



Óðinshof

First Hof of the Asatru Folk Assembly

www.odinshof.org

- Runestone.org
- Email the Witan
- [YouTube](https://www.youtube.com)
- [VK](https://vk.com)
- [Twitter](https://twitter.com)
- [Parler](https://parler.com)
- [Odysee](https://odysee.com)
- [Bitchute](https://bitchute.com)
- [Rumble](https://rumble.com)
- [Instagram](https://www.instagram.com)

[Donate to the AFA](#)

Words from the Alsherjargothi



The 29th year of the Asatru Folk Assembly begins!

I am so proud of all we have accomplished together in 2022. During the summer, we dedicated the first Hof to Njörðr in over 1,000 years. In the fall, we enrolled our first class of students into the AFA Asatru Academy. In December, we purchased Sigrheim and began the long-dreamed of AFA community. Throughout 2022, there were 49

beautiful babies born to AFA families. During the course of 2022, our membership grew by an astonishing 20%.

We have amazing momentum coming into this new year and we have much to accomplish. For our families, for our Folk, for our Gods, let's make 2023 the greatest year yet!



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

Lawspeaker's Challenge

Frugality



One major change that has occurred over the last hundred years or so is the amount of debt that Americans carry. At the turn of the Twentieth Century, most Americans had almost no debt, and many or most owned their homes or lived in the family home. Now, just 120 years later, the average American is NINETY THOUSAND DOLLARS in debt. While this figure includes mortgages, it demonstrates that our lives are out of

balance.

As many of you know I practice bankruptcy law, so I see every day what happens when spending exceeds income. Other than a house or MAYBE a car there is no reason to go into debt. Too many of us are all just in the habit of swiping that credit or debit card, and there is no immediate difference between swiping ten dollars or a hundred dollars. I am constantly amazed at the people I work with who have no idea how much their utility bills are, their insurance, and sometimes even car payments, as they have it all set up on direct withdrawal and live on auto-pilot.

So, this month's challenge: make a budget, and stick to it. Make coffee at home, skip the Starbucks (or even the convenience store). Cook more, eat out less. Pack a lunch occasionally. Pay down your debt; save more, spend less. There are many tips and techniques out there for budgeting, but ignoring the math and just 'living paycheck to paycheck' will never put you in the mindset to improve the situation.

Don't get me wrong, though. I am not saying that we should live like misers, or never indulge ourselves at all. Just be mindful of your budget, and live below your means. Your grandchildren will thank you.



Witan Allen Turnage
aturnage@runestone.org

Words From Our Gothar

We are Not Vikings, We are Aryans!



Many of our Folk who have come home to Asatru tend to identify with a very small portion of our Germanic ancestors' past: the Viking Age. There are many reasons for this: the Vikings were all white, they were tough, they were cunning, they were warriors, they were adventurous, and most importantly, they were Asatru. These are all great things to be, and all things to be proud of!

However, this obsession with Scandinavian pirates does have its detriments. The Vikings, even if they were our kin or direct ancestors, are not the example par excellence for Asatruar or our Folk at large. While many of them surely were pious and devoted to the Gods, the majority of them were focused on simply being pirates: pillaging, burning, raping. The average Scandinavian/German/Aryan would not have seen this as a pious or noble or spiritually-driven life. Going a-viking was typically a last resort effort to make one's own fortune and glory. That concept is still alive in us today, as well as in all of our ancestors and cousins between the Viking Age and the present. In the following paragraphs, I'd like to present an alternate group of our ancestors who possessed most of the positive traits of the Vikings, but also managed to cultivate devotion to nobility so well that they became known for their (unfortunately Catholic) piety!



If you are of British, Irish, French, Belgian, Dutch, or Sicilian descent, then these pious adventuring warriors were likely part of your ancestry or culture: the Normans, which is Frankish for “Northmen”.

The Normans were a pan-Aryan mixture of Franks, Saxons, Gauls, and Danes. Their bloodline was formed when Rollo, a Viking leader, was offered land in northwestern France so that he and his men would stop raiding the Christian Frankish kingdom. Rollo and his descendants, unfortunately, converted to Catholicism, but also learned of chivalry and piety, even if it was piety towards a foreign deity. Even as devout Catholics, though, they kept their adventurous nature, their cunning minds, their martial bearing, and their conqueror spirit!



The Normans famously conquered and ruled England, Wales, Scotland, Ireland, Sicily, the Netherlands, much of France, and some parts of the Middle East. When they conquered these lands, they did it for glory, just as their pagan Viking forebears did, but also because it was often the will of the Pope and, in turn, their god.

To paraphrase something our Alsherjargothi said: we need less “berserkers” and more “knights”!

When we look to one of our ancestral cultures to take inspiration from, let us make it the Normans! Pious, wise, horse-riding, adventurous, conquering Northmen who became knights, priests, and kings! Let us replace their foreign Christ-god with our own high and holy Æsir and Vanir, and march forward with both strength and nobility! Let us conquer life’s obstacles proudly and for the glory of the Gods!



Gothi Trent East
teast@runestone.org

Time and Lore



It was June this past year, and I had the distinct honor to preside over the Midsummer Blot at Odinshof. I was walking the ritual circle ahead of time, chatting with our Alsherjargothi about what I had in mind. I was also getting used to the ground so I wouldn't trip. A question popped into my mind with regard to what direction I should focus my gaze, should I look up to the heavens when addressing Baldr, or look toward the ground (the underworld)? What the Alsherjargothi had to say was vitally important. We tend to view our Lore as strictly past tense, rather than in a cyclical fashion. Baldr is in Helgard, he is also returning from Helgard, and he has already risen victoriously... all at the same time. That really resonated with me. I already knew that our Ancestors

viewed time as cyclical, but it had never occurred to me to view our Lore the same way. I'll give some examples below.

The sons of Bor were once walking along the seashore and found two trees. They lifted the logs and from them created people. The first son gave them breath and life; the second, intelligence and movement; the third, form, speech hearing and sight.... the man was called Ask, and the woman, Embla. From them came mankind... (Gyfaganning, The Prose Edda)

*To the coast then came, kind and mighty
from the gathered gods three great Aesir
on the land they found, of little strength
Ask and Embla, unfated yet. (Voluspa 17.)*

Do we believe that humankind literally came from two pieces of driftwood? No. But it is my belief that the symbolism indicates that they washed up from the sea of humanity, or the turbulent seas of chaos, unfated...rootless even. It is also my belief, that Ask and Embla represent a generation, rather than the first humans. Perhaps they were the first generation to be conscious of our gods. (Odin gave breath..can be also be interpreted as consciousness.) With that in mind, how would we view this story through the lens of cyclical time? Another generation made aware of our Gods, is the likes of A Rudd Mills, Guido von List, Else Christensen....Stephen McNallen. an Ask and Embla generation right in front of us.

Our Ancestors lost their way after and during the conversion of Europe, perhaps a Ragnarok level of disconnection between our Gods and our people. They became rootless. They were unfated yet again, until a generation of men and women became aware, or conscious of the Gods. Did Odin give the gift of consciousness again to his people? That is my belief.

In the next Runestone, we will take a look at the slaying of Ymir, and how we can see the stories unfold in a cyclical way.

That which was, is, and that which is, is yet to occur.

Hail the Gods, Hail the Folk, and Hail the Asatru Folk Assembly!



Gothi Daniel Young
dyoung@runestone.org

Inner Conqueror



It is a new year and a fresh start as the Sun Wheel continues to turn. Time stands for no man, and it is finite. Even if we live in politically turbulent times, creating a Wolf Age for our Folk. Midgard on a meta-level is in an information age. Our values and virtues are timeless, and the spirit of Folk is unchanging. We are what we are. This is often why considering our fullest potential; it has been stated our Folk suffers from a soul-sickness. As the Asatru Folk Assembly is on the precipice of founding its fifth temple, and private community for our Folk, we no longer have the luxury of clinging or skulking in said illness. As a Folk, we have achieved too great a Victory for securing the future of our ways, strong relationships with our gods, and the mending of our folk soul, to identify as "victim", "oppressed", "hunted", or "shamed". Our ancestors were pioneers, innovators, and conquerors. Quite often excelling at each, with very little beyond a will to power, and a heartful of wonder. In the Bronze Age, we likely traveled

far out of Europe and across North America, In the Iron Ages, we built wooden boats that traversed seas in which steel ships vanished or sank. In the Dark Ages, we managed to hold off & greatly influenced the Christian church into something barely recognizable to ancient Christianity. The lore is overflowing with heroic tales of men who mastered and conquered the frontiers of their time. So where are heroes in the information age? We invented the means and paved the way for it. Where are our champions? Where are our conquerors in the 21st Century?! We have the power simmering in our blood to do so. Wotan has blessed us with knowledge at our fingertips, and the capacity to will our desires into reality. Fostering the wealth of the Fehu rune is now a matter of Discipline (a Noble Virtue), rather than grueling work, and a daily struggle between life & death. Businesses are now systems founded on Hospitality, Honor, & Frith (again Noble Virtues), and streams of wealth can be made from simply sharing thoughts in a book or a single song that speaks to the soul. We live in good times when strong-willed men can ascend to unimaginable heights in society if they stay focused. So why are we "slumming it" arguing with weak men on internet forums who have no ambition other than to put down and keep down anyone who happens to pass by? Especially when they're as easy to escape as the press of a button or the closing of a laptop screen. The possibilities are so many, it is easy to be overwhelmed by the possibilities. However, there is no need to hide. Instead, we need to take the time to become laser-focused, and like a magnifying glass under the sun, set the world on fire. Sculpted and molded to best serve the needs of our Folk, our families, and ourselves. Take time to assess yourself this year. Meditation is a great tool, as well as journaling. Ask yourself what you truly need vs. what makes you comfortable. Then strike a compromise between the two, and cast your ship off. Look into ways to create the life you desire for your family or how you can generate the success and tools to build up your Folk. After all, wealth and power is worthless without friends & family to share it with. Set goals, make plans, and stick to them! Start out small and compound on them a little more each day. Turn the need fire into a wildfire, to clear your way towards Victory. With four Hof's dedicated to the Asa, we are now champions and a light in the dark for folk. As such we now have a responsibility to become successful as individuals and seize Victory at every corner in the frontiers of the information age, so we can come home and be excessively generous, in deeds & wisdom.



The Quest for Freyshof

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

– Gylfaginning



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

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

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

1. We need to pay off Njörðshof. (We have paid off 40.83% so far)
2. We need to raise our monthly donation average by 9%. (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.

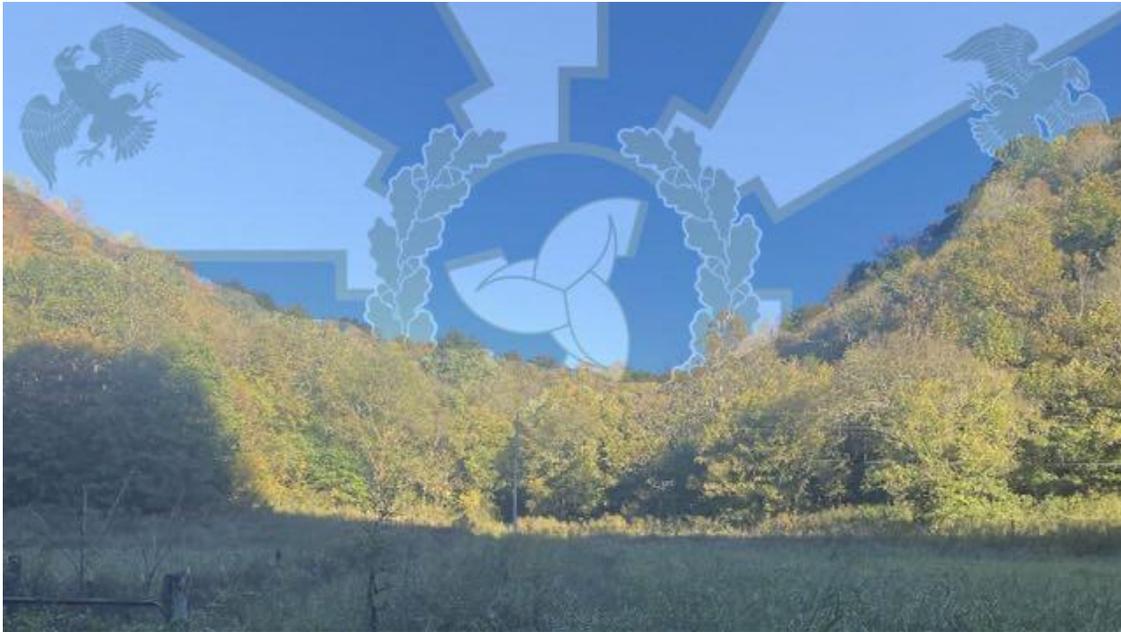
This is not a "quick" process so stay the patient and resolute. As we progress, I will keep you all updated on our progress!

Hail Freyr!



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

Sigrheim - Home of Victory



We have big plans and big dreams! I am proud to announce our first moot at Sigrheim. This will be a chance to explore our land and plan and plot the shape that our dreams will take in the coming years.



Picnic & Exploration

at



Sigrheim

January 14th



Tennessee



If you would like to join us, please contact Melisa Mills at mmills@runestone.org, or me at mattflavel@runestone.org.



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

Victory Never Sleeps



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

AFA Homeschool Program



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



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

Remembrance and Holy Days

Date	Observance
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

Raud the Strong



So well-known was the hero, Raud the Strong, that his story comes to us from several Icelandic Sagas, the most common of which is the *Heimskringla* (The Chronicle of the Kings of Norway) by Snorri Sturluson. The story tells of a great seafaring warrior who had Thor and Seiðr on his side.

Around the year 1000, the zealous Norwegian King, Olaf Tryggvason, began an expedition to North Norway to continue his Christianization of the pagan people. Olaf found much success in his efforts, owing largely to his brutal methods of both torturing and killing those who refused, but not all were swayed.

In Godøy, near present-day Bodø, lived the man Raud the Strong. Raud was known to have a strong connection with the Sami people, and to own a remarkable longship that was larger than any that Olaf himself owned. With a gold-plated dragon head, it is what many suppose the popular Viking longship designs are based on.

Upon hearing that Olaf was heading his way Raud gathered as many men as he could and lead a great assault at sea. Despite everything, however, Raud found himself overwhelmed and had to retreat from the battle. Stories say that Raud was able to Seiðr to call on the winds to speed him home safely while also blocking Olaf Tryggvason's chase.

It was all for naught, however.

Though he made it home, Raud was eventually caught by Olaf Tryggvasson. Despite the King's efforts, however, Raud refused to turn his back on his gods despite torture. In the end, he was killed when a live snake was forced down his throat. Many of Raud's

men, following his example, were also killed after refusing to convert.

So, what can we learn from this story?

Some might make the argument that it is better to fight and die rather than retreat in “shame.” In some cases, this might be true. For every one of us sitting here reading this, however, one of our ancestors made a different choice. The choice to convert saved our lives.

For many of our ancestors, death was the best option. Which of us ever chooses to be killed in a horrible, painful way? Was death the easier option? We have to believe that for some, it was. For Raud the Strong, a friend of Thor, it was. To convert was to turn his back on his Heritage, to turn on his Honor, and to turn on his Courage and a warrior and leader.

Our ancestors lived in a very different time. They lived in a world in which men and women could be killed for choosing to remain loyal to their Gods. We are exceptionally lucky that we live in a society that allows us the freedom to worship our Gods.

That very same society that allows us to worship our Gods, however, does not do so without stipulations. That society, so unlike the sort of tribal society our ancestors lived in, would tell us how to worship our Gods. They would tell us who is allowed to worship our Gods. And that society would try to harm us for choosing to do it differently than they tell us we are allowed to do it.

We don't face the same torture and death as Raud the Strong for choosing to worship our Gods our way, but we do face the possibility of ostracization from society. People, even our families, can turn their backs on us for disagreeing with the “rules” they have given us. We are not free from the effects of the multicultural paradigm, but we don't have to bow to it.

Like Raud the Strong, we can stand tall and be proud of who and what we are. We are Asatruar. Like Raud the Strong, we can stand against those who would tell us to turn our backs on what we know to be Tru. We can live with Honesty, with Courage, and with Honor.

Gythia Catie Erickson

cm.erickson@runestone.org



Þorrablót



Þorrablót is an Icelandic midwinter festival dedicated to, as the name describes, Þor, or Thor. Þorrablót is named after the Icelandic month of Þorri from the historic-calendar and ran from mid-January to mid-February. Though Þorrablót is a relatively modern

social celebration in Iceland, there is a reference in the Flateyjarbók that states that the Kvens offered a yearly sacrifice to Þorri at mid-winter. Typically, Þorrablót is celebrated by gathering together and eating many of Iceland's traditional foods and by singing, reciting poems, and telling stories.

Some good ways to celebrate Þorrablót include eating traditional Icelandic foods, such as Hákarl (putrefied shark), Blóðmör (blood suet, filled sausage/black pudding), Hrótsprungur (ram's scrotum with testicles), Lundabaggi (sheep's fat), or Svið (burnt sheep's head).

Don't worry! If these are unavailable, or simply not to your taste, eating goat and goat products such as goat cheese or goat milk are also appropriate options.

Called by some as the cabin fever holiday Þorrablót is a great way to liven up the doldrums of mid-winter. So, take some time to light a fire and make merry. Have the folk tell stories or recite poems about Thor. Eat, drink, and enjoy the company of folk and family.



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Events

Charming of the Plow at Njörðshof



Order your tickets at

[Charming of the Plow at Njörðshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/Charming-of-the-Plow-at-Njorðshof)

The Charming of the Plow is an ancient custom of our Folk that will be the National Event at Njörðshof for the first time in 2023, held the first weekend in February. The celebration can be tied to the Gylfaginning, where Gefjon, one of the Disir in service to Frigga, went to visit King Gylfi of Sweden to ask for land of her own.

To our ancestors "luck" meant preparation. This was the time to prepare for the new year, to make plans and set goals that will allow us the prosperity we seek. Njörðr is our god of prosperity, and it is at his temple the AFA will gather to make ready the earth to accept the seed of our plans for the coming year. Whether it's preparing the actual soil for planting, sharpening the plow, taking a class that will let you advance at work, or even changing careers; to work our will in this world our implements must be sharp if they are to be effective.

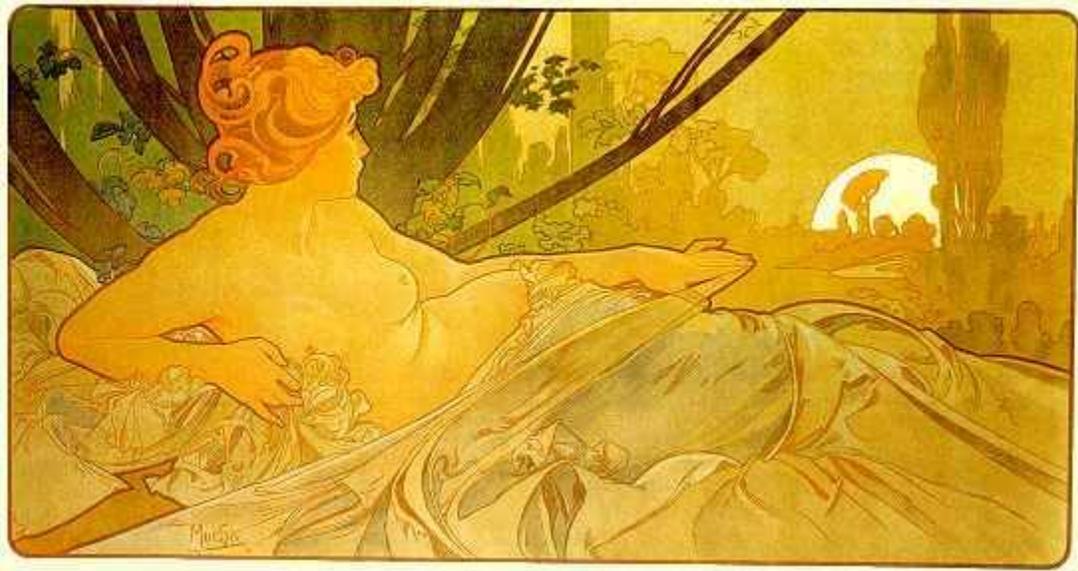
This is why we ask that you join us at Njörðshof for our first Charming of the Plow starting Friday, February 3rd, and running through Sunday, February 5th.

In addition to the blots and sumbel, there will be great food (ask anyone that attended our dedication), activities for the kids, discussions with our Goðar, an auction, and more. Build Frith with your folk in Florida, so get out of the cold for a great time in the sunshine state at Njörðshof.

Tickets are available at

[Charming of the Plow at Njörðshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/Charming-of-the-Plow-at-Njorðshof)

Ostara at Þórshof



Order your tickets at

[Ostara at Þórshof – Asatru Folk Assembly \(runestone.org\)](http://runestone.org)

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

[Ostara at Þórshof – Asatru Folk Assembly \(runestone.org\)](http://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

Ladies' Mysteries Podcast

LADIES MYSTERIES PODCAST
JANUARY 15TH @ 1:30PM CST
CREATING A POSITIVE HOME SPACE

Witan Brandy Callahan

Clearing the clutter

Maintaining positive energy

Gythia Catie Erickson

Protection charms

Folkbuilder

Sara Ault

Hlin

Welcome weaving



Folkbuilder

Christine Dumas

Home cleansing

TEAMS call, contact cdumas@runestone.org
for more information



Folkbuilder Christine Dumas

cdumas@runestone.org

Ladies' Rune Study



Hey ladies! We are going to be back at our Rune study! We are going to be looking at Pertho this time, and I hope to see you all there. Like before, this study is at 8pm EST.

January 18th- Pertho

February 1st- Algiz



Gythia Anna Plourde

aplourde@runestone.org

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 you are

making Fried Potato balls? It doesn't add anything to the dish overall and in fact, it takes away flavor and disrupts texture. The reason is that what flour takes away: is moisture. It adds to the binder and liquid consumption.

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

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

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



Mike Joyner
Apprentice Folkbuilder
mjoyner@runestone.org

Ancestral Food and Culture

Kolaczki



8 oz cream cheese

2 sticks unsalted butter

3 cups flour

1 tsp salt

- Cream the butter and cream cheese together then add flour and salt. We used our hands to mix it.
- Refrigerate an hour or longer OR
- Freeze for 10 -15 mins for quicker results (to get to eating cookies faster lol)
- Roll the dough out to 1/8 inch or you can use a baking mat until u can start to see what's on the mat through the dough.
- Cut dough into (as best you can) square.

- Then cut out 2-inch by 2-inch squares to form a big square.
- Place a teaspoon of the preferred preserve.
- Dab water on opposite corners bring together and meld them somewhat together then fold them over.
- Freeze cookies for 10 mins before placing on oiled cookie sheet
- Bake at 350 for 15 mins or until edges look a lil browned.
- Place on cooling rack.
- Add powdered sugar and enjoy.



This is a traditional Polish cookie. Made for holidays or special occasions. For me, kolaczki represents my childhood with my moms, mom. When I'm making them I think

of her. It also reminds me of my ancestors who came from the hills of Poland. They're a testament to being able to make something great out of very little. They came here with little and these cookies are made with little ingredients. I'm proud to be Polish, and kolaczki are my way of saying thank you to those ancestors.

- Jaclynn Frazier-Duffy, member



Folkbuilder Timothy Dumas
tdumas@runestone.org

AFA Prison Ministry



Greetings kinsfolk,

I am very happy to report, that this past December 20th,2022, our Alsherjargothi Mathew Flavel had the opportunity to gather with a group of followers of Asatru who are incarcerated.

This was no small task to achieve, as there were countless interactions and paperwork and waiting involved. I would like to thank all that were involved with this process with a special thanks to Rodney, Clistie, Jolene, Chaplin Joseph, and Alsherjargothi Mathew Flavel.

Our Alsherjargothi has seen the need for this outreach for a long time and has followed in the footsteps of Haptaguð—Odin's name that is known in the Gylfaginning as (God

of the Prisoners)—as well, has rekindled the torch that was started first by our Folkmother Else Christensen in the 1970s in Florida.

Being able to share in Mother's Night with those kinsmen in prison, Blot and Sumbel and simple camaraderie, was the first time in the Asatru Folk Assembly's history that we have had our Alsherjargothi be able to share with our often forgotten folk.

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.

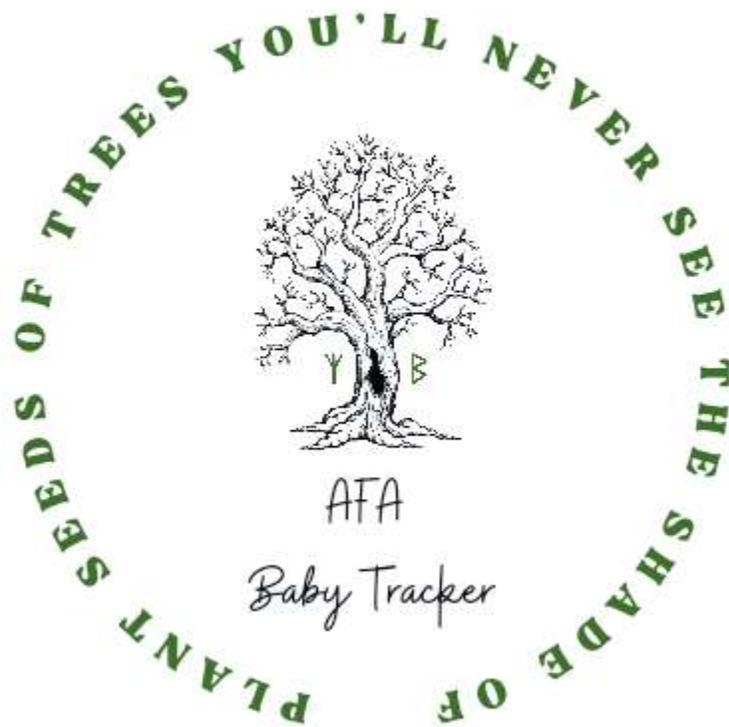
We intend on making real-world change for the better of our Folk.

If you have a loved one who is incarcerated or would like to help with this ministry, please contact me or donate to our general fund on the [Runestone website](#) with an earmark "AFA Prison Ministry" in the comments section.



Folkbuilder James Ault
jault@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



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Saga's Literature Project



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

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

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

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

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



Shane Duffy
Apprentice Folkbuilder
sduffy@runestone.org

Now Available in the AFA Store

The Usatru Folk Assembly



2023 Calendar

Calendars will be up for one last chance!

Ordering will begin January 7th and end January 20th. All calendars will be shipped at the end of the ordering time frame and will arrive around the end of January.



Folkbuilder Melisa Mills
mmills@runestone.org

Óðinshof

Food Pantry at Odinshof



Ending the year on a high note

Month by month in 2022, we saw our numbers increase. Logistically, this is a challenge for 2023, but the payoff is knowing how much we've helped our neighbors. Out of December's 67 families, 28 were households with one or two persons, most being Seniors on fixed incomes. They are our "Folk without." Inflation is taking its toll on this segment of our population, of which there are many in rural Yuba County. I wish

you could hear their words of thanks.

Comparing the first three months of the year with the last three, the average went from 28 to 59 families served. Our number of individuals served each month rose by 255%!

Believe it or not, you can help us! It takes three 100-mile roundtrips per month to deliver and distribute the food at Óðinshof. There is no budget-line for this. The funding comes from donations that I seek. Sometimes, it's a dollar here or there that our sweet ladies hand to me as we put food in their cars. I have a huge feeling of gratitude when this happens.

Will you help this charitable endeavor by donating \$10 a month to our Óðinshof Food Pantry? Remember, your donations to the Asatru Folk Assembly are tax deductible. It takes only a few minutes to set this up. Talk to me, please.



Gythia Sheila McNallen
sheila@runestone.org

Toy Distribution at Odinshof



Yuletide Toy Distribution

In 2019, we thought there would be a need to help local families obtain toys during the holiday season. The nearest store with toys and merchandise, other than Dollar General, is about an hour from Brownsville. Our assumption was correct. Like the Food Pantry, our annual numbers continue to grow. Thankfully, our source for toys, the Yuba Sutter United Way, always comes through.

I scheduled the Toy Giveaway for Sunday after our Yule celebrations came to an end. This gave ample time to set up before the arrival of families. Parents were directed to park and come through the front doors where we'd do check-in. Nichol and Barbara helped me arrange tables and separate the toys by age group. Then we set up a welcome table by the front door with cookies and beverages with Katie, Thorgrun's wife, offering hospitality. Nichol and Barbara watched over the tables to offer toy suggestions. Within two hours, we had given away toys for 78 children! Sadly, some of these children would have received nothing Christmas morning. Thank you, everyone, who supports this endeavor.



Gythia Sheila McNallen
sheila@runestone.org

Holiday at Odinhof



The 8th Year of Yule at Óðinshof

Yule at Óðinshof this year was promoted as a three-day event to encourage far-flung members to attend this annual celebration. Folkbuilder Ashley Stockton initiated most of the planning, creating a very successful gathering. We lucked out with optimal weather, cold and clear all weekend. Apprentice Folkbuilder Nicholas Salo and the newest Óðinshof Folkbuilder, Travis Bowdish, came from the Rocky Mountain state of Colorado, with a young couple joining us from eastern Idaho.



Friday was meant to be a day of settling in with convivial conversations, but it was also the Day of The Yule Tree. One of our families brought us a fir from the forests near Mount Shasta. Children gleefully went through boxes of ornaments, decorating the tree as only children can. Magnificent!

The next day, following the Food Pantry, a delicious lunch fueled the activities that took place outdoors. Archery was primary, but other folks sat in deep discussion around the bonfire. Later that afternoon, Apprentice Folkbuilders, Nicholas Salo and Sierra Chapman did presentations in the hall filled with Folk.



In the late afternoon, the children were called together for the presentation of gifts by Father Yule, aka Gothi Thorgrun Odden. This is a delightful tradition as Thorgrun has taken on this persona for many years now. Clusters of jingle bells were distributed by Gythia McNallen, and were shaken with gusto when each child opened a package. Several adults participated in the White Elephant gift exchange which is also another Óðinshof tradition.

By the time we feasted, 105 people had gathered together to hear the Alsherjargothi Matt Flavel bless our food before the Odin mural. Candlelight and folk tunes from our talented musician, Paul Stevens, added a wonderful ambiance as we ate an array of foods created by our kitchen-mistress, Krystal Podbreger.



Soon after, Matt led us into the ritual circle where we did blot to all the Aesir. Everyone was offered the horn to make their own toast. The bonfire's flames roared to life as our offerings were poured into it, and then our sacred sunwheel was set ablaze. Sunna's return and the new year to come will present many challenges, but also opportunities. It is our role in this world to create that which is healthy, strong, and noble. The time is now.



Gythia Sheila McNallen
sheila@runestone.org

Upcoming Events at Odinhof

ÓÐINSHOF DISTRICT MEETING

JAN 28TH @ 7:30 PST
HOSTED BY: STEVEN MUNDY

HAPPENINGS IN THE DISTRICT
-SHEILA MCNALLEN-

4-GUEST SPEAKERS

Teams Link will be sent out
Prior to Meeting

ODINS MENS HALL MEETING

-MEDITATION
-PHYSICAL FITNESS

JAN 13TH 7:30PST

Teams Link will be sent out
soon



Arizona

Upcoming Events



Samuel Ramsey
Apprentice Folkbuilder
sramsey@runestone.org

California

Happy New Year!



December was a month full of fun gatherings, new faces, and of course Yule! It was all a wonderful ending to 2022 and a nice way to transition into the new year.

As restrictions across the state fade away I am keeping a calendar of fun cultural events in Northern California to visit and other plans are being made. This winter our snowpack is heavy as are the rains so I am eagerly awaiting my annual wildflower walk moot on Table Mountain this spring. I am also happy to announce the location for the Folkish Family Camp Out hosted by Hagvirkr Kindred has been chosen for September. There'll be plenty more meet-ups in between so make sure to visit the calendar on the [website](#).

If you haven't made it out to Óðinshof yet, I certainly hope it's one of your new year's resolutions. Visiting the first Hof of the Asatru Folk Assembly is always an unforgettable experience. We have an event every month, please reach out to any Folk Builder if you have questions or plans to attend. We hope to see you soon!



Folkbuilder Krystal Podbreger
kpodbreger@runestone.org

From Colorado to Óðinshof



After both working a full day at our jobs, Nick and I started our road trip to Óðinshof. Upon hitting the mountains, it was a white-knuckle drive for the remainder of the trip. We planned on sleeping and driving in shifts, which never happened due to the excitement we had visiting the first Temple of Óðin in 1,000 years. We had an excellent conversation and beautiful snow-covered views our entire drive. We strengthened our friendship to the point of best friends. Upon arriving at Óðinshof after 40+ hours we were energized and felt compelled to help assist in setting up for the yule event. This is what inspired me to begin my apprenticeship as a Folkbuilder. I challenge and urge you to visit one of our Hof's if you haven't. They hold palpable energy and spirituality within them.

Upcoming Events

Mead tasting room Moot

Redstone Meadery

BOULDER, COLORADO

JANUARY 21ST

CONTACT
APPRENTICE FOLKBUILDER
TRAVIS BOWDISH

tbowdish@runestone.org

(720)453-3940



Travis Bowdish

Apprentice Folkbuilder

tbowdish@runestone.org



We arrived at the Hof late Thursday night after an 18-hour drive from Colorado. Exhausted, we were welcomed with open arms and a freshly cooked pasta dinner by Ashley and Michael. The excitement for the day to follow was almost visible. We wound down and got settled in for the night.



The following morning, I woke up and greeted the sun. My first small ritual on the grounds of the first building, dedicated to our Gods, in a thousand years. What an empowering feeling. On the first day of the event, things were very busy and time seemed to fly by. Children running around everywhere, laughing and playing. The mood inside the Hof was one of comfort and hospitality.



Saturday was "the big day" and I woke up early with Michael Sessumes for some personal rituals, coffee, and conversation to start and motivate the day. There was so many good Folk that I had the pleasure to meet and get to know. Working alongside the other leadership at the Hof was fluid and always constructive. Alsherjargothi Matt Flavel performed Blot and it was powerful. Hearing the ritual echo through the mountaintops was something moving indeed. Things wound down after blot and we all had a good time around the fire sharing stories and telling tales.



Sunday, Travis and I woke up looking forward to being done with the 18-hour drive home. We said our goodbyes, upset that we were leaving, but looking forward to Midsummer.



I can't wait to return to California and visit the temple of the All-Father again. Return to my new home away from home, and spend time with all of the good Folk out that way.

Upcoming Events

PIZZA MOOT

Cosmo's Pizza

Lafayette, CO

January 7th

Contact Apprentice

Folkbuilder Nicholas Salo

for details:

307-259-3320

nsalo@runestone.org



COME AND JOIN

THORRABLOT

EVANS, CO

RSVP / QUESTIONS
CONTACT APPRENTICE
FOLKBUILDER
NICHOLAS SALO
307.259.3320
NSALO@RUNESTONE.ORG

1.28.23

Nicholas Salo
Apprentice Folkbuilder
nsalo@runestone.org



Idaho

The Crossroads



We all visit the crossroads, a significant point that changes our lives forever... Someone once told me “The choice we make during this time defines us and our future.”

Crossroads are just another obstacle in this journey we call life. Will you choose left, or right? Each path bares reward and struggle. We face many challenges year after year, and learn lessons galore. We try to build ourselves, better yet, mold ourselves to become the best version we want to see in ourselves. Left or Right.....

I say it doesn't matter.

What does is your actions, your drive to get to the next fork in the road, the next destination. We get too wrapped up in what could have been... We need to focus on now and what can be! Each direction can afford you the same result, one road may just be a tad harder.

Remember it's the journey that counts! Commit wholeheartedly, stand strong and see YOUR journey through!

Rooting for you all.

Idaho Yule



12th Night, Idaho Falls brought in the New Year with Smoked ham, drinks, and laughs. There was also a small ceremony for the attendees' Ancestors. This was the first time we were able to get all of Idaho Falls under one roof and I will have to admit, it was amazing. I look forward to the growth and fun that lies ahead.

Upcoming Events



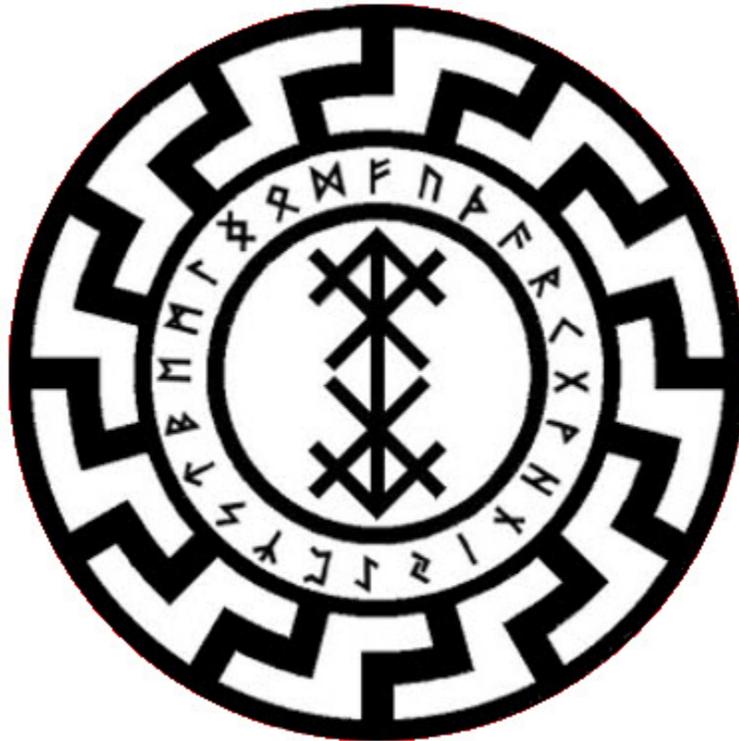
Idaho Falls
THORRABLOT

JANUARY 21ST @5:30PM
350 BUCKBOARD LN
IDAHO FALLS, ID, 83402

RSVP-SMUNDY@RUNESTONE.ORG



Steven Mundy
Apprentice Folkbuilder
smundy@runestone.org



2022 was an interesting year, to say the least, and I think 2023 will be even more so. I am thankful that I have been able to move my family from Oregon to CDA and that we have connected with a good community here. Taking a few moments each day to be thankful for all the good things in your life is a wise thing to do. I have found that wherever your mind spends its time those things will manifest, and if you are always thinking that things could be different or better then more than likely your present situation may change, and it might not be in the way that you had imagined. So, make sure to be thankful for what you have accomplished and where you are in the world.

This January 15th we will be gathering for a Rune study moot and to honor Raud the Strong by taking an ice plunge in Lake Coeur d'Alene. In this first Rune study, we will go over the basics of the Runes and what they are in a metaphysical context as well as the mundane. An important aspect of using Runes is that you have an iron will, the ability to clear your mind from all the nonsensical chatter that is going on in your head. An ice plunge is a perfect way to still your mind and build up your will, not to mention all the health benefits associated with ice plunges. Being able to beat down the physical shock response from the cold water and control your breathing goes a long way in controlling your mind. Build your will and take the plunge!

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

Upcoming Events



Gothi Joe Rozanek
jrozane@runestone.org

Montana

A Montana Yule



On December 17th, an early Yule gathering was held at the Greaney residence. Aside from the Greaney and Harlan families, our newest members from all the way up near Havre, made the long drive down to join us, as well as some local friends. We are very touched that Vincent and his family made the drive down to join us, and in the double-digit negative temperatures! Lively conversations were had among the adults, while the children decorated cookies, and played. (The amount of energy expended by those kids could power a small city!) A feast of wild Boar roasts, and ribs, cooked away on the smoker, and a plethora of snacks and appetizers were enjoyed inside. After our bellies had been filled, a batch of Mead was made for the coming months. A very successful Yule celebration to say the least.



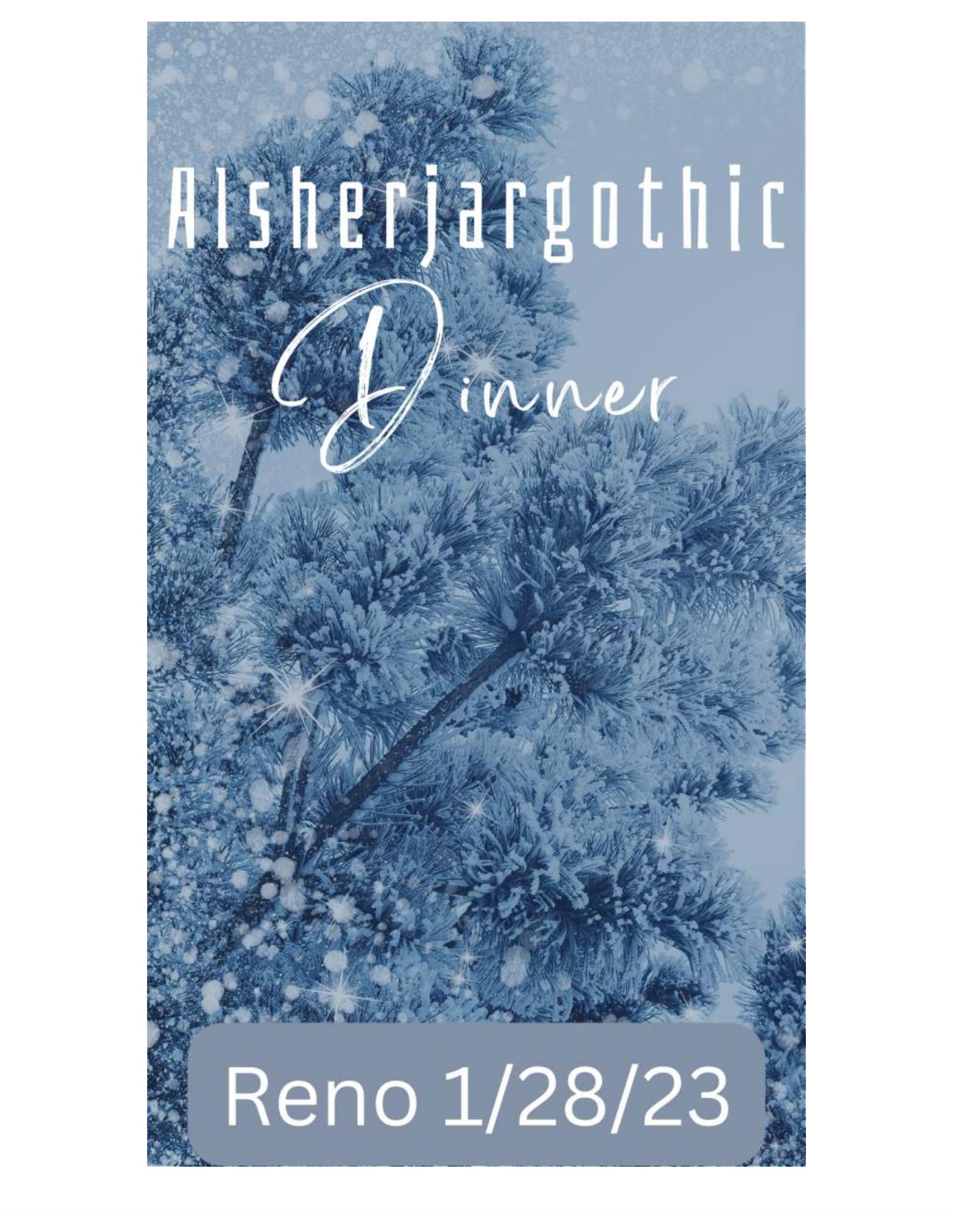
Our next meet up will be in the Great Falls area, but the time and date are to be determined. Stay tuned for more information, which should be published soon.



Folkbuilder Ryan Harlan
rharlan@runestone.org

Nevada

Alsherjargothic Dinner



Alsherjargothic

Dinner

Reno 1/28/23

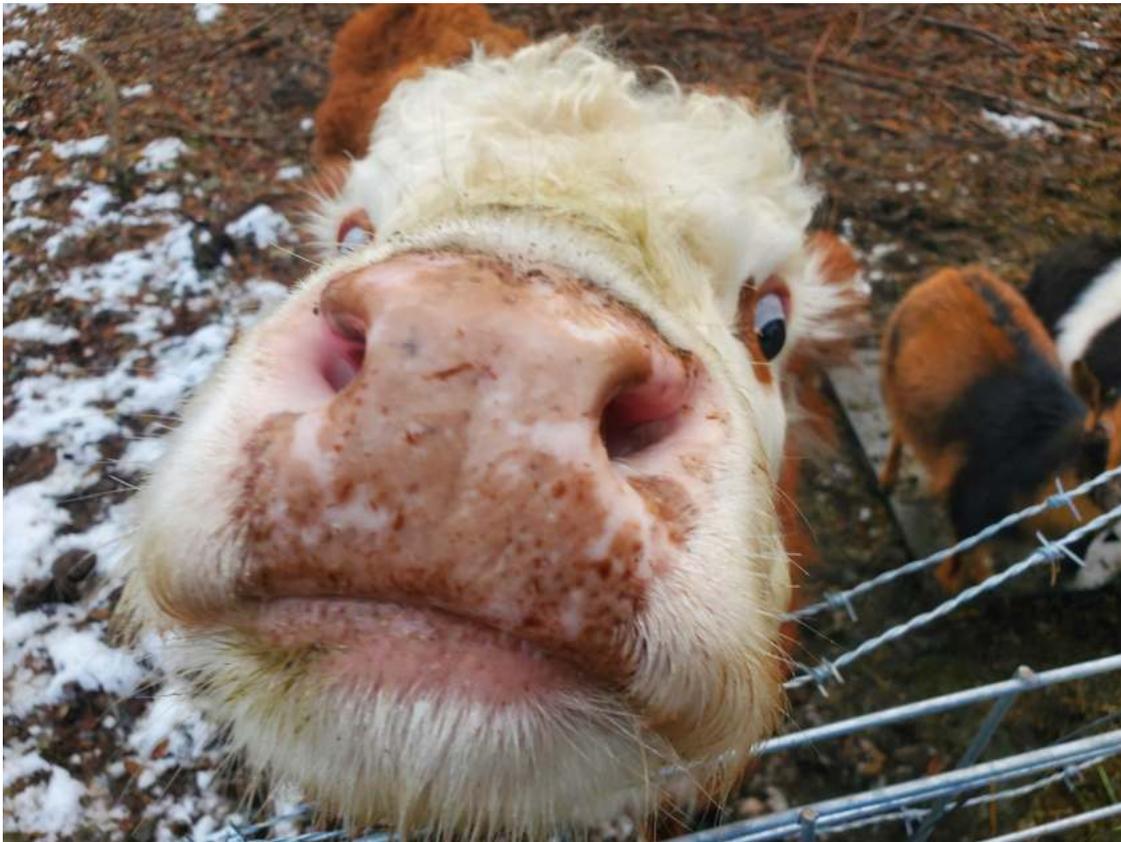
December was a busy month for all! That said, no one showed up to the December Dinner. The good news is we will try again at the end of January. Drinks at 1, Dinner at 3. Cherry-almond cocktail, ham, mashed potatoes, ham gravy.... whatever else you bring!



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

Washington

Winter Celebrations and Preparations



December saw the start of our biweekly 40k campaign where members across three states have joined in hosted by Fólkvangr Cascadia Kindred. It has been going really

well and the story being woven is growing in complexity and depth.



In addition to the biweekly gaming nights, we managed to celebrate the entire Yuletide as a Kindred. Friends from near and far came to visit and we kept the table full and the fire bright.



One of the highlights was a close friend of the Kindred coming hundreds of miles to participate in our yearly snow hike. We traversed the wintry trails and trekked deep into the woods where we gave offerings to Thor to celebrate the breaking of winter's back.



We also raised over 1500 dollars in toy donations to help out folkish families this winter for gifts for their children this season and are very pleased with the results. Our toy drive made a big difference to a lot of families going through difficult times this year.



Our Kindred is still preparing for our move to the new 20 acres together and we've selected our grape varieties we will be planting. This was a bit more involved than usual because of the growing zone we will be finding ourselves in.



All our preparations are coming together nicely as years of work and planning come to a head. We're about to do our seed buy for the fields and select what tea we are going to be growing this year. The work never ends but the rewards of self-sufficiency grow faster than the workload.

Build your skills and your tribe.



Tyler Heinlein
Apprentice Folkbuilder
theinlein@runestone.org

Upcoming Events



Folkbuilder Mason Johnson
mjohnson@runestone.org





Copyright © *2022* Asatru Folk Assembly, All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

Grow your business with  **mailchimp**