if the "vest" element comes from the same root as O.N. "veizla" or festival/celebration (vest=fest).

One thing we had at Njordshof this year was an excessive amount of food and success; it can be said that we did yield a bountiful harvest.



Tracy Adler
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Upcoming Events at Njörðshof



Winter Finding

September 17th

Winter Nights

October 15th

Feast of the Einherjar

November 19th

Yule

December 17th - 18th

Alabama

Upcoming Events

Runestone Making in Central Alabama

Saturday, September 17

Contact Apprentice Folkbuilder
Josh Webster for info



Josh Webster
Apprentice Folkbuilder
jwebster@runestone.org

Arkansas

Little Rock, Arkansas



We got together and went to the Museum of Military History.



We got to see a lot about the Korean War.



After which, we went to a German Restaurant. Some came over to see the House, where we discussed the baby Naming of the Owens newest member of the family. We have set the date for that on September 10th, and Gothi Trent East will be coming down to perform the Baby-naming.



Later in the month, we got together and went to a nice restaurant, and discussed the future with a Northern member coming down and joining us.

Kindred Oathing



I was proud to be able to make it out to the oathing of three more people into the Mid-Hearth Kindred.

Upcoming Events

Winter Finding

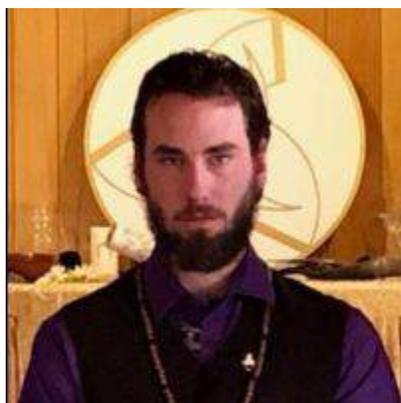
BABY NAMING CEREMONY

OFFICIATED BY GOTHIE TRENT EAST

September 10th

Little Rock, Arkansas

Contact Folkbuilder Jesse Parton for details.



Folkbuilder Jesse Parton
jparton@runestone.org

Arkansas Doesn't Stop



Any excuse to get together with the Folk is a good day indeed. The family and friends we have in the AFA are life.



We are about to hold Freyfaxi and Winter Finding in back-to-back weeks. We have a new family who will be coming out and we have had a few moots this month as well.



Our area is stepping up the bar and becoming far more impressive with our events and more professional in our dress. All and all we in Arkansas are making huge strides into the future. Hail the AFA!



Folkbuilder Michael Sessumes
mssesses@runestone.org

Florida

Home Altar

giantess might not have been a sacrifice.) He takes human form to disguise himself to interact with his folk in Midgard. I say “interact” because from where he sits he can see everything (the same seat that Freyr first observed Gerd), and Hugin and Mugin bring him information from Midgard. If he can see/know everything, then the only reason to travel/wander Midgard is to interact with his folk. This is the same reason that Freyr, after seeing Gerd from Odin’s seat, sent his emissary to “interact” with Gerd. Odin would don a disguise to interact with a ruler that wasn’t a good host. Odin suffered from the heat of a fire to cause the ruler to fall on his own sword, thereby transferring rulership to the ruler’s son that was kind to Odin. If Odin would travel and suffer for this reason, then he would definitely travel to eat a meal and spend three nights with his folk.

Heimdall wasn’t known to be associated with the runes. The runes were not something that the gods/goddesses automatically knew. Odin acquired the runes by hanging for nine nights, wounded by his own spear, with no food or drink, a sacrifice to himself. Odin taught Freya the runes and she taught him Seidr. In the Lay of Rig, Earl and Kon are taught the runes by Rig. Our lore would suggest that the teacher of the runes would have been Odin.

I would argue that the different households and people have nothing to do with the caste system, hierarchical system, or imparting of DNA to our folk. The three households/economic levels do not meet the Germanic hierarchical depiction or George Dumézil’s warrior, priest, and producer explanation for Indo-Europeans. I would also argue that Odin, Villi, and Ve imparted their divine DNA to us in our creation/evolution. I don’t think we need a booster shot in DNA to make us closer to the gods/goddesses. If we needed a booster shot of DNA, then why did it only happen to three households and why isn’t it continually happening now? I would argue that the three households are different levels of our spiritual evolution and the birth of a child is either us reincarnating, or gaining an epiphany in our spiritual evolution in a single life. I would argue that Odin’s visitation to the households is a spiritual visitation. I not only believe that Odin travels to Midgard to interact with his folk, but that he also interacts with his folk subconsciously on an individual basis and to our folk’s collective unconsciousness to assist us in our spiritual evolution.

In the first household, the door was unclosed. The husband and wife were poor with meager accommodations and food. After entering the household, Rig gave them “counsel”. The child that was begotten, was swarthy with a hideous countenance. His life was one of hard labor. I would argue that the household door being unclosed means that their unconscious mind or their interaction with the collective unconscious mind was open enough to allow them to receive “counsel” from Odin. The counsel from Odin was to help them spiritually evolve, to allow them to connect and come home to our gods/goddesses, ancestors, and wights. The description of hard labor describes someone that has no connection to the spiritual world but is only focused on the

spiritual connection, Odin “counsels” them to give them the spark of spiritual evolution. Whether that spark takes hold in this life or the next is the question, but I believe it will eventually manifest.

In the second household, the door was unclosed. The husband and wife were capable of crafting wood and clothing. After entering the household, Rig gave them “counsel”. The child that was begat was rosy and ruddy with sparkling eyes. He was capable of building, creating, and producing. He and his wife shared their wealth, kept their household together, and lived joyously. In this household, we have the same openness to be counseled spiritually by Odin. The child in this household was spiritually higher, but he had not spiritually evolved. His understanding of the mundane was to a point that he could create and produce. He was in a position to start grasping his spiritual evolution. His “sparkling” eyes indicate that the spark that Odin had given him either in a past life or earlier in this life was starting to manifest.

In the third household, the gate was wide open, fastened to a post. The husband and wife were attractive and dressed in fine clothes. After entering the household, Rig gave them “counsel”. The accommodations and the food were the best. They drank and reveled as the day went by. Earl was begotten and he had light locks, fair cheeks, and the “flashing [in] his eyes like a serpent’s shone”. Rig came to Earl and taught him the runes, gave him his name, claimed him as his own son, and bade him to “hold the ancestral fields and the ancient home.” Earl went on to battle and won himself eighteen halls. Earl would share his wealth with his folk. Earl begat children, but only Kon, the youngest, would learn the runes, “runes eternal and runes of life.” “Then he strove in runes with Rig, the Earl, crafty wiles he used and won, so gained his heritage, held the right thus Rig he be called and runes to know”. The wide-open gate denotes the members of the household being “wide-open” to Odin’s spiritual guidance. The husband and wife after being “counseled” begat Earl, a child that has spiritually evolved to a point to be able to use the runes. Earl begets Kon, who not only is able to use the runes like his father but is able to expound on their usage. Earl was spiritually evolved to the point that Odin adopted him, gave him his name, and instructed him to hold the ancestral fields and ancient home. I would argue that ancestral fields and ancient home is our ancestral faith. I would argue that Earl and Kon had spiritually evolved to the point that they are connected to the runes, the gods/goddesses, and the ancestors, and have gained their **heritage**. I believe that once we have gained our **heritage**, we have a **responsibility to share our spiritual wealth and lead our folk home**.

Odin has made many sacrifices in an effort to gain knowledge to protect and teach his folk. Odin has “counseled” us so that we can grow the divine spark that he gave us. The actions of Odin, are like the actions of a good father that loves his children and wants them to grow into good adults.

Thank you for reading the foregoing argument. I would gladly appreciate any opposing views.

Upcoming Events



**Saga Moot at
Bottlenose Brewery**

JACKSONVILLE, FL
SUNDAY
SEPTEMBER 11TH
12 NOON

Contact Otto Rafuse for details.
ORafuse@Runestone.org



Otto Rafuse
Apprentice Folkbuilder
orafuse@runestone.org



The dedication of Njordshof was such a wonderful event! There were so many familiar faces, new faces, and faces we only knew by the little icons on MeWe. So many hands were shaken and friendships were made. It was a time not to be forgotten.

One of the things I would love to see recorded in our sagas is some of the food and recipes. (Hint: It's happening! Check out the article above called "Calling All Chefs!") For what I hope is not the first recipe to be entered into the Runestone.org Saga, here is my version of Beer Tavern Bread.

Beer Tavern Bread

Served for the Leadership Sumbel on August 12, 2022, for Njordshof Dedication.

The culmination of a couple of different recipes. I have yet to make it the same twice. Note: Single batch version can be doubled very easily. Can use a mixture of different flours (wheat and all-purpose).

Preheat oven to 375

- Half a summer sausage, 1/2" cubed, frozen
- Half block or more of preferred semi-soft cheese (cheddar or pepper jack work great.), 1/2" cubed, frozen
- 3 cups unbleached all-purpose flour (use the good stuff.)
- 4 teaspoons baking powder
- 1/3 cup sugar (honey also works very well.)
- 12 ounces beer (a strong IPA works great. The lighter the beer, the less impact it will have on flavor.)
- 1/2 cup melted butter

Mix flour, sugar, and baking powder. Add butter and beer (or reserve the butter and pour over top before baking). Adjust dough with more flour or beer if needed. Fold in frozen sausage and cheese. Place onto a greased baking dish (cast iron works great but

Upcoming Events

AKA Dawghouse MOOT

No Name Moot

September 10 at 11am
Dawghouse at Cook Bayou Marina
11722 Bay Vista Rd Panama City, FL 32404



Side dishes are appreciated

Please RSVP to MJoyner@runestone.org



Mike Joyner
Apprentice Folkbuilder
mjoyner@runestone.org

A Birthday Celebration



We were thrilled to be able to get together in celebration of the birthday of one of our amazing local members. The turnout was amazing!



There's never a bad time to join up with your Folk. Reach out to your local folkbuilders! There's something happening every weekend somewhere on Midgard because the AFA is made of doers and we're family!

Tracy Adler
Apprentice Folkbuilder
tadler@runestone.org



Georgia

Njörðshof Dedication & Fallfest at Baldrshof



August has been an incredibly busy month for Madison and I, but we wouldn't have it any other way!

On August 13th, the Asatru Folk Assembly dedicated our fourth Hof to Njord, the God of wealth and waves! We had great meals provided to us by Apprentice Folkbuilder Mike Joyner and his team, as well as many awesome activities for our Folk led by the Alsherjargothi and my fellow Gothar. For my part, I was tremendously honored to take part in the leadership panel, the land-taking of the Hof, and a baby naming for little Violeta Asunción Myers.

Njord has surely smiled on his Folk and blessed us with abundance!



The following week, my wife and I hopped on a plane from Atlanta to Minneapolis to attend the seventh and final Fallfest! We arrived Wednesday night, along with the Alsherjargothi, and stayed with Folkbuilder Jason Gallagher, who is an extremely gracious host.

On Thursday, we arrived at Baldrshof with many other members of leadership, and I had the opportunity to conduct a blöt to Odin for my Folk. We got so loud that it took days for my voice to recover! We were also blessed with a Balder blöt by Lawspeaker Allen Turnage, a Freyfaxi blöt by the Alsherjargothi, and a Wayfarer's blöt to Frigga by Witan Brandy Callahan.

Congratulations to the newly oathed Folkbuilders: Jessie Shaffer, Sara Ault, and Jamie Alainn!



Special thanks to Witan Brandy Callahan, Lawspeaker Allen Turnage, Folkbuilder Jason Gallagher, all the leadership of Baldrshof, and of course our Alsherjargothi!

Gothi Trent East

teast@runestone.org



Oklahoma

Being Present



There are some important thoughts to think about when it comes to family, friends, and folk.

Having recently experienced a family's response to tragedy has brought some clarity to the roles we may serve for our loved ones in times of discomfort.

I have failed to be a good son, brother, husband, and father in so many ways over the years, but those failures have passed. It is imperative to learn from mistakes and create a better future from those previous decisions.



Everyone has struggles to overcome, and most often those are kept to themselves. When struggles become shared, don't shirk the responsibility to be present in the weight of the moment. Live with your loved ones through the episode. The moments we show up for one another, stand out as character-defining accolades if we choose to be our best selves.



As an organization of several hundred Asatruars, our church has the ability to multiply the individuals potential to overcome obstacles and achieve victories that are ours for the taking. When we participate, the potential our path holds in store for us has our Gods and Ancestors holding their collective breath as we navigate into our bright future.



Shea McCurdy
Apprentice Folkbuilder
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Texas

Texas Freyfaxi

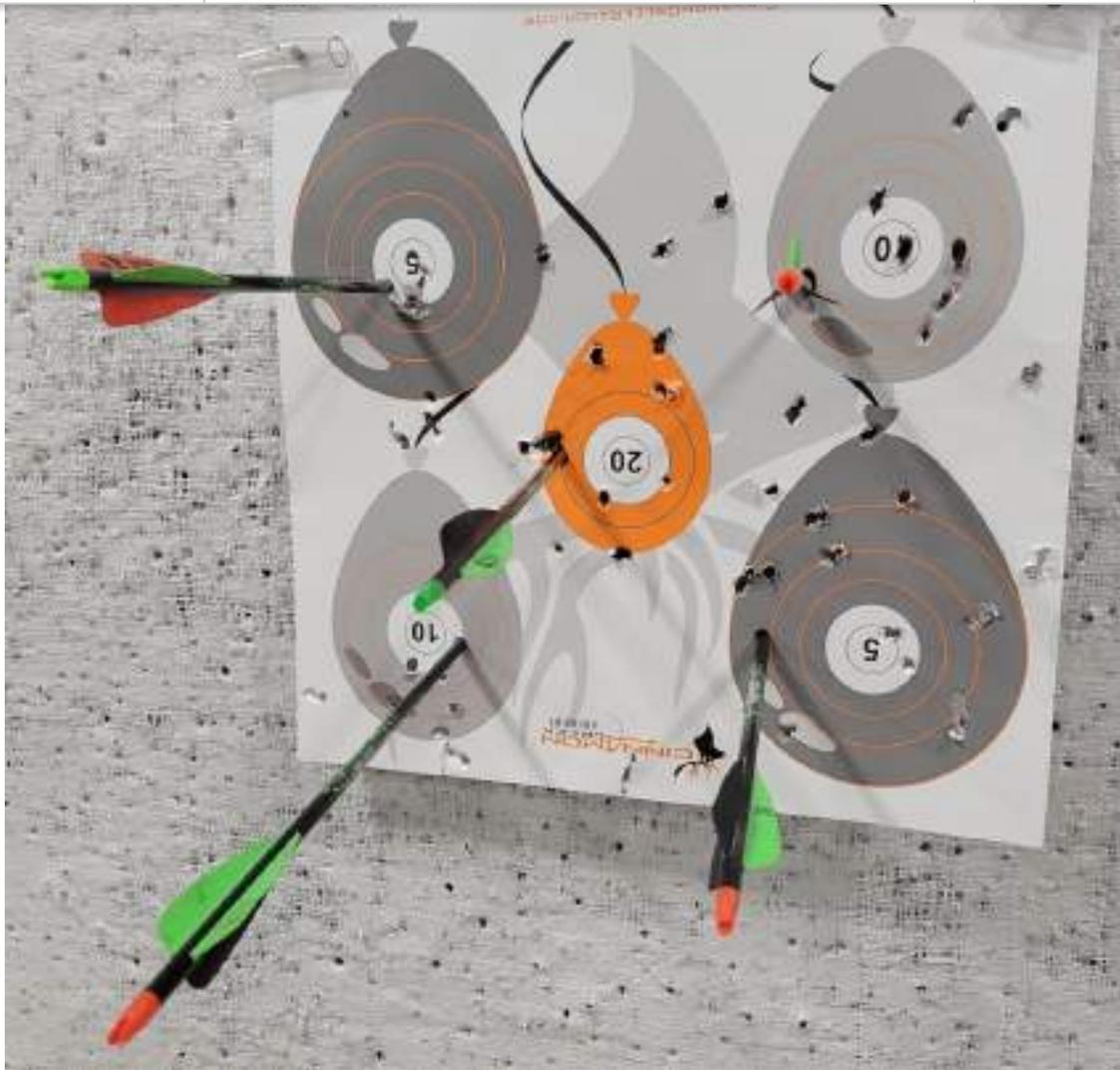


Friðr Folk Kindred of the Asatru Folk Assembly celebrated Freyfaxi—a holiday where our ancestors celebrated the labor invested in the seeds planted on Mayday. Success meant food to make it through the long winter. Gathering as our ancestors did is an experience that can hardly be summed up in words. An offering to Freyr was tradition but fitting as many of our households are celebrating the births of babies. Sharing success or facing and overcoming failure is a vital aspect of any community. Overall, It was an incredible time, celebrated with guests and members, who traveled from far and wide! Working together to bring these events from paper to reality is always an amazing experience. Contact a local Folkbuilder to get involved today!



Thomas Gleason
Apprentice Folkbuilder
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Fort Worth Archery Moot



On Sunday, August 21st, members of Fridr Folk Kindred assembled for an archery moot in Fort Worth to prepare for the upcoming hunting season.



Many of us are planning to go hunting to put food on the table for our families and our Folk this fall and to practice for the archery competition at the regional Feast of the Einherjar event in Oklahoma this November.



Fall is almost here so there will be more archery posts to come!

Dinner with the McNallens!



On August 31st, we were blessed with the opportunity to enjoy a dinner with AFA Founder Stephen McNallen and his lovely wife Sheila while they were in Dallas on personal business. It was a great honor to meet Steve in person and we look forward to seeing him again at the Feast of the Einherjar regional event in Oklahoma!



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