

The Runestone: Voice of the Asatru Folk Assembly





## Óðinshof

### First Hof of the Asatru Folk Assembly

[www.odinshof.org](http://www.odinshof.org)

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## Donate to the AFA

# Words from the Alsherjargothi



"We are our deeds."

These simple words mean everything. Thoughts and theories, beliefs and ideas are great but if those things don't manifest into ACTIONS, they are worthless. Asatru is real when lived!

That is what we do in the AFA, we LIVE Asatru....and we live it together.

Seeing all the amazing things we have going on makes me so proud to be a part of this. Our first year of the Asatru Academy Home School is coming to a close soon as an amazing success. We have 4 hofs hosting worship services every month as well as food pantries, feeding our neighbors in need. And, as you will see in this issue, we have progress at Sigrheim, the first AFA intentional community!

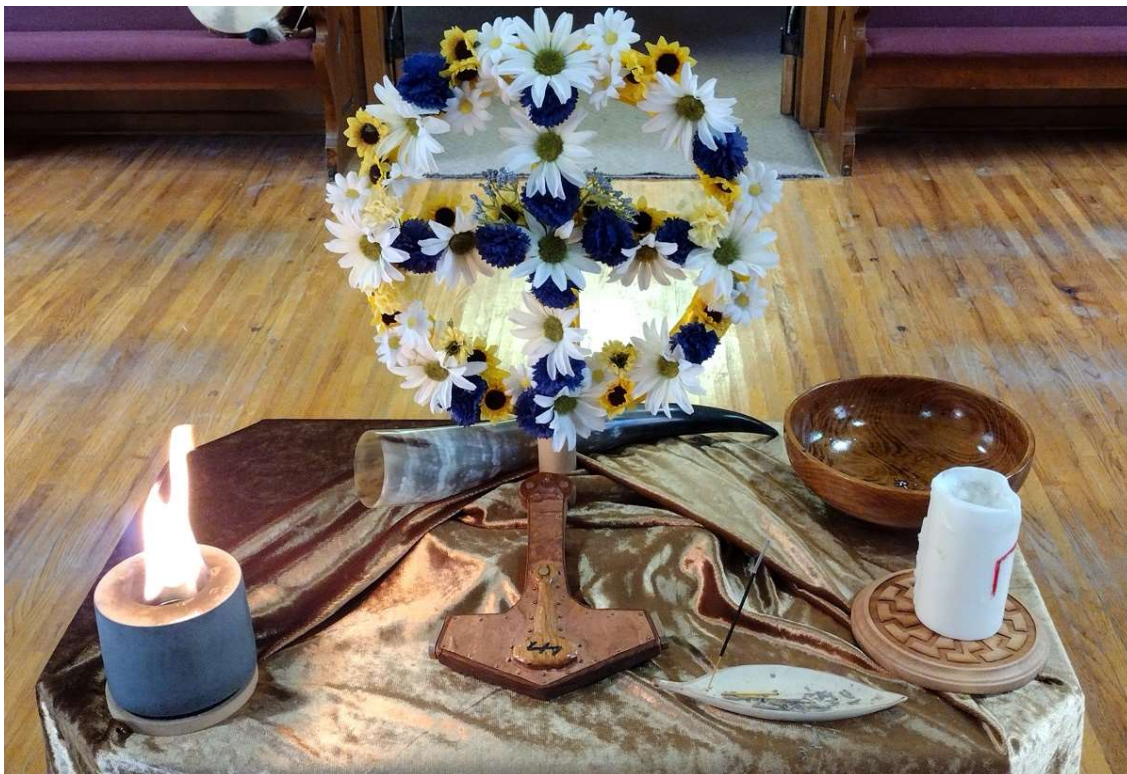
What a time to be alive! What a time to be in the Asatru Folk Assembly!



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

## Words From Our Witan

*May Day*



### *FREYRBLÓT*

“Hail the Holy Æsir, Gods and Goddesses of our Folk! We ask you to join us today as we honor your kin!

Hail the Æsir!

Hail to the Honored Ancestors, Mothers and Fathers as far back as time remembers! We ask you to join your sons and daughters gathered here!

Hail the Ancestors!

Hail the Friendly Vaetter, spirits of this land and place! We ask you to look upon us in worship, see our deeds!

Hail the Vaetter!

Hail Freyr!

We ask you to join us here,

Witness our devotion,

Hear our praise,

Receive our gifts!

Folk, prepare your gifts for Freyr. From your heart to your hand, and from your hand to

the horn, give the best and brightest of yourselves to him.

Ask your hornbearer to collect the gifts of the Folk

“Freyr! The horn is heavy with the gifts of your Folk.  
If you find them worthy, take them from us now.  
Hail Freyr!”

Hold the horn high and await the acceptance of Freyr.  
Pour the gifts into the bowl.  
Refill the horn.

“Freyr,  
We have given you our gifts.  
We have offered you our love,  
We have offered you our praise,  
Our strength, our energy,  
Pieces of the best of ourselves.  
We ask, should you to bless the gathered Folk.  
For the fertility of our fields,  
And for the fertility of our women.  
May we be blessed with prosperity and good health.  
May our animals, our crops, and our children grow healthy and strong.  
May the storms we face as Folk be mild. May we weather them with our heads held  
high,  
With courage and with dignity.  
May the summer rains nourish our lands  
and may your gifts nourish our souls.  
Hail Freyr!”

Receive the gifts of Freyr. Walk the horn around the circle of gathered folk and offer  
them the gifts of Freyja.

Pour remaining mead from the horn in the bowl.

“This blot has ended.  
We have given our gifts and received gifts in return.  
Take with you, and into your homes, the blessings of Freyr.  
Go forward with passion, with strength, and achieve the victory that awaits you!  
Hail the Gods!

Hail the Folk!!  
Hail the AFA!!!”



*THE MAYPOLE DANCE*

May Day celebrations are not complete without a May Pole! The May Pole itself is a fertility symbol, with the pole representing a strong masculine energy. The feminine is

represented by the beautiful flora decorated crown and the ribbons that wrapped around the pole during the maypole dance.

Following Freyrblot, ask the women to attach the ribbons to the top of the pole and then the menfolk to carry the Maypole “plant” it in a sturdy place already arranged. Divide the group into two groups, those who will dance clockwise and those who will dance counterclockwise. Distribute them along the ribbons evenly. As the group dances, they should go “over” or “under” the person dancing in the opposite direction. The Maypole dance is best done with a good Polka! Once reaching the ends of the ribbons, secure the ends to the pole.

Baldrshof tradition is that those women seeking fertility, asnip a piece of the ribbon ends and take them home with them.



Witan Brandy Callahan  
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## Words From Our Gothar

*"Warrior Faith" in the Modern Age*



Asatru is often called a “warrior faith”, and there is some truth to this. Our male ancestors often fought with sword, shield, axe, and spear to protect the things that mattered to them, and that still matter to us. They were almost all required to have some sort of martial bearing, and to be able to stare conflict in the eye without taking a single step backward.



We, those warriors' descendants, live in a time where comfort is king for many people, in the deepest and scariest sense of that phrase. Martial prowess is no longer expected from us, or seen as necessary. There are not currently any physical battles to fight; no need to smash through a shield wall, no need to plant some archers in that tree line over there, etc... However, as humans, we have a physical need to exercise that aggression. And as Aryan humans, we have a need to exercise that aggression in a HEALTHY way.



The best options for this are weightlifting, and combat sports. We will never feel the rush of smashing a war axe through someone's shield, but you CAN feel the raw power of lifting iron off of your chest, or from blocking another man's left hook.

This is a call: if you want to call yourself a warrior, get in the gym. Put on the boxing gloves, or the ace bandages around your joints, and get to work. Face that fight. Make yourself solid in a world of mush.

If you need tips on a decent but simple workout routine, get in touch with me at [teast@runestone.org](mailto:teast@runestone.org)!



Gothi Trent East  
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### *The Soul Complex, a summary*



It's an age-old question. It's taken up many pages in many books, it's been pondered by philosophers, social commentators, and religious leaders for centuries. "What is the soul?" Many cultures across this planet have differing viewpoints on this topic. Recently we had a Gothar meeting on the subject. By the time you read this, Alsherjagothi Flavel and Witan Herul will have had a discussion on Victory Never

Sleeps about the Soul and its many parts.

Webster's Dictionary defines it as such,

: the immaterial essence, animating principle, or actuating cause of an individual life  
 : the spiritual principle embodied in human beings, all rational and spiritual beings, or the universe  
 : a person's total self  
 : an active or essential part  
 : a moving spirit  
 : the moral and emotional nature of human beings  
 : the quality that arouses emotion and sentiment.  
 : spiritual or moral force  
 : FERVOR

That's the definition, but what do we, as Asatruar define as the soul?

Simply, it's what animates you, makes you unique, it's what makes you...you. It's what makes you human, it's what separates us from animals.

We, in the Asatru Folk Assembly believe that the soul, is broken down into parts. Here in this edition of The Runestone, we will explore the different parts of the Soul Complex, and how each part of the Soul makes us who we are. This will not be exhaustive, but a summary, pulling from *Asatru, A Native Spirituality*, by Founder Stephen McNallen, and *Runelore*, by Edred Thorsson. Over the coming months, we will break down each component of the soul, pulling from different sources. If we were to try to compile all we know here, this will turn into a book. Rather than do that, we'll spread it out over the coming months.

Now that we have defined what the soul is, let's break down the soul, as it is seen in Asatru, in a summarized list.

1. Lík, The physical body.
2. Ek, the ego.
3. Hugr, the logical mind.
4. Minní, memory.
5. Önd, Vital Breath.
6. Hamr, The Projected Self.
7. Sál, The Shade Self, that which is hidden.
8. Hamingja, The Luck or Personal Spiritual Might.
9. Fylgja, or the Fetch, The Primal Essence
10. Óðr, or Wode, the Ecstatic State, the combination of Hamr and Sál.

In the coming months, we will do a deeper dive into each component, beginning with the Lik. We will explore exercises for each component, and how to use each for your spiritual journey.

Each component makes up the whole, and we will also explore how each part interplays with some or all of the others.

Hail the Gods.

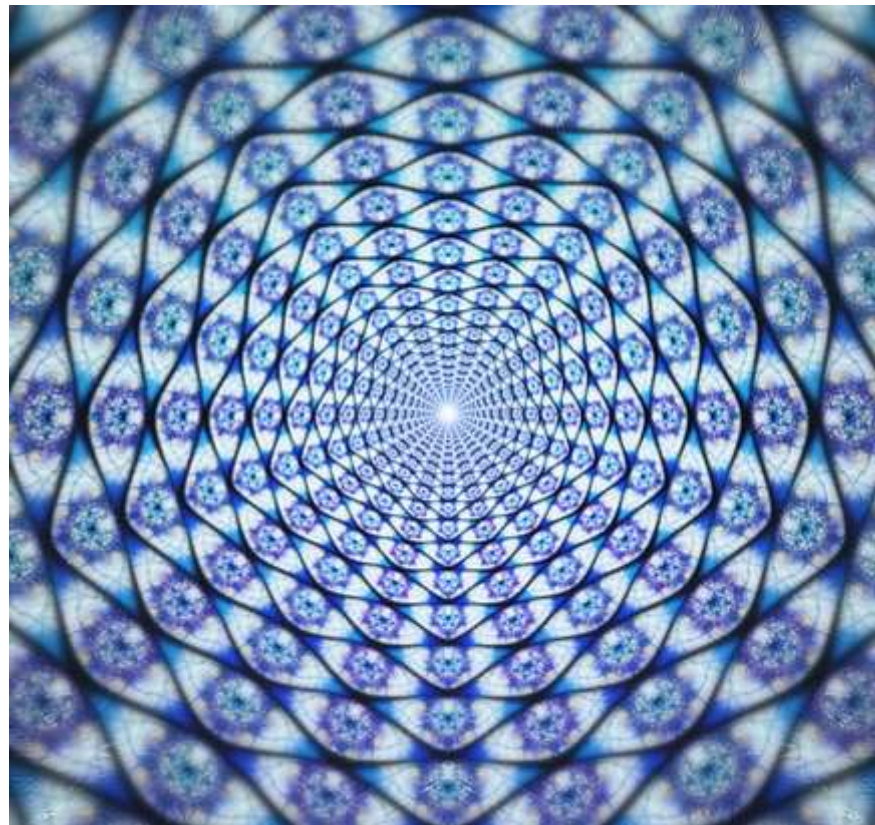
Hail the Folk.

Hail the Asatru Folk Assembly.



Gothi Daniel Young  
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### *Vision & Action*



As we move forward in our growth and our relationships, we need direction and momentum to seize the day. With all the conveniences & distractions in our modern world, it is of the utmost importance to have a vision. Vision should be apex of your will & your goal for an ideal future. Having begun developing discipline & good habits, self-honesty should be becoming a daily occurrence. As such use it to check the vision you've painted for yourself. Is it realistic, is it a productive & prosperous, does it elevate you & your folk? If so, have you worked it backwards so you can see your way forward? If all lines up and points towards a good life, start taking actions each day to make it manifest. Having a good life worth living will give a pious man a greater strength, then one who is reactionary or indulgent.



Gothi Jason Plourde

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## The Quest for Freyshof

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

– Gylfaginning



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

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

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

1. We need to pay off Njörðshof.
  - The first of 2 loans have been paid off!
  - We now owe \$110,857.86 on our remaining loan.
2. We need to raise our monthly donation average by 6.25%.
  - This is membership dues/hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!

Matthew D. Flavel  
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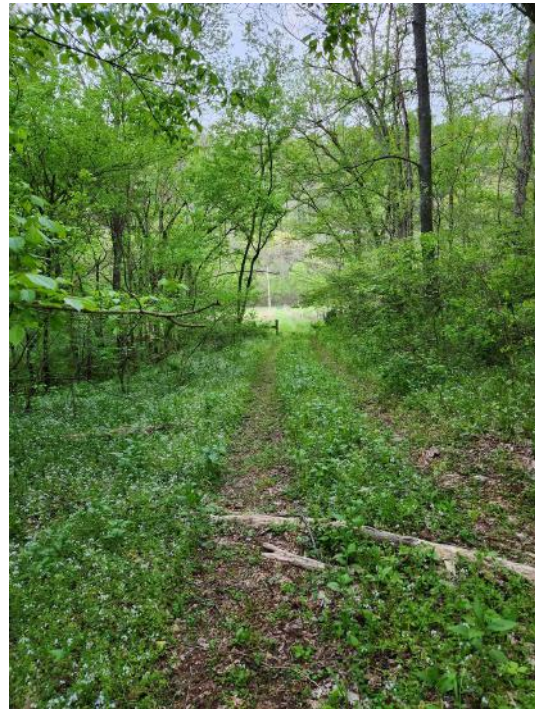
## Sigrheim: Home of Victory

### *An Earth Day Moot*



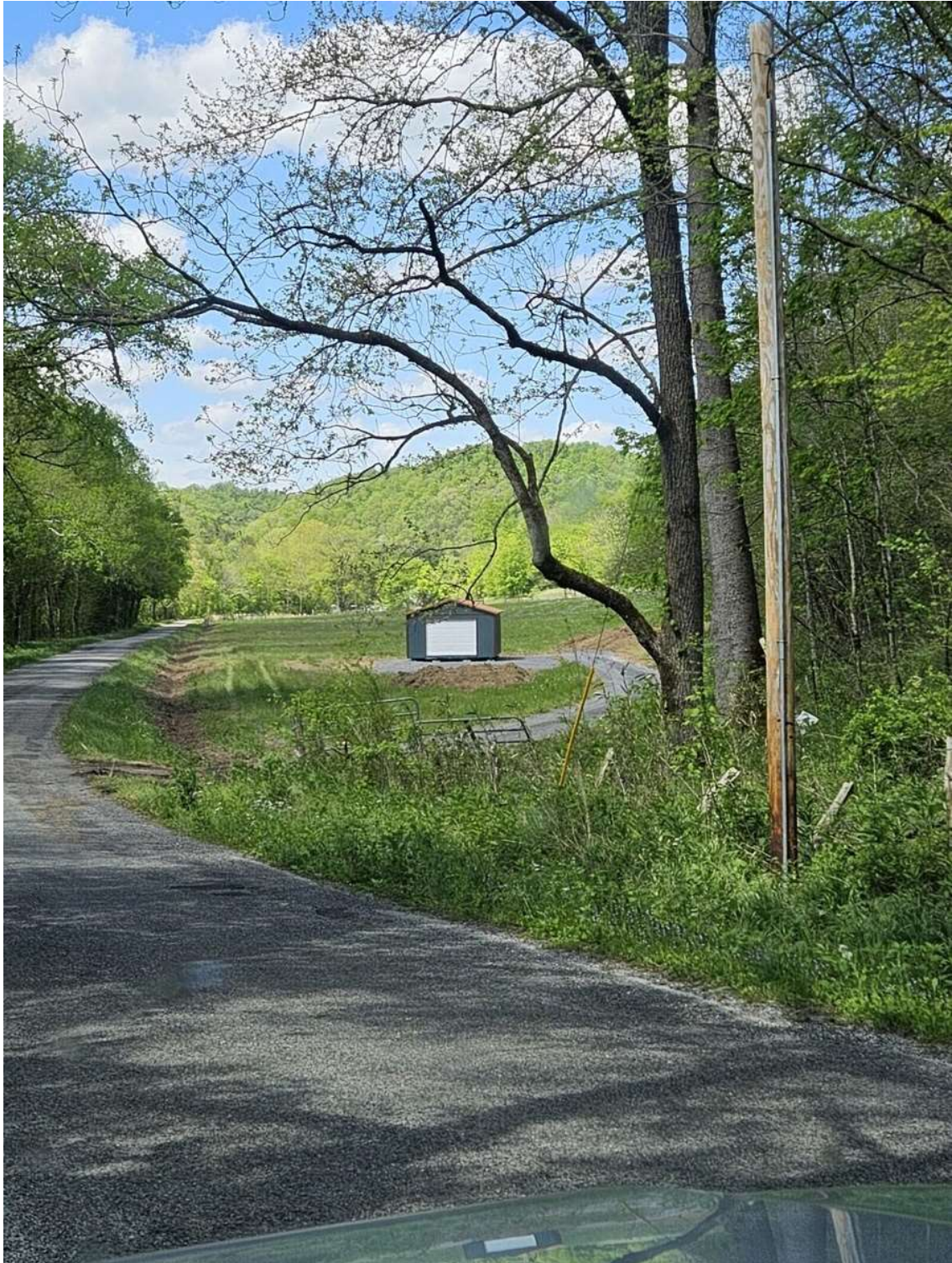


At Sigrheim, some Tennessee Folk gathered in April to celebrate Earth Day. They camped out the day before the moot to spend as much time with the land and the Folk that came. The weather was fine, and while they did enjoy a minor rainstorm, the scents and sounds of the verdant land were beautiful to behold.



The land has promise, but it will take a lot of work from us all! Anything worth having takes hard work. The old axiom "Put in the blood, sweat, and elbow grease." The future is promising, but we will have to work hard to achieve this goal and continue to pursue it.





Since then, our first pioneer living on the property has been the first to break ground and make preparations for the time to come. We've got a couple more brave adventurers too coming later this month or first of next to call Sigheim home!



And of course, we hope that you can join us in July for Sigrblót at Sigheim, the first of many, many bigger events at our Home of Victory!



Matthew D. Flavel  
Alsherjargothi, Asatru Folk Assembly  
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**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



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## AFA Homeschool Program



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

*We Have a New Motto!*



Student Heidi Harlan, learning about growing and farming!  
Keep up the good work Heidi, we are all proud of your hard work this year!

Greetings everyone! Last month I put out a call for submissions for a new motto for the AFA academy. We got a ton of really great submissions! It was a very difficult decision to choose between all the great ideas.

We ultimately decided to go with:

Through knowledge, victory!  
Með vitandi, vinna Sigr

Submitted by Allison Clausen.

We chose this because it fully encompasses the AFA culture of victory, and how our students gaining knowledge will lead to that victory.

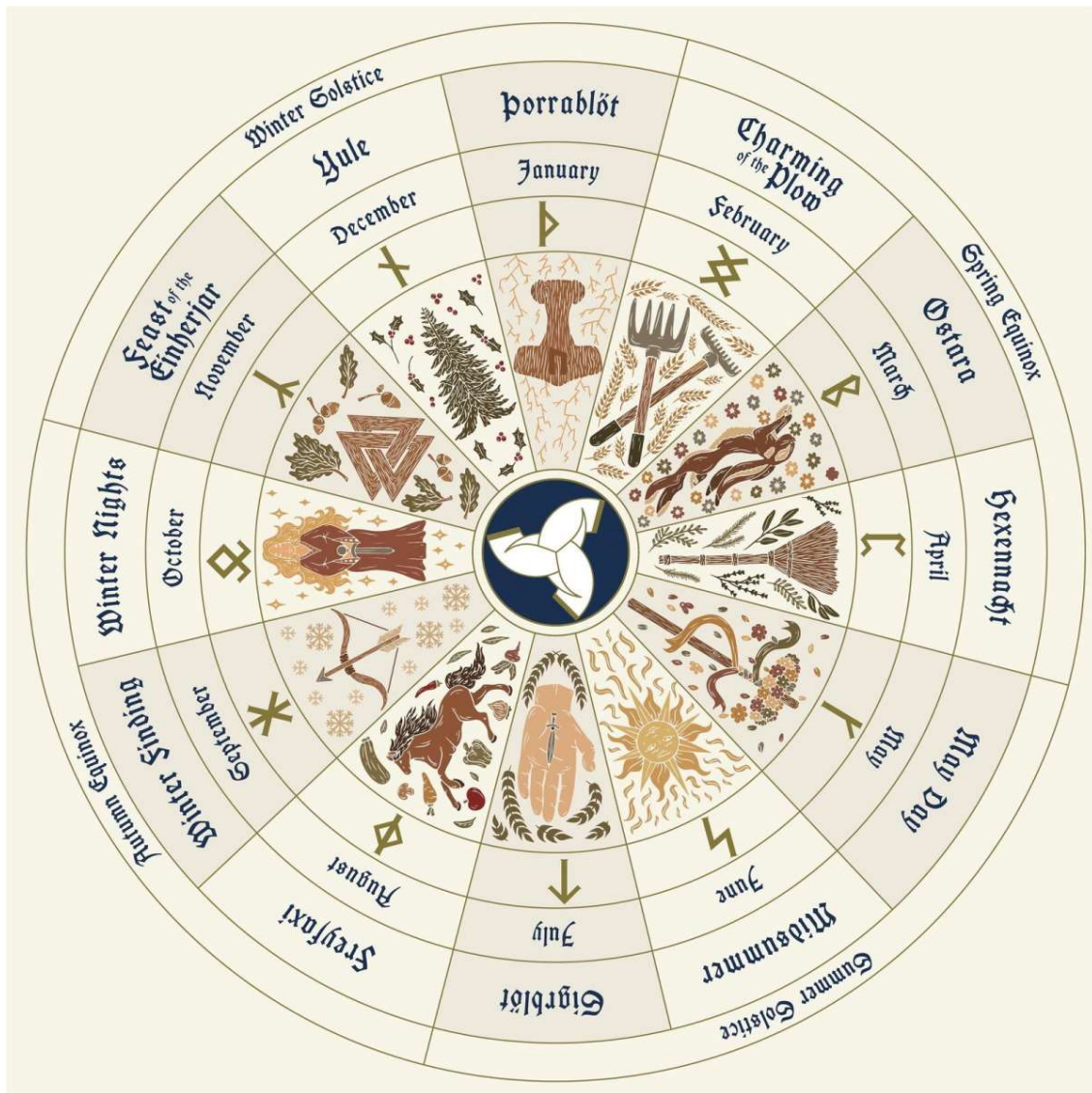
Congratulations to Allison, we will be in touch to get your details and choice of AFA tee shirt!

Thank you to everyone who made a submission!



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

## Remembrance & Holy Days



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

2023

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 21	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 18	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 21 (observed on 18th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 22	Day of Remembrance for John Gibbs-Bailey “Hoskuld”
April 28 (observed on 15th)	Hexennacht

<b>Date</b>	<b>Observance</b>
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
December 20-31 (observed on 16th)	Yuletide

## Day of Remembrance

*Else Christensen*





Originally born in Denmark, Else Christensen (nee Ochsner) was one of the leading figures in the modern Asastu movement. As a young woman, she left her hometown of Esbjerg in favor of Copenhagen. It was during her time in Copenhagen that Else awoke to the ideas of National Socialism in the midst of right-wing and left-wing radical struggles. She met and married Aage Alex Christensen, and together they were members of the Danish Workers Party.

Both she and her husband were imprisoned after the German invasion of Denmark in 1940 for their involvement with elements of the National Workers Party. After their release from prison Else and her husband emigrated to Canada, via England.

Even from Canada, Else continued to nurture her desire to find a place for her own people. It was during this time, while she was reaching out to far-right activists across North America that she first discovered Odinism in a pamphlet titled *Call of Our Ancient Nordic Religion*, by Alexander Rud Mills. This was the beginning of Else's dedication to the revival of the worship of the Norse Gods. Her understanding of our relationship with the Gods was heavily influenced by the idea that the Gods were encoded in the collective unconscious of the Aryan race.

In 1969 Else Christensen founded the Odinist Fellowship. Until her death in 2005, Else worked tirelessly for her folk, spreading the word of our faith and our Gods to all who would listen. She founded a prison outreach program that proved to be instrumental to

many men. She wrote and published many publications. Her efforts saw her recognized as the Folk- Mother to Asatruar everywhere.

So, what can we learn from this story?

We don't always know where our stories end. We can't always see the ramifications of our thoughts when put into action. Else was just one single woman. She was a woman who believed in unpopular ideas in a time when those ideas were definitively unpopular. Despite being imprisoned for those beliefs she did not give up.

Our current times are, in many ways, similar to the ones that Else dealt with. They are turbulent and wrought with anger on all sides. We stand at the precipice of a new world, but we have no way of knowing which way the tides will turn. Else didn't turn and run. She stood and faced the future. In doing so she became one of the most important women in the Asatru movement to date.

When things are hard, when public opinion would have you conform, just remember. Your story hasn't reached its end yet, and only you can control the direction the story takes.

Stand strong.

Stand with Else.

For more information, including tons of articles and photos, visit the Baldrshof site's [dedication page](#).



Gythia Catie Erickson  
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## Holiday

*May Day*



On the heels of Hexennacht, when the cattle were blessed in the smoke of the fire before being sent to their summer fields we celebrate May Day! Halfway between the spring and summer solstice, May Day is often considered to be the first day of summer. Warmer days are becoming normal. The spring rains that helped to nourish the wakening fields have begun to taper off. The world around us is verdant again.

On May Day, sometimes called Sumermál, big celebrations were held both to celebrate the end of the harder days of winter and to bless themselves and their crops for a fertile and productive year. Men and women leapt over fires together or alone, wishing for fertility in the coming year. The maypole was raised and around it, people danced and wove their ribbons. Women decorated their windows and doors with flowers and wove them into their hair.

Mayday is the coming together of men and women to celebrate life. We use this time to celebrate all the good things that we have, all of the things that we have worked hard for. We have survived the harsh months when stagnation is so easy a thing to fall into. When the celebration is done, the real hard work begins. The plan that was set into motion at Charming of the Plow will now begin the active stage. Those seeds that you planted, or that project that you planned at Ostara, will now need real tending to. Mayday marks the beginning. It marks the start of growth.

Where one has the will all things can happen.



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

## Upcoming National Events

*ElseFest 3 in Wisconsin | May 26th-28th*



**THE AFA'S  
3RD ANNUAL  
ELSE FEST**

*HONORING THE FOLK MOTHER*

**COME AND GET TO KNOW ELSE AND ALL SHE'S DONE FOR THE FOLK, PARTAKE IN BLOT, AND SHARE IN FRITH.**

*HOSTED BY:*  
**HRAFNAGUD, FOLC IRMINSUL, MID-HEARTH  
KINDREDS  
AND THE AULT FAMILY**

**MAY 26TH - 28TH**  
FOR MORE INFO REACH OUT TO  
CORDINATOR JAMES AULT  
-[JAULT@RUNESTONE.ORG](mailto:JAULT@RUNESTONE.ORG)

The 3rd annual ElseFest looks to be even more epic than the first two. This year we will once again kick off the event with a traditional Wisconsin Fish Boil! There will be many speakers, learning sessions, kid's activities, a Viking games competition, lots of great food, and good company. This is a beautiful camp setting with individual cabins and a bunkhouse. Ticket sales are now live. The price includes lodging for the weekend and all meals.

[Get your tickets here!](#)

Join the Asatru Folk Assembly in remembering Folkmother Else Christensen in Wisconsin from Friday, May 26th – Sunday, May 28th, 2023 (Memorial Day Weekend).

The 3rd annual Elsefest looks to be even more epic than the first two. This year we will once again kick off the event with a traditional Wisconsin Fish Boil! There will be many speakers, learning sessions, kid's activities, a Viking games competition, lots of great food, and good company. This is a beautiful camp setting with individual cabins and a bunkhouse. Ticket sales are now live. The price includes lodging for the weekend and all meals.

An itinerary and the specific location will be emailed one week prior to the event or upon request with ticket purchase. Children attend FREE!

Any questions about the event can be directed to James Ault at [jault@runestone.org](mailto:jault@runestone.org).

Oathed Folkbuilders and Gothar need to contact James Ault directly to secure their lodging at [jault@runestone.org](mailto:jault@runestone.org)

We are looking forward to sharing in this glorious event to honor the Folkmother and build Frith among our folk.

**[Grab your ElseFest III Tickets Today!](#)**



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

*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!

Lodging: Óðinshof has free on-site camping and if coming from afar, we can assist with tents, bedding, etc. If dirt camping isn't your thing, there is also the Brownsville Motel nearby and several Airbnb's, as well as a casino in the area. For help with booking or any information, please contact [Sierra Chapman](#).

Weather: Even though clear skies and warm weather are expected, please keep an eye on the weather before arriving as it can be unpredictable at times.

Volunteer: If you would like to volunteer during the event and become an Óðinshof Doer, please contact [Ashley Stockton](#) at your earliest convenience. It takes us all working together to make big events run smoothly, and those that volunteer receive an Óðinshof Doers T-shirt!

\*Side note\* This time of year is also California's fifth season: FIRE SEASON! So, we ask you to please be very conscious if you are a smoker and stick to designated smoking areas and always place your butts in a can.





**Midsummer  
at Óðinshof**

June 16-18 2023  
Brownsville, Ca

Three transformational days with  
leaders and members across the globe!

- + Rituals of all sorts
- + Memorable Workshops & Presentations
- + Outdoor fun & games
- + Children's activities
- + Vendors
- + Auction
- + Music & culture
- + Delicious meals

**BE HERE FOR IT ALL!**

• Artisans consider becoming a vendor!  
• Non-AFA guests must be vouched for

+ Óðinshof has a large camping area & offers hot showers. There is also a nearby motel, casino and local Air bnb's  
+ If traveling from afar and camping we are able to assist with bedding and tents

All well-behaved dogs are welcome but must be leashed at all times and cleaned up after  
Hard alcohol is discouraged & to respect families and our neighbors the noise curfew is midnight

Event Contacts:

Sheila McNallen  
Sheila@runestone.org

Ashley Stockton  
Astockton@runestone.org  
707.800.5333

Michael Sessumes  
Msessumes@runestone.org

Sierra Chapman  
Schapman@runestone.org

Purchase tickets through the website & register for workshops before all spots fill up!  
<https://runestone.org/product/midsummer-at-odinshof-2/>

Children are free!

Want to get more involved?  
Consider volunteering and help make Midsummer great!

[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](https://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](mailto:astockton@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 sunbath 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](mailto:theinlein@runestone.org) with any questions.



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



Witan Clifford Erickson  
[cerickson@runestone.org](mailto:cerickson@runestone.org)

Be a Doer



## We need you to volunteer for the AFA!

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

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

## Baby Blanket Project

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

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



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

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

## Folk Services



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

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

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

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

Thanks in advance!

## Photo Donations



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



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

## Eir's Blessings



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

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

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

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

## Last Will and Testament

Recently, several members of our AFA family have passed beyond the veil. One was an old man in ill health, two were young men in the prime of life... all died with no legal

will on record. Sadly, in two of these cases, our dead AFA members did not have their wishes respected regarding their funerals nor the final resting places of their remains.



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

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

Please make your will **today**.

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

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317



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

## Introducing the newest AFA Kindreds



Please welcome the Prairie Fire Kindred of Nebraska as the newest Official Kindred of the Asatru Folk Assembly.

Led by Apprentices Cody and Ali Clausen in Nebraska, these Folks have hosted several moots and events in the last few months, including a weekend Hexennacht event for the region.

Hail the Doers!

Hail The Prairie Fire Kindred! 🔥

Hail the Asatru Folk Assembly!!!

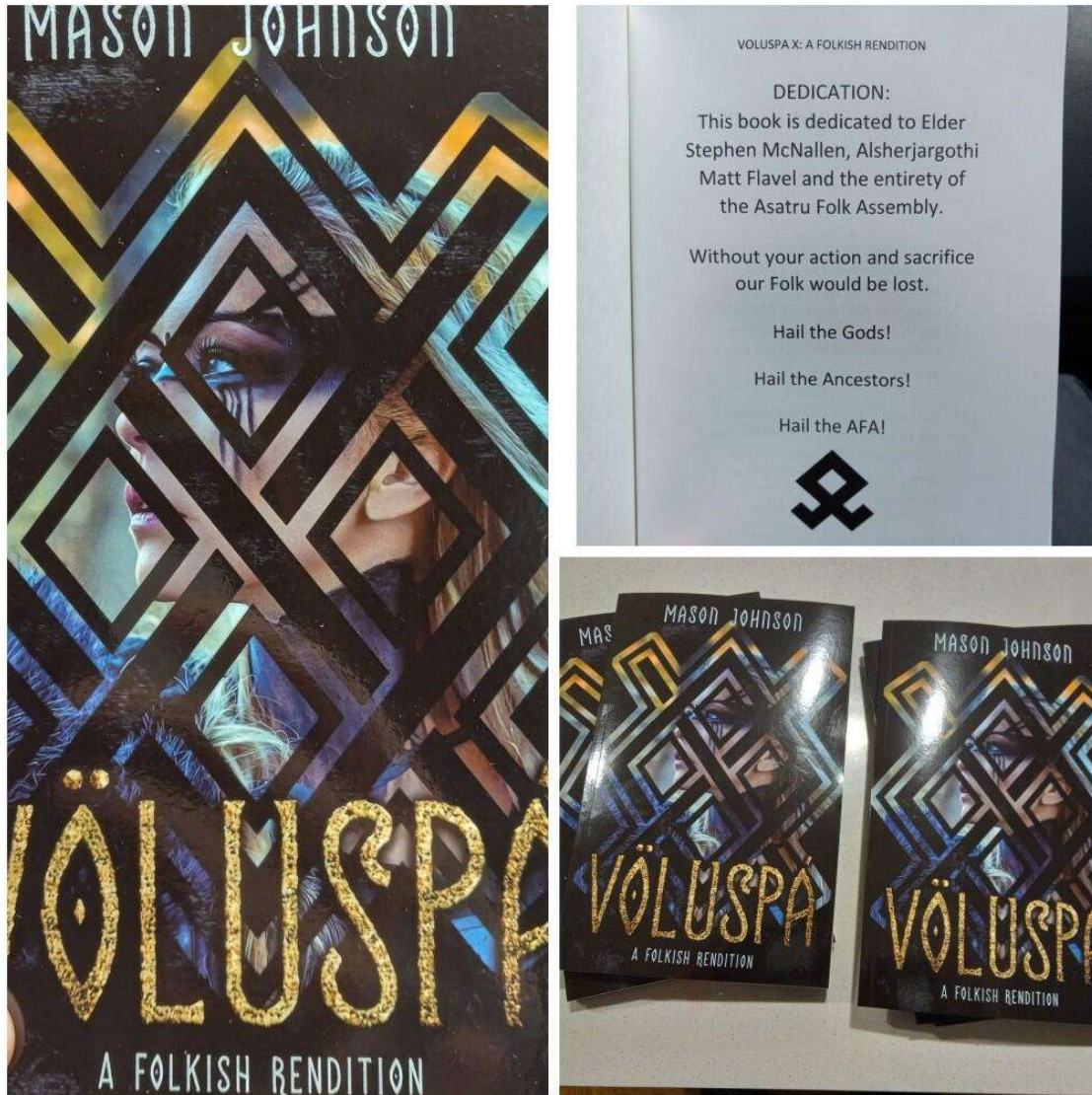


Folkbuilder Jason Gallagher

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

The Artisans of the AFA  
Support Our Folk

*The Authors Johnson*



We are happy to announce the first published works for a wonderful AFA family!

*Voluspa: A Folkish Rendition* by Folkbuilder Mason Johnson

"This short book offers my own Rendition of the Voluspa Along with the original Old Norse text AND translations from both Bellows and Thorpe!"



*Elder Futhark Runes*, a coloring book by Rachel Johnson

"Finally got it back from the publisher. My first coloring book about Runes!!! Super excited."

Reach out to them and pick up a copy or seven today!



Mason Johnson  
Folkbuilder  
[mjohnson@runestone.org](mailto:mjohnson@runestone.org)

Rachel Johnson  
Assistant Dean of AFA Academy  
[rjohnson@runestone.org](mailto:rjohnson@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](mailto:cookbook@runestone.org) with details of when and where it was served (Hof/moot).



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

## Ancestral Food and Culture

*Good Mornings Start with Fresh Bagels and Coffee*



In America we may associate bagels with New York City, but they have a long and storied Aryan past. They are believed to have originally been invented in German monasteries during the Middle Ages, much like their cousins the pretzel. They were brought from Germany into Poland by peasant farm workers. They have become a staple food in the country going by the name obwarzanek and are found in most Central European countries. In America today, bagels are found everywhere in grocery stores, cafes, and drive thrus, but for me, nothing beats homemade. They're simple and once you get a knack for it, they're very easy to make.

For the dough:

1 and 1/2 C warm water

4 tsp yeast

4 C flour

1 Tbsp honey

2 tsp salt

Eggwash:



1 egg, beaten

2 Tbsp water

For Boiling:

2 Quarts water

1/4 Cup honey

Any bagel seasoning you might like on top (everything, onion/garlic salt, coarse sea salt, sesame seeds)

Add yeast, warm water and honey to a mixing bowl or stand mixer, allow yeast time to activate and foam (5-7 minutes)

Mix in flour and salt, forming stiff, dry dough

Knead for 5-7 minutes or until smooth and stiff

Allow the dough to rest in a clean, covered dish for an hour or until doubled in size

Preheat oven to 425°F

Line two baking sheets with parchment paper

Put the water and honey for boiling on the stove at medium heat allowing it to warm as you shape the bagels

Divide dough into 8 equal sized parts and form each into a ball

To form the bagel shape, slightly flatten each ball and poke your finger through the center of it. Gently stretch from both sides until the hole in the center reaches around 2 inches.

Allow each bagel a few minutes to rest before boiling

When the water reaches boiling, place two bagels at a time in and allow them to boil 2-3 minutes. They should float when they're done.

Set each bagel on the parchment as it's removed from the water to give them time to cool off.

Once your bagels have had time to cool, gently dip the top side only in the egg wash then dust with seasoning.

Bake 20-25 minutes, until golden brown.

It's important to give your bagels a bit to rest out of the oven to allow them to become chewy and delicious. I usually let them sit for 15-20 minutes before cutting into one.

Serve with butter, cream cheese, jam, as a breakfast sandwich or with soup. They're delicious however you choose to enjoy.



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

*Grandma's Gurkensalat Recipe*



Yummy Gurkensalat made from my grandmother's recipe....kinda. She could never write down measurements because she didn't measure. So it's as close as I can estimate to the taste...

#### Ingredients

- 2 English Cucumbers
- ½ C sour cream
- 1 Tbsp white vinegar

- 1 tsp sugar
- 1 Tbsp fresh dill chopped
- ½ tsp salt
- black pepper to taste

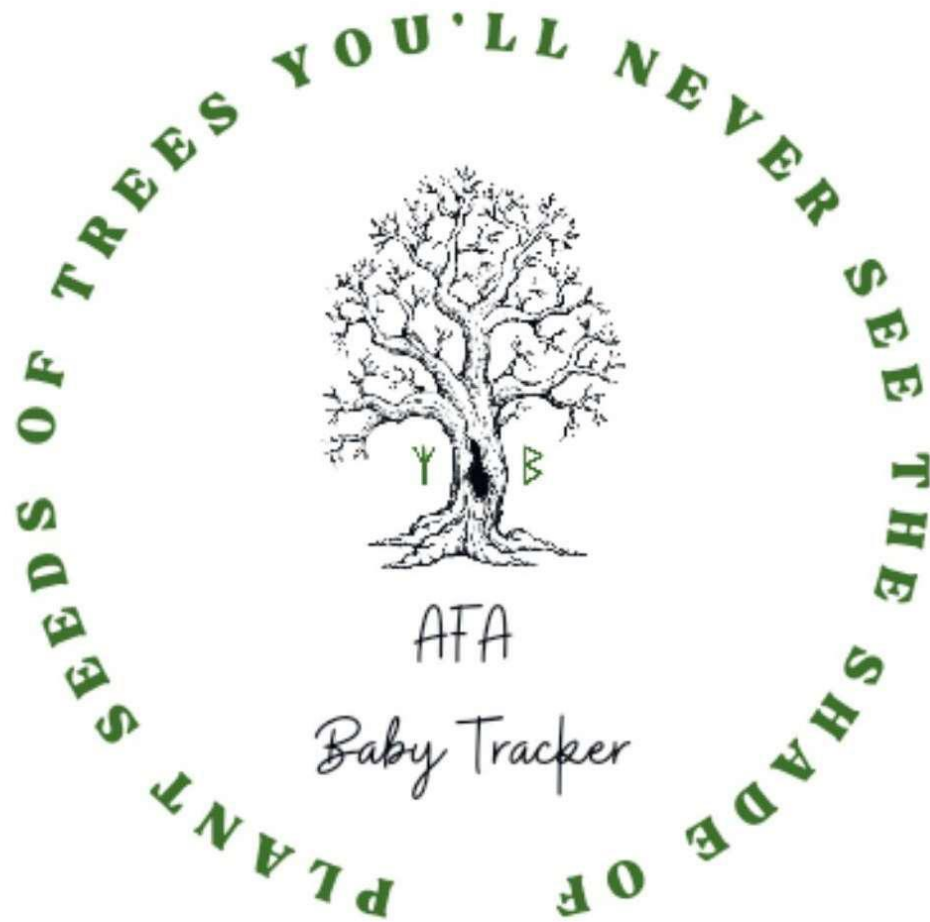
### Instructions

1. Peel the cucumbers if desired and thinly slice them with a mandolin slicer. The thinner the better! Put them in a large salad bowl.
2. In a medium bowl, whisk together sour cream, vinegar, sugar, and dill. Salt and pepper to taste.
3. Pour dressing over cucumber slices and toss until combined.
4. Cover and refrigerate at least 4 hours or overnight.
5. Serve with a slotted spoon.



Folkbuilder Sara Ault  
[sault@runestone.org](mailto:sault@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: 10



Jessica Keller

Apprentice Folkbuilder

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

## AFA Ladies Virtual Events

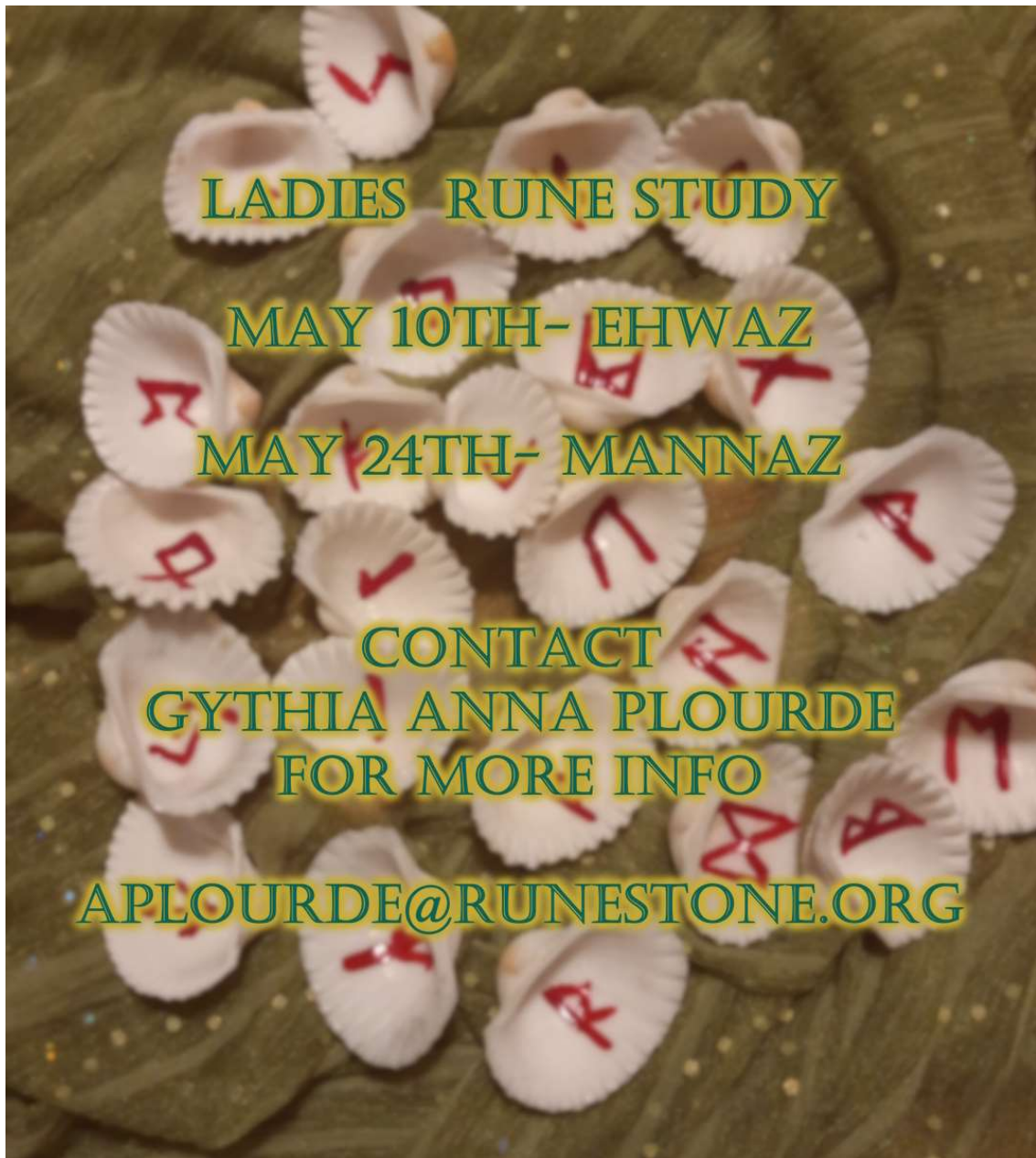
INTRODUCING THE ALL NEW:

*Weekly! Sisters Sunday Chats*

*10 am central, every Sunday!*

*Contact Apprentice  
Folkbuilders Ali Clausen  
and Katie Joyner for more  
details!*

[aclausen@runestone.org](mailto:aclausen@runestone.org)  
[kjoyner@runestone.org](mailto:kjoyner@runestone.org)





# Ladies Mysteries Podcast

MAY 14TH @ 2PM CST

## Frigga

GYTHIA CATIE ERICKSON  
GYTHIA ANNA PLOURDE  
FOLKBUILDER SARA AULT



## Saga

WITAN BRANDY CALLAHAN  
FOLKBUILDER CHRISTINE DUMAS

CONTACT CHRISTINE DUMAS FOR  
INFORMATION  
CDUMAS@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](mailto:sduffy@runestone.org)!

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



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

## AFA Prison Outreach



Greetings kinsfolk,

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

We are compiling letters from prisoners that are Educational, Empowering, and Encouraging along with special spiritual writings from our Gothar to create a quarterly newsletter to be distributed to inmates, institutions, and jails. Our mission is not about

providing free books or literature to bored prisoners who simply want free stuff. We intend on making real-world change for the better of our folk.

If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact me at [jault@runestone.org](mailto:jault@runestone.org). Or if you'd like to donate to this ministry, there's a [donation earmark set up on our site](#).



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

## Now Available in the AFA Store





[Óðinshof Shorts](#) | [Þórshof Shorts](#) | [Baldrshof Shorts](#) | [Njörðshof Shorts](#)

It's summertime! And new shorts are in the store!!



Folkbuilder Melisa Mills

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

## Óðinshof

### Food Pantry at Odinhof

*Food for Needy Folk ~ Óðinshof-style!*



Closing out Year Two of our independent Óðinshof Food Pantry, in April we gave food to 64 very happy families. Even with limited, and somewhat odd offerings due to current shortages, families went home with two full bags plus eggs and ground-turkey. During the summer months, we should be able to expand with homegrown produce from the community. That is our goal.



Check out the photos, though! Our AFA team has mastered the setup and distribution. All of our volunteers revel in the work and have built such efficiency that they're already loading cars while I take down the information. This is also becoming multi-generational with our young children assisting their parents as we build new traditions at each hof. Hail the doers!

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## Hexennacht at Odinshof



The day was surprisingly clear, which drew us outdoors for lunch and other activities. In setting up the hall, we used black chair covers with matching tablecloths, to better connect with the mysterious side of Lady Freyja. Our Alsherjargothi arrived on time to lead us in Greeting to the Gods which was followed by our traditional acknowledgement of hallowing Óðinn in his hall. Following our personal greetings to the One-Eyed One, people settled into the chairs to hear about AFA news. Matt proudly described the development of Sigrheim as our future headquarters, with our first resident preparing the site for her home. I read this lady's message to me where she described her joy in finding her way back to the AFA after an eight-year hiatus. She was at a point of tying up loose ends and starting anew. Synchronicity brought her back with the ability to forge ahead and help build the future of the AFA.

I began my Hexennacht presentation on seiðr-workers and seeresses in our lore, to include the young volva in Greenland who shared knowledge of women's magic with a Christianized community. My tale was interrupted though, when we did our farewells to the Maurer family who made this one last trip to the Hof before leaving for Montana the next day.



By the outdoor fire circle, a crowd gathered to watch the ancient technique of kindling a need-fire by using a small bow to generate heat from friction. Our ancestors certainly had patience and skills to be able to master that. It was a learning experience that will require more practice, for sure.



One of the unique Hexennacht activities was the making of “Nine Herb bundles” taught by Folkbuilder Ashley Stockton. After wrapping these small stems with raffia and



setting them aside for later, the women gathered around the large table to share their thoughts and build bonds with their sisters. Like last month, all agreed completion of this small act adds much to the well-being of our Óðinshof Folk.



Folkbuilder Sierra Chapman had been multi-tasking in the kitchen all day. After a fabulous dinner, the donation jar was passed around and filled with generous contributions. (Thank you, dear Folk!)



Now for the Hexennacht ritual, a Blót to Freya that I had the honor leading. At this time of year, the veil is again thin as it is at Winter Nights. Rather than the inward look in October, it was time for the outward push of our effort and Will. We called on the Gods, the Ancestors and the Landvætr. We offered our love and loyalty to Freya and the Disir, our Mothers-past. Fresh flowers were placed in the fire to the music of tinkling bells. Gifts from our holy Vanadís were received in spring water, sprinkled on the Folk and the wooden runes that each person would take. At the close of the blot, Ashley came forth with a homemade broom from thick branches of pine. The bundles of magical herbs were tossed into the fire. Upon leaving the circle, each person was swept with a gust of sacred smoke for purification and protection, in the ways of our Ancestors blessing farm animals returning to vernal pastures. The runes were given. The runes were read. And now it was time to make those runes live within us.

The day had not been dark and mysterious. It felt like the opening of Spring as the Folk came together in joy and anticipation of the months ahead.



In days of old, the Nine Herbs spell went like this.

"Be they wound to witch's bane,  
 In the fire a hag's hate, wains.  
 An Englishman's foot is bushel bound,  
 there a swine's snout will be found.  
 Let the tongue of a toad cover thee  
 and sprinkle thyself with the dew of the sea.  
 A tuft of hair from the old man's head,  
 twined round tight the old wood bed.  
 Valerian turns away the evilest eye,

and so too must the nymph's spur die.  
Lastly Thor's helper must be a strong rod,  
and on the gray road your prayers, well shod."

1. Rue: witchesbane
2. Plantain: English man's foot
3. Dandelion leaf: Swine's Snout
4. Sage leaf: toads tongue
5. Rosemary sprig: dew of the sea
6. Mugwort: old man
7. Valerian: ( name remaining)
8. Spearmint: spur of the nymph
9. Rowan twig: Thor's helper



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

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## Upcoming Events at Odinshof



**Midsummer  
at Óðinshof**

June 16-18 2023  
Brownsville, Ca

Three transformational days with  
leaders and members across the globe!

- + Rituals of all sorts
- + Memorable Workshops & Presentations
- + Outdoor fun & games
- + Children's activities
- + Vendors
- + Auction
- + Music & culture
- + Delicious meals

**BE HERE FOR IT ALL!**

Event Contacts:

Sheila McNallen  
Sheila@runestone.org

Ashley Stockton  
Astockton@runestone.org  
707.800.5333

Michael Sessumes  
Msessumes@runestone.org

Sierra Chapman  
Schapman@runestone.org

+ Artisans consider becoming a vendor!  
+ Non-AFA guests must be vouched for

+ Óðinshof has a large camping area & offers hot showers. There is also a nearby motel, casino and local Air bnb's  
+ If traveling from afar and camping we are able to assist with bedding and tents

All well-behaved dogs are welcome but must be leashed at all times and cleaned up after  
Hard alcohol is discouraged & to respect families and our neighbors the noise curfew is midnight

Purchase tickets through the website & register for workshops before all spots fill up!  
<https://runestone.org/product/midsummer-at-odinshof-2/>

Children are free!

Want to get more involved?  
Consider volunteering and help make Midsummer great!



### Leadership of Odinhof

### Goðar

Alsherjargothi Matt Flavel  
Gythia Sheila McNallen  
Gothi Joseph Rozanek  
Gothi Thorgrun Odden

[mattflavel@runestone.org](mailto:mattflavel@runestone.org)  
[sheila@runestone.org](mailto:sheila@runestone.org)  
[rozanek@runestone.org](mailto:rozanek@runestone.org)  
[thorgrunodden@gmail.com](mailto:thorgrunodden@gmail.com)

## Oðinshof Leaders

May 2023

### Folkbuilders

Sam Ramsey (AZ)	<a href="mailto:sramsey@runestone.org">sramsey@runestone.org</a>
Ashley Stockton (CA)	<a href="mailto:astockton@runestone.org">astockton@runestone.org</a>
Sierra Chapman (CA)	<a href="mailto:schapman@runestone.org">schapman@runestone.org</a>
Ryan Harlan (MT)	<a href="mailto:rharlan@runestone.org">rharlan@runestone.org</a>
Mason Johnson (WA)	<a href="mailto:mjohnson@runestone.org">mjohnson@runestone.org</a>



### Apprentice Folkbuilders

Lou Nickerson (AZ)	<a href="mailto:lnickerson@runestone.org">lnickerson@runestone.org</a>	Tyler Heinlein (MT)	<a href="mailto:theinlein@runestone.org">theinlein@runestone.org</a>
Daniel Odom (CA)	<a href="mailto:dodom@runestone.org">dodom@runestone.org</a>	James McDaniel (OR)	<a href="mailto:jmcdaniel@runestone.org">jmcdaniel@runestone.org</a>
Travis Bowdish (CO)	<a href="mailto:tbowdish@runestone.org">tbowdish@runestone.org</a>	Bethany Valentine (UT)	<a href="mailto:bvalentine@runestone.org">bvalentine@runestone.org</a>

## Arizona

### Upcoming Events





Folkbuilder Samuel Ramsey

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

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## California

### *My Experience*



When I first joined the AFA two years ago, February of 2021, I had no idea what I was honestly signing up for. I knew that it was a religious organization honoring "the Old Gods and Goddesses" but other than that I didn't have much more to go on than what I read online. Obviously, what I read did not dissuade me as I still decided to join, but what I read online was nothing like what I experienced when my feet first touched the ground at Odinhof. I honestly expected it to be a bunch of lonely dudes hanging around a run-down building drinking and fighting, as that's what was described to me online by the articles I read. And while I knew those articles were hit pieces written by

someone riddled with white guilt and self-hatred because that's what mainstream media tells them they need to feel, i still took them with an err of caution and decided not to bring my son. as i pulled into that gravel driveway to a beautifully painted and maintained rustic building with a large hand carved sign in the front, I saw a group of people handing food out to the community in the town, not just to white people, not just to straight people, not just to nuclear families, but to anyone who needed food, turning no one away, even folks who didn't typically look like people who may need food from a food bank. All while having a smiling face. I parked my car and made my way up the steps of the great hall feeling a spiritual force beginning to charge my body; almost as if electricity was pulsating throughout my body. As i opened the double doors into the hall, the smell of a warm homecooked meal made with love filled the air, and the tables in the hall decorated elegantly with an obvious feminine touch let me know this was not just a back yard shin dig thrown together by a bunch of lonely men. I walked into the hall and stopped to look around, taking in all the curious flags hung upon the wall, the Hof Flags above the stage, with a wall tapestry behind it depicting Odin, Frigga, Baldur, Nana, Frey and Freyja, i smiled with a sense of ease, i could feel a comforting hand on my shoulder. i turned around and it was none other than Founder Stephen McNallen. Suddenly, my more-than risqué political shirt I had on seemed out of place and I was nervous as all get out. which was a strange feeling for me as it takes a lot for me to get nervous. yet here was a man, that not just I but many others view as a hero and a mentor, standing in front of me, asking me questions to try and feel me out, see what i was about. safe to say i made a decent enough impression because here i am 2 years later writing my article for the runestone. it only took me less than 2 months to know that i wanted to become a folkbuilder and to dedicate my time and my life to the AFA. The AFA came into my life when i was at a very dark point and the only way i know how to repay that debt is by devoting myself to it and ensuring that those who join feel as if they have come home. Now two years later I am the Odinshof District and Hof Historian. I help run the Odinshof.org Website, I folkbuild for California, Nevada, And Hawaii and I run the Odinshof Adopt-A-Highway with Gythia Sheila McNallen. The AFA takes approximately 8 hours of my life a day, from updating the website, communicating with Folk, planning for events, answering emails, helping any way I can and i would not have it any other way!

Folkbuilder Sierra Chapman

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

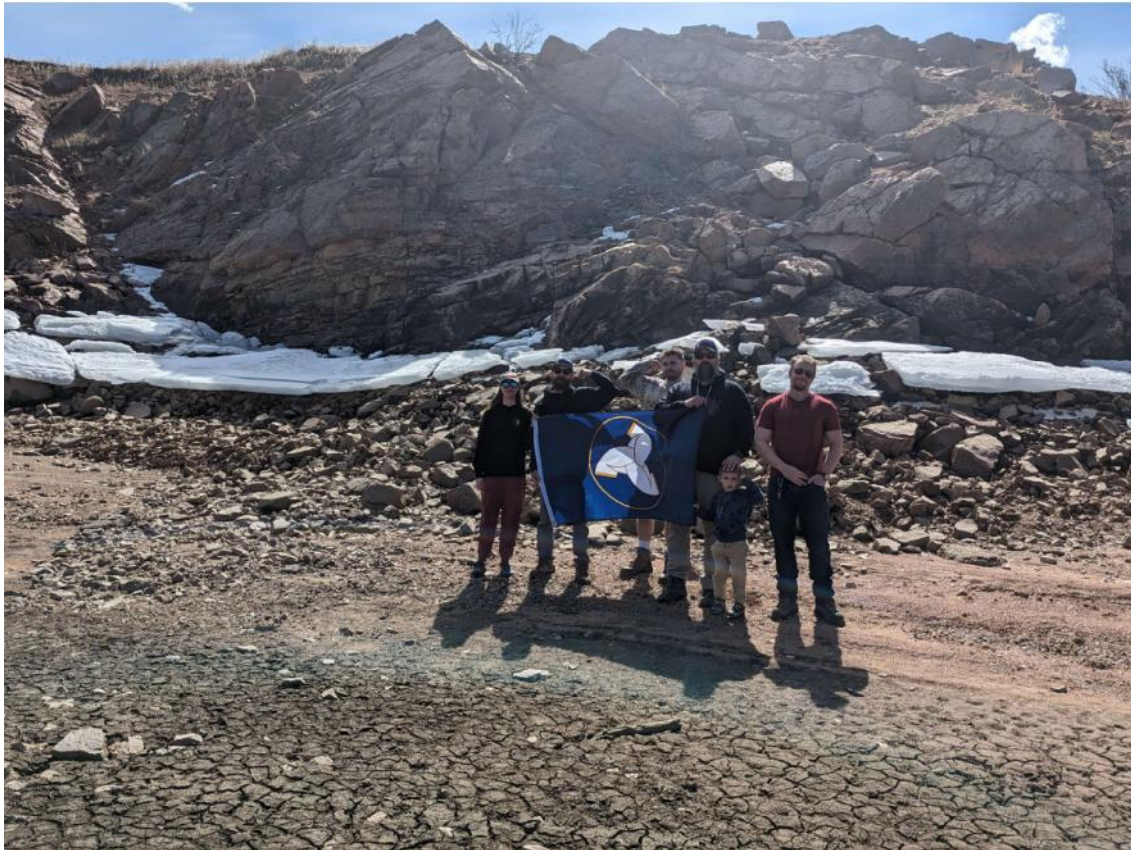




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## Colorado

### *Colorado Hike Moot*



We started off our Sunday at 10am at Pinewood Reservoir in Loveland Colorado. It was a bit windy and cold. Immediately upon embarking we found our path narrowed into an icy path above a fast-moving river and changed course for safety. After a little teamwork from all the folk we safely navigated a steep area above the path which was nice free.



Midway through our walk we came across a herd of elk who were lazily grazing on grass. We came within 10-15 feet of the elk as they laid next to the path. We moved by safely so as to not disturb them.



The level of the reservoir was low, and we walked along the beach area for another hour or so until we found a spot where we performed a blot to Odin and enjoyed a delicious lunch prepared by one of the women-folk. The men took several turns tossing a large heavy stone, seeing who could throw it the farthest. We then continued on the last leg of the hike sharing great conversation and bond building.

### *Upcoming Events*

# BOWLING & BREWS

**MAY 13TH @ 5PM  
LONGMONT, COLORADO**

**RSVP: APPRENTICE FOLKBUILDER TRAVIS BOWDISH  
TBOWDISH@RUNESTONE.ORG**



# Colorado / Nebraska

## SIGRBLÖT

SCOTTSBLUFF, NB

JULY 14-16TH

BRING CAMPING EQUIPMENT AND SOMETHING TO SHARE FOR POTLUCK MEALS  
PLEASE BRING CLOTHES TO DRESS WELL FOR BLOT  
SHOWERS, RESTROOM, KITCHEN WILL BE AVAILABLE

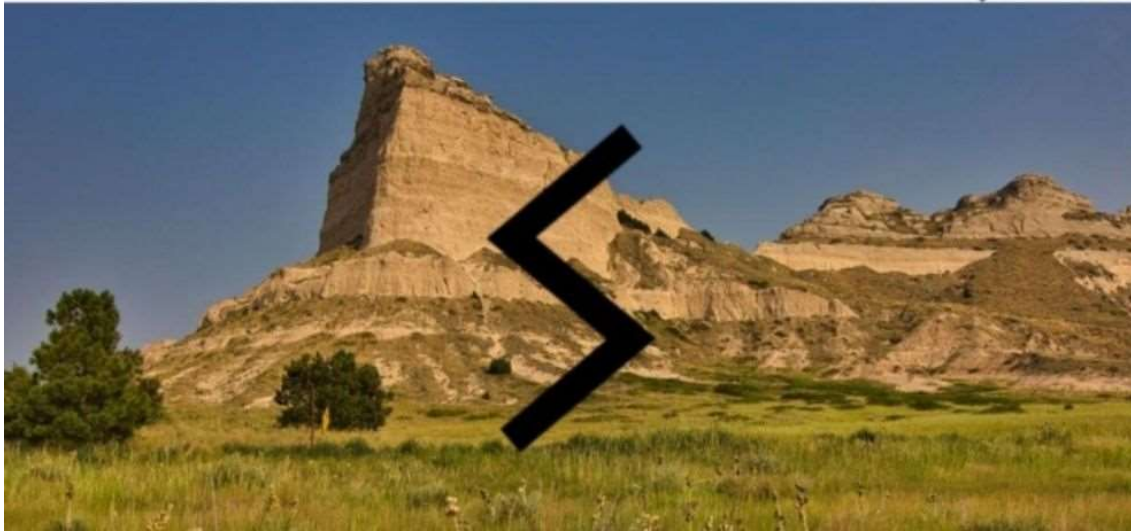
### ÓÐINSHOF RSVP

APPRENTICE FOLKBUILDER TRAVIS BOWDISH  
TBOWDISH@RUNESTONE.ORG  
APPRENTICE FOLKBUILDER NICHOLAS SALO  
NSALO@RUNESTONE.ORG



### BALDRSHOF RSVP

APPRENTICE FOLKBUILDER CODY CLAUSEN  
CCLAUSEN@RUNESTONE.ORG  
APPRENTICE FOLKBUILDER ALLISON CLAUSEN  
ACLAUSEN@RUNESTONE.ORG



Travis Bowdish  
Apprentice Folkbuilder  
[tbowdish@runestone.org](mailto:tbowdish@runestone.org)

*Colorado Hexennacht 2023*



The day started as most event days do, lots of joy and anticipation to get together with our Folk. The bonfire was built, special herbs and flowers set aside for the blessings of Freyja. We prepared dinner, some ribs and other goodies, and the event was underway. We started with a blot to Freyja, where we gave our love and loyalty, and She gave us Hers. We gathered around the bonfire as the smoke got thick. Throwing the special herbs and flowers in, we all took our turn walking through the smoke and taking from the horn to be purified and blessed for the season to come.



After things had settled down, we spent the rest of the night around the fire, sharing in Frith as we held Sumbl. It was very powerful and emotional, with oaths taken in front of our people and Gods.



Real magic happened on that night as we sat in that circle, and I'll never forget the event. When true love and solidarity is shared with one's Folk, we experience how life is truly meant to be, and we are in harmony with the Universe. I look forward to more experiences like this, for Colorado, all of Odinshof, and the AFA as a whole. There is no greater place than with Folk.





Hail the Folk!



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

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## Idaho

*Hail from Northern Idaho*



This past month we had a great Rune moot and discussed Ansuz the Rune of Odin, directly following our meeting we held a Sigrblot. In the Icelandic calendar at this time of year the Sigrblot (Victory blot) was held to Odin for victory as well as to celebrate the upcoming summer. This blot was especially moving as we had well known author and Rune master Troy Wisenhart transform the mundane world into the profane. His use of shamanic drumming and singing in Old Norse caused a noticeable shift of energy that I cannot quite explain in words. I am thankful that I had the opportunity to experience that, and the presence of Odin was felt and seen by the participants. We all walked away re-charged and confident in the victory of all our spiritual and physical battles with the knowledge that blessings of Odin, the All-father are with us.

There was also a Hexennacht celebration north of Couer d' Alene, and upcoming in the month of May we will be meeting to discuss the Rune Raidho and honoring Else Christensen with a remembrance, so check your messages for the date and times.

Troy Wisenhart's books may be found on Amazon or purchased at his website [wodhanazson.com](http://wodhanazson.com); I highly recommend them.



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

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## Montana

### *Forward to Victory*



It's been a busy month for our family and indeed all of Fólkvangr as the planting season is in full swing.

We have half of this year's plants in the ground and are growing steadily. At the end of the year, we will have utilized three to four acres for crops and put ourselves closer to

complete self-sufficiency.

Along those lines, Fólkvangr now has a new kindred aquaponics set up that will be operational in the spring providing us fresh fish and berries year-round.

Fruit is going to be a big leap forward this year as we are compiling our list of fruit trees, berry bushes and grapes to plant. While we are a tad bit behind on them this year the benefits of putting them in are self-evident.

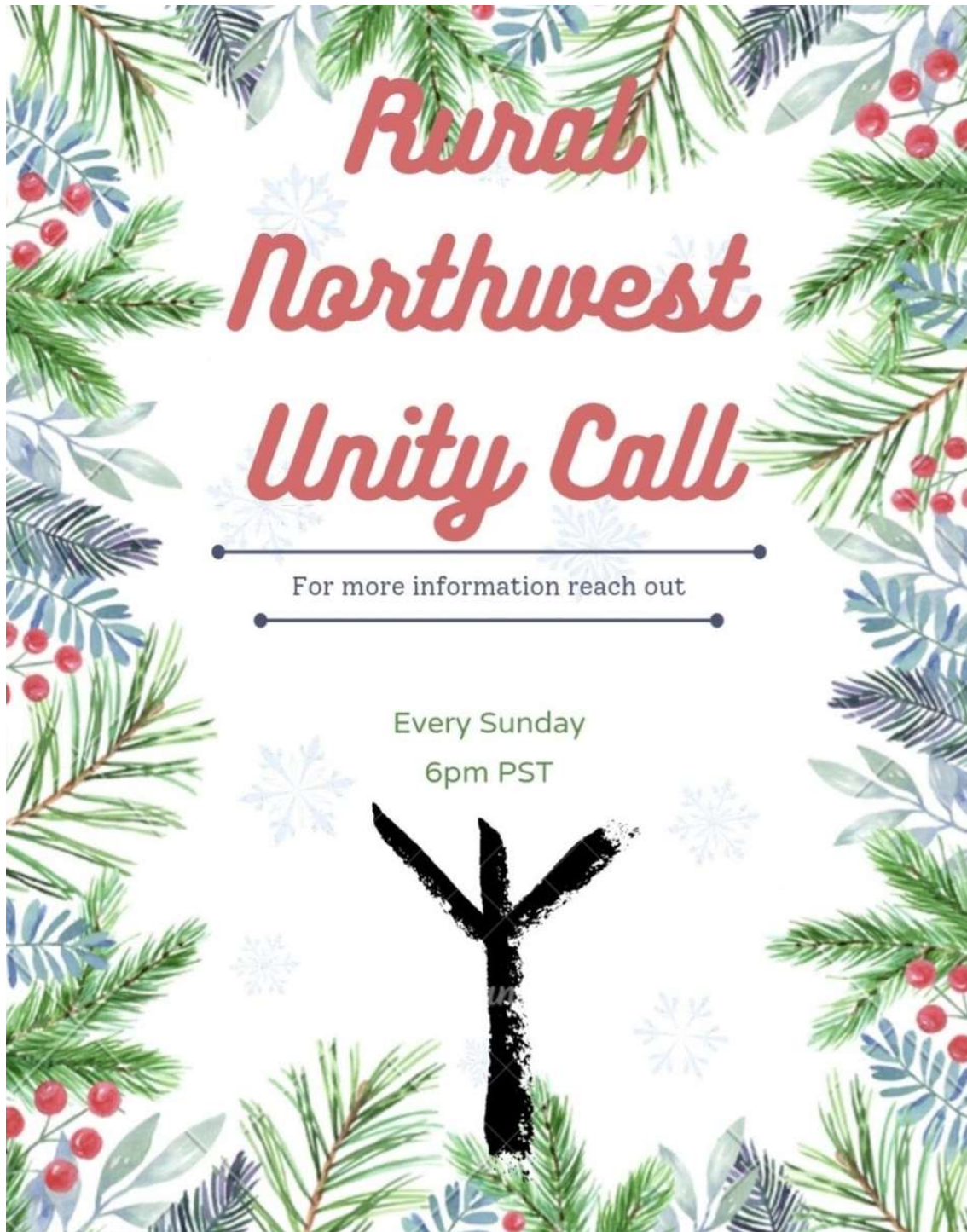


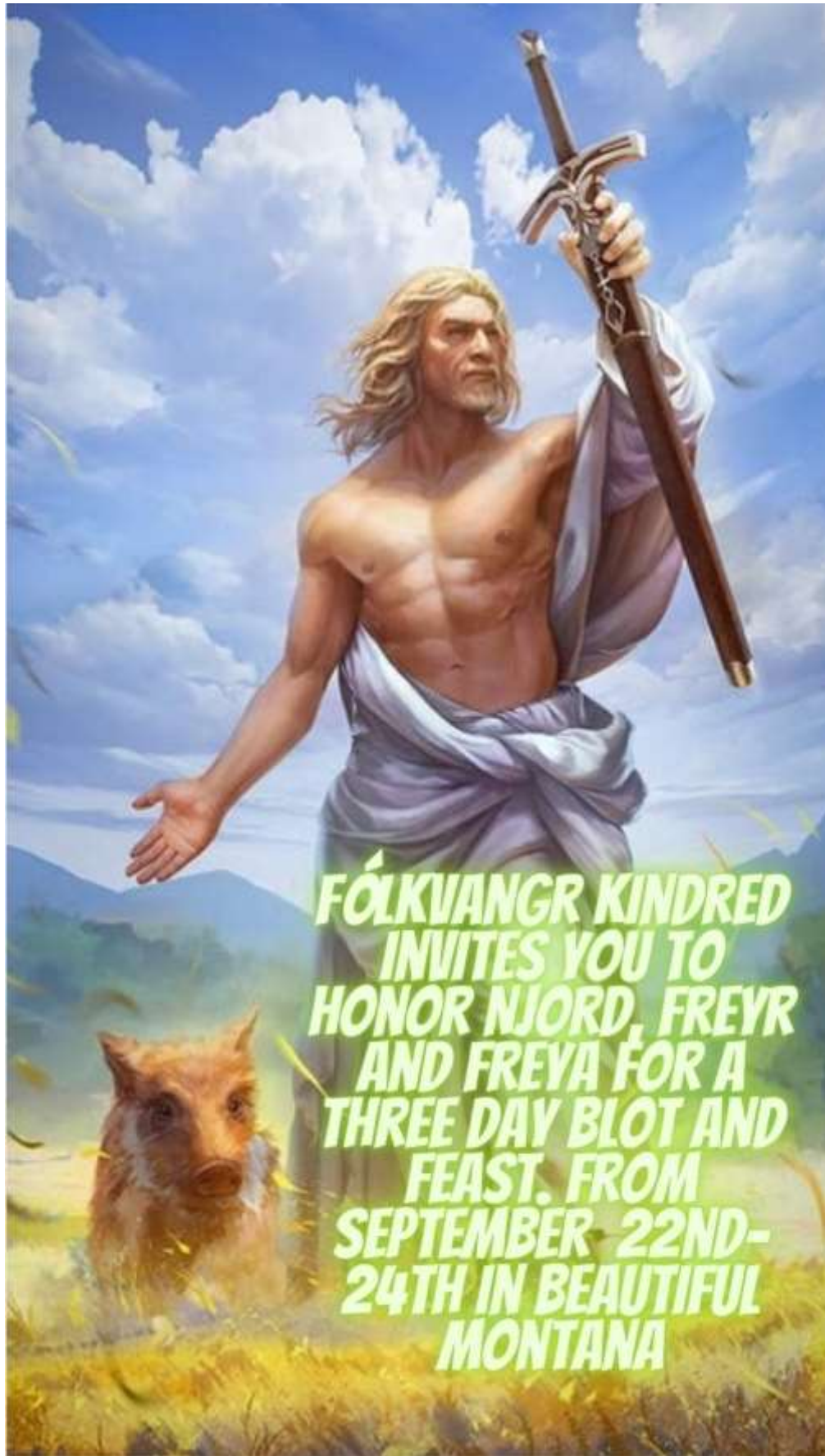
So is the benefits of the meadery being constructed. As owner, it will provide me with the wonderful opportunity to hire members of the folk providing room and board as well as income while they establish themselves in the area. And with land being cheap out here there's no reason not to be hopeful of a future where a strong rural asatru community can thrive in this river valley.

Our work on the meadery is the first big step towards a small community and it goes well. The roofing has been ordered and I'm working on the nonstructural walls inside too. It won't be long, and our mead will be flowing.

And flow it will because we will be donating five to ten gallons of it for this year's Freyr's Harvest Feast. The feast is held over a three-day festival where games, workshops, competitions, and reenactment of the sagas take place. As always, we hold three blots honoring Njord, Freyr and Freya. We've even bumped up the number of speakers, including some of the AFA's own authors. It's always a fantastic time with great food and company. Our [tickets are on sale](#) on the official [AFA website](#), and we hope to see you there!

*Upcoming Events:*







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

### *Montana Happenings*



April has been a hectic month, with weather ranging from snow and wind to 70 degrees, and back again. No major events took place, but instead, a few smaller happenings.

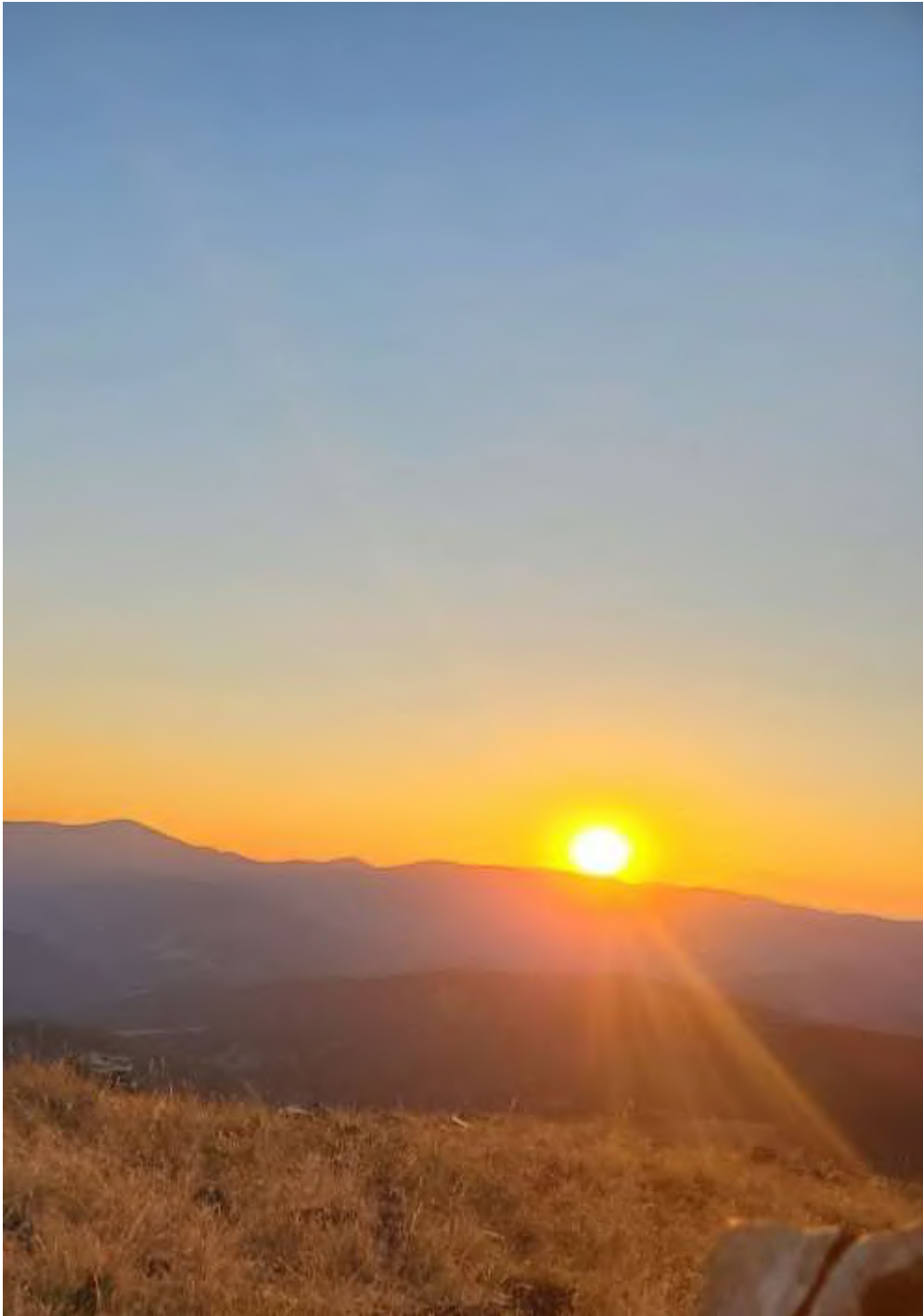




On Friday, April 21st, a Kindred rune study was held at the Greaney residence.

On Sunday, April 23rd, a small meetup was held in Billings MT, at the Last Chance Pub and Cider Mill.

Myself, Apprentice Folkbuilder Tyler Heinlein, and our newest transplant, Justin Maurer, got together for a bit of camaraderie. Later that night, we were joined by the rest of the Maurer Clan, and held a small Sumbel.



On Thursday, April 27th, a kindred planning meeting was held between the Harlans' and Greaney's to discuss some upcoming events.

*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*



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

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**Nevada**

## *Alsherjargothic Dinner*




We had a great dinner this month, we were joined by the McNallens which is always a treat as well as many other great Folk. The potluck consisted of deviled eggs, pierogis, blueberry mojitos, seafood lasagna, baked mac'n'cheese, cream pies and cupcakes.

We are looking forward to seeing folks again on the 6<sup>th</sup> AND Gythia McNallen's Lovelock Expedition the following weekend will be an amazing adventure!

## *Upcoming Events*





**EXPEDITION:  
LOVELOCK CAVE**

AFA Camping Moot on the desert  
**May 13-14, 2023**

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

A weekend of adventure! Museums in Fallon and Lovelock, Grimes Point petroglyph complex with a docent-led trip to Hidden Cave, astronomy, campfire with storytelling featuring the AFA's Saga of Kennewick Man. More info to come! There are hotels for those who dislike primitive camping. Potluck dinner on the desert Saturday night. Maps will be sent out.



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

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## Utah

*Spring Has Sprung In Utah!*



This month Rocky Mountain Folk Kindred got together to celebrate Hexennacht and the arrival of spring in our beautiful state (finally!). It was my first event in my new position as Apprentice Folkbuilder and I enjoyed the experience. We met at a local park for some fun in the sun and even got to meet a new member. The kids enjoyed the creek, which was freezing but very full from all the snowmelt. We were all very grateful for the warm weather (our last meeting was a bit frigid) and we're looking forward to more outdoor adventures to come!





Bethany Valentine  
Apprentice Folkbuilder  
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