

The Runestone: Voice of the Asatru Folk Assembly





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



I hope you all are having an amazing summer so far! It is shaping up to be a busy summer for myself and the AFA, events are rolling right along, and major ones are planned every month. May we had Elsefest III, June will be Midsummer at Óðinshof, in July we will host Sigrblot at Sigrheim I, August will be Freyfaxi at Baldrshof, in

September I will be in Idaho for Freyr's Harvest Feast, October will be Winter Nights in Ohio and in November I will be at Oklahoma's Feast of the Einherjar! I hope to see each of you at some or all of these events!

We have so much going on these days and are accomplishing great things for our Folk and our Gods. I want to thank all of our great volunteers and leaders that make these things happen. Asatru is about doing and we are blessed with outstanding doers! We are our deeds!

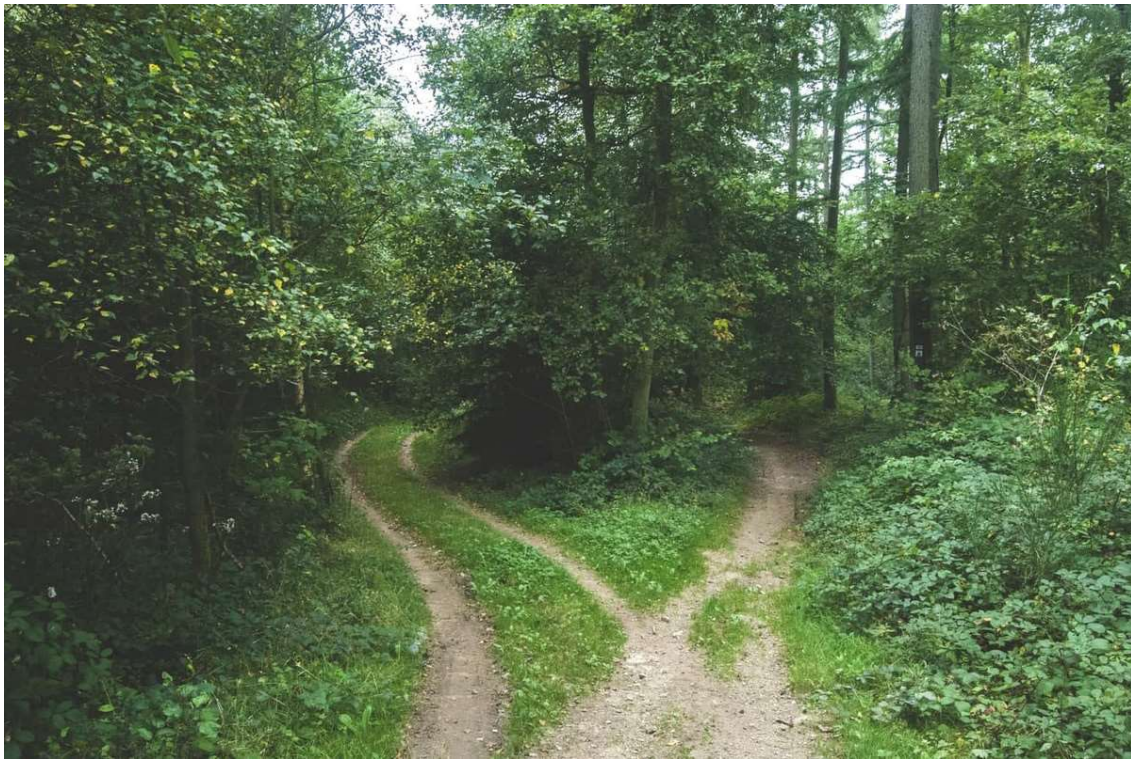
Go out and make your dreams a reality under the warmth of Sunna!



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

Words From Our Witan

Choice



We are faced with thousands of choices a day. When looking up choices and how many we make a day on the interwebs, modern studies claim that you make over 30,000 of them a day. Some are easy, some are excruciatingly hard. Some are instinct, impulse, and some are carefully weighed and measured beforehand. What I have learned, often the hard way, is that the hardest choices we make are those that we fear. We are afraid of the consequences of the choice, the uncertainty of the future, the reactions of our folk and family. And because of this fear, we often do one of two things: we fail to choose at all, or we choose the safest route possible, even at the cost of freedom, happiness, fulfillment, and forward movement.

The first, failure to choose, is the most dangerous of the two. The roads are littered with flattened squirrels who couldn't make a decision. The poor thing panicked, darted left- then right- then left again... or it just simply ran down the road, unable to make the commitment to move one way or the other out of fear. Squish. Flat Squirrel. Failure to make a choice is often worse than the consequences of either option. Doing nothing, results in... nothing. I suppose sometimes that is easier, but it is not the noble path. The second, the easy path, the worn road, the safe street, while it may sometimes truly be the best option and make you and those around you happy, it is sometimes just our default... out of fear. I speak from the heart and from experience when I urge you to reconsider that unmapped trail that's overgrown and hard to navigate. Failure to take the forward moving path, simply because the other is safer or easier, can often lead to regret and missed opportunities. Your best self and your best life, really could be down that hard road. "What might have been" can be so much more painful than "At least I tried". The last grain of sand in the hourglass could surely fall to the bottom before the

opportunity ever arises again.

Fear is one of the most crippling infections of our folk soul. We all have it, we all feel it. Working through the fear is what is important. There are conversations we dread, decisions we don't want to make, choices with no positive outcomes, but face them. Face them nobly. Conquer the fear of the outcome. Too often we work ourselves into a frenzy about what MIGHT happen or what COULD go wrong, and it stops us from moving forward. Instead, be prepared for what MIGHT happen, and work around what DOES go wrong. Don't let fear paralyze you. Don't be a squished squirrel. It could also really be a lot easier than you anticipated and you worked yourself up for nothing:

“The unwise man is awake all night,
and ponders everything over;
when morning comes he is weary in mind,
and all is a burden as ever.”

Havamal 23, Bray translation

If it will make your life better, make that hard choice.

If it will improve your relationship, make that hard choice.

If it allows you to be the best version of yourself, make that hard choice.

If it brings you closer to your Gods, make that hard choice.

And remember that you are not alone in it. We are all with you. Cheering for you if you win. Offering a hand if you don't.

Be courageous. Move forward. Choose. And choose well.



Witan Brandy Callahan
bcallahan@runestone.org

Words From Our Gothar

The Gods Are Real



In modern Asatru, many of us may run into people who claim that the Gods are simply archetypes, or characters, who exist only as storybook examples to be followed in some vague way. This is incorrect, and frankly, nothing more than a winding path to atheism.

Our ancestors did not view the Gods as mere archetypes. This is immediately evident in any saga or story. The pre-Christian Europeans regularly spoke with the Gods, exchanged gifts, dedicated deeds to them, etc, and that's without getting into the idea that the Gods reciprocate these things with us.



I am going to share a very personal story with you all, one that hopefully illustrates that the Gods are real and do acknowledge us through the gifting cycle.

In 2019, the local branch of "Antifa" found that I had gone to a rally protesting the removal of Confederate monuments. My name and face were blasted all over national media from April to late December, as they tried to attack me for my faith as well as my love for my southern heritage. Through this period, I lost friends and even family. Much of my world decided to stand with domestic terrorists and estrogen-laden "journalists" against me.

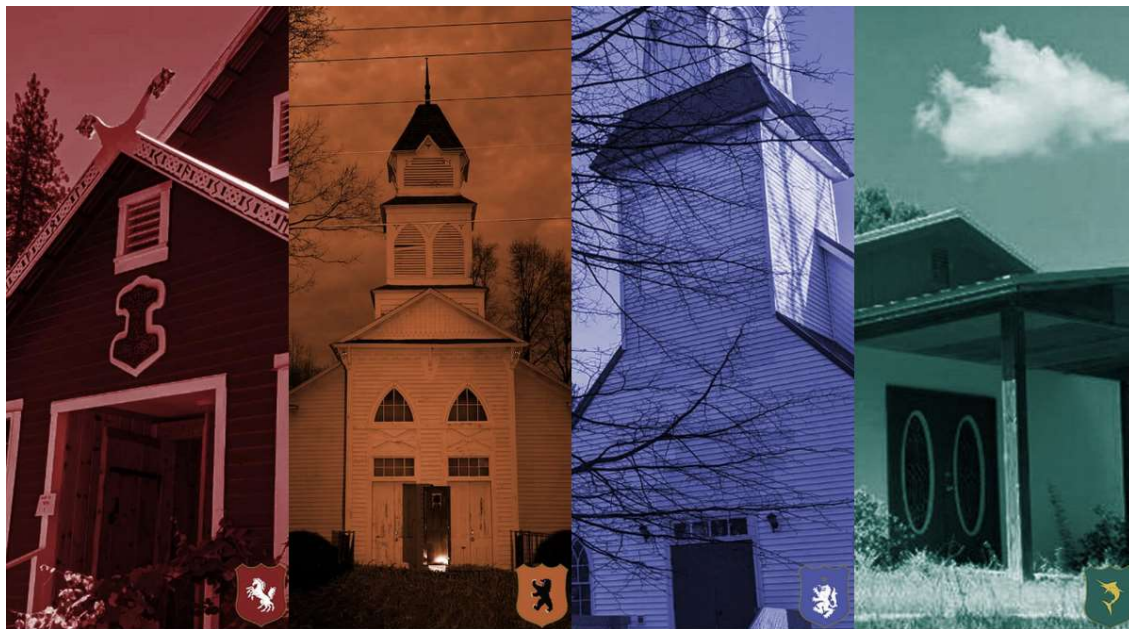
I eventually fell into something of a spiritual rut. I began to ask myself if our Gods were even real, and if I should instead be following Christianity. I decided that I would ask the Abrahamic deity for a sign. If he would give me even a single sign, I would dedicate my life to him and become "normal"...

I was given no such sign. The silence was beyond deafening. Even things that could have been interpreted as signs seemed to steer clear of me during this time.



So, the next night, I asked our All-Father Odin for a sign. I asked him to show me that I was on the right path and that I was doing the right thing for my Folk. I went to bed right after asking for this sign, and was awakened a few hours later by howling winds. I

cannot overstate how powerful these winds sounded! However, I was the only one in the house who woke up to them. My wife stayed sleeping, while I got up and went outside to feel the wind. When I stepped outside, I felt the wind, saw that the moon was full and the stars were bright, and I was instantly assured that the Gods are real, and that the AFA was doing things right.



That event was four years ago, and my faith has not wavered ever since, but it has grown stronger every single day. We have gained three more Hofs, and even our own plot of land for Sigrheim and Tyrshof. We have given praise and gifts to the Gods, and they have returned it a thousand times over.

The Gods are real. The AFA is right and true, and we will continue to have victory so long as we continue to honor the High and Holy Æsir.



Gothi Trent East
teast@runestone.org

The Soul Complex — Part 1, The Lik, The Physical Body



In the previous edition of The Runestone, we talked about what makes up the Aryan soul. The first part of our soul complex is Lik (pronounced "leek"), the physical body.

Paraphrasing from Asatru, A Native European Spirituality, we often view the body as distinct and separate from the soul. This is not how we in the Asatru Folk Assembly view this. It is the vehicle we are given by Odin and his brothers (or, if you prefer, Odin in his triadic nature) in order to work the will of the Gods and Folk here in Midgard.





"We habitually think of the body and soul as being two distinct things, or even opposites. We regard our flesh as spiritually insignificant, a mere garment we wear on Earth, and then discard when we leave this world." -Stephen McNallen, Asatru A Native European Spirituality.

The body is a part of the soul, it's the most tangible part of it. As I mentioned above it is the vehicle we are given to work with in this realm. It is the receptacle of magical work, as stated by Edred Thorsson, in Runelore. It is the gift of Lodhurr, or Ve. The name Ve correlates to our word we use for Temple. Kind of harkens back to the cliché, "my body, my temple."



So, let's talk about the practical part of caring for the Lik. We all know these things, yet we often hire trainers, follow diet plans, some good, some not so good. We hire trainers, not because we don't know how to take care of our bodies, but because it's about accountability. Accountability is vitally important. It's about caring for the children who are, without a doubt, watching everything we do. It's about being accountable to our Ancestors and Gods. We were given this body, as a gift, to manifest our will upon the world. We are the result of a thousand thousand loves, as our ancestors did enough to make sure we are here, through famine and plague, war and strife. It is of paramount importance that we care for this body.



Eat well, avoid processed garbage. There are a million diet plans, and a billion workout plans. Whether it's keto, carnivore, paleo, macro counting, take your pick. All of it works, you just must find what works for you. As for exercise, weight training and cardio are staples of fitness and have been effective since the dawn of time.



I lift weights at least 6 days a week. I'll often Galdr on the way to the gym, URUZ, the rune of primal strength. I won't always do this audibly, often it's in my conscious thought. When I press the barbell off my chest, I think of the bench as the altar on which I sacrifice myself to a higher self, a higher Lik. Every rep, every sore muscle is a sacrifice. We do this because we are good enough to be better.

Imagine you are given one car to drive for the rest of your life. You would do all the basic maintenance, keeping the oil changed, the coolant clean, all the bearings greased. All the belts changed. Your Lik is the only one you have for this life here in Midgard. It's a gift from Odin, do all you can to keep it in optimal condition. It's your sacrifice to show you are grateful for the gifts given.



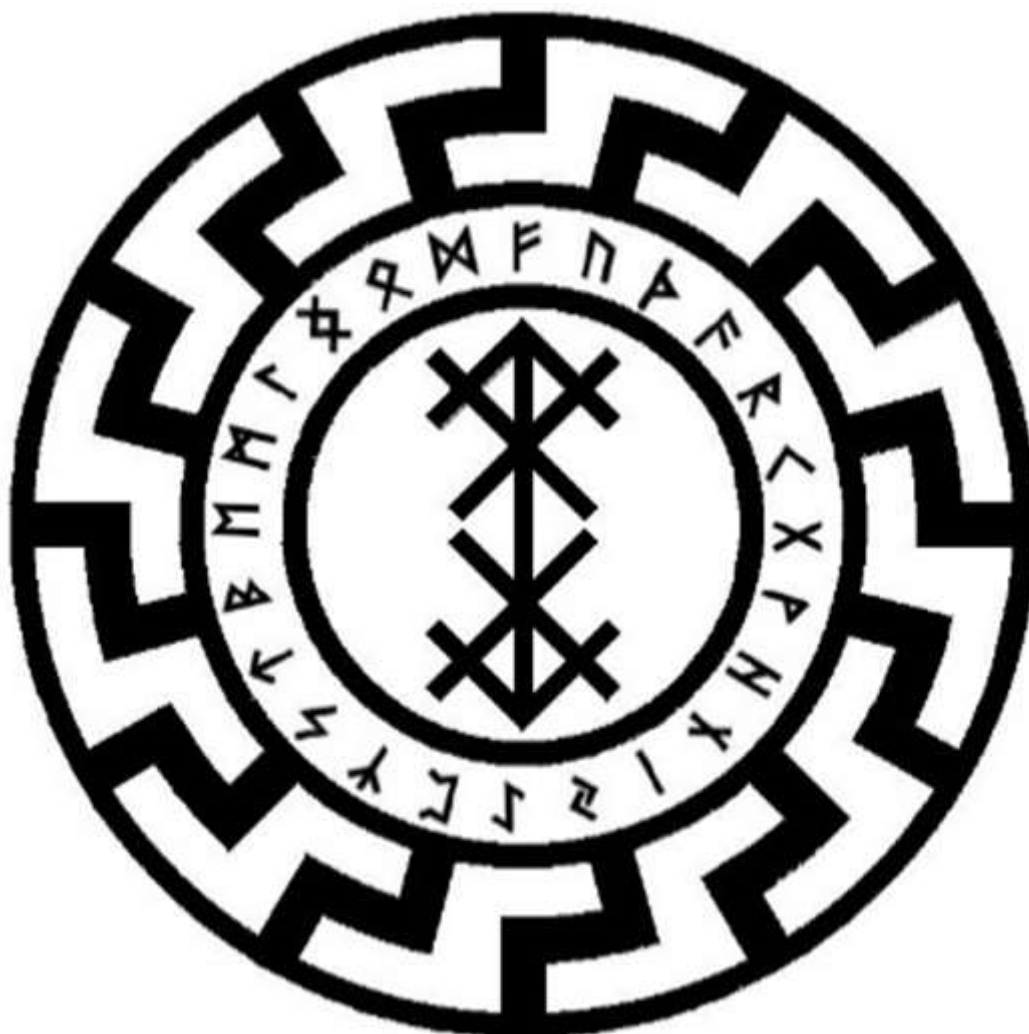
I could add all kinds of statistics on obesity, diabetes, and heart disease. We all know these things. Part of what our Founder refers to as the “soul sickness” that our people suffer from manifests in a diseased Lik. Beauty matters as well as overall health. Despite what the world tells us.

Next month we will look into the Ek, the ego. Another part of the soul that can suffer if not cared for and developed properly.



Gothi Daniel Young
dyoung@runestone.org

Rune Means Mystery



Hails from Northern Idaho! Last month in May we met to discuss the Rune Raidho, and we had a lengthy discussion of this rune which was very enlightening. For those of you who are led to the Runes here are some important facts that I have discovered during my journey, give them a read and they may help you in yours.

The word Rune means mystery, or secret, and these symbols contain the mysteries of

the Universe and the keys to unlocking them reside inside you. To learn the Runes, you must begin to internalize, and this is done through meditation and developing your will.

The Egoic mind is the aspect of our mind that chats with us as we move about our day, it is the “voice in our head.” The Egoic mind only exists here in this world of Midgard, and is very protective of that fact, so it is constantly creating drama and using distractions to keep us separate from our True self. The True self is our immortal soul that has been present in all our incarnations here in this world, it is the real you.

Your will is the part of you that controls your desires and actions, and you must actively begin to train and strengthen your will so that you may control your thoughts during meditation. Your will is strengthened through austerity and discipline, for example fasting. Fasting is denying the basic need of your body to stay alive; our bodies constantly crave food and by fasting you are rising above the normal function of material existence. This builds your will.

Meditation is the practice of controlling your thoughts and quieting the egoic mind, and this is done so that you begin to access your Fetch/ your true self. Once you begin to access your Fetch, this higher part of you will start communicating with you through inspiration, intuitive thoughts, and that feeling in the pit of your stomach. This will allow you to function in images, feelings, and emotions.

Each Rune has a poem connected with it, and this poem contains the power of that individual Rune. The keys to unlock the Rune poems are inside of you, they are passed down to you from your ancestors, and meditating on the shape of the Rune and it's poem will allow you with your Fetch to unlock it's power.

Galdr is an Incantation or evocation, and it is the calling forth the power of the Rune so that you may work your will and gain your desires, this is Magic.

MAGIC -The term Magic has been made a joke by the media and was literally murdered out of us by Christianity. Magic is real, it is what our ancestors used to create changes in this reality, it is the power of the runes and when you use them you are creating Magic. The many ceremonies described in order to obtain a willed result, are guides to get you into the correct mindset to create that result. Meditation (controlling thoughts) is key, the longer you can hold an image and feeling/emotion towards a desired outcome without being distracted by random thoughts, the more successful you will be.

The Runes are like the keys of a piano and act on different wavelengths of energy.

These different wavelengths are separated and defined by the individual Runes. String theory tells us that everything is vibrating like the string on a violin, right down to the smallest particle, This includes our thoughts and intentions that we set forth from our minds, which shape and change not only ourselves but the environment that surrounds us.

When you Galdr on a specific rune, it vibrates that wavelength. I have found that the runic wavelength is feeling and emotion. The action of you implementing this feeling or emotion with images towards a desired result causes changes in the world. When performing Galdr, you must hold that feeling or emotion with the image of your desire for as long as possible without any thoughts in your mind, you will know when you are done. Then release it and do not think of it again.

You must KNOW, not believe, that the runic energy and the change that you set forth into the world is real. As real as a table or a rock, it is not a wish or a hope. Wishes are an impossibility, and hopes may not come true, it is a FACT. You must think of the change you are sending is already done, it is past tense. Doing this will cause the universe to take the appropriate steps necessary for your desire to manifest. If your egoic mind brings up thoughts such as “this will never work”, or “maybe it’s not working”, immediately countermand it with past tense positive mantra (mind protector) about your desire. Such as “I received a promotion at work”, or “I got a new car”, or “I built a log home in the country”, whatever your desire is put it in the past tense. If you dwell negatively on your desire more than you do positively, the negativity will defeat your magic.

Your intent is a projection, and the manifestation is reception. The energy of the universe will take your intent and make it into something. You need to be willing to receive that manifestation when it arrives, that means being aware of the opportunities when they present themselves. What you manifest may not be exactly what you envisioned but will still fulfill that manifestation. Sometimes you must let the universe do its job and not micromanage it.

We must speak briefly of the nature of the universe and this reality that you are now in. Ymir was the first conscious being and everything in our known universe derives from him, including you. The world you are experiencing is a mind-created illusion of Ymir, so the universe is mind, and you are an individual point of consciousness of that mind. Your Ego separates you from Ymir and once it is quieted you remove the separation and the weight of the entire universe is behind you, your will is that of the universe!

The Gods and Goddess are our blood kin and want us to succeed, this is why I would

recommend that you hold a private blot to the All father and ask for knowledge and wisdom in learning the Runes, he will help you.



Gothi Joe Rozanek

jrozanek@runestone.org

The Quest for Freyshof

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

– Gylfaginning



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

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 \$110,081.22 on our remaining loan.
2. We need to raise our monthly donation average by 4.1%.
 - This is membership dues/hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!



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

Sigrheim: Home of Victory

Sigrheim's Amazon Wishlist

Help Sigrheim get stocked
and ready for our Folk!



> https://www.amazon.com/hz/wishlist/l/1K7WY7ZU5SEGQ?ref_=wl_share <

Sigrheim is here, Sigrheim is here! I'm starting to host monthly events at Sigrheim, and we've got the first of many national events coming up soon with Sigrblot in July. There's still plenty to get done and we all know our Folk are doers! Let's kick off the festivities and make sure we have everything we need to host our Folk and honor our Gods with joyous comradery and festive communion. Anything you can donate is much appreciated and will solely be used for our Folk! Please let me know if you have any questions.

Upcoming Events





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



Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6pm PST / 8pm EST

vk.com/asatrufolkassembly

entropystream.live/app/MattFlavel

odysee.com/@AsatruFolkAssembly:e

youtube.com/c/AsatruFolkAssembly

twitter.com/FolkAsatru



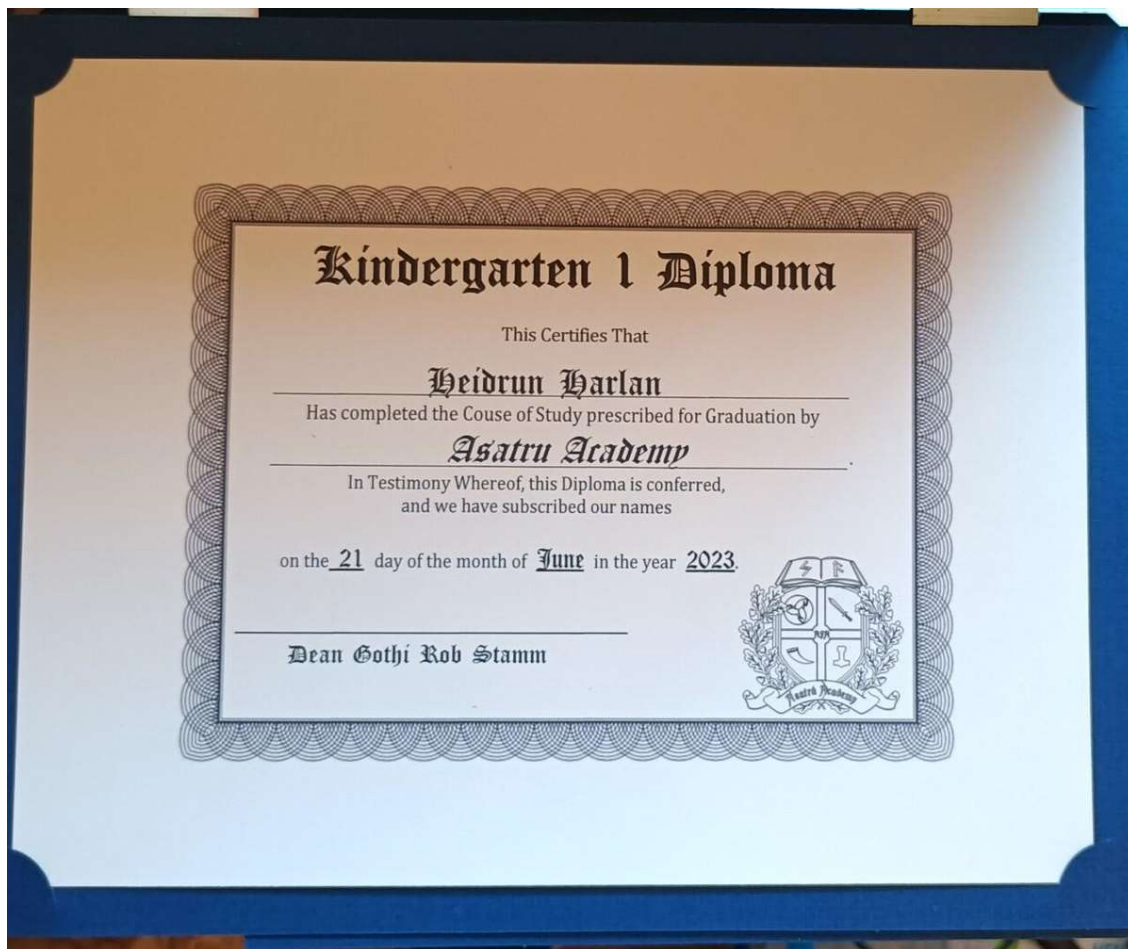
Matthew D. Flavel
 Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org

Kindergarten Graduation is Upon Us!



Greetings students, parents, and folk!

This month marks the end of the traditional school year. Although some of our students will continue working throughout the summer, and that's great! We have some of our kids who are graduating kindergarten 1 and moving on to either kindergarten 2 or 1st grade.

Parents, myself or Assistant Dean Rachel Johnson will be in touch in the coming weeks to talk about kindergarten 2 and first grade. Soon we will mail out your graduation diplomas, example is pictured with the article.

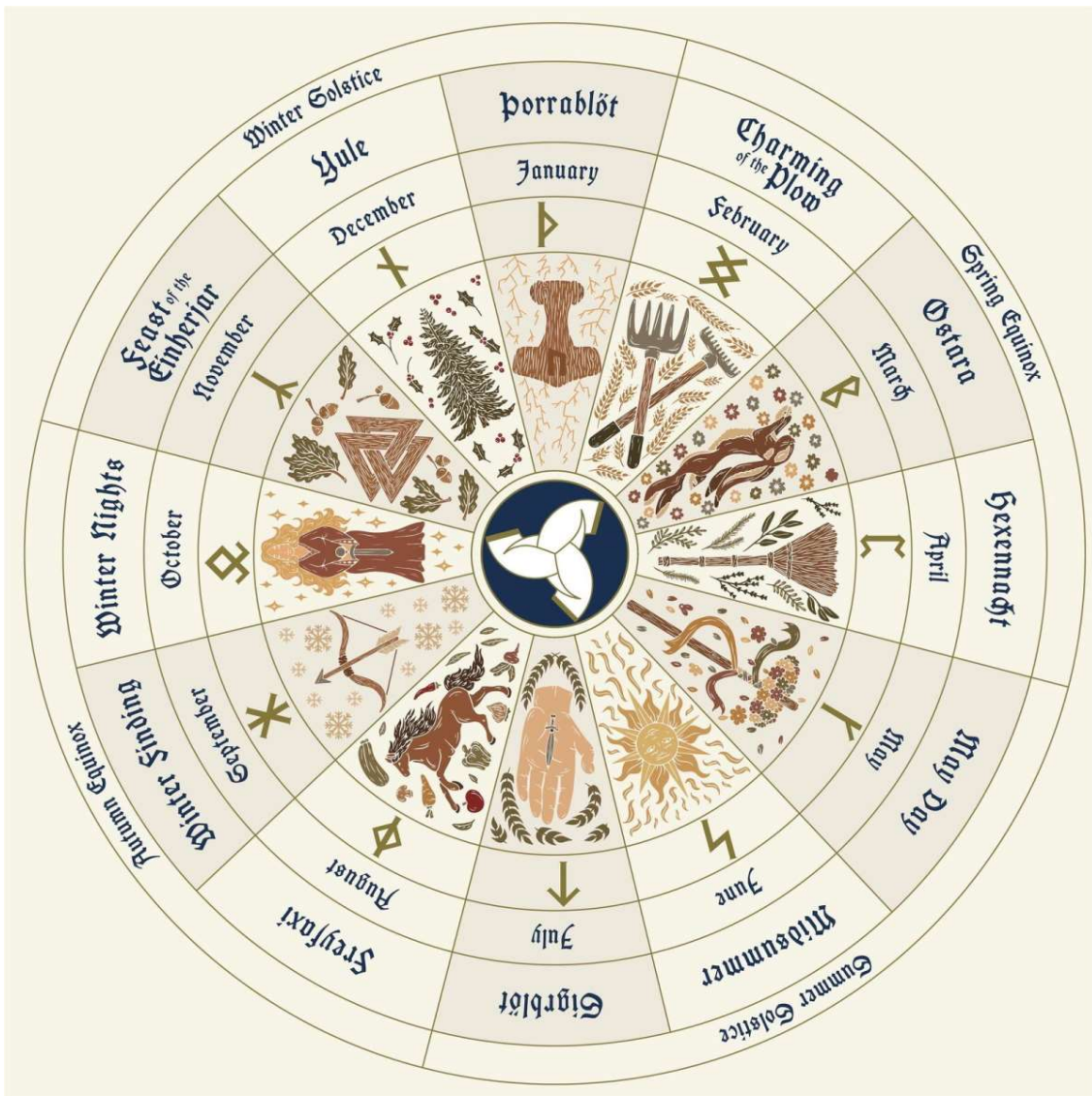
We would also like to welcome all our new families to the ásatrú academy! Soon you will be getting invites to our online learning platform and we will schedule a video conference to get to know everyone and introduce you to the program. We are very excited to see all our new students, and of course our returning students!

We had a great time this year, and we all learned so much, each year we will learn and grow and the academy will get better and better! Victory never sleeps, and neither does learning. The sky is the limit for our kids!



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

Remembrance & Holy Days



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

2023

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 21	Porrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 18	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 21 (observed on 18th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 22	Day of Remembrance for John Gibbs-Bailey “Hoskuld”
April 28 (observed on 15th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 20th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 21 (observed on 17th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 15	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 19	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 16th)	Winter Finding
October 4	Day of Remembrance for John Yeowell “Stubba”
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 21	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 18th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night

Date	Observance
December 20-31 (observed on 16th)	Yuletide

Day of Remembrance

King Athanaric of the Visigoths



King Athanaric, King of the Visigoths, ruled his people from 369 CE until he died in 381 CE.

Sometimes called the first and greatest King of his people, Athanaric was a staunch Gothic Pagan. Viewing it as his responsibility to foster and promote the faith of his people he went so far as to execute over three hundred Visigoths that had converted to the Christian faith. Their Gothic culture was paramount, and he feared that the advent

of Christianity would destroy it.

During his 12-year reign, Athanaric fiercely defended his culture against the advance of the Roman Christian conversion. In the early years, he allied with his fellow Visigoth King, Fritigern, to stop the encroachment of the Roman legions into their lands. While the two were allied the Goths managed to stave off the Roman armies. For unknown reasons, however, Fritigern turned his army against Athanaric, causing the Gothic Civil War.

In the early stages, Athanaric won every encounter he had with his one-time ally. This prompted Fritigern to turn and request aid from his former Roman enemy, Emperor Valens. Even so, despite some advances, Fritigern lost the war. The Gothic Civil War took a toll on the land and the Visigoths, however, and when the Huns began to invade shortly after the end of the Civil War Fritigern appealed to Emperor Valen to allow him and his people to cross into Roman land. The appeal was answered, but only for Fritigern, who had since converted to Christianity, and his followers.

The rest of the Visigoths were left to fend for themselves. Despite his best efforts, King Athanaric was unable to hold his ground against the ruthless and better-provisioned Huns. In the face of starvation, Athanaric led his people into the Alutus Valley (modern-day Transylvania) where they settled. In 380 CE Athanaric was deposed and removed himself to none other than Constantinople and the lands of his once upon a time Enemy, the Roman Empire. The new Emperor, Theodosius I, accepted Athanaric to the empire graciously. Upon his death some two weeks later Athanaric was buried in state to show Theodosius's respect for the Gothic Culture.

So, what can we learn from this story?

King Athanaric stood his ground in the face of all that would have torn him down. He recognized the importance of maintaining the Culture of his people and saw the dangers of conversion for what they were. In these modern times it is even more important to view Athanaric's struggles for what they were and to remember that the preservation of our people and our culture is so very paramount.

It's about Roots.

It's about Connections.

It's about coming home.

Let us always strive to make sure we have a Home for our folk to come back to!



Gythia Catie Erickson
cm.erickson@runestone.org

Holiday

Midsummer



For us, Midsummer is considered the official beginning of summer, but for our ancestors, who only recognized two seasons (winter and summer), Midsummer was the middle of the season. The common factor between our ancestor's celebration and ours is the Summer Solstice. On Midsummer, we celebrate the longest day of the year and the shortest night. The dark and cold of winter is firmly past and the days are full of vitality and life.

But first, we celebrate. The best-known symbol of Midsummer is the bonfire. In Europe, bonfires are still lit and burn the whole night through. Men and women gather to celebrate the warm days and the successful planting season by dancing around the bonfire. Many people focus on love and fertility during the summer solstice, with folk traditions that include picking wildflowers and putting them under one's pillow to

dream of the person they will marry. Couples often jump over the fire during Midsummer to be blessed by the Gods and the Ancestors.

The planting season is finished. The hard work that began with the blessing of the tools at Charming of the Plow and the planting of the seeds after Ostara has been finished. Now we tend to the growing crops and revel in the beauty of life. We can take a momentary break from the difficulties of life to embrace that which makes the hard work worth the effort.

As the revelry comes to an end, however, we must take the time to remember that the days will now begin to shorten once again. Winter will come and our hard work is not yet done.



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Events

Midsummer at Óðinshof | June 16th-18th



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

Get your tickets [HERE](#)

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

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

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

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

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

ODINSHOF MIDSUMMER

JUNE 7TH



**MIDSUMMER WORKSHOP
REGISTRATION IS
CLOSING!**

REGISTER NOW @ [RUNESTONE.ORG](https://runestone.org)

[Midsummer at Odinshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org)

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

As of right now, we are still working toward many repairs including a new roof that will cost us around 35k! This roof is needed before the next rainy season in order to keep Óðinshof up and running. The structure damage due to water could be slowly

growing and repairing it is a must! For more information on this please keep an eye out for the soon to be added Óðinshof Restoration Project page on the Odinshof.org website and pick up merch, participate in any active raffles, or just donate!

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

Get registered today! Some workshops have nominal fees to help cover the cost of supplies. And they will also have limited available spots. Those workshops are listed under registration.

Event and Workshop Tickets [HERE](#)



Folkbuilder Ashley Stockton
astockton@runestone.org

Sigrblot at Sigrheim | July 22nd



The 1st Tournament of Victory at Sigrheim during Sigrblot!

This year has been a home to many firsts for the AFA! And the 1st Sigrblot at Sigrheim is coming July 22nd!

And at this auspicious event, the 1st Tournament of Victory will take place!

There will be one male and one female who will leave it all on the field and be crowned the winners in the 1st Tournament of Victory! Come prepared to test your endurance

and strength! Do you have what it takes?

Register to attend then register to COMPETE!

<https://runestone.org/product/sigrblot-at-sigrheim/>



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

Freyfaxi at Baldrshof | August 18th-20th



Witan Brandy Callahan
bcallahan@runestone.org

Freyr's Harvest Feast in Montana | September 22nd-24th

Freyr's Harvest Feast is the time to honor the Gods after a productive year's Harvest. On September 22nd through the 24th, we gather together for a weekend filled with activities that honor the three Vanir deities Njord, Freyr, and Freya.

Get your tickets [HERE](#)

During the course of the weekend, the folk gathers together for three blots using mead donated by Heinlein's Hollow Meadery.

In addition to blot, we see the display of Freyr's Proposal on stage (stage under construction), the viking games tournament with a prize to be revealed at the feast as well as access to the Drengir Dinner where all previous years' champions are invited out the day before the event.

In addition to brawn, the brain is tested in our Hnefatafl competition. While this competition is less fierce the bragging rights are still pretty good. Guests can also test their luck at a game of Orlog.

While there are plenty of contests, we still have plenty of time for several workshops, and speeches by guest speakers. Craftsmen will also bring their wares out to sell and

authors to sign their books. An AFA benefiting auction will provide ample opportunities to walk away with a bag full of spoils.

The whole event is hosted on a private 20-acre ranch in a very low-population area. It's on the river and away from prying eyes. So not only do you get to enjoy a full event you can take in the beauty of rural Montana, enjoy the river and see what an AFA homestead looks like. An optional tour and sunbel will be held in the early morning for those wanting to see inside a proper meadery.

Lodging is straightforward as well. Bring an RV or tent and camp under the beautiful stars. Trust us when we say there's more of them visible than wherever you're coming from and on lucky nights the Northern Lights can be seen.

For those who want less rustic accommodations, there are numerous hotels and motels within a reasonable driving distance. In a few more years we will have cabins available too!

So that's lodging but everyone's got to eat right? Well, we got you covered as well. The meals are all plentiful and delicious, none more so than the feast itself. Last year we filled the dining hall with food and refreshments and this year we aim to provide just as much good fare. Five to ten gallons of mead will be provided for the feast according to turnout and the couples dance that follows is always great fun.

Remember to dress your best at the feast and dance but it won't all be formal. For the first blot, we go into the water to honor Njord. Ladies especially, make sure that you wear clothes that you're not only comfortable getting wet but are also modest when wet.

While the prospect of getting into the water in September might be daunting to some, the month has a wonderful climate. It has a high of 70 and a low of 50 with a nice midday breeze.

The truth is unless you come out you won't know what you're missing so don't make that mistake and come out to Freyr's Harvest Feast.

Grab some tickets at [Freyr's Harvest Feast – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/freyrs-harvest-feast).

Please feel free to reach out to Tyler Heinlein at theinlein@runestone.org with any questions.



Folkbuilder Tyler Heinlein

theinlein@runestone.org

Winter Nights 12 in Ohio | October 27th-29th



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

Since 2012, this long-running AFA festival has been dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, Goddesses, and Ancestral Mothers. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships

We look forward to seeing members and friends!

Your registration includes all workshops, lectures, meals, lodging, and of course our holy rituals. Only AFA members and vouched-for guests will be admitted to this event. If you are not an AFA Member you should confirm with the member who is vouching for you that they will do so when asked about your registration.

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

Things to know:

- Children 17 and under attend for free!
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Tenting is limited; you must contact Witan Clifford Erickson if you intend to tent.
- The camp address will be provided after registration as the event gets closer. Travel plans can be made for Clinton County, Ohio.
- We are pleased to announce lower ticket prices this year, due to a change of venue to features a commercial kitchen and other amenities we had come to expect since the first event in the Poconos of Pennsylvania.

Member Family – Weekend: \$120

Member – Weekend: \$80

Member – Day: \$40

Guest – Weekend: \$100

Guest – Day: \$50

Child – Weekend: Free

Child – Day: Free

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



Witan Clifford Erickson
cerickson@runestone.org

Elsefest III Recap

The 3rd Annual Elsefest



Once again, we gathered this past May to remember the Folkmother Else Christiansen in Wisconsin. This was the third year in a row that such a large group of our members gathered together to build Frith and share in the responsibilities of making this another successful event to bring honor to one of our most beloved modern heroes.

Once the majority of our folk were settled in, Our weekend was officially started off with a powerfully spirit filled welcoming of the Gods blot by Witan Cliff Erickson.





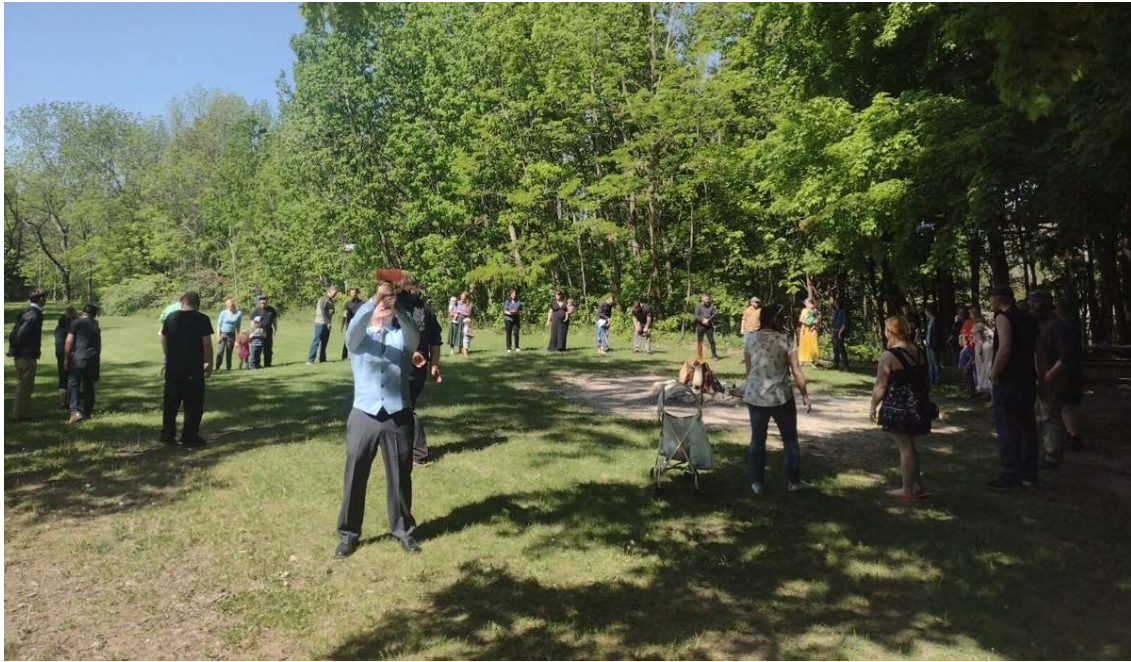
Folkbuilder Shane Duffy read a message from his wife, Jacklyn who was unable to attend due to advanced pregnancy, on the Virtue Recovery program. We enjoyed a sit down with our leadership for a bit of Q&A before the meal. Both Folkbuilder Tyler Heinlein and Shane Duffy gave respective talks on Self-Reliance and the Hearth Flame. Folkbuilder Jon Rock and Melisa Mills taught the Folk during the men's and ladies' groups.



The first meal was an official Wisconsin Fish Boil made with Icelandic Haddock and plenty of butter. Everyone was left full and very happy. This was also the theme for all meals from the weekend. Cooks this weekend were Michael Butler, Jon Rock, Jim Cummings, Shane Duffy, and Kevin VanPay. Huge shout out to Emily McDowell and Tanya, who not only helped in the kitchen but in a million other ways over the weekend. Hail the Doers!



We all enjoyed music through the weekend. Ben played old school songs during dinner Friday night. Then on Saturday, the Schattenforst family sang a beautiful song accompanied by John Veger.





On Friday, once the sun had set and it was thoroughly dark outside, we followed a candle-lit path through the woods to a great open field where a sacred fire was blazing and awaiting us. We followed our Alsherjargothi into our ritual space and participated as he led us in a passionately powerful blot to Odin. On Saturday, we gathered for an amazing ritual and honoring tribute to the Folkmother Else Christiansen by our beloved Gythia Catie Erickson. Sunday morning, we all made our way to the ritual space for one last gathering as we were led by Folkbuilder Jim Cummings in the Wayfarer's blot.





An Oathing ceremony for a true doer, Tyler Heinlein who in true form held the record for the one who drove the farthest with his lovely family from Montana all the way to Wisconsin. Hail Tyler Heinlein!



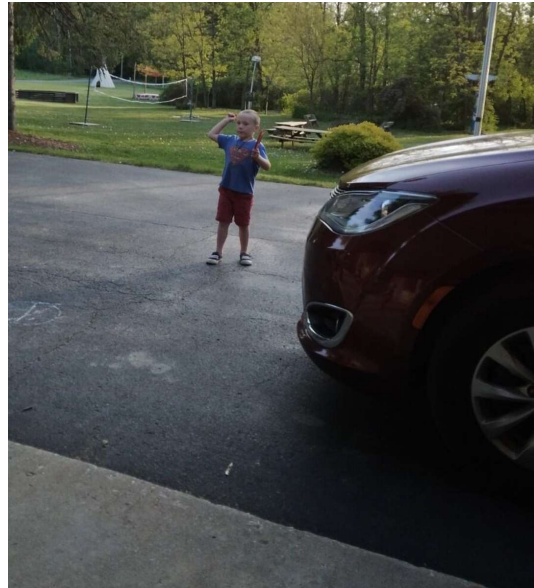
This year's Viking Games included a hammer toss, spear throw, atlatl, axe throwing, and the optional caber toss. Gythia Catie is awesomely skilled at the atlatl. This year's

winner was James Ault.



Saturday evening, Melisa Mills and James Ault tag teamed on the all the auction items that were graciously donated by our folk concluding the night with a great Sumbel.





Over the weekend gathering, I looked around at all families with tons of children laughing and playing, at the many young expectant mothers, at the older folk sharing stories, at those at their first ever AFA event and could only think that the future of our folk is secure because of these great folk, the efforts of the Folkmother and many of our heroes and the love of our folk from the AFA.





To our folk who attended the time to honor our Folkmother, Else Christiansen. We are grateful to you for taking your time to see the value in developing relationships (Frith) with our Folk, giving of yourselves time, efforts, and money to attend. This event was what it was because of all of you!

Till next year,

Hail the Folkmother!

Hail Else Christensen!

Hail the Folk!

Hail the AFA!



Folkbuilder James Ault

jault@runestone.org

Honoring Else Christensen



During the first AFA Remembrance of Else Christensen in 2021, members in Canada gathered at the resting place of Else Christensen at the same time that Gythia Anna Plourde gave blot for Else at the event in Wisconsin. Powerful connections were made and Else was honored as she hadn't been in a very long time.



In keeping with this tradition members from around the United States and the world raised a horn, held blot, or honored Else in some way at the same time that Gythia Catie Erickson performed blot here in Wisconsin.

Together with one voice, we have kept the Folkmother's memory alive and assured that she will never be forgotten!

Hail the Folk!

Hail Else Christensen!

Hail the AFA!



Folkbuilder Sara Ault

sault@runestone.org

The Artisans of the AFA Support Our Folk



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

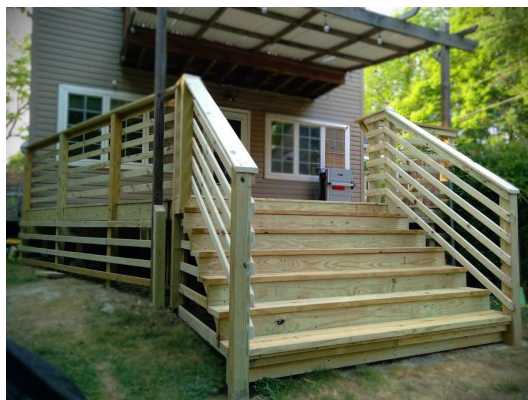
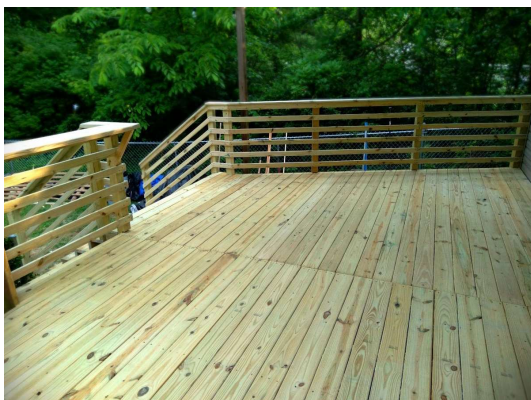


Pictures from the Dumas deck project

Handmade art to honor the ancestors and inspire the Volk.

Our work examines Truth— perhaps the most fundamental of which:

1. We are a distinct People marked with a history of heroism, courage, exploration, and conquering.
2. We have the duty and privilege to carry this torch into the future.



Blood and Honor!

Hail the Volk!

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

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

— The Celtic Craftsman



Folkbuilder Timothy Dumas
tdumas@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 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

Irish Grandmother Smoked Salmon Mousse Recipe



Every year for yule my grandmother would make smoked salmon mousse. It was always my favorite growing up. So, I decided to make an appetizer for the seniors at my work. To make it a little more special I made Irish cheddar cheese cups by putting the shredded cheddar on the skillet and forming it on a rolling pin.



Ingredients:

- 8 ounces cream cheese,
- 4 ounces smoked salmon,
- 2 tablespoons lemon juice,
- 1 teaspoon chopped fresh dill
- A pinch of salt and pepper

Michael Butler

Apprentice

mbutler@runestone.org



Mary Jane's Killer Kraut Recipe



Making sauerkraut is quite easy, and there are several ways you can do it.

Sauerkraut is a product of anaerobic fermentation. This means it must stay fully submerged in the brine throughout the process. Exposure to air could result in mold developing. Do not confuse mold with kahm yeast. Sometimes a white yeast may develop around the top of your batch, this is completely harmless. If you do not want to eat it, simply scrape it off the top. Mold has a distinct look and smell, you will know right away if your sauerkraut has developed mold.



What you will need -

- A large Mason Jar
- An air lock lid or pickle pipe
- A fermentation weight to hold the sauerkraut under the brine
- Something to pound/massage the kraut

Alternatively, you could opt out of the airlock and weight. This would require you to "burp" the jar lid each day to let out excess pressure that develops from the fermentation. This option has a much higher risk of mold because you are briefly exposing it to air each day. If you like to experiment, this is a totally viable option. I have had much success using nothing but a mason jar.

More experienced fermenters will use a crock and weights. This is an easy way to make larger batches but not necessary. A mason jar, air lock/pickle pipe and a fermentation weight are the same exact process as a large crock and weights.

The only two food items you need are salt and cabbage. The ideal ratio of salt to cabbage is 2.25 - 2.5 percent salt to cabbage. In grams this would be 2.5 grams of salt to 100 grams of cabbage.

How do I make my garlic kraut? I'm not one to follow recipes often so I do a lot of experimentation.

Depending on how big of a batch I want, I will use anywhere from 3-9 heads of cabbage. My 2 gallon crock can hold around 8-9 heads of cabbage at full capacity.

I like a mixed texture kraut, so I do a combination of shredding the cabbage (I use a large cheese grater, cabbage shredders are ideal for this texture) and chopping it up with a knife. This results in finely shredded cabbage mixed with thicker chunks.

Once I'm done chopping up a head, I will add it into a bowl and add 2-3 tablespoons salt. Lightly mix it into the cabbage to let it sit while I continue chopping up the rest of the cabbage. Salt draws out the moisture from the cabbage.

I also add 5-6 chopped up cloves of garlic per head of cabbage.
Sometimes I will add a dash of black pepper per head of cabbage.

Repeat this process for each head of cabbage you plan to use, adding it all into the same bowl/crock.

Once I am done chopping and have mixed in the salt, garlic and pepper, I use my hands to pound down the cabbage and slowly massage it. They make cabbage pounders specifically for this process. I don't have one, so I use my hands.

Thoroughly pound and massage your cabbage to draw the moisture out, this will be the brine that the cabbage remains submerged in throughout the fermentation process. Once

you have drawn enough salty liquid to fully submerged the cabbage, you are good to go.



If you are using a jar, stuff as much cabbage and brine into the jar as possible. It needs to be packed in tightly to ensure there are no air bubbles. Leave about 1.5-2 in head space and place your fermentation weight on top of the cabbage to keep it submerged in the brine. Once the weight is placed, take your air lock or pickle pipe and seal the jar.

The process is the same if you are using a crock.

The ideal length of fermentation time is 2-4 weeks. Temperature of your house will impact the speed of the fermentation. The warmer it is, the faster it will ferment.

I typically leave mine for 3-4 weeks. Taking it out too soon may result in more salty, less sour and a very firm and crunchy texture. Leaving it too long will result in a satisfactory level of sour but a very mushy texture.

There is a lot of trial and error. It's easier to do right than wrong! Have fun experimenting and happy fermenting :)

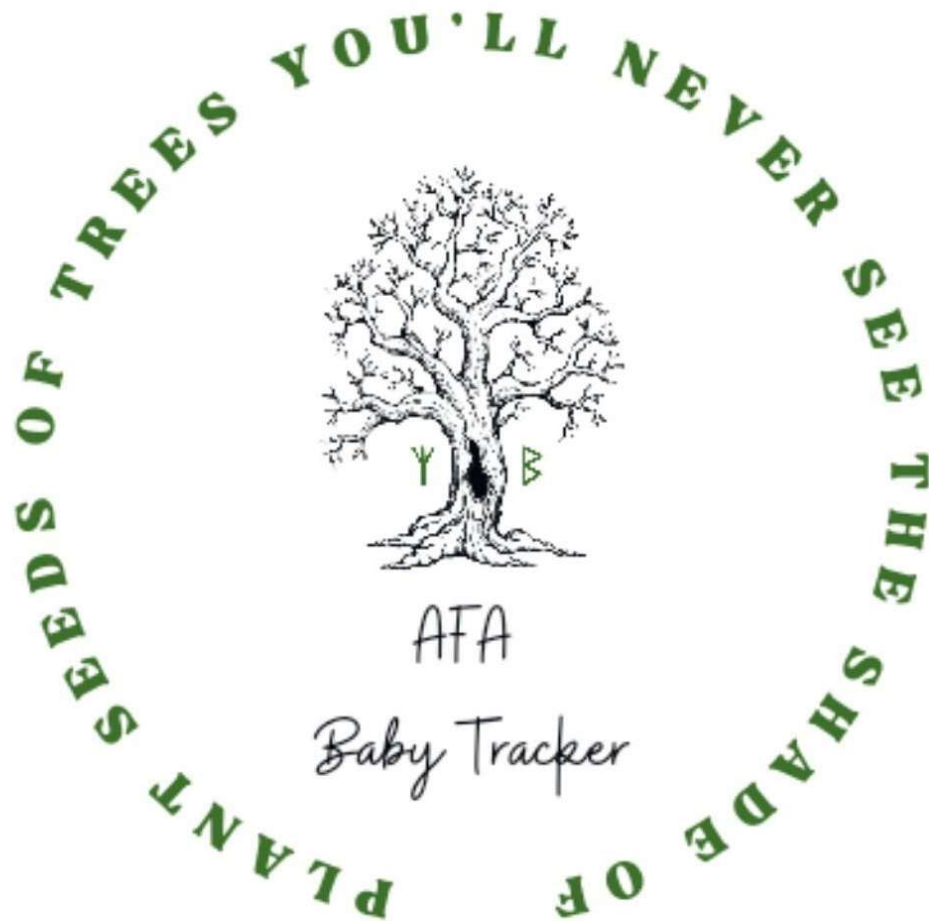
– Mary Jane, member, OH, Under Ash + Oak Kindred



Folkbuilder Timothy Dumas

tdumas@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: 12



Folkbuilder Jessica Keller
jkeller@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 me at jault@runestone.org.

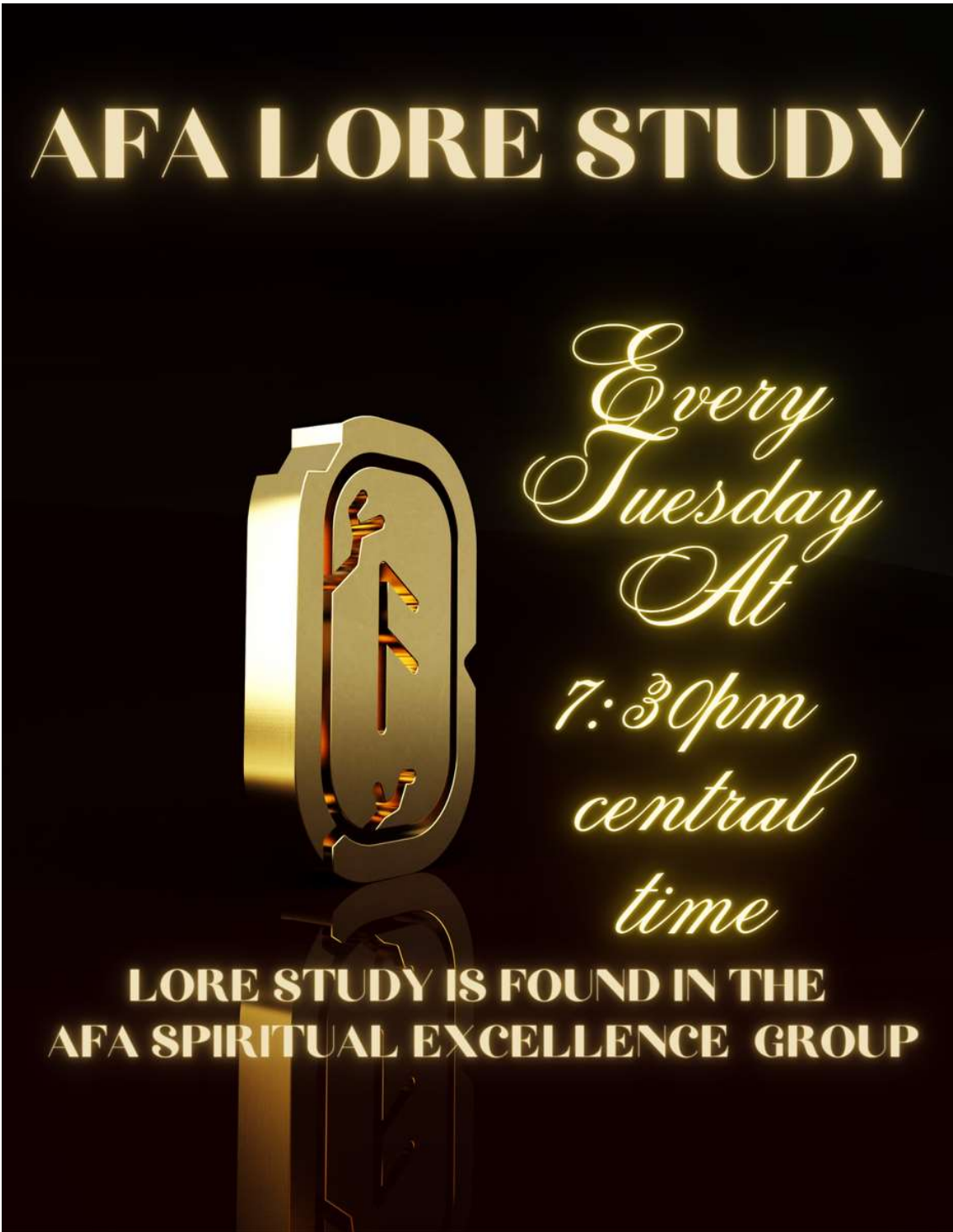


Or if you'd like to donate to this ministry, there's a donation earmark set up on our site at [Prison Ministry Fund – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/prison-ministry-fund). The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.



Folkbuilder James Ault
jault@runestone.org

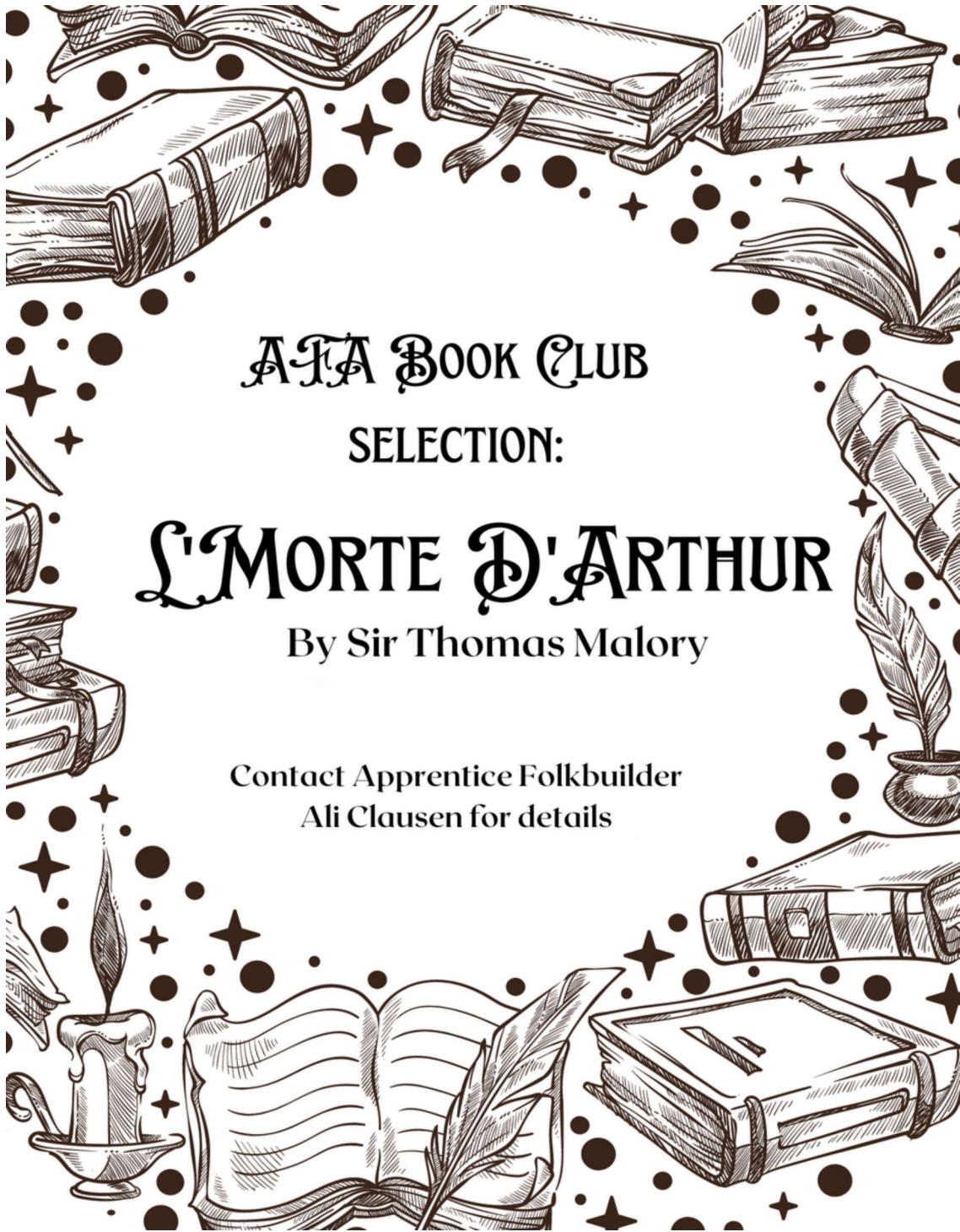
Virtual Meetings and Fun



AFA LORE STUDY

*Every
Tuesday
At
7:30pm
central
time*

**LORE STUDY IS FOUND IN THE
AFA SPIRITUAL EXCELLENCE GROUP**



AFA BOOK CLUB

SELECTION:

L' MORTE D' ARTHUR

By Sir Thomas Malory

Contact Apprentice Folkbuilder
Ali Clausen for details

Weekly! Sisters Sunday Chats

10 am central, every Sunday!

Contact Apprentice

Folkbuilders Ali Clausen

and Katie Joyner for more

details!

aclausen@runestone.org
kjoyner@runestone.org

LADIES MYSTERIES PODCAST

June 11th at 2:00 pm CST

Witan Brandy Callahan
Ond Othr and La
Kom Hem Chant

Gythia Catie Erickson
Writing Your Own History

Folkbuilder Sara Ault
Building a Vaetter House

Apprentice Folkbuilder
Ali Clauson

Contact Christine Dumas for more information
cdumas@runestone.org

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

Our opening statement: We are a group of likeminded individuals that are seeking to be our best selves and are committed to living a life of recovery. We, as a whole, follow the Asatru faith and are continuously improving ourselves for our families, our Gods, and our Folk.

Though similar to 12-step meetings, we are an independent entity that recognizes a 9-step program, adhering to the steps that fall in line with our beliefs and values. This meeting continuously goes through the 9 steps focusing on one per week. After we read each step and correlating literature, we open up the conversation for each person to share with no interruption. After we have shared, we delve deeper into meaningful conversation.

Please reach out to either Ashley or Jaclynn for more info.

Amcstocker@runestone.org | Jduffy@runestone.org.



Jaclynn Duffy
Apprentice Folkbuilder
jduffy@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, Folkbuilder Shane Duffy at sduffy@runestone.org!

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



Folkbuilder Shane Duffy
sduffy@runestone.org

Now Available in the AFA Store



We call on you Children! We call on you Men! We call on you Sisters! Folk Kom Hem!
Get your new Odinshof apparel and help our Folk to find their way home this year!

<https://runestone.org/product/odinshof-t-i/>



Folkbuilder Melisa Mills

mmills@runestone.org

Óðinshof

Food Pantry at Odinshof



We came in loaded with food this month, anticipating our usual increase of numbers. As it turned out, the splendid spring day drew people to other locations. Even our families waiting in cars mentioned it. Farmer's markets are popular events for people on a budget, so that was likely the cause.

The day started at 9 am with Folk helping set up for our food pantry—the night before was spent helping fill bags and stage everything to ensure that this event runs smoothly. By 10 am, the food pantry already had a line wrapped around the building and was creeping into the street. Our volunteers got right to work with smiling faces making conversation with the community asking them how they were doing, building bonds with the community we serve.

This month, our food source, Interfaith Food Ministry, asked us to gather information to assist with grant-writing by passing out a survey. Everyone who completed the survey received a \$25 Safeway gift card. That was a real plus for many.



For June, we're shifting our Food Pantry to the 10th because of the overlap with Midsummer at Odinshof. (Trying to coordinate with a parking lot full of cars just won't work.) The 10th is a hof-workday, and we already have about 30 filled bags left over from May. I'm glad for that, since the first few weeks of June will be busier than ever.

By the way, our volunteers—dads, moms, babies, old folks, young folks—had a blast working together. In the end, we gave food to about 40 nearby families.



Gythia Sheila McNallen
sheila@runestone.org

Holiday at Odinshof



Mayday
at
Odinshof

This month, we celebrated Mayday at Odinshof. We started the morning off with our regular Food Pantry, and after, lunch was quickly approaching so we began to get prepared to set the table outside when a group of teens came in on their own will and asked how they could help. We loaded dishes of food into their hands, directing them where to go, and they all set the lunch buffet up.

Once lunch was over, those same kids wasted no time coming back to help clean up after the meal. We then greeted the Gods, and the men and women broke off into their own groups to have their talks. The women went inside and had a teatime where we exchanged stories while we wove our mayday crowns.



Then came the call for Blot. Blot progressed and got louder and louder as shouts of "Hail Freyr" echoed the mountains. The women had come together, joining hands facing outwards from the ritual circle doing our new tradition of the "Folk Kom Hem" chant.

Blot ended and everyone filed inside, Hailing Odin as they entered. Dinner came and went, and a Sumble was held. stories were told, tears were shed, and laughs were shared before we all decided to turn in for the night and head off to bed.



After the talks were done it was time to do the maypole dance. At first it was chaotic and there was not much rhythm to it but after a few minutes we got our cadence and the pole turned out beautiful. so many smiles and laughter as we attempted to weave between one another while music was humming in the background. Once the maypole was done, everyone went their own ways to mingle amongst each other.



Folkbuilder Sierra Chapman
schapman@runestone.org

Odinshof Egg Ritual



In the time of spiritual turbulence in which we live, our Womenfolk have been busy.

Proposed by Witan Brandy Callahan (Gythia Brandy Callahan), in early March, many of our women across the nation and internationally seid-crafted some “eggs of intention” to bring home more of our Folk. This includes our men, our sisters, our children. Brandy stated that we could make additional eggs, but one would be specifically crafted with the intent of the “Folk Kom Hem” chant some of you may be familiar with. It was decided the ritual would culminate with the burning or otherwise appropriate dispersal during a May Day ritual.

Our project was discussed regularly amongst each other, and through the Ladies Mysteries podcast (put on by Witan Callahan (Gythia Callahan), Folkbuilders Sara Ault and Christine Dumas and more).

After a few months of nesting my eggs, I brought my eggs to the Odinshof May Day event.

I made sure to discuss with Matt and Sheila when it would be appropriate to toss them in the fire.

While we were blessing the mead and offering horns, our women gathered around me and blessed my eggs as well. I could feel the energy from them, connecting into the eggs, and then into me.

As usual, it was a very charged Blot. I waited until all of the horns had been passed around the circle. When Matt was beating the drum and Hailing Freyr I waited for him to pass me, then dropped my eggs one by one into the ritual fire where they burst. As soon as I dropped them in it was as if a huge weight, I had been carrying left me. Afterwards, us women circled around the fire, facing outward and holding hands. We chanted the “Folk Kom Hem” 3 times, from a mutter to a shout, and I feel that we were heard.

I slept like a baby Saturday night. I think in a way I'm still recovering from sharing and releasing all of that energy. I am just so grateful to have been a part of this ritual, and to be a part of Odinshof's Folk.

– Journey Jones, Member, CA

Upcoming Events at Odinshof



8408 La Porte Road, Brownsville, CA 95919

If you haven't confirmed until now, please let one of our Folkbuilders know!

Registration: [Midsummer at Odinshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/midsummer-at-odinshof-asatru-folk-assembly)

Weather

The forecast is for a high of 90, low around 60. It will be cool at night so bring sweaters, hoodies, etc – or plan to buy one!

CAMPERS

We have portable toilets with a washing station, and private hot showers outdoors. There is a women's and men's restroom indoors. You need to bring your own camping equipment if possible. We have a limited number of sleeping bags and tents to loan. It will get chilly at night! Other items needed: toiletries, towels. The moon phase is NO MOON, so it will be dark. Bring flashlights!

CURFEW

Out of respect for our neighbors and fellow campers, a noise curfew will be enforced this year. If you plan to stay up the music turns off and voices come way down at

MIDNIGHT. We also would like to remind everyone that this is the Hall of the High One so keeping our conversations respectful and honorable is of utmost importance at Odinshof.

CLOTHING

We should always *Be Our Best* and bring honor to our Folk and Gods.

This is a spiritual event; not a political one. Keep that in mind when choosing your clothing. Bring nice clothes for rituals. Ladies are encouraged (but not required) to wear white on Saturday as well. Bring a warm jacket or sweater for nighttime. (We do have a ladies' and men's changing area indoors.)

FOOD/MEALS

If you are on a special diet or have a food allergy, we will try to accommodate, but you need to have back-up as well. There is a grocery store (Gold Eagle Market) and a Dollar General in the town. In an attempt to make less waste we encourage everyone to bring a mug or favorite cup for coffee and all other drinks.

FOLDING CHAIRS, BEVERAGES, AND ICE CHESTS

There's limited outdoor seating, so bring a folding chair if you can. Coffee, lemonade, and iced tea will be available. You will need to provide your own alcoholic beverages and drink in moderation since this is a family event. **No hard liquor, please.** Due to limited refrigeration, we cannot allow use of our refrigerators for personal foods so bring your own ice chest.

CAMPFIRES/SMOKING

Due to fire danger, there are designated places for smoking and discarding cigarette butts. No fires will be allowed in our camping area. You do not need to bring a BBQ.

DOGS

Dogs must be well-behaved and leashed at all times. Owners are 100% responsible and must clean up after their pet. Bringing doggy bags is a great idea or ask us for one if needed.

LOST & FOUND BOX – Mark things with your name!

We already have items from past events. If you lose something, it will go in that box so check it before leaving Odinshof.

CHECK-IN

Everyone is expected to check in at the registration table. There will be a volunteer signup sheet. Wear the wristband that will be given to you. We'll have name tags for

both children and adults.

FIRST AID/MEDICAL SUPPORT

We will have designated people on hand who can help in case of injury or illness. A First Aid Kit has been replenished with supplies. If you have a serious medical condition or allergy, let us know! We are about 35 minutes from the closest emergency room.

Warning: there is poison oak so be careful where you walk or place your sleeping bag. Learn how to identify it.

CHILDREN

We are doing our best to plan for the large number of children who are attending. Please talk about “good behavior” and being respectful of Oðinshof, its grounds, and the adults and children who will be with us. Ultimately, you are responsible for your child. Set your own limits and rules to make sure everyone has a good time and remains safe. We will step-in, if necessary, for the safety of everyone. If your child is crying or being disruptive during ritual, we ask you please to remove yourselves, so others aren't distracted.

We ask ALL parents to volunteer in our children's “Kinderheim” area. There will be books, games, and art materials ready for your use.

AUCTION

A special “auction table” will be set up to display wares. This is our big fundraiser for Oðinshof repairs and expenses for the whole year. Please participate any way you can.

VENDORS

If you want to set up a table to sell items, let us know in advance, and plan to donate an item for our auction. Thank you!

PAYMENTS

Payments for registration, purchases, or auction and raffle items can be made using cash, a bank card, or a check.

CONTACTS:

Sheila McNallen: sheila@runestone.org 530-575-8692 (text)

Ashley Stockton: astockton@runestone.org 707-800-5333

Both are on MeWe & Facebook

Leadership

Goðar

Alsherjargothi Matt Flavel	mattflavel@runestone.org
Gythia Sheila McNallen	sheila@runestone.org
Gothi Joseph Rozanek	jrozanek@runestone.org
Gothi Thorgrun Odden	todden@runestone.org

Oðinshof Leaders
June 2023

Folkbuilders

Sam Ramsey (AZ)	sramsey@runestone.org
Ashley Stockton (CA)	astockton@runestone.org
Sierra Chapman (CA)	schapman@runestone.org
Ryan Harlan (MT)	rharlan@runestone.org
Mason Johnson (WA)	mjohnson@runestone.org
Tyler Heinlein (MT)	theinlein@runestone.org

HOF MANAGER	Marc MacLeod	macleod881@yahoo.com
HOF STEWARD	Dan Odom	daniel.odom101@hotmail.com

Apprentice Folkbuilders

Lou Nickerson (AZ)	lnickerson@runestone.org	James McDaniel (OR)	jmcdaniel@runestone.org
Travis Bowdish (CO)	tbowdish@runestone.org	Bethany Valentine (UT)	bvalentine@runestone.org
Nicholas Salo (CO)	nsalo@runestone.org	Angelina Stone (CA)	astone@runestone.org
Olivia Sutherland (CA)	osutherland@runestone.org		

Arizona

A Brief Look at Anglo-Saxon Spirituality and Religion



In a previous article, we looked at the history of the Anglo-Saxon migrations into Britain, and their rise to dominance of much of Britain. To recap, a collection of Germanic tribes who maintained troth with our Gods and followed a religion that we would recognize as Asatru swept into eastern and southern Britain from what we would call Denmark and Northern Germany. The local population, known as the Britons (a Celtic people also descended from the Aryans), resisted at first, but the Christian religion of the urban and upper-class Britons, still unpopular in the countryside, was eventually set aside by many, and Anglo-Saxon Britain was a place that honored our Gods. In the cases where Britons married Anglo-Saxons, we have evidence that Asatru was the religion of these new couples, not the Christianity of the Roman Britain urban centers.



Unfortunately for students of the past, as well as descendants of Anglo-Saxons wanting to revive an ethnic, ancestral religion, the Anglo-Saxons did not leave behind very much useful written information regarding the details of their faith. However, using techniques borrowed from archaeologists, we will get to work uncovering who the Anglo-Saxons primarily sacrificed to and viewed as most important to their culture. In the lack of other evidence, archaeologists often use place names when they are available to understand the ancient names of places which have not changed in many, many centuries. By using these place names, we can come to a greater understanding of the Anglo-Saxon belief system. One thing immediately becomes clear in the place name analysis: Woden is the primary God honored by the Anglo-Saxon people, and historians have identified Woden as a direct equivalent of the Scandinavian Odin and German Wotan. There are numerous towns throughout England named after Woden, including Woodnesborough in Kent, Wembury in Devon and Wednesbury in the West Midlands. Many more towns are named after Odin's epithet Grim, such as Grimsby in Lincolnshire. Next to Woden, the most attested Anglo-Saxon God is Thunor, a direct equivalent to Thor in Scandinavia and Donar in Germany. Thunor, too has many places in England dedicated to him, including Thursley in Surrey and Thundersley in Essex. The English word thunder is also just the name of the God Thunor after the word morphed into its Modern English form. Tiw (the Anglo-Saxon rendition of Tyr) was also extensively honored, and Tysoe in Warwickshire is an example of a town named for him. Frig (spelled in Scandinavia as Frigg) was also extensively honored from other circumstantial evidence that we have. The place name analysis can be confirmed by our days of the week, which are direct descendants of the Anglo-Saxon days of the week.

Tuesday, Wednesday, Thursday, and Friday honor Tiw, Woden, Thunor, and Frig respectively.

In addition to the main deities listed above, the Anglo-Saxons honored Ingvi Frey, usually referred to in England as Ing, the dawn Goddess Eostre, who had her own spring festival that continued into Christian times and to the present day (in modern English, Easter, in German, Ostara), and Seaxneat, a specific God of the Saxon people through whom the Anglo-Saxon kings descended according to their own genealogies. Another resource that we have to look at Anglo-Saxon religious practices which I personally enjoy referring to is the Anglo-Saxon calendar of months. The names of the months have survived by being written down, and they give us an interesting window into not only the spiritual practices of the Anglo-Saxons, but also everyday life as well. September was known as Holy Month (Halig-monath) by the Anglo-Saxons. Bede, an Anglo-Saxon monk wrote about the months in a book, *The Reckoning of Time*, written 725, and related that Holy Month was a time of sacrifice to the Gods. November was known as Blót Month, or Blot-monath, possibly because this was when herds would have been culled in preparation for winter, and great sacrifices performed. Yule and Midsummer received mention in two months each, the equivalent of our December and January, and June and July, respectively. The names translate to Before Yule, After Yule, and Before Litha, and After Litha. Litha was, at least according to Bede's work, the name of the Anglo-Saxon Midsummer and may have had something to do with calm waters locally during that time of year. Currently, we are in the Anglo-Saxon month of Aerra Litha. Midsummer is approaching soon and I hope to see you at Midsummer at Odinhof!



Burials were an important practice in England prior to Christianization. The barrows of the Anglo-Saxons, like earlier barrows of the Aryan conquerors and settlers of Britain c. 2500 BCE, were round. Iron Age Britons, by contrast, adopted square barrows. Ship burials were a rarely found burial practice of wealthy Anglo-Saxon kings, but there is a clear and direct analogy to ship burials in Scandinavia and the similarity between the practices underlines the similarities in religious and spiritual belief between the two regions. The Sutton Hoo ship burial (c. 625 CE) is the most famous archaeological find of an Anglo-Saxon ship burial, and from this find we have the one artifact which people associate most with the Anglo-Saxons, the Sutton Hoo helmet, which was buried with its wearer as a grave good. By looking at the Anglo-Saxons, my goal is not to try to form a reconstructionist society of Anglo-Saxon practices that wastes time worrying about minute historical details! Instead, my goal is to remind people that our direct ancestors approve of what we are doing and practiced the same faith themselves.



The vast majority of the Asatru Folk Assembly has either some Anglo-Saxon ancestry, a majority or even nearly 100% Anglo-Saxon ancestry! Buried within our genetics lies a tribal consciousness, and a connection to the Gods of our ancestors. By giving blot to our Gods, we are not only maintaining troth with our own Gods, but also of the Gods of our ancestors prior to their conversion to Christianity. I think a valuable exercise to try is to do blot, and while the blot is being performed, visualize in your mind's eye your ancestors giving blot to the same Gods, over a thousand years in the past. You might be able to feel the power of your ancestors running into you like a conduit in this moment. Close your eyes and picture how similar our ancestors might have looked as they gave blot to our Gods. By drawing on the power contained within our own ancestry, and by

letting ourselves feel our ancestors guiding us, we strengthen ourselves and move forward toward Victory.



By looking at the Anglo-Saxons, my goal is not to try to form a reconstructionist society of Anglo-Saxon practices that wastes time worrying about minute historical details! Instead, my goal is to remind people that our direct ancestors approve of what we are doing and practiced the same faith themselves. The vast majority of the Asatru Folk Assembly has either some Anglo-Saxon ancestry, a majority or even nearly 100% Anglo-Saxon ancestry! Buried within our genetics lies a tribal consciousness, and a

connection to the Gods of our ancestors. By giving blot to our Gods, we are not only maintaining troth with our own Gods, but also of the Gods of our ancestors prior to their conversion to Christianity. I think a valuable exercise to try is to do blot, and while the blot is being performed, visualize in your mind's eye your ancestors giving blot to the same Gods, over a thousand years in the past. You might be able to feel the power of your ancestors running into you like a conduit in this moment. Close your eyes and picture how similar our ancestors might have looked as they gave blot to our Gods. By drawing on the power contained within our own ancestry, and by letting ourselves feel our ancestors guiding us, we strengthen ourselves and move forward toward Victory.



Lou Nickerson
Apprentice Folkbuilder
lnickerson@runestone.org

California

Introduction



I would like to introduce myself. My name is Angelina Stone. I am from Manteca, CA of Odinshof district. I am currently using my GI Bill to go back to college for Cybersecurity. I have been a member of the AFA since November 2020. I discovered the AFA through two sources. First, It happened through Brandon, who started to tell

me about the AFA. I didn't quite get it, but when I was invited to the Shelton's wedding to be a plus one for my little sister, I got to see an Asatru wedding for the first time. It was beautiful and unlike anything I had ever seen before. There, I got to speak with both Sheila and Stephen. It didn't take long after that for the pieces to connect and everything to just fall into place.

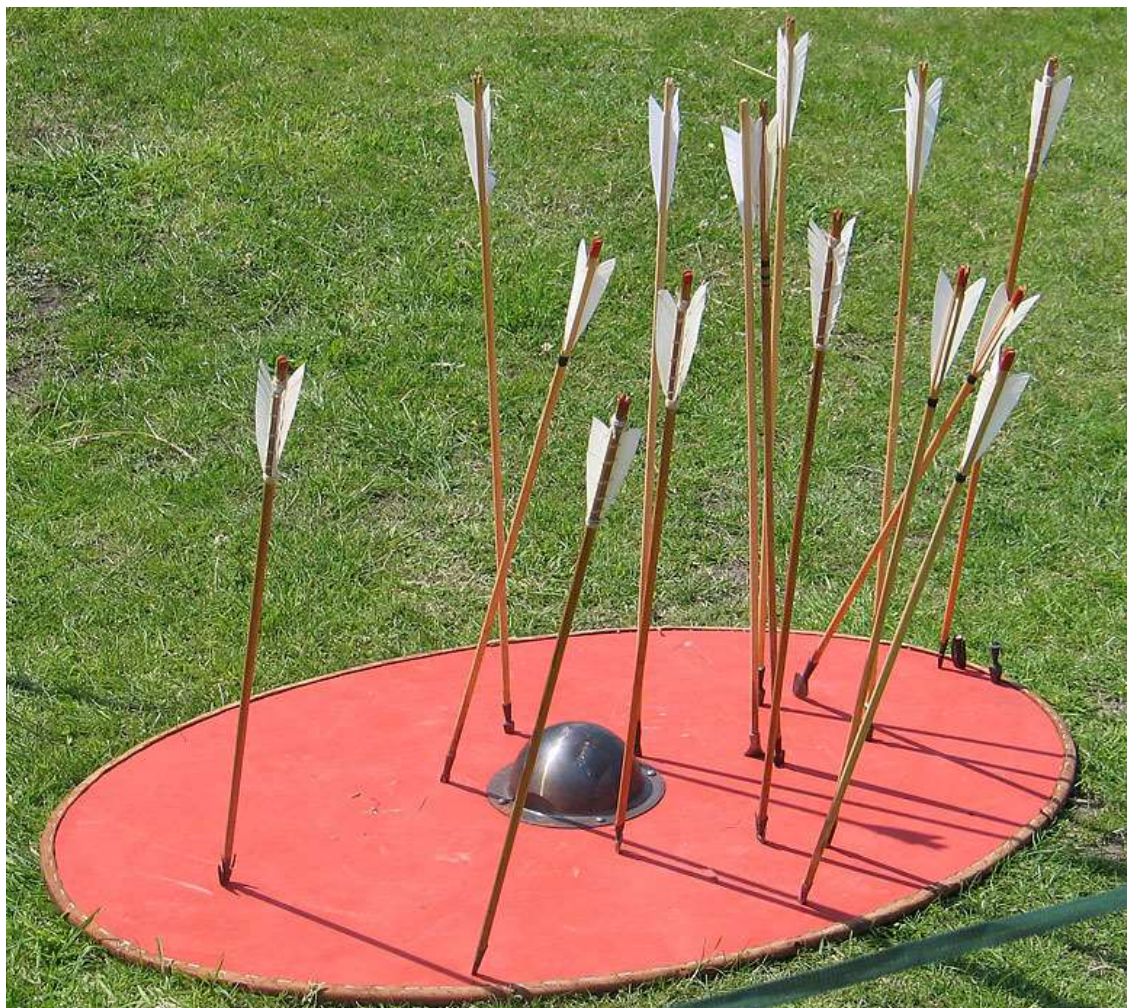


Brandon and I have 3 beautiful children: Ellie, Orion, and Keegan. I am so happy to have found the AFA, for a place for my kids to grow and learn about our ancestors, our traditions, and to be proud of who they are. We try to attend the hof as much as we can, and when we do, the kids always have such a wonderful time with their friends. We have also met so many amazing individuals that I could not imagine my life without the AFA.



Angelina Stone
Apprentice Folkbuilder
astone@runestone.org

How Plants Have Been Used to Make Traditional Weapons



Weapons have been a part of human history since ancient times and have altered the course of civilization through their effectiveness in battle and hunting. But before the advent of modern technology, people needed to rely on a multitude of plant species to create such useful weapons.

Throughout history, humans have found countless uses for plants to aid in their survival and support the growth of their societies. Those plant uses took many forms, one of which was to create effective weaponry that would be useful in battle or while hunting. The tradition of using plants as raw materials for weapon creation is common throughout the world. There are numerous plant species that have contributed to this effort.

For example, the plant known as *Viburnum dentatum* is not only an incredibly attractive flowering shrub, it also proved quite useful to North American hunters and warriors. This plant goes by the common name arrowwood for a good reason. This plant grows multiple stems from its base, each of which is perfectly straight. Since those stems had minimal curves and bends it made them ideal for creating arrows.

Arrows are not a weapon exclusive to North America. In fact, many cultures have relied on arrows for hunting and fighting for centuries. While arrows are an amazingly efficient projectile, they are essentially useless without a bow to launch them. Fortunately for traditional weapon makers, it's possible to use plants to make powerful bows as well. The most famous example of using plants to make bows came from medieval Europe. During that period, the English were known for making longbows from the wood of *Taxus baccata*, or English yew. A tree with much significance in our lore being the direct meaning of the rune Eihwaz and ties to the God Ullr. The heartwood and sapwood of the yew tree can withstand significant compression and tension, making them the best option for bow-making at the time. That single development of creating longbows from yew trees gave the English a significant advantage during many historic battles against opponents who made bows from less-suitable woods.

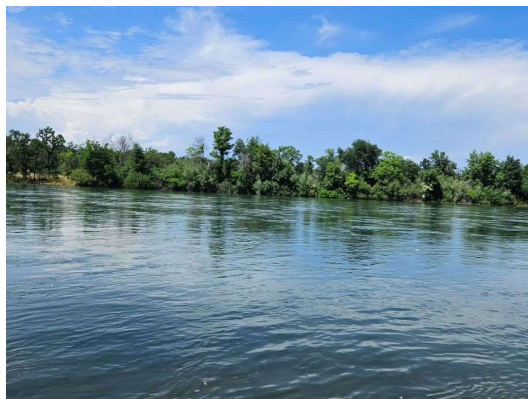


Another intriguing use of plants as a form of weaponry took place in Scotland. A Scottish legend suggests that the Scottish thistle plant once acted as an effective form of barbed wire. The story goes that a group of Vikings planned to attack a group of Scots while they were sleeping at night. However, before the ambush could occur, one of the Vikings stepped on the pointed thorns of a thistle plant and shouted out in pain. The sound of his voice awakened the Scots and saved them from the attack. Based on that legend and other uses, the thistle plant remains a prominent symbol of Scotland to this day.



Humanity has a long tradition of creating and improving its weapons to become more effective while hunting or fighting on the battlefield. Many of the most reliable traditional weapons came from the raw materials plants produce. Those plants are all unique and have different origins, but each one holds an important place in human history and military development.

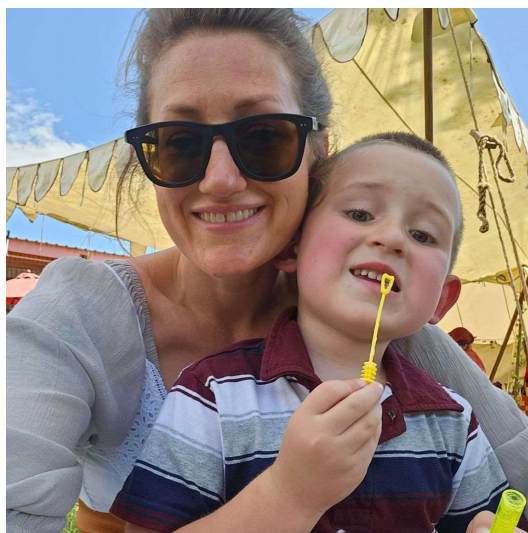
Shasta Caverns Moot and Picnic



This month was my long-awaited Shasta Caverns moot! Originally this Moot was planned for almost a year ago, but the weather put a stop to that. Set for the month of May in beautiful Shasta County, the caverns sit on the northside of Lake Shasta, which happens to be full again after this year's rainfall!

I had major surgery one week before the moot but thought little about it affecting my attendance, so I kept the date and moved forward with invitations. Unfortunately, 2 days before the scheduled meet-up I had complications with my surgery and was advised not to travel into the Caverns so far from any emergency services.

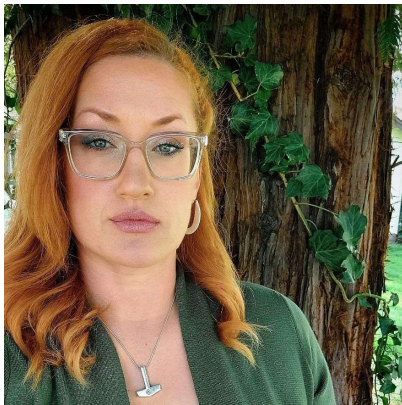
Making the best of it, I told all attendees to enjoy the trip and meet up afterwards in Anderson River Park for a picnic where I brought food, chairs, shade and floaties and we were able to relax and enjoy each other's company.





The following day, our friends The Sutherland's and my family attended the Shasta Renaissance festival for another impromptu Moot where we had an amazing time watching jugglers, holding hawks, eating giant turkey legs, watching battles and listening to Minstrels.

I will be able to visit the caverns any day but whenever I get to spend leisurely time with my Folk is always a good day to me!



Folkbuilder Ashley Stockton
astockton@runestone.org

Lake Shasta Caverns Moot



Fourteen of us made the excursion to this cave system in a mountain overlooking Shasta Lake. Combining a boat ride and a bus ride, friendly docents, and a trek through meandering passages worthy of Indiana Jones, this was a great value for the money. No matter what we looked at, the scene was vibrant. If you're looking for a "bucket list" adventure, this is a good one. Be advised to wear sturdy shoes and know you'll be climbing hundreds of stairs up through the mountain, and down the mountain!





The rest of the day was spent on a grassy hill by the Sacramento River where Ashley and Michael had a picnic area set up for us. The Sutherland children and their dog were in constant motion all afternoon. No one wanted to leave, but when the sky darkened with storm clouds, it was time for us to head home. We took home a basketful of great memories.



Gythia Sheila McNallen

sheila@runestone.org

Colorado

Bowling Moot

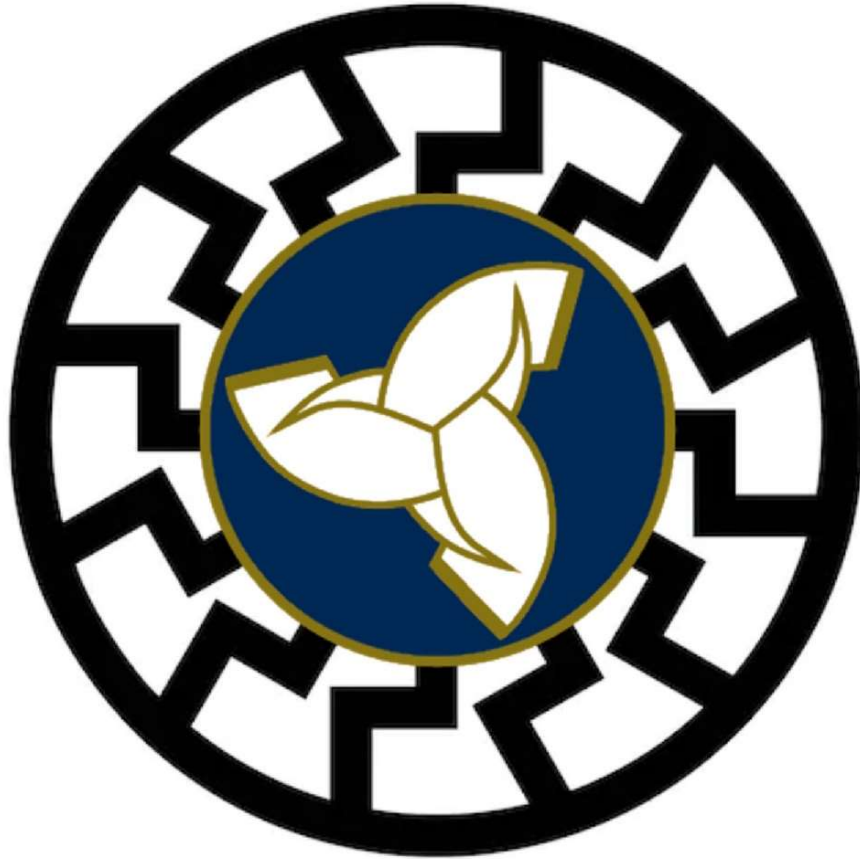


We had a great time bowling together and met a couple new to the AFA. We shared some drinks and snacks while waiting for a lane to open. There were definitely no pros amongst us, however we enjoyed each other's company and competition.

Afterwards we went to my home to enjoy a nice meal, more conversations and bond building. We all planned for upcoming events, and learned one of our new members has a forge and is an aspiring blacksmith!

Building Fame

Fame



I want to talk to you about the importance of building fame within our community. When we talk about fame, we're not referring to fame in the traditional sense of being famous for the sake of being famous. Instead, we're talking about building a reputation, a legacy, and a lasting impact within our community and beyond.

Fame within the AFA means having a positive reputation for living up to our values and beliefs. It means that we are recognized for our commitment to our traditions, our ancestors, and the gods we worship. It means that we are respected and admired by others who share our beliefs, as well as those who may not. But why is building fame so important within our community? There are several reasons why we should strive to build fame:

Firstly, fame helps to bring attention to our beliefs and traditions. By building a reputation for ourselves, we can attract others who are seeking a spiritual path that is in alignment with their own values and beliefs. As we grow in fame, more people will hear about us, and we will have a greater opportunity to share our message with the world.

Secondly, fame helps to build a strong and resilient community. When we have a positive reputation, others will be more likely to want to join us, and we will have a larger pool of members to draw from. This will help us to build a community that is supportive, and enduring.

Thirdly, fame helps us to achieve our goals. As members of the AFA, our ultimate goal is to honor our ancestors and the gods. By building fame, we can achieve this goal more effectively, by spreading our message, educating others about our traditions, and making a positive impact on the world.

Finally, fame helps to ensure the longevity of our community. As our reputation grows, we will become a more established and recognized organization. This will help us to secure resources, funding, and support, which will help us to continue our work for generations to come.

Building fame within the AFA is essential if we want to achieve our goals and make a positive impact on the world. By living up to our values, sharing our message, and building a strong and resilient community, we can ensure that our traditions endure for generations to come.



Travis Bowdish
Apprentice Folkbuilder
tbowdish@runestone.org

Idaho

Prepping for Midsummer



This June the main event will be the midsummer festival at the Hof in California, but there is a Midsummer meeting here in St. Maries, Idaho if you cannot participate.

Contact me for details if you would like to attend. It is up to us to create a community where one does not exist, if there is nothing going on in your area make something happen! We are a tribal people and gathering with like-minded individuals to honor our holy ancestors is spiritually refreshing and will help you in your day-to-day battles of life.

Upcoming Events





Gothi Joe Rozanek
jrozanek@runestone.org

Montana

Oathing



So much of what I and my kindred do is to prepare for the future. We plan for the success of ourselves and our children whether it's building skills or gathering land.

We are striving to improve every day and over time we can see results that are in stark contrast to our origin. While this is proof of the merit of our efforts, we often see little immediate signs of success.

However, when we do, they are usually quite significant. Sometimes they're the closing on a piece of land, sometimes the birth of a child but they're always very specific and life altering events.

I had the honor of one such life altering milestone the last weekend of May.



We traveled a little less than 1400 miles to join the folk at Elsefest where James and Sara Ault hosted a wonderful event honoring the folk mother. Throughout the weekend I was able to take the time and get one on one time with every attendee and really get to know Baldr's hof folk. The blots were profound and the Sumble had a very tangible energy.

After Elseblot and a group picture, I was given the opportunity to take my oath as a folkbuilder. I had been working towards this goal roughly two months after joining the Asatru Folk Assembly.



When I started out as an apprentice folkbuilder I didn't have a strong understanding of the real effects I could have but it didn't take long before I saw what other leadership was accomplishing. It was energizing and pushed me to make a difference. So, when the opportunity to build the Couer D'Alene area back up came, I jumped on it. There is

now an established Kindred out there and it fills me with pride to have put two Kindred flags into the hofs. Every day I have some folkbuilder related activity and I really do enjoy doing it. So, thank you all for the time we've spent in Frith and know that I'm incredibly honored to be able to have taken this oath and will live up to it.



Folkbuilder Tyler Heinlein
theinlein@runestone.org

Montana May



Spring finally decided to show up here in the Treasure State, and as glad as we are, I can't say I'm entirely ready for the warmer weather. Luckily, it's not warming up too fast! Things are greening up and growing quickly, and soon things will dry out, gentle rainstorms will change to more frequent thunderstorms, lightning, and fires. Best to enjoy what we have while we have it!



On Saturday, May 6th, we celebrated May Day. With a planned attendance greater than initially expected, we were worried about having enough room for everyone, but it worked out perfectly. We gathered at the MacDonald residence here in Birdseye, MT. The women and children crafted wreaths of flowers to adorn their heads, while the men gathered near the BBQ to talk and bond in the wafting smoke of searing meat. Plenty of deep (and not so deep) discussion was held.



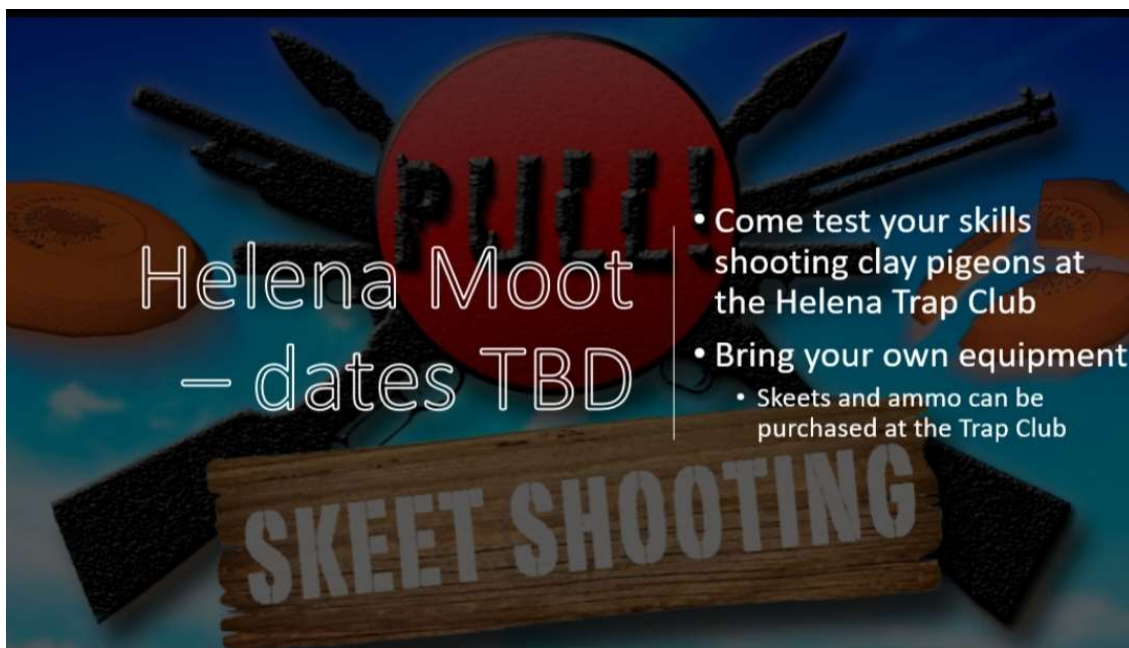
The sounds of children playing games of hide and seek, and wild imaginations running free, giggling and laughter filled the air. A May Pole was erected, and all grabbed a ribbon to dance. After a couple of practices, some instruction, and quite a bit of laughter, we had it down, and wove the ribbon around the pole, with myself ending up

tied to it. A Blót to Freyr was held, and gifts of fertility for the entirety of our folk were asked for, as we poured ourselves, our might, and our troth out to Ingvi.



For Óðin World Prayer Day on May 9th, we gathered at the Harlan residence, and gave Blot to the Allfather. Libations were poured out at our God Pole, and thanks given for the wisdom we receive, and the fortitude to face the challenges that confront us. On May 20th, a kindred dinner and Rune study was held. Plans for future events were made, and as usual around here, plenty of good conversation was had late into the evening.

Upcoming Events





Helena Highland Games
July 15th from 9a -7p

Contact Folkbuilder
Ryan Harlan
for more info

rharlan@runestone.org



THE RINGING ROCKS

Come Camp with us!
July 28th-30th

RSVP w/ Folkbuilder
Ryan Harlan
rharlan@runestone.org

June 17th-19th, Midsummer Campout

July 15th, Helena Highland Games

July 28th, Ringing Rocks Campout

TBD, Helena Trap/Skeet shoot

Other things:

Ryan Harlan celebrated his 40th birthday on May 22nd with family and friends.

Folkbuilder Ryan Harlan

rharlan@runestone.org



Nevada

We Tried...



Our May Dinner was cancelled because no one was able to attend and our Dinner scheduled for June 3rd was cancelled because Mandy was sick.

Life happens that way sometimes but we press on. Stay tuned for our July Dinner, I look forward to a great meal with great folks.

Matthew D. Flavel



Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

Washington

Pacific North West Moot



This month our Local members gathered to celebrate may day and host a Blót to the God Freyr. The following excerpt is from a new member who attended our gathering:

"I went to my first May Day moot. This was my second meet up with this Odinshof group and the meet up was full of activities and great conversations. There was a campfire where live music was played by two of the members. There was a variety of activities like: volleyball, frisbee, and even throwing axes. The men and the boys were having boxing competitions. Also, there was a good hour of bench pressing for maxes. One guy, Thomas, bench pressed 405. A few others were benching in the 300s. Mine

was barely 200. I gotta work on that.

I found out through some conversations with the womenfolk that the AFA has a home school option for K-3rd grade called [the Asatru Academy]. My wife and I were planning on home schooling our young children, so that was truly inspiring that such a program exists.



Our blót was to Freyr, the god of fertility. I didn't know much about Freyr going into it, but I have a new appreciation for him as a folk god. Apparently, the May Pole is also a phallic. When I suggested trimming down the May Pole so we had more ribbon to work with, a guy name T, told me it was a phallic symbol of our people, we can't cut it. I thought that was both very informative, I laughed at the fact that I didn't know that.

We had a great time spinning around the May Pole because we struggled. It frustrated some that we weren't getting the weave right, and others just said, 'screw it, let's just do our best.' It was fun.

By the end of it, I had a good conversation about all my family being Christians, and a

lady named Rachel suggested that I just stick to the 9 noble virtues, and they'll come around to Asatru. I appreciated my time there. I'll bring my kids next time." – Jak Kessler



This weekend's event was a powerful experience, and we look forward to more Folk joining us for future opportunities to celebrate our Gods and Ancestral Folk ways.

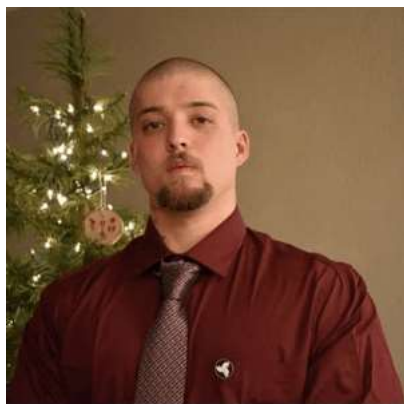
If you are in the PNW or planning a visit reach out to me @ mjohnson@runestone.org or check out Odinshof.org for upcoming events.

We look forward to welcoming interested new Folk and anyone who may be passing through in the near future.

HAIL THE GODS!

HAIL THE ANCESTORS!

HAIL THE AFA!



Folkbuilder Mason Johnson

mjohnson@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



Copyright © *2020* Asatru Folk Assembly, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

