

The Runestone: Voice of the Asatru Folk Assembly





## Óðinshof

### First Hof of the Asatru Folk Assembly

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## Words from the Alsherjargothi





August was a great month for us! Our numbers are growing and Baldrshof hosted their annual District event, Freyfaxi. I look forward to seeing how our hofs develop and beautify over the years and this trip did not disappoint. The fine folk at Baldrshof have outdone themselves making this a beautiful and special temple to bright Baldr. I would be remiss if I didn't mention all the hard work Dan and Paul have put into remodel and beautification work at Óðinshof. Well done all around!

At Freyfaxi, we oathed in the Clausens, Christian Penner, and Steve Mundy as Folkbuilders. We also ordained Nathan Erlandson as a Gothi. It is worth noting that it is quite a challenge to make it to ordination and few who start the journey make it to completion. We also had the very special honor of performing 2 baby namings!

Things are looking bright going into the fall. One thing that is amazing is the consistent weekend work being put in at Sigrheim. Things are slowly taking shape and there are amazing things in store. It is worth noting that we are hosting the national Winter Nights at Sigrheim for the first time this year so I would encourage you ALL to sign up and come celebrate with us!

I look forward to seeing you all there!

Hail the Gods!

Hail the Folk!

Hail the AFA!

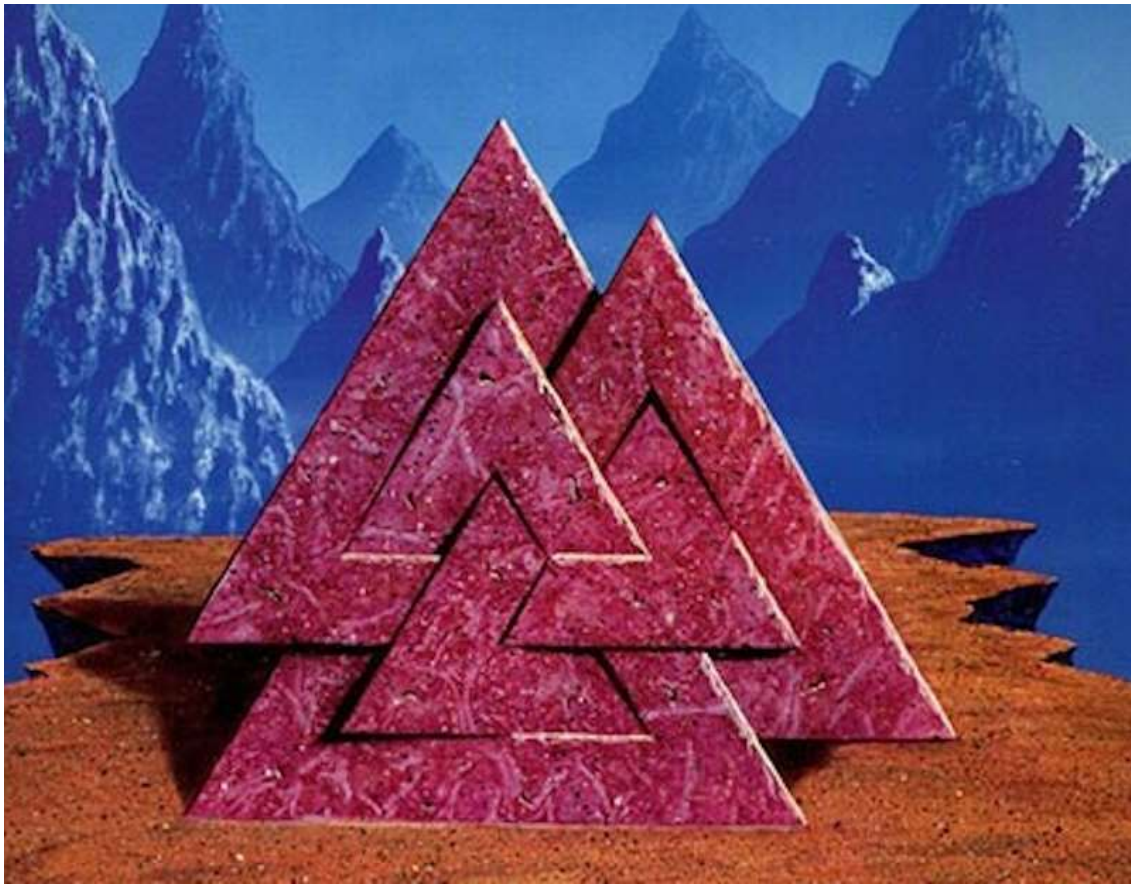
And remember to watch Victory Never Sleeps weekly at 6 PM Pacific Wednesdays.



Matthew D. Flavel  
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## Words From Our Gothar

*Synchronicity*



An experience;

Many years ago, while just recently aware of our Elder Traditions, I came across Edred Thorsson's books about Runes. The book that I became really interested in was, "Nine Doors of Midgard". In that book I started to incorporate his 'Hammer Rite' into my exercise schedule of jogging about two miles every few days. I found that exercise and using the Hammer Rite in meditation after the run was really helpful with stress and fitness of mind and body.

After a while I decided to find a place for my Vee in the forest, found a good place in a grove of redwood trees next to a stream and was pretty much doing a regular program of exercise and meditation.

I was still reading and leaning more of our heritage so, I was searching for a god or goddess that seemed to be one of more interest than others to follow. Then while coming back from running one day I find some small holes or "nests" in my Vee dug out of the tough intertwined roots of the redwood trees, like a mat of fiber. You see the redwood trees in my chosen Vee were in a circle around me and while looking up I could see a small bit of blue sky and the other thing of notice was the sound of the stream, no people or obvious reason why these holes were 'clawed' out of the soil. Puzzled, I search for sign of animals, and there it was...a large wild boar had taken it's



tusks and ripped up a fallen tree to look, I suspect, for food, such as mushrooms or other fungi. So, later at home this wild animal came to my home and tore up my hard gravel driveway again I assume looking for food. This happened but once and stopped.

Reading other works of Thorsson, he expresses his ideas of power animals or animals that our ancestors said follow Clans, such as wolves, bears and boars. What to think, so this started me looking into any heritage such as heraldry, coats of arms etc. After many searches, some years later, I find my ancestry is connected to Freyr through a chieftain in Norway who was descended from Harald Fairhair who claimed descent from Freyr.

In the Voluspa, Odin said, to paraphrase, while searching one thing led to another in his quest for knowledge. So, what to think, of this rather strange occurrence, odd workings of an animal or something numinous, a sign or signal from the unseen world? For me I am no one to just pass it off as superstition.



Gothi Thorgrun Odden  
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### *A Thousand Excuses*



"Show yourselves men this day, for tomorrow will be too late. There is no safety for you but in victory!"

-King Totila of the Ostrogoths

In any real endeavor, we must consciously decide between action and inaction, between will and weakness. This sounds simple because, in reality, it is, even if it may not always appear to be so.



As men and women living in the Wolf Age, our lifestyles are extremely sedentary when compared with those of our ancestors. Obesity, diabetes, heart disease, etc. are at a staggering all-time high. This is not our fault directly, but it is up to us as individuals to fight this and to be worthy of the names and blood borrowed from our noble forebears.



“Energy is always a choice.”

-Napoleon Bonaparte

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always appear to be so.

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Gothi Trent East

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### *Mimisbrunnr, Mimirs' Mystical Well*



Beneath the roots of the world tree Yggdrasil is a well whose water contains much wisdom and intelligence, and the master of which is Mimir, and it is known as "Mimisbrunnr." Mimir is a giant, son of the first conscious being, Ymir. He is the most intelligent and wise as he drinks daily from the well.



Óðinn in his constant quest for knowledge traveled to Mímisbrunnr to drink from the well and its knowledge of all things, but Mimir demanded that Óðinn give his eye for such wisdom. The All-father plucked out his eye and cast it into the well for a drink, and now it lies at the bottom of the well. He is forever connected to the knowledge contained there.

Óðinn is the cleverest of all, and from him all others learned their arts and accomplishments; and he knew them first and knew many more than other people. It was from the drink he received from Mímir's well that he gained such wisdom. Wisdom and knowledge required sacrifice, Óðinn sacrificed himself to himself and hung on Yggdrasil for 9 days without food or drink, and nearing death he learned the secret of the Runes. He is the Allfather, and we must emulate him to raise our own consciousness.

Some of us are content with honoring the Gods and ancestors as it is the right thing to do, and they in turn help guide us in our daily life. Others must know more, and Óðinn is our God, and following his example we embark on a quest where no stone is left unturned until we learn the answers of why am I here? Why do we exist? What is my purpose? What is life?

It has been two years since I have held meetings wherein, we discussed Gods, Spirits, Magic, Runes, and the otherworldly things that we have no clear understanding of in hopes that we could make some sense of it all. Near the end of our discussions the things that were revealed to me became almost impossible to convey and I needed time to evolve. It is at times like those that the Allfather will provide the next step to take, and we need to be open to accepting that guidance. AFA founder Steve McNallen gave me several recommendations, and through these I discovered the rigid practice I needed to take that next step.

On August 31st we held our first episode of Mímisbrunnr, a bi-weekly series of meetings where we discuss raising our consciousness through the lens of Asatru', our native European spirituality in this modern world. Why would we want to raise our consciousness and what does that mean exactly? It has taken me 7 years of intensive spiritual development and investigation to get a glimpse of what the answer is. We want to raise our consciousness because good things happen when we do, and if we collectively do it, we all benefit.

How do we raise our consciousness? Through connecting with that immortal part of us, the Fetch, in old Norse known as the Flygia. We all have a purpose, some part to play in the web of Wyrð that was written at the time of our births. We have free will to choose

whether to rise to the occasion and live this purpose or not. In our lives there are many distractions; alcohol, drugs, sex, television, food, an infinite number of things that our ego uses to create drama and keep our consciousness from rising. The ego exists only here in this world, and it does not want to leave.

Through a spiritual practice that harnesses the ego and strengthens the connection to the Fetch, your purpose in the web of Wyrð will be revealed and you will be given exactly what is required to perform your duty here in this world of Midgard. This in turn will lead to a fulfilling existence and a happy life. We are all at different levels of evolution and no two people are the same, thankfully our Gods and Goddesses are here to guide us and they will help you in becoming the absolute best that you can be.

So, join us on September 14th at 7:00 PST as we continue our journey to enlightenment and discuss the Gothic runes with AFA author Fritz Maes.

Hail the Gods,  
Hail the Folk,  
Hail the AFA.



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*Oaths, their Importance, Impact, and Implications*





For many of us, it is a foreign concept that our word has meaning. For our ancestors, over many millennia, an individual's word was their bond and would not be broken. If one did go against, or break, their word, there would be significant consequences, up to being outcasted from the Folk. Trust, honor, and integrity are all terms that directly correlate with one's word and Oathing. Granted, there are occasions where breaking an Oath could be understood—these rare occasions do not include one's own feelings about a matter or just not comprehending the Oath at the onset. It is not just the individual that is bound by their Oath, the Folk present when the Oath is made are then made part of it as well. The Gods and your Ancestors also hear your Oath, and then to break it due to some superficial circumstance where your feelings get hurt or you get mad about something will certainly tarnish any relationship you may have with your Gods and Ancestors. Oaths are not simply taken and then discarded because you want

to.

It takes a tremendous amount of courage these days, which is absurd, for an individual to stand by their word whereas it was automatic for our ancestors, and it was never given a second thought, in keeping one's word. This is part of the soul sickness of our Folk. Why do so many want to become AFA leadership, taking on the responsibility of that position, knowing that there will be an Oath involved, then simply discard their Oath as if it never meant anything. In these cases, which we've seen a handful recently, the latter is true, whereas since it was so easy to walk away from their Oath when things didn't go their way.



An Oath is a bond that is to be taken very seriously. It is not something that is done when things are convenient and easy, it is something that one holds themselves to when things don't go the way they'd like, when things get difficult, and when one's loyalty, honor, and integrity are tested.

So, what does taking an Oath mean to you? Is it something to be discarded when it is inconvenient like throwing out an old pair of socks? Are you someone who will talk the talk when it suits you? Or are you someone that walks the walk, bound to your word with the strength of iron, and have the honor it takes to see an Oath as a testament to



your strength of character?

As leaders in the AFA, the Folk look to us to be that beacon, that example of conduct and becoming. Do not enter into an Oath with any doubt or reservation. Be courageous and brave, be upright with right action, speak the truth always, even if it leads to your death. Safeguard those that need protection and do no wrong. This is the task I give you to contemplate and if you are strong enough, to implement in your lives.

HAIL THE FOLK!  
HAIL THE GODS!!  
HAIL THE AFA!!!

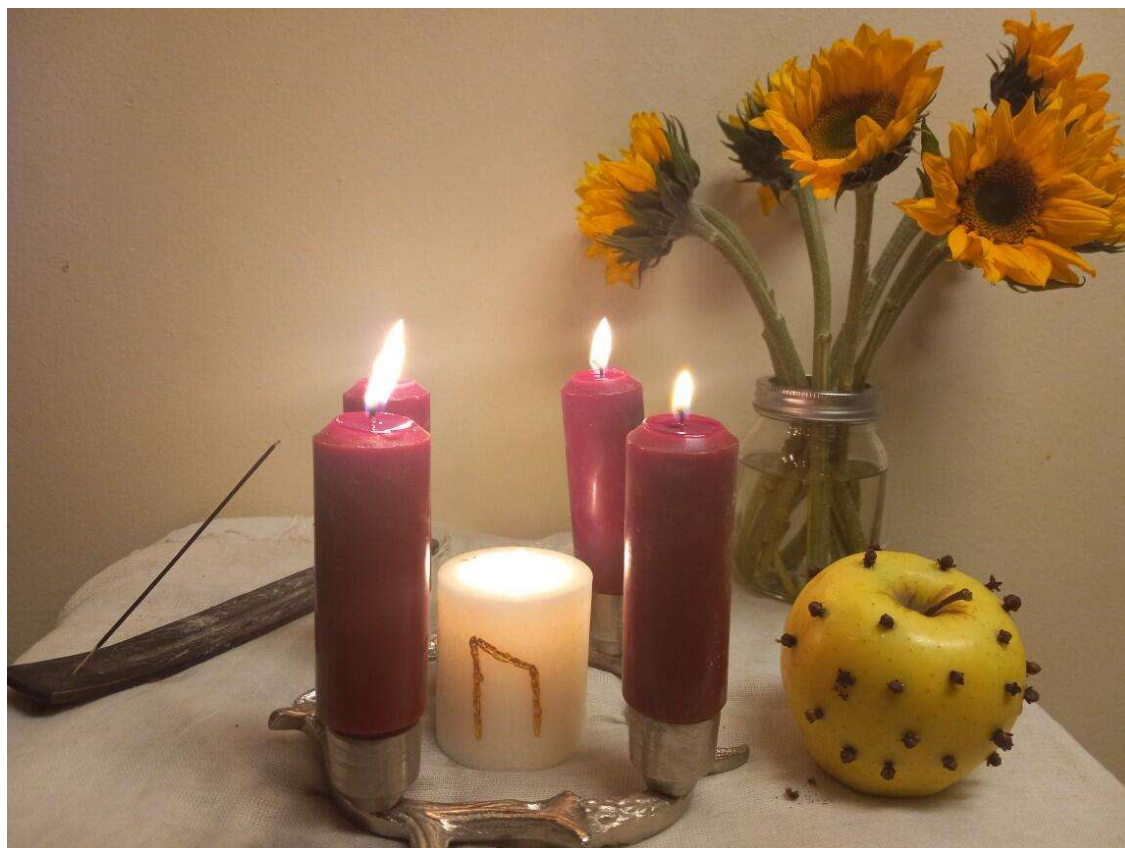


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*Eir Ritual*



This is a simple ritual to connect with the goddess Eir. Eir is connected to healing, whether that be recovery from a physical ailment or an emotional one. Said to be the best of doctors, we bring the names of those in need of healing to her.

I put this ritual together in late 2020, and have been using it ever since.

You will need an apple, some whole cloves, and a small offering. I often use a shot of aquavit.

Begin by pushing the cloves into your apple, and saying or thinking the name of the individual and what they need healing from. Repeat as many times as you need to. I say a simple prayer upon completion.

"Hail Eir, the best of doctors.  
May those in health retain it  
May those in need regain it  
For the wellness of the Folk, Hail Eir!

You can place the apple and offering wherever you feel is appropriate, I'm a big fan of flowing water for this one in particular.

Hail the Folk!  
Hail Eir!



Gythia Anna Plourde  
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*Frigga's Secret Garden*



Grimm’s fairy tales, as well as the classic book by Frances Hodgson Burnett, *The Secret Garden*, taught me as a child that some gardens come with surprises and strange enigmas. Our “garden” at Óðinshof is a bit wild and overgrown, but it’s still our special place. And it comes with gifts, as we learned at Family Camp.

The true tale begins...

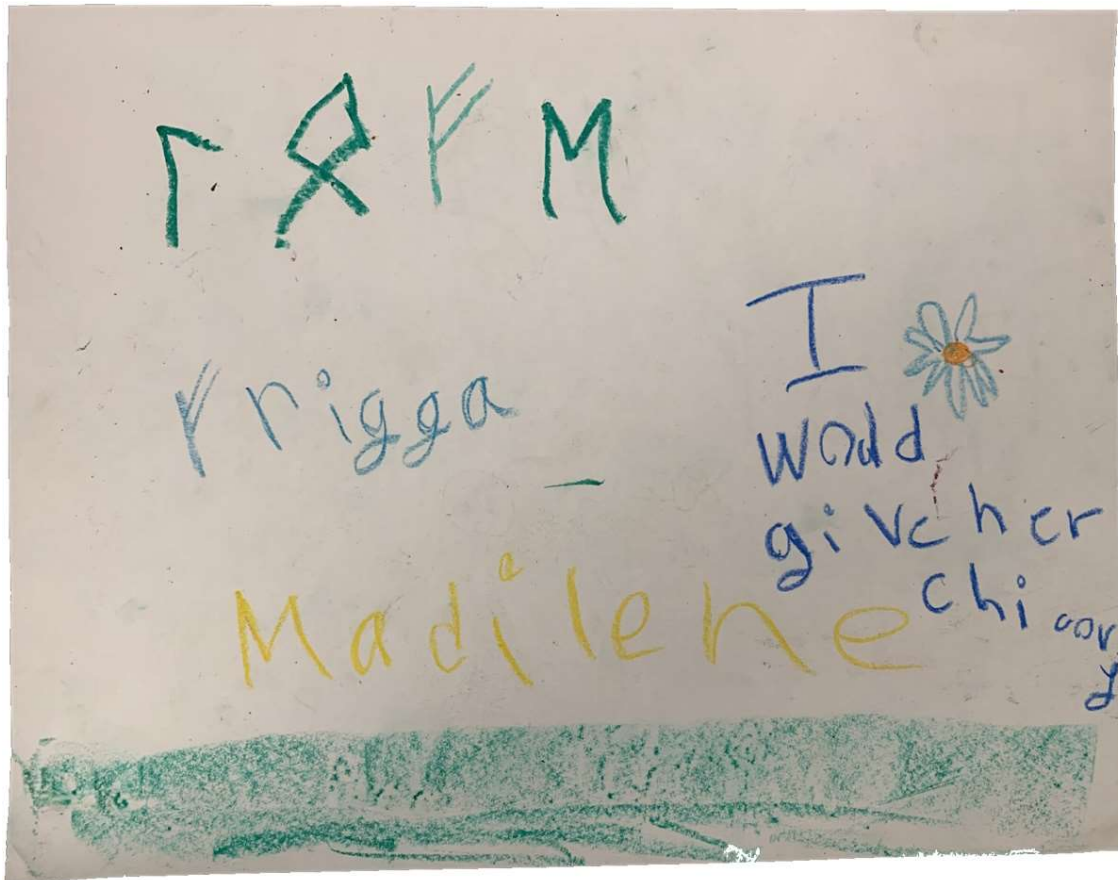
A young girl, named Madilene, came to Óðinshof with her family. She was already wise in her knowledge of the Gods for her parents had left books of lore by her bedside since she was little. At ten years old, she already knew much about Odin and his wife Frigga.

One afternoon, all of the parents and children filed into the sacred circle beneath the pine trees. They offered Blot to Frigga, led by Gythia McNallen. From heart, to hand, to horn, gifts were given to All-Mother. Upon leaving, it was suggested that each child draw a picture of Frigga’s home. Her garden was the chosen topic.

Gythia McNallen asked, “What gift would you have for Frigga if you could visit her at Fensalir?”



Madilene quickly said she'd bring blue flowers, because Frigg is known to wear blue. Blue flowers... What are some blue flowers?



“How about wild chicory?” said Gythia McNallen. “It’s a wild plant that grows along roadsides, with small, bright, blue flowers.”

Madilene’s mother, Olivia, showed up photos of chicory and everyone agreed it was a good choice. Madeline finished her drawing with chicory flowers. Aaron sketched a long picket fence green plants for Frigg. Both were lovely pictures.

The next morning, tents and sleeping bags were put into cars for long journeys home. Gythia Mc Nallen went outdoors to announce breakfast was almost ready. As she walked around a fence, she was startled by what she saw. There was a large bed of blooming chicory plants!

She ran indoors to share the news. Olivia came outside, and agreed it was quite miraculous. “The children should pick a few flowers for their journals before they leave,” Olivia said.

Breakfast was over and cars were packed. Gythia McNallen and Olivia led the children

on the short walk to surprise them with the chicory flowers. But the chicory was gone!

The stems were there, but all of the flowers were missing! Where did they go? Eaten by deer? Noisy children and busy adults would scare away deer. And none of the adults knew how special the flowers were.

So, who took them then? The Landvaeter? Lady Frigga herself? This is just one of the mysteries of Óðinshof, from our own secret garden.

May this tale be passed down for generations to come.



Gythia Sheila McNallen

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## Thank You



Hello,

I just wanted to write a quick thank you to the AFA and all the folk who helped me and my family obtain our new van. Thank you to everyone who donated. Here is a pic of the van. It is home now. I have never had anyone help me and my family the way y'all did. Words could not express how grateful we are to all of you. Thank you so much.

With love and respect,

Richard Stoddard

## 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 \$105,372.28 on our remaining loan.
2. We need to raise our monthly donation average by 3.1%.
  - This is membership dues/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!



Matthew D. Flavel  
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## Sigrheim: Home of Victory

### *Sigrheim—Past, Present, Future*



Sigrheim. Some made their first trip in the starkness of a gray winter day. Others came to celebrate the first annual Sigblot at the height of summer. Our adventure preceded a conference in Tennessee where my husband, Stephen McNallen, was scheduled to speak the next day. It was impossible to come so far and miss the future headquarters our of growing Asatru Folk Assembly. We put aside an extra day just for this trip.





It did feel like a remote corner of America as we left the east-west freeway and headed north on a road that meandered like a river. Past old barns and filling stations; past well-kept farms with corn and tobacco fields, there was always a mosaic of green from the tree covered slopes that hugged the road.





Turning left onto a one-lane dirt road, we drove deeper into the vale where we were hailed by Folkbuilder Nicholas Rice who lives nearby. Nick was ready for us, with grilled hotdogs, chips, and drinks. On this hot and muggy day, we sought the shade of the shed already in place at Sigrheim, and that is where the storytelling began. Nick pointed out the Sigrheim borders and mentioned the knee-deep grasses were mowed just three weeks before. As we ate and chatted, there was an incessant buzzing of cicadas, another reminder of the strong life force in this valley. Neither Nick, nor our friend Glen, were able to do a hike, so we decided to explore the property on another trip. It was clear that the brambles at the edge of the meadow led to some intriguing spots on the hillside and ridge. We were sorry to miss the old pioneer cemetery where Janet Flavel, mother of our Alsherjargothi, was laid to rest during her memorial at Sigrblot.



On this day, the intense blue of the sky and green of land beckoned us to stay, but it was time to head back into the “other world.” Huge thanks go out to our host, Nicholas Rice, whose preparations made us feel welcome and at home. Lucky us, to see this in its primal form -- this time year called Freyfaxi. In my lifetime, I hope to visit our new AFA headquarters, the grand meeting and dining hall, the cottages and gardens, and Tyrshof -- a beacon for our Folk and Gods up on the ridge. Let us all raise a horn to that!



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

*Putting in the Work*





Before I moved to Tennessee to steward Sigrheim, I was a proud leader in the Baldrshof district. There's a saying over there... "Nothing comes easy at Baldrshof," and I fear I might have brought that down with me south of the Mason-Dixon.



As the Alsherjargothi has said a few times now, Sigrheim is a generational project. It'll get better every month and every year from here on. It's ours. One step at a time; rarely is anything easy worth having.





Right now, one of the main projects has been taming the "jungle" that is the 10 or so acres of cleared field that mark the road-line of our property. Without any sort of a consistent mowing schedule this Summer, it's gotten tall, and it's gotten *thick*. As man tames beast and man conquerors all, we shall tame and conqueror this foe too.



We've also got a couple other ongoing projects in the works, doing our best to make way and prepare...as we're hosting Winter Nights this year, and it's gonna be awesome.





If you can make it out at any point (during official work days or otherwise), please feel free to reach out. We could always use a hand.

*Amazon Wishlist*

Help Sigrheim get stocked  
and ready for our Folk!

Donate Supplies  
from our  
wishlist ✨ ✨ ✨  
amazon

Thank You!

[Check out our Wishlist to see how you can help!](#)

*Upcoming Events*



**SIGRHEIM  
WORK DAY**

**OCT. 7-8**

**Contact  
Folkbuilder  
Tyler Bethea**

Join us as we prepare the land for Winter Nights! Bring whatever hand tools you think appropriate, and plan to tent camp on-site. We'll have a great time working the land by day and enjoying each other's company by night under a million stars. Contact Folkbuilder Tyler Bethea at [tbethea@runestone.org](mailto:tbethea@runestone.org)





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

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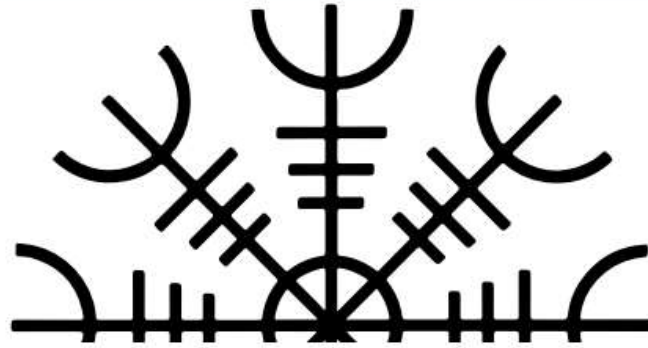
## AFA Asatru Academy



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

*School's in Session*





## Baldr & Nanna Word Search

D	E	O	I	E	R	A	E	D	L	T	S	R	R
E	W	A	T	O	R	D	L	O	Y	A	L	T	Y
M	I	N	A	T	I	I	H	M	S	U	E	T	M
I	S	E	C	R	B	E	A	L	I	G	H	T	A
S	D	N	L	I	R	Y	E	S	Y	L	T	I	M
L	O	O	L	F	E	A	B	O	A	D	N	A	O
E	M	I	O	O	I	A	E	I	I	F	O	T	E
T	H	B	V	R	D	A	D	T	Y	T	R	A	A
O	A	A	E	S	A	E	M	B	Y	I	S	E	B
E	S	L	E	E	B	K	O	S	R	A	E	S	E
I	A	D	L	T	L	L	T	E	E	A	E	I	A
I	T	R	N	I	I	K	H	A	E	R	A	R	U
T	R	L	O	E	C	B	E	N	A	N	N	A	T
O	U	S	I	B	K	T	R	R	C	D	U	T	Y

- LIGHT
- NORSE
- NANNA
- BREIDABLICK
- WISDOM
- LOVE
- FORSETI
- AESIR
- MISLETOE
- MOTHER
- BALDR
- BEAUTY
- LOYALTY
- ASATRU

My name is Sara Ault and I'm a secretary with the Academy. Our first year of the Academy has proven to be successful. As this issue of the Runestone reaches you, we will have started our second school year with 32 students enrolled! We are offering K - 3rd grade this year. This is an exciting time!

Thank you to the parents who have put their children into our program. We care about each of our students and want them to succeed. We will be doing the majority of our communication through the AFA Academy Parents page on Mewe. New this year will be bi-weekly student meetings through Teams, which will allow the students to interact with other students. We will also be setting up virtual parent meetings to get parents talking and supporting each other. Watch for emails about these meetings. As always,

the staff is here to support the parents in any way, please feel free to reach out to any of us.

It is also not too late to get your child enrolled. If you are interested in homeschooling and have children in kindergarten through 3rd grade age level, visit [asatruacademy.org](http://asatruacademy.org) to enroll today!

I will mention this school is only open to current members of the Asatru Folk Assembly. If you'd like more information about the AFA and applying for membership, I can help you with that. Just send me a message and I can answer any questions you may have.

Looking forward to an amazing year.



Folkbuilder Sara Ault  
Assistant Dean of Admissions  
[sault@runestone.org](mailto:sault@runestone.org)

### *Words from the Dean*

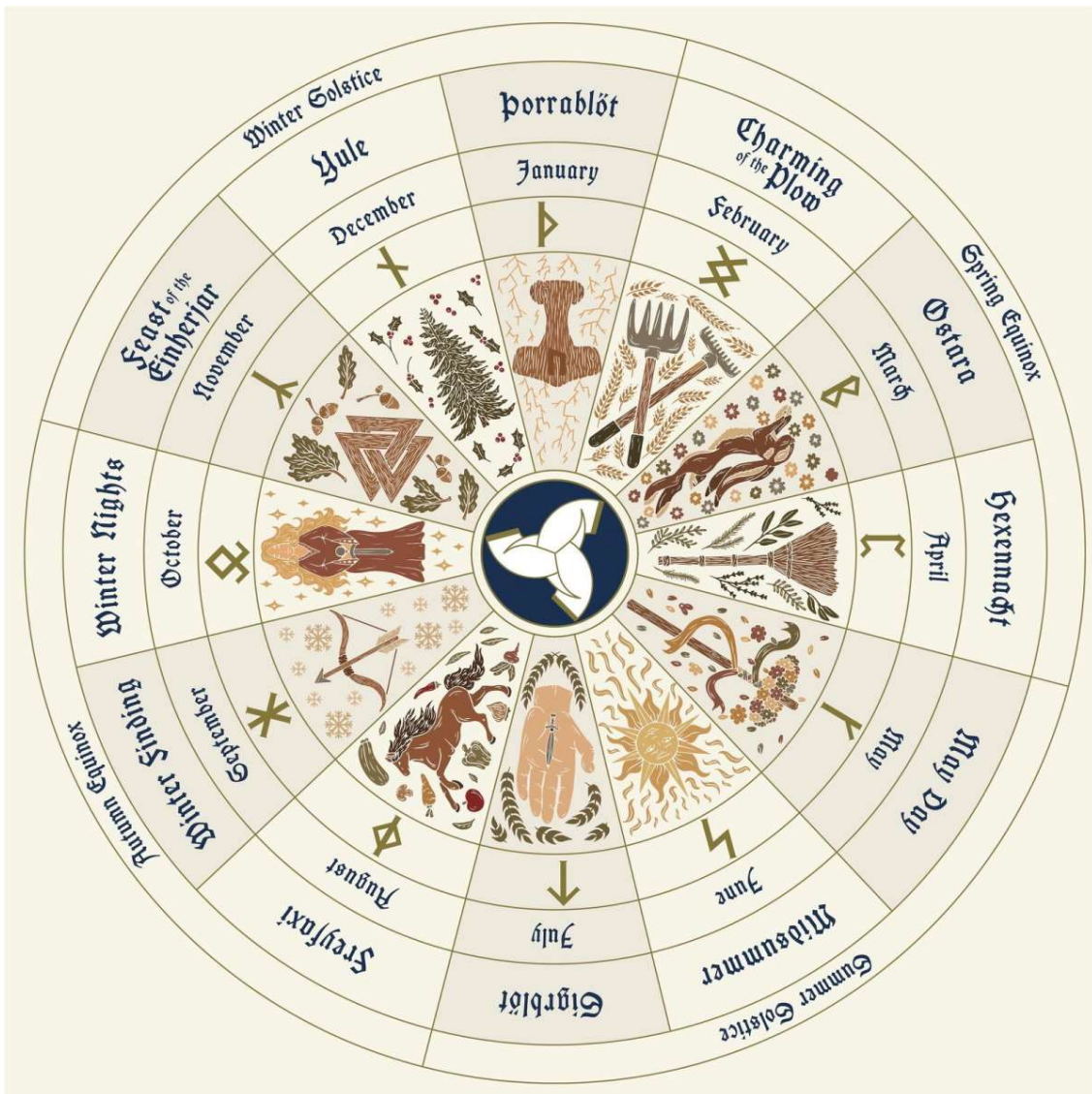


I'd like to welcome all our new students and wish you all a very successful year! We are all very excited to get started.



Gothi Rob Stamm  
Dean of AFA Academy  
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## Remembrance & Holy Days





Calendar – Asatru Folk Assembly (runestone.org)**2023**

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

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

## Day of Remembrance

*Prince Hermann of the Cherusci - October 9*



Prince Hermann of the Cherusci, or Gaius Julius Arminius, was born to the Chief of the German Cherusci Tribe, Segimer in 16 BCE. Segimer was a Roman sympathizer and both of his sons, Hermann and Flavus, were raised in the Roman empire under Roman “guardianship”. Hermann proved to be equal to the task and it did not take him long to excel as a soldier in the Roman Legions. He earned both roman citizenship and the rank of a Roman



Knight before distinguishing himself in His exploits in the Great Illyrian Revolt, after which he was sent to Germania to aid in finishing the conquest of the Germanic Tribes.

Once in Germania again, Hermann was able to quietly unite five Germanic tribes with the intention of overthrowing the Roman occupation of his land. His deep knowledge of Roman warfare and his sharp tactical mind led to the historic Battle of Teutoburg Forest, and Rome's most devastating defeat. Despite backlash from his Roman sympathizing father and brother and the loss of his wife and then-unborn son, Hermann continued to fight against the Romans and their retaliatory attacks.

Ultimately, Hermann was assassinated by tribal leaders who were frightened of his great power, in 21 CE. Even so, it was his crucial victory in the Teutoburg Forest that forever changed the face of Germania and the Roman empire.

So, what can we learn from this story?

We no longer have the ancestral homeland to fight for as our ancestors did. We live too scattered and the countries of our ancestors are not what they once were. However, we still have families, we have ideals and we have Asatru. Every day is a battle to hang onto those ideals that no longer have a proper place in our modern society. Every day is a battle to make our world a little better, a little stronger for those who we leave behind when we die. Patience and fortitude will get us far. So will the knowledge of how to best fight for what we want. With the knowledge of how to do things the right way, it might take that one decisive victory to reshape the future of our Folk.



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

## Holiday

*Winter Finding - September 22*

The ancient calendar only recognized two seasons. There was summer, and there was winter. Just as May Day was their first day of Summer, Winter Finding was their first day of winter. The temperature slowly begins to fall, the days get shorter. Those who grow their food begin preparations for the final harvests. The larders are growing full with the fruit of earlier efforts. Now it's time to begin the hunt, to kill enough game to finish winter's preparations.

Today, many of us don't have the same connection to the need for food and preparation that our Ancestors experienced. Food has become easy to access, and therefore not so vitally important. Those who hunt, usually do it for sport not because without it they don't have the food to survive the Winter. This doesn't mean, however, that we cannot take the time to think and reflect. Thus begins the Winter season. Thus begins the death of the "world" too dark and cold. We can all see and feel the change in the world around us. Our days are shorter, the nights grow colder. The leaves change and begin to fall.

Get outside and find someplace to sit and feel the changes. Make a hearty meal to share with your family and with the Gods. If you hunt dedicate, your first kill to the Gods and Ancestors, to Ullr. Share a choice cut with them. Now is time to begin the "closing in."



Everyone begins to gather closer to home, sticking close to push away the wintry drear. Take time to remember what's important.



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

## Upcoming National Events

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





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

We are fast approaching Freyr's Harvest Feast, and I'd like to give everyone an update on those preparations.

This weekend a group of us will be hauling over kitchen equipment for the feast as well as fifty pounds of fish that have been caught for this event by one of our Washington members. This trip involves members from three states and over 2000 miles of driving, but the result means a more successful event for years to come



Our members have spent the year working hard and have had great yields from their labor. Some of these have been donated to the table for the feast, while others will be available at the Folk Fair on the last day of the feast. This will include signed books, music, crafts, candles, knives and more goods made by the folk. It is an excellent opportunity for attendees to get access to high quality goods made by the right people, to directly contribute to our people's growth, and to join in the rest of the activities of the feast.





From blots to workshops, from the feast to the telling of Freyr's Proposal, Freyr's Harvest Feast has so many reasons to attend, but there is one that stands out the most to me. That is spending time amongst each other. From names we all know like the McNallens to new members, the conversations to be had at the feast will forge bonds and friendships that last far beyond the feast itself. The true value of the feast is being able to come together and celebrate our triumphs.

Don't regret not coming out to our homestead to feast and celebrate amongst our



people. The yields of our labor are in; come celebrate the harvest!

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



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

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



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

The Asatru Folk Assembly's Annual Winter Nights will be held from October 27th - 29th, at Sigrheim 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)



Asatru - Winter Nights & the Disir

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 10th-12th*

# FEAST OF THE EINHERJAR

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



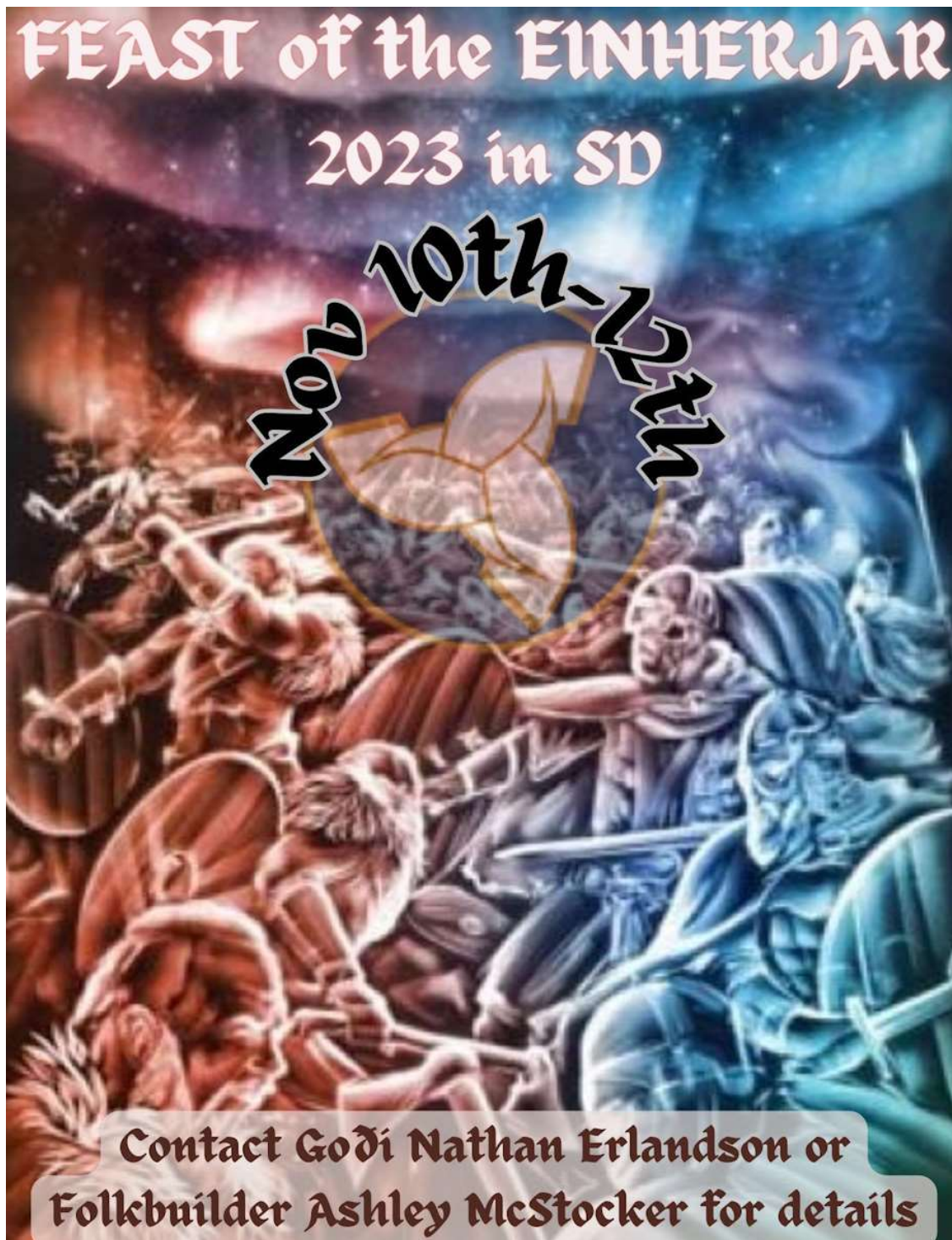
**SOUTH DAKOTA**  
**Nov. 10 - 12**

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 10-12.





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)

## Folkbuilder Spotlight

*Apprentices Jace and Amber Cameron of Georgia*





Jace and Amber Cameron are not only two of our best Apprentices at this time, they are also good friends of mine and I'm honored to work alongside them!

The following is a short Q&A with both of the Camerons:

How did you find Asatru?

Amber - I was raised to be fairly folkish so I've always had that outlook on life. However, when my mother passed away in 2018, I really delved into practicing Wicca. In practicing Wicca, I found myself learning more about our Gods which eventually brought me to finding Asatru.

Jace - I was brought up loosely Christian. However, my parents were open to many



other faiths and thought good could be found in most of them.

Personally, I would trace back to my exploration into Cosmotheism, then Ben Klaussen's work. I felt they were close, the late Dr. William Luther Pierce quoted Hávámál 77 often. Feeling they were reinventing the wheel led me to Odinism and the Odinic Rite's work. While great work, I wanted something more interactive with less academics.

During that, I was recommended a YouTube video by the Guardian. Which led Amber and I to meeting Goði East and his wonderful wife. Y'all know the rest.

How did you find the AFA?

Amber - The Guardian Video...

Jace - Definitely the Guardian video.

What made you want to Folkbuild?

Amber - We are living in hard times and, sadly, many enemies are targeting the Folk. I want to be a shoulder to lean on.

Jace - My wife is on point. We are a people of doers. There should be less idle chatter and more action. I love my Folk and want all of them to be fulfilled in the great deeds they do.

How has your life changed since stepping up?

Amber - A lot of positives! Every day it seems I am meeting new Folk and building new relationships.

Jace - Stepping up has allowed me more access to be there for our Folk. The country around us beats us down constantly. For the color of our skin and our faith.

The role of leadership should be making peace among the Folk and leading all of us forward. Only the Gods truly know how many of our enemies lurk.

Gothi Trent East

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



## Expectant Family Needing a Little Help



One of our long-time members and his family are asking for a little help. Giving up his jobs in construction and as a firefighter in order to help his family get ahead, Dave

Green is currently waiting for his approval into the lineman union. The Green's Daughter turns 1 in just a month, and they are expecting a new baby in the upcoming year. They had a pay cut in the transition from Firefighter to Lineman and they are asking for a little help to stay afloat.

Please help this wonderful family as they get ready for baby number 2!

[Click here to lend a hand.](#)

## Introducing the Newest AFA Kindreds

*Nordic Folk Kindred of Ohio*



Please welcome the Nordic Folk Kindred of Ohio as the newest Official Kindred of The Asatru Folk Assembly.

Hail the Doers!

Hail the Nordic Folk Kindred!!

Hail the Asatru Folk Assembly!!!





Folkbuilder Jason Gallagher

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

## Cooking for our Folk



### **Calling all Chefs**

We are looking for recipes for a cookbook. We ask that the recipes were served to the folk at a Hof or moot. Please include where and when it was served.

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

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

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

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

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

When you cook from the heart, people can tell. Don't cook out of spite or obligation. Cook for the folk because you want to! Find new recipes. Test them. Make them better. And when your heart tells you it is right...time to serve. If you have never made cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

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



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

## Ancestral Food and Culture

*A Fall Specialty for Autumn Celebrations*



For our last two Winter Nights celebrations here in Illinois, I have prepared a dish that sounds strange at first, but which everyone has found to be quite good - Pumpkin and Beef Stew. It would also suit the season for a Winter Finding get-together. I thought I would share the recipe if anyone else would like to give it a try.

The ingredients are as follows:

- 3 pounds of ground beef
- One large onion, chopped
- 6 cups pumpkin puree (4 cans if you are buying premade from the store)
- 5 cups beef broth
- 3 large potatoes, chopped into chunks
- 6 cloves of garlic
- 1 tablespoon thyme
- 1 tablespoon cumin
- ½ cup sour cream
- 2 or 3 tablespoons of milk
- 3 or 4 sliced jalapenos (optional, if you want to add a little extra heat)

Preparation is pretty simple:



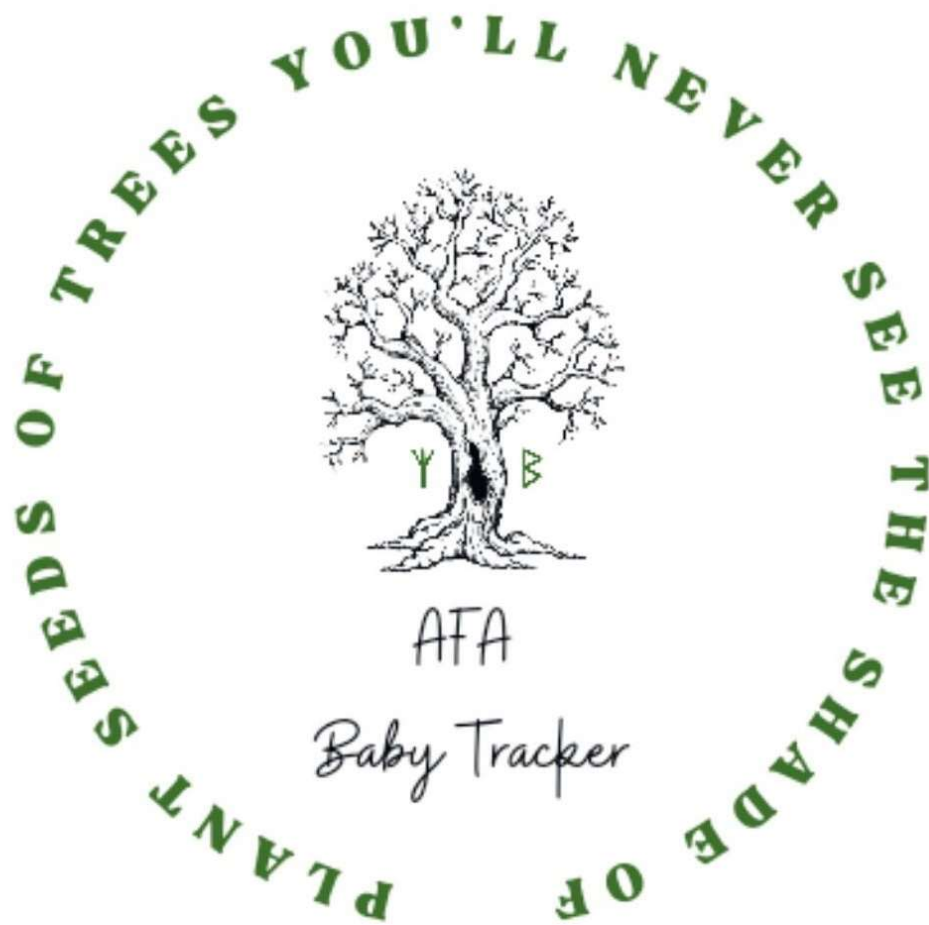
1. Brown the ground beef and chopped onion
2. Add the ground beef, onion, and all the other ingredients except the sour cream and milk, to a pot
3. Bring to a boil, then reduce heat to low
4. While the stew simmers, stir in the sour cream and milk
5. Let simmer for a minimum of 20-30 minutes (make sure the potatoes are fully cooked)
6. Serve with a hearty, buttered bread. You can also add other ingredients, to your taste, such as tomatoes.

Give it a shot! And may you all have an enjoyable celebration of this harvest season.



Folkbuilder James Cummings  
[jcummings@runestone.org](mailto:jcumings@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

## Virtue Recovery Group



Virtue recovery  
meeting

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

With Ashley Mcstocker  
amcstocker@runestone.org

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



With Jaclynn Duffy  
jduffy@runestone.org

**VIA ZOOM**

**MEETING ID: 885 2917 0746**

**PASSWORD: Virtue**



## Virtual Events

# 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

or

Folkbuilder Sara Ault  
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



**WEEKLY**

**SISTERS**

**SUNDAY**

**CHAT**

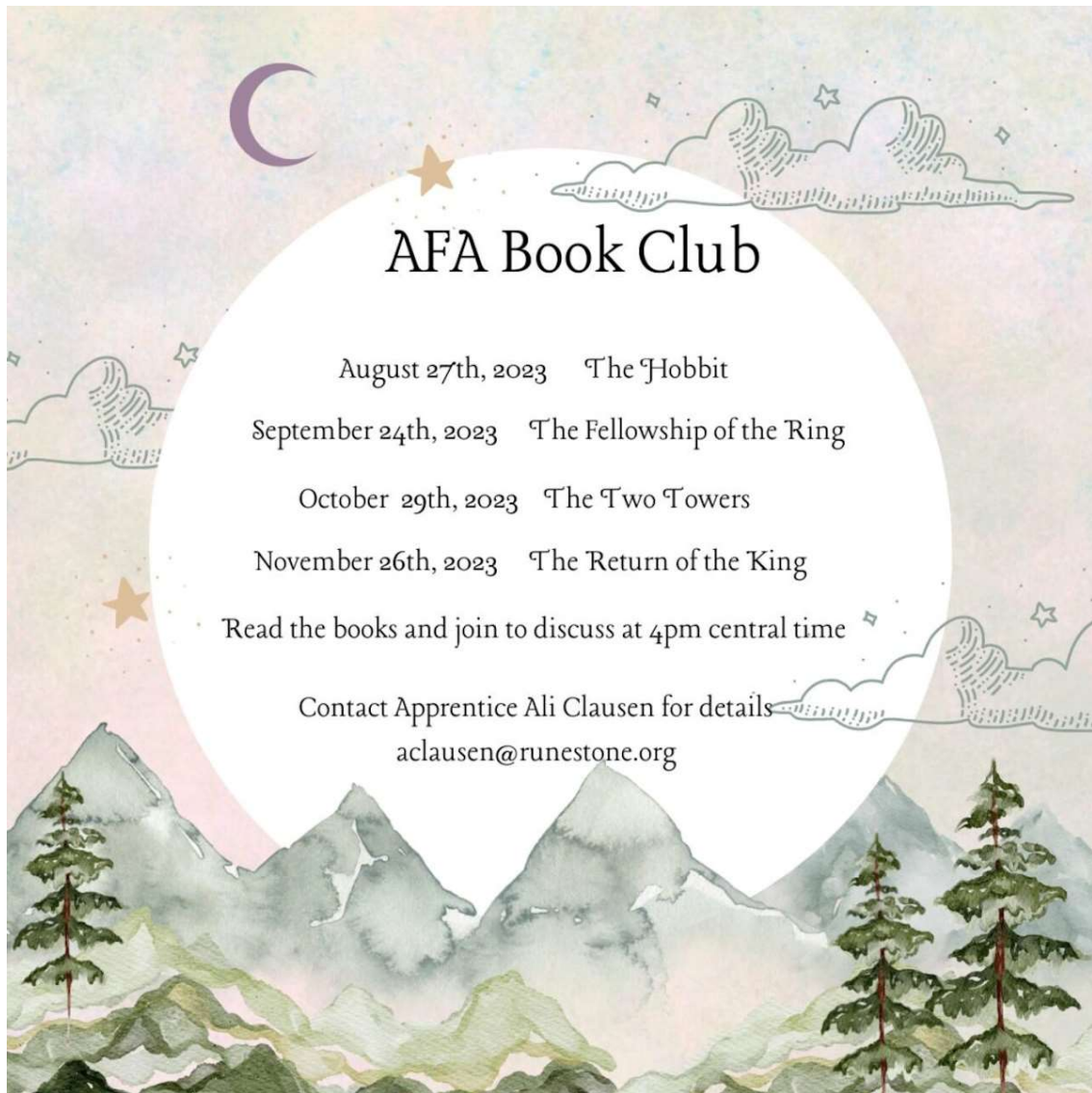
**10 AM CENTRAL**  
**EVERY SUNDAY**

**CONTACT**  
**FOLKBUILDER ALI CLAUSEN AND**  
**APP. FOLKBUILDER KATIE JOYNER**

**aclausen@runestone.org**  
**kjoyner@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)





## Folk Web



UPDATED for AUGUST:

Nationwide roundup for Folk Web Skills and Job Network. Please share and keep inquiries incoming!

OPENINGS:

Northern Illinois (hiring nationwide)

You can reside and work interstate, no need to move

Job openings , high demand for barge deckhands , no experience required

Travel, lodging, meals covered

\$210/day starting pay + benefits packages, fluctuating schedules

Contact Folkbuilder Shane Duffy

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

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Northern Illinois, Rockford area

Labor and construction work, varying skills and jobs, negotiable pay

Contact Folkbuilder Jim Cummings

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

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Arizona, Colorado, New Mexico

Various departments hiring for a fortune 500 mining company, some require experience and others don't

Lodging is available for certain departments

Contact Apprentice Lou Nickerson

lnickerson@runestone.org

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#### SERVICES:

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North Dakota, Fargo area

Apprentice Stian Penner is offering Workshops, classes and is also open to hire for commissions and projects utilizing the following skills:

Welding (bachelors degree)

Woodworking

General construction

Cabinetry

Carving

Blacksmithing/bladesmithing/metalwork

Signmaking (day job rn)

Painting

Drums

Knotwork

Sculpture

cpenner@runestone.org

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West Indiana (Remote, nationwide online courses)

People who currently work in the graphic design industry, or who work in metal fab industries as production artists or fabricators that want to step up their game by adding engineering to their resume would benefit from learning AutoCAD. There are a ton of other programs to use, but AutoCAD is the original one most all others have been based on and therefore the interface language across most of them is similar. If you know AutoCAD, it's a good stepping stone to other more advanced software. Generally speaking, 90% of engineering work that is done in the world CAN be done with AutoCAD so it's a good one to know.

1. General discussion on how AutoCAD engineering software is used in architecture, civil, and multiple engineering industries.

2. Blueprint reading for basic drafting layouts used in mechanical and architectural drafting

3. 2D vs 3D AutoCAD (Note: I can cover 2D AutoCAD but not 3D AutoCAD because I do not know 3D well enough to teach it.)

4. Internet sources I found useful for self education- these are mostly Youtube videos and the Autodesk website.

Contact John Kelly or Folkbuilder Shane Duffy for info

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New Hampshire (Remote, nationwide Virtual Administrative Assisting)

- 20+ years of office administration & remote work.
- 20+ years web design (HTML, CSS & WordPress) , website hosting, and graphics.
- experienced with small businesses & entrepreneurs, particularly in pet care & construction industries.
- experienced in scheduling, customer/client service, data entry, transcription, writing, editing, graphic design, light bookkeeping, inventory management, and most common small business software/tech.
- experienced in newsletters, social media, and blogging for businesses and organizations.
- highly organized and able to work as a team as well as independently.

Business website: [www.TygerLily.com](http://www.TygerLily.com)

Email: [lilyplasse@tygerlily.com](mailto:lilyplasse@tygerlily.com)

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NEED OF SERVICES:

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Montana (reaching out Nationwide)

Folkbuilder Tyler Heinlein is looking for various skills building his homestead

-midwives who can be remote and travel when needed

Commission work:

- woodworker who can do knotwork and/or statue carving
- Mason who can handle stone arches

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

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FOLK IN THE MARKET:

Illinois, Ottawa area (Remote, nationwide editing and

- 15 years of professional level videography and photography -
  - photo and video editing experience
  - experience recording live bands, filming weddings, photography of weddings, editing raw footage and transferring to many mediums
  - photo editing studio able to meet all needs
  - Experience as production assistant
  - Owns all the professional equipment for a portrait studio, including microphones to do video and audio as well, and I have full editing capability with Adobe products.
- contact Tilmon Yearwood or Folkbuilder Shane Duffy for info



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 EDITING, PHOTOGRAPHY, CONSULTING, PROJECT MANAGEMENT

## Editing &amp; Writing &amp; Research (20 years)

- Book Editor – The Spear – book by Stephen McNallen
- Book Author – Knightly Dueling: the Fighting Arts of German Chivalry – my own book
- Website Editor & Translator – Learn-Sword-Fighting.com – educational website by Gladiatores-Germany
- Translator – Medieval Fight Book – special for National Geographic TV
- Book Editor – Masters of Medieval and Renaissance Martial Arts – book by multiple authors
- Library Associate – Farrell Library, Kansas State University, Manhattan KS
- My Academia Profile = <https://independent.academia.edu/JeffreyHull>

## Search Engine Rating (15 years)

- Online Evaluator – ClickWorker – Ellensburg WA
- Consultant & Auditor & Analyst – Appen Butler Hill – Portland OR
- Advertisement Quality Rater – ZeroChaos – Portland OR
- Conceptual analysis of search engine queries + Evaluation & resolution of problematic search queries + Linguistic analysis (English-German) for proper functioning of social media & websites
- + Quality evaluation of website & search-engine advertisements, key-words & videos, according to project-standards for American & British English regarding decency, honesty & relevancy +

## Auditing Artificial Intelligence + Critique of Web browser design &amp; function

## Photographic &amp; Commercial (7 years)

- Photographic Technician – Camera World – Portland OR
- Photographic Technician – Camera America – Lawrence KS
- Photographic Technician – Image Works – Lawrence KS
- Experience in film & digital photography + Mass-production developing & printing + Machine maintenance & troubleshooting + Darkroom techniques + Customer service & cash/credit sales +

## Maintaining inventory &amp; supplies + CMYK, RA4, C41, E6 processing + PhotoShop

## Social Services (4 years)

- Residential Advocate – Transition Projects – Portland OR
- Residential Facilitator – Acceptance House – Lawrence KS
- Emergency shelter management + Supervision of recovering & homeless clients + Conflict

resolution & crisis management experience + Medication management + Client screening + Post release-hotel supervision



**FOLK  
WEB  
Skills &  
Job Network**

Submit info, resumes,  
job openings, etc to

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

Contact Folkbuilder Shane Duffy for member's info!

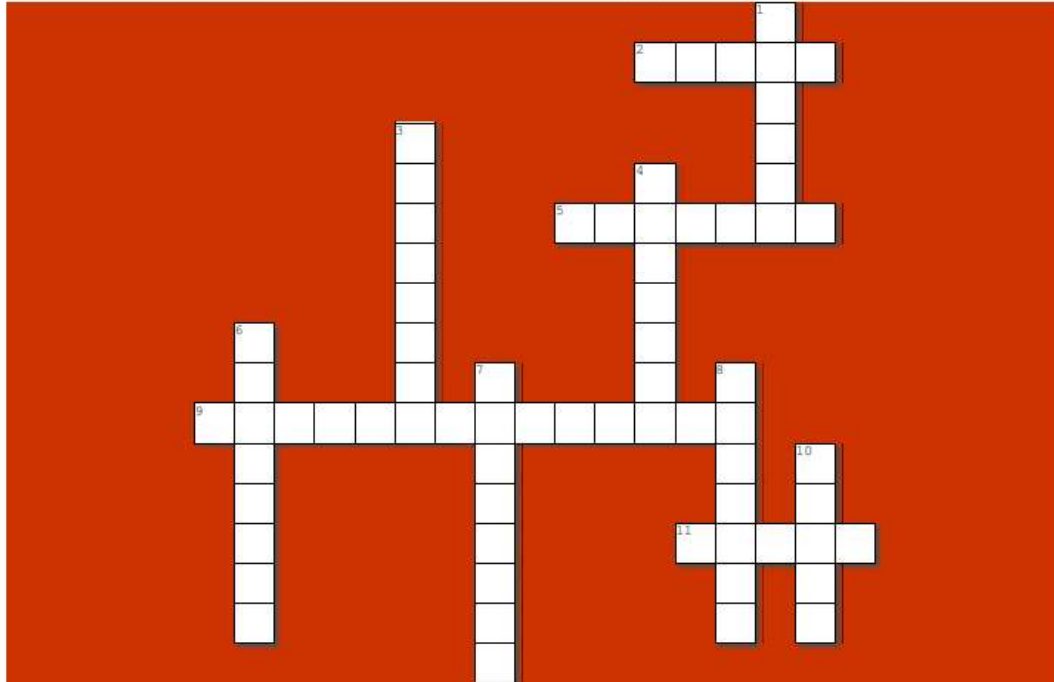


Folkbuilder Shane Duffy  
[sduffy@runestone.org](mailto:sduffy@runestone.org)

# Just for Fun—A 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
- 5. Something missing
- 9. Can be a challenge to pronounce and spell
- 11. Served in Idaho

### Down

- 1. What will we be Finding?
- 3. Descended from Freyr
- 4. Sighted on the 9th
- 6. At the end of Odin Dr.
- 7. Shining this month
- 8. Never Sleeps
- 10. Fylgia

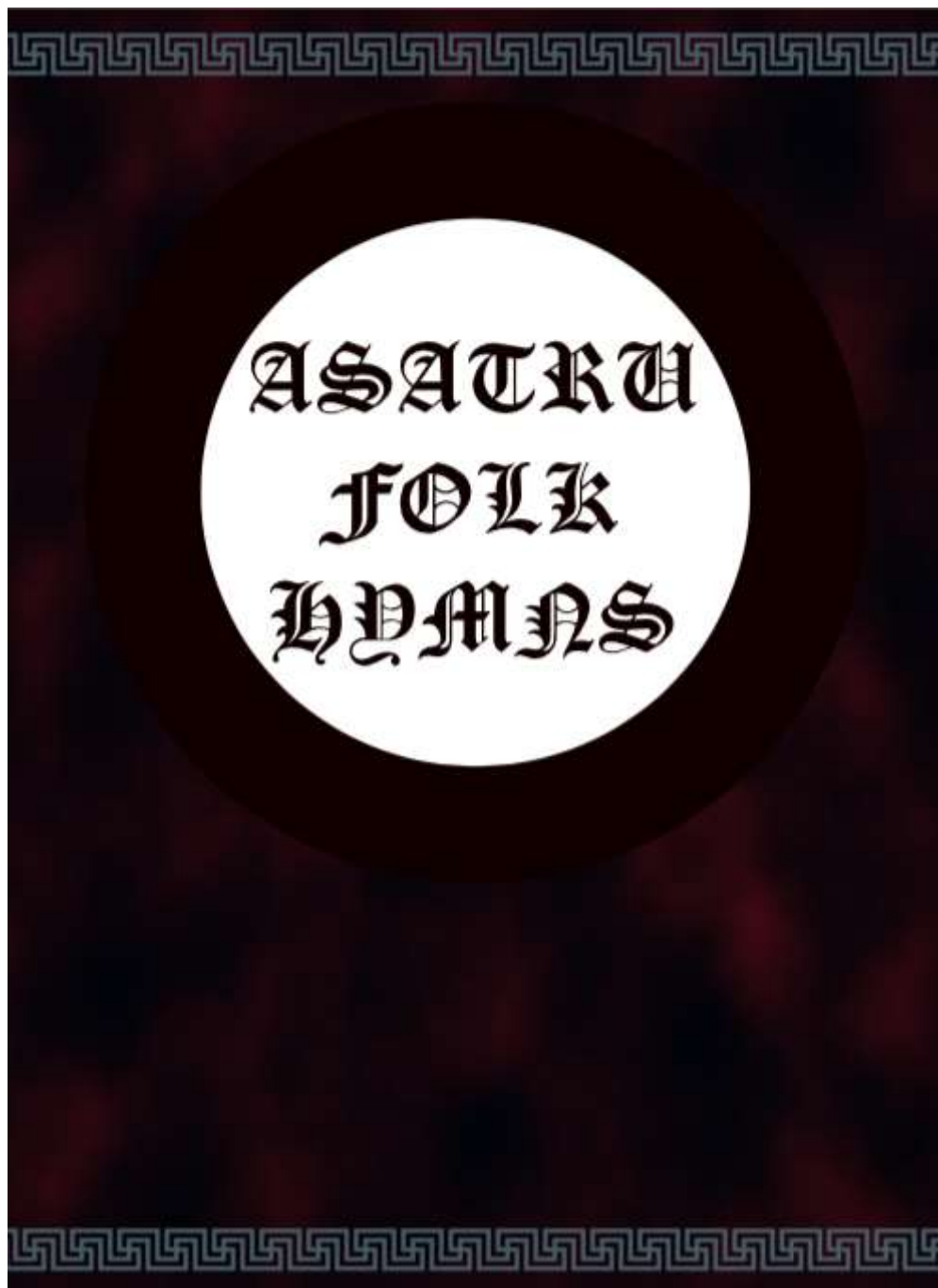
Have a joyful September, Folk!



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

## Now Available in the AFA Store





The Runestone store is very proud to carry Asatru Folk Hymns compiled by member Tanner Thayer. This book features sheet music for fifty traditional songs of our Folk and includes an SD card loaded with the MP3 versions of each.

With the long, cold winter months rapidly approaching, it's the perfect time to start practicing songs such as "In the Bleak Midwinter," "Auld Lang Syne," "Levan Polkka," and "Hail the Aesir!"

Also included are eight marches and songs for five traditional dances. The perfect gift for musicians and music lovers, as well as parents who want to introduce the songs of their Folk to the youngest generation of Asatruar.



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

## Óðinshof

### Food Pantry at Óðinshof



The ebb and flow of life.

As always, a jolly twosome--elderly brothers who have been coming for years, pulled up to our empty tables around 9 AM. It would be an hour until we'd move food to the cars, but the early arrivals use Óðinshof as a focal point to chat with us and each other.





Our August numbers were light, but we expected that due to the very popular Mountain Fair, an annual extravaganza for the rural folk. Those fewer families allowed us to be extra generous and still have plenty of food left over for September. We've established ourselves in the hearts of the community. They know we'll be waiting for their return.



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

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### Freyfaxi at Óðinshof



Folk of Óðinshof district gathered at our sacred hall to honor Óðinn on the 18<sup>th</sup> and 19<sup>th</sup> of August. On Saturday morning, we assisted our community via the Food Pantry. Once that was finished, we began the day's activities.





After our Greeting to the Gods, led by Gythia Sheila McNallen, the women gathered in the hall for our monthly Ladies' Tea.





It was a great time for the women to speak of their recent happenings in life, as well as other things that are of importance to the Folk as women. While this happened, the men came together for their meeting and discussed things of importance to the Folk men.





We had a wonderful lunch prepared by Hof Steward, Daniel Odom (with help), and the dinner was wonderfully prepared by Brandon Stone, Daniel Odom, and Brodie Sutherland.



With the Alsherjargothi visiting another hof, Gothi Thorgrun Odden performed a wonderful blot to Freyr.



The kids had a grand time of running and playing with each other.





At end the evening, the McNallens hosted Sumbel around the fire.



It was a great weekend to honor Freyr with such wonderful Folk!





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

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### Upcoming Events at Odínshof

A flyer for upcoming events at Óðinshof. The flyer has a decorative border of blue and black knotwork. The text is as follows:

**Upcoming Events at Óðinshof**  
It's possible to come in on Friday and leave Sunday.  
Contact Sheila McNallen

September 16	<b>Winter Finding</b>
October 21	<b>Winter Nights</b>
November 18	<b>Feast of the Einherjar</b>
December 16	<b>Yuletide</b>

8408 La Porte Road, Brownsville, CA 95919  
[sheila@runestone.org](mailto:sheila@runestone.org); 530-575-8692



# Winter Finding at Oðinshof

September 16, 2023

Food Pantry- Set Up at 9am

Ullr Blot

Blessing of Hunting Tools ❧

Children's Activities

Ladies' Tea & Men's Talks

Lunch & Dinner-Bring a Side Dish/Mead

On-site Overnight Camping 🏕️

Please RSVP

SHEILA@RUNESTONE.ORG



# ODINSHOF WANTS YOU!

**WORK WEEKEND  
SEP 22-24**

Demo - Dump runs - Flooring - Electrical - Plumbing

No construction experience needed. All are welcome

Dinner saturday night, sleep at the stewards house or camp at the Hof

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

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**Leadership at Óðinshof**



**Oðinshof Leadership**

**CLERGY**  
 Alsherjargothi Matt Flavel [mattflavel@runestone.org](mailto:mattflavel@runestone.org)  
 Witan Brandy Callahan [bcallahan@runestone.org](mailto:bcallahan@runestone.org)  
 Gythia Sheila McNallen [sheila@runestone.org](mailto:sheila@runestone.org)  
 Gothi Joseph Rozanek [jrozanek@runestone.org](mailto:jrozanek@runestone.org)  
 Gothi Thorgrun Odden [todden@runestone.org](mailto:todden@runestone.org)

**OATHED FOLKBUILDERS**  
 Sierra Chapman (CA) [schapman@runestone.org](mailto:schapman@runestone.org)  
 Ryan Harlan (MT) [rharlan@runestone.org](mailto:rharlan@runestone.org)  
 Tyler Heinlein (MT) [theinlein@runestone.org](mailto:theinlein@runestone.org)  
 Lou Nickerson (AZ) [lnickerson@runestone.org](mailto:lnickerson@runestone.org)

**APPRENTICE FOLKBUILDERS**  
 Olivia Sutherland CA) [osutherland@runestone.org](mailto:osutherland@runestone.org)  
 Angelina Stone (CA) [astone@runestone.org](mailto:astone@runestone.org)  
 Kyle Reader (ID) [kreader@runestone.org](mailto:kreader@runestone.org)  
 Travis Bowdish (NE/CO) [tbowdish@runestone.org](mailto:tbowdish@runestone.org)

**HOF STEWARD:** Daniel Odom [dodom@runestone.org](mailto:dodom@runestone.org)

### Oðinshof Wish List

*Odinshof Wish List*

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

### Arizona

*Zoo Moot*



In the August heat, we met up at Reid Park Zoo in Tucson to spend quality time with our children and our Folk. I didn't fully anticipate the extreme heat, but everyone handled it very well, and we all had a great time despite some of the animals being unavailable due to the weather. We got to see elephants marching across their very spacious range, rare birds, howling monkeys, watchful meerkats, and an alligator that was so still that it looked dead except for the fact that its eyes were wide open, among many others.





Many of our Folk came from a long way off to be with us. I just want to say thank you all for making the journey! It was really good to see all of you! After the zoo, we enjoyed a relaxing meal at a local restaurant that thankfully had effective air conditioning. Some of us went to the local water park in our community, and our children had a great time.





I'm sure I will see you again soon, and there will be an upcoming moot at the local Air and Space Museum, and I plan on going back up to Phoenix to see our Valley of the Sun Folk soon as well. Hail our Gods! Hail our Folk!



Folkbuilder Lou Nickerson  
[lnickerson@runestone.org](mailto:lnickerson@runestone.org)

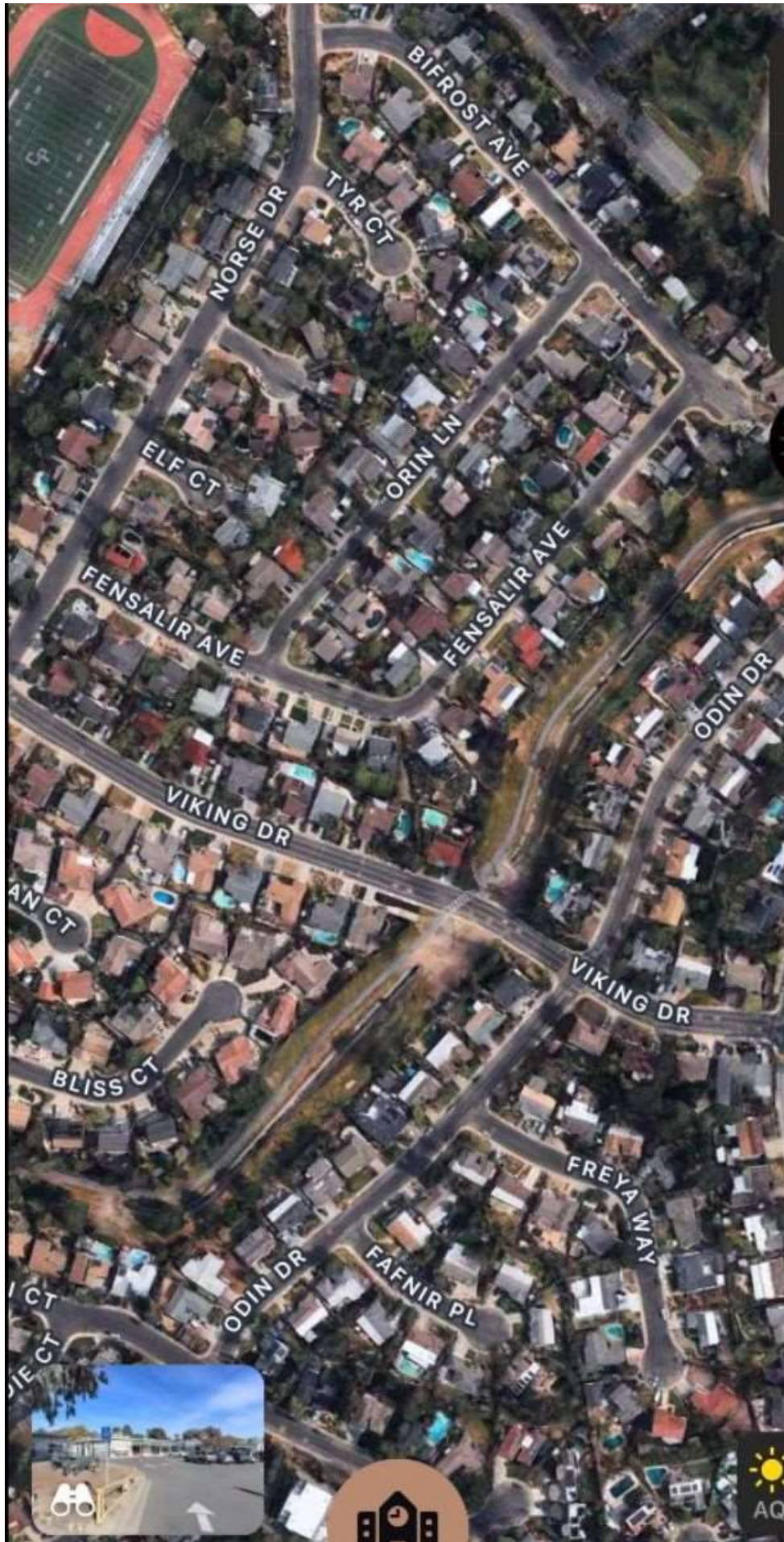
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*Redirection*



In this season, my family is comforted by redirection. One big change was my daughter starting a new school as a fourth grader, something we were not all thrilled about at first. However, so far, this change seems to have shown itself to be a blessing. Twice a day, my children and I take a peaceful stroll to the school. We walk down Odin Drive, we pass Freya and Fafnir, and walk straight past Thor Hall to Valhalla! As strange and wyrd as it sounds, yes, these are the names that greet us each day.







Our path takes us to Valhalla Elementary School, with friendly families striding along beside us. It certainly seems like synchronicity that our daughter is surrounded by elements of our lore throughout her day. We feel like the Gods and Goddesses are smiling, showing their support as we enter this new chapter.



When I send off my daughter, I take a moment to hold her hands in mine. “Be strong, be sturdy, be wise, and remember where you came from,” I say (This comes from a blessing of hands ritual shared with us by Witan Callahan). Shortly after this, my daughter gets whisked away by her peers to enjoy a few minutes of running around playing freely before the bell rings. We give our children both roots and wings...and though we are always our own worst critics and though it is very tough at times, occasionally we look around and just know we must be on the right path.

### *Mountain Fair*



August was so much fun! After celebrating Freyfaxi at Óðinshof, several members camped out and enjoyed Brownsville's "Mountain Fair" the following day. We strolled through the various artisan booths, donning our AFA t-shirts, and conversed with the locals.





It was quite a nice event, and all the people we met were friendly and kind, some curious about the AFA and Óðinshof.





The kids engaged in some physical activities, including balancing on a trail made of old tires. We ate nachos and wood-fired pizzas served up by some energetic teenagers. Then, we watched some "lumberjack games" competitions, where teams had to quickly perform tasks involving chainsaws!

### *Upcoming Events*



# CLAYTON, CALIFORNIA



Saturday, September 30th at Noon

## OKTOBERFEST

## MOOT

6125 Clayton Rd, Clayton, CA

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

(925)532-5298



Save the dates! Coming up, I have two fun moots planned around Oktoberfest celebrations in the Bay Area. The first one is September 30th in Clayton. The second one is October 14th in Walnut Creek. Please let me know if you plan to come.



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

*Oakland Zoo Moot*





On the 12th of August, the Stone family and Sutherland family gathered for a day of adventure at the zoo. The kids had a great time and most of the animals were actually able to be seen, out and wandering their terrains. We even got to witness the lions getting ready to be fed.



It was a great day, only missing Brodie as he was up at the Hof helping with the renovations. It was a great first Moot that I hosted, and hope to have many more with a much better turn out.

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





*Family Camp at Odinhof*



This past month, we hosted the first ever Family Camp at Odinhof. Planning had a few ups and downs, but it turned out greater than we could have imagined. About half the



attendance had to step away before the event due to illness or familial obligations, but Sheila and I discussed at length how we were determined to not let that sway us. I arrived midday on Friday and quickly began setting up to get ready for other arrivals. Around 8pm, the Sutherlands joined us, and the festivities began! The first night we let the kids get settled in and built Frith among each other. We had a surprise appearance from the Odoms, which made this event even better! On Saturday morning, we got up bright and early and began preparing for the day. Olivia and Brodie made breakfast and coffee while the kids slowly woke up. The day began with making runes out of popsicle sticks and decorating them with beads.



Shortly before lunch, the Odoms joined us, and we began playing outdoor activities. We threw baseballs with the children, played badminton, and even did some magnet fishing.





After that, we ladies snuck off to go thrifting in the local community for some bonding time while the men stayed behind and looked after the children! When we returned, it was time for Children's Blot. Gythia McNallen walked the children around the Hof and explained the different Hof Flags we had and the meaning behind the ancestor's table. We talked about the Odin altar and then took the children outside for Blot. Although our group was small, the Frith and Love was strong! The children were very well-behaved during Blot. Gythia McNallen had Madilene help during this Blot, which was very sweet to witness.



After Blot ended, the children went with Gythia McNallen and began writing in their camp journals, creating beautiful drawings for Frigga, and reflecting on the weekend so

far. Later, they had some free time until the end of the night when we played a movie for them while the adults had a formal Sumbel outside.



The next day was the final day of Family Camp, and it was amazing! The children painted a shower curtain while adults prepared for our next activity--a lunch potluck on the Odom's Property!





Once we were all set, we caravanned over to the Odom's where we had a day full of fun!--Quad rides, stomping in a creek, a nature hike around the property, swimming, root beer floats, and laughter all around. Words cannot express how thankful we are to the Odom's--for not only opening their home to us, but for all the sacrifices and hard work they put forth for the Hof! This first family camp may not have started how we envisioned, but it ended better than we could have hoped for.





Hail the Children! Hail the Folk! Hail the AFA!



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

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## Colorado

*Pizza Moot*



Gathering with the Folk for a pizza night in Colorado was an absolute blast! There's something about the combination of good company and delicious pizza that makes for a memorable evening. We found a cozy pizzeria tucked away in the heart of town. We shared laughter, stories, and of course, slices of pizza. Whether it was the classic pepperoni, or a creative specialty pie, each bite was a burst of flavor. The vibrant atmosphere of the pizzeria, combined with the stunning Colorado scenery just outside the window, made our pizza night awesome. It's these simple yet joyful moments shared with friends that truly build bonds.

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

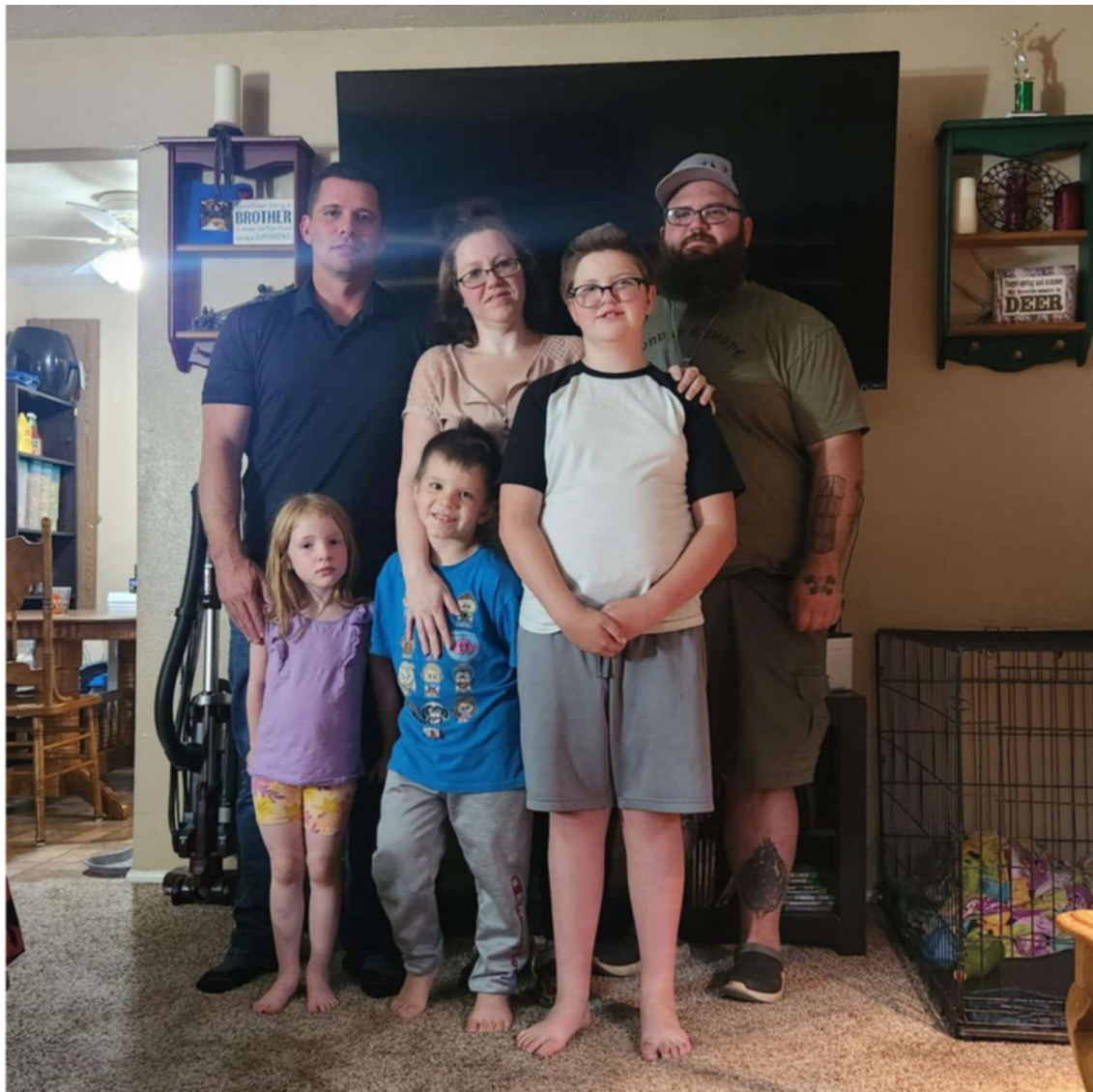




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## Idaho

### *August Recap*

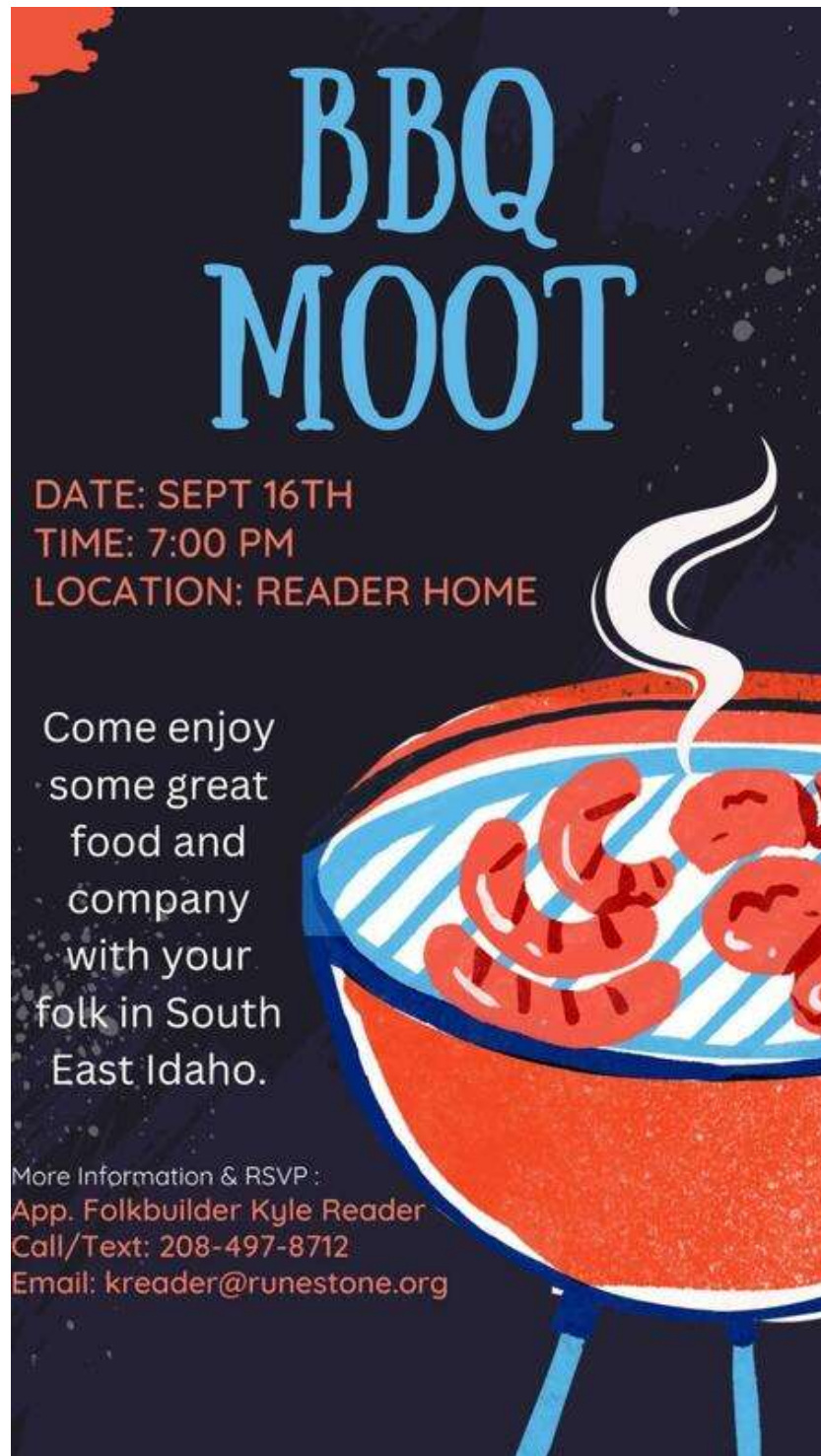


Hello from Southeast Idaho! I feel like August was a good month here, and it helped set up an even better September. On the 12th, we held a moot at my house where I smoked



a braided pork loin for the folk who came. Jason brought boxty, which is kind of like a potato pancake. We then held a blot to Frey after supper. On the weekend of the 26th, I was able to make it down to Utah and meet up with Ben at a local park and let our kids play. We also gained a new member in Utah.

### *Upcoming Events*

A vertical poster for a BBQ Moot event. The background is dark blue with white speckles, resembling a night sky. At the top, the words "BBQ MOOT" are written in large, light blue, stylized letters. Below this, the event details are listed in orange text: "DATE: SEPT 16TH", "TIME: 7:00 PM", and "LOCATION: READER HOME". To the right, there is a stylized illustration of a red and blue striped grill with a white flame rising from it, cooking several red burgers. On the left side, white text reads: "Come enjoy some great food and company with your folk in South East Idaho." At the bottom, more information is provided in orange text: "More Information & RSVP: App. Folkbuilder Kyle Reader Call/Text: 208-497-8712 Email: kreader@runestone.org".

**BBQ MOOT**

DATE: SEPT 16TH  
TIME: 7:00 PM  
LOCATION: READER HOME

Come enjoy  
some great  
food and  
company  
with your  
folk in South  
East Idaho.

More Information & RSVP:  
App. Folkbuilder Kyle Reader  
Call/Text: 208-497-8712  
Email: kreader@runestone.org

In September, we will be holding another moot at my home on the 16th where I will be smoking up some homemade elk burgers. Anyone in the area or traveling through is

encouraged to come on over! Just let me know ahead of time so I can prepare enough food for all. I will also be at Freyr's Harvest Feast from the 22nd through the 24th with my two youngest boys. I look forward to meeting everyone there and sharing in an amazing weekend of kinship and spiritual growth.



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

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## Montana

### *Helena Happenings*





August was a big month for us here in Helena, but not because we were especially busy, or hosted a ton of events, but because our kindred, Lilla Ullevi (Little shrine to Ullr), became an official AFA kindred! We started off the month with a small celebration, and toasted our patron with a Schnapps that bears his name, and a dinner among kindred members.





On the 9th of the month, a small Blot to Odinn was held at the Harlan residence, and we were once again gifted a sight of Bifrost upon completing our ceremony to the Allfather.





On August 12th, most of the kindred gathered in Butte, MT, for the An Ri Ra Irish Festival. Heidi and Ida Belle Harlan performed with their Irish dance troop, to great applause, food, fun, and activities were enjoyed by everyone. A great time indeed!



August 28th saw us gathering at the Greaney residence for a Rune study, and kindred event planning. A taco bar, lively conversation, and a discussion on the Rune Gebo were the main event. Future kindred and state events were planned, as well as our coming trek out to Winnett, MT, to join Tyler Heinlein and company for Freyr's Harvest Feast (FHF). We hope to see you there as well!



The coming month will not only see us traveling out to FHF, but also a Blot to Ullr to mark the start of hunting season here in the Northern Rockies. Temperatures are



moderating, and the animals are on the move! We're having to watch for Deer and Elk herds during the early morning and twilight hours. Folks are donning camouflage, and the last of the scouting is being done. Bow season is here.

Hail to the Bow God! Hail to the giver of glory! Hail to the witness of oaths! May he bless us this season, and grant us success in seeking our quarry! Hail Ullr!



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

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## Nevada

### *Upcoming Events*



The August "Dinner at Dan's" did not work out due to sick kids. September Dinner is on for Hermann's Remembrance Day at the Flavel house. Menu will include Pineapple/Mango/Basil Sangria and Tropical Schnitzel.... plus, whatever you amazing folk bring. I look forward to seeing you there!



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

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## 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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