

The Runestone: Voice of the Asatru Folk Assembly












## Þórshof

Second Hof of the Asatru Folk Assembly

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**Donate to the AFA**

## **Words from the Alsherjargothi**



Victory never sleeps and neither does the AFA. In July we continued our evolution. We celebrated our first major event at Sigheim and it was a powerful experience for all of us! We saw new apprentice Folkbuilders join our ranks, inspired to build and to achieve. We saw roots settle in for the beautiful community we will build from Sigheim and we have seen the character of our members and our leadership refined.

Always, but especially now, we should never settle for stagnation but focus on moving, on building, on doing. The virility and energy of summer is all around us and we should use this time to be dynamic.

The summer and fall are full of AFA events, national, regional, and local. Get involved. Meet with other AFA members. Surround yourselves with our vibrant AFA family!

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel  
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## We Remember



### **Michael Lee Vaughn †12/05/86 - 7/17/23‡**

Michael Lee Vaughn was born near the Yuletide of 1986, in the state of Georgia, not too far from the Florida line. He had a happy childhood, with loving parents and siblings, as well as his niece who he loved dearly. His hobbies included reading, travel, bodybuilding, and esoterica.

When Michael became an adult, he enlisted in the United States Army and joined the Infantry. Like many men of our faith, he wanted to be a capable warrior, and so he became one. He served his time, left the Army, and went to college. He graduated with a degree in marketing, and made a respectable career with it. He spent the next few years of his life working and traveling, seeing many beautiful parts of Midgard and living a life we would all be a bit envious of. In 2021, he attended the first ever Ostara at Þórshof, a national event, at the invitation of another member who was a personal friend of his. During high sumbel at that event, he shared a heartfelt speech on how touched he was by the Gods and our church.

His love for the Folk and the AFA was clear for all to see. He became an official member of our church the very next day.

In the two years since then, he made friends with many of the Folk in Texas, including Folkbuilders Justin Day and Jesse Parton. They shared many great events before Michael hit the road again, traveling through Europe and Asia for the last two years of his life.

Michael was a constant smiling face, font of knowledge, and teller of tales. Among our Folk, he will be cherished and remembered.

Hail Michael Lee Vaughn!

## **Words from the Witan**

*A Grateful Heart*





This article was supposed to cover the third component of the Aryan Soul, but life dictated a slight shift in the regularly scheduled programming for Daniel.

This past Sunday i had a brush with death due to a serious health scare. I was mended quickly and will return ot my full faculties very soon. It was the fast action of my wife and medical professionals that made my being here at all possible. By the skin of my teeth.

Every day from then until my demise is a gift and is borrowed time. Time is our most precious commodity. It's quite literally the only finite commodity. I don't intend to waste any of mine on petty nonsense, and I ask that you all do the same. Every breath we are given is a gift, and the next one could be our last. Don't waste a minute of it on non-productive things or people. Build each other up, call your loved ones. We are all on borrowed time.

Thanks go out to all who comforted my wife and daughter, and sent up prayer to the Noble Aesir, the Loving Asynjur and to the ancestors.

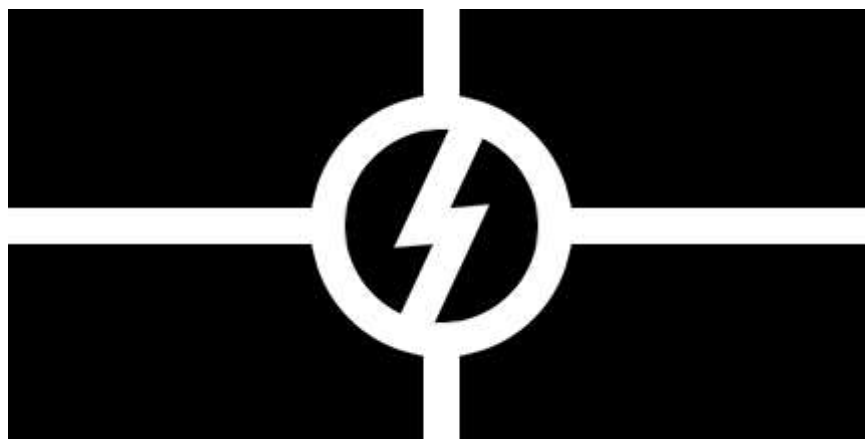
I love you all, and am grateful that my story isn't over.



Witan Daniel Young

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*Victory requires Loyalty; Divinity demands Piety*



I have joked a few times this summer about how "it sure has been a hot summer for the AFA". We have had some people, inside and outside the AFA both, raise doubts about if the Asatru Folk Assembly is the Church of the Aesir in Midgard. Some of them have even left the Asatru Folk Assembly to start anew, creating democratic organizations that they think will empower them to have a greater say in "Asatru". The problem is these endeavors are doomed to fail. The most obvious reason is that they are founded against something instead of for something, and that they are founded by quitters instead of people who see things through. People that would quit their church over anything short of theological differences never really believed in that church to begin with, and when they do this the quality of our membership improves by the subtraction. In these mixed-up times our Folk deserves leadership who will make decisions for the greatest good over the longest run. There is no one ever who won by quitting. Trust and loyalty to the Asatru Folk Assembly and to our Alsherjargothi are not optional if we are to claim victory for our Folk Soul.

The Gothar of the Asatru Folk Assembly represent our Folk to the Aesir when they make Blot. Our Gods are real, they are alive, they exert their will in our world, and they can see us. When a Gothi or Gythia gives a gift, an offering, to the Gods and that gift is always in reciprocation for gifts the Gods already have given us. It is made of

the gifts they have given us, and it is made by the gifts they have given us. It is a thank-you, and we hope that in giving it that the Gods choose to continue the gift cycle with the Folk that the Gods started at the beginning of our world. The Gothi or Gythia is there to receive the gift on behalf of the Folk. This gift cycle is the basis of our faith, and our Gods and Goddesses are divine, and so piety is not optional even if we cannot be perfectly pious.



Witan Clifford Erickson  
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## Words from our Gothar

*Folk Futhark- Part 3*





GEBO- This is the rune of the gifting cycle, which is the foundation on which the AFA is built. The Gods have blessed us so abundantly, and even more so since Founder McNallen revived their worship here in Midgard, because of the gifting cycle. If there is a rune that symbolizes Blöt the best, it would be Gebo!

This stave is one of the most different from its Elder Futhark cognate, as it is borrowed from the Gibor rune of the Armanen Futhark. The shape looks to me as a connection between the upper and middle worlds, as if to symbolize the path that the gifts between us and the Gods travel upon.





WUNJO- The rune of joy and harmony! This one is simple, but also quite broad in the scope of its usage. You could use this for anything relating to hope, perfection, contentment, or positivity. For example, I have it carved on the inside of my wedding band, to remind me of the joy in marriage.

This stave is unchanged, it is the same as the one used in the Elder Futhark. Just a line version of the letter P.



HAGALAZ- There are no "bad runes", but there are ones that should be treated more cautiously than others. Hagalaz is one of them. The name translates directly to "hail," and can be associated with the "storms" in our lives. Chaos, struggle, challenges, anything that can be difficult for us but give us opportunity to grow. My Gothar Program mentor told me that this could symbolize the ancient Germanic custom of holmgang, where two men would battle to the death to prove who was right in some dispute. Hagalaz may make you feel like you're fighting for your life, but there's a reward on the other side!

This stave is also taken from the Armanen Futhark, from the Hagal rune, called the "Mother Rune" by many Armanists. I view this stave as the various lines being differing paths that could be taken to the center of the rune, which represents victory at the end of those paths. Victory through trial.

Gothi Trent East

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*Lord of the Sea Shanty (Hail Njörð!)*



Yo-Ho! Hail Njörð! Njörðr, lord of the sea;  
Yo-Ho! Hail Njörðr! Grant us prosperity.

Down by the shore – in Nóatún lives;  
a prince of Wanes, who wisdom gives.  
Fair-winds our folk – on voyages wide;  
you bless us by, and take our side.

Yo-Ho! Hail Njörð! Njörðr, lord of the sea;  
Yo-Ho! Hail Njörðr! Grant us prosperity.

A temple we share – now sacred the ground,

a gift for gift, we are bound.  
Reward noble deeds – to grow our wealth;  
to heal our Folk, restore our health.

Yo-Ho! Hail Njörð! Njörðr, lord of the sea;  
Yo-Ho! Hail Njörðr! Grant us prosperity.

At Njörðshof we join – together in grith;  
the feasting table, feeds our Frith.  
Fair-winds our folk – on voyages wide;  
you bless us by, and take our side.

Yo-Ho! Hail Njörð! Njörðr, lord of the sea;  
Yo-Ho! Hail Njörðr! Grant us prosperity.

Yo-Ho! Hail Njörð!

Yo-Ho! Hail Njörð!

Yo-Ho! Hail Njörð!

\*sing-a-long at Njörðshof for Freyfaxi



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*Being Relentless*





Since my last entry for the *Runestone*, there has been a change in my life. As a lot of you already know, about two weeks ago at Sigrblot at Sigrheim, I was given the honor and privilege of swearing my Oath to take up the ring and stole and serve the folk as a Gothi. I am honored and grateful for the opportunity, and this month I want to take a few minutes of your time to tell you why.

Standing up on Tyr's Ridge, on the future site of his temple, speaking of victories past,

present, and future, I was struck with the feeling of wholeness. Everything was going just the way it should, the rightness of it was palpable. Yes, myself and everyone else there were sweaty and some of us were a bit more gassed than others from the climb, but every face that I could see was smiling, every bit of conversation I overheard was positive and joyous.

As the Alsherjargothi dedicated the Sword of Týrshof, and gave it its name, Relentless, the holiness of those moments could not and cannot be described in mere words, but suffice it to say, that it was so moving that grown men prone to constant stoicism were moved to tears. But those tears were joyous, pious, and soul-mending. So glad and content were my heart and soul, that when I was asked if I wanted to take my Oath, it felt like this moment was always going to happen, that it was meant to be.

I was fortunate to share the honor of being the first two Oaths sworn on that holy relic with Folkbuilder Tyler Bethea, who has many times over demonstrated his relentless spirit to his Folk, his Ancestors, and his Gods. He is a great reminder of the level of devotion, piety, and will that we all should aspire to ourselves.

So, what does being relentless look like for me? What are the yardsticks that I'm measuring this quality by?

I will be relentless in my Oath to educate the Folk. There are few things here in Midgard that I love more than teaching people about our Lore and our history. Our story is so vast, varied, complex, unique, and amazing, that I want all of you to know as much as you want to learn. The more you learn of the immense body of knowledge and wisdom passed down to us, the more it sinks into your bones, and the more pious you become.

I will be relentless in my piety, as an example to the Folk. This is what separates us from those in the world today that merely put on the costume, those who are pious when it's convenient or for show. Asatru isn't a social club, and it isn't a hobby. This is the very real faith of our Ancestors and it should be treated as such. To that end, I will strive every day to cultivate, elevate, and maintain my understanding and connection to our Ancestors and the Gods. By doing so, I will be better equipped to lead the folk in finding their own relationship with the Holy Powers.

I will be relentless in my love for our Church and our Folk. I believe in what we're doing with all my heart and soul. I have and will continue to take every opportunity to celebrate us and everything about us. Love for ourselves as a folk must be at the center of everything we do; it is normal and natural to love your Folk, no matter what the

modern world tells you. I will do my best to encourage our Folk to do the same and continue to seek out that which is beautiful and good about us and share it often.

I will be steadfast in my Loyalty to our Church. What we have in the AFA is unique, it is Good, and it must endure for generations to come. An unfortunate fact of life is that as soon as Good begins to stack victories, evil in all its forms is out for blood. It is also unfortunate that our own worst enemy is often ourselves. To combat this, I will be loyal to our Gods, my Ancestors, and Our Church. By this example, I will empower my folk to continue to build on the bright fame we are winning every day in the AFA.

Lastly, I will give wise rede to my Folk. As one of your priests, it is my duty to stand by you, all of you, through thick and thin. I do not see this as a burdensome chore, but rather my calling in this life. I am always going to make time for you, to the best of my abilities, day and night. If I don't know the answer, I'm going to find someone who does.

As my dear friend Witan Young said up on Tyr's Ridge, I just exude joy when I'm around my Folk. I love our Church; I love my Folk.



Gothi Bodi Mayo

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*Kenaz*



Hails from Northern Idaho! This month we discussed the Rune Kenaz of the Elder futhark and KA from the Armanen runes.

Old English rune poem- (Torch) is to every living person known by its fire, it is clear and bright, it usually burns when the noblemen rest inside the hall.

Norwegian rune poem- Sore is the curse of children, grief makes a man pale.

Icelandic rune poem- Sore is the bale of children, and a scourge, and the house of rotten flesh.

Kenaz- Represents moments when awareness bursts through into consciousness. It is the element of fire under focused control. It represents technological Knowledge and the ability to shape. It is human ingenuity. Kenaz is inspiration, an idea to solve a problem, it is controlled energy to shape and transform. Regeneration to begin again, to give something more life or life anew. The will to generate and create.

I have found that this rune has two distinct energies, but we will concentrate only on the Old English poem. Meditation upon that poem brought me to the realization that Kenaz is the feeling you get when you have a great idea- your eyes widen and there is that spark of creativity, that is the vibration.

An experience I had with this rune was at work we were going to have a meeting to come up with new concepts to present to one of our customers. Several hours before the meeting, I meditated on the feeling of idea, inspiration and merged it with the subject matter of the upcoming meeting. Sure enough, a revolutionary concept arose within me that was perfect, and I impressed myself. In that meeting everything was crystal clear about what should be done.



The keys to unlocking these poems are inside of you, immerse yourself in all the material that you can find about that rune. Meditate upon it, draw the rune, stare at its shape, carve it in your mind and at some point, you will have a flash of inspiration from your higher self that will make perfect sense. The runes were given to us by Odin the All-father, he won them by sacrificing himself to himself, and they will allow you to work your will here in Midgard. Remember however, that your will must be in alignment with natural law and your purpose! Discovering your purpose and mastery over yourself should be your priority before manipulating the primordial energies of the universe, good luck!

Our next meeting will be held on Sunday August the 27th in CDA.

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



Gothi Joe Rozanek

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## 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 \$106,160.63 on our remaining loan.
2. We need to raise our monthly donation average by 4%.
  - This is membership dues/hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!

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## Sigrheim: Home of Victory



Sigrblot at Sigrheim I





**Freyfaxi at Sigrheim**  
**Friday, August 11th**  
 w/ special guests  
**Founder Steve and Cythia Sheila  
 McNallen**  
 Contact Folkbuilder Nick Rice for more info / [nrice@runestone.org](mailto:nrice@runestone.org)



**WINTER FINDING AT SIGRHEIM**  
**SEPTEMBER 23RD**  
 RSVP w/ [NRICE@RUNESTONE.ORG](mailto:nrice@runestone.org)



Matthew D. Flavel  
 Alsherjargothi, Asatru Folk Assembly  
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# Victory Never Sleeps

The Asatru Folk Assembly Presents

**Victory Never Sleeps!**

Wednesdays at 6PM Pacific / 8PM Central

vk.com/AsatruFolkAssembly

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entropystream.live/app/MattFlavel

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The banner features a central logo of a white triskelion on a dark blue circle, surrounded by a golden laurel wreath. The background is a collage of images including a wooden house and a church. Social media icons for VK, Odysee, Entropystream, Rumble, YouTube, and Twitter are arranged around the central logo, each with its corresponding URL.



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# AFA Asatru Academy



For More Info: [Welcome | Asatru Academy](#).

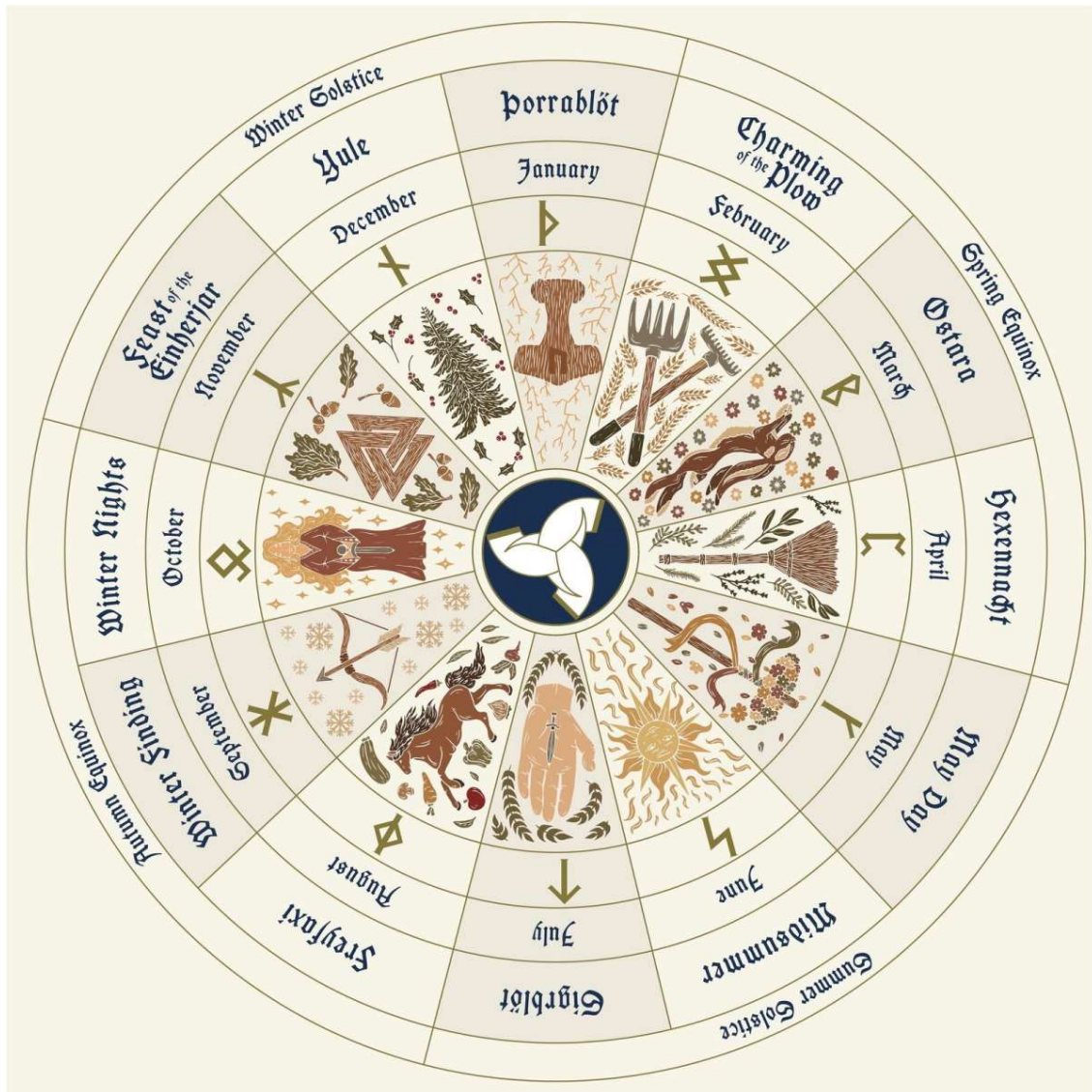
Hello parents and students. I'd like to take this time to welcome all our new students! We are very excited to have you as part of our academy. Rest assured our staff have been hard at work to bring you the very best homeschooling, the afa way, experience possible. If you have not watched Assistant Dean Rachel Johnson's orientation recording, I highly suggest you take time to watch it. We will also have plenty of opportunities to interact via video conference, throughout the year. We are so proud and excited for the upcoming year, and can't wait to see all our new kids! If you need anything at all, please reach out to myself, or any of our dedicated staff who're listed on the [Academy website](#).

Welcome to the AFA Asatru Academy!



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

# Remembrance & Holy Days



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

**2023**

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



Date	Observance
December 20-31 (observed on 16th)	Yuletide

# 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 of his people.

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 to 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  
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# Holiday

## *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 the 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.

Those seeds that we planted after Mayday and tended so carefully for the last few months have grown and some of them should be bearing the fruit of all of that labor. 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.



Gythia Catie Erickson  
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## Upcoming National Events

*Freyfaxi at Baldrshof | August 18th-20th*



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

7 Meals \* 4 Blots \* 3 Morning Dedications \* High Sumbel \* Daily Fika \* Multiple Educational Discussions and Classes \* Childrens Activities and Sumbel \* Merchandise Table \* Live Auction and Silent Auction \* Baldrsball \* Meet your Folk and local and National Leadership.





# Freyfaxi At Baldrshof 2023

Our national event!

Please check in at the table when you arrive



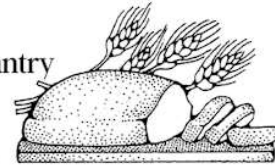
## Friday 8/18:

8 am: Breakfast  
 9 am: Dedication -Baldr  
 10 am : Fika  
 11 am: Welcoming of the Gods  
 11:30 am: Water Wars  
 Noon: Lunch  
 1 pm: Men's/Women's groups  
 3 pm: Class 1 (Virtue Recovery)  
 4 pm: Folk time / Crochet Class  
 5 pm: Dinner  
 6 pm: Baldrsblot and Children's activity  
 7 pm: Baldrball  
 10 pm: Hof closes



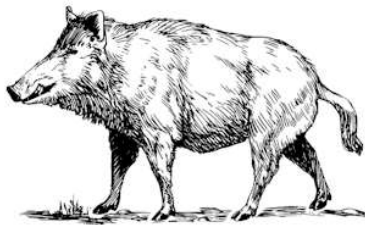
## Saturday 8/19:

8 am: Breakfast  
 9 am: Dedication- Else  
 10 am: Fika and Food Pantry  
 11 am: Class 1 (Freyfaxi)  
 Noon: Lunch  
 1 pm: Class 2 (Sigrheim)  
 2 pm: Folk Time / Crochet class  
 4 pm: Freyfaxi Blot, Children's Blot, and Ceremonies of the Folk  
 5 pm: Dinner  
 6 pm: Auction/ Complete silent auction  
 8 pm: Sumbel and Children's Sumbel  
 10 pm: Hof closes



## Sunday 8/20:

8 am: Breakfast  
 9 am: Dedication -Ancestors  
 10 am: Fika  
 11 am: Wayfarer Blot  
 Noon: Hof closes / Cleanup



Come celebrate with your Folk this Freyfaxi 2023 at the House of Baldr!

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



Witan Brandy Callahan  
[bcallahan@runestone.org](mailto:bcallahan@runestone.org)

*Texas Harvestfest | August 25th-27th*



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

Texas Harvestfest is a celebration of labor, accomplishments, and triumphs of our Folk at the end of the harsh southern summer. The evening of August 25th through the morning of August 27th, we will gather to give honor and thanks to Freyr for the abundance and fertility that we have been blessed with over the growing season before we begin our preparations for winter.

Over the course of this weekend-long festival, we will enjoy games, participate in workshops, hold an auction, have great food, and hold Blot to our Gods. We will have a group hall to gather in, with multiple barracks that can house many people, all on a beautiful lakeside looking out upon the cliffs. Tickets will sell out quickly, so reserve your spot now to Texas Harvestfest 2023!



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



Folkbuilder Justin Day  
[jday@runestone.org](mailto:jday@runestone.org)

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



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

Freyr's Harvest Feast is the time to honor the Gods after a productive year's Harvest. On September 22nd through the 24th, we gather together for a weekend filled with activities that honor the three Vanir deities Njord, Freyr, and Freya.

During the course of the weekend, the folk gathers together for three blots using mead donated by Heinlein's Hollow Meadery.

In addition to blot, we see the display of Freyr's Proposal on stage (stage under construction), the viking games tournament with a prize to be revealed at the feast as well as access to the Drengir Dinner where all previous years' champions are invited out the day before the event.

In addition to brawn, the brain is tested in our Hnefatafl competition. While this competition is less fierce the bragging rights are still pretty good. Guests can also test their luck at a game of Orlog.

While there are plenty of contests, we still have plenty of time for several workshops, and speeches by guest speakers. Craftsmen will also bring their wares out to sell and authors to sign their books. An AFA benefiting auction will provide ample opportunities to walk away with a bag full of spoils.

The whole event is hosted on a private 20-acre ranch in a very low-population area. It's on the river and away from prying eyes. So not only do you get to enjoy a full event you can take in the beauty of rural Montana, enjoy the river and see what an AFA homestead looks like. An optional tour and sunbel will be held in the early morning for those wanting to see inside a proper meadery.

Lodging is straightforward as well. Bring an RV or tent and camp under the beautiful stars. Trust us when we say there's more of them visible than wherever you're coming from and on lucky nights the Northern Lights can be seen.

For those who want less rustic accommodations, there are numerous hotels and motels within a reasonable driving distance. In a few more years we will have cabins available too!

So that's lodging but everyone's got to eat right? Well, we got you covered as well. The meals are all plentiful and delicious, none more so than the feast itself. Last year we filled the dining hall with food and refreshments and this year we aim to provide just as much good fare. Five to ten gallons of mead will be provided for the feast according to turnout and the couples dance that follows is always great fun.

Remember to dress your best at the feast and dance but it won't all be formal. For the first blot, we go into the water to honor Njord. Ladies especially, make sure that you wear clothes that you're not only comfortable getting wet but are also modest when wet.

While the prospect of getting into the water in September might be daunting to some,



the month has a wonderful climate. It has a high of 70 and a low of 50 with a nice midday breeze.

The truth is unless you come out you won't know what you're missing so don't make that mistake and come out to Freyr's Harvest Feast.

Please feel free to reach out to Tyler Heinlein at [theinlein@runestone.org](mailto:theinlein@runestone.org) with any questions.

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



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

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



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

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

Since 2012, this long-running AFA festival has been dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, Goddesses, and Ancestral Mothers. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships.

We look forward to seeing members and friends!

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

Things to know:

- Children 17 and under attend for free!
- Meals are included with all passes.
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Accommodations are on-site tenting. Campers welcome.
- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

Member Family - Weekend: \$120

Member - Weekend: \$80

Member - Daypass: \$40

Guest - Weekend: \$100

Guest - Daypass: \$50

Child - Weekend: Free

Child - Daypass: Free

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



Asatru - Winter nights & the Disir

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

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



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

## Folkbuilder Spotlight

*Folkbuilder Cormag Jaime Alainn*





This month, I would like to take a moment to recognize a bright light in the Asatru Folk Assembly and in Baldrshof District, Folkbuilder Cormag Jaime Alainn.

Folkbuilder Alainn took his Folkbuilder oath in 2022 and has been a huge asset and pillar of support since he began his apprenticeship in North Dakota in 2021. He serves as the official Baldrshof Historian, keeping records of all of our victories in this district! He is currently serving as our oathed Folkbuilder in North Dakota, building Frith and the folk in his area.

Folkbuilder Alainn has been a driving force behind the beautification of Baldrshof, spending countless weekends on cleaning and grounds work, in addition to supporting our monthly food pantry and helping make each and every event memorable for all.



Known for his wisdom, quick wit, impeccable wardrobe, obsession with epic poetry, incredible culinary skills, and well-timed puns, he is a joy to us all.



“Mr. Cormag Álainn has been a staple at Baldrshof since before the time I joined. I remember meeting him 3 years ago in the basement of Baldrshof while renovations were underway, and I was impressed to see what a humble, chivalrous, and honorable gentleman he was and has continued to be. He has always been a great example of what it means to be Asatru and to myself personally and to live virtuously with honor and distinction. I am proud to count him among my closest friends.” – Apprentice

Folkbuilder Christian Penner, North Dakota

“Hail Jaime for all he does for our folk. He is a super respectful, witty man that I see as a role model to many here in the AFA.” – Apprentice Folkbuilder Bruce Perron, Wisconsin

“Jaime, brings such joy to Baldrshof with his infectious smile and witty dad jokes. He does so much at Baldrshof and is always there to lend a hand. He has become a close brother over the last few years. Hail Jaime!” -Folkbuilder Jason Gallagher, Minnesota

Thank you, Folkbuilder Alainn, for your support, loyalty, dedication and the love and commitment to your Folk!

Hail the doers!

Hail Jaime Alainn!

Hail the Asatru Folk Assembly!



Witan Brandy Callahan  
[bcallahan@runestone.org](mailto:bcallahan@runestone.org)

## Be a Doer



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

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

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

## Baby Blanket Project

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

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



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

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

## Folk Services

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

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

Thanks in advance!

## Photo Donations

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



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



## Eir's Blessings



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

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

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

You can reach us at [EirsBlessings@runestone.org](mailto:EirsBlessings@runestone.org)

## Last Will and Testament

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



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

We have found an amazing resource for our U.S. members to make legally binding wills in minutes online for **free**. This site also has resources to make Advanced Medical Directives and Powers of Attorney. It takes only **minutes** at <https://www.doyourownwill.com/>.

Please make your will **today**.

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

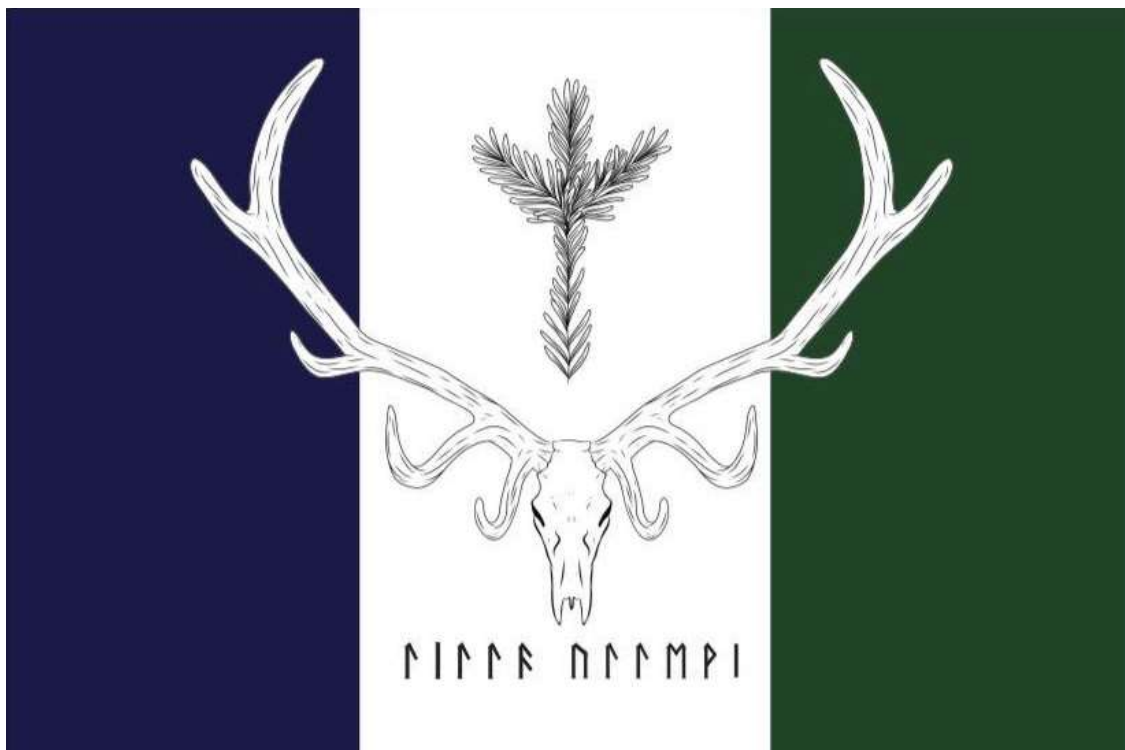
Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317



Witan Allen Turnage  
[aturnage@runestone.org](mailto:aturnage@runestone.org)

## Introducing the Newest AFA Kindreds

*Lilla Ullevi Kindred of Montana*



Please welcome the Lilla Ullevi Kindred of Montana as the newest Official Kindred of the Asatru Folk Assembly. Led by Folkbuilder Ryan Harlan, these folks have hosted several events already and continue to keep building up their area.

Hail the Lilla Ullevi Kindred!  
Hail the Asatru Folk Assembly!!!



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

## Cooking for our Folk



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

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

To this day, I still believe that number one is the most important; but two is the most valuable lesson. So, for example: why would you add flour to the mix when 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



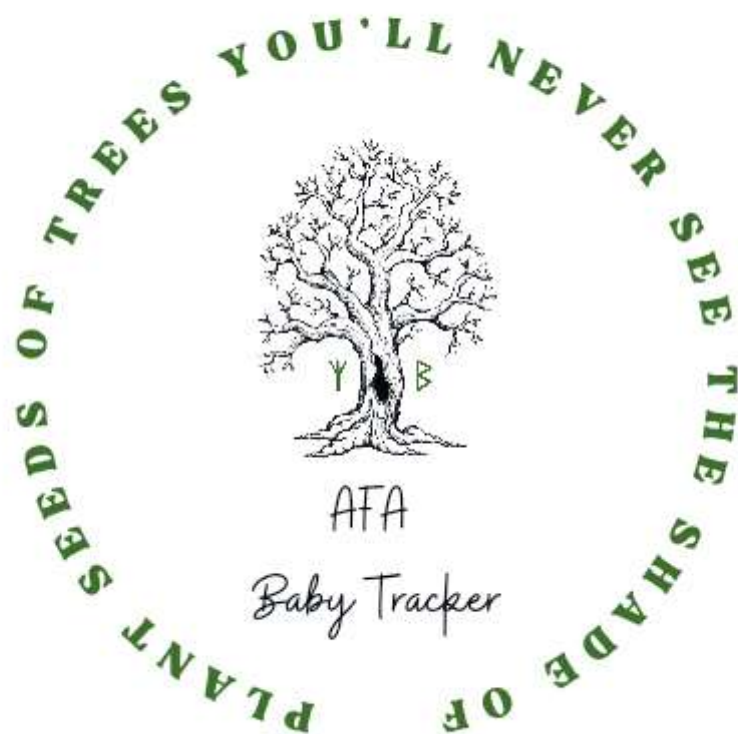
cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

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



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

# Baby Tracker



To show the growth of our folk we present to you an ongoing baby tracker. We will be keeping track of how many children have been and are born within the AFA from 2022 and forward. The ongoing tracking is proof that we are building something sustainable for the future of our folk, which is a place for these children to grow up within and a place where they can feel proud of who they are!

Total babies born in 2023: 22

## **Virtue Recovery Group**



*Virtue recovery  
meeting*

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

With Ashley Mcstocker  
amcstocker@runestone.org

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



With Jaclynn Duffy  
jduffy@runestone.org

**VIA ZOOM**  
**MEETING ID: 885 2917 0746**  
**PASSWORD: Virtue**



**PASSWORD: VIRTUE**

## **Virtual Events and Meetings**

# **Come join the Eldri Folk**

**and meet others on our Friday afternoon Teams meetings**

**Interesting Topics — Lively discussions**

*We've saved you a place!*

**A group for AFA members, born before 1973**

**Contact Gythia McNallen,  
sheila@runestone.org or MeWe**

*Weekly! Sisters Sunday Chats*

*10 am central, every Sunday!*

*Contact Apprentice*

*Folkbuilders Ali Clausen*

*and Katie Joyner for more*

*details!*



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

# Ladies Mysteries Podcast

August 27th @ 2:30 pm CST

Podcast link will be emailed and posted in  
AFA Ladies Group on Mewe.  
For more information please contact any of these  
Ladies of Leadership.

Witan Brandy Callahan

Gythia Catie Erickson

Gythia Anna Plourde

Folkbuilder Sara Ault

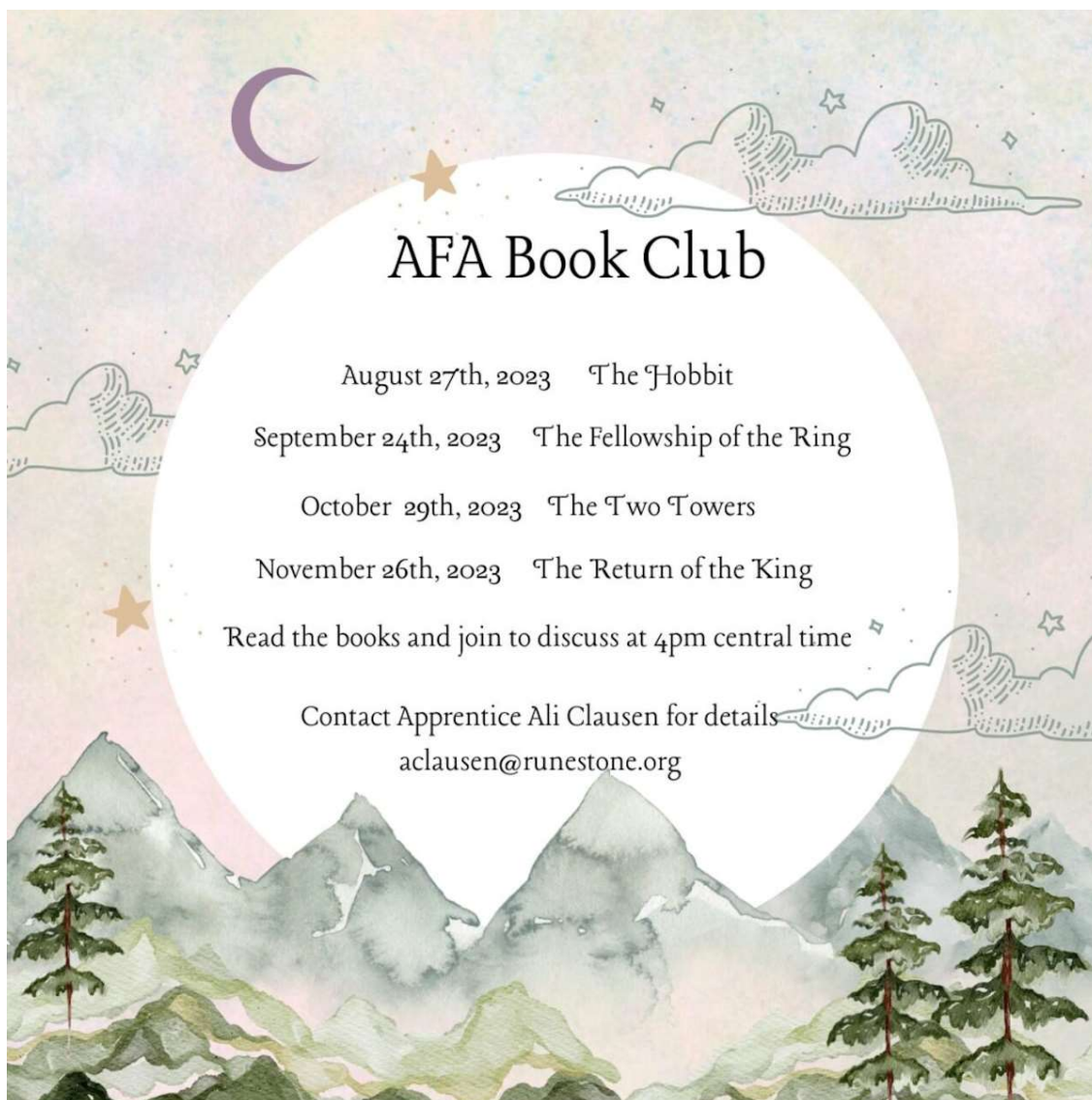
EIR



GEFJON







**AFA Prison Ministry**



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

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

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

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

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



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

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



## The Folk Web



### OPENINGS:

Northern Illinois (hiring nationwide)

You can reside and work interstate, no need to move

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

Travel, lodging, meals covered

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

Contact Folkbuilder Shane Duffy

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

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Northern Illinois, Rockford area

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

Contact Folkbuilder Jim Cummings

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

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Arizona, Colorado, New Mexico

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

Lodging is available for certain departments

Contact Apprentice Lou Nickerson

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



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SERVICES:

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North Dakota, Fargo area

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

Welding (bachelors degree)

Woodworking

General construction

Cabinetry

Carving

Blacksmithing/bladesmithing/metalwork

Signmaking (day job rn)

Painting

Drums

Knotwork

Sculpture

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

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West Indiana (Remote, nationwide online courses)

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

1. General discussion on how AutoCAD engineering software is used in architecture, civil, and multiple engineering industries.
2. Blueprint reading for basic drafting layouts used in mechanical and architectural drafting
3. 2D vs 3D AutoCAD (Note: I can cover 2D AutoCAD but not 3D AutoCAD because I do not know 3D well enough to teach it.)
4. Internet sources I found useful for self education- these are mostly Youtube videos and the Autodesk website.

Contact John Kelly or Folkbuilder Shane Duffy for info

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New Hampshire (Remote, nationwide Virtual Administrative Assisting)

- 20+ years of office administration & remote work.

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

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

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

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#### NEED OF SERVICES:

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Montana (reaching out Nationwide)

Folkbuilder Tyler Heinlein is looking for various skills building his homestead

-midwives who can be remote and travel when needed

Commission work:

-woodworker who can do knotwork and/or statue carving

-Mason who can handle stone arches

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

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#### FOLK IN THE MARKET:

Illinois, Ottawa area (Remote, nationwide editing and

-15 years of professional level videography and photography -

-photo and video editing experience

-experience recording live bands, filming weddings, photography of weddings, editing raw footage and transferring to many mediums

-photo editing studio able to meet all needs

-Experience as production assistant

-Owns all the professional equipment for a portrait studio, including microphones to do video and audio as well, and I have full editing capability with Adobe products.

contact Tilmon Yearwood or Folkbuilder Shane Duffy for info

**FOLK**  
**WEB**  
*Skills &*  
*Job Network*

Submit info, resumes,  
job openings, etc to

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

We're in this together!



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

**Saga's Literature Project**



Saga needs your stories!

Do you have thoughts throughout your day or your studies that you ponder about our Gods, Goddesses, Heroes, or our Faith?

Do you and your family or Kindred have ways you like to venerate the Gods that are special to your own traditions?

How do you celebrate our Holidays or Days of Remembrance?

Do you have advice for those who have finally come home and wish you could have it handy to give to them?

Are you enrolled in Asatru Academy or partake in Lore Study or the Virtue Recovery Group?

The Asatru Folk Assembly wishes to create booklets, brochures, and pamphlets to have on hand in our Hof's and with membership Assembly-wide to give out to anyone with curiosity, whether they are a member or not.

This will be key in our studies as experienced practitioners and should serve as a more efficient way than directing those with questions to our websites alone.

Saga needs your help! Submit any ideas or write-ups you have on the topics listed above to me, Apprentice Folkbuilder Shane Duffy at [sduffy@runestone.org](mailto:sduffy@runestone.org)!



Note: All submissions are subject to review from myself and up the chain of command to the Alsherjargothi himself.



Folkbuilder Shane Duffy

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

**Now Available in the AFA Store**



Hi Friends and Folk! I'm so excited to announce that the Runestone store is almost back, and with new management, after our brief hiatus.

Thank you all for being so patient with us while we reorganized and made improvements. Existing orders will be filled and shipped starting August 10th, going out bi-weekly, then the store will be open to new orders shortly after. Expect us to be back to normal with orders as soon as possible.

Thank you again for your patience and support! If you have any questions about your order or products we offer, please reach out to [store@runestone.org](mailto:store@runestone.org) and we will get you the information you need.



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

## **Þórshof**

**Food Pantry at Þórshof**



While donations have slowed down the last month or so from Walmart, Þórshöf has done an excellent job of rallying together to help our community.







We've reached a stage where twenty five or so family's come to us regularly for help and support. With the support of the Young's and my mentor Ashley McStocker, I have started chasing down new leads to help continue making the food pantry a success. But nothing makes me prouder than seeing folk come out of pocket at trying times to help out.



Matthew Bain  
Apprentice Folkbuilder  
[mbain@runestone.org](mailto:mbain@runestone.org)

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## Sigrblot at Þórshof





Hail victory! A phrase we are all familiar with, but this year at sigrblot those words seemed to wring truer than usual. With the food donations down and people looking to the church we still managed to feed people and put some away for next month. I'd call that a victory, wouldn't you? As we held Blöt and showed honor to Lord Tyr this past Saturday you could feel the energy and essence of Victory in the Vé and as we did the sword dance that same feeling only grew stronger.

Hail Tyr  
Hail the Folk  
Hail the AFA



Matthew Bain  
Apprentice Folkbuilder  
[mbain@runestone.org](mailto:mbain@runestone.org)

### Upcoming Events at Þórshof

**2023 events at Þórshof**

Month	Date	Event Name
December	15-17	Yule
January	28	Þorrablót
February	18	Charming of the Plow
March	10-13	Östara
April	29	Hexennacht
May	27	May Day
June	24	Midsummer
July	29	Sigrblót
August	26	Sreyfaxi
September	30	Winter Finding
October	28	Winter Nights
November	25	Feast of the Einherjar



August  
25th

# ÞÓRSHOF NORTH DISTRICT MEETING



Happenings in the District
3 Guest Speakers

Come, enjoy a night with the Folk in your district. Questions are welcome! See you there...  
-Link will be sent out soon-

9pm EDT



# Þórshof South Men's Call

**Sunday, August 20th**  
**at 7PM Eastern**

**For more information**  
**Contact Folkbuilder Cody Raynard**  
**at [craynard@runstone.org](mailto:craynard@runstone.org)**

**Boasts and Toasts**

*Hail Greta! Welcome to Midgard!*



What a way to start the month! On August 1st at nearly 8am my wife and I welcomed our 2nd daughter to Midgard. My amazing wife achieved her goal of a 100% natural birth. I couldn't be any more proud of her. The whole experience was top notch from start to finish. We are eternally grateful to our midwives and staff involved. When we arrived home cheers of joy rang out of our first daughter and to her surprise, in our arms was her new best friend for life! So excited for them to grow together and meet the other munchkins of the AFA. Hail the Mothers!



Tyler Sagert  
Apprentice Folkbuilder  
[tsagert@runestone.org](mailto:tsagert@runestone.org)

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**Indiana**



*The July jubilations of Freudenfest's best*



This July a small but dedicated number of faithful German-themed party enthusiasts attended Freudenfest in Oldenburg, Indiana. Oldenburg is a charming little town founded by German immigrants who (presumably) dreamed that one day their ancestors would wander the streets drunkenly listening to polka music and paying festival prices for “sauerkraut balls.”





Upon meeting at the municipal Maypole we crossed (what I assume must be) the mighty Rhine River before arriving at our destination. There we danced and ate and fraternized with the greater and lesser Folk amongst the scattered showers of rain and comradery.









Upon storming into the fray of the festival proper, our coalition engaged in such time-honored Aryan traditions as “endurance-based lateral raises” and “competitive line



formations” functions in which our Folk inherently excel.





Diplomatically, a delegate of Ohio presented me with a precious chalice from which I ceremoniously and regally sipped in a show of reciprocal good will. Naturally, this honorable gesture isn't enough to stop the coming war-between-the-states redux, but I am confident that there is now a good foundation for treating Ohioan POWs (more or less) per the standards of the Geneva Convention.

Pictured below you see smuggled footage of a proud Hoosier warrior being treated most shamefully. It is to be hoped that, through the use of diplomacy and ceremonial corn cob shaped drinking vessels, such inhumane practices can be curtailed in the future.







Looking forward to the next adventure!

Hail the Gods!

Hail the Folk!

Hail the AFA!

### *Upcoming Events*





***Cookout Moot!***  
***August 12th***

***Fortville, Indiana***  
***Contact [jrock@runestone.org](mailto:jrock@runestone.org) for details***



Folkbuilder Jonathan Rock

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

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## Maryland

*Double Down on Folk and Happiness*





It has been a rough year. Gas prices shooting up, major heat waves, a massive fire up north that made even my town have a look and smell like the house down the street was on fire for a couple days. That combined with the hate-filled rhetoric you see directed at our people in the news and the blatant attempts to remove us from our own stories in popular culture is enough to make anyone depressed. For me, it got even worse as, right when the busy season for my job was to start, I lost it. An angry customer's false complaints were enough to cause me to have to seek new employment.



Now I went through the usual range of emotions: namely anger and depression. A man has to work after all. He is supposed to provide for his family. It was a depressing situation. This was gonna be "my year" to get things moving forwards. Luckily, I had alternative methods of employment already in place, so I did not fall as hard as others may have. Still, my expected income for this year had been slashed quite severely.

The thing about life is, it goes on. That job that valued me only as long as I did not "cause a problem" ultimately had less impact on the world as where a beaver chooses to make its dam. I had a choice to make in this situation: I could fold up: wallow and focus on the negative things, or I could do what I did, which is double down on Folk and what made me happy.





I have reached out to more people and made more friends as a result of this choice. I have discovered more things that I enjoy. I have spent more time with my children as a result. The money situation was a depressing one to be sure, and if I focused on what I was not getting, I would have missed out on enjoying what I have. We have seen where a culture whose apparent primary focus is the "almighty dollar" ends up.

Times are getting harder. We must be able to keep focus on what is important and be able to recognize all we have, rather than keep to the modern materialistic focus on



what we do not. Meet with your Folk. Spend time with their families. Eat at their house and feed them at yours.

The modern world does not want you to be happy and is designed to make you miserable and money hungry. Your Folk want you happy and healthy with a large family. The choice is easy to see, once you can look past your own short-sighted position (with the help of Folk, as I had).

### *Upcoming Events*



James Bethard  
Apprentice Folkbuilder  
[jbethard@runestone.org](mailto:jbethard@runestone.org)

## Michigan

### *Upcoming Events*

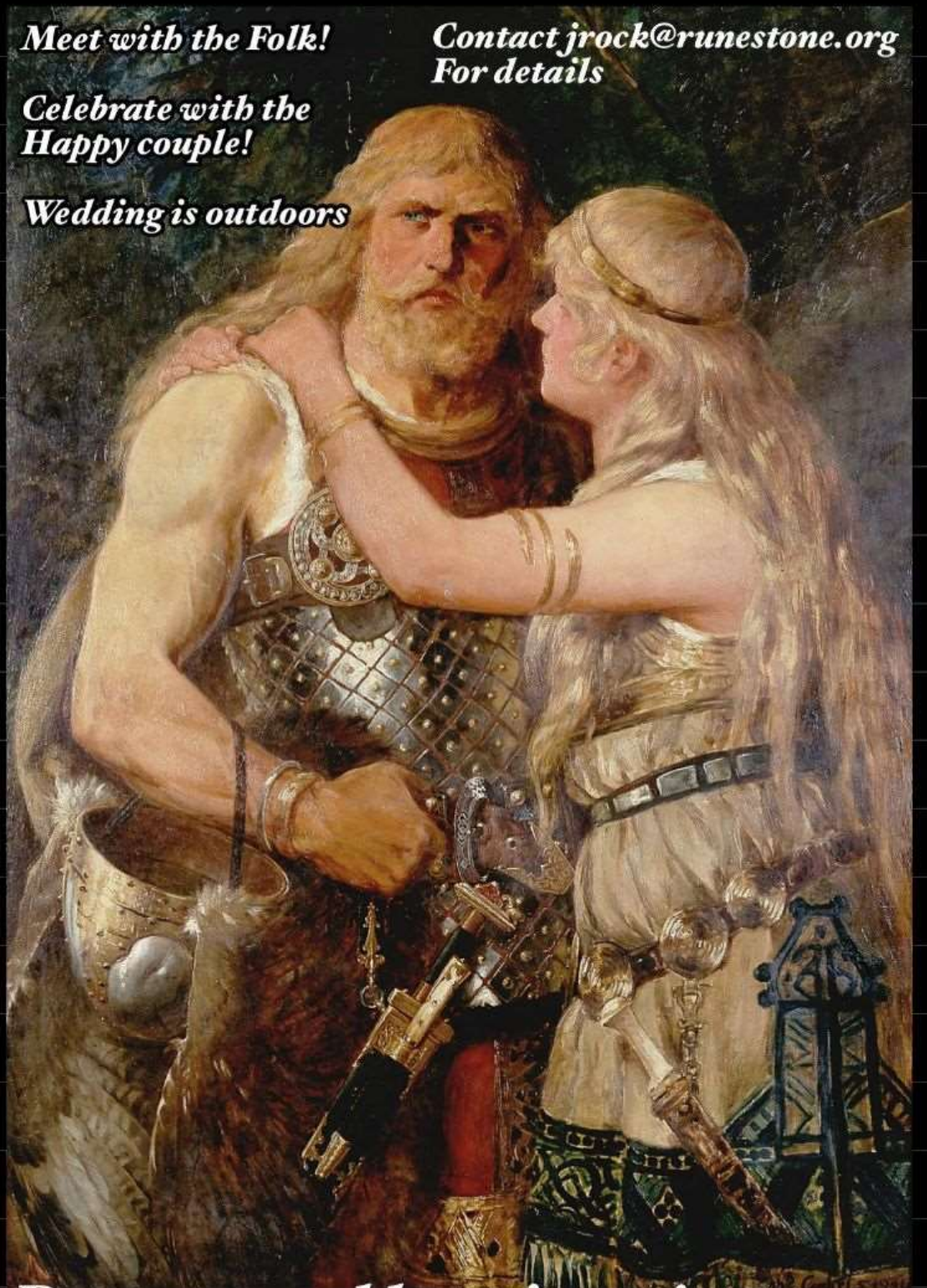
***Asatru Wedding Moot***      ***Sept. 4th***  
***Monroe, Michigan***      ***4:00 pm***

***Meet with the Folk!***

***Contact [jrock@runestone.org](mailto:jrock@runestone.org)***  
***For details***

***Celebrate with the  
Happy couple!***

***Wedding is outdoors***



***Dress: casual but nice ya' savages***





Folkbuilder Jonathan Rock

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

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## New Hampshire

### *Hornburg Brewery Moot*



In mid-July us New Hampshire folk gathered at an amazing Norse themed brewery. Across the walls were various symbols of ours, as well as art and wood works. We enjoyed their brews amongst each other, with a beautiful view of the goats and ducks outside. The beer was complemented by a hearty feast of BBQ from the food truck

onsite. It was a great turnout, and we were delighted to welcome a member to their first moot!

*Upcoming Events*



Please join us this month for Straumfjodr in NH! One of our members will be apart of the show!



Tyler Sagert  
Apprentice Folkbuilder  
[tsagert@runestone.org](mailto:tsagert@runestone.org)

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**North York**

*Welcoming a New Apprentice Folkbuilder*



Please welcome Daniel Tomkiell of New York as one of our newest apprentice Folkbuilders for the Þórshof District! We are excited to see the success Daniel will achieve in the coming months and years.

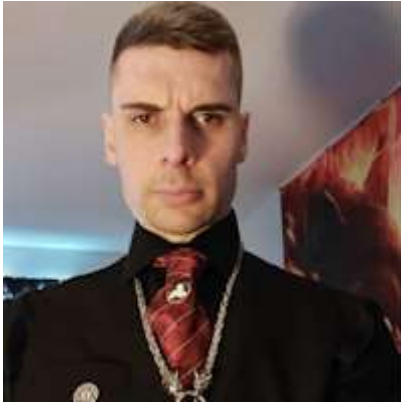
Hail Daniel Tomkiell!

Hail the AFA!

Hail Þórr!

Daniel Tomkiell  
Apprentice Folkbuilder  
[dtomkiell@runestone.org](mailto:dtomkiell@runestone.org)





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## North Carolina

*Greetings to the Folk*



I have been called many names in my life, though Zach is probably my preferred. I was born to a very religious, Christian family in Pennsylvania, near Philly. After their divorce, my mother being from Oklahoma, I naturally went to Texas. I grew up in white suburbia, in a white school, where the few coloured people knew how to act. Until I was about 14, I thought what I saw on TV was made for TV. Being raised religiously, I've always believed in something, but I also always questioned everything. I journeyed through many "spiritual-osities" still to be left with an emptiness.

By tenth grade, through instability, I had bounced around 13 schools. After a late-in-the-year school change, I had missed finals that the new school would not allow me to take, thereby flunking me; I dropped out. I worked on a farm until I was 17 when I became eligible to enlist. Once dreaming of the USMC, as fate would have it – first

door on the left, I became an Army soldier. They got me my GED, shipped me to South Carolina for basic, then stuck me in Georgia with the Signal Corps and new NSA HQ. I was mostly convinced I was “Pagan” by this time, though my dog tags said “CHR.” (Christian). I even brought a Norse Lore book to basic that I had to fight for to keep as “holy”. I noticed then only the Abrahamics were really accepted. The only service I could attend closest to that on base was Wiccan. It was so uncomfortable for me. I served one contract and decided this wasn’t disciplined enough. Plus, under Obama’s direction, I wouldn’t have lasted much longer.

I went to my father’s area in Pennsylvania to try to find a life. Since I had planned to make a career of the military, I had taken no time considering what I would do in the private sector. I got into warehousing, and club security. Over these years, I got deeper into politics and faith. I continued stumbling into “Odinism”, “Wotanism”, and all these other -isms. When I had come across the AFA, I took it as only a California group. I passed it by and went about life. I earned my CDL and drove across country until I got local work. This first trucking job was in South Carolina. Since then, I have resided in the area. I’ve since given up the ever-expanding highways in order to pursue another love that has never forsaken me, IT and cyber security. (My other constant love through life is music. I can spin a record, but can’t play a guitar) However, while trucking, having a lot of alone time to ponder on life, I had a calling to revisit the idea of the AFA, I noticed there was now, or soon to be, Thorshof in my area. That was the push I needed to apply. I met all these wonderful Folk, and have never looked back.



Zach Clary  
Apprentice Folkbuilder  
[zclary@runestone.org](mailto:zclary@runestone.org)

*Appalachian Happenings: Nolichucky River Moot*





This month, members from 3 different states converged on the small town of Erwin, Tennessee as we spent a few hours hiking the Appalachian Trail to perform Wotan on the Peaks and to swim in the wild and beautiful Nolichucky River. We started our day by hiking straight up for quite a while until we crested the ridge that forms the rim of the Nolichucky Gorge. We found a beautiful rock outcropping to take a break before conducting ritual. We then gave Blot to Wotan, thanking him for his many gifts and asking for his continued blessings as we light the way for our Folk. As we descended the mountain, we broke up into small groups to get to know each other better.





After working up a considerable sweat, we changed clothes and jumped into the Nolichucky River. While the ladies were conversing and holding the baby on the beach, the men decided to test themselves by swimming across the river and back. It was a very refreshing (and invigorating) way to end our hike. After working up a considerable appetite, we decided to head into Johnson City for some tacos and conversation, which was followed by coffee and conversation, culminating in us getting caught in an epic rainstorm a few blocks from our vehicles. All in all, this was an incredible moot that solidified the bonds we have built with each other over the past few months. We made our plans to meet each other for Sigrblot at Sigrheim a few weeks later, and said our goodbyes.



Another couple of events happened this past weekend that I take great personal pride in. My youngest son, Torsten, had his baby naming ceremony at Sigrheim, and I took my oath as Folkbuilder for the Asatru Folk Assembly. The amount of pride that I experienced on that mountaintop is immeasurable, and I am deeply humbled by the trust placed in me by the Alsherjargothi and the Witan, as well as the bright words spoken to me by my peers.





This is only the beginning though, and we have a lot of work to do to make southern Appalachia a powerhouse within the AFA with the stellar reputation it deserves.

### *Upcoming Events*

**FOLKISH FAMILY CAMPOUT**  
**FREYFAXI**  
**Western North Carolina**  
**August 19-20, 2023**

Rituals  
Camping

Hiking  
Tubing  
Fireside cooking

Contact Folkbuilder Tyler Bethea  
[tbetha@runestone.org](mailto:tbetha@runestone.org)

Join us August 19-20 for Freyfaxi on the Green River for a fun filled weekend of camping, hiking, rituals, bonfires, and tubing! We're going to have the campground to

ourselves, and plan to do lots of grilling and hiking in the Green River gorge. There's no cost for this event, just bring a tent, a swimsuit and some sides or meat for the grill. Ladies are more than welcome to stay at our house with my wife, about twenty minutes away. Please RSVP soon so that I can let the campground owner know how many people to expect. I hope to see y'all there!



Join us in Upper East Tennessee at the Tipton-Haynes Historic Site on Saturday, September 3rd for a Celtic Festival and Highland games! This is a great cultural event that features Pipe Bands, vendors, dancing, Highland Games and more! My wife and I attended last year and had an absolute blast. We'll be there most of the day Saturday and may even return Sunday as well, so drop in at your convenience and let us know you're there so that we can find you and link up. Don't miss this beautiful celebration of our Scots-Irish heritage!



Folkbuilder Tyler Bethea  
[tbethea@runestone.org](mailto:tbethea@runestone.org)



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## Ohio

### *Back to Moots*





It's been a while since I have been able to have a moot. Having one was a reminder of how much I missed it. It was a small turnout but a nice dinner at das schnitzel Haus. After dinner we went to my home where we had a bonfire and a nice intimate blot. All three in attendance are members of the new Krooked river kindred so we spoke of our plans and desires for the future. We have also decided to become an official AFA kindred so as soon as I have time that will be happening. Northern Ohio has had some ups and downs recently but I'm still here so be on the lookout for things returning to the way they used to be. I love you all and I look forward to building something special in this region with the help of all of you wonderful folk. I learned a long time ago to never give up and I look forward to serving you all the best I can. I wish you all a wonderful august. Hail the Folk, hail the Gods, and hail the AFA!



Folkbuilder Joe Drotos  
[jdrotos@runestone.org](mailto:jdrotos@runestone.org)

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## Pennsylvania

### *Facts About Irish Wolfhounds*



The Irish Wolfhound as we know it today was first bred in Ireland by mixing Scottish Deerhounds and Great Danes. This is because the original Wolfhound's had almost completely died off.

Irish wolfhounds are a fiercely loyal, and affectionate breed of dog. They are a very large breed as well and rivals the Great Dane in size, so they are not ideal for a small living space such as apartments or townhouses. Wolfhounds need a large area to run and keep them occupied.

They usually grow to a size of 3ft tall and weigh in at 120 pounds on average, but they have been known to get larger than that. In conclusion, if you are looking into getting an Irish Wolfhound, make sure that you are ready for a large dog and the costs that come with them.

### *Upcoming Events*





David Bryson  
Apprentice Folkbuilder  
[dbryson@runestone.org](mailto:dbryson@runestone.org)





*Optimism vs Pessimism*



We as a person, as a Folk, as an organization all of us together have dreams and goals that we are striving to achieve. We all are hopeful and have a drive to succeed, with each step, each check mark on paper, we can see the future ahead of us molding and

forming to fit our wishes.

Some of us have personal goals that need to be accomplished before taking on more challenging ones. We need to recognize this and plan, accordingly, jump them hurdles and set up our check points..... Keep track of progress. Some of us are ready for the meat and potatoes, the heavier stuff but remember the process is still the same.

Success brings forth happiness and it brings cohesion between people.. In order to keep that sweet and awesome order, we need to continue moving forward. We need to have a common objective.

Don't stop once you've achieved something, start individually or collectively prepping for the next big adventure. Stagnation brings damnation. If you have never heard the saying "We eat our own", know it applies to any group that sits for too long. There is nothing outward, so people begin looking inward and start ripping things apart.

Life is amazing, control for the most part is in our fingertips. Yet, even though amazing we always must deal with the lows. The lows or blows related to this specific piece would be the "Debbie downers".

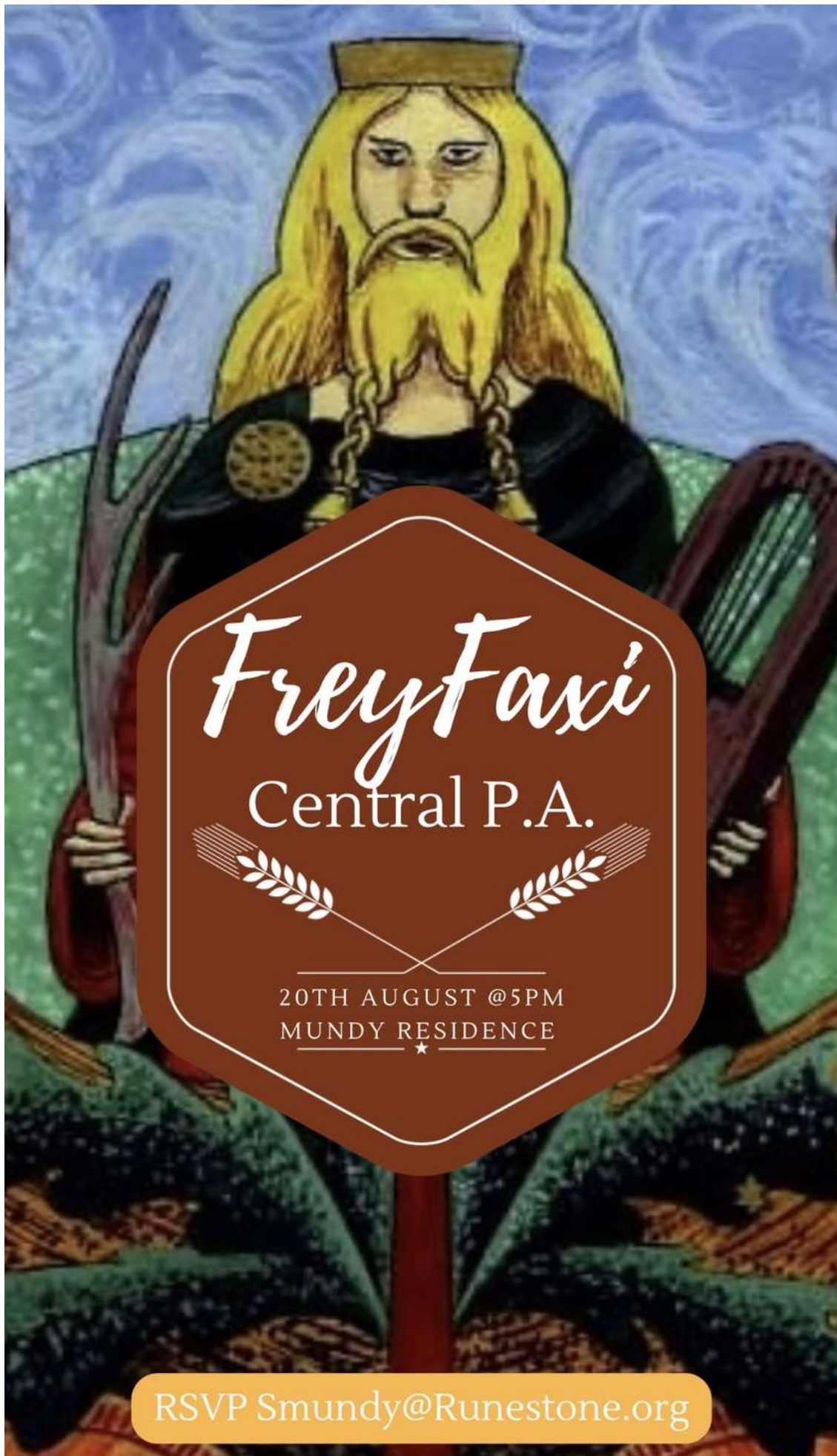
There are two sides to every coin and sometimes we flip the latter. Some individuals don't have the capacity to achieve, or they are good at blending in. This is just fact.... These are the individuals who are just along for the ride. "Were we going today Bob"? They bring no true value to the table.

These persons have no hope, no drive and can either halt or completely derail a functional system. Worst of all they feed on drama and that inward destruction we just covered... yes... they thrive there. Our heads need to be on a swivel constantly and we need to protect that which is important to us, our goals, our folk, our organization and let no man/woman stop us from achieving what we set.

Who are you? The Optimist or the Pessimist? What do you need to do to become the best for yourself and your Folk?

### *Upcoming Events*





*Frey Faxi*  
Central P.A.



20TH AUGUST @5PM  
MUNDY RESIDENCE  
★

RSVP [Smundy@Runestone.org](mailto:Smundy@Runestone.org)







16th September @ 12pm  
**Winter Findings**  
**Central P.A.**  
517 Front St.  
New Cumberland P.A.  
17070

RSVP SMUNDY@RUNESTONE.ORG



# WINTER NIGHTS

CENTRAL P.A.  
Saturday, October 21st, 12pm

Gifford Pinchot State Park Campground  
800 E. Camping Area Rd.  
Wellsville PA, 17365

RSVP [SMUNDY@RUNESTONE.ORG](mailto:SMUNDY@RUNESTONE.ORG)

Steven Mundy  
Apprentice Folkbuilder  
[smundy@runestone.org](mailto:smundy@runestone.org)



*Toddler Moot*



The day was hot, and humid, but it didn't stop the Kids! They played and had a great time together. Rain eventually put an end to the fun, but not until the mom's managed decent little sunburns!





We are looking forward to August's Toddler Moot. Reach out for more details!

### *Upcoming Events*

### Pittsburg Area Toddler Moot!

May: Wed. 17th @ 11 am  
June: Wed. 14th @ 11 am  
July: Wed. 12th @ 11 am  
August: Wed. 16th @ 11 am

Come and have a good time  
while our children build lasting  
bonds!



Contact Gythia Catie Erickson to RSVP and for more information, including  
locations.

[Cm.erickson@runestone.org](mailto:Cm.erickson@runestone.org) or 717.8939682



PENNSYLVANIA

# Freyfaxi

Camping  
Community  
Feasting  
Ritual

August 12, 2023 | 12:00 pm  
Erie, PA

Contact the Ericksons for more Information  
Clifford- 215-738-8319 or [cerickson@runestone.org](mailto:cerickson@runestone.org)  
Catie- 717-893-9682 or [cm.erickson@runestone.org](mailto:cm.erickson@runestone.org)



**Presque Isle**  
**Beach**  
**moot**

**Sunday, September 3rd, 2023**  
**11:00 am, beach 10**

**A day of fun in the sun!**  
**And food after!**

**Contact for more information**  
**Catie Erickson 717-893-9682**



Keystone Tru Folk invites you to join us for our  
**2nd Annual Gettysburg Feast of the Einherjar!**  
Saturday, November 18th @11 am

Tour this historic Battlefield with facts about the war from the Malseed Family, Celebrate the Einherjar with a blot on the Battlefield, and join us for Dinner afterwards!

Contact Gythia Catie for more information!  
[cm.erickson@runestone.org](mailto:cm.erickson@runestone.org)

We look forward to seeing you there!



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

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## Poland

### *Welcoming a New Apprentice Folkbuilder*





Please welcome Aspir Befreier of Poland as one of our newest apprentice Folkbuilders for the Þórshof District! We are excited to see the success Aspir will achieve in the coming months and years.

Hail Aspir Befreier!

Hail the AFA!

Hail Þórr!



Aspir Befreier

Poland

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

## Sweden

### *Segeberlot in the North*



As summer comes to an end up here in the north, it is a time that can lend itself to melancholy. Life is retreating. The light is dimming. The darkness looms on the horizon. And it can be easy to want to give in to circumstances. Powerful forces out there want nothing more than to feed us a steady stream of paralyzing bad news. They tell us 'stop fighting, you can't win!'

We have a choice in whether we believe that or not. Choose the noble and strong. Reject the defeat-poison they serve you.

We must never let ourselves be defeated. Not as individuals, not as families, not as a folk. We must be relentless, always getting back up when we are knocked down on our behinds. We don't falter, we don't surrender. We keep going, and we seize victory for ourselves, for our families, for our Folk.

Go out in the world, and win!

Hail Sigtyr!  
Hail the Folk!  
Hail the AFA!

*Fall and all its Riches: Mushrooms*



As summer begins to give way to fall, one of my favorite things in life enters the picture: Foraging for mushrooms.





Mushroom picking is a popular pastime in Sweden. With the deeply ingrained right to roam (which gives people the right to traverse and forage on other people's properties, with exception to parts of the property close to where people live), city-dwellers and countryfolk alike swarm the forests of Sweden in search for fungi.

The most common mushroom that swedes will pick is the beautiful and delicious chanterelle. Found across the country, easily identifiable with no dangerous look-alikes, and exquisite flavor makes it the staple for the wicker baskets of mushroom hunters.

Whilst I enjoy chanterelle, I have for a few years now been adding more and more species to my menu. I love learning to identify new mushrooms, exploring new tastes and smells. And it prolongs the foraging season greatly. (And I don't need to compete with people for chanterelles).

Crisp cool air, no mosquitos (soon) and tasty mushrooms to be found. Who wouldn't want to take up foraging?

It can be daunting to pick up mushroom picking as most people will be anxious about picking something dangerous. My advice is getting a good guide to mushrooms, start out with the most easily identifiable mushrooms, finding someone who is experienced



that can help verify your finds, and most importantly GET OUT THERE and pick those mushrooms!



Allt eftersom sommaren ger rum åt hösten blir sakta men säkert en av mina favoritsaker i livet relevant: Svampplockning!

Att plocka svamp är en mycket uppskattad hobby i Sverige. Med den fantastiska allemansrätten, som ger varje man, kvinna och barn, rätten att vandra och samla bär och frukt på andras mark (med undantag för bebyggda tomter) ger sig både stadsbor och lantbor ut i Sveriges skogar i jakt på svamp.

Den vanligaste svampen som svensken plockar är den vackra och goda kantarellen. Den går att hitta i nästan hela landet, är lätt att identifiera och kan ej misstas för farliga svampar, och har en utsökt smak. Allt detta har gjort kantarellen till den svamp som plockas mest.

Även fast jag uppskattar kantarellen så har jag under flera år nu lärt mig känna igen ett stort antal svamparter. Jag älskar att bemästra nya arter, och utforska nya smaker och lukter. Att kunna plocka flera olika svampsorter förlänger även svampsäsongen (och jag behöver inte tävla lika mycket om kantarellerna i skogen).

Kall frisk luft, inga myggor (snart) och delikata svampar som väntar där ute på att plockas. Vem skulle inte vilja ge sig ut på svampjakt?

Det kan kännas överväldigande att börja plocka svamp som nybörjare. Rädslan för att plocka något farlig är ofta överhängande. Mina bästa råd är att skaffa en bra svampbok, börja med att lära dig de enkla sorterna, hitta någon som kan svampar som kan hjälpa dig bekräfta vad det är du faktiskt har hittat, och sist men inte minst, GET DIG UT OCH PLOCKA!

### *Upcoming Events*





**Ladies Call**  
**Europe + South Africa**

**12th of August**  
**6 PM CET**

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





# FREYFAXI

26 of August

Haparanda, Sweden

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









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

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## Tennessee

### *The Work Never Ends at Sigrheim*



Just like Victory Never Sleeps, I'm starting to learn that the work never ends at Sigrheim...and it's wonderful! We've got so much going on, and you're more than welcome to come out and lend a hand. It's ours, and you're free to come explore. Come out and camp. Bring some sturdy shoes and hike up the hill to see the future home of Týrshof. There're tons of opportunities for good times and hard work.



We just wrapped up a wonderful Sigrblot filled with good Folk, good laughs, good times, and GREAT experiences. Now we're making preparations for the next big event. As you read earlier on, we're hosting the Winter Nights national event at the Home of Victory! I'm expecting double attendance, so we'll make sure we're ready. No sweat!



Okay, I lied, there's lots of sweat involved. It's still the height of summer, and there's plenty of work to be done. A couple members joined me out there this past weekend for a solid work weekend pulling fence posts and chopping trees. Tons to do, but that's okay...we're doers!

Don't forget to join me this Friday for Freyfaxi at Sigrheim, with special guests, Elder Steven McNallen and his amazing wife, our Gythia, Sheila McNallen. See you there!





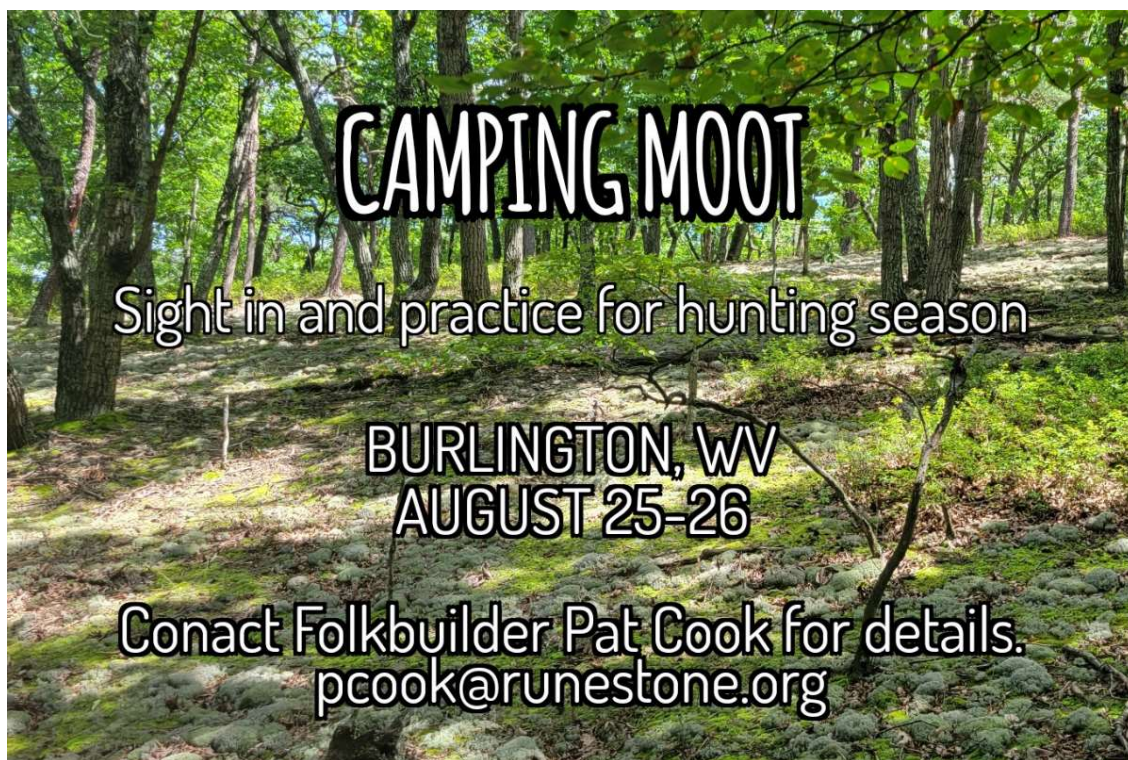
Folkbuilder Nicholas Rice

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

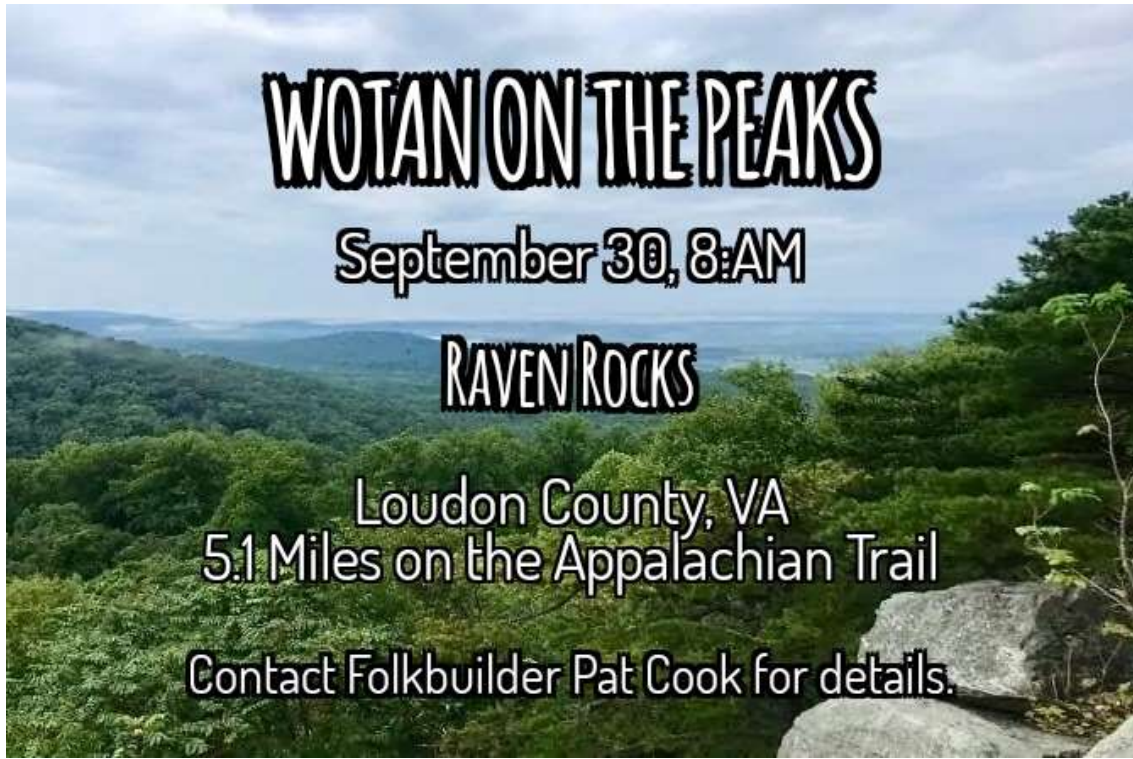
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## West Virginia

### *Upcoming Events*







Folkbuilder Patrick Cook  
[pcook@runestone.org](mailto:pcook@runestone.org)



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