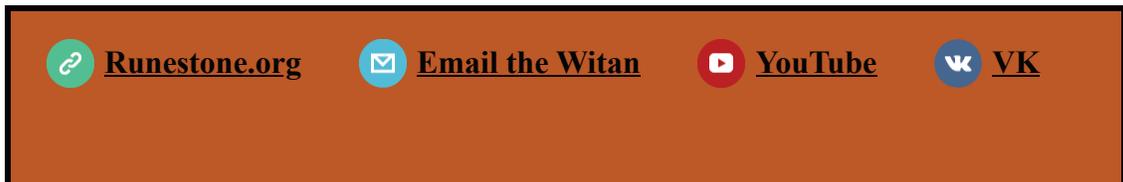


<http://www.thorshof.com/>





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Words from the Alsherjargothi



SIGRHEIM IS OURS!

I am proud to announce that as of this article, Sigrheim is ours. Right now, it is raw

land and a dream, in the coming months, years, and decades it will become the thriving home of the Asatru Folk Assembly. This would not have been possible without the amazing generosity of our AFA family, thank you all so much. This was also made possible by the special effort of Daniel Mason and his wife Kira and by the constant effort of Gothi Daniel Young, these are the heroes that made this happen. Hail the Æsir! Hail Týr! Hail Victory!

I have been focused on Sigrheim these last few weeks, but November was a great month for us generally. Our AFA family continues to grow by leaps and bounds. We have record member numbers and now members in The Netherlands and in France! 2022 has been a year of victory and growth, and we have much to celebrate this Yule. I wish you all a warm and joyous Yule, surrounded by family and friends.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

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Words from our Witan

The Banishment of Alienation



The Asatru Folk Assembly's [Declaration of Purpose](#) contains something I would like to talk about in this run-up to Yuletide and the start of a new year.

IV. The restoration of community, the banishment of alienation, and the establishment of natural and just relations among our Folk

Our ancestors had religious and social folkways that gave them a feeling of continuity and community while jealously preserving individual rights; we can and will reestablish this natural order among our Folk. Asatru encourages sound, traditional families while providing an extended family or tribe to support the basic family unit. We help each other materially, socially, and religiously while respecting the privacy of individuals and families. Society would work better if families and communities cared for each other, rather than relying on coercive, intrusive "help" from outside sources such as the government.

We help each other materially, socially, and religiously while respecting the privacy of individuals and families.

We have all seen the various collections for our Folk in need via the [Folk Services Fund](#), but I think a lot of our members might not be aware of how much occurs behind the scenes because the AFA can't "boast" about some of our activities while also respecting the privacy as we have promised to do. In my position as an AFA Witan and Gothi, I see it all the time, when an AFA member mentions to a Folkbuilder or our clergy that life dealt something unexpected and every time the AFA offers help.

Since I cannot brag about how the AFA had helped others, I will brag about a time the AFA offered to help me personally. My privacy is my business after all!

Years ago, I used to drive a 1987 Jeep YJ Jeep Wrangler that was affectionately and jokingly called the "Jurassic Jeep" among AFA members and a few leaders because it

was the same as the Jeeps in Jurassic Park and because it had a logo on the doors for "Paragon Park" which was a rock climbing park that used to own the Jeep. This Jeep was a real clunker, but like all Jeeps, it would always go even if there were a trail of smoke and people on the highway suggesting I pull over. "No, it's fine. It's a Jeep" was always my reply.

In 2013 or 2014 I drove this Jeep down I-95 from Pennsylvania to Georgia with our Gythia and Gothar program coordinator Rebecca as a passenger, and the then "AFA East horn" (the sister horn to the one currently at Óðinshof) that was in my care from Gythia Pat Hall. We were on an overnight mission to get our Gythia Rebecca down to Ostara in the South for a presentation, and then she was returning to Pennsylvania by train the same day. I was going to stay the night Saturday, and then would be going home on Sunday.

The trip down was uneventful, the presentation was well-received, and the "AFA East horn" was present for this great event, and it was very much appreciated by the Folk that it was brought down. I stayed up late enjoying the short time I had with my Folk and when it was time to drive home the next morning, I was very tired.

I started to doze off in North Carolina, so I decided to exit the highway and find a place to take a nap. As I was turning into a truck stop, I cut off a Ford Mustang which then t-boned the Jeep. I was very lucky that I bounced off of a curb and didn't roll because I most likely wouldn't have survived if the Jeep rolled. The Jeep was totaled and the AFA East horn had a large crack near its mouth. As soon as I had contacted someone, I received calls from numerous Folkbuilders, Gythia, and Mrs. McNallen. I was astonished by a few things.

1. No one cared that the horn was cracked
2. They were all concerned that I was okay and had somewhere to spend the night
3. Mrs. McNallen knew how much this Jeep meant to me and offered a loan from the AFA to help replace it.

I had always heard about how the AFA cares for its members and had been a witness to the AFA's hospitality, but this was the first time I was able to witness in a very personal way that the AFA **means it** when we say, "we help each other." I was fortunate that I didn't need to take that loan since I was a single young man and had the resources to take care of things. If this happened to me today as a husband and father, I would probably accept the loan. The horn was repaired, although sadly it was stolen years after this. (that is another story!)

Please, never be afraid or embarrassed to ask for help. The AFA takes care of our family, and that means you.



Witan Clifford Erickson
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Lawspeaker's Challenge - Memory



Yule is a time for remembrance – remembrance of the simpler times of our childhood as well as the good memories of our families and ancestors. Along with those direct family memories we are taken to recall the memories of the Folksoul, which after all surround us this time of year: Yule trees, holly, garland, mistletoe, and the giving and receiving of presents.

Many of us have extra time off during the Yule season, so this is a good time to work on one of the components of our souls – memory. Memory, along with thought, form, will, and other parts, form the whole (same root word as “holy”) person. So while we have some extra free time we should work to strengthen and expand this part of our soul.

So, this month's challenge: memorize something challenging. Memorize several stanzas of the Havamal (or the whole thing!). Memorize a long poem that you have always liked. Memorize your grandparents' and great-grandparents' names back three or four generations. Memorize all 108 names of Wotan. These exercises make you stronger and healthier mentally and expand and strengthen your soul complex. Be strong, and acquit yourselves well.

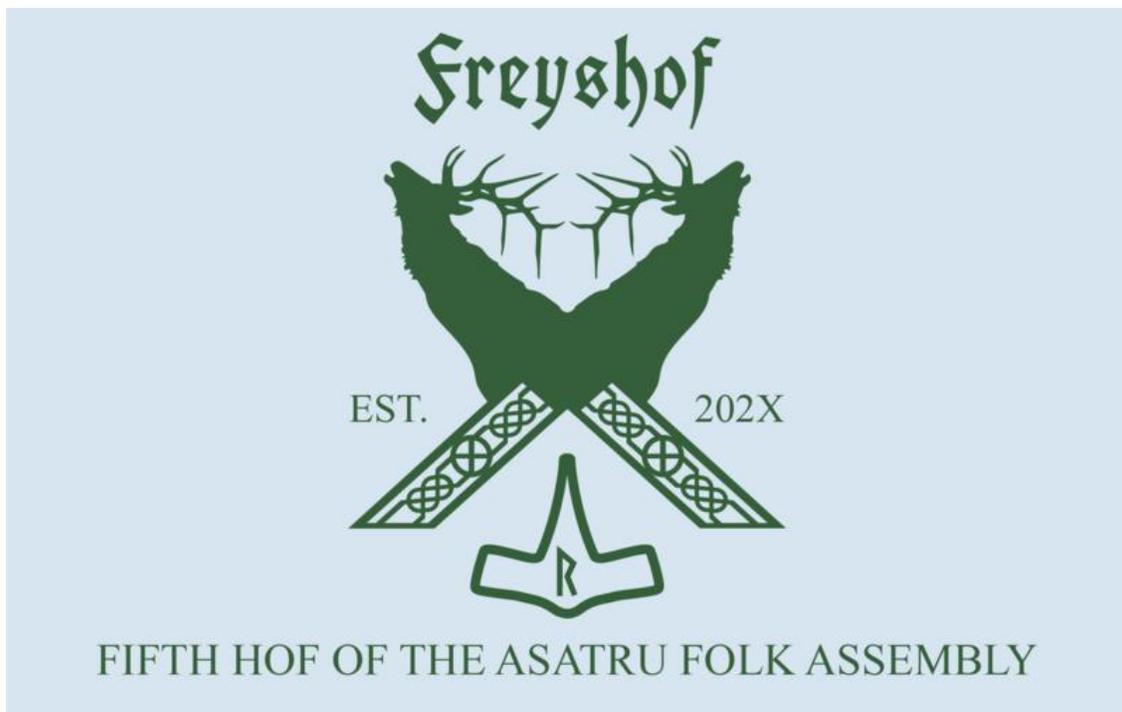


Witan Allen Turnage
aturnage@runestone.org

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 \(runestone.org\)](http://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. (We have paid off 41.25% so far)
2. We need to raise our monthly donation average by 12%. (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 the patient and resolute. As we progress, I will keep you all updated on our progress!

Hail Freyr!



Matthew D. Flavel

Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6pm PST / 8pm EST

vk.com/asatrufolkassembly

entropystream.live/app/MattFlavel

youtube.com/c/AsatruFolkAssembly

odyssey.com/@AsatruFolkAssembly:c

twitter.com/FolkAsatru



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AFA Homeschool Program



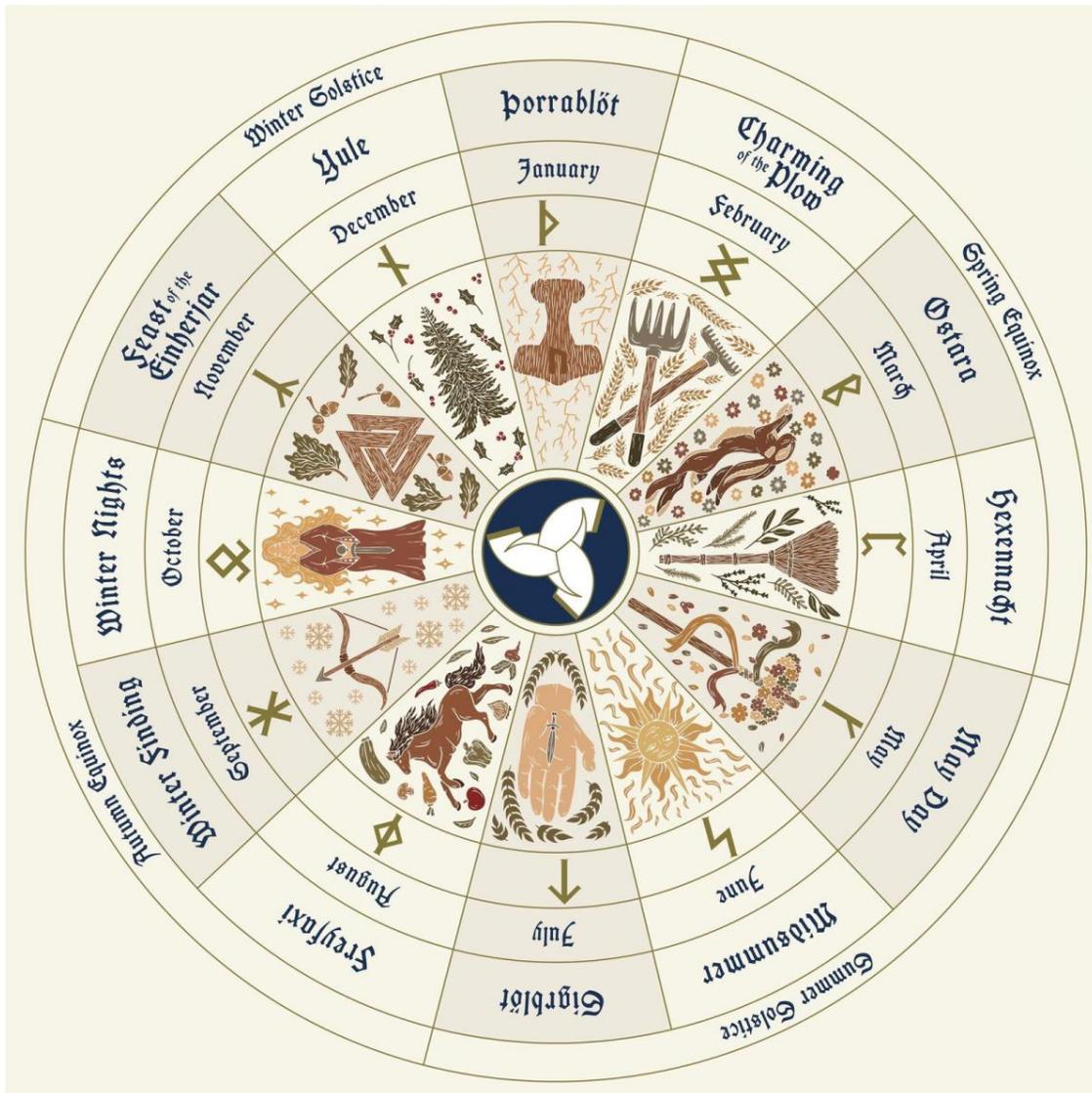
Check out the Asatru Academy at AsatruAcademy.org

Greetings parents and students! Happy Yuletide to you all! This month we will focus heavily on our Yule traditions. Be on the lookout for new Yule stories and content to be posted on Quickschools. A very special story time and other great lessons! We hope your Yule is wonderful. We can't believe the first half of the school year has gone by so fast! If you need anything, don't hesitate to reach out to any of [our dedicated school staff](#).



Gothi Robert Stamm
Dean of AFA Academy
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Remembrance and Holy Days



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

2022

| Date | Observance |
|--------------------------------|--|
| 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 |

| Date | Observance |
|------------------------------------|---|
| 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 |

Day of Remembrance

Egill Skallagrímsson



“Here I am at the hearth
Of my host, Yngvar
The Generous, who grants
Gold to heroic men;
Free-handed fosterer,
You’ll find no three-year
Babe among bards
More brilliant than me.”

So “penned” the three-year-old Egill Skallagrímsson after stealing a horse from this father to attend his grandfather’s feast. That small poem was just a precursor for the man who would become known as one of the best poets of the Viking age. Planting an ax in the skull of the boy who cheated him at a game at seven years old would similarly set the tone for a man who would become known as a fierce warrior prone to berserker rages.

From Egill’s Saga, one of the great Icelandic family sagas written in the 13th Century by Snorri Sturluson, we learn about a man who was both an unforgiving warrior and a masterful poet. He spent a good half of his life as a very successful Viking chieftain whose violent tendencies took him through most of Northern Europe. From Norway to Latvia, from Sweden to Saxony, his exploits were prolific.

Egill was known to always strike out in revenge against those who wronged the ones he loved, even going so far as to rip out the throat of a man with his teeth in an honor duel. For all the man was known for his ferocity, Egill Skallagrímsson was also known for his love of his family. This is seen most clearly in his poetry. Many of his poems were composed as a result of the death of someone he loved. He wrote a poem for his brother, Thorold, and recited it in his poems. He also wrote a poem named

“Sonnatorrek” after the untimely death of both of his sons.

His skills don't end there, however. Egill was considered a skilled runemaster, even going so far as to heal the daughter of a man with whom he was staying by carving runes into a stick and placing it under her pillow. Truly he seemed to be gifted by the Allfather.

Egill retired to a farm in his middle years and lived to be nearly 90 years old before dying of a sudden and quick-acting illness.

What can we learn from this story?

Egill represents the true duality of human nature.

Egill's Saga is one of war and one of love. We watch the pagan chief battle his way across all of Northern Europe, and we watch him immortalize his love of his friends and families through masterful poems. His loyalty to those who were important to him was tantamount to the man he became.



Gythia Catie Erickson
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Yuletide



Yuletide is the 12-day period in December in which we hold our biggest celebrations. During the Yuletide, we celebrate our families and our tribes and the bonds that hold us strong. We celebrate our Ancestors. We celebrate our Gods and the Wild Hunt. We celebrate the bright fires of the hearth that keeps us warm, and we celebrate the rebirth of the sun. We have made it halfway through the harshest time of the year. The sun begins to stay in the sky a little longer each day, moving us closer and closer to the fruitful and warm summer.

We celebrate by gathering together to feast and sing songs. We put up our Yule trees and our wreaths. We bake cookies and give presents. We build strong bonds and traditions that our children remember and pass on. It is a joyous time of the year.

We begin the Yuletide on the 20th of December, called Mothersnight. During Mothersnight, we celebrate our ancient mothers, the Disir, who kept the hearth flames burning bright. One way to celebrate this is to extinguish all of the lights in the house. Light a candle to represent the hearth flame and, if you have children, give them pots and pans. Starting at the central part of your home, or the hearth (usually the kitchen and the stove, but can be a literal hearth if you have a fireplace), let the children “chase the ill-wights,” or the bad energy, from each room by running through the house and banging the pots and pans. As you go through each room, light a waiting candle. You are bringing the light of the hearth, of the Goddess Frigga, of the Disir, into each room to bless it. You can say something simple with each candle you light, like “The Goddess

Frigga bring love and light into this room” or “The Disir bless this home and all who live within it.”

Yuletide ends on December 31st, a time when people can make oaths for themselves for the coming year.

An AFA tradition started by our esteemed founder Steven McNallen, focuses on celebrating 12 Asatru virtues: Industriousness, Justice, Courage, Generosity, Hospitality, Moderation, Community, Individuality, Truth, Steadfastness, Loyalty, and Wisdom. Each night, we light a candle in honor of each of these virtues. Steven McNallen has videos for each of these days on our YouTube channel, and we recommend that everyone take some time to watch them.

Erickson Family Traditions



One of the things that my husband and I agonized over was how to make Yule something completely magical for our children, and completely separate from Christmas. We do not hate Christmas, but we want our children to be so in love with Yule and with Asatru that they do not consider any other way when they are old enough to choose for themselves. But how do we do this? All the real Yule traditions have been adopted and aren't strictly Asatru anymore.

We had such a hard time with it that it wasn't until our son was two and a half (his third yule) that we had any sort of traditions to start. Speaking with Witan Svan Herul was the turning point for me, and over the yuletide season, we honed our own family traditions.

As a Gythia helping find traditions for my family was important but finding traditions that all our children can grow up with is even more important. How wonderful would it be for our children to see each other at gatherings and be able to talk about Yule without having different experiences?

I know that many of us already have our traditions and even more of us have children who are old enough to “know what they know,” but I am sharing my traditions here in the hopes that it helps at least one family.



We begin with the Tree. Every year we chose a live tree. When we find a tree we like, Eoghan leaves a small offering of an apple or an orange. We then ask the Wight of the tree to come home with us. This is our Yule Wight. He is one of Santa's many helpers during Yule, and Santa is the biggest of the Yule Wights. This allows us to talk about Santa without it being Christmas-related. When we get the tree home, we build a little nest in the branches. We use a wool scarf. Every night before bed we leave a small offering in the nest. It can be a cookie, an orange, or some other small food thing. Every morning we wake up and go to see that the Yule Wight has eaten the offering!



On the 1st night of Yule, Mother's Night (December 20th), We light a candle to Frigga and the Disir. Today we decorate our Yule tree. The lights have been on since we brought it home, which was done the weekend before the 20th. That evening we turn off all the lights in the house. We light a candle, and this candle represents the hearth flame. The children have pots and pans, and they go from room to room banging the pots and pans to scare away all the bad things that might be in the darkness. When each room is "free" from bad things we light a waiting candle and call on Frigga and the Disir to keep our home safe and happy.

The last candle we light is on our dining room table. We have twelve candles surrounding our Yule Log or a piece of our Yule Tree from the year before. That candle we light in honor of Frigga. We leave an offering for the Yule Wight and the kiddos go to bed. When they check the tree in the morning, they will find that the Yule Wight has left two small gifts in return! We use this to teach the children the importance of gift-giving and the gift cycle.

Every morning after this the Yule Wight will leave gifts.

Additionally, we take a plate of food from dinner outside every night and leave it as an offering to the God to whom we lit our candles that night.



On the 2nd day of Yule, we light a candle to Sunna. During the day we build a sun wheel out of materials we find in the yard, mostly pine boughs, and pinecones. That evening we build a fire (inside or outside, doesn't matter) and we honor Sunna and the sun before burning the sun wheel. We then light a candle and with it, we light our candle on our Yule wreath.

On the 3rd day of Yule, we light a candle to Nerthus. During the day, we make dough ornaments and paint them, or we do other fun yuletide crafts. When we call on Nerthus, we remember the Earth that we need so much.





On the 4th day of Yule, we light a candle to Mani. During the day we bake our cookies! That evening we decorate the cookies altogether. And we eat some too! When we light our candle to Mani, we remember the nighttime and the moon.



On the 5th day of Yule, we light the candle for the Ancestors. We don't have a particular daytime activity, but when we wake up, we find small, wrapped gifts either in our stockings or under the tree. One of my families' personal traditions is to have a special "tea" instead of dinner. I spend the day making all the different appetizers that my family ate as a child. Sometimes the kiddos help. That evening we make tea and serve the appetizers. Teatime is when we finally get to see the presents.

The Yule Wight made a special trip to the halls of our ancestors and brought back gifts from them. Each gift is something practical. A hand-knit wool sweater, or a pocket knife (in the case of an older child). When we hand out the gifts to each person, we tell everyone who the gift is from, and we take turns telling stories about that ancestor. This

is a great way to familiarize our children with their ancestors. It is to those ancestors we light our candle before bed.



On the 6th day of Yule, we light a candle to Tyr. To the rest of the world, this day is Christmas. This is the day that children go downstairs to find presents under the tree, delivered by the magical red man himself, Santa. To not get presents on this day would be bad for any child, but how do we separate Yule from Christmas, so that this is not the culmination of Yule for our children when there is so much more?

As yesterday was Ancestor's night, today is family night. We celebrated our dead and now we celebrate our living. When our children wake up today, they will find presents under the tree. These presents are the presents from grandmothers and grandfathers, aunts and uncles, and any of our living family who has given gifts. It is a day spent with our extended families. We have our big Yuletide feast and sing our Yuletide songs (though admittedly, there aren't too many of these right now). This is a day for everyone else. It makes our Christian family members feel better and it lets our children be a part of everything without being a part of it.

Before bed, we light our candle to Tyr to honor him for truth, and the maintenance of order in our lives.



On the 7th day of Yule, we light a candle for the Einherjar. Typically, this is the day we host our Kindred's Yule. We gather to celebrate and make merry. We light a candle to remember those who have fought hard to protect us and our rights to practice our faith.

On the 8th day of Yule, we light a candle to Odin. The following days don't have daytime activities yet. It's still a work in progress for us, but the candle we light to the wisdom God, to the Allfather, Odin. The children are still leaving gifts for the Yule Wight, and the Yule Wight is still leaving small gifts in his nest for the children.



On the 9th day of Yule, we light the candle to Ullr, the hunter. This marks the end of the hunting season for those who hunt and a good way to celebrate Ullr's day is to clean and bless all the hunting tools from the season before storing them away.

On the 10th day of Yule, we light a candle for Thor. Friend of man, and arguably one of the Gods best known to us, today is a good day to spend time outside playing. And eating!



On the 11th day of Yule, we light a candle for the Land Wights. Though never really seen, our land wights are always there. They can help us or hinder us as easily as the rain can fall or the sun can shine. Today we spend the day cleaning. It doesn't have to be a deep clean, but to honor them, dust and mop the floors. We go outside and clean up fallen branches or twigs from the yard and sweep the front stoops. When we leave our nightly offerings, we make sure they include bread, cream, and honey, some of their favorites.



On the 12th day of Yule, we light a candle to Freyr. Now we begin the decline of winter. Days will get longer and colder. Freyr will soon be seen in the growing things again and so we honor him and all the things he will bring us. Tonight is the last night that the children leave an offering for the Yule Wight.

When we wake up on the morning of the first there will be more presents under the tree. These will be our presents to the children. We chose to do this for several reasons. The first, and maybe most important reason, was to make sure that the anticipation of Yule didn't end on "Christmas". They had MORE to look forward to. It was also a nice way to be able to end Yule with a lazy just family day.



We spent a great deal of time worrying about making Yule perfect for our children in a way that will stay with them forever and really emphasize our faith above all else. Santa is a Yule Wight. The Boss if you will. We have a Yule Wight in our home who helps Santa. The Santa's in the mall are Yule Wights who help the Boss man. They get presents on Christmas without it being Christmas. I hope that some of our traditions can help the new parents out there marry existing Christmas traditions with new, authentic Asatru Yule Traditions.



Special thank you to Witan Svan Herul, whose 12 nights I fell in love with and sort of adapted to fit our family.

A Merry Yule to every one of the Asatru Folk Assembly.



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Events



Order your tickets at

[Charming of the Plow at Njörðshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/Charming-of-the-Plow-at-Njorðshof)

The Charming of the Plow is an ancient custom of our Folk that will be the National Event at Njörðshof for the first time in 2023, held the first weekend in February. The celebration can be tied to the Gylfaginning, where Gefjon, one of the Disir in service to Frigga, went to visit King Gylfi of Sweden to ask for land of her own.

To our ancestors "luck" meant preparation. This was the time to prepare for the new year, to make plans and set goals that will allow us the prosperity we seek. Njörðr is our god of prosperity, and it is at his temple the AFA will gather to make ready the earth to accept the seed of our plans for the coming year. Whether it's preparing the actual soil for planting or sharpening the plow, taking a class that will let you advance at work, or even changing careers; to work our will in this world our implements must be sharp if they are to be effective.

This is why we ask that you join us at Njörðshof for our first Charming of the Plow starting Friday, February 3rd and running through Sunday, February 5th.

In addition to the blots and Sumbel, there will be great food (ask anyone that attended our dedication), activities for the kids, discussions with our Góðar, an auction, and more. Build Frith with your folk in Florida, so get out of the cold for a great time in the sunshine state at Njörðshof.

Tickets are available at

[Charming of the Plow at Njörðshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/Charming-of-the-Plow-at-Njorðshof)



Witan Clifford Erickson
cerickson@runestone.org

Feast of the Einherjar 2022



Feast of the Einherjar 2022 | Video by Shade McCurdy





Folkbuilder Nathan Erlandson
nerlandson@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 to help us make a difference in our world.

Baby Blanket Project

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

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

If you are a member of the AFA who is expecting a baby, please let your Folkbuilder know so we can get a blanket to you. If you would like to contribute, either financially

or by volunteering as a baby blanket crafter, let your Folkbuilder know about that as well, so he can get you in touch with the right people. It's so rewarding to see your handicraft being loved by our little heathens!

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



Folk Services



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

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

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

Your contributions are earnestly solicited and of course, are tax-deductible! Please

donate to Folk Services or one of our other AFA Fundraisers
at <http://www.runestone.org/donate/>.

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

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

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

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317

Witan Allen Turnage
aturnage@runestone.org



Cooking for Our Folk



Calling all Chefs

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

cookbook@runestone.org

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

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

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

making Fried Potato balls? It doesn't add anything to the dish overall and in fact, it takes away flavor and disrupts texture. The reason is that what flour takes away: is moisture. It adds to the binder and liquid consumption.

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

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

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



Mike Joyner
Apprentice Folkbuilder
mjoyner@runestone.org

Ancestral Food and Culture



Nikkaluokta soppa. From my wife's cookbook, 'The Nordic Cookbook' by Magnus Nilsson, comes one of our favorite recipes for winter. It is a hearty soup that warms both body and soul. Just what you need for the cold nights in both winter and autumn.

**CABBAGE AND MINCED MEAT SOUP
FROM NIKKALUOKTA**

Nikkaluokta soppa (Sweden)

Nikkaluokta is a small village in the very northern part of Sweden. This soup is one of my best school canteen memories from growing up. It is usually flavoured with a bit of tomato purée and a bit of mustard, but most of the flavour comes from the cabbage and minced (ground) meat itself.

Serve it with some sourdough rye crispbread with butter and cheese.

Preparation and cooking time: 35 minutes
Serves: 4, generously

½ cabbage (about 400 g/14 oz)
25 g/1 oz (1¾ tablespoons) butter
1 leek, finely sliced
400g/14 oz minced (ground) beef

2 tablespoons strong mustard
2 tablespoons tomato purée
1 litre/34 fl oz (4¼ cups) Beef Stock
(page 650)
2 bay leaves
splash of Chinese mushroom soy sauce
salt and white pepper, to taste
1 handful parsley, chopped

Use a mandoline to slice the cabbage finely.

Heat the butter in a pot over a medium heat. Add the cabbage, leek and beef and brown until it is all quite dark. Let it take its time.

Stir in the mustard and tomato purée, followed by the beef stock. Add the bay leaves and a splash of soy sauce. Bring to a simmer and cook for about 10–15 minutes, or until the cabbage is soft. Taste and adjust the seasoning. Sprinkle with parsley and serve straight away.

As our family does not herd reindeer; we substitute the reindeer meat with moose meat and that works just fine for us. Feel free to try out whatever minced meat you are able

to procure. Enjoy!

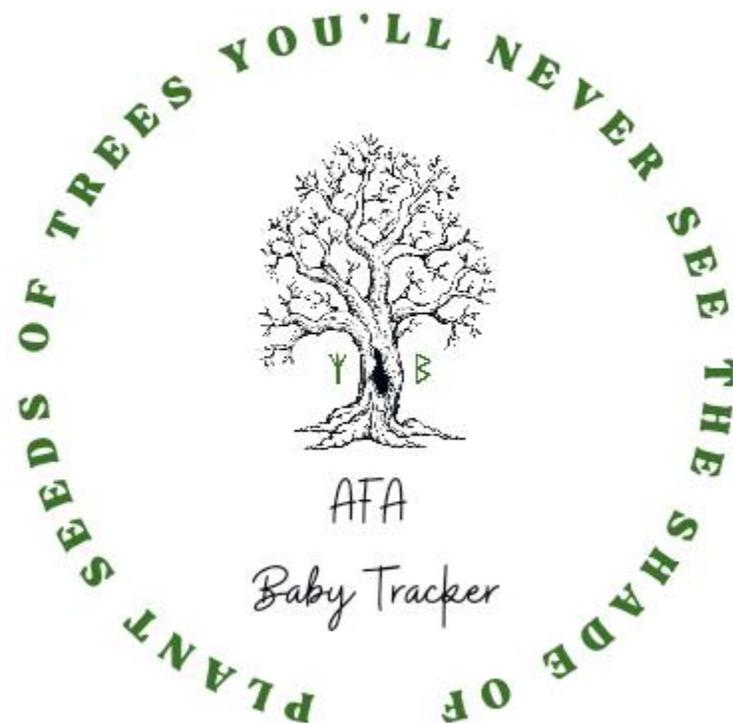
- Apprentice Folkbuilder Erik Lugnet, Sweden, Thorshof District



Folkbuilder Timothy Dumas

tdumas@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 2022: 42



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Óðinshof Restoration Project



ÓÐINSHOF RESTORATION PROJECT

Óðinshof Restoration is a project I created in October to help raise funds for the upkeep and repair of the first Hof of the Asatru Folk Assembly. Óðinshof was an older building when we purchased it and as the years go on there are things we continually need to mend and replace to keep this building running for many years to come.

The first fundraiser got us approximately \$700! This will get us a new door in the kitchen, repaired window, and paint. Our second fundraiser will be over on Dec 10th, so if you would like to participate, please reach out to me (astockton@runestone.org) or my fiancé Michael Sessumes (mssesses@runestone.org) and we can get you all the details needed.



We will need so much more to fix the roof, walls, floors, kitchen, and back property, so every little bit counts.

Different ways to contribute are by donating your time or money, participating in raffles, donating something beautifully handcrafted, or simply spreading the word to people you know.

Also, it is worth noting that donations of over \$500 get you on the donor's board inside Óðinshof and all donations are tax-deductible.

Óðinshof is a beacon lighting the way home for our folk and a place that belongs to Óðin and us. It is important that we make Óðin proud, and keep this hall beautiful and sacred as it is a place where so many folk souls reawaken. Óðinshof is always a place where we can gather in good company around a fire and more often than not a hot meal. Let's work together as I know we can and make Óðinshof as grand as possible!



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!

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



Shane Duffy
Apprentice Folkbuilder
sduffy@runestone.org

Now Available in the AFA Store

Scarfs are in the store! There is a limited number left so order fast if you would like to get yourself one!



[Order Yours Now!](#)



Folkbuilder Melisa Mills

mmills@runestone.org

Þórshof

Feast of the Einherjar at Þórshof



Getting together to honor our fallen warriors is a very important part of Asatru, and the fine Folk journeying to the Temple of Midgard's Protector understand that very well. We had a wonderful time full of good cheer and solemn reverence all the same. The children were able to design their own "shields" that were afixed to the ship before being set aflame to symbolise the sacrifice and journey of our fallen to Valhal.



We were also delighted to be able to hold the Baby Naming ceremony for one of our newest Folk to the world of Midgard. Everyone, please join us in welcoming the daughter of Apprentice Folkbuilder Robert Shotwell! Hail!

Food Pantry at Þórshof



This year's Feast celebrations began with a very successful Food Pantry, where we fed about 22 families. We've been very appreciative that we're able to feed the uptick in families that we've had the last couple months! This is something we take great pride in, and we are very pleased with our volunteers taking the time and effort to help out a community in need in Cumberland County, North Carolina.

Upcoming Events at Þórshof

Yule
at Þórshof

- December 16th-18th
- Bring a toy and/or perishable food item
- Contact Goði Daniel Young or Folkbuilder Heather Young for details

Reminder that we are hosting Yule at Þórshof on Dec 16-18. Arrival on Friday at 12:00.
Non-perishable food or toy donations are requested.

Please RSVP with dyoung@runestone.org, hyoung@runestone.org,
sherul@runestone.org, teast@runestone.org, rshotwell@runestone.org, or
rstamm@runestone.org.

Indiana

Beast Feast



Friends and Folk,

Since roughly the end of the last Ice Age, the month we now know as November has been largely associated with gorging ourselves on food. Thus, it is among my favorite months, which will surprise no one who has ever seen me attempting to perform a sit-up.

This month we Indiana-faithful decided to use our fat for a good cause, paying homage to the honored fallen of our collective blood in our annual Feast of

the Einherjar celebration.

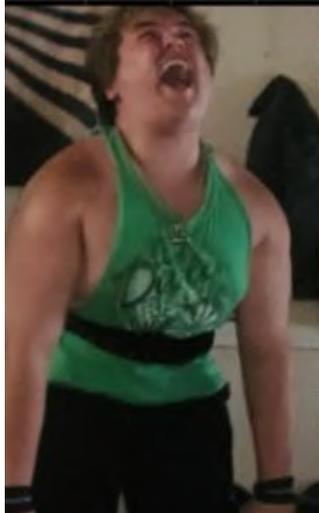
We celebrated with contests of strength, skill, and marksmanship. I considered adding a contest of intellect, but after soundly losing the first three I didn't think my ego could take any further degradation.



It is natural fact that the weak are to be trusted less than the strong, because, to compensate for their weakness, they must resort to less than honorable means to retain their stature. The weak man will often grow envious of the achievements of his betters and thus use tactics such as cynicism and mockery to tear down his perceived opponents, this is why I allow my daughter to dress our dogs in sweaters.



On an unrelated note, here are some amusing pictures of men who deadlifted more than me; my intent was obviously to make them look foolish, but honestly they came out looking pretty tough so I'll resort to mocking them for "toxic masculinity" or something. Deadlifting is sooo 2003 anyhow—why can't these cave-bros be more refined like me?

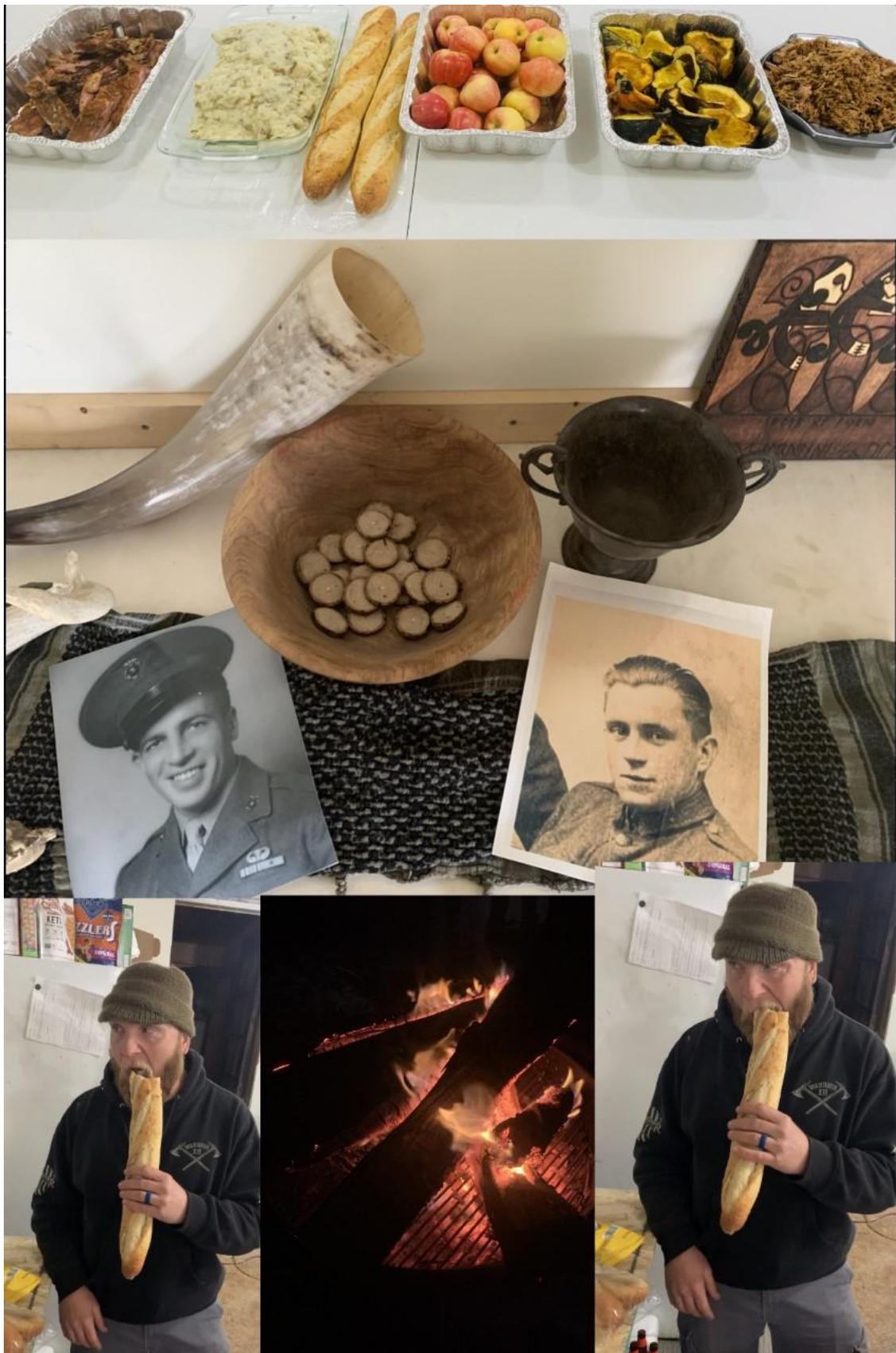




After the grugs had finished lifting they ran outside to tussle in the snow. We have become fast fans of traditional “collar and elbow” wrestling and intend to make it a mainstay of our future gatherings. The gist is to grip your opponent by the collar and elbow and employ a series of trips and throws to ground your enemy. After my eventual defeat at the hands of someone who probably cheated. I decided that wrestling is totally stupid and pointless and should be outlawed. Unfortunately, before I could post this decision on social media, effectively codifying it as law, the other participants surrounded me furrowing their brows and flexing their gnarled hands with threatening demeanor. My protestations, that the entire process was hard on our clothing, being met with blank stares, I was left with no alternative than to tacitly support the activity for future events (though I am considering buying a couple of communal Gi to wear so that we come out of the fights looking a little less like war refugees).



We managed to fit in a quick marksmanship competition as the light waned (which I didn't win on purpose to protest war or something) and then headed inside to feast and take turns telling stories of those honored fallen who sacrificed so much to enrich our lines and lives.



Having feasted with my kinsmen, my hunger for food and tales of heroism were sated. However, my hunger for vengeance after the day's events was still howling through my body. Recalling that it is dangerous to swim directly after a meal and that it can be

dangerous also to swim in freezing waters, I enacted a scheme to lure a couple of those who had affronted me to a watery grave.



Like the Pied Piper of folklore, I led these noble lemmings through the snowy woods behind my home to the creek, there to freeze and drown and wash up downstream to eventually be broken up into high-protein ice cubes. Unfortunately, I overestimated their capacity for understanding and underestimated their jovial natures. It seems my chosen victims assumed that I would be joining them in their icy tomb. Misinterpreting my protestations for cheers of enthusiasm I was then drug into the frigid currents of the presumably walrus-infested waters. Fortunately, thinking quickly despite my terror, I bravely chose to pee my pants, the resulting warmth allowing me to survive the swirling arctic terror surrounding me. I live to fight another day.



Folkbuilder Johnathan Rock
jrock@runestone.org



Italy





In honor of Hildir Eysteinnsson, the first victim of Christian intolerance on Icelandic soil: a staunch follower of the Gods, brutally murdered by Irish monks in southern Iceland.

Submitted by Francesco Morese.

North Carolina



This month Thorshof celebrated the Feast of the Einherjar in Linden, NC. The event had a fantastic turnout as many returning members attended, as did many new ones. The day started with the monthly food drive. Our members volunteer their time to hand out food to the locals who need it. We have seen a consistent increase in people who depend on the event. It is always fulfilling to know we have such an impact when people express gratitude.

Next, we held a baby naming ceremony for the cutest baby in the Thorshof district. I may be slightly biased, as it was my daughter. After gathering in the Ve, Witan Svan pulled three runes and performed the ceremony. It's such a privilege to introduce my child before the Folk and the Gods. The cliché is there for a reason; our children are the future, both of the Folk and the AFA. There is no better feeling.



After the ceremony, we all gathered in a circle where Witan Svan began the Blot. We passed a horn around and hailed the Einherjar, the Chosen. A few members read the history of a loved one lost in battle or an extremely difficult situation. Others read about complete strangers whose deeds were no less impressive. We all stood quiet and listened to stories of brave people that fought and died for something greater than themselves. After reading about these heroes, the members placed their stories in a boat where it was lit and burned. It was a very somber yet inspiring moment because the people who performed these actions were in such terrible situations yet their deeds were so admirable. It inspired me to try and be like them in seemingly hopeless situations.

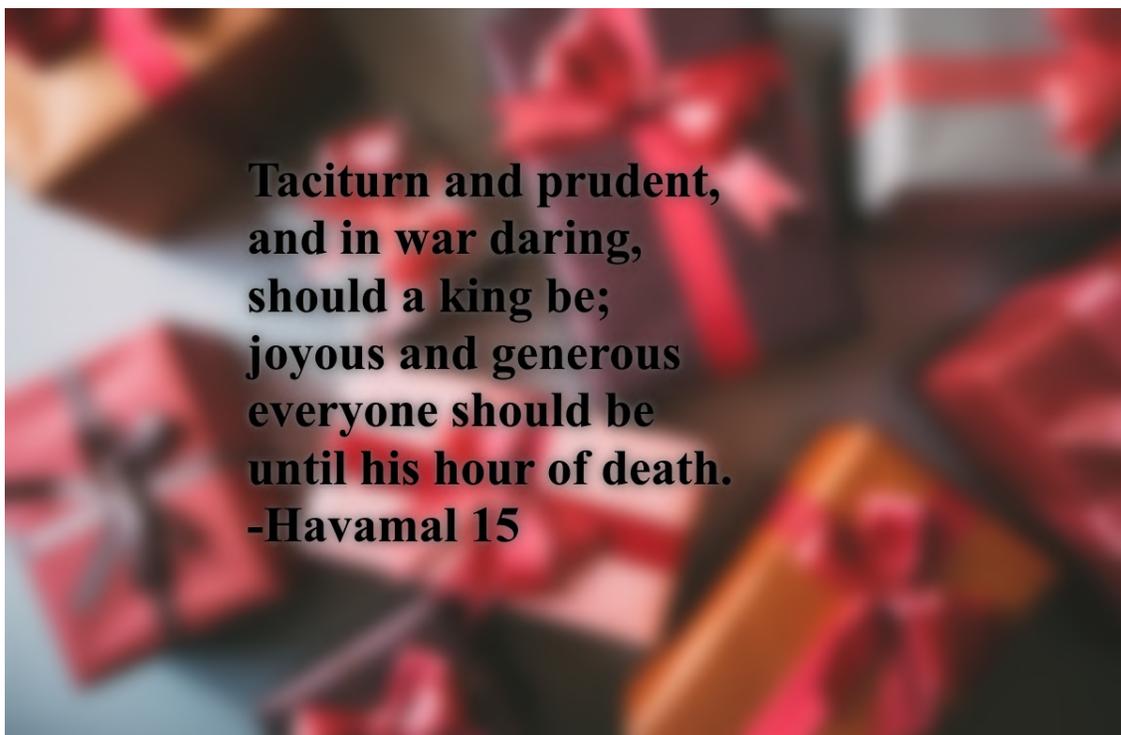
At the end of Blot, we all gathered in Rumpf Hall for an incredible feast. We spent the rest of the night eating, drinking, and talking with each other about the Gods, our lives, and happenings within them. As everyone finished eating and Folk began to leave, we ended another wildly successful event. If you haven't been to an event at one of the Hofs, you must. There is simply nothing like it and you'll never feel closer to the Folk or the Gods as when you're standing in a circle among them.

Hail!

Robert Shotwell
Apprentice Folkbuilder
rshotwell@runestone.org



Maryland



“A gift for a gift.” The cycle of exchanging gifts and giving, in general, is well established in our culture and our Folk. The coming month has been well known as a time to give gifts and come together and is still recognized as such, even despite the over-commercialization and heavy Coca-Cola advertisements many of us grew up with (perhaps it is black bears that drink Pepsi).

Charity. A long-standing and Noble virtue that our Folk have always held. To reach out and help those in need is indeed a good thing. It is what keeps communities strong and helps to build Frith among our Folk. To be Open-Handed and Open-Hearted is one of our Laws in fact.

Many claim to care about their Brother or Sister and even claim to do good work for

them. As an ever-growing community, we are happy to hear of such people and lend our efforts to them, feeling (rightly so) that an organization can do more than a single person. But the world is sadly full of shysters and crooks who make such claims but pocket the money for themselves, resulting in things like Charity Watch to try and make these “charitable” organizations accountable to the public. Sadly, what has resulted in so many people (myself included) have become more and more disillusioned with the idea of “charity”?

In October of 2022, the Christian Appalachian Project was given a restricted gift of \$2000 by the League of the South. In November of the same year, that money was sent back, saying that due to a disagreement with their tenets, they would not accept the money and use it to help people. Appalachia is predominantly White, and the League of the South is a Christian organization. Because the League of the South wished and chose to follow the principle of giving their first love to their family and Folk, they were effectively shunned and informed that they could NOT work with others to help those in need. The sheer disrespect and hypocrisy is thick enough you could cut it and feed the hungry with it (which they may well need to if they are going to refuse generous donations).

I am glad that with the AFA, we need not worry about such things. From the Folk Services Fund to when an individual member needs assistance I know that I can put my money where my heart is and it will get where I want it to go. We follow the tenets of giving first to our Family and Folk. I do not worry about anything getting sucked up into “overhead or admin costs”. I know that I can give assistance and can receive assistance if needed, as a True Community should be.

On the flip side here, part of being Open-Handed and Open-Hearted is being willing to accept the gift and charity given to you. As Proud White Folk, we have a very strong desire to be Self Reliant and not have to ask for help. This can very easily turn to stubbornness that results in you not accepting the help you need. We tell ourselves that we would be a burden upon our Folk by accepting the charity, but in actuality what we are doing is refusing to engage in the cycle of gift-giving that is so integral to our very culture and effectively cutting ourselves off from the Frith we all seek to build. I can also attest to the sheer frustration one feels when they offer help, get refused, and then the person ends up in a worse situation as a result.

Greet your Folk this winter with open hands and hearts. Give, receive, build Frith and make our people strong.



James Bethard
Apprentice Folkbuilder
jbethard@runestone.org

Ohio

Krampus Moot



If you are of Alpine extraction (or a horror movie fan), then you are most likely already aware of that most peculiar Yuletide creature known as Krampus.

While Niklaus knows if the little ones have bad or good, Krampus is he who watches the children all year round and will make his appearance known in the weeks leading up to Yule in order to punish those who have been naughty. Some get a swat, others are scooped up into his sack and taken away from their families while others could be dragged to the netherworld.

Krampusnacht is traditionally on December 5th, and all throughout the alpine regions in Europe, parades and festivals are held where scores of Krampi (is that right?), march the streets swatting away with a bundle of birch twigs at those who have been less than shall we say, stellar in behavior.

The Krampus tradition has been gaining popularity here in the United States...something that I encourage wholeheartedly.

The moot wound up being a moot of one. And while I was alone, I got the chance to take a pic with my buddy, Krampus.

These traditions need to be continued, and I suggest that you read up on our not-so-friendly horned one.

I can promise you that there is more Krampus to come.

I'd behave if I were you.



Mike Melillo
Apprentice Folkbuilder
mmelillo@runestone.org

Game Night



Another month another moot, time I was honored to spend with some great Ohio folk. We had a game night in northeast Ohio, and I can honestly say I can't wait to have another. It's important to honor the Gods and ancestors every chance we get though I think spending jovial time with those we care about is equally as important. It's in these times we can decompress and let the hectic world around us set to the side. We can learn much about each other and add to our relationships with good conversation and like-minded company. The food was great, the games intriguing, and the energy delightful. Our wise member Scott dominated trivia and the Irish nachos that were brought were incredible. A few drinks were had, and good conversation manifested effortlessly. There were two stew choices, and nobody went hungry to be sure. We are truly family in the AFA, these encounters are the way life should be for our folk. I would like to thank all of you here for being a part of something so special and deeply important. We are all on the ground floor of the reconstruction of our people's way of life. You should all be proud and I wish everyone here many meetings like the one I spoke of. I wish you all a wonderful holiday season and am proud to call you all family. Until next month Hail the Gods, hail the Folk, and hail the AFA.



Folkbuilder Joe Drotos
jdrotos@runestone.org

Feast of Einherjar in SE Ohio



Under Ash + Oak Kindred hosted the Feast of Einherjar in mid-November. We celebrate our fallen heroes together with a potluck.

My husband, Tim, and Appreciate Folkbuilder Mike Melilio created a wooden sword, in which members wrote the names of their family and friends who died in battle or served in the military for Blot. Folks also brought photos of their deceased heroes to pay respects.



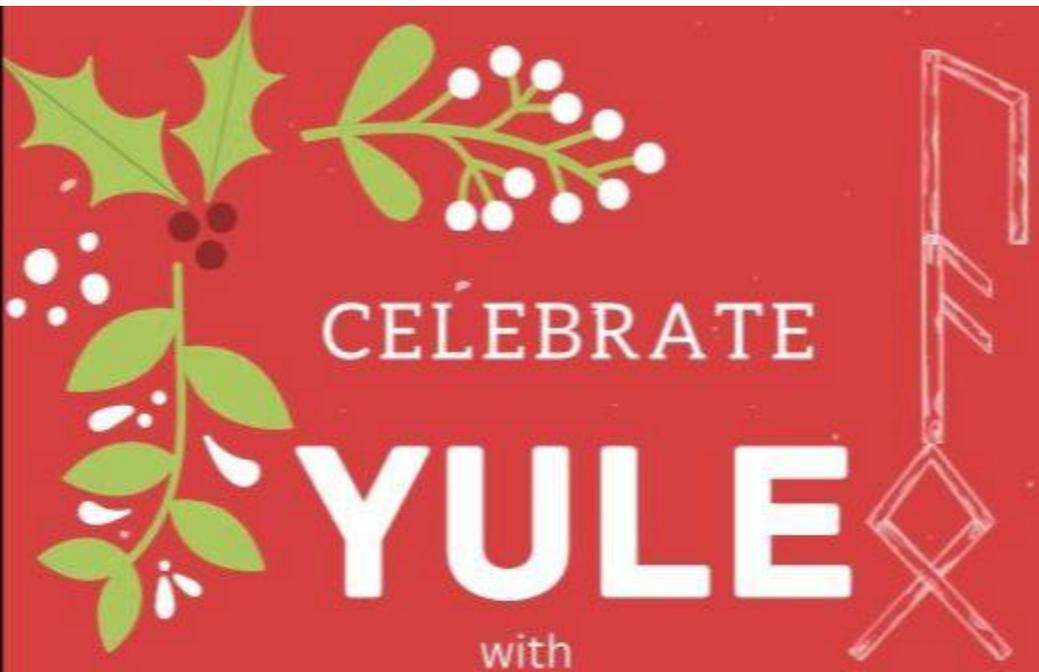


Once a large bonfire was lit, fellow kindred member, Dan, officiated Blot. With the roaring of the flame and the clamor of our cadence galdr, our echo was heard on the Fields of Ida as we paid honor to our warriors before us.

Our meal was blessed, and the feast began. Folks brought home-cooked meals ranging from shepherd's pie, locally raised stuffed chicken, freshly baked bread, stuffed rice salmon, pheasant pot pie, Mac n cheese, and sauerkraut. We also enjoyed delicious desserts like pumpkin cookies, Oreo delight, and cheesecake.

The day quickly surpassed us; however, we have splendid plans for Yule.

Upcoming Events



CELEBRATE

YULE

with

UNDER ASH

+ OAK

KINDRED

December 10th, 1 pm

Potluck • Crafts • Blot •
Sumbel • Gift Exchange

CONTACT

CHRISTINE DUMAS

CDUMAS@RUNESTONE.ORG

SUNDAY

JANUARY
1ST

2:30-3:45
PM



The 83rd Annual Boar's Head and Yule Log Festival

318 East 4th Street,
Cincinnati, OH 45202

Contact Christine Dumas
cdumas@runestone.org
for more information



BUY TICKETS ONLINE

[HTTPS://CINCINNATICATHEDRAL.COM/BOARS-HEAD](https://cincinnatiathedral.com/boars-head)



Folkbuilder Christine Dumas
cdumas@runestone.org



Mr. Fezziwig is a character from Charles Dickens's *A Christmas Carol*. He is a gregarious, generous, joyful embodiment of the Yuletide spirit. He is shown to be an early mentor to Ebenezer Scrooge. Yule is a time of goodwill for your family and folk. It's a time to enjoy the things you have and forget about the things you don't. It's a time to be around family and share in Frith. Norman Rockwell produced this beautiful painting that I feel really encapsulates the theme of Yule. Manifest the spirit of Mr. Fezziwig, treat your friends and family, and live gregariously and generously during

this short time. Mend old broken relationships with family, make oaths of loyalty, and shine bright in the darkness. We can all pick our spears back up when Yule is over.



Folkbuilder Timothy Dumas

tdumas@runestone.org

Feast of the Einherjar in NE Ohio



On November 5th we gathered at my house in northeast Ohio to celebrate and honor the Einherjar. It was a potluck dinner, and many wonderful dishes were served. I had intended to do a blot outside by the fire, but the winds were strong, and I had to make last-minute adjustments to an indoor blot. During the blot, I had everyone honor a veteran and tell a story about them.

After blot, the rest of the evening was casual. We enjoyed each other's company and played card games.

Hail the Einherjar!

Hail the Folk!

Hail the AFA!



Folkbuilder Jessica Lambert

jlambert@runestone.org

Pennsylvania

PA Sauerkraut Moot



We gathered at our home at the beginning of November to build Frith and learn homesteading food preservation skills.

A small group of us learned to process bulk cabbage for fermenting purposes. We spent time discussing plans for the future and the excitement among our group that our children had companions to play with.



I'll admit during the process later realized through distractions I made a critical mistake in the measurement ratio for salt to Cabbage weight. This just goes to show you, that even with preparation and previous skill knowledge things happen. Just continue to work on your skills and reach out to your community to help share your knowledge. You never know who can teach you as well as who may want to learn what you may know.

In this time, we face the world around us, and gathering folk that has sustainable skills can be what makes or breaks our survival. Help preserve our future by finding those among folk who possess skills, learn them, and share that knowledge with others!



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Sons and Daughters of the Sun



This time of the year is always challenging. The days grow shorter. The weather is colder. Your resources grow thinner. There is more struggle, sickness, and pain not just for us but for the trees and animals as well. We take part with them in this great cycle. Somewhere a part of us is missing also. Like He has left, at his furthest departure and we remain here in Her cold embrace. We journey "below" and silence takes place. Listen outside. It's the same. Death is here.

But there is much to learn in this state. She has much to offer. Wisdom and growth come often from darkness, not the other. And what is death? Death is none other than another word for transformation. Arising, being, passing away (transformation) to a new arising. What knowledge will you grab and take with you while you are "below"? Perhaps this is where the root of new year's resolutions comes from. This deep contemplative state beforehand. Not just what we go through but the cosmos at the same time, preparing for this new arising.

What state we choose to transform into is up to us. We can squander all that we have previously gained in this past year, perceived good or bad, and descend to a lower state or we can witness our greatest change, our greatest death to our greatest completeness ✱. As said above, we all in some ways are all going through this same process. What if we all rose together as One? What a force we would be. Like the newborn Sun that awaits, breaking all chains with its unstoppable momentum. We are Sons and Daughters of the Sun as well as of life and death. None other has the ability to transform themselves as We.

May we do so. So shall it be.

Hail Wotan! The True Gift Giver!

Hail the Folk!

Hail the AFA!



Folkbuilder Adam Hudak

ahudak@runestone.org

Feast of the Einherjar at Gettysburg National Battlefield



Over thirty Asatru Folk Assembly members and their family members gathered at Gettysburg National Battlefield, on October 12, for the first annual Gettysburg Feast of the Einherjar Blot. We spend the day exploring the battlefields and enjoying an unseasonably beautiful day and fantastic company. Everyone gathered flowers or other natural tokens from the park as we explored and carried them until they were given to the Einherjar as gifts in the Wheatfield.



The day ended with Frith, with a feast at General Pickets Buffet, and then a Baby Naming!



Gythia Catie had the very great pleasure of performing the baby namings for the Malseed Twins, Lochlann and Graeme Malseed. The very healthy, happy little boys were named and welcomed with the well wishes of our folk. It was a great day, and we look forward to seeing everyone at Gettysburg next year!

Hail Lochlann and Graeme!

Hail the Folk!

Hail the AFA!



Gythia Catie Erickson
cm.erickson@runestone.org

Sweden

Bird feeding in Winter



With the cold temperatures outside day and night, survival is a true struggle for wildlife. This is the case, especially for the very small birds that don't migrate south in the autumn. They are in need of a lot of fat to fuel their explosive metabolism.

In Sweden, putting out food for our small feathery friends has long been a beloved pastime. In exchange for giving them an advantage in surviving the winter, we are able to look out our kitchen windows and watch the dining birds flutter to and fro with seeds in their beaks.

It is a huge industry, with every grocery store selling both feeders and feed. Sunflower seeds are the most common food to offer. More traditionally, one would put out a bundle of oats for Jul for the birds to indulge in. A source of fat that is greatly appreciated is pieces of pork fatback that you nail up to the side of your house.



Thus far we've had great tit, blue tit, bullfinch, Eurasian tree sparrow and the more uncommon coal tit visit our all-you-can-eat buffet.

Our family will be feeding the birds animal fat, as we have an abundance of that. Sunflower seeds are fun to give but can be very costly. I estimate it would set us back upwards of 120 USD a month!

I've created my own prototype feeder. I took a large, flat piece of wood and drilled holes into it (without drilling all the way through). We make our own lard in our oven from pieces of fatback from pork we buy at the supermarket (tip: lard is FANTASTIC for making popcorn). We manage to get a few batches of good lard from each piece, but the last batch is usually a pretty deep orange color. That last batch I pour onto the piece of wood with holes. I let it cool and solidify, then hang it on a piece of string from a nail on an outside wall. It has thus far been a great success! Nothing goes to waste.

Feast of the Einherjar



The nights are cold and snow has arrived finally. It is a time of year when much time is spent indoors cozying up with family and friends around the dinner table for hot, filling meals.

As winter is analogous to Ragnarök, it is of course appropriate to celebrate the warriors that will fight in that great final struggle. The Einherjar.



A feast was had! And it was a good feast. Meat, potatoes, cheese, corn, and good honest Swedish apples! And we shared this feast of course, with those we arranged it for. A plate prepared for all the fallen ancestors no man can ever count.

Men who Odin saw fit to raise to his mighty hall, hear us as we remember you.

DnD with Jolly Friends



With the great success of the Europe/South African calls we have been having, one thing many of us found in common was our desire to have fun together. And we found a great activity just for that: Tabletop Roleplaying.

For the uninitiated, Tabletop Roleplaying is essentially getting together with your nerdy friends to play pretend. It is a hundred times more fun than what it sounds like.

I took on the task of running the game, and decided we would be playing Dungeons and Dragons, the 3.5 edition, in a world of my own making.

Here are the tales from our great adventure...

The characters are denizens of the nation of Dawnland, on the fictional continent Coldras. In this medieval fantasy world, the people find themselves under the tyrannical thumb of an oppressive foreign religion. The old ways have been declared heresy, the gods of yesterday have been banned. Yet, there is hope. There still are those who call on the old gods.

The characters taking on epic quests in this game thus far are.... *drumroll*

Sexrad the wise Druid (Michael)

Ulfhild the quick-witted Ranger (Tam)

Grug the massive Barbarian (Dave)

...and Flyrex, the sneaky Rogue (Jackie)

The setting: These four noble heroes find themselves in a makeshift prison camp outside the capital of Galdena. The camp overseer has picked them out at random to

send them on an apparent suicide mission. Our adventurers are to enter the city sewers and find out what, or who, have been kidnapping people from the camp and taken them into the stinky bowls of the city. The choice is simple: Accept the mission or be hung. Our heroes quickly join forces and enter the sewers. There, they fight of oversized rats. The team is strong (and at times, incredibly clumsy). Together, they manage to find the culprit! Arnold the Diseased, a cultist who dedicated his life to the being Hel, and Mathilda, his horribly mutated rat (who he had fed the kidnapped people to). Aghast at this vile man and his abominable pet, the heroes quickly dispatched justice and slew them both. Narrowly must be added, for they were moments away from being chomped up by the voracious Mathilda.

Emerging victorious, the heroes now take some well-deserved rest before they deal with the camp overseer in the morning. What great deeds will these heroes perform next? Will the drunk bard (Roger) finally awaken from his stupor? And will Ulfhild be able to wash the rat blood of her attire. Stay tuned for next edition of the Runestone to find out!

Upcoming Events

Lore Study

10th of December

Sweden

contact: elugnet@runestone.org

A photograph of a gift wrapped in brown corrugated paper, secured with a thick red twine. The gift is positioned next to a fresh green pine branch. The background is softly blurred, showing more of the pine and some greenery.

Yule

17th of December

Sweden

contact: elugnet@runestone.org

Winter Solstice

21th of December

Sweden

contact: elugnet@runestone.org



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