

The Runestone: Voice of the Asatru Folk Assembly





Þórshof

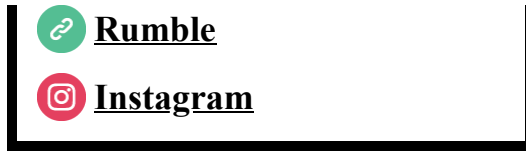
Second Hof of the Asatru Folk Assembly

www.thorshof.com

April 2024

- Runestone.org
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Words from the Alsherjargothi



Congratulations to Þórshof! Ostara 2024 was the largest event Þórshof has had yet. Not only did a record number of our Folk attend, it was a powerful event for all involved.

For myself, I was very energized by the event and by the company. More than that, I was extremely proud of my AFA family and especially our amazing Folkbuilders.

Saturday night's High Sumbel may have been my favorite Sumbel I have ever been a part of. It was truly inspiring to hear how people were there for each other in times of need and the positive way our AFA has enhanced people's lives.

We are all part of something amazing. There is no better time than now to go out there and make things happen. There is so much to do, so many dreams to make reality, so many ways all of us can help work together to achieve greatness. If you would like to help the AFA build, grow, and achieve, reach out to your nearest Folkbuilder because there is ALWAYS more to do then there are hands to do it. Let's build our Golden Age today!



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

Words from our Gothar

Altars & Asatru At Home



If you've ever been to one of our Hofs or national events, you're aware that there's nothing like standing in a ritual with the Alsherjargothi or his Witan, alongside other Folk devoted to our Gods. Those moments live with you forever, and can be life-affirming.

However, what do we do in between those events? How do we set ourselves up to experience as much Asatru as possible?

The first step I recommend to the many people who ask this question: set up an altar at home! You can get as esoteric with this as you prefer, but at minimum, an altar is simply a sacred space within your home where you keep ritual items and speak to your

Gods and Ancestors. I share here two pictures of my altar so that you can get an idea of what should be present on an altar.



As you can see, my altar includes not only ritual items (horn, bowl, Runes), but also personal items that are special to me (axe from my father, seax knife, ordination certificate). I approach my altar every day for one reason or another, typically just to sort of take stock of the weight of sharing Troth with the Æsir. I do a Three-Rune pull once a year to give me a general outline of what I can expect for that year, and occasionally a Single-Rune pull to answer a question I may have for the Norns. Some people pull a single Rune every single day and meditate on that Rune's concepts throughout their workday. Some approach their altar and say the prayer to the Day from the Sigrdrifumál every morning (you can read even more about that prayer in Gythia McNallen's article just below).

Besides altar work, you can always officiate Blöt or Sumbel at home! For Blöt, all you need is an offering or gift, and a receptacle such as a bowl to leave the offering in if it is something like mead. Simply invoke the God or Goddess, say a prayer, and leave the offering. For Sumbel, you can have your family and/or kindred gather outside or in a dining room, then pass the horn around hailing Gods, ancestors, and heroes. For more detail on these rites, feel free to send me an email at teast@runestone.org.

I hope this short article proves helpful to our Folk who crave more Asatru in their daily lives! Please don't hesitate to contact myself or any of the Gothar with questions!



Gothi Trent East
teast@runestone.org

Hail to the Day!



One of the most common questions by someone new to Asatru, is, “How do I develop a spiritual practice?” The answer is simple. Start with The Dawn and get ready to create your day.

Go outdoors if you can or stand by a window. Sense the change as the sky begins to lighten – the transition between night and day. This is the time of liminality. It’s fleeting, but this interval provides moments of grandeur and power. This is when sky-colors change and clouds may dance before you. Sunna’s rays may shoot up over the

horizon.

Think of your intentions; collect yourself into the moment if you're outdoors. Feel the air, hear the sounds. Start your day with purpose. This is a time of profound expression. In the image of Ostara, the Goddess of the Saxons, she throws open the window to allow the light and warmth to enter our lives. Stand with arms outstretched, inhale deeply, and sense the energy flowing to your hands.

Embrace the majesty of our divine fertility-spirits: Ostara, Nerthus, Sunna, Frigg, and Freya in their guardianship of our blessed Midgard. In our home, this daily practice includes reciting a passage from the Sigrdrífumál:

Hail to the Day: Hail to the Sons of Day.
Hail to Night and its Daughter.

Gaze upon us gently standing here.
Give your blessings on our battles.

Hail to the Gods! Hail to the Goddesses!
Hail to the all-giving Earth!
Wisdom and lore, as long as we live, grant us
And healing hands.

Give thanks for this new day. Speak to those beyond the Veil. Send a morning thought to loved ones who live far away. Thank the Aesir and your Ancestors for another day to create anew and count the blessings in your life, and to offer blessings to others.

Healing hands and healing words are magical acts. Good intentions should guide each day's journey. Don't let your Victories hide in the shadows. Celebrate them with a full heart.



Gythia Sheila McNallen
sheila@runestone.org

The Quest for Freyshof

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

– Gylfaginning



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

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 \$92,068.20 on our remaining loan.
2. We need to raise our monthly donation average by 17%.
 - This is membership dues/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!



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

Sigrheim: Home of Victory

Ostara's Blessings



March and the welcoming of Springtime are a bit behind us now, but the blessings of Ostara's dawn are still bright in my mind. The Folk at Sigrheim had a good month, full of solid work and a truly wonderful Blot to the Mother of Dawn. If you haven't made it out yet, please come. There's always work to be done, always friendships to strengthen, always smiles to be had. We'd love to see you!

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
amazon

Thank You!

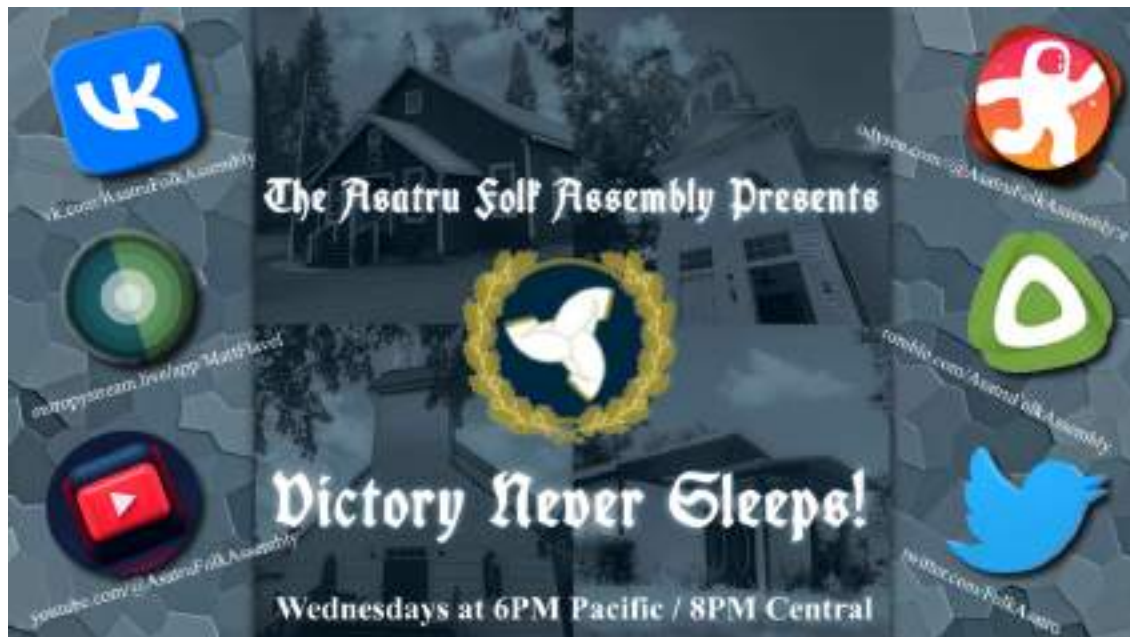
[CLICK HERE](#)

Upcoming Events



Folkbuilder Nicholas Rice
nrice@runestone.org

Victory Never Sleeps



Victory Never Sleeps, a weekly podcast produced by the Asatru Folk Assembly, hosted by Alsherjargothi Matthew Flavel alongside weekly guests. The show doesn't stop until the questions stop rolling in. Come listen and learn about a variety of topics and truths relevant to our modern Asatru Folk.

Aesir. Virtues. Heroes. Doctrine. Beliefs. Cosmology. Runes. Holidays. Literature. Lore.

Help [support](#) the stream and keep the cameras rolling!

Catch us LIVE with new episodes on Wednesdays at 8pm Central / 6pm Pacific on YouTube, Twitter, Entropy, Odyssee, VK, Rumble, and Twitch. Audio versions drop on Spotify the Friday after the new episodes air.

Check out the full playlist with 100's of hours of previous recordings on our [YouTube](#).

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



AFA Asatru Academy



Check out the Asatru Academy at AsatruAcademy.org

Spring has Sprung at the Academy



Greetings parents and students! Spring is in full swing and we hope you all had an amazing Ostara! We loved seeing all of your Ostara projects! Some of those projects we are showing off here in the runestone this month.



I'd like to remind parents that the academy enrolls all year round and that as a homeschool program, we don't have traditional school years, per se, however we do run until midsummer for administrative purposes, but you have all summer to complete your work and be ready for the next school year.

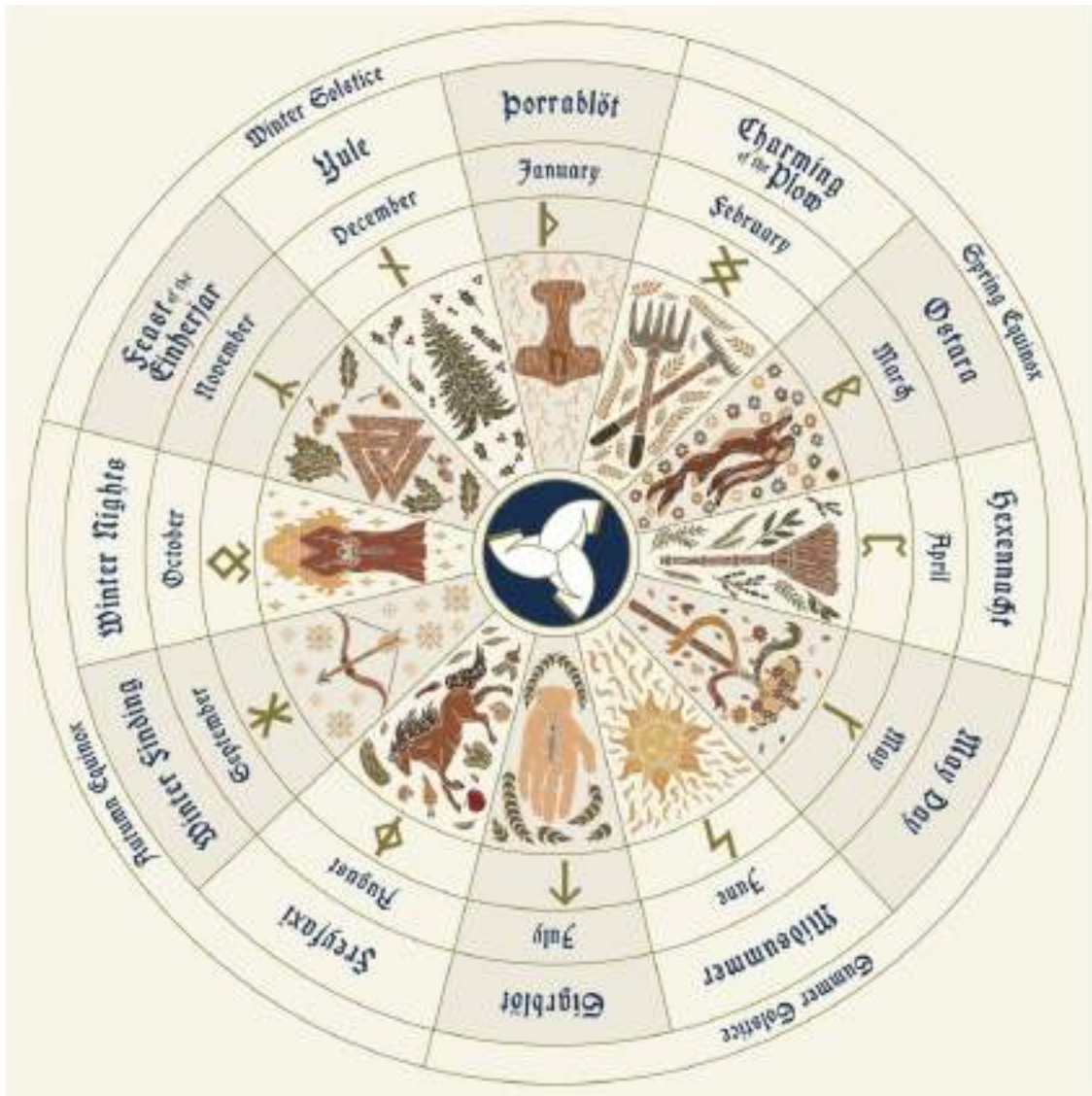


This fall we will be enrolling K-6 grades, once again we are well ahead of the promised schedule and are very proud to welcome new students all the way up to and including 6th grade! We can't wait to see you!



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

Remembrance & Holy Days



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

2024

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 20	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 19 (observed on 16th)	Óstara
April 9	Day of Remembrance for Jarl Haakon
April 10	Day of Remembrance for John Yeowell “Stubba”
April 30 (observed on 20th)	Hexennacht

Date	Observance
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 18th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 20 (observed on 15th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 20	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 17	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 21st)	Winter Finding
October 1	Day of Remembrance for John Gibbs-Bailey "Hoskuld"
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 19	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 16th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31 (observed on 21st)	Yuletide

April



Asatru Holidays - April 2024 - Jarl Haakon | Stubba | Hexennacht

Day of Remembrance

Jarl Haakon | April 9th



Jarl Haakon, or Haakon Sigurdsson, son of the Norwegian earl of Lade, was exiled to Denmark after the murder of his father by Harald II Graycloak. He soon allied with Harald Bluetooth, and they overthrew his father's murderer. While Haakon became the sovereign in the west, Harald Bluetooth annexed southeastern Norway. The two would again join forces when Bluetooth needed aid in fighting against the Holy Roman Emperor Otto II in 974.

Though forced into baptism, Haakon's faith in his Gods was so strong that he was not only able to revolt against Bluetooth's efforts to Christianize Norway for a time, but also to spread and expand his faith in his lands. In the end, powers that he could not control began to sway the attitudes of his men and he was killed by one of his own retainers.

Jarl Haakon was the last Asatru Ruler of Norway—his death in 995 CE leading directly to the takeover by Olaf Tryggvason.

So what can we learn from this story?

There will always be people in our lives who do not understand our faith or our dedication to our faith. Even our friends might choose to try and change our minds. When the people we have trusted do this, we can sometimes find ourselves doubting our choices, even if for just a moment. ‘What if?’ Take that breath and reaffirm your faith. It isn’t always going to be easy, but nothing that is worth anything ever is.

With dedication can come reward. We might not be able to make everyone understand our values and our beliefs, but for every person who turns away, there is a person somewhere whose mind can be opened by our words. There is that person whose soul longs to ‘come home’. They just don’t know it yet. Perhaps your words, your dedication, your belief will be the thing that helps someone else find their way, and what better reward could there be for standing strong?

We must also take a moment to remember to curb our arrogance. When we become too sure of ourselves and our ability to stand tall against everything that would fight us, we can become blinded by the reality of the situation around us. Always remember to take time to take the measure of the situation. Take the time to know if it is a good time to talk or to hold your tongue.

*Wise in measure let each man be, but let him not wax too wise;
for never the happiest of men is he who knows much of many things*
— Hávamál 54

Hail Jarl Haakon!



Gythia Catie Erickson
cm.erickson@runestone.org

Day of Remembrance

John Yeowell “Stubba” | April 10th



On April 10, 2023, the AFA marked the first official celebration of a Day of Remembrance for John Yeowell, known as “Stubba.”

Yeowell enjoyed a long life and did many great works in spreading our faith in the Aesir. He lead a full life, starting out by serving in an Irish division of the military, and later the French Foreign Legion, earning distinction and being decorated by General Charles de Gaulle, and served in WWII, before returning to his home country of England. His life is somewhat shrouded in mystery, as he preferred, but he became aware of his cultural English heritage and came to know of the Aesir in the 1950s when he met another of our Heroes, John Gibbs-Bailey “Hoskuld.” Together, they would proceed to research and re-establish what they dubbed “Odinism” and go on to found an organization dedicated to the worship of the Holy Aesir as “The Odinic Rite.” Gibbs-Bailey, being at least a decade older than Yeowell, had been an Odinist since the 1930s, and, by the time the two met, had been involved in a number of proto-Odinist groups. Yeowell felt the call of the Gods and eventually felt that Asatru was the natural religion for those of Northern and Indo-European descent and sought to reclaim the religion and birthright of his Ancestors.

In 1973, believing they had codified a solid structural framework on which to build, they went forward practicing and disseminating our native religion until 1980, at which time the name of the formal societal organization was cemented simply to “The Odinic Rite.” Together with Hoskuld, Stubba laid the foundation of the Nine Noble Virtues — Courage, Truth, Honour, Fidelity, Discipline, Hospitality, Self-Reliance, Industriousness, and Perseverance, which we still use today with the addition of the tenth Noble Virtue, VICTORY. They together established connections with fellow devoted believers, notably ‘Folkmother’ Else Christensen, another one of our Heroes, who they corresponded via letters, newsletters, and publications, such as *The Odinist*, steadfastly spreading the religion of Asatru. This is now what we call “Folkbuilding.”

Our Folkbuilders are continuing this tradition constantly, bringing more and more of our Folk Home every single day, just as Stubba, Hoskuld, and the Folkmother did, every month contributing an article to our own newsletter, *The Runestone*. Stubba would eventually lead the Odinic Rite as the “Director of the Court of Gothar,” which is equivalent to being the Alsherjargothi. John Yeowell lived a full and long life, and his dedication to the Aesir never wavered. He was Courageous in leaving Catholicism. He spoke the Truth in his letters. He gained Honor for his service in the war, and he exhibited Fidelity in his devotion to the Odinic Rite. He exhibited Discipline in living Nobly and embodied Hospitality in caring for his Folk. He was Self-Reliant, typing many newsletters laboriously by hand on a typewriter, consistently being Industrious, and he Persevered until the end of his life. We Hail these Heroes for their foundational and right Noble actions in the reclamation of our birthright and inheritance of the worship the Aesir.

It is important that we Honor and remember not only the Heroes of the distant past, but those in more recent days whose efforts have contributed to the renewal of our Faith.

Hail Stubba!



Gythia Catie Erickson
cm.erickson@runestone.org

Holiday

Hexennacht | April 30th (Observed April 20th)



When the ground was thawed and the colder weather was beginning to give way, it became necessary to move the cattle from the winter fields to the summer ones. Hexennacht, traditionally, was a festival celebrating this very thing. The main focus of the holiday was the bonfire. The men would all gather and build the large need-fire. They would then walk the cattle through the smoke to bless them before rehoming them for the warm months. Often the men would call on Freyr during Hexennacht, asking for fertility and abundance.

While the men were off blessing the cattle, the women gathered together for their own festivities. They had their own bonfires, and it was during this time that the women often burned herbs and practiced their local magic or Seiðr. As the men called on Freyr, the woman would often call on Freyja.

After the separate celebrations, men and women would come together and continue the festivities.

We in the AFA celebrate this day as Hexennacht instead of the more common “Walpurgisnacht.” Walpurgisnacht is named such because it is the night before the Christian feast day honoring Saint Walpurga, who was credited with healing and repelling witches.

Men and women celebrating separately and then coming together are one of the main features of Hexennacht, as well as the bonfire. A good way to celebrate the holiday might include the men building the bonfire while the women practice communal Seiðr. When they are finished, the men and woman can join together around the bonfire. The women can throw herbs into the fire, and, asking for the blessings of Freyr and Freyja, the men, women, and children can each take turns walking through the smoke.

Hail Freyr! Hail Freyja!



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Event



You're invited to Midsummer, Óðinshof's signature event of the year! Please join your Folk from across all the districts as we celebrate and honor our Gods and Goddesses at the very First Hof of the Asatru Folk Assembly. This weekend will be a summer “spiritual retreat” for all our Folk coming from near and far. It will be filled with

inspirational rituals, scrumptious and hearty meals, healing music, warm sunshine, laughter, motivating conversations, and fun activities for all ages!

- Camping onsite at Odinhof is free and includes the use of outdoor hot showers.
 - Additional lodging options in the greater Brownsville area may also be available.
- Guests (non-members) must be approved prior to the event.
 - Please contact any of the Folkbuilders in advance to assist with this process.
- Keep a lookout as additional information will be provided soon.

Tickets on sale soon, so stay tuned! See you there!



Gythia Sheila McNallen
sheila@runestone.org

Recap: Ostara at Þórshof 2024



Ostara at Þórshof 2024

In March, we hosted our annual Ostara at Þórshof. This year was a record-breaking year for us at Ostara. 113 in attendance, a wildly successful auction...but that only tells a part of the story. Ostara doesn't begin in March for Þórshof Leadership. The march toward Ostara begins at the end of Winter Nights. This year was no different.

Our Folkbuilders and Gothar have been working the phones, sending emails, and spamming MeWe groups ever since November. And a huge thank you goes out to them!

The event began with Welcoming the Gods on Friday afternoon. The Vè was the most packed I had ever seen on the opening ritual. We had at least 70 people present for this important rite. It was awesome to see.

Friday evening, we enjoyed a really delightful meal prepared by Gythia Catie Erickson followed by a thunderous Blót to Þórr performed by our High Priest, the living avatar of Þórr, Alsherjargothi Matt Flavel. As we often say, you don't just experience Blót performed by Alsherjargothi, you *feel it*. That wrapped up Friday's festivities.

Saturday began with an awesome breakfast prepared by Folkbuilder Mike Joyner, while we prepared for Food Pantry. Weather kept the food pantry crowd small, but we saw many of our regulars who are always grateful for our generosity and hospitality. We held a ladies' and men's group while taking care of our neighbors. Ladies group was led by Folkbuilder Heather Young, and men's group was led by Folkbuilder Robert Shotwell.

Heather made us a nice lunch of homemade chicken noodle soup with sandwiches.

Ostara Blót was next, performed by Gythia Erickson along with Witan Fassett and Folkbuilders Heather Young and Katie Joyner. The ladies worked in a sun cross formation as they blessed us with gifts of Ostara, and it was beautiful. I personally was filled with pride seeing my wife along with some of my best friends perform this sacred rite.

After Blót, we joined Alsherjargothi in Oathing Folkbuilder Tyler Sagert to full Folkbuilder status. Tyler is a star for Þórshof North, and it was awesome seeing him take this step in his journey. Afterwards, Alsherjargothi awarded Folkbuilder Heather Young with Folkbuilder of the Year. A very emotional moment for she and I personally. Huge congratulations to Heather and Tyler both. We are so much better with them on our team.

We then saw the wedding of Austin and Adaline, daughter of our dear friend Folkbuilder Jon Rock. The ceremony was presided over by Witan Svan Herul, and, as is usual, the rite was beautiful. Congratulations to the happy couple.

We also saw a baby naming for the Sagert's youngest daughter, which is by far my favorite ritual that we do in Asatru.

We then enjoyed a lasagna prepared by Folkbuilder Young, which is a personal favorite, as it's my grandmother's recipe. Then it was time for the auction. Led by our Lawspeaker, Allen Turnage, we raised an astonishing \$6000 for Þórshof! More than 10 names are being added to our donor plaque at Þórshof due to the generosity and selfless nature of our Folk! Many thanks go to Stian Penner, Robert Shotwell and Gilbert for their donated auction items which raised a tremendous amount for Þórshof. Can't thank you all enough.

Saturday ended with what turned out to be the most powerful Sumbel I've ever been a part of. Hardly a dry eye was in the room when an esteemed member from Missouri sang a song for Ostara in a style that reminded me of opera. It was absolutely beautiful.

Sadly, we had to say goodbye on Sunday. Wayfarer Blot was led by Witan Brandy Fassett and Gothi Rob Stamm. Blót was given to Óðinn and Frigg.

We ended the day with a vow renewal for Folkbuilder Tyler and his wife Emily Bethea, who are celebrating their 10th wedding anniversary. Both are personal friends of mine, and it was my honor to preside over the ceremony. Congratulations to the Betheas.

If you weren't there, you should have been. Next Ostara may be even better, so plan on coming to see us then.

Hail Ostara!



Witan Daniel Young
dyoung@runestone.org

Folkbuilder Spotlight

Folkbuilder Nick Rice



You may not know Nick Rice personally however, as a member of the AFA you've seen his work. Nick is the guy that will go out of his way to help anywhere or anyone he can without hesitation. As a Folkbuilder, Nick is one of our foremost front line guys bringing our Folk home and bringing our Folk together, which is a lot of work on its own. Being as successful as he is as a Folkbuilder is just scratching the surface in regard to all of the ways he works for our Church and our members.

Nick Rice is one of the Asatru Folk Assembly's most dedicated Folkbuilders. For many years before Nick and very few others got involved, I was responsible for all the AFA technical administration, technical support, website publishing, and newsletter publication. When Nick volunteered for the tech support team and the Runestone newsletter team, he took on many responsibilities and this helped me serve our Folk better as a Gothi because I had the time available to dedicate to more priestly duties.

Hail Nick Rice!

--Witan Cliff Erickson

Folkbuilder Nick Rice is very dedicated to his Gods, his church and to his Folk. He is where I turn when I need something, and I do so often that we joke that Nick Rice is the keeper of all of Witan Fasset's things. I ask and the item, or file, or information appears as if by magic! Folkbuilder Rice is hardworking and devoted and a part of the victory we have achieved. He is also one of my greatest supporters and friends.

Thank you, Nick!

--Witan Brandy Fasset

I have had the distinct pleasure of working with Nick since he relocated to Þórshof South last year. He is always eager to help, often overeager to help. But that comes from his desire to contribute, either to big projects or small ones. What makes Nick easy to work with is he is reliable, and he wants to help. Nick has been the

driving force behind the scenes on Victory Never Sleeps since its inception. And to my knowledge he has never missed an episode as its producer.

To sum up Nick's qualities in a word it would be reliability. He can always be counted on, and he executes quickly. He's integral to the success of Þórshof South and a major contributor to the Asatru Folk Assembly as a whole. Thank you, Nick, for all you do.

Hail Folkbuilder Rice!

--Witan Daniel Young

The definition of the word invaluable is valuable beyond measure; something so precious that one cannot assign a price to it. This is Folkbuilder Nick Rice. Whether it is helping parents in the Asatru Academy navigate Quick Schools or other members of leadership find their way through the tech side of their positions, Nick is there with quick action and knowledge. The number of times that I personally have had to have conversations with Nick that start with the words, "So I did a thing...", only to have Nick respond with patience and understanding saying, "No worries, let's fix it. Easy Peasy." are innumerable. He is a true asset to the functioning of the AFA.

--Folkbuilder Sara Ault

There isn't much that Folkbuilder Rice isn't involved with in our Church. The work ethic of this guy is of the highest quality and to top it off, he is one of the nicest guys anyone could encounter. If you know Nick personally, count yourself lucky because to know Nick is to know what selfless service looks like and to know a guy that cares as deeply as anyone can. If you don't know him personally, make an effort to get to know

him. We that do know him are all better off than we would be had we not. Thank you for all that you do for all of us.

Hail Folkbuilder Nick Rice!



Gothi Nathan Erlandson
nerlandson@runestone.org

Folk Services

Help for the Stone Family



Anyone that knows the Stone Family knows Ellie Stone as a smart, pretty, and outgoing 9-year-old and older sister to three younger siblings. Over the past five years, Brandon and Angelina Stone have raised Ellie as her primary caregivers, with little to no involvement from her biological mother.

Recently, the biological mother has decided she wants custody over Ellie. Brandon was served with custody papers. In order to keep Ellie with her family, we need to pull together to help them retain a good lawyer.

Ellie has been thriving. She is an Honor Roll student and has been attending the same school since Kindergarten. She enjoys being in her learning atmosphere with her longtime friends.

We do not want Ellie taken away from her loving and supportive family, stable household, and church community. Her biological mother and the mother's partner do not share our beliefs. Over the years, there has been very little involvement and no financial support from the biological mother to assist with Ellie's care. The Stone Family fears that if Ellie were taken from her home, she would become neglected.

The Stone Family is asking for our assistance to raise \$6,000 to help with lawyer fees. Having a good family court lawyer in California is very expensive. Please help support this loving Odinhof family keep Ellie at home where she belongs.

> [Donate Here](#) <

Be a Doer



We need you to volunteer for the AFA!

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

Please email volunteer@runestone.org to help us make a difference in our world.

Baby Blanket Project

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

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



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

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

Folk Services

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

That's when our folks Services Program comes in. We give one-time monetary grants to



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

month, imagine the possibilities!

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

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

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

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

Recently, several members of our AFA family have passed beyond the veil. One was an old man in ill health, two were young men in the prime of life... all died with no legal will on record. Sadly, in two of these cases, our dead AFA members did not have their wishes respected regarding their funerals nor the final resting places of their remains.



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

We have found an amazing resource for our U.S. members to make legally binding wills in minutes online for **free**. This site also has resources to make Advanced

Medical Directives and Powers of Attorney. It takes only **minutes** at <https://www.doyourownwill.com/>.

Please make your will **today**.

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

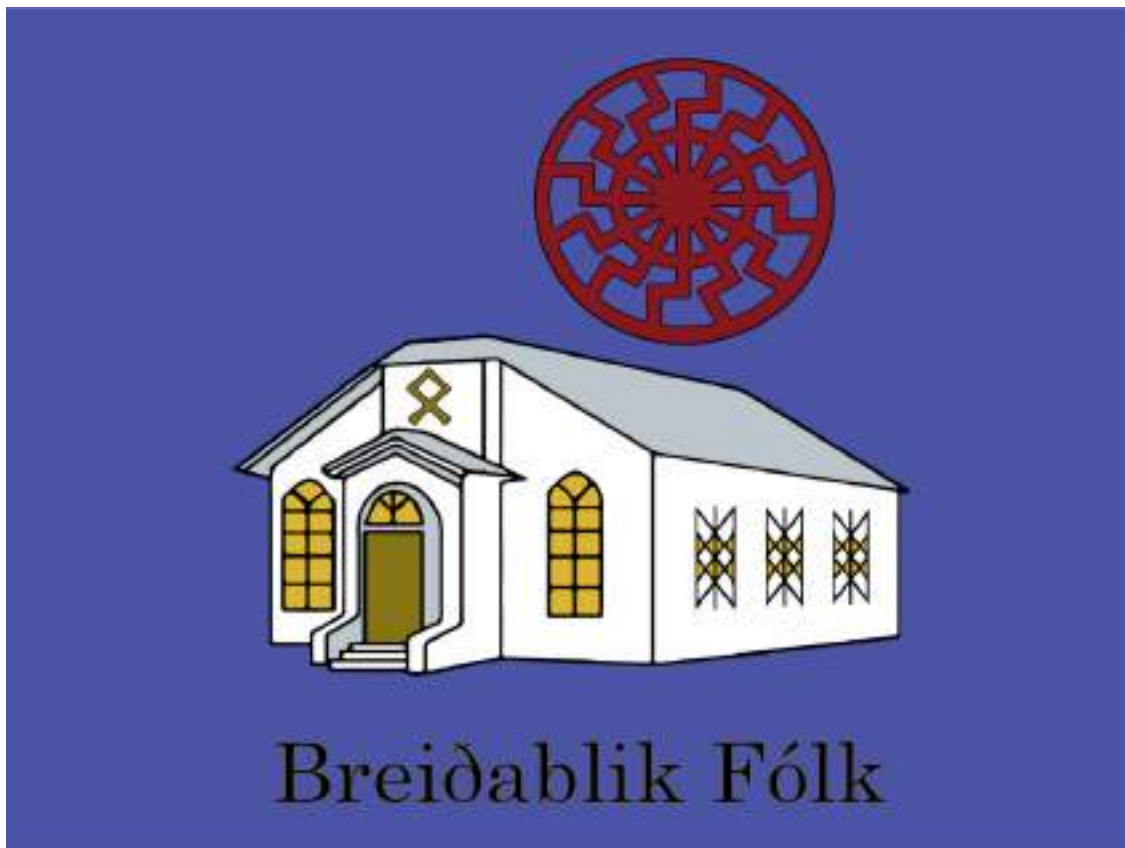
Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org

Introducing the Newest AFA Kindreds

Breiðablik Folk Kindred



It is my honor to announce Breiðablik Folk Kindred of Iowa as the newest official Kindred of the Asatru Folk Assembly. Headed up by a crack team of Folkbuilders in Chris McDowell and Cody and Ali Clausen, we are sure to expect some awesome things out of these Breiðablik Folk!

Without these Kindreds and dedicated members, it would not be possible to maintain and operate our Hofs and districts. I want to say thank you to all the members of the AFA that help out and contribute to this amazing church.

Face to face is how you build solid bonds with other folk, not behind a keyboard at home. These bonds grow into communities of families and relationships are built and Kindreds are born of these local congregations.

Gaining Kindred recognition is not an easy thing. It takes dedication and loyalty, and willingness to stand with the AFA at all costs. All new Kindreds go through a six-month probationary period before joining our family as an official Kindred.

If you are interested in forming an AFA Kindred in your area or would like more information. Please contact the Kindred program email at kindred@runestone.org.

Hail Breiðablik Folk!

Hail the Kindreds of the AFA!!
Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher
jgallagher@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.



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.

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

When you cook from the heart, people can tell. Don't cook out of spite or obligation. Cook for the folk because you want to! Find new recipes. Test them. Make them better. And when your heart tells you it is right...time to serve. If you have never made

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

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



Folkbuilder Mike Joyner
mjoyner@runestone.org

Ancestral Food and Culture

Italian Wedding Soup



For the meat balls:

- 1lb meatloaf mix if available (Beef, pork, veal blend)
- 1lb ground Italian Sausage

- 1 cup bread crumbs
- 2 eggs and a dash of milk
- 1 tsb fresh garlic, 1tsp onion powder, a dash of paprika
- Salt and pepper to taste
- ¼ cup parmesan cheese

Blend all ingredients well, form small meatballs, sauté meatballs in 2 tsp EVOO, 1 tsp balsamic vinegar and a dash of marsala or sherry wine until browned.

For the soup:

- 8 cups chicken stock or broth...store bought or homemade
- 1 cup sliced carrots, 1 cup diced celery
- ½ cup diced red or sweet onion
- 2 cups fresh spinach, 2 cups chopped escarole
- 4 large Roma or San Marzano tomatoes, diced
- 3 tsp minced garlic, 2 tsp onion powder, 2tsp Italian seasoning
- ½ tsp paprika
- ½ cup white or sherry wine
- 2 tsp balsamic vinegar
- Salt and pepper to taste
- ½ cup pastina

Combine broth and or stock with carrots, celery and onion and spices, bring to a boil.

Cook on medium heat until carrot, celery, onion are tender.

Add wine and balsamic vinegar, stir well.

Add meat balls one by one until desired amount is placed in soup.

Add spinach, escarole and tomatoes.

Cook on low/ medium heat for about 1.5 hours until meatballs are tender.

Add pastina and cook an additional 5 minutes until pasta is al dente.

Serve with warm bread, Mangia!

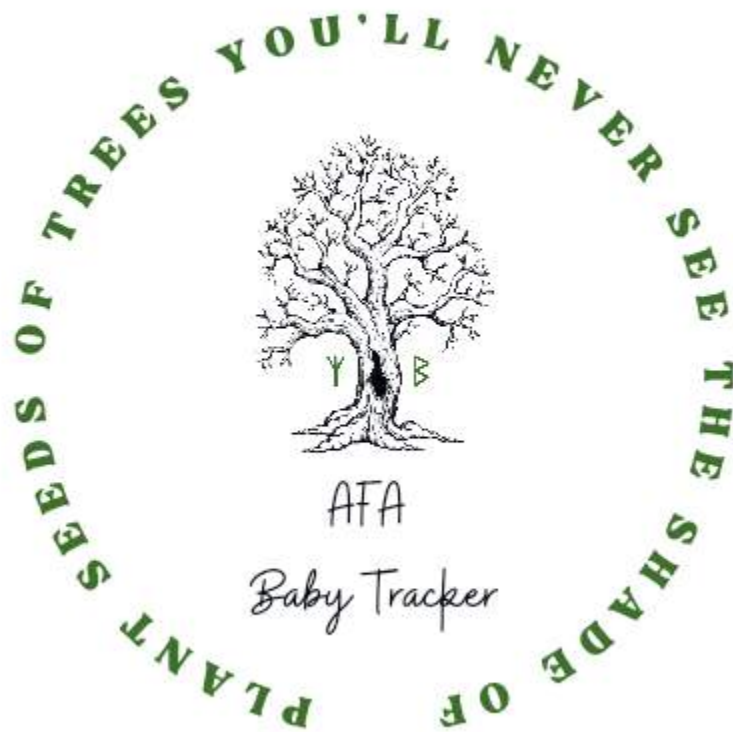
Danielle Risso

Apprentice Folkbuilder

drisso@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 2024: 6

Online Events and Meetings



A poster for a Virtue Recovery Meeting. The background is a dark green gradient with a bright light flare at the bottom. In the top right corner, there is a red logo consisting of three interlocking triangles forming a larger triangle. The text is in a white, serif font. The main title is 'VIRTUE RECOVERY MEETING'. Below it, the meeting times are listed for Thursday and Saturday, with alternative times for PST and EST.

**VIRTUE
RECOVERY
MEETING**

THURSDAY 7PM CST
(5PM PST, 8PM EST)

SATURDAY 9AM CST
(7AM PST, 10AM EST)

Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12

step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining to the divine will or requesting the removal of any shortcomings. So, we run what we are calling the Virtue Recovery Meeting. Since we are an international organization, the best way for us to do this is via Zoom (<http://tinyurl.com/virtuerecoverymeeting>). We hold our meetings every Thursday at 7pm Central and every Saturday at 9am Central. Join us!! Feel free to reach out to Folkbuilder Ashley McStocker with any and all questions!

AMcStocker@Runestone.org





AFA Reading Challenge Meetings



1/9/24	Link will be posted on MeWe the weekend before the meeting	7/9/24
2/13/24		8/13/24
3/12/24		9/10/24
4/9/24		10/8/24
5/14/24		11/12/24
6/11/24		12/10/24

**CONTACT FOLKBUILDER ALI CLAUSEN FOR DETAILS
ACLAUSEN@RUNESTONE.ORG OR ON MEWE**

**These meetings are family friendly so please, no
politics or overly mature topics**

Ladies Book Study

Revolt Against the Modern World
by Julius Evola

Dates: **7 pm CST**

~~January 25th~~
~~February 8th~~
~~February 22nd~~
~~February 29th~~
~~March 7th~~
~~March 28th~~
~~April 4th~~
April 11th

Free PDF
and meeting link
in Mewe Ladies Group

For more information contact
Witan Brandy Callahan
Folkbuilder Sara Ault

Ladies Mysteries Podcast

Hexennacht/May Day

April 14th

3 pm PST, 4 pm MST, 5 pm CST, 6 pm EST

Witan Brandy Fassett

Gythia Anna Flourde

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!



Our Ladies' Rune Study is just getting started! We meet on Teams every other Saturday at 1pm Eastern. Contact me with any questions you might have. —

aplourde@runestone.org.

I hope to see you there!

**Lore Study with
Gothi Jason Plourde**
Join us every Monday night

at

8:00 pm EST

7:00 pm CST

6:00 pm MST

5:00 pm PST

4:00 pm AKST

**Each study begins with trivia questions
from VNS and the previous week's
reading. A winner is announced monthly.**

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

**For more information
reach out to Gothi Plourde
jplourde@runestone.org**



If it's not possible for you to attend a Hof gathering, we've come up with solutions for that. There are a variety of virtual Teams meetings for you to join – even spur-of-the-moment. Some of these are quite new, but you will find them on the April Calendar. They're hosted by Gythia McNallen unless shown otherwise. Write for more info: sheila@runestone.org.

- McNALLEN'S PUB MOOT - April 12th Once a month, Friday nights; casual & inspiring conversation.
- NORTHERN FOLK - April 11th & 25th Especially for Alaska, BC & Alberta, US/Canada border areas.
- NORTHWEST UNITY CALL - Anyone is welcome to this Pacific Northwest Meeting, every Sunday night at 6:00 PT; Tyler Heinlein does a deep dive into philosophy, history and personal excellence.
- OCEANIA MOOT - April 28th Australia & New Zealand (once a month, Sunday morning, Australia time).

March Sister's Fitness Winner



The winner of the AFA's Sisters' Fitness Challenge for the month of March is Folkbuilder Sara Ault, Congratulations, Sara!

Sara hit her goals last month with a consistency rate of 96% -- a record best month for our current challenge!

Since joining our group last July, Sara has lost 60 pounds by being consistent, resilient, and has absolutely shown the virtues of Perseverance and Victory! In addition to all that, she has been a constant pillar of support, inspiration, and motivation for the other ladies in our group. Congratulations again Sara, you deserve this win!

All ladies of the AFA are welcomed and encouraged to join in the Sisters' Fitness

Group. All you have to do is get on MeWe and contact Folkbuilder Ali Clausen. You do not have to take part in the monthly challenge to be part of the group and ALL fitness levels are welcome.

— Corrie Proudfoot, member, Baldrshof

Just for Fun

The AFA Best Egg Competition was eggstra-special! Some of the youth worked on their entries at Óðinshof's Ostara. Take a look at all these wonderful eggs!



1st Place in the Member Category goes to **Hope White** for her gorgeous sun wheel butterfly design! By the way, she also completed March's crossword puzzle at record speed.

1st Place in the Youth Category goes to **Soren** for his abstract egg design with a dark border and pastel interior.

This month, we have a new activity just for fun! What words can you make from the word Hexennacht?



Send in your word scrambling to press@runestone.org! The victors will be announced in next month's issue!

Have Fun!

Folkbuilder Olivia Sutherland
osutherland@runestone.org



Genealogy and Kinship Charts



Come on, AFA family!

- 1) *The AFA Genealogy MeWe group has added "chat". We can now share tips, discoveries, resources and all the goodies of family tree research.*
- 2) *Create a Gedmatch.com account to obtain a "kit number" to find your DNA matches with other AFA members.*

Send your Gematch Kit # to
Sheila@runestone.org

for inclusion on our next AFA KINSHIP CHART

See how closely you're related to other
AFA members. 72 people so far, and counting!

Calling All Folk Photographers

Took some awesome pics at a moot or event? Were you at the Hof recently?



We'd love to see 'em. Send to Photos@Runestone.org



Folkbuilder Nicholas Rice

nrice@runestone.org

Þórshof

Food Pantry at Þórshof



This Ostara, as part of our national holiday event at Þórshof and our monthly food pantry, the men of our Folk provided food to the community. The AFA continues to put its best foot forward by being active with and charitable towards our neighbors in the community. Hail the Gods! Hail the Givers!



Jager Croft
Apprentice Folkbuilder
jcroft@runestone.org

Ostara at Þórshof



Head back towards the top of the issue for the full write-up and recap of Ostara 2024 at Þórshof. Too much amazing to keep down here!



Witan Daniel Young
dyoung@runestone.org

Upcoming Events at Þórshof

Þórshof 2024 Calendar

Yule		Þorrablót	
Feast of the Einherjar Nov. 30th	Dec. 20th-22nd	Jan. 27th	Feb. 24th Charming of the Plow
❖ Winter Nights Oct. 26th			Mar. 22nd-24th Ostara
Winter Finding Sep. 28th			Apr. 20th Hexennacht
Freyfaxi Aug. 24th	Jul. 27th	Jun. 29th	May 25th May Day
Sigrblót		Midsummer	

❖ Winter Nights - subject to change



Support Þórshof



The District Poetry Corner

Hexennacht: A Celebration of Magic and Fertility



In the ancient traditions of Asatru,
When winter's grip loosened its hold,

And the earth thawed beneath the sun's gaze,
Hexennacht emerged—a sacred threshold.

The men, strong and resolute, gathered,
Their hands shaping a need-fire's embrace,
A bonfire to bless the cattle's journey,
From winter fields to summer's warm grace.

Through the smoke, the beasts would pass,
Their hides kissed by the flames' ancient touch,
Frey, we invoke your fertile blessings,
Abundance and life, we ask of you much.

But the women, too, had their own fires,
Gathered in sisterhood, magic aflame,
Herbs burned, Seiðr whispered in shadows,
Freyja, Vanadís, we call upon your name.

Separate yet intertwined, their celebrations,
Men and women, weaving threads of fate,
Around the bonfire, they'd finally unite,
Hexennacht's magic, love, and joy resonate.

So let us raise our horns to this mystical night,
To Frey and Freyja, to cattle-wealth and fire-might,
Hexennacht, where realms converge and blend,
In celebration, honor, and magic, we transcend.



Folkbuilder Nicholas Rice

nrice@runestone.org

Crane, Blow Your Trumpet



Regal Crane, we long for your song
The one we have been without for so long

The one that tells us that spring is here
The one that brings us lively cheer

It tells of light, joy and hope
Of winter in decline and summer invoked

With majestic wings you soar in the sky
Your approach is announced by your cry

Soon you will dance upon soggy marsh
Sounding your trumpet powered by your heart

Tall and proud you make your return
I think you know how much we have yearned

Of your song so bright and bold
Echoing through forests and wetlands so old

Crane, blow your trumpet!

Artwork by Bertil Widbrand



Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org

Indiana

Ostara in Indiana



Ostara was a big success for the AFA in Indiana!



We had quite a turn out complete with an easter egg hunt, live music, hearty drink and food, and best of all, friendship of the Kindred! I gave a brief talk on the Goddess Ostara (Public speaking is not my forte), and Jon Rock gave a Blot to Ostara.



Jacob Rutledge
Apprentice Folkbuilder
jrutledge@runestone.org

New Days, New Thresholds



Friends and Folk,

Happy Ostara to you and yours! Here in the Hoosier state, we celebrated the Ostara holiday to the utmost. Our newest Apprentice Folkbuilder Jacob Rutledge will recount

the details of our festivities in this article, but suffice to say we had such a blast during our Ostara celebration that we decided that it was not enough, so a group of us also headed out to the National Ostara holiday event at Þórshof in North Carolina.

There is nothing new to say of Ostara at Þórshof, all of the accounts of it you'll read in this newsletter are accurate just as they are certain to be similar; it was pious, it was joyous, it was warm and fun and a breath of fresh air to newcomers and old friends reveling in the warmth of our Folk, Gods and ancestors... it was a time to get away with wearing a baby blue suit with a cowboy hat.



More importantly (to hear her tell it) my daughter was married. I imagine for all fathers the wedding of their daughter is a bittersweet affair; the child that you have had to raise to keep from making terrible decisions has now grown to a woman marrying a man (whose job it now is to keep her from making terrible decisions). It is enough that my daughter is happy and in love with a good man who will care for her, but it is

particularly poignant that she be married at Ostara, to create a new family, at the celebration of the new season for the goddess of the New Day, in the (historically) new temple of Þórr, defender of the (historically) new iteration of our ancestral religion. A beautiful ceremony in a beautiful place, for a beautiful couple before the assembled beauty of our Gods, Folk and ancestors.



On the subject of crossing the thresholds of life, I was particularly honored to have the opportunity to help in the welcoming of a young man into his path toward adulthood. We marked this young man's journey toward becoming a man and leader of his people with a blot and some discussions on what it takes not merely to be a man, but to be a success as a man. I look forward to seeing great things from him as he grows, both as a man, a leader and a worshipper of the Gods of our fathers.



A month of many new beginnings, many new days and many opportunities to hail the one who brings them, rising from night's darkness, hail always to Ostara and hail always to the AFA.

Upcoming Events



Folkbuilder Jonathan Rock

jrock@runestone.org

New Hampshire

New Face in New Hampshire



Wassail

My name is Ronald Boardman and if we have yet to meet, I'd like you to know that I was recently accepted as one of Þórshof District's Apprentice Folkbuilders of the AFA here in New Hampshire, though we do also cater to the rest of New England at the moment.

I am Asatru, a husband, a father, a grandfather and a veteran. I have been active in Heathenry for many years, though mostly in the Theodish/Anglo Saxon world yet those worlds were unsustainable for me. Thus, my wife and I were left without an Asatru-home, so to speak. Oh, you may want to know that I met my wife of 23 years at a Yule Blot back in 1998 or so. After observing the AFA's many long-term and long-standing victories, we decided to join about a year ago and almost immediately were so impressed with its organization and people that we became Hoftollar members and regret not a bit of it. Quite the opposite, we regret we did not sign up years ago. We swiftly were welcomed by the NH folk and easily became fast friends or bench-mates, as I like to say. The rest of the AFA followed in reciprocal bond building with us as well. A year has passed and I decided it was time for me to step up and serve. I would have done it sooner but I wanted to ensure I suited the AFA as much as it suited me. It did.

So here I stand before you with a deeply felt drive to serve our Gods, our Folk and make our lives as individuals and thus as a people better. Specifically, I chose becoming an Apprentice Folkbuilder in the AFA because I believe our people embracing our indigenous religion of Asatru is what will make us healthier, happier and holier. I chose becoming an Apprentice Folkbuilder in the Asatru Folk Assembly because I know the AFA is the legitimate Church of the Æsir on Midgard due to the Allfather's direct calling to Founder McNallen to lead the Folk home. The legal heir to that call to lead is Alsherjargothi Flavel as Founder McNallen handed him the banner.

A bit more about me. Native New Englander from Colonial English stock. My wife Lily and I have 4 adult children and 4 grandchildren so far. I am a hobby farmer of poultry, sometimes sheep and once upon a time of horses. I love hunting whitetail and go out every year but am a terrible getter of whitetail, though I do occasionally get one. My day job is medical manufacturing and I like it well enough. I love reading with Medieval and New England history being my special interest. I do love Tolkien's work as well. I have also been threatening myself and the family with trying to learn to play the concertina.

I cleave to order, hierarchy, loyalty and the fact that Midgard is good. I am serious minded but sure enjoy laughing and making others join in my mirth. If you hear me say 'How are you?' or 'What can I do for you to help?', know it is not just pleasantries but honest care. If you're in my neck of the woods or even if you're not, but especially if you are, I want to meet you and Blot the Æsir with you. Wish me luck as an Apprentice Folkbuilder because I want to do my part to make us all better.



Ronald Boardman
Apprentice Folkbuilder
rboardman@runestone.org

Cheers to Spring!



NH Dinner Moot. Some of our folk from the shire gathered to share some awesome BBQ. A new BBQ place opened up in town, so we had to check it out. We enjoyed each other's company over brisket, pulled pork and many other delicious sides and brews.



Ostara at Þórshof. My family and I made it to our 2nd national event and first ever visit to one of our amazing Hof's. What an amazing experience. So many great people, meals, works of art were all around Þórshof. I know our gathering and rituals made our gods proud. Big thank you to everyone involved in setting up and facilitating such a breathtaking weekend.



Baby Naming. My wife and i were honored to have our Daughter introduced to the Gods by our Alsherjargoði Matt Flavel during Ostara at Þórshof. Thank you to all who were attendance and bared witness to this beautiful and important ceremony, it really meant the world to us!



Oathing. I was presented with the opportunity to take my Folkbuilder Oath during Ostara at Þórshof, an honor I gladly accepted. I am excited to continue my work and further serve my Folk, my Gods and the Asatru Folk Assembly. Thank you to everyone who believed in me and helped me achieve this most righteous goal.

Hail the Gods!

Hail the Folk!

Hail the Ancestors!

Hail the AFA!

Upcoming Events



Tyler Sagert
Apprentice Folkbuilder
tsagert@runestone.org



North Carolina

Appalachian Happenings



Happy Spring and Hail Ostara everyone! The first buds are appearing on the trees, the daffodils are in full bloom, and the doldrums of winter are finally at an end. Our Folk are holding Ostara celebrations all over the Asatru world, and we just wrapped up Ostara at Thorshof this past weekend. This month, the Folk of the southern Appalachia's gathered at my house for a wild game supper and a weekend of ritual, bonfires, feasting and frith building. We had Folk in attendance from the Carolinas, Tennessee, and even Georgia!

We started off the day by getting tattoos done by one of our North Carolina members while we waited for Folk to arrive. She's a professional artist and does outstanding work, and we're hopeful that we can make this a quarterly occurrence at our local events. We then transitioned into food prep, with some folks preparing food in my admittedly cramped kitchen and others of us spending a few hours huddled around the grill while the kids played and the Folk gathered in small groups to get to know each other.



After our robust, buffet style dinner, we processed around our roaring fire and held ritual to Odin. We called out to him by the names given to us in the *Grímnismál*, calling on him to see our deeds and to imbue us with the wisdom, courage, and strength to awaken his people. After Blot, we brought out a few bottles of mead and got ready for

Sumbel. Stories were shared and tears were shed as we recalled our ancestors and spoke of our deeds and our appreciation for each other. As often happens at our gatherings, the Folk called for and received a fourth round of Sumbel, strengthening our bonds and our shared Hamingja.

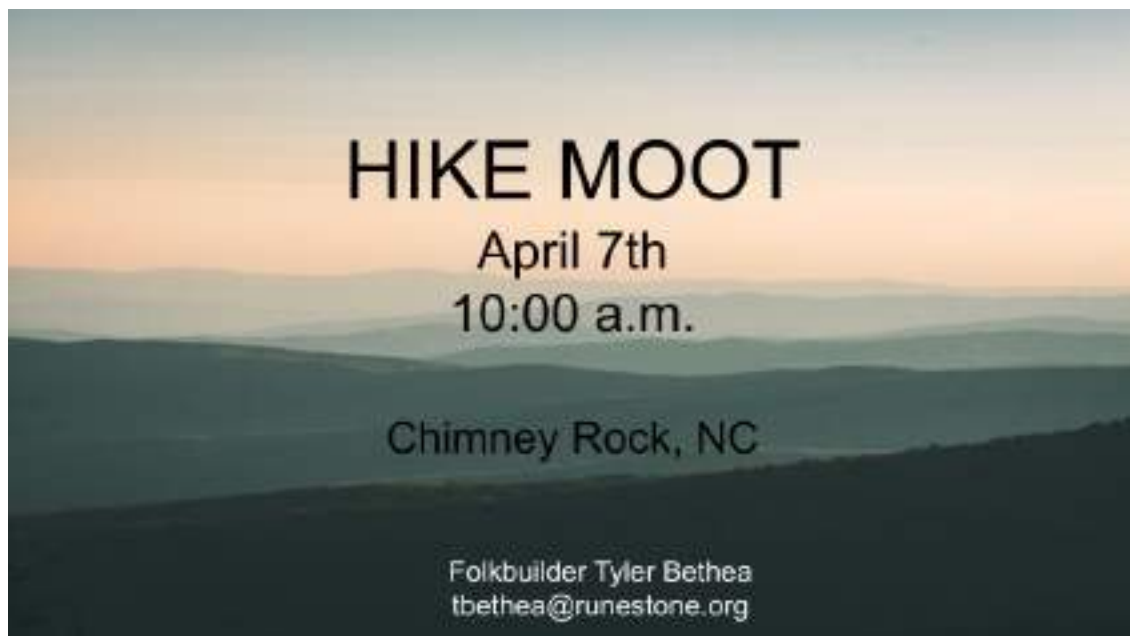


After Sumbel, we held another very special ritual. I administered the Kindred Oath to our newest member, Karlie Chandler, and we welcomed her to the Appalachian Hearth Kindred. The Kindred Oath is not taken or administered lightly, and the gathered Folk

solemnly witnessed her oath in the dying light around the raging fire. Her kindred then embraced her, sharing warm words and a few tears. Welcome to the Appalachian Hearth Kindred, Karlie!

After such a phenomenal weekend, followed shortly by Ostara at Þórshof (which was attended by all Oathed Kindred members and prospects), we are all on fire for our Folk, our Gods, and the AFA. I truly hope you'll join us soon for our next moot, so that you can share in our worship and build bonds with your neighbors. Join us as we DO Asatru!

Upcoming Events



April 7th, Chimney Rock, NC

Join us near Chimney Rock, NC for a 10-mile hike in the rugged southern Appalachian Mountains! Be sure to dress and pack appropriately, as we'll probably be out there for about 5 hours. We'll be conducting a Wotan on the Peaks ritual while hiking, as well as having a nice lunch on a mountaintop. For more information, reach out to Folkbuilder Tyler Bethea tbethea@runestone.org



Folkbuilder Tyler Bethea
tbethea@runestone.org

Upcoming Events



Jaeger Croft
Apprentice Folkbuilder
jcroft@runestone.org

Ohio

Ohio Axe Throwing Moot



A small group of our Folk gathered in Frith to engage in what is probably one of the most relaxing and enjoyable things one can do...**THROW AXES!!!**

The beginnings of axe throwing are likely almost as ancient as the invention of the axe itself. Long have our forebears engaged in competition with one another.

Testing ourselves, encouraging each other to achieve feats both small and large, promotes that ever-needed forward momentum required for ourselves and our people.

When the above is done within our Innangard, a magic of its own is manifested, even if

not expressed in such a way directly amongst the competitors.

I'm not talking about axe throwing.

Upcoming Events





Folkbuilder Michael Melillo
mmelillo@runestone.org

Upcoming Events



Hello all, I would like to take this month's article to formally invite all who can make it to Mayday in Ohio this year. The spring showers have begun, and the warmth is sheepishly making its return, and seeds will soon be sewed. I am still making preparations but as it stands there will be a Maypole, Blot, Sumbel, and food will be provided but side dishes and snacks would be appreciated if you can contribute. I'll soon be buying some baby goats, and currently have chickens for the children's viewing

pleasure. If my tractor is running, I can also give mini hayrides if parents are comfortable with it. I will have a bonfire prepared and plenty of room for all to enjoy the yard and socialize. I'll be posting more details as they come, and I hope to see you there. Hail the Gods, hail the Folk, and hail the AFA.



Folkbuilder Joe Drotos
jdrotos@runestone.org

Pennsylvania

PA Ostara



What a beautiful day to celebrate Ostara in Pennsylvania! We got a break from rain and cool weather just in time to Blot to celebrate the coming of Spring and the beginning of new cycles. Everyone enjoyed the warm spring day by practicing axe throwing and playing Kubb.



After Blot, officiated by Gythia Catie Erickson, the Folk headed inside for a feast of corned-beef and cabbage, followed by Sumbel.



It was a wonderful day and we look forward to seeing everyone again soon!

Upcoming Events



Please join Witan and Gythia Erickson at their home on May 18 for the traditional start of summer in the North. We will celebrate Sumermál with outdoor activities, Blot, feast, and Sumbel.

Please email Witan Clifford or Gythia Catie at cerickson@runestone.org or cm.erickson@runestone.org for more information.



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming Events



Join in a Black Sun Blot with Witan Clifford Erickson in Erie, PA during the TOTAL SOLAR ECLIPSE!

Gather at 12pm on Monday April 8, 2024

For details, email cerickson@runestone.org.



Where & When | 2024 Total Eclipse – NASA Solar System Exploration — <https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/where-when/>



Please join the Ericksons at the US Niagara Falls in New York, on Saturday May 25. We'll be visiting Goat Island, and the American Falls. Please email Witan Clifford at cerickson@runestone.org for more information!



Witan Clifford Erickson
cerickson@runestone.org

Poland

Upcoming Events



Hexennacht Moot & Ceremony

April 20th

*Join the AFA for an evening bonfire
ceremony followed by a feast!*

**Contact Aspir for more information:
abefreier@runestone.org**



**AFA Weekend
Campout!**

From Friday the 24th of May to the 26th tests of strength and skill, beauty of women, stories of native faith and culture acted out and even shared by you! Feasting and festivities await!

**Contact Aspir Befreier for more details:
abefreier@runestone.org**



Aspir Befreier
Apprentice Folkbuilder
abefreier@runestone.org

Sweden

Ostara in Sweden



Celebrating Ostara was a joyous time for the Lugnet family up in northern Sweden. Besides the usual blot we usually give, this time we also sang to Ostara the song I mentioned in last month's Runestone.

It felt extra special to have a dedicated song to add to our gift-giving to Ostara. We are hoping to be able to incorporate more singing in the future.

Also, for our oldest daughter we had arranged an egg hunt, which was a lot of fun for all of us!

Winter is coming to an end. Spring, let your warmth envelope us all!

Hail Ostara!

Hail the Folk!

Hail the AFA!

Sima, a Finnish drink for May Day



When the Finns celebrate May Day, they like to do so with a beverage that they call "Sima". It is a fermented drink that is consumed before all the sugar in it has been consumed by the yeast. Fresh, fruity flavor with a bit of sparkle to it!

Here is how you make it!

Ingredients:

Half a cup brown sugar (alternatively half brown and half white sugar)

Juice and grated zest of one lemon

5 raisins (these are important!)

0,03 oz yeast

Put the sugar into a large pot and add 3 cups and a quarter water. Bring to boil, then remove from heat and leave to cool until room temperature.

Add the lemon juice and zest and the raisins. Dissolve the yeast in a tablespoon of the

liquid. Whisk it into the mixture.

Pour mixture into a sterilized container, cover and leave at room temperature for 24 hours.

Stir the Sima, then decant into sterilized bottles, then seal them tightly. Leave them another 24 hours in room temperature. Here is where the raisins enter the picture. They will ferment in the drink as well, and as they fill up with CO₂, they will float up to the surface. This is when you know the Sima is ready! Refrigerate for 2 days before drinking. Burping them might be wise, as the gas inside will build up quick!

Even though it might look like muddy water one could find in a ditch, it is actually pretty tasty. Trust me!

Upcoming Events



Fika Friday

26th of April

17th of May

28th of June

Come and have a warm cup of coffee with the Lugnets!



Hexennacht

27th of April

Come and let us share joy and Frith for the coming of Spring!



May Day

18th of May

Come and let us celebrate the coming of Summer!



Midsummer

29th of June

Come and let us celebrate the victory of Summer!



Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org

Tennessee

Upcoming Events

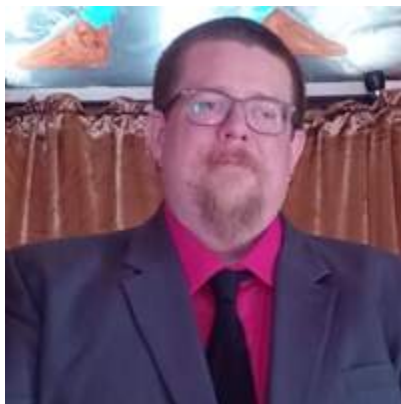


*John Yeowell "Stubba"
and
Jarl Haakon
Rememberance
Dinner
Apr. 9th
Cookeville, TN*

RSVP w/ nrice@runestone.org



GERMAN BAKERY & CIVIL WAR MOOL
CLARKSVILLE, TN | APRIL 13TH AT NOON
RSVP TO NRICE@RUNESTONE.ORG



Folkbuilder Nicholas Rice

nrice@runestone.org



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