

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



Midsummer at Óðinshof was amazing! If you were there, you know. If you were not, I hope to see you there next year. It was great to see so many new members and their families this year and we all had a very powerful experience. This year I got to show Óðinshof to my dear friends Gothi Daniel Young and his wife Folkbuilder Heather Young. For the first time as a Gothi, I had the honor of performing a naming for twins! Amazing Midsummers were had across the land and AFA members worshiped our Gods in larger numbers than ever before!

Big things are happening at Njörðshof as those folks prepare for next month's dedication!

Summer is always a time for activity, a time for doing and I would encourage you all to get out and make the most of this special time of year.

I want to talk briefly about something that was made very clear to me at Midsummer, openness is key. We had a number of new folks at Óðinshof this year and before the Óðinn Blot, I asked everyone to be open. I asked that folks leave their analytic brain outside the circle and go in open to the divine, with an open heart and an open mind and to see what happens. Amazing things happened! From now on we are going to make openness a priority during ritual, and I am confident the difference will be noticeable!

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
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Remembering Martin Rojas 1992-2022



It is with heavy hearts that the Asatru Folk Assembly announces the unexpected loss of one of our Folk, Martin Christopher Rojas.

Martin, born in 1992, was a bright light taken from the Folk too soon. Since joining his Folk in February 2022, after returning to his home state of Minnesota, he had made many friendships. He was a constant smiling and positive face at every moot, event, and holiday he attended. His mixture of good humor and quick wit will never be forgotten. The laughter of Folk was never-ending in his presence.

His dedication and support of Baldrshof was immediate after joining the AFA. He didn't miss a single event, workday, or food pantry distribution. He traveled across Minnesota to share Frith with his Folk and support AFA members in neighboring states.

It seems only yesterday that folk of Baldrshof said their goodbyes to Martin in May as he made his way to Georgia. He was excited to meet the folk in the area and was planning his first visit to Thorshof. None of us thought that the goodbye would be final.

Hail Martin Rojas!

Asatru is Our Birthright

“Asatru is the religion with homework”

“You have to earn your hammer”

“The Gods call who they will”

These are all misleading.

It is of course good to study history, lore, runes, language, and all the other thing that help to inform our faith.

It is of course good to act in a way that is noble, brave, kind, and righteous.

It is of course up to the Gods to do as they will, and we can't presume to understand the motive.

However, none of these are the defining characteristics of our faith and religion...

Asatru means “Belief in the Gods” or more literally “Troth to the Aesir”, a holy faith in the Aesir. This is faith not only in the sense of “belief” but also in the sense of “trust” or “loyalty”. “I have faith in you” means more than “I believe you exist”, it means “I believe you will do right” and “I believe you will succeed”.

Our ancestors are our direct, physical link to the Aesir. The Aesir are the most ancient blood ancestors of our Folk.

We are that same link for our descendants and all their progeny.

The Aesir created the world and gave us life, wit, and vigor. Every Blot we make to the Aesir is a return on this gift, made from the world created for us by the Aesir. Our faith is to continue this gift cycle perpetually. We should always be mindful that the Aesir started the gift cycle and our ancestors -Asatru and otherwise- maintained this gift cycle through the successful lives they led. Our existence is proof of this success. Our children's prosperity and faith are proof of our success.

So do your homework. Prove you are honorable. Listen to the call of the Gods. But always remember that Asatru is the birthright of every single one of our Folk, even if they need to be reminded. Bring them home.

Witan Clifford Erickson

cerickson@runestone.org



Folk Futhark



Introducing Witan Svan Herul’s recent creation, the Folk Futhark!

This is THE rune set of the Asatru Folk Assembly and our Hofs! If you’ve seen any of Witan Svan’s murals, you may have noticed that he uses runes from all four of the main futharks: Elder, Younger, English, & Armanen. The purpose of this, and of the Folk Futhark in general, was to create a living tradition of runes for our modern Folk.

We are no longer Proto-Germanic, nor Vikings, nor Saxons of the Heptarchy, and we are certainly not all Armanen... We are modern Aryans, with our roots spreading across all of Europa, and we are building a modern tradition of

Asatru and rune work. This Futhark holds the same concepts and mysteries of the Elder Futhark runes, but some of the staves themselves are borrowed from the other three rune rows.

With all this being said, I will start writing short lessons on each of the Folk runes, and explaining why Witan Svan chose different staves, if applicable. We will study a few runes a month, starting after Ostara!



Now that we talked about the Folk Futhark and what it means for the AFA and modern Asatru, I'd like to start a rudimentary rune study, beginning with the first three runes.

FEHU- This is the first rune of every main futhark, and often symbolizes cattle or wealth, as cattle WAS wealth for our ancestors. Going beyond that, Fehu can be read as a rune of opportunity and potential. Some have equated it to the potential energy that existed before the Big Bang! This fits well with the idea that the Futhark, when studied in order, tell the story of the Cosmos from the beginning to the rising of Gimle out of the waters.

While the concept and name are the same as the Elder Futhark, the staff has been replaced with the Armanen rune known as FA, which is described as "the primal fire".



URUZ- This is always the second rune of any given rune row. It's also one of the runes that means the same thing in both Elder and Armanen rows, although with added connotations in the Armanen.

As Fehu is potential power, or wealth in cattle, or opportunity waiting to happen, Uruz is the logical next step in the greater story told by the Futhark. Uruz is raw, primordial power, it is the aurochs of our ancestors' days. If Fehu is your potential energy, Uruz is having your fists up. Fehu is energy waiting to be used, Uruz is energy READY to be used. Uruz is having a round in the chamber. Uruz is being centered and grounded and ready to defend or attack.



THURISAZ- The third rune of most rune rows, it is the next step after Uruz.

Where Uruz is having your fists up, or your weapon loaded, Thurisaz is throwing the punch or firing the first round. The point in the middle of the rune represents the APPLICATION of the potential energy represented in the previous two runes.

Thurisaz also represents Þórr, the Warrior Prince of Heaven and Earth. Think of the top of the symbol as Heaven/Asgard, the bottom as Earth/Midgard, and the middle point as Thunor charging forward to unleash the might of Mjolnir on anything that seeks to harm the worlds of Gods and Men.



Gothi Trent East
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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/freyshof-fund)

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 33%)
2. We need to raise our monthly donation average by 26%. (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
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AFA Homeschool Program

Calling All Musicians!



Greetings folks. I'm very proud to say we have got a lot of registrations for this fall's inaugural kindergarten class! We are very excited to welcome our first class. Remember folks, registration for kindergarten is still open! If you are interested in volunteering to help us and make this the very best experience possible for our children, please email me and tell me about how you can help. Specifically, I'm looking for musical-minded folks to aid in developing musical education, as well as putting together a yule recital program for kids of all ages.

Keep a look out in the AFA parenting group for announcements about conference calls for volunteers.

And don't forget to pick up an AFA Academy crest tee shirt on the runestone website! Show your school pride.



Gothi Rob Stamm
Dean of AFA Academy
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Day of Remembrance

Alexander Rud Mills



Alexander Rud Mills was born in Forth, Tasmania, and lived from 1885-1964. He was the guiding light for the foundations of Asatru in Australia.

In 1933 Rud Mills began writing books about our faith and in 1936 he founded the Anglecyn Church of Odin. Mills was able to build a solid Asatru community, but during the turbulent times of the Second World war, Rud Mills was bitterly persecuted by his government, and the community that he built was suppressed. With no evidence against him of illegal activity, Alexander Rud Mills was imprisoned. It was nearly a decade before Mills was released and despite all of his efforts, he was unable to revive his church to its former glory.

All was not lost, however. Alexander Rud Mills's many publications and his passion lived on and inspired a new generation. In the 1970s a group of Odinist Students at the University of Melbourne campaigned to have Odinism recognized as a formal religion in Australia, hoping to be able to protect the faith from the same persecution that Mills suffered. It took almost two decades, but by the early '90s, Odinism was granted religious status in Australia.

Alexander Rud Mills’s vision also, notably, inspired Else Christensen, who was a leading voice of Asatru in North America.

So, what can we learn from this story?

Alexander Rud Mills didn’t live to see the culmination of all of his hard work. When he died Odinism and Asatru were still a repressed faith in his homeland. Even without reward and recognition, he worked until his death, to try and revive the ancient folkway. And he did succeed. Could he have ever imagined how far-reaching his influence would be while he lived? Despite being imprisoned and persecuted for his beliefs, Alexander continued. Even without knowing that his hard work would bear fruit, he continued. He didn’t give up in the face of a thankless, and dauntless task. He didn’t let his ego or his own self-importance stop him from doing what he believed he needed to do. There were no rewards. There were no praises. There was nothing in it for him except the knowledge and the belief that he was doing the right thing for his folk.

Take from this story the need to remember that the bigger picture, even when we can’t see it, is so much more important than just ourselves. We do what we are doing for our children and for their children so that when we are gone they have a foundation strong enough to hold them up and help them build better and stronger.



Gythia Catie Erickson
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Remembrance & Holy Days



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

2022

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 15	Porrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 19	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 20 (observed on 21st)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 31 (observed on 16th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 21st)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 21 (observed on 18th)	Midsummer

Date	Observance
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

Sigurblot



Sigurbólót literally means ‘Victory Blot’ and was celebrated by our ancestors in the early summer months. On the one hand, our ancestors were celebrating their victory over the harsh winter. Life had won. On the other hand, our ancestors performed blot to ask for victory. With the warm weather and the completion of the planting time the men often turned their minds to the duty of man. War. Practically speaking, summer was the better time to organize new campaigns and set sail.

In our modern times, the vast majority of us are not familiar with war in a personal way. We do, however, all have our struggles. Sigurbólót is a time to refocus. It is the time we can use to reorganize our priorities, figure out the steps we need to take in order to reach our ultimate goals, and break free from those that we struggle with.

One great way to celebrate Sigurblót is to offer a meal or some other item you spent time making thanks for the victory of life. Another option is to sacrifice a bladed weapon to the fire. A nice knife, for example, the blade dulled in battle so that it cannot be used against you (this is symbolic, of course), offered to the fire is a great way to ask our Gods for victory during the coming winter.

A gift for a gift.

Upcoming National Events

Fallfest at Baldrshof



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

7 Meals * 4 Blots * 3 Morning dedications * High Sumble * Daily Fika * Multiple Educational discussions and Classes * Children's Blots and Activities * Vendors * Auction and Silent Auction * Hnefetafl Tournament * Games for Adults and Children * Meet your Folk and local and National Leadership.

Winternights in Ohio



Register Here: [Winter Nights 11 – Asatru Folk Assembly \(runestone.org\)](https://www.runestone.org/winter-nights-11-asatru-folk-assembly)

The Eleventh Annual Winter Nights will be held in Scioto County, Ohio from October 14- 16! Since 2012, this long-running AFA festival has been dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest.

Again, we will gather to worship our Gods, our Goddesses, and our Ancestral Mothers. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships. We look forward to seeing members and friends!

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

Things to know:

- Children 17 and under attend for free!
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Tenting is encouraged! There are also hotels within 20 minutes of the camp.
- Dogs are welcome but must be leashed at all times and are not permitted in common indoor areas such as the dining hall.
- The camp location will be provided upon registration.

If you have any questions please email cerickson@runestone.org

Member Family - Weekend: \$150

Member - Weekend: \$100

Member - Daypass: \$50

Guest - Weekend: \$125

Guest - Daypass: \$60

Child - Weekend: Free

Child - Daypass: Free

Witan Clifford Erickson

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Know Your Gothar



Gythia Sheila McNallen, Odinshof District

This month we celebrate Gythia Sheila McNallen's birthday. A tireless dedicated and trusted member of our clergy team, Sheila has been here since the founding of the Asatru Folk Assembly. Married to Founder Stephen McNallen, Sheila has been working behind the scenes since the beginning. While for years, Alsherjargothi McNallen has been the face of Modern Asatru, to those in the know, Sheila has been at the heart and soul. Gythia McNallen served the Assembly under Founder McNallen's administration as the Secretary and Treasurer, while still working as a full-time teacher before retiring in 2016.

Under Alsherjargothi Flavel's administration, which began in 2016, Sheila took the initiative to help with the coordination of events at Odinshof. In 2019 Gythia McNallen served as the Folkbuilder At Large, serving underserved areas with all their membership needs. While serving the Assembly in so many capacities, Sheila was working her way through the AFA Gothar Program to her ordination in 2019.

Today, Sheila sets the standard with charitable giving at Odinshof, feeding an untold number of families every month. The rest of us are doing our best to keep up with her.

Happy Birthday, Gythia McNallen. You and Mr. McNallen have laid a rock-solid foundation for us to build upon. Thank you for everything you have done and continue to do for us all.

“Happy birthday, Gythia McNallen. Thank you for your tireless effort in service to our gods, and our people. You have meant so much to Heather and I, and we are so very grateful to count you amongst our closest friends. We love you!” -Gothi Daniel Young

“Gythia Sheila has offered a warm welcome to all for as long as I have known her, and she has always supported Asatru families. I remember at Midsummer in California, back when it was hosted at the CYO camp, Sheila was talking in front of everyone and reminded all of us ‘singles’ that we still had a day to get to know each other. I’m glad she did this kind of thing because meeting my wife in the AFA has been such a blessing.” -Witan Clifford Erickson

“When I was going through a particularly trying time in my life, the McNallen’s called me, and Gythia Sheila spoke to my wife. She was so reassuring and calming. Sheila has that easy demeanor and soft strength of presence. The feminine nurturer principle in perfection. The first time we met in person, you’d have thought we had known each other for years. A wonderful lady.” -Gothi Robert Stamm

“Sheila is like the mother of the AFA and a nurturing presence to all who need it. There isn’t a single soul who has done more or worked harder for our church and that’s saying a lot.” -Gothi Trent East

“Sheila, thank for pushing me and encouraging me to go further than I thought I could ever go. Your example is one that all of us should seek to emulate. Wishing you the happiest of birthdays!” -Folkbuilder Heather Young

“Gythia McNallen has been an inspiration to me since I joined the Asatru Folk Assembly. Her drive and dedication to her gods, her church, and her folk is truly astounding. She has laid the groundwork for the amazing opportunities I have as an AFA woman and I’m grateful to her for it! Happiest of birthdays Gythia McNallen! I am sure you will continue to inspire and motivate us even more in the years to come!” -Witan Brandy Callahan

“The thing that truly floors me about Gythia McNallen is the subtle yet powerful grace in which she applies her

motherly wisdom and feminine ease to everything she does. When tackling issues oftentimes we menfolk will try to accomplish goals through mission orientation, and we lose sight of a certain personal touch. Yet Sheila will almost waltz into a situation with ease and form that is entirely different and accomplish the task tenfold and make it look like the frustrations we were dealing with didn't exist at all. -Witan Svan Herul

“Sheila is, and always has been, the heart of the AFA. There is no one that puts more love into this.” -Alsherjargothi
Matt Flavel



Gothi Daniel Young
dyoung@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 another member of our AFA family passed beyond the veil. He was only 29.

PLEASE make your will today! PLEASE include specific instructions on how you want your funeral handled and what YOU want to be done with your remains! PLEASE send an original signed copy to Allen!



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/>.

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

Introducing the Newest AFA Kindreds



Please welcome the Folc Irminsul Kindred of Indiana as the newest official Kindred of the Asatru Folk Assembly. Now there are two AFA Kindreds in the state of Indiana and another Kindred joining the network of Kindreds in that District.

It gladdens my heart to see so many of our folk stepping up and coming together and building Kindreds all over Midgard.

Gaining Kindred recognition is not an easy thing, it takes hard work and dedication. Standing with our church at all costs.

All new Kindreds go through a six-month probationary period before joining our family as an official Kindred.

Thank You Folc Irminsul Kindred for all your hard work and dedication to our church.

Hail the Folc Irminsul Kindred!

Hail the Kindreds of the AFA!

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher

jgallagher@runestone.org

The Artisans of the AFA Support Our Folk

RavenWing Customs





Created by folkish homemaker Lindsay Wallace in 2021. Located in rural Northern California. Specializing in jewelry, home decor, accessories, and gifts. Using resin, custom vinyl cutouts, vintage frames, upcycled goods, and always ethically responsibly sourced wildflowers and specimens. Botanical art, oddities, commissions, and more!

Etsy: [RavenWingCustom - Etsy](#)

Instagram: [Raven Wing Customs \(@ravenwingcustoms\)](#) • [Instagram photos and videos](#)

Email: RavenWingCustoms@gmail.com

If you would like to advertise your business please contact me !!!



Folkbuilder Jessica Lambert

jlambert@runestone.org

Ancestral Food and Culture

Callahann Colcannon



Colcannon is a traditional Irish dish of mashed potatoes and cabbage. Each family has its own recipe that is usually passed from one generation to another.

The Callahan family saves colcannon for special holidays or events and is served at funerals, Winternights, and Yule.

Ingredients

- *2 pounds of russet potatoes, peeled and chopped for boiling
- *2 leeks, washed and chopped (white and light green parts only)
- *1/2 head of cabbage
- *1 stick of butter
- *1 cup heavy cream
- *1 garlic clove, minced
- *3 strips of bacon
- *Green onions for garnish

Instructions:

- *Boil potatoes until tender, about 15-20 min. Drain well and return to pot.
- *Fry bacon and drain, save the drippings. Crumble bacon into small pieces.
- *Using the bacon drippings, add cabbage to the pan. Cook on medium-high heat until cabbage just starts to brown, about 7-9 min.
- *Add leeks to the cabbage and cook until leeks seem tender, about 5 min
- *Add garlic and cook about 1 minute more and remove from heat.
- *Mix potatoes, butter, and heavy cream. Whip with a mixer until creamy. Slowly add more cream if needed for a creamier consistency.
- *Fold bacon and cooked vegetables into potatoes.
- *Garnish with green onion

- *Salt and pepper to taste
- *Garnish with green onions
- *Serve warm

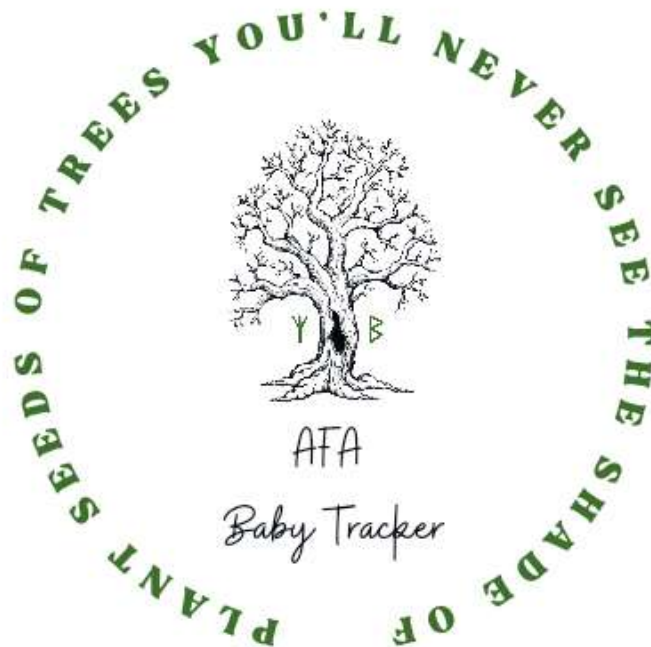
Serves 6



Folkbuilder Timothy Dumas

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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.

Total babies born in 2022: 19



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Now Available in the AFA Store

Asatru Academy Tshirt



\$23.00 – \$27.00

Buy Now: [Asatru Academy tshirt – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/store/asatru-academy-tshirt)

Food Pantry at Þórshof



At Thorshof, we had a great time passing out food to those in need. The weather was warm but a beautiful day to be outside passing out food to those in need of it. All hands were on deck with the passing out, and bagging and even the kids joined in by running the bags out to vehicles! We were very grateful to the families that came to help with the Food Pantry.

We had a great time telling stories, talking about the Asa, and just having good conversations with those that showed up to help out. We had such a great turnout that we were able to help 10-12 families with keeping food on the table for their own families. It always gives me pleasure to be in service to the people in the area around Thorshof! Thank you to all those who showed up to help, we couldn't have done it without your help.

Folkbuilder Cody Raynard

craynard@runestone.org



Midsummer at Þórshof



On the 25th, members from all over Þórshof District, as well as the new Njörðshof District, gathered at the temple of the Thunderer to celebrate the continued blessings given to us by our Gods!



As usual, we had our food drive from 11 am to 1 pm, and we managed to feed 10 families!



Next, we spent a bit of time watching Witan Svan Herul tell stories of Baldur to the kids. As you might expect, he took

it very seriously and the kids were all completely invested in the story.

After storytime, Witan Herul's son Valter carried the sunwheel and led us in a procession from Terry Rumph Hall to the Vé, where I conducted blöt to Baldur and Nanna.



Baldur- the Prince of Heaven, Ætheling of Asgard, God of Bright & Might- was thanked for his many blessings given to our church over the past 27 years and asked for continued blessings as we strive to make ourselves worthy of our ancestors' blood.

Nanna- wife of Baldur, Princess of Piety, Goddess of Devotion- was asked to bless us with continued piety and devotion and love for our Gods and Folk and families, so that we may work our will in the most honorable ways possible.



After the blöt, Witan Svan and I led everyone to the backyard, where we all jumped over a small fire, just as our ancestors used to do! All of the men, and some of the children, jumped the fire by themselves, while Witan Svan and I assisted any women or children that needed help.

We had a grand time, and we look forward to seeing folks at Sigrblöt on the 30th!

Hail Baldur, hail Nanna, hail Sunna!

Gothi Trent East

teast@runestone.org



Upcoming Events at Þórshof

Holy Tidings:

Sigrblöt: July 30th

Freyfaxi: August 27th

Winter Finding: September 24th

Winter Nights: October 29th

Feast of the Einherjar: November 19th

Mother's Night of Yule: December 18th

Florida

Hollerbach's German Restaurant Moot



Njordshof folk moot in downtown historic Sanford, FL where we enjoyed culturally appropriate food from Germany and listened to a wonderful accordionist. The pretzel was huge. Easily the most enjoyable time of all was socializing with folk and a potential member that made his decision to put in his application.



Tracy Adler
Apprentice Folkbuilder
tadler@runestone.org

Valdosta BBQ Moot



Trying to reach out to our more remote members, we had a moot in Valdosta Ga at Smoke n Pig. Diane and her husband met up with us. Had a great time...and some bbq.

Upcoming Events

FOLKLORE MEADERY MOOT

JULY 31 @ 1:30 PM
153 MARY LOU LN, DOTHAN, AL 36301
PLEASE RSVP TO MJOYNER@RUNESTONE.ORG

FOLKLORE
BREWING & MEADERY
• Since 2013 •
Crafted in Dothan, AL



Apprentice Folkbuilder
Mike Joyner
mjoyner@runestone.org

Njörðshof Gatherings



June was a glorious month for our Florida Folk and the AFA! It all began with the acquisition of Njörðshof, the fourth hof of the Asatru Folk Assembly. It is said "rich in temples" he rules, and for the first time in over a thousand years, there is a temple that will be dedicated to the god who has brought peace and prosperity to our Folk since Óðinn first breathed life into Aske and Embla.

Hail Njörðr!



Everyone was excited for our first workday at the hof. It was a great time giving our service to Njörðr. We accomplished our main goal of cleaning out all the trash left behind, getting the water running, and cleaning the kitchen and bathrooms. As we were cleaning out the hof we came across a bag of new t-shirts that said "WE WIN"... and they were even Njörðshof green and gold. It was a fitting reminder that no matter how many obstacles were thrown in our path, we won.



Midsummer was celebrated at one of our regular venues and it was a beautiful day. We welcomed a new member and the return of a former member to the Florida Folk.



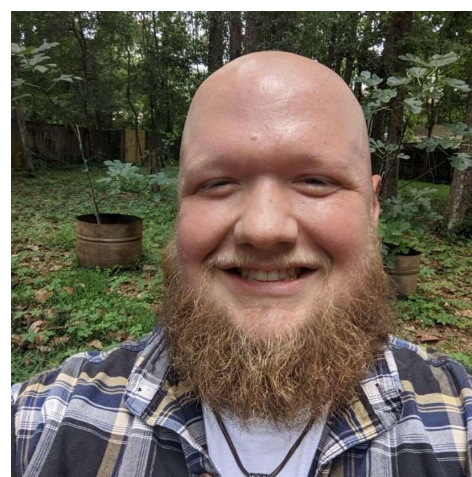
The ladies in traditional white dresses made flower crowns for the day's festivities. The atmosphere was electrified by a rousing blot to the shining god Baldr where we thanked him for the example, he sets for us every day to be the best of ourselves.



The next weekend it was back at the hof for another workday. Preparing the wall for the arrival of Witan Herul to paint the mural for the hof, taking down chandeliers and the wood trim from the ceiling our vision for what the hof will be started to manifest in the ritual space. Setting the next tasks to accomplish our discussions turned to the dedication.



Members ran another virtual 5k, this one benefiting The Turtle Hospital in Marathon, Florida in honor of Njörðr. We hope to make this an annual occurrence to celebrate the founding of Njörðshof and to give back to our state.



Lastly, we were excited to welcome two new Apprentice Folkbuilders to Florida in the past month, Tracy Adler and Michael Joyner.

Hail the Folk!

Upcoming Events

Hof Workday
July 9th

Hof Workday
July 16th

Sigurblot
July 17th

Hof Workday
July 23rd

Hof Workday
July 30th

Hof Workday
August 6th (if necessary)

Njörðshof Dedication
August 13th

Freyfaxi
August 20th

Winter Finding
September 17th

Feast of the Einherjar
November 19th

Yule
December 17th - 18th



Folkbuilder Lane Ashby
lashby@runestone.org

Rune Study Schedule



Ladies Rune Study

This is a Teams meeting, open to all AFA women. It doesn't matter where you are on your journey, we'd love to see you!

July 6th- Wunjo

July 20th- Hagalaz

August 3rd- Nauthiz

I encourage everyone interested to read ahead and come ready to ask questions! This is a great time to learn with other women and to build friendships.

Contact aplourde@runestone.org for details!



Gythia Anna Plourde

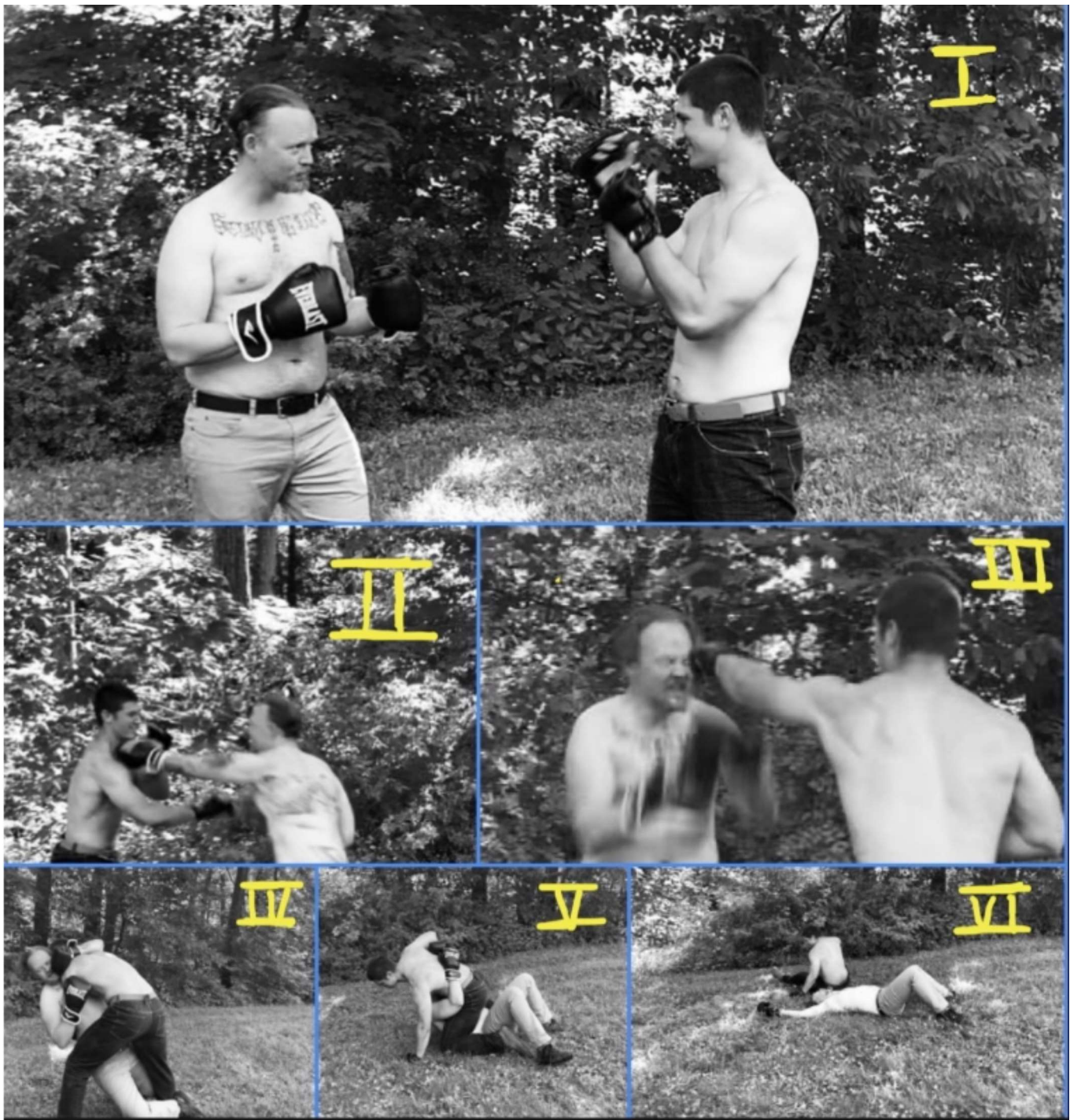
aplourde@runestone.org

Indiana*Heat of Sun, Heat of Battle*

We here in the Hoosier State began the month with an outing at one of our local state parks. Many people think that the job of the Folkbuilder is to “bring the Folk together” by organizing events, recruiting, etc. This is true, but hardly the totality of what the job entails. A good Folkbuilder looks not only to the frequency of events, but to their quality and the constant improvement of those in attendance. To this end, I put on a number of workshops for the benefit of our proud folk.



Firstly, I demonstrated how to disguise hamburger meat as charcoal briquettes through burning, an invaluable skill during any “SHTF” scenario. While everyone assured me that I had done such a good job disguising the burgers that it really did seem like they were eating a chunk of charcoal, I was still skeptical that our gentle Folk were just sparing my feelings. I knew, however, that I had succeeded when we fed one to the dog and it chose to eat the bun first before finally deigning to eat the blackened hockey puck of “meat” contained within; Workshop 1: Success



We like to dedicate a little of our moot time to strength and martial training. We are, after all, renowned for being a “warrior religion.” It’s common sense that these demonstrations are performed by those among us with the greatest expertise. Now, I am a man of many skills that I am eager to share, but when I sat down and thought to myself “what is the most authentic martial demonstration that I can teach better than anyone” the answer made itself clear. Thus, I am pleased to present to all of you, what I presented at our moot; the fine art of getting beaten up by a younger and physically superior opponent.

I. Take off your shirt and try to look like a turn-of-the-century pugilist. Let them soak in your physique and realize that you obviously eat a lot of salted pork, Millennials find this intimidating.

II. You will notice how my victim is smiling (some might say laughing) into my jab; rookie mistake, smiling at

someone's fist only encourages it to keep throwing itself at you.

III. The proper tactic is to snarl at your opponent's fist like a dying orangutan (pictured here) and let your opponent know that his fist is an unwelcome visitor to your forehead.

IV. As our opponent takes you down, always cheap-shot him in the ribs; it won't change anything, but you'll feel better about yourself later and self-esteem is important.

V. Lure your opponent into a false sense of confidence by allowing them to gain "full mount," as you can see in this panel, this sucker has played right into my hands.

VI. Hibernate. Here you can see me conserving precious calories for the coming winter while my leaner opponent foolishly wastes his own. The battle is now over, and my opponent doesn't even realize that he has lost; come frozen December I will be wearing what's left of this brash young man as a coat.



It is not enough to merely display physical dominance, it is important to showcase strategic dominance as well; that is why I spent the next weekend infiltrating our Ohioan adversaries under the guise of "helping" them prepare for their upcoming Midsummer's festival (make sure to read the Ohio write up of the event, it's among the best I have ever attended, despite my best efforts to sabotage it). Here you can see me ingratiating myself to the unsuspecting locals, the middle one inexplicably wearing some manner of thick woolen sweater in spite of the summer heat.



One week later, I brought my invasion plot to bear, sieging their local Celtic Fest. The Ohioans had built a formidable structure in an effort to keep the corn-fueled Hoosierborean menace at bay, but my previous familiarity with the strange customs of the Ohioan peasantry allowed our seamless infiltration of their fortress.



We dominated their dance floors and learned their secret sheep herding tactics. Our disguise was so foolproof that I was able to photograph myself with several of the higher-quality locals. If you look closely their eyes make it obvious that their intention was most likely to club me to death and steal my kidneys; however, I managed to escape the ordeal with only minor bruising, both parties swearing vengeance on one another.

Midsummer: The Final Reckoning



By the end of the month, the tête-à-tête between Indiana and Ohio had finally reached its boiling point. A full contingent of Folc Irminsul warriors staged a full invasion of the Ohioan hinterlands.



We battled their fiercest warriors, we battled one another, we battled for the pride of our homelands, we battled in case there were girls watching (they weren't) we battled until we were brothers and state lines couldn't have mattered less...then we ate watermelon and had the time of our lives thanks to the unparalleled hard work and hospitality of the Dumas family and all of our (primarily) Ohioan neighbors.



Having finally achieved a hard-fought peace with our worthy adversaries I returned to my native soil to reflect on all of the lessons that life has to teach. Even as I awoke days later, I was still savoring the afterglow of the Folk-soul on display Midsummer's night.

I went out for a late lunch with a friend, curious as to what the future would bring now that our kindred had progressed past our immediate need for violence; could we now luxuriate in dedicating ourselves to art and philosophy as so many of our highest ancestors?



Then, predictably, I pulled into my driveway and found this happening in my yard...This is the life we've chosen.

We are always glad to welcome new blood and we look forward to continued growth and success for the honor of our Gods and Folk. If you are in the Indiana area, reach out to me at jrock@runestone.org and attend one of our many events. We look forward to welcoming you home.

Upcoming Events



Johnathan Rock
Apprentice Folkbuilder
jrock@runestone.org

Greetings from Indiana



This month's moot was held at my home. We usually go camping but circumstances brought people here. My dog had a litter of pups, so we called off camping. We had an excellent dinner, built a Midsummer fire, and had blot. It's good to get together monthly with your Folk.



We will be camping the last weekend of the month in July. And each weekend on Saturday evenings we have a conference call. Feel free to contact me for more information if you're interested in the calls and/or moot.

Until next time...

Hail the Gods!

Hail the Folk!

Hail the AFA!



Folkbuilder Zach Cato

zcato@runestone.org

Maine

Upcoming Events



Daniel Mason
Apprentice Folkbuilder
Dmason@runestone.org

Ohio

Put Yourself Out There!



When I decided to become an Apprentice Folk Builder, I asked myself what I wanted to accomplish while in that role.

While building bonds with those whom I already knew and seeking out those to bring home were important, I also

wanted to reach out to those who were already in our ranks but had difficulty in sharing the time with others of our folk as I have been most fortunate in the ability to do.

Fred, a member of the AFA for years, and I have been chatting for months about finding a time to get together and meet. And in the way of our people, we made it happen. Fred graciously chose to drive to my town as he recognized how much I travel for our folk already. A sentiment that is indicative of his character and was appreciated. We met for breakfast around 7:30 am, slammed some darn good coffee, and great food and during our conversation, I felt it was as if we knew each other for years. We discussed our views on the Gods and Folk alike, and I was most pleased with learning the depth of an extremely important project that he has undertaken which will be beneficial to the AFA in the upcoming months. More to come regarding that. Unfortunately, the time flew by way too quickly and we had to part ways sooner than we liked.

If you are a Folkbuilder, please, contact those who we don't get to see at our moots and celebrations. Family obligations, financial concerns, etc may prevent them from currently joining us. Put yourself out there, get to know them, and let them know we're here for them and we all will be rewarded.

The Gorge Hike Moot



It was a beautiful late spring day for a hike and though small in numbers, it was meaningful, nonetheless. Aaron suggested the location. In his youth, he would hike this area quite frequently and while doing so, taking the untread path. We chose the difficult trail, for taking the easy way of anything in life, generally yields us less than spectacular results and breeds mediocrity. We were joined by Aaron's young cousin, who is not unfamiliar with our Gods, which was a pleasant surprise. We hiked, shared stories of other adventures, and stopped to take in the beautiful surroundings of the wood, river, and stone. Many a location was more than suitable for further gatherings of the Folk, and we will

certainly return again.

An opportunity to instruct the young man regarding situational awareness presented itself, and we took that time to explain why what we saw in that moment is detrimental to our people at large. It is in these moments that we can help further our Folk.

The building of frith was furthered, and my heart was gladdened to know that there are youth that are being brought up in the ways of our people outside of my small sphere of knowledge.

I look forward to the time when we can meet again, and others will be able to join in the bond building like we shared that day.



Mike Melillo
Apprentice Folkbuilder
mmelillo@runestone.org

Midsummer in Northern Ohio



Summer is in full swing the birds are chirping and the bees buzzing so it was time for our midsummer celebration this past month. As always it was a delightful time with the lovely folk of Ohio. New faces and old came together to enjoy a barbecue and the company of like minds which was not in short supply.



The children enjoyed a bouncy house, art time, and a Nerf war. A few adults attending will also have to admit to having a great time in the great battle of the garage and pasture.



As always, a heartfelt blot was officiated by our own Jessica Lambert followed by a sumble which I enjoyed thoroughly. Ohio is growing we are standing on the foundation of a great man which is strengthening by the day. I am honored to build with all of you and I know next summer this growth will continue exponentially. Next on the agenda will be fun and nature-driven, and I can't wait to spend more time with our wonderful folk.



On another note, I have been spending time building a homestead and on the topic of nature, I will say this. No matter the size, love your land. Ingratiate yourself in it. Learn and taste the wild edibles, cultivate and take care of every twig, walk barefoot and listen. In that silence, you will find the gods and maybe yourself. This is one of the best ways to become one with your environment and probably the closest you'll get to the experience of our ancestors. Love your folk, love your gods, and take care of yourselves for you bear a torch that will continue to pass through the centuries. You are your ancestors and they you, let us always give them and nature the respect they deserve. Until next month a very fond farewell to you and yours.

Upcoming Event

The weekend of July 22nd thru the 24th we will be camping at Middlefield, Ohio. We ask everyone to bring a dish to share. Also, that Saturday we are going to be having a tubing adventure down the Grand River! Bring a river tube as well as water shoes (the river is very rocky and we have learned these are essential). For more information reach out to me or Folkbuilder Jessica Lambert for details! During the weekend we will be holding a Sigurblot, Sumble, and men and women groups. This is a family-friendly event so bring the kids!!

Joe Drotos
Apprentice Folkbuilder

jdotos@runestone.org



Midsummer Celebration in Southern Ohio



Under Ash + Oak celebrated our second annual Midsummer weekend event. Our gathering started on Friday with the menfolk creating and assembling the Wicker Man. Then we all pitched in and started setting up tables and chairs for our summer solstice celebration. With the assistance of the men, Tim was able to finish our stone slab altar. As we worked together, we finished the complete setup to honor our Gods, Baldr and Sunna, welcoming the sun.



Morning came quick and quicker for those who traveled at night. A big breakfast was prepared to fuel us through the day. Many members traveled near and far, from Virginia, Pennsylvania, North Carolina, Kentucky, West Virginia, Indiana, and multiple areas of Ohio.



The women began our day by creating lovely flower crowns. While the men completed the Wicker Man. Lunch was prepared and readily served.



Cole and Tiffany Distel created cardboard shields and noodle swords for the adult vs kids battle. The children and menfolk designed their shields prior to battle. Many of the womenfolk were still inside making flower crowns or setting up the food for the day. We watched the battle begin. Even though there were more men than children, from the looks of it the menfolk were slaughtered.



After everyone enjoyed lunch, the men participated in boxing/sparring matches. The women and children watched and cheered our menfolk.



The men and women split into their own groups. The men stayed outside, while one of our members led a presentation on proper ax sharpening and woodcutting. The men then proceeded to chop wood and start a fire for ritual.



As the women were about to gather in the house, Apprentice Folkbuilder Jessica Keller surprised me with a baby sprinkle. It was a beautiful gesture of love and shining compassion from the womenfolk. I am very grateful for the bonds created within our womenfolk. We moved into the house, where I led a guided meditation focusing on the sun. We then galdred Sowilo, while adding runic beads to our previously created runic bead bracelets from May Day.



The womenfolk and menfolk then met together outside for Blot. Sunna was shining brightly upon us as we hailed her shining rays. Baldr's bright light encompassed each individual as we honored each with gifts. The Gods were deeply connected with all of us present, their positive radiance was ever-present.



Under Ash + Oak oathed in two new members, Kam and MaryJane. We are honored to have you two as our kindred folk.

After our rejuvenating ritual, dinner was prepared. Our potluck was a huge success! The kitchen was filled with delicious dishes. With the sun shining brightly, we congregated outside for Apprentice Folkbuilder Jessica Keller's rune presentation.

We held an auction, in which all proceeds were donated to FreysHof. Many of the pieces in the auction were made by members. We are thankful for everyone who contributed to our auction!



As the sun set and the sky became dark, we all settled around the ritual circle for Sumbel. As we closed Sumbel, the Wicker Man was set a flame.



The next morning's rise and shine started with eggs, sausage, and leftovers. Once we all settled into the day. I circled up everyone for an Armanen runic yoga series. Afterward, the menfolk engaged in physical fitness activities, as the children played in the yard. Our event came to a peaceful close as we wished everyone a safe travel home.

Upcoming Events

Canning Moot

CANNING AT HOME
For Victory
...hold the family
health front

July 30th @ 1 pm
Columbus OH
Contact Christine Dumas
cdumas@runestone.org



Christine Dumas
Apprentice Folkbuilder
cdumas@runestone.org

The Wickerman and Sacred Spirituality



All of us become aware of the existence our ancestral faith through different avenues. Many of us are fans of the movie *The Wickerman* with Christopher Lee. We made an homage to that film this past weekend at my home in not only the physical construction, but the AFA-colored Summerisle flag. I am proud of everyone that came together to make it happen.



After night fell, we moved the hay bales and made them more like a man structure. Isaac led the way being the chief architect and many assisted in lighting the offering so we may be born anew as Baldur does.



Cody was inspired and set up a wonderful and powerful circle and did hand poke tattoos of the runes pulled while the group galdred the rune. This event was the most spiritually powerful I have been involved with so far and everyone has told me that they have felt so spiritually charged. Mission Accomplished, cannot wait to share our next event with you all.



Folkbuilder Timothy Dumas

tdumas@runestone.org

Pennsylvania

Offerings for Southern Ohio Midsummer Blot



I was tasked with the honor of making this year's offerings for our summer solstice celebration and couldn't have been prouder of how they turned out. Offerings should never be an afterthought, but rather something that your energy is poured into or is something that is true in its nature such as a gift. I knew that I wanted to make something from all-natural materials, that came from nature.



I decided to make a suncross out of wild-harvested vines. I began by soaking them in water for several hours and then when they were ready, I hand-wrapped them into a circle and wove two pieces into the center. I envisioned the rebirth of our souls becoming closer and closer to the white light that we can strive towards, true Aryan souls not only by natural existence but from our actions and deeds.



Then for Baldrs offering, I had intended to create Sowilo within a wreath from the same vines, but It was not working out at all. I went to bed that night and dreamt of a long boat being offered to Baldr, woven with love and sacrifice of things to remove from our life and a way to honor him, symbolizing his funeral pyre it burned so big and so many tears were shed of those standing near for him, as they understood he would return. When I woke, I began to work on this long boat immediately. It was constructed of the same vines and woven with twine to create the boat portion. A sail with a suncross on it made of fabric was attached with sticks and twine. I struggled to keep this held together. As I'd move on to one the next part, the previous would come apart. I became frustrated but understood that it had to be completed. Upon the 9th time, no exaggeration, it looked different than the other times, I tried something new to shape it and it finally worked. While weaving the final section, a sharp thorn had cut my finger by accident and my blood shed upon the frame of the boat. I began to cry as I took it as a true sign that our offering would be accepted.

The morning of Blot, Christine, and another lady folk helped me weave fresh flowers into the offerings while discussing elements of Asatru and telling the tales of Sunna and Baldr while we listened to folkish music. Christine

was weaving flowers into the offering for Sunna and she was stuck by a sharp thorn as well. Needless to say, we took this as an acceptance of our offering as well. Once they were done, Christine carried them to the outside alter. Christine left papers and writing tools for folks to write things on that they wanted to offer as a sacrifice of oneself to Baldr. Folks were asked to then place the papers within the boat once they were done. The idea was to burn an old part of yourself and be reborn into a better version of yourself.



Just before blot, Christine, Mary Jane, and I went to a private location and we braided strands of beautiful golden yarn and a lock of our own hair into the solar wheel for Sunna as a sacrifice as we galdred three runes that we pulled to symbolize the 3 Norns. We each pulled a rune one at a time. Jera, Sowilo, Uruz was our gift. The weaving was actually more difficult than we thought it would be, but we took that as a sign of real life. Obstacles come up even when you plan for the best and you must work through them and overcome not getting hung up on a snagged thread. Originally Christine was going to offer the offerings into the fire to our Gods, but during our private ritual she asked both of us to do this instead. Maryjane to offer to Sunna and myself to offer to Baldr. I felt truly honored and surprised. I learned from this that when we release the need to control everything, things work out even better than we could have hoped for. A part of me wanted to offer them prior to her extending this honor to us because my love went into making them, but I reflected and took a step back, realizing that it is for us all and not about me and so allowing the officiant to offer them is a true honor. Words cannot describe the bond and trust that was formed during this ritual. I won't speak about blot here as someone else is writing that part out, but I want to share one thing I did experience. As it was time to offer Baldrs offering, as I picked it up, I could immediately feel the burdens and the heaviness that had been placed into the boat by others. All of the things our folk was ready to move on from. Upon placing Baldrs offering into the fire, I could not help but cry as I watched it go up in flames. I could feel the deep emotional releases being removed from our folk standing in blot. It was all very heavy, powerful, and awakening all at the same time. I am truly proud of our folk, to have been able to stand proud and tall with them all as we honored our Gods on this day.

Rune Presentation at Midsummer



Later in the evening, we were originally supposed to have a guest do a rune workshop presentation. Unfortunately, they were unable to attend and so the offer was extended to me to do a presentation on them. I went over different techniques that were my own and ones that I know of others to do. I opened the floor up to our folk to share their techniques and for any questions, they may have had. This was an awesome way to get folks discussing and talking more in-depth among as all. One thing I did stress though is that many like to jump into the esoteric nature of runes, and so I reminded folks to ease with caution as the energy and power within them can deliver things you may not be ready for or expect as they are still unknown in many ways and to ease with caution and respect.

PA Remembrance Dinner



A small, yet consistent group here in PA, held a dinner of remembrance to honor King Athanaric and Sigurd the Volsung. We read the tales and lore behind each one, and then discussed how we could relate these stories to today. We spoke about what fears or hesitations we personally wanted to work on as a testament to honor the brave ones before us. We had a home-cooked meal of beef tongue roast, mashed potatoes, and green beans from our garden. We spoke about the future and what is to come for our folk and enjoyed each other's company as the sunset.

Upcoming Events



**SEPTEMBER 3RD, 2022
@11AM**

**Pittsburgh, PA
Zoo Moot**

Pack a lunch and Come Build Frith!!

CONTACT: JESSICA KELLER
JKELLER@RUNESTONE.ORG
814-659-8692



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Armanen Rune Yoga Part 8/ FA



"Weak thinking, weak acting
Lies there, where the masses simmer
Since we walk in the Sun,
It's powers renew us"

Meister Siegfried Adolf Kummer

Above is perhaps one of my favorite quotes. A reminder that we are better than that and to rise above the "lower ones" in this age. To remember who we are, Sons of the Sun. It is a great duty that lies on our shoulders alone. We must walk with the Sun and bring out that Hidden Sun within ourselves and in a way that is what FA will do for us.

We can think of Fa as the center of the Black Sun. The original flame that stands outside of this universe but also the start of it when HE enters. The causeless cause. In our journey so far, we have worked our way back. Not so much outside but into ourselves. To awaken that spark once and for all that has been asleep too long. Our confidence has grown, and we now do not see a difference between the runes "out there" or the runes "within". We know we are

made up of these energies. We are the Runes.

Before going any further we need to clear up a few things. In Armanism, All Father is not Wotan. All Father is the Original One and Wotan came after but is One with the Father. That is due to all his pursuits and winning them. This will hopefully become a little clearer once the Hagal Rune is explained. I want to make this extremely clear though. Wotan is still our Supreme Guide and God in all of this. Every myth and every lesson He has left us is for us to use. That's why they are there. So that one day his descendants, the right ones at the right time pick them up. Enough said here for now let's move into the actual practice of Fa.

Note: As with all Rune Yoga practices, doing them outside in the direct sunlight, moonlight, or on certain days (solstices, new or full moons) will have a greater effect. Fa especially should be practiced in this way. Also, it is wise to stay with this Rune practice for at least a month. I would suggest at this point doing Is, Ka, Man, Ur, and Cross one day. Not, Eh, Sig, Tyr the next, and Laf, Os, and Fa for day 3.

Stand in the IS rune Stance facing North. Take 5 to 7 deep breaths. Feel the energy entering you from above and below.

Now face the Sun-like in the picture provided forming the Fa Rune (similar to Ka but Left arm raised)

In the mind's eye imagine pulling the Sun's energy into yourself as you breathe in. This can be done somewhat aggressively. Imagine it or feel it going down your body, especially to the groin area.

As you breathe out aggressively, picture yourself sending it back to its source, the Sun. This can and will be a little challenging at first. At this point in time, we haven't really sent out our energy. It just takes time and practice.

Do this for as long as you can and once complete face North again. I generally like to just think to myself "I am home" or "I am one with HE" or something along those lines.

To add, as we know when we greet the Sun we also are greeting an Age that was lost, the Hidden Sun, the Black Sun. We can imagine it behind the actual Sun. Sometimes in this practice, I picture with my eyes closed and the Black Sun above. A green vapor making its way down into me to my hidden Sun in the groin area. What comes out is the same in color. This can be thought of as the Inner Earth where Baldur awaits his return. Maybe in some way, we can bring Him out in ourselves. There is some esoteric symbolism here, but I hope that this will lead to new thinking on your part.

Another very important practice which in a way correlates to awakening the powers in us is to do the Fa Rune practice at night under the new moon. All the perimeters are the same except the time it takes. 3 seven-minute rounds of being in the Fa position. I would suggest keeping your eyes open during this and locked ahead. Essentially, our occult powers are awakening and rising with the Moon as the Hero Prince rises out of the Inner Earth. Try to go right to sleep after this.

To close I would like to discuss some of the transformation aspects as I see it. At this point, the creative part of ourselves is revealed. We create our own reality. We are one with the center again or better stated we are the center. Doubt and fear have vanished. We are eternally ARising. We started all of this as an I. We knew we had power within ourselves and took on the search of becoming so that we may return home again, Immortalized. We were separated from HE long ago and are now with HE again. The circle is complete. We always walk with HIM at this stage. We

stand outside of it all, viewing the world entirely differently. When we decide to enter, to act, we do it with wisdom as HE would. The God part of us, long in slumber is no more. The Hero is now One with the Father. But there is still more. *

Thanks for listening.

Midsummer in Pennsylvania



Midsummer in Pennsylvania was held at a place that I have not really been to before. That goes for many that attended that day. I was a little worried that it would not be ideal for our purposes, but I was proved very wrong. It was a beautiful setting and all of us decided that this would be a great place for future events. So shall it be!



Some of us had not seen each other for quite sometime before that day so it was very nice catching up on all that has been going on in our lives. When the time came, we made our way to the Ritual area. I led Blot that day to our High Prince, Baldur. Everything froze around us for those few moments as we stepped away from this world. We gave thanks to him for all he has done for us. We also asked that he teach us the ways of virtue. It was his that brought about a Golden Age. May we in our own lives do our part to make it so again.



We closed out the day with a nice meal that everyone pitched in on bringing and Sumbel at picnic tables on a beautiful Pennsylvania summer eve. Thank you to everyone that made it out that day. Also, once again a special thanks to my loving wife. I would not be able to host these Holy Days, at least in a civilized fashion, without her. She is the Hero behind the scenes.

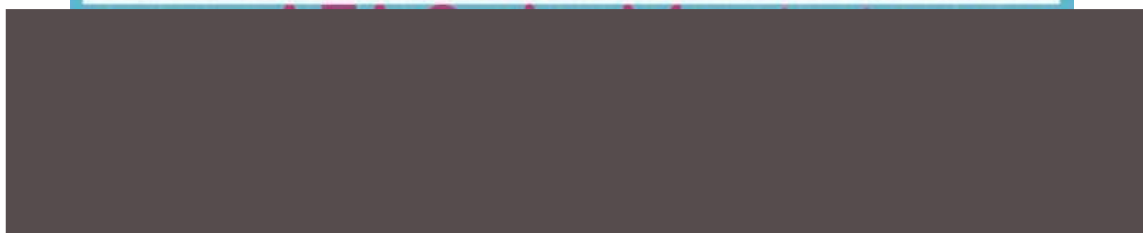
Upcoming Events

SIGRBLÖT CAMPING TRIP

Bedford, PA
July 8th-July 10th



Contact
Jessica Keller or Adam Hudak



Sunday, July 24 from 3:00 PM
to 6:00 PM ET

Jillie Storm (half off swimming pass)

RSVP to Jill by July 18 at 484-854-1448
or jilliestorm@yahoo.com





Folkbuilder Adam Hudak

ahudak@runestone.org

Baby Naming and Wedding



One of the greatest joys in my life as a Gythia is being able to preside over the naming of a baby. What greater honor than being able to be one of the first to introduce a baby to our Gods and to welcome them to our Folk? On June 25th Witan Erickson, Folkbuilder Jessica Lambert, and I were welcomed into the Sagert Family home to meet their new daughter for the first time. We were thrown off schedule many times, deep in many conversations, and the bonds built were worth any delays.



After a wonderful homecooked meal Witan Erickson and I welcomed, in the midst of many very happy tears, Noora Hildr Sagert in a joint ritual. Noora was a champ and fell contentedly asleep shortly after receiving her blessings from the Norns.



It was a perfect day celebrating a perfect little beautiful baby.



The day didn't end there! As it turned out, I would also have the absolute joy of performing a rather impromptu, but legal, wedding ceremony for the new parents! There could be no doubt as we watched the couple speak their vows over the horn that this was a home filled with so much love.

Hail Noora Hildr!
And Hail the Sagert Family!

Erie Beach Moot



On June 19th the Ericksons hosted a Beach Moot at Presque Isle in Erie, Pennsylvania. The sand was hot, the breeze cool, and the water refreshing!



While the grownups had great conversations, it was the kids who had the best time. It's always a great time when our children get to spend time together!

We hope to see you at the next moot.



Gythia Catie Erickson

cm.erickson@runestone.org

Sweden

Midsummer in the North



On Saturday the 18th we had the pleasure of celebrating Midsummer with Håkan who graced us with his company. A great time was had by all!

I had the day before constructed the Midsummer pole and together with Håkan, we managed to get it upright and stay such!



We gave blot to Baldur, acknowledging his presence here on the brightest days of summer in the north. Summer is truly the season for Baldur. Midgard is overflowing with life. With the midnight sun, it feels like the days are endless. I like to say that summer this far north is like a dream. It is unbelievably beautiful, yet short. Such a contrast to the long dark cold winter. The winter is so long that you can forget what summer is like. That it is in fact as beautiful and full of life as you might imagine when you sit in front of the warm stove on a cold day in February. It is, like a dream. And every year I am surprised by just how magnificent and majestic summer is. Again, Baldur's time of the year.



The wind did not only carry the AFA flag but also breathed life into our bonfire. It was quite the sight, and despite the ambient temperatures being quite high, the warmth from the flames was comforting. Strengthening.

Afterward, good conversations were had, and new bonds were forged, long into the evening. We are grateful for the time spent with Håkan this Midsummer, and invite him, and any others who would come out, to all our future events.

Hail Baldur!

Hail the Folk!

Hail the AFA!

Upcoming Events



Join the Lugnets up north on the 30th of July to celebrate Victory!



Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org

Virginia

Bier Garden Moot



On June 4th, we held a moot at Bier Garden in Portsmouth, VA. My family and I were able to get some great food and enjoy each other's company while chatting about the Gods and Asatru as a whole. My son never ceased to have questions about the faith. So, with the help of my wife, we were explaining the Gods and taught him the food blessing prayer.



Folkbuilder Cody Raynard

craynard@runestone.org

RETURN, RENEWAL, RESURGENCE



This Saturday at the Hof, on the 28th, two members of leadership, Gothi Daniel and Folkbuilder Heather Young decided that they would renew their marriage vows, before the Gods and folk, after 25yrs of betrothal. A joyous and wonderful occasion that was beautiful and perfect coinciding with the holy tide of MayDay.

Though it is also important to consider the whole deeper meaning behind this recent occasion. Many folks who have come to Asatru didn't come into the faith by being raised in it. We have come over the chasm from other, or lack of, religions. So many of us have come to faith, after the fact on many sacred threshold celebrations that are intrinsic in our faith culture. Marriage, name fastenings, Man and Woman Making are all truly powerful ceremonies that are testaments that you are a part of the Folk, that you have community, and that you are in fact home.

The weather was perfect! The cool breezes and Sunna's summer heat were blunted by them, under, all benchmarks of making a great day. Folk began arriving and mirthfully talking as the hall was decorated in glassware, and beautiful, sweet-smelling dried flower bouquets. The bride and Bridesmaids then got into a whirlwind prepping, getting on dresses and makeup. Meanwhile, the Groom and sword-bearer and his men were getting dressed in the back of the temple. The Gothar prepared the Ve and the Harrow for the ceremony. Candles were lit and the mead was staged for use. A silken walkway path stretched the breadth of the Hof to the dais of Thor from the door. Bundles of dried lavender were bedecked upon the pews and silk petals were strewn along the walk path.

When everything was set in Ve, the Gothar gathered the Folk in Rumph Hall and led a procession from there to the Ve. Once they were seated the process of the wedding was explained as to what our ceremony consists of two completions. Three oaths were to be witnessed by the Folk as the Couple first were to take an oath, after the invocation

of the Gods and Goddesses, over a brimming horn filled with sacral mead. A sacred promise to the Gods that the words they were about to speak were to be witnessed openly before the Holy powers. Secondly, the lady of the couple was to present a weapon to the husband. A symbol of the husband's role as protector of the family and also a symbol of his need to be the strength and the will of the family and attain the path that works best to the family's success. The man of the couple then gives the lady a set of keys. Tying it upon her wrist, he acknowledges that she is the keeper of the home. She is the source of warmth and love from the hearth and within the hearts of the family itself. A symbol of her role as a creator and caregiver as well as an adjudicator of all things coming into and out of the home. Lastly, the rings are taken by each and as they place the ring upon the finger of their spouse, they recite personal vows that they prepared ahead of time. Once they have recited this, the Oath ring is grabbed by both, and they swear before all present that their words were spoken with truth and severity. The Gothi then binds their hands and together they galvanize their oaths in the Well of Wyrð by submersing their bound hands into the Hlaut Bowl upon the Harrow. This is symbolic of the binding of their fate together through all the joys and trials they may face.

Daniel Young entered the hall with his wedding party with many good folk and friends standing beside him to support him in his oaths. Soon thereafter the bridesmaids came in swathed in lavender and silken dresses and bearing the blade to be given to the groom. They took their places, and everyone stood ready as Heather Young came in. She was escorted to the Dias of Thor by her close friend and kinsman Craig Flynn, and she finally stood adjacent to her husband of twenty-five years to renew her vows. They both supped from the Horn before the Gods, took their oaths over the blade and keys, and spoke beautiful and wise words chosen carefully and honed by years of already trothful love to each other. They exemplified both a new start and the achievement of being together for many years, at the same time. After binding their hands by ring and by cloth, they kissed and presented before the gathered folk and their standing ovation. As they walked out arm in arm it came to full realization that vow renewals are a testament to our success, an event of achievement. Many of us got married before we became True to the Aesir. So, for many folks the deep desire to fully bring their life before the Gods and to incorporate the culture of our faith fully into all aspects of their lives now in the present as they live. This resurgence and desire come from us having a fully functioning religious culture and temples, our holy houses available to conduct these reconnective moments. We have crossed a victory mark by the attainment of Temples in dedication to the Gods and these bright moments are a much-deserved affirmation of our accomplishments in this harsh day and age. We know that we are all bound in Frith and Daniel and Heather in oath and love, and it is known that in the Houses of the Gods, we walk forth together, never to walk forth alone.

To Daniel and Heather, I wish you many more happy years to come!

Hail The Aesir!

Hail The Asatru Folk Assembly!



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