

The Runestone: Voice of the Asatru Folk Assembly










## Þórshof

Second Hof of the Asatru Folk Assembly

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# **Words from the Alsherjargothi**



Midsummer has always been a time of new beginnings for the AFA and this year is no exception. At one time Midsummer was the only "National" event the AFA hosted, and in a way, it marked the beginning of each new AFA year. At Midsummer 2016, I was elevated to Alsherjargothi and Midsummer 2023 marked 7 years for me in this position and started my 8th Alsherjargothic year. Beginnings are a special time to think and to evaluate things, for me and I believe, for all of us. Whenever we take stock of things, it is valuable to focus on the fundamentals.

Asatru is the word that defines our faith. Asatru is the word that defines our lives.

Asatru is the word that defines US. Asatru literally means "loyal to the Æsir". It should be obvious (but we all need to be reminded of it) that Asatru should be about the Æsir... not about what's cool, not about what our buddies think, and not about what is most comfortable. The question at the front of our mind should always be "What do the Gods think?". When our Gods see us, how we look, how we dress, how we present ourselves... are we proud? When the Gods hear us speak... are they proud? When the Gods evaluate our deeds... are they proud?

The AFA is our church, not a club. Asatru is a religion, not a political or social accessory. It is time to refocus. In all we do and all we are... we shall strive to make our Gods proud.

Hail the Æsir!

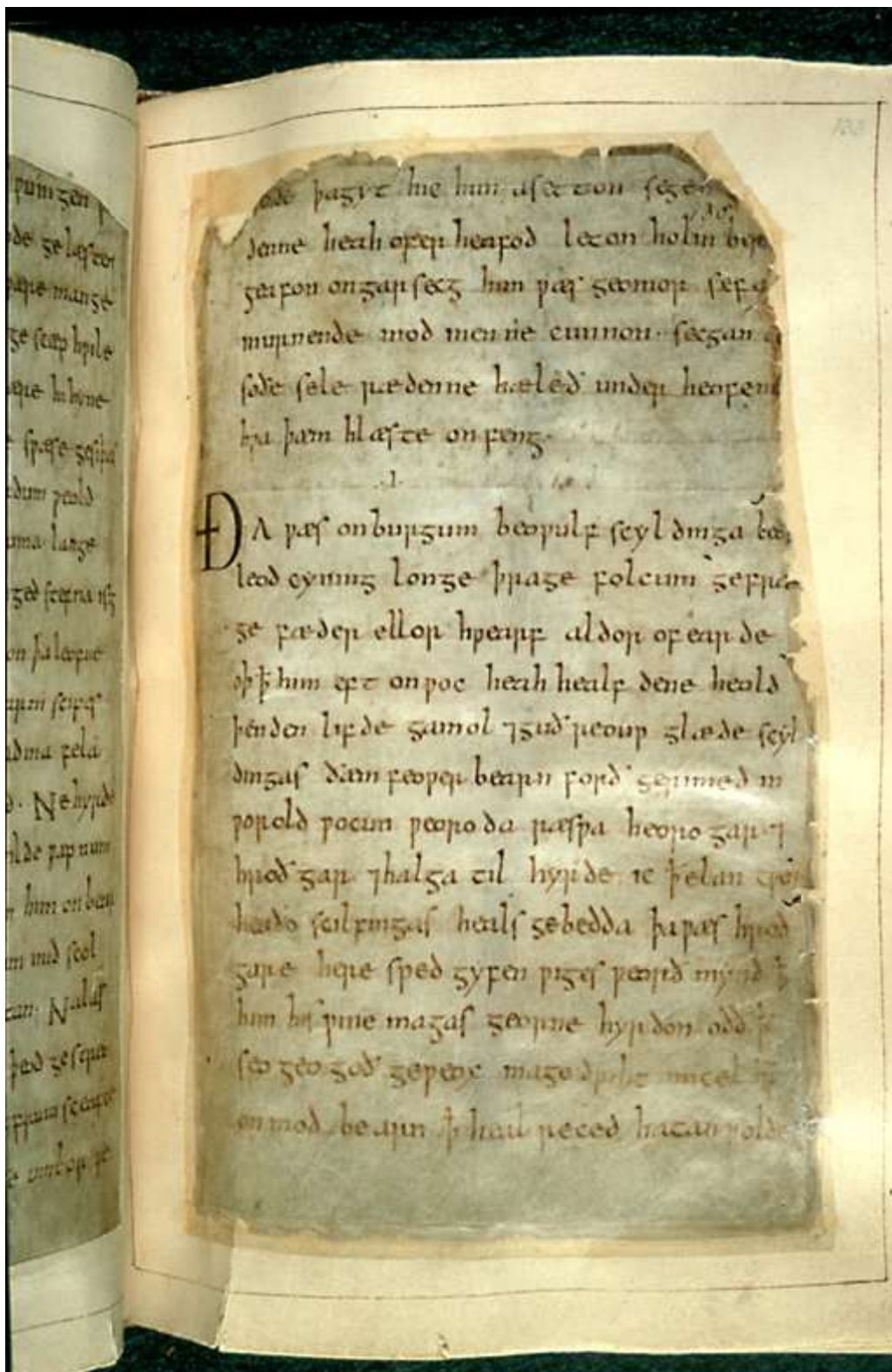


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## Words from the Witan

*Beowulf, Introduction*





One of the very first recommendations I have when folk ask me for my "reading list" is Beowulf. Many of the more advanced and academic works often reference or cite Beowulf, so, in my opinion, it's one of the most important works to start with. It is the "Gateway Lore"...

Beowulf is one of the most translated (and debated) pieces of Old English literature. Although the original manuscript is believed to have been composed between 950-1000

during the conversion of our people to Christianity, it is argued that the story itself originated as an oratory tradition far earlier and that the pagan elements and themes can still be seen in through out the poem.

The original manuscript used for translation is referred to as the Cotton Vitellius A XV. The manuscript was found in the library of Sir Robert Cotton, an antiquarian. Sir Cotton's library was lined with cases of manuscripts, and on the top of each case were busts of Roman Emperors. The bound manuscript containing Beowulf was found in the case with Emperor Vitellius' bust, on the first shelf (A) and the 15th tome in.

Although the manuscript was damaged by fire in the 1730s, modern technology has been utilized to read previously unseen text. The same technology has also been used to determine where the manuscript was changed from its (possible) original version.

Although heavily "Christianized", traditions and culture of our people are still relevant and play center stage in the poem. Courage, nobility, honor, fidelity, and reputation are only a handful of recognizable themes that we can appreciate.

A few things to know when starting your study of Beowulf:

- The story takes place in the late 5th to early 6th century in Scandinavia
- It is important to keep track of the genealogy as you go along (just trust me)
- The narrator is to be trusted. Unlike modern novels or scripts, the narrator does not have agenda.
- Try to apply what you "see" into Asatru themes: loyalty, hospitality, honor. Do not let the word "God" deter you from reading an outstanding preservation of Anglo-saxon culture, ritual, and tradition.

Stay tuned for more Beowulf in upcoming articles in The Runestone.



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*The Soul Complex, Pt 2 – The Ek*



The Ek, or ego, is the second part of the soul complex listed in Founder Stephen McNallen's book, *Asatru, A Native European Spirituality*. In many modern religions, the Ego is seen as a bad thing, to be surrendered to God or a higher power in order to transcend. You'll see it spoken of as a bad thing in the mundane as well. Often bodybuilders and elite athletes will tell you to "leave your ego at the door" or "your ego is holding you back." In Asatru we reject this notion.

Ek, or Ego comes from the meaning "I" or "I, myself." The German word for "i" is "Ich" which is also from the Old Norse "ek."

It's what defines you as an individual, what makes you unique among the collective. It is what drives the desire for personal freedom, a rejection of submission, and encourages us each to stand out amongst the whole of our tribe or kindred, or Church. A poorly developed ego is part of the soul sickness that our Founder often speaks of. We are taught in the modern world that the smallest accomplishment should be rewarded, that participation is enough, and that standing out is poorly looked upon. In Asatru, what feeds your Ek, your ego, is accomplishment through Victory. That we each share in those victories, and that you should absolutely be proud of all you accomplish. In fact, I often encourage this amongst our folk, if you boast about any accomplishment, for example, buying your first home, getting a promotion at work, proposing to your sweetheart.. All these things can inspire others to take strides toward accomplishing something great. It's Not an inflated ego that makes us boast, it is a healthy one. Boasting about what you "are going to do" is the result of a poorly trained ego. "Planning to win" isn't the same as winning.

In the (Asatru) view, the ego or ek is only "bad" if it is limited by our small, superficial notion of who we are. Even then it is not evil, only incomplete- for even a restricted sense of self is better than "becoming one with God," Dissolving into the infinite sea,"

or “merging with the Oversoul.”

Stephen McNallen, Asatru, A Native European Spirituality.

In the above passage, Father McNallen is referring to the need by Modern society to just merge, or or be consumed by the flowing tide of modernity, that you are not special.

Be exceptional. Stand out among your peers. The pursuit of sameness, of equality, is the destruction of excellence. Train yourself, your ek, to be who you were born to be... a man or woman of exceptional character, with a well trained ego, who looks to climb higher and higher and stand tall among the world. This is your destiny, it is OUR destiny.

A caution; nothing here should be construed as advocating the narrow, deceptive and self-satisfied glorification of one’s self. There is all the difference in the world between egoism and egotism. One is puffery, and the other genuine development. Those who have come far are humbled by how far they have to go, and they will not belittle those who have accomplished less.

Stephen McNallen, Asatru, A Native European Spirituality



Witan Daniel Young

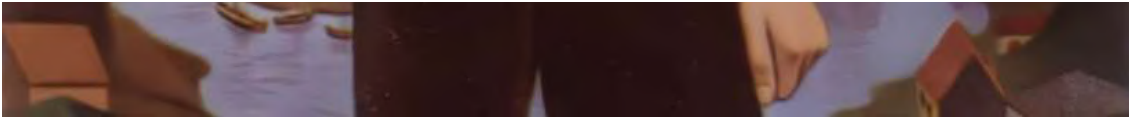
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## Words from our Gothar

*“Warrior Mindset” in the Wolf Age*







In Asatru, we venerate all of our noble ancestors, whether they be farmers or preachers or schoolteachers. However, there is one class of Aryan who often stands tallest in our legends: the warrior.

The general view of our faith is plastered with pictures of warriors, from the Celtic rebels of Queen Boudicca to the Varangian Guard, from the united Germans under Prince Arminius to the Anglo-Danish huscarls of King Harold Godwinson. The list goes on and on, but we often venerate these distant heroes more than our less distant ancestors of the last few centuries. The picture and poetry of the martial archetype pervades the Aryan zeitgeist, and likely always will.



We treasure and hold high the warriors of old, as they put their very lives on the line for things that mattered. The warrior is timeless, because he fights for that which is timeless. The warrior is virtuous, because he fights for virtue. The warrior is immortal, because his deeds never die.

With all of this being said, allow me to bring us back into the present, hopefully with equally articulate wording!





How do we carry the warrior with us into our modern world? How do we strive for the things that matter in a productive way? How do we adopt that warrior mindset in the 21st century? After all, doesn't a warrior need a battle to fight?



That battle is life in the Wolf Age. We can speak on the woes of the world until Ragnarok, but I won't do that here. If you're reading this, you're aware of what challenges the modern world holds for our Folk. You're aware of all the obstacles facing you in your modern life. You know that you can't just smash through them with an axe like a Viking, or parry and slash at them with sword and shield like a knight. What you CAN do, however, is keep marching forward, like an Aryan.



Keep marching forward; over the mountains of toil, across the valleys of sadness, through the forests of doubt, and over the rivers of emotion. Our ancestors, warriors or not, never gave up. They marched on, navigating whatever obstacles presented themselves. This was not always as glamorous as battle, but it was just as important. Obstacles are meant to be defeated, just as battles are meant to be won. That is the warrior mindset.

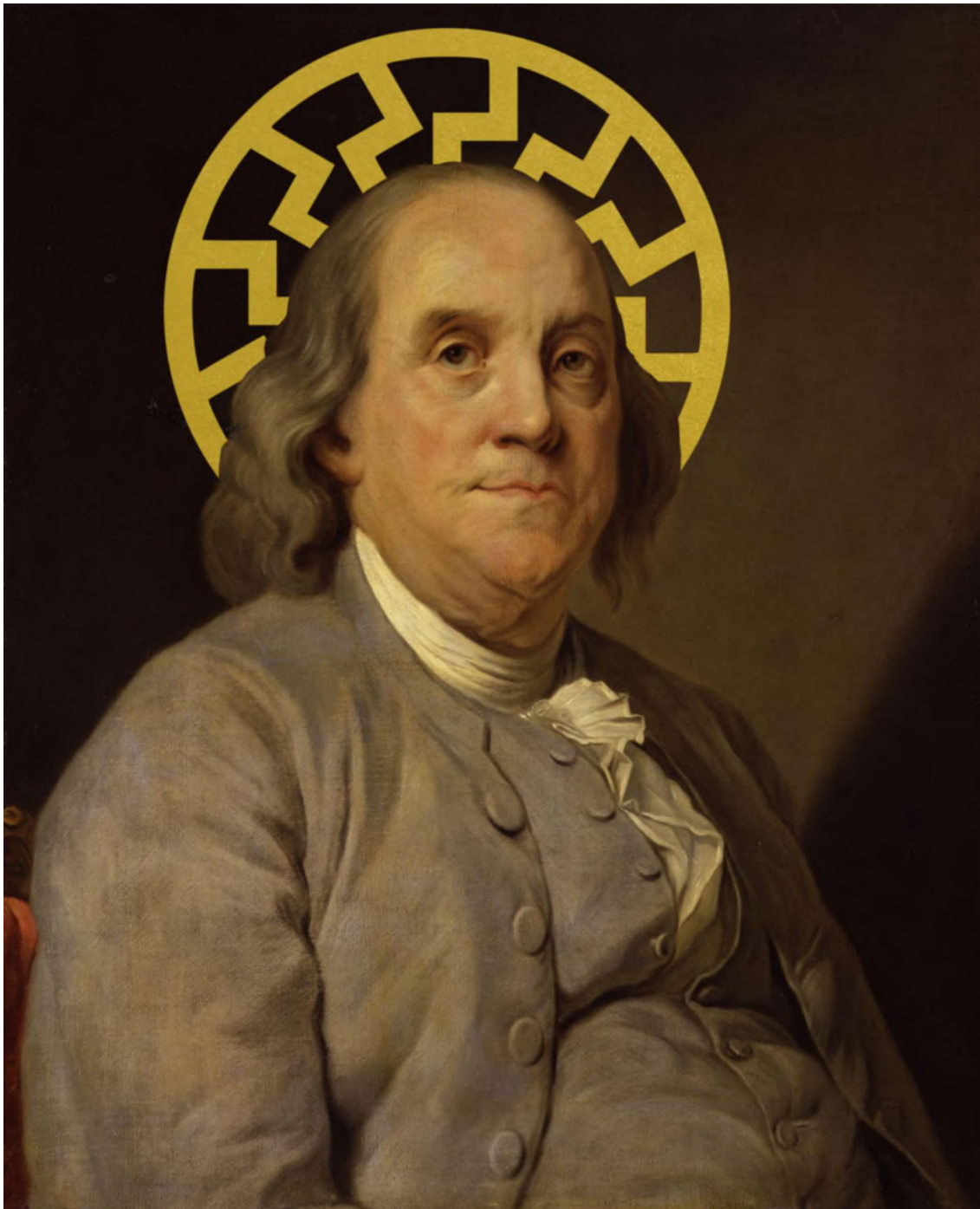
Remember who you are, and keep marching forward.



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### *Our Germanic World-View in America's Founding*





Everyone has heard America referred to as a “Christian Nation”. Setting the etymology of the word ‘nation’ aside, most of our founding fathers considered themselves Deists.

While the majority of settlers certainly considered themselves Christians our Germanic world-view and folk traditions were still firmly in place in the 1700s. Focusing on Benjamin Franklin in particular we see our ancestral wisdom echoed in his writings and his life.

Until a split with his parent’s Puritan faith it was planned that he would attend Harvard to become a pastor.

In 1727 at 21 Franklin formed the Junto club, a form of männerbund. The founding members were craftsmen, printers, surveyors, cabinet makers, clerk, and a bartender... not top bankers and merchants in the colonies. Membership was based on a “spirit of inquiry when it came to politics, philosophy and a desire to better themselves and the community.”

“Early to bed and early to rise, makes a man healthy wealthy, and wise.” is Franklin’s most famous quote. It’s similarity to verse 58 of the Havamal is striking.

He must early go forth | who fain the blood  
Or the goods of another would get,  
The wolf that lies idle | shall win little meat,  
Or the sleeping man success.

But this is not the only instance. In his Moral Improvement Project we see a sort of Nine Noble Virtues.

Temperance – “Eat not to dullness; drink not to elevation” combines both verses 19 and 20.

The greedy man | if his mind be vague,  
Will eat till sick he is...  
Shun not the mead | but drink in measure;  
Speak to the point or be still.

Silence – “Speak not but what might benefit others or yourself. Avoid trifling conversation” is touched on in verse 19 as well, but is even better expressed in verse 27.

A witless man | when he meets with men,  
Had best in silence abide;  
For no one shall find | that nothing he knows,  
If his mouth is not open too much.

Industry – “Lose no time, but always be employed in something useful; cut off all unnecessary actions” is literally one of our Noble Virtues, Industriousness we get from verse 59.

He must early go forth | whose workers are few,  
Himself his work to seek;



Much remains undone | for the morning-sleeper,  
For the swift is wealth half won.

This is not to say Benjamin Franklin was even aware of the lore, but that the ancestral memory still held these ideals. That as recently as the founding of America our gods were shining through the men who built this country.

Thomas Jefferson likewise recognized our ancestral world-view when he spoke of what guided our founding documents "...the common law existed while Anglo-Saxons were yet pagans, at a time when they had never yet heard the name of Christ pronounced or knew that such a character existed."

Moreover, he wanted the seal of these United States of America to be Hengist and Horsa, the Germanic brothers who is said to have led the Angels, Saxons, and Jutes in their invasion of Britain in the 5th century. According to the historian Bede, Hengist and Horsa were the sons of Wictgils, son of Wittu, son of Wecta, son of Woden.

That's right, Jefferson wanted to make the seal of this nation the descendants of Woden!

So, on Independence Day; remember our ancestors, the founders of this nation, did not declare independence from our folk-ways or our faith.

Raise a horn to Woden!

Hail All-Father!

Hail the Founding Fathers!



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*Spirituality vs Religion*



Spirituality contrasts entirely the systems of anti-natural dogmatism, in which spirituality is separated from life and in permanent conflict with other parts to divide reality into which is intended to render people mentally confused, disturbed in order to make them easily controlled.

This is what Imperialist cults do when it's goal is to enslave humanity, make everyone join the flock or cult in the name of religion or as the case today the cult the religion of ultra liberalism a new religion.

The word holy as I see it, has been co-opted from our Elder Way, which the word holy meant wholeness of our Being, HAMR-the body, HUER-mind, will, intellect, and OND-/ANDI, soul, spirit, the vital breath. The bringing together of this reality, our Being, is the true meaning of Holy.



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*Guido and the Armanen Runes*

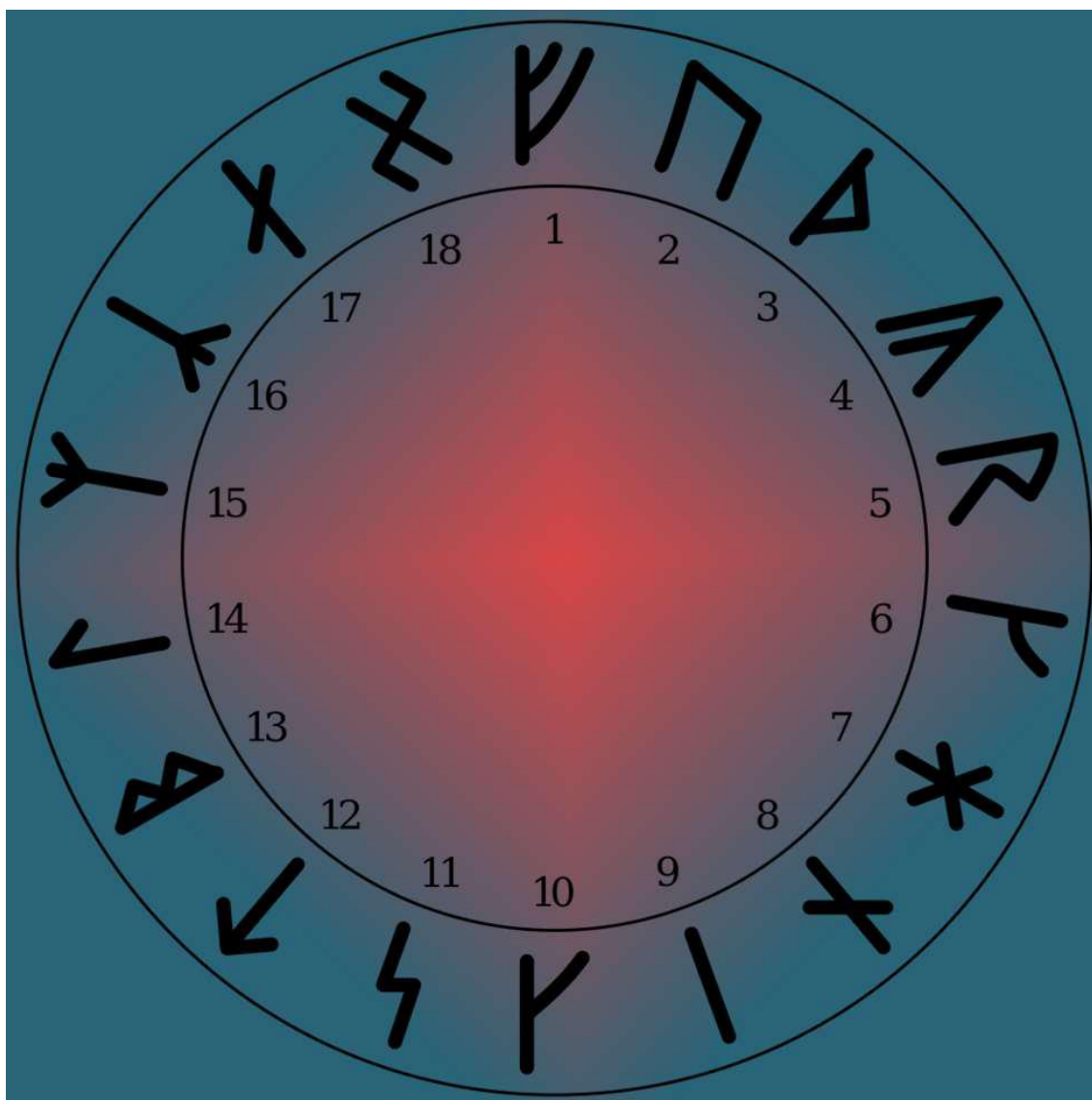


Hails from the Great Pacific Northwest! The Midsummer celebration at Odinshof this year was an amazing experience as always. The energy there has been evolving over time to become a family centered atmosphere which is great to see. The blots to Odin and Baldr were stirring as led by the Alsherjargothi Matt Flavel and Gothi Trent East. This year Witan Brandy Callahan led the women in a special moving chant calling our folk home in old Norse, and I have to say that it was the magical moment during the midsummer celebration. I also had the honor of giving a presentation about the Armanen runes on Friday afternoon and I would like to speak about them here.

The Armanen Runes are Guido von Lists' divinely inspired interpretations of the spell songs of Odin. During an extended period of blindness following surgery on his eyes, he had an unverified personal gnosis of these poems' meaning, believing them to be the original language of the Aryan people. If one studies and meditates upon Guido von Lists' Armanen runes and their meanings it will lead that person to an enlightenment as to their own divine nature.

My own personal gnosis was with the Elder futhark. The Elder futhark runes each have poems associated with each separate character. Meditating upon these poems and their shapes have revealed to me that each of these rune staves have a vibrational frequency associated with it like the keys on a piano. This frequency is generated with intense feeling and emotion, which is then directed at the object of desire. For example, Fehu is the frequency of value. If you had \$10,000 in your hand what is the feeling that is generated? That feeling is that of value in that you can make things happen, you can cause change with it. If you take this feeling and encapsulated yourself in it without any distraction and with high intensity you are creating magic. You will without a doubt get a check in the mail, or a rise in social status, of course you must not have any doubt at all about what you are doing but accept it as a fact. If you think "this won't work", "or this is silly", it will destroy what you are trying to accomplish. You must correct those negative thoughts with positivity and the positive thoughts must outweigh the negative for your magic to work.





The difference between the Armanen runes and the Elder Futhark is for example the difference between a car and a tool. You can build things with tools including the car, but the already finished car will drive you around and you might not know how the car works, but it does.

The individual frequencies of the elder futhark runes allow you to micromanage when implementing your will here in the world of Midgard. The Armanen runes followed to enlightenment, allow the forces of the Nordic God to provide you the things you require in this world, as you have become a higher evolved being in that you are an instrument of the Nordic god.

It has been several years now since my spiritual rebirth here in Midgard, and I would like to say that I have become an instrument of divine consciousness, but it seems to be an almost impossible thing to accomplish. However, I have learned many things in the past 5 years and one of them is persistence. When things seem impossible in all reality

they are not, all things are possible, and it depends where you place your energy. If you stumble in your practice, get up and try again and at some point, a breakthrough will occur, or opportunities will present themselves and help with one's own evolution.

I will end this article with Meister Guido von List's Hagal rune – “introspective awareness, the consciousness to bear his Nordic God with all his qualities within himself, produces a high self confidence in the power of the personal spirit which bestows magical power, a magical power which dwells within all persons, and a power which can persuade a strong spirit to believe in it without any doubt. Borne by this consciousness which has no doubt inherent, the chosen one controls the physical and spiritual realms, which he contains comprehensively, and thereby he feels himself to be All Powerful. Therefore: Harbor the All in yourself, and you will control the All!

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



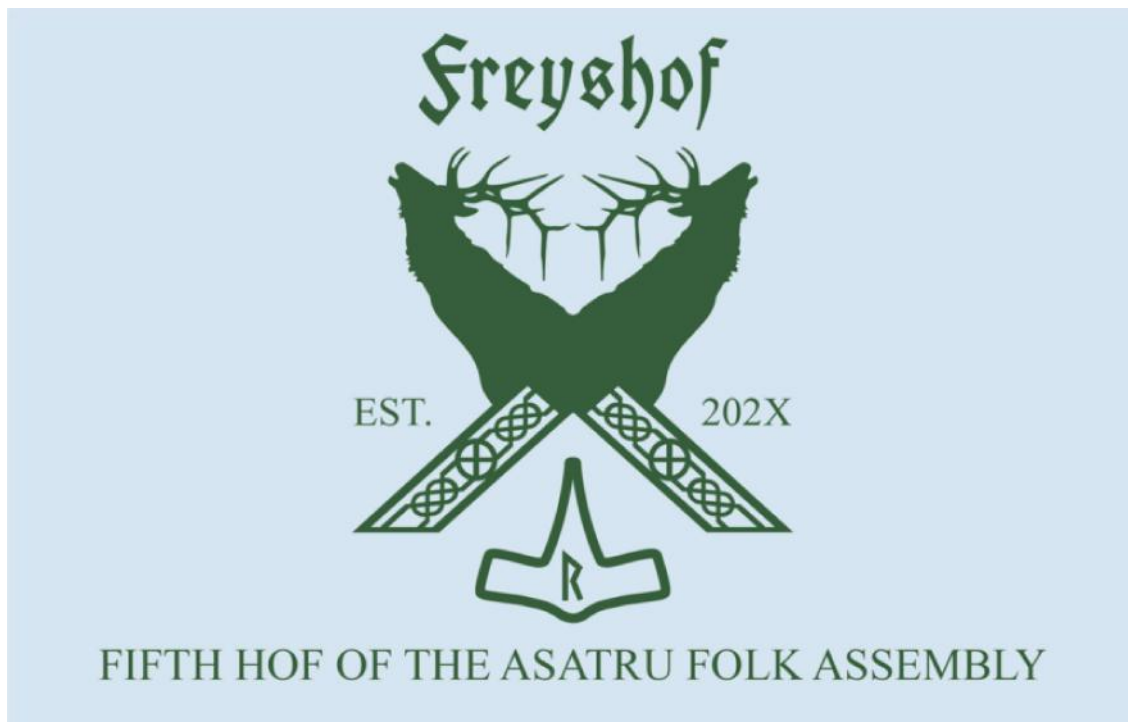
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## The Quest for Freyshof

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

– Gylfaginning



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

This sacred quest has had a great start so far! The generosity has been amazing, as always!

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

1. We need to pay off Njörðshof.
  - The first of 2 loans have been paid off!
  - We now owe \$109,370 on our remaining loan.
2. We need to raise our monthly donation average by 4.2%.
  - This is membership dues/hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

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## Sigrheim: Home of Victory



We've got some awesome things happening at Sigrheim, including the first national event in Tennessee—Sigrblot! They'll be more information about it later in the article, but don't forget to get your [tickets](#) soon for Sigrblot at Sigrheim on July 22nd. Come celebrate with us!



In addition, we've got next month's Freyfaxi celebration with 2 very special guests.  
Come on out y'all!

Help Sigrheim get stocked  
and ready for our Folk!

Donate Supplies  
from our  
wishlist ✨ ✨ ✨  
**amazon**  
Thank You!

We've now gotten a couple generous packages from Folk that sent us some of the products off our Wishlist. A huge thank you to those two fine gentleman, and a future thanks to anyone else who takes the time to send us any of th items that we need to help Sigrheim function and grow.

> [Check out our Wishlist HERE](#) <



Matthew D. Flavel



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# Victory Never Sleeps

The Asatru Folk Assembly Presents

**Victory Never Sleeps!**

Wednesdays at 6pm PST / 8pm EST

vk.com/asatrufolkassembly

entropystream.live/app/MattFlavel

odysee.com/@AsatruFolkAssembly:e

youtube.com/c/AsatruFolkAssembly

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# AFA Homeschool Program



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

*New Parent and Student Orientation*

A dark blue rectangular box with a light blue semi-transparent area in the center. The Asatru Academy logo is faintly visible in the background. Overlaid on the logo is the following text in a bold, black, sans-serif font:

Homeschool prep class  
for 2023-2024  
Teams meeting  
July 16, 2023 at  
10 am PST

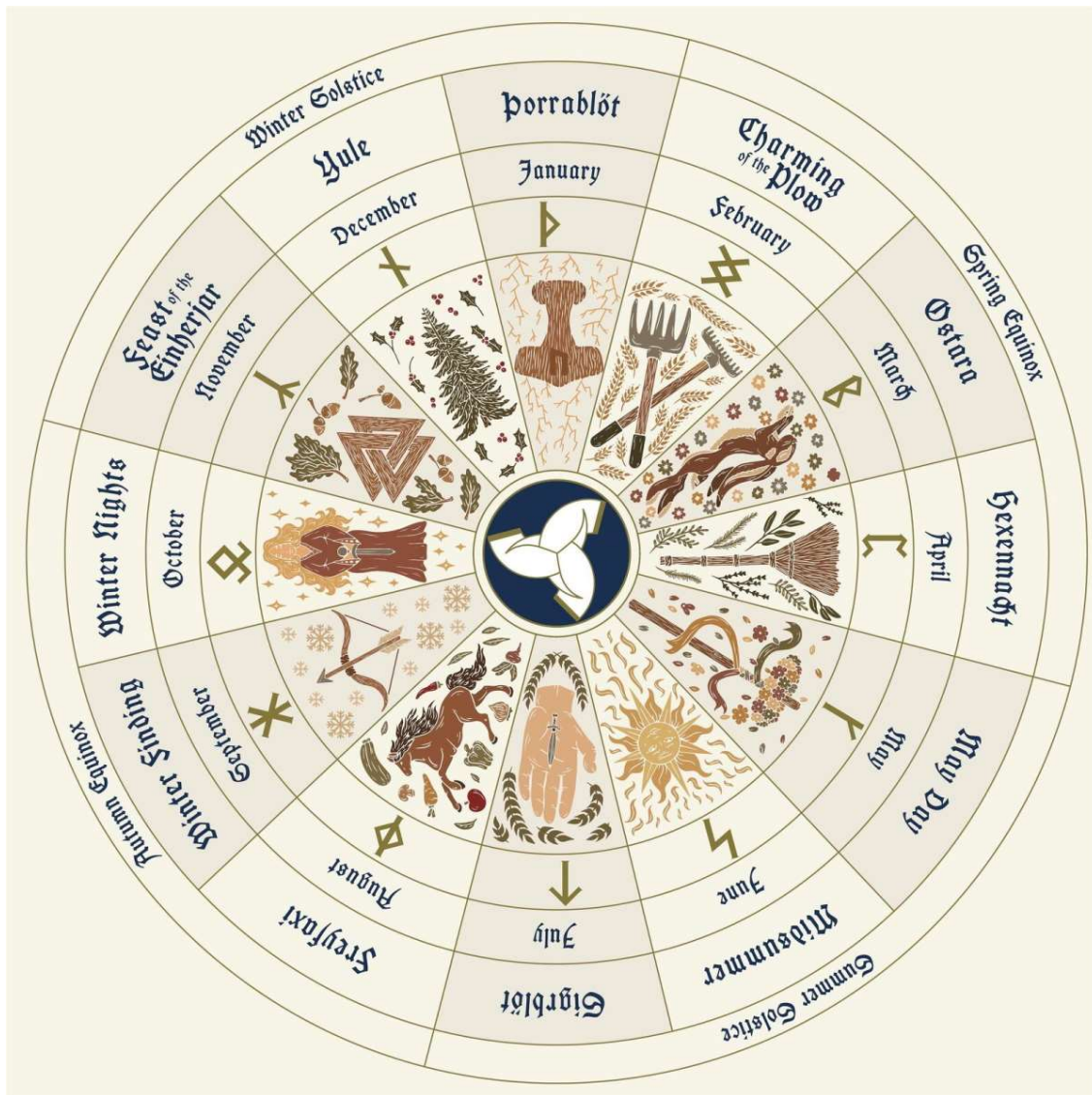
Assistant Dean Rachel Johnson will be giving a video class for parents and students on the INS and outs of our online learning platform . She will also be giving tips and tricks to successfully homeschool. Rachel is an expert in homeschooling, and knows our academic program inside and out. She has a wealth of experience and all our new parents, and even our returning parents, will benefit greatly by attending. The session will also be recorded and made available for parents who are unable to attend live. We look forward to seeing you!



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

## Remembrance & Holy Days





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

2023

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 21	Porrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 18	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 21 (observed on 18th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 22	Day of Remembrance for John Gibbs-Bailey “Hoskuld”
April 28 (observed on 15th)	Hexennacht

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

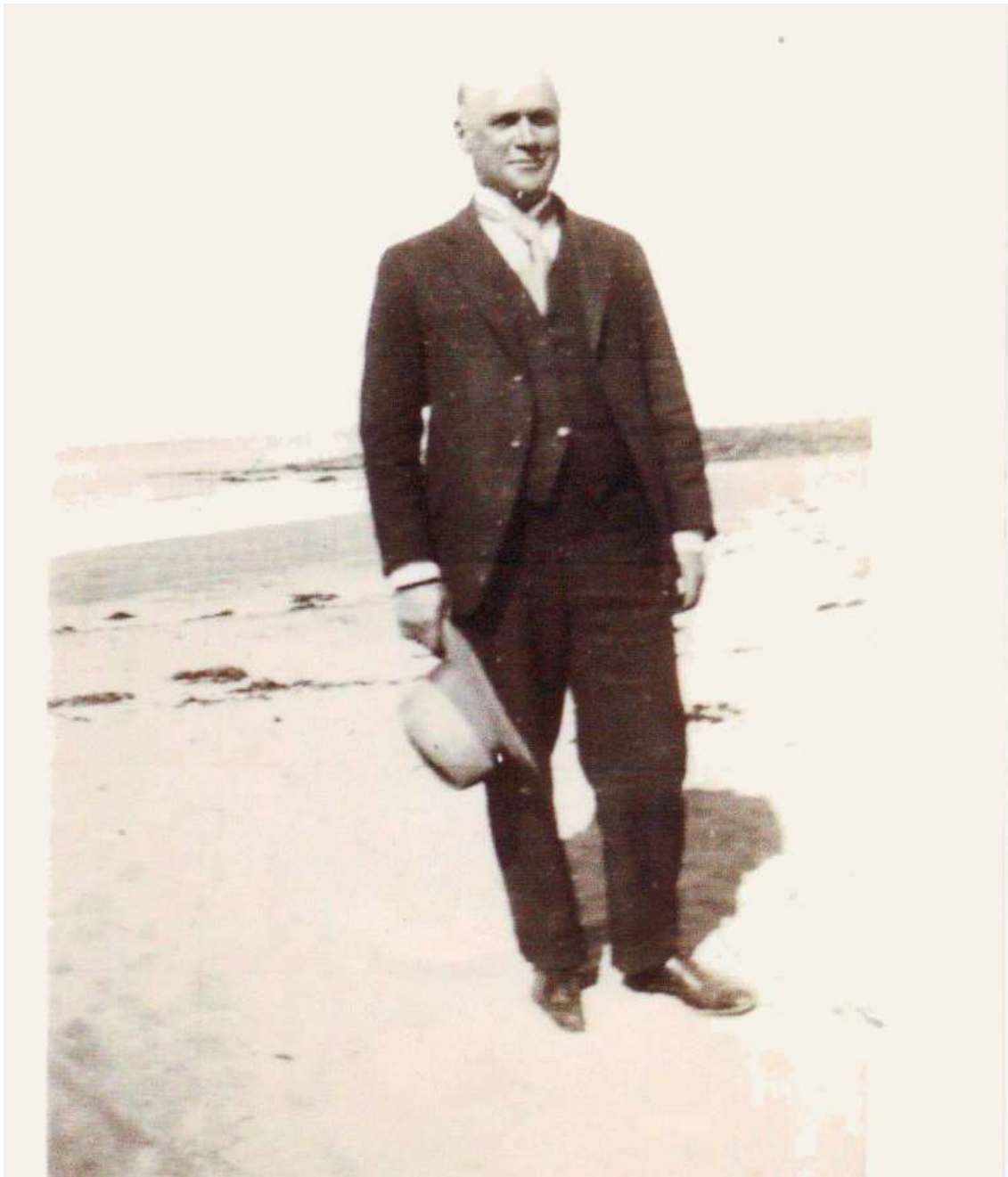
## Day of Remembrance

*Sveinbjorn Beinteinsson - July 4th*



*Alexander Rud Mills - July 9th*





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 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.



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## Holiday

*Sigrblót - July 15th*



Sigrblót 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 to 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. Sigrblót is a time to refocus. It is the time we can use to reorganize our priorities, to figure out the steps we need to take in order to reach our ultimate goals, and to break free from those that we struggle with.

One great way to celebrate Sigrblót is to offer a meal or some other item that you spent time making in 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.



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## Upcoming National Events

*Sigrblot at Sigrheim | July 22nd*





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

The first Sigrblot at the home of victory!

And no other place is it more righteous to celebrate the Victory Sacrifice!

This is the time we come together to honor both the summer and to make offering to Odin in hopes of his blessing for that which we are striving forth to conquer or acquire for us and our Folk! In times now passed, our Folk would be asking for Odins blessings

in battles and raids! And we ask now at this time for him to accept what we have to offer that he may lend his strength to see us victorious in our current endeavors!

Blot! Feasting! An auction with one-of-a-kind items! And,

The 1st ever Victory Tournament! Come test your skills on the field of honor! Tug o war! The Hammer throw! Jomsvikinger! Farm Walk! Race! Arm wrestling! And more!

Who shall taste defeat and who shall reign as The Supreme Victor?!

Camping is available on site. There are hotels within 20 to 30 min of Sigrheim as well and you will be responsible for your own camping gear or other accommodations off site. You are welcome to come and gather before or to stay after, but the event begins at 9 A.M. on Saturday July 22 and goes through the evening. Or you can choose to come and go throughout the weekend.

Notice: this is undeveloped land. We will have Port-a-potties and will make sure some water is available. However, it is imperative that you plan accordingly. There will be a couple large event tents to gather in. But no other public structure.

Please wear appropriate footwear and be prepared for a hike through the woods and up the ridge if you plan on participating in Blot. If you have any physical restrictions this particular part of the weekend may cause a challenge or an inability to participate on that particular event. If you have offroad vehicles such as 4 runners, atv's, etc., they would be a most welcome addition to the weekend and could mean the ability to get those who are otherwise restricted, up the ridge and safely back down again.

Bug spray, sunscreen, coolers, water, food, tents, blankets, appropriate clothing and footwear is advised.

The registration for this event is \$20 plus an auction item per person. OR \$50 per person. Children free.

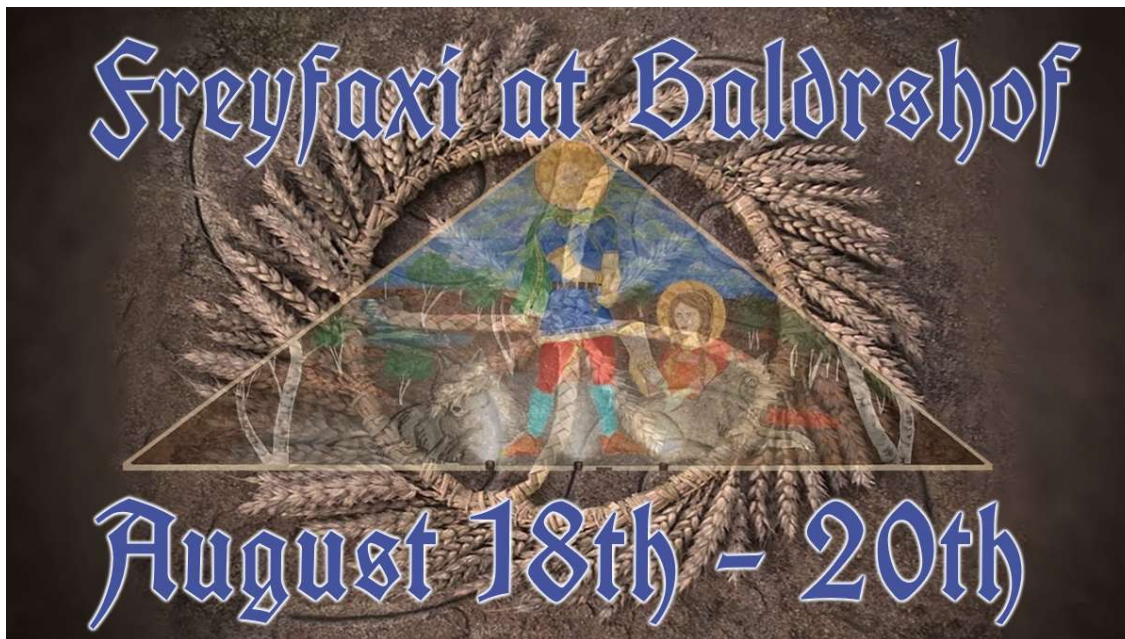
> [Get your tickets HERE!](#) <

Folkbuilder Nicholas Rice

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



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



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

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





# Freyfaxi At Baldrshof 2023

Our national event!



## Friday 8/18:

- 8 am: Breakfast
- 9 am: Dedication -Baldr
- 10 am : Fika
- 11 am: Welcoming of the Gods
- Noon: Lunch
- 1 pm: Men's/Women's groups
- 3 pm: Class I
- 4 pm: Folk time
- 5 pm: Dinner
- 6 pm: Baldrsblot
- 7 pm: Baldrball
- 10 pm: Hof closes



## Saturday 8/19:

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



## Sunday 8/20:

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



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

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

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





*Texas Harvestfest | August 25th-27th*



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

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

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

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



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

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



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

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

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

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

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

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

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

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

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

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

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



While the prospect of getting into the water in September might be daunting to some, the month has a wonderful climate. It has a high of 70 and a low of 50 with a nice midday breeze.

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

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

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



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

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





The Asatru Folk Assembly's Annual Winter Nights will be held from October 27th - 29th!

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

We look forward to seeing members and friends!

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

Register [HERE](#) today!

Things to know:

- Children 17 and under attend for free!
- Meals are included with all passes.
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Tenting is available on-site.
- The location will be provided after registration as the event gets closer.
- Please contact Witan Clifford Erickson if you will attend.

Member Family – Weekend: \$120

Member – Weekend: \$80

Member – Day: \$40

Guest – Weekend: \$100

Guest – Day: \$50

Child – Weekend: Free

Child – Day: Free

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



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

## Folkbuilder Spotlight

*Michael Butler, Apprentice Folkbuilder, Indiana*



I hope everyone had a wonderful Midsummer. I want to highlight this month Apprentice Folkbuilder Michael Butler of Indiana. I first met Michael, his lovely wife Lisa, and their kids at Winter Nights 11 in Ohio. I was immediately struck by how well they fit the ideal of Aryan nobility.

Later, when I spoke to Michael about his interest in becoming an Apprentice Folkbuilder for the AFA I was stuck by how levelheaded he is and how he understands the need for all of our Folk to come together to build the future, as he would put it.

Michael has been representing and organizing the AFA very well in Ohio, in Indiana and nearby. He has been responsive to a few shifts in focus given to him from both me and from Alsherjargothi Matt.

I am pleased to have Michael on the Þórshof North team, and I look forward to to his continued success

Hail Michael Butler!



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

## Be a Doer



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

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

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

## Baby Blanket Project

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

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



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

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

## Folk Services

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





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

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

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

Thanks in advance!

## Photo Donations

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



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

## Eir's Blessings



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

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

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

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

## Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317



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

## Introducing the Newest AFA Kindreds

*Nordstern Volk Kindred, Colorado*



Please welcome the Nordstern Volk Kindred of Colorado as one of the newest Official Kindreds of the Asatru Folk Assembly.

Led by Apprentices Nick Salo and Travis Bowdish in Nebraska, these Folk have hosted several moots and events in the last few months and are looking to continue to do big things!

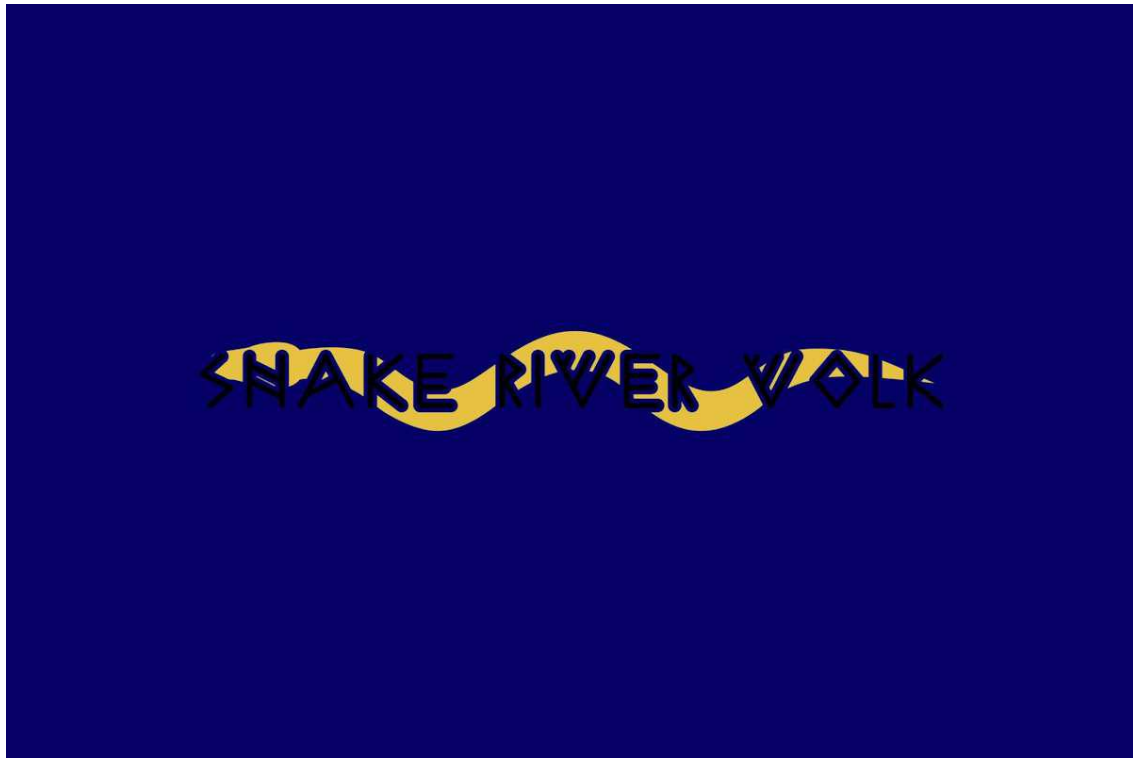
Hail the Doers!

Hail the Nordstern Volk Kindred!!

Hail the Asatru Folk Assembly!!!

*Snake River Volk, Idaho*





Please welcome the Snake River Volk Kindred of Colorado as one of the newest Official Kindreds of the Asatru Folk Assembly.

Hail the Doers!

Hail the Snake River Volk Kindred!!

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher

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

## Cooking for our Folk



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

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

To this day, I still believe that number one is the most important; but two is the most valuable lesson. So, for example: why would you add flour to the mix when you are making Fried Potato balls? It doesn't add anything to the dish overall and in fact, it takes away flavor and disrupts texture. The reason is that what flour takes away: is moisture. It adds to the binder and liquid consumption.

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

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

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

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



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

## Ancestral Food and Culture

*Bread Pudding*







Growing up outside of New Orleans food speaks to me, probably more than it should. Certain flavors and dishes become a part of who you are. I wish I could remember ½ the recipes and lesson my grandmother taught me in the kitchen. When it comes to cooking, more specially the old/traditional recipes, it becomes more of a process than a recipe.

Hummus is a great example of this. It's an easy dish, right? Well, it's easy to make, BUT hard to perfect. Why? It is all about the process. These processes are passed down from one line to another. I remember when I was learned to make hummus, the Egyptian man told me his "way of making it" had been passed down over the generations. Note: if you want to learn my process on how to make hummus call or email me.



Now, my grandmother is not an Egyptian man, but she did teach me to make one of my favorite desserts....Bread Pudding. Bread pudding is easy to get good, but once you get

it perfect, you'll always chase perfect. Yes, bread pudding is a process driven recipe. Walking out of Midsummer at Njordshof on Saturday night knowing there was most of a basket of sliced, toasted, going stale bread in the kitchen, I was excited for the next morning. If you have never made bread pudding before. Start simple! Also don't fall for the gimmicky bread puddings, a simple, good, and well-balanced bread puddings tends to beat out all the gimmicky ones. Also, traditional speaking bread pudding contains alcohol in the liquid (all the alcohol cooks offs). Ok ill get off my soap box and get to the recipe/method.

### *Mead Bread Pudding*



Set oven to 350

Bread (you want the two-day old stale stuff that is dry. The dryer the bread the more cream mixture it will absorb but the longer it will take to absorb it. It is a trade off on texture as well. The fresher the bread will give you more of a custardy finished product; whereas, stale bread, if not soaked to death, will give you a really neat layering of textures with a great crust. Remember this dish was created to find a use for bread that was cooked and going stale, not for fresh bread or crazy “bread like items” such as donuts or cinnamon rolls. Crud, soap box again) Your bread can be sliced, hand torn, or cubed. (I suggest French bread or something like a Baggett or Italian loaf. Yes use the crust.)

Liquid amounts depend on how much bread you have. You want to make enough liquid for the bread to be able to absorb most of it.

Mix together until it starts to kinda thicken.

Start with three eggs

Maybe a cup or two of heavy cream

Pinch or two of salt

Pinch or two of cinnamon and/or nutmeg

Cup? Of sugar

Cup or two? of (your favorite that is available) mead. (I suggest sweet mead but you will want to adjust your sugar to accommodate. You can use any hard sweet alcohol or liquor as long as it fits with the flavor you want.)

Yes, you can taste the liquid to see if it is to your liking.

Stir in the bread, wait a little bit, and stir the mixture again, wait a little bit and stir the mixture again. You are looking to make sure the bread absorbs most of the liquid. When you feel (not think) it is ready put it into a greased pan and bake it at 350. Baking time will differ based on the size of pans and amount. Pull when it is solid.

On the last stir I added in a small, chopped apple for pop of flavor and texture.

I was taught a valuable lesson years ago in regard to cooking: once you fully understand the rule, you will learn how to bend them. The more you cook and learn to create your own recipes like our ancestors did, the more you will learn that you can reuse recipes for similar things. This recipe can also be used to make French toast. You just wouldn't soak the bread, just dip it. You will want to favor egg over cream.

Any questions on this recipe/process feel free to call or email me.



Folkbuilder Mike Joyner

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

**Folk Web**





Here is an updated list of job openings for the Folk Web Skills and Job Network:

Nationwide roundup for Folk Web Skills and Job Network. Please share and keep inquiries incoming! This is proving a success and gaining traction. Let's keep it up!

OPENINGS:

Northern Illinois (hiring nationwide)

You can reside and work interstate, no need to move

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

Travel, lodging, meals covered

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

Contact Folkbuilder Shane Duffy

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

Northern Illinois, Rockford area

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

Contact Folkbuilder Jim Cummings

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

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Arizona, Colorado, New Mexico

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

Lodging is available for certain departments

Contact Folkbuilder Lou Nickerson

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

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North Dakota, Fargo area

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

Welding (bachelors degree)

Woodworking

General construction

Cabinetry

Carving

Blacksmithing/bladesmithing/metalwork

Signmaking (day job rn)

Painting

Drums

Knotwork

Sculpture

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

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Montana (reaching out Nationwide)

Folkbuilder Tyler Heinlein is looking for various skills building his homestead

-midwives who can be remote and travel when needed

Commission work:

-woodworker who can do knotwork and/or statue carving

-Mason who can handle stone arches

theinlein@runestone.org

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West Indiana (Remote, nationwide online courses)

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

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

Contact John Kelly or Folkbuilder Shane Duffy for info

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North Carolina, Hendersonville area

-Manufacturing Associate and/or installers

Position open for a leading provider of high-quality custom closets, Murphy beds,

home office cabinetry, and garage cabinetry. We have served the greater Western NC and Upstate SC area for 20+ years.

We are in search of a new employee to work in our production facility. This employee will play a vital role in our manufacturing process. Daily tasks include...

Preparing manufactured jobs to be sent out for install  
Assistance in loading outbound product and receiving inbound shipments  
Operation of materials handling equipment - forklifts and pallet jacks  
Cross training on large-scale panel processing machinery  
Shop cleaning and organization tasks  
Basic requirements...

- Valid driver's license and reliable transportation to work in Hendersonville everyday
- Proficiency with basic hand and power tools
- Willingness to work late on weeknights and work some Saturdays when the workload dictates
- Ability to communicate effectively with co-workers, and managers
- Productivity and quality-driven work ethic

Preferred experience...

- Previous employment in a production or factory environment
- Previous employment or experience in cabinet making, woodworking, or other manufacturing
- Experience in operating a forklift
- Experience working with large industrial equipment/machines

We're also hiring installers, the only difference is the preferred experience:

Contact Apprentice Tyler Bethea  
tbethea@runestone.org

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FOLK IN THE MARKET:



Illinois, Ottawa area (Remote, nationwide editing and

- 15 years of professional level videography and photography -
  - photo and video editing experience
  - experience recording live bands, filming weddings, photography of weddings, editing raw footage and transferring to many mediums
  - photo editing studio able to meet all needs
  - Experience as production assistant
- 
- Owns all the professional equipment for a portrait studio, including microphones to do video and audio as well, and I have full editing capability with Adobe products.

Contact Tilmon Yearwood or Folkbuilder Shane Duffy for info

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Arkansas, Mountain View Area,

- Married Folk with a family newly moved to the state

Ian:

- 10 years retail and restaurant management and consulting.
- Managed crews with up to 50 staff.
- Negotiated with local food distributors.
- Consulted with opening new locations.

Catherine:

- 11 years of office administration in higher education.
- Strong customer/student service focus in person as well as via phone, email, and chat.
- High level data entry (attention to detail, 80+wpm typing).
- Remote work experience.

Contact the Folk if you have the means, otherwise contact Folkbuilder Shane Duffy or Apprentice Tabatha Owens

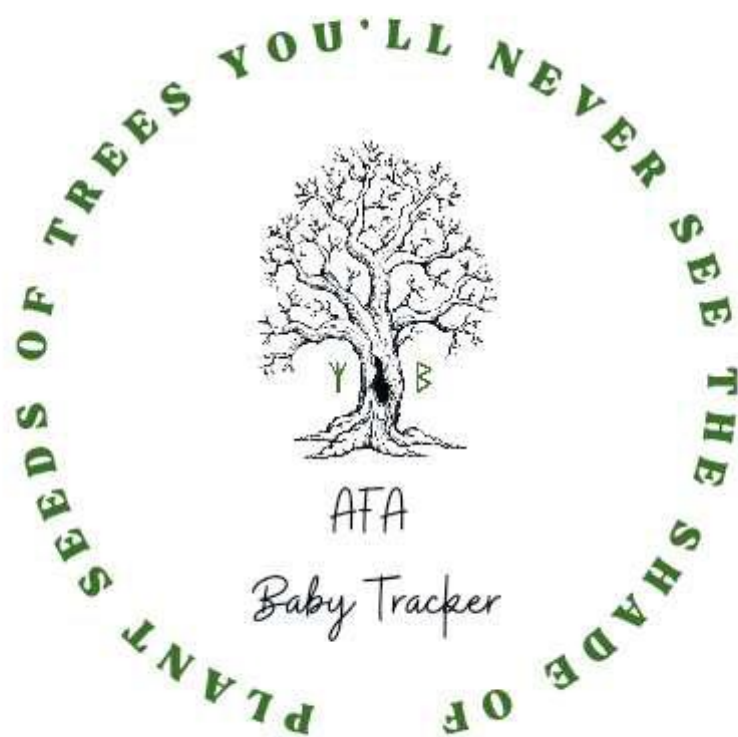
[sduffy@runestone.org](mailto:sduffy@runestone.org)  
[towens@runestone.org](mailto:towens@runestone.org)



Folkbuilder Shane Duffy

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

# Baby Tracker



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

Total babies born in 2023: 18

## 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 Hofs and with membership Assembly-wide to give out to anyone with curiosity, whether they are a member or not.

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

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

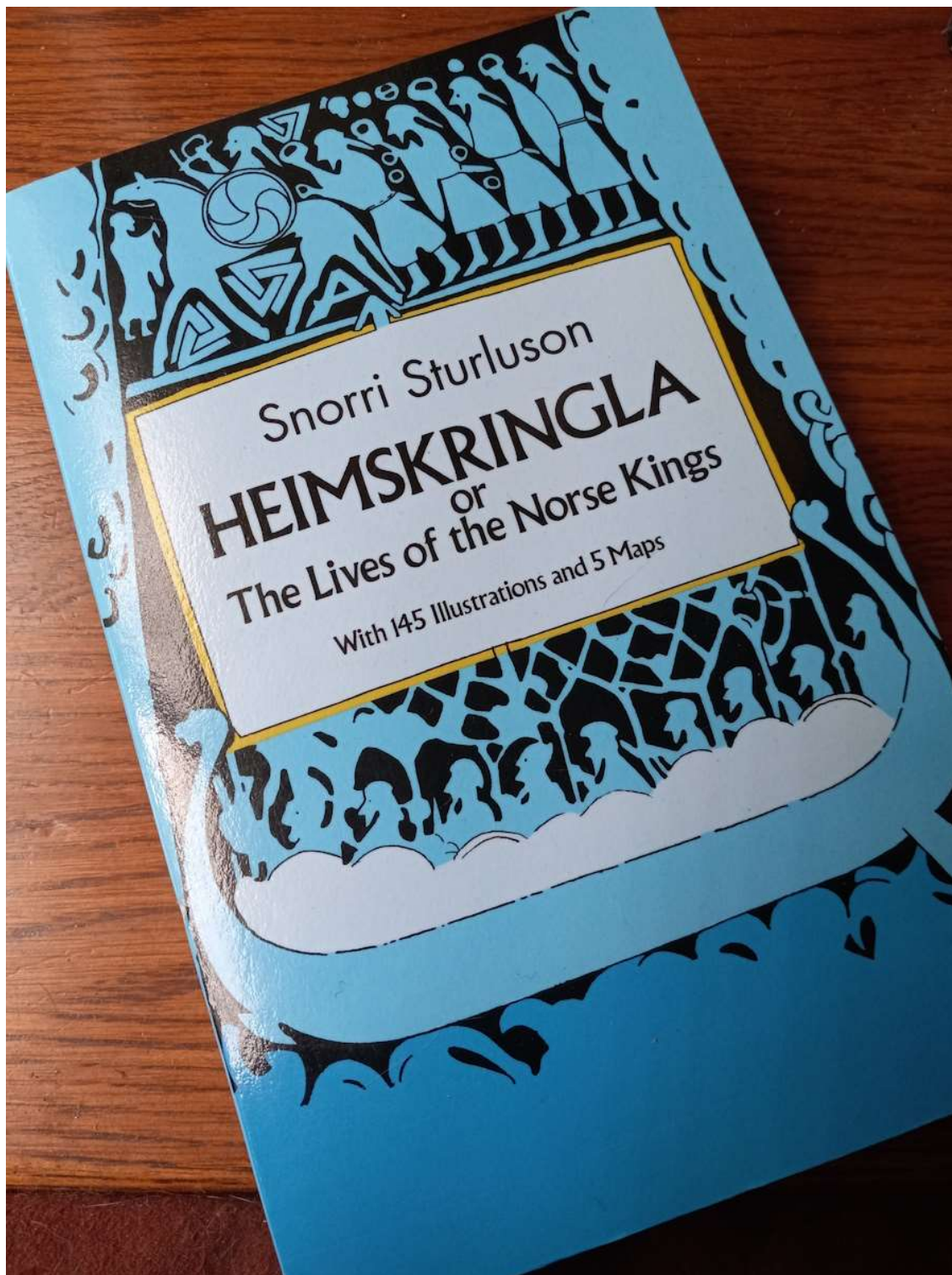
Note: All submissions are subject to review from myself and up the chain of command to the Alsherjargothi himself.



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

**The Study Goes On!**





We will resume lore study 7/11/23, beginning anew with the Heimskringla! Please feel free to review the Prose and in Poetic Eddas on the origins of the gods & on Asagard, for some great discussion material! As always off topic questions & curiosities are also welcomed at the end of our readings. As the upcoming books are fairly large, we will be doing our best to begin reading promptly, and to keep it 30mins or less at a time, so we have time for questions afterwards. We look forward to seeing you all again on Tuesday nights!



Gothi Jason Plourde

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

## Ladies Mysteries Podcast

# LADIES MYSTERIES PODCAST

July 23rd at 2:30 pm CST

Gythia Catie Erickson  
Writing Your Own History

Folkbuilder Sara Ault  
Building a Vaetter House

Folkbuilder Christine Dumas  
Ritual Runic Beads

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

## Virtue Recovery Meetings



A circular logo featuring a runestone design with various symbols and characters.

Virtue recovery  
meeting

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

With Ashley Mcstocker  
amcstocker@runestone.org

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

A stylized illustration of a bird, possibly a crow or raven, in flight.

With Jaclynn Duffy  
jduffy@runestone.org

**VIA ZOOM**

**MEETING ID: 885 2917 0746**

**PASSWORD: Virtue**

**PASSWORD: VIRTUE**

## **AFA Eldri: A Time and A Place for Us!**



Four fourteen weeks, a dedicated group of AFA members have gathered from the far corners of the country for our virtual Eldri meetings, hosted on Teams. The name is the Icelandic version for elders, which is our specific demographic. I created this MeWe group with associated chat to have our own place for topics pertinent to us.

They range from current news and cultural events to analysis of history, such as the War of Independence from England. Add in memories from our shared decades here in Midgard, and you'll see we find plenty to discuss.

I'm a strong supporter that EVERY member should have a MeWe account – especially for special interest groups like AFA Eldri. Our regular times are Fridays at 2:00 PT. It costs nothing -- and could bring great dividends to your life. If you're age fifty and older, we welcome you!

Gythia Shiela McNallen  
[shiela@runestone.org](mailto:shiela@runestone.org)





# AFA Prison Ministry



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

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

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

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

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



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



Folkbuilder James Ault  
[jault@runestone.org](mailto:jault@runestone.org)

## Updates to the AFA Store



Hi everyone!

Our AFA store at [runestone.org/store](https://runestone.org/store) is undergoing some improvements which aim to improve order processing time and the responsiveness to store inquiries. Merchandise is temporarily unavailable while we implement these changes and get our new store management trained. We look forward to launching new AFA merchandise later this year and to having some of the traditional stock available for sale in a few weeks.

In the meantime, the store is still processing orders for donations, fundraisers, and events. You can also get AFA merchandise by visiting our Hofs or events. If you have placed a merchandise order and need an update on it, please contact [store@runestone.org](mailto:store@runestone.org) for assistance.

Also, please know that if you need a new membership card because you have changed your membership level or have lost your membership card, please email [store@runestone.org](mailto:store@runestone.org) for a replacement card.





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

## **Þórshof**

### **Food Pantry at Þórshof**



This month's Food Pantry was a HUGE SUCCESS! We were able to give out every bit of food that was donated to those in need. A very big thank you to Apprentice Folkbuilder Matt Bain, for his and his wife's efforts to keep us stocked up with supplies and continuing to keep the Food Pantry stocked.

We were blessed to be able to help over 20 families with food that was desperately needed. The townsfolk of Linden have not only given us the opportunity to showcase



our devotion to our Gods, but also our commitment to better the community around us. We have lived up to the motto set forth by Thorshof, "Words are Wind, Deeds are Iron".



Folkbuilder Cody Raynard  
craynard@runestone.org

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## Holiday at Þórshof



On this Midsummer we were inundated with the teachings of Witan Svan Herul about the Aesir and Vanir during the class portion. We were given a brief description as well as a basic test of knowledge on different Gods and Goddesses which was really fun trying to list off how many we knew of.

After the class, we sat down to a heart meal together with those in attendance to further build the Frith among us. All the while, Witan Svan set up the fire pit and Ve for ritual. During ritual, we each got the chance to "jump the fire" with some of the children jumping it with their fathers. With each jump there were clapping and shouts of joy to be heard all around. Hopefully next year there will be even more to take the jump with the Folk!



Folkbuilder Cody Raynard  
craynard@runestone.org

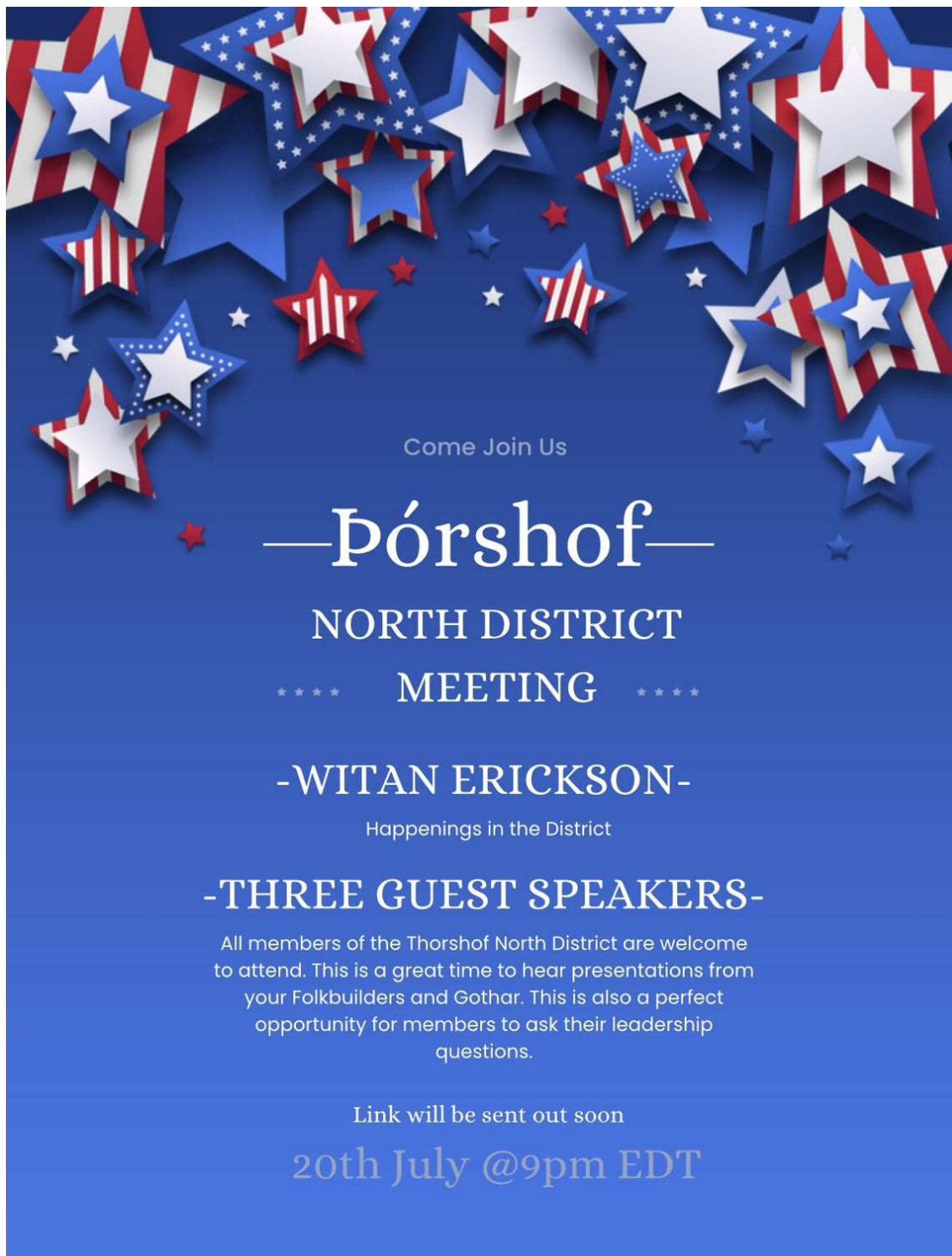
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## Upcoming Events at Þórshof



# 2023 events at Þórshof





Come Join Us

—Þórshof—

NORTH DISTRICT

\*\*\*\*\* MEETING \*\*\*\*\*

-WITAN ERICKSON-

Happenings in the District

-THREE GUEST SPEAKERS-

All members of the Thorshof North District are welcome to attend. This is a great time to hear presentations from your Folkbuilders and Gothar. This is also a perfect opportunity for members to ask their leadership questions.

Link will be sent out soon

20th July @9pm EDT



**Þórshof South  
Men's Call**

Sunday, July 23rd  
7pm Eastern

Contact Folkbuilder Cody Raynard for More Info  
[CRaynard@Runestone.org](mailto:CRaynard@Runestone.org)

# Pörshof

NORTH MENS MEETING  
JULY 25TH @ 9PM EDT

Link will be sent out soon

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**France**

*Promouvoir le nombre des naissances : une nécessité pour la survie des enfants  
d'Heimdall*





Dans un monde en constante évolution, la préservation et la survie de la communauté Odiniste de l'AFA devient une préoccupation essentielle. Alors que de nombreuses espèces sont confrontées à des menaces croissantes, promouvoir le nombre des naissances se révèle crucial pour assurer la survie et la pérennité de notre communauté. Cette approche proactive est essentielle pour préserver, maintenir et prévenir l'extinction de notre peuple.

Maintenir notre génétique:

La promotion du nombre des naissances est un moyen efficace de préserver la diversité génétique au sein d'une race. Une population réduite peut entraîner une consanguinité accrue, ce qui augmente le risque de maladies génétiques et affaiblit la résistance aux maladies et aux changements environnementaux. En encourageant une reproduction saine, nous préservons la richesse génétique et favorisons l'adaptabilité des individus face aux défis futurs.

Renforcer notre peuple en danger:

Nous sommes confrontés à des dangers imminents d'extinction en raison de facteurs tels que l'immigration, les autres religions ou les pressions gouvernementales. Promouvoir le nombre des naissances devient alors une stratégie vitale pour renforcer les populations existantes et restaurer les effectifs.

### Sauvegarder le patrimoine culturel:

Notre peuple Asatruar a une importance culturelle profonde, étant étroitement liées à l'identité de notre communauté et à des traditions séculaires. La promotion du nombre des naissances est donc également essentielle pour préserver ce patrimoine culturel unique. En préservant notre race, nous préservons notre héritage génétique, notre connaissances ancestrales et nos liens culturels.

### Conclusion:

La nécessité de promouvoir le nombre des naissances pour la survie de notre race est indéniable. En préservant la diversité génétique, en renforçant notre peuple Asatruar en danger, en maintenant et en sauvegardant notre patrimoine culturel, nous investissons dans un avenir durable pour notre race et pour nos Dieux. C'est notre responsabilité collective de prendre des mesures pour soutenir la reproduction et encourager la préservation de ce précieux trésors qui nous a été donné par Heimdall et Odin.

\*En photos vous avez l'exemple type d'une famille Française - Bretonne qui a fait le choix de faire un maximum d'enfants aujourd'hui 7 enfants uniquement pour notre survie.

*Promoting the number of births: a necessity for the survival of the children of Heimdall*





In a constantly changing world, the preservation and survival of the Odinist community of the AFA becomes an essential concern. As many species face increasing threats, promoting birth numbers is proving crucial to ensuring the survival and sustainability of our community. This proactive approach is essential to preserve, maintain and prevent the extinction of our people.

Maintaining our genetics:

Promoting birth numbers is an effective way to preserve genetic diversity within a breed. A reduced population can lead to increased inbreeding, which increases the risk of genetic diseases and weakens resistance to disease and environmental change. By encouraging healthy reproduction, we preserve genetic richness and promote the adaptability of individuals to future challenges.

Strengthen our people in danger:

We face imminent dangers of extinction due to factors such as immigration, other religions or government pressures. Promoting the number of births then becomes a vital strategy for strengthening existing populations and restoring numbers.

Safeguard cultural heritage:

Our Asatruar people have deep cultural significance, being closely tied to our community identity and age-old traditions. Promoting the number of births is therefore also essential to preserve this unique cultural heritage. By preserving our race, we preserve our genetic heritage, our ancestral knowledge and our cultural ties.

Conclusion:

The need to promote the number of births for the survival of our race is undeniable. By preserving genetic diversity, strengthening our endangered Asatruar people, maintaining and safeguarding our cultural heritage, we are investing in a sustainable future for our race and for our Gods. It is our collective responsibility to take action to support the reproduction and encourage the preservation of this previous treasure given to us by Heimdall and Odin.

\* In photos, you have the typical example of a French-Breton family who made the choice to have as many children as possible. Today, 7 children, only for our survival.



Stephane Pompignac  
Apprentice Folkbuilder  
[spompignac@runestone.org](mailto:spompignac@runestone.org)

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## Indiana

*A Foundation For the Future*





In a world where everything we know from the earliest timeline of civilization is up for debate, and should most certainly be questioned, the one thing we have without a doubt to hold onto is our Gods. We all have very different personalities with various opinions on how we choose to translate what we see happening around us. It can all be very distracting and diverts our attention away from what is most important right in front of us; our families, our spirituality, our relationship with the Gods. When we all come together in the presence of the Gods, the veil of the troubles of our society is dissolved and forgotten. We cast away the mundane and look to the future that must be built together.

No matter how different we all are from each other, we always come together with the common love for our Gods. Our ancestors fought for so much with so much less, and we must continue to fight for what they have worked so hard to build for us. With our ancestors and our Gods by our side we are building a foundation for our children, and our children's children, that will continue to grow and never stop for anything. We must stand firm and immovable in our beliefs and morals, never looking back, and keep pushing forward. We built this world and will now with our Gods continue to build it together, for our ancestors, for our children, and for our Gods. Hail the Gods, Hail the Folk and Hail the AFA!!!!

Michael Butler

Apprentice Folkbuilder

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



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## Maryland

### *Fun on the Eastern Shore*



A moot was held at a little known historical site in the Eastern Shore of Maryland. We went to enjoy the outdoors before the heat waves came in. Plenty of fun was had, from running up and down the charging ramp (an excellent way to tire children out before a long car ride. It worked when I was young and is still effective today) to catching toads and skinks.





We got to learn how a skink will pop it's tail off when threatened, as well as looking at tools that were used before modern advances in technology (you will have to come and see the loom that was considered "portable" back then).



I look forward to doing it again, and helping our younger generation learn how things used to be done.



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

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## New Hampshire

*Babies due? Lets BBQ!*





In anticipation of the arrival of our second daughter. We threw a baby shower BBQ. We had initially booked a pavilion at a nearby lake, a true place of beauty. Unfortunately, the rain was not letting up so we chose to move the location to our neighbor's home. We braved the rain and had some great conversations as I flipped burgers and dogs. Joined by our folk, our baby to be was adorned with the most gracious gifts as we enjoyed our food. We are so grateful for our community, its truly special to witness such kindness and comradery.



Thanks to everyone who came out! And a special shoutout to my Wife! She is such a great Momma to our daughter, and we can't wait to meet our new little girl!

*NY Midsummer*





My family and I began our journey to NY Friday morning. After a beautiful drive on the backroads of NH, VT and NY we arrived at our campsite in Lake Pleasant, NY. As we checked in warnings of bears in tents from the park ranger put an exciting spin on our expectations for the weekend. Cooler in the truck, doors locked is the modus operandi in these woods. As we got set up, the rain started to pick up. It was us versus the rain for the next 17 hours or so. Lots of teamwork and positive spirits carried us through the downpour.



Saturday the rain began to clear. We participated in an awesome Blot to Freyr lead by Gythia Catie Erickson. After Blot we all began preparing our meals for our potluck dinner. A delicious array of meals were made by our folk in attendance. Marinated chicken, fire roasted veggies, wraps, taco salad, and many more tasty options were on the menu for the night. We ended the night with a beautiful Sumbel around the camp fire.





Sunday morning arrived. The reality of having to go home and back to the grind set in. After such an outstanding weekend packing up was a sad truth we had to face. Everyone helped each other when needed, and we all got ready to depart quicker than we thought. We said our goodbyes and off we went. Thanks for the great memories! Looking forward to seeing you all again!

*NH Midsummer*



We gathered at an AFA family's beautiful homestead to celebrate Midsummer. Folks from all around New Hampshire were in attendance. The weather was in our favor and it was a gorgeous day indeed. We started the day by enjoying some snacks as we chatted amongst the folk. We then had a Blot to Sunna around the campfire.





After the ritual we all went through the woods nearby to gather dressing for the Midsommarstag. Adorning the pole together, spirits high and intentions pure. We erected the magnificent pole. We proceeded to dance around the pole hand in hand, The folk flame blazing within us all. We then enjoyed our meal together while drinking in the splendid views of the homestead. After our bellies were full, we went down to the Blothaus to have Sumbel. As the horn went round, words of admiration to our Gods, heroes and ancestors were spoken. A perfect way to end an amazing day.



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

*Upcoming Events*







Tyler Sagert  
Apprentice Folkbuilder  
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## North Carolina

### *Appalachian Happenings*





June was a busy month for the southern Appalachia region, and we kicked the month off right with a hike to the stunning Roan Highlands. Members from NC and TN met up and had a picnic, hike, and Blot on the Appalachian Trail. On the way up to Round Bald, we got to duck into a beautiful spruce-fir forest, where the kids got to play among the boulders.





After leaving the forest, we stepped foot onto a stunning grassy bald, with a panoramic view of the Appalachian Mountains. It was a landscape studded with flowering Catawba Rhododendron, ancient boulders, and a scattered handful of gnarled, stunted trees. We lingered at the top, soaking in the abundant sunshine and marveling at the beauty. As we made our way through Engine Gap, we scouted out a location for our Wotan on the Peaks ritual, settling on a moss-covered rock outcropping a few meters into the tree line. We offered our gifts and furthered our commitment to reawaken our faith within our Folk.



Once our ritual and water break had ended, we made our way to the summit of Jane Bald, another stunning plateau, this one covered in rock and rhododendron. We stopped here for quite a while, eating a snack and watching the kids play with some newfound friends that were camping for the weekend.



Well rested and cooled off, we made our way back to Round Bald, where we had a leisurely picnic, and watched a couple get married on the other side of a patch of Catawbas! We also met a couple that were on their annual pilgrimage for their 37th

wedding anniversary; they had been coming to the mountain for their anniversary since 1986, and were accompanied by their 8 children and multiple grandkids. These experiences helped us to reflect on our own relationships, marriages, and children, and was a great way to end the day. We packed up and headed back to the parking lot, discussing Midsummer plans and enjoying each other's company.

*Upcoming Events*



July 15th - Come join us on the gorgeous Nolichucky River in Erwin, Tennessee for a fun-filled summer day. We'll have a short hike to work up a sweat, and then spend the rest of our day by the river, having a cookout and splashing in the water with the kids. Don't miss this great summer break!





August 19th-20th - Join us for our first overnight regional event, Freyfaxi on the Green. We will be camping out along the Green River near Saluda, North Carolina. There will be tubing, hiking, ritual and a bonfire. Be sure to contact my wife or myself to RSVP so I can communicate with the campground owner about how many to expect. We hope you'll be able to join us for this exciting weekend!



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

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## Ohio

*Years*



We're all going to get older. This is one thing we all have in common. Regardless of faith or ideology this is one thing we all must reckon with at some point. As I approach my 40th year this is something I've rarely thought about until now. You don't really begin to understand the blink of an eye concept until you've climbed the hill a bit and it certainly is true. I say all this to venture on the point that it needn't be something to fret, but something to embrace seeing as how it's truly unavoidable. We'll all find ourselves a bit heavier, slower, and a bit creaky but it's important to remember that you are still there. The twinkle in your eyes may have faded but in its place there is wisdom. Your back may not be as strong as before but now you understand how to accomplish things with less energy expenditure. You may not be as exciting on Friday night but you've learned to understand simple pleasures and truly appreciate the little things. It's a new chapter every year so instead of lamenting what has passed, embrace what is still yet to

come. Gray hair is earned and wrinkles are a sign of life being lived. The more time the passes the more you have to pass down and the creakier the joints the more license you have to sit, relax, and ruminate on a job well done. We all have incredible worth regardless of age it's just that the way we interact on this plane changes in every stage. Make every day something to be proud of even if all you did was sit on your porch and share pleasantries with a younger soul. All of our impacts here are usually much greater than we perceive. Do everything with an honest heart and you will never fear aging. I wish you all a wonderful month, new surprises, and fond memories of yesterday.



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

*Midsummer in Ohio*





In late June, Folk from Ohio, Pennsylvania, West Virginia, Kentucky and Tennessee joined together to celebrate Midsummer.







The day began with the men creating the Wickerman, while the women made flower crowns.





Folkbuilder Jon Rock cleared the grounds with the Welcoming of the Gods, opening the land for ritual.





Fellow folk, Matt and his lovely wife, Hilary shared a presentation on self-sufficiency and provided helpful handout to take home.







We were lucky that so many of our Folk are musicians. Their music brought joy and happiness to all who listed.





Jared Keller led a presentation on importance of bees and bee keeping. He shared helpful tips and encouraged others to harvest bees.





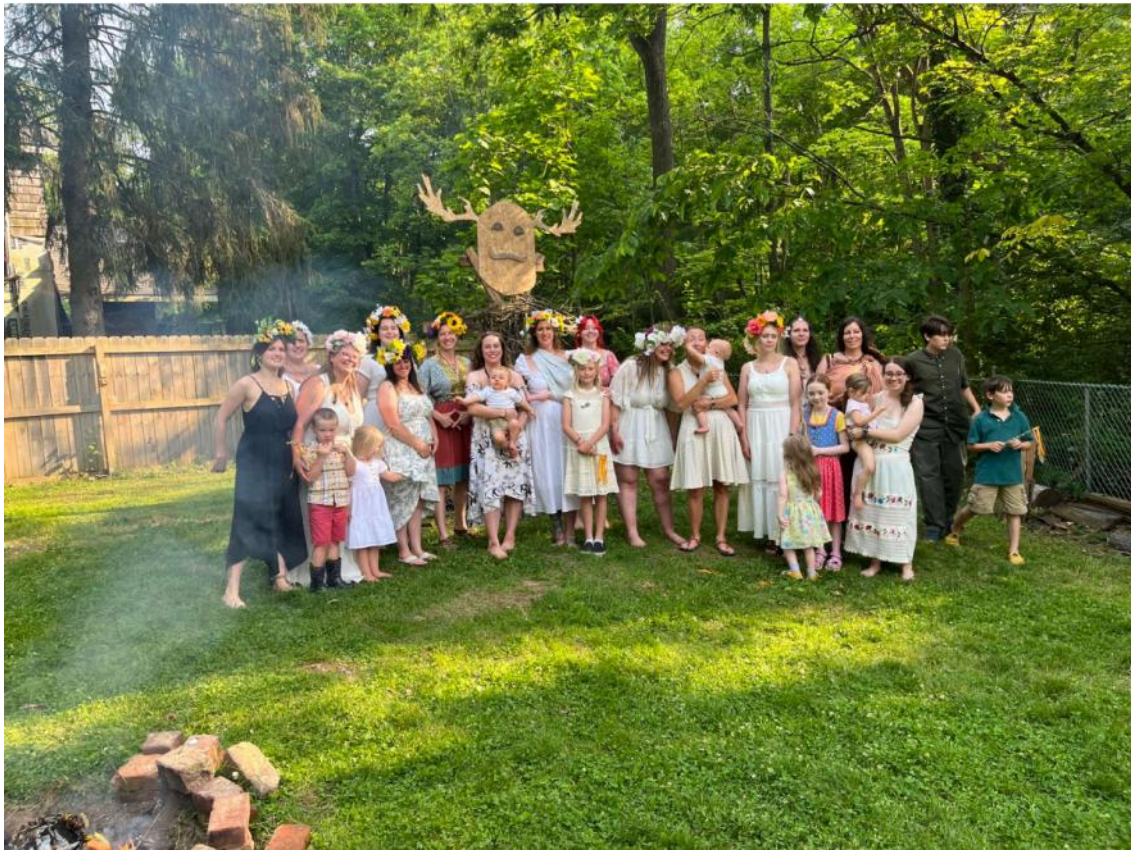
Our women were given the opportunity to learn several self-defense moves, instructed by Micah. Many of the women were grateful for the lessons and are interested in training further.





Jessica Keller facilitated Blot for our children. She explained to the children the importance of Midsummer. She provided each child with a pot with a sunflower seed, encouraging the children to water the flower and watch it grow. Jessica explained that Mani and Sunna are reminders that regardless of whatever the chase is, to keep rising up every day as it is new.









After the women shared about themselves in the women's group, led by myself. I encouraged the women to sit in a circle either holding hands or knees touching as we embraced our inner bright light. As we focused on our shining beacon, we Galdred while passing the ritual runic beads. The women either added to their existing bracelet or created a new one. We also placed our intention into the solar cross for ritual by adding fresh flowers and Galdring.





During the women's group, the men engaged in boxing. Some of our women even joined in!











Once the Summer Maiden was crowned and announced she was led the procession of Blot on her father's shoulder, followed by Gythia Catie Erickson. The Summer Maiden offered up the solar cross with ribbons of intention placed by each patron present, into the burning fire. After the sacrifice was burned, Folk were welcomed to jump the fire with the last person jumping the fire were chased away by the children. As blot closed, merry making and laughter continued.





Thank you to all who participated and donated items for the auction. We raised \$1500 for the Freyshof fund!





As the light faded we enjoyed Sumbel in the cool air, officiated by Folkbuilder Adam Hudak.

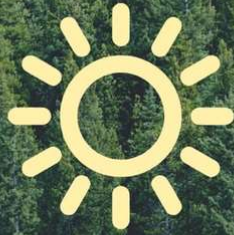


The day ended with the burning of the Wickerman as the women danced around the fire.

Thank you to all who traveled, gathered, helped out and made this event so magical. When our Folk unite we achieve Victory!

### *Upcoming Events*





JOIN US IN SOUTH EASTERN OHIO

# BEACH MOOT

JULY 22, 2023  
11 AM

CONTACT CHRSTINE DUMAS FOR MORE DETAILS  
CDUMAS@RUNESTONE.ORG







GERMANIA SOCIETY

# Oktoberfest

**Music | Food | Beer**

AUGUST 26TH @ 2PM  
CINNCINNATI, OH  
CONTACT CHRISTINE DUMAS  
CDUMAS@RUNESTONE.ORG



Folkbuilder Christine Dumas

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

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## Pennsylvania

### *PA World War Two Airshow Moot*



On June fourth, I held a moot to the very event where I first learned about the AFA two years ago. While there was only a few of us there, it was still a great day.





The event was a World War Two airshow that also featured many reenactment groups.



There were two of our Folk there as reenactors and two of us were spectators. It was a great time going around to all the reenactment camps and seeing all the vehicles and equipment.

David Bryson





Apprentice Folkbuilder

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

## *Boundaries*



When we lose sight of our own needs and the boundaries we set in our personal and professional lives, it becomes much easier to get worn to the point of disrespect. A boundary distinguishes what you are and are not ok with, in a way that is clear and tangible for others. Yet, for very few sometimes it's not.

When you set a boundary, tell others what that intel's, what your needs are and definitely where the line is drawn. As such, boundaries are an essential part of having and keeping healthy bonds.



Just like, “you can’t pour from an empty cup,” you can’t do what you can’t do, don’t give what you aren’t comfortable giving, or be present for what you won’t find pleasant. In order to maintain healthy friendships/bonds, boundaries must exist and be respected.

A lack of boundaries or respect for others often creates unspoken negative feelings, resentment, and conflict. These painful emotions build up and can ultimately lead to the demise of an interpersonal relationship, whether with a friend, folk member, or romantic partner.

Without boundaries, a bonds give-and-take becomes uneven, though neither side may be aware of that. Or in the case of emotional and physical boundaries, you may feel violated, disrespected, or even exhausted if your boundaries are crossed. While you might be a giver and want to please those around you, you cannot get through life without learning the boundaries you need to stay healthy and sane.

Listen to what’s being said by those around you, feel out intent with understanding and reason. Those in your circle make calls based on their personal boundaries. Respect that and move forward. When boundaries are favored things come together.

Remember, Communication is key.... So is Listening.

### *Upcoming Events*



**PHILADELPHIA  
STEAKS & HOAGIES**

**HARRISBURG MOOT  
JULY 29TH @ 6PM**

23 N 4TH ST, HARRISBURG, PA 17101

RSVP  
SMUNDY@RUNESTONE



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

*We are Truly One*



This month, myself and a good friend made the trek westward to Midsummer in Ohio. A long trip through our beautiful lands. A good reminder that not all is lost. Nature is still very much alive as She displayed her magnificence to us on our journey.

Upon arrival, we were met with the greatest hospitality. A place to stay and of course food and drink. At that moment, it had been some time since I had seen my good friends, the Dumas. Yet with friendships like that, time apart does not matter. It seems to not exist nor get in the way.....nothing skips a beat.

The Holy Day itself or perhaps better said weekend a few things stuck out to me. They will always go with me. Memories locked forever within offering guidance in this life and the next.



First would be seeing the cohesion of the Folk in our district. We truly are One. All the mundane is left out and only the pure remains when we are together. It made me so proud to see that, to feel that, to know that. Nonetheless, with the power that we carry together we will transform the place we call home.

Second would be our Midsummer Blot conducted by Gythia Catie Erickson. I can't say for sure what everyone's exact thoughts and intentions were that were put into their ribbons. I do know that with all of ours combined in a moment like that is when true magic takes place. I left that circle with a sense of joy, renewal and an appreciation to just experience life.

Lastly would be the burning of the Wicker Man. The Fire rose high into the night sky as the women began to dance around him. Something began to call to me from the depths. Like I had been there many times before. Nothing else existed for that moment as my eyes saw what was and where I was "before". Yet as we are proving within the AFA, nothing has to be just "before". We are doing it NOW.

As always, I am so honored to be a part of all of this with you. One People, One Heartbeat, One Breath. \*

### *Upcoming Events*

# *sigrBlot hike*

Pennsylvania Grand Cannon

July 7-9th



*camping • hiking • cookout • Blot*

Contact Adam Hudak

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



Folkbuilder Adam Hudak

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

### *Upstate Midsummer Camping Trip*



5 Families from all over the North East, and even Canada, gathered together in Upstate NY for a Midsummer Camping trip. We arrived on Friday afternoon and the rain held off just long enough for everyone to get their tents up and organized. Aryan perseverance and ingenuity played a big role in keeping everyone mostly dry for the night and well into Saturday. As luck would have it, the rain stopped early Saturday afternoon and the everyone was able to get mostly dry (it was still a bit muddy) and warm, just in time for a Midsummer Blot, led by my Gythia Erickson.





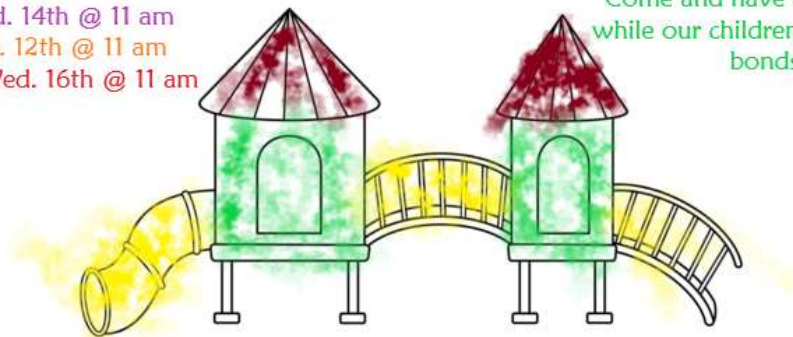
Dinner proved to be quiet the feast, everyone bringing enough food for everyone to eat well and still have some left over, before Witan Erickson led the folk in an intimate Sumbel around the fire. Sunday was spent laughing and cleaning up and by late morning we were all headed off in different directions to our own homes. But somethings can be remembered fondly until the next time we all see each other- good food, wonderful conversations, and new friendships cemented in the common worship of the Aesir!

*Upcoming Events*

Pittsburg Area  
Toddler Moot!

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

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



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

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



Join us for a day of Fun in the Sun at  
**Presque Isle Beach Moot**  
Saturday, July 29th, 11 am @ beach 10,  
with dinner to follow. Rain date TBD.

Please contact Gythia Catie 717-893-9682  
[cm.erickson@runestone.org](mailto:cm.erickson@runestone.org) with any questions!



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

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

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

We look forward to seeing you there!



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

*Upcoming Events*

———— PENNSYLVANIA ————

# Freyfaxi

Camping  
Community  
Feasting  
Ritual

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

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

Please join Witan and Gythia Erickson at their home for Freyfaxi in Fairview near Erie, Pennsylvania on August 12. There is room for tenting if you want to stay overnight!

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





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## Sweden

### *Midsommar*



Collecting flowers for both the Midsommarstång (Midsummer pole) and the Blot to Baldr, I reflected on the fact that a lot of flowers were already starting to lose the petals, and instead growing seedpods. I realized this was quite the metaphor for summer in general this far north. It is an incredibly beautiful, bountiful time of year, but oh so short. It is important to take time to really appreciate all the green, the smells, the birds and animals in their great splendor, for summer is but a short dream. One moment it is all there, the next it is gone. Summer is a time to enjoy and recharge during. Get that

sun, pick and smell those flowers and sing your heart out with your family!



We are fortunate to also have the flower called Baldr's brow growing by our potato-field, which felt very appropriate to include in our Blot to the fairest of the Gods. Some other wildflowers and Lilac also contributed to the beauty of the Blot performed.





I have recently taken up making my own filmjölök. It is a fermented dairy product common in the Nordic countries, made by fermenting cow's milk. I am quite pleased with the results thus far, being a fermented product, it contains live bacteria cultures and it will likely become a 'staple' in our offerings during Blot and Ritual.

We hope all members in the northern hemisphere had a wonderful time celebrating Midsummer, and likewise for our members in the southern hemisphere celebrating Yule!

*Ida's Sommarvisa*





A classic Midsummer song for children to sing in Sweden is Ida's Sommarvisa. Ida is the sister of fictional character Emil in Astrid Lindgren's famous Emil i Lönneberga stories. Here are the lyrics in Swedish and English!

Let us fill our lives with more song!

"Du ska inte tro det blir sommar,  
ifall inte nån sätter fart  
på sommarn och gör lite somrigt,  
då kommer blommorna snart.  
Jag gör så att blommorna blommar,  
jag gör hela kohagen grön,  
och nu så har sommaren kommit,  
för jag har just tagit bort snön.

Jag gör mycket vatten i bäcken,  
så där så det hoppar och far.  
Jag gör fullt med svalor som flyger  
och myggor som svalorna tar.  
Jag gör löven nya på träden  
och små fågelbon här och där.  
Jag gör himlen vacker om kvällen,  
för jag gör den alldeles skär.

Och smultron det gör jag åt barna,  
för det tycker jag dom kan få,  
och andra små roliga saker  
som passar när barnen är små.  
Och jag gör så roliga ställen,  
där barnen kan springa omkring,  
då blir barna fulla med sommar  
och bena blir fulla med spring."

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English:

"You shouldn't believe summer comes,  
unless someone starts  
up summer and makes it summerlike

then the flowers will flower soon.  
I make the flowers flower,  
I make the cow's pasture all green,  
and now summer has come,  
for I have done away with the snow.

I make lots of water in the creek,  
so that it flows and surges.  
I make many swallows that fly,  
and mosquitos that the swallows take.  
I make new leaves on the trees  
and small bird nests here and there.  
I make the sky beautiful in the evening,  
for I make it all pink.

And (wild) strawberries I make for the children,  
because I think they should have that,  
and other small fun things  
appropriate for little children.  
And I make such fun places,  
where the children can run around,  
then the children are filled with summer  
and the legs are filled with joy."

If you'd like to hear what it sounds like, look up "Emil i Lönneberga - Idas sommarvisa  
- officiell musikvideo" on Youtube or check out the video linked above.

### *Upcoming Events*





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

**15th of July**  
**6 PM CET**

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







# Segeberblot

SWEDEN

22th of July

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

Erik Lugnet

Apprentice Folkbuilder

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





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## Virginia

### *Camp Moot in VA*



After a couple of months on hiatus, I was able to come back to Folkbuilding with a Camp Moot in VA on June 2-4. The moot was an over night stay at my place and all those that attended were able to enjoy some good times with friends, as well as camping under the stars. We had set up a Kuub set for the kids to play, however the adults got to enjoy the games as well. We were honoured to have Witan Svan lead us in a Blot to the Landvaettir in allowing us to use their space for the night.

So after a while of not being able to host events, coming back and having a great weekend with family and friends was a great way to kick off coming back to Folkbuilding. Thank you all for the memories we shared.

*Upcoming Events*



Prince William Hike Moot  
Laurel Loop Trail  
July 15th @10AM

Contact Folkbuilder Cody Raynard  
at [craynard@runestone.org](mailto:craynard@runestone.org)



# Petersburg VA Coffee Moot

Where: Demolition Coffee

When: August 5th @ 10am

Contact Folkbuilder Cody Raynard  
at [craynard@runestone.org](mailto:craynard@runestone.org) for more info



Folkbuilder Cody Raynard  
[craynard@runestone.org](mailto:craynard@runestone.org)





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