

Voice of the Asatru Folk Assembly

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Óðinshof

First Hof of the Asatru Folk Assembly

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Words from the Alsherjargothi



For those that do not know, my mother, Janet Flavel died a few days back. It was not an unexpected passing, but it still is painful and has given me a good opportunity to reflect on things. Some of this may be rambling, but they are thoughts that I find worth mentioning, nonetheless.

My mom spent the last 15-ish years of her life with the slow and merciless process of dementia. I gradually lost more and more of my mother until she was completely gone. We often think of our soul complex from a theoretical point of view. I got to

watch the slow deconstruction of that complex over the march of years. This illustrated to me, in the most profound of ways, how we are all made up of pieces that make us "us," and as those were stripped from her one at a time, it taught me a lot. I feel I now understand what's meant when Óðinn says in the Grímnismál "For Hugin I fear lest he come not home, But for Munin my care is more."

I also am deeply comforted in the knowledge that my mother will look on from beyond the veil and watch over my family. I know we all think that, or "believe" this to be true but I FEEL it now in a profound way.

I don't write this to be morose, but I wanted to share some things that have been on my mind. Life is short. The older I get, the more aware I am aware of that. There is limited time, and we all have so many dreams to accomplish. The time is now, don't waste time, don't waste opportunity to build your legacy. Also, as I have come to understand, the best way to stave off senility is to keep mentally active. Always learn more, always think critically, always strive to be more than you are. A thought to leave you thinking on this month—our myths illustrate time and again that entropy occurs when we stand still. If we don't strive, if we don't move forward, the pull towards degeneration and chaos wins. The key to legacy is constant motion, doing more, achieving more, being more. By doing this, we stay one step ahead of the wolf.



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Words from Our Witan

Hexennacht Ritual



At Hexennacht, my blots tend to focus on the magic of women and gifts to the goddess Freyja. Three “mighty women” are called upon during Blot to bless the Folk with fire and smoke for protection in all realms, material, physical, emotional, and spiritual. Freyja, skilled in seidr, is given our gifts of gratitude and devotion and we ask for her to bless the folk with strength, determination, self-awareness, and skill to let us work our own “magic” in our own lives, in whatever way we can, whether that be through crafting and creating, building our physical and spiritual selves to greatness, or destroying all obstacles in our paths to victory.

Items needed:

Horn

Mead

Bowl

Cauldron

A stick to suspend the cauldron

Sand (if using cauldron, fill the bottom of the cauldron with sand)

Charcoal

Lighter

Lavender

Rosemary

Mugwort

Assistants:

3 ladies of the folk

Gather your folk and have the women bless the mead. Enter the ritual space in a

sunwise motion, forming a circle around the central altar.

“Hail the Holy Æsir, Gods and Goddesses of our Folk! We ask you to join us today as we honor your kin!

Hail the Æsir!

Hail to the Honored Ancestors, Mothers and Fathers as far back as time remembers! We ask you to join your sons and daughters gathered here and witness our devotion!

Hail the Ancestors!

Hail the Friendly Vaetter, spirits of this land and place! We ask you to look upon us in worship, see our deeds!

Hail the Vaetter!”

“Freyja! Beautiful goddess of both power and beauty, of strength and love,

We give gifts of ourselves to you!

We give you our devotion, our love, our respect, and our might!

Hail to you, Freyja!

The daughter of Njord,

The wife of Odr,

The sister of Frey,

The mother of Hnoss and Gersemi,

You show us the power of love,

The power of strength,

The power of endurance.

You show us the power of the mothers, of the daughters, of the sisters and of the wives!

You teach us to be better women!

You inspire us to be better men!

Folk, prepare your gifts for Freyja. From your heart to your hand, and from your hand to the horn, give the best and brightest of yourselves to her.”

Ask your hornbearer to collect the gifts of the Folk

“Freyja! The horn is heavy with the gifts of your Folk.

If you find them worthy, take them from us now.”

Hold the horn high and await the acceptance of Freyja.

Pour the gifts into the bowl.

Refill the horn.

“Freyja, we have given you our gifts and we ask that if you find these folk worthy, bless us with gifts of your own.

We ask you to bless us with strength and will,

The ability to find our own power within,

To overcome and to achieve our goals.

Let us find that spark within ourselves, our own “magic”, our own gifts and talents.

Hail Freyja!”

Receive the gifts of Freyja. Walk the horn around the circle of gathered folk and offer them the gifts of Freyja.

Pour remaining mead from the horn in the bowl.

Light the charcoal disc and place on top of the sand in the cauldron.

“Hexennacht, in days of old, was the time of movement and preparation, of both folk and animals.

A time of transition and of magic.

Our folk gathered, men and women, young and old, in celebration.

As the herds and menfolk who tended them went out to pasture, they were blessed for protection and strength, and for a safe return.

Fires were tended, celebration made, and prayers spoken.

The magic of the Folk, was sent with the men and the herds.

They were sent with hope. They were sent with song, dance, blessings, and joy for the future.

As in days of olde, our women will bless you now.

Though you may not be tending the herds, remember you are tending your families, and leading your Folk to victory.”

Motion your first assistant to come forward. She will place the lavender on top of the charcoal.

“The first woman approaches,

With the devotion of a daughter,

With the love of a sister,

And with the compassion of a friend,

She lends herself to the Folk.

To bless you and to remind you that you are loved and never alone.”

The first assistant should take her place at one end of the stick if a cauldron is being used.

Motion the second assistant to come forward. She will place the rosemary on top of the

charcoal.

“The second woman approaches,
With the support of a wife,
With the protection of a mother,
And with the strength of an aunt,
She lends herself to the Folk.

To bless you and to remind you that you will always be protected and supported.”

The second assistant should take her place at the other end of the stick if a cauldron is being used.

Motion for the third assistant to come forward. She will place the mugwort on top of the charcoal.

“The third woman approaches,
With the wisdom of the grandmother,
With the memories of the great-grandmother,
And with the ancient knowledge of the Disir.
She lends herself to the Folk,

To bless you and to remind you of your own immortality”

The third assistant should take the fan. All three women should move together around the circle, blessing the folk with the smoke from the cauldron.

“May the Gods and the Ancestors bless you with strength!
With love!
With protection!
With victory!”

After the blessing is completed, close the blot.

“This blot has ended.
We have given our gifts and received gifts in return.
Take the blessings of Freyja and the blessings of your women.
Go forward with passion, with strength, and achieve the victory that awaits you!
Hail the Gods!
Hail the Folk!!
Hail the AFA!!!”



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Words from Our Gothar

Individualism and the Clan



Our Germanic world view puts unity ahead of all else. Individuality has no context outside that of the clan. The power of *o* is orderly and harmonious; it follows *r* (the right path). It is here where peace and freedom reign. Our ancestors compared “the group of kinsmen to a fence, Stave by Stave, enclosing a sacred ground. When one is struck down, there is a breach in the clan, and the ground lies open to be trampled on.”

This is Frith, and to be removed from that enclosure, to be deprived of human context is to be obliterated. Worse than death one becomes a Niðing.

If personal sympathies and antipathies can never stand up to the authority of Frith, how did this ideal of individualism come to take such a grip on our Folk? Particularly in

America, where it was even further aggrandized to a “rugged individualism”. What causes someone to want to distance themselves from their people, their clan, or even their immediate family in extreme cases?

Well, we know the sacral locus of most Folk-religions is the Folk community itself.

The sacrality of the community is expressed in rituals celebrating the relationship with their own gods and “promote a strong sense of in-group identification and loyalty.” In contrast universal religions have the salvation of the individual as the sacral locus.

Gilbert Murray states “It is an atmosphere in which the aim of the good man is not so much to live justly, to help the society to which he belongs and enjoy the esteem of his fellow creatures; but rather, a means of a burning faith, by contempt for the world and its standards, by ecstasy, suffering and martyrdom, to be granted pardon for his unspeakable unworthiness.”

The Chinese experienced this in the third century when instead of the Confucian ideals of preservation of the body and perpetuation of the family, many turned to Buddhism with its celibacy and ritual acts of body mortification, albeit with much less impact.

People in individualist cultures are less aware of Innangard / Utangard boundaries. They show little emotional commitment or loyalty to the Innangard and do not hold a sense of common Wyrð with other members.

But this atomized existence is not in harmony with the cosmos (Xartus). Our Folk-Soul aches for those connections to be re-established. The dissonance of not living in harmony with the natural order or primal laws harms our Folk in various ways. Like a missing limb we experience that phantom pain. We have been taught independence is the goal to strive for, but interdependence is the ultimate goal. One moves from being wholly dependent as a child, to being independent, to reach our full potential though we must let go of that independence and become interdependent with the clan. g is the rune of sacrifice (making sacred). This is the mystery of the interdependence not just between men, but between the gods and men.

Of all the baggage those of us raised Christian carry, this hyper-individualism is the most detrimental and hardest to shake. Some may even mistakenly come to Asatru for their individual bona fides (being Asatru to distance oneself from Christianity is not pious) and will either embrace the natural order of tribe over the individual, as is our folkway, or they will withdraw to their solitary practices, free of the obligations required by Frith. Individualism is the easy path, but it is not the right path. Freed from that limitation of individualism they grow stronger and make our folk stronger as a whole.

This is the deeper value of our motto “Asatru is about roots, it’s about connections, it’s about coming home.” Only within that fence of Frith do we find the freedom to become who we capable of being. It is here where the divine speaks the loudest to us, it reverberates off our members and is amplified in a way that is impossible for the individual. It requires sacrifice of the individual as exemplified by the All-Father. Óðinn did not sacrifice himself to himself to gain the knowledge of the runes for himself, he did it for the Æsir that they could bring order to the cosmos for the benefit of the descendants of Ask and Embla.



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Orthodoxy in Asatru



We live in a time where “dogma”, “doctrine”, and “orthodox” are considered bad words, especially in “pagan” circles. This is because these words all bring to mind images of Christianity during the high Middle Ages: images of priests, ceremony, ritual, rules, and ostracizing when those rules are broken.

These concepts are NOT Christian concepts. They are simply religious concepts in general!

Many “pagans” in our modern times will say that Asatru is about following your heart, not listening to anyone else, only connecting with the Gods to “work” with them, etc.... This is demonstrably incorrect, a major disservice to our ancestors, and egregiously impious.



Our ancestors did, in fact, believe in hard truths about our faith, as did every other ethnic group regarding their ethnic faith, as did every universal faith, and so on. Much of Asatru was not up for debate, just like one would see in any real religion. For example, imagine debating with a Christian about whether or not Satan is evil. It sounds quite silly, doesn't it? Christians will not bend on this, because it is part of the orthodoxy of their faith, and it would cease to be a religion if this were simply a matter of personal opinion!

Asatru should be, and is, much the same in that regard. There are hard facts in our faith: the Gods are real, Loki is not worthy of worship, the runes have power, and so on.

None of these points are up for debate, and none of these are a matter of opinion if you are truly Asatru. If you disagree with any of these points, then Asatru is a purely academic pursuit for you.

Asatru is a REAL faith, with REAL rules, where our people connect with our REAL Gods. Anyone who says otherwise is not seriously interested in this faith.

Gods be praised.

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Walk the Pious Path, for Upon Victory Lies



Life is good, treat it as such! Great with prayer, and a heart open to the gods, and your ancestors:

"Hail, day! | Hail, sons of day!
And night and her daughter now!
Look on us here | with loving eyes,
That waiting we victory win.
"Hail to the gods! | Ye goddesses, hail,

And all the generous earth!
Give to us wisdom | and goodly speech,
And healing hands, life-long."

Without faith, and piety towards our gods, building yourself up, and taking on the world is daunting. Perpetually theorizing about the gods closes you off from experiencing them. Learn what you need too and put faith in those who have dedicated themselves to their service and spend more time building a relationship with them instead. All the esoteric knowledge, and practice will never come close to the power of being a doer, winning the favor & blessings of gods.

Don't be too hard on yourself, as you grow and journey in Asatru. It's a faith, a series of ongoing relationships, and at times trials. These are things set in motion by the gods, and past actions of our folk, that are opportunities to shape us for the better and thrust us upward in life. This is why the gods & challenge bless those who are loyal, endure, and have conviction. They want us to be more like them, and growth & evolution is seldom comfortable. Be bold, have principles, be noble, and absolute in all that you do. Make each act you commit into action, an act of worship. Life is good, live it!

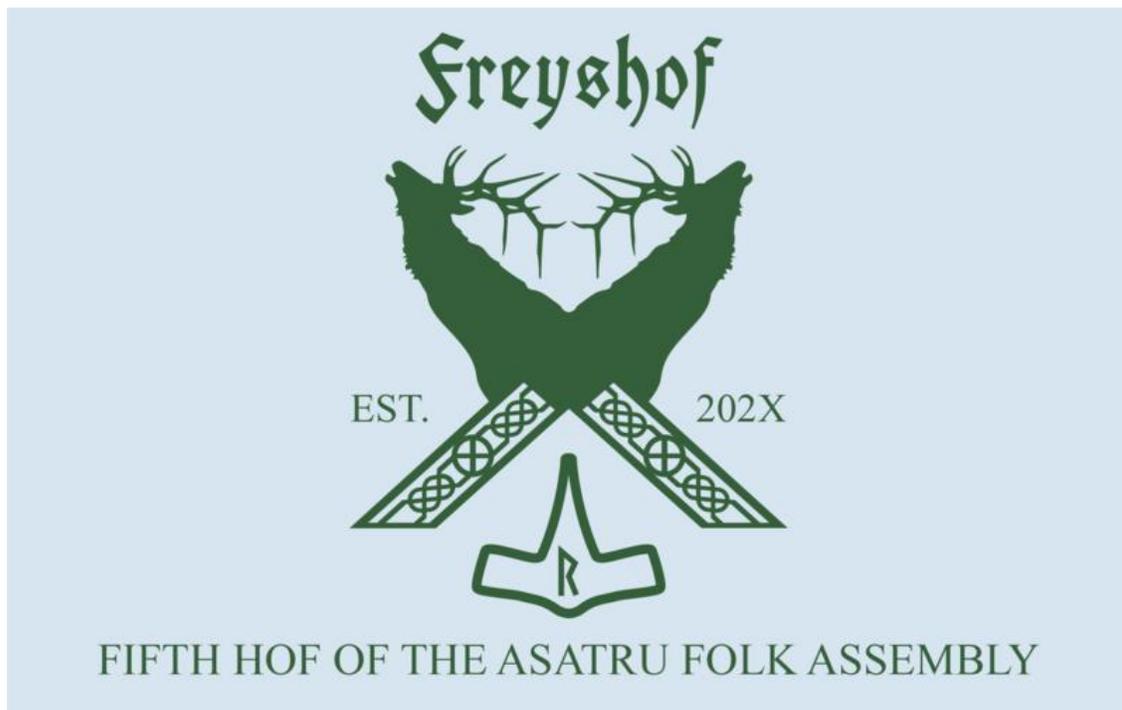


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The Quest for Freyshof

“Njördr in Nóatún begot afterward two children: the son was called Freyr, and the daughter Freyja; they were fair of face and mighty. Freyr is the most renowned of the Æsir; he rules over the rain and the shining of the sun, and therewithal the fruit of the earth; and it is good to call on him for fruitful seasons and peace. He governs also the prosperity of men.”

– Gylfaginning



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

This sacred quest has had a great start so far! The generosity has been amazing, as always!

This is the list of things that need to happen before we can make Freyshof a reality:

1. We need to pay off Njörðshof. We took out 2 separate loans for this hof. As of this month, we have paid the smaller of those loans off entirely! We now owe \$112,399.58 on our remaining loan.
2. We need to raise our monthly donation average by 7.5%. (This is membership dues and Hoftollar plus other donations)
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

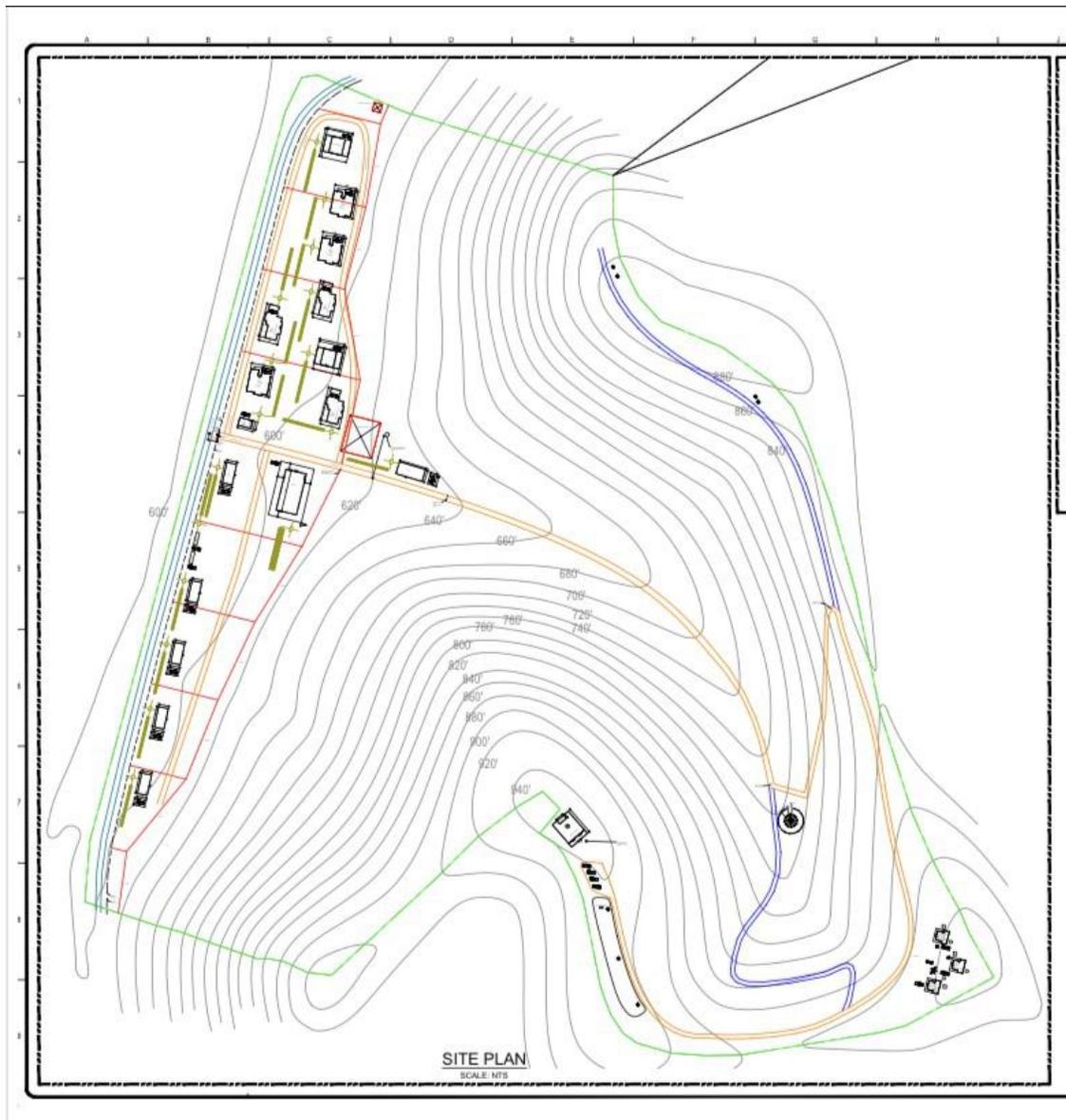
This is not a "quick" process so stay patient and resolute. As we progress, I will keep you all updated on our progress!

Hail Freyr!

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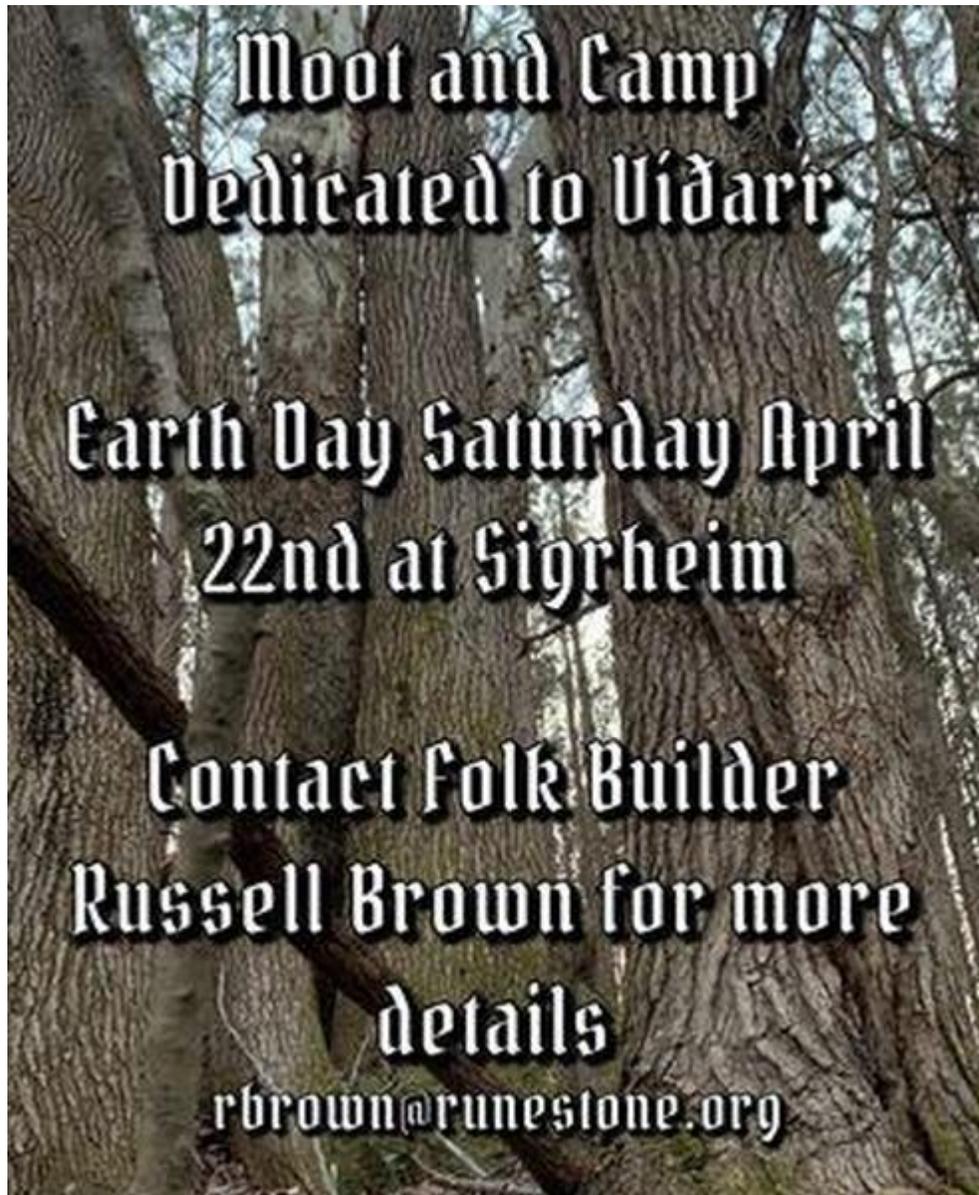


Sigrheim: Home of Victory



Last month, a team went out to consult a septic engineer and to take more accurate

measurements. This new information is reflected in the updated site plan.



Plans move steadily forward for the home of the Asatru Folk Assembly! Our first resident is moving out to the property this very month! Also, a moot will be hosted on site 4/22.

As this project develops, please keep in mind; the dream is certainly to have several families live on the grounds BUT ALSO to have as many AFA families as we can get to come live in the surrounding county. The dream of our AFA community is very real and there are options for all different types of property and all different sized lots within minutes of Sigrheim. We have several families already looking for homes/property close by!



And don't forget, Sigheim is OURS, and we can only build it up as the Capital of Asatru and the AFA with the help and donations of our generous Folk! Donate to the [Sigheim Fund](#). Plus, we'd love to see you out there in July for Sigrblót at Sigheim



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Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6pm PST / 8pm EST

vk.com/asatrufolkassembly

entropystream.live/app/MattFlavel

youtube.com/c/AsatruFolkAssembly

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AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org

Greetings everyone! We at the academy hope you had a wonderful Ostara. As we near the end of the school year, we are so proud of our students, and look forward to an even bigger school next year!

I'm sure you've seen our very nice Academy logo designed by the talented Madison East. But maybe you've noticed, we don't have something that every school needs—a school motto.

This is where our members come in. We want to hear from you! We need motto suggestions, which we'll translate into Old Norse rather than the Latin that you usually see.

Please email me at rstamm@runestone.org with your entry.

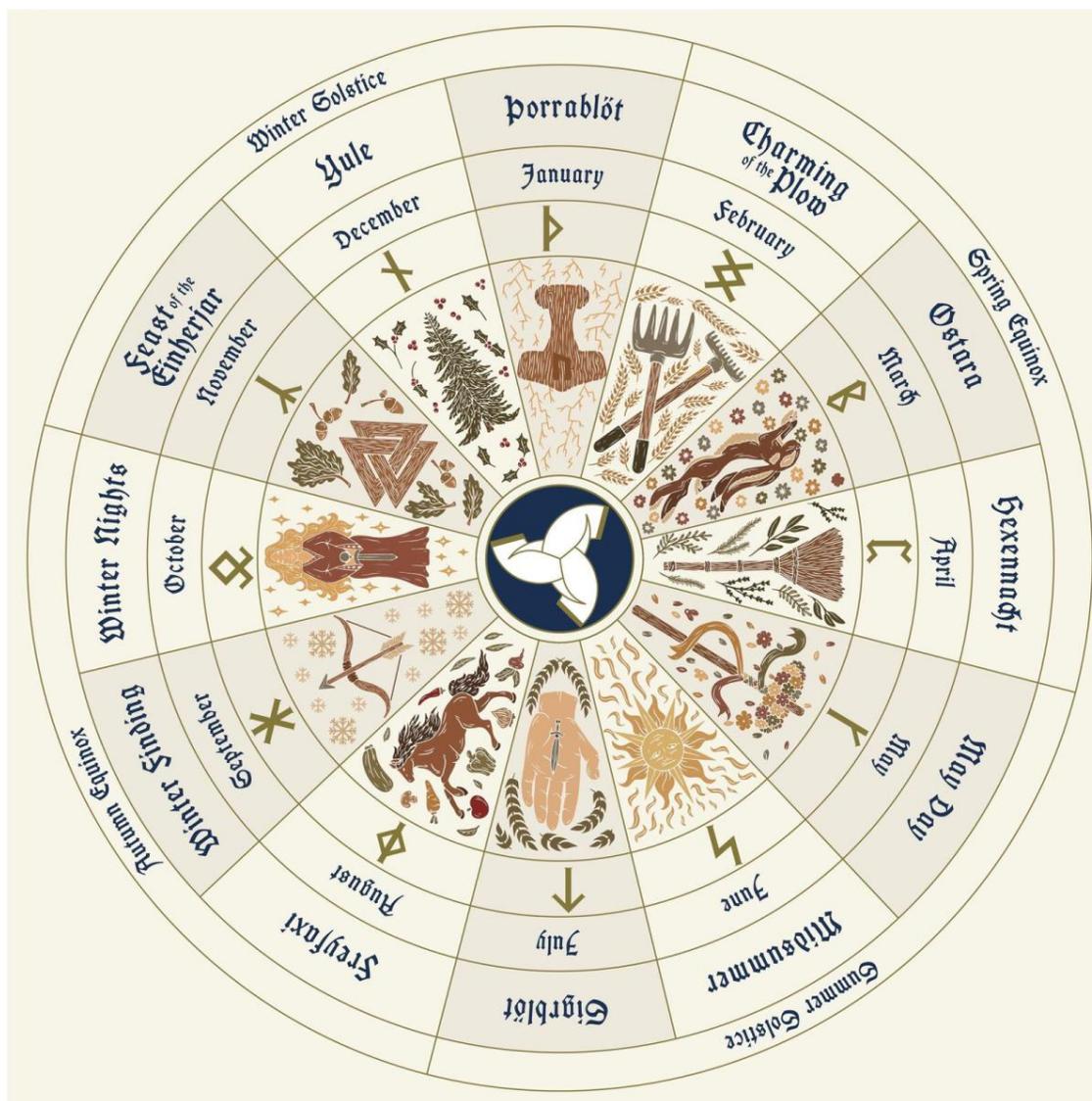
If we choose your entry, the winner will receive a t-shirt of your choice from the AFA store! And be announced in next month's Runestone!

We look forward to seeing what you all come up with.



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Remembrance and 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

Jarl Haakon



Jarl Haakon, or Haakon Sigurdsson, son of the Norwegian earl of Lade, was exiled to Denmark after the murder of his father by Harald II Graycloak. He soon allied with Harald Bluetooth and they overthrew his father's murderer. While Haakon became the sovereign in the west, Harald Bluetooth annexed southeastern Norway. The two would again join forces when Bluetooth needed aid in fighting against the Holy Roman Emperor Otto II in 974.

Though forced into baptism Haakon's faith in his gods was so strong that he was not only able to revolt against Bluetooth's efforts to Christianize Norway for a time, but

also to spread and expand his faith in his lands. In the end, powers that he could not control began to sway the attitudes of his men and he was killed by one of his own retainers.

Jarl Haakon was the last Asatru Ruler of Norway, his death in 995 CE leading directly to the takeover by Olaf Tryggvason.

So, what can we learn from this story?

There will always be people in our lives who do not understand our faith or our dedication to our faith. Even our friends might choose to try and change our minds. When the people we have trusted do this we can sometimes find ourselves doubting our choices, even if for just a moment. 'What if?' Take that breath and reaffirm your faith. It isn't always going to be easy, but nothing that is worth anything ever is.

With dedication can come reward. We might not be able to make everyone understand our values and our beliefs, but for every person who turns away, there is a person somewhere whose mind can be opened by our words. There is that person whose soul longs to 'come home'. They just don't know it yet. Perhaps your words, your dedication, your belief will be the thing that helps someone else find their way, and what better reward could there be for standing strong?

We must also take a moment to remember to curb our arrogance. When we become too sure of ourselves and our ability to stand tall against everything that would fight us, we can become blinded by the reality of the situation around us. Always remember to take time to take the measure of the situation. Take the time to know if it is a good time to talk or to hold your tongue.

Hávamál 54:

*Wise in measure let each man be, but let him not wax too wise;
for never the happiest of men is he who knows much of many things*



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John Gibbs-Bailey "Hoskuld"



This year, on April 22, the AFA marks the first official celebration of a Day of Remembrance for John Gibbs-Bailey, known as “Hoskuld”.

Hoskuld was one of the two founders of the Odinic Rite (along with John Yeowell, “Stubba”). Although writings on that organization’s website indicate his efforts were integral to the foundation of the OR, only limited information about him is available. There are no books or articles to be found that he authored, no pictures of him publicly available. Even in the Odinic Rite eulogy for him, it is stated that they did not know when he was born, or even when he passed away.

Gibbs-Bailey embraced Asatru in the 1930’s. He was a member of a number of smaller Asatru organizations from that time. While working with the different groups with which he was affiliated, Hoskuld developed the “Eight Charges and Virtues” of Asatru. These would later be expanded to Nine, in the 1970’s, and promulgated by the Odinic Rite as the well-known “Nine Noble Virtues”.

Hoskuld met John Yeowell, Stubba, in the 1950’s. Gibbs-Bailey’s influence played a strong role in Stubba’s conversion to Asatru. In 1973, Stubba and Hoskuld formed The Committee for the Restoration of the Odinic Rite, changed to the Odinic Rite in 1979 (at that point they felt the rite had been restored). Hoskuld served as the first Treasurer

of the Odinic Rite.

It is important that we honor and remember not only the heroes of the distant past, but those in more recent days whose efforts have contributed to the renewal of our Faith.

Hail Hoskuld!

Hail the Gods!



Folkbuilder James Cummings

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Holiday

Hexennacht



When the ground was thawed, and the colder weather was beginning to give way to it became necessary to move the cattle from the winter fields to the summer ones.

Hexennacht, traditionally, was a festival celebrating this very thing. The main focus of the holiday was the bonfire. The men would all gather and build the large need-fire.

They would then walk the cattle through the smoke to bless them before rehoming them for the warm months. Often the men would call on Frey during Hexennacht, asking for fertility and abundance.

While the men were off blessing the cattle the women gathered together for their own festivities. They had their own bonfires, and it was during this time that the women often burned herbs and practiced their local magic or Seidr. As the men called on Frey, the woman would often call on Freyja.

After the separate celebrations, men and women would come together and continue the festivities.

We in the AFA celebrate this day as Hexennacht instead of the more common “Walpurgisnacht”. Walpurgisnacht is named such because it is the night before the Christian feast day honoring Saint Walpurga, who was credited with healing and repelling witches.

Men and women celebrating separately and then coming together are one of the main features of Hexennacht, as well as the bonfire. A good way to celebrate the holiday might include the men building the bonfire while the women practice communal Seidr. When they are finished the men and woman can join together around the bonfire. The women can throw herbs into the fire, and, asking for the blessings of Frey and Freyja, the men, women, and children can each take turns walking through the smoke.



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Upcoming National Events

Midsummer at Óðinshof - June 16th-18th



Come and tread the hallowed hall of the high one! Come celebrate Midsummer at Odinhof!

Get your tickets [HERE](#)

Midsummer approaches!! And how exciting! For at this year's Midsummer, we present several educational and fun workshops, exhilarating highland games, fascinating talks, moving rituals, and family-friendly activities throughout the entire weekend.

Midsummer is the premier event of the year at Odinhof! We have pulled out all the stops this year to bring you great speakers! New and exciting workshops! Bountiful feasts! And as always, you can expect to feel the very heartbeat of the Asatru Folk Assembly when you walk the grounds, step inside the ritual circle of and enter the Hall of Odin! There is no better place to gather with your Folk and celebrate Midsummer this year! Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

Have a look at the amazing itinerary planned over on our [ticket page](#)!

Ticket costs include meals, camping, on-site showers, bathrooms, and all events occurring throughout. There are a few workshops that do require pre-registration, so make sure to sign-up for those that interest you and reserve your spot as space will be limited.

We will be having a raffle, auction, and several vendors, so don't forget to bring your cash or cards, and if you have a unique item you would like to donate towards the raffle, bring it along as well!

Lodging: Odinshof has free on-site camping and if coming from afar, we can assist with tents, bedding, etc. If dirt camping isn't your thing, there is also the Brownsville Motel nearby and several Airbnb's, as well as a casino in the area. For help with booking or any information, please contact [Sierra Chapman](#).

Weather: Even though clear skies and warm weather are expected, please keep an eye on the weather before arriving as it can be unpredictable at times.

Volunteer: If you would like to volunteer during the event and become an Odinshof Doer, please contact [Ashley Stockton](#) at your earliest convenience. It takes us all working together to make big events run smoothly, and those that volunteer receive an Odinshof Doers T-shirt!

Side note This time of year is also California's fifth season: FIRE SEASON! So, we ask you to please be very conscious if you are a smoker and stick to designated smoking areas and always place your butts in a can.



**Midsummer
at Óðinshof**

**June 16-18 2023
Brownsville, Ca**

Three transformational days with
leaders and members across the globe!

- + Rituals of all sorts
- + Memorable Workshops & Presentations
- + Outdoor fun & games
- + Children's activities
- + Vendors
- + Auction
- + Music & culture
- + Delicious meals

BE HERE FOR IT ALL!

Event Contacts:

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707.800.5333

Michael Sessumes
Msessumes@runestone.org

Sierra Chapman
Schapman@runestone.org

+ Artisans consider becoming a vendor!
+ Non-AFA guests must be vouched for

Purchase tickets through the website & register for workshops before all spots fill up!!
<https://runestone.org/product/midsummer-at-odinshof-2/>

Children are free!

+ Óðinshof has a large camping area & offers hot showers. There is also a nearby motel, casino and local Air bnb's
+ If traveling from afar and camping we are able to assist with bedding and tents

Want to get more involved?
Consider volunteering and help make Midsummer great!

All well-behaved dogs are welcome but must be leashed at all times and cleaned up after
Hard alcohol is discouraged & to respect families and our neighbors the noise curfew is midnight



Midsummer is Óðinshof's big fundraising event of the year so if you are unable to attend and would still like to donate, please feel free to do so.

As of right now, we are still working toward many repairs including a new roof that will cost us around 35k! This roof is needed before the next rainy season in order to keep Óðinshof up and running. The structure damage due to water could be slowly growing and repairing it is a must! For more information on this please keep an eye out for the soon to be added Óðinshof Restoration Project page on the Odinshof.org

website and pick up merch, participate in any active raffles, or just donate!

We can't wait to see you around the campfire!

Don't wait! Get registered today! Some workshops have nominal fees to help cover the cost of supplies. And they will also have limited available spots. Those workshops are listed under registration.

Event and Workshop Tickets [HERE](#)



Folkbuilder Ashley Stockton
astockton@runestone.org

Winter Nights 12 in Ohio



The Asatru Folk Assembly's Annual Winter Nights will be held between the Greater Dayton & Greater Cincinnati area in Clinton County, Ohio from October 27th – 29th!

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 includes all workshops, lectures, meals, lodging, 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.

Register at <https://runestone.org/product/winternights/> today!

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 limited; you must contact Witan Clifford Erickson if you intend to tent.
- The camp address will be provided after registration as the event gets closer. Travel plans can be made for Clinton County, Ohio.
- We are pleased to announce lower ticket prices this year, due to a change of venue to features a commercial kitchen and other amenities we had come to expect since the first event in the Poconos of Pennsylvania.

Member Family – Weekend: \$120

Member – Weekend: \$80

Member – Day: \$40

Guest – Weekend: \$100

Guest – Day: \$50

Child – Weekend: Free

Child – Day: Free

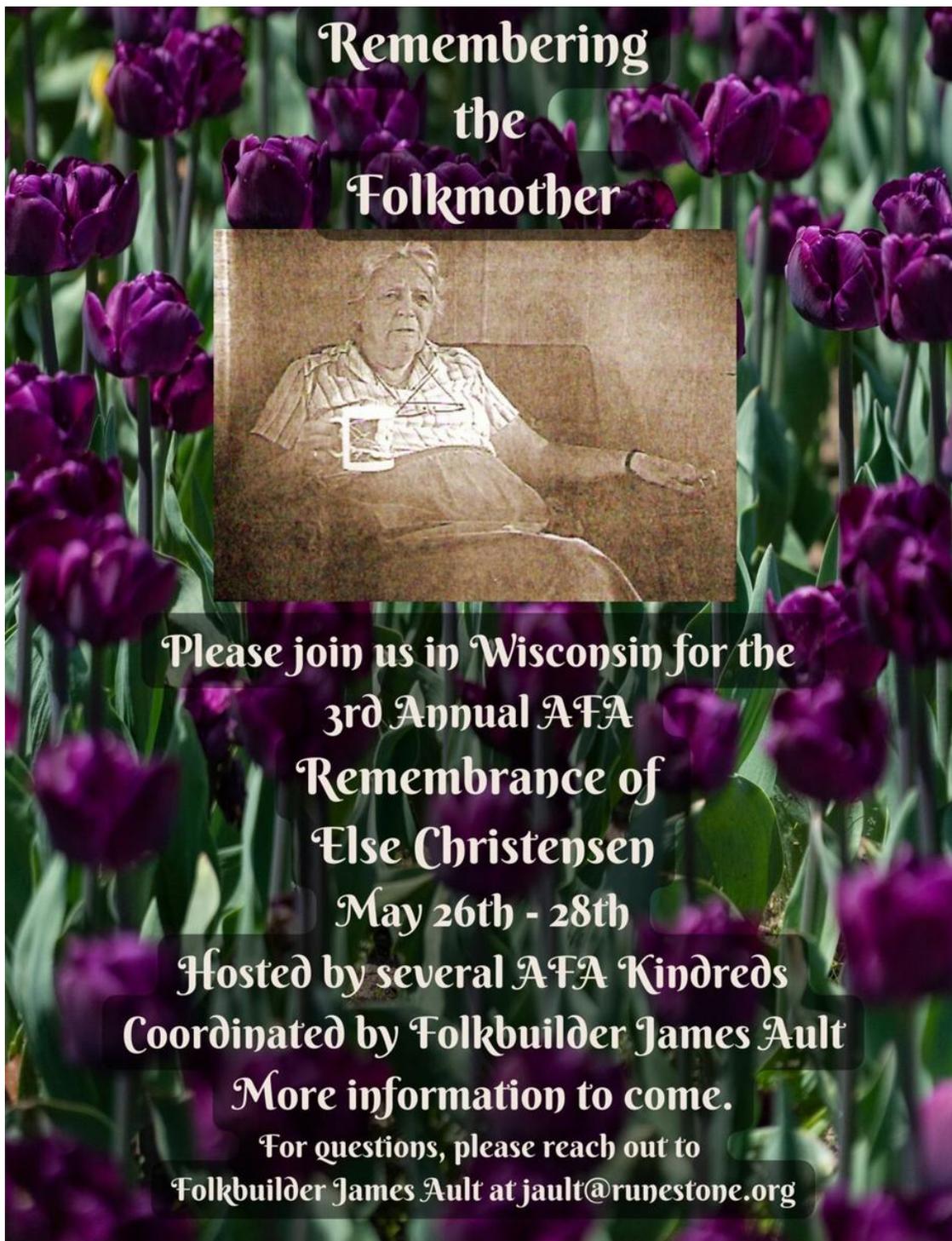
If you have any questions or concerns, please email cerickson@runestone.org.



Witan Clifford Erickson
cerickson@runestone.org

Upcoming Regional Event

ElseFest 3 in Wisconsin



Remembering the Folkmother



Please join us in Wisconsin for the
3rd Annual AFA
Remembrance of
Else Christensen
May 26th - 28th
Hosted by several AFA Kindreds
Coordinated by Folkbuilder James Ault
More information to come.
For questions, please reach out to
Folkbuilder James Ault at jault@runestone.org



Folkbuilder James Ault

jault@runestone.org

Óðinshof

Food Pantry at Odinshof



In March, we met the growing needs of our rural Brownsville community by giving food to 63 families on March 18th, nine of which were new. This represented a total of 177 individuals.

Our volunteers were outstanding. While others hurriedly filled cars with bags, Folkbuilder Mike Sessumes stood in the center of the parking circle with a donation jar.

In a hour it was filled with ones and fives, repaying our generosity of food with their own gifts in return. No one drives away feeling neglected or insignificant. Instead, they're all treated like long lost friends.



Next month, Mike will be passing out literature about the AFA and Odinhof to educate the community about who we are. As much as we do for the community, building trust and acceptance remain challenging. Ignorance has been our biggest challenge, plus overcoming the misinformation spread by others. That doesn't hold us back; it drives us on.



Next month marks the start of Year 3 for the Odinshof Food Pantry. It's clear that we could never reach this level of success without the help of the IFM, a Nevada County faith-based non-profit. They also see our commitment to help those in need. It's a great partnership. When I file our monthly report with the IFM director, we are sincerely thanked for our dedication. Over and over... "We are our deeds."



Gythia Sheila McNallen
sheila@runestone.org

Holiday at Odinshof

Ostara - Blooms Differently Every Year



This is year eight of Ostara at Odinhof, and some things are always the same. For children, it's a day of complete bliss as it was for us when we were young. From games, to art, to egg dyeing and hunting, their day was full.

For us adults, we made sure we took time for a Ladies' and a Men's Chat. For our women, it was a special experience. We were blessed with both new and returning members. As it often goes, we shared stories, talked about personal victories and the things for which we are grateful. We also practiced our special "ladies chant" in Swedish, passed on to us by Witan Brandy Callahan. This session was full of laughter and tears, but it was revitalizing, nonetheless. The feelings of sisterhood readied us for the Ostara Blot that came soon after.



It was truly a blessing for me to do this blot to our Goddess of the Dawn, Ostara. Leading the Disir blot Winter Nights is a favorite of mine, but I was so ready for this one. We had primed ourselves with the idea of planting seeds that would be personally transformative. We gave offerings, not just our troth and love to Ostara as the horn was passed, but we dedicated fresh flowers into the fire. As people stepped forward towards the fire, others shook handfuls of bells they were holding. It was a strangely unifying and uplifting act.

Our other special ritual was a Baby Naming for the son of Lucas and Emily Shelton. It was my honor to do this blessing immediately following the Ostara Blot. All of us joyfully welcomed Thomas Timothy Shelton into our AFA family. The Norns blessed him well with their runes



We had planned an auction fundraiser, but artist Milena Leigh offered us one of her custom-designed drinking horns for a raffle. The flurry of ticket sales replaced all plans for an auction at this event. In the end, her gift to her Folk brought in many hundreds of dollars to Odinshof. Milena is one of the most gifted members we've ever known. We'll gladly provide her contact information to anyone who's interested.



In April, we celebrate Hexennacht on April 15th, followed by May Day on May 20th. It's now camping weather, so do consider making the trip to Odinshof to get a the full experience of this historic temple to Odin. It's possible to arrive on Friday and stay until Sunday. The Brownsville Motel is another option.



Gythia Sheila McNallen
sheila@runestone.org

Upcoming Events at Odinshof

Wheel of the Year Odinshof District

Hexennacht	April 15
May Day	May 20
Midsummer	June 16-18
Sigrblot	July 15
Freyfaxi	August 19
Winter Finding	September 16
Winter Nights	October 21
Feast of the Einherjar	November 18
Yule	December 16

All-District Teams Meeting (virtual)
Last Friday of the month.

For updates in our district, check out the OUR EVENTS calendar: odinshof.org
Odinshof, 8408 La Porte Road (P.O. Box 124), Brownsville, CA 95919

HEXENNACHT



Saturday April 15th 10am
Óðinshof in Brownsville Ca

WOMEN PLEASE WEAR RED FOR RITUAL

RSVP TO
ASHLEY STOCKTON // SHEILA MCNALLEN
707.800.5333 SHEILA@RUNESTONE.ORG
CONTACT SIERRA CHAPMAN ABOUT POTLUCK ITEMS
SCHAPMAN@RUNESTONE.ORG





Leadership of Odinhof

<h2 style="margin: 0;">Öðinshof Leadership</h2>	CLERGY		
	Alsherjargothi Matt Flavel	mattflavel@runestone.org	
	Gythia Sheila McNallen	sheila@runestone.org	
	Gothi Joseph Rozanek	jrozanek@runestone.org	
	Gothi Thorgrun Odden	todden@runestone.org	
OATHED FOLKBUILDERS		APPRENTICE FOLKBUILDERS	
Ashley Stockton (CA)	astockton@runestone.org	Lou Nickerson (AZ)	lnickerson@runestone.org
Michael Sessumes (CA)	mssessumes@runestone.org	Nick Salo (CO)	nsalo@runestone.org
Sierra Chapman (CA)	schapman@runestone.org	Travis Bowdish (CO)	tbowdish@runestone.org
Ryan Harlan (MT)	rharlan@runestone.org	Daniel Odom (CA)	dodom@runestone.org
Sam Ramsey (AZ)	sramsey@runestone.org	James McDaniel (OR)	jmcdaniel@runestone.org
Mason Johnson (WA)	mjohnson@runestone.org	Mason Howells (WA)	mhowells@runestone.org
		Carter Shafer (WA)	cshafer@runestone.org
		Tyler Heinlein (MT)	theinlein@runestone.org
		Travis Polehoykie (BC)	tpolehoykie@runestone.org

Arizona

The Life and Death of Hakon Sigurdsson



Haakon Sigurdsson is a character that almost all Asatruar revere. He maintained his troth with the Gods of his ancestors and his Folk despite an overwhelming combination of surrounding forces that attempted to get him to submit to Christianity, and he is the Hero that we honor for the month of April. Haakon was born in 937 CE, in what is today Trondheim in central Norway. His father was Sigurd Haakonsson, Jarl of Lade and his mother was Bergljot Toresdatter, a daughter of the Jarl of Møre. In 962, Harald II Greycloak, the King of Norway, captured and killed Sigurd, Haakon's father, in attempt to consolidate control over the Norwegian throne. With the death of his father, the 25-year-old Haakon became Jarl of Lade. Almost immediately, Haakon began plotting revenge against King Harald II, and finally, in 970, Haakon conspired with King Harald Bluetooth of Denmark to give Harald II a new fiefdom in Denmark. King Harald Bluetooth had been a friend of Harald Greycloak in the past, so the Norwegian king suspected little of a conspiracy between a vassal Jarl in Norway and the great king of Denmark to the south. When King Harald II arrived in Denmark to take command of his new fiefdom, he was promptly murdered.

From 970 on, Haakon Jarl became the ruler of Norway; while in theory he owed his position to King Harald Bluetooth in Denmark, Haakon quickly attempted to maneuver

himself into being independent. At home, Haakon promoted Asatru at every opportunity, imploring the locals to continue the festivals honoring the Gods, and to revive the sacrifices made in honor of the Gods in the places where they had ceased. Generally, the Norwegian people still maintained troth with the Gods despite a powerful Christian king in their past, and they welcomed Haakon's Asatru revival, which seems to have been followed by an economic revival in general. Meanwhile, Haakon consolidated his position by defeating the brothers of Harald Greycloak, and helping his ally Harald Bluetooth fight against Otto II, the king of Germany. While Haakon was in Denmark, his more powerful ally King Harald forced Haakon to be baptized as a Christian, and ordered him to take Christian priests with him on his return journey to Norway to convert the populace away from their troth with the Gods. Haakon agreed to this, and the priests boarded the Norwegian ships, but as soon as Haakon got a favorable wind in his sails, he ordered the clergymen off of his ships and they were forced to wade back to Denmark.



Eventually, Haakon ceased all of his tribute payments to King Harald Bluetooth and Norway became semi-independent of Danish influence. A Danish expedition to punish Haakon was decisively defeated at the Battle of Hjorungavagr in 986, where the feared Jomsviking ships fell to Haakon's numerically superior fleet. However, despite all of his victories and his success re-establishing Asatru in Norway among the populace, Haakon's weakness eventually caught up to him. Haakon was known as a womanizer, and a revolt occurred in Norway in 995, as local nobility rose up in protest of Haakon taking their daughters as concubines (often on an only temporary basis), and it also seems that the warfare against Denmark further eroded Haakon's strength. At the exact same time, a son of another Jarl killed by Harald Greycloak returned from his own life

of adventure to Norway; unlike Haakon, he was a Christian and was determined to force Norway to its knees. We know him well as the hated Olaf Tryggvason. Olaf Tryggvason's arrival galvanized the revolt against Haakon, but Haakon successfully went into hiding, hoping to return to power after some time away from the spotlight. However, Olaf used greed to his advantage, and advertised a lavish reward for bringing him Haakon's head. Haakon's trusted slave, Thormod Kark, betrayed him, and murdered Haakon. Upon bringing Haakon's head to Olaf Tryggvason, Olaf immediately ordered Thormod beheaded as his reward.

In the end, despite Olaf's turbulent but short reign being a disaster for Asatruar in Norway, Haakon's sons Erik and Sweyn avenged their father, as they were part of the combined naval fleet that annihilated Olaf's forces at the Battle of Svolder on 9 September 999. On that fateful and Odinic date, Olaf threw himself into the sea to avoid capture (see my previous article on Sigrid for more details of this battle), and Erik and Sweyn became the de facto rulers of Norway, under the protection at least on paper of the Danish king Sweyn Forkbeard, in a similar arrangement to Haakon's rulership of Norway. Let's take time to honor Haakon Jarl this month. Much as he helped revive Asatru in Norway, and presided over a long period of prosperity, we too are rekindling the flame of our ancestral beliefs and ushering in a new era of prosperity (both spiritually and financially) for our Folk.

Play Ball



Last month, many of the loyal Arizona AFA members went to a college baseball game together, and met for lunch afterward. I greatly enjoyed everyone's company and I'm looking forward to our next meeting. I also want to say thank you for your support and

that our success as Folkbuilders and our growing success as a state as a whole would not be possible without your dedication and loyalty.



Lou Nickerson
Apprentice Folkbuilder
lnickerson@runestone.org

Journey East



I took my first trip to Baldrshof. During the celebration of Ostara. It was my first time traveling to another Hof and I have to say I felt just as welcome there as I did in Odinshof. I met some wonderful new people that deeply inspired me and the connection with the Gods left me speechless. We were met with crazy weather, but we all came together as one family unit and got things done. I felt at home. I look forward to my trip out there to visit once again, and I encourage all of our folk if you haven't been there, they are wonderful Hof dedicated to Baldr a visit I promise you will not be

left empty hearted. I want to thank everyone for the amazing hospitality. The true definition of Frith.



Folkbuilder Samuel Ramsey
sramsey@runestone.org

California

Altar'd Attitudes



The new year came and went, and life at home didn't change much; if at all. Monday was still Monday, my "to-do" list was getting longer, and I still mistakenly wrote "2022" on just about everything. As the weeks continued towards Charming of the Plow, I found myself relating more and more to a hamster as he sprints to nowhere on his wheel. It was only February, and I was already counting down the days to summer. February 18th came, and the Folk gathered at Odinshof to celebrate the coming of spring and the planting season. It was here that Alsherjargothi requested that an altar be built, for the patron of our Hof, Guido Von List. I was honored to have been asked, and my new year was starting to take shape.

Admittedly, I knew very little of him. I knew of the Armanen runes, and his temporary blindness, but that was about it. Because of that fact, I pondered what steps I should take. Should I begin my research, or should I simply begin my design? To me, this

project was more than some wood and stain. This is an altar for a man whose works are still with us today. His altar will go in the first temple to our gods in a thousand years, and with hope, it will stay there long after I'm gone. Perhaps this is one of those delusions of grandeur that I wrote about in my last article, but I saw this as an opportunity to leave my mark, and to show my gratitude not only for the man, but for the Folk that placed their trust in me. Ultimately, I decided that neither researching, nor planning was the way to begin this project. I instead would turn to the man himself.



Upon returning home, I needed to be sure that “analysis paralysis” did not have a chance to sink in. Therefore, I began to make offerings, and ask for guidance from Von List. I asked my grandfather to be with me; I invited Regin, and other Landvættir, to bring their inspiration to this project. For several days before the building began, I

offered drink, and food; I burned incents and spoke openly in the silence as if speaking to a guest. I needed this project to be about more than the pile of wood in my garage. If my seed was planted at Charming of the Plow, then it was now up to me to work my will; and I in turn began asking for others to work their will through me. As someone who has only been Loyal to the Gods for a few years, I knew that this was an opportunity to prove my worth, and to form real connections with the Gods and spirits that are all around us. I want to ensure that I provide something worthy of Von List's legacy, and a great piece of woodwork that will be seen by the next generation. This altar has given my new year a purpose, and has brought me closer to the Landvættir. This small request of an altar that was seeded in February, has sprouted into a kinship with something greater than myself; and this new sprout requires action, and it requires doing. Alsherjargothi, thank you for this opportunity. Soon, Odinshof will have an altar that was built with passion and care.

Hail the Landvættir. Hail the Folk. Hail Guido von List.



Daniel Odom
Apprentice Folkbuilder
dodom@runestone.org

Adopt-A-Highway



This past weekend Gythia Sheila McNallen and I worked the first Adopt-A-Highway here in Odinshof District. The weather was beautiful, and it worked out in our favor that both Gythia Sheila and I were able to make it out this weekend.

Our stretch of highway didn't have much trash thankfully, but we made sure to get all that we saw. In our travels we discovered a perfectly intact deer carcass that had begun to decompose. When we got about halfway through our clean up, we hit a beautiful

turnout that overlooked the Yuba River. Dreams of clean-ups during the summer, ending with a tubing day down the river, flooded my mind.



This section of Highway 20 only took us about an hour to clean. With more people helping, we could get our entire stretch done in half the time if we attacked both halves. I cannot wait for next month's cleanup on April 23rd (weather permitting), the day after the Alsherjargothic Dinner that I'll be attending in Reno.

Clean up supplies are limited, so if this is something you would like to participate in, please RSVP Gythia McNallen or me before-hand



Folkbuilder Sierra Chapman

schapman@runestone.org

Our Sacred Elders



Every now and then, throughout our lives, we seem to find ourselves in the right place at the right time. I firmly believe that was exactly what happened to me when I found the AFA. Odinshof was soon to be purchased and I had started practicing Asatru in a way like never before. At first it was intimidating yet a breath of fresh air all at the same time. It isn't until now that I can look back and thoroughly appreciate what I fell into and what now is such a large part of my life. Being this involved in Asatru with the AFA has opened my eyes and advanced my knowledge to a whole new degree but no matter how many new opinions are heard or books recommended, there is nothing quite

like the knowledge carried by our elders.

I have the luck to spend considerable amounts of time with the McNallen's on a regular basis. Two people I consider very near and dear to my heart that have become what I consider like Folk Mother & Folk Father. Both of these people have personally enriched my life and more importantly have brought us all to where we are today. None of us would be doing what we do in Asatru quite to this level if it weren't for them and their sacrifices and labors. Even more so, Steve and Sheila are folk with a vast sea of knowledge to gift, stories to tell and insight to share. Not to mention the humor that comes with spending an evening around a dinner table with these two.

How blessed we are to share a hof and our spirituality with such legends!



With that, one thing is for certain; no matter how many years roll on and how many people come and go, nothing can take away the name they've made for themselves or change how many lives they've touched; including mine. I sincerely hope that they fully comprehend their importance and truly embrace the comfort of what they've built and watch the seeds they've planted within our hearts flourish and prosper as together we lead Asatru into the future...and forever in their honor.

Hail our honored Elders!

Hail the Awakening, Hail Ostara



April was definitely the birth of a something new! As we welcomed Ostara it seemed we also ushered in a completely new energy at Odinhof. The Men had discussion and became a solid team and the women were able to do the same, sharing tears and laughter and a togetherness that hasn't been felt at the hof in quite some time.



Us women in leadership were excited for what the rest of the year had in store and quickly got to planning future events with an electric feeling of renewal and unity. Hope and success is on the horizon as we in Odinhof have a productive and positive year honoring our Gods and gathering our folk. This Ostara was one to remember and we are excited to keep up the momentum with all the events to follow!

Upcoming Events

A vertical poster for a community event. The background is a soft-focus image of green leaves and branches. The text is centered and uses a mix of fonts: a bold sans-serif font for the introductory text and date, a large elegant script font for the event title, and a bold sans-serif font for the location and contact information.

Please Join Us in the Bay Area-

Spring Woods Walk & Picnic Moot

Saturday, April 8th at 11am-2pm

**Briones Regional Park
Alhambra Staging Area
Martinez, California**

Contact: astockton@runestone.org

**Folk Skate Moot
at
Viking Skate Country**

**APRIL 29th
5pm**



**\$1200 Admission includes
skates**

**Folkbuilder Ashley Stockton
707.800.5333**



Folkbuilder Ashley Stockton
astockton@runestone.org

Moving Forward



This year has been exceptionally intense thus far. Myself and my family have had a few situations that in some aspects will forever change how I see myself and the world around me. I have found that in life's fires we have an opportunity to be forged or let the experience burn us up entirely. I, myself, have always tried to become forged.

My perspective on who I am is always changing, as I attempt a constant evolution towards ascension I have realized only recently that my potential is only limited to my preconceived limits I have placed on myself and that my path forward will give me a great opportunity to not only lead my folk but to help them and use my experiences to guide them in their darkest hours. The Gods are watching and I aim to be worthy of their gaze! May my ancestors smile and my descendants hold my name with honor!

Odinshof Uniting



Last months Ostara event at Odinhof set a new precedent, our leadership is finally unifying like never before and the future looks rather bright for our district as of this spring. Next months Hexennacht looks to be a great event and I am certain our powerful woman at Odinhof will lead a great ritual during the event. Months away we are also already planning Midsummer, Folkbuilder Ashley Stockton is working on the final touches as we speak. Keep a close eye on our website www.Odinhof.org because this year is going to be epic!



Hail Odin and his mighty district; hail the our beloved AFA!



Folkbuilder Michael Sessumes

mssesses@runestone.org

Farewell to our Legendary Cook, Herbalist, and So Much More



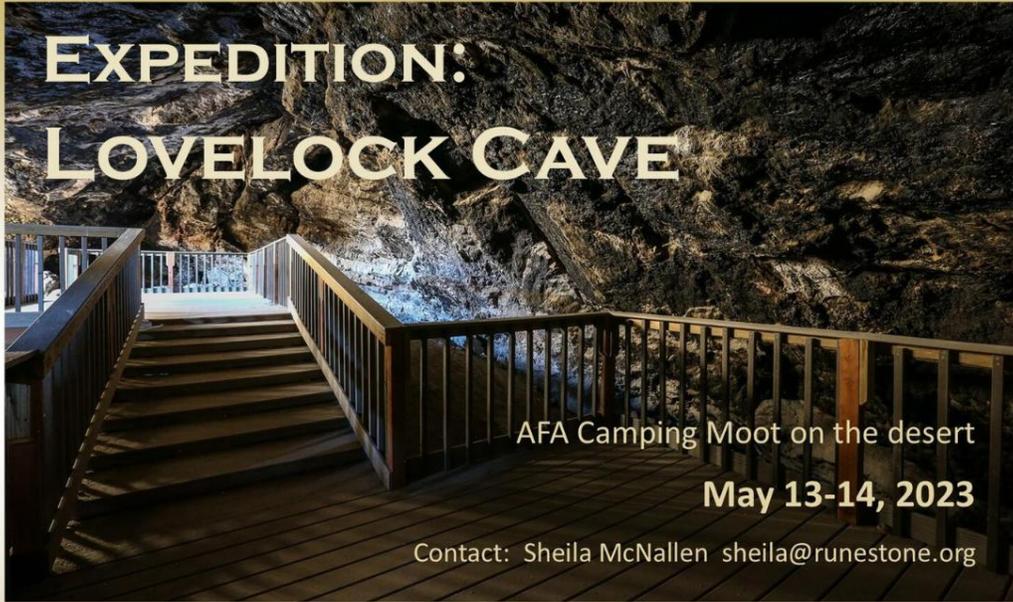
Folkbuilder Krystal Podbreger is stepping back from Folkbuilding for a well-deserved rest. Those who came to Odinshof could always find Krystal in a hot kitchen, hard at work no matter the weather. Feeding the Folk has been her personal focus, starting with menu planning, shopping, prepping, cooking, and serving. Her love of ethnic culture includes serving unique dishes prepared using authentic ingredients and methods.

This year's Ostara dinner included several roast hams with assorted side dishes. The food was plentiful and absolutely delicious as always.

Completing the Ostara feast, Krystal announced to our leadership that she was stepping

away from Folkbuilding to focus on personal needs, her home, and husband. She has served the AFA with a great sense of duty for many years. We wish her joy and peace in her decision. Odinhof has been her second home, and we have been her family. She and her husband are still AFA members and leaders of Hagvirkr Kindred, so you will see them at Midsummer and other events in the future.

Upcoming Events



**EXPEDITION:
LOVELOCK CAVE**

AFA Camping Moot on the desert
May 13-14, 2023
Contact: Sheila McNallen sheila@runestone.org

A weekend of adventure! Museums in Fallon and Lovelock, Grimes Point petroglyph complex with a docent-led trip to Hidden Cave, astronomy, campfire with storytelling featuring the AFA's Saga of Kennewick Man. More info to come! There are hotels for those who dislike primitive camping. Potluck dinner on the desert Saturday night. Maps will be sent out.



Gythia Sheila McNallen
sheila@runestone.org

Colorado

The Importance of Altars



First and foremost, an altar serves as a physical representation of the connection between us and the divine. It provides a tangible focal point for worship and helps to establish a sacred space for us to connect with the Gods and Goddesses. The altar is a place where offerings and prayers are made, and it is believed that the Gods and Goddesses are more likely to hear these offerings and prayers when they are made in a sacred space.

Secondly, an altar provides a visual reminder of our worldview and the values that the AFA espouses. The items placed on the altar, such as statues of the Gods and Goddesses, symbols of the natural world, and offerings of food and drink, all serve to reinforce the connection between us and the natural world. We hold the belief that the Folk are an integral part of the natural world and that we have a responsibility to honor and respect the natural world and its cycles.

Thirdly, an altar provides a sense of continuity and tradition. The items placed on the altar, such as runes, amulets, statues, have been used in our practice for centuries, and by continuing to use them, practitioners are able to connect with the traditions and wisdom of our ancestors.

An altar is an important tool for personal growth and development. The act of creating and maintaining an altar requires a great deal of effort and intention, and this process can be deeply meaningful for the practitioner. It allows for a space of reflection, meditation, and intention-setting. By regularly tending to the altar, we can cultivate a sense of discipline and dedication, as well as a deeper understanding of ourselves and our relationship to the divine.

In conclusion, an altar is an essential part of our practice. It serves as a physical representation of the connection between the Folk and the divine, reinforces our worldview and values, provides a sense of continuity and tradition, and is an important tool for personal growth and development. By creating and maintaining an altar, we are able to deepen our connection to the Gods and Goddesses, the natural world, and our own spiritual path.

Upcoming Events

Colorado / Nebraska

SIGRBLOT

SCOTTSBLUFF, NB

JULY 14-16TH

BRING CAMPING EQUIPMENT AND SOMETHING TO SHARE FOR POTLUCK MEALS
PLEASE BRING CLOTHES TO DRESS WELL FOR BLOT
SHOWERS, RESTROOM, KITCHEN WILL BE AVAILABLE

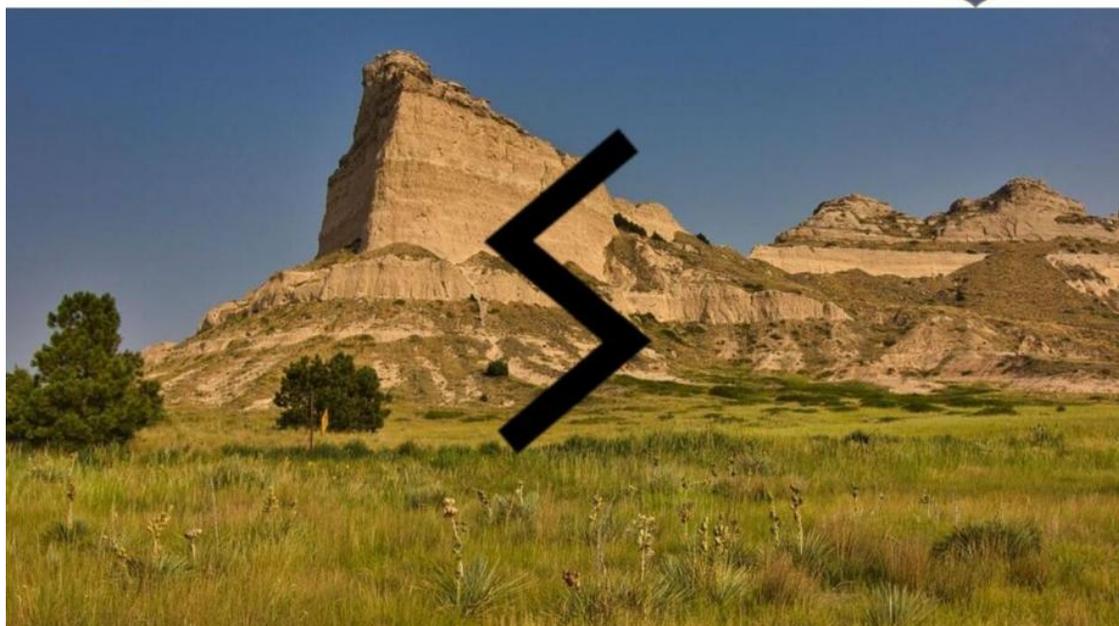
ÓÐINSHOF RSVP

APPRENTICE FOLKBUILDER TRAVIS BOWDISH
TBOWDISH@RUNESTONE.ORG
APPRENTICE FOLKBUILDER NICHOLAS SALO
NSALO@RUNESTONE.ORG



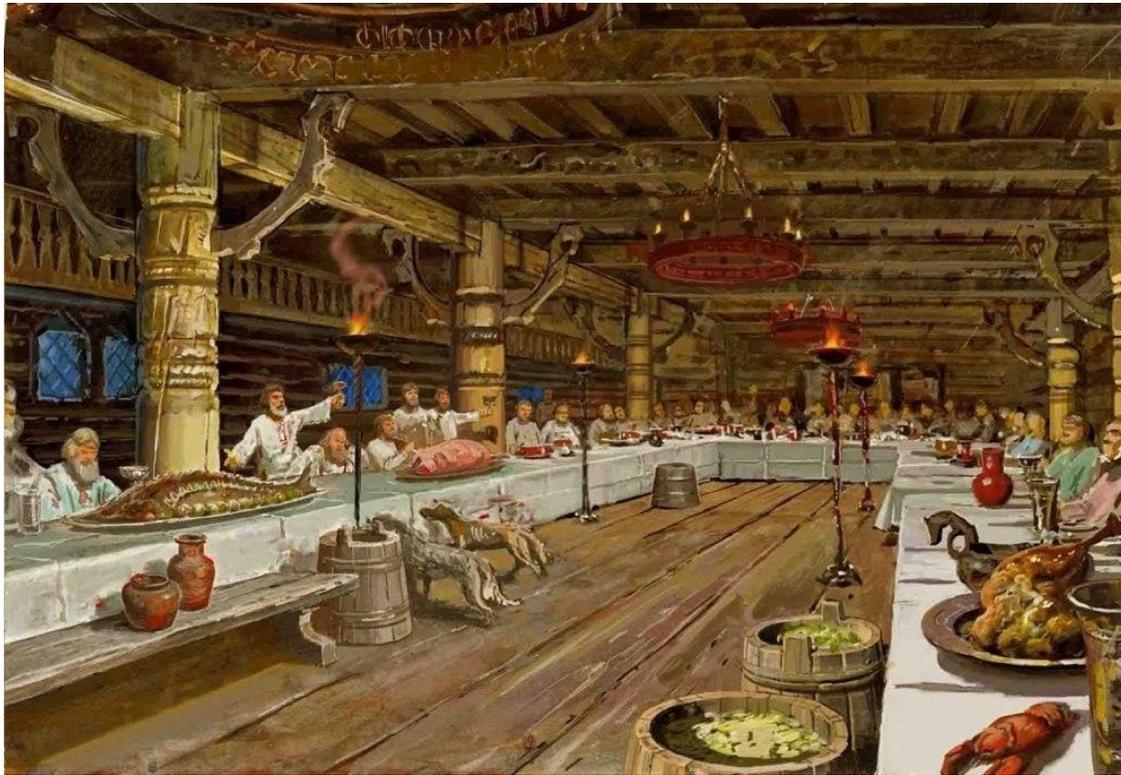
BALDRSHOF RSVP

APPRENTICE FOLKBUILDER CODY CLAUSEN
CCLAUSEN@RUNESTONE.ORG
APPRENTICE FOLKBUILDER ALLISON CLAUSEN
ACLAUSEN@RUNESTONE.ORG



Travis Bowdish
Apprentice Folkbuilder
tbowdish@runestone.org

The Concept of Tribe



The concept of tribe has been an important one throughout human history. Tribes are groups of people who share a common culture, language, and ancestry. They often live in close-knit communities and have strong social bonds. While the term "tribe" has been a source of controversy and debate, there are many reasons why the concept of tribe is important.

One reason why tribe is important is that it provides a sense of belonging and identity. People who belong to a tribe often have a strong sense of shared history and culture. This can give them a sense of purpose and meaning in their lives. It can also help them to connect with others who share their values and beliefs.

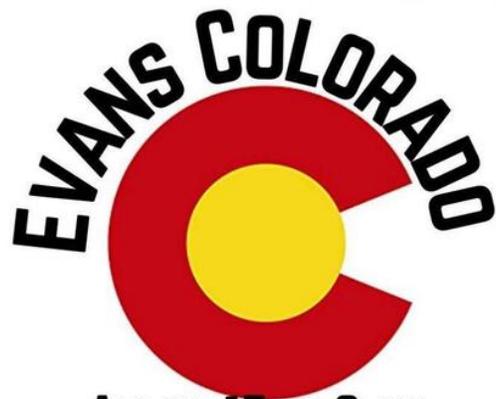
Another reason why tribe is important is that it can provide a support system. People who belong to a tribe often rely on each other for help and support. They may share resources and work together to solve problems. This can help to create a sense of community and cooperation.

Additionally, tribe can be important for preserving cultural traditions and knowledge. Many tribes have unique cultural practices, such as music, dance, and storytelling. These practices can help to preserve the history and traditions of a group of people. They can also help to pass on important knowledge and skills from one generation to the next.

Finally, tribe can be important for political and social organization. Many tribes have their own systems of governance and decision-making. These systems may be based on consensus or other forms of collective decision-making. This can help to create a more democratic and equitable society.

In conclusion, the concept of tribe is important for many reasons. It provides a sense of belonging and identity, a support system, a way to preserve cultural traditions and knowledge, and a system of political and social organization. While the term "tribe" has been a source of controversy and debate, it is clear that the concept of tribe has played a significant role in human history and continues to be relevant today.

Upcoming Events



APRIL 15TH 2PM

Please bring something for potluck and dress well!

RSVP: APPRENTICE FOLKBUILDER NICK SALO

NSALO@RUNESTONE.ORG



Nicholas Salo

Apprentice Folkbuilder

nsalo@runestone.org

Idaho

Sigrblot



Hails from northern Idaho! The month of April brings us a day of remembrance for Jarl Haakon, and a Sigrblot. Harald Bluetooth the king of Denmark forced Jarl Haakon to be baptized as a Christian and take clergymen with him to Norway to begin the forced conversion process there. However, Jarl was having none of that. Staying true to the Gods, when the winds were favorable for sailing, he commanded the clergymen to get off his boats and return ashore and left for Norway.

We'll be gathering and hoisting a glass of mead in his honor and holding a Sigrblot. The Sigrblot/Sumarsdag is the first day of Summer in the old Icelandic calendar on April 15th. This blot had strong agricultural undertones but elsewhere in the Nordic world it was a time to sacrifice to Odin for Victory in the upcoming summer voyages. We will also be holding our Rune class before the blot and discuss the Rune of Odin Ansuz.



Gothi Joe Rozanek
jrozanek@runestone.org

Montana

Ostara in Montana



While much of the world is relishing the beautiful springtime weather, many of us are still snowbound. Ostara in Montana was held March 18-19, at Elkhorn Hot Springs in Polaris, MT. Amid the negative temperatures, we gathered to celebrate the coming of Spring, and the promise of warmer weather. Spring is now here, but we're still waiting on the weather. Elkhorn Hot Springs was our first attempt at a larger event here in the state. We had a good turnout, and even one person from out of state!



The venue was rustic. Cabins with beds, and a fireplace. No running water, and outhouses were a short walk away. Tons of snow still blankets the area, and cross country skiers, snowmobilers, and winter recreators are the main patrons this time of year. After getting to our cabin, a bit of digging was required to unbury our ritual area. Inside, food began warming for our dinner: A feast of Corned Beef and Cabbage, fresh bread, homemade Pretzel bites, Deviled Eggs, and many more wonderful treats. After or digging, and carefully exhuming the fire pit, we gathered for Blot.



A chill wind still hung in the air, as if desperate to remain in the coming wake of our Goddess of the Dawn. We lifted our horn, and gave our gifts to Ostara, as the steam from the hot springs fed the stream running nearby. Retreating indoors, we ate, played games, the kids decorated eggs, and we warmed ourselves by the fire. A small, but

intimate Sumbel ended the night. The next morning, an early soak in the hot spring pools was the first order of business, before heading to breakfast at the lodge, and packing up for home.



On our way back, the Harlan and Greaney families stopped by Bannock State Park, and took some time to explore one of the vestiges of Montana's gold rush heyday. The myriad buildings of a once bustling mining economy, still stand and are open for the curious to explore. Ghost tours occur in some of the more haunted areas, and campgrounds are available when not buried under snow. One can pan for gold from the creeks, once they thaw of course. Spring is here, but we in the North will have to wait a bit longer before enjoying too much in the great outdoors.

A First Birthday



Lorelei Garnett Harlan celebrated her first birthday on March 28th. A small family celebration was held at home, and all three sisters enjoyed some cake. The birthday girl especially so!



Folkbuilder Ryan Harlan
rharlan@runestone.org

Nevada

Alsherjargothic Dinner



We had a great Alsherjargothic Dinner to start off the month. We were joined by an interested gentleman from Las Vegas who, I am glad to say, is now a member! Please join us at my home for our April dinner on the 22nd.

Upcoming Events



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

Oregon

Strengthening Hamingja



Hi all! I am apprentice Folkbuilder James McDaniel. I am so glad to be joining the Folkbuilding team to serve the Holy Aesir and our folk. This month I held my first Moot and it was a great success. With three other members joining me we had a night full of Frith and fun exchanging laughs and telling stories, strengthening the Hamingja between us here in Oregon. I can't wait to see what the future has in store! Be sure to keep a close eye on the [Odinshof.org](https://odinshof.org) calendar so you don't miss our next event!



James McDaniel
Apprentice Folkbuilder
jmcdaniel@runestone.org

Utah

Welcoming a New Apprentice Folkbuilder



Please welcome Bethany Valentine of the Utah as one of our newest apprentice Folkbuilders for the Óðinshof District! We are excited to see the success Bethany will achieve in the coming months and years.

Hail Bethany Valentine!

Hail the AFA!
Hail Óðinn!



Bethany Valentine
Apprentice Folkbuilder
bvalentine@runestone.org

Washington

Marsh Lands Moot



This month was spent getting in nature with members and planning out Ostara. I was also fortunate enough to meet a new member in my same town. The hike we went on at the protected marsh land was absolutely beautiful. We saw lots of wildlife including ducks, eagles, cranes, hummingbirds, finches, rabbits, squirrels, beavers, and more. The Gods were looking favorably upon us, since both times I went it was clear and sunny, despite being March in Washington. Besides the hikes, I have been planning for our kindreds celebration of Ostara with my fellow Folkbuilders. We shall give thanks and offerings to the dawn Goddess right in the shadow of Mount Rainier. Stay tuned for pictures!



Hail the Folk
Hail the Gods



Mason Howells
Apprentice Folkbuilder
mhowells@runestone.org

Matronae Austriahenae



Easter, known as Östara in Old High German, is quickly approaching, so it is a perfect time to investigate the old sources available on this holy celebration that we honor and that our ancestors have honored since time immemorial. The first source comes from an English Christian monk named Bede. He was a historian and therefore recorded much about the traditions of his people before they converted to Christianity. One of his works, titled *De Temporum Ratione* (or *The Reckoning of Time*, if rendered in English) elucidates the calendrical system of the Anglo-Saxon people. In this work, referring to the fourth month of the year, he states that “Eosturmonath has a name which is now translated ‘Paschal month’, and which was once called after a goddess of theirs named Eostre, in whose honour feasts were celebrated in that month. Now they designate that Paschal season by her name, calling the joys of the new rite by the time-honoured name of the old observance.” The Paschal season he refers to is the Jewish Christian tradition, but his information clearly shows there existed a pagan Anglo-Saxon holiday named for the goddess Eostre.

Another source, also written by a Christian, comes from what is now Germany. Einhard was a Frankish scholar that served in the court of Emperor Charlemagne. He wrote a biography of his suzerain titled *Vita Karoli Magni* (or *The Life of Charlemagne*, if rendered in English). Like the previous source, Einhard records the names of the months that Charlemagne gave in his calendar. He records the fourth month of the year as “Östarmānōth,” which is cognate with the English word Easter and shows that the Franks had a goddess named Östar that they likely honored in this month before their conversion as well.

The last antique source, and the first genuine primary source is rather a series of sources. Archeologists have found a series of over 150 inscriptions in the Rhineland area of Germany dated to Roman times devoted to the *matronae Austriahenae*. Of

course, these are Latin inscriptions, but the blending of Roman religion with the native religion in the regions they occupy is well attested. The etymological connection between Austriahenae and Easter, along with the fact that these inscriptions are clearly devoted to feminine deities show that the cult of Ostara was widespread in Western Germany.

This is the extent of primary knowledge we have on Easter from pagan times. Of course, there are other studies like comparative religion and folklore analysis that shine much more light on what Easter was actually like to our ancestors, but these sources are a firm foundation for the traditions we carry on to this day.



Carter Shafer
Apprentice Folkbuilder
cshafer@runestone.org

Ancestral Veneration



March was a very impactful month for the Fólkvangr Kindred as we completed our move to Montana. I know many of you have been following my homesteading updates on MeWe but for those of you who haven't, we've made great strides solving problems and adapting to the new climate.

Our birds are here and will be laying eggs soon. We're running ducks and turkeys. Our dogs have gotten into a routine but our cats are still mad about all that car time.

Speaking of, we put over five thousand miles of road into the month going back and forth ferrying equipment and vehicles.

We will have more time for our biweekly game night now that we're done with the migration. We will be announcing a new game that more people can get in on as well.

Also, our weekly Rural Unity Calls are a hit and happen every Sunday at 6pm PSST. The goal is to get our folk that are more isolated on together and have a good time. Sometimes we talk about events and projects, sometimes homesteading, or we just all hang out. Either way it's a great time and we want you to be part of it.

On a more serious note, I'd like to talk to you all about family. I know every family is different and the dynamics can be challenging sometimes. But for those of you with very elderly relatives I'd like you all to take time to get to know them better while they're here. Time on Midgard is short for all of us but there are some that are closer to the grave than others.

Often times you'll hear me speak about how the ancestors live in us. That we are made up of thousands of stories. All of our ancestors fought, loved, struggled and died for us to be here today. We can't exist without their stories.



I want you to extrapolate that and recognize that our ancestry includes our living relatives and that one day they will join the dead. That their stories will only continue being told if someone knows them. Take the time and be that person. Ancestral

eneration is not a throw away concept, it's integral to our spirituality. Embrace it.

I tell people planning on coming to blot with us that I want them to come with an ancestors name, preferably one they never knew about until then. I do this so we can honor the dead and so that people will make an effort to understand their lineage and family tree better. I encourage every single one of you to do this before you're next at blot.

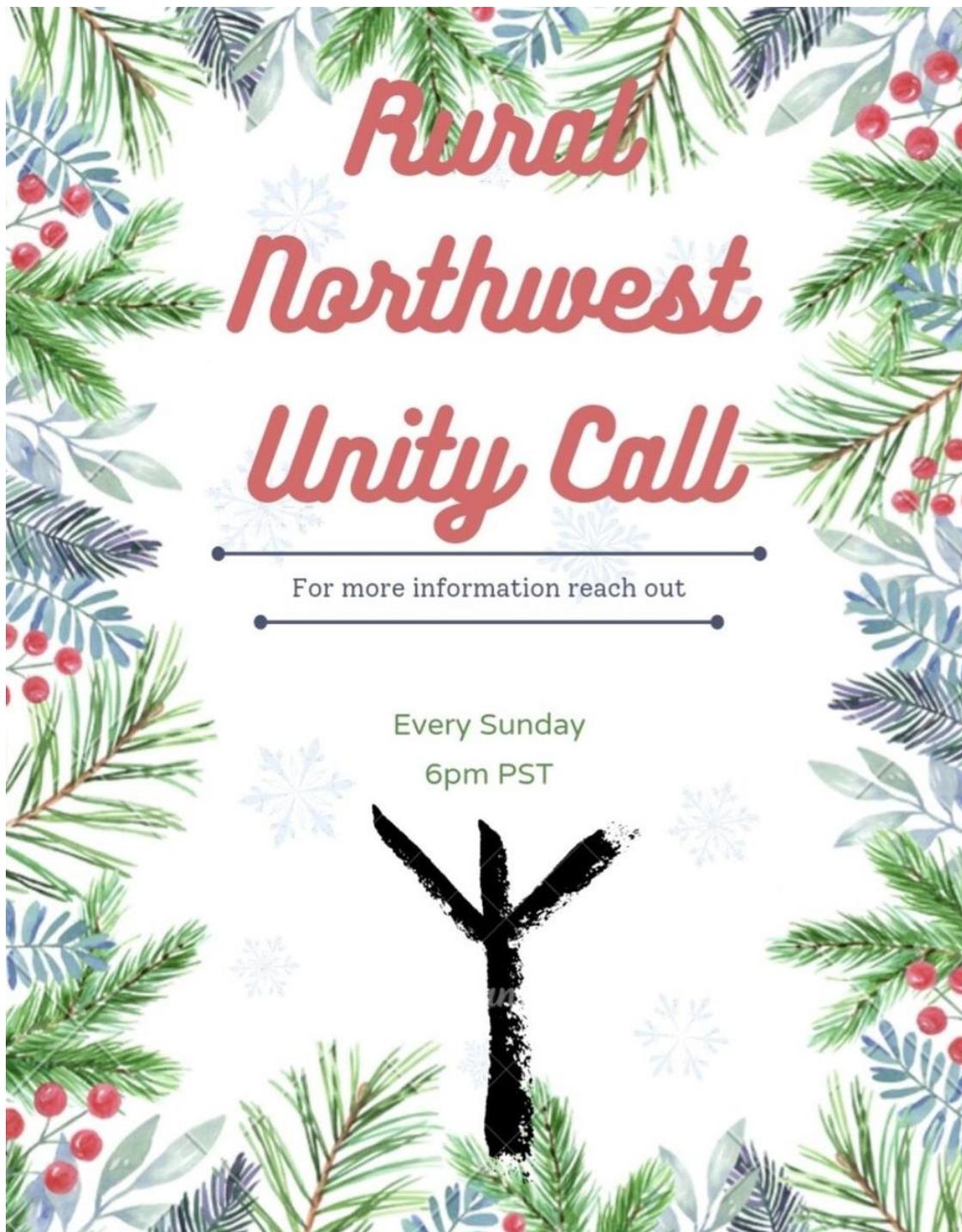


The take away however is this: one day your elderly relative will be a dead ancestor to venerate. Preserve those stories. I'm glad we took the time to do so because next time inn at Sumbel. I will know who Mary Hanson was and while my daughter won't remember her great great grandmother she will always have the picture of the two of them because we took the time to get to know her when she was alive. She passed this week and she felt ready. Because we took the time to drive out of our way and spend

time with her in the end we were ready in our own way too.

Be ready and remember to venerate the ancestors.

Upcoming Events



Tyler Heinlein



Apprentice Folkbuilder
theinlein@runestone.org

The Artisans of the AFA Support Our Folk

211 Tattoo Parlor and Art Gallery – Green Bay, WI



211 Custom Tattoo Parlor and Art Gallery has stood proudly Folk-owned for 16yrs in downtown Green Bay, Wisconsin. It has gone through life with its artists and stood unmoved in its traditional roots as well as maintaining its top-notch reputation for

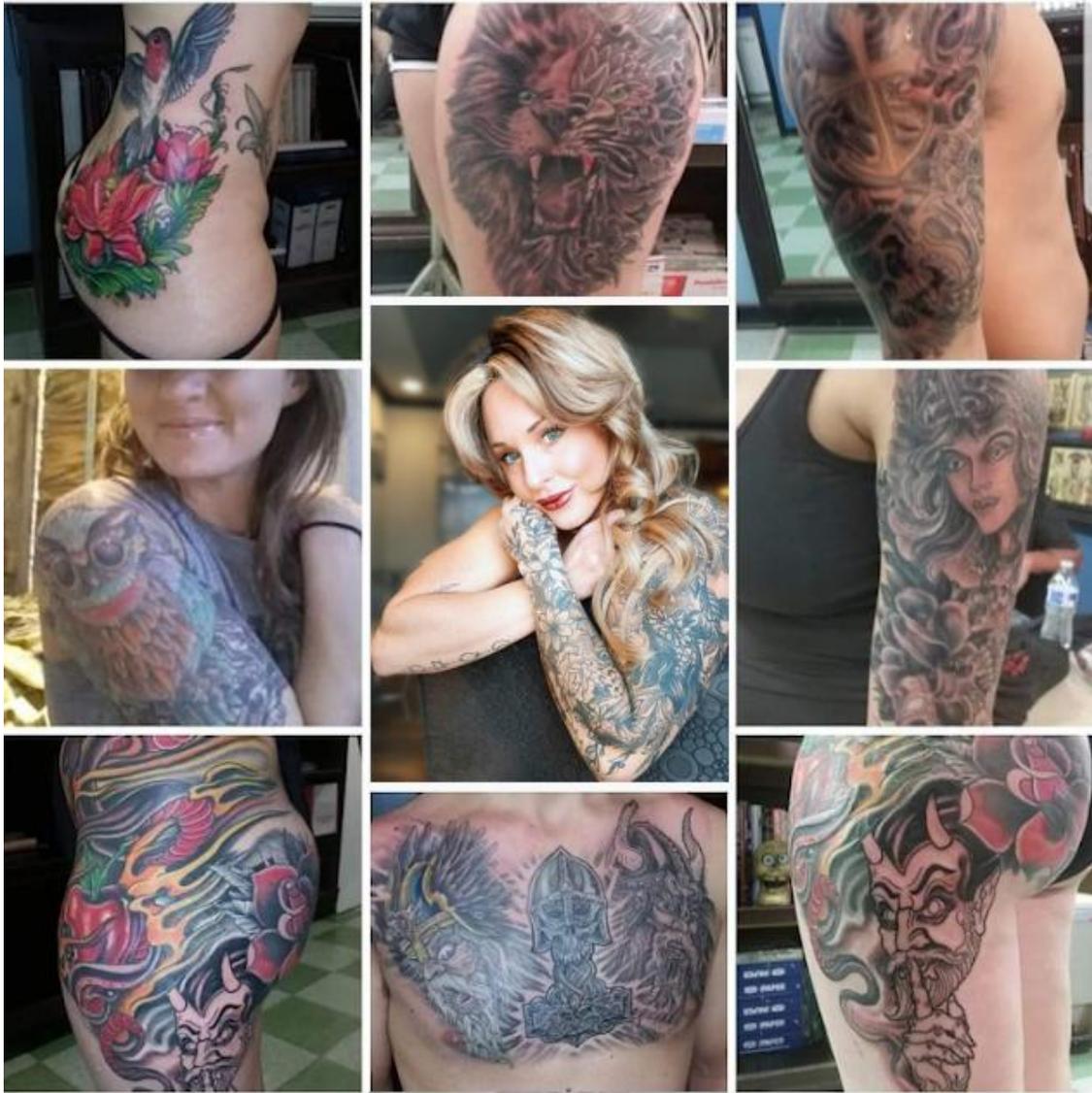
stellar craftsmanship and partnerships to provide extra education to help health officials keep fresh and our craft at its best in the area. We have hosted many artists.



For fourteen years, until his passing, it was run by a wonderful artist named Corey Lee McAlister. It was an honor to be his friend, as well as maintain a booth in his studio. He was an incredibly talented man in many realms, and always a loving family a devoted

to his Folk and Family. I learned a good deal from him about many things. Hail Corey Lee McAlister!







Now these days, I have carried the flame forward for some time now, requested by the wonderful young lady my friend left in his legacy with the hope that I keep it what it always was because we never have ever had customers or clients here!!! Only friends! If you're ever in town, come look us up @ 211 S. Broadway, Downtown Green Bay, Wild Wild Wisco, USA!



Folkbuilder Josh Rapin
jrapin@runestone.org

Cooking for the Folk



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

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

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

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

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

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

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



Folkbuilder Mike Joyner
mjoyner@runestone.org

Ancestral Food and Culture

Ostara Stew



A unique stew.

I love cooking for the Hof's. Every so often I get to cook something really special. Oddly enough this year my cooking was served at three of the four Hof's for Ostara. I know kinda cool right. Homemade bratwurst that I had made and brought with me when I visited Baldrshof for Yule was served on Saturday's lunch at Baldrshof. To help The Chef of Thorshof I fixed a Cajun Grits Scramble for Thorshof breakfast on Saturday. For Njordshof I got to make a very special stew.

While visiting Thorshof I helped with the pulled pork dinner. So naturally as any southern cook would ask,

“hey what are y'all doing with the pork bones?”

“Oh just going to throw them away?”

“Can I have them?!?”

“ok.....”

So they made there way back to Florida and were cooked down into thick bone stock. That stock became the base for Njordshof’s Ostara Rabbit Stew.

5 Rabbits, cleaned/boiled/picked

2lbs Chicken breast, cut into chunks to bulk up stew if needed

2lbs Carrots sliced

5 sm Turnups, peeled/quartered/sliced

5 lg white onions, sliced

1 head of celery, sliced

6qts stock (ham or chicken will work)

2 sticks butter

fresh thyme, removed from stem

Fresh rosemary, destemmed and chopped

Add butter and onions to very large pot. Cook on medium for 10 minutes. Add the rest of the vegetables and cook for 10 minutes stirring often. add the stock, thyme and rosemary (pending volume might need to also add water). Cook for 1hr+ at mid-high. 45 minutes before serving add meat. S&P to taste. Don’t forget to enjoy.



Folkbuilder Mike Joyner

mjoyner@runestone.org

Shepherd's Pie



- 5lbs russet or Yukon gold potatoes
- 2 sticks salted butter
- 1 cup milk
- 1 pound ground lamb, or beef lamb preferred
- 1 yellow onion
- 3 cloves garlic
- 1 cup carrot, diced
- 1 cup of peas
- 1 cup green beans, chopped
- 1/2 cup red wine, Cabernet or Shiraz
- 1/2 cup beef stock

Seasonings: rosemary, thyme, salt, & pepper. Bay leaf if desired



Bring potatoes to boil and mash with butter and milk until smooth, then preheat oven to 350 degrees.

In a cast iron skillet, fry ground meat and season until cooked and remove from pan when done. Then, add onion, finely chopped and fry in fat until tender and then deglaze with red wine.

Add back meat, and vegetables until they are soft and tender, and most of the moisture has cooked off. Add stock and crushed and chopped garlic.

Then, either pipette the mashed potato or smooth with a spoon on top of the mixture to make a topping for the fillings. Feel free to decorate as you wish.

Bake covered at 350 for 45 minutes, then uncovered for an additional 15 minutes.

Remove from oven, let cool, enjoy!



Christian Penner
Apprentice Folkbuilder
cspencer@runestone.org

Ladies' Mysteries Podcast

LADIES MYSTERIES PODCAST

April 30th at 1:30 pm CST

DIVINATION



Witan Brandy Callahan: Cartomancy
 Gythia Catie Erickson: Tasseography and Pendulum
 Gythia Anna Plourde: Armanen Runes
 Folkbuilder Sara Ault: Ogham
 Folkbuilder Christine Dumas: Tarot



Contact Christine Dumas for more information
cdumas@runestone.org





Folkbuilder Christine Dumas

cdumas@runestone.org

AFA Sisters Chat



For the last several months, I've been running a bimonthly Sunday chat for the women of the AFA. It's been incredible! We have had turn out from every Hof district including

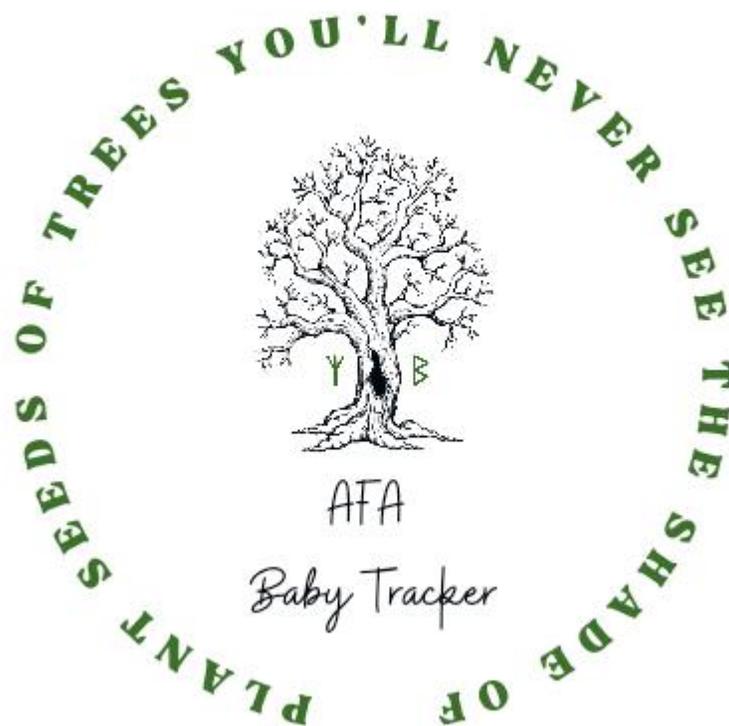
women far afield as Sweden and South Africa. We've had chats about our current crafting projects, books, motherhood, family, Asatru, our day to day lives and more.

The ability of the internet to bring our women together in Frith and friendship is an amazing thing. I would like to invite all our AFA womenfolk to join us on our Frithweaving sisterly chats. 10 am central time, dates posted monthly!



Alison Clausen
Apprentice Folkbuilder
aclausen@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: 8



Folkbuilder Jessica Keller

jkeller@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 Hofs 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

Prison Ministry



Greetings kinsfolk,

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.

If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact me at jault@runestone.org. Or if you'd like to donate to this ministry, you can donate to the AFA general fund on the Runestone website with an earmark "AFA Prison Ministry" in the comments section.



Folkbuilder James Ault

jault@runestone.org

Now Available in the AFA Store



Get 10 Bonus Points for Lore Study Review Night (last Tuesday of each month at 730PM CST—link in Spiritual Excellence) when you hit 95% or higher!

[Play Here!](#)

Rules:

1. No google, brave or other browser searches. The answers are in the book we are using or can be found in the posted videos from each week we meet up in the AFA Spiritual Excellence page. (This is the Honor System. We trust you to keep it fair.)
2. If you get 95% or higher, you get 10 Bonus points towards our next Lore Study Review Trivia Night!

Don't worry, if you don't get it the 1st time, use the book or the videos that are shared in Spiritual Excellence from our Tuesday night get-togethers and try again! We want you to know these things. That's the point of Lore Study. We just want you to have fun and a little friendly competition whilst doing it!



Once you finish your trivia questions, I will get a notification so we can track those that took them and award the bonus points for the next trivia night!

May the odds be ever in your favor!

[Play Here!](#)



Folkbuilder Melisa Mills

mmills@runestone.org

AFA Eldri ~ New Group for Seniors



From the Icelandic for "elders," I created this group as a gathering place for our older AFA folk to share their thoughts, their memories, and dreams. Yes! We still have dreams. Every age group needs "a place of their own." This is ours.

This is primarily a MeWe group, but meeting in person is ideal. At Odinshof, we'll make time at our larger events to sit aside as AFA Eldri and enjoy each other's company.

Currently, we have a Teams meeting every Friday at 1:00 PST. A recent topic was Wills and end-of-life planning – as we've ALL been advised to do. Lawspeaker Allen Turnage and Folkbuilder Otto Rafuse, both attorneys, have offered to share their knowledge on this subject at a special AFA Eldri meeting, date to be determined.

We've barely begun to explore our common interests: hobbies, travels, genealogy, spiritual practices, childhood memories ... I expect we'll learn much about each other in the months and years ahead.

Over age 50 and interested? You can email either Sara Ault or me, or find us on MeWe.
sault@runestone.org; sheila@runestone.org

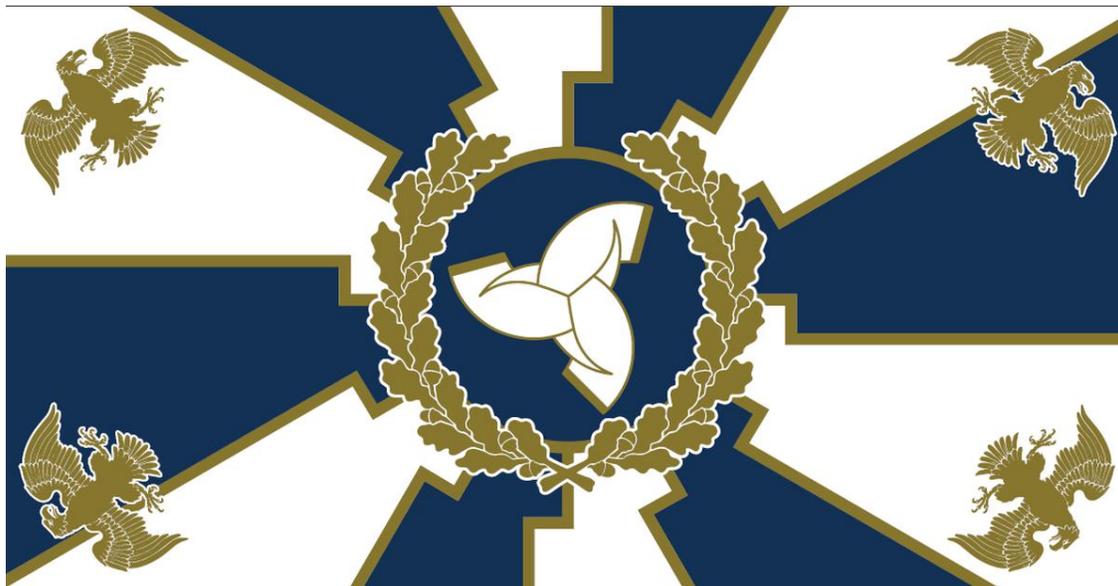


Gythia Sheila McNallen
sheila@runestone.org

Now Available in the AFA Store



AFA Lapel Pins are back in stock! Get your set [HERE!](#)



And Sigheim Flags are now available! Buy yours [HERE!](#)



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 little way of celebrating each new addition to our folk!

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



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

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

Folk Services

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

That's when our folks Services Program comes in. We give one-time monetary grants to those members in need. These folks are so grateful and we know that once they get



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

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings

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



healing. Magic, you could say.

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

message to let us know!

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

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Folkbuilder Mason Johnson
mjohnson@runestone.org



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