

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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## Words from the Alsherjargothi



The veil thins!

As summer ends and we head into fall and winter, the thin veil that separates us from the ancestors grows yet thinner.

The remainder of the year is time to redouble our efforts to take stock of what we have, the ways we have been blessed, and the proud ancestors that have brought us into this amazing world.

Hail the Disir!

Hail the Alfar!

Celebrate the season with your Folk. Celebrate with your family. Know you are blessed. Know that you are loved..... and make sure you children know it as well.

Hail the Gods!

Hail the Folk!

Hail the AFA!



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

## Manifesting the World Around Us



## Words From Our Gothar

### *Warrior and Priest*



Today the term warrior is largely taken for granted, and it is also assumed that a priest would not be one who fights. That is not the case. A warrior is not solely a blood thirsty combatant, and a priest does not have to be confined to a solely passive persona.

Throughout history a warrior was someone who fought physically, brutally, and with a thirst for the fight. For the most effective warriors, it wasn't reckless violence as some would have us believe of our ancestors. It was a time when the best and strongest warriors were also the leaders of their tribes and folk with purpose and direction. They

became leaders because they had a fight inherent within them combined with the ability to exercise a bold intellect.

Our people were not led by the faint of heart because to survive and to ensure survival one had to be bold, courageous, and smart. For most, fighting was a part time expectation in their tribe or community. For a few it was a calling--for those that had a natural sharp intellect along with a violent nature and could exercise restraint when necessary. Today, it is considerably different. Yes, we have our warriors still, however, we also have far more faux warriors who think that sitting behind a keyboard and making bold statements makes them some kind of pseudo warrior. I believe the term is "social justice warrior". I cannot personally acknowledge or comprehend this mindset and think it is disgusting. We have become soft as a society in the soul sickness of our folk, in that our men are losing their masculinity and aggressiveness due to pressure from a society based in a victim mindset. We must do what we can to retrain our men as they come to us, teaching them that being men of our folk means that it is okay to be aggressive and that we must fight if necessary to protect our folk and our families.

That doesn't mean that we go out starting fights. It means that we embrace the natural violence of being a man without shame or regret. It also means that with aggression comes a responsibility. We must balance a bold, physical, and courageous nature with humility and caring, love and compassion. We must teach our young boys that balance and to strive towards a warrior and a priest homogeny that resides with in us as noble Aryan men. An approach of a warrior and a priest--be the first to reach out a helping hand and also the first to defend the folk and your family if necessary. We are to be men of action and words, restraint and aggression, being bold and pious. Many can epitomize one or the other, some can be both. As a warrior, we are to be protectors of our Folk, while as a priest we are to be the conduit between our folk and our gods. Both are necessary for the survival of our folk, and survival is an absolute must. "It is not negotiable." (Stephen McNallen)

So, for our warriors out there, look to incorporate some pious attributes into your personality. For our Priests, seek to investigate some of the warrior ethos into your abilities. We must continuously seek to build on who and what we are as noble Aryan men, building our folk as they continue to open their eyes and come home.

Havamol Stanza 15, "The son of a king shall be silent and wise, and bold in battle as well; Bravely and gladly a man shall go, till the day of his death is come."



Gothi Nathan Erlandson  
[nerlandson@runestone.org](mailto:nerlandson@runestone.org)

### *Honoring the Ancestors*



As the harvest season is nearing its end, we come to a time of year where we look back with pride on the work we have accomplished throughout the past year and begin to give thanks. Thanks to our Gods for their seen and unseen influences, the Wights for their aid, and our Ancestors especially who, if not for their unbroken love for generations over, we would not be here. Take some time as the veil thins and the year winds down to get to give love & thanks to the ancestors you know, and to get to know those you do not. Like among the living, "With half a loaf, and half a cup, a friend won thee", a simple gesture of an offering and heartfelt words can bring joy & love of an ancestor into your life. If you are not sure where to start, fill a horn and meditate on how we got here. After all, if at any point one of Disir or Alfar had chosen another we would not be here.

So let yourself find appreciation and gratitude in how lucky each of us is to have the chance to traverse Midgard. Hold that sensation in your chest, and then start with your least distant ancestor and work your way back as far as you can, state their name and pour a small libation into a sacred vessel or a fire, and let them know you're thinking of them. Eventually you will find someone who will reveal themselves to you, even if only to say thank you. For the ancestors who are familiar to you, put out their favorite dish and a glass of their favorite drink, it's the least we can do for their gift of life. Whether you're alone or surrounded by the Folk, you'll have a house filled with warmth & love. If you do this often, you'll never walk alone. As the holiday season is upon us, we look forward to seeing as many beautiful white smiling faces, across the AFA and especially at each of our Hofs. May your harvests be bountiful and your holidays merry!

Hail the Gods,  
Hail the Ancestors,  
Hail the AFA!



Gothi Jason Plourde  
[jplourde@runestone.org](mailto:jplourde@runestone.org)

*Winter Nights and You*



Start with the memories. Those Halloween memories from your childhood -- pumpkins, costumes, candy, and the thrills of spookiness! Back in the day, our Christian parents would never have connected this date with anything significant or spiritual. Most of modern society continues with that interpretation.

However, we're different. If you came by way of Celtic culture, you know October 31st is known as Samhain – the last night of the Celtic year, when “the veil” is thin. This allows spirits to not just roam, but to enter our abodes and our psyche. Jack-o-lanterns have been the warders against dark and unwelcome spirits for centuries.



In Asatru, this focus on spirits exists but is transferred to a special group, our very own Mothers -- the Disir. In Sweden, they traditionally celebrate the Mothers in February with a *Dísablót* at the time of *Disting*, or a *Thing*-gathering by the tribe or community.

In modern Asatru, we celebrate in mid-October – a time that feels charged with mystical energy. In our *Dísablót*, we offer our own thanks and devotion, asking for our Mothers blessings in return. Who among us would not want to feel the loving touch of a mother from your lineage, in time of need? The mothers are there, barely seen through the veil. *Vanadis*, “Dis of the Vanir” is one name for Freya, and she too can be called on in this ritual. She and our Mothers, in their many manifestations, are described in Stephen McNallen’s epic poem, “October Women.”

At *Oðinshof*, we invite these ladies into our sacred circle – each of us calling out to one of our Mothers to be with us. As Asatru women, we become the Mothers to our men, calling them forth, guiding them in. Torches and fire, chants and song, movement and stillness, and runes chosen by our mothers are part of our *Dísablót*. For many, this can bring forth unexpected gifts

### *How to Honor the Disir in Your Own Home*



Gather special items like candles, photos, flowers, or foods to place on an Ancestors' altar. Do you have one particular Mother you wish to contact? Talk with her; sing with her; speak her name; write her a letter; give her a special gift. Your own Dísablót can include an offering of liquid that you associate with your mother, though traditional mead is always fine. In blot, honor her life. Think of her gifts to those she knew. Offer your love and a vow to keep her memory alive, to use her lessons to create your best-self. After your offering, within the gifting cycle, you can ask for her gifts in return. What do you need? Insight, tranquility, perseverance, strength, courage, health, hope,

balance, luck... This may happen in unexpected ways. Reach for a rune as a message carrier. Think on your Mother at bedtime, as these messages can present themselves in your dreams.



Dear folk, we have the opportunity to build our own traditions this time of year. Do it alone or with others, but know that in October, your Mothers are always near.



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

## October Women

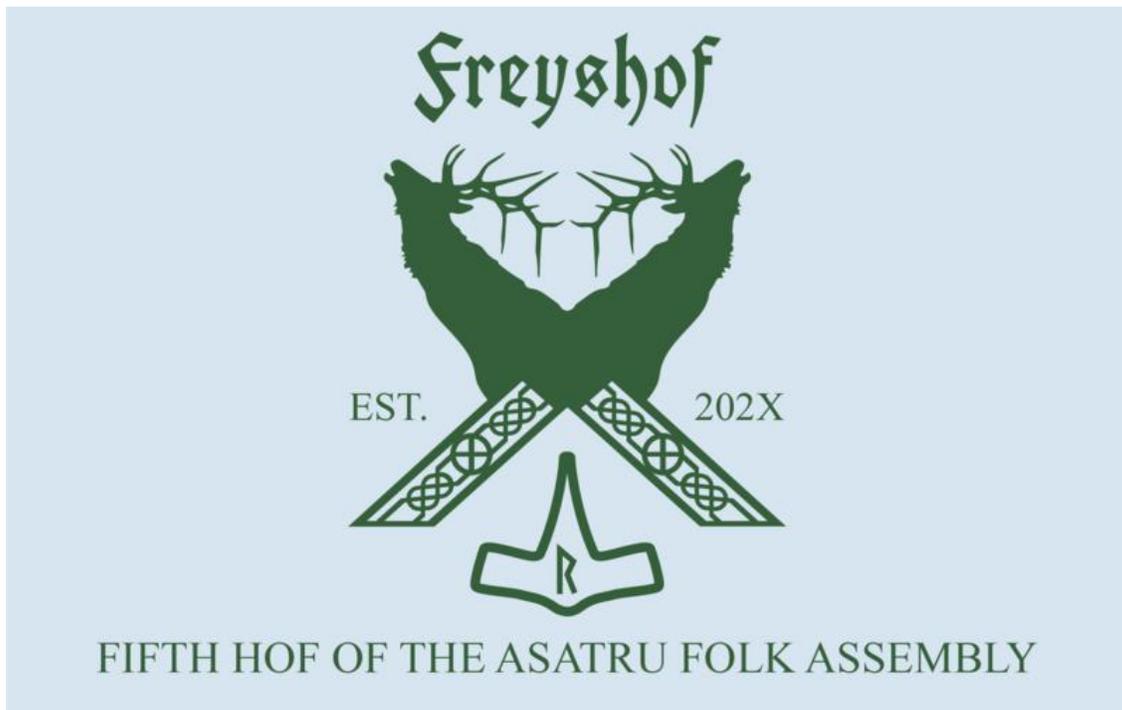


Asatru - Winter Nights & the Disir

## 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 \$103,790.86 on our remaining loan.
2. We need to raise our monthly donation average by 4%.
  - This is membership dues/hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!

Matthew D. Flavel



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

## Sigrheim: Home of Victory

*Support the Home of Victory*



Help Sigrheim get stocked  
and ready for our Folk!

Donate Supplies  
from our  
wishlist ✨  
**amazon**

Thank You!

[CLICK HERE](#)

*Upcoming Events*





Folkbuilder Nicholas Rice

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

Victory Never Sleeps

The Asatru Folk Assembly Presents

**Victory Never Sleeps!**

Wednesdays at 6PM Pacific / 8PM Central

vk.com/AsatruFolkAssembly

odysee.com//@AsatruFolkAssembly

entropystream.live/app/MattFlavel

rumble.com/AsatruFolkAssembly

youtube.com/@AsatruFolkAssembly

twitter.com/FolkAsatru



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

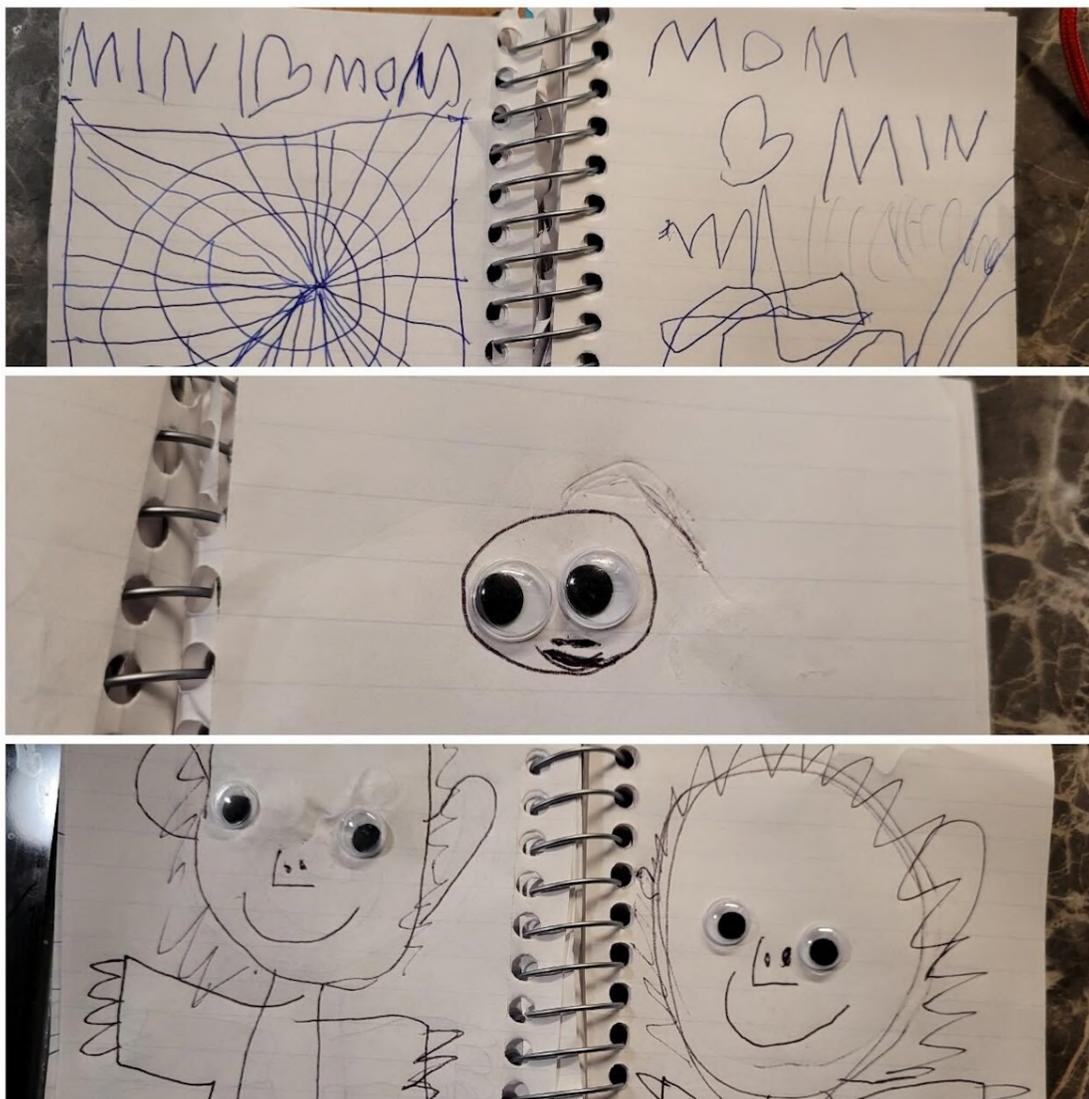
## AFA Asatru Academy



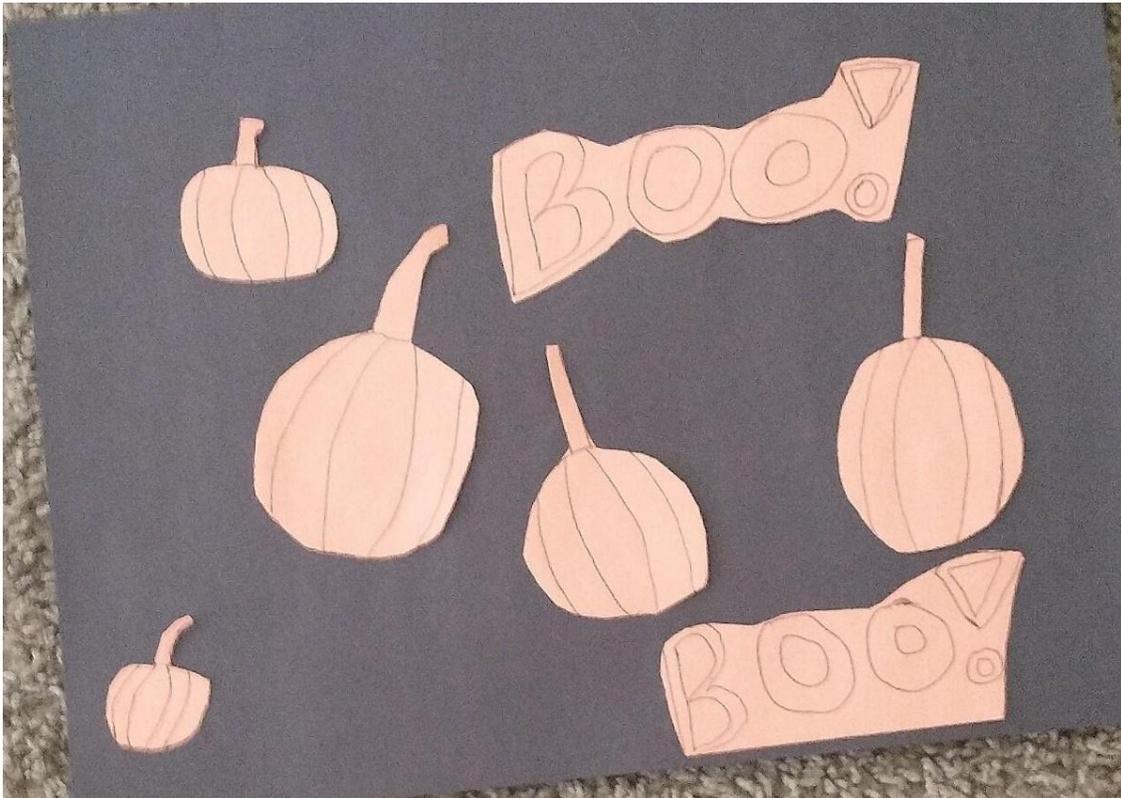
Check out the Asatru Academy at [AsatruAcademy.org](https://AsatruAcademy.org)



What an exciting time with the Asatru Academy, the AFA, and our future. We're now a solid month into the school year, and it's been a productive start. We're pleased to be able to start doing weekly video calls now with the parents and students, and new from today's meeting, weekly live story readings! Working with these early grades really does wonders to put a smile on your face. The kids got to learn what happens when you "give a mouse a cookie" (hint...they ask for some milk), and I'm excited already for next week's call.



On top of these live story readings, we've also had a good influx of parents and other AFA members submitting their own stories readings for us to upload to the kids. If you're interested in volunteering to make some recordings for our kids, whether that be telling you're own life-stories or reading something from our kids' suggest book list, feel free to reach out to me, and I'd be happy to explain a bit more about the process and possibilities.



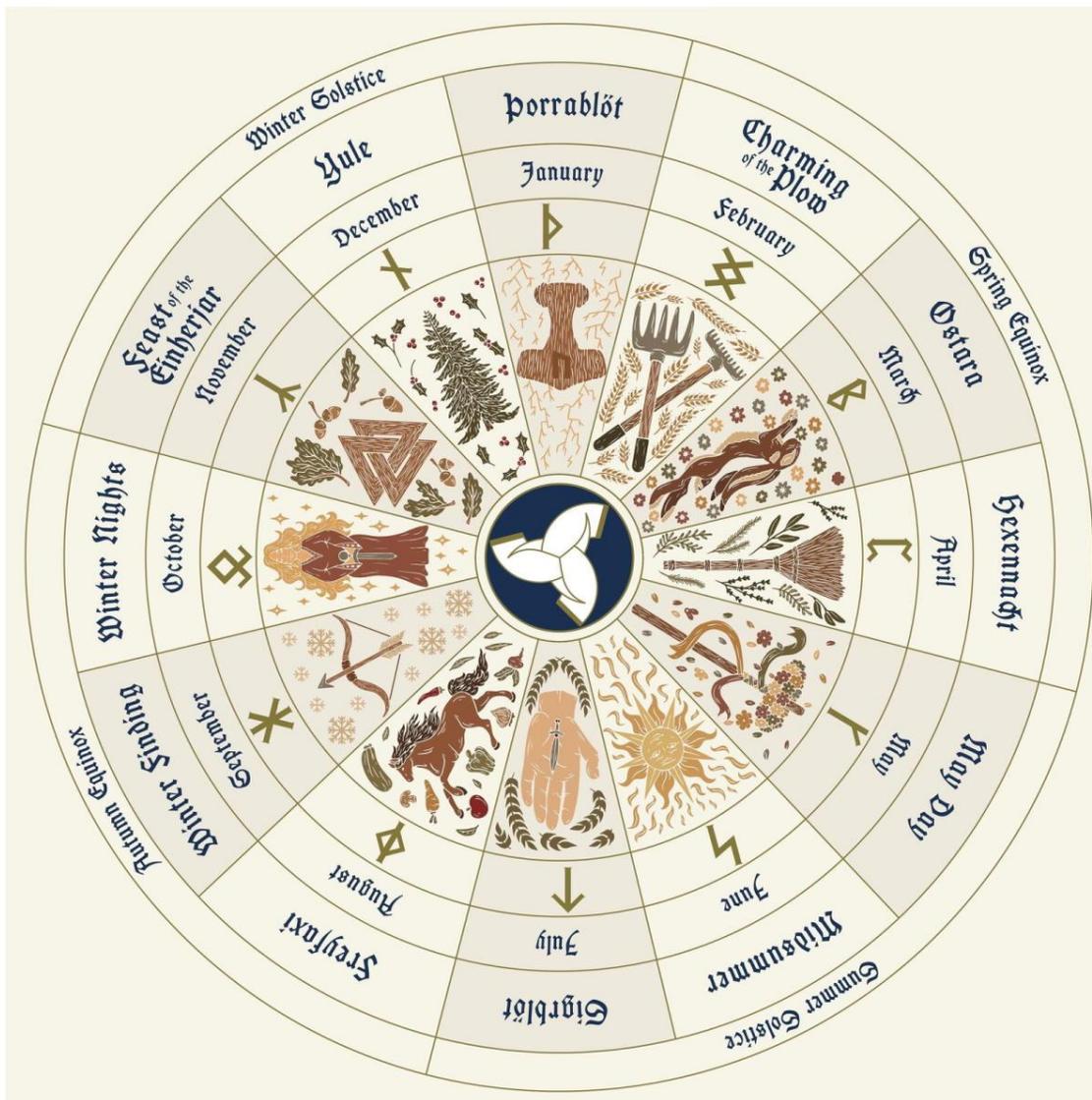
As we're turning the corner towards the cooler months of the year, this marks a great time for our kids to get outside, exploring the rapidly changing environment. Watch as the leaves change, notice how the bugs hide away from the chill, and see all the pretty colors of the autumn world. Whether you're 6 or 60, I bet going on a fall walk through the woods, with leaves crunching under foot, would do just about anyone well.



Folkbuilder Nicholas Rice

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

## Remembrance & Holy Days



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

**2023**

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

<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 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

*Meister Guido von List - October 9th*



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](mailto:cm.erickson@runestone.org)

## Birthday of Founder Stephen McNallen

*Birthday of Founder Stephen McNallen - October 15th*



*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.



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

## Holiday

### *Winter Nights - October 21st*



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](mailto:cm.erickson@runestone.org)

## Upcoming National Events

*Winter Nights 12 at Sigrheim | October 27th-29th*



> [Get your tickets HERE!](https://runestone.org/product/winternights/) <

The Asatru Folk Assembly's Annual Winter Nights will be held from October 27th - 29th, at Sigheim near Whitleyville, Jackson County, Tennessee!

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 fee includes all workshops, lectures, meals, tenting, 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!
- Meals are included with all passes.
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Accommodations are on-site tenting. Campers welcome.

- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

Member Family - Weekend: \$120

Member - Weekend: \$80

Member - Daypass: \$40

Guest - Weekend: \$100

Guest - Daypass: \$50

Child - Weekend: Free

Child - Daypass: Free

If you have any questions or concerns, please email [cerickson@runestone.org](mailto:cerickson@runestone.org)

Don't miss out! Visit the Home of Victory for Winter Nights!

> [Get your tickets HERE!](#) <



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

*Feast of the Einherjar in South Dakota | November 9th-12th*

# FEAST OF THE EINHERJAR

GET YOUR TICKETS AT [RUNESTONE.ORG](https://runestone.org)



**SPECIAL GUESTS:**  
**FOUNDERS ELDER STEPHEN AND GYTHIA SHEILA MCNALLEN**

**SOUTH DAKOTA**

**Nov. 9-12**

Contact Goði Nathan Erlandson or Folkbuilder Ashley  
McStocker for more info [nerlandson@runestone.org](mailto:nerlandson@runestone.org)  
[amcstocker@runestone.org](mailto:amcstocker@runestone.org)

> [Get your tickets HERE!](https://runestone.org) <

Join your Folk in honoring our warrior ancestors and those that still fight for the folk today! Veterans Day weekend in South Dakota November 9-12.



Ticket includes all meals, lodging, Folk activities, and ceremonies. Tickets \$100 for individual, \$125 for family.

> [Get your tickets HERE!](#) <



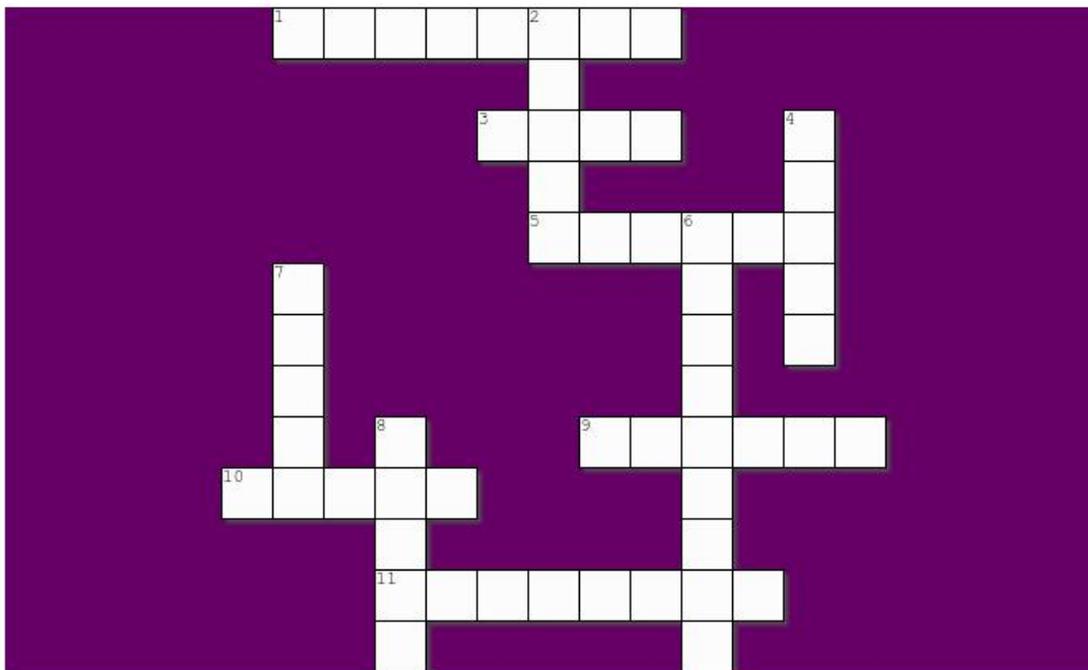
Gothi Nathan Erlandson  
[nerlandson@runestone.org](mailto:nerlandson@runestone.org)

# Just For Fun

## October Puzzle

### Runestone Puzzle

The answers to this puzzle can be found within the pages of this issue.



Created using the Crossword Maker on TheTeachersCorner.net

#### Across

- 1. Getting carved in ID
- 3. October movie lady
- 5. Winter
- 9. Odinhof historian wants you to send her...
- 10. made by girls and buried in the mountains
- 11. newest AFA kindreds are in Georgia, Florida, and...

#### Down

- 2. had magic apples
- 4. Mothers; we specifically honor them this month
- 6. 1% or more contributor
- 7. McNallen's new book, The .....
- 8. on the Peaks

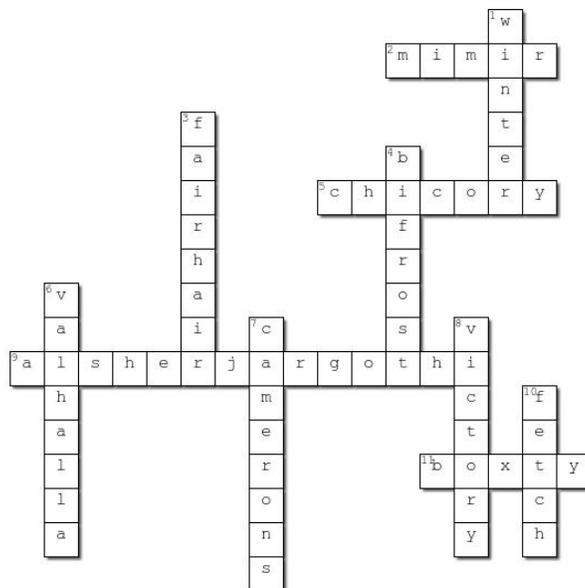
*October Coloring Page*



*Answer Key to September's Puzzle*

### Runestone Puzzle

The answers to this puzzle can be found within the pages of this issue.



Created using the Crossword Maker on TheTeachersCorner.net

**Across**

- 2. Demanded the eye (**mimir**)
- 5. Something missing (**chicory**)
- 9. Can be a challenge to pronounce and spell (**alsherjargothi**)
- 11. Served in Idaho (**boxty**)

**Down**

- 1. What will we be Finding? (**winter**)
- 3. Descended from Freyr (**fairhair**)
- 4. Sighted on the 9th (**þifrost**)
- 6. At the end of Odin Dr. (**valhalla**)
- 7. Shining this month (**camerons**)
- 8. Never Sleeps (**victory**)
- 10. Fylgia (**fetch**)



Olivia Sutherland  
 Apprentice Folkbuilder  
[osutherland@runestone.org](mailto:osutherland@runestone.org)

## Introducing the Newest AFA Kindreds

*Five Arrows Kindred of Georgia*



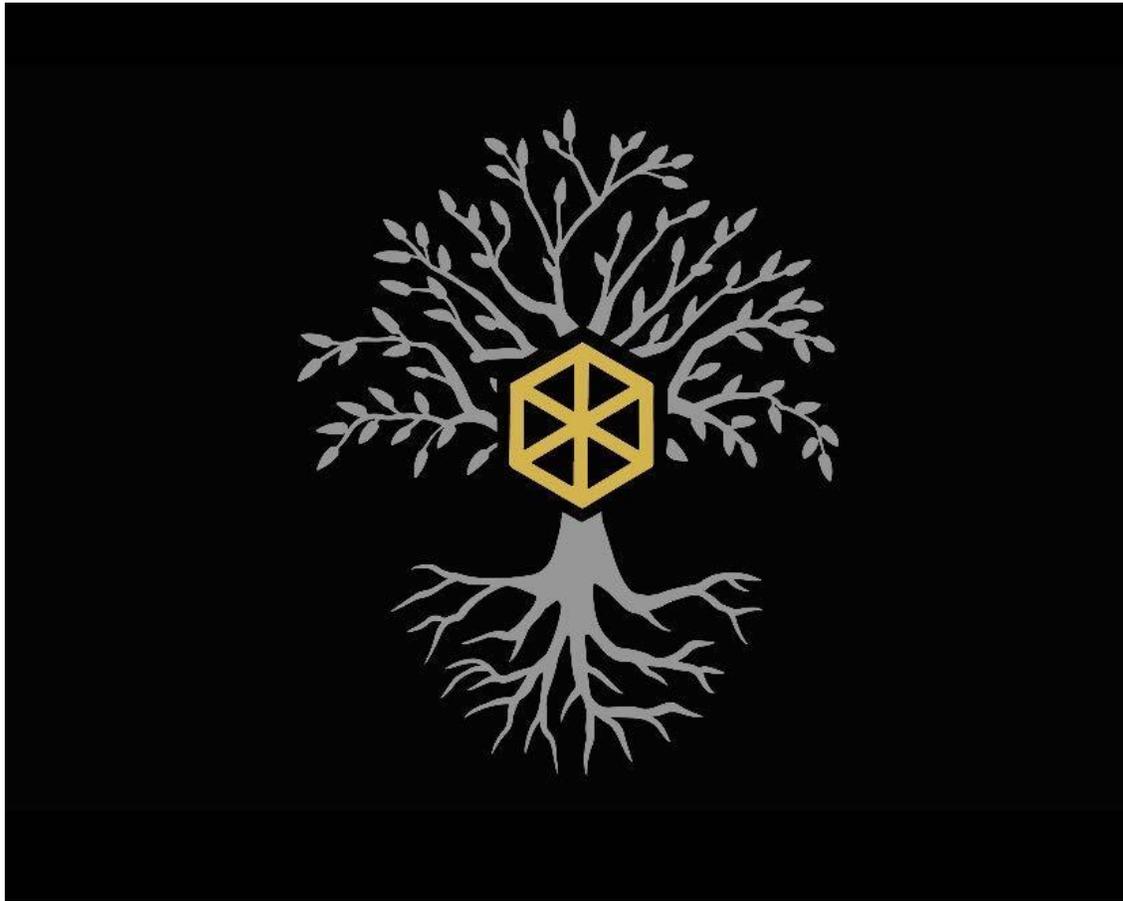
Please welcome Five Arrows Kindred of Georgia as one of the newest Official Kindreds of the Asatru Folk Assembly.

Hail the Doers!

Hail the Five Arrows Kindred!!

Hail the Asatru Folk Assembly!!!

*Ninth Night Kindred of Florida*



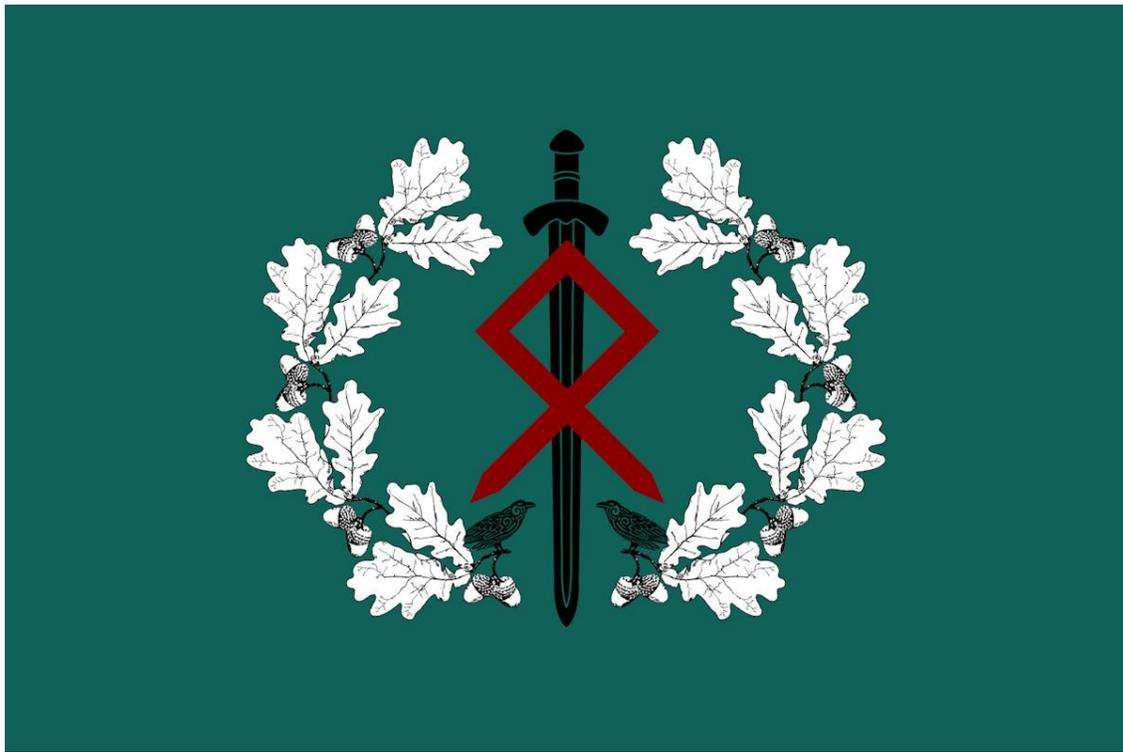
Please welcome Ninth Night Kindred of Florida as one of the newest Official Kindreds of the Asatru Folk Assembly.

Hail the Doers!

Hail the Ninth Night Kindred!!

Hail the Asatru Folk Assembly!!!

*Blood Oak Kindred of Arkansas*



Please welcome Blood Oak Kindred of Arkansas as one of the newest Official Kindreds of the Asatru Folk Assembly.

Hail the Doers!

Hail the Blood Oak Kindred!!

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher  
[jgallagher@runestone.org](mailto:jgallagher@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

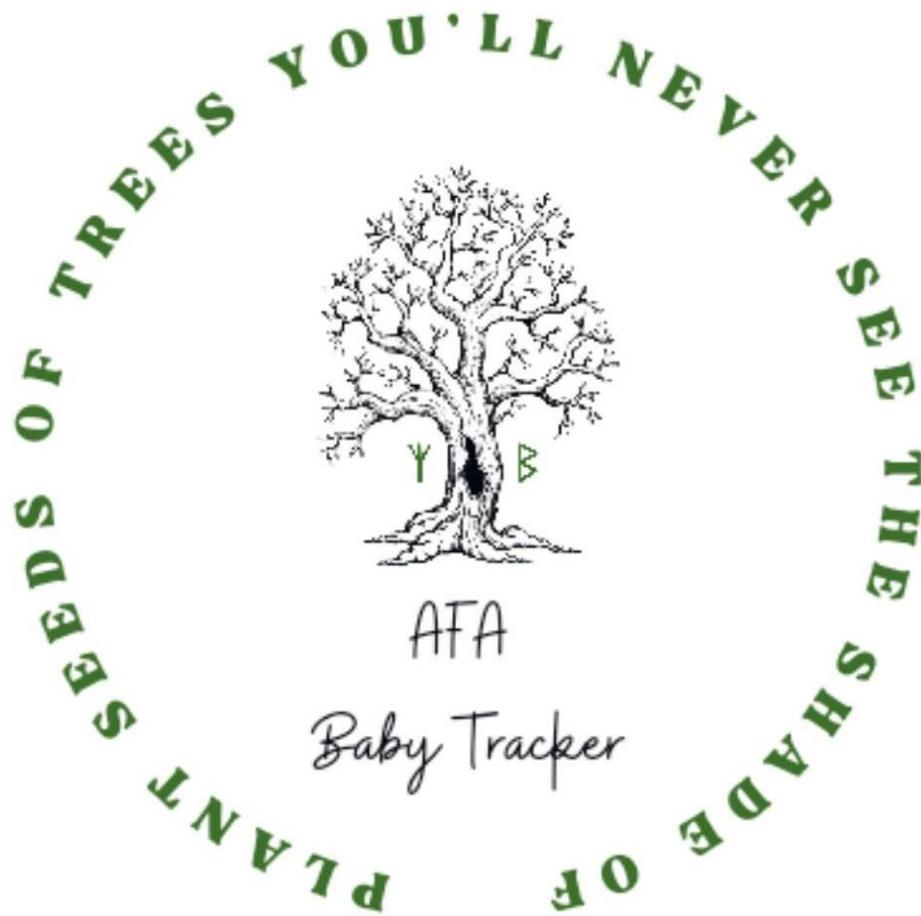
cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

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)

## 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: 22

## AFA Internet Happenings



Virtue recovery  
meeting

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

With Ashley Mcstocker  
amcstocker@runestone.org

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

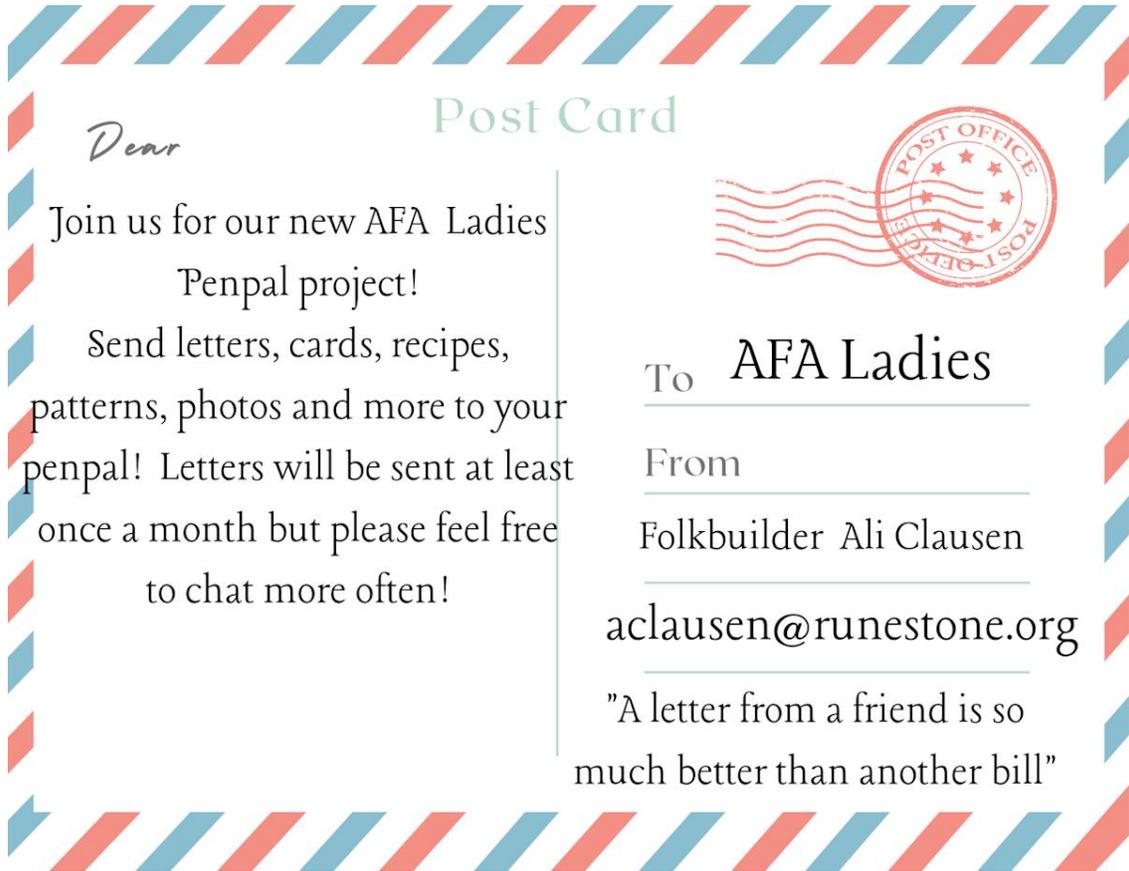
With Jaclynn Duffy  
jduffy@runestone.org

**VIA ZOOM**

**MEETING ID: 885 2917 0746**

**PASSWORD: Virtue**

# PASSWORD: VIRTUE



*Dear*

Post Card



Join us for our new AFA Ladies

Penpal project!

Send letters, cards, recipes,  
 patterns, photos and more to your  
 penpal! Letters will be sent at least  
 once a month but please feel free  
 to chat more often!

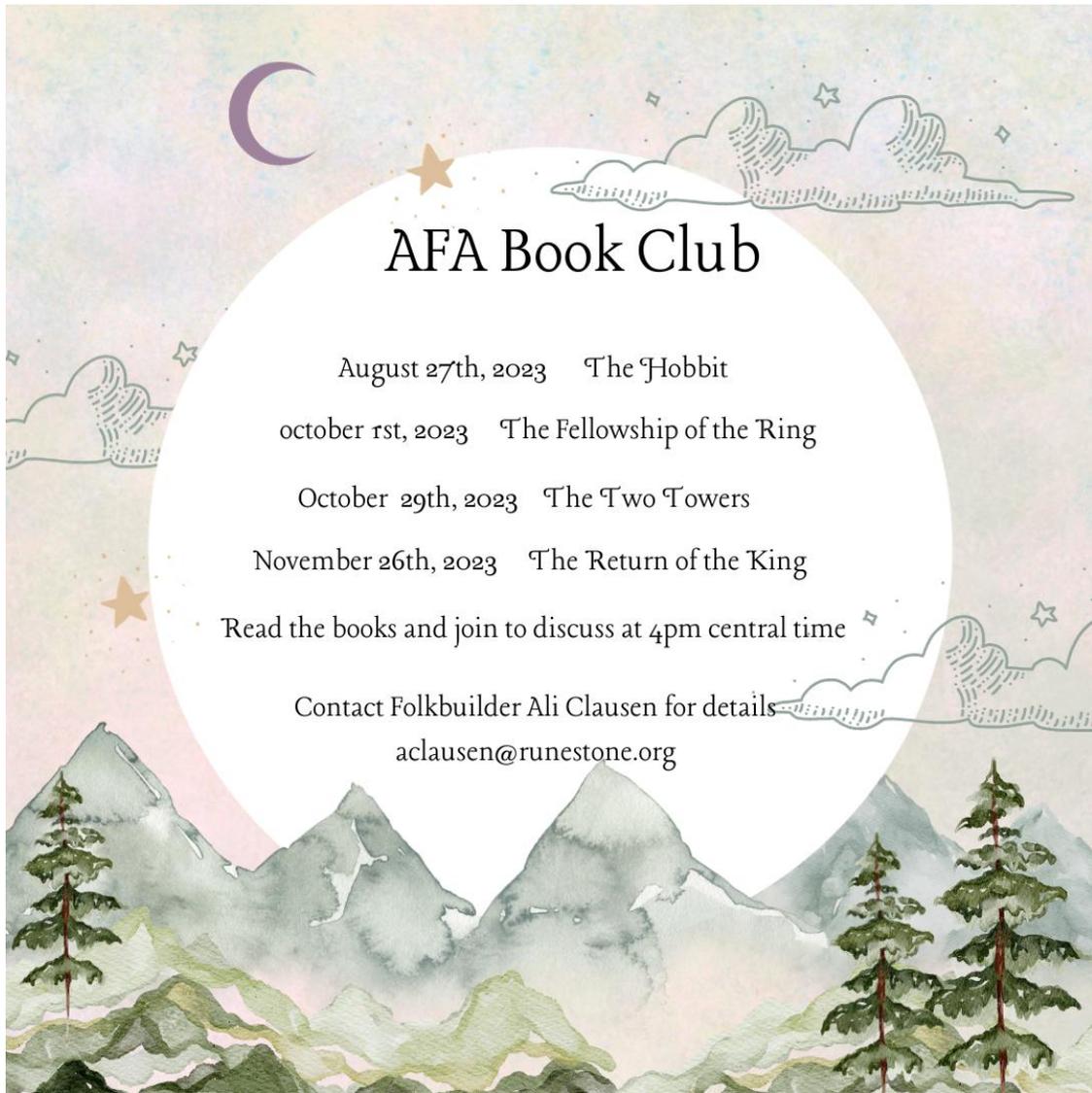
To AFA Ladies

From \_\_\_\_\_

Folkbuilder Ali Clausen

aclausen@runestone.org

"A letter from a friend is so  
 much better than another bill"



# Ladies Book Study

Thursday Nights at

7 pm CST

Link for Teams meeting will be posted in  
the AFA Ladies group on MeWe

For more information contact:

Gythia Brandy Callahan

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

or

Folkbuilder Sara Ault

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





**Come join the Eldri Folk**  
and meet others on our Friday afternoon Teams meetings

Interesting Topics — Lively discussions  
*We've saved you a place!*

**A group for AFA members, born before 1973**  
Contact Gythia McNallen,  
[sheila@runestone.org](mailto:sheila@runestone.org) or MeWe

# Ladies Mysteries Podcast

## Seidr

Sunday, October 15 at 2:30pm CST

Witan Brandy Callahan

Gythia Anna Plourde

Gythia Catie Erickson

Folkbuilder Heather Young

Folkbuilder Sara Ault

Folkbuilder Ali Clausen

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

Hope to see you there!



**WEEKLY** ✨

**SISTERS** ✨

**SUNDAY**

**CHAT**

**10 AM CENTRAL** ✨

**EVERY SUNDAY**

**CONTACT**

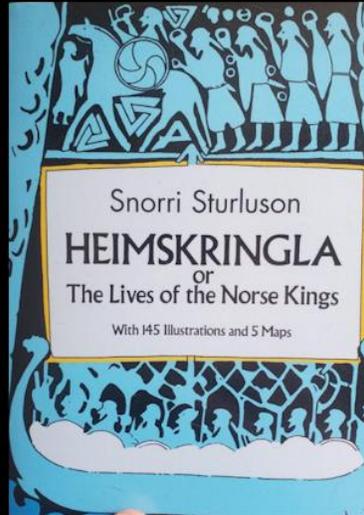
**FOLKBUILDER ALI CLAUSEN AND**

**APP. FOLKBUILDER KATIE JOYNER**

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

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

# Lore Study with Gothi Jason Plourde



**Join us every Tuesday night  
at 8:30 pm EST**

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

**For more information  
reach out to Gothi Plourde  
[jplourde@runestone.org](mailto:jplourde@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 Ministry



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

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

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

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

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

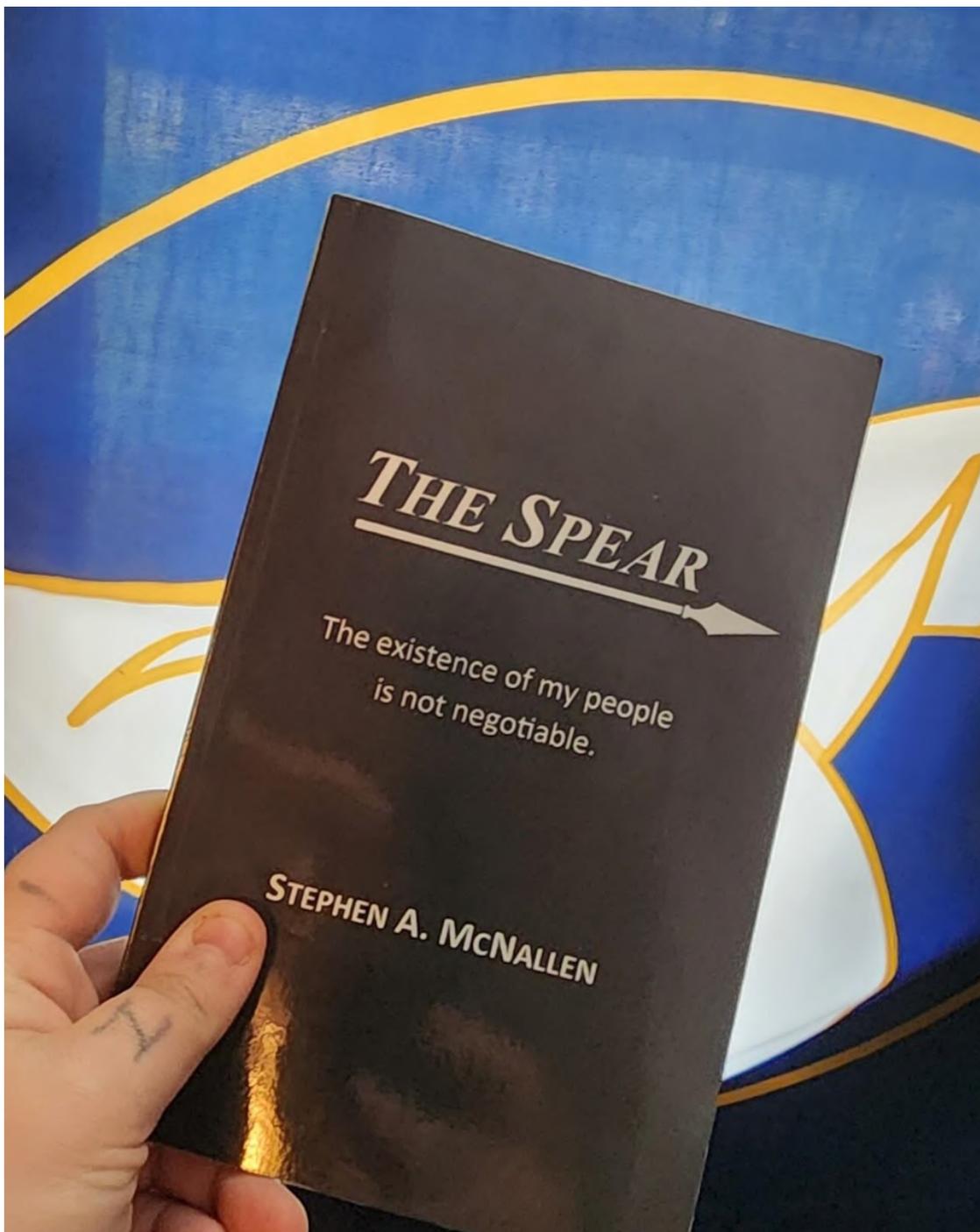


Or if you'd like to donate to this ministry, there's a donation earmark set up on our site [here](#). The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.

James Ault  
Prison Ministry Director  
[jault@runestone.org](mailto:jault@runestone.org)



**Now Available in the AFA Store**



The Runestone Store is very proud and excited to announce that we now have in stock "The Spear" by Founder and Elder Stephen McNallen. This is a long-awaited addition to our store and one that many people are excited to see. This book is the topic of the year for Asatruar and one that everyone should take the opportunity to read.

A special thank you to both Founder and Gythia McNallen for making it possible for us to share this book with our AFA family!



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

## Óðinshof

### Food Pantry at Óðinshof



Setup for our monthly food pantry takes a big chunk of Thursday afternoons and Saturday mornings, but it's so worth it. We had food bags for close to 60 families laid out on the tables when we began our distribution at 10 am. In the end, our numbers jumped significantly from last month with fifteen new families added to our very long list. We've now served over 400 families in the greater Brownsville area!



This month, we learned how essential we are to this community. Long after we took down the sign and put away tables, word came in that another car had pulled up for food. Several of us went out to greet the new folks. Four elderly adults representing three families were in the car.

They apologized for coming late and asked it was still possible get some food. We quickly gave them the standard provisions. As chat goes, I offered more if needed. One sweet lady said, “Anything will help. We haven’t eaten for four days.”

Upon hearing this, our wonderful Hof Steward, Daniel, raced back into the hall and came back with a hefty bag of extra food plus at least three pounds of brats that were left over from lunch. Adding in some eggs and ground turkey, these people could get through another week.



We make sure that all recipients get a “nice to meet you” card with contact information for Gothi Throgrun Odden who lives on the Oðinshof property. There is always food for those in need.

Hospitality reigns. Hail the AFA!



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

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## Winter Finding at Oðinshof



Oðinshof Folk gathered at the Hof on the 15<sup>th</sup> and the 16<sup>th</sup> of September. On Friday night, members were served a wonderful dinner by Gythia Sheila McNallen. In the early hours of morning, coffee was brewed and breakfast was made for the Folk. Food Pantry went off without a hitch, and afterwards, the day progressed with the women's and men's talks.



This women's talk was about folklore and stories from our gods. We also learned about a healing ritual that was started by Gythia Anna Plourde, and it intertwines with the story of Idunn, the eagle, and the apples. It was a beautiful gathering with such a great message. The women put cloves into their apples and asked for Eir's healing over someone in their life.



After we greeted the Gods, Alsherjargothi Matt Flavel gave a talk about the up and coming news for the AFA, as well as answered any questions the Folk had.



Ullr blot was led by the Alsherjargothi, and with the inclusion of a horn filled with apple cider- everyone was able to participate in the blessing.



The weather was perfect, not too hot and very nice in the evenings that made all of this event feel as though Ullr was ringing in the winter.



The final meal was blessed by Stephen McNallen himself, and WOW! It was so delicious. Our Hof Steward has been working hard in the kitchen, making a majority of the meals, and getting assistance from some of the Folk.



It is really great to watch our members come together to really put on an amazing event.

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



Angelina Stone  
Apprentice Folkbuilder  
[astone@runestone.org](mailto:astone@runestone.org)

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## Upcoming Events at Oðinshof



**ODINSHOF WANTS  
YOU!!**

WORK WEEKEND  
OCT 6 - 7 - 8  
Dump runs - Storage runs - Outdoor maintenance  
Deep cleaning

**RSVP**  
dodom@runestone.org -- MeWe

# WINTER NIGHTS AT ODINSHOF

## Three days of celebration

October 20 - 22

FRI: Dinner, Odin Blot led by Founder McNallen

SAT: Auction, Kids' activities, Speakers, Disir Blot, Sumbel

SUN: Breakfast & lunch, Movie matinee for the community

*Magic and mystery await!*

Rituals & presentations

Perfect camping weather, outdoor activities

Auction-fundraiser on Saturday, donations appreciated!

Community action with Food Pantry Saturday, classic film Sunday

Arts & crafts, costumes and pumpkins, games, songs & tall-tales

Don't forget the feasting!

This is a private event for AFA members and approved guests.

RSVP Sheila McNallen or our Folkbuilders We need a head count!



PLEASE JOIN US FOR THE 1ST  
**MOVIE MATINÉE AT OÐINSHOF**

**SUNDAY, OCTOBER 22, 2023**

**SHOWTIME: 1PM**

**FREE ADMISSION-**

**DONATIONS APPRECIATED**

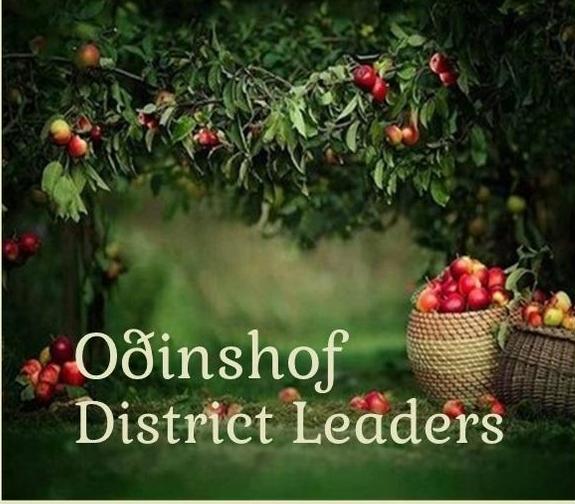
**All proceeds will benefit and support Oðinshof.**



**BRING YOUR FAMILY & FRIENDS FOR A FUN MOVIE!!**

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

**Leadership at Oðinshof**



**Oðinshof District Leaders**

**GOTHAR**

Matt Flavel	mattflavel@runestone.org
Brandy Callahan	bcallahan@runestone.org
Sheila McNallen	sheila@runestone.org
Joe Rozanek	jrozanek@runestone.org
Thorgrun Odden	todden@runestone.org

**FOLKBUILDERS**

Ryan Harlan (MT)	rharlan@runestone.org
Lou Nickerson (AZ)	lnickerson@runestone.org
Sierra Chapman (CA)	schapman@runestone.org
Tyler Heinlein (MT)	theinlein@runestone.org
Angelina Stone (CA)	astone@runestone.org
Olivia Sutherland (CA)	osutherland@runestone.org
Kyle Reader (ID)	kreader@runestone.org

**HOF STEWARD Daniel Odom**    dodom@runestone.org

### Oðinshof Wish List



*Oðinshof Wish List*

Support Oðinshof!  
[https://www.amazon.com/hz/wishlist/ls/2F51BGQ07A9K2?ref\\_=wl\\_share](https://www.amazon.com/hz/wishlist/ls/2F51BGQ07A9K2?ref_=wl_share)

### Arizona

*The Snoldelev Runestone - Symbol of the AFA*



On the island of Sjælland about 1775, a runestone was discovered by Danish farmers in the village of Snoldelev, which is in the vicinity of Gadstrup, not far to the west of Copenhagen. By 1811, the 4 feet tall (1.25 meter) runestone had been taken by the Danish antiquities commission set up by their government, amidst a wider wave of interest in the past of Northern Europe at that time. Today, the Snoldelev runestone is on display at the Nationalmuseet in Copenhagen.

The runestone itself was probably constructed sometime in the 9<sup>th</sup> century CE (the 800s, in the midst of the Viking Age). The inscription is in the Younger Futhark, and it reads:

𐀓𐀁𐀗𐀚𐀛𐀚𐀛 𐀚𐀚𐀛𐀚 𐀚𐀚𐀛𐀚𐀛  
𐀚𐀚𐀛𐀚𐀛𐀚𐀛 • 𐀚𐀚𐀛𐀚𐀛 • 𐀚𐀛 𐀚𐀚𐀛𐀚𐀛𐀚𐀛𐀚𐀛

To me, this inscription is fascinating. Translated to English, it reads "Gunnvald's stone, Roald's son, thyle (*bulr*) of Salhaugar." Gunnvald was a thyle, which is a title that is little understood today, but was vital for the people of the ancient Germanic world, from the Anglo-Saxons to the Scandinavians. The thyle performed many functions, including reproducing oral traditions and literature, measuring claims made against actual historical fact as passed down through oral tradition, oration, and reciting of ancient poetry. To me, it seems that the thyle fulfilled some of the function of a priest as well, and in the Havamal Odin is referred to as "fimbulthulr" or the "Great Thyle". Certainly, as the God of wisdom, this connection to a sacred office dedicated to preserving ancient knowledge makes sense.



The other part of the inscription which is interesting to me is the name of the place, Salhaugar. This was likely local to where the stone was found, but if we look at what the place name actually means, we get Sal, which can be "hall", and haugar, which is almost certainly connected to the Norse term *hörgr*, meaning altar, shrine, or religious

site. If we combine the two, as the carver and author of the runestone did, the suggestion is of a place of religious function, such as a temple, although with a specific and complex purpose.



Just as equally fascinating are the carvings next to the runes. One symbol is similar to a triskelion, but made of three interlocking drinking horns (note the picture here accompanying this text is on its side). Next to that is a swastika (or fylfot). Both of

these are solar symbols, but the tri-horn seems to have another connotation. While I won't speculate on what exactly inspired the use of the three drinking horns, the symbol is beautiful and from what we know, this symbol is unique in history to this particular runestone.



The tri-horn pattern is the origin of the symbol of the AFA. The Snoldelev Stone is a great runestone to inspire the Asatru Folk Assembly, because the runestone is dedicated to an spiritual officeholder who guards the wisdom and traditions of the past, and it mentions a temple. As the AFA establishes more Hof's throughout the U.S. and the world, we would do well to remember that we are simply walking in the footsteps of our ancestors, who regularly established temples to our Gods and honored their priests and officials who maintained them.

Hail the Rune-carvers!

*Upcoming Events*



On October 14th, we will be heading to the pumpkin patch! Please join us!



Folkbuilder Lou Nickerson

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

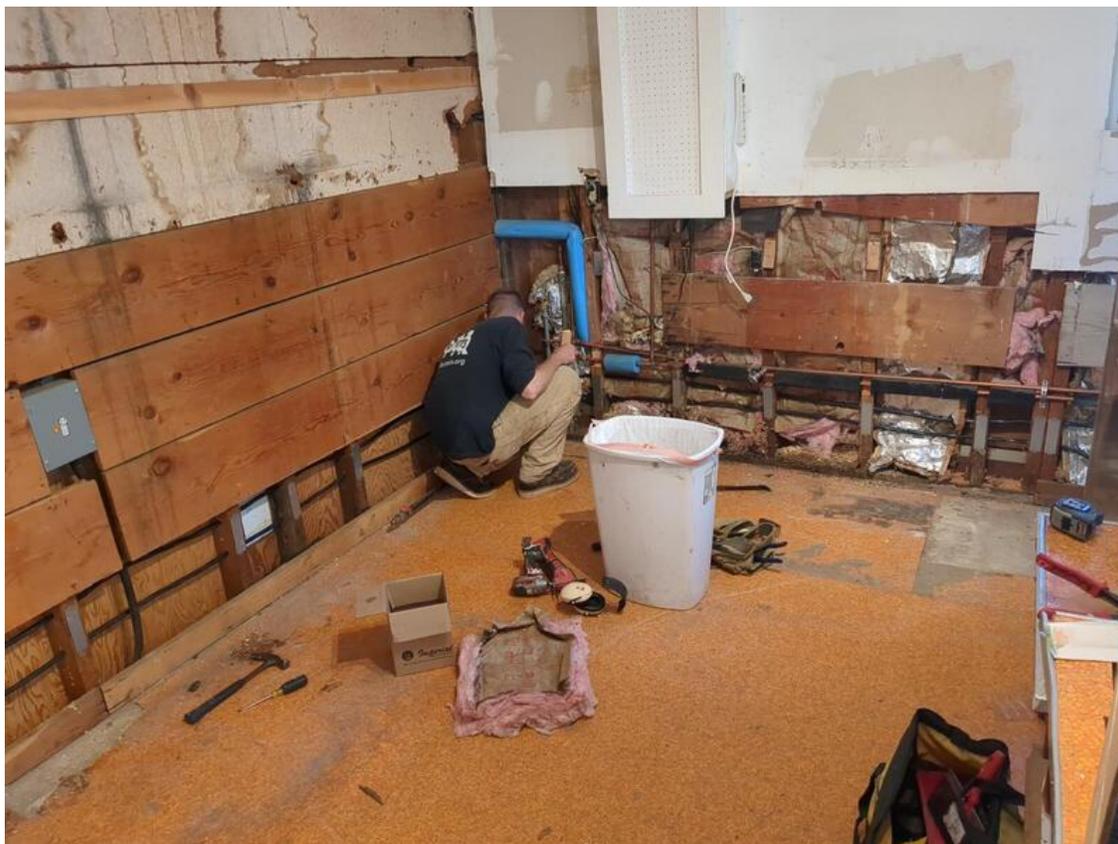
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## California

*No Party Like a Work Party*



Boy, I'll tell you what, these work parties are a HOOT! The Sons of the High One and Daughters of Frigg have been doing a great job at Óðinshof. Hof Steward Daniel Odom, Wild Man Paul Stevens, Bob Stanley, Gothi Thorgrun Odden, Caitlin Covington, and I have all been showing our devotion to our Gods by taking time out of our lives to make our Hof shine. It's a blast working alongside such good Folk.



There's no shortage of tasks that need completed. We are currently renovating the kitchen with all that it entails-- electrical, plumbing, carpentry, cabinetry, painting, etc.. but wait, there's more! The hall floor will need resealing soon, and there are any number of other tasks to be done outside, in the office, and in the multi-use room. If you don't know a skilled trade, that's not a problem. We have a project for all skill levels. The next Work Weekend is October 6-8th, with more to come, so please contact me or Daniel to get involved any time.



But, I know what some of you are thinking: "Brodie, I don't live close enough to spend a weekend or even a single day at Óðinshof for a work party!"...Not a problem! There are other ways to contribute to amplifying the Greatness of our Hof (The first Hof of our great Gods in over a thousand years!)

As the Alsherjargothi says, nice things cost money. Our Hof could definitely use more donations to continue the renovations that are needed. The best way to do that is to contact your local Folkbuilder and put yourself on Hoftollar for Óðinshof--that way you

can contribute directly to Óðinshof. But that's not all! We also have the [Amazon Wish List](#), a handy way for people to contribute by picking an item that is needed and sending it to the Hof!

So, be a sport--come out to a work party, build frith with your fellow Asatruar, and help make our Hof worthy of our All-Father, The High One, Óðinn! Hail the Doers!



Brodin Sutherland

Member

[blsutherland1@gmail.com](mailto:blsutherland1@gmail.com)

*Choo Choo!*



At the beginning of this month, we held a moot in the redwoods of Orinda and rode on two miniature steam trains. On the Redwood Valley Railway train, we crossed over a bridge, went through a dark tunnel, and even saw some great views of the bay. The second train we rode on was an even smaller choo choo, just a quick walk downhill from the first one. This train was operated by a volunteer group called the Golden Gate

Live Steamers. As we waited in the fast-paced line to board, enthusiastic volunteers shared a bit about the history of their work on the trains and answered many questions. We could see a few other trains that were being worked on, and we even caught a glimpse of the famous blue "Thomas the Train" engine!



After riding trains, we explored the adjacent Tilden Little Farm. It was fun getting to feed the farm animals which included pigs, goats, chickens, ducks, sheep, and cows.

At the end of the day, we had a small children's Sumbel around a campfire. It was a joyful and meaningful day celebrating the first and third birthdays of my youngest children.

*Oktoberfestivites*



At the end of the month, Folk gathered to spend an afternoon at the Clayton, California Oktoberfest! It was a great turnout with several families and individuals we know and love. Everyone had a lot of fun chit-chatting, listening to German music, and eating delicious food. The children rode on all the fair rides together, including a popular obstacle course that the kids challenged a few of the adults to through as well! If you missed this one, don't fret! I have another Oktoberfest moot planned in a couple weeks--see my flyer in the Upcoming Events section below.

*Daughters of Frigg*



For some time now, our Óðinshof ladies have been coming together at events to meet over tea. Our fancy little tea parties have been a special time and place for connecting to the Divine and to one another. Through our uplifting activities and sharing, we are a more powerful, magical force that positively impacts our district as a whole.



This past month, we officially began Daughters of Frigg. Unique to who we are, Daughters of Frigg is a group for womenfolk of all ages in our district that want to actively make Óðinshof a brighter place. Many of us are mothers. Some of us are grandmothers. I cherish time with each and every one of you ladies. Our "frith-ful" group is so needed, bringing joy and care to our dear Folk. Together, we make up the "lady doers" at and for our beautiful Óðinshof, the first Hof in a thousand years!

On Labor Day, we had our first virtual tea meeting. My intention was to help reach out to ladies in our district who live farther away from Óðinshof, where meeting in-person may prove a challenge. Everyone on our call had something important to contribute, and we discussed ways to connect and to help in our district, even when living a great distance from the Hof.

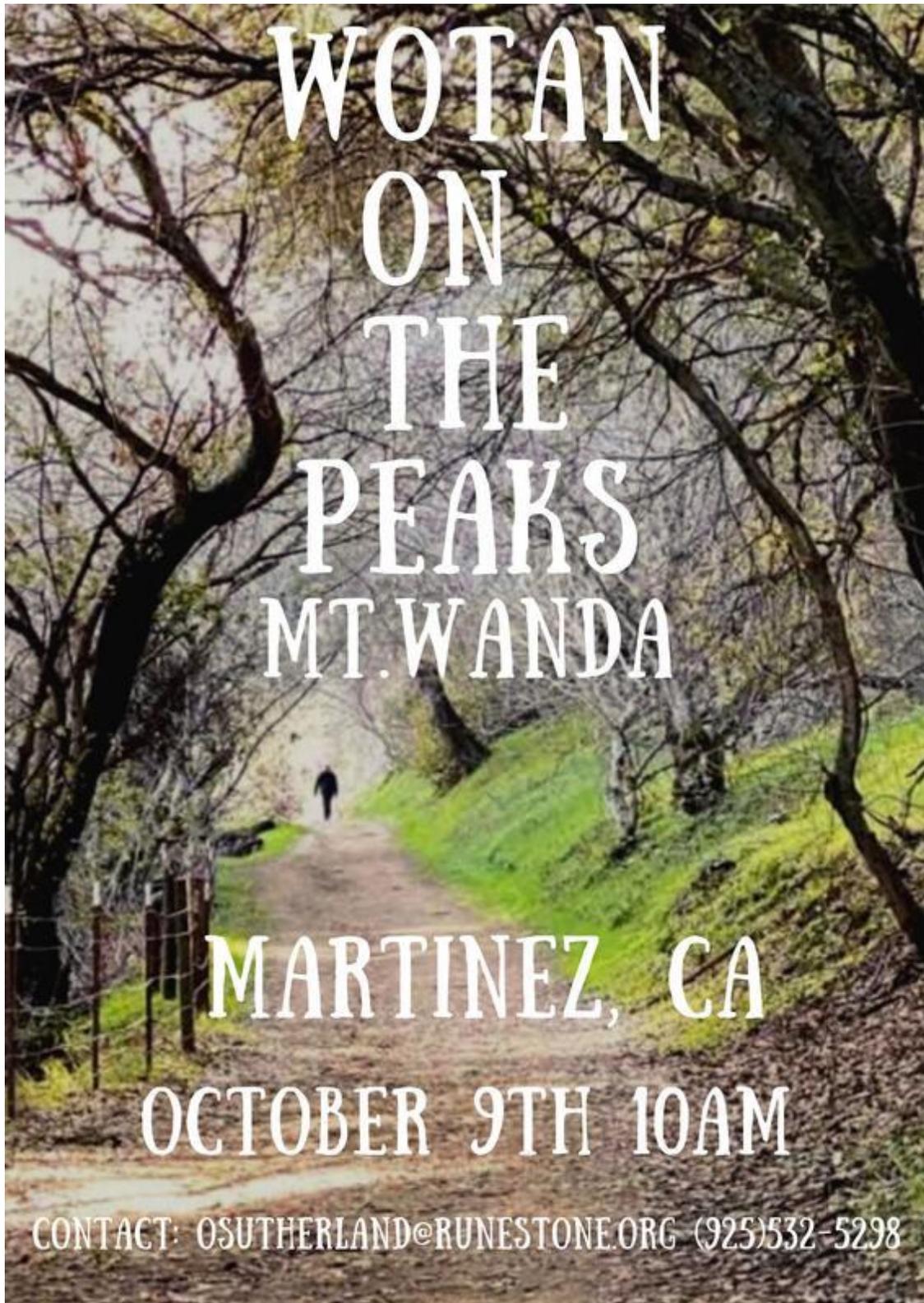
At Winter Finding, many of us came together to raise our voices in harmony. We practiced some of our important songs and chants. Our beloved Gythia Sheila McNallen shared the story of the Goddess Idunn and her magic apples. Using fresh-picked green apples from my own two trees at home, our ladies took part in a special healing rite to Eir. We took our time and care during this collaborative activity, focusing on the individuals in our lives who need healing.



On Sunday October 22, at the conclusion of our Winter Nights weekend, Daughters of Frigg will be hosting our first Movie Matinée at Óðinshof. We will be showing *The Ghost and Mrs. Muir*. This is a family-favorite, old black-and-white film about a spirit who haunts his home and interacts with a living woman who buys it. This seems so appropriate for October, when the veil between us and our ancestors is especially thin.

We are opening the doors of Óðinshof to welcome the public to our Movie Matinées, and we hope many members will also attend and/or help out! There is much to do! Our Movie Matinée starts at 1pm and is free with suggested donations for popcorn and beverages. Spend time worshipping our Gods and Goddesses, venerating our ancestors, and watching a great movie with your Folk!

### *Upcoming Events*



Please join us this month for a hike up Mt. Wanda in Martinez. We will be raising a horn to Wotan and to Guido Von List, our Hof Hero.



**Oktoberfest**  
SATURDAY, OCTOBER 14TH  
@NOON  
1375 CIVIC DR, WALNUT CREEK,  
CALIFORNIA  
\* FREE ENTRY  
CONTACT: OSUTHERLAND@RUNESTONE.ORG  
(925)532-5298

There is another opportunity to join your Folk at a California Oktoberfest! This is a family-friendly festival with German music, dancing, yummy food, biergarten, and carnival rides. Admission is free. I look forward to seeing you there!

DAUGHTERS OF FRIGG

*First Fridays  
For Frigg*



***Honor Frigg on the 1st Friday!  
&  
Share a Photo!***

PLEASE SHARE YOUR PHOTOS-  
DAUGHTERS OF FRIGG MEWE GROUP  
&/OR SEND TO OLIVIA SUTHERLAND

**OSUTHERLAND@RUNESTONE.ORG**



Last But Certainly Not Least--First Fridays for Frigg! This is just for our ladies-Please join us, all across our district, in honoring Lady Frigg! Raise a horn, make an offering, etc...Take a moment in collective worship.

Have a blessed and beautiful October!



Olivia Sutherland  
Apprentice Folkbuilder  
[osutherland@runestone.org](mailto:osutherland@runestone.org)

*Óðinshof History Needs You!*

**ÓÐINSHOF GAZZETTE**  
ILLUSTRATED WEEKLY NEWSPAPER

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

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Est. 2015 Saturday, October 7, 2023 Price 14 R.M

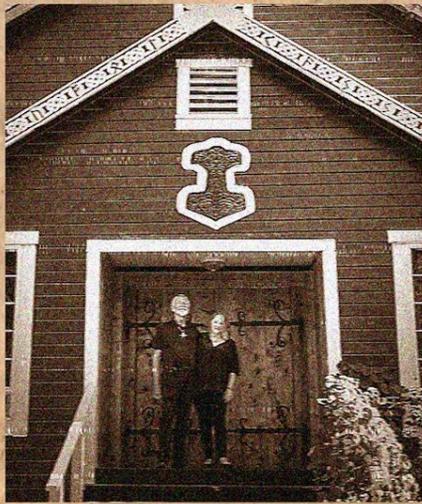
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# Odinshof History Needs You!

**Hello! As many of you may know, I am Sierra Chapman, Odinshof Historian. Each month I compile photos and articles about what goes on in Odinshof District. One of my favorite things to do is make a video at the end of each month with pictures of everything that went on so folks who may be interested in joining can see just how much we actually do. That being said, I NEED PHOTOS! More photos the better. Even not high quality photos are fine as I can fix them. Email them to [schapman@runestone.org](mailto:schapman@runestone.org) Thank you!**

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Please email them to [schapman@runestone.org](mailto:schapman@runestone.org)

Thank you!



Folkbuilder Sierra Chapman  
[schapman@runestone.org](mailto:schapman@runestone.org)

### *Upcoming Events*

**WOTAN ON THE PEAKS**  
with a special toast to Meister Guido von List

**Mt. Judah Hike**  
Donner Summit, CA  
Monday, October 9th

Join the McNallens for this *Wotan on the Peaks* hike. The Mount Judah Loop trail is 5.2-mile hike near Norden, California. Generally considered a moderately challenging route, it takes an average of 2 h 46 min to complete. The elevation gain is 1,223 feet to reach the 8,243 foot summit. Bring: lunch, water, a hat, good walking shoes.

For more information, RSVP [sheila@runestone.org](mailto:sheila@runestone.org); 530-575-8692      Meet us at the trailhead at 10:30

The banner features a scenic landscape with a person standing on a rocky peak overlooking a valley with a lake and snow-dusted hills under a blue sky.



Gythia Sheila McNallen

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

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## Idaho

### *September Recap*

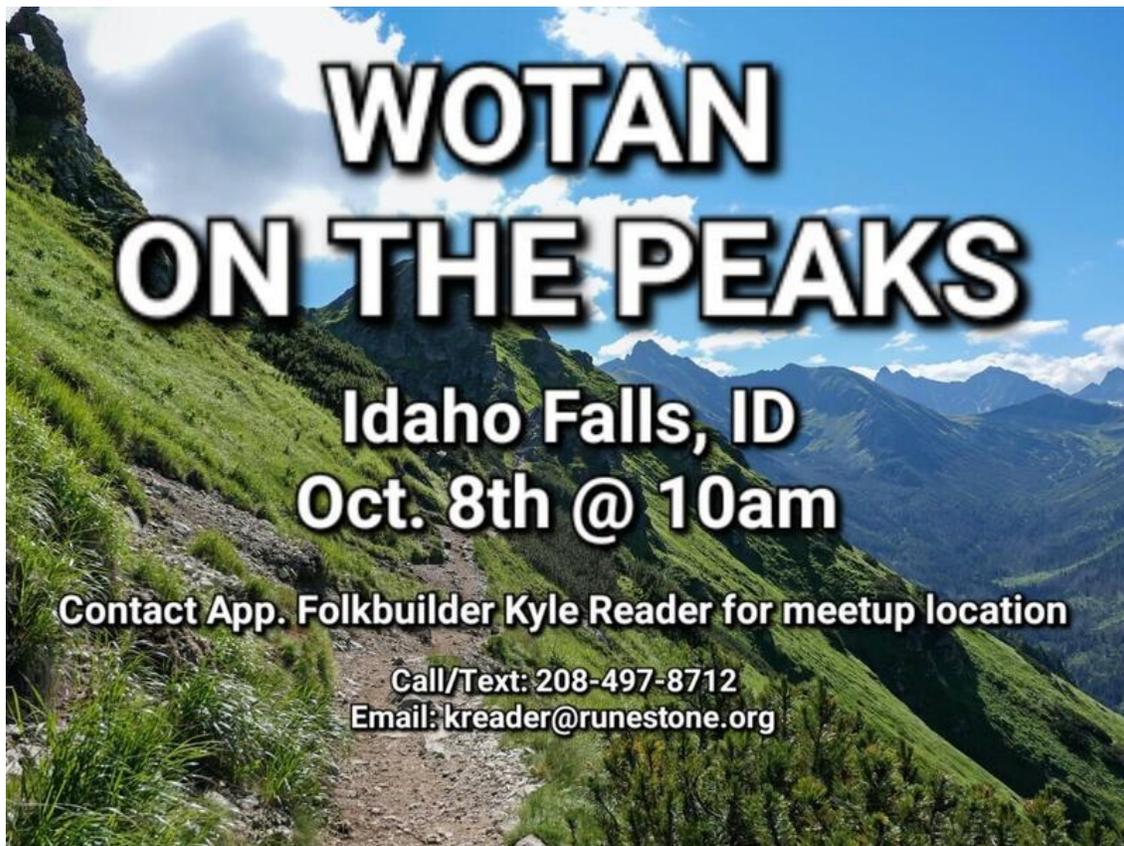


September was a fun filled month for us here in Southeast Idaho. Our moot on the 16th was amazing. Hayden, the newest member to our area, was able to make it. We had the privilege of hosting him for the entire weekend, showing him around parts of downtown Idaho Falls, and taking him to our favorite pizza place for lunch. One night we made deer burgers from last year's harvest and then held a blot to Ullr in anticipation for the upcoming hunting season. I apologize for the lack of moot pictures; I was a complete space case and forgot to take any.



I was also able to make the trip out to Freyr's Harvest Fest in Montana with my two youngest boys. The trip out was long, 8 hours of driving one way, but it was worth every last second. We came up through Yellowstone, Bozeman, and Billings. I'll tell you what, there is no countryside more beautiful than what we drove through to get there. The pictures I took of it do not do it justice. Not only did we get to see beautiful countryside, we also saw elk, deer, pronghorn sheep, bison, moose, turkeys, and even a bighorn sheep on our drive! My kids had a blast and keep telling me they can't wait to go back next year.

### *Upcoming Events*



In October, we will be holding a Wotan on the Peaks hike on the 8th. We will meet up at my home at 10am and then pile in my truck and head out to the trail. We will also be holding a pumpkin carving moot on the 28th at my home. Anyone who wants to come, please do, you can even spend the night if needed!



We are slowly getting this area back on its feet, and I am so excited to see the bonds being made between folk in the area in the short few months that I have been blessed with doing this work.



Kyle Reader  
Apprentice Folkbuilder  
[kreader@runestone.org](mailto:kreader@runestone.org)

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## Montana

### *3rd Annual Freyr's Harvest Feast*



Óðinshof District got together this September to enjoy Freyr's Harvest Feast. Despite moving to a more isolated venue, our numbers once again grew. Forty one people attended the feast in rural Montana, sharing frith and making memories.

In regards to memories made, attendees would be hard pressed to think of something more memorable than the thematic weather we had throughout our weekend. We were hit the first day with an unusual, for the time of year, thunderstorm.



Thanks to the quick work from our men folk, we hastily erected a giant tarp over the entirety of the still-being-constructed meadery's open roof.

The whole day rain poured down on us. We were soaked before even getting in the water for Njord's Blot, but our Folk soldiered on.

After holding Blot in the nearby lake, we went back to the homestead to dry off and have dinner under that giant tarp. The wind and rain battered against the tarp. Many remarked that it felt like above us was the hull of a ship with the ocean trying to get in. This was aided by the shape the tarp took and it truly took on the life of Noatun.



While the outside was wet, we soon were dry. The hearty pasta, wine and wild caught salmon quickly warmed us as well. By the end of Friday, we had beaten the elements despite the storm raging on.



Saturday morning saw a lessening in the foul weather which was aptly timed given our

many activities of the day.

Our men competed in the viking games where they were judged on three events. Hand axe, throwing axe and bow each afforded points while time was kept to break ties. The field was muddy, our men were determined, but a clear victor swept aside his competition by no small margin. Montana's own James Greaney had claimed the prize, a beautifully forged seax knife blade made by an AFA smith set into a handle carved from wood gathered at Thorshof.



Activities continued throughout the day. Children practiced leather working, and women spun wool into yarn. Talks and group discussions filled time in between as skills and stories were shared.



Before Blot, we gathered together and sat the children in the front row for the telling of Freyr's Proposal. I put on regalia modeled after the clothing worn around the 800s and theatrically read Skirnismal to the children. One child later informed my wife that I was

"not actually Odin", and we figured the need for clarification was a good indication that the kiddos got into it.



During our telling of Freyr's Proposal we talked of the sacred Grove of Barri. It was said to be a round clearing deep in the woods and the spot Freyr and Gerd met for their wedding.

We emulated this by traveling along a twisting trail through Fólkvangr's own woods led by small lanterns aloft in the trees. The journey weaved through the trees bringing us deeper into the woods. The trees kept thickening but eventually we came to a small clearing, a stone horg at its center.



It was there in our own representation of the Grove of Barri that Founder Steve McNallen led us in Freyr Blot. It was powerful. When we had entered the woods the rain hadn't stopped, but upon our exit the sky was a clear blue with no clouds in sight.

From Blot we went to the mead hall to feast and celebrate. We had toasts and talks. We filled our plates with all kinds of food, shaming many a Thanksgiving spread. Our cups were kept full of mead. Our auction brought in an impressive sum and the valuable and rare items went to deserving homes. The feasting and drinking went well into the night marking another successful day.



Another sunrise saw the McNallens leading us in the Greeting of the Day, as they had the previous morning as well. We heard wise words from Gythia Sheila McNallen before a quick breakfast as she shared with us the AFA's vision of the future as well as its histories of the past. We then turned to the present and spoke of Fólkvangr and the community we were building here.



From there we toured the homestead and got to meet some of the livestock. Turkeys, ducks, goats, sheep and puppies were all talked about, fed, and, when able, interacted with. I had the distinct honor of being able to make sure Founder McNallen held a puppy for the first time. I felt obligated to include the photo.



While the livestock and working animals were a hit, nothing is sweeter than newborn children. Amongst our women, we had three pregnancies, and each mother received a blessing during our beautiful Freya's Blot.



Many Folk had long drives and departed, but for those that stayed, we had a quiet lunch and played games including a very competitive game of hide-and-seek.



All and all, it was a wonderful experience for those who were in attendance and we look forward to an even better time next year. Our venue will be improved throughout the year, and we are reorganizing Freya's Day to include more activities as well. We look forward to seeing all those that came out this year and all our new guests September 20th through the 22nd of 2024.



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

*Hunting Blessings*



Archery season is in full swing here in Montana, and the woods are filled with hunters looking to fill their freezers. The weather is cooling off, and animals are on the move, and Bear encounters are becoming more frequent as they too look to fill up on food for the coming winter.



On September 7th, our monthly rune study was held amongst our kindred, followed by a joint Óðin and Ullr blot on the 9th. Hailing both the "God of Wisdom" and the "God of the Hunt", we asked for blessings upon the tools we will use to pursue our quarry.



The girls made a sacrificial arrow with the help of the ladies in the kindred, which we took out to mountains and buried. May Ullr bless all of us in our pursuits!



We also headed out to Freyr's Harvest Feast in Winnett, Montana, for the weekend of September 22nd-24th, and enjoyed the festivities with many of our Northwestern Folk! Tyler Heinlein put on a great event and opened his home and property to us all. It was an adventure to say the least. Some faced torrents of rain, while we had to overcome some car troubles. All in all, an amazing time was had regardless.

### *Upcoming Events*



Coming up on October 14th, Lilla Ullevi Kindred will be heading out to the Queen City Oktoberfest in Helena MT, to enjoy some German culture, a car show, and some family fun. Please join us if you can!



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

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**Nevada**

*September Alsherjargothic Dinner*



We had a great dinner in September. Thank you to everyone who shared a meal with us!

*Upcoming Events*



Reno Nevada

# ALSHERJARGOTHIC Dinner

## OCTOBER 14

Drinks at 1:00/Dinner at 3:00

BRING STUFF!

Please join us on October 14 for drinks, food, and fellowship!

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

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)



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