






The Runestone: Voice of the Asatru Folk Assembly





Njörðshof
Fourth Hof of the Asatru Folk Assembly

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

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

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



[Twitter](#)



[Instagram](#)

[Donate to the AFA](#)

Words from the Alsherjargothi



August was a great month for us! Our numbers are growing and Baldrshof hosted their annual District event, Freyfaxi. I look forward to seeing how our hofs develop and beautify over the years and this trip did not disappoint. The fine folk at Baldrshof have outdone themselves making this a beautiful and special temple to bright Baldr. I would be remiss if I didn't mention all the hard work Dan and Paul have put into remodel and beautification work at Óðinshof. Well done all around!

At Freyfaxi, we oathed in the Clausens, Christian Penner, and Steve Mundy as

Folkbuilders. We also ordained Nathan Erlandson as a Gothi. It is worth noting that it is quite a challenge to make it to ordination and few who start the journey make it to completion. We also had the very special honor of performing 2 baby namings!

Things are looking bright going into the fall. One thing that is amazing is the consistent weekend work being put in at Sigrheim. Things are slowly taking shape and there are amazing things in store. It is worth noting that we are hosting the national Winter Nights at Sigrheim for the first time this year so I would encourage you ALL to sign up and come celebrate with us!

I look forward to seeing you all there!

Hail the Gods!

Hail the Folk!

Hail the AFA!

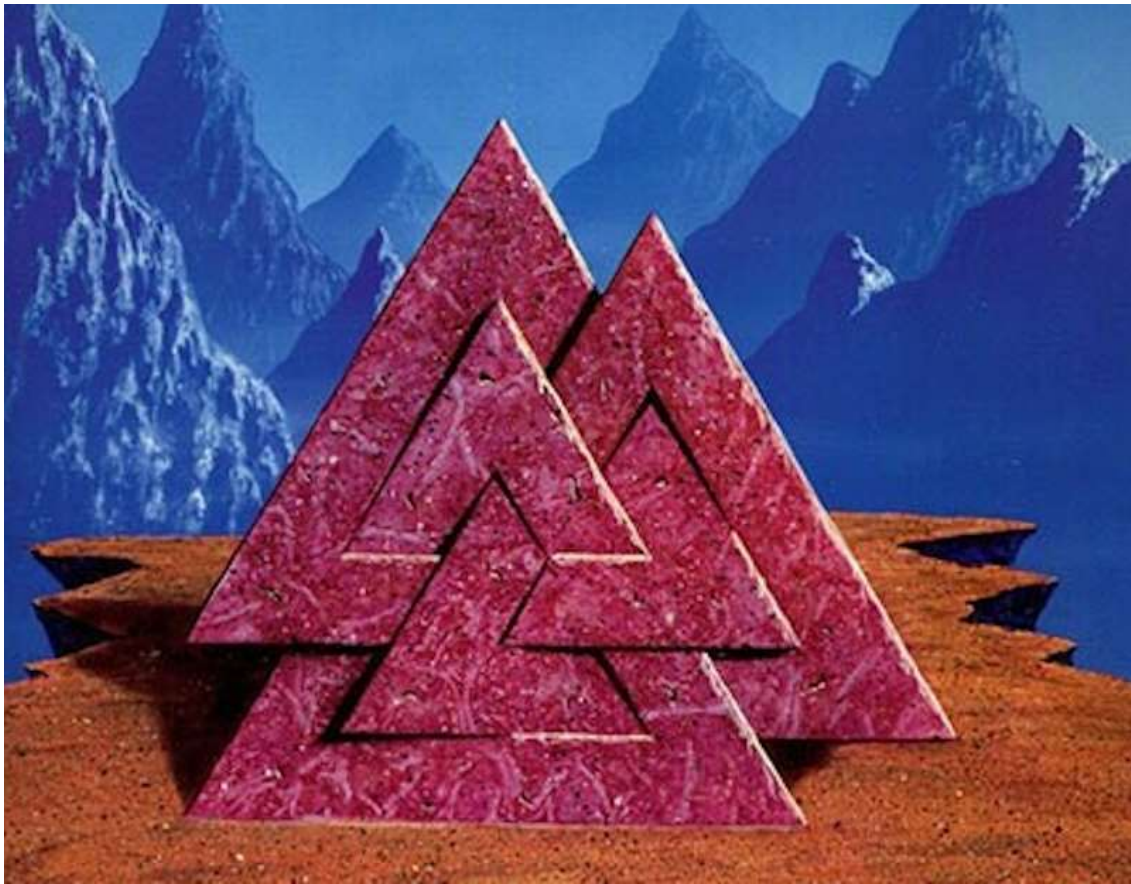
And remember to watch Victory Never Sleeps weekly at 6 PM Pacific Wednesdays.



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

Words from our Gothar

Synchronicity



An experience;

Many years ago, while just recently aware of our Elder Traditions, I came across Edred Thorsson's books about Runes. The book that I became really interested in was, "Nine Doors of Midgard". In that book I started to incorporate his 'Hammer Rite' into my exercise schedule of jogging about two miles every few days. I found that exercise and using the Hammer Rite in meditation after the run was really helpful with stress and fitness of mind and body.

After a while I decided to find a place for my Vee in the forest, found a good place in a grove of redwood trees next to a stream and was pretty much doing a regular program of exercise and meditation.

I was still reading and leaning more of our heritage so, I was searching for a god or goddess that seemed to be one of more interest than others to follow. Then while coming back from running one day I find some small holes or "nests" in my Vee dug out of the tough intertwined roots of the redwood trees, like a mat of fiber. You see the redwood trees in my chosen Vee were in a circle around me and while looking up I could see a small bit of blue sky and the other thing of notice was the sound of the stream, no people or obvious reason why these holes were 'clawed' out of the soil. Puzzled, I search for sign of animals, and there it was...a large wild boar had taken it's

tusks and ripped up a fallen tree to look, I suspect, for food, such as mushrooms or other fungi. So, later at home this wild animal came to my home and tore up my hard gravel driveway again I assume looking for food. This happened but once and stopped.

Reading other works of Thorsson, he expresses his ideas of power animals or animals that our ancestors said follow Clans, such as wolves, bears and boars. What to think, so this started me looking into any heritage such as heraldry, coats of arms etc. After many searches, some years later, I find my ancestry is connected to Freyr through a chieftain in Norway who was descended from Harald Fairhair who claimed descent from Freyr.

In the Voluspa, Odin said, to paraphrase, while searching one thing led to another in his quest for knowledge. So, what to think, of this rather strange occurrence, odd workings of an animal or something numinous, a sign or signal from the unseen world? For me I am no one to just pass it off as superstition.



Gothi Thorgrun Odden
todden@runestone.org

A Thousand Excuses



"Show yourselves men this day, for tomorrow will be too late. There is no safety for you but in victory!"

-King Totila of the Ostrogoths

In any real endeavor, we must consciously decide between action and inaction, between will and weakness. This sounds simple because, in reality, it is, even if it may not always appear to be so.

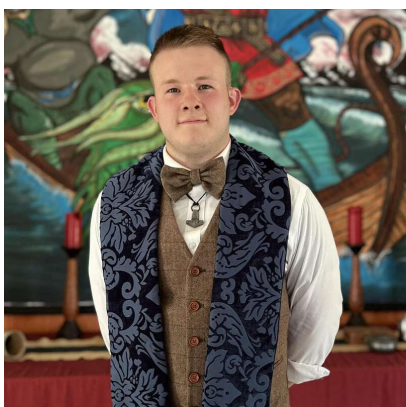
As men and women living in the Wolf Age, our lifestyles are extremely sedentary when compared with those of our ancestors. Obesity, diabetes, heart disease, etc. are at a staggering all-time high. This is not our fault directly, but it is up to us as individuals to fight this and to be worthy of the names and blood borrowed from our noble forebears.



“Energy is always a choice.”
-Napoleon Bonaparte

As the Alsherjargothi often says, the hardest distance to cross is the one from the couch to the front door. This may sound silly, but consider this: how many times do we talk ourselves out of some healthy undertaking, using a thousand excuses that we know could be swept away if we simply acted rather than continuing to overthink?

There are countless resources on physical fitness and dietary health, so I won't bore everyone with a long list of steps in that regard. However, I will urge you to take that first step- to stand up and go to the gym, to get outside and climb a mountain, or even to get in the car and drive to one of our events so you can meet other people to help motivate you.



Gothi Trent East
teast@runestone.org

Mimisbrunnr, Mimirs' Mystical Well



Beneath the roots of the world tree Yggdrasil is a well whose water contains much wisdom and intelligence, and the master of which is Mimir, and it is known as "Mímisbrunnr." Mimir is a giant, son of the first conscious being, Ymir. He is the most intelligent and wise as he drinks daily from the well.

Óðinn in his constant quest for knowledge traveled to Mímisbrunnr to drink from the well and its knowledge of all things, but Mimir demanded that Óðinn give his eye for such wisdom. The All-father plucked out his eye and cast it into the well for a drink, and now it lies at the bottom of the well. He is forever connected to the knowledge contained there.

Óðinn is the cleverest of all, and from him all others learned their arts and accomplishments; and he knew them first and knew many more than other people. It was from the drink he received from Mimir's well that he gained such wisdom. Wisdom and knowledge required sacrifice, Óðinn sacrificed himself to himself and hung on Yggdrasil for 9 days without food or drink, and nearing death he learned the secret of the Runes. He is the Allfather, and we must emulate him to raise our own consciousness.

Some of us are content with honoring the Gods and ancestors as it is the right thing to do, and they in turn help guide us in our daily life. Others must know more, and Óðinn is our God, and following his example we embark on a quest where no stone is left unturned until we learn the answers of why am I here? Why do we exist? What is my purpose? What is life?

It has been two years since I have held meetings wherein, we discussed Gods, Spirits, Magic, Runes, and the otherworldly things that we have no clear understanding of in hopes that we could make some sense of it all. Near the end of our discussions the things that were revealed to me became almost impossible to convey and I needed time to evolve. It is at times like those that the Allfather will provide the next step to take, and we need to be open to accepting that guidance. AFA founder Steve McNallen gave me several recommendations, and through these I discovered the rigid practice I needed to take that next step.

On August 31st we held our first episode of Mímisbrunnr, a bi-weekly series of meetings where we discuss raising our consciousness through the lens of Asatru', our native European spirituality in this modern world. Why would we want to raise our consciousness and what does that mean exactly? It has taken me 7 years of intensive spiritual development and investigation to get a glimpse of what the answer is. We want to raise our consciousness because good things happen when we do, and if we

collectively do it, we all benefit.

How do we raise our consciousness? Through connecting with that immortal part of us, the Fetch, in old Norse known as the Flygia. We all have a purpose, some part to play in the web of Wyrð that was written at the time of our births. We have free will to choose whether to rise to the occasion and live this purpose or not. In our lives there are many distractions; alcohol, drugs, sex, television, food, an infinite number of things that our ego uses to create drama and keep our consciousness from rising. The ego exists only here in this world, and it does not want to leave.

Through a spiritual practice that harnesses the ego and strengthens the connection to the Fetch, your purpose in the web of Wyrð will be revealed and you will be given exactly what is required to perform your duty here in this world of Midgard. This in turn will lead to a fulfilling existence and a happy life. We are all at different levels of evolution and no two people are the same, thankfully our Gods and Goddesses are here to guide us and they will help you in becoming the absolute best that you can be.

So, join us on September 14th at 7:00 PST as we continue our journey to enlightenment and discuss the Gothic runes with AFA author Fritz Maes.

Hail the Gods,
Hail the Folk,
Hail the AFA.



Gothi Joe Rozanek
jrozanek@runestone.org

Oaths, their Importance, Impact, and Implications



For many of us, it is a foreign concept that our word has meaning. For our ancestors, over many millennia, an individual's word was their bond and would not be broken. If one did go against, or break, their word, there would be significant consequences, up to being outcasted from the Folk. Trust, honor, and integrity are all terms that directly correlate with one's word and Oathing. Granted, there are occasions where breaking an Oath could be understood—these rare occasions do not include one's own feelings about a matter or just not comprehending the Oath at the onset. It is not just the individual that is bound by their Oath, the Folk present when the Oath is made are then made part of it as well. The Gods and your Ancestors also hear your Oath, and then to break it due to some superficial circumstance where your feelings get hurt or you get mad about something will certainly tarnish any relationship you may have with your Gods and Ancestors. Oaths are not simply taken and then discarded because you want

to.

It takes a tremendous amount of courage these days, which is absurd, for an individual to stand by their word whereas it was automatic for our ancestors, and it was never given a second thought, in keeping one's word. This is part of the soul sickness of our Folk. Why do so many want to become AFA leadership, taking on the responsibility of that position, knowing that there will be an Oath involved, then simply discard their Oath as if it never meant anything. In these cases, which we've seen a handful recently, the latter is true, whereas since it was so easy to walk away from their Oath when things didn't go their way.



An Oath is a bond that is to be taken very seriously. It is not something that is done when things are convenient and easy, it is something that one holds themselves to when things don't go the way they'd like, when things get difficult, and when one's loyalty, honor, and integrity are tested.

So, what does taking an Oath mean to you? Is it something to be discarded when it is inconvenient like throwing out an old pair of socks? Are you someone who will talk the talk when it suits you? Or are you someone that walks the walk, bound to your word with the strength of iron, and have the honor it takes to see an Oath as a testament to

your strength of character?

As leaders in the AFA, the Folk look to us to be that beacon, that example of conduct and becoming. Do not enter into an Oath with any doubt or reservation. Be courageous and brave, be upright with right action, speak the truth always, even if it leads to your death. Safeguard those that need protection and do no wrong. This is the task I give you to contemplate and if you are strong enough, to implement in your lives.

HAIL THE FOLK!
HAIL THE GODS!!
HAIL THE AFA!!!

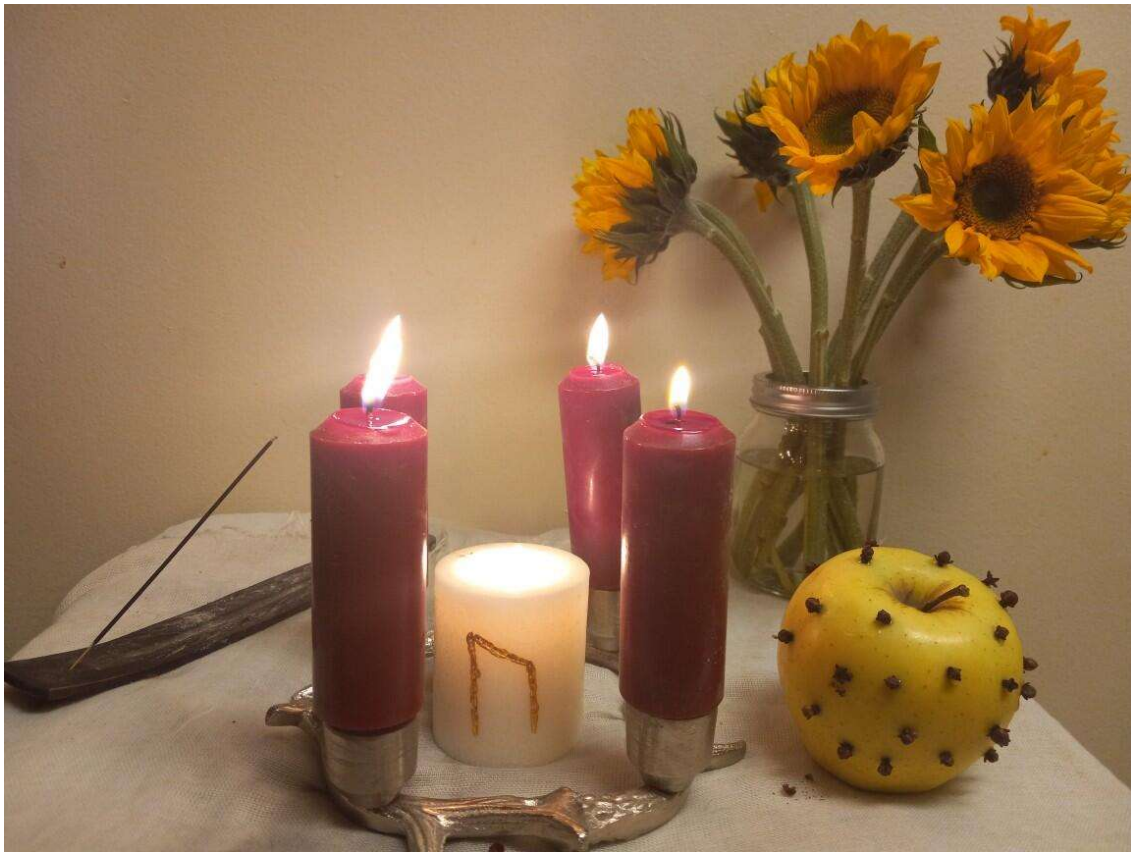


Gothi Nathan Erlandson
nerlandson@runestone.org



Folkbuilder Jason Gallagher
jgallagher@runestone.org

Eir Ritual



This is a simple ritual to connect with the goddess Eir. Eir is connected to healing, whether that be recovery from a physical ailment or an emotional one. Said to be the best of doctors, we bring the names of those in need of healing to her.

I put this ritual together in late 2020, and have been using it ever since.

You will need an apple, some whole cloves, and a small offering. I often use a shot of aquavit.

Begin by pushing the cloves into your apple, and saying or thinking the name of the individual and what they need healing from. Repeat as many times as you need to. I say a simple prayer upon completion.

"Hail Eir, the best of doctors.
 May those in health retain it
 May those in need regain it
 For the wellness of the Folk, Hail Eir!

You can place the apple and offering wherever you feel is appropriate, I'm a big fan of flowing water for this one in particular.

Hail the Folk!
 Hail Eir!



Gythia Anna Plourde
aplourde@runestone.org

Frigga's Secret Garden



Grimm's fairy tales, as well as the classic book by Frances Hodgson Burnett, *The Secret Garden*, taught me as a child that some gardens come with surprises and strange enigmas. Our "garden" at Óðinshof is a bit wild and overgrown, but it's still our special place. And it comes with gifts, as we learned at Family Camp.

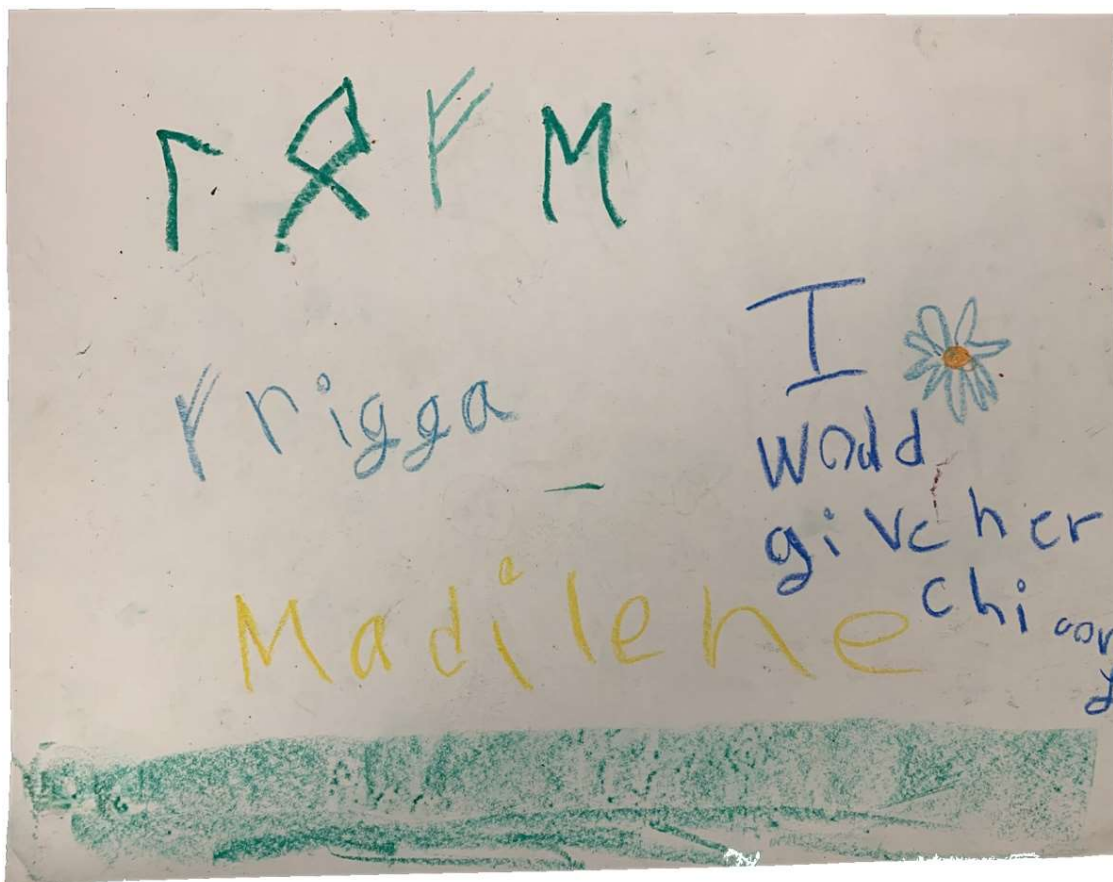
The true tale begins...

A young girl, named Madilene, came to Óðinshof with her family. She was already wise in her knowledge of the Gods for her parents had left books of lore by her bedside since she was little. At ten years old, she already knew much about Odin and his wife Frigga.

One afternoon, all of the parents and children filed into the sacred circle beneath the pine trees. They offered Blot to Frigga, led by Gythia McNallen. From heart, to hand, to horn, gifts were given to All-Mother. Upon leaving, it was suggested that each child draw a picture of Frigga's home. Her garden was the chosen topic.

Gythia McNallen asked, "What gift would you have for Frigga if you could visit her at Fensalir?"

Madilene quickly said she'd bring blue flowers, because Frigg is known to wear blue. Blue flowers... What are some blue flowers?



"How about wild chicory?" said Gythia McNallen. "It's a wild plant that grows along roadsides, with small, bright, blue flowers."

Madilene's mother, Olivia, showed up photos of chicory and everyone agreed it was a

good choice. Madeline finished her drawing with chicory flowers. Aaron sketched a long picket fence green plants for Frigga. Both were lovely pictures.

The next morning, tents and sleeping bags were put into cars for long journeys home. Gythia Mc Nallen went outdoors to announce breakfast was almost ready. As she walked around a fence, she was startled by what she saw. There was a large bed of blooming chicory plants!

She ran indoors to share the news. Olivia came outside, and agreed it was quite miraculous. “The children should pick a few flowers for their journals before they leave,” Olivia said.

Breakfast was over and cars were packed. Gythia McNallen and Olivia led the children on the short walk to surprise them with the chicory flowers. But the chicory was gone!

The stems were there, but all of the flowers were missing! Where did they go? Eaten by deer? Noisy children and busy adults would scare away deer. And none of the adults knew how special the flowers were.

So, who took them then? The Landvaeter? Lady Frigga herself? This is just one of the mysteries of Óðinshof, from our own secret garden.

May this tale be passed down for generations to come.



Gythia Sheila McNallen
sheila@runestone.org

Thank You



Hello,

I just wanted to write a quick thank you to the AFA and all the folk who helped me and my family obtain our new van. Thank you to everyone who donated. Here is a pic of the van. It is home now. I have never had anyone help me and my family the way y'all did. Words could not express how grateful we are to all of you. Thank you so much.

With love and respect,

Richard Stoddard

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 \$105,372.28 on our remaining loan.
2. We need to raise our monthly donation average by 3.1%.
 - This is membership dues/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!



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

Sigrheim: Home of Victory

Sigrheim—Past, Present, Future



Sigrheim. Some made their first trip in the starkness of a gray winter day. Others came to celebrate the first annual Sigrblot at the height of summer. Our adventure preceded a conference in Tennessee where my husband, Stephen McNallen, was scheduled to speak the next day. It was impossible to come so far and miss the future headquarters of growing Asatru Folk Assembly. We put aside an extra day just for this trip.



It did feel like a remote corner of America as we left the east-west freeway and headed north on a road that meandered like a river. Past old barns and filling stations; past well-kept farms with corn and tobacco fields, there was always a mosaic of green from the tree covered slopes that hugged the road



Turning left onto a one-lane dirt road, we drove deeper into the vale where we were hailed by Folkbuilder Nicholas Rice who lives nearby. Nick was ready for us, with grilled hotdogs, chips, and drinks. On this hot and muggy day, we sought the shade of the shed already in place at Sigrheim, and that is where the storytelling began. Nick pointed out the Sigrheim borders and mentioned the knee-deep grasses were mowed just three weeks before. As we ate and chatted, there was an incessant buzzing of cicadas, another reminder of the strong life force in this valley. Neither Nick, nor our friend Glen, were able to do a hike, so we decided to explore the property on another trip. It was clear that the brambles at the edge of the meadow led to some intriguing spots on the hillside and ridge. We were sorry to miss the old pioneer cemetery where Janet Flavel, mother of our Alsherjargothi, was laid to rest during her memorial at Sigrblot.



On this day, the intense blue of the sky and green of land beckoned us to stay, but it was time to head back into the “other world.” Huge thanks go out to our host, Nicholas Rice, whose preparations made us feel welcome and at home. Lucky us, to see this in its primal form -- this time year called Freyfaxi. In my lifetime, I hope to visit our new AFA headquarters, the grand meeting and dining hall, the cottages and gardens, and Tyrshof -- a beacon for our Folk and Gods up on the ridge. Let us all raise a horn to that!



Gythia Sheila McNallen
sheila@runestone.org

Putting in the Work



Before I moved to Tennessee to steward Sigrheim, I was a proud leader in the Baldrshof district. There's a saying over there... "Nothing comes easy at Baldrshof," and I fear I might have brought that down with me south of the Mason-Dixon.



As the Alsherjargothi has said a few times now, Sigrheim is a generational project. It'll get better every month and every year from here on. It's ours. One step at a time; rarely is anything easy worth having.



Right now, one of the main projects has been taming the "jungle" that is the 10 or so acres of cleared field that mark the road-line of our property. Without any sort of a consistent mowing schedule this Summer, it's gotten tall, and it's gotten *thick*. As man tames beast and man conquerors all, we shall tame and conqueror this foe too.



We've also got a couple other ongoing projects in the works, doing our best to make way and prepare...as we're hosting Winter Nights this year, and it's gonna be awesome.



If you can make it out at any point (during official work days or otherwise), please feel free to reach out. We could always use a hand.

Amazon Wishlist

Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨ ✨ ✨
amazon

Thank You!

[Check out our Wishlist to see how you can help!](#)

Upcoming Events



**SIGRHEIM
WORK DAY**

OCT. 7-8

**Contact
Folkbuilder
Tyler Bethea**

Join us as we prepare the land for Winter Nights! Bring whatever hand tools you think appropriate, and plan to tent camp on-site. We'll have a great time working the land by day and enjoying each other's company by night under a million stars. Contact Folkbuilder Tyler Bethea at tbethea@runestone.org



Folkbuilder Nicholas Rice
nrice@runestone.org

Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6PM Pacific / 8PM Central

vk.com/AsatruFolkAssembly

odyssey.com/@AsatruFolkAssembly

entropystream.live/app/MattFlavel

rumble.com/AsatruFolkAssembly

youtube.com/@AsatruFolkAssembly

twitter.com/FolkAsatru



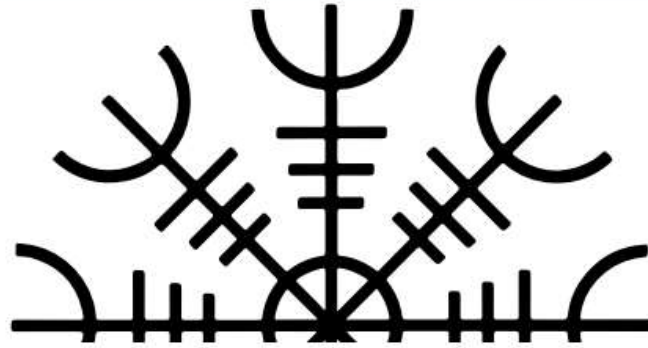
Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

AFA Asatru Academy



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

School's in Session



Baldr & Nanna Word Search

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

- LIGHT
- NORSE
- NANNA
- BREIDABLICK
- WISDOM
- LOVE
- FORSETI
- AESIR
- MISLETOE
- MOTHER
- BALDR
- BEAUTY
- LOYALTY
- ASATRU

My name is Sara Ault and I'm a secretary with the Academy. Our first year of the Academy has proven to be successful. As this issue of the Runestone reaches you, we will have started our second school year with 32 students enrolled! We are offering K - 3rd grade this year. This is an exciting time!

Thank you to the parents who have put their children into our program. We care about each of our students and want them to succeed. We will be doing the majority of our communication through the AFA Academy Parents page on Mewe. New this year will be bi-weekly student meetings through Teams, which will allow the students to interact with other students. We will also be setting up virtual parent meetings to get parents talking and supporting each other. Watch for emails about these meetings. As always,

the staff is here to support the parents in any way, please feel free to reach out to any of us.

It is also not too late to get your child enrolled. If you are interested in homeschooling and have children in kindergarten through 3rd grade age level, visit asatruacademy.org to enroll today!

I will mention this school is only open to current members of the Asatru Folk Assembly. If you'd like more information about the AFA and applying for membership, I can help you with that. Just send me a message and I can answer any questions you may have.

Looking forward to an amazing year.



Folkbuilder Sara Ault
Assistant Dean of Admissions
sault@runestone.org

Words from the Dean

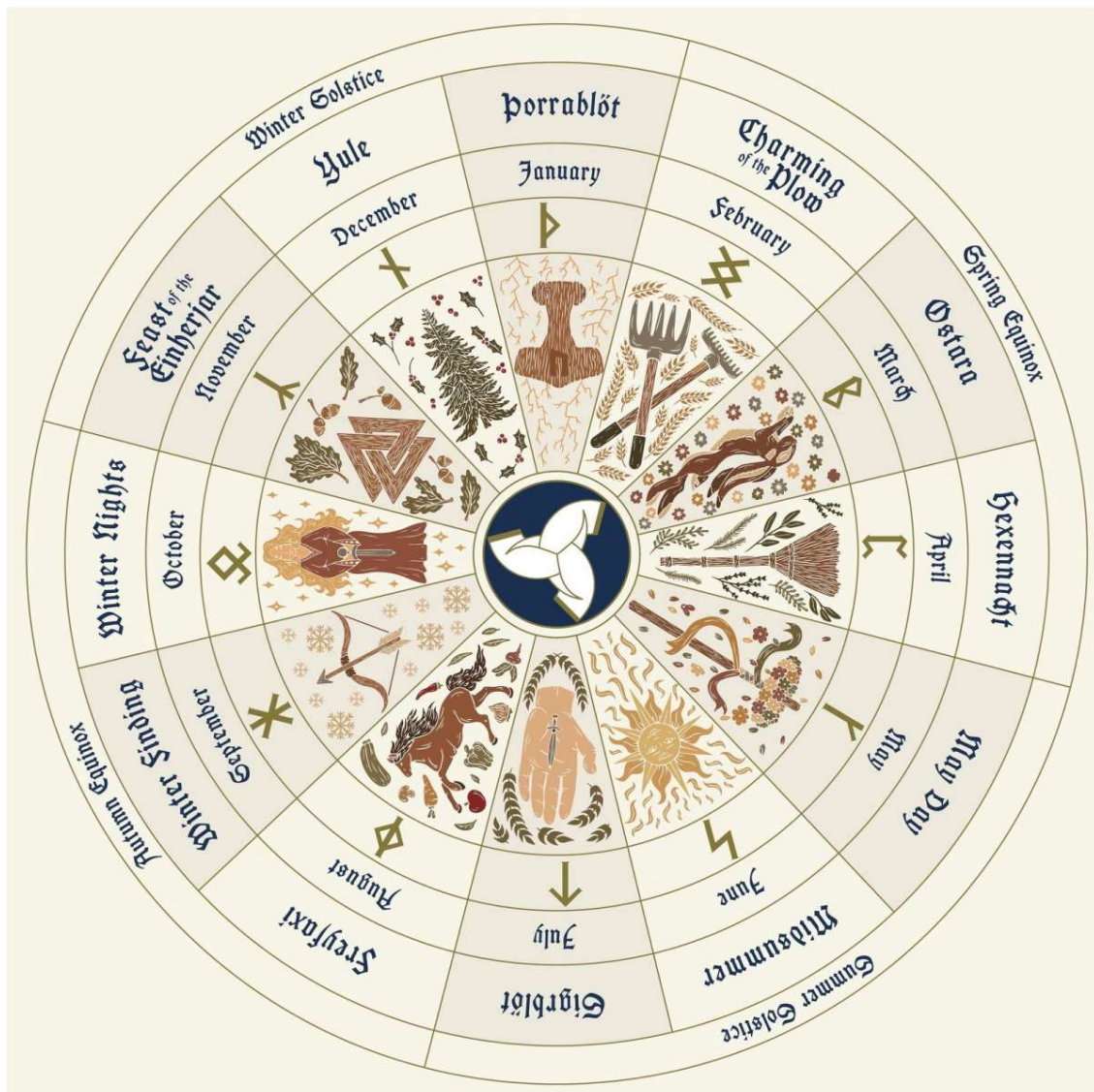


I'd like to welcome all our new students and wish you all a very successful year! We are all very excited to get started.



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

Remembrance & Holy Days



Calendar – Asatru Folk Assembly (runestone.org)

2023

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 21	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 18	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 21 (observed on 18th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 22	Day of Remembrance for John Gibbs-Bailey “Hoskuld”
April 28 (observed on 15th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 20th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 21 (observed on 17th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 15	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 19	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 16th)	Winter Finding
October 4	Day of Remembrance for John Yeowell “Stubba”
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 21	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 18th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson

Date	Observance
December 20	Mother's Night
December 20-31 (observed on 16th)	Yuletide

Day of Remembrance

Prince Hermann of the Cherusci - October 9



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

Holiday

Winter Finding - September 22

The ancient calendar only recognized two seasons. There was summer, and there was winter. Just as May Day was their first day of Summer, Winter Finding was their first day of winter. The temperature slowly begins to fall, the days get shorter. Those who grow their food begin preparations for the final harvests. The larders are growing full with the fruit of earlier efforts. Now it's time to begin the hunt, to kill enough game to finish winter's preparations.

Today, many of us don't have the same connection to the need for food and preparation that our Ancestors experienced. Food has become easy to access, and therefore not so vitally important. Those who hunt, usually do it for sport not because without it they don't have the food to survive the Winter. This doesn't mean, however, that we cannot take the time to think and reflect. Thus begins the Winter season. Thus begins the death of the "world" too dark and cold. We can all see and feel the change in the world around us. Our days are shorter, the nights grow colder. The leaves change and begin to fall.

Get outside and find someplace to sit and feel the changes. Make a hearty meal to share with your family and with the Gods. If you hunt dedicate, your first kill to the Gods and Ancestors, to Ullr. Share a choice cut with them. Now is time to begin the "closing in."

Everyone begins to gather closer to home, sticking close to push away the wintery drear. Take time to remember what's important.



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Events

Freyr's Harvest Feast in Montana | September 22nd-24th



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

We are fast approaching Freyr's Harvest Feast, and I'd like to give everyone an update on those preparations.

This weekend a group of us will be hauling over kitchen equipment for the feast as well as fifty pounds of fish that have been caught for this event by one of our Washington members. This trip involves members from three states and over 2000 miles of driving, but the result means a more successful event for years to come.



Our members have spent the year working hard and have had great yields from their labor. Some of these have been donated to the table for the feast, while others will be available at the Folk Fair on the last day of the feast. This will include signed books, music, crafts, candles, knives and more goods made by the folk. It is an excellent opportunity for attendees to get access to high quality goods made by the right people, to directly contribute to our people's growth, and to join in the rest of the activities of the feast.



From blots to workshops, from the feast to the telling of Freyr's Proposal, Freyr's Harvest Feast has so many reasons to attend, but there is one that stands out the most to me. That is spending time amongst each other. From names we all know like the McNallens to new members, the conversations to be had at the feast will forge bonds and friendships that last far beyond the feast itself. The true value of the feast is being able to come together and celebrate our triumphs.

Don't regret not coming out to our homestead to feast and celebrate amongst our

people. The yields of our labor are in; come celebrate the harvest!

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



Folkbuilder Tyler Heinlein
theinlein@runestone.org

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



Asatru - Winter Nights & the Disir

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

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



Witan Clifford Erickson
cerickson@runestone.org

Feast of the Einherjar in South Dakota | November 10th-12th

FEAST OF THE EINHERJAR

GET YOUR TICKETS AT RUNESTONE.ORG

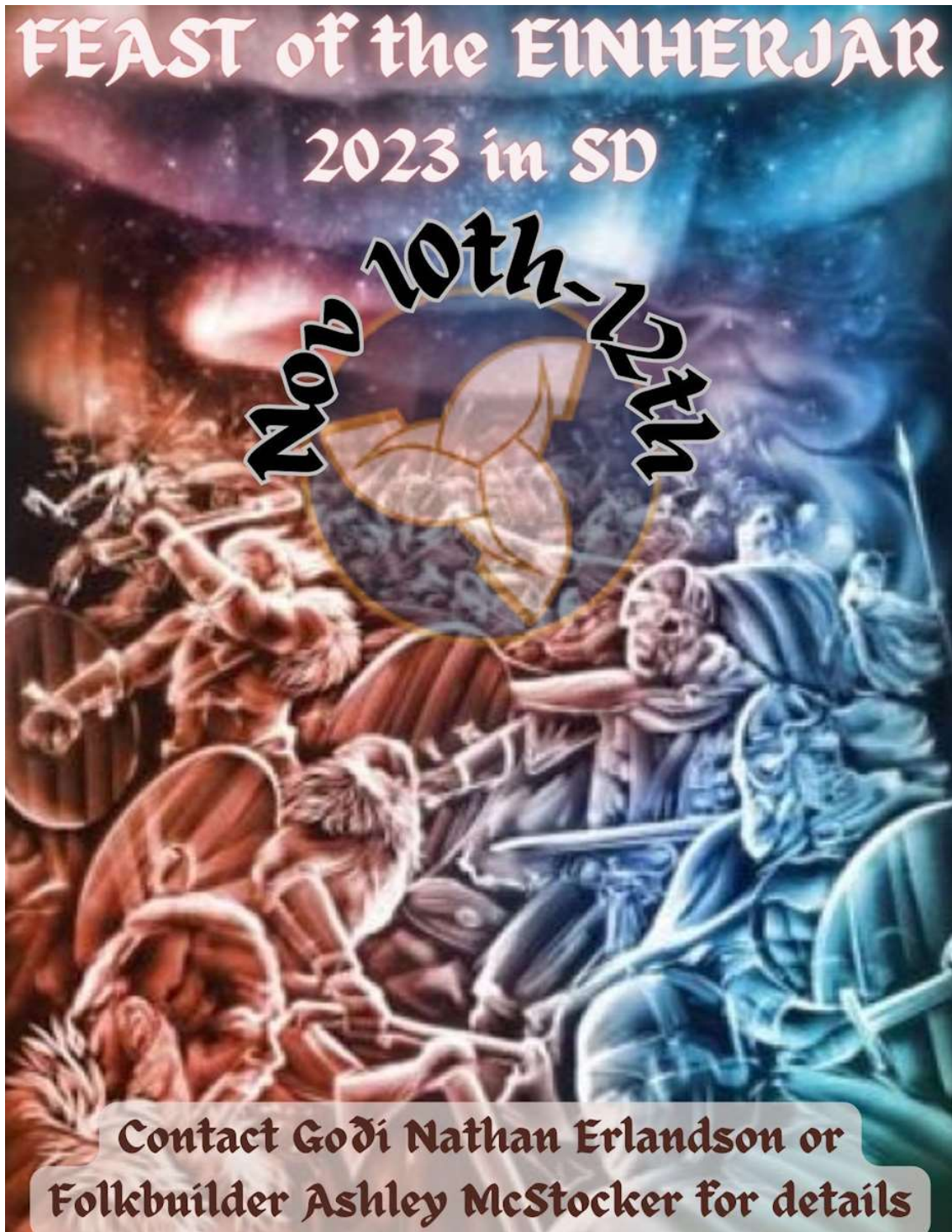


SOUTH DAKOTA
Nov. 10 - 12

Contact Goði Nathan Erlandson or Folkbuilder Ashley McStocker for more info nerlandson@runestone.org
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 10-12.



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

Folkbuilder Spotlight

Apprentices Jace and Amber Cameron of Georgia



Jace and Amber Cameron are not only two of our best Apprentices at this time, they are also good friends of mine and I'm honored to work alongside them!

The following is a short Q&A with both of the Camerons:

How did you find Asatru?

Amber - I was raised to be fairly folkish so I've always had that outlook on life. However, when my mother passed away in 2018, I really delved into practicing Wicca. In practicing Wicca, I found myself learning more about our Gods which eventually brought me to finding Asatru.

Jace - I was brought up loosely Christian. However, my parents were open to many

other faiths and thought good could be found in most of them.

Personally, I would trace back to my exploration into Cosmotheism, then Ben Klaussen's work. I felt they were close, the late Dr. William Luther Pierce quoted Hávámál 77 often. Feeling they were reinventing the wheel led me to Odinism and the Odinic Rite's work. While great work, I wanted something more interactive with less academics.

During that, I was recommended a YouTube video by the Guardian. Which led Amber and I to meeting Goði East and his wonderful wife. Y'all know the rest.

How did you find the AFA?

Amber - The Guardian Video...

Jace - Definitely the Guardian video.

What made you want to Folkbuild?

Amber - We are living in hard times and, sadly, many enemies are targeting the Folk. I want to be a shoulder to lean on.

Jace - My wife is on point. We are a people of doers. There should be less idle chatter and more action. I love my Folk and want all of them to be fulfilled in the great deeds they do.

How has your life changed since stepping up?

Amber - A lot of positives! Every day it seems I am meeting new Folk and building new relationships.

Jace - Stepping up has allowed me more access to be there for our Folk. The country around us beats us down constantly. For the color of our skin and our faith.

The role of leadership should be making peace among the Folk and leading all of us forward. Only the Gods truly know how many of our enemies lurk.

Gothi Trent East

teast@runestone.org



Be a Doer



We need you to volunteer for the AFA!

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

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

Baby Blanket Project

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

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

If you are a member of the AFA who is expecting a baby, please let your Folkbuilder

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

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



Expectant Family Needing a Little Help



One of our long-time members and his family are asking for a little help. Giving up his jobs in construction and as a firefighter in order to help his family get ahead, Dave Green is currently waiting for his approval into the lineman union. The Green's Daughter turns 1 in just a month, and they are expecting a new baby in the upcoming year. They had a pay cut in the transition from Firefighter to Lineman and they are asking for a little help to stay afloat.

Please help this wonderful family as they get ready for baby number 2!

[Click here to lend a hand.](#)

Folk Services



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

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

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

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

Thanks in advance!

Photo Donations

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



If you are willing to donate some hi-res photos for use in promotions such as the AFA Calendar, the AFA website, our publications,

and more please email them to the AFA at photos@runestone.org. The larger the resolution the better, so please email them from the device where the photo was taken.

Eir's Blessings



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

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

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

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



We never know when tragedy will strike. We have a responsibility to our loved ones, we have a responsibility to our own legacies, to plan for our passing, and to make our

wishes known. Planning for and contemplating our death is uncomfortable. Hopefully, we all have plenty of time for that down the road, but we can't count on that. Maybe we worry about expenses or hiring a lawyer. We all have excuses to put things off until later, unfortunately, sometimes the clock runs out before "later" happens.

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org

Introducing the Newest AFA Kindreds

Nordic Folk Kindred of Ohio

Please welcome the Nordic Folk Kindred of Ohio as the newest Official Kindred of The Asatru Folk Assembly.

Hail the Doers!

Hail the Nordic Folk Kindred!!

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher
jgallagher@runestone.org

Cooking for our Folk

A top-down view of various baking ingredients and tools on a white marble surface. Visible items include a bowl of flour, a metal scoop, a whisk, a bowl of brown sugar, a bowl of white sugar, a strainer with blueberries, a wooden rolling pin, a bowl of oats, a wooden spoon, a bowl of butter, a wooden spoon, a bowl of brown sugar, a pink bowl, and a bowl of eggs.

Calling all Chefs

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

cookbook@runestone.org

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

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

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

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

When you cook from the heart, people can tell. Don't cook out of spite or obligation. Cook for the folk because you want to! Find new recipes. Test them. Make them better. And when your heart tells you it is right...time to serve. If you have never made cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

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



Folkbuilder Mike Joyner
mjoyner@runestone.org

Ancestral Food and Culture

A Fall Specialty for Autumn Celebrations



For our last two Winter Nights celebrations here in Illinois, I have prepared a dish that sounds strange at first, but which everyone has found to be quite good - Pumpkin and Beef Stew. It would also suit the season for a Winter Finding get-together. I thought I would share the recipe if anyone else would like to give it a try.

The ingredients are as follows:

- 3 pounds of ground beef
- One large onion, chopped
- 6 cups pumpkin puree (4 cans if you are buying premade from the store)
- 5 cups beef broth
- 3 large potatoes, chopped into chunks
- 6 cloves of garlic
- 1 tablespoon thyme
- 1 tablespoon cumin
- ½ cup sour cream
- 2 or 3 tablespoons of milk

- 3 or 4 sliced jalapenos (optional, if you want to add a little extra heat)

Preparation is pretty simple:

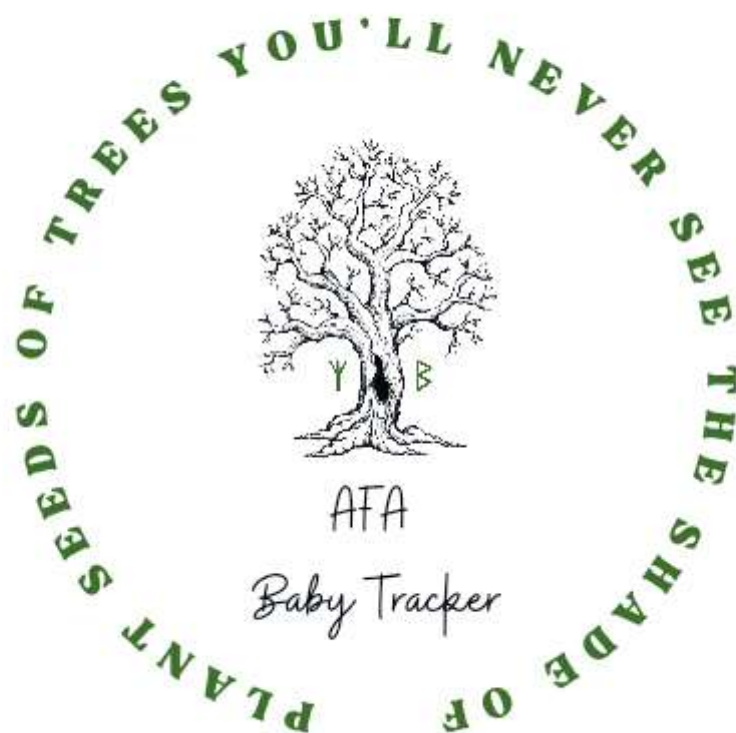
1. Brown the ground beef and chopped onion
2. Add the ground beef, onion, and all the other ingredients except the sour cream and milk, to a pot
3. Bring to a boil, then reduce heat to low
4. While the stew simmers, stir in the sour cream and milk
5. Let simmer for a minimum of 20-30 minutes (make sure the potatoes are fully cooked)
6. Serve with a hearty, buttered bread. You can also add other ingredients, to your taste, such as tomatoes.

Give it a shot! And may you all have an enjoyable celebration of this harvest season.



Folkbuilder James Cummings
jcumings@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: 22

Virtue Recovery Group

A circular logo featuring a runestone design with various symbols and characters around the perimeter.

*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

Virtual Events

Ladies Book Study **Thursday Nights at** **7 pm CST**

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

For more information contact:

Gythia Brandy Callahan
bcallahan@runestone.org

or

Folkbuilder Sara Ault
sault@runestone.org





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 or MeWe



WEEKLY ✨

SISTERS ✨

SUNDAY

CHAT

10 AM CENTRAL ✨

EVERY SUNDAY

CONTACT

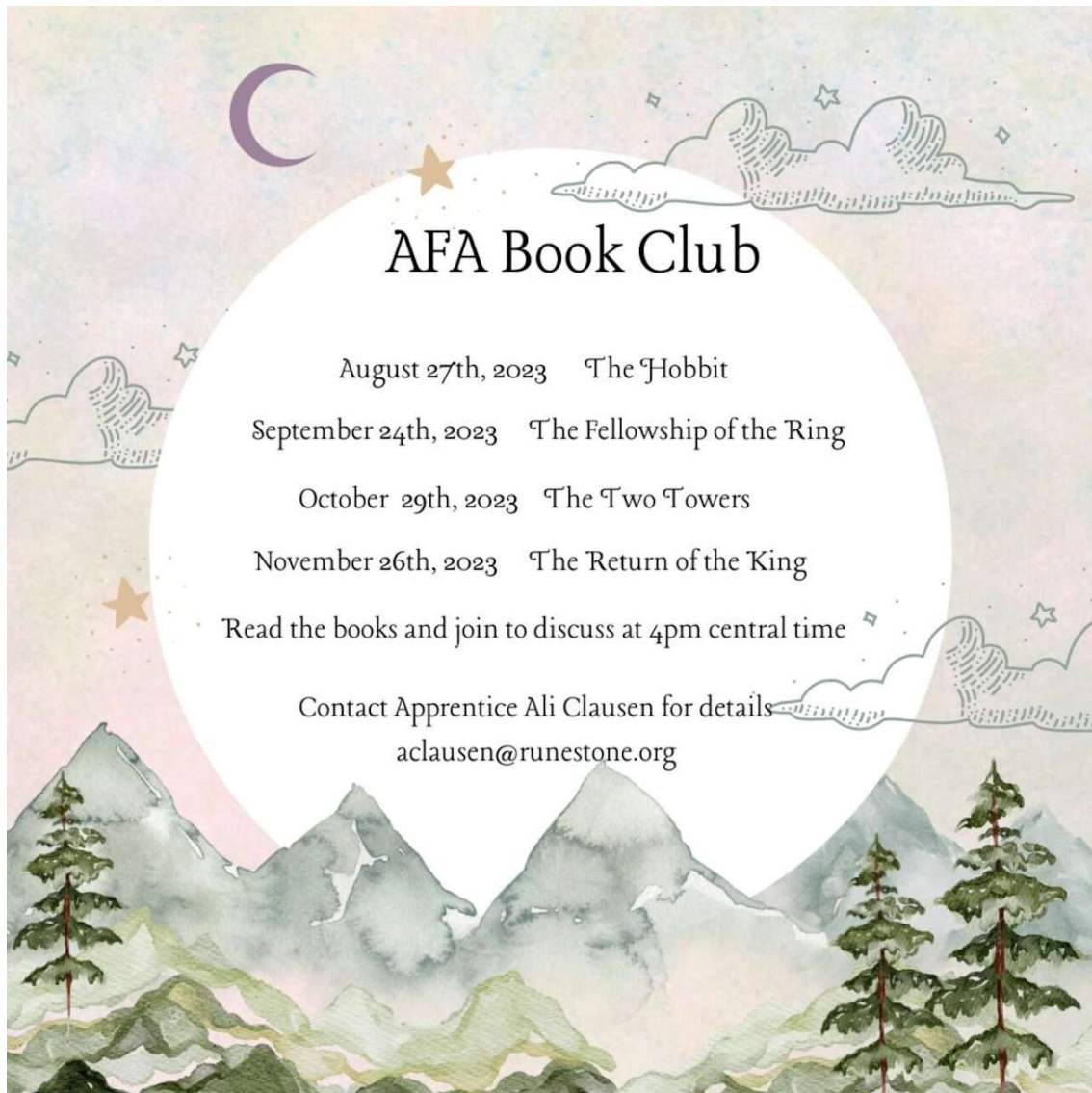
FOLKBUILDER ALI CLAUSEN AND

APP. FOLKBUILDER KATIE JOYNER

aclausen@runestone.org

kjoyner@runestone.org





AFA Book Club

August 27th, 2023 The Hobbit

September 24th, 2023 The Fellowship of the Ring

October 29th, 2023 The Two Towers

November 26th, 2023 The Return of the King

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

Contact Apprentice Ali Clausen for details

aclausen@runestone.org

Saga's Literature Project



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

The Asatru Folk Assembly wishes to create booklets, brochures, and pamphlets to have on hand in our 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!

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



Folkbuilder Shane Duffy
sduffy@runestone.org

AFA Prison Ministry



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

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

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

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

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



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

James Ault
Prison Ministry Director
jault@runestone.org



Folk Web



UPDATED for AUGUST:

Nationwide roundup for Folk Web Skills and Job Network. Please share and keep inquiries incoming!

OPENINGS:

Northern Illinois (hiring nationwide)

You can reside and work interstate, no need to move

Job openings , high demand for barge deckhands , no experience required

Travel, lodging, meals covered

\$210/day starting pay + benefits packages, fluctuating schedules

Contact Folkbuilder Shane Duffy

sduffy@runestone.org

Northern Illinois, Rockford area

Labor and construction work, varying skills and jobs, negotiable pay

Contact Folkbuilder Jim Cummings

jcummings@runestone.org

Arizona, Colorado, New Mexico

Various departments hiring for a fortune 500 mining company, some require experience and others don't

Lodging is available for certain departments

Contact Apprentice Lou Nickerson

lnickerson@runestone.org

SERVICES:

North Dakota, Fargo area

Apprentice Stian Penner is offering Workshops, classes and is also open to hire for commissions and projects utilizing the following skills:

Welding (bachelors degree)

Woodworking

General construction

Cabinetry

Carving

Blacksmithing/bladesmithing/metalwork

Signmaking (day job rn)

Painting

Drums

Knotwork

Sculpture

cpenner@runestone.org

West Indiana (Remote, nationwide online courses)

People who currently work in the graphic design industry, or who work in metal fab industries as production artists or fabricators that want to step up their game by adding engineering to their resume would benefit from learning AutoCAD. There are a ton of other programs to use, but AutoCAD is the original one most all others have been based on and therefore the interface language across most of them is similar. If you know AutoCAD, it's a good stepping stone to other more advanced software. Generally speaking, 90% of engineering work that is done in the world CAN be done with AutoCAD so it's a good one to know.

1. General discussion on how AutoCAD engineering software is used in architecture, civil, and multiple engineering industries.
2. Blueprint reading for basic drafting layouts used in mechanical and architectural drafting
3. 2D vs 3D AutoCAD (Note: I can cover 2D AutoCAD but not 3D AutoCAD because I do not know 3D well enough to teach it.)
4. Internet sources I found useful for self education- these are mostly Youtube videos

and the Autodesk website.

Contact John Kelly or Folkbuilder Shane Duffy for info

New Hampshire (Remote, nationwide Virtual Administrative Assisting)

- 20+ years of office administration & remote work.
- 20+ years web design (HTML, CSS & WordPress) , website hosting, and graphics.
- experienced with small businesses & entrepreneurs, particularly in pet care & construction industries.
- experienced in scheduling, customer/client service, data entry, transcription, writing, editing, graphic design, light bookkeeping, inventory management, and most common small business software/tech.
- experienced in newsletters, social media, and blogging for businesses and organizations.
- highly organized and able to work as a team as well as independently.

Business website: www.TygerLily.com

Email: lilyplasse@tygerlily.com

NEED OF SERVICES:

Montana (reaching out Nationwide)

Folkbuilder Tyler Heinlein is looking for various skills building his homestead

-midwives who can be remote and travel when needed

Commission work:

- woodworker who can do knotwork and/or statue carving
- Mason who can handle stone arches

theinlein@runestone.org

FOLK IN THE MARKET:

Illinois, Ottawa area (Remote, nationwide editing and

- 15 years of professional level videography and photography -
 - photo and video editing experience
 - experience recording live bands, filming weddings, photography of weddings, editing raw footage and transferring to many mediums
 - photo editing studio able to meet all needs
 - Experience as production assistant
 - Owns all the professional equipment for a portrait studio, including microphones to do video and audio as well, and I have full editing capability with Adobe products.
- contact Tilmon Yearwood or Folkbuilder Shane Duffy for info

EDITING, PHOTOGRAPHY, CONSULTING, PROJECT MANAGEMENT

Editing & Writing & Research (20 years)

- Book Editor – The Spear – book by Stephen McNallen
- Book Author – Knightly Dueling: the Fighting Arts of German Chivalry – my own book
- Website Editor & Translator – Learn-Sword-Fighting.com – educational website by Gladiatores-Germany
- Translator – Medieval Fight Book – special for National Geographic TV
- Book Editor – Masters of Medieval and Renaissance Martial Arts – book by multiple authors
- Library Associate – Farrell Library, Kansas State University, Manhattan KS
- My Academia Profile = <https://independent.academia.edu/JeffreyHull>

Search Engine Rating (15 years)

- Online Evaluator – ClickWorker – Ellensburg WA
- Consultant & Auditor & Analyst – Appen Butler Hill – Portland OR
- Advertisement Quality Rater – ZeroChaos – Portland OR
- Conceptual analysis of search engine queries + Evaluation & resolution of problematic search queries + Linguistic analysis (English-German) for proper functioning of social media & websites

+ Quality evaluation of website & search-engine advertisements, key-words & videos, according

to project-standards for American & British English regarding decency, honesty & relevancy +

Auditing Artificial Intelligence + Critique of Web browser design & function

Photographic & Commercial (7 years)

- Photographic Technician – Camera World – Portland OR
- Photographic Technician – Camera America – Lawrence KS
- Photographic Technician – Image Works – Lawrence KS
- Experience in film & digital photography + Mass-production developing & printing + Machine

maintenance & troubleshooting + Darkroom techniques + Customer service & cash/credit sales +

Maintaining inventory & supplies + CMYK, RA4, C41, E6 processing + PhotoShop

Social Services (4 years)

- Residential Advocate – Transition Projects – Portland OR
- Residential Facilitator – Acceptance House – Lawrence KS
- Emergency shelter management + Supervision of recovering & homeless clients + Conflict

resolution & crisis management experience + Medication management + Client screening + Post release-hotel supervision

**FOLK
WEB**
*Skills &
Job Network*

Submit info, resumes,
job openings, etc to

Folkbuilder Shane Duffy
sduffy@runestone.org

Contact Folkbuilder Shane Duffy for member's info!

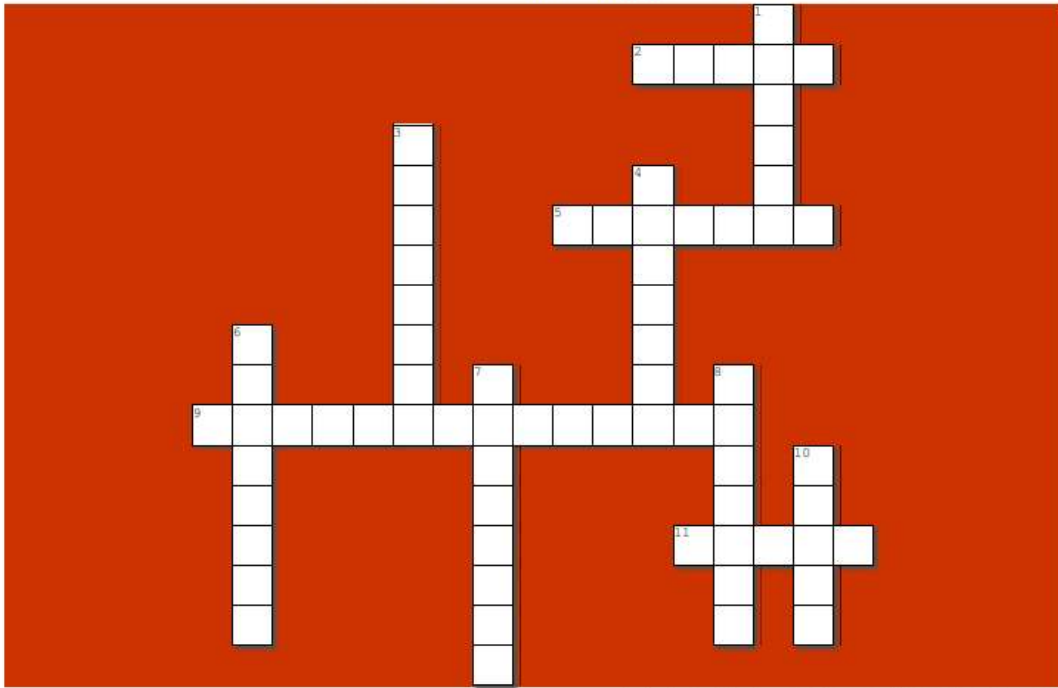


Folkbuilder Shane Duffy
sduffy@runestone.org

Just for Fun—A 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
- 5. Something missing
- 9. Can be a challenge to pronounce and spell
- 11. Served in Idaho

Down

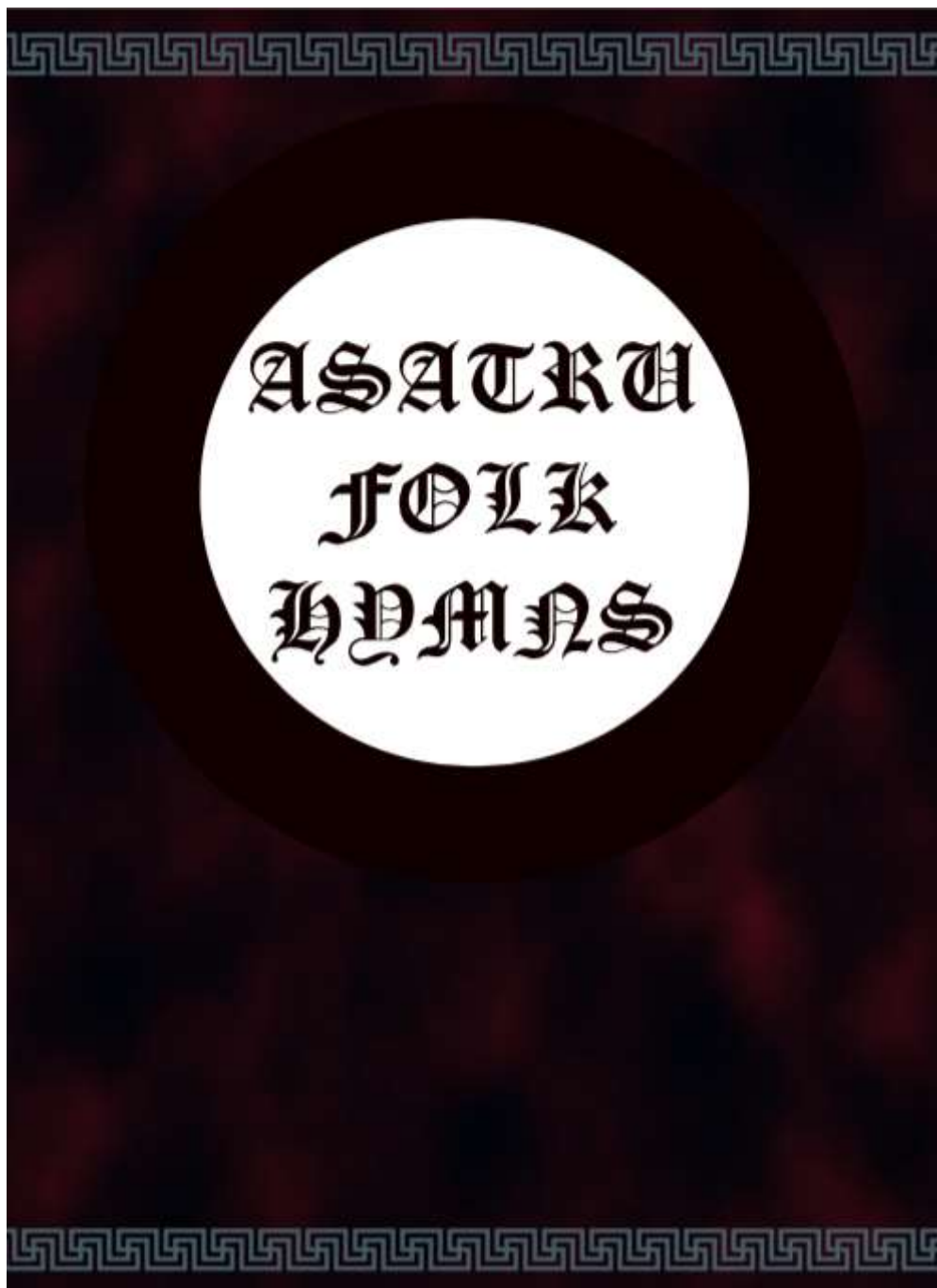
- 1. What will we be Finding?
- 3. Descended from Freyr
- 4. Sighted on the 9th
- 6. At the end of Odin Dr.
- 7. Shining this month
- 8. Never Sleeps
- 10. Fylgia

Have a joyful September, Folk!



Olivia Sutherland
 Apprentice Folkbuilder
osutherland@runestone.org

Now Available in the AFA Store



The Runestone store is very proud to carry Asatru Folk Hymns compiled by member Tanner Thayer. This book features sheet music for fifty traditional songs of our Folk and includes an SD card loaded with the MP3 versions of each.

With the long, cold winter months rapidly approaching, it's the perfect time to start practicing songs such as "In the Bleak Midwinter," "Auld Lang Syne," "Levan Polkka," and "Hail the Aesir!"

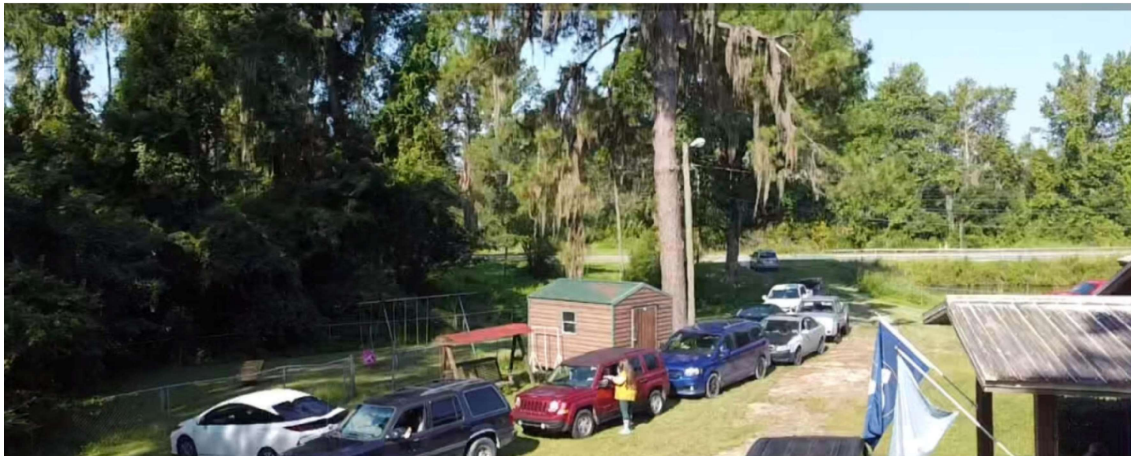
Also included are eight marches and songs for five traditional dances. The perfect gift for musicians and music lovers, as well as parents who want to introduce the songs of their Folk to the youngest generation of Asatruar.



Folkbuilder Ali Clausen
aclausen@runestone.org

Njörðshof

Food Pantry at Njörðshof



The beautiful morning of August 19th, the Njörðshof folk assisted 35 families in the local community during our monthly food pantry. It is always a pleasure to meet and interact with the locals.

Hail the Folk!

Amy Stoddard



Apprentice Folkbuilder
astoddard@runestone.org

Freyfaxi at Njörðshof



Njörðshof enjoyed a spirited celebration of Freyfaxi in August starting with a successful food pantry for the community. It may have been the high temperatures, but in July we saw a drop in turnout. August put us back in our average 40 to 50 range of families benefiting from our efforts. We were pleased to give tours to a couple of local people interested in our faith and the temple we have dedicated to our Divine Ship Captain.

It was great to see families back that haven't attended ritual at the hof since Dedication and the new faces we welcome every month to our Asatru family. Freyfaxi was culminated with the horse sacrifice to our Horse Lord Freyr baked by the wonderful ladies of Njörðshof.

The horse sacrifice is one of the classic Indo-European rituals. It was even a part of the coronation of a new king. For us it is forever tied to the horse cult of Freyr and gets its name from Hrafnkel's horse. Most do not own horses in this day and age, so we use a loaf of bread shaped as a horse. Just like victory is won in the blót, ritual items used in blót become real, and its sacrifice celebrates the first harvest and purifies us as it did the warriors returning home after the summer's campaigns. We are reminded of the seeds planted at Charming of the Plow; recalling the passing of the year we redouble our efforts to bring these things to fruition.

One of the locals who toured the hof returned for lunch and we were able to share ideas over a delicious meal. No one goes hungry at Njörðshof!

Closing with a moving Sumbel where it is said "men drink together, and men drink themselves together" we bind ourselves once again. This is where we let down our guard and share part of ourselves with the assembled folk. Cheers of triumph and tears of loss amongst our folk, in the presence of our ancestors, and before the holy powers make the hof the spiritual home of our folk-soul.

Hail Freyr!

Hail the Folk!

Hail the AFA!



Gothi Lane Ashby

lashby@runestone.org

Upcoming Events at Njörðshof

Njörðshof



2023



Yule

Feast of the Einherjar
November 18th

December 16th - 17th

Þórrablót
January 21st

Winter Nights
October 21st

Charming of the Plow
February 3rd - 5th

Winter Finding
September 16th - 17th



Ostara
March 18th

Freyfaxi
August 19th

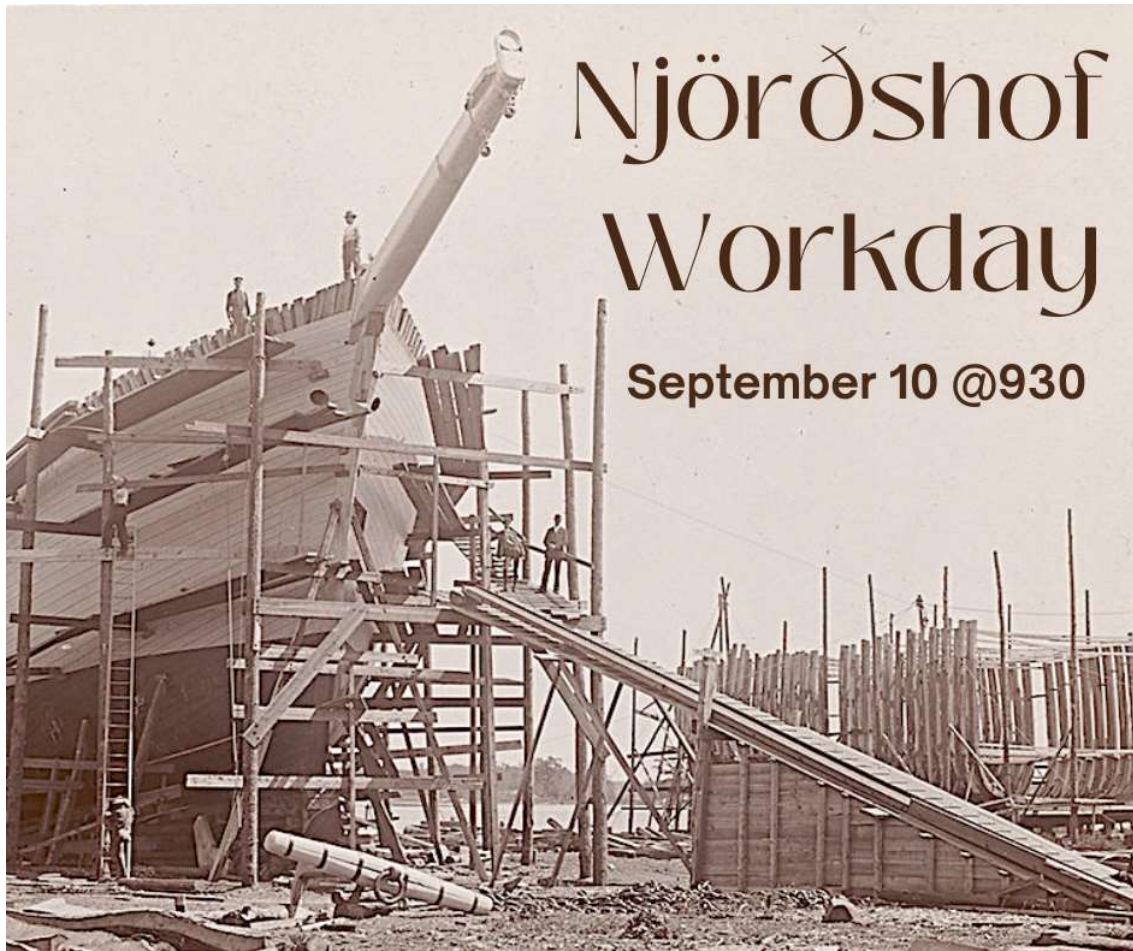
Hexennacht
April 15th

Sigurblót
July 15th

Midsummer
June 17th - 18th

May Day
May 20th

The Harshest Winds Make the Strongest Wood



Njörðshof Workday

September 10 @930

Arkansas

Freyfaxi in Arkansas



We had a great Freyfaxi in Arkansas. We ate lunch and had Blot. The rest of the time, we socialized while the children played together.

Upcoming Events

PIZZA MOOT



Hot springs Arkansas
September 17th 1pm

**RSVP TO APPRENTICE
FOLKBUILDER TABATHA
OWENS AT 8703458077**



JOIN US AT THE

*PUMPKIN
PATCH*

MALVERN AR

OCTOBER 21ST 1PM

RSVP TO APPRENTICE FOLKBUILDER
TABATHA OWENS AT 8703458077

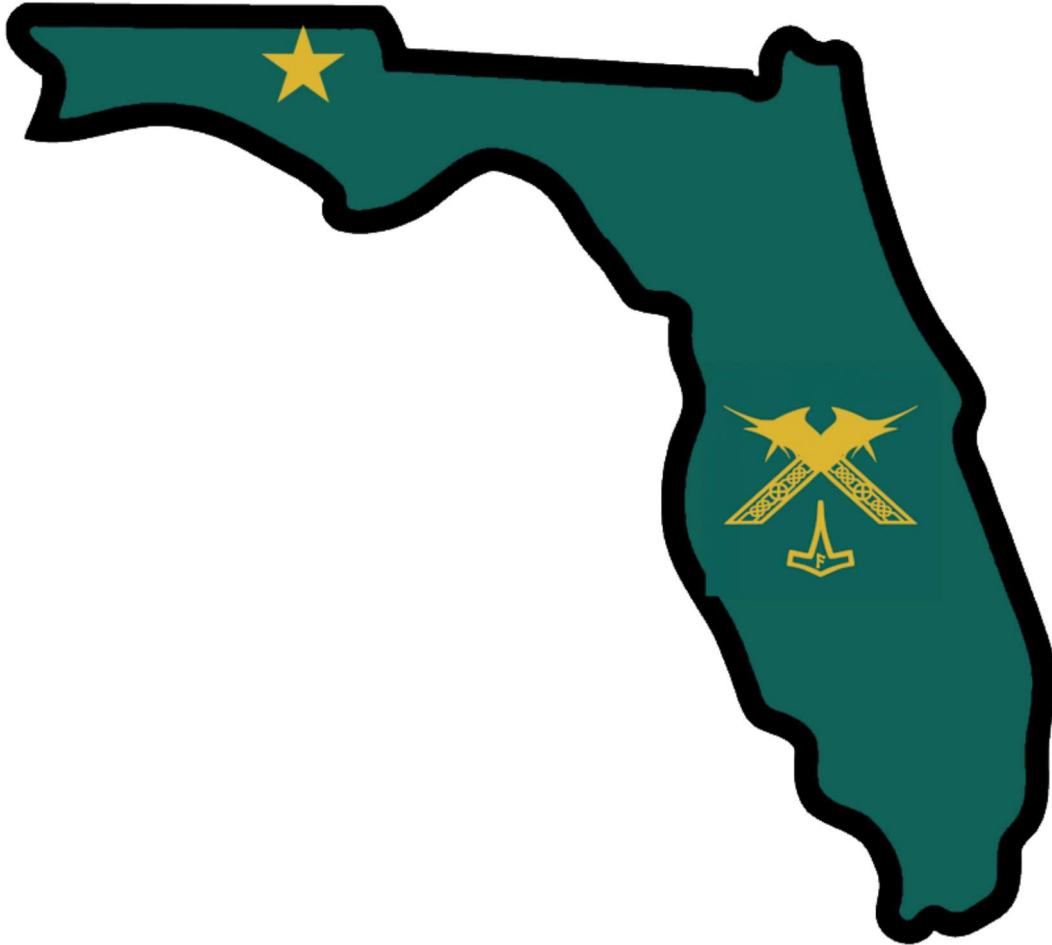


Tabatha Owens
Apprentice Folkbuilder
towens@runestone.org



Florida

Coming Home



Hello, my name is Bradley Hayes, I am one of the newest Apprentice Folk Builders for the Njordshof District, I was born in West Palm Beach Florida, I am of German, Russian decent, I was raised in a pretty godless home and upbringing, but I knew something else was out there, something bigger, so I searched for it myself. I played with Christianity just simply because that was the common practice, I attended church with a few friends, but it just didn't make sense to me. Why am I supposed to believe this because you say so? I felt lost there so the search continued, I've always been interested in my heritage and history of my people, native beliefs of the times before the sword spread of Christianity, but ultimately, I found Asatru through a good friend of mine, who is also of Germanic decent. I started my studies with runes and dove deeper into the lore of our Folk, I came across a sense of "this is it" I found peace, I found the motivation through texts to be the best "Me" I can be, to be strong willed, strong physically, and mentally. And that it is ok to be proud of your race, ethnicity, and masculinity. I decided to step up to be an Apprentice Folk Builder because I want to see the growth of our Folk, but not simply by numbers, but by quality and characteristics of like-minded individuals. People of the same values and culture alike. And I will strive every day to see that happen within the Asatru Folk Assembly. HAIL THE GODS, HAIL THE FOLK, and HAIL THE ASATRU FOLK ASSEMBLY



Bradley Hayes
Apprentice Folkbuilder
bhayes@runestone.org

Panama City Moot



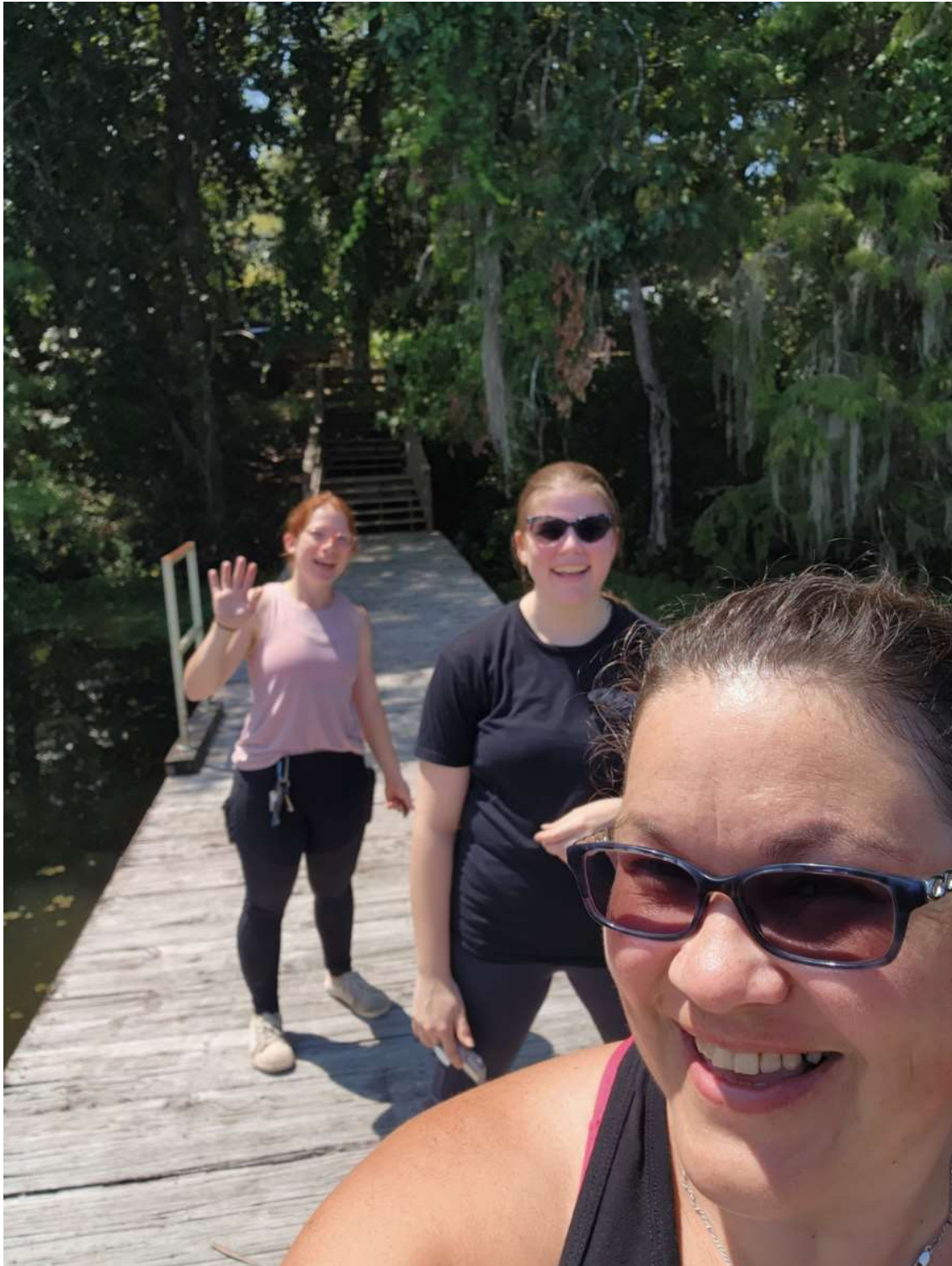


Panama City Beach moot was at Dat Cajun place. We listened to a band while having the best cajun food in town. If you are able to visit one day, we suggest the crawfish etouffee and the alligator poyboy.



Amy Stoddard
Apprentice Folkbuilder
astoddard@runestone.org

Ladies Camping Moot in Florida



The ladies (Amber, Rachel, and myself) converged at Coe Landing Campground in Tallahassee, Florida during the last weekend in August.



We spent two nights camping out together. We cooked food fireside and slowed down to harmonize into the sounds of nature. We were filled with smores and crackling fires and sunrises on the water.



Mike was kind enough to bring us delicious donuts in the morning while we packed up and got ready to get back to our loved ones. We are all returning to society relaxed and ready to tackle anything.



Katie Joyner
Apprentice Folkbuilder
kjoyner@runestone.org

Lawtey Freyfaxi Blot



On August 25, 2023, I attended the Freyfaxi Blot at Lawtey, C.I. As always, the Gothi and his assistants were well prepared and conducted an excellent nine step Blot. The Ve and the participants were saged by the Gothi. The Gothi gave a detailed explanation of the purpose of the Blot. One of the Gothi's assistants provided a reading from the lore, and another read a poem. In blessing the Ve, the Gothi recited the blessings in Icelandic.

We incorporate the Sumbel into the Blot. The Gothi give an offering to the Bowli (offering bowl) after each round. The participants were asperged with the offering from the Bowli. At the end of the Blot, the Bowli is offered to Nerthus in a landscaped area within the educational enclosure.

We then feasted on Sonny's Bar-b-que and Dunkin Donuts. The conversation concerned events happening in their lives, what was happening in the world, and what

was happening in the AFA.

The brothers asked how the Prison Ministry program at the AFA was going. I indicated to them that the Alsherjargothi was participating now. That there was a great brother, James Ault, in Wisconsin that was volunteering. I also told them I was trying to get others to volunteer, but I was not having any luck.

I write this article in the hope that there are others that are willing to help the Folk that need us the most. If you are willing to volunteer, I am willing to help you in any way I can to accomplish this.

Hail the Goddesses and Gods!

Hail the Folk! (Both in and out)

Hail the AFA!



Folkbuilder Otto Rafuse
orafuse@runestone.org

German Restaurant Moot



Some of the folk got together at Hollerbach's Residence in Sanford to celebrate and eat really amazing things. We will return in October, date to be announced later.

Friendship and Family



Every month I look forward to seeing all of my favorite people. I count down the days, carefully select many things to bring and make other arrangements.



I see so many of you at the monthly event and I am lucky enough to make additional plans in between with so many of you. This is one of the reasons why the AFA is the family you choose, and I can sincerely feel how much it means to you all.



There is no way to express how blessed I am to have you in my life. Hail!



Folkbuilder Tracy Adler
tadler@runestone.org

Bring Your Own Steak Moot



Eating a nice steak is one of the joys of life. Combine eating steak and dinner with the folk and you have a great afternoon. Have grill will grill. 11 folks join my wife and I for a bring your own steak moot. We feasted on baked beans, potato salad, deviled eggs, beer, cookies, and banana rum bread pudding. A great time was had by all.



Folkbuilder Mike Joyner
mjoyner@runestone.org

Georgia

Battlefield Blot and Moot



This past weekend, I was joined by the Cameron family for a hike at an important Civil War site south of Atlanta: Brown's Mill. Scattered up the trail were signs detailing the events of the battle, the Confederate victory, and the local families of our folk who used to reside there. We had an amazing time being in nature together and seeing some of our history.

At the end of the trail was a small lake and lone tree on the shore, at which we decided to have a Blot. That day, Gothi Trent was presiding over a funeral for one of our members, Michael Vaughn, so we prayed to the Allfather that his spirit be brought safely to the halls of our ancestors.

Hail the Gods! Hail the AFA!

Jordan Wells



Apprentice Folkbuilder

jwells@runestone.org

Stone Mountain Hike



For the month of August, we decided to hike to the top of Stone Mountain. Our little family and Jordan Wells set off in the morning on this adventure. The hike to the top of the mountain is roughly one mile, however it also has an elevation gain of 700 feet. It was an intense hike with the sun rising above us, causing the Georgia heat to turn up. In these times of exertion, I like to reflect on what our ancestors must have struggled through. What challenges did they face with the climate? With the landscape? And they did so without modern luxuries. We powered through and made it to the top of Stone Mountain. It was such a reward to have climbed all the way up and be met with a beautiful view of Midgard.

I believe in these times of hardship it is important to stop and reflect on our ancestors. They may not have had the exact same hardships, but we are here today because they chose to fight on. It is important that we do not forget that we are ancestors in training.



Amber Cameron
Apprentice Folkbuilder
acameron@runestone.org

Let's Take Stock



As we start winding down the summer months, it's important to take stock of what we have achieved. To contemplate what we have done well and what could've been done better. In times past, our Folk would have been gearing up to plant winter crops,

moving the summer harvest to storage and understanding that the warmth of today is the precursor to the cold of tomorrow.

We often say during these brutally hot and humid days that we wish for the cold. Yet when it is cold, we yearn for warmth. We are programmed to look for the next thing. It allowed our ancestors to build up the world around them. However, unlike them, today we have an infinite number of next things. You and I could not satisfy every different type of urge or material satisfaction in multiple lifetimes. Nor if you could, would you find lasting happiness.

Our true and long-lasting joy is gifted through our relationships. These relationships are built by what we say, give and do to others. Much as those before us began to take stock this time of the year. I ask that you stop, take a moment, and consider what you have. Thank our Gods, thank our Ancestors and thank the Folk. For today is a gift and tomorrow is not guaranteed.



Jace Cameron
Apprentice Folkbuilder
jcameron@runestone.org

South Africa

Striving for Physical Excellence

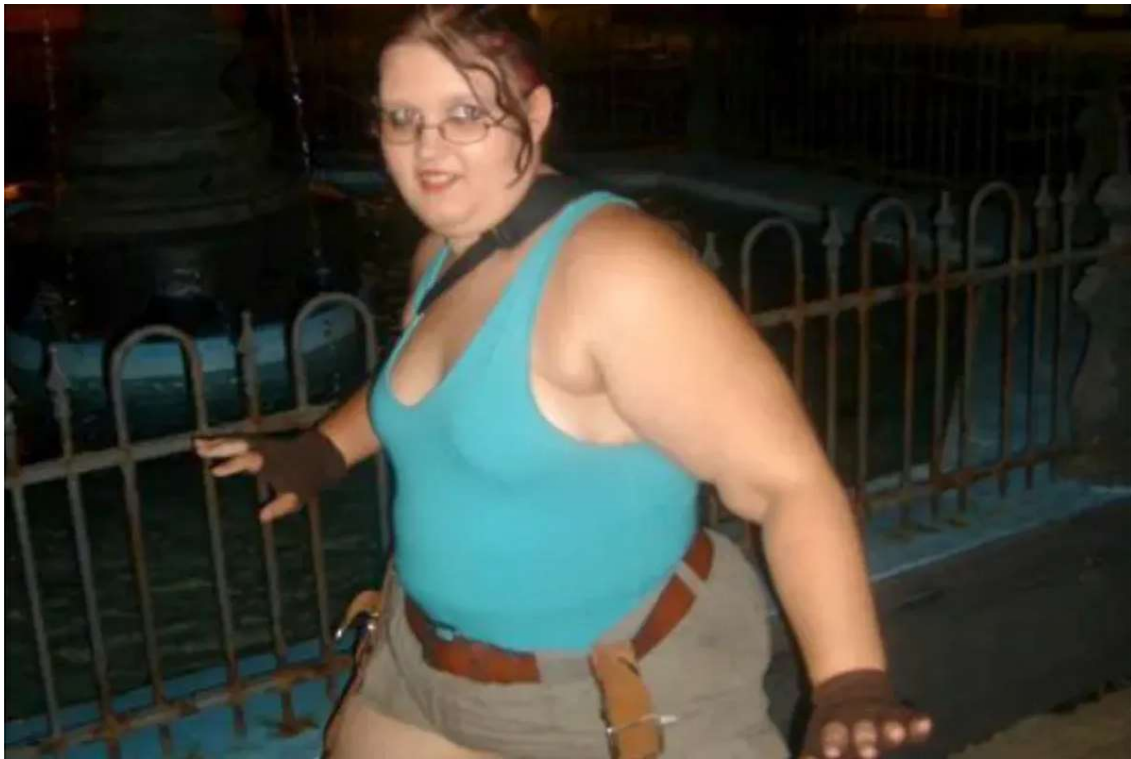


Physical Excellence is not just the name of one of the AFA groups on MeWe – it is also a principle that we should all be striving to uphold.

Focusing purely on the mental and spiritual, and neglecting the physical, is a current that has existed in Western civilisation for millennia. It did not start with but reached some of its worst forms among the early as well as the medieval Christians.

Fortunately, the opposing current, that of striving for physical strength and beauty, is also very ancient, and has managed to survive to this day, when it is beginning to flourish again.

As others in these pages have pointed out, there is a tendency among some who re-embrace the faith of our Ancestors to go overboard in trying to role-play as Vikings. They copy hairstyles and clothing, and wear accessories they saw on television shows purporting to depict Vikings (and which are almost always completely historically inaccurate). But somehow, they seem to neglect the fact that the Vikings would have had to pay a lot of attention to physical health and fitness. Operating a longboat and engaging in armed combat required immense physical strength and endurance, of the sort that 99% of us today could not even begin to fathom.



Dressing up like a Viking while being obese and unable to do a single push-up just makes us look as bad as a Lara Croft cosplayer weighing 250lbs.

In a recent episode of Victory Never Sleeps, Alshergjorthi Matt Flavel said that “it’s time to decrease the obese”. His concern was and is for the health and well-being of our people. We all know that being obese leads to several serious health issues, almost all of which will reduce lifespan and have other deleterious effects, including reducing and even eliminating fertility.

Unfortunately, it has never been harder to maintain a healthy weight than it is today. Modern food is loaded with unhealthy seed oils and high-fructose corn syrup. These and other unnecessary, unnatural additives can not only make food more addictive and more calorically dense, they can even create health problems unrelated to the obesity they also cause.

Many jobs force people to be sedentary for most of the day.



It is undeniable that avoiding that unwanted fat, and getting rid of it once it has piled up, is more difficult than it once was. But it is doable.

And it is also a responsibility. We owe it to ourselves and our folk to be as healthy as we can be. It is a challenge, and we owe it to our Ancestors to face up to this challenge. We owe it to the Gods, who bless us with strength and abundance.

I know it is not easy. I know that because it is a daily struggle for me as well. Health issues prevented me from being able to exercise for some time, which did not help my attempts to lose weight.

But recently, I have been able to exercise again. I figured this was as good a time as any to also get more serious about what I was eating.

As a result, I have lost 30lbs since the middle of June while following a ketogenic diet and exercising a few times a week (the exercise helps, but much like muscle is built in the kitchen and not the gym, so is fat lost in the kitchen).

There are a lot of great resources out there that can show you how to follow a keto diet that will lead to weight loss, as well as great exercise programmes (please email me and I'll point you in the right direction).



I am nowhere near reaching my goal, but I am a lot closer to it than when I started. I am also healthier and stronger and feel better mentally as well as physically.

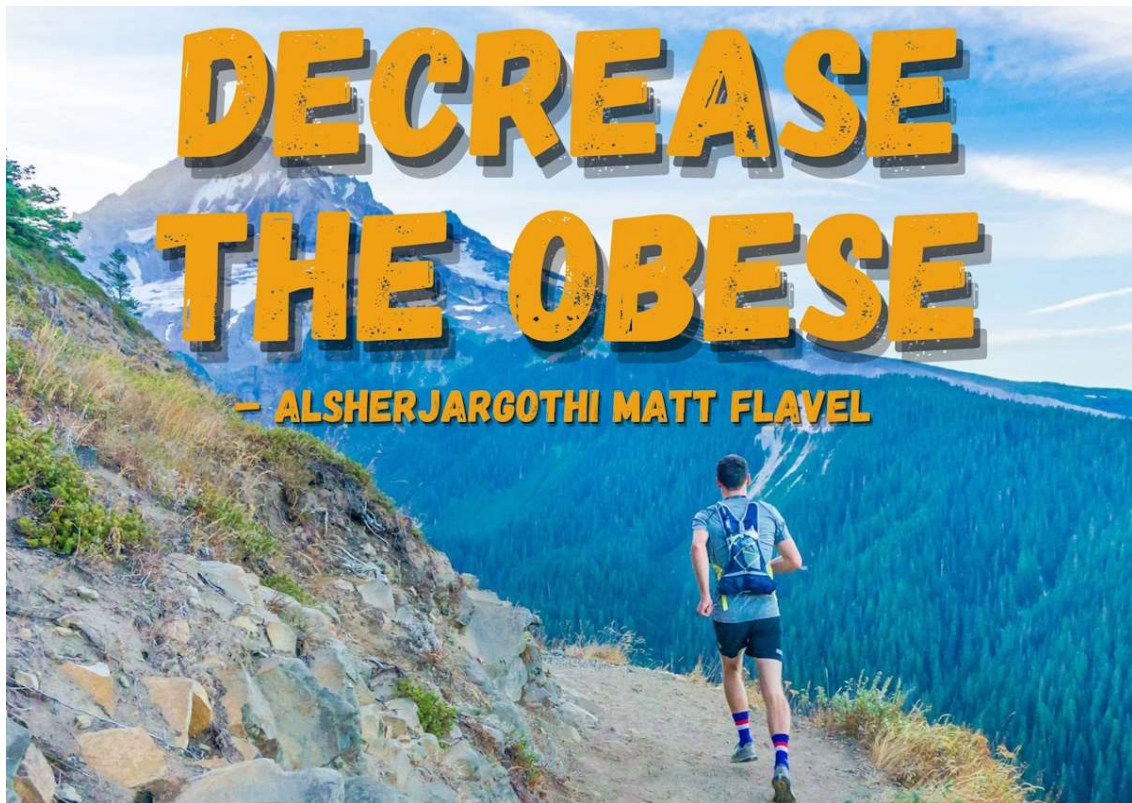
I'm not going to win Mr. Olympia. But when it comes to physical excellence and physical health, your only real competition is yourself.

All you have to do to win is to every week see the number go down on the scale, and see the weight go up on your barbell or dumbbells. The only enemy is who you were yesterday – can you beat him or her today?



Let's approach the war against obesity as we would any other life-or-death fight – because that is exactly what it is.

I've said it before and I'll say it again: Our enemies want us fat, weak and demoralized. Don't give them the satisfaction of seeing their plans succeed. Get stronger, get leaner, get more flexible.



Let's live up to our name – Aryan – by striving for physical excellence.

Decrease the obese!

South Africa Happenings — Charming of the Plough



On August 13, we celebrated Charming of the Plough on a spot of land about to be planted with vegetables.



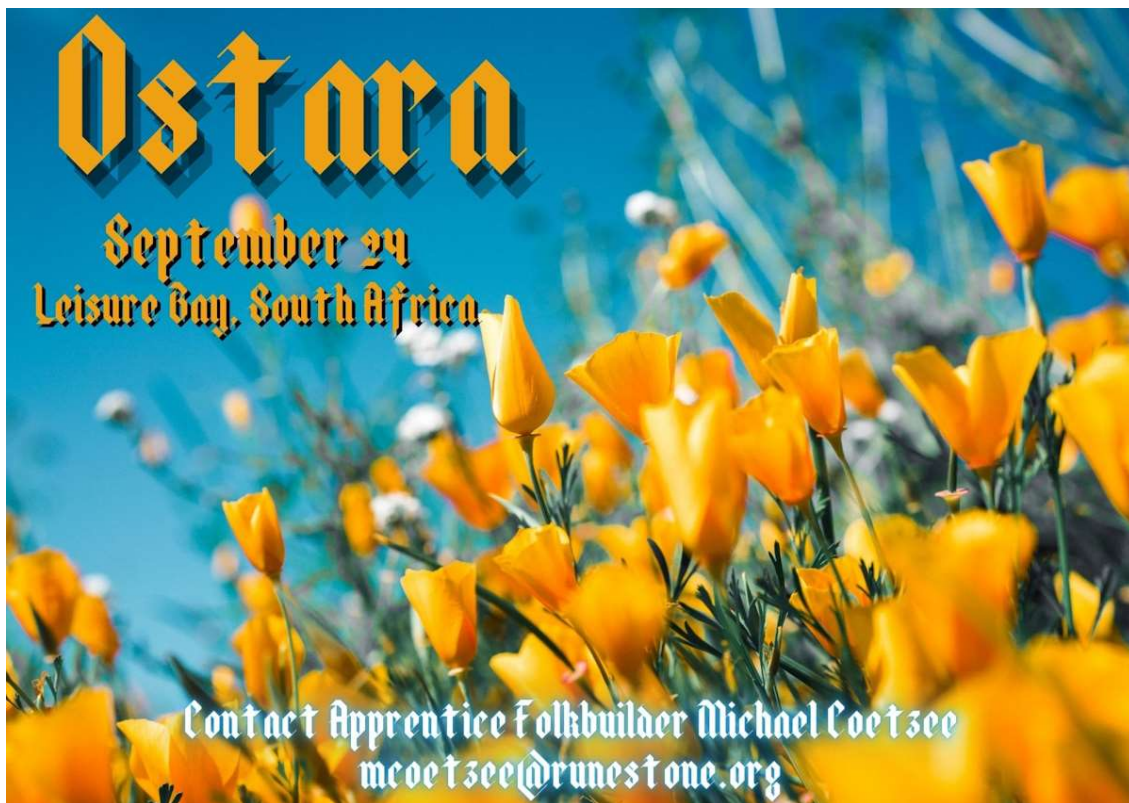
Our Freyfaxi offerings from earlier this year were grown in the same spot. From the Gods, to the earth, to us; from us, to the earth, to the Gods.

South Africa Happenings — Johannesburg Coffee Moot



The first Coffee Moot in Johannesburg took place on August 26. We hope to soon have more members in South Africa's biggest city.

Upcoming Events



Michael Coetzee



Apprentice Folkbuilder
mcoetzee@runestone.org

Texas

Karaoke Moot - Dallas, TX



On Friday August 4th, members of Friðr Folk Kindred met in Dallas, TX for an evening of karaoke and camaraderie! Singing is one of the most ancient expressions of the spirit, and it's fun nights like these that make for a break in the monotony of everyday life and rejuvenate the spirit.

Texas Harvestfest 2023



From August 25th-27th, 2023 Fríðr Folk Kindred Texas hosted its largest event to date: Texas Harvestfest 2023! Texas Harvestfest was a full weekend retreat complete with a group hall, full kitchen, and air-conditioned cabins, all located just off a gorgeous lake surrounded by beautiful cliffs. Friday afternoon, people from all across Texas and from as far away as New England began checking in. An evening of great food followed as everyone settled in and got to know each other.



Saturday morning kicked off with a delicious breakfast, and afterwards games were held including a human wheelbarrow race, a three-legged race, games of strength, a relay race, finally ending with many rounds of an ancient Germanic drinking game called Hammerschlagen, played with a keg of tasty passionfruit mead sourced from a local meadery. After everyone cooled down with some lunch and cold drinks, we rolled into a deep discussion about gratitude. Harvestfest for us means a celebration of overcoming the hardships of this rough Texas summer and enjoying the fruits of our labor, and we are so thankful for the blessings that Freyr has brought us.



We began the evening with a blot to Freyr. He has given us so much to be grateful for, so it's important to us that we give offerings to him and invite him into our circle to enjoy the feast we have put together with us. Afterwards we held an auction with tons of cool items donated by our AFA members, much of it homemade, to help support our event. After a feast of crock pot pulled pork and other delicacies, we began our candlelight high sumbel with a memorial to our recently departed friend Michael

Vaughn. We asked him to guide us from the other side of the veil as we each pulled a single rune from the offering plate on which we had previously placed his meal offering on. The rest of the evening was full of toasts, boasts, and heartfelt moments as we celebrated with food, drink, and fun into the wee hours of the night.



In the morning we ate a quick breakfast and began cleaning and packing up. Then we held one final blot: a wayfarer's blot to Thor! It was high energy and explosive as we

thanked Thor for the strength it took to make it through this summer of record-breaking heat. A squirrel even walked up to our circle and began eating a biscuit from our offering plate to show the approval of the land spirits! We then said many heartfelt goodbyes and began to make our way home.



Texas Harvestfest 2023 was a truly incredible experience and we can't wait to come

back and do it again even bigger next year!



Folkbuilder Justin Day
jday@runestone.org



Copyright © *2020* Asatru Folk Assembly. All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

