



## Óðinshof

First Hof of the Asatru Folk Assembly

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# Words from the Alsherjargothi



2023 is off to an amazing start! We have been busy this month as this issue of the Runestone will show. We have progress on several exciting fronts and perhaps the most exciting for me, in January, was the event at Sigrheim. The picture is of us giving blot to lord Týr at the site of the hof we will build for him in the coming years.

If you are reading this and you have remained solitary, 2023 is your year to fix that and join in on all the amazing things we are accomplishing together. If you have non-member friends and family that should be sharing in the blessings and accomplishments of the AFA, what is holding them back from joining? Have you invited them? Let's make this the year that more folk come home than ever before. Let's make 2023 the best year yet for our AFA!

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



## Words From Our Witan

### *Charming of the Plow*



Charming of the Plow is one of my favorite holidays and blots. Being a farm kid raised on a dairy farm in the middle of nowhere North Dakota, February was always a hard month. I remember wearing 5 layers of clothing just to do chores and still being cold! Everything seemed so much more difficult in February. I was tired of winter by then. The snow was no longer welcome. The NoDak plains no longer looked pure and untouched, covered with sparkling snow and icy creeks. It just looked like a frozen tundra with a never-ending winter. At that age, I couldn't see ahead, only behind me. I didn't see the preparations we were making for the spring, I could only see the misery of being out in the cold. I could only think of how long we had had to shovel snow, break ice, unbury equipment, and trek around the farm in 32 below temps. I didn't see the increasing in daylight, the beauty of the sunrise earlier every day, or the happiness

the bellies of the heavily pregnant cows put on the faces of my family. I just saw work. I didn't see the prosperity. I didn't see the preparation to make sure our family would succeed another year.

Age brings appreciation, I suppose. I no longer just see a cold and barren, snow covered plain. Instead I see earth starting to awaken beneath it. February is no longer a miserable month of cold weather and endless chores. It is time to be industrious. It is time to prepare our tools with intention and care, to celebrate the end of winter rather than focusing on how hard it has been. It's a time to look forward, to plan, to prepare. It's a time of excitement rather than angst.

My family holds a blot to Gefjon at Charming of the Plow. We take the month of February to work hard for the big goals, to make our plans and prepare ourselves for the work spring will bring us. We take our inspiration from her as her story from *Gylfaginning I*:

King Gylfi ruled the land that men now call Sweden. It is told of him that he gave to a wandering woman, in return for her merry-making, a plow-land in his realm, as much as four oxen might turn up in a day and a night. But this woman was of the kin of the Æsir; she was named Gefjun. She took from the north, out of Jötunheim, four oxen which were the soils of a certain giant and, herself, and set them before the plow. And the plow cut so wide and so deep that it loosened up the land; and the oxen drew the land out into the sea and to the westward, and stopped in a certain sound. There Gefjun set the land, and gave it a name, calling it Selund. And from that time on, the spot whence the land had been torn up is water: it is now called the Lögr in Sweden; and bays lie in that lake even as the headlands in Selund. Thus says Bragi, the ancient skald:

Gefjun drew from Gylfi | gladly the wave-trove's free-hold,  
Till from the running beasts | sweat reeked, to Denmark's increase;  
The oxen bore, moreover, | eight eyes, gleaming brow-lights,  
O'er the field's wide: booty, | and four heads in their plowing.

And again told in the *Ynglinga Saga*, Chapter 5:

There goes a great mountain barrier from north-east to south-west, which divides the Greater Swithiod from other kingdoms. South of this mountain ridge it is not far to Turkland, where Odin had great possessions. In those times the Roman chiefs went wide around in the world, subduing to themselves all people; and on this account many chiefs fled from their domains. But Odin having foreknowledge, and magic-sight, knew that his posterity would come to settle and dwell in the northern half of the world.

He therefore set his brothers Ve and Vilje over Asgaard; and he himself, with all the gods and a great many other people, wandered out, first westward to Gardarike, and then south to Saxland. He had many sons; and after having subdued an extensive kingdom in Saxland, he set his sons to rule the country. He himself went northwards to the sea, and took up his abode in an island which is called Odins in Fyen. Then he sent Gefion across the sound to the north to discover new countries; and she came to King Gylve, who gave her a ploughgate of land. Then she went to Jotunheim, and bore four sons to a giant, and transformed them into a yoke of oxen. She yoked them to a plough, and broke out the land into the ocean right opposite to Odins. This land was called Sealand, and there she afterwards settled and dwelt. Skjold, a son of Odin, married her, and they dwelt at Leidre. Where the ploughed land was is a lake or sea called Laage. In the Swedish land the fjords of Laage correspond to the nesses in Sealand. Brage the Old sings thus of it: --

"Gefion from Gylve drove away,  
To add new land to Denmark's sway --  
Blythe Gefion ploughing in the smoke  
That steamed up from her oxen-yoke:  
Four heads, eight forehead stars had they,  
Bright gleaming, as she ploughed away;  
Dragging new lands from the deep main  
To join them to the sweet isle's plain."

Below is a simple blot, similar to the one my family will celebrate to honor the Goddess Gefjon, one of our Ásynjur.

Items Needed:

2 bowls

Sprig

Horn

Mead

Tools of Industriousness (Items that you use to support your family & folk)

Pour the mead into the horn and have the women bless the mead if present. Gather your folk, entering the space in a clockwise motion.

Welcome:

“Holy Æsir, mighty Gods and Goddesses of our Folk! We invite you to join us and witness our devotion!

Honored Ancestors, mothers and fathers as far back as time remembers! We ask you to join your sons and daughters in celebration!

Friendly vættir, spirits of this land and this place! We invite you to witness what we do today and to see our deeds!”

Holding the horn high, call on the Goddess Gefjon:

“Hail Gefjon!

Beguiler of Gylfi with merriment

Land-churner,

Giver,

Generous One,

Strong and industrious –

Hear the voices of your folk,

Receive our devotion!”

Gather the gifts of the Folk for Gefjon:

“Folk, place your hands over your hearts. Feel the heart beat beneath your fingers. Feel it’s strength, it’s steady-beat. From that strong and noble heart, gather your gifts for Gefjon. From your heart to your hand, and from your hand to the horn, give the best and brightest of yourself to her today.”

In a clockwise movement, gather the gifts of the folk into the horn of mead. Returning to the central altar, hold the horn above you head and offer them to Gefjon:

“Holy Gefjon!

This horn is heavy with the gifts of your folk,

The best and brightest of themselves that they have to give.

If you find these gifts worthy, accept them from us.

Hail Gefjon!”

Pour the contents of the horn into the bowl.

Fill the second bowl with the remaining mead and hold high above your head.

“Gefjon!

You have accepted our gifts, and we ask for your blessings in return.

Give us strength in the last holds of winter.

Inspire us to be industrious.

Remind of the victory ahead in times of struggle.”

At this time you will be blessing the tools, the Folk, and their hands.

Using the sprig and the blessed mead, sprinkle the tools with the blessings of Gefjon:

“Gefjon, we ask that you bless these tools.

Inspire us with your strength and devotion to task.

Remind us to be joyful in our work.

Let us see that victory our industriousness brings.”

Ask the folk to prepare themselves to receive the gifts of their goddess and if they choose, to hold their palms upward to have their hands blessed.

In a clockwise movement, bless the gathered folk with “The gifts of Gefjon”, asperging them with mead.

If the folk have palms upward to receive the hand blessing, bless each hand with mead using the Gebo rune, “May the hands of the folk be strong and industrious”.

Closing the Blot:

“Holy Gefjon,

We have given you our gifts,

Our devotion, and our worship.

We thank you for your gifts.

We thank the Aesir for their blessings,

The honored ancestors for their presence,

And vættir for their watchfulness.

This blot has ended.

May we depart as a family,

And with victorious intent.

Hail Gefjon!

Hail the Gods!

Hail the Folk!

Hail the AFA!”

Witan Brandy Callahan

[bcallahan@runestone.org](mailto:bcallahan@runestone.org)



## Words From Our Gothar

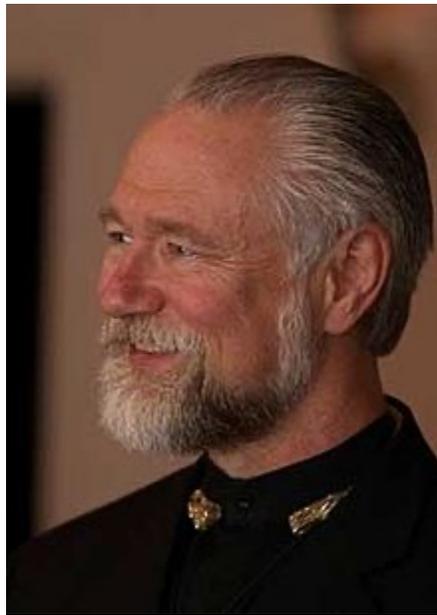
### *On the AFA Being Asatru's Spiritual Authority*



There has been a bit of online drama lately regarding spiritual authority among Asatruar and people claiming to follow Asatru. This issue comes up every so often, and it will likely continue to do so.

However, I hope to squash some of that discourse here by offering you a few facts through this short article.

There is no spiritual authority in Asatru besides the Asatru Folk Assembly. Our founder, Stephen McNallen, was specifically inspired by the All-Father to revive Asatru and bring our Folk home. He was the first true Goði in many centuries, and served as the spiritual authority during his tenure as Alsherjargothi of the Asatru Folk Assembly and its precursors before that.



In 2015, Alsherjargothi McNallen's efforts through the AFA were further blessed by the Gods themselves when we purchased Newgrange Hall, which was later named Óðinshof. This was the first temple to our Gods in a thousand years, and still serves as a symbol of the Gods' favor towards us.

At the very first Midsummer at Óðinshof, the torch of spiritual authority was passed from Founder Stephen McNallen to Goði Matthew Flavel, who became our second Alsherjargothi. When that position was passed on, the authority and blessing of the Gods passed with it. This may seem like shaky logic by itself, but bear with me.



Since 2016, we have gained three more Hofs and the land that will hold Sigrheim. Not only did blessings from the Gods continue... they multiplied. Just as our Founder was chosen by the All-Father to lead Asatru, Alsherjargothi Flavel was chosen to continue that mission. Spiritual authority now flows from him, and anyone that he has ordained as a Goði or Gythia.

This authority lies with the Asatru Folk Assembly alone. Not the Norroena Society. Not the Odinic Rite. None of the universalist pretenders. The AFA alone carries the torch of Asatru into the future.



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

*Inner Conquest: Being the Stillness In the Eye of a Storm*



Meditation is the tool of kings and conquerors. It is the foundation of a gentleman's "Sprezzatura" and a Lady's "Grace". In our modern times, we are bombarded with an overabundance of stimuli, information, and feedback that one can get lost & overwhelmed in the storm. Contempt for what does not serve us well, and scrutiny in accessing what does wins the day.

First, however you must be able to still yourself and be unmoved in the onslaught. Take a deep breath and let it out. Take another, and let it out slowly. Take a third only through your nose, and out slowly through your mouth. Then repeat this last step for as long as your concentration or time allows. With time this will become a reflex or instinct. Till then work on clearing the images in your head when your eyes are closed until you can

hold a blank slate. Learn to not just hear the rhythm of your breath as you relax, during your first few attempts, but work up to experiencing traveling across a room. Focus on becoming aware of the pulsing of your heart and learn to command it when it tries to run on you.

These are all exercises that build a foundation for steeled nerves, bridled & Tru strength, and decisive split-second decision-making. Your stress levels will drop, and your humility grow, or at least the perception of it will. You may also find yourself experiencing more time in a day, or realizing some fights aren't worth the effort, which can be put towards more prosperous endeavors. The clarity and precision with which you can foresee your friends and foes maneuvering in business or conflict can win you the day. Just a few fruits that may come to fruition when you began to master the skill of meditation and find strength in "Isa."

Standing on a foundation of steeled & tempered mind, you can begin the work of the Gods and create order from chaos, rather than being engulfed by it. When in a storm, possess it, and command it, by being the eye in the center of the storm. You have the divine spark to shape the world, use it.



Gothi Jason Plourde  
[jplourde@runestone.org](mailto:jplourde@runestone.org)

*Cyclical Time and Our Lore: The Slaying of Ymir*



In last month's edition of The Runestone, we discussed how we can view our Lore through the lens of Cyclical Time orientation. We saw the story of Ask and Embla, and how we can interpret the story with cyclical time in mind.

This month we'll discuss the slaying of Ymir, and how we can see that continue to unfold right before our eyes. It's important to understand that these are my views, UPG, as it were, and is subject to change as things play out in our time. It is my opinion that our Lore stories can have multiple meanings, some exoteric interpretation and some esoteric.

Out of Ymir's flesh was fashioned the earth, And the mountains were made from his bones; The sky from the frost-cold giant's skull, And the ocean out of his blood. -  
Vafþrúðnismál, Poetic Edda, Bellows Translation

“Then Gangleri said, ‘I hear of great happenings. It was wondrous work and skillfully done, but how was the earth set in order?’ Then High answered: ‘It is circular around the edge and surrounding it lies the deep sea. On these ocean coasts, the sons of Bor gave land to the clans of the giants to live on. But further inland they built a fortress wall around the world to protect against the hostility of the giants. As material for the wall, they used the eyelashes of the giant Ymir and called this stronghold Midgard

[Middle Earth]. They took his brain, threw it up into the air, and from it they made the clouds.” Gylfaginning, Prose Edda

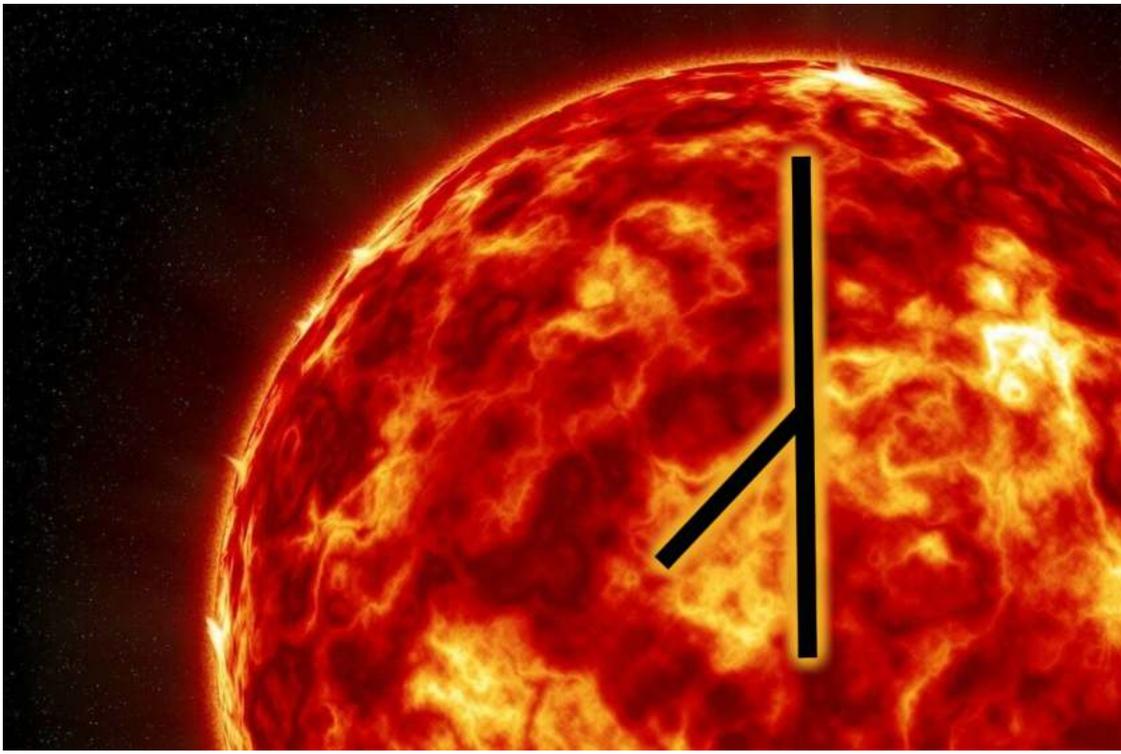
We can see that the earth was fashioned from the body of Ymir. Another way of viewing this passage exoterically, is that in our world, society began to take root. The establishment of order, both cosmically and here in Midgard. The creation story has parallels in our history as a people. As we discussed last month, the first generation of our Folk were given consciousness, sacrality, and goodly hue. Now the slaying of Ymir could represent our Folk putting things in order.

In Today’s Asatru, we can also find parallel circumstances. From our Lore, we understand the Ymir was what existed before. It was refashioned by Odin in his tripartite form to make the dwelling of man. We, as a church and as a folk, have refashioned places of worship and dedicated them to our Gods. Parkers Grove Methodist Church existed in Linden NC for over 100 years. The Asatru Folk Assembly purchased that property and the buildings and refashioned them towards the spiritual needs of our people. What existed before was not beneficial to our current needs. What exists now is akin to the body of what was, but repurposed, beneficial, and provides a sanctuary for our Gods, and their worship.

This is not, of course, the only example. We have repurposed 4 temples in total for the needs of Modern Asatruar. They are, Óðinshof, Brownsville CA, Þórshof, Linden, NC, Baldrshof, Murdoch, MN and finally Njörðshof, White Springs, FL. These are all examples of using that which was, into that which is in line with Cosmic Order, that which is beneficial.

It is my hope that you find this beneficial. Our lore should rarely be taken literally. But, there is truth in it. We can see it happening in front of our very eyes. Asatru is what we do. It isn’t just stories. The Asatru Folk Assembly has no peer in this regard. Our continued success is proof that we are on the right path with the blessings of our Gods.

*How The Gods Interact with Us—My Experience*

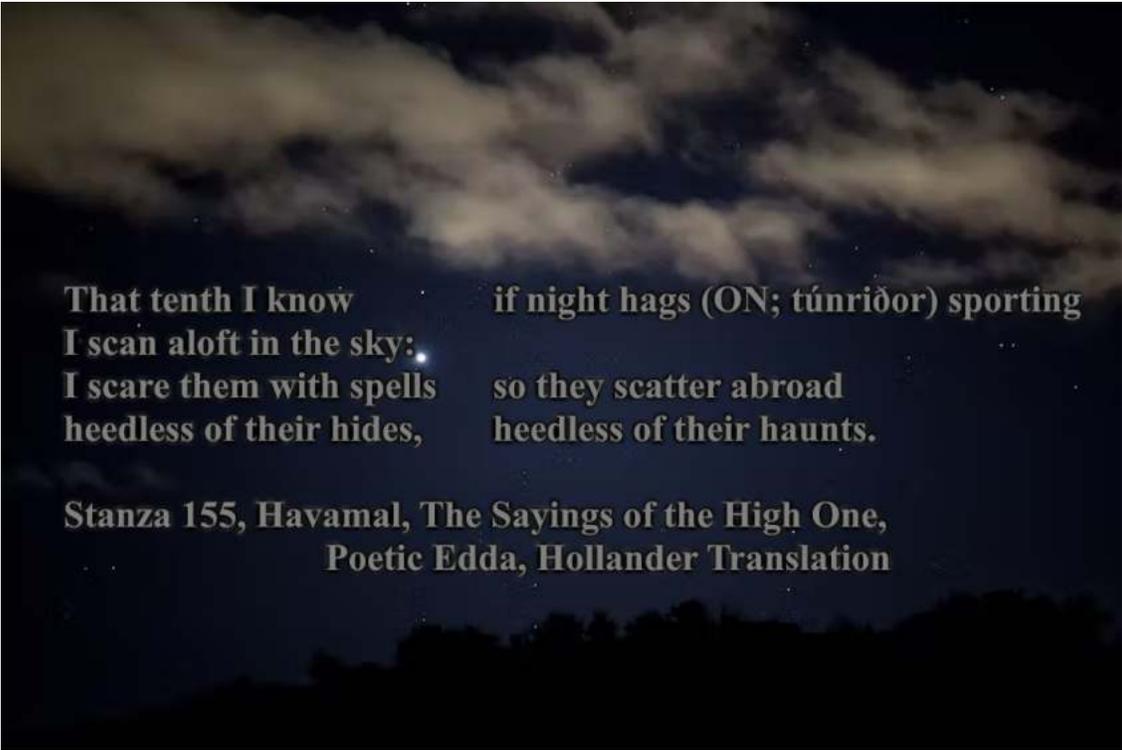


I found Asatru late in life, as many have. I found Asatru while I was in my 30's, around 2012. The road to my discovery of faith was a long one, and one that has been filled with learning experiences.

As a young man, I had fought with a phenomenon called night terrors. In South Carolina, it's commonly called *Riding the Hag*. Science calls it *sleep paralysis*. In Greek Lore, a succubus. My experience was not dissimilar to many others' experiences, it starts off with the feeling of a presence in the room. At some point, terror overcomes you, and you can't move. I can't scream, I can't do *anything*. It'll feel like someone is literally sitting on your chest, and breathing becomes a problem. It's something I dealt with all my life. I would often wake up screaming once the grip was loosened enough for me to shake myself awake.

At some point in 2013, I decided to give my devotion to the Gods of Europe. I remember where I was, I was standing beneath a tree on the property behind my house, a very large oak. I offered a drink to Odin himself, and promised to give my devotion and worship, and asked that he reveal himself in some way. And he did. I just didn't know it.

After I joined the Asatru Folk Assembly in 2018, I was having a conversation with a fellow AFA member about my experience with night terrors. And I had mentioned that they suddenly stopped in 2013. He got back with me a few days later after going through the *Havamal*. And he explained to me he had read through the Old Norse and found something unexpected.



That tenth I know            if night hags (ON; túnriðor) sporting  
I scan aloft in the sky:  
I scare them with spells    so they scatter abroad  
heedless of their hides,    heedless of their haunts.

Stanza 155, Havamal, The Sayings of the High One,  
Poetic Edda, Hollander Translation

This portion of the Havamal is commonly referred to as the *Runatal*, as the *Havamal* is a collection of 3 poems which were combined in *The Codex Regius*. You'll recognize where the *Runatal* begins, as it begins with the story of Odin hanging upon the World Tree, and the runes are revealed to him in that state. The *Runatal* goes on to describe the 18 spells (correlating to the 18 runes revealed to him) that he knows, with the above tenth spell being among them. I shared my experience with our Alsherjargothi, and we discussed the Armanen rune that would relate to that passage from *Havamal*.

It is from the *Runatal* that Meister Von List drew inspiration for the Armanen Futhark, which were revealed to him while he suffered from temporary blindness. So, after having this discussion with Alsherjargothi, we started looking to *The Secret of the Runes*, by Guido Von List.

*ar, sun, primal fire, ar-yans, nobles*

*I use the tenth, when through the air  
ghostly riding-women fly:  
when I began that magic, they will fare  
confused in form and effort.*

*The "ar" the "urfyr" (primal fire, God) the "sun" the "light" will destroy spiritual as well as physical darkness, doubt, and uncertainty.*

*The Secret of the Runes, Guido Von List, Translated by Dr. Stephen Flowers*

The book goes on to describe that the Ar rune is a glyph that represents the Eagle,

perhaps the eagle atop Yggdrasil. The primal fire is that divine spark that resides in all Aryans. It is that fire that is bellowed by the cosmic breath of Odin himself. The concluding line of text in *The Secret of the Runes* goes on to say "*Respect the primal fire!*"

It is my sincere belief that Odin used Ar to scatter to the winds my night hag terror. I believe that in every way. I have not experienced a single episode of night terrors since that day beneath that big, beautiful oak. I gave my reverent devotion to Him, and in turn, He gave this gift to me (and to my wife, as my night terrors obviously kept her up, and terrified her).

This was all the proof I needed to understand that the divine do in fact reveal themselves to us, in a very personal way. Perhaps Odin himself. It does not mean that we pray to Odin, and he will allow you to win the lottery. But, in a very real and tangible way, they can and do insert themselves into our lives.

How have the Gods or ancestors intervened in your lives? If you truly begin to have faith, real life faith, you might just find an experience like mine.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Gothi Daniel Young  
[dyoung@runestone.org](mailto:dyoung@runestone.org)

## The Quest for Freyshof

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

*prosperity of men.”*

– Gylfaginning



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

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

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

1. We need to pay off Njörðshof. (We have paid off 41.41% so far) If every member donated \$147 we would be able to pay this off today!
2. We need to raise our monthly donation average by 10%. (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 the patient and resolute. As we progress, I will keep you all updated on our progress!

Hail Freyr!

Matthew D. Flavel

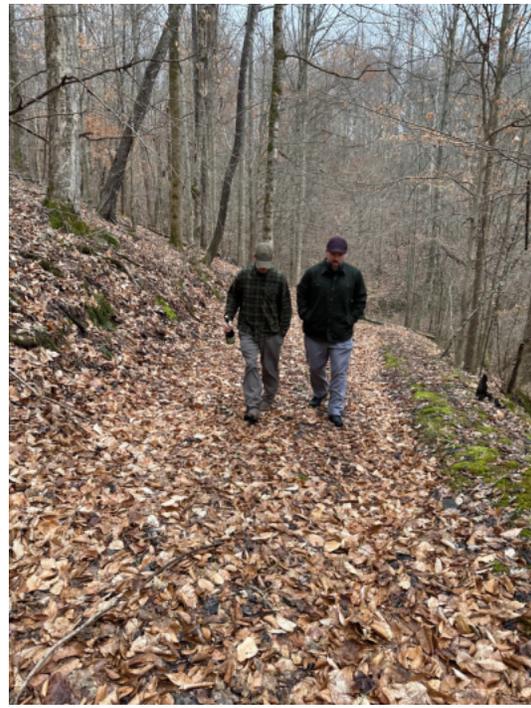


Alsherjargothi, Asatru Folk Assembly  
[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

## Sigrheim: Home of Victory



In January, we had the amazing experience of exploring the Home of Victory! This amazing land is more amazing than I had hoped or imagined. One thing we all noticed is just how expansive the property is. I have looked at this place for months on Google Earth and in pictures, but the feeling of space was so much different in person. The plan is to build the great hall on the flat land near the road and to build Týrshof up on the ridge top. We did an emotional blot to lord Týr on the site where his hof will be built.



I want to keep you all informed as progress occurs. Our first couple of steps are 1) We need to determine who the first pioneers moving to the Heim will be and to help those folks with their planning and developing. 2) We need to develop the roadway that cuts through the property and runs along our ridge line so that it can accommodate any necessary equipment and normal cars.



However far along we are or aren't, we will be hosting the first annual Sigrblot at Sigrheim this July, and we hope to see you all there!



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

## Victory Never Sleeps

The Asatru Folk Assembly Presents  
**Victory Never Sleeps!**  
Wednesdays at 6pm PST / 8pm EST

vk.com/asatrufolkassembly  
entropystream.live/app/MattFlavel  
youtube.com/c/AsatruFolkAssembly  
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twitter.com/FolkAsatru



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

## AFA Homeschool Program



Check out the Asatru Academy at [AsatruAcademy.org](https://AsatruAcademy.org)

Hello parents and students, and all AFA members.

Our students have been working hard and we are halfway through the traditional school year! Ostara will be here before we know it and all the warmth of spring.

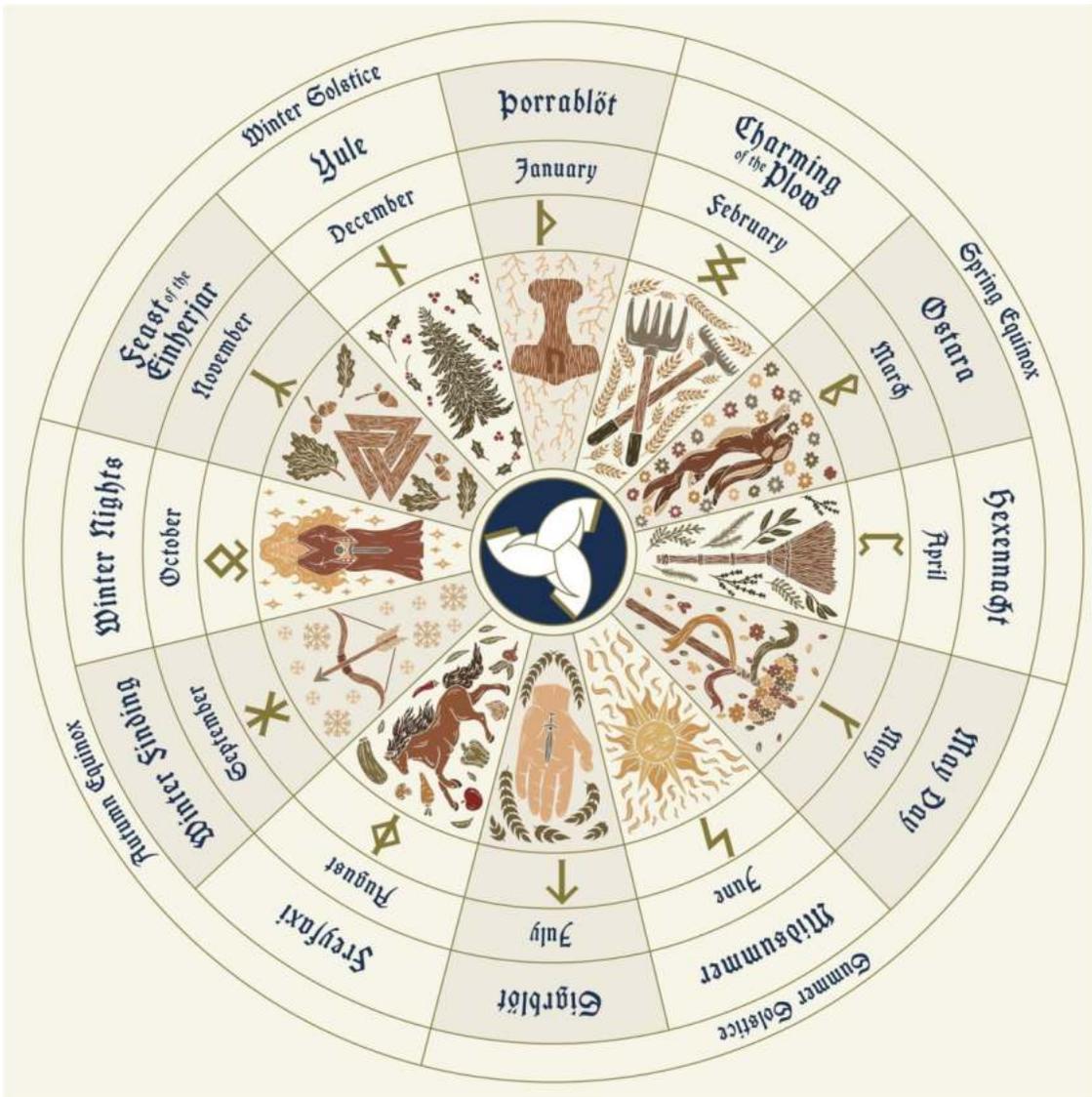
I want to remind our members that next school year, we will be enrolling kindergarten through second grade!

Look out next month, as we showcase some student projects right here in the Runestone!

Gothi Robert Stamm  
Dean of AFA Academy  
[rstamm@runestone.org](mailto:rstamm@runestone.org)



# Remembrance and Holy Days



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

<b>Date</b>	<b>Observance</b>
January 9	Day of Remembrance for Raud the Strong
January 21	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 18	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 21 (observed on 18th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 28 (observed on 15th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 20th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 21 (observed on 17th)	Midsummer
July 9	Day of Remembrance for Alexander Rud Mills
July 15	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 19	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 16th)	Winter Finding
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 21	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 18th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31 (observed on 16th)	Yuletide

**Day of Remembrance**



Near to what could be considered the beginning of the Christian conversion of Norway, under King Olaf Tryggvason, there was a farmer of Noble stock who stood against the king and his attempts at conversion.

Eyvind (Pronounced Ivin) Kinnrifi was called to make plans against the upcoming invasion by his friend Harek of Thjotta, who had very recently returned home after himself refusing conversion to Christianity. Eyvind answered the call, and for the sake of haste, he traveled with only a small retinue of men. He was well welcomed by Harek, but shortly after his arrival Eyvind was ambushed.

Unbeknownst to Harek, he had been followed by some of Olaf Tryggvason's men. They forced Eyvind to Thronhjelm, where Olaf attempted to convert Eyvind, first with offers of land and gold, and then with threats of torture and death. Unwilling to turn him back on his faith, Eyvind was eventually killed.

So what can we learn from this story?

On the 9th of February, as we stop to remember Eyvind Kinnrifi and his unwavering faith despite the consequences, take a moment to consider what in your own life is important to you. Have there ever been times in which you had to choose between keeping your faith and losing something else? A Job? A friend? Family?

Even in these times, when we are living with unparalleled freedom of choice, it can be difficult to choose faith over all else. It is sometimes easier to hide behind the idea of a pseudonym or to keep your faith hidden from those in our lives that should matter.

Remember, when you think of Eyvind, what truly matters. Stand strong with and take pride in your Folk.

Hail, Eyvind Kinnrifi!



Gythia Catie Erickson  
[cm.erickson@runestone.org](mailto:cm.erickson@runestone.org)

## Holiday

### *Charming of the Plow*



Charming of the Plow is a ritual that takes place at the early beginning of the planting season. As the name implies the plow, or other tools used, are blessed and offerings are made to the Gods for a productive growing season. Traditionally, after blessing the plow, a ceremonial furrow was dug and then filled with cakes and other offerings. For our ancestors, this was a crucial time of year. Poor preparation often led to a poor harvest and a poor harvest led to starvation.

Asatru is the modern celebration of our ancestral heritage. Charming of the Plow symbolizes our willful penetration of the unyielding soil. It is with our own industriousness, our own will, that we create, that we change, that we provide. In the Asatru Folk Assembly, we often celebrate the Charming of the Plow by planting a tree.

Inflict your will on your world. As Asatruar, this is a time to “charm” the implements of your own productivity. Entreating the divine to bless your tools and your plans for the year is essential to starting things off right. Inviting the divine into our plans and intentions is a great way of making us aware of the sacrality that should be a part of all you do. The AFA encourages all Asatruar to be industrious in all that we do. Dream grand dreams. Make solid plans. DO big things. And after hard work, reap a bountiful harvest.

And what can you do to celebrate Charming of the Plow? Though most of us do not rely on growing our own food to survive, now is a good time to consider starting a small garden, or even just growing some herbs on the patio. Make a plan. Choose a small patch of yard and map out your garden beds. Bless the shovels and spades. Dig up the soil and begin fertilizing it with eggshells and coffee grinds. Prepare. If you cannot plant a small garden begin planning some project. Sew a quilt, built a chair, take an idea and make a plan, and then put that plan into action.

Inflict your will on your world.



Gythia Catie Erickson  
[cm.erickson@runestone.org](mailto:cm.erickson@runestone.org)

## Upcoming National Events



Order your tickets [HERE](#)

Ostara at Þórshof, an Asatru Folk Assembly national event, is scheduled for March 10 – 12 at our very own Þórshof!

There will be fun and games for the children, classes for the adults, and good memories to be made. We have an assortment of different activities for people of all ages in attendance. Classes to be held will cover a wide range of topics.



As always we will be having an auction of unique and one-of-a-kind Asatru-related items. All auction proceeds go to help fund these amazing events. We ask anyone who would like to donate to this great cause to please donate an item to the auction, or bring

your cash to bid! Anyone wanting to set up a vendor table at this event please feel free, all we ask is a donation of a substantial item to the auction.

Tickets are available at

<https://www.runestone.org/product/ostara/>



Witan Clifford Erickson

[cerickson@runestone.org](mailto:cerickson@runestone.org)

## Be A Doer



**We need you to volunteer for the AFA!**

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

Please email [volunteer@runestone.org](mailto:volunteer@runestone.org) to help us make a difference in our world.

## Baby Blanket Project

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

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

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



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

## Folk Services



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

Your contributions are earnestly solicited and of course, are tax-deductible! Please

donate to Folk Services or one of our other AFA Fundraisers at <http://www.runestone.org/donate/>.

Thanks in advance!

## Photo Donations

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



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

## Eir's Blessings



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

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

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

You can reach us at [EirsBlessings@runestone.org](mailto:EirsBlessings@runestone.org)

# Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317

Witan Allen Turnage  
[aturnage@runestone.org](mailto:aturnage@runestone.org)



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



The Celtic Craftsman is a general craftsman by trade. He and his wife are growing a young family in the Midwest (USA). Together they raise chickens, garden, hike, and sing and dance at the local Irish pub. In puzzling out the True history of our people, studying their languages, and practicing their arts (culinary, musical, visual, etc.), our family hopes to keep the Fire of our Volk ablaze forever.

Handmade art to honor the ancestors and inspire the Volk. Our work examines Truth—perhaps the most fundamental of which: 1. We are a distinct People marked with a history of heroism, courage, exploration, and conquering. And 2. We have the duty and privilege to carry this torch into the future.

Blood and Honor! Hail the Volk!

Work can be found at: <https://t.me/celticcraftsman>

For serious inquiries, comment on our channel. We'll reach out via Private Message.



Folkbuilder Timothy Dumas  
[tdumas@runestone.org](mailto:tdumas@runestone.org)

**Cooking for the Folk**



# Calling all Chefs

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

**cookbook@runestone.org**

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

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

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

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

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

(don't take out a second mortgage for this) but be proud to feed the folk.

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



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

## Ladies' Mysteries Podcast

*Ladies' Mysteries Podcast*  
February 19th @ 1:30 CST

*Personal Practice:*

Hosts  
Witan Brandy Callahan  
Gythia Anna Plourde  
Guest Folkbuilder Mélisa Mills  
Folkbuilder Christine Dumas  
Folkbuilder Sara Ault

Contact [cdumas@runestone.com](mailto:cdumas@runestone.com) for details

The graphic features a purple-to-pink gradient background with a crescent moon, stars, and a line-art illustration of a woman in a long dress sitting cross-legged with her hands raised in a gesture of prayer or magic. The text is written in a mix of white and light purple fonts, with the main title and 'Personal Practice' in a cursive script.



Folkbuilder Christine Dumas  
[cdumas@runestone.org](mailto:cdumas@runestone.org)

## AFA Sisters Chat

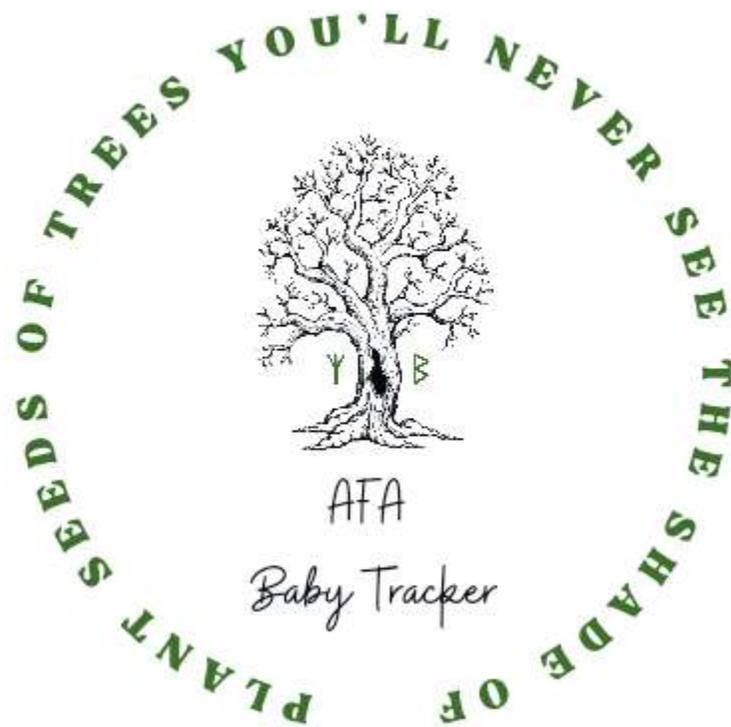
A graphic for 'AFA Sisters Sunday Chat' featuring a background of pink hearts and flowers. The text is arranged in several boxes:

- AFA Sisters Sunday Chat**
- Sunday 2/12 & 2/26**
- Contact Apprentice Folkbuilder Ali Clausen for details**
- Links will be posted the night before**
- All AFA womenfolk welcome**

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



## Baby Tracker



To show the growth of our folk we present to you an ongoing baby tracker. We will be keeping track of how many children have been and are born within the AFA from 2022 and forward. The ongoing tracking is proof that we are building something sustainable for the future of our folk, which is a place for these children to grow up within and a place where they can feel proud of who they are!

Total babies born in 2022: 49

Total babies born in 2023: 3



Jessica Keller  
Apprentice Folkbuilder  
[jkeller@runestone.org](mailto:jkeller@runestone.org)

**AFA Prison Ministry**



Greetings kinsfolk,

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

We are compiling letters from prisoners that are Educational, Empowering, and Encouraging along with special spiritual writings from our Gothar to create a quarterly newsletter to be distributed to inmates, institutions, and jails. Our mission is not about providing free books or literature to bored prisoners who simply want free stuff. We

intend on making real-world change for the better of our folk.

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



Folkbuilder James Ault  
[jault@runestone.org](mailto:jault@runestone.org)

## Saga's Literature Project



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

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

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

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

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



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

## Óðinshof

### Food Pantry at Odinshof

*Food Pantry Helpers – Little Hands, Big Hearts*



The third Saturday of the month always starts with setup for our Odinshof Food Pantry where we distribute dry goods and dairy items to our neighbors in need.

We changed the routine for January, though. My husband and I drove to Brownsville on Friday to open the hof for anyone coming in early for Thorrablot. As it ended up, we were joined by three of our members; one bought his two young sons. That night was spent filling bags with groceries – two per family; about 130 bags total.

The next morning, activity began by 9:00 when tables were carried outdoors. It wasn't long before cars began arriving to be first in line, one hour early! We had a steady stream of cars until 11:00, totaling 57 families. As for our volunteers, the adults worked efficiently as a team. But what gladdened my heart was the two young boys and their joy while helping. The little one grabbed a full bag from a table at his chest height. With a brilliant smile, he turned and confidently carried it out to the hof steps. His older brother did the same. What great kids!

It's up to us to nurture their love for Gods and Folk, to ensure the future of Asatru. Let's make it happen!



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

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## **Holiday at Odinhof**

*Thorrablót at Odinhof – Scottish-style*



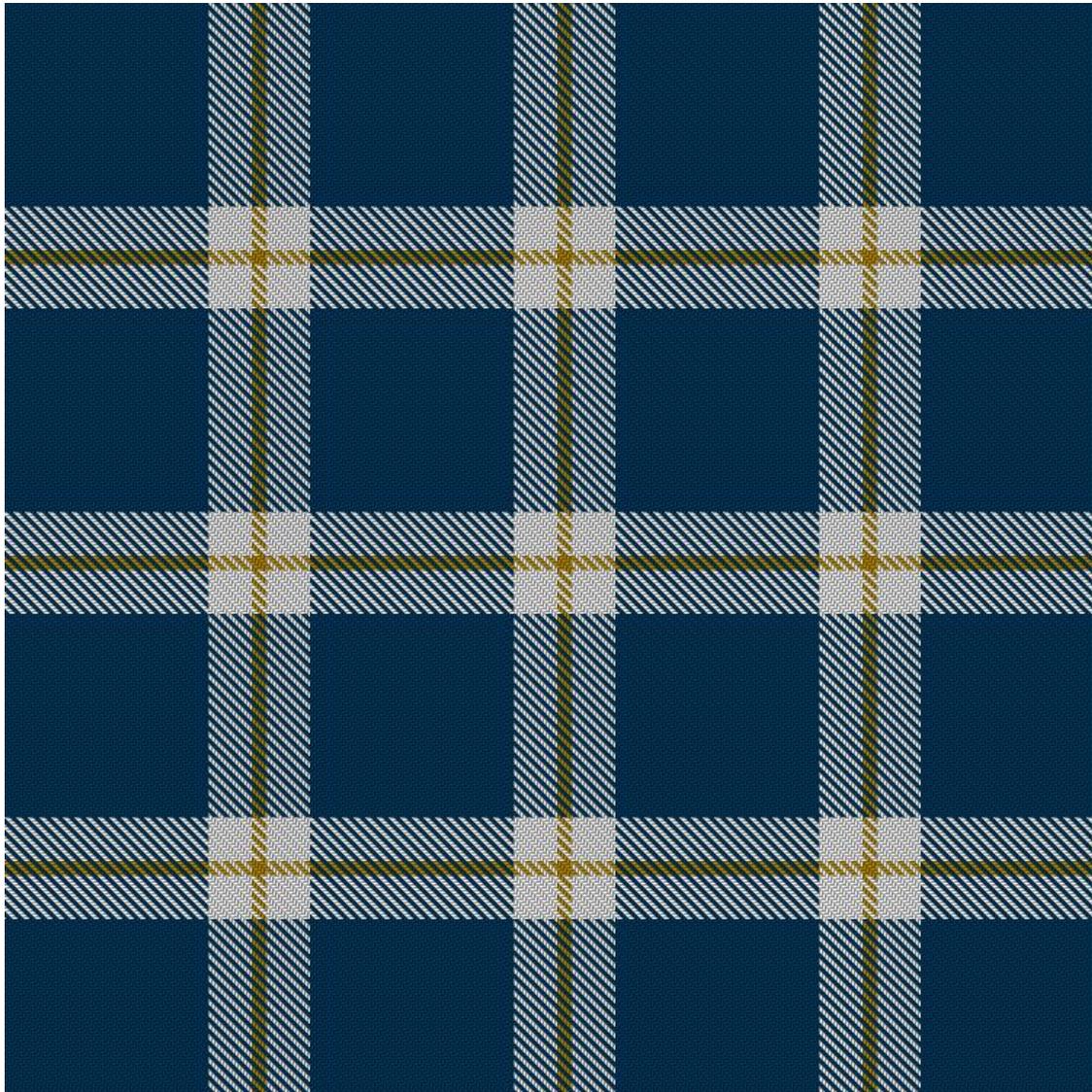
January can feel dank and depressing following the excitement of the Yuletide season. Modern Icelanders came up with a healthy remedy for these winter blues. They call it Thorrablot.



Since 2016 we've celebrated this holiday at Odinshof, where we recall Thor's hearty personality and love of the common man. This year, I suggested a Scottish theme for a bit of novelty. Plaid flannel shirts would be perfect for the chilly day. We would touch on Scottish history and culture: the Scottish-Viking connection, family clans and tartans, and listen to mesmerizing Celtic tunes.

The day finally came. We gathered in the hall where tartans of Scottish families decorated the tables. For some of our guests, this was the first time they'd seen their

surname represented with its own plaid, woven from blue, red, gold, or green. The official Asatru Folk Assembly tartan was displayed as well.



AFA member, Daniel Odom, prepared a talk on the Norwegian-Viking invasions into Scotland that is more interesting and complex than many realize. Countless Celtic-Norse descendants would be driven from their lands, to become the Scots-Irish, those stalwart settlers of Appalachia and our future 21st century homesteaders of Sigrheim. Those weavings are still strong and true.



Stephen McNallen then shared one of his favorite CDs, “Sons of Somerled” by Steve MacDonald, whose songs embrace the lives of his Scottish ancestors long gone. We added in some Celtic reels for folk-dancing. Merriment and laughter filled the air as dancers held hands as they spun around to lively tunes. We had kilts; we wore plaids. Several new members were on hand to enjoy our hearty meal featuring rich casseroles and Krystal Podbreger's cabbage rolls.



At the blot to Thor led by Alsherjargothi Matt Flavel, the festive feeling continued. Torches and bonfire blazed as we began with a galdr of the rune Mannaz. We praised and thanked Thor for his gifts and the harmonious outcome of this day that carried his name. Hail Thor! Hail Thor! Hail Thor!



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

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## Upcoming Events at Odinshof

# Charming of the Plow

February 18th 2023 Óðinshof 11am - 8pm

This is the holiday that celebrates preparations for the planting season.

Come symbolically prepare for the planting of our "seeds" - our own intentions, that we wish to bring to fruition.

What tools will you use to achieve your goals?

To volunteer or RSVP contact Ashley Stockton or Sheila McNallen

707.800.5333 · Sheila@runestone.org

Potluck contributions - Krystal Podbreger 530.715.5294



This month we hold Charming of the Plow at Óðinshof in Brownsville, CA. We will be celebrating the planting season, blessing the plow, doing ritual, playing highland games, building Frith and having excellent talks. Please RSVP to myself or Sheila McNallen about attending and if you can bring food, mead or volunteer some time to help the event run smoothly. Also here in the northern California area of Shasta County we will be holding several meet ups and moots nearly every month that are a great opportunity to have fun together, get outside, get active and spend time together so please remember to keep an eye on the Óðinshof.org calendar or save the dates of the following events coming up. Óðinshof events are always the 3rd weekend of the month and we

ALWAYS need help to make these happen. Reach out if you would like to volunteer some of your time. I can't wait to see you all very soon!



Folkbuilder Ashley Stockton

[astockton@runestone.org](mailto:astockton@runestone.org)

Óðinshof  
District Meeting  
February 24th @ 7:30 PST

Host: Steven Mundy

-Sheila McNallen-

————— *Three Guest Speakers* —————

Link to Meeting will be sent out soon

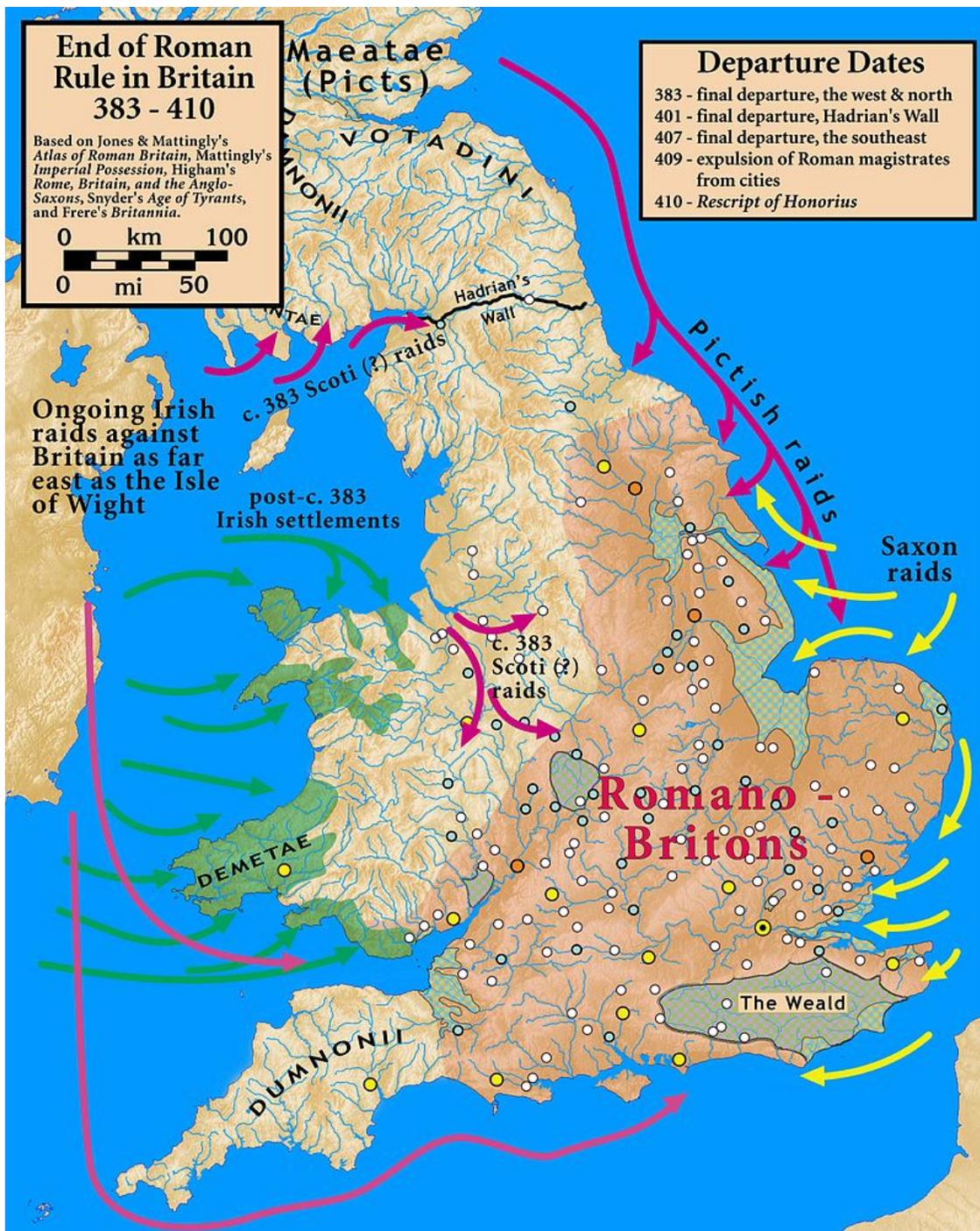
Steven Mundy  
Apprentice Folkbuilder  
[smundy@runestone.org](mailto:smundy@runestone.org)



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## Arizona

*The Anglo-Saxon Invasion of Britain*

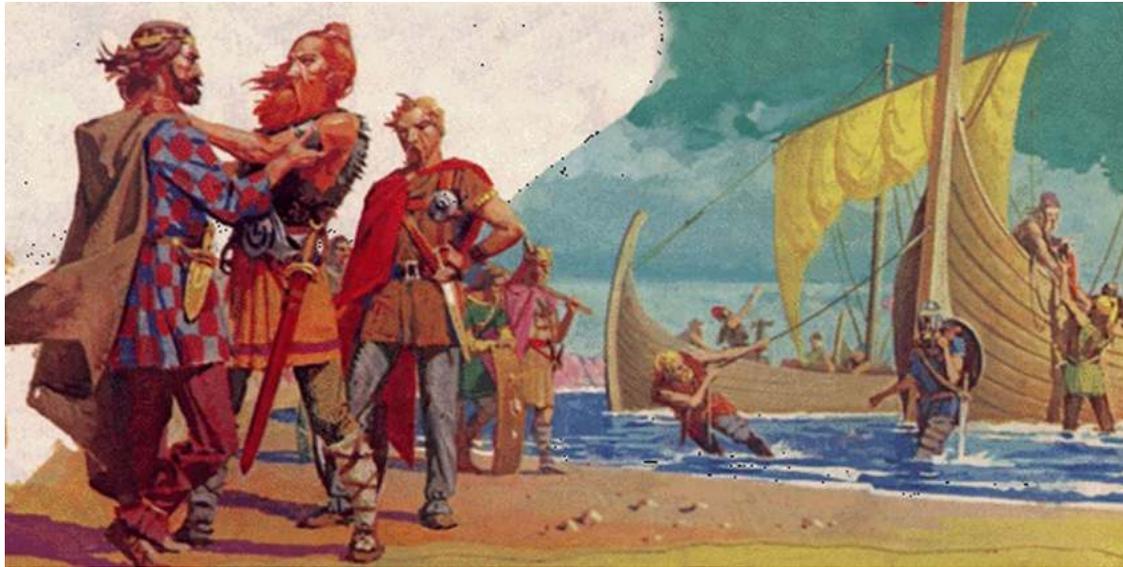


Most of us in the Asatru Folk Assembly are at least partially descended from the Anglo-Saxons, a group of northwestern Germanic conquerors who practiced Asatru and brought the runes and the belief in the Gods to Britain. Almost everyone today associates the Anglo-Saxon people with the British Isles, the homeland of their descendants, but they were originally native to Germany and Denmark, not modern England. Under what circumstances did the Anglo-Saxons come to Britain and what did this migration look like?



By the late 300s CE, the Western Roman Empire grew increasingly chaotic and unstable. In the 380s, a local commander in Britain, Magnus Maximus, led his Roman army south to attempt to crown himself emperor, and was defeated at the Battle of Save in 388. In 394, the religious tensions in the Empire flared up, further destabilizing Rome and its administrative state. The majority of the forcibly Christianized Roman subjects still followed the Gods of their native Aryan religion, and their religion had been essentially outlawed and the temples forced to close. Eugenius rebelled against Emperor Theodosius, attempting to gain the empire by gathering supporters of the Roman religion, who hated Theodosius and his policies of forced adherence to

Christianity. Eugenius was defeated in 394 at the Battle of the Frigid River. In 401, a large invasion of Germanic tribes across the Rhine forced the Romans to abandon Hadrian's Wall and pull out many of their remaining soldiers. In 407, yet another revolt by a local commander in Britain, who called himself Constantine III, led to the evacuation of most of the remaining Roman soldiers to fight in battles to the south against the sitting emperor. Finally, in 410, local Briton (the people ancestral to the Welsh, descended from the Aryan Bell Beaker folk I have discussed in the past) dissatisfaction with the Romans and their inability to protect them against more frequent Saxon raids led to the Britons expelling Constantine III's magistrates, effectively ending Roman rule in Britain for good.



In the years following, raids by the Picts, Scots, Irish, and Anglo-Saxons made life difficult for the Britons, and they appealed to the Anglo-Saxons, many of whom already lived in Britain by now as traders and mercenaries, and who had set up family and kinship networks. Many Anglo-Saxons had been born and lived their whole lives in Britain by the early 5th century. The Britons gave the Anglo-Saxons foederati status, which was the Roman term for an accepted influx of migrants who received rights of movement both into Roman territory and within Roman territory. According to Bede's account of the Anglo-Saxon migration (written 731), the first Anglo-Saxon army arrived in full force in 449, under the command of the brothers Hengist and Horsa, and they routed the Britons' Pictish enemies. Bede writes that Hengist and Horsa "were the sons of Victgilsus, whose father was Vitta, son of Vecta, son of Woden." Even in 731, after the Christianization of the Anglo-Saxons, the memory of the Anglo-Saxon descent from the Gods was still fresh in the folk memory of the Anglo-Saxon people. From both Bede's work and the new genetic evidence, we can see from this point that the Anglo-Saxon mercenary army that arrived to fight for the Britons was just the tip of the spear. From the 440s onward, a massive folk migration of the Anglo-Saxons took place, and included fighting men but also women and children. The entire eastern half of what we now call England (Angle-land or land of the Anglo-Saxons) quickly became dominated by the newcomers, and the Celtic British languages and Latin were replaced by Anglo-

Saxon or Old English, the ancestor of modern English. There was a degree of intermarriage between the Britons and Anglo-Saxons, although from burial rites and other evidence it would seem that in these cases the Britons adopted the Asatru of the Anglo-Saxon newcomers, while the Anglo-Saxons rejected the Christianity of the Britons.



The Christian Briton Vortimer, son of a Briton warlord, eventually raised his men against the Asatru Anglo-Saxons, attempting to drive them into the sea. In 455 their armies clashed in the bloody Battle of Aylesford in Kent. Horsa was slain at Aylesford, and Vortimer's brother Catigern also fell. Vortimer was known for his intense hatred of "heathens" as he called the Anglo-Saxons but his bloody campaign finally ended in his death and the consolidation of Anglo-Saxon control in southeastern Britain. At the Battle of Badon in southern England, fought most likely in 493, the Britons won a major victory over the Anglo-Saxons and stopped their otherwise inexorable advance, and retained control of western Britain. The Anglo-Saxons, following their dominance of eastern Britain which became cemented by the mid-6th century, created several kingdoms, referred to by historians as the Heptarchy: East Anglia, Essex, Kent, Mercia, Northumbria, Sussex, and Wessex. The Germanic warrior society of the Anglo-Saxons continues to inspire admiration in us, their direct descendants.



The Anglo-Saxon dominance of Britain that followed from the 5th century on brought major cultural changes, as followers of Asatru obtained positions of power and built temples to Woden, Thunor, and Tiw, their words for Odin, Thor, and Tyr. Sacred barrows were constructed and excavated as burial grounds and areas to conduct sacrifice to the Gods. The fylfot and the Tiwaz rune were the most common symbols associated with the Anglo-Saxons. Though more rare, examples of the Thor's Hammer pendant (probably worn on the belt rather than as a necklace) have been found dating from shortly after the Anglo-Saxon migration in the 6th century. The spiritual and religious practices specific to the Anglo-Saxons deserve much more detailed treatment in another article, as they relate specifically to the beliefs of our ancestors.

### *Happenings in Arizona*



Here in Arizona, we had a busy January as we took in the mild weather. We met at a beer hall in the Salt River Valley (The Valley of the Sun) and built frith and shared a horn with each other, and proudly represented the Asatru Folk Assembly while enjoying German food.



We also went on a group hike down here in Southern Arizona and had a great time with our members down here, and ate lunch together afterward.



We are currently planning another hike for early February.



Lou Nickerson  
Apprentice Folkbuilder  
[lnickerson@runestone.org](mailto:lnickerson@runestone.org)



# California

## *Reflections on Growth*



**When I was young, I once traveled alone  
and lost my way.  
I thought myself rich when I found another,  
man rejoices in man.**

Havamal 47

**Come Home! [Runestone.org](http://Runestone.org)**

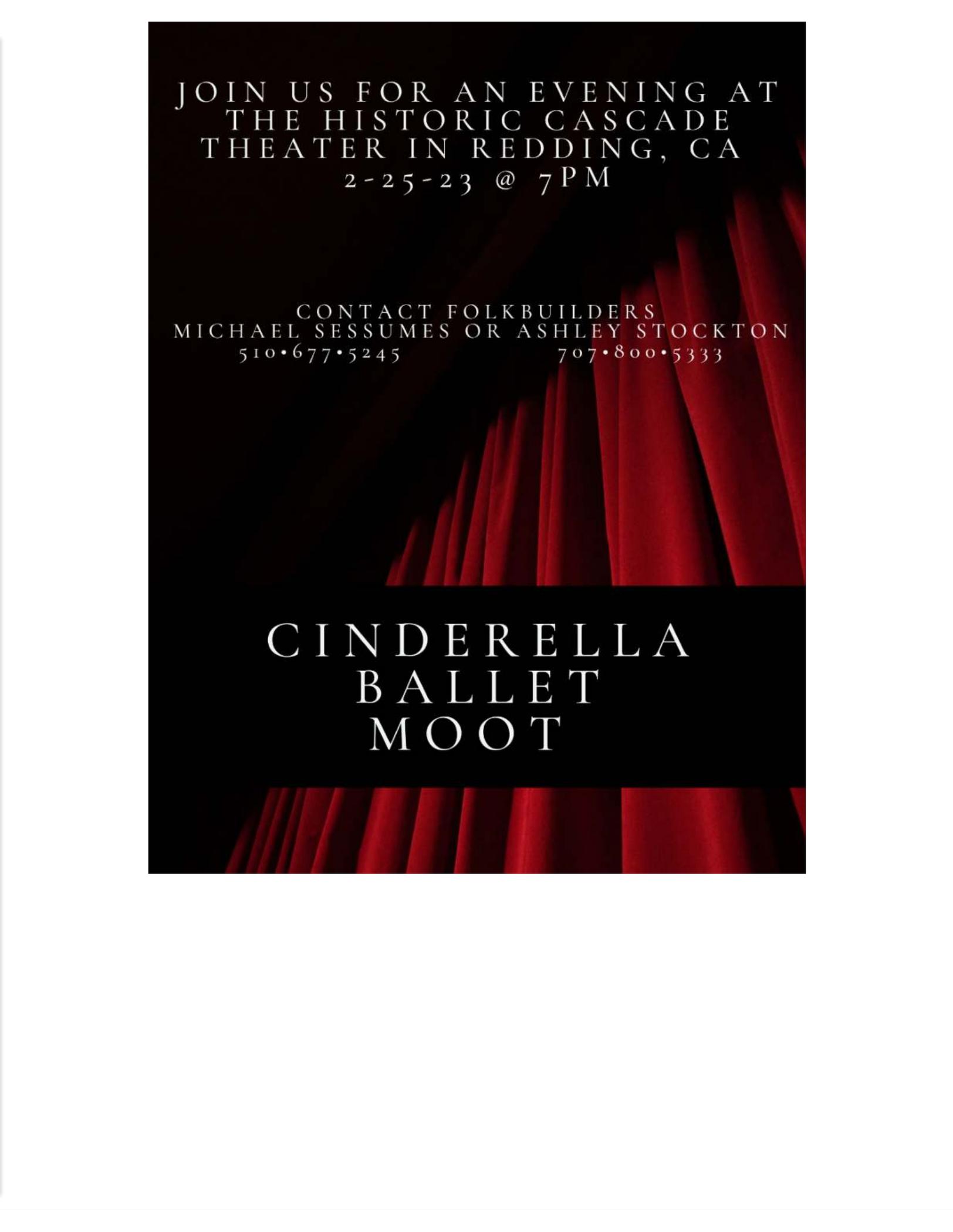
Hi all and Happy New year! This month I took the time to reflect back on what an eventful and amazing year I had. Is personally had so much growth not only within myself but within the church as well. From having three Hofs dedicated to the Æsir grow to four plus a land purchased for our folk to live on and have a community of like minded individuals, in just a span of a few months from each other; Seeing membership grow and spread like wildfire to getting California set up with Adopt-A-Highway and taking my Folkbuilder oath surrounded by those I consider family this year was

definitely full of victories on all fronts. I had spent roughly a year and a half as an apprentice Folkbuilder and when I say that was the longest year and a half of my life I'm not exaggerating. I jumped on board as an apprentice just a month before Midsummer 2021 and spent my first National event dedicated to ensuring everyone had a great time and things ran smoothly working alongside Gythia Sheila McNallen and Krystal Podbreger. I truly worked my hardest to embody the 6th Nobel virtues that is Hospitality that event and kept that spirit alive even to this day. I know how nerve wracking new events and people and places can be and I've taken my role as a Folkbuilder to be one of someone who makes sure EVERYBODY feels like they have come home and are welcomed and valued when they step foot onto hof grounds. And for those far and wide whom I don't get to see on a regular basis maintaining contact with them and helping them reach out to Folk in their area to build frith. And I plan to continue this for the rest of my time here on Midgard. I am so blessed to be a member of leadership for the Asatru Folk Assembly and I could not imagine a life without my dedication to the Gods and the Folk. Midsummer quickly approaches and I hope to see many of you there!



Folkbuilder Sierra Chapman  
[schapman@runestone.org](mailto:schapman@runestone.org)

### *Upcoming Events*

The background of the entire page is a photograph of red theater curtains, partially open, revealing a dark stage. The curtains are a deep red color and have a soft, draped texture. The lighting is dramatic, with the curtains being the primary light source, creating a sense of depth and atmosphere.

JOIN US FOR AN EVENING AT  
THE HISTORIC CASCADE  
THEATER IN REDDING, CA  
2-25-23 @ 7PM

CONTACT FOLKBUILDERS  
MICHAEL SESSUMES OR ASHLEY STOCKTON  
510•677•5245 707•800•5333

CINDERELLA  
BALLET  
MOOT

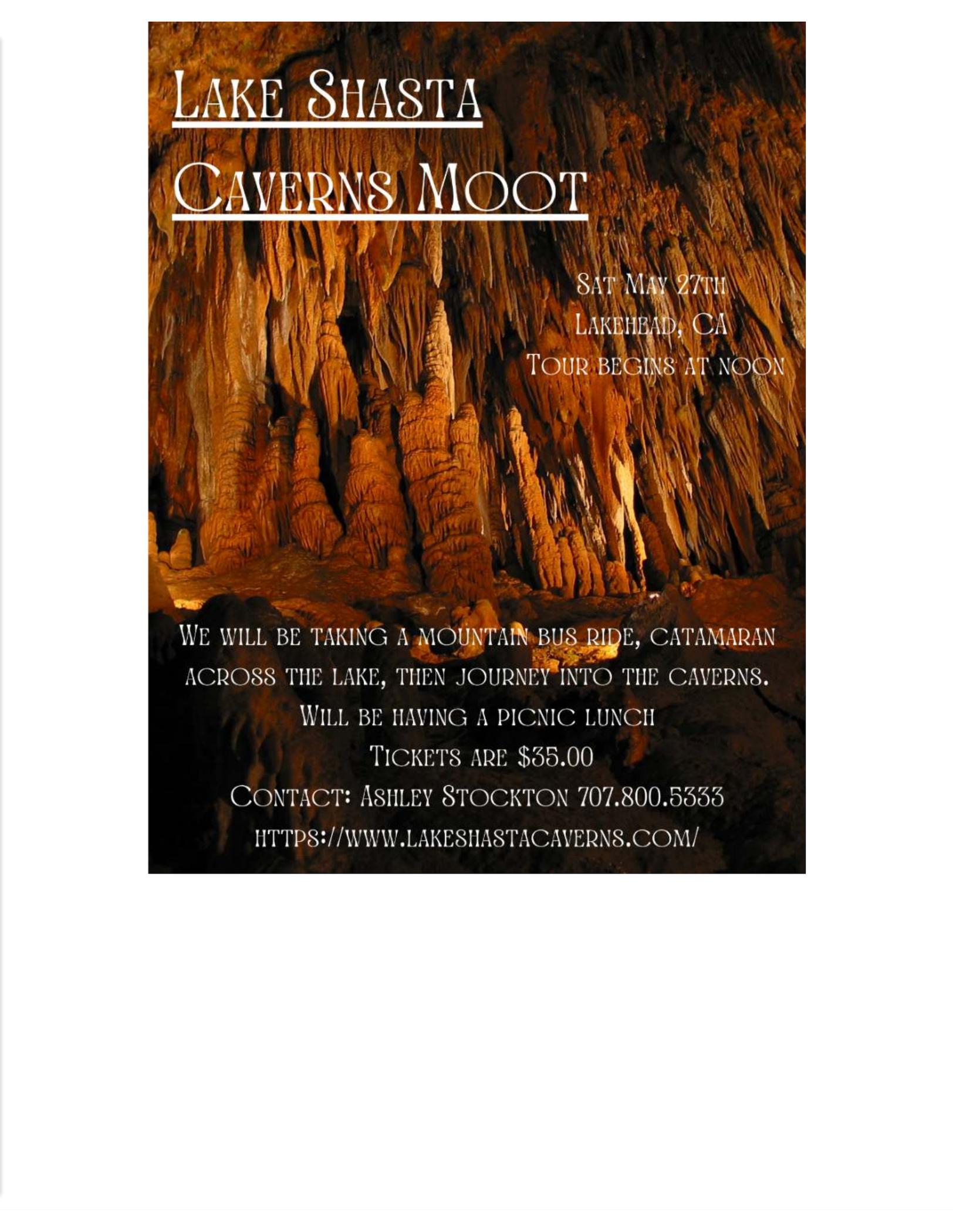
# Folk Skate Moot at Viking Skate Country

APRIL 29th  
5pm



**\$1200 Admission includes  
skates**

**Folkbuilder Ashley Stockton  
707.800.5333**



LAKE SHASTA  
CAVERNS MOOT

SAT MAY 27TH  
LAKEHEAD, CA  
TOUR BEGINS AT NOON

WE WILL BE TAKING A MOUNTAIN BUS RIDE, CATAMARAN  
ACROSS THE LAKE, THEN JOURNEY INTO THE CAVERNS.

WILL BE HAVING A PICNIC LUNCH

TICKETS ARE \$35.00

CONTACT: ASHLEY STOCKTON 707.800.5333

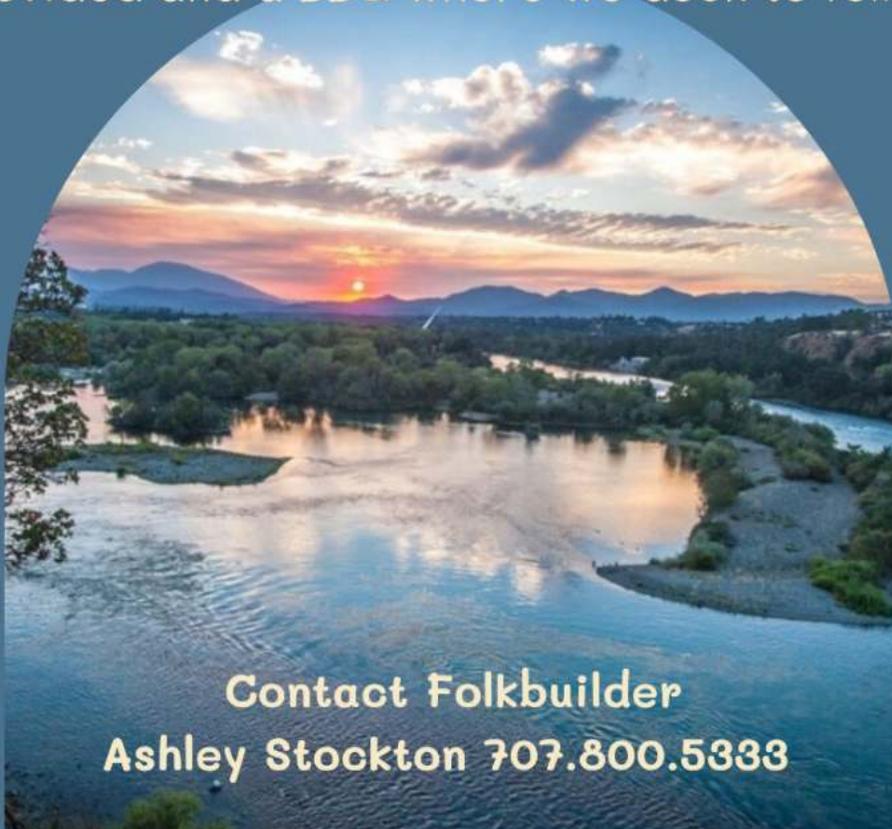
[HTTPS://WWW.LAKESHASTACAVERNS.COM/](https://www.lakeshastacaverns.com/)

# SAC RIVER FLOAT MOOT

SAT JULY 8 2023

11:00AM - 6PM

Bring your sunblock, lifevests, and inner tube as we float the beautiful Northern Sacramento River in Shasta County. Snacks and water provided and a BBQ where we dock to follow!



Contact Folkbuilder  
Ashley Stockton 707.800.5333



Folkbuilder Ashley Stockton  
[astockton@runestone.org](mailto:astockton@runestone.org)

*Looking Forward to Spring*



As winter is creeping towards an end I have planning in the works for spring time meet ups. I am happy to announce we will be having a Craft Moot and Rune Study meet up every other month, most likely in the Sacramento area. Do you want to participate or have a craft you would like to dare with your Folk? Let me know!

Plans are also in the works for a camp out in late spring. This will be high elevation and cold but there are lots of sights to see including a ghost town, hot springs, wildlife, and of course fishing! I will release more details as details are hammered out. This camp out is recommended for adults.

Don't forget, Charming of the Plow is coming up February 18th. If you are planning to come, please make sure to reach out about the potluck. Our feast is what we make of it!



Folkbuilder Krystal Podbreger  
[kpodbreger@runestone.org](mailto:kpodbreger@runestone.org)



## Colorado

### *Redstone Meadery*



What a treat it was to get to experience all the different flavors of mead at Redstone. They offered a 12-flavor flight. We tried different berry flavors, different honey flavors, and even different carbonated flavors. Hands down everyone agreed the traditional barrel aged honey mead was the best. We shared great drinks and great conversation. We ended up purchasing several bottles and then taking them to one of the folk's beautiful homes for more great conversation and drinks. We ate a good meal and shared exciting stories and made plans for upcoming events. It's very important to get together with your folk and enjoy each other's company and build strong bonds. I encourage everyone to make time to meet with folk! Community and building bonds are what makes us strong!

### *Upcoming Events*

# February 11 & 12

Red Leg brewery February 11th

Hosted by Apprentice Folkbuilder Travis Bowdish

**WOTAN ON THE PEAKS  
AT THE GARDEN OF THE GODS**

**February 12th**

Hosted by Apprentice Folkbuilder Nicholas Salo



Contact/RSVP

[tbowdish@runestone.org](mailto:tbowdish@runestone.org)

[nsalo@runestone.org](mailto:nsalo@runestone.org)



Travis Bowdish

Apprentice Folkbuilder

[tbowdish@runestone.org](mailto:tbowdish@runestone.org)



The evening started off well, fresh snow moving in as we prepared for blot around the fire. We held blot in a powerful way, with everyone imbuing their Will in honor of the Thunderer. With the gift-giving and receiving concluded, we went inside for a physical display of competition and Will. We spar boxed with one another, for full 3-minute rounds and afterwards shook hands with joy in our hearts. One of our members then showed us some very practical and useful self- defense and submission techniques. Once all was said and done, we were exhausted and ready for dinner.



We blessed the meal and shared in frith with one another and our Gods, telling stories and enjoying like-minded company while the snow fell down around us outside. We concluded the night with some toasts and plenty of laughter and joy. As always, we are always looking forward to the next one!

### *Upcoming Events*



RSVP: Apprentice Folkbuilder  
Nicholas Salo  
[nsalo@runestone.org](mailto:nsalo@runestone.org)

**February 25th**

Please bring a dish for potluck  
Bring any tools you'd like blessed

# Evans, Colorado



Nicholas Salo  
Apprentice Folkbuilder  
[nsalo@runestone.org](mailto:nsalo@runestone.org)

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## Idaho

### *Awoken*



I was afforded an opportunity this month to listen to a short, yet very impactful speech from Gothi Razanek. He shared his spiritual journey from start to where he stands now and when Joe expressed the moment, that one moment we all waited for.

You know the one that tells us, better yet shows us our path and gives us the warm fuzzy feeling that this is where I'm supposed to be.

Gothi Rosanek's story is phenomenal and should be heard in person, but it led me to think about my life and where I started. I was brought back to the time I knew this life; this religion was my home. I was aflight a C-17 crossing over the North Atlantic, destination Helsinki Finland. The Air Force was conducting a training exercise with this

country in hopes to better the flying capabilities of American Fighter Pilates. Yes, that could be a story of its own, but let me get back on track.



While flying over the great blue sea, sitting in my lap was a book my father gave me to read. My father has always been a member of the AFA and if it weren't for his guidance in my 20's I'm unsure if I would have found my place in this world. My father knew where I was going and decided to hand me the Saga of Egil Skallagrimsson. While on the flight and on the ground in Finland for the month I was abroad I took the time to read this story. I didn't just like it, I loved it!



After I finished the book, I continued to enjoy this new land I was visiting until the venture's sad end. We packed up and started lining up to jump back on our C-17 back to the States. When the line to load came down to the last ten or twelve of us, we were asked if we would like to ride the C-135. This was the plane that refuels the jets midair on their way home. A friend of mine and I really wanted to lay down in the back of this aircraft to watch them refuel, but mostly we wanted to look out the window that had the fuel boom. You could look straight down to the ground below. It was an awesome experience.

I awoke to a broadcast that we were landing in Iceland. One of our jets had a malfunction, repairs were going to have to be made. We touched down late at night, the land seemed flat, barren and rocky. It wasn't until the next morning when I saw Iceland and felt its magnificence. Due to Iceland having its own security, we were able to explore for 24hrs. I was rolling all around Reykjavik trying to soak in as much as possible.



Then it happened, my moment. I rolled up on the Skallagrimsson Brewery, it is said the brewery is placed where his Hof used to stand. My journey started with words on paper and ended with a location and something tangible. My mind circled the events surrounding this trip, I always say the fates weave my day. The Fates, my Father, the Gods all paved a path that was more than just coincidence. It was RITE.

I have never felt doubt about my faith, never will.

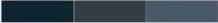
Did you have your moment?? Think about it for bit....

*Thorrablot*



Idaho Falls came together to celebrate Thorrablot! The strength of this group and the bonds that keep growing stronger and tighter are just a joy to watch. When our Folk emerge from the shadows and begin enjoying one another's company, things start to happen. I have been in Southern Idaho for a short period of time, but I have witnessed potential at its finest! I am going to take pleasure in watching this area expand.

### *Upcoming Events*



# IDAHO FALLS MOOT

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**FEBRUARY 19TH @ 13:00**

**WE ARE DOING SOMETHING A  
LITTLE DIFFERENT THIS MONTH**

# NATURE

**RSVP [SMUNDY@RUNESTONE.ORG](mailto:SMUNDY@RUNESTONE.ORG)**





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

*Hails from North Idaho!*



Our first Ice plunge and rune study was a big success, and we will be meeting again this Sunday to discuss Uruz, Thurisaz and how to create your own set of Runes. Afterwards we will be lifting a horn to Eyvind Kinnrifi and building our will by taking a reinvigorating plunge into Lake Coeur d'Alene, congratulations to Connor who stayed in the longest!



Also, this month we will be Snowshoeing into the mountains, and having a blot to the Patron God of patron god of winter sports Ullr. This will take place in Kellogg Idaho and snowshoes may be rented around the city of CDA and in Kellogg for around \$15. Details to follow later in the month.

Hail the Gods! Hail the Folk! Hail the AFA!

*Upcoming Events*





Gothi Joe Rozanek  
[jrozanek@runestone.org](mailto:jrozanek@runestone.org)

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## Montana

### *Montana Rune Study and Thorrablot*





2023 has arrived, and we got off to a great start. On January 14th we celebrated my wife's birthday with the great company of the Greaneys. On January 20th we held our monthly rune study at the Greaney residence, and were joined by a prospective member. Then, on January 28th, we held our þorrablót in Great Falls, MT, at The Celtic Cowboy. The weather made for some precarious travel, but icy roads and winds being the norm, we pressed on. 18 folks in all attended. Mostly members, but some good prospects as well. What our venue lacked in traditional Icelandic foods, it made up for by being warm and inviting. The Celtic Cowboy provided awesome hospitality, great food and drinks, but above all, tolerated our passel of rambunctious little girls.



Looking forward to February, we're planning our Charming of the Plow here locally. No dates or location yet, but that will be posted once we know. We're also looking forward to meeting up with Tyler Heinlein and the Fólkvangr Cascadia kindred, once they get settled here in MT! Welcome to The Treasure State Tyler!



Folkbuilder Ryan Harlan  
[rharlan@runestone.org](mailto:rharlan@runestone.org)

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## Nevada

### *Alsherjargothic Dinner*



We had a great dinner this month. We were joined by a brand new member and his daughter as well as a new couple from Carson city that were at my table for the first time. We were also fortunate enough to be joined this month by Steve and Sheila McNallen!

Please join us on 2/11 for our next wonderful potluck meal....menu to be determined.

### *Upcoming Moots*



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

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## Oregon

### *Welcoming a New Apprentice Folkbuilder*

Please welcome Jason Trombley of Oregon as our newest apprentice Folkbuilder for the Óðinshof District! We are excited to see the success Jason will achieve in the coming months and years.

Hail Jason Trombley!

Hail the AFA!

Hail Óðinn!



Jason Trombley  
Apprentice Folkbuilder  
[jtrombley@runestone.org](mailto:jtrombley@runestone.org)

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## Washington

### *Tiger Mountain Hike Moot*



This month some members got together for a hike in Tiger Mountain State Forest in Washington. We gathered around one in the afternoon and proceeded right up into the forest on a good incline. We were met with a sea of green, with emerald colored moss stretching out as far as the eye could see, all draped in a healthy coverage of low misty fog. A nice escape into the forest is always a reinvigorating activity for our folk due to how central forests have been to our people historically. The memory of those days still lives on in us today. After we made it back down, we concluded the moot with a dinner meal and headed home.



Carter Shafer  
Apprentice Folkbuilder  
[cshafer@runestone.org](mailto:cshafer@runestone.org)

### *Uniting the North*



Fólkvangr Cascadia started their move to the new property this month. My family spearheaded the effort bringing two loads of gear in before blowing a rod on the Jeep. Since then we've been enjoying our stay, working on the cabin. I've been keeping an account with daily updates on mewe if you want to know more about getting water from a frozen river, making your own yeast when you have none and such.



While we wait for the shop to fix the Jeep, we have continued our Kindred led 40k tabletop campaign Tuesday and Wednesdays weekly at 6pm pst.



We are also starting the book study for culture of the tuetons this coming Tuesday at 5pm mountain time. Join us in learning what Vilhem Gronbeck has to say about our ancestors' culture.



One more exciting change is starting Sunday, we are putting together a zoom call get together for alaska, cascadian and Canadian members to unite the more isolated northern members. While the goal is to unite members in those areas, all members should feel free to hop on and get to know those of us in the far north. We may be isolated but that doesn't mean we aren't friendly.

Tyler Heinlein



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

### *12th Night*



The Folk gathered to celebrate the closing of the year and to bring in the new dawn with positive action, ritual, frith and the lighting of the sun wheel.

We feasted shared stories and ended the night with a sumble that included toasts, boasts and oaths!

4 oaths were taken this year by fellow kinsmen, all of which encompassed their personal evolution and contribution to our local kindred and the AFA.

After hearing everyone's accomplishments from the previous year and what those around me have in-store for the coming months I feel honored to be surrounded by such noble and productive Folk here in the PNW.

This coming year will be full of many victories!

Hail the AFA!

### *Iron Club*



This month we have maintained our consistency with Iron club meeting every Tuesday and Thursday to Honor Thor, Feast and build Frith.

With the colder months upon us attendance has dwindled though as the sun continues to return, we look forward to our more regular turn outs.

If you are visiting WA or plan to soon reach out and join us for one of these powerful evenings!

HAIL the Gods! Hail the Ancestors! Hail the AFA!

*Thorrablot Game Night*

# THORRAELOT GAME NIGHT!

\$20 / DINNER INCLUDED

Jan. 7th

For the first time our Kindred gathered and dedicated some serious time to board games, chess, cards, and many other games.

This turned out to be quite the experience and one we will be repeating in the future.

We were glad to welcome plenty of new friends to join us for this gathering.

After food and games, we came together to honor the great Thunderer Thor through ritual.

We sent both strong drink and positive energy to our Æserian big brother and received blessings in return.

It's safe to say this was a most joyous event for all those in attendance and we look forward to welcoming more guests to our next game night and Blot.

Hail Thor!

Hail the Doers!

Folkbuilder Mason Johnson

[mjohnson@runestone.org](mailto:mjohnson@runestone.org)



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