



Óðinshof

First Hof of the Asatru Folk Assembly

www.odinshof.org

 Runestone.org

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Donate to the AFA

Words from the Alsherjargothi

The 30th Year of the Asatru Folk Assembly has Begun!



We have an exciting year ahead of us! In recent months we have seen loads of new interest from folks that have just now discovered the AFA and our amazing family. To all our new members, welcome! In a lot of ways 2023 was a refining process that has produced a healthier and more noble group of folks to build our future with. I am excited to see all the things we can accomplish together in the coming year. We have much we want to do, including continued work at Sigheim as well as moving ever closer to making Freyshof a reality. Let's hit the ground running!



Make sure to check your District websites, we have event Calendars there that are updated constantly with activities to get our AFA Family connected and participating in the real world. If you are already actively participating, we are excited to see you. If you have yet to participate or haven't participated enough in the past, this year is the year and today is the day, go out and get involved, it is always worth the effort.

I look forward to seeing all of you this year as I travel to our amazing events at each of our 4 Hofes!



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

Welcome 2024



Happy New Year and 2024 to all our brothers and sisters, friends and family in the Asatru Folk Assembly.

2023 closes a chapter of our lives and our history. Another year of solid troth with the Æsir and Frith amongst the Folk. As we step into another bright year of Victory, I wanted to remind each of you that your family is here.

Anyone who has stood in a Wayfarer Blot with me, knows that the closing of the Blot

ends with the “Binding of the Folk”. We acknowledge the beauty and worth of our women. We acknowledge the strength and courage of our men. We recognize in each other the web that ties us all together. We are reminded that we are a strong and noble Folk. The words “These are your brothers and sisters. When you succeed, we win with you. When you fall or fail, our hands will reach down to pull you back up” are true and spoken with intent.

We are more than just white Folk we see each other every now and then, who meet in a temple to worship once a month, or who share common belief in our Gods. Your Folk are the solid foundation beneath your feet. We are here in your Victory and we are here in your turmoil.

Isolation in the worst of times may seem necessary, it may seem easier. You may not want to “burden” anyone. You may be embarrassed about needing help or support. But, your Folk are here to support you, to guide you, to help you when you need it. Being a member of the AFA is more than just being a member of a church. Being a member of the AFA means that you are never alone.

Should you ever find yourself in need, our leadership and your Folk are here. Please reach out to any of us, at any time.



Witan Brandy Callahan
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The Folk Remember



At Þórshof, during our Yule celebration, we have established a tradition of remembering those we have lost during the past year.

It's solemn and sad. It's also necessary. In our tradition, we light a candle for each of our AFA family we have lost. This year it was 7. As each candle was lit, we hailed the person by name. We kept those candles lit throughout the weekend. We remember each of them for the way they touched our lives. We keep their names alive at Sumbel. We keep them in our hearts.

The Folk Remember.



Y Allison Melillo 11/18/1970 - 2/7/2023 ♪



Y Mitch Loveless 7/16/1988 - 2/10/2023 ♪



Y Janet Lea Flavel 7/26/1948 - 4/4/2023 ♪



Y Daniel Franklin 5/19/1983 - 5/1/2023 ♪

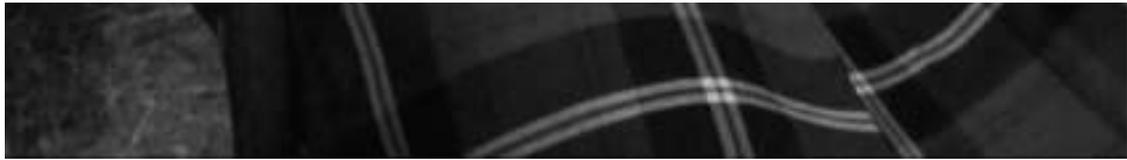


† Michael Lee Vaughn 12/5/1986 - 7/17/2023 †



Y Alan Wittenberg 7/2/1949 - 10/28/2023 ♪





Y Kamden Musser 9/25/1996 - 11/10/2023 卐



Also of important note, we give honor to a member whom we recently learned of his passing. Hail Christopher Chambless!



Christopher Chambless
Y10/3/1981-12/11/2023

Christopher graduated from Ouachita Parish High School in 2000. Christopher enlisted in the United States Marine Corps after high school. He then enlisted in the Army National Guard. Christopher enjoyed riding motorcycles, spending time with friends and family, but more importantly spending time with his children. He was a gun enthusiast. Christopher was a Pittsburg Steelers fan, #12 Bradshaw. He was known for his laugh and always making folks laugh. Christopher always had a smile on his face.

He is preceded in death by his wife, Jamie Leigh Chambless; brother, Michael Chambless; grandparents, Marvin and Lilly Bell Chambless; and uncle, Russell Fox, Jr.

Survivors include his five children, Chloe Chambless, Gage Chambless, Marcus Chambless, Ava Chambless, and Audrey Chambless; stepdaughter, Aubrey Garner; mother, Patsy

Magee and her husband, Chief Master Sergeant Wayne Magee, USAF, Retired; father, Perry Chambless and wife Jackie; sister, Sherry Acree and husband Eric; brother, Todd Chambless and wife Sarah; cousin, Benny Fox; as well as numerous nieces, nephews, cousins and many special friends.

Pullbearers will be Kevin "Bomber" Webb, Ronnie "Dozer" Holcomb, Randy "Gunner" Franks, Gale "Loner" Rogers, Brandon "Spark" Seamans, and Joey "SlowPoke" Mulrhead. Honorary Pallbearers will be Jerry "Rooster" McCoy, and Ron "HellRaiser" Long.

A trust fund has been set up for his children, memorial donations may be made to Ouachita Valley Federal Credit Union.



Witan Daniel Young
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Devotion Works



I don't remember having a singular moment of revelation where I suddenly knew the Gods were real.

I was initially skeptical of Ásatrú because I didn't believe in the supernatural and my faith was science or secular humanism. Time did its thing and I found myself wanting more than that selfish worldview could ever provide. I wanted a community with deeper roots.

So, I went back to the Catholic Church of my upbringing. I had a true crisis of faith, rebelled against Yahweh and had held an anger at "God" for years. But in the decade that I had been away from it, that church had dramatically failed. The old folks wouldn't touch each other during the sign of peace because they were afraid of swine flu or avian flu- whichever fad flu it was. There were no young people. The Irish parish was full of Asians...

I was also becoming racially aware at this time. I was growing frustrated with the erosion of traditional roles and status that I had been raised to expect and of the broader cultures' rejection of natural order. I became interested in political movements, but ultimately was underwhelmed by the quality of the people involved compared with the ideals.

Along the way, I was introduced to "Norse paganism" and binged around various groups. Some were universalist (even though in practice it was all white people), some were "tribal" whereby the importance was on being adopted into the tribe, and some were Folkish with a focus on the kinship between the Aesir and the Folk.

One of those Folkish groups was the Asatru Folk Assembly which was relatively small in Pennsylvania at the time. I was very much a tire kicker. I hung around but didn't join any. Our local AFA Folkbuilder at the time, Pat Hall, managed to arrange for the McNallens and senior leadership (which included Alaska Folkbuilder Matt Flavel) to come to an event called Winter Nights in the Poconos. This was the first time I was able to participate in Blot and Sumbel with Folk who truly believed in our Gods, rather than using them for various political and social reasons. I still wasn't there. But I did make up my mind to choose to "believe in believing in the Gods". I still didn't join the AFA for almost another year. I began a practice of devotion to the Gods, with much guidance from Folkbuilder Hall. I learned about the runes and ways to use them. I read the Elder and Younger Eddas, various retellings of the Eddic stories that were easier to understand, and the Völsung Saga. I didn't read much contemporary material, which I think benefited me. Steven McNallen hadn't published "Ásatrú" yet.

I began meditating and I began a gift cycle first with my ancestors- after all, even as a skeptical person I knew for a fact that my ancestors were real once. I started to become more confident in myself in ways not related to religion or politics. I then chose to assume that this was my ancestors blessing me, and if this were true that I would also assume that other spirits were real such as Vættir and the Æsir.

I joined the AFA, and by the time I had done this I had enough real proof in my life that devotion my ancestors, that honor to the wights and that worship if the Gods made a real and positive difference in my life that they must be real.

I decided to become a Folkbuilder. I met my wife in the AFA. All my closest non-blood friends I know because of the AFA. My children were born into the AFA. I have the great privilege to serve our Folk in a way so much more important than politics. I share in the chance to really change the course of our history for the better in a permanent way.

It's now over 25 years since I had a crisis of faith with Roman Catholicism. I was a snobby, know-it-all atheist for ten of those years. I thought the universe was there for me to observe. I'd have loved simulation theory if it were more mature at the time.

It's been 15 years since I was first aware of Ásatrú as a modern religion, and 10 years since I made a gamble of a choice to treat it as real even if I was intellectually resistant to such things.

And that has made all the difference in my life. I know some people have a moment of revelation. But for those who have not, you should know that it is okay and quite

normal. Devotion will yield a slow “drip, drip, drip” of blessings that make you stronger and more confident. It will win your fame. It will win you the girl. It will build your wealth. Things will happen when and in such a way so as to make it undeniable that your devotion is working. That energy builds up in a way I have trouble describing.

That will be all the proof that you need.



Witan Clifford Erickson
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Words From Our Gothar

Odin, Vili, Vé: A Closer Look



Odin, Vili, & Vé are typically viewed as the first of the Æsir. They took action to create our world as we know it, ordered in a way that our Folk were able to thrive. They each gave us a gift to make us who we are, setting in motion the countless victories and immeasurable glory that our ancestors attained. Our mind, our body, and our spirit are all owed to these first three among the Æsir.

The gifts of mind, body, and spirit are not all we were given at the dawn of our world. These tangible boons are priceless, of course, but we've also been given something more abstract: a roadmap to success in any endeavor.

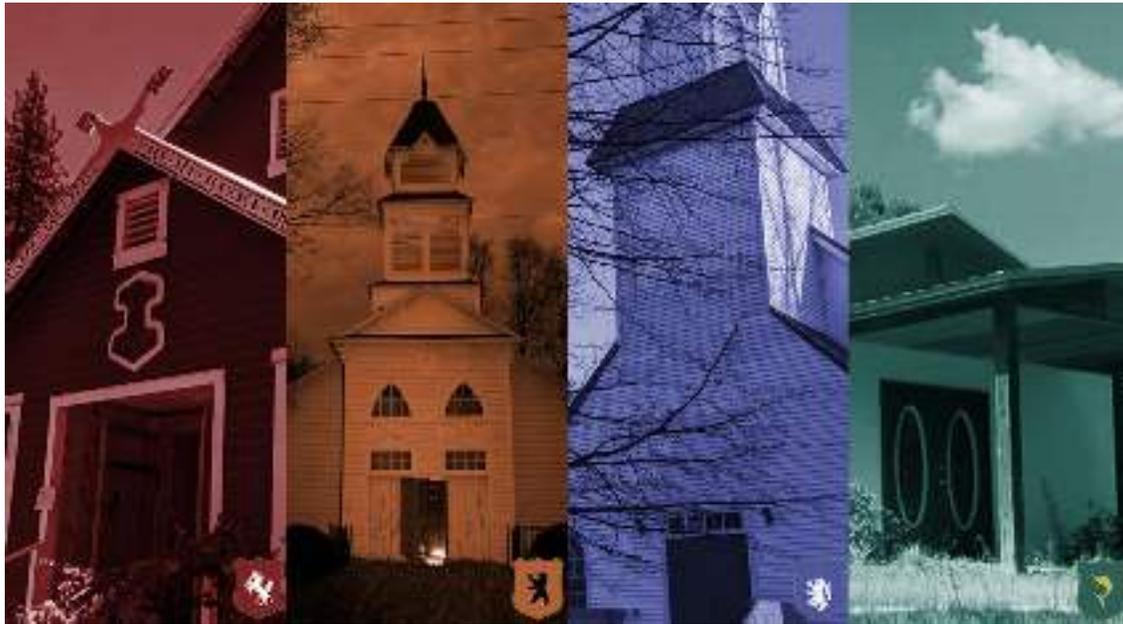


As with many things, including the deeper lessons in our faith, language and etymology is one of our best tools. Let's take a look at some meanings found in the names of these Gods.

Odin means "inspiration", roughly. "Vili" means "will". Vé means "sacred".

Before we go further, I want to make clear that I am not suggesting that the Gods are mere archetypes or symbols. The Gods are real, and powerful, and beyond worthy of our devotion.

That being said, the recipe for success is found in this tale.



The “sacred” found in the name Vé can fairly be interpreted as piety and devotion.

The “will” found in the name Vili can be viewed as conscious intent.

And, of course, the “inspiration” found in the All-Father’s name is that relentless drive and ambition that has always made our people stand out in the annals of history!

Piety. Intent. Furious ambition.

These are the three tools needed for Victory in any serious endeavor, and these are the very same tools that the AFA carries on our march to glory in the name of the Gods.



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Pagan vs Neo-Pagan; A Response



Lately or the latest shrill accusations from the armchair historians, that really only expound their bias about the past of northern Europe, especially about the Christian Conversion a millennium past, has made me want to add my research.

I have found some research that confirms my view and that is, the Conversion was a very messy and unfinished business to say the least. For one, the work of Dr. Russell, PhD and his book, "The Germanization of Early Medieval Christianity", shows that Christianity was not the same desert theology after centuries of influence from, our Ancient Religion of Germanic Europe. It was tempered through years of turmoil and displacement. It was not adaptable to Europe but was tempered with the concept of the individuality of Person. A comparison today would be moving millions into Europe from another religion from the desert and expecting a peaceful joining of religion/culture to make a united culture.

No, I propose that there has been continuity The Folk, the People of the Land, be they called peasants or Lendsmen, (Odal Bonde, ON.) or Yeomen in the British Isles. The Folk held onto much that has not been recorded due to much of this lore being verbal such as stories like elves, fairy mounds and other land spirits and those that can sense the wonder of Nature/Creation when in a forest or the spray of the ocean surf and sun. Beauty is all around us, if one takes the time to sit quietly and listen to Her beating heart.

I want to add that my gr.grandfather Gulbrand Torgrimsen-Odden was a healer, a Bloodstopper to be exact. b.1844 Valdres, Norway, emigrated 1865 d,1923 Minnesota.

I counsel you Loddfafner;
if you take my advice
learn it, you'll profit if you remember it:

Get a good man to teach you the runes,
and learn a healing spell while you live.

— Havamal 120



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Wyrð



Wyrð is the etymological equivalent in Old English of Old Norse Urth. The only modern definition of Wyrð is that it roughly translates to “fate”. That is not entirely accurate as Wyrð is centered around the significant deed, where one of the fundamental perceptions we have of Wyrð is the tendency of acts to ripple out in all directions from the point at which they take place, crating consequences far beyond what was intended at the time, perceived, or can be comprehended. Wyrð could be defined as fate if and only if we stopped acting indefinitely after an act or deed. Wyrð is much more than just fate. Wyrð is what we make our lives to be, moment by moment, deeds good and poor, woven together and built on the Orlog we inherited at birth.

Wyrð governs the working out of the past into the present and is nearly synonymous with the Norn Urth (that which is) as the activity of the Norns is also referred to as Wyrð as well. Wyrð is the interaction of the past and present as we look at it here—action and reaction—and is the weaving together of the sum total of past and present acts and their consequences. It is necessary to become a strong, self-reliant, and wise person with megin and luck through acting well and building off of right action to create a dominant and prosperous web of Wyrð woven in our lives that inevitably cross an indefinite number of other's paths and have effect on them and their Wyrð. The web we weave by our deeds extends well beyond the comprehension of our existence in the cosmos. Wyrð permeates throughout time and space and is stored in the well of Urth layer by layer becoming Orlog. When I refer to deeds, I am not simply talking about mundane, monotonous daily activities. It is the times that activities acquire a special significance that go beyond our limited perceptions. We must prepare and place our lives in accordance with prescribed codes of conduct received from the past and by doing so, creating positive Wyrð, we protect our reputation and insure good fame for ourselves and those close to us. Our actions will be governed by what we know, therefore the wise man seeks to discover all that he can and attempt to associate himself directly with all he knows to be good and wise. By doing so, he will put himself in the best position to die well. It is then that we will fully understand the nature of Wyrð itself.

Wyrð is a continual presence and influence in the rituals, the artifacts, and everyday activities we find ourselves engaging in. It is how actions are related to actions and how significance is to be discovered in the ordinary sequence of events in our lives. If we are to find evidence of the operation of Wyrð, its sustained power and its past, we will have to examine the literary remains of the Germanic peoples themselves; only they will be able to place events in what will be their proper order and to give them their proper significance.

In the coming year be of positive substance and lay down right action. When choosing a course, ask yourself; does this better my church, and am I building, or am I causing chaos. Think of your words to others and ask yourself how you want to be known, or remembered.



AFA in 2023



https://youtu.be/_6pcoFdRQfU?feature=shared

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.
 - The first of 2 loans have been paid off!
 - We now owe \$99,346.87 on our remaining loan.
2. We need to raise our monthly donation average by 9.2%.
 - This is membership donations/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!

Matthew D. Flavel
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Sigrheim: Home of Victory

A New View Gracing the Grounds of Sigrheim



<https://youtu.be/MAkd7PfyPQ?feature=shared>

My words can't begin to do justice to the awe and beauty of what we've accomplished in the last month at Sigrheim. Luckily, our wonderful Apprentice Lydia Phelps made this lovely video that does the talking for me.

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
amazon



Thank You!

[CLICK HERE](#)

Upcoming Events

**Þorrablót
at
Sigrheim**

**Sat., January 20th
Whitleyville, TN**

**RSVP w/ Folkbuilder Nick Rice
nrice@runestone.org**

**Charming of
the Plow
at Sigrheim**

Saturday, February ~~17th~~^{10th}



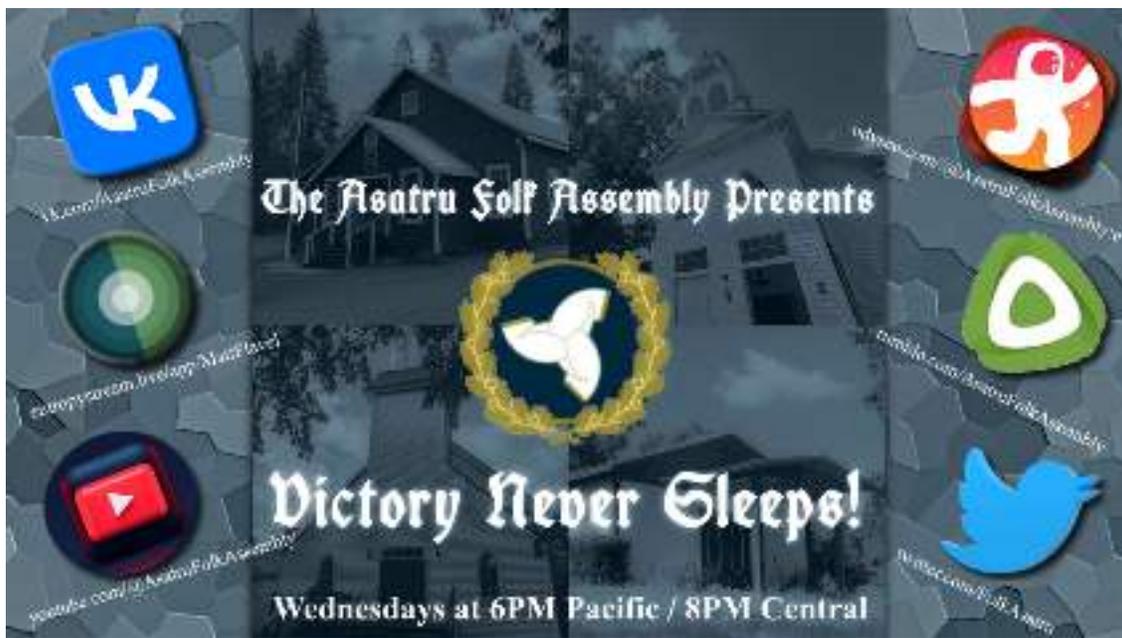
**RSVP w/
Folkbuilder
Nick Rice
via nrice@
runestone
.net**



Folkbuilder Nicholas Rice

nrice@runestone.org

Victory Never Sleeps



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

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

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

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

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



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AFA Asatru Academy



Check out the Asatru Academy at AsatruAcademy.org

Academy Storytimes



Grimm Brothers

Mother Goose

Aesop

Give a Mouse a Cookie

Thor is Our Friend

and many more...

We've been so thrilled with all the solid volunteers taking time out to record wholesome stories for our kids in the Academy that we knew we had to share them with all of you! If you haven't checked it out already, there's a [playlist](#) over on the AFA's YouTube channel!

Folkbuilder Nicholas Rice



Academy Administrative Secretary
nrice@runestone.org

Remembrance & Holy Days



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

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

January



<https://youtu.be/DIIZvPHVxZk?feature=shared>

Day of Remembrance

Raud the Strong | January 9th

So well-known was the hero, Raud the Strong, that his story comes to us from several Icelandic Saga's, 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 Trygvason, 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 Trygvason's chase.

It was all for naught, however.

Though he made it home, Raud was eventually caught by Olaf Trygvasson. 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, 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 multi-cultural 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
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Holiday

Þorrablót | January 20th



Þorrablót is an Icelandic midwinter festival dedicated to, as the name describes, Þorr, 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), Hrútsprungur (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.

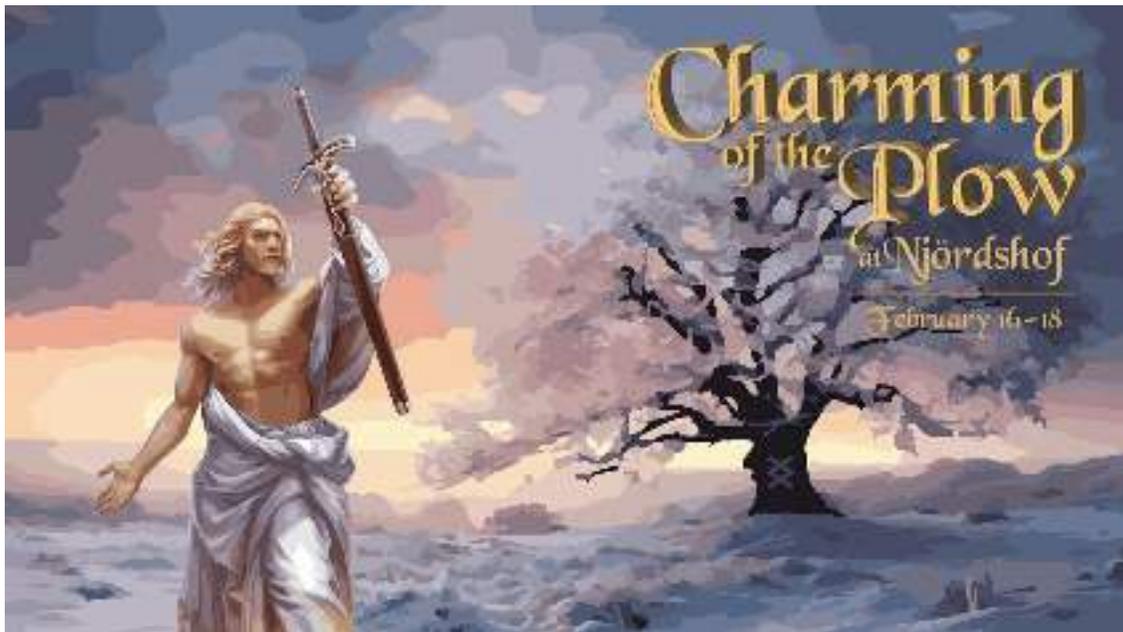
Called by some as the cabin fever holiday Þorrablót is a great way to liven up the doldrums of mid-winter. So, take some time to light a fire and make merry. Have the folk tell stories or recite poems about Thor. Eat, drink, and enjoy the company of folk and family.



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Events

Charming of the Plow at Njörðshof | February 16th-18th



Come join the Folk at Njörðshof for our second annual Charming of the Plow, being held February 16th-18th! This is our Hof's national event, so we will have great food,

multiple rituals, auction, and more!

Get your tickets [HERE](#)



Gothi Trent East
teast@runestone.org

AFA Prison Ministry



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

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

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

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

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



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

James Ault
Prison Ministry Director
jault@runestone.org



The Artisans of the AFA Support Our Folk

The Children from Frostmo Mountain

The Children from Frostmo Mountain

Laura Fitinghoff



Translated by Laura Lugnet

This classic Swedish children's novel tells the story of seven destitute orphans and their goat who, one bitter cold winter day during the Swedish famine of the 1860's, set out on a harrowing journey in the hopes of a fate more noble than living in the poorhouse.

On Sale January 15th

While the book will be available through Amazon, Kindle, and most eBook platforms, please consider supporting your local bookstore or Scandinavian gift shop by asking them to order a copy for you. You can even check if your local library will order it for you.

Contact laura.lugnet@gmail.com with any questions.



Book Release January 15th:

The Children from Frostmo Mountain by Laura Fitinghoff,

Translated by AFA Member Laura Lugnet

For just over a year, I have been working to translate “Barnen ifrån Frostmo Fjället,” a Swedish literary gem, into English in the hopes of sharing it with a wider audience.

Throughout the process, I have developed such a personal connection to the novel, and I am proud and excited to finally be able to share it.

In the final stages of preparing the book for publication, I noticed that January 15th was the name day for “Laura” here in Sweden. It seemed most fitting for me, then, to release my translation on the name day that I share with the book's author, Laura Fitinghoff. I hope to honor her with my translation and to increase her renown by sharing her wonderful work with a new audience.

Christianity features prominently in the novel, but upon reading it I found that many of its themes resonated with me as an Asatruar. The workings of Wyrð are apparent throughout the story. The children feel their mother watching over them from beyond the grave. The idea of luck being passed from generation to generation in families is also portrayed. A love of and connection to nature is found throughout the book. The protagonists embody many of our virtues including honor, nobility, industriousness, self-reliance, courage, piety, and living joyfully even in the face of hardship. I think our folk will also appreciate the vivid portrayal of Swedish culture.

I hope those of you who chose to read the book enjoy it, and I would love to hear what other connections to Asatru our folk can make.

Hail Laura Fitinghoff!

— Laura Lugnet, member, Sweden

Cooking for our Folk



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

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

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

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

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

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

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



Folkbuilder Mike Joyner
mjoyner@runestone.org

Ancestral Food and Culture

Goetta the Store and the Get the Stuff to Make This



Cincinnati is not only a monument to human advancement, but also a historic landmark for German American settlement and culture. Working a blue-collar job and hitting the gym after, this Cincinnati man is always on the hunt for a good source of protein and fuel for my body. Luckily being here in this rich city, I've always had a quick and easy go-to meal for such a purpose... Cincinnati goetta. Here's a simple ingredients list to get you started on the path of a strong Ohio Man.

Meat: Our recipe uses only ground meat, in part because pork hearts and skins are not only polarizing, but hard to come by. Earlier versions of goetta used, as the saying goes, “everything but the oink,” and were made not with ground meat, but tougher cuts of pork and pork variety meats that were simmered until fall-apart tender. You still see this variation in some homemade goetta recipes today, but most use ground meat. The pork skin in particular helps make a goetta that’s firmer, whereas goetta made with ground meat only is slightly crumbly. You can use all pork, as the original did, but a 50:50 mix of ground beef and ground pork lends a robust flavor. A pork and beef mix is the

predominant composition of goetta recipes today.

Oats: Pinhead oats are the historic precedent in Cincinnati. The once-preferred brand was from Dorsel's, a regional mill. There was even a goetta recipe on the back of the bag. Pinhead oats are remarkably similar to steel-cut oats, so if you don't want to special order hard-to-find Dorsel's pinhead oats, use steel-cut.

Seasonings: Bay leaves and onions are nearly required. So is pepper. Dried herbs such as sage show up in nearly every version. Some goetta recipes are quite light on the seasoning, while others go big. I took inspiration from the spice mixes used in traditional German bratwurst recipes and amped it all up for a robust, crave-able flavor.

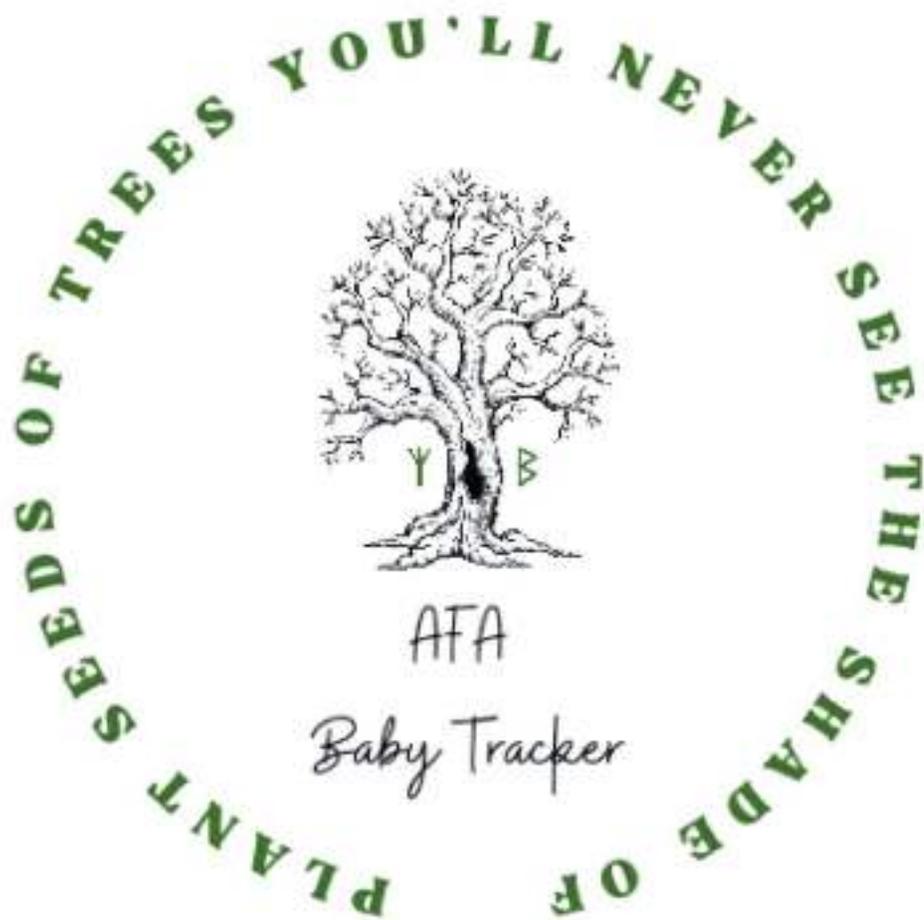
You are going to be making essentially sausage loafs out of your mixture, preferably refrigerated for one day then cut into thick pieces for cooking up quickly.

If you have any further interest on recipes or the history, you will have no problem finding the Goetta Fandom online!



Dan Borden
Apprentice Folkbuilder
dborden@runestone.org

Baby Tracker



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

Total babies born in 2023, year-end count: 37

Virtue Recovery Group



Virtue recovery
meeting

Thursdays at 7pm CST;
5 pm PST; 6 pm MST;
8 pm EST

With Ashley Mcstocker
amcstocker@runestone.org

Saturdays at 9 am CST;
7 am PST; 8 am MST;
10 am EST



With Jaclynn Duffy
jduffy@runestone.org

VIA ZOOM

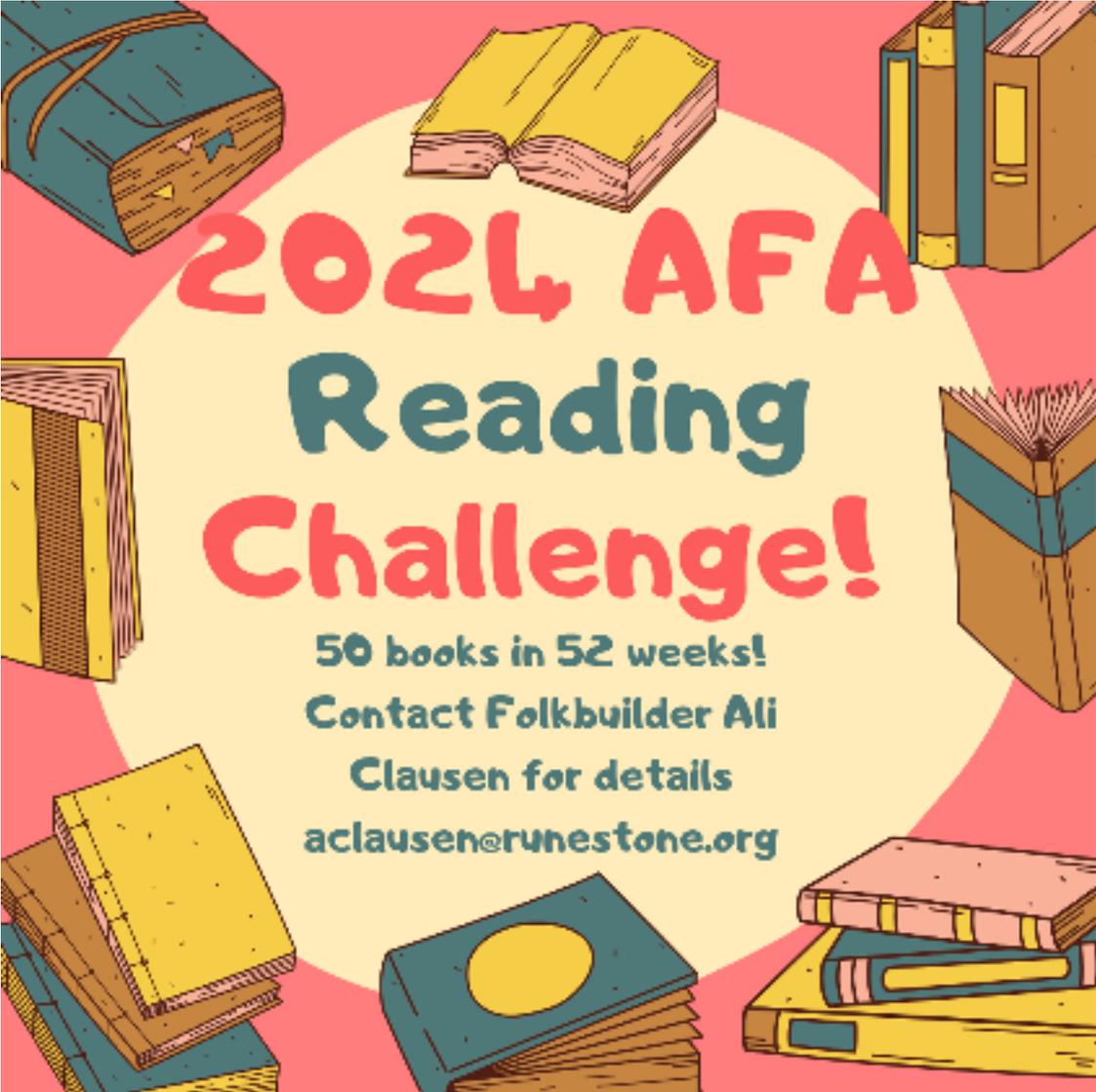
MEETING ID: 885 2917 0746

PASSWORD: Virtue

PASSWORD: VIRTUE

Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12 step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining to the divine will or requesting the removal of any shortcomings. So, we run what we are calling the Virtue Recovery Meeting. Since we are an international organization, the best way for us to do this is via Zoom (<https://us02web.zoom.us/j/82489360035?pwd=QWM0SFZiakwvOUgyQVF4ZVZMUjVIZz09>). We hold our meetings every Thursday, at 7pm, CST. Join us!! Feel free to reach out to Folkbuilder Ashley McStocker with any and all questions! AMcStocker@Runestone.org





2024 AFA Reading Challenge!

50 books in 52 weeks!

Contact Folkbuilder Ali

Clausen for details

aclausen@runestone.org

AFA Reading Challenge Meetings



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

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

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

Ladies Book Study

Thursday Nights at

7 pm CST

Returns January 11th

Revolt Against the Modern World

by Julius Evola

There will be a pdf for the book and a study guide

Link for Teams meeting will be posted in

the AFA Ladies group on Me We

For more information contact:

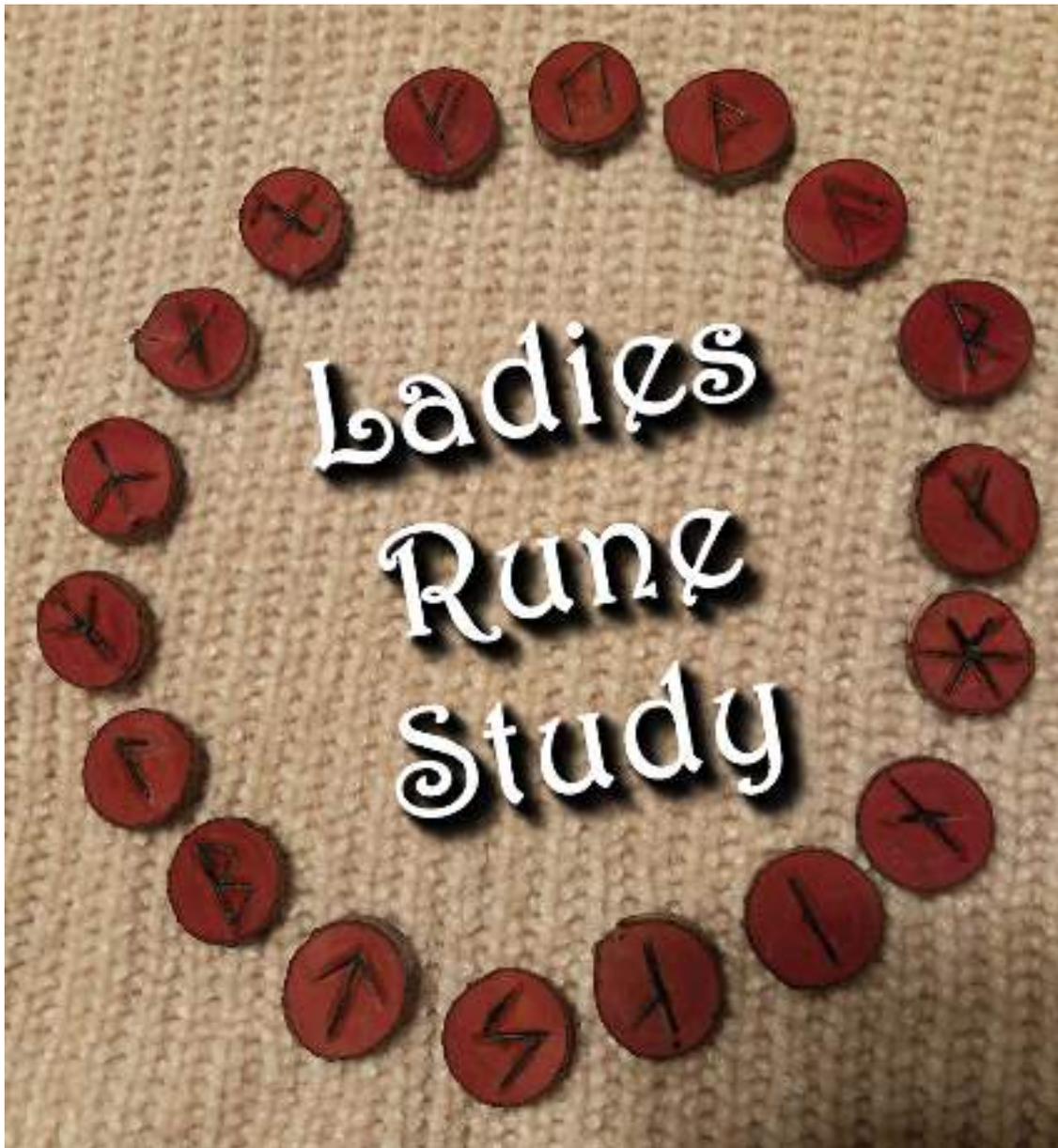
Witan Brandy Callahan

bcallahan@runestone.org

or

Folkbuilder Sara Ault

sault@runestone.org



Starting February 3rd, at 1pm Eastern

If you are looking to expand your knowledge of the runes in the company of your AFA sisters, stay tuned. We will be discussing how to work the runes into our real lives, and how they relate to us in the modern world. This is open to all women of the AFA. Stay tuned to the ladies' chat for more details, or feel free to contact Gythia Anna Plourde at aplourde@runestone.org

**Lore Study with
Gothi Jason Plourde
Returns January 8th!
Join us every Monday night**

at

8:00 pm EST

7:00 pm CST

6:00 pm MST

5:00 pm PST

4:00 pm AKST

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

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

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

Ladies Mysteries Podcast

Seidr

Returns in February!

Look for dates, times, and topics posted soon!

Witan Brandy Callahan

Gythia Anna Plourde

Gythia Catie Erickson

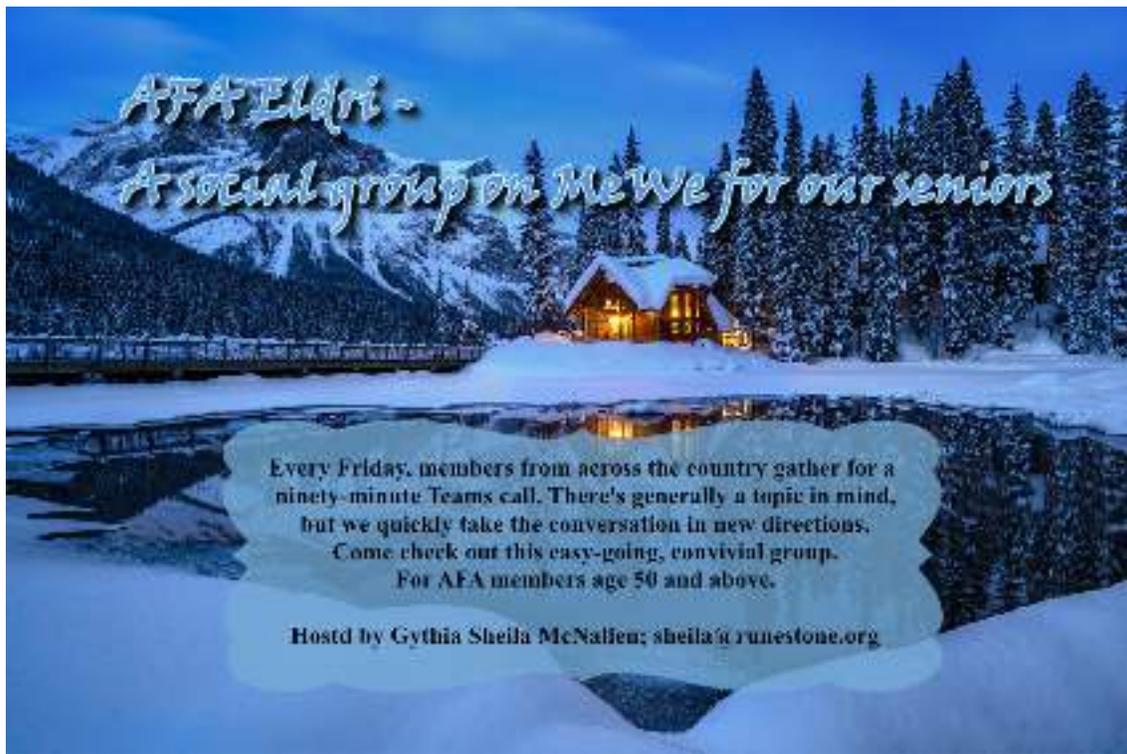
Folkbuilder Heather Young

Folkbuilder Sara Ault

Folkbuilder Ali Clausen

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

Hope to see you there!



Just For Fun



Congratulations to **Rachel Cameron** for being the first member to solve December's puzzle! It was definitely a competitive month with multiple submissions from some of the districts-- thank you to everyone who participated.

Here's January's Word Hunt:

January Word Hunt

mbwri ksdav nugxq ruzrn phcre	xeegp onsqq kmorz dwpiw erewt	myoyj ldxpz oidex lvomj gniae	qhdum xeirb rkaku iefcy ywqae
	toxmk angmd miizv twzwy ibzod	cgwlc eeuvo dmtat ibcos ettfr	mechw ljgev panlo sqozi mytda
gxide wpupb lqbhh imwix klnpq	isbmh xmvkh utkkg xlocs eysku	pwayf blmqz qkvvv eaitq griin	uwgvu ldhgh ucjlm ipyqh acvuj
	nmmoh yqmdf wykco dnssu htrpb	yfrdt bvwaq wmlyu bcmml quxma	tjoup aszrl rji et mceeh ilpoq
xgmjc melkx muams hvyup ntfkj	tqnci jhdmw mkkaw hoxvp qczzs	mavtt fcryn tuiat yuuru vkigv	svqcb uuhak jcrgg zrjvz ojuvi
	lpleq evxzq smeqq ohwci fmhan	tasun prykh ozemm hqdnx mqwug	vglwh ppstf qhtmq xwpcq flyyy
cxzzc ystug qmebl qfxyy fnqny	tjdkm ywcej oorjo qsajy obvci	tcpqu mh dai krgvw buwni limki	tqyvm rqdoi aypgk nmajw kavmy
	ncium dkkdx yigmu pxacd mrcih	xcqrm uyakt hbubk eevqw kbewe	tmprf osckx okaaf dweeq nwwvf
			tiidc ymyvr qsdus ifjhb xcuts

THORRABLOT
APRICITY
PROTECTION

MIDWINTER
RAUD
NEWYEAR

FEASTING
STRENGTH
SURVIVAL

As always, the first member to solve it and send proof to Press@Runestone.org will get a shout-out in next month's Runestone! Happy Word Hunting!

Thank you Hope, Gabby, & Kara of Illinois for your coloring submissions! All are beautiful, and I love Kara's addition of dialogue with other animals. How fun!



For the youth (and youthful) this month, I have a fun maze and cursive activity. Did you know that writing in cursive positively affects our brains, improving both cognition and memory?



January Maze

No time like a new year to work on cursive and get those neurons firing! Show 'em off in next month's issue by sending to Press@Runestone.org. Enjoy!



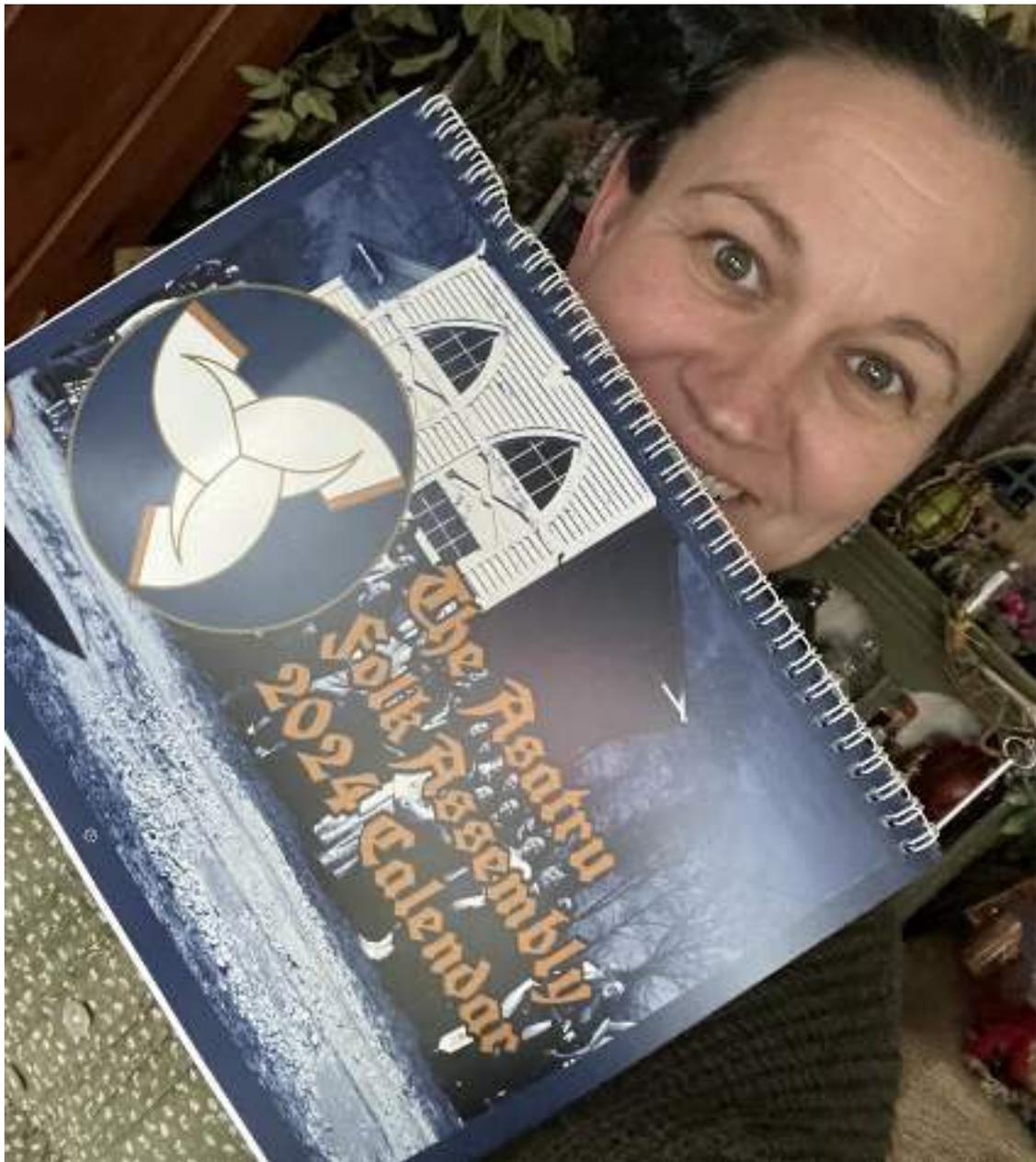
Folkbuilder Olivia Sutherland
osutherland@runestone.org

Now Available in the AFA Store



Show your Hof pride to all your guests with a flag! Spark conversation, maybe even interest, among those who find themselves in your Hall this Winter, and bring the Folk home to Asatru!

[Check out the selection and fly your flag high!](#)



And it's not too late to get a copy of the 2024 calendar! There's still plenty of months left in the year to keep it up on the wall!

[Get your calendar ordered today!](#)



Folkbuilder Ali Clausen
aclausen@runestone.org

Óðinshof

Food Pantry at Óðinshof



The winter months put a greater burden on our Óðinshof Food Pantry because we choose to bring out turkeys and hams for families in this community. Add in a ham or turkey, then you need to add more side dishes like mashed potatoes, stuffing, and

cranberries. It took multiple car-loads to transport the food for December, so we began this process on Thursday. Greatly adding to our efficiency, two friends from the local community arrived to help us fill about 100 bags.



By Friday, we had enough volunteers. Some made the point of arriving early for our Yule event weekend in order to help out with the food pantry. We had food pantry veterans like Steve Ingle who was visiting from Arkansas and some first-time volunteers too.



Saturday morning, volunteers quickly set up tables at 9 AM to the arrival of the first cars. Everyone was warmly greeted, offered a cup of coffee or cocoa, and given a reminder about the Yule toy-giveaway the next day. With our extra volunteers, some helped fill more bags as the stream of cars continued.



By 11:30 we had given food to 80 families, representing 257 individuals! The 66 hams that we picked up on Friday were gone in the first hour, so we were short again. But everyone went home with two large bags of staple goods. One family also received some help from our volunteers in airing up a flat tire, allowing them to more safely drive home with their food.



Would you like to help out? If you can't join us in person, you can still help us across the miles. Our costs are relatively low for this food charity program, but we do have travel expenses. You can make a donation to Óðinshof for the food pantry: <https://runestone.org/product/odinshof-fund>. We also have options for setting up monthly donations. Come talk to me if interested!



Gythia Sheila McNallen
sheila@runestone.org

Toy Giveaway at Óðinshof



For the fourth consecutive year of Yuletide, we again gave away toys to local families in need. After becoming proficient at distributing food, we realized that this was one more way to help low-income families. We are affiliated with Yuba-Sutter United Way's Toys for Tots, and, with my hearty four-wheeled sleigh, I again went down to Yuba City to collect the many toys for our hof to distribute to families in need.



Sunday morning included breakfast, of course, plus a Wayfarer's Blot led by Folkbuilder Lou Nickerson. With the Toy Giveaway at 11:00 am, we were busy as elves, setting up for the parade of families who would come. All of us had jobs to do. Cookies, popcorn, coffee, and cocoa were set up in the newly-renovated room off the kitchen. Some of us dug toys out of large bags and placed them along tables in the hall.

On schedule, we began ushering parents into the toasty warmth of Óðinshof. Within an hour, the tables were nearly bare.



Twenty-seven families, representing about 100 local children, took home gifts for Christmas morning. Building the Hamingja of our hof, we are known for our deeds. Now it's time for us...“Gods rest you merry gentlemen!”



Gythia Sheila McNallen
sheila@runestone.org

Yule at Óðinshof



Yule is a celebration of the Winter Solstice. It was celebrated by our ancestors. At Oðinshof, it is our second largest event of the year. We had a large turnout this year on the first night. It was a joyous celebration! Diane worked hard in the kitchen to make a traditional German dinner of bratwurst and sauerkraut. There was also macaroni and cheese, hot dogs, and a few other things for the little ones to enjoy. We had a few visitors from outside our district, Steve Ingle, his son Dawson, and Folkbuilder Jesse Parton. After dinner, Sheila led a Frigg Blót in the hall, honoring Mother's Night.



Saturday morning began with the Food Pantry. Being able to help the community is always a great thing to be a part of. After the Food Pantry, Steve Ingle gave a talk about genealogy. He shared his knowledge about researching ancestors and where they came from.



Afterwards, we gathered in the ritual circle for a Greeting to the Gods!



Once the greeting ritual was over, we hailed Óðinn in his great hall. We then broke off into two groups. Men stepped outside for their chat, while the women enjoyed delicious tea, cookies, and conversation inside. When the meetings came to a close, the folk gathered together once again to decorate the Yule tree.



A group of fine young men did the honor of adding the string lights, and then the children swarmed to hang decorations on the branches of the tree. Even the Alsherjargothi stepped in to help his daughter decorate. After the tree was complete with decorations, Papa Yule came to visit the children and gave lots of good gifts. As each child's name was called, you could see the magic light up in their eyes as they unveiled the wonderful things they received.



After the tree was complete with decorations, Papa Yule came to visit the children and gave lots of good gifts. As each child's name was called, you could see the magic light up in their eyes as they unveiled the wonderful things they received.



The feast was served and the folk ate in fellowship with one another. Sharing in the delight of not only the food to warm their bellies, but the spirits as well.



With dinner and dessert concluded, it was time for the auction. There were many items handcrafted by members of our own folk. A few members of the folk won items in the auction, but ended up gifting said item to another member of the folk. One such instance was a \$150 bid on a statue of Óðinn himself, which Folkbuilder Lou Nickerson won, and gifted the piece to Hof Steward, Daniel Odom. Being that Mr. Odom was the auctioneer, it was his wife's duty to make the bids, in hopes of securing the desired prize.



Both our Hof Steward and Paul Stevens were awarded certificates and gift baskets for their contributions to Oðinshof. They have made wonderful improvements to the hof over the past year. The amount of craftsmanship that Daniel Odom has displayed is nothing short of spectacular from moving doors, changing floors, recreating a better cooking environment, and crafting a beautiful sliding barn door.



Without their hard work, dedication, and willingness to get their hands dirty, Óðinn's hall would not be what it is today. Congratulations, Daniel and Paul!



Oathed leaders were then called to the altar to witness the oathing-ritual for Folkbuilder Olivia Sutherland. Olivia has really shown what an exemplary person should do to help bring the folk home. Congratulations, Olivia!



On our blessed Yule night, folk gathered in the ceremonial circle, hailing each God, and offering a gift to them as well. Blót was led by the Alsherjargothi so beautifully, and as the fire was lit, you could feel the warmth of its glow even being so far from it.



When Blót was over, the Alsherjargothi invited the folk to stay within the circle for as long as they needed. Many hugs and embraces were shared with one another, as well as many well wishes for the new year and a "Merry Yule". If anything is to be taken away from this weekend, it is to strengthen the idea that our folk are not just people who believe in the same Gods as us, who live honorable and thriving lives - but these people are our family.



Wrapping up the evening, the folk gathered to sing songs together. There was a great deal of harmonizing, as this was the largest group of contributors to this experience we have ever had. It was beautiful to be a part of and to listen to the others, singing their hearts out.



Sunday morning the folk enjoyed a delicious breakfast, and Folkbuilder Lou Nickerson conducted his very Blót - a Wayfarer's Blót, which was to thank Thor and ask that all get safe travels on their way back to their respective homes. He too reminded us that folk are our family, and to depend on them, should they be needed.



Once Wayfarer's Blót was concluded, many of the folk stayed behind to help the community to get gifts for their children/grandchildren. The amount of work that the AFA and Óðinshof do for the community is something to be commended.

May all have a Happy Yule and Wonderful New Year!



Angelina Stone
Apprentice Folkbuilder
astone@runestone.org

Óðinshof's Adopt-a-Highway Team



Two months in a row, our small team has tackled the messy roadway close by Óðinshof to the west of the Yuba River bridge on Highway 20. Three overflowing bags were filled this time. We would have worn Santa hats, but the OSHA regulation is hardhats. Maybe, next year...

A big thanks to all on the team: Daniel, Paul, Steve, and Sheila!



Gythia Sheila McNallen
sheila@runestone.org

Upcoming Events at Odinshof

2024 Events at Oðinshof

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

RSVPs are required. All guests must be preapproved.

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

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

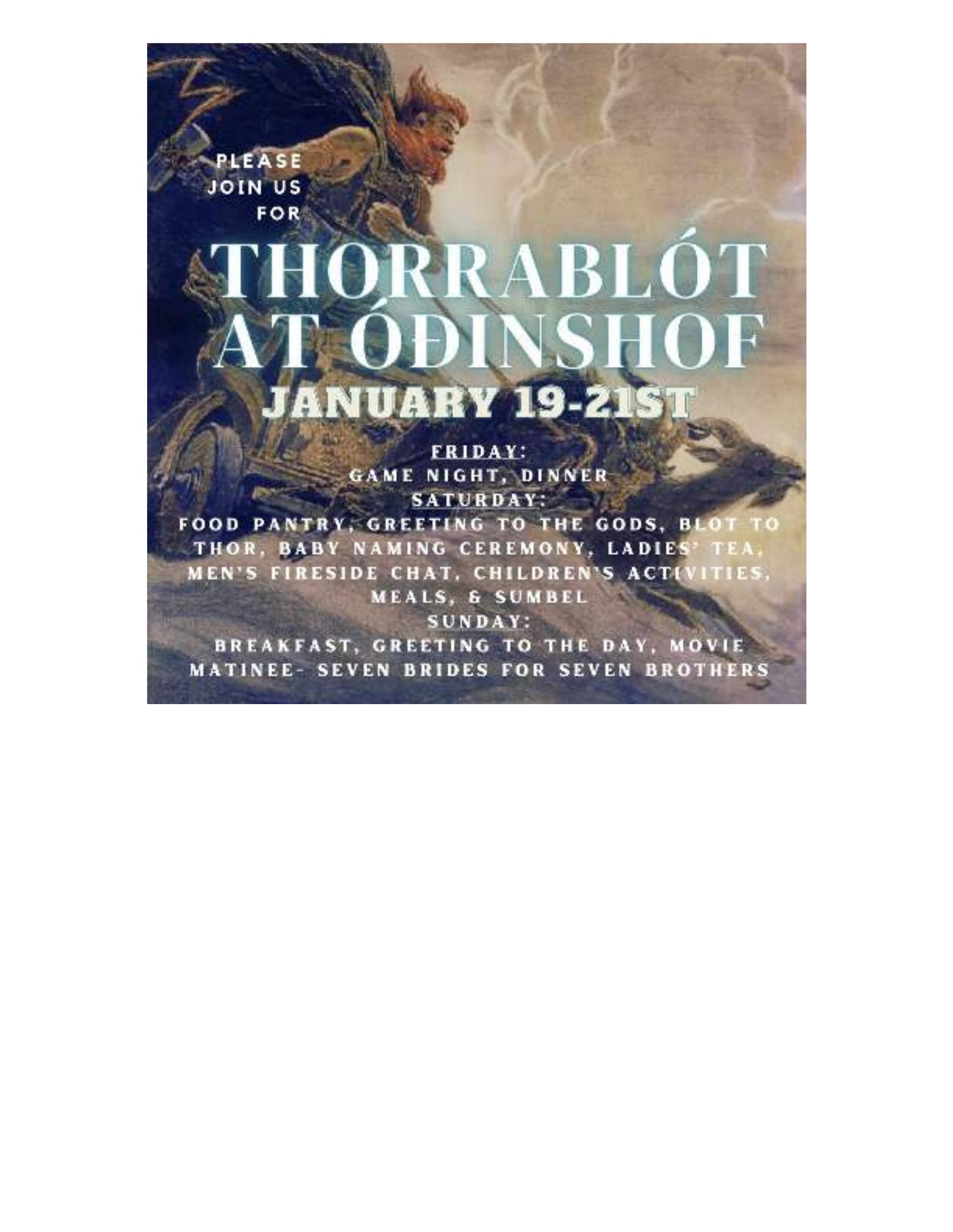


ODINSHOF WANTS
YOU!

Work Weekend
JAN 13-14

Counter tops - Shelving - Thorblót prep - Hof
maintenance - Wood splitting
+++STANDBY FOR WEATHER ALERTS+++

PLEASE RSVP FOR A HEAD COUNT
DODOM@RUNESTONE.ORG
TEXT: 209-688-2598



PLEASE
JOIN US
FOR

THORRABLÓT AT ÓÐINSHOF

JANUARY 19-21ST

FRIDAY:

GAME NIGHT, DINNER

SATURDAY:

FOOD PANTRY, GREETING TO THE GODS, BLOT TO THOR, BABY NAMING CEREMONY, LADIES' TEA, MEN'S FIRESIDE CHAT, CHILDREN'S ACTIVITIES, MEALS, & SUMBEL

SUNDAY:

BREAKFAST, GREETING TO THE DAY, MOVIE MATINEE- SEVEN BRIDES FOR SEVEN BROTHERS

ODINSHOF CHURCH POPCORN & MOVIE



FREE EVENT!

JANUARY 21 11AM

**8408 LA PORTE RD,
BROWNSVILLE, CA**

Oathing Ceremony of a Highly-Qualified Folkbuilder



Demure, poised, thoughtful, and caring are words that anyone could use to describe Olivia Sutherland. She is all that -- and so much more. In a short period of time, she's left her mark on the AFA and Óðinshof District. At Yule on December 16th, AFA leaders gave honor to Olivia as she took her Folkbuilder Oath.



Olivia's accomplishments include: editing the Runestone newsletter, improving and maintaining Óðinshof's website, developing our Óðinshof ladies' group "Daughters of Frigg," starting Movie Matinees, giving input as a "Top Tier" leader in Óðinshof, providing member counseling as needed, along with her regular Folkbuilding duties of hosting monthly moots, interviewing new applicants, and maintaining contact with our members. This week, Witan Callahan asked her to join the mentoring team that advises Apprentice Folkbuilders.

Olivia is a seminary graduate with a Master's degree in Religious Leadership from Starr King School for the Ministry at UC Berkeley, 2013. She also holds a Bachelor's degree in Religious Studies from Hendrix College in Arkansas, 2010. She focused on chaplaincy and caring for those in need across the spectrum of life.

Before finding the AFA, Olivia founded a nonprofit preschool, provided palliative and spiritual care to the ill and dying at a VA health center and nursing homes, then served in county hospital administration. She is a mother raising three young children ages 10, 3, and 1 with her loving and devoted husband Brodie.



As this issue of the Runestone is published, Olivia will be continuing to learn and grow as a spiritual leader in AFA's own prestigious training to become an ordained Gythia. She is determined to help and care for the Folk!



Gythia Sheila McNallen
sheila@runestone.org

Óðinshof Leadership



Special Recognition of Members



JIM ERICKSON a local treasure

Long-time members, Jim and his wife Diane stepped up with a huge donation for the 2015 fundraiser to purchase the old Grange Hall. (Diane's story goes back farther to our Kennewick Man days and the years that followed, when she lovingly fed our Folk at our gatherings.) Over the next

two years, Jim dedicated his time and money by installing cabinets and plumbing in the first of the hof-renovations.



Phone-charging shelf with hubs for different models



Their generosity now includes almost anything the hof needs, to include helping with our food pantry. When we arrived on Friday, December 15th, a dinner featuring German bratwursts had been prepared by the Ericksons. But something else was waiting for us.

Jim made and installed a shelf in the kitchen to charge up to twelve cell phones at once. For those of us who lose track of our phones, this device has already proved indispensable.

When you meet Jim Erickson you'll see he's an extraordinary person. Being vigilant and protective are ingrained in him from his decades in the US Army and CalFire. We're so lucky to have the support of this this man who cares so much about Oðinshof and the needs of the people who gather there. *Hail the Do-ers! Hail, Jim Erickson!*

Arizona

An Eventful December



As I write this, Twelfth Night draws to a close, and January begins. I'm looking back on not only the last month, but on the entire year about to pass into history. It was a year full of ups and downs, unexpected turns of events, and great progress in many areas for me personally. 6 months ago, I took my oath to the AFA in front of Óðinn's altar. Just two weeks ago, I had the honor of leading my first ever Blót at Óðinshof. I not only feel honored but also really grateful to everyone who participated. I hope to continue to help bring people home to the AFA to share in the good times that we have as a community, getting together at our Hof's, or even just a small, local moot. If you are reading this and you have the ability to make it out to one of our Hof's to honor our Gods, you should absolutely do so. If you've never been to one of our Hof's, it is a life-changing experience.



In December, or the month of Yule (or Before Yule) as the Anglo-Saxons would have called it, I visited an AFA member's house, and he was kind enough to host us there. We read poems, ate great food, and enjoyed each other's company. Then, I got on a plane and flew into Sacramento. I got a ride to Óðinshof with Folkbuilder Jesse Parton of Arkansas and another longtime member and friend who now lives in Arkansas. We arrived Friday evening, and I was surprised by the high turnout, even on the Friday night. I spoke with longtime friends who had been in the AFA from years back when I joined 10 years ago. I also had good conversations with people coming to the Hof for the first time.



Óðinshof's Yule was a great experience, not just because I got to host a Wayfarer's Blót, or because I got to be part of a powerful Yule Blót by Matt Flavel, but just because the sense of community was so positive--whether it was a close-fought game of chess, watching kids open presents under the Yule tree, participating in the Food Pantry and watching cars line up down the street to receive donated food from Óðinshof, yet another thought-provoking conversation with Founder Stephen McNallen, or Sumbel under the moonlight where everyone passed the horn and raised the horn to their ancestors and heroes (and someone even raised the horn to themselves! Hail Bob!). Another touching moment was when an elderly woman walked into Óðinshof during the community toy drive and just thanked us for everything we do and expressed appreciation for us being there! We of course invited her back any time she wanted to stop by. If you've never been to Óðinshof, we would love to have you come out!



After I got back to Arizona, I hosted a moot in the park with the Folk. I met someone new with a fascinating background and spent time catching up with old friends too. We pulled runes for the upcoming New Year and enjoyed some homemade food. Overall, there was good, intelligent conversation with the Folk, and it was a great time. I'm excited to get to together with the Folk again soon.

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

Upcoming Events



Folkbuilder Lou Nickerson

lnickerson@runestone.org

California

Folk Come Home, A Song



<https://youtu.be/5ip0vNikFVI>

December Work Party



In December, we had another fantastic work party at Óðinshof! The usual lads were there fastidiously laboring to make a kitchen fitting for a temple to our high God Óðinn. Through the great work of the devoted Sons of the High One, our beautiful hof is being

brought even closer to the greatness that it should exude-- including having the capability to bring nourishing feasts to our folk at Yule.



Hof Steward Dan (the Man) Odom has really set the bar high with the addition of a beautifully handcrafted, rune emblazoned sliding door separating the kitchen from the multi-use room. The door bears the rune Algiz, the rune of life, protection, and connection between Gods and men. This is very fitting when you think of the importance feasting culture holds in the practice of our faith. Meanwhile, Yours Truly was scurrying like a large rat up in the rafters above the kitchen, crawling over 2x4s, through cobwebs and mounds of fiberglass insulation to lay out and connect the wiring for lighting. Wildman Paul Stevens was seemingly everywhere at once, one minute he was cutting into the ceiling for recessed lights. Once that was done, he was sanding trim, and then he was helping with door crafting. His work ethics are really something to behold.



Ole Bobby Popcorn lived up to his name by crafting popcorn for all to enjoy, while also aiding in work wherever the rest of the jolly band was falling short. Zack and his son Loakin were invaluable as members of the work crew. Zack turned his attention to the Hall, making sure it was in a state that would earn approval by the All Father. Loakin kept the flame burning bright, incinerating the masses of cardboard and excess pine needles--a smoky task to say the least, but the young lad persevered! Lastly, I will mention a man who has routinely returned to renovate and will retain this rogue's anonymity until a later date, but his efforts have been consistent and much appreciated.



Just look how beautiful and functional this area was at Yule!

Our merry band of volunteers could always use more members. We're looking for the best of the best, the real cream of the crop, we're looking for white men of good character (ladies too). If you or someone you know matches this description, reach out to your local Folkbuilder or check MeWe for work weekend fliers, and get involved! We want our members amongst us bringing kinship to our folk, beauty to our Hof, and honor to our Gods!

I say all this, but I also have the luxury of living only 3 hours from Óðinshof. For our more distance-challenged folk, there are other ways to contribute to raise the greatness of our Hof to High God Óðinn.

We as the AFA, The Church of the Aesir on Midgard, must continue to become stronger and far-reaching, bringing our folk home to our ancestral ways with loyalty to the Aesir. Hoftollar is one of the best ways for our folk to contribute to growing our church. Becoming a Hoftollar is simple. It means you are tithing 1% of your household's income. That's right, just 1%! That 1% will go to growing this wonderful thing that we're all a part of. So don't dilly-dally: Become a Hoftollar Today!



Another great way to contribute specifically to Óðinshof is to help purchase items off our our Amazon Wishlist (clickable above). These items help to give the children activities and cover some of the basic everyday needs of the Hof. Last month, the Hof

received several items off the Wishlist including lightbulbs and tea from Melinda and a bigger popcorn maker from Bob! Thank you so much for your helpful contributions!



Brodie Sutherland
Member

Apricity: Curing the Folk Soul in Midwinter



It's midwinter now, and the air is crisp and cool in most of the northern hemisphere. Snow and ice may grace the ground, or cool rains if your climate is milder like it is here on the west coast. I know that many folks will be coming down from the highs of the Yuletide and some of us may feel a little isolated and even discouraged. During winter, many animals hibernate, and people kind of do too. The "midwinter blues" are a real thing my friends. Even in my own family, the extended dark times can wear us down-

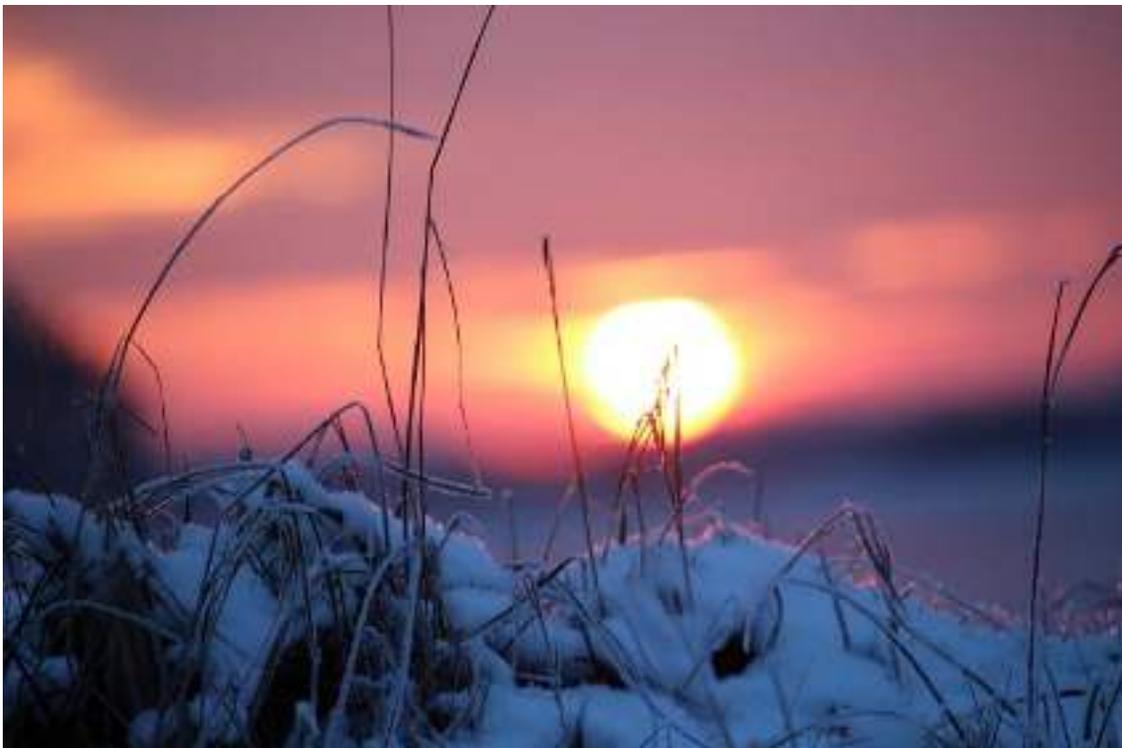
springtime and the next big get-together can seem so far away! We start to worry and give in to life's stressors—money, time, and other concerns. So, what can we do about this?

While there's goodness in keeping the hearth going, enjoying elaborate meals, and engaging in other indoor activities during winter, an essential ingredient to our wellness must be intentionally sought out..outside. Today, I'm talking about apricity.

This rarely used word is found in Old English. Apricity is roughly defined as “the feeling of the warmth of the sun during winter.” Apricity is intentionally letting the winter sunshine in and having the warmth radiate from our insides outward. In these sunny moments, we then further feel a sense of hopefulness. Hope during bleak winter!

As the greatest source of natural vitamin D, sunshine plays a vital role in strengthening our bones, boosting energy and positive mood, improving sleep, and our bodies' healing/immune system responses. According to researchers, spending a mere 20 minutes each day soaking up the sun is enough to make a profound difference for our physical and emotional well-being. It's a magical phenomenon to say the least, and it doesn't cost us a thing.

Furthermore, apricity is a connection between us and the divine. This “soaking in” and “radiating out” nature's warmth on the coldest of days is an acknowledgment and embodiment of a great gift from the gods.



I encourage and challenge all our folk to find at least the recommended 20 minutes a day of sun! Take a break from your own winter slumber and step outside (of your home, your office, or wherever you are) for an intentional time of apricity. Steep in those vitamins and warmth. Embrace these moments with all your soul. Midwinter is a good time to honor the goddess Sól, or Sunna, for this welcomed warmth. Express your devotion to her and all the Aesir for their continued blessings.

The McNallens have a wonderful “Greeting to the Day” that they do together. If you’ve ever stayed overnight at Óðinshof, then you’ve likely witnessed or taken part in their morning practice. The McNallen Sun blessing, inspired by words in the Sigrdrífumál, goes like this:

*“Hail to the day!
Hail to the sons of day!
Hail to night and its daughter!
Gaze on us gently standing here:
Give your blessings on our battles.
Hail to the Gods! Hail to the Goddesses!
Hail to the all-giving Earth!
Wisdom and lore, as long as we live, grant us, and healing hands!”*



The McNallens clasp their hands together and galdr “Gebo” first. They switch positions and then galdr “Ehwaz”. Then, with all the love and warmth in their hearts, made a little brighter by the sun, they end their blessing with a big hug.

This is a beautiful ritual, and I invite everyone to try it. Of course, it is always sunnier when folk are together, but if you don’t have a partner to do this ritual with, hug yourself at the end! Your life is precious, and you can absolutely be a beacon for others.

Take time to thank our glorious gods and goddesses for the warmth and light they give us each day, especially during winter. Step out of the darkness and help cure the folk soul in the divine conversation of apricity!



Hail our Gods and Goddesses!

Hail Sunna!

Yule Baking Moot



On December 21st, Solstice Night, folk joined us at our home to bake Yule cookies. Our family has a great collection of cookie cutters which have now been passed down for 4 generations. While we listened to music and drank some holiday beverages, we rolled out cookie dough and went to town with the cutters. As the cookies baked, the children played, and adults conversed.

While enjoying our cookies, we played a fun round of the card game Sequence. Taylor brought us a beautiful cake he'd made which had the most delicate Italian meringue buttercream frosting. It was super light and delicious!

We sent our guests home with little Julbuk ornaments for their trees. It was so nice to see everyone who came out, and we look forward to the next time!

Men's River Moot



On December 28th, several of our good men from Óðinshof had an impromptu moot at the Feather River in Northern California. They had a rune study, dinner, and Sumbel. I wasn't invited, of course, but the men sent me this great photo with permission to share in the Runestone! Looks like they had a fantastic day!

Daughters of Frigg



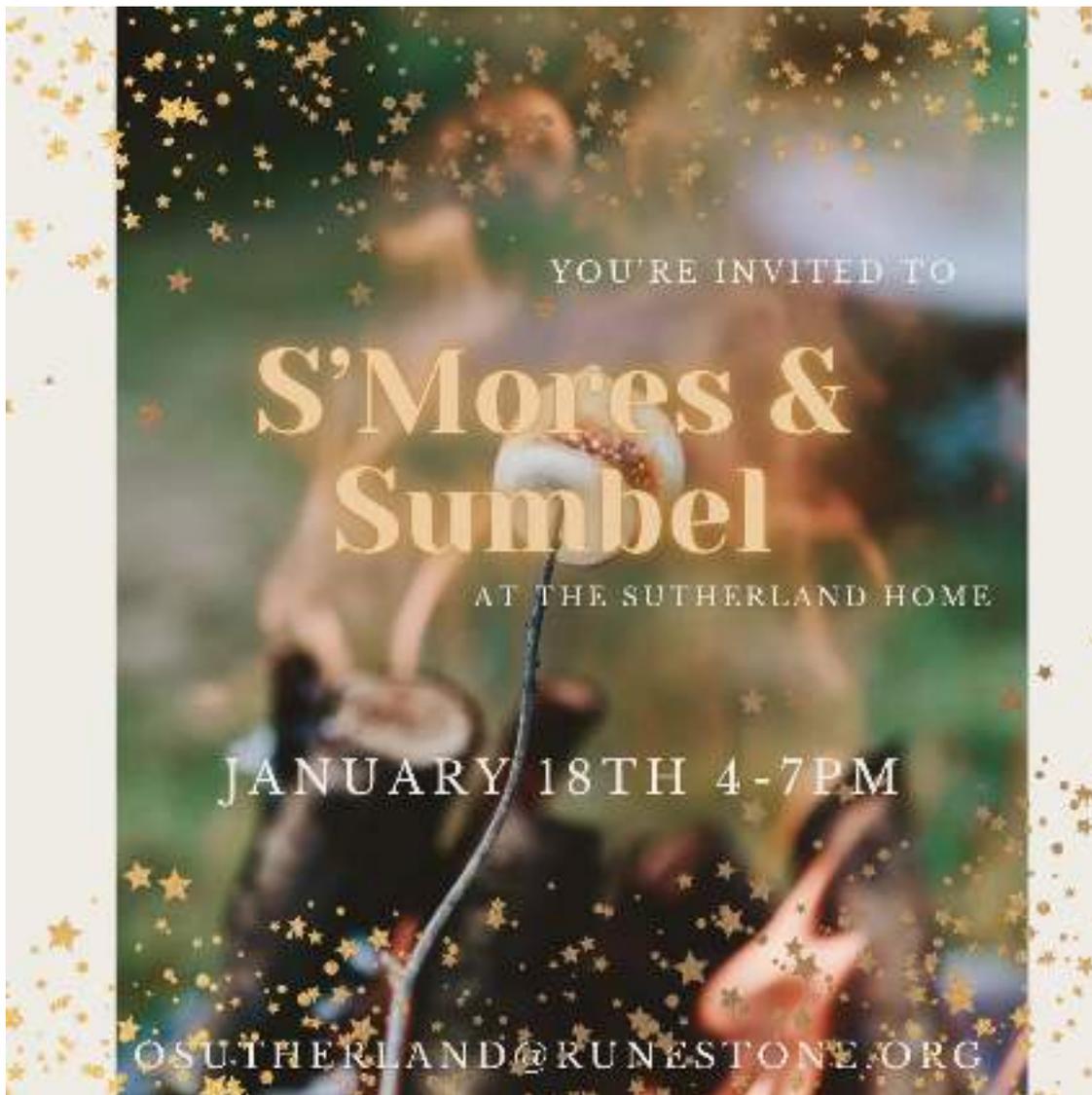
This past month, sixteen ladies in our district participated in Yule Penpals, where they exchanged Yule cards and letters with one another. Our ladies also shared photos in our MeWe group across the 12 days of Yule. It was so nice connecting in this way, sharing the joy of the season, though we are all miles apart! Are you a lady of our great Óðinshof District? If so, please reach out to me on MeWe, phone, or email to participate in the Daughters of Frigg in-person and virtual activities.

Upcoming Events



I'll be hosting a Daughters of Frigg "virtual tea" on January 5th at 5pm. This will be a time for the lovely ladies across Óðinshof District to share in Frithful conversation.

Link: <https://tinyurl.com/yc289cn8>



All members are welcome to come out and warm up with a backyard bonfire at my home, complete with S'mores and a Sumbel!



In February, we will be enjoying a relaxed hike up the Azalea Hill Trail in Fairfax. This moot was the idea of our dear member, George Wing, and he will lead our hike. George is familiar with the trail, which he shared is up relatively flat terrain and has an unrivaled view!

Hope to see you all starting 2024 on a happy note, attending Thorrablót at the Hof or a moot near you! Know that you can always host a moot yourself, too--it can be as simple as meeting up with Folk for coffee. Just be together!

May it be a blessed and victorious month filled with apricity!



Folkbuilder Olivia Sutherland

osutherland@runestone.org

Idaho

Hail to the New Year



As the new year is upon us, I always like to take a second to look back at the previous year-- all the blessings I have received, new people I've met, and friendships I've made. I honestly must say 2023 was filled with more spiritual growth than any other year I can think of, and I owe that to all the folk here in the AFA. I love the AFA and all its Folk, and I wish nothing but the best for all of us in 2024.

I hope everyone's Yule was filled with love, laughter, family, and folk. Our Yule Blót was fantastic. We were able to come together, enjoy some great company, food, and talk about what we want to accomplish in the new year.

Upcoming Events



We will be holding our Thorrablót Moot on January 13th at 6pm. I would love to see all the folk in the area and even those who are not. If you want to make the trip, come out and join us! We will have food, drink, great company, and a Blót to Thor. As always, my home is welcome to all who need to stay the night due to long travel. Please don't let a couple hours' drive stop you from coming out. I can make some amazing breakfast burritos!



Kyle Reader
Apprentice Folkbuilder
kreader@runestone.org

Montana

Fidelity



To understand Fidelity, we must understand Frith.

Frith has a multifaceted meaning which includes "peace, protection, safety, security, friendship, hospitality, freedom and refuge." Outside of a religious aspect, the word Frith has survived into the modern day, but was transformed into "Firth". Along with the spelling change, we see it lose all of the above meanings and only retain Frith's basic original meaning--a narrow inlet of the sea. So, for a sea faring people, a Firth can be the difference between life and death; but the deeper meaning of Frith is no less tied to life and death. We live and die as a people. Frith is our inlet, our harbor. Frith is a Frith.

Frith ties you to your people. It binds you to your children, friends, the Asatru Folk Assembly, your spouse, and to anyone you pledge to follow or take oaths of loyalty to, and also to your folk at large. You have no choice but to have these ties, but it is up to you to keep or break these ties. Your choices and your actions keep or break Frith.

If you choose the honorable path of keeping and maintaining Frith, then you are being faithful to your duty and your oaths. This is called Fidelity, and it is one of the nine noble virtues.

Fidelity is not an unimportant virtue. It will directly impact your reputation and honor.

First, I think we should examine the two expressions of Fidelity. I call them Faithfulness and Fealty. We are more familiarized with faithful expressions of Fidelity. These are seen when we aid our friends or defend someone's reputation when it is unfairly besieged. It is loyalty to kin and kith. We know we must speak honestly and directly to our folk. We know how to be good friends. These are the easy ones. The next ones have proven more difficult for our people, so much that there are stories and words made up just for these concepts. The more difficult concepts are raising children and marriage.

Raising children is not complicated. I want to be very clear when I say this: raising children is not complicated, but it is difficult. Too often do we find weakness in ourselves when things are difficult, and it's easy to disguise difficulties as complications to hide from our troubles and our shortcomings. When we do this, we fail to see that something being difficult is in and of itself is enough that we will fail at times. Fidelity is not the absence of failure but the dedication to the task, avoiding failure when one can, and righting mistakes when eventuality strikes. When you sit down and honestly evaluate one's values, you will fail less if you show Fidelity to your children and their development.

Turning to our spouses, this is a crucial place where Fidelity is needed. Failure to be loyal and keep Frith with your spouse has a term, it's called infidelity, when Fidelity is broken trust is lost. We think that because we call affairs infidelity that it's the only way that we can break Fidelity with our spouse, but this is not true. If you are not invested in your relationship, if you're growing apart and not together, or you pretend to listen about their day but don't care, then you are being infidelious. You are by extension breaking Frith. This is a major issue.

We must be actionable in our Fidelity. This means we make time for date night even if we have no money and only twenty minutes, but we find a way. We turn folding laundry into a date. It also means that, when our wives need to talk to someone, they come to us because they know we value their thoughts and feelings. Sure, they may elect to tell their friends but we as husbands must make sure that our wives' friends are not our wives' only option. The same goes in reverse. We strengthen our bonds. That is Faithfulness, an expression of Fidelity.

Fealty is the second expression of Fidelity and is the most neglected and misunderstood. Functionally, there is very little difference between Fealty and faithful

expressions of Fidelity, but the recipients of Fealty differ.

We owe Fealty to our Gods and Goddesses. Some people turn their nose up at the notion, but they mistake Fealty for slavery.

Before we dive deeper with Fealty to the gods, let's examine Fealty to men. A great example from the past is when a Thegn would take an oath of service to a king. He elects to serve this king. Because he enters this agreement, he owes loyalty and Frith but also service.

A great modern example of Fealty is that of the Oathed Folkbuilder. Folkbuilders are given the opportunity to oath our services to the people and follow the directives of our Alsherjargothi. We owe loyalty and service because we Oathed ourselves and bound ourselves to Fealty.

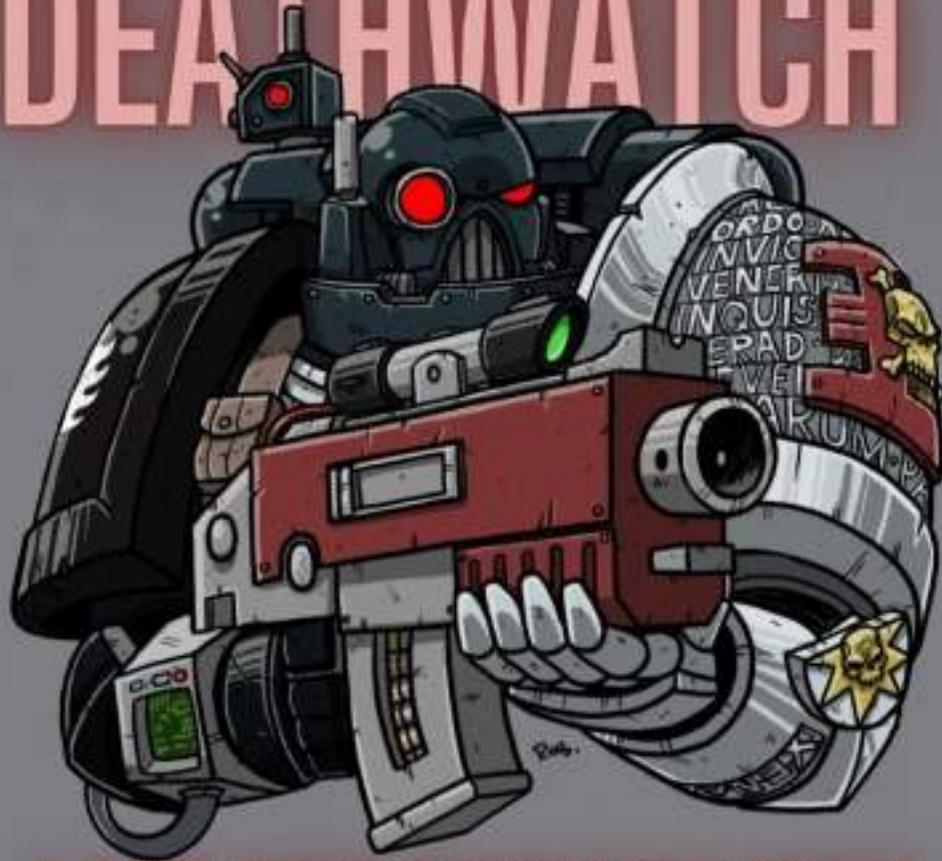
Now returning to our Gods, when you follow these values, hold these beliefs, and partake in the gift cycle—be it Hoftollar or Blót, you are building Frith with our Gods and Goddesses. If you are wanting to serve your people and the Gods, then you owe them Fealty. To not serve our people in the capacity we are capable of is to break Frith and not show Fealty. We all have the capability to serve our folk in one way or another and this is Fealty which is of course Fidelity.

When we live our lives with Fidelity as a central virtue, we build up ourselves and those around us. Embrace Fidelity.

Hail Fidelity!

Upcoming Events

40K DEATHWATCH



A TABLETOP CAMPAIGN FROM
NORTHERN BASTION
JAN 6TH, 13TH, 20TH & 27TH

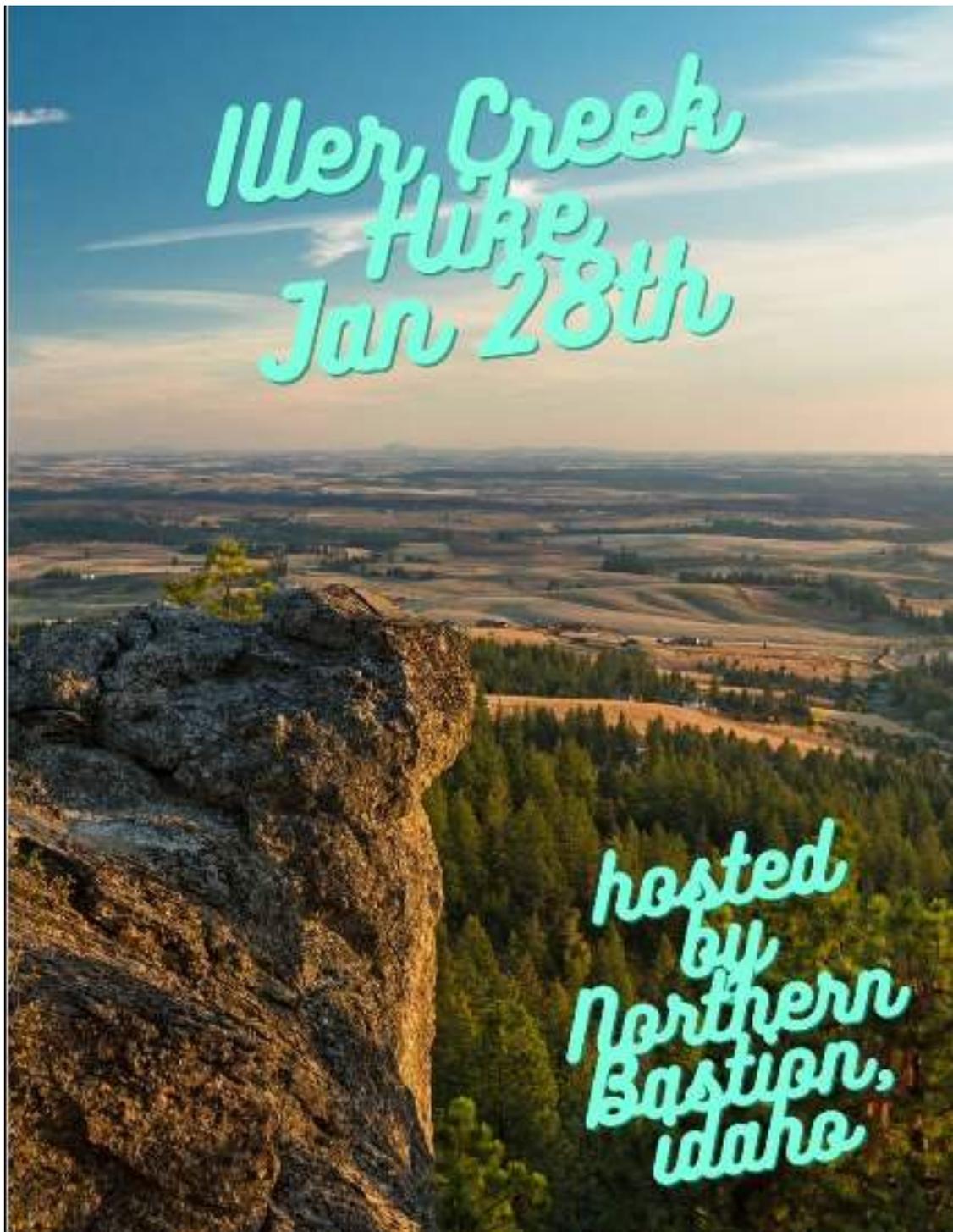
Northern Bastion is hosting a tabletop campaign online: January 6th, 13th, 20th and 27th.

MUSSELHELL RIVER SHOWSHOWING EVENT, JAN 20TH

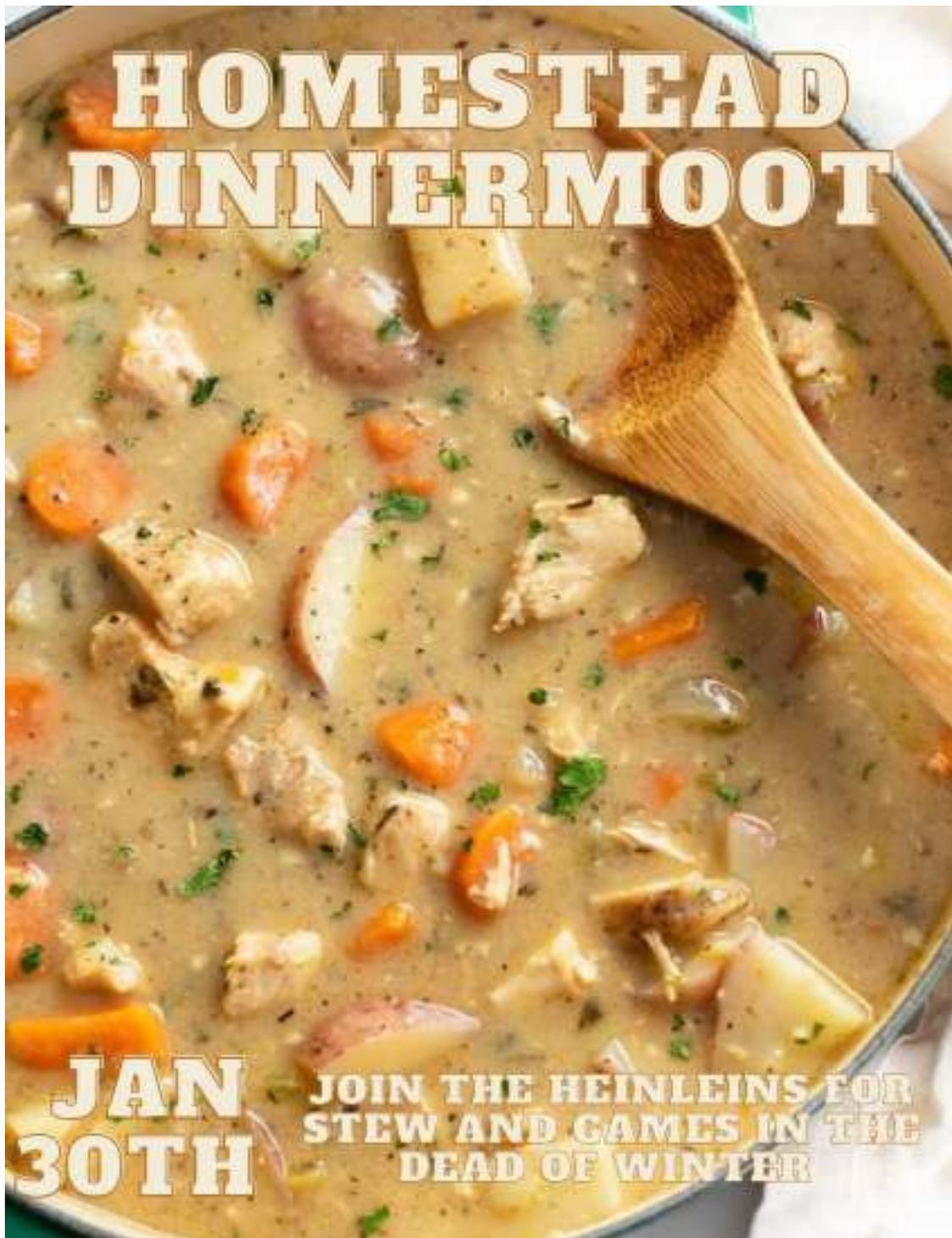


**Bring warm clothes, snowshoes and the
willingness to reach blood creek where
historical viking finds were made**

Come snowshoeing in Eastern Montana outside of Winnett on Jan 20th.



Join Northern Bastion for a nice winter hike in Spokane Valley on Jan 28th.



Join the Heinleins for stew and games on Jan 30th.

Folkbuilder Tyler Heinlein

theinlein@runestone.org



Closing the Year Out Strong: A Merry Montana Yule



What a month it's been! We began our month here in the Western part of the state by shaking off Thanksgiving. A horrible stomach bug ran through the state, and it didn't just hit us once, but twice! Not fun in the least. However, most of us were able to overcome it, and on the 9th of the month, our kindred gathered atop MacDonald Pass, and selected a tree to decorate. The tree was not cut down but allowed to live. The tree was decorated, and Óðinn was hailed. Afterward, everyone enjoyed each other's company as well as some grilling in the snow.



Our "Merry Montana Yule" event was held on December 23rd at the MacDonald residence. The day prior to the event saw our ladies baking, cooking, and cleaning, before finishing off the night with a casual Pizza dinner.



AFA members from across Montana, Northern Idaho, and Eastern Washington all came together to celebrate, to enjoy each other's company, and to give thanks for yet another year of victory. After arriving, from just over the mountain, I found that I had a punctured tire... great... Not the thing a guy wants to deal with in the snow while wearing a Tweed suit and white shirt, but at least we had made it there. With the help of a few of our men folk, my tire was fixed, and the Tweed was unsullied. (My Anglo-Saxon ancestors were looking out!)



After the tire debacle, and among the copious amounts of Pork and baked goods, we talked, and made merry, shared Frith, and had fun. Multiple gift exchanges took place, starting with the children, and then adults. I brought a special gift for the menfolk, and it was doled out according to the Norns and the men's own luck. A woman of the Folk had selected a lot prior to beginning, and her selection was unknown to any of us. The men then drew their lots and hoped for the best...Congratulations to AJ Auer for winning! Your luck was strong, and the Norns were with you!



Afterwards, a small Blót was held to the Jólfaðer. A warm fire blazed amidst the newly fallen snow, and the Montana mountains, partially surrounded by moonlit clouds, set the backdrop. Our gifts were given in hopes that gifts from Wotan would be received. Those assembled were asked to contemplate the year we had, their own weaknesses and faults, and to give those parts of ourselves which hold us back as a sacrifice for victory in the coming year. After Blót, it was time to call it a night.



A huge Thanks go out to the MacDonald Clan for their continued hospitality, and to the families and individuals which made the long journey to make the event. Your presence and dedication made it a truly memorable Yule! Wæs þu Hæl!

Upcoming Events



Þorrablót, January 27th. Location is TBD (STAY TUNED FOR MORE DETAILS).

Charming of the Plow, February. Date and location are TBD (STAY TUNED FOR MORE DETAILS).

Ostara, March 29th-31st, at Elkhorn Hot Springs.

Join us once again at Elkhorn Hot Springs to honor our Goddess of Spring, celebrate the equinox, and soak in the hot springs. Accommodations are available, but things book up quickly! Contact me for additional information.



Folkbuilder Ryan Harlan
rharlan@runestone.org

Nevada

Alsherjargothic Dinner



We celebrated Yuletide with Folk all throughout the month, and my favorite gathering was at the Alsherjargothi's house for dinner! Joined by Nevada members, we gathered at the Alsherjargothi's house to feast on pig face, ham, scalloped potatoes and other delicious treats (including a yummy Brie platter made by Dan's wife and an awesome vanilla champagne cake that was gluten-free made by Diane!). The kids played and cheered while adults caught up on each other's lives--more challenging task during larger events.



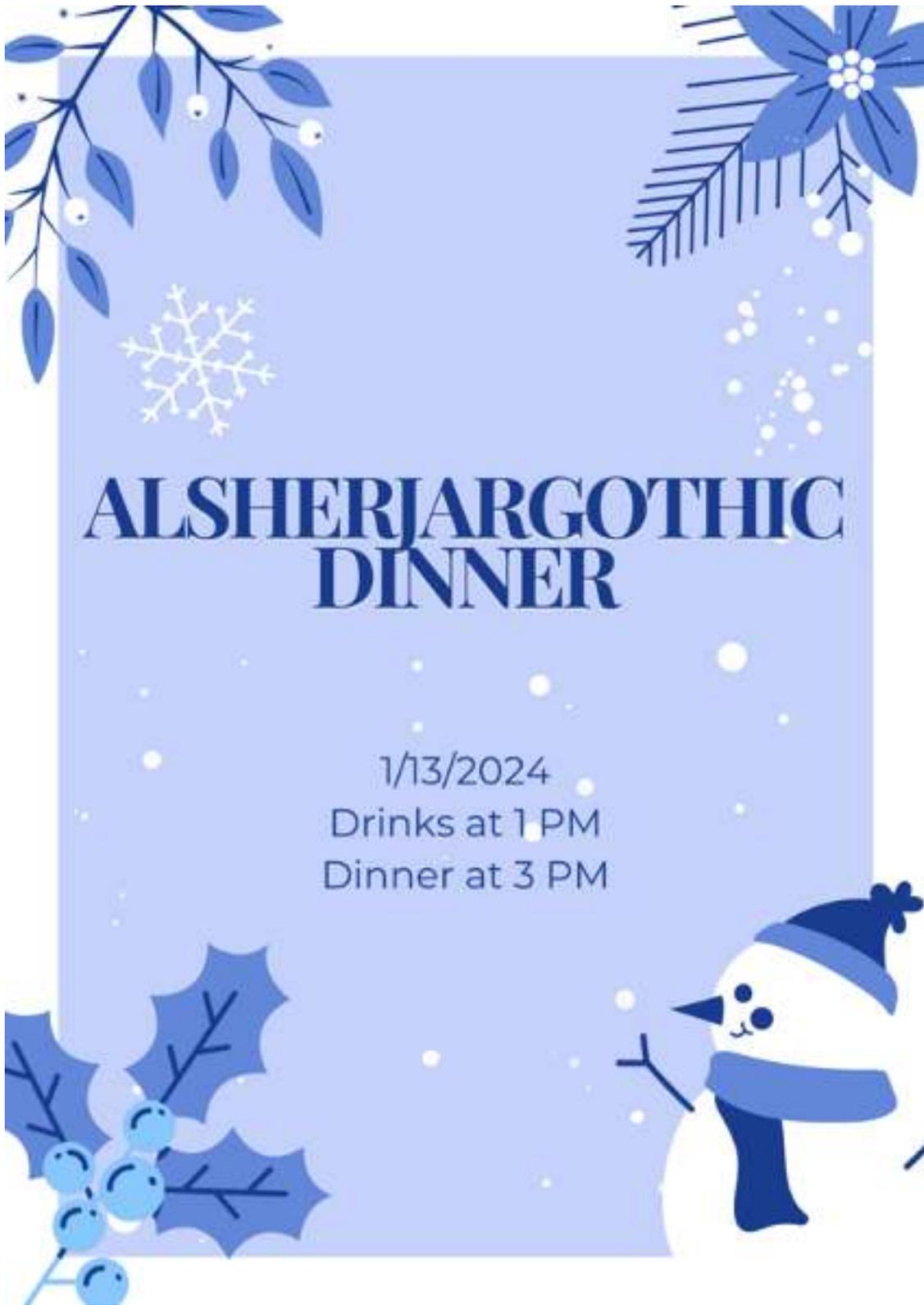


Everyone sampled some pig face (which wasn't as strange as you would think!) and made jokes. Alsherjagothi made some delicious, mulled wine that paired great with dinner. Times at the Alsherjagothi home are always heart-warming and we thank him for continually opening his home to us.



Folkbuilder Sierra Chapman
schapman@runestone.org

Upcoming Events



Please RSVP if you would like to join us next month on January 13th! As always, drinks are at 1, and food is at 3. Hope you can join us!

Matthew D. Flavel



Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

Washington

Upcoming Events

Fountain Dinner Moot



January 11th
Arlington WA



Aaron Simbeck
Apprentice Folkbuilder
asimbeck@runestone.org

Be a Doer



We need you to volunteer for the AFA!

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

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

Baby Blanket Project

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

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



If you are a member of the AFA who is expecting a baby, please let your Folkbuilder know so we can get a blanket to you. If you would like to contribute, either financially

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

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

Folk Services



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

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

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

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

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

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317

Witan Allen Turnage
aturnage@runestone.org



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