



Óðinshof

First Hof of the Asatru Folk Assembly

www.odinshof.org

Runestone.org Email the Witan [YouTube](https://www.youtube.com)

[VK](#) [Twitter](#) [Parler](#) [Odysee](#)

[Bitchute](#) [Rumble](#) [Instagram](#)

[Donate to the AFA](#)

Words from the Alsherjargothi



September was a big month for the AFA and I made a very important announcement last week that I want to make again here for our Runestone audience and for posterity. That announcement is Sigrheim!:



"Sigrheim
Home of the Asatru Folk Assembly
Established 202X

“IV. The restoration of community, the banishment of alienation, and the establishment

of natural and just relations among our Folk:

Our ancestors had religious and social folkways that gave them a feeling of continuity and community while jealously preserving individual rights; we can and will re-establish this natural order among our Folk. Asatru encourages sound, traditional families while providing an extended family or tribe to support the basic family unit. We help each other materially, socially, and religiously while respecting the privacy of individuals and families. Society would work better if families and communities cared for each other, rather than relying on coercive, intrusive “help” from outside sources such as government”

– AFA Declaration of Purpose

When I first became actively involved in the AFA, around 2009, there was talk of the AFA Hof and Land Fund. The vision was, a hof of course, but also land for an intentional community of AFA members. The more I studied our roots and spoke with other members, the more the theme of intentional communities was talked about as the dream. Not only is this the dream of so many when they join, but this has also been a dream of Asatruar since the reforging of our faith in the 1960s. We have certainly all seen and been part of the dream of hofs, our current 4 hofs are a testament to our ability to accomplish and manifest dreams into realities. The time has come for the next stage in the Asatru dream to take shape- Sigrheim.

Sigrheim means “Home of Victory.” Sigrheim will not only be the home of victory but the home of the Asatru Folk Assembly. As with all dreams, the form changes and shifts as the dream becomes real. This is the vision as it stands now. An AFA neighborhood will be built with several members constructing their homes on a common parcel of AFA land. On this land, there will be a magnificent hof. On this land, there will be guest lodging. On this land, there will be a common meeting/cooking/dining area. This land will serve as the corporate and ecclesiastical headquarters for the Asatru Folk Assembly.

After my first AFA national event (Midsummer in the Sierras 2010), I was hooked, and I have tried to make it to all that I could from that time on. It occurred to me after the first few years that I was living my “mundane” life for 350 days so that I could live my real life for 15 (at AFA gatherings). I have tried ever since to make every day like those beautiful event days. I want that for myself, I want that for my family, I want that for us. This will be a home for our AFA family. Those who have the commitment and desire will be welcome to move here (or to an area close by), whether or not you make your permanent home on the grounds, you will be welcome here always because this is HOME.

In faith and as a church, we have grown. Our mission and scope have grown by leaps and bounds! We have AFA membership in 14 countries! This is amazing and it makes

the case for a headquarters from which to manage and coordinate all the glorious things we have going on. We have long wanted a place to host AFA national events. Up until now, we have had to rent venues and camps (I am confident we will still do this in the future). Our hofs are a great place to host events and we love that, but the lack of on-site lodging is problematic. A place of our own, with facilities and accommodation for large gatherings, will be a useful and fantastic thing. The whole project will be focused around a hof to Týr and a grand gathering hall, in this way it will have all the functionality of our current hofs but so very much more.

There is an additional need that has weighed heavily on me for some time now. Our elders often find themselves impoverished and with no family willing or able to care for them. Our members living with disabilities have trouble living on their own with dignity and with their spiritual needs fulfilled. We have families who find themselves without safe places to live and stay. Sometimes this is due to a natural disaster, sometimes due to loss of employment, and sometimes to the dissolution of an unhealthy relationship. We can, we should, and we will do better with this. Sigrheim will increasingly be a place where these folk can come and be cared for by family, our AFA family. We can't promise luxury and are not equipped to provide medical care, but we will provide food, shelter, and love for our elders, disabled, and folk going through hard times.

As this dream grows, we also envision facilities to do homeschooling, summer camps, community craft fairs, and athletic training. As with all dreams, there is no end to the possibilities."

As with any of these endeavors, success hinges upon the generosity of our amazing AFA Family. The first step is securing the land, we are working on that, but it will take a significant down payment. If you are able, please consider contributing to this project, and do remember that your contribution is tax deductible.

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



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



NOBILITY

This begins a series of challenges that I will present to all members of the AFA, including myself, so that we may continue to improve ourselves. The goal is to be our highest and best selves and live in a way that demonstrates our nobility and honors our ancestors and gods. The first challenge: Speaking with Intent.

As many of you already know, I have been on a crusade (okay, maybe just a campaign) to eliminate profanity at the Hofs. Our Hofs are sacred grounds, dedicated to the protection and preservation of our Gods and our Ancestors. Are those goals served by speech littered with profanity and vulgarity? If you went to a church or temple of a different faith and heard that sort of language, would you be impressed with their nobility?

Profanity is defined as “showing contempt or disrespect for sacred things.” Vulgarity is

“lacking culture or taste; crude, boorish.” Is this how we want to present ourselves to the world? Would your great-grandparents be impressed with your command of Low speech?

This ideal is especially true for our Folk. Our knowledge that galdr changes ourselves and our world for the better necessarily means that Low or idle speech changes the world for the worse. Every ill-intentioned swear or curse coarsens our part of the multiverse.

In addition, vulgarity has always been shunned by those of a higher mindset. Not long-ago critics noted that certain comics could not work in large venues because their language was too vulgar; the change in the culture since then, only 40 or 50 years ago, represents a decay in thought and attitude. I also confirmed with a scholar of Anglo-Saxon history that the tribal Folk would not have sworn at inanimate objects, as they took their words more seriously than that.

The attack on our families, our faith, our culture, and our civilization continue with the attack on our noble ideals of self-expression. We should decide not to participate in the degradation of our Folk by speaking in a way that honors our ancestors and our Gods: with high ideals, with nobility, with intent



Lawspeaker Allen Turnage

turnage@runestone.org

Words From Our Gothar

ALU, Wodanaz, & the Gifting Cycle



What does the runic formula ALU mean? Why did our ancestors call Odin “ALU-God”? What does all this have to do with the gifting cycle?

In the Gylfaginning, King Gylfi of Sweden is asked questions about the Gods and the cosmos by “three men”, who are all most certainly Odin.

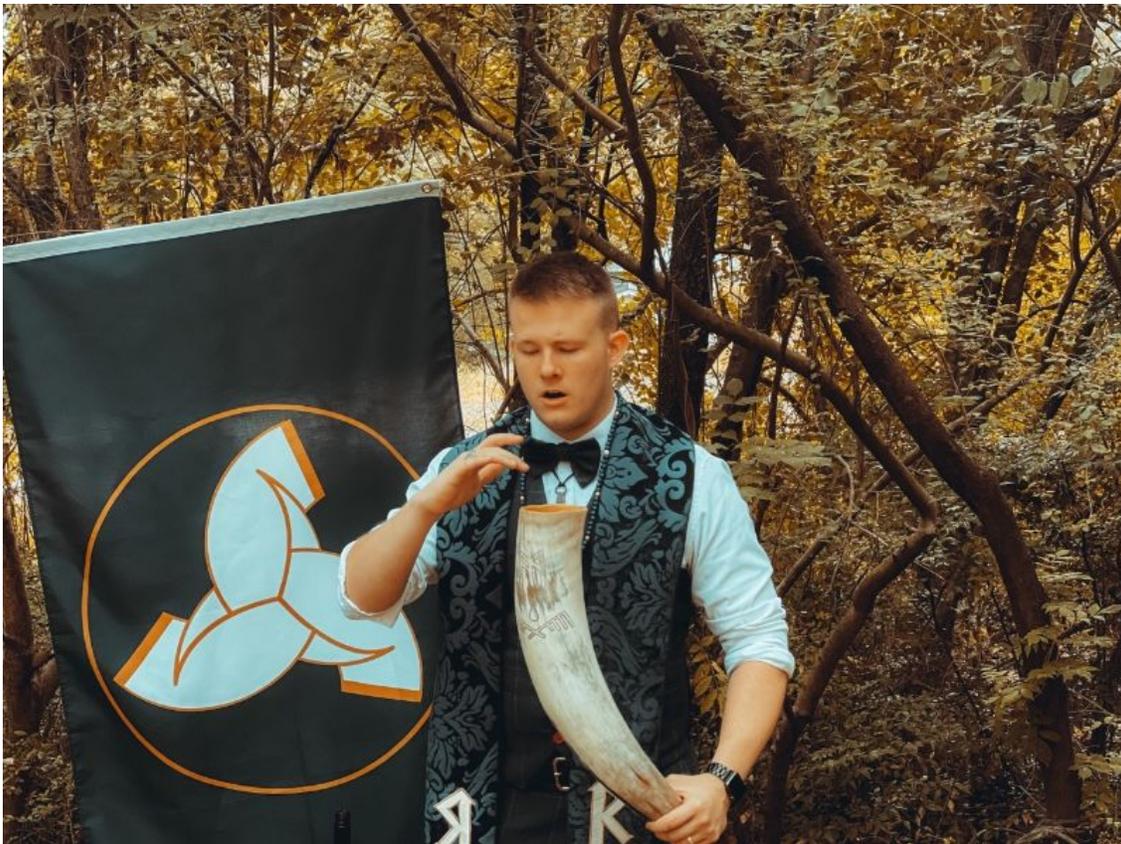
The three men give their names as High, Just-As-High, and Most High. These are thought to represent different forms that Odin takes. Let’s discuss those three forms, and how they relate to ALU:



“High” is the human form of Odin, often called Grímnir. He is credited with being the progenitor of many lines of Germanic royal dynasties, as well as a wanderer and wizard. This is URUZ, the rune of primordial power, cthonic while still sacred.

“Just-As-High” is the disembodied form of Odin, the “divine ecstasy” that he is known for. Pure Oðr, fury, ecstasy, inspiration. This is LAGUZ, the intermediary flowing force between Aryan and Æsir, between Uruz and Ansuz.

“Most High” is the God form of Odin, King of the Æsir, the All-Father, the High One who discovered the runes. This is ANSUZ, the rune of the Æsir and their king, representing the Gods as a single concept.



Now, when we analyze how Odin won the runes, we can identify it not only as an example of the gifting cycle, but as a representation of ALU and what it means. Odin's "human" form, representing Uruz, stabs himself with his spear and hangs himself from a branch of Yggdrasil. He does this as a sacrifice, a gift (Laguz) to his higher self, which is Odin the God (Ansuz). He sends this gift of his lower self to his Higher Self, from "High" to "Most High". From here, the gifting cycle is completed, and Odin's gift is returned in the form of grasping the runes!

Uruz gives the gift, Laguz, to Ansuz, and Ansuz returns the gift in kind!

Our ancestors called Wodanaz the "ALU-God", as he himself embodies the entirety of the gifting cycle that is found in the runic formula of ALU.

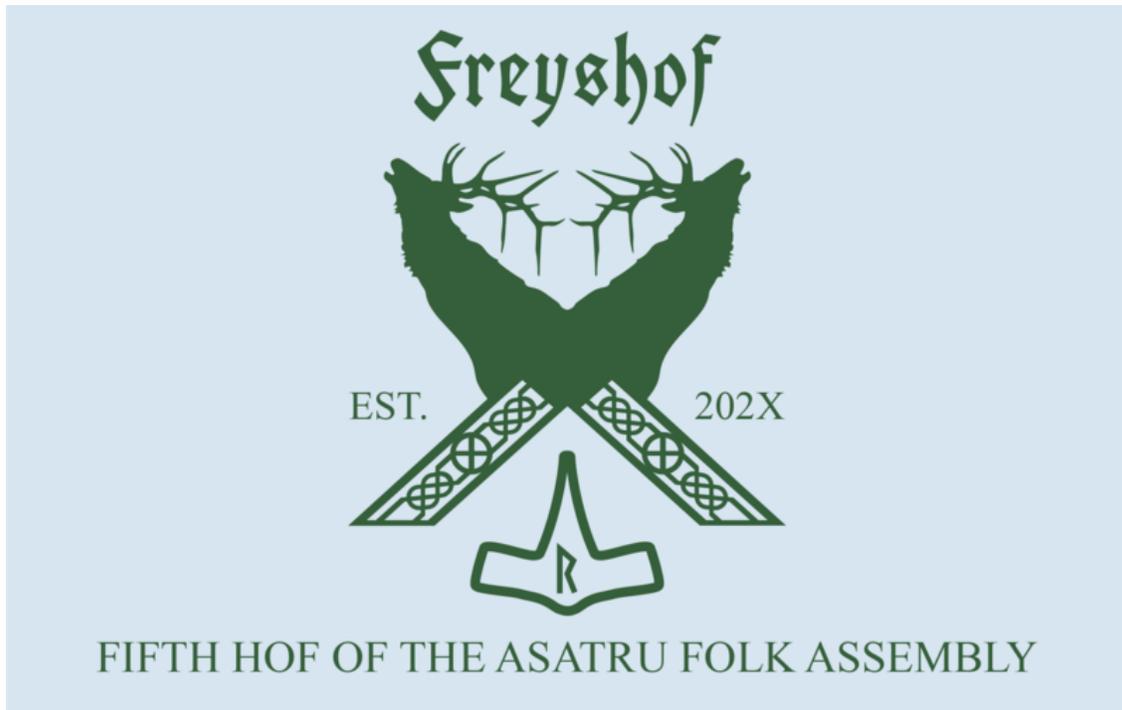
From Aryan, into the well, to Æsir- from Æsir, into the well, to Aryan. A gift for a gift.

The Quest for Freyshof

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

prosperity of men.”

– Gylfaginning



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

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

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

1. We need to pay off Njörðshof. (We have paid off 39% so far)
2. We need to raise our monthly donation average by 17%. (This is membership dues/hoftollar plus other donations)
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!

Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

mattflavel@runestone.org



AFA Homeschool Program



Register Here: [Welcome | Asatru Academy](#)

Welcome to October! All our kids have been hard at work and doing great in their studies!

This month I would like all our students to complete an art project that is outlined in the

Waldorf book OR complete a coloring sheet from the posted options on quickschools. Parents, please upload a good picture of the project either to quickschools or you can email me directly. We will feature the artwork in this section in the next runestone!

We would also love to see your Halloween costumes!

We sure hope to see as many of our students as possible at winternights in Ohio this month! Extra bonus, you'll get to meet the man with the story himself, Uncle Timmy!

Feel free to contact me or any member of our academy staff at any time, and have a great October!

AFA ACADEMY Wants YOUR Artwork!



*Please send any drawings of
Gods, Goddesses,
or
Asatru themed art
to
Rstamm@runestone.org*



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

Victory Never Sleeps



The AFA is thrilled to be continuing to host Victory Never Sleeps as a weekly live stream and podcast. I have always loved doing my monthly Live chats and this is the continuing evolution of that. Each week I bring on an AFA leader to answer all your questions and discuss Asatru. So far, this has been well received and we have had a

great time doing them. We promise you an hour every week and keep over-delivering.

Please join us for these each week Wednesdays at 6 pm Pacific. You can participate on YouTube, Twitter, and Entropy. On Entropy we are able to take tips and super chats.

<https://www.youtube.com/c/asatrufolkassembly>

<https://twitter.com/FolkAsatru>

<http://EntropyStream.live/app/MattFlavel>

And if you can't listen live, you can always listen to the podcast at any time.

<https://open.spotify.com/show/0CULujeOav980SZbAMGk4f>



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

Day of Remembrance

Meister Guido von List



Born in October of 1848 in Vienna, Guido Karl Anton List was the son of a prosperous middle-class family who traded and worked in the Leather goods industry. Raised a Roman Catholic, List found his love of mythology and history early in life, often acknowledging that his belief in the Germanic Gods, and Wotan in particular, developed during these young years. A scholar, painter, and writer, his big ambition was to live his life doing the things he loved. His father, however, pressured him strongly into taking over the family business.

In his spare time, he continued to write and paint. He also took part in several leisure sports clubs, such as rowing and mountaineering. During one of his many trips List

purportedly left his group to spend a solitary midsummer atop Geiselberg hillfort. Here, it is said, he reaffirmed his belief in Wotan. Upon the death of his father in 1877 List abandoned his family business in favor of pursuing his writing passion.

Despite being an avid believer of Wotan, he married his second wife in a Protestant ceremony in 1899. This didn't hamper his writing or his influence, however, and by 1902 when his writings took on a different direction, he was a prolific and well-known voice in the nationalist and volkish movements.

It was in 1902 that von List had his great epiphany. After a cataract surgery left him blind for eleven months, List was left with much time for reflection and meditation. During this time, he discovered the Armanen runes. He called this set of runes the Proto language of the Aryan race. It was through these runes that Von Lists occult ideas and writings evolved.

The popularity of his ideas exploded amongst the wealthy, middle class of Austria and Germany at the time and the Guido-von-Gesellschaft was born. The von-List society further evolved and on the Midsummer of 1911, the inner group called the High Armanist Order was created. While the main group focused on his occult and political ideologies, the inner group was dedicated to the worship of Wotan through his writings and sacred pilgrimages.

With food shortages after the war and old age creeping up on him, von List's health deteriorated and in May of 1919 he passed away at the age of 71. His body was cremated and buried in an urn in the Vienna central cemetery, Zentralfriedhof.

Among his many novels, plays, and political manuscripts it was his first dedicated occult manuscript, "Das Geheimnis der Runen" or "The Secret of the Runes," that really sets Guido von List up as a forefather of modern Asatru, influencing many including the Asatru Folk Assembly's hero Alexander Rud Mills.

What can we learn from this story?

We can never anticipate when the spark of inspiration will lead to the flame of an idea. It's easy to look at that inspiration and say that it isn't real, or it's just the imagination going crazy. With faith, however, our limitations can be cast off. Have faith in our Gods. Have faith in our Ancestors and in our Folk soul. Most importantly, have faith in yourself. each one of us can accomplish great things if we work hard enough and maintain our faith.



Gythia Catie Erickson
cm.erickson@runestone.org

Happy Birthday!

Happy Birthday Founder Stephen McNallen



“Anyone who has raised a horn in honor of our ancestral Gods, has done so because of, or in spite of Stephen McNallen.” – Alsherjargothi Matt Flavel. Ostara In the South, March 2020

This month we celebrate the birth of our Founder, Stephen McNallen. Before he became the Father of Modern Asatru, before he started a religious movement on his own, before the Kennewick Man, he was born in a small rural town in Texas in 1948.

“On a more intimate level, I chose my parents well: My father was a hard-working, Irish Catholic oil hand who had come to Texas for the oil boom some years earlier, and my mother was a loving, kind, and intelligent woman who – significantly – bought me the books I wanted and read them to me.”

Founder McNallen developed an interest in pre-Christian religion in college after reading the book *The Viking*, by Edison Marshall. In 1968 or 69, he dedicated himself to worship the Gods of Europe. In 1969-70, he founded the first Asatru church in the new world, The Viking Brotherhood, which gained tax exempt status in 1972. He began writing and distributing *The Runestone* which was hand typed and copied on a mimeograph machine.

“At first it was a private thing, but then I began quietly promoting the religion – which at that point I simply called “Norse paganism,” as I had no name for it. I really was starting from scratch. About the time of my graduation from college, I started a minuscule publication called *The Runestone*. I cranked it out on a mimeograph machine (!) – the first run was eleven copies. Within a year or so – August 29, 1972 – I had received recognition of the Viking Brotherhood as a tax-exempt religious organization.”

After reading Magnus Magnusson's book, *Hammer of the North*, where first heard the word Asatru, Founder McNallen began to use and promote his religious ideal as Asatru, rather than Odinism.

At some point during his time in the US Army, Founder McNallen began to adopt the belief that Asatru was a religion of the peoples of Europe, rather than being a religion for all, thus adopting Folkism. In 1976, after being discharged from the Army, he renamed the Viking Brotherhood to the Asatru Free Assembly. In 1987, Steve dissolved the Free Assembly.

After seeing what American Asatru had developed into, which denied that Asatru was a uniquely ethnic faith, Mr. McNallen stepped back into the Asatru scene. Establishing the Asatru Folk Assembly. The emphasis on Folk to differentiate from the universalist lie that threatened to take hold of our ancestral faith.

“It flourished. Over the years it grew, and I wrote *Asatru: A Native European Spirituality*, which defines my convictions and purpose. We purchased a permanent building which became *Odinshof* – our first temple to the Gods. The AFA has since expanded to include four Hofs in the USA and continues to grow. In 2016, after leading the Asatru Folk Assembly for 20 years, I turned it over to a younger generation and started the next phase of my service to my Gods and to my Folk.”

In the years since Mr. McNallen retired, he has remained an active participant at *Odinshof* with charitable giving and contributing in any way possible.

It is often said that we stand on the shoulders of giants, and none are more giant than that of our Founder, the First Alsherjargothi. Thank you, and Happy Birthday, Mr. McNallen, from all of us in the Asatru Folk Assembly.

Remembrance and Holy Days



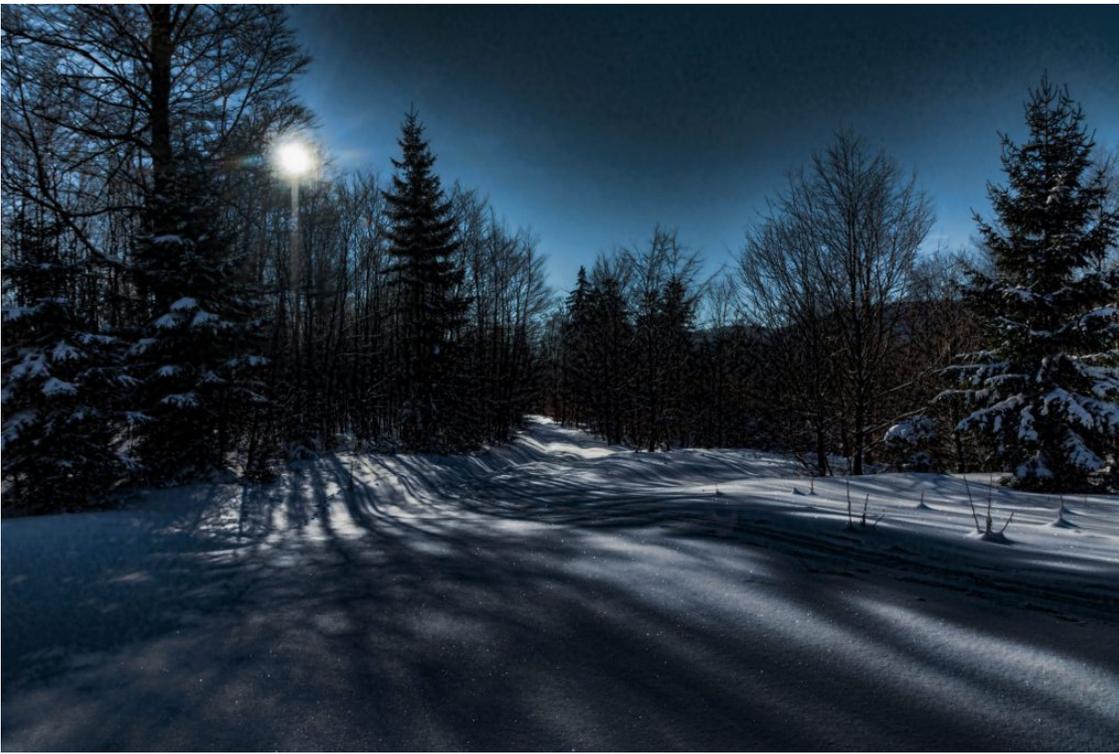
[Calendar – Asatru Folk Assembly \(runestone.org\)](http://runestone.org)

2022

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 15	Porrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 19	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 20 (observed on 21st)	Ostara
April 9	Day of Remembrance for Jarl Haakon

Date	Observance
April 31 (observed on 16th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 21st)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 21 (observed on 18th)	Midsummer
July 9	Day of Remembrance for Alexander Rud Mills
July 16	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 20	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 21 (observed on 17th)	Winter Finding
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 15	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 19	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31	Yuletide

Winter Nights



Autumn has officially started. The days are noticeably shorter. The nights are noticeably cooler. The trees are ablaze with the colors of Fall and the crunching of the fallen leaves underfoot has begun. All around us the world is dying. This was a time of drawing in close, of hearth and home and family. For our ancestors, this was not an Autumn festival, but a quiet Winter rite in which the female spirits were honored in a rite called Disirblót.

Today, Winter Nights is often seen as a death of the physical world, the world we can see, and the reawakening of the intangible. It is the world of high energy, of spirits. It is that deeper feeling and connection to the things we know to be there. This is the time we honor our Disir—our female ancestors. We remember that without our ancient mothers we could not be. They cared for the home and the hearth fires. They cared for their families. Our ancient mothers, with strength and determination, raised the next generation against odds we cannot really begin to fathom.

With the harvests finished, there is a quiet lull before we turn our minds to the hectic holiday season. Now is a good time to turn inward in introspection, and to self-improvement. It is also the time to meditate on things of a more spiritual nature. Connect to the energy that is always there.

Gythia Catie Erickson
cm.erickson@runestone.org



Upcoming National Events

Winter Nights 11
October 14th-16th



Register Here: [Winter Nights 11 – Asatru Folk Assembly](#)

The Eleventh Annual Winter Nights will be held in Scioto County, Ohio from October 14- 16! 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, our Goddesses, and our 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 fee includes all workshops, lectures, meals, tent camping, 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.

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 encouraged! There are also hotels within 20 minutes of the camp.
- Dogs are welcome but must be leashed at all times and are not permitted in common indoor areas such as the dining hall.
- The camp location will be provided upon registration.



Winter Nights XI

October 14 - 16, 2022

Friday, October 14

	Adults	Children
12:00 noon	Arrival & Check-in	*Coloring pages and a bounce house will be available all day*
2:00 pm	Welcoming the Gods	
4:00 pm	Daily Spirituality w/ Folkbuilder Adam Hudak	Children Vs. Adult Battle
5:30 pm	Dinner	
7:00 pm	Gothic Q&A Panel	*Coloring pages and a bounce house will be available all day*
8:30 pm	Odin Blot w/ Alsherjargothi Flavel	
10:00 pm	Oktoberfest Dance	

Saturday, October 15

	Adults	Children
8:00 am	Physical Fitness	*Fall-themed sensory bins for youngsters during each period*
9:00 am	Breakfast	
10:00 am	Men's Group w/ Ap. Folkbuilder John Rock Women's Group w/ Gythia Catie Erickson	<u>Craft</u> : Make your own noise <u>Game</u> : Pumpkin Ring Toss <u>Teens</u> : Assemble Yggdrasil
12:00 noon	Lunch	
1:30 pm	Disir Presentation w/ Witan Svan Herul	<u>Craft</u> : Scandinavian Yarn Dolls <u>Teens</u> : Finish Yggdrasil
3:00 pm	Rites of Initiation	Singing and Dancing <u>Teens</u> : Rune Rock Painting
4:30 pm	Raffle Drawing & Auction	Halloween Parade to story time and snacks
6:30 pm	Dinner	
8:30 pm	Disir Blot w/ Gythia Erickson	
10:00 pm	Sumbel	

Sunday, October 16

	Adults	Children
9:00 am	Breakfast	
10:30 am	Wayfarers Blot w/ Folkbuilder Adam Hudak	
11:15 am		Children's Blot w/ Witan Cliff Erickson
12:00 noon	Departure/ Clean Up	

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

Member Family – Weekend: \$150

Member – Weekend: \$100

Member – Daypass: \$50

Guest – Weekend: \$125

Guest – Daypass: \$60

Child – Weekend: Free

Child – Daypass: Free

Registration is open now at <https://runestone.org/product/winter-nights-11/>.



Witan Clifford Erickson
cerickson@runestone.org

Feast of the Einherjar
November 10th-13th

Feast of the Einherjar

2022 Nov 10-13

in Oklahoma

With Special guests Stephen and
Sheila McNallen, Alsherjargothi
Flavel and Gothi East

Honor the fallen with your folk • Games
of skill • Mead Competition

• 3 Blots • Sumble

• Auction • Leadership Panel Q&A

• Amazing feasts!

Register now @

<https://runestone.org/product/feast-of-the-einherjar-2022/>

contact Folkbuilders Melsa Mills, Nate Erlandson or Ashley
McStocker for more information

Register Here: [Feast of the Einherjar 2022 Nov. 10th-13th](https://runestone.org/product/feast-of-the-einherjar-2022/)

Come and honor the fallen with your Folk.

The event concludes on Sunday at 11 am, but you are cordially invited to stay for the wedding of Terry Clark and Rebekah Brussel on Sunday and check out Monday morning after the wedding festivities.

FEAST OF THE EINHERJAR

**THURSDAY
11/10/2022**

11am check in
12pm - lunch
1:30pm - Welcoming of the Gods (Nathan)
5:30pm - Dinner
6:30pm - Freya blot (Sheila)

FEAST OF THE EINHERJAR

FRIDAY 11/11/2022

7am - brisk morning swim
8am - Breakfast
12:30pm - lunch
(games)
5:30pm - dinner
6:30pm - Odin Blot (Steve)
7:30pm scripted stories
8:30pm - ~~Sumbel~~

SATURDAY 11/12/2022

8am - Breakfast
12:30pm - ~~lunch~~
(games)
5:30pm - Einherjar Blot (Nate & Trent)
6:30pm - Feast
7:30pm - auction

Let us know if you are entering the mead competition!

To each of our Service Men and Women, thank you for your service. We would like to invite each and every one of you to join us this weekend.

FEAST OF THE EINHERJAR

SUNDAY 11/13/2022

8am - Breakfast
10am - Wayfarer Blot (Mike)
11am - checkout

CLARKE WEDDING

12:30pm

**ALL EVENT ATTENDEES ARE WELCOME AND
ENCOURAGED TO STAY FOR WEDDING
CEREMONY AND CHECK OUT MONDAY WITH
OTHER WEDDING GUESTS**

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

Member Family – \$150

Member – \$100

Guest – \$120

Child – Free

Child – Free

Registration is open now at <https://www.runestone.org/product/feast-of-the-einherjar-2022/>



Folkbuilder Melisa Mills

mmills@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...

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/>.

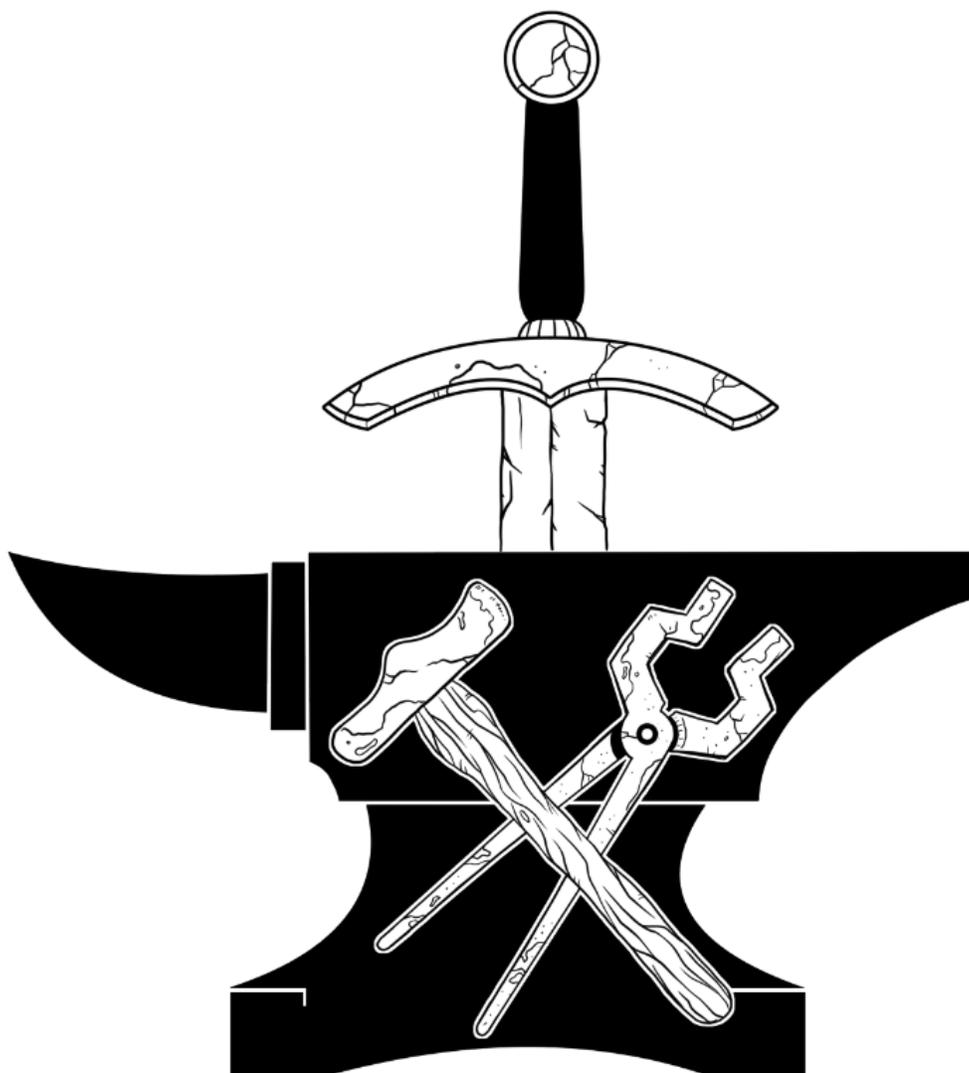
Please make your will **today**.

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

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

Stalvind's Forge



At Stalvind's Forge, we craft blades and some tools. We offer sharpening, cleaning, and repair! Veteran Owned and operated.



Contact us today at stalvindsforge@gmail.com or reach out at 270-293-8690



Folkbuilder Jessica Lambert

jlambert@runestone.org

Ancestral Food and Culture

Pierogi



My name is Maya, and we just moved to PA from Washington, but my family came to PA in the late 1800s/early 1900s from Czechoslovakia and Prussia. My grandma tells us stories about her dad, Pa, who I remember only as a little kid when he had severe dementia. There wasn't much we kept from the culture because they tried hard to Americanize but we did keep halupki and pierogi.

Pa and his family worked in the coal mines so all the women in the family would get together and make large batches of pierogi and wrap them up in the newspaper as a way for the men to transport it with them to eat for lunch at work.

Here is the recipe for pierogi:

For the dough

- 4 cups flour
- 2 egg
- 1 tsp salt
- 3 tbsp oil
- Add flour/water as needed*
 - (you must learn to feel Baba's Slav Power in your fingertips and just know when a dough is a dough and not a rock or a soup)

For the filling:

- (We only had potato and onion because we were poor but here are some add-ons)
- A decent amount of potatoes, as many as you like but not less than 4 preferably
- 1-2 onions, minced
- As much garlic as you like
- Ricotta/farmer's cheese/tvarog
- A handful of shredded cheddar
- 3-4 spoonfuls of cream cheese or sour cream
- Salt
- Garlic powder if desired
- Pepper
- a Good deal of milk
- 1 stick of Butter

Recipe:

- *For the filling:*
- Boil the potatoes in a large pot.
- Sautee onions and garlic if desired in a pan with butter or oil.
- Mash the potatoes and salt to taste, add garlic powder, and pepper if you want.
- Add milk, butter, cottage cheese/sour cream, ricotta(or other option), cheddar, etc. to the potatoes.
- Add the onion to the potatoes.

For the dough:

- Mix the ingredients for the dough together in a large mixing bowl and add water or flour as you need to make it more wet/dry until it is a dough consistency.
- Knead just a bit.
- Cover and let rest for an hour.

Roll out to a thin, but not too thin thickness on a floured surface- if you stretch it and it tears, it is too thin.

Take the bottom of a glass and make circles with the dough.

Take some filling and put it in the center of the dough circle. Fold over the circle so it becomes a crescent dumpling shape and pinch the edges with your fingers. Not required, but if you want to make it look better, take 1 egg and a fork and lightly egg wash the edges, and press the tines of the fork into the edges.

Do this until all your dough or filling is used up.

Boil the pierogi in very hot water until they float to the surface, then take them out.

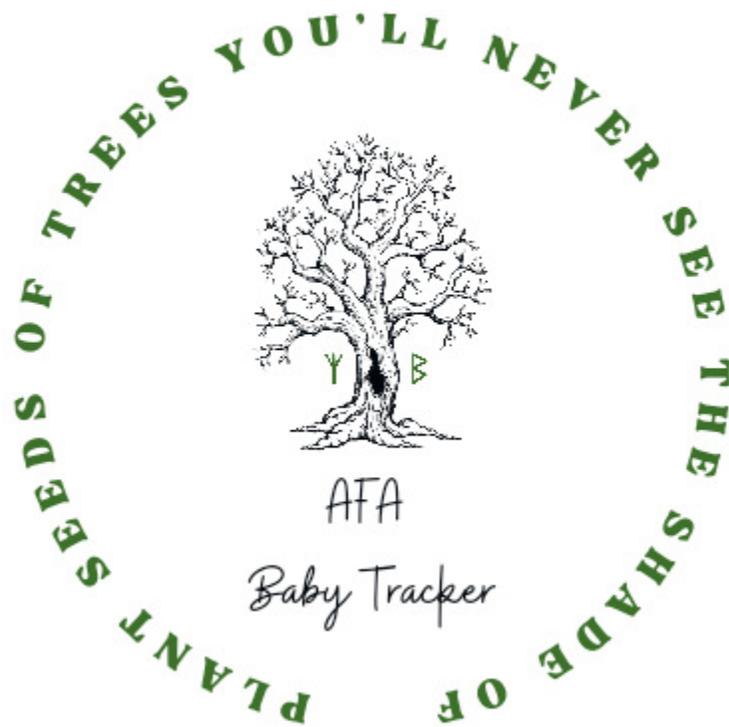
You can leave them boiled like this and put onion on top or sour cream or sauerkraut or whatever you like, OR you can fry them in hot oil/butter in a pan and they will become crispy.



Folkbuilder Timothy Dumas

tdumas@runestone.org

Baby Tracker



Members, please be sure to let your local leadership know if you've given birth to a child recently to ensure that we get your new baby added to our baby tracker count, as well as getting you more information about other children related programs and benefits that the AFA offers!

Total babies born in 2022: 35 (*up 6 from Aug!*)



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Upcoming Fundraisers

AFA FUNDRAISER

ARTISANS NEEDED

Woodworking | Sculptors | Blacksmiths
Leatherworkers | Painters | Jewelers | Weavers

Details on raffle and drawing dates to
come soon

We are asking all artisans for donations of something handcrafted for an online AFA fundraising raffle. Have a hand in raising money for Óðinshof repairs and get your name out there as a crafts person. We will purchase your item or donations are greatly appreciated!

To get involved contact Ashley Stockton
707.800.5333

ASTOCKTON@RUNESTONE.ORG



ÓÐINSHOF
FUNDRAISER

AFA VIRTUAL RAFFLE!

\$10.00 A SQUARE

We are delighted to announce the first annual AFA Virtual Raffle! Help restore Óðinshof first hof of the Asatru Folk Assembly, buy a numbered square and get a chance to win this beautiful one-of-a-kind, high quality, limited edition AFA scarf!

The winning number will be drawn on Nov 6th at 6pm

Limited squares available!

Contact Folkbuilder Ashley Stockton to participate and good luck!!

BUY A SQUARE NOW!



ASTOCKTON@RUNESTONE.ORG

707.800.5333

[HTTPS://MEWE.COM/1/ASHLEYSTOCKTON3](https://MEWE.COM/1/ASHLEYSTOCKTON3)



Ashley Stockton

Apprentice Folkbuilder

astockton@runestone.org

**AFA YULE CARD
FUNDRAISER**

*Let the Competition
Begin!!!*

Card Front 1
5 per pack

Inside View
"Blank"

Card Front 2
5 per pack

Card Artwork created by Reign Kinsler

Odinshof & Baldrshof Districts
contact Ashley Stockton
astockton@runestone.org

Thorshof & Njordshof Districts
contact Jessica Keller
@jkeller@runestone.org

**\$20+ shipping
Per pack of 10
All proceeds go to the Hof
with the most orders**

As much as we loved our folk-created poems from last year, we listened to your feedback and made changes to the card designs this year.

Competition: The district with the most orders, will receive all donations to that districts Hof fund!! Last year we raised \$600!!!

Ashley Stockton will be in charge of Odinshof and Baldrshof orders, and Jessica Keller will be in charge of Thorshof and Njordshof orders!

The artwork was originally painted by Reign Kinsler, the daughter of one of our AFA folk sisters, Rachel Kinsler.



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Calling All Chefs



We are putting together an AFA cookbook!

We are looking for your recipes with notes for foods served at Hof's and Moots. Please submit your recipes to cookbook@runestone.org. When submitting a recipe, please include a photo of the meal as well as info about the event and the date the meal was served.



Mike Joyner
Apprentice Folkbuilder
mjoyner@runestone.org

Ladies' Mysteries Podcast

AFA Ladies' Mysteries Podcast

OCTOBER 9TH, 1:30 PM CST

Mark your calendar for our new monthly ladies' Teams call. An invite link will be provided to join.

Themes and Topics

SACRED SPACES

By Witan Brandy Callahan

WINTERNIGHTS AND DISIR

By Gythia Catie Erickson

ALTERS AND OFFERINGS

By Gythia Anna Plourde

FRITH WEAVING AMONG WOMEN

By Folkbuilder Sara Ault

OFFERINGS WITH YOUR CHILDREN

By Apprentice Folkbuilder Christine Dumas

Contact Christine Dumas,
cdumas@runestone.org
with any question.



The women in AFA Leadership have something new, just for womenfolk! Check out the Ladies' Mystery Podcast on Teams 10/9/22 at 1:30 pm CST



Christine Dumas
Apprentice Folkbuilder
cdumas@runestone.org

Now Available in the AFA Store



Stay warm this season with your new Zip and Non-Zip hoodies! Get yours today!

<https://runestone.org/product/afa-zippered-and-non-zippered-hoodies/>

<https://runestone.org/product/odinshof-zippered-and-non-zippered-hoodies/>

<https://runestone.org/product/thorshof-zippered-and-non-zip-hoodies/>

<https://runestone.org/product/baldrshof-zip-and-nonzip-hoodies/>

<https://runestone.org/product/njordshof-zip-and-nonzip-hoodie/>



Folkbuilder Melisa Mills

mmills@runestone.org

Óðinshof

Odinshof District Leadership

Our geographic area includes: California, Nevada, Arizona, New Mexico, Colorado, Utah, Wyoming, Montana, Idaho, Washington, Oregon, Alaska, Hawaii, British Columbia, Alberta, Australia, New Zealand

Matt Flavel, Aisherjargothi mattflavel@runestone.org

<p>FOLKBUILDERS</p> <p><i>Oathed Folkbuilders</i> Krystal Podbreger (CA) kpodbreger@runestone.org Ryan Harlan (MT) rharlan@runestone.org Mason Johnson (WA) mjohnson@runestone.org Sam Ramsey (AZ) sramsey@runestone.org</p> <p><i>Apprentice Folkbuilders</i> Ashley Stockton (CA) astockton@runestone.org Sierra Chapman (CA) schapman@runestone.org Rachel Johnson (WA) rjohnson@runestone.org Tyler Hainlein (WA) theinlein@runestone.org Lou Nickerson (AZ) lnickerson@runestone.org Andrew Stuffs (CO) astutts@runestone.org Steven Mundy (ID) smundy@runestone.org Carter Shafer (WA) cshafer@runestone.org Ben Cooper (ID) bcooper@runestone.org Nicholas Salo (CO) msalo@runestone.org</p>	<p>GOTHAR</p> <p>Sheila McNallen, Gythia sheila@runestone.org Joseph Rozanek, Gothi jrozanek@runestone.org Thorgrun Odden, Gothi todden@runestone.org</p> <p>Odinshof Manager Marc MacLeod odinshof@runestone.org mmacleod@runestone.org</p> <p>Admin/Membership Mandy Flavel mandy@runestone.org</p> <p>AFA Founder Stephen McNallen wolfagemedia@gmail.com</p>
--	---

Food Pantry at Odinshof



We experienced another high-energy food distribution at Odinshof on Saturday with cars lined up to the road by 10 am. There were no giant-sized families this time though. This month, it was obvious that most of our families are seniors who live alone or with a spouse or sibling. In continuing with the trend, ten new families joined us this month.

In spite of all of our pre-bagging that Steve and I do on Thursdays, we rely on an efficient team of bag-fillers as the cars drive in.



Every family received their typical warm greeting, but this month I also shared a bit more about the AFA and Odinhof by passing out a small card that featured one of our Alsherjargothi's motivational statements. I hoped this would clarify a bit more “who we are.”



At the October food distribution, all families will be invited to return on Sunday for our annual Harvest Fest ... *Halloween style*. Besides activities for all, they will get a free hotdog lunch. A big thank you for any donations to help pay for this event:

<https://runestone.org/product/odinshof-fund/>

Be a living billboard for what Asatru should be. Live nobly; be a good person; be a caring person; be someone who is useful and helpful to society.

Then, when people ask you for your secret, tell them it's the AFA and your relationship to the Gods.

Alsherjargothi Matthew Flavel

runestone.org

The way of our Ancestors, calling us home.



Gythia Sheila McNallen

sheila@runestone.org

Winter Finding at Odinhof



Winter findings at Odinhof this month was yet another excellent event. We had a successful food pantry, great talks, games, and ritual.

Many new members attended and had the privilege of hearing Steve speak on the holiday, Sheila talked about Snowshoe Thompson, Paul and I played some music and our Alsherjargothi perform a very moving Ullr blot, blessing us and our weapons.



Another major event was Dawson's man-making ceremony where he was surrounded by all of his fellow men folk, uplifting him and welcoming him into manhood.



It is an honor and a privilege to help lead in putting on these events and creating these memories where our folk connect and grow together for years to come.



Thank you all who attended and contributed, and we look forward to seeing you at the next ones!

Please feel free to reach out to Sheila McNallan or myself for any future event information

Ashley Stockton



Apprentice Folkbuilder
astockton@runestone.org

Upcoming Events at Odinshof



*Freya and the Disir
await you.*

Winter Nights at Odinshof

October 14-16

For full details, contact:
astockton@runestone.org
sheila@runestone.org
schapman@runestone.org

Winter Nights ~ the holy-tide when we honor our Ancestral Mothers, the Disir. In ritual, we'll ask for their blessings. We invite you to bring a photo to place on a special table dedicated to our Mothers.

- Rituals, live music, and presentations
- Oktoberfest games
- Auction to fundraise for Odinshof repairs
- Feasting and Sumbel

For our youngsters, it's Halloween – so costumes are recommended! Fun times with games, crafts, story-telling, face-painting, and pumpkin carving.

What we need:

- + Uncarved pumpkins for our children, bags of candy & Halloween toys & trinkets.
- + Items for our auction, cash, and your participation! Side dishes for lunch and dinner!

<p>FRIDAY - DAY 1 Dinner at 6:00, followed by Polka and Bavarian dancing</p> <p>Overnighters: Camping on site & Brownsville Motel: 530-675-2480</p>	<p>SATURDAY - DAY 2 Arrive when you wish.</p> <p>Odinshof Food Pantry can use volunteers from 9:30 to 11:30.</p>	<p>SUNDAY - DAY 3 until 3 pm</p> <p>Our 3rd annual Harvest Fest for the community with activities for children. Adult volunteers needed! Extra time for socializing!</p>
---	--	--

Events at Oðinshof

2022

Oct 14-16 Winter Nights

FRI: *Dinner, dancing, Odin Blot by Stephen McNallen*

SAT: *All meals, games, speakers, auction, Disir Blot, Sumbel*

SUN: *Breakfast, Harvest Fest for the community*

Nov 19 Feast of the Einherjar

Dec 17 Yuletide Celebration

2023

Jan 21 Thorrablot

Feb 18 Charming of the Plow

Mar 18 Ostara

Apr 15 Hexxenacht

May 20 May Day

June 17 Midsummer

July 15 Sigurblot

Aug 19 Freyfaxi

Sep 16 Winter Finding

Oct 21 Winter Nights

Nov 18 Feast of the Einherjar

Dec 16 Yuletide



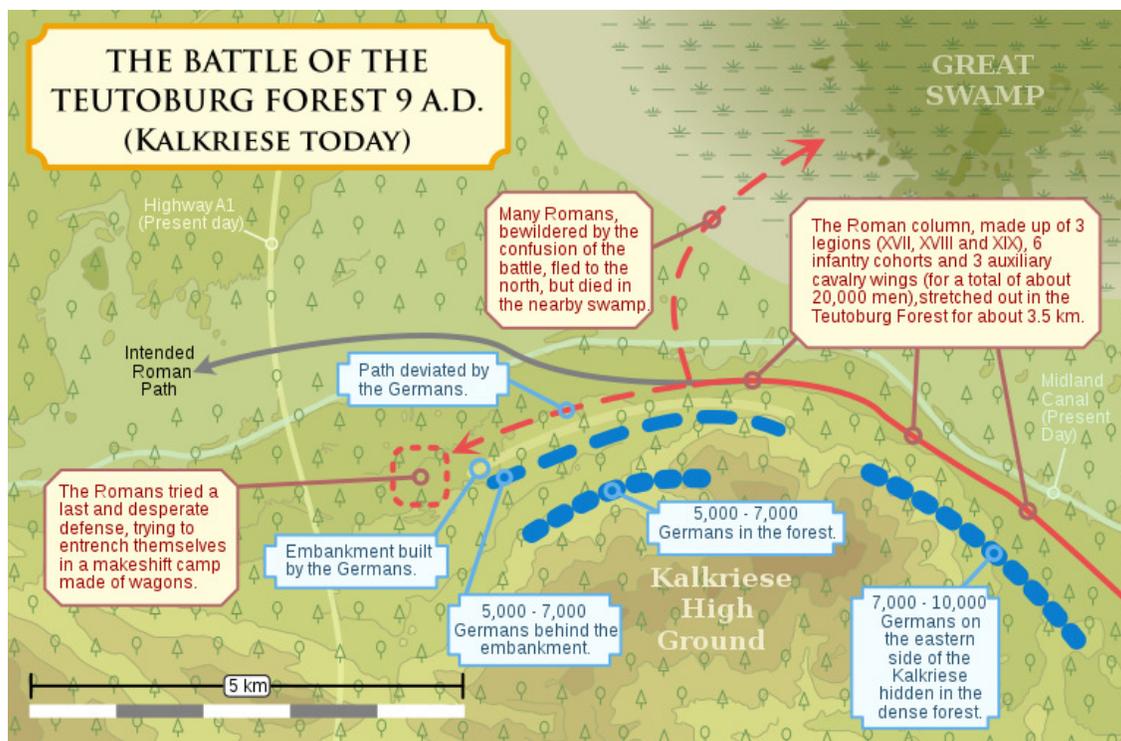
All dates begin with the
Oðinshof Food Pantry
in the morning.

Arizona

The Folk Versus The Empire



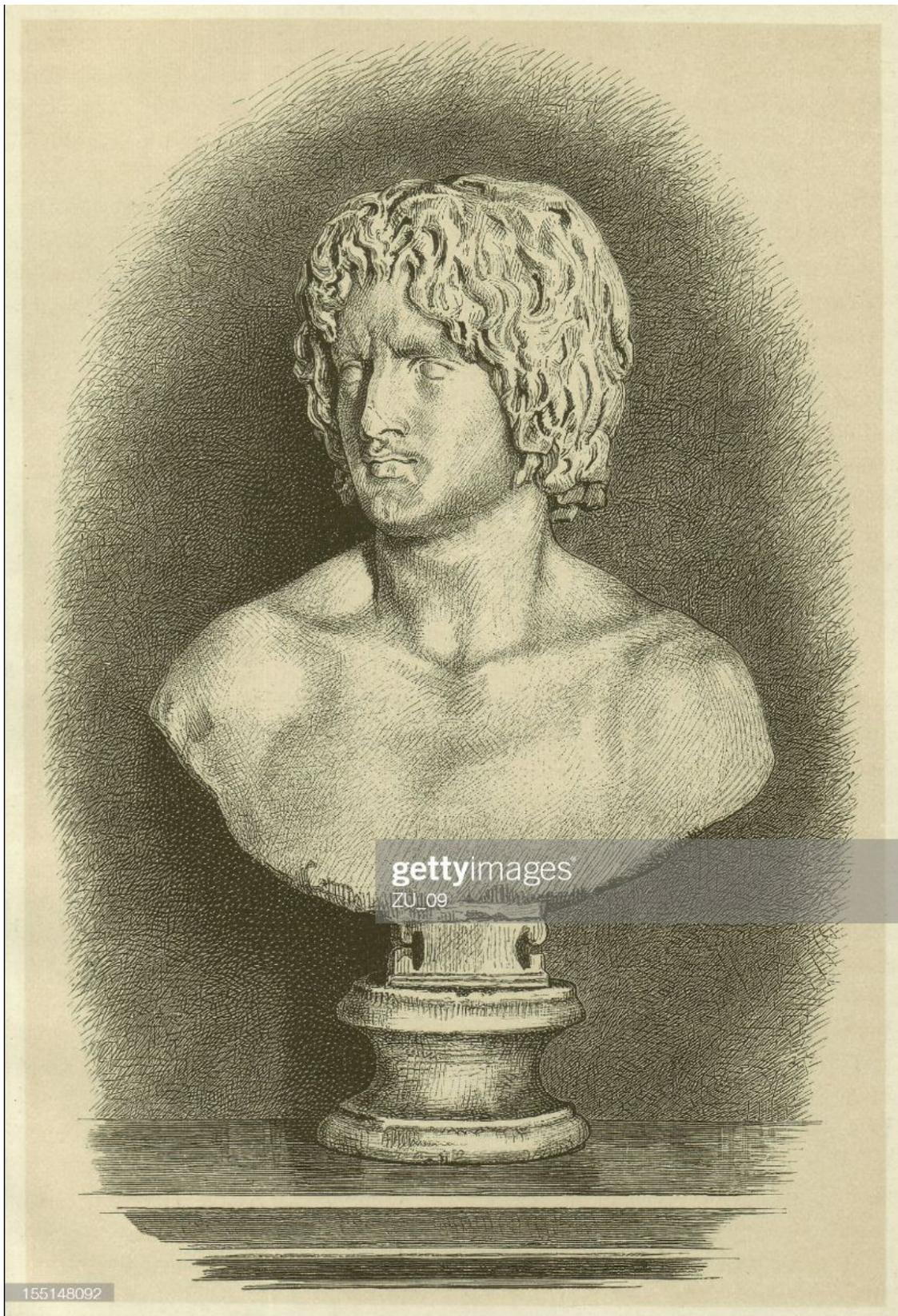
Sometimes, despite our best efforts, we take for granted the struggle of our ancestors against the odds. Often, because they were victorious, we fall into thinking that their victory was inevitable because of the circumstances. In reality, victory is never guaranteed, and when we are victorious it is only because of a hard struggle. About 2000 years ago, our Germanic forebears engaged the most powerful military in the world in combat in a struggle to decide their own continued existence and independence. It was not a skirmish or a maneuver, but a full-on death struggle between two large armies locked in mortal combat. By revisiting the clash, we will attempt to honor the combatants and the slain by remembering heroic deeds.



From Roman sources which include the critically important Tacitus, we have a wealth of information on the war between the Romans and an alliance of five Germanic tribes. A Cherusci tribe chieftain's son, Armin (or alternatively, his name has been referred to as Hermann since the 16th century; Roman sources refer to him as Arminius), had used his connections to position himself for total victory. Armin had been sent as a hostage by his father to Rome, and from the years 1 CE to 6 CE, Armin served in the Roman army, advancing to the rank of "horseman" or equite. Armin received a Roman military education and became fluent in Latin. Through his experience in the Roman Empire as a soldier, Armin saw the effects of the Roman Empire in homogenizing, Romanizing, and subjugating various peoples of Europe. Once he was back in the Germanic homeland, Armin witnessed firsthand the heavy-handed brutality that was characteristic of Publius Quinctilius Varus, governor of the new Roman province of Germania. Recently partially conquered by general Tiberius and wishing to be free of the oppressive rule of Varus, the Germanic tribes were ready to fight back, and Armin became instrumental in their organization.



Five tribes that had previously been hostile to each other were united and organized by Armin to attempt to deliver a significant blow to Rome, and a complicated plan slowly took form. Armin gradually became one of Varus' most loyal Germanic advisors within Roman-occupied Germania, and Varus trusted him completely. Then, a major revolt in Illyria in 6 CE (modern Croatia/Bosnia) caused Octavian, the first emperor of Rome, to pull out eight out of the eleven legions that occupied Germania, along with Tiberius and Germanicus, their experienced commanders, leaving only three legions behind, the inexperienced 17th, 18th, and 19th legions under the direct command of Varus. In 9 CE, with the revolt still raging in the south, Armin was ready to strike his blow. He passed on word of a major uprising by Germanic tribes far to the north of the Roman bases of power around the Rhine river. Varus believed the reports completely and led his three legions on a northward march.



During the march, the Roman legionaries finally realized that Armin was working against them, but too late. After several ambushes that displayed Armin's knowledge of Roman tactics and how to counter them by employing local force superiority and using terrain to his advantage, the Roman legions, which totaled around 20,000 men, were finally brought to battle in September of the year 9 CE in what is today Osnabrück district in the state of Niedersachsen. Though the Germanic tribesmen were

outnumbered and less well-armed than the Romans, they skillfully wielded iron-pointed spears and javelins, and in a tactic directly reminiscent of what the Romans routinely did, the Germanic warriors built wooden fortifications on the high ground of Kalkrieser Berg, which dominated the only road leading away from the area. In order to clear the way, the Romans assaulted the wooden wall but were repulsed. From this point, Roman morale began to falter. Varus' second in command fled the battlefield with all of the cavalries, but ran into more Germans and were wiped out. A furious German counter-assault from their walls caused the further disintegration of the integrity of the Roman units, although their centurions held them together as best they could. Sensing his impending defeat, Varus committed suicide on the battlefield. After more bloody fighting along the road to the north of Kalkrieser Berg, the remaining Romans surrendered. Many were taken into captivity with the Germanic tribes as slaves and were treated well (as evidenced by Roman soldiers years later finding them during retaliatory campaigns) some were ransomed back to the Romans, and others were sacrificed to thank the Gods for their victory.



In the aftermath of the victory by the Germanic people, the future of Germania completely took a new direction. Several towns, villages, and military outposts built by the Romans and that served as the beginning of a Roman administration and assimilation of Germania were either taken by the Germanic warriors and destroyed or were completely abandoned after news of the defeat reached them. While there would be future incursions into Germania by the Romans, and new forts built in the years to come, the defeat at what has become known as the Battle of the Teutoburg Forest

ensured the continued independence of the Germanic tribes. The defeat was such a major setback in Germania's colonization that Octavian's successor, Tiberius, decided to abandon the Germanic people to their own self-rule, and set the permanent border of the Roman Empire at the Rhine River. A few hundred years later, Germanic tribesmen would have scoffed at this decision as they conquered most of Italy. The final decision to abandon Germania allowed the Germanic people to retain their own culture and avoid Romanization and later Christianization as part of the Roman Empire's normal practices of assimilation. In short, the Victory of the Germanic army under Armin ensured the survival of Germanic culture all the way to the present day, where we ensure that it survives into the future.



Lou Nickerson
Apprentice Folkbuilder
lnickerson@runestone.org

California

Upcoming Events



**10-29-22
2PM**

WOMEN'S CRAFTING MOOT

**STICKER MAKING AND LUNCH AT THE
JOHNSTON HOME IN SACRAMENTO
BRING CRICUT VINYL AVAILABLE AT MOST
DOLLAR STORES**



**CONTACT ASHLEY STOCKTON
707.800.5333**



LAKE SHASTA CAVERNS MOOT

SAT NOV 12TH
LAKEHEAD, CA
TOUR BEGINS AT NOON

WE WILL BE TAKING A MOUNTAIN BUS RIDE, CATAMARAN
ACROSS THE LAKE, THEN JOURNEY INTO THE CAVERNS
LUNCH PROVIDED BY ME
TICKETS ARE \$35.00
CONTACT: ASHLEY STOCKTON 707.800.5333
[HTTPS://WWW.LAKESHASTACAVERNS.COM/](https://www.lakeshastacaverns.com/)



Ashley Stockton
Apprentice Folkbuilder
astockton@runestone.org

Virtual Chat

1:04

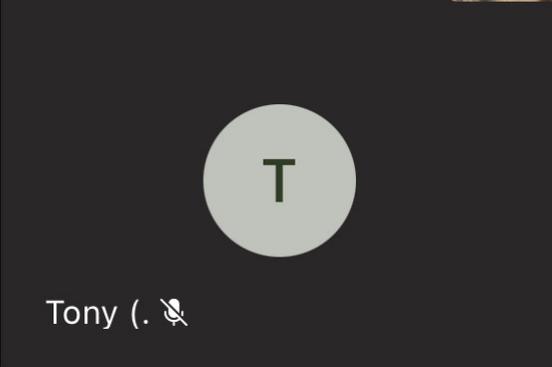
5G



Ashley S.



nel (.)



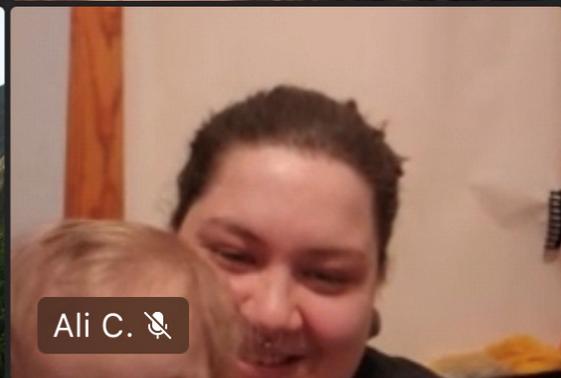
Tony (.)



Nicholas R.



Tracy A.



Ali C.



Erik L.



Christian P.



G C.



Cody C.

This month I held a virtual meeting with AFA Members around the world. We discussed AFA etiquette for Blöt, what Moots are and How to find one near you, bragged about different talents we possess, showed off creations, built Frith, and became connected with those far and wide from us. Nothing beats in-person interactions and we should always strive to go to Moots and Blöts but sometimes it's nice to get to know each other in other districts and states. This last meeting had 15 people in attendance, some from Sweden, Some from the U.K., and folks from all over the United States. The AFA is so much bigger than just what you see at Blöt or local moots. We have amazing people all over the world. Keep an eye out for the next Meeting and come meet your Brothers and Sisters from all over!

Adopt-A-Highway Underway!



Hi all you lovely people! This month was quite busy for us here at Odinshof! This past week Gythia Sheila McNallen and I had our Safety certification training for California's Adopt-A-Highway project!



After we had this meeting, we were told it would take approximately two weeks for our signs to be erected and we could commence clean up then. Me and Gythia McNallen decided to drive around and scope out our stretch of Highway to get a game plan on how we will coordinate clean-up crews. As we approached the area circled on our maps counting the mile markers I looked up and screamed with joy "ASATRU FOLK ASSEMBLY THAT'S US!!!" and Gythia McNallen pulled over right where the beginning of our section of the highway began.



The feeling of immense pride and overwhelming happiness overtook me seeing our name on that bright green sign. I have worked so hard on getting this project off the ground with numerous setbacks from Caltrans completely changing operating systems and us getting lost in limbo, to trying to coordinate days off to take the safety training. But seeing our name bright, large, and visible on a heavily traveled section of Highway bridging to the pathway to Odinshof felt right. Made every email, phone call, and letter worth it.



While scouting out our secondary sign heading eastbound we stopped at a local campsite to converse with about using the location for potential moots. This place was exuding happiness and a welcoming Aura was coming from it. We walked across the floating bridge and came across a beautiful hiking path and explored the woods before turning to head back and grab a bite to eat. I cannot wait for pictures to come from our efforts to keep our community and pathway to our Holy Temple clean



Sierra Chapman
Apprentice Folkbuilder
schapman@runestone.org

Mead In the Works



One issue we find sometimes at Odinshof is a shortage of mead for events. It is sometimes pretty difficult to find mead up this way, so Hagvirkr Kindred is working on a solution.

Six gallons of blueberry honey wine are being bottled and then we begin our mead batches. A portion of these batches will be donated to Odinshof for use in Blot and Sumble. We are planning on doing a traditional batch as well as melomel with Folk foraged berries.

If you are also a mead maker, please consider donating some mead for events!



Folkbuilder Krystal Podbreger
kpodbreger@runestone.org

Simple Times in a Complex World



Getting together with friends, celebrating long-held traditions, and listening to each other's stories – all make for a very good day.



We recently hosted a last-minute moot, called a “mead-up” since the brewery I chose also makes mead. Marshmallow mead? Not our desire, but it all served a very important need of our folk to gather and build bonds.



It was delightfully Halloweenish, with pumpkins, skeletons, and a friendly, family atmosphere. We all agreed it was a good spot for future moots.

Gythia Sheila McNallen
sheila@runestone.org



Colorado

An Introduction



My name is Nicholas Salo, and I am 29 years old, married, with a beautiful 3-year-old daughter. I have been practicing Asatru for a little over 6 years now, as a solitary practitioner with a few get-togethers here and there. My relationship with the Gods has been a strong and devoted one, but I felt as though I needed more. My soul needed connection. I'm sure many of you can relate fully to this. I began doing some research

into some stuff around here in northern Colorado, and honestly, didn't find much. I remember watching all of Steve McNallen's videos on YouTube and being able to relate to what he was saying, but it took me a little while longer before I fully looked into the AFA.

I haven't been a member for a very long time at all, but being in Colorado, I knew immediately that if we are going to make it work, we really have to get the ball rolling. I want my daughter to grow up in a community that she can relate to in her spirit, and for her to feel the joy that comes from frith. I want my wife to grow and bloom continuously around good, strong-willed, like-minded women. I am happy to know that is now possible. I take great joy in being a part of the AFA, even being so new, and I feel empowered. I feel that this is all a great opportunity and that I have been blessed. I am more than excited to meet all of you at events and share food and happiness with you. I hope that I can serve the AFA well and I hope that I can serve the Folk in Colorado well.



Nicholas Salo
Apprentice Folkbuilder
nsalo@runestone.org

Making Martial Arts Your Own



Greetings from Colorado Springs, Colorado, the home of the Olympic Training Center.

Fall is the busiest time of year for me. I teach middle school science, coach middle school wrestling, and instruct Judo at a commercial martial arts school. I've coached wrestling for the past 8 years. I've actively participated in Judo for about 19 years with half of that time running my own program. I've cross-trained with various martial artist to include wrestlers, Samboist, Brazilian Jiu Jitsu practitioners, strikers, and MMA athletes. I've even dabbled a little in reality-based self-defense. I've earned a purple belt in Brazilian Jiu Jitsu and a 3rd-degree black belt in Judo. However, I still consider myself a student. I'm just a little more serious than most. I mention all this because I feel my advice is reputable when it comes to the martial arts



Many of our folk would agree there is value in investing some time in martial training. However, which is the best martial art to practice or train? The answer is simple. The one you will consistently commit time to train. However, with that said, I believe there are three basic components that will maximize the investment in this endeavor. First, it is important to train in time-proven techniques that are effective and relevant to your life now, in the 22nd century. Second, there must be a fitness component. Strength and conditioning are your best techniques. Modern sports and physiological principles must be present. Third, there **MUST** be some form of live training with a resistant partner/opponent. Training in martial arts gives you confidence but live training keeps

you grounded.

I hear many common excuses for not starting. The most common excuse I hear is I will start after I get in shape. The truth is that you never will! The only thing that will get you into fighting shape is to participate in martial arts or combative sports training. The other excuse I hear is there is nothing near me. If that is truly the case, then start your own training group. One unspoken excuse is there are no culturally relevant martial arts available. However, the origin and interrelatedness of many martial arts and combative sports would surprise you.

To find martial arts with a cultural connection to Europe one must look no further than many modern combative forms. Wrestling and boxing are a natural evolution of many European martial traditions. Greco-Roman wrestling originated in 19th Century France. I'd argue it has more in common with Glima, an ancient and modern style of Nordic wrestling, than the classical Roman and Greek styles it portends to replicate. Furthermore, American Folkstyle wrestling, practiced from grade school to college in this country, is a blend of the various wrestling styles from Europe. It's the tamer cousin of the most brutal style of wrestling known, Catch Wrestling, which has strong ties to the British Isles.



Too many are waiting for the opportunity to train in an archaic martial art that they have cultural ties to. You don't need to dig up bones and resurrect the past. Instead, train in a martial art or combative sport

that has techniques with a high degree of efficacy. This should be priority one. Take your chosen discipline and make it your own. What I propose is a cultural expression of a current and relevant martial art. There are successful examples of this already.

My chosen martial art is Judo. It's a martial art that shares similarities with many grappling styles around the world. The techniques and training methods are effective and based sound principles. The number one objective is to throw your opponent on the ground with speed, force, and control. Secondary objectives are to pin or submit with joint locks and chokes.

Judo is very popular around the world. The International Judo Federation (IJF) has now

199 member nations, and it's estimated that Judo has more than 50,000,000 players around the world. Interestingly, France boasts the world's largest Judo population. The Judo population there is approximately 800,000, as compared to Japan's approximately 200,000. Many nations have placed their own stamp on Judo. So much so, that they are known as styles within a style. Russian Judo and French Judo are a few examples that come to mind but there are many more. Furthermore, Russian Sambo and Brazilian Jiu Jitsu are predominant spin-offs that were influenced by Judo and continue to influence Judo.

I would encourage everyone to invest at least some time in martial training. Whatever martial art you decided to train in, be consistent. Train in techniques that are effective and relevant to modern life. Remember that your best technique is your strength and conditioning. Finally, train honestly with some form of live training with a resistant partner/opponent. Training in martial arts can provide you with confidence but you don't want it to be the false kind.



Andrew Stutts
Apprentice Folkbuilder
astutts@runestone.org

Idaho

The Cusp of Success



I once heard that those who have backup plans always lose, if you truly want to obtain greatness, your goal must be set with an -" achieve or die mentality."

I believe so many of us get into situations where we feel a goal is attainable. Yet as each of us progresses through the rungs for some odd reason we get distracted, we decide this isn't what we really wanted, or regret the idea and forget what we were even fighting for, to begin with. (The Cusp of Success) represents all of those times we almost made it.

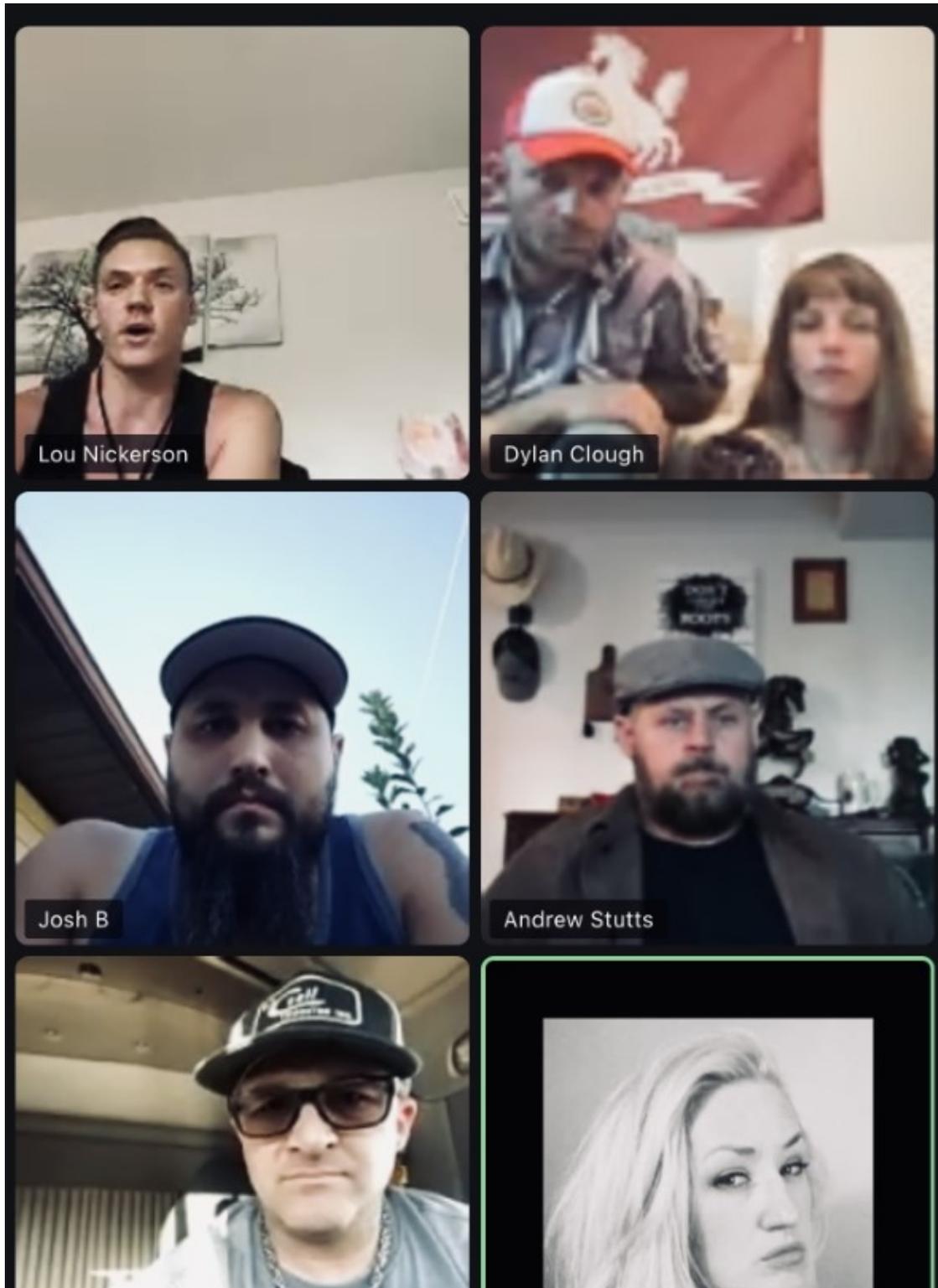
It's a trap that we all fall into, a pit of doubt that will consume us and make us weak... We need to start recognizing this and avoid it at every cost. Stop quitting right before the finish line, thinking there is something easier to fall back on. That back up plan gets you nowhere, except right where you started. Most would say living and learning is a part of life, or failure is inevitable, yes this is true.... But, it's also an excuse! Failure does not mean quitting!

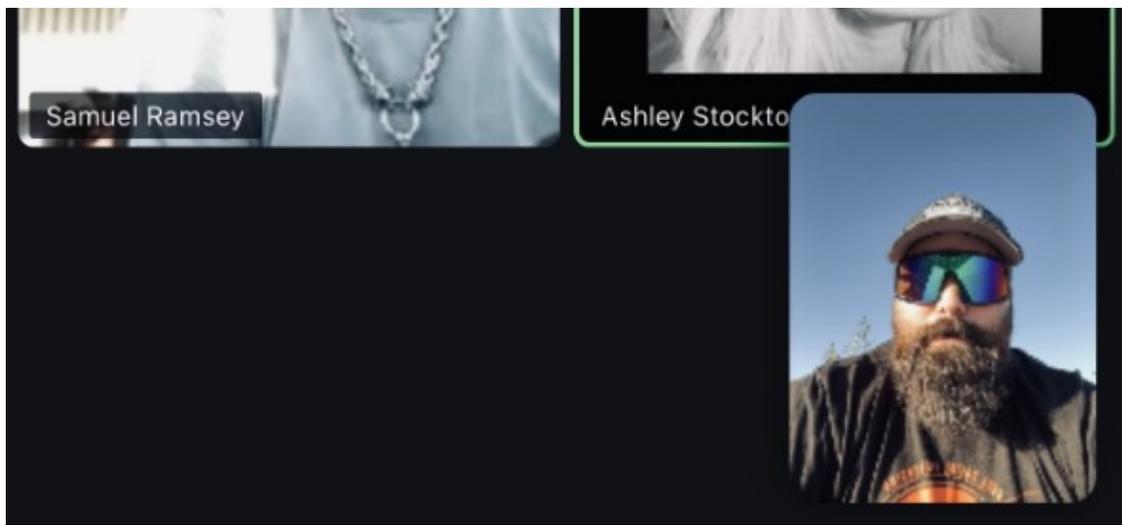
When setting up your goals. Make sure you truly understand that which you want to obtain. Feel it, See it...

Each and every one of us has dreams, we have aspirations, what really tuggs!?! You need to figure that out, you need to draw that line and chart what needs to happen. Learn from your mistakes and channel those experiences correctly to produce results. Get out there and grasp your dreams! If you are adamant about it, I know full-heartedly that you will have the -” achieve or die mentality”.

Rooting for you all!

Utah Zoom Meeting





Lou Nickerson afforded me the opportunity to join a Zoom meeting with our Utah folk last week. He has been hosting zoom meetings with Utah bi-weekly and his efforts have kept those members in the know on the happenings within the OdinsHof District.

This was a neat experience for me, I was able to see the impact it made on each of the members who attended. It's one thing to text, and it's another to call, but to look at fellow brothers and sisters, see their expressions, and share stories is something so much grander!

What Lou is doing for our folk should be studied and followed by all Folkbuilders and Apprentices alike. There is a value that comes from hosting live meetings twice a week or even monthly. Our folk needs to know we are there, that they have someone watching out for them, and that they are a part of something.

By sacrificing a little of our time, we can make a huge impact! “Give a man a joke, a song, and something to live for.” If we do this the magic will follow!

Upcoming Events



THE AWAKENING

UTAH MOOT

*October 22nd-24th
RSVP Steven Mundy
SMundy@runestone.org
or 541-281-4702*

Utah Event Oct 22nd-24th

Send me an email to RSVP.

Looking forward to meeting our Utah Folk!



Starting October 28th at @8:30pm MT, and followed by the last Friday of every month.

Steven Mundy
Apprentice Folkbuilder
smundy@runestone.org



Hails from Northern Idaho



This month I had the pleasure of meeting up with some of our local members for the Couer d' Alene Oktoberfest. It was good to see everyone, but honestly, the Oktoberfest in Mt. Angle Oregon is probably the best in the country. When one goes to an Oktoberfest there should probably be some German music! Next year we will more than likely travel to Leavenworth Washington for their festivities.

I have also had the honor to officiate the baby naming for the newest addition to our folk, little Armin Edward Wright, son of Derek and Sierra Wright. We gathered at the Wright family home in the Idaho forest for an intimate ceremony. This sacred rite lays out the Örlög for the child's entire life and ties him to the Hamingja or luck of the family. It is also where the Norn's speak their Wyrð.

Part of this ceremony requires the Gothi to draw runes from each of the Norn's after a period of fasting and meditation in order to grant the child a boon to start life in an auspicious way. The mother Goddess Udr chose Uruz, the power of the mighty Auroch, so that Armin may break down all barriers that stand in his way and gain his goals.

From the Goddess Verdandi Ehwaz was given, this is the knowledge of the Fetch, and with this knowledge may he learn to live with his fate for a long, fulfilling life. The Goddess Skuld chose for Armin the rune Dagaz, the light of day, the true source of all happiness. This is enlightenment, the knowledge of your own immortality, and the true nature of Midgard.

Armin was named after the great German chieftain Arminius of the Cherusci, the unifier of Germanic tribes who defeated 3 Roman legions under the command of Publius Quintilius Varus. I have been fortunate enough to visit the Teutoburg forest where part of the battle took place, and you can feel that something happened there. Armin's middle name of Edward is an old English family name from Sierras side of the family. These are great names to live up to and I'm sure little Armin will do just that!

I would also like to welcome our new apprentice folkbuilder for the Northern Idaho region, Ben Cooper, welcome Ben! I am hoping to get everyone together in the month of October, Ben and I will put together something and get the word out.



Gothi Joe Rozanek

jrozanek@runestone.org

Montana

Slow and Steady Wins the Race



September was slow for us here. We celebrated my second daughter's 3rd birthday early in the month, and on Saturday, September 24th, an impromptu pub moot and rune study was held here in Helena...sort of. We had originally intended it to be a pub moot, but unfortunately, the downtown area was already taken over for a soap box derby, and the public spaces were hosting live bands, and vendors. This meant that the pubs were packed, and wait times were horrible. So, we switched gears quickly and headed for the one restaurant that wasn't packed for some reason...sushi. After a hefty sushi dinner, we held our rune study, and treated the girls to some locally made ice cream, before enjoying a stroll through town, and conversing well into the night.

Upcoming Events



JOIN US!

OKTOBERFEST



OKTOBER 15, 2022

FOOD - MUSIC - BEER

HELENA, MT. 6PM
CONTACT FOLKBUILDER RYAN HARLAN

RHARLAN@RUNESTONE.ORG

On the evening of October 15th, we plan on meeting up at the local Oktoberfest celebration here in Helena. If you're in the area, please come out and join us! We will also be setting up monthly meetups around Western Montana again. Details and locations are to be announced.



Folkbuilder Ryan Harlan
rharlan@runestone.org

Nevada

Monthly Dinner



September was a story of smoke and a brief break in the hot weather! Our monthly dinner went great, I made pretzels for the first time, and they turned out awesome!



We had Jim and Diane join us for the first time in a long time and it was great to see them. Please join us on October 29th for our October dinner, the menu is still to be decided.

Upcoming Events



bring stuff!

ALSHERTJARGOTHIC DINNER

RENO NEVADA

29 OCTOBER
DRINKS 1:00
DINNER 3:00



Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

mattflavel@runestone.org



Washington

Looking at the Past



This month some members of Nordvestri Kindred got together to take a look into our past. Members came from western Washington and congregated at my place, bringing information they gathered from their families about their ancestors. I helped each of them set up a new family tree and we quickly saw them all branch out. Not only did all present have deep roots in the American nation that our ancestors founded for our people, but many had more recent roots in European nations such as Denmark or Germany. Notable discoveries we made include one member who was a direct descendant of George Robert Twelves Hewes, who was one of the last surviving participants in the Boston Tea Party. Another member's direct paternal line ancestor was a soldier in the Confederate Army who was killed in battle, and thus is now training daily with the other brave warriors in the Hall of the Slain. Of course, due to the necessary brevity of such a moot and the long process of building a family tree, everyone still has much more work to do in building a deeper understanding of their ancestors. The good thing is that everyone was able to take their trees home and continue to work on them into the future. My hope is that discoveries continue to get

made and that these ancestors long deceased may once again be remembered and honored by the deeds of their descendants and directly in our sacred rites.



Carter Shafer
Apprentice Folkbuilder
cshafer@runestone.org

Camping in September



We started off the month with a Kindred Camp trip over Labor Day weekend. This also doubled as our monthly Kindred meeting. We held Bløt to Frey and had a three-round sumbel. The kinsman that held the Bløt and sumbel offered two horns, one with mead and the other with a ginger apple cider vinegar drink for those choosing not to take mead. Both were good strong drinks as offerings to Frey!



There was a rune pull; where each person said their rune, what it means, and how it applies to them. Then we took those same runes that had been drawn, shook those up, and redistributed them. Whoever drew somebody else's rune said how that rune was in effect in the person's life who had originally pulled that rune. It was super cool and in depth. It was wonderful to hear how people saw the runes effecting others' lives. Then Folkbuilder Mason Johnson gathered all the runes and expressed his personal interpretation as to how each rune pulled uniquely pertained to the individual who drew it.



One morning the boys got up early and a kinsman had lore study with them around the campfire while others slept. It was wonderful to see mentorship in action.



We also celebrated a birthday. Along with hikes, games, and cooking over the fire. It was a great and relaxing weekend. Super enjoyable last camp trip to end the "camping season" in Washington.

If you ever find yourself in the Northwest, let us know. We would love to welcome you to any one of our gatherings.



Rachel Johnson
Apprentice Folkbuilder
rjohnson@runestone.org

Freyr's Harvest Feast

FREYR'S HARVEST FEAST NOVEMBER 2022



We have an excellent event coming up in late November to gather with family and folk to celebrate the harvest, our gods and our people.

**THANKSGIVING
DISHES SUCK**



**SO INSTEAD HAVE US
HANDLE IT AT
FREYRS HARVEST
FEAST**

**CRAFTS
AND
LESSONS**



**GLIMA
BASKETWEAVING
LEATHERWORKING**

VIKING GAMES TOURNAMENT

TRIAL	MAX SCORE
Storming the Shore	3 points
Sharpshooter's Gate	3 points
Axe Throw	3 points
The Bell of Victory	Time Factor

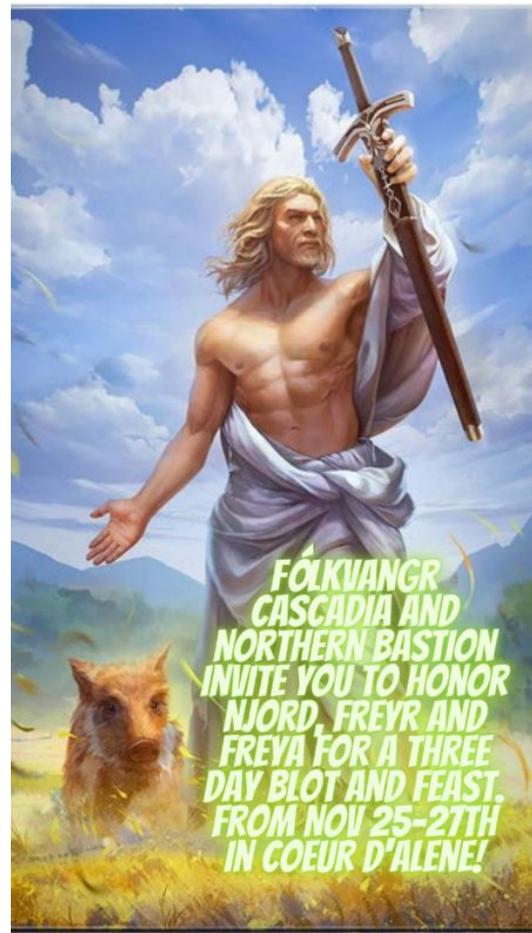
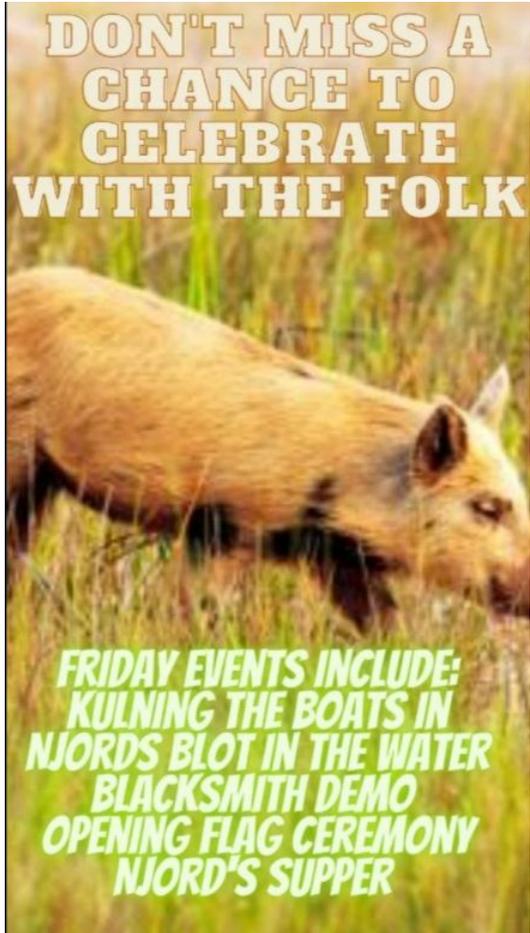
Do you have what it takes to earn the rank of Thegn?

All men are invited to sign up to the lists to compete against all males fifteen and up to determine who amongst them is the most skilled. The winner of the Tournament will receive a prize forged by our own smiths

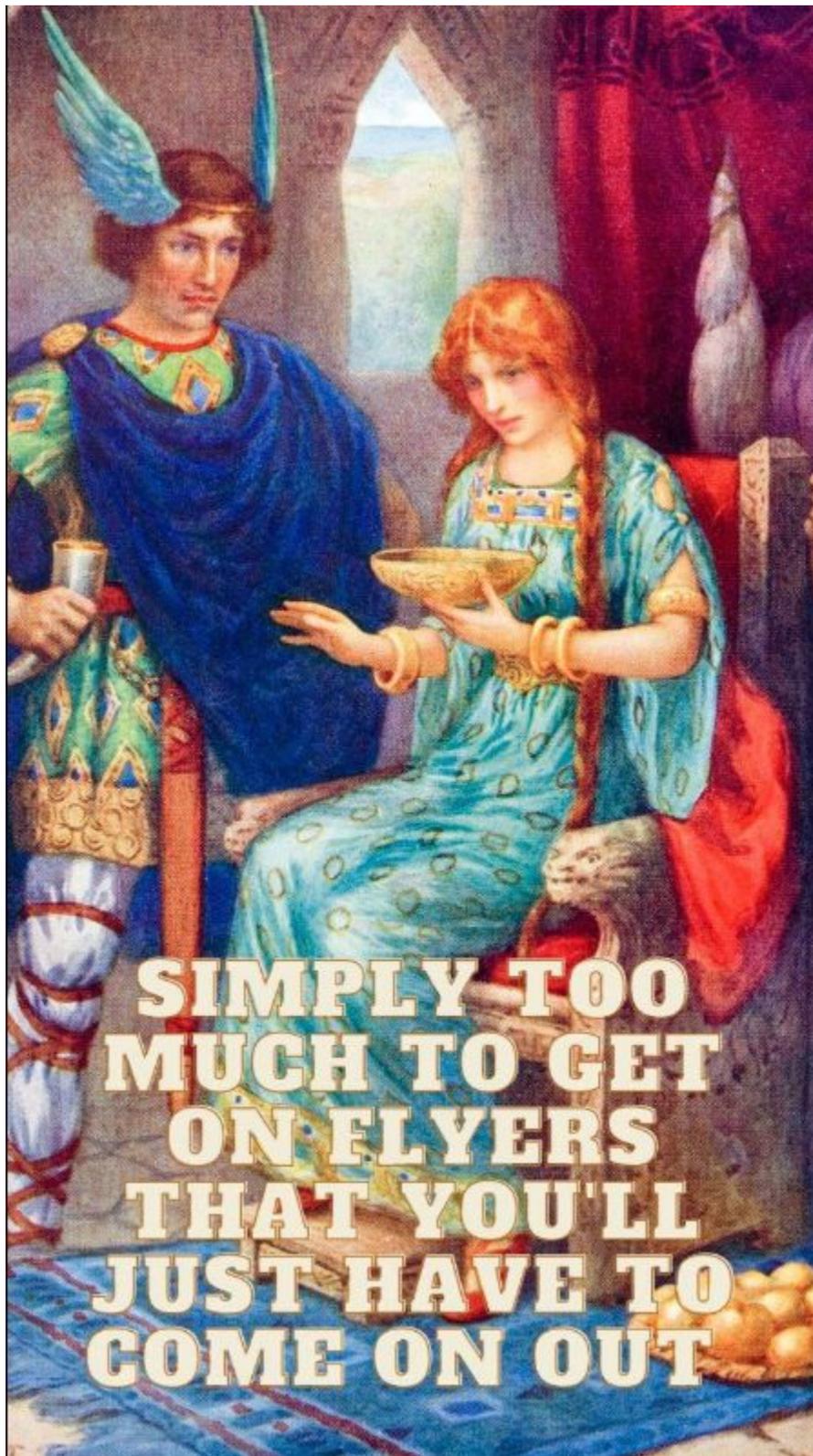


Those who win will be invited to Thegnar's Hall the subsequent year to dine with all previous champions before the launching of Freyrs Harvest Feast

This will be the first time it goes district-wide and I'm hoping you all can make it out because we have three blots, a feast, many lessons and demonstrations, and some speakers all wrapped up into one amazing weekend.



It has kept our leadership very busy preparing and we hope you'll all check out the event. Feel free to reach out for more details.



<https://runestone.org/product/freyrs-harvest-feast-in-idaho/>

Tyler Heinlein
Apprentice Folkbuilder
theinlein@runestone.org



Rune Workshop



This month we introduced our first-ever Rune workshop!

This workshop is a 24-week course on the Elder futhark. My goal is to help those previously unfamiliar with the runes on their path to a greater understanding of these divine mysteries.

The Runes can be used to achieve both our metaphysical and temporal pursuits. The purpose of this first workshop is to familiarize fellow practitioners with the core fundamentals behind Runework and the Runes themselves.

I am very pleased that we have 23 members in this first run through and everyone has been putting in the effort to keep up with readings and assignments so far.

It has been a powerful start to this new endeavor, and I look forward to seeing everyone complete the workshop.

Once this first workshop is complete those who make it through the entirety of the 24 weeks will then graduate and will be eligible for the next level workshop.

Once this time comes the introductory 24-week workshop will be open to any AFA member that would like to participate.

If you are interested in joining the next workshop and growing in your knowledge of the Runes, please contact me directly and I will be sure you make it into the next class.

Iron Club



For this month's Iron club, we shifted the planning and execution of our training routines to one of our extremely knowledgeable kinsmen.

He put forth the effort to create a training plan that all of us can implement on our own time and come together during iron club to get the best results out of the time we have.

Training has been intense, and our Kindred has been growing strong along the way.

Weights, bag work, calisthenics, cardio, and circuits are all cycled through this new program keeping us consistently challenged and overcoming our past limitations.

I find myself driven by the will to power I am surrounded by with our glorious local membership.

Iron Club night always ends with great food and even better conversation.

Every Tuesday and Thursday we gather consistently. All members are welcome so reach out if you ever find yourself passing through the Great PNW.



Folkbuilder Mason Johnson

mjohnson@runestone.org



Copyright © *2022* Asatru Folk Assembly, All rights reserved.

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

Grow your business with  mailchimp

