

The Runestone: Voice of the Asatru Folk Assembly
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Óðinshof

First Hof of the Asatru Folk Assembly

www.odinshof.org

April 2024

 Runestone.org

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Donate to the AFA

Words from the Alsherjargothi



Congratulations to Þórshof! Ostara 2024 was the largest event Þórshof has had yet. Not only did a record number of our Folk attend, it was a powerful event for all involved.

For myself, I was very energized by the event and by the company. More than that, I was extremely proud of my AFA family and especially our amazing Folkbuilders.

Saturday night's High Sumbel may have been my favorite Sumbel I have ever been a part of. It was truly inspiring to hear how people were there for each other in times of need and the positive way our AFA has enhanced people's lives.

We are all part of something amazing. There is no better time than now to go out there and make things happen. There is so much to do, so many dreams to make reality, so many ways all of us can help work together to achieve greatness. If you would like to help the AFA build, grow, and achieve, reach out to your nearest Folkbuilder because there is ALWAYS more to do then there are hands to do it. Let's build our Golden Age today!



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
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Words From Our Gothar

Altars & Asatru At Home



If you've ever been to one of our Hofs or national events, you're aware that there's nothing like standing in a ritual with the Alsherjargothi or his Witan, alongside other Folk devoted to our Gods. Those moments live with you forever, and can be life-affirming.

However, what do we do in between those events? How do we set ourselves up to experience as much Asatru as possible?

The first step I recommend to the many people who ask this question: set up an altar at home! You can get as esoteric with this as you prefer, but at minimum, an altar is simply a sacred space within your home where you keep ritual items and speak to your

Gods and Ancestors. I share here two pictures of my altar so that you can get an idea of what should be present on an altar.



As you can see, my altar includes not only ritual items (horn, bowl, Runes), but also personal items that are special to me (axe from my father, seax knife, ordination certificate). I approach my altar every day for one reason or another, typically just to sort of take stock of the weight of sharing Troth with the Æsir. I do a Three-Rune pull once a year to give me a general outline of what I can expect for that year, and occasionally a Single-Rune pull to answer a question I may have for the Norns. Some people pull a single Rune every single day and meditate on that Rune's concepts throughout their workday. Some approach their altar and say the prayer to the Day from the Sigrdrifumál every morning (you can read even more about that prayer in Gythia McNallen's article just below).

Besides altar work, you can always officiate Blöt or Sumbel at home! For Blöt, all you need is an offering or gift, and a receptacle such as a bowl to leave the offering in if it is something like mead. Simply invoke the God or Goddess, say a prayer, and leave the offering. For Sumbel, you can have your family and/or kindred gather outside or in a dining room, then pass the horn around hailing Gods, ancestors, and heroes. For more detail on these rites, feel free to send me an email at teast@runestone.org.

I hope this short article proves helpful to our Folk who crave more Asatru in their daily lives! Please don't hesitate to contact myself or any of the Gothar with questions!



Gothi Trent East
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Hail to the Day!



One of the most common questions by someone new to Asatru, is, “How do I develop a spiritual practice?” The answer is simple. Start with The Dawn and get ready to create your day.

Go outdoors if you can or stand by a window. Sense the change as the sky begins to

lighten – the transition between night and day. This is the time of liminality. It's fleeting, but this interval provides moments of grandeur and power. This is when sky-colors change and clouds may dance before you. Sunna's rays may shoot up over the horizon.

Think of your intentions; collect yourself into the moment if you're outdoors. Feel the air, hear the sounds. Start your day with purpose. This is a time of profound expression. In the image of Ostara, the Goddess of the Saxons, she throws open the window to allow the light and warmth to enter our lives. Stand with arms outstretched, inhale deeply, and sense the energy flowing to your hands.

Embrace the majesty of our divine fertility-spirits: Ostara, Nerthus, Sunna, Frigg, and Freya in their guardianship of our blessed Midgard. In our home, this daily practice includes reciting a passage from the Sigrdrífumál:

Hail to the Day: Hail to the Sons of Day.
Hail to Night and its Daughter.

Gaze upon us gently standing here.
Give your blessings on our battles.

Hail to the Gods! Hail to the Goddesses!
Hail to the all-giving Earth!
Wisdom and lore, as long as we live, grant us
And healing hands.

Give thanks for this new day. Speak to those beyond the Veil. Send a morning thought to loved ones who live far away. Thank the Aesir and your Ancestors for another day to create anew and count the blessings in your life, and to offer blessings to others.

Healing hands and healing words are magical acts. Good intentions should guide each day's journey. Don't let your Victories hide in the shadows. Celebrate them with a full heart.

Gythia Sheila McNallen
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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.
 - The first of 2 loans have been paid off!
 - We now owe \$92,068.20 on our remaining loan.
2. We need to raise our monthly donation average by 17%.
 - This is membership dues/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!



Matthew D. Flavel
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Sigrheim: Home of Victory

Ostara's Blessings



March and the welcoming of Springtime are a bit behind us now, but the blessings of Ostara's dawn are still bright in my mind. The Folk at Sigrheim had a good month, full of solid work and a truly wonderful Blot to the Mother of Dawn. If you haven't made it out yet, please come. There's always work to be done, always friendships to strengthen, always smiles to be had. We'd love to see you!

Support the Home of Victory



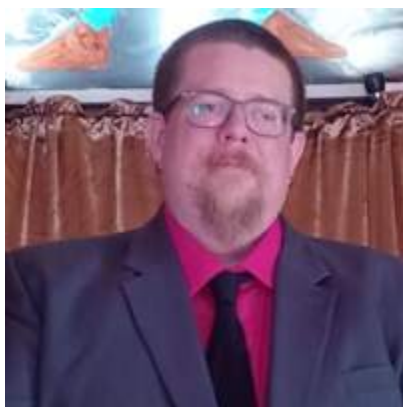
Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
amazon

Thank You!

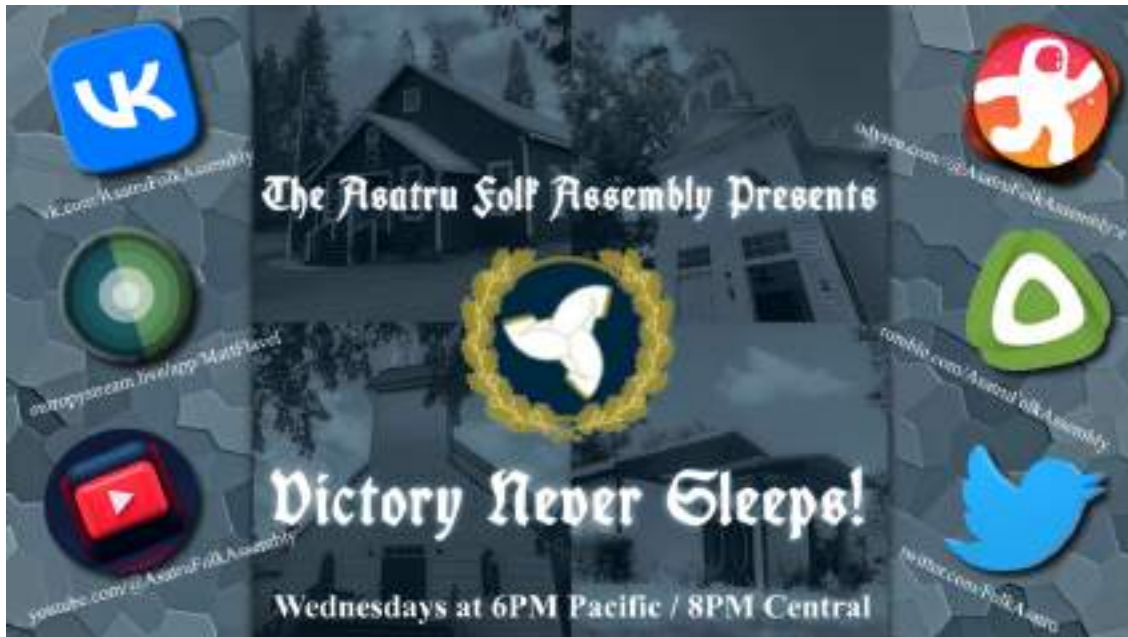
[CLICK HERE](#)

Upcoming Events



Folkbuilder Nicholas Rice
nrice@runestone.org

Victory Never Sleeps



Victory Never Sleeps, a weekly podcast produced by the Asatru Folk Assembly, hosted by Alsherjargothi Matthew Flavel alongside weekly guests. The show doesn't stop until the questions stop rolling in. Come listen and learn about a variety of topics and truths relevant to our modern Asatru Folk.

Aesir. Virtues. Heroes. Doctrine. Beliefs. Cosmology. Runes. Holidays. Literature. Lore.

Help [support](#) the stream and keep the cameras rolling!

Catch us LIVE with new episodes on Wednesdays at 8pm Central / 6pm Pacific on YouTube, Twitter, Entropy, Odyssee, VK, Rumble, and Twitch. Audio versions drop on Spotify the Friday after the new episodes air.

Check out the full playlist with 100's of hours of previous recordings on our [YouTube](#).

Matthew D. Flavel
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AFA Asatru Academy



Check out the Asatru Academy at AsatruAcademy.org

Spring has Sprung at the Academy



Greetings parents and students! Spring is in full swing and we hope you all had an amazing Ostara! We loved seeing all of your Ostara projects! Some of those projects we are showing off here in the runestone this month.



I'd like to remind parents that the academy enrolls all year round and that as a homeschool program, we don't have traditional school years, per se, however we do run until midsummer for administrative purposes, but you have all summer to complete your work and be ready for the next school year.



This fall we will be enrolling K-6 grades, once again we are well ahead of the promised schedule and are very proud to welcome new students all the way up to and including 6th grade! We can't wait to see you!

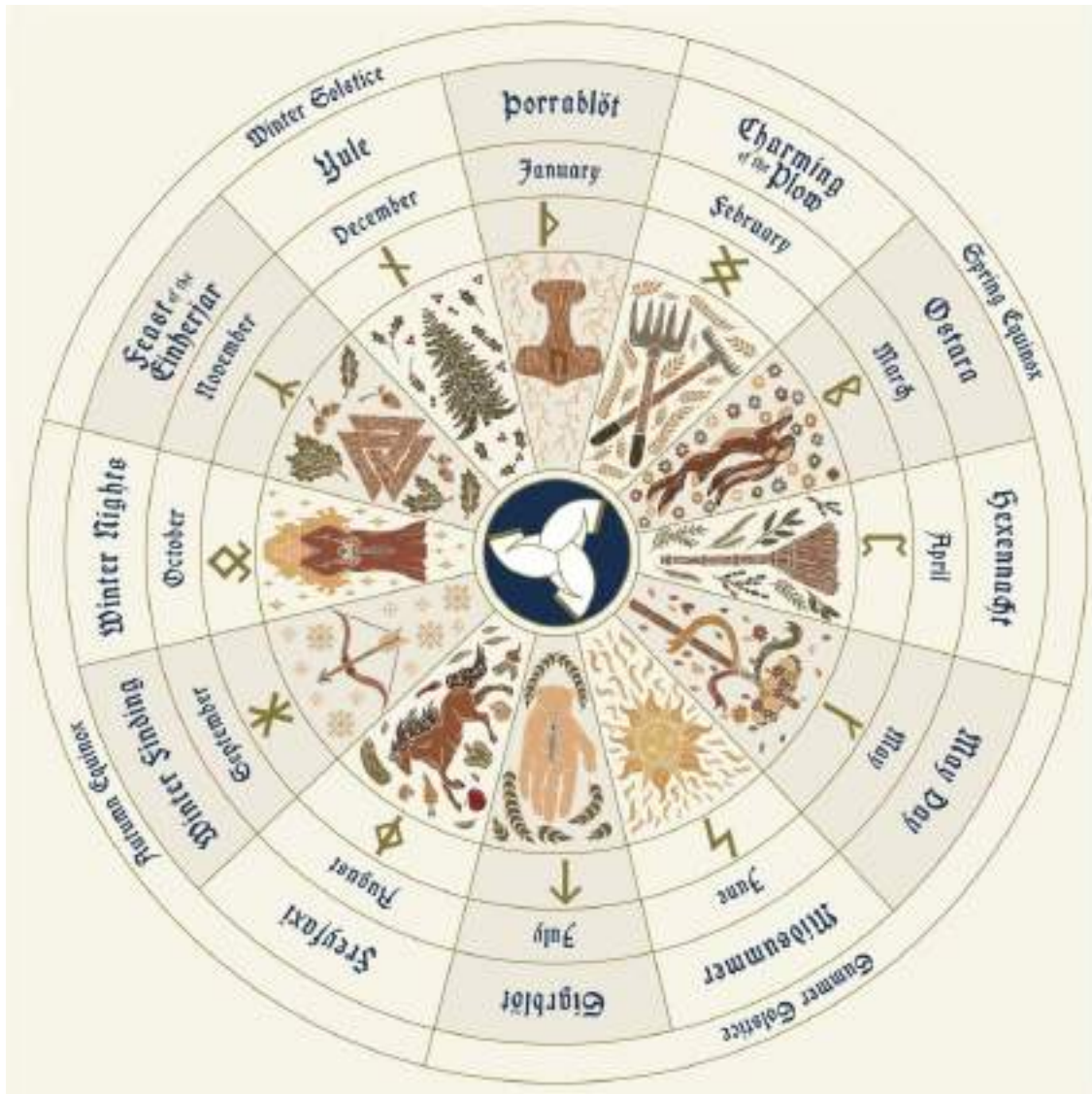
Gothi Rob Stamm



Dean of AFA Asatru Academy

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Remembrance & Holy Days



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

2024

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 20	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 19 (observed on 16th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 10	Day of Remembrance for John Yeowell "Stubba"
April 30 (observed on 20th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 18th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 20 (observed on 15th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 20	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 17	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 21st)	Winter Finding
October 1	Day of Remembrance for John Gibbs-Bailey "Hoskuld"
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 19	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 16th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31 (observed on 21st)	Yuletide

April



Asatru Holidays - April 2024 - Jarl Haakon | Stubba | Hexennacht

Day of Remembrance

Jarl Haakon | April 9th



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.

*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
— Hávamál 54*

Hail Jarl Haakon!



Gythia Catie Erickson
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Day of Remembrance

John Yeowell “Stubba” | April 10th



On April 10, 2023, the AFA marked the first official celebration of a Day of Remembrance for John Yeowell, known as “Stubba.”

Yeowell enjoyed a long life and did many great works in spreading our faith in the Aesir. He lead a full life, starting out by serving in an Irish division of the military, and later the French Foreign Legion, earning distinction and being decorated by General Charles de Gaulle, and served in WWII, before returning to his home country of England. His life is somewhat shrouded in mystery, as he preferred, but he became aware of his cultural English heritage and came to know of the Aesir in the 1950s when he met another of our Heroes, John Gibbs-Bailey “Hoskuld.” Together, they would proceed to research and re-establish what they dubbed “Odinism” and go on to found an organization dedicated to the worship of the Holy Aesir as “The Odinic Rite.” Gibbs-Bailey, being at least a decade older than Yeowell, had been an Odinist since the 1930s, and, by the time the two met, had been involved in a number of proto-Odinist

groups. Yeowell felt the call of the Gods and eventually felt that Asatru was the natural religion for those of Northern and Indo-European descent and sought to reclaim the religion and birthright of his Ancestors.

In 1973, believing they had codified a solid structural framework on which to build, they went forward practicing and disseminating our native religion until 1980, at which time the name of the formal societal organization was cemented simply to “The Odinic Rite.” Together with Hoskuld, Stubba laid the foundation of the Nine Noble Virtues — Courage, Truth, Honour, Fidelity, Discipline, Hospitality, Self-Reliance, Industriousness, and Perseverance, which we still use today with the addition of the tenth Noble Virtue, VICTORY. They together established connections with fellow devoted believers, notably ‘Folkmother’ Else Christensen, another one of our Heroes, who they corresponded via letters, newsletters, and publications, such as *The Odinist*, steadfastly spreading the religion of Asatru. This is now what we call “Folkbuilding.”

Our Folkbuilders are continuing this tradition constantly, bringing more and more of our Folk Home every single day, just as Stubba, Hoskuld, and the Folkmother did, every month contributing an article to our own newsletter, *The Runestone*. Stubba would eventually lead the Odinic Rite as the “Director of the Court of Gothar,” which is equivalent to being the Alsherjargothi. John Yeowell lived a full and long life, and his dedication to the Aesir never wavered. He was Courageous in leaving Catholicism. He spoke the Truth in his letters. He gained Honor for his service in the war, and he exhibited Fidelity in his devotion to the Odinic Rite. He exhibited Discipline in living Nobly and embodied Hospitality in caring for his Folk. He was Self-Reliant, typing many newsletters laboriously by hand on a typewriter, consistently being Industrious, and he Persevered until the end of his life. We Hail these Heroes for their foundational and right Noble actions in the reclamation of our birthright and inheritance of the worship the Aesir.

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 Stubba!

Gythia Catie Erickson
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Holiday

Hexennacht | April 30th (Observed April 20th)



When the ground was thawed and the colder weather was beginning to give way, 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 Freyr 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 Seiðr. As the men called on Freyr, 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 Seiðr. 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 Freyr and Freyja, the men, women, and children can each take turns walking through the smoke.

Hail Freyr! Hail Freyja!



Gythia Catie Erickson
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Upcoming National Events



You're invited to Midsummer, Óðinshof's signature event of the year! Please join your Folk from across all the districts as we celebrate and honor our Gods and Goddesses at the very First Hof of the Asatru Folk Assembly. This weekend will be a summer "spiritual retreat" for all our Folk coming from near and far. It will be filled with inspirational rituals, scrumptious and hearty meals, healing music, warm sunshine, laughter, motivating conversations, and fun activities for all ages!

- Camping onsite at Odínshof is free and includes the use of outdoor hot showers.
 - Additional lodging options in the greater Brownsville area may also be available.
- Guests (non-members) must be approved prior to the event.
 - Please contact any of the Folkbuilders in advance to assist with this process.
- Keep a lookout as additional information will be provided soon.

Tickets on sale soon, so stay tuned! See you there!



Gythia Sheila McNallen

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Recap: Ostara at Þórshof 2024



Ostara at Þórshof 2024

In March, we hosted our annual Ostara at Þórshof. This year was a record-breaking year for us at Ostara. 113 in attendance, a wildly successful auction...but that only tells a part of the story. Ostara doesn't begin in March for Þórshof Leadership. The march toward Ostara begins at the end of Winter Nights. This year was no different.

Our Folkbuilders and Gothar have been working the phones, sending emails, and spamming MeWe groups ever since November. And a huge thank you goes out to them!

The event began with Welcoming the Gods on Friday afternoon. The Vè was the most packed I had ever seen on the opening ritual. We had at least 70 people present for this important rite. It was awesome to see.

Friday evening, we enjoyed a really delightful meal prepared by Gythia Catie Erickson followed by a thunderous Blót to Þórr performed by our High Priest, the living avatar of Þórr, Alsherjargothi Matt Flavel. As we often say, you don't just experience Blót

performed by Alsherjargothi, you *feel it*. That wrapped up Friday's festivities.

Saturday began with an awesome breakfast prepared by Folkbuilder Mike Joyner, while we prepared for Food Pantry. Weather kept the food pantry crowd small, but we saw many of our regulars who are always grateful for our generosity and hospitality. We held a ladies' and men's group while taking care of our neighbors. Ladies group was led by Folkbuilder Heather Young, and men's group was led by Folkbuilder Robert Shotwell.

Heather made us a nice lunch of homemade chicken noodle soup with sandwiches.

Ostara Blót was next, performed by Gythia Erickson along with Witan Fassett and Folkbuilders Heather Young and Katie Joyner. The ladies worked in a sun cross formation as they blessed us with gifts of Ostara, and it was beautiful. I personally was filled with pride seeing my wife along with some of my best friends perform this sacred rite.

After Blót, we joined Alsherjargothi in Oathing Folkbuilder Tyler Sagert to full Folkbuilder status. Tyler is a star for Þórshof North, and it was awesome seeing him take this step in his journey. Afterwards, Alsherjargothi awarded Folkbuilder Heather Young with Folkbuilder of the Year. A very emotional moment for she and I personally. Huge congratulations to Heather and Tyler both. We are so much better with them on our team.

We then saw the wedding of Austin and Adaline, daughter of our dear friend Folkbuilder Jon Rock. The ceremony was presided over by Witan Svan Herul, and, as is usual, the rite was beautiful. Congratulations to the happy couple.

We also saw a baby naming for the Sagert's youngest daughter, which is by far my favorite ritual that we do in Asatru.

We then enjoyed a lasagna prepared by Folkbuilder Young, which is a personal favorite, as it's my grandmother's recipe. Then it was time for the auction. Led by our Lawspeaker, Allen Turnage, we raised an astonishing \$6000 for Þórshof! More than 10 names are being added to our donor plaque at Þórshof due to the generosity and selfless nature of our Folk! Many thanks go to Stian Penner, Robert Shotwell and Gilbert for their donated auction items which raised a tremendous amount for Þórshof. Can't thank you all enough.

Saturday ended with what turned out to be the most powerful Sumbel I've ever been a

part of. Hardly a dry eye was in the room when an esteemed member from Missouri sang a song for Ostara in a style that reminded me of opera. It was absolutely beautiful.

Sadly, we had to say goodbye on Sunday. Wayfarer Blot was led by Witan Brandy Fassett and Gothi Rob Stamm. Blót was given to Óðinn and Frigg.

We ended the day with a vow renewal for Folkbuilder Tyler and his wife Emily Bethea, who are celebrating their 10th wedding anniversary. Both are personal friends of mine, and it was my honor to preside over the ceremony. Congratulations to the Betheas.

If you weren't there, you should have been. Next Ostara may be even better, so plan on coming to see us then.

Hail Ostara!



Witan Daniel Young
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Folkbuilder Spotlight

Folkbuilder Nick Rice



You may not know Nick Rice personally however, as a member of the AFA you've seen his work. Nick is the guy that will go out of his way to help anywhere or anyone he can without hesitation. As a Folkbuilder, Nick is one of our foremost front line guys bringing our Folk home and bringing our Folk together, which is a lot of work on its own. Being as successful as he is as a Folkbuilder is just scratching the surface in regard to all of the ways he works for our Church and our members.

Nick Rice is one of the Asatru Folk Assembly's most dedicated Folkbuilders. For many years before Nick and very few others got involved, I was responsible for all the AFA technical administration, technical support, website publishing, and newsletter publication. When Nick volunteered for the tech support team and the Runestone newsletter team, he took on many responsibilities and this helped me serve our Folk better as a Gothi because I had the time available to dedicate to more priestly duties.

Hail Nick Rice!

--Witan Cliff Erickson

Folkbuilder Nick Rice is very dedicated to his Gods, his church and to his Folk. He is where I turn when I need something, and I do so often that we joke that Nick Rice is the keeper of all of Witan Fasset's things. I ask and the item, or file, or information appears as if by magic! Folkbuikder Rice is hardworking and devoted and a part of the victory we have achieved. He is also one of my greatest supporters and friends.

Thank you, Nick!

--Witan Brandy Fasset

I have had the distinct pleasure of working with Nick since he relocated to Þórshof South last year. He is always eager to help, often overeager to help. But that comes from his desire to contribute, either to big projects or small ones. What makes Nick easy to work with is he is reliable, and he wants to help. Nick has been the

driving force behind the scenes on Victory Never Sleeps since its inception. And to my knowledge he has never missed an episode as its producer.

To sum up Nick's qualities in a word it would be reliability. He can always be counted on, and he executes quickly. He's integral to the success of Þórshof South and a major contributor to the Asatru Folk Assembly as a whole. Thank you, Nick, for all you do.

Hail Folkbuilder Rice!

--Witan Daniel Young

The definition of the word invaluable is valuable beyond measure; something so precious that one cannot assign a price to it. This is Folkbuilder Nick Rice. Whether it is helping parents in the Asatru Academy navigate Quick Schools or other members of leadership find their way through the tech side of their positions, Nick is there with quick action and knowledge. The number of times that I personally have had to have conversations with Nick that start with the words, "So I did a thing...", only to have Nick respond with patience and understanding saying, "No worries, let's fix it. Easy Peasy." are innumerable. He is a true asset to the functioning of the AFA.

--Folkbuilder Sara Ault

There isn't much that Folkbulder Rice isn't involved with in our Church. The work ethic of this guy is of the highest quality and to top it off, he is one of the nicest guys anyone could encounter. If you know Nick personally, count yourself lucky because to know Nick is to know what selfless service looks like and to know a guy that cares as deeply as anyone can. If you don't know him personally, make an effort to get to know

him. We that do know him are all better off than we would be had we not. Thank you for all that you do for all of us.

Hail Folkbuilder Nick Rice!



Gothi Nathan Erlandson
nerlandson@runestone.org

Folk Services

Help for the Stone Family



Anyone that knows the Stone Family knows Ellie Stone as a smart, pretty, and outgoing 9-year-old and older sister to three younger siblings. Over the past five years, Brandon and Angelina Stone have raised Ellie as her primary caregivers, with little to no involvement from her biological mother.

Recently, the biological mother has decided she wants custody over Ellie. Brandon was served with custody papers. In order to keep Ellie with her family, we need to pull together to help them retain a good lawyer.

Ellie has been thriving. She is an Honor Roll student and has been attending the same school since Kindergarten. She enjoys being in her learning atmosphere with her longtime friends.

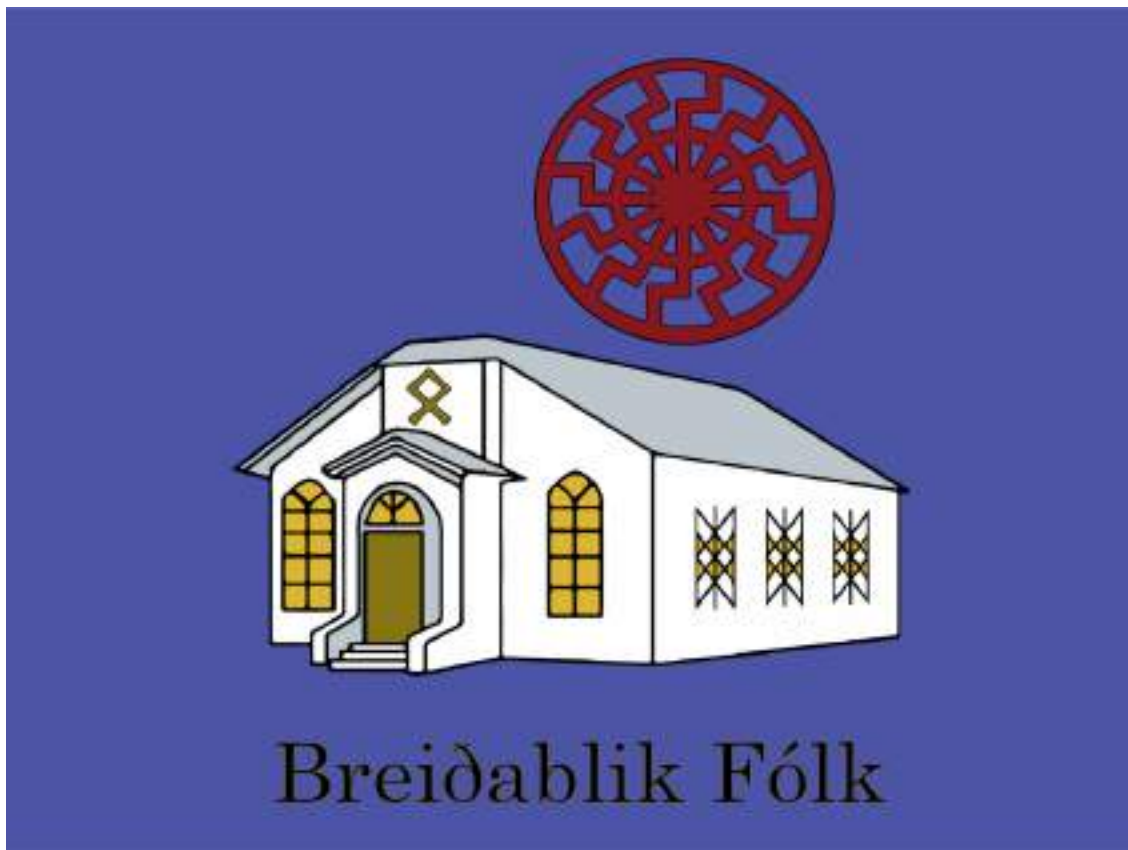
We do not want Ellie taken away from her loving and supportive family, stable household, and church community. Her biological mother and the mother's partner do not share our beliefs. Over the years, there has been very little involvement and no financial support from the biological mother to assist with Ellie's care. The Stone Family fears that if Ellie were taken from her home, she would become neglected.

The Stone Family is asking for our assistance to raise \$6,000 to help with lawyer fees. Having a good family court lawyer in California is very expensive. Please help support this loving Odinshof family keep Ellie at home where she belongs.

> [Donate Here](#) <

Introducing the Newest AFA Kindreds

Breiðablik Folk Kindred



It is my honor to announce Breiðablik Folk Kindred of Iowa as the newest official Kindred of the Asatru Folk Assembly. Headed up by a crack team of Folkbuilders in Chris McDowell and Cody and Ali Clausen, we are sure to expect some awesome things out of these Breiðablik Folk!

Without these Kindreds and dedicated members, it would not be possible to maintain and operate our Hofs and districts. I want to say thank you to all the members of the AFA that help out and contribute to this amazing church.

Face to face is how you build solid bonds with other folk, not behind a keyboard at home. These bonds grow into communities of families and relationships are built and Kindreds are born of these local congregations.

Gaining Kindred recognition is not an easy thing. It takes dedication and loyalty, and willingness to stand with the AFA at all costs. All new Kindreds go through a six-month probationary period before joining our family as an official Kindred.

If you are interested in forming an AFA Kindred in your area or would like more information. Please contact the Kindred program email at kindred@runestone.org.

Hail Breiðablik Folk!

Hail the Kindreds of the AFA!!
Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher
jgallagher@runestone.org

AFA Prison Ministry



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

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

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

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

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



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

Cooking for our Folk



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

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

To this day, I still believe that number one is the most important; but two is the most valuable lesson. So, for example: why would you add flour to the mix when are you 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 simply 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

Italian Wedding Soup



For the meat balls:

- 1lb meatloaf mix if available (Beef, pork, veal blend)
- 1lb ground Italian Sausage

- 1 cup bread crumbs
- 2 eggs and a dash of milk
- 1 tsb fresh garlic, 1tsp onion powder, a dash of paprika
- Salt and pepper to taste
- ¼ cup parmesan cheese

Blend all ingredients well, form small meatballs, sauté meatballs in 2 tsp EVOO, 1 tsp balsamic vinegar and a dash of marsala or sherry wine until browned.

For the soup:

- 8 cups chicken stock or broth...store bought or homemade
- 1 cup sliced carrots, 1 cup diced celery
- ½ cup diced red or sweet onion
- 2 cups fresh spinach, 2 cups chopped escarole
- 4 large Roma or San Marzano tomatoes, diced
- 3 tsp minced garlic, 2 tsp onion powder, 2tsp Italian seasoning
- ½ tsp paprika
- ½ cup white or sherry wine
- 2 tsp balsamic vinegar
- Salt and pepper to taste
- ½ cup pastina

Combine broth and or stock with carrots, celery and onion and spices, bring to a boil.

Cook on medium heat until carrot, celery, onion are tender.

Add wine and balsamic vinegar, stir well.

Add meat balls one by one until desired amount is placed in soup.

Add spinach, escarole and tomatoes.

Cook on low/ medium heat for about 1.5 hours until meatballs are tender.

Add pastina and cook an additional 5 minutes until pasta is al dente.

Serve with warm bread, Mangia!

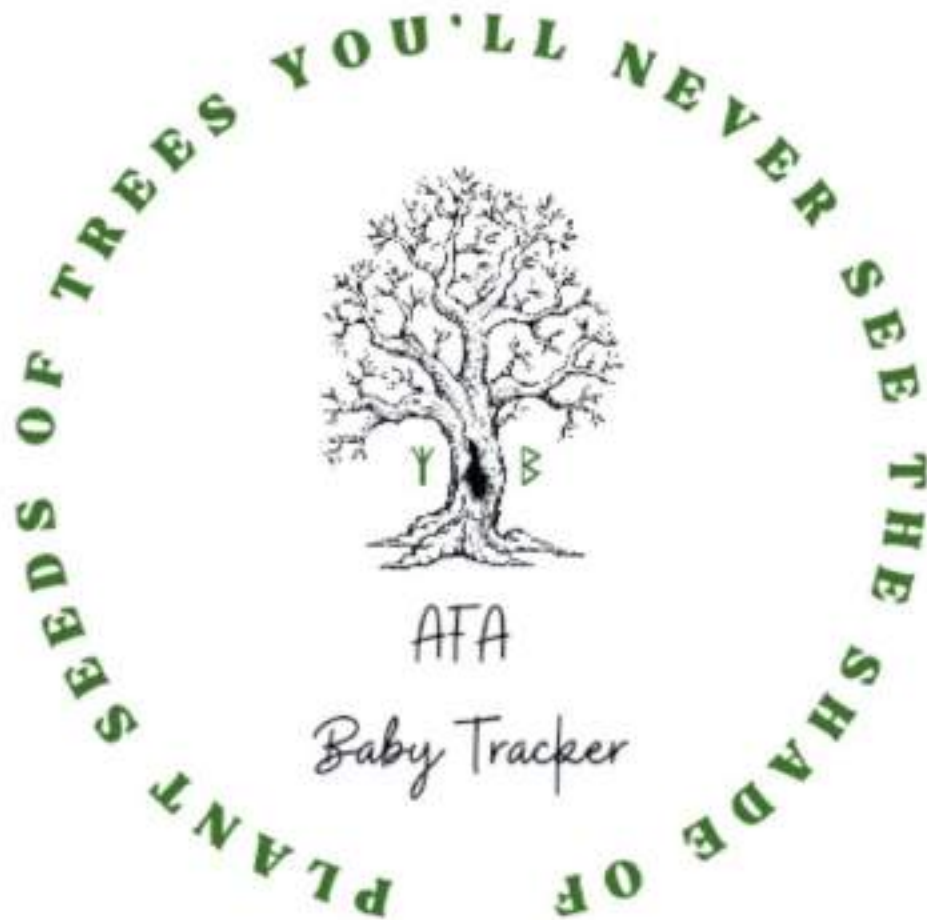
Danielle Risso

Apprentice Folkbuilder

drisso@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 2024: 6

Virtue Recovery Group



**VIRTUE
RECOVERY
MEETING**

THURSDAY 7PM CST
(5PM PST, 8PM EST)

SATURDAY 9AM CST
(7AM PST, 10AM EST)

Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12 step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining to the divine will or requesting the removal of any shortcomings. So, we run what we are calling the Virtue Recovery Meeting. Since we are an international organization, the best way for us to do this is via Zoom (<http://tinyurl.com/virtuerecoverymeeting>). We hold our meetings every Thursday at 7pm Central and every Saturday at 9am Central. Join us!! Feel free to reach out to Folkbuilder Ashley McStocker with any and all questions!

AMcStocker@Runestone.org





AFA Reading Challenge Meetings



1/9/24	Link will be posted on MeWe the weekend before the meeting	7/9/24
2/13/24		8/13/24
3/12/24		9/10/24
4/9/24		10/8/24
5/14/24		11/12/24
6/11/24		12/10/24

**CONTACT FOLKBUILDER ALI CLAUSEN FOR DETAILS
ACLAUSEN@RUNESTONE.ORG OR ON MEWE**

These meetings are family friendly so please, no politics or overly mature topics

Ladies Book Study

Revolt Against the Modern World
by Julius Evola

Dates: **7 pm CST**

~~January 25th~~
~~February 8th~~
~~February 22nd~~
~~February 29th~~
~~March 7th~~
~~March 28th~~
~~April 4th~~
April 11th

Free PDF
and meeting link
in Mewe Ladies Group

For more information contact
Witan Brandy Callahan
Folkbuilder Sara Ault

Ladies Mysteries Podcast Hexennacht/May Day

April 14th

3 pm PST, 4 pm MST, 5 pm CST, 6 pm EST

Witan Brandy Fassett

Gythia Anna Plourde

Gythia Catie Erickson

Folkbuilder Heather Young

Folkbuilder Sara Ault

Folkbuilder Ali Clausen

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

Hope to see you there!



Our Ladies' Rune Study is just getting started! We meet on Teams every other Saturday at 1pm Eastern. Contact me with any questions you might have. —

aplourde@runestone.org.

I hope to see you there!

**Lore Study with
Gothi Jason Plourde**
Join us every Monday night

at

8:00 pm EST

7:00 pm CST

6:00 pm MST

5:00 pm PST

4:00 pm AKST

**Each study begins with trivia questions
from VNS and the previous week's
reading. A winner is announced monthly.**

**The link can be found in the AFA
Spiritual Excellence Group on Mewe.**

**For more information
reach out to Gothi Plourde
jplourde@runestone.org**



If it's not possible for you to attend a Hof gathering, we've come up with solutions for that. There are a variety of virtual Teams meetings for you to join – even spur-of-the-moment. Some of these are quite new, but you will find them on the April Calendar. They're hosted by Gythia McNallen unless shown otherwise. Write for more info: sheila@runestone.org.

- McNALLEN'S PUB MOOT - April 12th Once a month, Friday nights; casual & inspiring conversation.
- NORTHERN FOLK - April 11th & 25th Especially for Alaska, BC & Alberta, US/Canada border areas.
- NORTHWEST UNITY CALL - Anyone is welcome to this Pacific Northwest Meeting, every Sunday night at 6:00 PT; Tyler Heinlein does a deep dive into philosophy, history and personal excellence.
- OCEANIA MOOT - April 28th Australia & New Zealand (once a month, Sunday morning, Australia time).

March Sister's Fitness Winner



The winner of the AFA's Sisters' Fitness Challenge for the month of March is Folkbuilder Sara Ault, Congratulations, Sara!

Sara hit her goals last month with a consistency rate of 96% -- a record best month for our current challenge!

Since joining our group last July, Sara has lost 60 pounds by being consistent, resilient, and has absolutely shown the virtues of Perseverance and Victory! In addition to all that, she has been a constant pillar of support, inspiration, and motivation for the other ladies in our group. Congratulations again Sara, you deserve this win!

All ladies of the AFA are welcomed and encouraged to join in the Sisters' Fitness

Group. All you have to do is get on MeWe and contact Folkbuilder Ali Clausen. You do not have to take part in the monthly challenge to be part of the group and ALL fitness levels are welcome.

— Corrie Proudfoot, member, Baldrshof

Just For Fun

The AFA Best Egg Competition was eggstra-special! Some of the youth worked on their entries at Óðinshof's Ostara. Take a look at all these wonderful eggs!



1st Place in the Member Category goes to **Hope White** for her gorgeous sun wheel butterfly design! By the way, she also completed March's crossword puzzle at record speed.

1st Place in the Youth Category goes to **Soren** for his abstract egg design with a dark border and pastel interior.

This month, we have a new activity just for fun! What words can you make from the word Hexennacht?



Send in your word scrambling to press@runestone.org! The victors will be announced in next month's issue!

Have Fun!

Folkbuilder Olivia Sutherland
osutherland@runestone.org



Genealogy and Kinship Charts



Come on, AFA family!

1) The AFA Genealogy MeWe group has added "chat". We can now share tips, discoveries, resources and all the goodies of family tree research.

2) Create a Gedmatch.com account to obtain a "kit number" to find your DNA matches with other AFA members.

Send your Gematch Kit # to
Sheila@runestone.org

for inclusion on our next AFA KINSHIP CHART

See how closely you're related to other AFA members. 72 people so far, and counting!



Gythia Sheila McNallen

sheila@runestone.org

Calling All Folk Photographers



Folkbuilder Nicholas Rice
nrice@runestone.org

Store Spotlight

Óðinshof

Food Pantry at Óðinshof



As I write this, we're experiencing another round of wintery weather, but for our food distribution on Ostara, the weather was near perfect! Tables were set up in front of the Hof steps and no pop-up was needed as it was neither "too wet" nor "too hot." Just right, in fact!

To make the transfer of food even easier, Steve and I just purchased a minivan with a "Stow 'N Go" feature that drops the second and third-row seats into the floor of the van. This provides open floor-space for the massive amounts of canned goods we bring and will save us from taking an extra car to Brownsville each month. April will be our first month with this new vehicle and should be a step forward in our food pantry procedures.



A bit about our demographics--29 families or 62% of our recipients this month were one and two person households, with most of them being post-retirement on fixed incomes. This month we gave food to 47 families representing 116 individuals!

As for April– the forecast is for 66 degrees Fahrenheit with few clouds in the sky. That sounds good to us!



Gythia Sheila McNallen
sheila@runestone.org

Ostara at Óðinshof



This month at Óðinshof, we celebrated Ostara! Ostara is arguably one of my favorite events at the Hof behind Midsummer. The event started bright and early with many helping hands setting up for the food pantry, where we served a total of 47 families!

Once the food pantry was done, we trickled inside to eat some delicious sloppy joes and begin our activities for the day. The weather was beautiful, a perfect day to welcome in the new season. We basked in the sun as we greeted the Gods and our Folk in the ritual circle.



Once this was done, Gythia McNallen took the children inside to read a story and decorate eggs as we got ready for a surprise guest... THE OSTARA BUNNY! Children rang out in laughter and screams of joy, each excited to take a photo with him. While the children were inside, the menfolk were out hiding eggs in Kinderheim for the littles and all around the Hof for the older kids.



A wonderful Easter egg hunt ensued with children eager to find the most eggs and share their findings with each other. The men and women had discussions and began planning for Hexennacht and a baby shower for a lovely member due in May.



We gathered together to honor Ostara in the ritual circle with a beautiful Blót led by Gythia McNallen. We then filed inside for a Baby Naming Ceremony for my daughter, Erika.



It was a beautiful, emotional ritual with tears from many. We rounded the night off with a delicious dinner and auction with many sought after items including a beautiful Ostara egg adorned with Runes and flowers, handmade by the talented Lissy Valentine.



Keep an eye out for information on our next event, Hexennacht, on April 20th!



Folkbuilder Sierra Chapman
schapman@runestone.org

Upcoming Events at Odinshof

2024 Events at Oðinshof

January 20	<i>Thorablót</i>
February 17	<i>Charming of the Plow</i>
March 16	<i>Ostara</i>
April 20	<i>Hexennacht</i>
May 18	<i>May Day</i>
June 22	<i>Midsummer</i>
July 20	<i>Sigrblót</i>
August 17	<i>Freyfaxi</i>
September 21	<i>Winter Finding</i>
October 19	<i>Winter Nights</i>
November 16	<i>Feast of the Einherjar</i>
December 21	<i>Yuletide</i>

RSVPs are required. All guests must be preapproved.

On event weekends, Oðinshof is usually open from Friday through Sunday. Those events include a Saturday morning food pantry distribution and community outreach on Sundays. We invite you to stay for the whole weekend.

All proposed events are on the third weekend, except for MIDSUMMER which is the premier event for the Oðinshof district. It's been moved to the fourth weekend to allow the food pantry to proceed as normal.



ODINSHOF MEMBER MEETING

WELCOME HOF UPDATE UPCOMING EVENTS

ELSE CHRISTENSEN & FOLKBUILDER SARA AULT
 ELSEFEST - FOLKBUILDER JAMES AULT
 FIDELITY - FOLKBUILDER HEINLEIN
 MAY DAY - FOLKBUILDER SUTHERLAND
 MONTHLY CHALLENGE AND VIGREI

APR 26TH LINK ON MEWE SEE YOU THEN!

Óðinshof Wish List



Óðinshof Leadership

Oðinshof Leaders April 2024



Goðar

Alsherjargothi Matt Flavel	mattflavel@runestone.org	907-350-8252
Witan Brandy Fassett	bcalahan@runestone.org	703-260-6979
Gyðia Sheila McAllen	sheila@runestone.org	530-575-8692
Gothi Nathan Erlandson	nerlandson@runestone.org	320-250-3933
Gothi Thorgrun Odden	thorgrun@gmail.com	831-587-7601

Folkbuilders

Lou Nickerson (AZ)	lnickerson@runestone.org	323-333-7784
Olivia Sutherland (CA)	osutherland@runestone.org	925-532-5298
Sierra Chapman (CA)	schapman@runestone.org	916-225-9490
Tyler Heinlein (MT)	theinlein@runestone.org	425-280-8979
Ryan Harlan (MT)	rharlan@runestone.org	209-743-9624

Apprentice Folkbuilders

Angelina Stone (CA)	astone@runestone.org	209-666-5452
Ryan Skinner (CA)	rskinner@runestone.org	907-750-9647
Kyle Reader (ID)	kreader@runestone.org	208-497-8712
Nick Gunn (ID)	ngunn@runestone.org	206-619-3145
Aaron Simbeck (WA)	asimbeck@runestone.org	425-309-1936

Hof Steward

Daniel Odom	dodom@runestone.org	530-854-3244
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Arizona

Erik the Victorious



Erik the Victorious was a legendary king of Sweden, who shaped the history of the Swedes and the Geats, and who is usually considered by historians to be the first king of Sweden in regnal lists, since he is the first king of Sweden who can be identified in sources independent of each other. He was considered by his contemporaries to be a powerful king, able to command large armies, and as his epithet implies, he is best

remembered for leading his armies to triumph on the battlefield, and he was an important political player in Northern Europe.

One thing that all sources historical and legendary agree on was that Erik was a devout Asatruar. Adam of Bremen calls Erik a "heathen" and documents Erik's hostility towards Christianity. By marriage, he was related to two different AFA heroes, Sigrid the Haughty, his first wife, and Håkon, Jarl of Lade, through his second (probably second, he may have had other consorts) Aud Håkonsdottir. Not only was Erik related to Håkon by marriage, but they seemed to be close political allies as well based on saga accounts. Although some sources mention that Erik was baptized in Denmark at some point, he clearly was still Asatru by the end of his life, and I would argue that the baptism, if it happened at all, was a political consideration more than anything, as Erik's powerful contemporary, King Harald Bluetooth of Denmark, had converted to Christianity.



Erik was born in the Uppland region of Sweden, around the year 945 CE, and he was most likely the son of powerful lords from that region. It's possible he was the son of King Amund, another Swedish ruler mentioned as preceding Erik by Adam of Bremen, but this isn't necessarily the case and there is no hard evidence for the genealogy of King Erik. Erik became king of Sweden around the year 970. The exact area he reigned over isn't exactly clear, but many historians believe that his territory included, at least partially, the traditional home of the Geats (modern Götaland, which is to the south of Uppland, or modern Svealand), which had only just recently been unified with the Uppland area during this time period.

The sagas describe several of Erik's achievements, and historians have identified many more, but the one historical event he was best remembered for, both in sagas, runestones, and historical accounts, was the Battle of Fyrisvellir. The sagas contain a very detailed, albeit probably not completely accurate view of the events of the battle. From what we can confirm from archaeology, there was a battle at Fyrisvellir, the marshy plain to the south of Gamla Uppsala. The traditional date of the battle was 985, but 986 is also possible. Archaeologists have found burials of Vikings who were from either Norway, southwestern Sweden or England, who died in battle in that area, at

right around that time. Additionally, runestone inscriptions that have been found mention a battle at Uppsala. Interestingly, two separate saga accounts, both preserved in the Flateyjarbók, mention that Odin personally intervened on behalf of Erik.

According to the sagas, Erik went to Odin's hof and sacrificed for victory, promising himself to Odin after ten years. Later that night, a tall man wearing a hat low over his face appeared in his camp and gave Erik a reed; he told him to shoot it over the opposing army and to say Óðinn á yðr alla ("May Odin have you all"). Who were Erik's enemies on the opposing side? There are conflicting accounts, although the leader of the opposing army was said to be Erik's relative Styrbjorn the Strong, who had with him Danish Vikings as well as local forces. More recent historical accounts have identified Styrbjorn's main ally to be Toki Gormsson, a brother of King Harald Bluetooth. Both Styrbjorn and Toki fell in the battle. As the dust settled at the end of the battle, one thing is clear; Erik had won a decisive victory and cemented his position as a powerful northern king. Ten years after the battle, Erik died.

Erik did have other achievements besides his great victory at Fyrisvellir. He was responsible for instituting a system of universal military service for all men under his rule, called ledung. He most likely founded the town of Sigtuna. During his reign, Swedish Vikings landed in Saxony and defeated a German army at Stede, and proceeded to raid the countryside, capturing many local noblemen. Most importantly, from our perspective, was the fact that he had a son, Olof. Through Erik and his son Olof (whose mother was most likely AFA hero Sigrid the Haughty), almost everyone with Western European ancestry is descended from Erik the Victorious. How is this possible? Olof had a daughter, Ingegerd, who married Yaroslav the Wise, Knyaz of Kiev, and they had a daughter, Anna. Anna married the king of France, Henry I, and their first child was born about 1052. Through their children, most (if not all) people with some English or French ancestry are descended from them.

Hail Erik!

Hail the Ancestors!

Hail Victory!

Spring's Arrival in Arizona



This past March, we met up at a local park and had delicious food, all prepared by my beautiful wife. We celebrated the arrival of spring and the embrace of Ostara while having good conversations. I got to see a friend who I hadn't been able to see for many months, and we had a fun catching up on everything going on.



The ladies also designed paper eggs decorated with flowers, a really creative craft activity put together by my wife.

Upcoming Events



On April 21st, we are planning on getting together for a hike in Pima County. I hope that everyone in the area can make it! It will be a great time exploring the outdoors in a US National Park!



Folkbuilder Lou Nickerson
lnickerson@runestone.org

Additional Arizona Events

GERMAN LUNCH MOOT



**1st Sundays
at 12pm**

PHOENIX, AZ

CONTACT: OSUTHERLAND@RUNESTONE.ORG

California

The Battle of Little Big Shed



Óðinshof has been blessed again! This one's a bit bittersweet though. The bitter part being that a fellow local nonprofit, "Hilltop Gang," in Brownsville, that has been an awesome asset to the local community, has sadly closed its doors. The sweet part is that they gave Óðinshof a great out-building that had been used for storage. The battle was that the shed was about 10'x12', a thousand pounds, sitting on a shallow grade, and that none of us were professional shed movers.

A word to the wise--most equipment rentals stores are closed on the weekend, so if you need to rent something like a trailer, do it Friday before they close. I failed to do this and so, instead of renting a tilting flatbed trailer, the only option left to me was to rent a utility trailer off Marketplace...hardly the best choice, but I knew that the men of Óðinshof could make it work.



The first day was spent getting our bearings. The team was Apprentice Folkbuilder Ryan Skinner, the legend himself Tristan, and everyone's favorite Sons of the High One, Bobby Popcorn, and of course yours truly. We had initially intended to drag the shed up onto the rails of the trailer, but that was proving to be impossible due to the floor joists and physics not working that way. Then, we began jacking the entire building up with the hopes of getting it high enough to slide the trailer under it. That wasn't going to happen either so, with the daylight quickly leaving, we decided to return it to a stable position and try again tomorrow. With that we went back to the Hof, ate dinner, and enjoyed one another's camaraderie around a fire.



On day two, our team was bolstered by more Sons of the High One, namely Dan the man Odom and wild-man Paul Stevens. With all of our big brains combined, we formed a pretty clever plan for moving the shed--we would jack the shed up on all four corners, trench out beneath it where the trailers wheels would travel, maneuver the trailer under the shed by hand, lower the shed onto the trailer, strap it down and bring it back to the Hof...so that's exactly what we did, and it worked like a charm. There were a few tense moments throughout the whole process, but the lads kept their cool and made it happen.



Now with all that behinds us, you're probably wondering: why did you guys go through all that work for some old shed? Excellent question. The shed is large enough to accommodate multiple bunks. That means, with a little TLC, at future events we would be able to house our folks who come from out of town!

If this sort of thing interests you--a little labor, harrowing, and building camaraderie with your Folk, please reach out to your local Folkbuilder or to the Hof Steward Daniel Odom and get involved at the next work weekend! There's always tasks for members at all skill levels, and it's always a lot of fun, so give it a try!



Brodie Sutherland
Member

Introduction



Hail Folk!

My name is Ryan Skinner, and I've been proudly involved with the AFA since 2017, fully immersing myself in the values and self-accountability it offers. For the past three years, I've had the honor of living near Óðinshof, where I've found a second home and a welcoming community that shares my passions and beliefs.

A little bit about myself--I grew up in the mountains of Forest Ranch, California (2 hours north of Óðinshof). After taking in all the values that a conservative, rural small town, without a single streetlight, has to offer, I spent 6 years serving in the Army. As a UH-60 (15T) Mechanic and Crew Chief, I logged just over 1,200 flight hours spanning four continents and two combat deployments. It was an experience that taught me the importance of precision, teamwork, and fearlessness.

I strive to be a technically minded and an honor-focused individual. I've always been drawn to understanding how things work and finding solutions to complex problems. This mindset has carried over into my involvement with the AFA where I'm focused on doing right by our Folk and our beliefs.

When I'm not busy with the AFA, you'll find me soaking up precious moments with my amazing wife, Carli, and our three wonderful kids. But my passion for the AFA and our shared values never fades. Whether events, participating in rituals, moots, or simply

lending a listening ear to a fellow member, I'm all in!

I'm truly grateful for the purpose I have found within myself, by being a part of the AFA, has brought into my life. I look forward to continuing this journey alongside all of you, supporting our Folk, and honoring our Gods together.

The Power of 1%



Can you tell 1% of the bill was missing?

Seems insignificant, right?

It is not though!

Hoftollar!

- Utility and Facility Maintenance: Keeping the lights on and the facilities operational is essential for the smooth functioning of our church. Combatting the increasing costs, such as insurance and power. A Hoftollar 1% may seem negligible at first glance, but this contribution helps cover utility bills, facility maintenance costs, much needed renovations, and other overhead expenses that are vital for creating a welcoming and functional space for worship, fellowship, and community activities.
- Local and Global Outreach: Hoftollar support, though modest in percentage, plays a crucial role in facilitating our local and global outreach efforts. Whether it's funding community events and various community engagement, 1% counts toward making a positive and lasting difference in the lives of our Folk, both near and far.
- Running the Food Pantry: Hoftollar 1% may seem small on paper, but when you consider how it contributes to running essential services like our food pantry, its impact becomes clear. That 1% could translate into transporting the freely acquired food,

maintaining clean and secure pantry space, or covering operational costs, ensuring that every family in need has access to food assistance.

While 1% may appear small numerically, its impact is magnified when you consider how it sustains vital services and initiatives within our churches. Hoftollar contributions, whether financial or otherwise, play a significant role in supporting our church's mission, fostering engagement, and meeting the needs to bring honor to our Holy Gods, our Ancestors, and to secure the future of our Folk.

Upcoming Events

BIDWELL WALK-PLAY MOOT

APRIL 28
NOON-2PM



- KID FRIENDLY/STROLLER ACCESSIBLE
- LEVEL TERRAN
- 1.5 MILES (0.7 EACH WAY)
- FUN FOR FOLK AND FAMILIES

RSVP with App. Folkbuilder

Ryan Skinner

RSKINNER@RUNESTONE.ORG



Ryan Skinner

Apprentice Folkbuilder

rskinner@runestone.org

Ásatrú Fables: The Storm

The following short story is intended to be one of several short stories. Each tale is about a group of friends, young animals from all walks of life - a wolf, a bear, a moose, a lynx, a fox, and an otter. With each adventure the friends find themselves in, they learn a valuable lesson with the assistance of a god or goddess. I started to write this story and others a few years ago when I joined the faith. This story is about Thor, and it teaches children that just because something is unknown does not mean it needs to be feared. Brandon Stone and I plan to get these published eventually, and he will be making all of the art. I hope you enjoy this story about Thor!

The friends had all scheduled to meet near the house of Moose.
There they would gather under the Giant Spruce.

That was the easiest meeting place.
As Moose waited for his friends, he saw them race.

Up above their heads, so high -
The clouds were steadily moving by.

Dark clouds covered the sky like a blanket.
The young animals didn't think they would make it.

It started off with a drop or two.
The amount of rain increased and even their sizes grew!

"Can we go to the beach?" Asked Otter with glee.
When the group all nodded, she shouted, "Yipee!"

Together they moved through the forest of trees.
They felt the wind in their fur, picking up with the breeze.

When they got to the beach, sand stuck to their feet.
Bear was the first to take a seat.

The ocean seemed mad - it broke the waves upon the stone.
This was unlike anything they had ever been shown.

Fox was in awe, he sat beside Bear, his tail covering his paws.
Light crashed in the distance causing them all to drop their jaws.

Bear was the only one truly not afraid.
And if he had the choice - it was there he would have stayed.

"We should go home," said Otter, her voice soft.
And to that, Bear just scoffed.

Before anything else could be said - they heard a crash in the sky.
But it wasn't clear where it came from - not with the eye.

From the darkness, a large figure appeared!
They didn't know this creature. It was a stranger they feared.

Standing between his friends and the beast.
Bear roared at it - he was not frightening in the least.

“Leave at once! Get away from here!”
“Yeah, scram!” Chimed in Wolf. “We don’t want you near!”

But the stranger just stood, and stared at the kids.
He took a deep breath and closed his eyelids.

With the shake of his head, his antlers were seen.
Massive they were and shockingly pristine.

The creature before them looked much like Moose’s dad.
But it was larger than him. Surely it was bad!

With a single stomp of his hoof, it shook all around.
And with it came a loud crashing sound.

Confused by the noise, Otter hid behind Bear.
This creature had given them all a scare.

Starting in a circle, he enclosed the group.
They stood as tall as they could, the brave little troupe.

The noise that erupted sounded like thunder.
And light in the sky caused the clouds to go asunder!

“Be still, young creatures of this land.
For this is merely a storm you can withstand.”

The children watched him - their eyes filled with awe.
What happened next? They couldn’t believe what they saw!

Light surrounded the large Moose as he ran.
Unbeknownst to them, he had a plan!

Rain continued to pour from the clouds up above.
The winds picked up - too strong for a dove.

And then the Moose spoke with his antlers so massive.
Compared to the roar of thunder, his voice was so passive.

“Don’t fear the storm. The rain is for the plants.

The sound of thunder is beautiful, if given the chance.”

“Without the rain, your rivers would not flow.
Which would mean nothing would grow.”

His running came to a stop.
He should have been tired, but his body didn't drop.

“Go to the beach, and look out to sea.
The ocean is as happy as can be.”

The young friends moved closer together.
Just then there was a significant change in the weather.

The rain totally stopped.
Not even a single drizzle dropped.

This event was surely something to behold.
It was far more valuable than gold.

Seeing all of this made Moose feel proud.
So he stomped his hooves too, but it wasn't very loud.

Lynx turned to Moose, “Stop that, right now!
You can't do what he did, No way, No how!”

Moose turned around to see if he could ask his idol.
But the large Moose was gone, leaving Moose feeling idle.

Wolf chimed in, “That storm wasn't so bad after all.”
“Yeah, yeah - Get ready to brawl!”

Bear lifted himself from the sand.
Together the friends chased one another all over the land.

As the sun started to set, they knew it was time to go home.
Moose was reluctant more than any, he wanted to know where the other would roam.

When Moose got home, he went straight to his father, “Dad when we were at sea.
“We saw a massive moose, but there was no aggression towards me.”

Father Moose smiled to his son, “There are many like him you see.
He comes by storm, and leaves by the sea.”

“Don’t be frightened by the sounds that follow the rain.
Maybe one day, you will see the mystical one again.”



Angelina Stone
Apprentice Folkbuilder
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River Retreat



Nothing says “Spring Break” as sweetly as snow flurries and weather.com alerts of winter storm warnings! Haha. It was not helpful in the slightest, but despite the cold, the rain, and mild snow, we still had a wonderful and relaxing time. It was a beautiful reprieve from our everyday busy lives.



Our story begins with hot chili and cornbread, prepared with love by yours truly, for our arriving guests. We all warmed up in our cozy 100-year-old cabin beside the peaceful, roaring river. We blessed our meal and had a delightful feast, complete with Diane's homemade rice krispy treats for dessert.



After filling our bellies, we went on a short hike to a nearby cave. The children explored and played as they ought to, climbing, jumping, and laughing. Meanwhile, the adults navigated the perils of the stones quite well, almost injury-free. Unfortunately, our folk were ambushed by a mean raspberry bush. My husband was the only victim.



Frolicking back along the riverside, and joyfully noting the signs of spring, Jim found a little lost lamb and gave it to my youngest daughter. She swiftly adopted the toy as her own.



Upon arriving back to the cabin, the menfolk started a bonfire. We gathered around and conversed for hours into the night. Dinner included grilled burgers with all the fixin's, macaroni and cheese, beer, wine, and juice. The rest of the night was spent catching up and enjoying each other's company.



Saturday morning breakfast was a hearty meal of omeletes, bacon, coffee, and blueberry muffins. Then, it was off to our hike to the waterfall, alongside some train tracks. Snowy mountains were in view high above us. The air was misty and cool, with sprinkles of rain, but we kept warm walking and talking.



Along the way, we came to a bridge where Jim noticed some ancient runes from 7/11: Raido, Othala, Uruz, and Pertho.



It was supposed to be a relatively short 1-mile hike to the secret spot, however, the older kids went ahead of us and ended up 2 miles past the waterfall! We then had to send a two-father (Army and Marine Corps effort) search party out to locate them, and thankfully they were found.



The sound of the waterfall was very soothing, with water streaming down all around us. The time we spent gazing at the falls was filled with peace and serenity, a reminder of the magnitude of beauty that exists in Midgard. Life is good!

We had to head back, however, as all the hiking made us very hungry.



Before folk departed, we enjoyed a lovely meal of fish, calamari, burgers, and more at a nearby restaurant. No one wanted to leave the cabin and the river, but we all knew we'd see each other again before long. We loved this time so much, and we look forward to hosting our River Retreat again! Next time, we'll aim for dates a little later in the season to hopefully eliminate the likelihood of a wintry forecast.

Upcoming Events



For the women of this district, Daughters of Frigg has virtual meetings on the first Fridays of each month at 5pm. These meetings have been a magical time get to know each other, laugh, share stories, and strengthen friendships. Please check the Daughters of Frigg MeWe page for the link to join.



Additionally, Daughters of Frigg will be hosting a Baby Shower for one of our dear ladies who is excitedly awaiting the arrival of a healthy son. The shower will be held during the ladies' tea time at Óðinshof Hexennacht, on April 20th. Thoughtful and practical gifts (diapers, wipes, baby boy clothes, handmade items, etc.) would be greatly appreciated.

Have an Amazing April!



On May 4th, please join us for a brunch of champions! It's going to be awesome!



Folkbuilder Olivia Sutherland
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Baby Naming



On March 16th, in front of the Gods and the Folk, my beautiful baby girl was named and asked to be accepted and recognized as one of us. This was met with resounding support in one of the most beautifully emotional days of my life. Gythia McNallen, whom I consider a second mom, spoke with the Norns in the days prior asking them each to bless my daughter with a Rune. Urð blessed her with Wunjo, Verðandi with Uruz, and Skuld with Fehu. As each Rune was pulled, more and more tears filled my eyes reflecting on their meaning and how apparent they had already been in her short time in Miðgarð thus far.



Alsherjargothi Flavel came up and said his kind words that are always and forever appreciated. The Folk joined me in hailing my beautiful baby girl, and they accepted her into the Folk. It gives me immense honor and pride to know I am helping create the next generation of Asatruar and that my daughter was born into the Assembly as a second generation Asatruar and will never know a world without Hof's. She has an extended family that will welcome her across the globe, united under the banner of the AFA. With this, I am eternally grateful.

Welcome to Miðgarð, Baby Girl!
Hail Erika Lois May Sleeper!

Folkbuilder Sierra Chapman
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Additional California Events



3RD ANNUAL WILDFLOWER HIKE AND PICNIC

HOSTED BY HAGVIRKR KINDRED
SAT. APRIL 13. 11AM
JOIN US THE TABLE MOUNTAIN
ECOLOGICAL RESERVE IN OROVILLE
FOR A DAY OF NATURE AND FUN.
CONTACT KRYSTAL AT 530.715.5294
OR HAGVIRKRKINDRED@GMAIL.COM
WITH QUESTIONS OR TO RSVP

Idaho

Hello from Idaho!



April is one of my favorite months in Idaho. It's when they re-open the back country roads from their winter closure and shed hunting officially begins. My kids and I will spend every chance we get hiking up and down the mountains trying to find deer and elk sheds for the next couple months. Even if you spend the day out hunting and don't find any, you still get to see nature coming back to life all around you and nothing beats a day spent out in the wilderness with family. I encourage each of you to put on some hiking boots, pack a lunch, go out into the mountains and try finding some sheds for yourself. You could find a new fun activity that you never thought of before!

Upcoming Events



We will be holding our Hexennacht Moot on April 20th, where we will get out into the mountains, weather permitting, and have a fire, roast hot dogs, and enjoy each other's great company.



On May 18th, we will be holding our May Day Moot which will be at my home. I will be smoking up some amazing BBQ. I would love to see all the folk in the area and even those who are not. If you want to make the trip, come out and join us!

As always, my home is welcome to all who need to stay the night due to long travel. Please don't let a couple hours' drive stop you from coming out.



Kyle Reader
Apprentice Folkbuilder
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Additional Idaho Events



Montana

Einmánuður



Continuing our exploration of the Norse Calendar, we turn our attention to the month of Einmánuður. This month literally translates into the lone month. This is due to the fact that it is considered to be the bridge between winter and summer.

Exploring this element, we must first understand the seasons. The Norse Calendar only recognizes two seasons, summer and winter. Spring and Fall are not practical extensions when one looks at the year as a cycle of life. Each season is an expression of that life and death cycle. Where the views of those outside of Asatru would claim that the spring is a distinct season where the weather is temperamental and plants begin growing as part of this season, we do not. It is true that the weather can be temperamental, and plants do grow. However, this view of a distinct and separate season neglects a complete analysis of what is truly happening. Winter is dying, life is returning as Sunna returns in strength. There are elements of summer bursting through the snow, and the sun continues to last longer and longer but there are still icy breezes and a lack of robust life. It is an annual struggle.



The correct view of the seasons can be held as follows: Summer is born and grows; at midsummer it has its brightest day then begins to die. As it dies, winter begins to get power and then it too grows, reaches its zenith, has its back broken by Thor and then subsequently begins to wither and die. Thus, the cycle is repeated, and we see that both seasons wax and wane much like the lunar cycle this calendar utilizes.

We need not look further than our own lives to recognize this phenomenon. We are born, we grow, we reach our peak and we die. This cycle is encoded into the natural world all around us and we can gain some perspective and appreciation for a great deal of things by embracing this self-evident concept.



Once we have done so we can now revisit the month at hand: Einmánuður. As stated before, it is the bridge between the seasons. We see its connection to both winter and summer that we refer to Einmánuður as the lone month as it fills the perfect hybrid of the two climates. After the death of winter, often used as a metaphor for chaos, we see that life and order are reborn. It is in this month we see a micro-representation of the great yawning gap where two opposed forces meet for creation. Einmánuður is our calendar's very own Ginnungagap where summer is born and reborn as time moves forward.

To fully appreciate this last month of winter we will explore the month as if it is a bridge which is to say we will walk through this month chronologically and explore as we go. We begin with a hard fact--many of our people face food scarcity especially around this time. In this early spring, we often see income dips, food stores depleted, and the charitable giving of the yuletide wildly diminished. The end of winter, even with mechanized agriculture, poses a risk for hunger, and our ancestors would donate surplus food to families in need. I believe in ancestral veneration and, as such, this time of year I take some meager surplus funds and aid food drives that benefit our folk. This ties in nicely with the traditions of Einmánuður and, therefore I invite you and your family to do the same. Einmánuður of 2025 will see a folkish food drive hosted by the Odinic Order of the Ulfhidnar, our fraternity comprised of some of our best men in the AFA. If any family is struggling to put food on the table, the Folkbuilders and Gothar of the Asatru Folk Assembly are happy to help and are just an email or phone call away.

This month may be brighter, and life may be returning, but it is still a time to lend our people a hand and ensure their survival through the winter.



To help bring an end to winter and the accompanying worries, we light a white candle to venerate the return of the sun. Often this is done either throughout the entirety of the month or just on the vernal equinox. The choice between the two is more a matter of budget and practicality, and I invite your family to join accordingly.

This candle is often looked at as the middle ground of the bridge, and, looking across to

the other side, we see a great period of rebirth. Plants spring forth from the ground, and birds return in great numbers. We see the beginning of blooms, and for us ranchers we see calving and lambing season. Nests and dens are soon to be full of babies as well.



Indeed, this last month of winter marks the first month of our own baby boom. Einmánuður is the month dedicated to our boys. Much like the changing of the season, our boys are energetic and filled with rowdy destructive capacities as well as the strength of creation. With the clearer weather our boys fill the fields with games and plants alike and this is the time to celebrate them. Recognizing them for what they are

and showing them how to become men is a duty for all our people and we are fortunate to have Einmánuður to remind us of their place in a world so vehemently against masculinity.



As such, we have an opportunity to put our boys to work to build them into men preparing our land and home for the summer as well as getting outside ourselves to play those boyish games with them. Embrace the end of winter and the rebirth of summer and hail our boys.



Hail Einmánuður!

Upcoming Events



**FÓ LKVANGR HOMESTEAD
WORKSHOP
EASTERN MT APRIL 29TH**

**DIRECT PLANTING, ANIMAL HUSBANDRY,
MAINTAINING THE HOME,
SMOKEHOUSES AND MORE ON A
FUNCTIONAL HOMESTEAD**



Folkbuilder Tyler Heinlein
theinlein@runestone.org

Ostara at the Hot Springs



Nestled in the mountains of Southwest Montana, there is a hidden gem. There are no signs along the highway to signal the tourists to turn off the interstate, and once you do turn off the main road, there's little to point you in the right direction. It's not exactly a secret, but it's not exactly common knowledge either. What is this thing I speak of? Hot springs. For the second year in a row, we gathered at this secluded family run resort to celebrate Ostara. A small historic lodge, a handful of rustic cabins, no cell service, and of course the springs. Surrounded by the mountains, and the last vestiges of winter, we arrived at our cabins, unloaded, and settled in. A late start on travel Friday found us arriving late in the evening, but the following day was to be the bulk of the festivities. When we awoke, everyone convened around the breakfast table in the lodge. A family style breakfast of waffles, pancakes, eggs, bacon, and sausage filled us up and got us ready for the day. After a bit of digestion, it was time for a soak in the springs. Two large pools of varying temperatures, and a smaller enclosed "wet sauna" pool, along with bath houses, provided plenty of warm mineral water to soak in. With the afternoon soon arriving, we set to prepping our feast. The newest cabin had a full kitchen which made things easier, as last year was a bit different. The previous year had us contend

with negative temperatures and no kitchen, so we were quite happy to see more spring-like conditions and even modest amenities.



Our women folk worked hard to decorate, provide us a welcoming atmosphere, and furnish the eggs and baskets for the kids. A quick egg hunt for the children and their excited sounds of frolicking and discovery, made for a heartwarming sight. Our Blót was small and intimate, calling upon our Goddess of Spring and giving our gifts to the bringer of warmth, longer days, and the renewed fertility of the Earth.



Once we had concluded our Blót, we gathered around to enjoy our feast. Smoked ham, salads, deviled eggs, breads, a hearty stew, and many desserts were to be had, and if anyone went hungry, surely it was their own fault. With stomachs filled and the sun setting behind the mountain, we retired to our small bonfire for Sumbel and then retired for the night. We woke again to find winter attempting to hold its sway with a light snow, but by the time we sat down to enjoy another breakfast together, the sun had come out and the snow had ceased. Another fantastic Ostara, and another fantastic time together here in the last best place!



Folkbuilder Ryan Harlan
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Nevada

March Dinner



In March, Dan and his family hosted a lovely dinner for us, and it was great to go and enjoy the hospitality at their lovely home. We enjoyed delicious tri-tip and great conversation! I was overcome by a store display, so I brought a superabundance of King's Hawaiian rolls, and we enjoyed a gluten extravaganza.

Upcoming Events



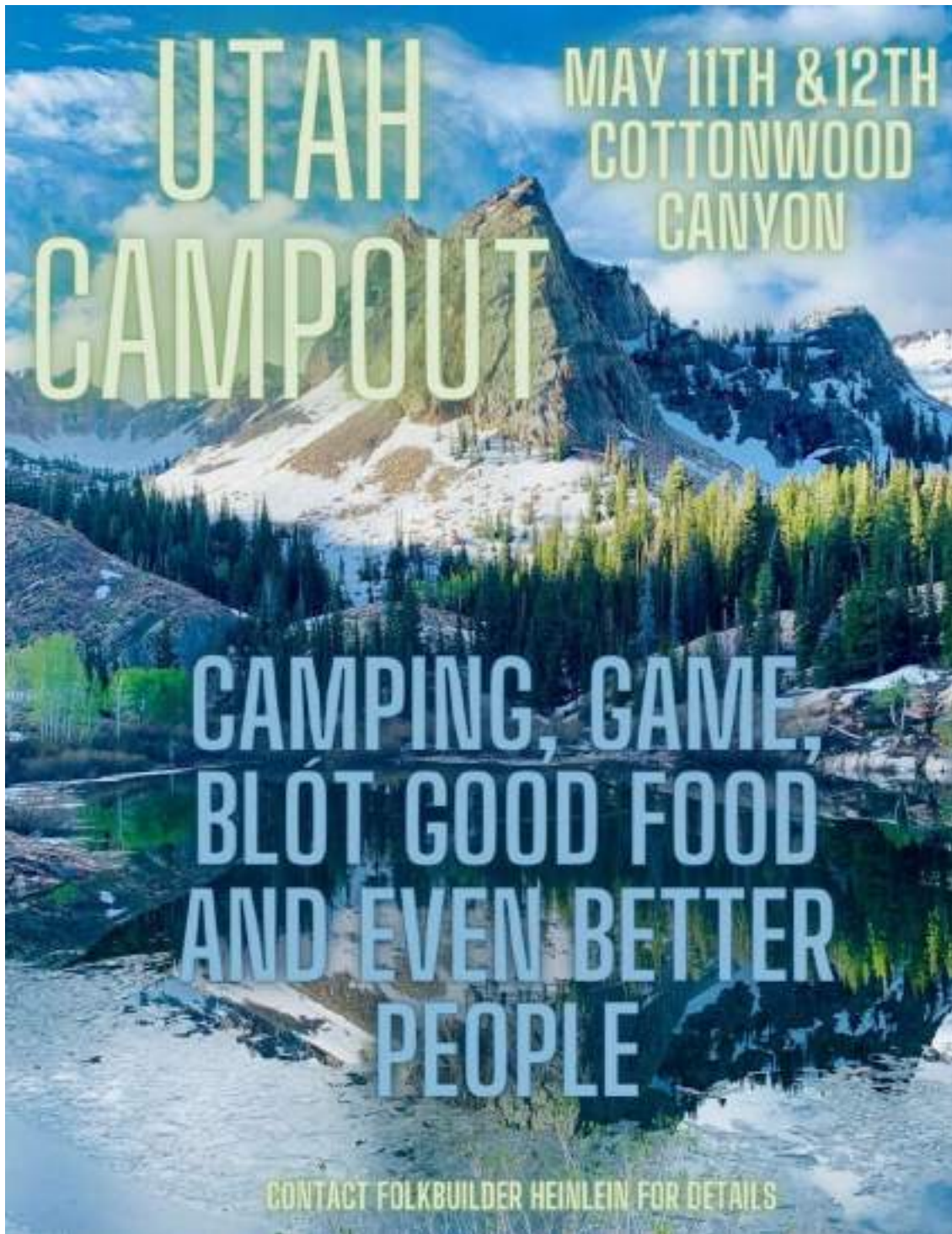
Please join us on 4/13 for a meal and good company at the Flavel house. We look forward to seeing everyone!



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

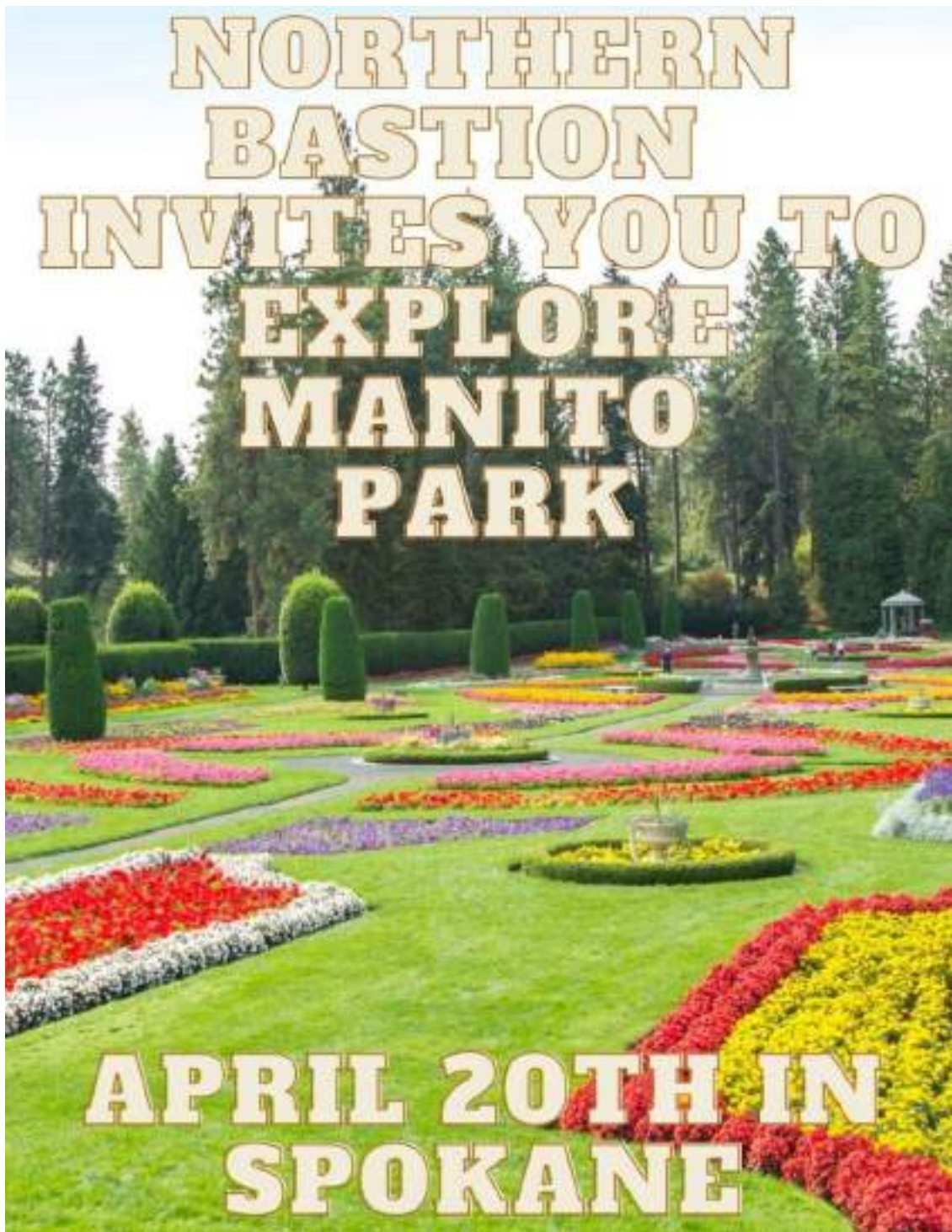
Utah

Upcoming Events



Washington

Upcoming Events



Nick Gunn
Apprentice Folkbuilder
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Introduction



The first time I ever heard Stephen McNallen speak about the AFA was on a Heelturn YouTube episode with Richard Spencer and Mark Brahmin. That video is what brought me solidly out of my Christian religion into seeking a new path from my European ancestry. I was impressed by all the pagan motifs inside the Christmas traditions that went over my head unconsciously. It felt as if I found a mystery religion from within my own Christian tradition, or rather, all the things that I liked most about Christianity was actually from holdover pagan traditions of our European ancestors.

I was also attracted to Stephen McNallen's authenticity as he talked about "his" gods and the Wotan on the Peaks rituals he was doing with his kin, my kin. This YouTube video was watched in a Holiday Inn hotel on my way to my hometown in Sidney, MT in December of 2018. I unfortunately didn't reach out to the AFA first, but to the Greco-Roman groups and tried to be active with folks from those traditions for about 5 years.

It wasn't until I saw a local newspaper article from here in Washington--near the relative area where I now live with my wife and three daughters--where an AFA member was maliciously attacked in it for merely having a "folkish" music store dedicated to the Asatru gods. This member was, and still is, proud of our Faith. The newspaper continually attacked him with false assumptions and wild leaps of logic, while our member maintained a noble stance simply explaining how races are different, yet we hold no stance towards superiority.

It didn't stop a news source from also posting the false narrative that whites who care about white folk by default MUST think they want to control minorities and be superior to all people.

Needless to say, I do not buy that false dichotomy, and neither do most people, increasingly. The editor-in-chief from that news source has a habit of producing these anti-white articles. It greatly disturbed my sensibilities as a new transplant to the area with a white family; he too was a transplant to the area from NYC, bringing his urban, anti-white, sensibilities to these small towns in southern Washington where good, decent, white folk live.

From that article, I decided to reach out to the AFA. First, I reached out to the local member at his store, then to the Washington Folkbuilder at the time, who, to my surprise, was holding a moot at Wonderwood Park near my home in Lacey, WA. I went to the moot and was surprised to find so many men--and a few women and children--who shared my views on the positives of preserving our European Folk, culture, and soul. The evening ended with a Sumbel to the gods. It was during that Sumbel that I felt called by Óðinn and Þórr to this new religion of Asatru.

Over time, the original community slowly dissipated. So here I am now, about a year later, and I figured I would start holding moots to seek out more community near me. I have been truly impressed by the amount of intellectual vigor in the AFA community, but I am ultimately attracted to its ritual experience work with the Aesir. That Sumbel was what called my spirit. Stephen McNallen calls it "metagenetics." Metagenetics can be explained simply as "ancestry matters" when it comes to the divine. It matters who our Pan-Germanic ancestors called the Almatki ass (Almighty God), Lord (Frey), the All-Father Óðinn, and it matters who gives us our commandments. A rabbi could tell me simple things like "thou shalt not murder" or "thou shalt not steal", but commands come with more weight when kith and kin say it and in context! When my father tells me something, I not only understand it, but I feel it. I want my father's fathers to tell me how they lived, how they worshipped, how they loved, how they sacrificed, and how they brought me into this story of life. It was through specific Gods! It wasn't through

"all gods" or "one god;" the definition of "holy" means "set-apart," "particular," and "separate." To each people belongs their particular (holy) powers. In other words, genetics matters in the divine!

Thank you for listening or reading my introduction. I hope to bring many Folk back home to our All-Father, to our Holy Powers, and to a particular place in this middle world I have chosen to call home--the AFA. Hail the AFA!

First Impromptu Coffee Moot as a New Apprentice



I had the opportunity of meeting up with an AFA member in my area. This would make this my first official moot ever as an Apprentice Folkbuilder. It was at a bakery and coffee shop near Olympia, Washington, and it was an overall relaxed meet up. I had met the member about a year before at the Maypole Festival to Frey. That was my second ever moot as a new member.

So, we caught up, and I gave him one of Stephen McNallan's booklets titled, "Asatru Book of Faith." We talked about our past year, the troubles we had, and where our faith fit into that. We also opened up the Prose Edda and read from the 51st chapter about the events leading up to Ragnarök. It was a good exegetical study with some fun interpretations on how to apply the pros and cons to our every day experience.

After about 2 1/2 hours, we got a 2nd cup of coffee and shared some favorite music and

a few songs we had been working on. The member had surprisingly published music that he shared with me on Spotify! He was very talented. I shared my humble song, as well, that I wrote.

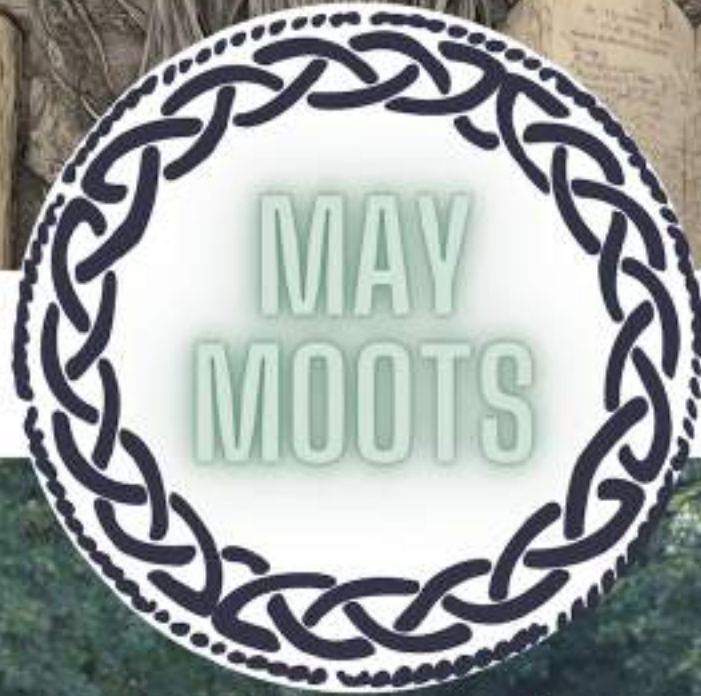
We also talked about future meet ups, and the member gave me some ideas for how to have an enjoyable moot and a successful time as a host of future moots. All his advice I received gladly.

Upcoming Events



It will be hosted at my house in Lacey,
WA

Questions: call or text (406) 630-2396
Time: 10:30 am on 4/14/2024



**FOR DETAILS - CALL OR TEXT APPR. FOLK-BUILDER
JAK KESSLER: (106) 630-2396**

Jak Kessler
Apprentice Folkbuilder
jkessler@runestone.org



Waking the Bear in Washington



Howdy folks, I wanted to give an update on how things are going. This month, I worked out the final logistics for moots this year, from meet ups in British Columbia and Utah to caravanning to Óðinshof for Midsummer. I've got a lot planned to travel the northwest and meet new folks everywhere I go.

I've been busy with work at the end of our fiscal year, filing paperwork and renewing licenses. I even got to meet the new CEO, who was in my store for half a week and gave a lot of good insight and advice for growth this upcoming year. What free time I had was spent finishing the planning of moots for 2024 and staying connected with members.



Speaking of moots, the next few moots I am hosting will be a fishing trip to Lake Goodwin in canoes and a Turkey Hunt in Spokane.



What's cool about this year's turkey season is that you can harvest a third spring turkey in Spokane county instead of just 2. This means you can get the Grand Slam! This would be achieved by hunting an Eastern, a Rio, and a Merriam Turkey. The wildlife department will give those who harvest all three a special plaque, and I aim to get one for myself.



On March 30th, we hiked in the Kettle Falls area and had a great time with both Washington and Idaho folk. I got to meet up with some good friends and met another member. We exchanged canned peaches and had an amazing prime rib for dinner.

My older brother often talks about "waking the bear," and how this time of year is a time to get active and meet up with good Folk. With the moot this last weekend bringing together people from two areas and another two moots that are sure to make a

splash in April, I most certainly have woken up from winter's hibernation and am eager to face summer.

Upcoming Events



On April 11th, we'll be using canoes to fish for trout and bass in Lake Goodwin, which is one of the best lakes for game fish on the west side of the Cascade mountains and one of my favorite honey holes.



Aaron Simbeck
Apprentice Folkbuilder
asimbeck@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

Witan Allen Turnage
aturnage@runestone.org



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