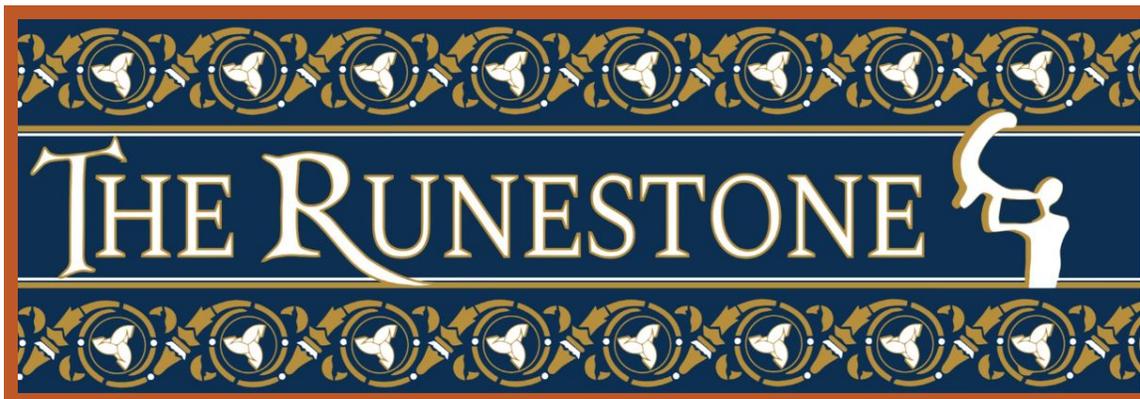


Voice of the Asatru Folk Assembly

[View this email in your browser](#)



## Þórshof

Second Hof of the Asatru Folk Assembly

<http://www.thorshof.com/>



[Runestone.org](http://Runestone.org)



[Email the Witan](mailto:Email the Witan)



[YouTube](https://www.youtube.com)



[VK](https://vk.com)



[Twitter](https://twitter.com)



[Parler](https://parler.com)



[Odysee](https://odysee.com)



[Bitchute](https://bitchute.com)

[Donate to the AFA](#)

## Words from the Alsherjargothi



In July we celebrated Victory! Across the country and around the world, our AFA family celebrated the victories of the past year with our Gods. We also made commitments and asked for blessings on victories to come. At Óðinshof, in the sight of the Victory Father, I swore on the AFA's behalf, that this time next year, our Gods would be even prouder of us, and that our victories would increase. I need your help to fulfill this commitment!



July was the first month of our Victory Never Sleeps weekly live stream and podcast. I have always loved doing my monthly Live chats and this is the evolution of that. Each week I will bring on an AFA leader to answer all your questions and discuss Asatru. So far, this has been well received and we have had a great time doing them. A huge "thank you" goes to Folkbuilder Nicholas Rice who produces the show each week.

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

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

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

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

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

Hail the Gods!

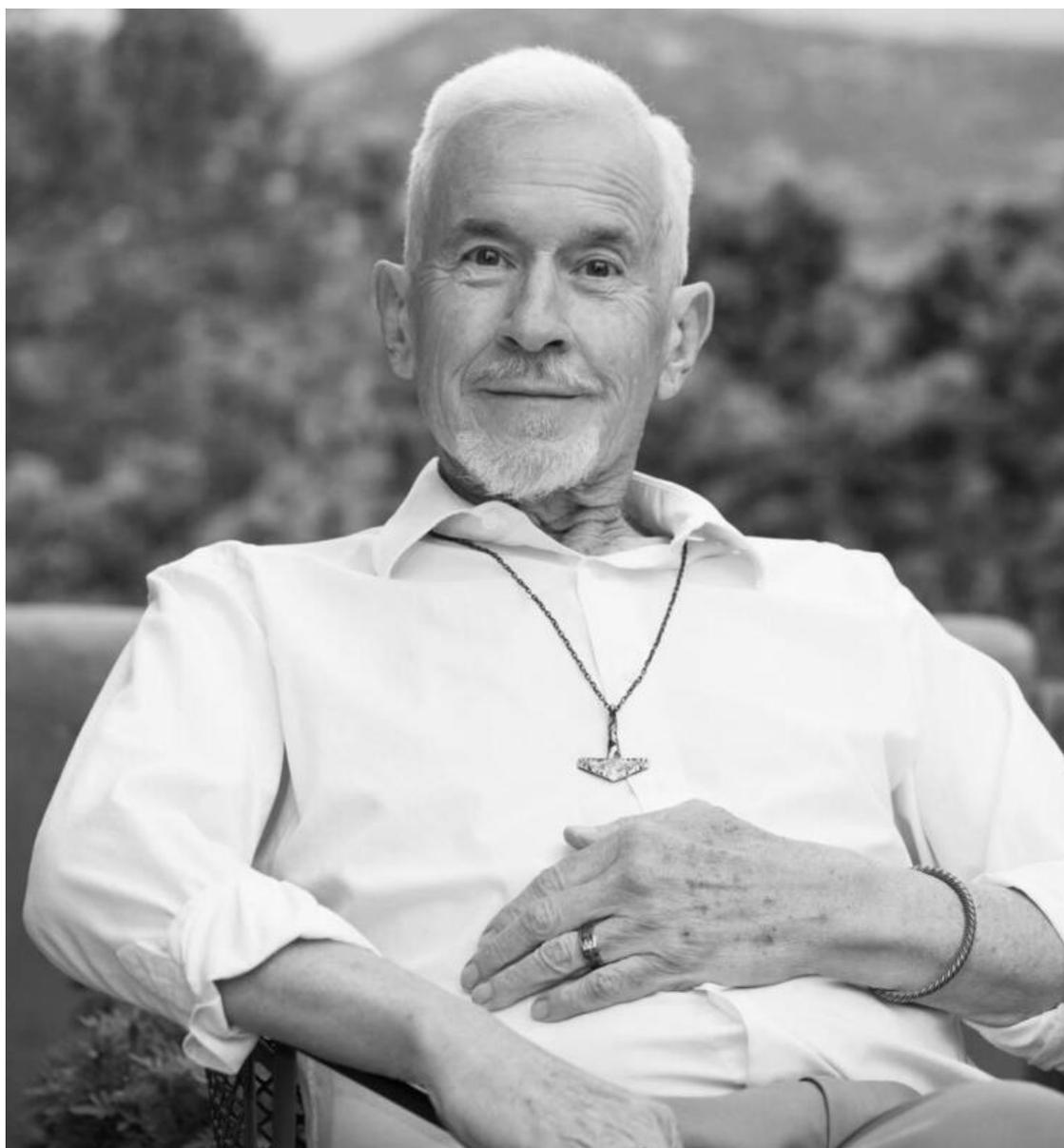
Hail the Folk!

Hail the AFA!



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

## Remembering Steve Chappelle 5/02/52 - 7/27/22



I am very sad to report that Steve passed away on Wednesday from pancreatic cancer. Steve has been an AFA member, on and off, for many years. We are honored that he returned as a member after his diagnosis and chose to finish out his days as a proud part

Hail Steve Chappelle!

## Folk Futhark Part 2



ANSUZ- This is the rune of Odin and the Æsir in general. It relates to communication and connection with the Gods, as well as the gifts given to us by Odin and his brothers when our Folk was first created from two pieces of driftwood.

"spine" of the rune as representing Yggdrasil. From there, it has two arms reaching down from the top this can be viewed as the Gods connecting with our Folk from their seat at the top of the World Tree.



RAIDHO- The rune of the ride, the ritual, and right action. On top of these concepts, Raidho also represents natural law and the proper turning of the wheel in regard to life's various cycles. Additionally, our Gothar wears this rune on our rings, and our stoles, as it is considered the rune of the priesthood since the Gothar are the stewards of the various rituals and spiritual traditions of our people.

vertical 90-degree angle leg.



KENAZ- This rune translates roughly to "torch", which is fitting as it is a rune of traditions and passing them from generation to generation. Kenaz is closely tied to Heimdall, Heaven's Ward, the Watchman of the Gods, born on the waves at the edge of the world. This is because Heimdall brought structure and fire and runes to our people, and gifted us his blood so that we may have yet another connection to the Divine.

Elder Futhark stave looked more like the letter "C" made out of two sticks.



Gothi Trent East

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

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

1. We need to pay off Njörðshof. (We have paid off 35%)
2. We need to raise our monthly donation average by 18%. (This is membership dues/hoftollar plus other donations)
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!



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

## AFA Homeschool Program



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

Greetings parents and students! Our school year begins on September 6th! Please look out for an email that will detail your specific state requirements and includes a letter of intent, if your state requires it. The email will be sent through our school's management system, QuickSchools. Please check your spam folders. You'll also receive an invite to our parent and student portal. It is absolutely vital you have access to these portals.

I'd also like to introduce you to your Academy Staff. Gythia Sheila McNallen is an experienced, licensed teacher, and will be your Assistant Dean of the curriculum. Folkbuilder Heather Young is your Assistant Dean of Students. Heather will be reaching out to all our parents, and is your asset to make sure your little Aryan is successful! Folkbuilder Ashley Stockton is our Admissions Director. Folkbuilder Rachel Johnson is our State Compliance Coordinator; she will make sure we are meeting all of your state's requirements. She brings a wealth of knowledge about homeschooling. Folkbuilders Sara Ault and Nick Rice are your Admin Secretaries. And Gythia Catie Erickson will also be assisting with the curriculum.

We have a wealth of volunteers outside leadership as well, who brings a lot of skills and experience. We are very proud to offer you a unique ásatrú-based education, steeped in AFA values.



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

## Freyfaxi



Though Freyfaxi is, in name, a modern holiday the celebration around which it is centered is much older. Dedicated to Freyr, our ancestors celebrated the first harvest of the season. The most common offerings during Freyfaxi included sheaves of wheat, or other grains, and freshly baked loaves of bread. Less common was the sacrifice of a horse in honor of Freyr.

The beginning of the harvest season marked the beginning of hard work and dedication. Every harvest of the season was necessary to the survival of each family, of the community. This hard work ensured that there would be food to see them through the long winter months.

Take some time in the garden, as you pick the first offerings of your plants, to thank Freyr. Share with him some of that first harvest, along with bread and ale. Celebrate the God of Vitality and abundance with your family and folk.

## Day of Remembrance

### King Radbod of Frisia



Radbod, known as the greatest King of the Frisians, spent his life tirelessly fighting against the subjugation of the Franks. While his predecessor, Aldegisel, had accepted Christian conversion easily, Radbod was unwilling to stray from his belief in the Gods

On the verge of accepting baptism, Radbod turned to the Priest presiding and asked if his ancestors would be waiting for him in the Kingdom of Heaven. Upon being told that his pagan ancestors were burning in Hell Radbod refused the baptism, expressing that he would rather burn in Hell with his pagan ancestors than live in Heaven with beggars.

His rule, 680 – 719 CE, was spent fighting against the Frankish rule and banishing Christianity from his land. Despite losing to Pepin of Hertal on several occasions Radbod never gave up. While never successful in his lifetime, his successors continued the battle for many years after his death.

What can we learn from this story?

Radbod was not bolstered in his mission by success. When he looked back he did not see win after win, but quite the opposite. What Radbod could see, however, was the long line of his Ancestors stretching back to the first in his line. He saw them and he was proud of them and of their faith. Rather than disappointing them, King Radbod did his very best to make them proud and continue their legacy.

Our culture, our society, as a whole, is under attack. They would have us turn our back on our families and on our folk. They would have us turn our backs on Asatru and our Ancestors. They would see the death of the traditional nuclear family and of the dedicated community. Everything from the books we read to the shows we watch looks to tear down the idea that our Folk should grow stronger together.

Like Radbod we should look behind us to see the long line of our Ancestors standing behind us, supporting us. We should then look forward to the bright future for our children and their children, a future that we should fight for tirelessly, no matter how many times we might stumble along the way.



Gythia Catie Erickson

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

**Remembrance and Holy Days**



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

2022

<b>Date</b>	<b>Observance</b>
January 9	Day of Remembrance for Raud the Strong
January 15	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 19	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 20 (observed on 21st)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 31 (observed on 16th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 21st)	May Day

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

## Upcoming National Events

**Fallfest at Baldrshof 2022**

**August 19th-21st**



Register Here: [Fallfest at Baldrshof 2022 Aug19-21 – Asatru Folk Assembly](https://www.runestone.org/fallfest-2022)  
([runestone.org](https://www.runestone.org))

*Fallfest is nearly here!*

Tickets are still available on [runestone.org](https://www.runestone.org) and can be found in the store under the events section.

Pricing is as follows:

Single Member \$75

Member Family \$125

Non-Member Guest \$100

All guests must be vouched for!

If you need a ride from the airport or a recommendation on where to stay, please contact Folkbuilder Jason Gallagher at [jgallagher@runestone.org](mailto:jgallagher@runestone.org)

There are several hotels in the area. A few local folks have rooms available if needed. Members have also rented several bed and breakfasts and some still have beds available. There is also a site to camp not far away.

### *Fallfest Itinerary*

#### *Friday*

8 am - Breakfast (True North Folk)

10 am - Else Dedication (Sara Ault/Brandy Callahan) followed by Fika (True North Folk)

1 pm - Nicholas Rice Presentation

3 pm - Welcoming of the Gods Blot (Nathan Erlandson) followed by afternoon tea (True North Folk)

\*\*\*Children's Activity available downstairs (Sara Ault)

4 pm - Brandy Callahan Presentation

5 pm - Dinner (Joel Eastman)

6 pm - Nathan Erlandson Presentation

8 pm - Baldrsblot (Lawspeaker Allen Turnage) followed by Baldrsball

\*\*\*Children's activity available downstairs

10 pm - Hof Closing

### Saturday

8 am - Breakfast (Nick Rice / Jim Cummings / Josh Rapin)

10 am - Ancestor Dedication (Brandy Callahan) followed by Fika (True North Folk)

11 am - Leadership Q&A (Alsherjargothi, Lawspeaker, Witan)

Noon - Lunch (Northern Blood Kindred)

1 pm - Men's Group (Nathan Erlandson) / Women's Group (Brandy Callahan)

2 pm – Start of Hnefatafl Tournament (James Ault)/ Outdoor Games (Nathan Erlandson & Clayton Von Kepner) / Children's Blot & Activity (Jessie Shaffer, Sara Ault, Ashley McStocker, Brandy Callahan)

3 pm - Afternoon Tea (True North Folk)

4 pm - Jim Cummings Presentation

4:30 pm - Freyfaxi Blot (Alsherjargothi Matthew Flavel)

5 pm - Dinner (James Ault / Shane Duffy)

6 pm - Auction (James Ault / Melisa Mills)

8 pm - Sumbel

\*\*\*Children's activity available downstairs (Jessie Shaffer)

10 pm - Hof Closing

### Sunday

8 am - Breakfast (True North Folk)

10 am - Wayfarer Blot (Witan Brandy Callahan)

\*\*\*Children's Sumbel (Sara Ault)

12 pm - Hof close

Fallfest is the largest fundraiser of the year for Baldrshof. The monies raised at our auction and donation by the folk helping to pay for needed repairs, remodeling, and events at the Hof throughout the year.

**Winter Nights 11**  
**October 14th-16th**



Register Here: [Winter Nights 11 – Asatru Folk Assembly \(runestone.org\)](http://runestone.org/WinterNights11-AsatruFolkAssembly).

The Eleventh Annual Winter Nights will be held in Scioto County, Ohio from October 14- 16! Since 2012, this long-running AFA festival has been dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, our Goddesses, and our Ancestral Mothers. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships. We look forward to seeing members and friends!

Your registration fee includes all workshops, lectures, meals, tent camping, and of course our holy rituals. Only AFA members and vouched-for-guests will be admitted to this event. If you are not an AFA Member you should confirm with the member who is vouching for you that they will do so when asked about your registration.

Things to know:

Children 17 and under attend for free!

You will need to bring your own bedding and it can get chilly at night, so plan accordingly.

Tenting is encouraged! There are also hotels within 20 minutes of the camp.

Dogs are welcome but must be leashed at all times and are not permitted in common indoor areas such as the dining hall.

The camp location will be provided upon registration.

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

Member Family – Weekend: \$150

Member – Weekend: \$100

Member – Daypass: \$50

Guest – Weekend: \$125

Guest – Daypass: \$60

Child – Weekend: Free

Child – Daypass: Free

**Feast of the Einherjar 2022**

**November 10th-13th**



Register Here: [Feast of the Einherjar 2022 Nov. 10th-13th – Asatru Folk Assembly \(runestone.org\)](https://runestone.org)

Come and join your Folk for a weekend-long celebration as we Honor the Einherjar. Presentations, Games, feasting, and Blots!



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

## Be A Doer



**We need you to volunteer for the AFA!**

Yes, you. We have work to do and need folk who are artists, editors, writers, accountants, lawyers, publicists, reputation managers, professionals of all manner, technical support, web developers, system admins, tradesmen, craftswomen, and more. See the

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

## Baby Blanket Project

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

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



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

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

## Folk Services

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

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



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.



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

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317

## Ancestral Food and Culture



Cook the meat (beef or lamb) with diced onions and mushrooms. Drain the grease. Boil potatoes and then mash. Add butter, milk, salt, and pepper. Take a can of regular corn and a can of creamed corn and mix them. Put the meat mix in a 9x3 pan or casserole dish. Spread the corn over the meat mix and after spreading the mashed potatoes on top. Cut up some butter, dot it, and sprinkle paprika. Bake at 350° for 30 minutes or until it's golden on top. Enjoy!



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

## Baby Tracker



In case you missed it last month, we are tracking the growth of our Folk by presenting 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 in and a place where they can feel proud of who they are!

Total babies born in 2022: 24

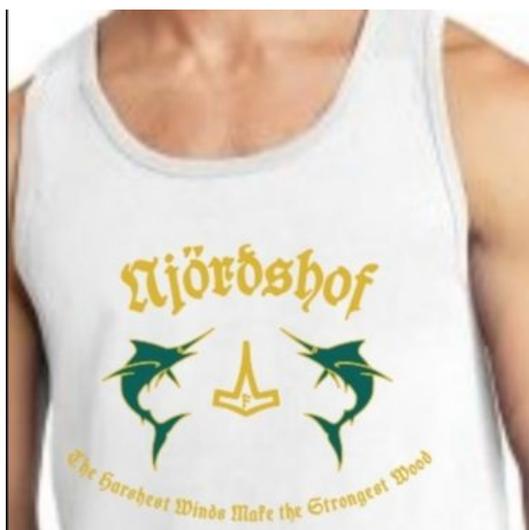


Jessica Keller  
Apprentice Folkbuilder  
[jkeller@runestone.org](mailto:jkeller@runestone.org)

## Now Available in the AFA Store

### Njordshof Tank Top

\$25.00 - \$28.00



Buy Now: [Njordshof Tank Top – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/Njordshof-Tank-Top)

We will gather this month on Aug 12-13 to dedicate the Hall of Njord! We are happy to give him a home with his folk in Midgard.

In honor of that, our store spotlight is on Njordshof and the new Njordshof tank top!

Get over to Runestone.org and get one! (Or 2...or 3..)

Folkbuilder Melisa Mills

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



## Food Pantry at Þórshof



As we normally do, we held our monthly food distribution at 11:00 am, the Raynard family had everything set up when the rest of leadership arrived. In the hot humid July air, gathered under the pop-up awning, we fed 8 families from the Linden area. We had an elderly lady ask about our faith, and while she disagreed with it, she was complimentary of the charitable work of our people. She also complimented our appearances, noting that everyone was so polite and well-mannered.

Folkbuilder Heather Young

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



## Sigrblot at Þórshof



This month we held our 3rd Annual Sigrblot at Þórshof, The Second Hof of the Asatru Folk Assembly. After we held our Food Pantry, we gathered in Rumph Hall for a pizza lunch, and we met new friends and hung out with old friends. We received the somber news of the loss of our friend, member Steve Chappelle, and held a moment of silence in his honor.

While Gothi East was taking care of the Folk in the hall, we finished working on our donor plaque in the Ve, along with local member Matt, and Apprentice Folkbuilder Bobby Shotwell. It took a while to finish it, but we proudly have our donor plaque displayed in the foyer. We owe our donors our thanks.

After the arrival of Folkbuilder Heather Young, we began the procession into the Hof for Sigrblot. In a stripped down, and rousing style blot, Gothi Trent East called upon our Sword God, our Victory Giver, Prince of Temples, Tyr. Gothi East pounded his chest Hailing Tyr and asked us to always keep Victory first and foremost in our minds, the 10th Noble Virtue. We exchanged gifts with Tyr, and asked him to bless us with Victory in an emotional and powerful Blot. As is our tradition, we offered mead to

We poured some mead into a vessel for our friend Terry. We lost Terry in July 2020, not long after we dedicated Þórshof. As is a tradition, especially during Sigrblot, we left a gift for him. Gothi East and I shared some personal stories about Terry. He was among the first donors to our Hof, a man of generous spirit and a true believer. A devotee to Tyr, he spent the final years of his life in reverent devotion to the Asatru Folk Assembly. We honor him by continuing his generosity of spirit, we remember him by staying true to our path and we raise a horn in his honor every time we walk through the doors of the Hall bearing his name. Hail Terry J. Rumph!

After blot we held Sumbel. We toasted our Gods, our Ancestors, and our friends. We had a few new faces at the Hof this month, and Sumbel is a great ice breaker. A Horn was raised to Bobby Shotwell, our newest apprentice folkbuilder. We thank him for stepping up and joining the Team!

Join us next month for Freyfaxi on August 27th. Bring a plate for the potluck or a donation for dinner and join us for our food pantry. We appreciate the generosity that we have received throughout the last 2 years, and we encourage you to keep it going. Go to [www.runestone.org](http://www.runestone.org) and click on the Donate link to help us continue improving our Hof!



Gothi Daniel Young  
[dyoung@runestone.org](mailto:dyoung@runestone.org)

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## Upcoming Events at Þórshof

# AFA LADIES COFFEE & CROCHET

SUNDAY, AUGUST 28

10 AM CENTRAL

MEET WITH YOUR AFA SISTERS &  
FRIENDS FOR CONVERSATION AND  
FIBER ARTS!

CONTACT WITAN BRANDY CALLAHAN  
BCALLAHAN@RUNESTONE.ORG  
VIRTUAL MEETING IS VIA TEAMS.  
MORE INFORMATION AVAILABLE  
IN THE AFA LADIES GROUP  
IN THE EVENTS SECTION



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## Indiana

*July Like A Dog*



In many ways, this July was not extraordinary, we spent the month as we've spent so many Indiana Julys in the past; lying in the shade of trees to escape the Sun, swimming to distract from the air so humid you can practically drink it, dutifully celebrating the birth of our great nation (despite being so rarely celebrated in return). However, in other ways (and you saw this coming) this July eclipsed all others.

Because of holiday schedules and family obligations we only had one official moot this month in our great state (though a week seldom passes without some of us getting together unofficially). Our official moot this year took place in beautiful Oldenburg, Indiana for the post-pandemic return of their yearly Freudenfest. Now, being dull and ignorant is something that I work very hard at, and thus I have never learned to speak German. My understanding is that Freudenfest roughly translates to "Joy fest." If that is so, then I judge it aptly named.



It is a joy to gather with our Folk. It is a joy to know that a group of them came from one member's baby shower and that another group of us were attending a different member's baby shower the next day. It is a joy to meet new friends (and for the record, I have never attended a festival of any sort where I couldn't spot at least one potential member wandering alone) and welcome them home to their Folk. It is a joy to revel in the companionship of your own people and to hug and shake hands and promise to see one another again soon at the end of a long day.

Now, as we all know, the basis of any outdoor festival is to engage in the time-honored tradition of standing around drinking in the heat of the sun. As a German festival there were the obligatory polka bands playing and tents selling German sausages and kraut; all pleasant, all standards, but there is something unique about Freudenfest; there are nearly no vendors. This is because Oldenburg is a city that has resisted the modern urge to forsake the heritage of those who built it. The town is filled with small shops and restaurants selling all manner of Germanic fare daily, even the aisle signs in the grocery store are bilingual English/Deutsch.



We also ate corn on the cob, because this is Indiana, and we do that. “Corn isn’t German,” you say? Shut your non-Indiana face.

*July Like A Dog II: The Michigandering*



Oh, you poor fools! All this time you have read my tales of Indiana intrigue and invasion of neighboring Ohio, never realizing that Michigan was the jewel that we have been coveting all along.

We have held moots in Michigan before, but it was not until this July that we incorporated America's Mitten into the New Michiana Empire. Our moots in Michigan are now monthly, so if you live in the land of the Pure then don't hesitate to come out and engage in fellowship with your Folk, we would be overjoyed to welcome you!



We kicked off this momentous occasion with a day of lakeside fun at Fort Custer State Recreation Area. I suspect that Michigan chose “Recreation Area” rather than “Park” to trick outsiders into believing that it was less fun. Fortunately, we saw through their clever ruse and had a great time swimming, talking, and canoeing. We held blot and swung kettlebells, we reminisced and plotted for the future.



If I have a regret of the day, it's that I started the moot too late; six hours seems like a long time, and yet there we were, racing out into the coming darkness before the park locked the gates on us because we genuinely were not ready to say goodbye.



Michiboreans (and a few of our Indiana kinsmen) are reserved and elusive creatures who do not enjoy being photographed in their natural habitat. I have committed myself to luring more of them into our photos by continuing to grow less good-looking with each passing day and month. The better everyone else looks when pictured with me, the more irresistible showing off for the camera will become. Therefore, I would like it noted for the record that I am choosing to become less attractive for the good of the Folk and NOT as a result of the ravages of biology.

### *Upcoming Events*

# BEACH MOOT - INDIANA

Saturday, August 20th

Lake Monroe - Paynetown Recreation Area @ 3pm



Camping, swimming,  
hiking, etc.  
Family friendly

Camping is optional but some will stay Saturday night.  
Contact [Jrock@runestone.org](mailto:Jrock@runestone.org) for details

**August 27th @ 2pm**

**Fort Custer Recreation Area  
Eagle Lake Beach**

**\$10 State Park fee  
Swimming, kayaking,  
Hiking, etc.  
Family friendly!**

**Contact [JROCK@Runestone.org](mailto:JROCK@Runestone.org) for more details**



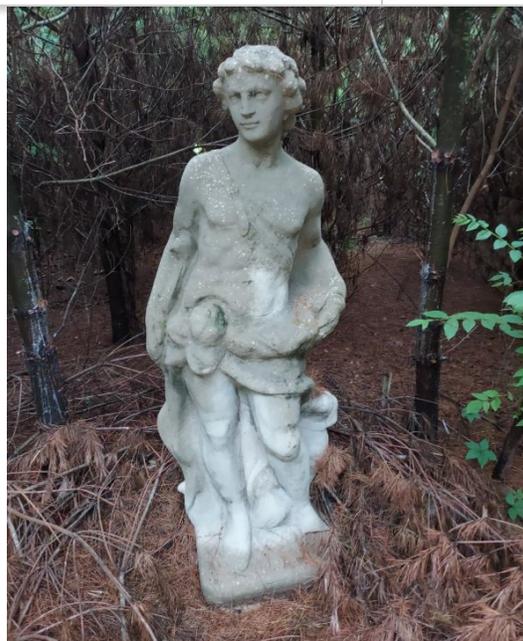


Johnathan Rock  
Apprentice Folkbuilder  
[jrock@runestone.org](mailto:jrock@runestone.org)

### *Southern Indiana Camping Trip*



We had a great weekend on a camping trip with Heimdall's Midgard. The place we camp at has expanded its trails and built quite a bit of new things. It was an excellent weekend for camping. The weather was exceptionally good and the area we picked was very peaceful.



When we weren't hiking, we discussed Victory. Victory in the AFA, the Victories of our Ancestors, and the Victory of our Folk. We also discussed Indo-European subjects.



We had blot and sumble and much much more. We do this every last Sunday weekend



Folkbuilder Zac Cato

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

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## Maine

### *Medieval Faire*

In Maine this past month, we got together and took baby Noora out for her very first Medieval Faire! Although she did sleep through most of it, she never complained once and even posed with us for a photo.

We also had the pleasure of meeting a member who just recently moved up to New England from the heat of Texas in summer just in time to walk around medieval faire with us in what has been unusually hot weather here in Maine. But even in the heat, we all had a really good time. We watched jousting along with several comedy and music shows. We also spent plenty of time checking out the many vendors there, some of which had some cool Asatru-themed items.

### *Upcoming Events*



While we were there, we talked about the Maine Highland Games Festival which is

drive for some of you. So, if anyone would like to stay at our house either the night before, the night after, or both, and ride to/from the event with us, just email me at [dmason@runestone.org](mailto:dmason@runestone.org)



Daniel Mason  
Apprentice Folkbuilder  
[dmason@runestone.org](mailto:dmason@runestone.org)

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## North Carolina

Hello, everyone! I am newly minted Apprentice Folkbuilder Robert Shotwell. I've been around the AFA since 2017 and have probably met a lot of you at various events over the years. I look forward to working with leadership, members, and the folk as a whole, to continue to grow our church and spread our values. We really have something special, and the darker things get around us, the brighter the AFA shines.



Robert Shotwell  
Apprentice Folkbuilder  
[rshotwell@runestone.org](mailto:rshotwell@runestone.org)

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## Ohio

I am Jonathan Montgomery and I have followed the path of our Folk now for 7 years. I served in the United States Marine Corps with many good Asatru friends, and they helped me along the path that has led me here to our family.

the locals) I still displayed my faith proudly in every land I visited. After joining and witnessing what a truly glorious family we have in Ohio, I became determined to spread that energy and Frith back to my home in Missouri and to bring more of our people home.

I look forward to serving our Gods and Folk.

Gods be praised!



Jonathan Montgomery  
Apprentice Folkbuilder  
[jmontgomery@runestone.org](mailto:jmontgomery@runestone.org)

### *Toledo Area Hike Moot*



It was an absolutely beautiful day for a hike, though rain earlier in the day threatened, we were undeterred.

There was a great mix of our folk who made it out and I was extremely proud that many were those that I have had the personal honor in bringing home and another whom I would love to have officially be with her folk soon.



We hiked a couple of trails through lush greenery and were greeted by some humongous mushrooms and a beautiful heron which was captured in flight by one of the MI members! As we hiked further, we broke off into smaller groups and discussed topics of the day, told tales both true and tall, and built bonds that I know will continue. Some of our retinue located a perfect pavilion for us to all sit and have some lunch and talk even further. Long drives home shortened our day but in no way the spirit of the time we shared with one another. I very much look forward to the next time we can gather and build upon the foundations that were laid.



Mike Melillo  
Apprentice Folkbuilder  
[mmelillo@runestone.org](mailto:mmelillo@runestone.org)



The sun was high, the eagles swooping, and the day calm and beautiful. Perfect day for water activities one would think. It certainly was but the fine folk of Ohio were not aware of what the day held in store. A lazy tube time rapidly turned into a not-so-lazy time. It was very fun and jovial floating down the Grand River for a bit until we realized we were very far from our destination and the beautiful sun was dropping fast. This is when our own Jessica Lambert took valiant action. She took to the shore and forest and forged ahead to our destination. Pushing through thick brush and rough terrain and putting herself in danger for the safety of the folk.

While she set out for help my tube then popped condensed the party into fewer floats and forced us to walk through the river with a little one and lady in tow. The men did their best to keep us moving forward and to keep the woman and child warm. After some rough travel, we finally came across some wonderful firemen sent to help. They took the child and woman and guided one of our men upriver while another member and I struck into the forest barefoot into the darkness with only a flashlight. Eventually, we found a path and led the fireman onto it ultimately finally reaching civilization. Other than a little mild hypothermia and some beat-up flesh all we're well. This was not wanted but was a perfect opportunity for us to test our mettle and learn what we are made of. I must say in spite of all I would never trade this experience and it has reinforced the love and respect I hold for our Ohio folk. Top notch people.



After regrouping at Jessica's house stories, were exchanged, and a wonderful night was had. The next day was not so exciting but just as delightful. Children played and swam at the very same park from the day prior while the adults played games and visited. After that, it was on to my family land for food, drinks, and a relaxing visit. A very nice blot was officiated by Cliff Erikson and the rest of the evening was filled with laughter and fun.

A small hike some good conversation and some even camped out. It was a truly enjoyable and fun weekend and I thank you all for sharing it. Until next month I wish everyone fruitful gardens and a content happy summertime. Hail to you all and take care of yourselves.

Joe Drotos

Apprentice Folkbuilder

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



### *Under Ash + Oak Moot*



On July 30th Under Ash + Oak Kindred hosted a canning moot for the women and a pub moot for the men.

Apprentice Folkbuilder, Jessica Keller led the women in a canning presentation. Our womenfolk learned how to can green beans and chicken. Jessica did an excellent job showing us the exact process of canning, what tools to use, and helpful canning tips.



While the women weaved our frith through learning new skills, the men-built comradery in relaxing conversations at our local Irish pub. The men later enjoyed a cigar and tobacco lounge before returning back to the women.



While the chicken was being processed, I officiated a Blot for Frigga's blessing to the pregnant women. Our area is flourishing with fertility, as five of our womenfolk are expecting children. Hail to healthy babies!

### *Upcoming Events*

**Under Ash + Oak Kindred Moot**

**Dublin Irish Fest**  
**August 6, 2022**

**Coffman Park,**  
**Dublin, OH**

Contact Christine Dumas  
[cdumas@runestone.org](mailto:cdumas@runestone.org)



Christine Dumas  
Apprentice Folkbuilder  
[cdumas@runestone.org](mailto:cdumas@runestone.org)

*Canning Moot*



Prepared rather than scared is what I continue to stress to folk as many changes and obstacles sweep through our society. One way I've been trying to do this is by encouraging the sharing of skills and knowledge. If you can gather resources not just material ones, but by investing time into learning and trading skills with your folk, you build a community that will be more prepared than one that does not.



We gathered this past Saturday morning to do a hands-on canning demonstration. A list of supplies and ingredients was provided to our guests for what to bring so that not only could they give canning a try in real life but also take their hard work home with them.

We canned green beans and chicken. Many said that being able to participate gave them a better idea and a different perspective on what it was like to do food processing and preservation. We all wore vintage aprons, partially for esthetics and partially for practicality. I hope to continue sharing and gaining skills among our folk because although it may not interest everyone, the one thing that is a common interest among us all is the survival of our people. To ensure that this happens, preparing to be self-sufficient plays a big role in this.

Jessica Keller

Apprentice Folkbuilder

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



### *Southern Ohio Beach Moot*



As our new daughter's emergence into this world draws nearer, my wife and I are going to have to scale back our activity, so we had a nice little beach day at a lake with the Kindred and friends. We played games and swam and had lunch followed by me leading a loose ritual in the water. Great times with great people, after the excellent Midsummer event it's nice to just have an easy one! Thanks to all that came!

### *Upcoming Events*



# Oktoberfest

August 27, @ 11:00am

Germania Society

Cincinnati OH



Folkbuilder Timothy Dumas

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

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## Pennsylvania

*Hello Kinsmen!*



As central Pennsylvania's newest apprentice folk builder I'd like to properly introduce myself. My name is Spencer Kerns, I've already met many of you at the various Ohio and Pennsylvania gatherings and had the pleasure of building frith and getting to know a lot of you personally. For those who may not know me, I am 23 and happily engaged with a baby due around Yule! I spent 4 years working for the boy scouts and about 4 years as an electrician. I absolutely love the outdoors and plan on making backpacking and hiking staple features of my future moots! I have a lot of knowledge in bushcraft, first aid, camping, and other outdoor-oriented skills and I look forward to spreading this knowledge. I am always happy to lend a helping hand so if you ever need help or

the next moot!



Spencer Kerns  
Apprentice Folkbuilder  
[skerns@runestone.org](mailto:skerns@runestone.org)

### *Sigrblot Camping Trip*



Our group shared a weekend full of frith, moments of brotherhood, laughter, and a deeper connection to the high one.

We kicked off our trip by relaxing around the fire under the stars while we shared stories and ideas of where we see the future ahead of us as we waited for all our folk to arrive and set up camp. The next morning, the men were led in a runic yoga meditation by Adam Hudak prior to our hike departure. This was to really allow for a deeper connection to our divine and create a better head space within ourselves before we would take part in Sigrblot to honor the high one. I will note, as I was not a part of the runic yoga while watching, you could just feel the intense masculine energy that was

ravens flew over them, one for each man present, and as they turned to the starting position again the ravens turned around and flew back in the opposite direction. It was so beautiful to witness this.



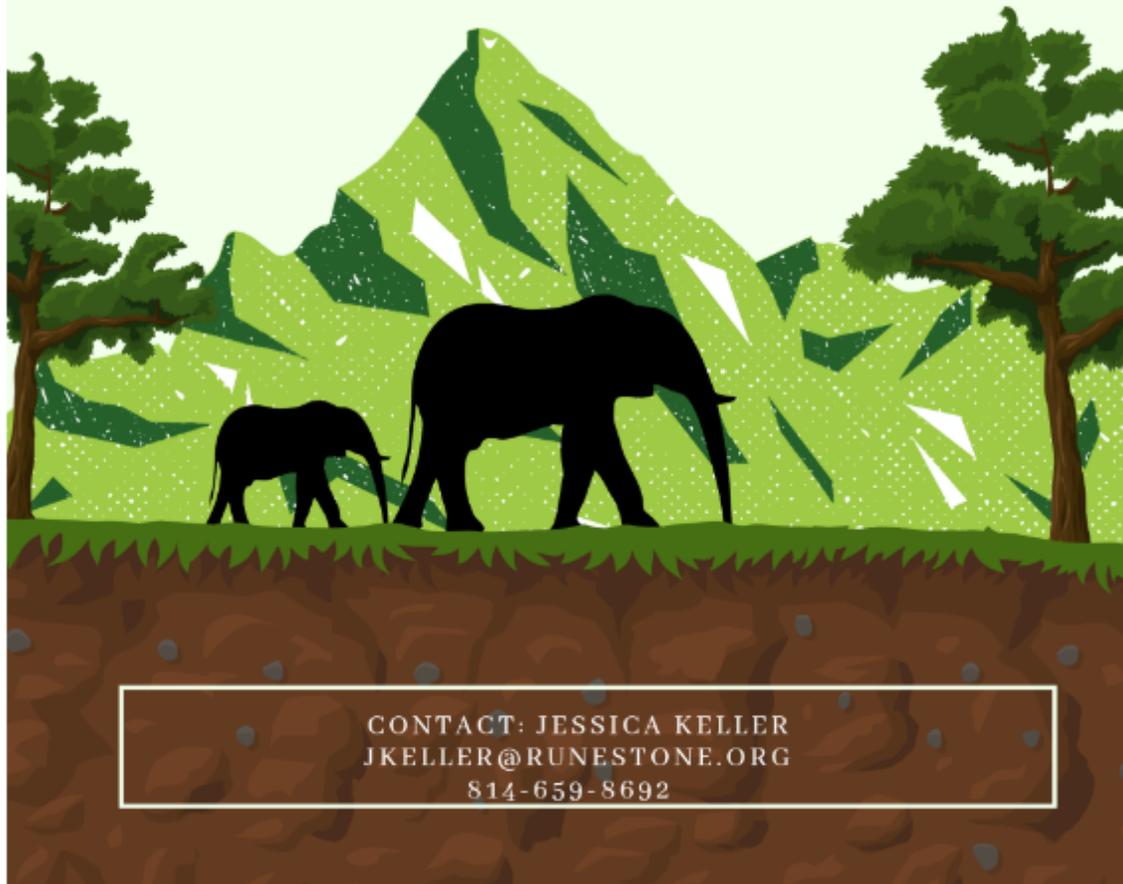
We then departed for our hike, a hike that many did not anticipate the type of endurance that would be tested on this day. We arrived at the abandoned turnpike tunnels which are in Breezewood, PA. We traveled about a mile until we met our first tunnel. Once we got there, we held a blot, which I won't touch on as another folk member will be writing about this part of it. What I will say, as we exited the tunnel as part of Blot, there was a true green light that surrounded us and the landscape just ahead, the energy was high. Truly a very powerful experience that words cannot describe. At the end of the first tunnel, I took the children back to camp and prepared our evening meal as the men decided to carry on the remaining hike which was a total of 14 miles. As they arrived back at camp, you could see the exhaustion and hunger in their eyes. After supper, mead and drinks were shared and further frith was built. The next morning, before our departure, a wayfarer blot was led by Pat Cook, reminding us of the strength we carry within us and why we keep going. As we said our goodbyes and packed up, one member said how lost they got that night in the stars, and how he lost track of time just standing outside his tent gazing up into the darkness looking for the light. This spoke to me. As fast as we all go in most of our lives, it is important to remember to distill ourselves, take in the beauty of what is left here in Midgard for us to experience that is not polluted, and just slow down sometimes. We are often led by distractions unintentionally, but these words were a reminder to ground yourself and have self-direction. This can only come from slowing down to hear yourself for its true voice.

### *Upcoming Events*

SEPTEMBER 3RD, 2022  
@11AM

# Pittsburgh, PA Zoo Moot

*Pack a lunch and Come Build Frith!!*



Teutonia Männerchor presents

# Public Oktoberfest



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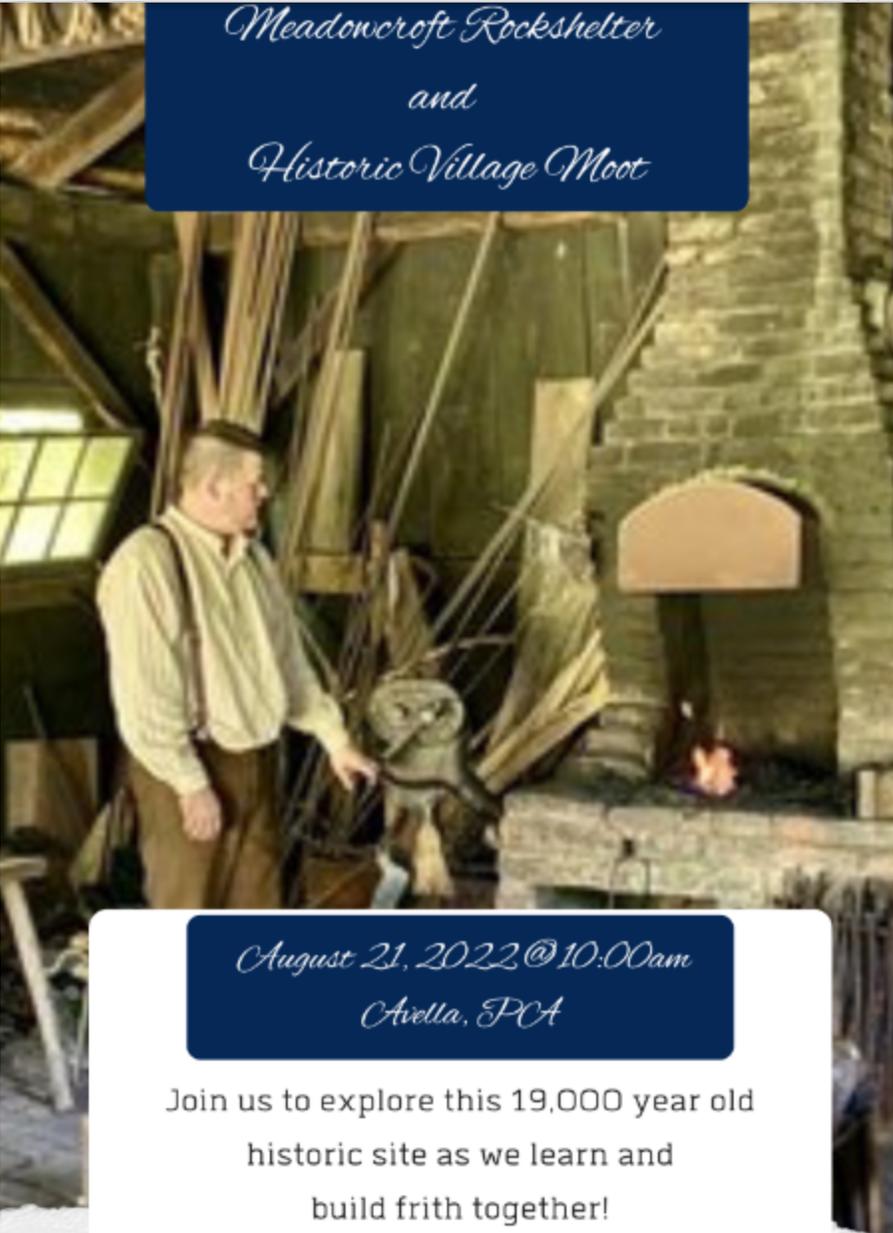
**SATURDAY, SEPT 3RD, @ 4PM**

**WE WILL MEET HERE FOR DINNER FOLLOWING THE ZOO MOOT**

**CONTACT: JESSICA KELLER  
JKELLER@RUNESTONE.ORG**

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**856 Phineas St, Pittsburgh, PA 15212**



*Meadowcroft Rockshelter  
and  
Historic Village Moot*

*August 21, 2022 @ 10:00am  
Avella, PA*

Join us to explore this 19,000 year old  
historic site as we learn and  
build frith together!  
Pack a lunch as we will picnic there!

Freyfaxi Blot to follow moot

Contact Jessica Keller  
[jkeller@runestone.org](mailto:jkeller@runestone.org)



Contact Jessica Keller  
Jkeller@runestone.org



# HERITAGE *Festival*

SUNDAY September 25th 2022

Mcconnells Mill State Park  
Portersville, PA

LIVE MUSIC | CIVIL WAR ENCAMPMENT | FOOD  
HERITAGE VENDORS | MILL TOUR | HAY RIDE

We will meet for Winder Finding Blot  
at 10am then proceed to the festival

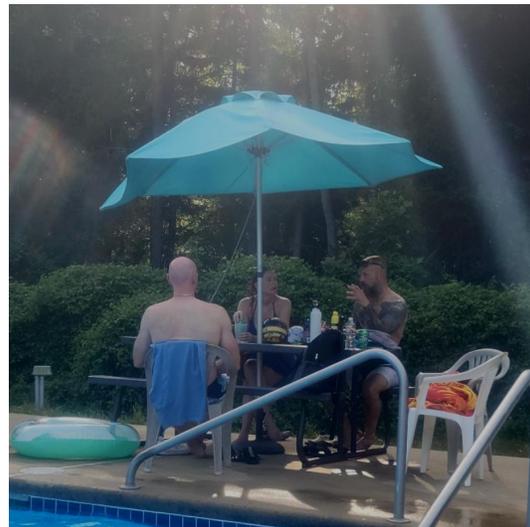
Contact Jessica Keller  
[jkeller@runestone.org](mailto:jkeller@runestone.org)



Jessica Keller  
Apprentice Folkbuilder  
[jkeller@runestone.org](mailto:jkeller@runestone.org)

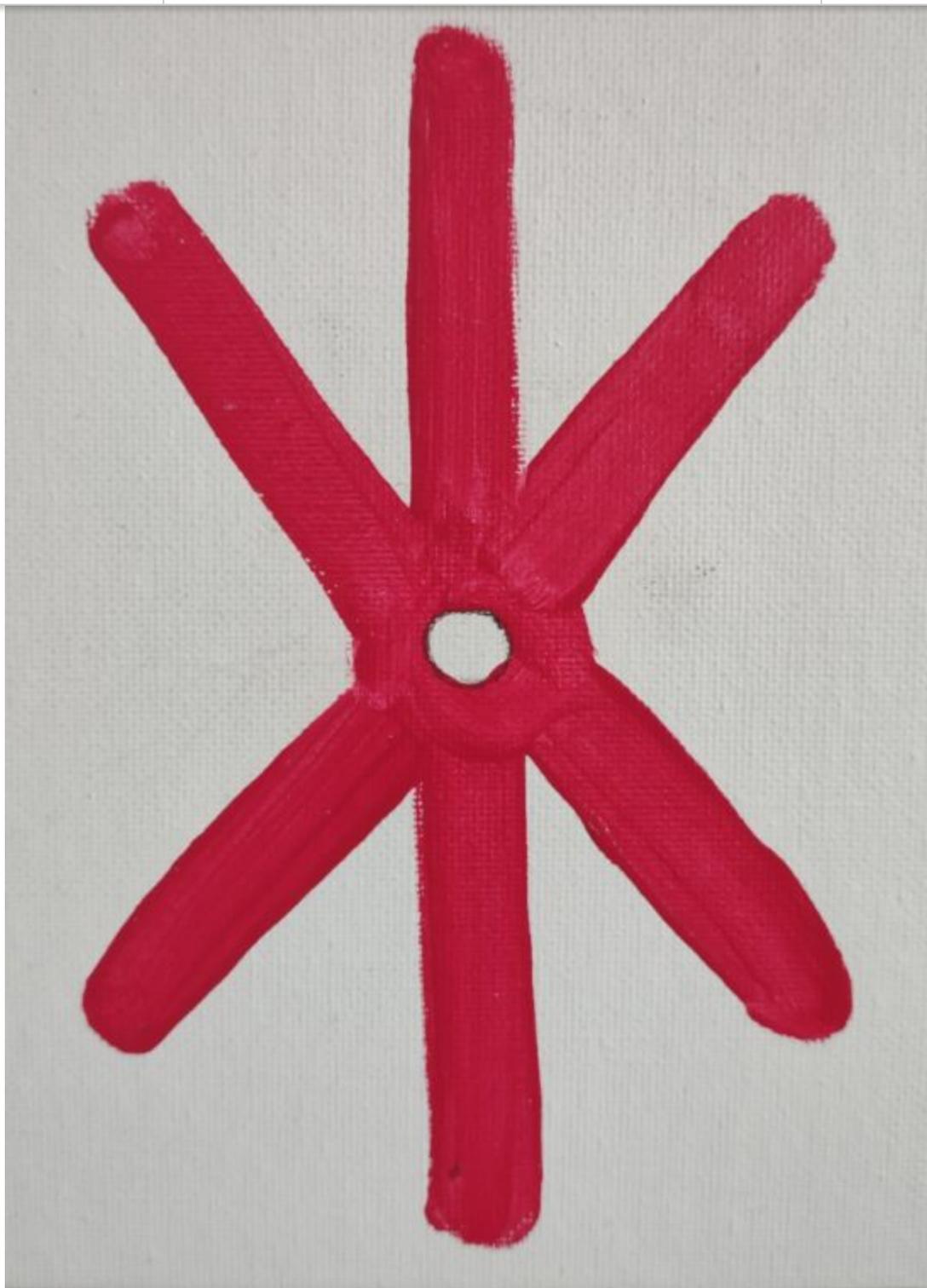


It was great to go back to the VE Club once more. When there you truly feel like you have escaped to somewhere else or even another time. In a way, like when you attend an AFA event. Nothing exists beyond for a little while. The grounds themselves sit in the middle of a very busy area but for some reason, nothing enters its center. Deer walk around freely with their young and everyone you meet is polite. A place of peace to me.



We had a great time by the pool on one of the hottest days of the year. It was nice to see the kids enjoy it as well. They are growing quickly and doing so knowing Asatru. Quite special. Certainly, look for more events here in the future, and a very special thanks to Jill for hosting this.

*Armanen Rune Yoga, Part 9 Hagal*



"Seventh I know, if I see a Fire  
High around the Housing of Men;  
However wide it burns, I will bring it to Rest  
with taming Magical-Songs."

We have come to the end of the sacred 13 with Hagal but in reality, it is a new beginning. The life that we knew is no more. Everything looks different and we are different. Almost nothing is the same. Our inner and outer world has been transmuted. I truly hope some of you have received some of the blessings that this path can give to

continue building up these Rune energies in you and "know" that you are more than just a physical being.

We have somewhat a lot to go over when it comes to the Hagal practice, but I wanted to touch on what it truly means to be Left Hand Path. Yes, I said the word! Yet here is the strange thing. If you have been following along with any of this, you have taken part in LHP practices essentially. This whole time we have been slowly conquering the darkness within ourselves and in some way rising ourselves towards the High Ones.

Some of us have learned to love our women through thought vs physical contact. Some have generated their own mead vs drinking it from the horn. We have deprived ourselves of many other earthly desires so that more will be revealed. We have stayed committed, sacrificing our time towards our practices every day for months or even years on end. We have also built our physical bodies up as well as our "other bodies" and as I have tried to stress in the past correct/ positive thinking always. All in all, we have become a better self and in turn, made the world better because of it. In fact, much of what we do was never for us but for those to come. To add, taking up this path we should not hope for any results. We should just DO. As it's been said, "Hyperborea will be found when you stop looking.". Nonetheless, I would argue that if that's what LHP is we should all be proud of it, and I would think our Gods would be proud of it too. Remember they want us to be more like them. I hope this gives you all something to think about. Just like there are many degenerate RHP folks, there are many that aren't. The same applies here.

Let's move on to a brief summary of all that we have covered so far with Armanen Rune Yoga. Much of what has been said has focused on the path of the Hero and that is my conception of the Armanen Runes. They are for He. The Is Rune is vital hence why it begins any practice. It "calms the waves" within and at the same time awakens the most powerful part of us that will be reunited with Hagal in the end. Ka is next and it helps open the door to other realms, but it will only do so if you are living right here. Think about that for a moment. Man is third and you gain the power from above because of what you have done here in Ka. Ur is wisdom from the Well as well as the source of Vril. It also is the Rune of "Memory." Cross is fifth. It combines all the energies, wisdom, and gifts from the previous Runes into one. This helps us as we go forward. The Not Rune is next, and it destroys the animal self, hate, etc. Eh plays off Not. It is the total opposite. The higher part of us and all that remains is love. Sig is eighth and is a sign that gives us victory everywhere. We will need it and She give us just that. Tyr is the reincorporation of what happened from Not on. The reborn higher self in matter. Laf is twofold. Emotion is controlled. Also, our Garma no longer affects us. It is overcome. Os is the Rune of the Wise Leader and blends the Astral body from Laf with the Spirit above. All chains are broken as the Hero becomes like Wotan. Finally, this brings us to Fa. The Rune of spiritual fire. A being of pure consciousness. The initiated Hero has made it home. He has turned back the wheel, gone through all

## Hagal Rune Yoga Practice

Note: There are far too many pictures to show this in full but if you have done the previous exercises, it will all come together fairly easily.

1. Face North and take 5 to 7 deep breaths in the Is Rune Stance.
2. Raise your arms in the Cross Rune position. Breathe in and as you breathe out turn clockwise, pivoting with your feet like an axis, and as you do so say haaaaa or ha ha ha ha.
3. You are now north again. Raise your arms into the Not Rune and do the same as in Cross. Turning and humming nnnnnnn instead.
4. Now Cross again. Same process as step 2.
5. Now the Eh Rune. Turn and sing aaaaaa.
6. This brings us to another Cross turn.
7. You pause, breathe in the Is rune position and sing eeeeeee. No turn here.
8. You raise your arms into the Man Rune Position. Breathe in all from above then turn and hum mmmmmnnnn.
9. This brings us to another Cross Rune turn.
10. Now you take the Tyr Rune position. Pulling from below, turn and sing tttyyyrrr.
11. Another Cross Rune turn.
12. Pause, breathe in in the Is Rune position again and sing eeeee.
13. Lastly, make the Gibur Rune stance (basically an X) no turning and sing haaaa or geeeee. I tend to do the latter, but it is up to you.

Note: You can say the runes softly during this or somewhat louder. Change the tones.

An important thing to remember is galdring is not done just in a deep tone. Much will be revealed about the nature of the Runes by switching them as it moves throughout your body. Also, for those who have never tried galdring some of the Gods names much will be revealed about Them as well. "Oddiiinnnnnn" is very apparent. The above is repeated 3 times. During and after each round try not to think of anything. Go into what has been called the "void state". Stay in the Is rune position and turn off all thoughts before going again. During the Hagal practice itself, your eyes remain open and locked slightly above and think of nothing. You can also focus on the bridge of your nose in the final round. You may get some pressure in your chest during this but over time it will start to subside as you improve your breathing.

So, what is the Hagal Rune? I would like to give some information on what probably many of you know and some of my own thoughts. Typically, we think of Hagal as the entire cosmos, the World Tree. At the same time on a smaller scale represents the human body. We are our own cosmos in every sense of the word. So much goes on inside of us. There are what may be considered contrary forces and there are some that

One has learned to use every aspect of himself for good. In the end, there really isn't bad or good. They just are. They are two of the same but on opposite sides of the spectrum. We have the Man and Yr rune combined as well. The Androgynous being. Matter and Spirit combined as well as some have said. If we look up into the night sky and view Venus, it shines very much like Hagal. Venus has been associated with the Gral and so has Hagal. I do believe it is the Gral Rune. It is like a calcified image of what we need to strive to be. Simply put, the God Man. Wotan descended and hung on the Tree, here, Externsteine to win back the power of the Runes. Essentially, HE became Hagal after that. Ironically, we find ourselves in the very same place. This beautiful occurrence only happens here. We are that lucky. Often, we look up to the starry heavens hoping to be somewhere else. I understand. I have been there but there is no need to do that. The action or proving grounds if you will IS under your feet. All the tools we need are right here and within us. Destiny has brought us here. We are exactly where we should be.

Hail he who learns them.

Hail he who teaches them.

Therefore, take advantage of the blessings.

He who hears them.

Whether He comes, whether he goes, Wotan's Knowledge remains.....

Thanks for listening. \*





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

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## Sweden

*Solstice Celebrations and Praise to the High One*



Hroptatyr Kindred took part in a public solstice celebration. There was a midsummer pole, live music, a torch-march to a bog, and said torches were then placed on a small raft. The procedure was accompanied by a woman singing a traditional song. Of course, we were a minority there among regular Swedes and tourists but very uplifting to see the curiosity and excitement in youngsters and elders alike.



Then we left for the real celebration, held at Åbrott stone circle where we have gathered many times before. This time our kindred was joined by a German couple who had approached one of us during the earlier celebration. By chance, one could say but we all know that the days of “chances” are over for us.



Our German guests were very moved and overwhelmed during and after our ritual. I think it's very telling that again and again when we have guests, sometimes like in this case non-Swedish speaking guests, they are always so affected.

*Odin Blot*



The ninth of July we met up in the circle again for Odin blot. It's a cliché but the term "you had to be there" is very suitable since I'm not capable in the English language to do it justice by words. This time after the ritual some of us decided to sleep beneath the sky in the stone circle itself. One even decided to stay awake to meditate through the night.



Personally, I gave toasts both in honor of the latest Hof and toasts dedicated to our Folkbuilder here in Sweden and our Folkbuilders in Vinland. To me, the feeling of honoring the gods and being part of AFA is a combination unmatched by anything else. How the gods must rejoice because of the dedicated work from all the men and women in the AFA from all over the world. Our bonds are strong, and our voices get stronger every day.

*Segeberlot up North*



Summer is coming to a close up here. What a summer we have had. We have had an incredible cloudberry harvest this year. Despite the dry summer we've had, it looks like we'll be having an incredible blueberry harvest and mushroom harvest as well!

But the dark has started to encroach. The nights have become actual nights, the air has a cold sting to it. Fall is coming. And we must prepare. As the Gods prepare to fight the forces of chaos and disorder, so must we prepare for the coming of darkness in our lives. The darkness of a season, the darkness of personal strife, of tragedy and loss.



To prepare is to not admit defeat. To not admit defeat is to go in to win. To have victory. And we plan to be victorious this year as well.

So, we gave blot to Sigtyr. We gave freshly picked cloudberry and a strong drink to go with it and asked in exchange for aid in seizing victory in our lives. And victory for the AFA. I believe he heard our request.

Darkness, bring it on!

Hail Sigtyr!

Hail the Folk!

Hail the AFA!

*Upcoming Event: Njord Blot in Tornedalen*



Join the Lugnets up north on the 13th of August as we give blot to Njord to celebrate the success of Njordshof.

### *Freyfaxi in the North*



Join the Lugnets up north on August the 27th as we celebrate Freyfaxi.



Erik Lugnet  
Apprentice Folkbuilder  
[elugnet@runestone.org](mailto:elugnet@runestone.org)

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## West Virginia

### *Sigrblot Under the Mountain*

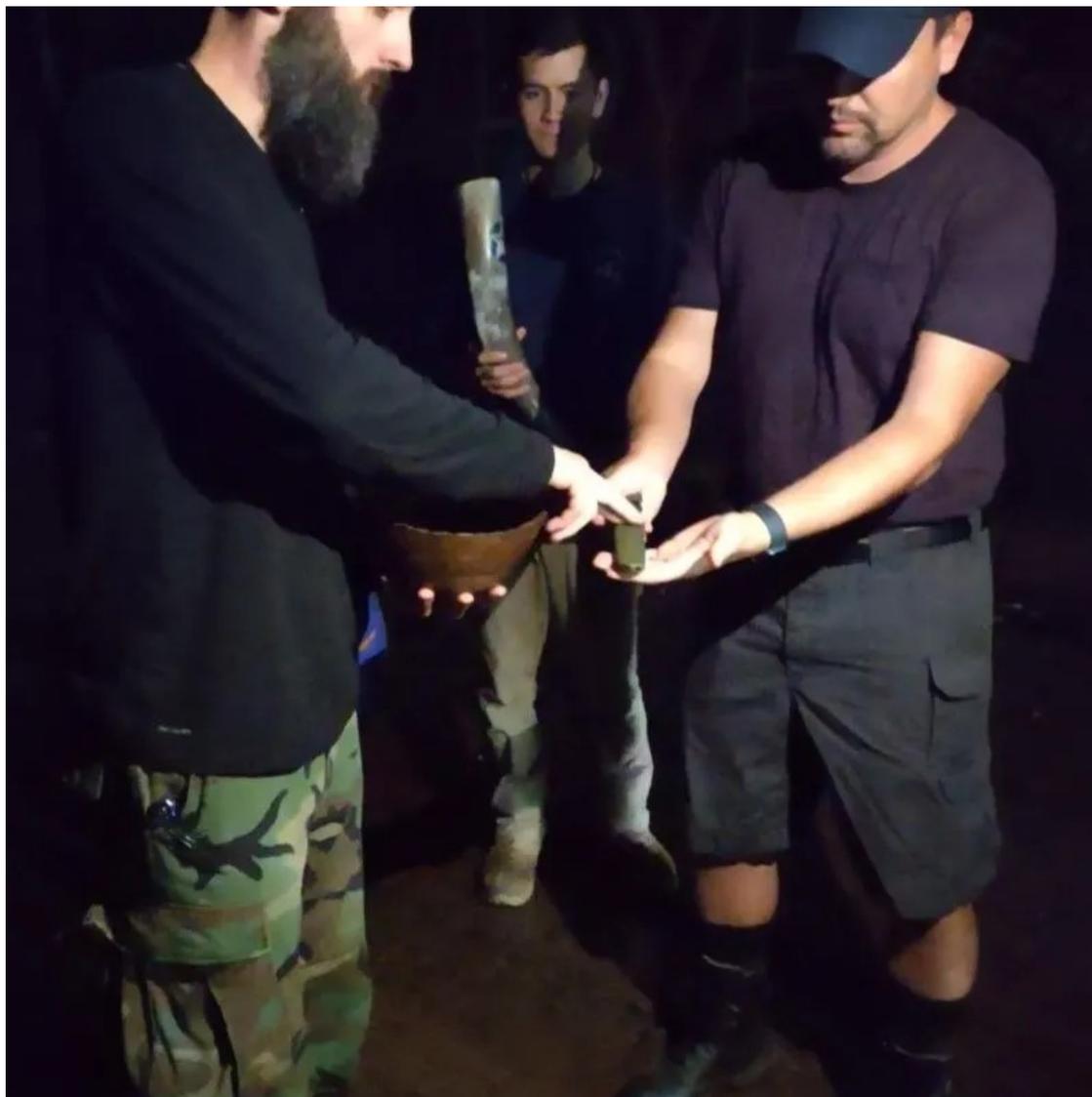


This August I was thrilled to have the opportunity to team up with my good friends, Folkbuilders Adam Hudak and Jessica Keller for Sigrblot in PA. The event was excellently hosted and well attended.

Some of the best blots that I've ever seen or done over the years have been built around the reenactment of a particular myth, with the participants each playing the part of the story's protagonist. This practice both brings the myth into the world in a concrete way and attunes the individual to the fundamental truth beneath the story.

Our Sigrblot thus consisted of a dramatization of the Winning of the Holy Mead. Down

us was greeted by Gunlod, expertly played by Folkbuilder Jessica Keller. Then, our blot in the dark was a ritual "burning away" of our shortcomings and character defects of this life, before being granted access to the holy Alu.



Before departing through the other side of the mountain and into the light, each of the men had blessed a specific tool of his trade, each an instrument of martial or industrial craft, with which to claim and achieve Victory in the coming season.

After blot, our party symbolized their claimed and assured victory by completing a long march along the abandoned Turnpike - a physical exertion that ended up being 14 miles by the end of the day!

The three of us made an appositively invincible team for both the planning and the officiating of an intensely moving Sigrblot. Even more fortuitous was the addition of Apprentice Folkbuilder Spencer Kerns, who was present at our ritual and stepped forward into leadership shortly thereafter. I look forward to serving with this newly assembled crew of passionate and talented men and women, as we continue spinning up a storm of power here in our region!



Folkbuilder Patrick Cook

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



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