

The Runestone: Voice of the Asatru Folk Assembly










Þórshof

Second Hof of the Asatru Folk Assembly

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Donate to the AFA

Words from the Alsherjargothi



I hope you all are having an amazing summer so far! It is shaping up to be a busy summer for myself and the AFA, events are rolling right along, and major ones are

planned every month. May we had Elsefest III, June will be Midsummer at Óðinshof, in July we will host Sigrblot at Sigheim I, August will be Freyfaxi at Baldrshof, in September I will be in Idaho for Freyr's Harvest Feast, October will be Winter Nights in Ohio and in November I will be at Oklahoma's Feast of the Einherjar! I hope to see each of you at some or all of these events!

We have so much going on these days and are accomplishing great things for our Folk and our Gods. I want to thank all of our great volunteers and leaders that make these things happen. Asatru is about doing and we are blessed with outstanding doers! We are our deeds!

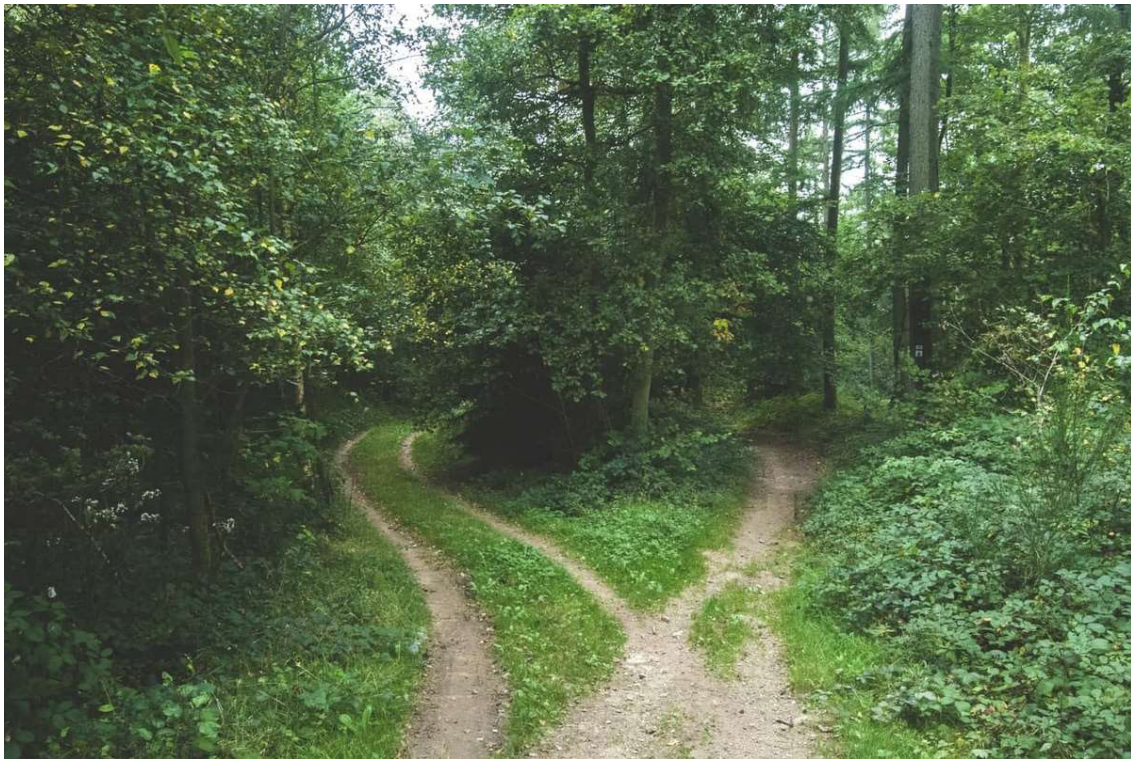
Go out and make your dreams a reality under the warmth of Sunna!



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Words from the Witan

Choices



We are faced with thousands of choices a day. When looking up choices and how many we make a day on the interwebs, modern studies claim that you make over 30,000 of them a day. Some are easy, some are excruciatingly hard. Some are instinct, impulse, and some are carefully weighed and measured beforehand. What I have learned, often the hard way, is that the hardest choices we make are those that we fear. We are afraid of the consequences of the choice, the uncertainty of the future, the reactions of our folk and family. And because of this fear, we often do one of two things: we fail to choose at all, or we choose the safest route possible, even at the cost of freedom, happiness, fulfillment, and forward movement.

The first, failure to choose, is the most dangerous of the two. The roads are littered with flattened squirrels who couldn't make a decision. The poor thing panicked, darted left- then right- then left again... or it just simply ran down the road, unable to make the commitment to move one way or the other out of fear. Squish. Flat Squirrel. Failure to make a choice is often worse than the consequences of either option. Doing nothing, results in... nothing. I suppose sometimes that is easier, but it is not the noble path. The second, the easy path, the worn road, the safe street, while it may sometimes truly be the best option and make you and those around you happy, it is sometimes just our default... out of fear. I speak from the heart and from experience when I urge you to reconsider that unmapped trail that's overgrown and hard to navigate. Failure to take the forward moving path, simply because the other is safer or easier, can often lead to regret and missed opportunities. Your best self and your best life, really could be down that hard road. "What might have been" can be so much more painful than "At least I

tried”. The last grain of sand in the hourglass could surely fall to the bottom before the opportunity ever arises again.

Fear is one of the most crippling infections of our folk soul. We all have it, we all feel it. Working through the fear is what is important. There are conversations we dread, decisions we don't want to make, choices with no positive outcomes, but face them. Face them nobly. Conquer the fear of the outcome. Too often we work ourselves into a frenzy about what MIGHT happen or what COULD go wrong, and it stops us from moving forward. Instead, be prepared for what MIGHT happen, and work around what DOES go wrong. Don't let fear paralyze you. Don't be a squished squirrel. It could also really be a lot easier than you anticipated and you worked yourself up for nothing:

“The unwise man is awake all night,
and ponders everything over;
when morning comes he is weary in mind,
and all is a burden as ever.”

Havamal 23, Bray translation

If it will make your life better, make that hard choice.

If it will improve your relationship, make that hard choice.

If it allows you to be the best version of yourself, make that hard choice.

If it brings you closer to your Gods, make that hard choice.

And remember that you are not alone in it. We are all with you. Cheering for you if you win. Offering a hand if you don't.

Be courageous. Move forward. Choose. And choose well.



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Words from our Gothar

The Gods Are Real



In modern Asatru, many of us may run into people who claim that the Gods are simply archetypes, or characters, who exist only as storybook examples to be followed in some vague way. This is incorrect, and frankly, nothing more than a winding path to atheism.

Our ancestors did not view the Gods as mere archetypes. This is immediately evident in any saga or story. The pre-Christian Europeans regularly spoke with the Gods, exchanged gifts, dedicated deeds to them, etc, and that's without getting into the idea that the Gods reciprocate these things with us.



I am going to share a very personal story with you all, one that hopefully illustrates that the Gods are real and do acknowledge us through the gifting cycle.

In 2019, the local branch of "Antifa" found that I had gone to a rally protesting the removal of Confederate monuments. My name and face were blasted all over national media from April to late December, as they tried to attack me for my faith as well as my love for my southern heritage. Through this period, I lost friends and even family. Much of my world decided to stand with domestic terrorists and estrogen-laden "journalists" against me.

I eventually fell into something of a spiritual rut. I began to ask myself if our Gods were even real, and if I should instead be following Christianity. I decided that I would ask the Abrahamic deity for a sign. If he would give me even a single sign, I would dedicate my life to him and become "normal"...

I was given no such sign. The silence was beyond deafening. Even things that could have been interpreted as signs seemed to steer clear of me during this time.



So, the next night, I asked our All-Father Odin for a sign. I asked him to show me that I was on the right path and that I was doing the right thing for my Folk. I went to bed right after asking for this sign, and was awakened a few hours later by howling winds. I

cannot overstate how powerful these winds sounded! However, I was the only one in the house who woke up to them. My wife stayed sleeping, while I got up and went outside to feel the wind. When I stepped outside, I felt the wind, saw that the moon was full and the stars were bright, and I was instantly assured that the Gods are real, and that the AFA was doing things right.



That event was four years ago, and my faith has not wavered ever since, but it has grown stronger every single day. We have gained three more Hofs, and even our own plot of land for Sigrheim and Tyrshof. We have given praise and gifts to the Gods, and they have returned it a thousand times over.

The Gods are real. The AFA is right and true, and we will continue to have victory so long as we continue to honor the High and Holy Æsir.



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The Soul Complex — Part 1, The Lik, The Physical Body



In the previous edition of The Runestone, we talked about what makes up the Aryan soul. The first part of our soul complex is Lik (pronounced "leek"), the physical body.

Paraphrasing from Asatru, A Native European Spirituality, we often view the body as distinct and separate from the soul. This is not how we in the Asatru Folk Assembly view this. It is the vehicle we are given by Odin and his brothers (or, if you prefer, Odin in his triadic nature) in order to work the will of the Gods and Folk here in Midgard.





"We habitually think of the body and soul as being two distinct things, or even opposites. We regard our flesh as spiritually insignificant, a mere garment we wear on Earth, and then discard when we leave this world." -Stephen McNallen, Asatru A Native European Spirituality.

The body is a part of the soul, it's the most tangible part of it. As I mentioned above it is the vehicle we are given to work with in this realm. It is the receptacle of magical work, as stated by Edred Thorsson, in Runelore. It is the gift of Lodhurr, or Ve. The name Ve correlates to our word we use for Temple. Kind of harkens back to the cliché, "my body, my temple."



So, let's talk about the practical part of caring for the Lik. We all know these things, yet we often hire trainers, follow diet plans, some good, some not so good. We hire trainers, not because we don't know how to take care of our bodies, but because it's about accountability. Accountability is vitally important. It's about caring for the children who are, without a doubt, watching everything we do. It's about being accountable to our Ancestors and Gods. We were given this body, as a gift, to manifest our will upon the world. We are the result of a thousand thousand loves, as our ancestors did enough to make sure we are here, through famine and plague, war and strife. It is of paramount importance that we care for this body.



Eat well, avoid processed garbage. There are a million diet plans, and a billion workout plans. Whether it's keto, carnivore, paleo, macro counting, take your pick. All of it works, you just must find what works for you. As for exercise, weight training and cardio are staples of fitness and have been effective since the dawn of time.



I lift weights at least 6 days a week. I'll often Galdr on the way to the gym, URUZ, the rune of primal strength. I won't always do this audibly, often it's in my conscious thought. When I press the barbell off my chest, I think of the bench as the altar on which I sacrifice myself to a higher self, a higher Lik. Every rep, every sore muscle is a sacrifice. We do this because we are good enough to be better.

Imagine you are given one car to drive for the rest of your life. You would do all the basic maintenance, keeping the oil changed, the coolant clean, all the bearings greased. All the belts changed. Your Lik is the only one you have for this life here in Midgard.

It's a gift from Odin, do all you can to keep it in optimal condition. It's your sacrifice to show you are grateful for the gifts given.



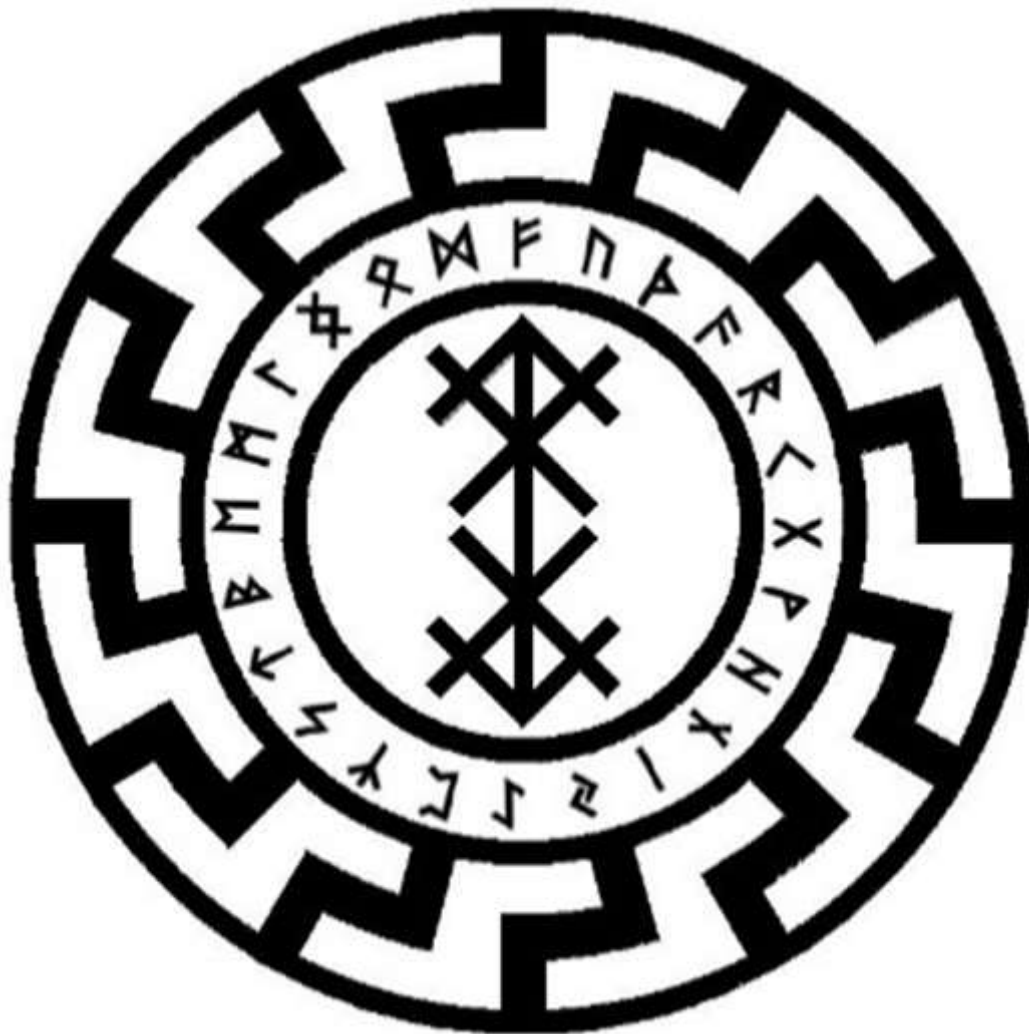
I could add all kinds of statistics on obesity, diabetes, and heart disease. We all know these things. Part of what our Founder refers to as the “soul sickness” that our people suffer from manifests in a diseased Lik. Beauty matters as well as overall health. Despite what the world tells us.

Next month we will look into the Ek, the ego. Another part of the soul that can suffer if not cared for and developed properly.



Gothi Daniel Young
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Rune Means Mystery



Hails from Northern Idaho! Last month in May we met to discuss the Rune Raidho, and we had a lengthy discussion of this rune which was very enlightening. For those of you

who are led to the Runes here are some important facts that I have discovered during my journey, give them a read and they may help you in yours.

The word Rune means mystery, or secret, and these symbols contain the mysteries of the Universe and the keys to unlocking them reside inside you. To learn the Runes, you must begin to internalize, and this is done through meditation and developing your will.

The Egoic mind is the aspect of our mind that chats with us as we move about our day, it is the “voice in our head.” The Egoic mind only exists here in this world of Midgard, and is very protective of that fact, so it is constantly creating drama and using distractions to keep us separate from our True self. The True self is our immortal soul that has been present in all our incarnations here in this world, it is the real you.

Your will is the part of you that controls your desires and actions, and you must actively begin to train and strengthen your will so that you may control your thoughts during meditation. Your will is strengthened through austerity and discipline, for example fasting. Fasting is denying the basic need of your body to stay alive; our bodies constantly crave food and by fasting you are rising above the normal function of material existence. This builds your will.

Meditation is the practice of controlling your thoughts and quieting the egoic mind, and this is done so that you begin to access your Fetch/ your true self. Once you begin to access your Fetch, this higher part of you will start communicating with you through inspiration, intuitive thoughts, and that feeling in the pit of your stomach. This will allow you to function in images, feelings, and emotions.

Each Rune has a poem connected with it, and this poem contains the power of that individual Rune. The keys to unlock the Rune poems are inside of you, they are passed down to you from your ancestors, and meditating on the shape of the Rune and it's poem will allow you with your Fetch to unlock it's power.

Galdr is an Incantation or evocation, and it is the calling forth the power of the Rune so that you may work your will and gain your desires, this is Magic.

MAGIC -The term Magic has been made a joke by the media and was literally murdered out of us by Christianity. Magic is real, it is what our ancestors used to create changes in this reality, it is the power of the runes and when you use them you are creating Magic. The many ceremonies described in order to obtain a willed result, are guides to get you into the correct mindset to create that result. Meditation (controlling thoughts) is key, the longer you can hold an image and feeling/emotion towards a

desired outcome without being distracted by random thoughts, the more successful you will be.

The Runes are like the keys of a piano and act on different wavelengths of energy. These different wavelengths are separated and defined by the individual Runes. String theory tells us that everything is vibrating like the string on a violin, right down to the smallest particle, This includes our thoughts and intentions that we set forth from our minds, which shape and change not only ourselves but the environment that surrounds us.

When you Galdr on a specific rune, it vibrates that wavelength. I have found that the runic wavelength is feeling and emotion. The action of you implementing this feeling or emotion with images towards a desired result causes changes in the world. When performing Galdr, you must hold that feeling or emotion with the image of your desire for as long as possible without any thoughts in your mind, you will know when you are done. Then release it and do not think of it again.

You must KNOW, not believe, that the runic energy and the change that you set forth into the world is real. As real as a table or a rock, it is not a wish or a hope. Wishes are an impossibility, and hopes may not come true, it is a FACT. You must think of the change you are sending is already done, it is past tense. Doing this will cause the universe to take the appropriate steps necessary for your desire to manifest. If your egoic mind brings up thoughts such as “this will never work”, or “maybe it’s not working”, immediately countermand it with past tense positive mantra (mind protector) about your desire. Such as “I received a promotion at work”, or “I got a new car”, or “I built a log home in the country”, whatever your desire is put it in the past tense. If you dwell negatively on your desire more than you do positively, the negativity will defeat your magic.

Your intent is a projection, and the manifestation is reception. The energy of the universe will take your intent and make it into something. You need to be willing to receive that manifestation when it arrives, that means being aware of the opportunities when they present themselves. What you manifest may not be exactly what you envisioned but will still fulfill that manifestation. Sometimes you must let the universe do its job and not micromanage it.

We must speak briefly of the nature of the universe and this reality that you are now in. Ymir was the first conscious being and everything in our known universe derives from him, including you. The world you are experiencing is a mind-created illusion of Ymir, so the universe is mind, and you are an individual point of consciousness of that mind.

Your Ego separates you from Ymir and once it is quieted you remove the separation and the weight of the entire universe is behind you, your will is that of the universe!

The Gods and Goddess are our blood kin and want us to succeed, this is why I would recommend that you hold a private blot to the All father and ask for knowledge and wisdom in learning the Runes, he will help you.



Gothi Joe Rozanek

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The Quest for Freyshof

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

– Gylfaginning



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

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

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

1. We need to pay off Njörðshof.
 - The first of 2 loans have been paid off!
 - We now owe \$110,081.22 on our remaining loan.
2. We need to raise our monthly donation average by 4.1%.
 - This is membership dues/hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!

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Sigrheim: Home of Victory

Sigrheim's Amazon Wishlist

Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
amazon

Thank You!

> https://www.amazon.com/hz/wishlist/ls/1K7WY7ZU5SEGQ?ref_=wl_share <

Sigrheim is here, Sigrheim is here! I'm starting to host monthly events at Sigrheim, and we've got the first of many national events coming up soon with Sigrblot in July. There's still plenty to get done and we all know our Folk are doers! Let's kick off the festivities and make sure we have everything we need to host our Folk and honor our Gods with joyous comradery and festive communion. Anything you can donate is much appreciated and will solely be used for our Folk! Please let me know if you have any questions.

Upcoming Events







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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

odyssey.com/@AsatruFolkAssembly:e

youtube.com/c/AsatruFolkAssembly

twitter.com/FolkAsatru



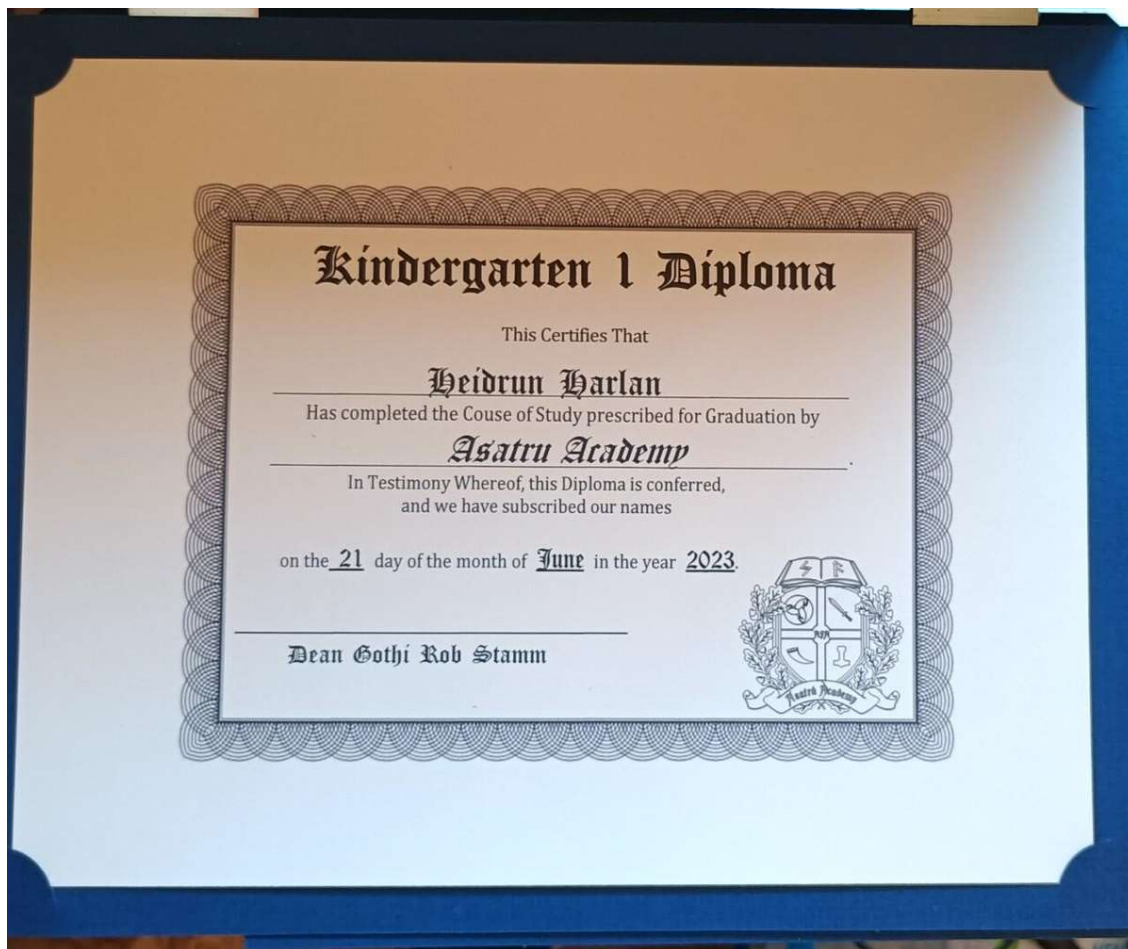
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AFA Homeschool Program



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

Kindergarten Graduation is Upon Us!



Greetings students, parents, and folk!

This month marks the end of the traditional school year. Although some of our students will continue working throughout the summer, and that's great! We have some of our kids who are graduating kindergarten 1 and moving on to either kindergarten 2 or 1st grade.

Parents, myself or Assistant Dean Rachel Johnson will be in touch in the coming weeks to talk about kindergarten 2 and first grade. Soon we will mail out your graduation diplomas, example is pictured with the article.

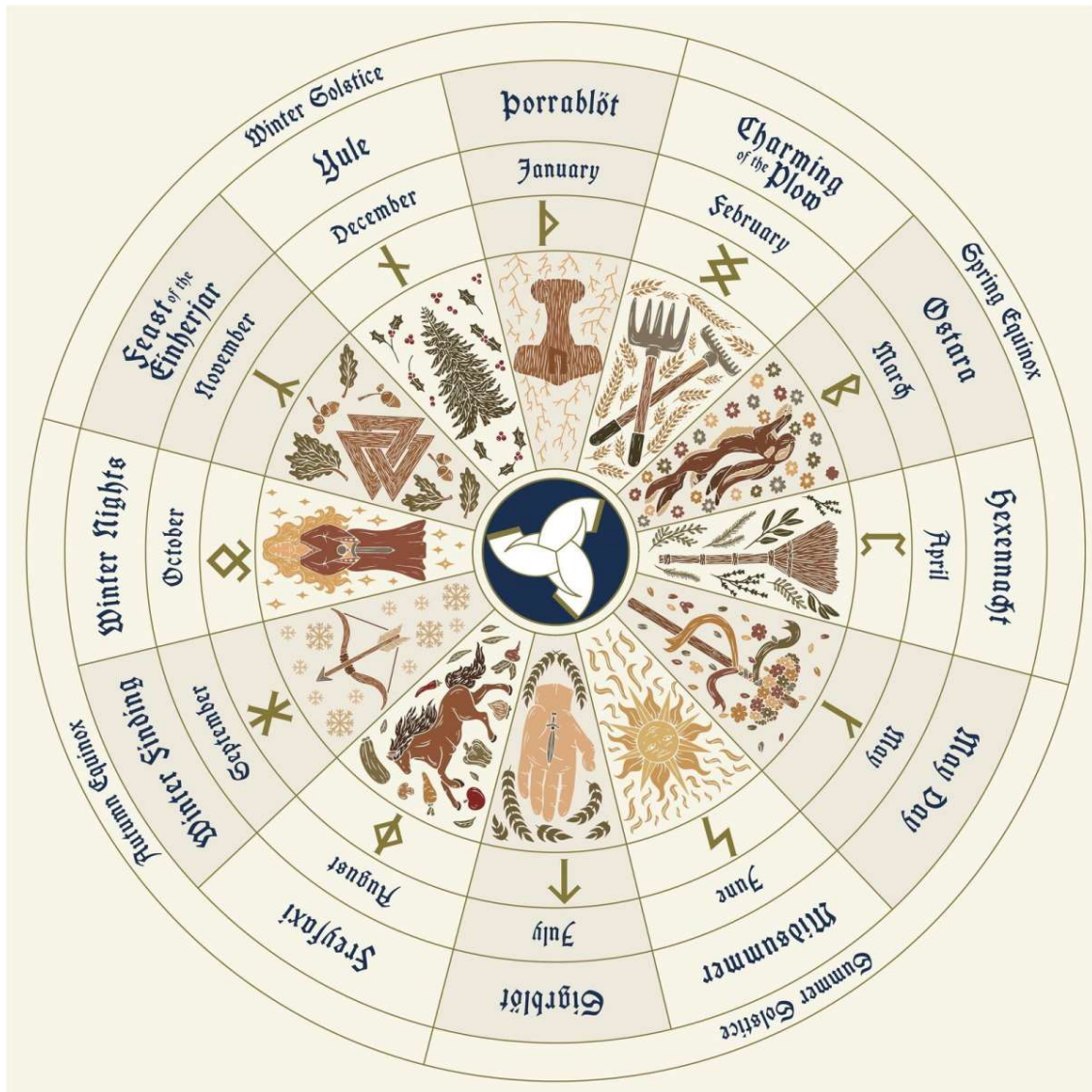
We would also like to welcome all our new families to the ásatrú academy! Soon you will be getting invites to our online learning platform and we will schedule a video conference to get to know everyone and introduce you to the program. We are very excited to see all our new students, and of course our returning students!

We had a great time this year, and we all learned so much, each year we will learn and grow and the academy will get better and better! Victory never sleeps, and neither does learning. The sky is the limit for our kids!



Gothi Rob Stamm
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Remembrance & Holy Days



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

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
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

King Athanaric of the Visigoths



King Athanaric, King of the Visigoths, ruled his people from 369 CE until he died in 381 CE.

Sometimes called the first and greatest King of his people, Athanaric was a staunch Gothic Pagan. Viewing it as his responsibility to foster and promote the faith of his people he went so far as to execute over three hundred Visigoths that had converted to the Christian faith. Their Gothic culture was paramount, and he feared that the advent of Christianity would destroy it.

During his 12-year reign, Athanaric fiercely defended his culture against the advance of the Roman Christian conversion. In the early years, he allied with his fellow Visigoth

King, Fritigern, to stop the encroachment of the Roman legions into their lands. While the two were allied the Goths managed to stave off the Roman armies. For unknown reasons, however, Fritigern turned his army against Athanaric, causing the Gothic Civil War.

In the early stages, Athanaric won every encounter he had with his one-time ally. This prompted Fritigern to turn and request aid from his former Roman enemy, Emperor Valens. Even so, despite some advances, Fritigern lost the war. The Gothic Civil War took a toll on the land and the Visigoths, however, and when the Huns began to invade shortly after the end of the Civil War Fritigern appealed to Emperor Valen to allow him and his people to cross into Roman land. The appeal was answered, but only for Fritigern, who had since converted to Christianity, and his followers.

The rest of the Visigoths were left to fend for themselves. Despite his best efforts, King Athanaric was unable to hold his ground against the ruthless and better-provisioned Huns. In the face of starvation, Athanaric led his people into the Alutus Valley (modern-day Transylvania) where they settled. In 380 CE Athanaric was deposed and removed himself to none other than Constantinople and the lands of his once upon a time Enemy, the Roman Empire. The new Emperor, Theodosius I, accepted Athanaric to the Empire graciously. Upon his death some two weeks later Athanaric was buried in state to show Theodosius's respect for the Gothic Culture.

So, what can we learn from this story?

King Athanaric stood his ground in the face of all that would have torn him down. He recognized the importance of maintaining the Culture of his people and saw the dangers of conversion for what they were. In these modern times it is even more important to view Athanaric's struggles for what they were and to remember that the preservation of our people and our culture is so very paramount.

It's about Roots.

It's about Connections.

It's about coming home.

Let us always strive to make sure we have a Home for our folk to come back to!

Gythia Catie Erickson

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Holiday

Midsummer



For us, Midsummer is considered the official beginning of summer, but for our ancestors, who only recognized two seasons (winter and summer), Midsummer was the middle of the season. The common factor between our ancestor's celebration and ours is the Summer Solstice. On Midsummer, we celebrate the longest day of the year and the shortest night. The dark and cold of winter is firmly past and the days are full of vitality and life.

But first, we celebrate. The best-known symbol of Midsummer is the bonfire. In Europe, bonfires are still lit and burn the whole night through. Men and women gather to celebrate the warm days and the successful planting season by dancing around the bonfire. Many people focus on love and fertility during the summer solstice, with folk traditions that include picking wildflowers and putting them under one's pillow to

dream of the person they will marry. Couples often jump over the fire during Midsummer to be blessed by the Gods and the Ancestors.

The planting season is finished. The hard work that began with the blessing of the tools at Charming of the Plow and the planting of the seeds after Ostara has been finished. Now we tend to the growing crops and revel in the beauty of life. We can take a momentary break from the difficulties of life to embrace that which makes the hard work worth the effort.

As the revelry comes to an end, however, we must take the time to remember that the days will now begin to shorten once again. Winter will come and our hard work is not yet done.



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Upcoming National Events

Midsummer at Óðinshof | June 16th-18th



Come and tread the hallowed hall of the high one! Come celebrate Midsummer at Óðinshof!

Get your tickets [HERE](#)

Midsummer approaches!! And how exciting! For at this year's Midsummer, we present several educational and fun workshops, exhilarating highland games, fascinating talks, moving rituals, and family-friendly activities throughout the entire weekend.

Midsummer is the premier event of the year at Óðinshof! We have pulled out all the stops this year to bring you great speakers! New and exciting workshops! Bountiful feasts! And as always, you can expect to feel the very heartbeat of the Asatru Folk Assembly when you walk the grounds, step inside the ritual circle of and enter the Hall of Óðinn! There is no better place to gather with your Folk and celebrate Midsummer this year! Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

Have a look at the amazing itinerary planned over on our [ticket page](#)!

Ticket costs include meals, camping, on-site showers, bathrooms, and all events occurring throughout. There are a few workshops that do require pre-registration, so make sure to sign-up for those that interest you and reserve your spot as space will be limited.

We will be having a raffle, auction, and several vendors, so don't forget to bring your cash or cards, and if you have a unique item you would like to donate towards the raffle, bring it along as well!

ODINSHOF MIDSUMMER

JUNE 7TH



**MIDSUMMER WORKSHOP
REGISTRATION IS
CLOSING!**

REGISTER NOW @ [RUNESTONE.ORG](https://runestone.org)

[Midsummer at Odinshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org)

Midsummer is Óðinshof's big fundraising event of the year so if you are unable to attend and would still like to donate, please feel free to do so.

As of right now, we are still working toward many repairs including a new roof that will cost us around 35k! This roof is needed before the next rainy season in order to keep Óðinshof up and running. The structure damage due to water could be slowly growing and repairing it is a must! For more information on this please keep an eye out

for the soon to be added Óðinshof Restoration Project page on the Odinshof.org website and pick up merch, participate in any active raffles, or just donate!

We can't wait to see you around the campfire! Don't wait!

Get registered today! Some workshops have nominal fees to help cover the cost of supplies. And they will also have limited available spots. Those workshops are listed under registration.

Event and Workshop Tickets [HERE](#)



Folkbuilder Ashley Stockton
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Sigrblot at Sigrheim | July 22nd



The 1st Tournament of Victory at Sigrheim during Sigrblot!

This year has been a home to many firsts for the AFA! And the 1st Sigrblot at Sigrheim is coming July 22nd!

And at this auspicious event, the 1st Tournament of Victory will take place!

There will be one male and one female who will leave it all on the field and be crowned the winners in the 1st Tournament of Victory! Come prepared to test your endurance

and strength! Do you have what it takes?

Register to attend then register to COMPETE!

<https://runestone.org/product/sigrblot-at-sigrheim/>



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Freyfaxi at Baldrshof | August 18th-20th



Witan Brandy Callahan
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Freyr's Harvest Feast in Montana | September 22nd-24th

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.

Get your tickets [HERE](#)

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.

Grab some tickets at [Freyr's Harvest Feast – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/freyrs-harvest-feast).

Please feel free to reach out to Tyler Heinlein at theinlein@runestone.org with any questions.



Folkbuilder Tyler Heinlein

theinlein@runestone.org

Winter Nights 12 in Ohio | October 27th-29th



The Asatru Folk Assembly's Annual Winter Nights will be held between the Greater Dayton & Greater Cincinnati area in Clinton County, Ohio 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, lodging, 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 at <https://runestone.org/product/winternights/> today!

Things to know:

- Children 17 and under attend for free!
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Tenting is limited; you must contact Witan Clifford Erickson if you intend to tent.
- The camp address will be provided after registration as the event gets closer. Travel plans can be made for Clinton County, Ohio.
- We are pleased to announce lower ticket prices this year, due to a change of venue to features a commercial kitchen and other amenities we had come to expect since the first event in the Poconos of Pennsylvania.

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.



Witan Clifford Erickson
cerickson@runestone.org

Elsefest III Recap

The 3rd Annual Elsefest



Once again, we gathered this past May to remember the Folkmother Else Christiansen in Wisconsin. This was the third year in a row that such a large group of our members gathered together to build Frith and share in the responsibilities of making this another successful event to bring honor to one of our most beloved modern heroes.

Once the majority of our folk were settled in, Our weekend was officially started off with a powerfully spirit filled welcoming of the Gods blot by Witan Cliff Erickson.





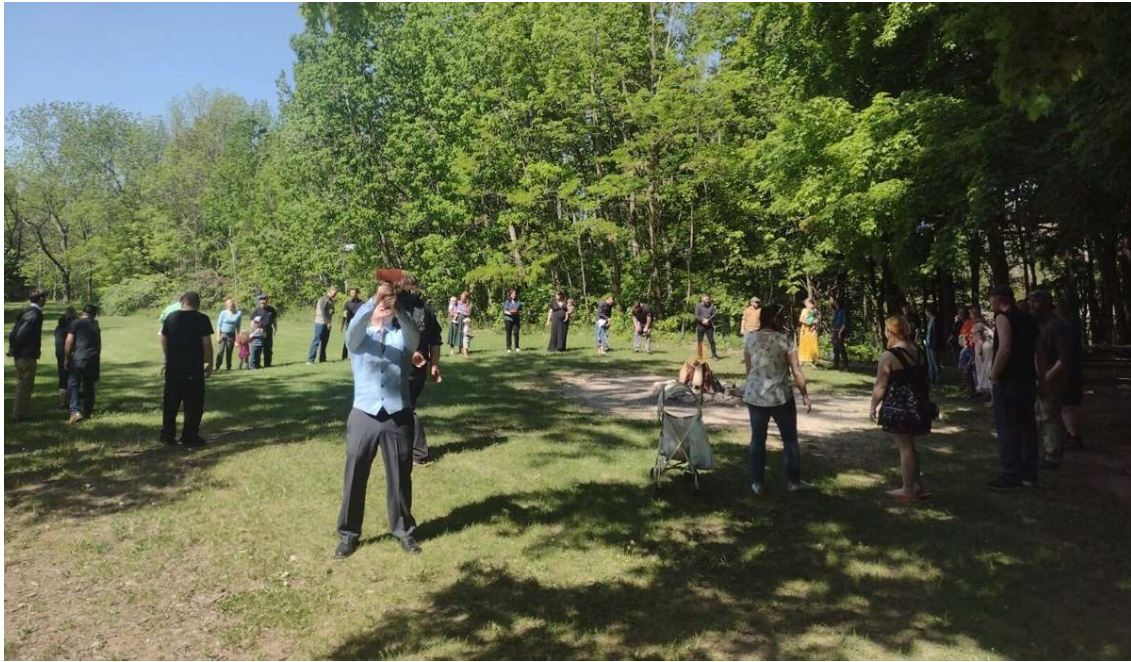
Folkbuilder Shane Duffy read a message from his wife, Jacklyn who was unable to attend due to advanced pregnancy, on the Virtue Recovery program. We enjoyed a sit down with our leadership for a bit of Q&A before the meal. Both Folkbuilder Tyler Heinlein and Shane Duffy gave respective talks on Self-Reliance and the Hearth Flame. Folkbuilder Jon Rock and Melisa Mills taught the Folk during the men's and ladies' groups.



The first meal was an official Wisconsin Fish Boil made with Icelandic Haddock and plenty of butter. Everyone was left full and very happy. This was also the theme for all meals from the weekend. Cooks this weekend were Michael Butler, Jon Rock, Jim Cummings, Shane Duffy, and Kevin VanPay. Huge shout out to Emily McDowell and Tanya, who not only helped in the kitchen but in a million other ways over the weekend. Hail the Doers!



We all enjoyed music through the weekend. Ben played old school songs during dinner Friday night. Then on Saturday, the Schattenforst family sang a beautiful song accompanied by John Veger.





On Friday, once the sun had set and it was thoroughly dark outside, we followed a candle-lit path through the woods to a great open field where a sacred fire was blazing and awaiting us. We followed our Alsherjargothi into our ritual space and participated as he led us in a passionately powerful blot to Odin. On Saturday, we gathered for an amazing ritual and honoring tribute to the Folkmother Else Christiansen by our beloved Gythia Catie Erickson. Sunday morning, we all made our way to the ritual space for one last gathering as we were led by Folkbuilder Jim Cummings in the Wayfarer's blot.





An Oathing ceremony for a true doer, Tyler Heinlein who in true form held the record for the one who drove the farthest with his lovely family from Montana all the way to Wisconsin. Hail Tyler Heinlein!



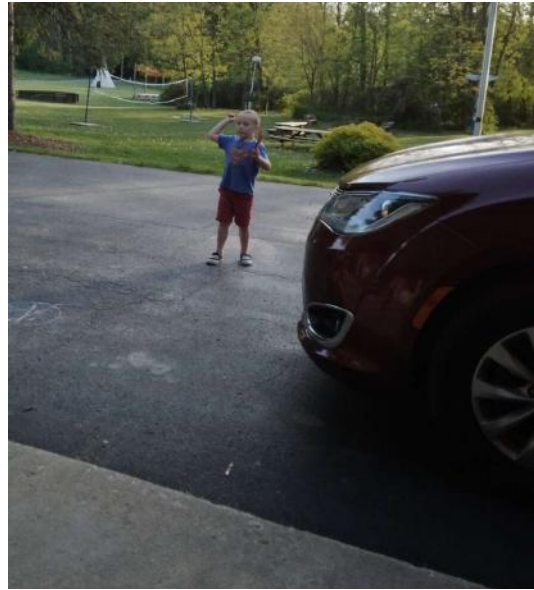
This year's Viking Games included a hammer toss, spear throw, atlatl, axe throwing, and the optional caber toss. Gythia Catie is awesomely skilled at the atlatl. This year's

winner was James Ault.



Saturday evening, Melisa Mills and James Ault tag teamed on the all the auction items that were graciously donated by our folk concluding the night with a great Sumbel.





Over the weekend gathering, I looked around at all families with tons of children laughing and playing, at the many young expectant mothers, at the older folk sharing stories, at those at their first ever AFA event and could only think that the future of our folk is secure because of these great folk, the efforts of the Folkmother and many of our heroes and the love of our folk from the AFA.





To our folk who attended the time to honor our Folkmother, Else Christiansen. We are grateful to you for taking your time to see the value in developing relationships (Frith) with our Folk, giving of yourselves time, efforts, and money to attend. This event was what it was because of all of you!

Till next year,

Hail the Folkmother!

Hail Else Christensen!

Hail the Folk!

Hail the AFA!



Folkbuilder James Ault

jault@runestone.org

Honoring Else Christensen



During the first AFA Remembrance of Else Christensen in 2021, members in Canada gathered at the resting place of Else Christensen at the same time that Gythia Anna Plourde gave blot for Else at the event in Wisconsin. Powerful connections were made and Else was honored as she hadn't been in a very long time.



In keeping with this tradition members from around the United States and the world raised a horn, held blot, or honored Else in some way at the same time that Gythia Catie Erickson performed blot here in Wisconsin.

Together with one voice, we have kept the Folkmother's memory alive and assured that she will never be forgotten!

Hail the Folk!

Hail Else Christensen!

Hail the AFA!



Folkbuilder Sara Ault

sault@runestone.org

Be a Doer



We need you to volunteer for the AFA!

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

Please email volunteer@runestone.org to help us make a difference in our world.

Baby Blanket Project

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

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



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

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

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

Folk Services



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

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

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

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

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

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage

aturnage@runestone.org

**The Artisans of the AFA
Support Our Folk**



The Celtic Craftsman is a general craftsman by trade. He and his wife are growing a young family in the Midwest (USA). Together they raise chickens, garden, hike, and sing and dance at the local Irish pub. In puzzling out the True history of our people, studying their languages, and practicing their arts (culinary, musical, visual, etc.), our family hopes to keep the Fire of our Volk ablaze forever.



Pictures from the Dumas deck project

Handmade art to honor the ancestors and inspire the Volk.

Our work examines Truth— perhaps the most fundamental of which:

1. We are a distinct People marked with a history of heroism, courage, exploration, and conquering.
2. We have the duty and privilege to carry this torch into the future.



Blood and Honor!

Hail the Volk!

Work can be found at: <https://t.me/celticcraftsman>

For serious inquiries, comment on our channel. We'll reach out via Private Message.

— The Celtic Craftsman



Folkbuilder Timothy Dumas

tdumas@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 with details of when and where it was served (Hof/moot).



Folkbuilder Mike Joyner
mjoyner@runestone.org

Ancestral Food and Culture

Irish Grandmother Smoked Salmon Mousse Recipe



Every year for yule my grandmother would make smoked salmon mousse. It was always my favorite growing up. So, I decided to make an appetizer for the seniors at my work. To make it a little more special I made Irish cheddar cheese cups by putting the shredded cheddar on the skillet and forming it on a rolling pin.



Ingredients:

- 8 ounces cream cheese,
- 4 ounces smoked salmon,
- 2 tablespoons lemon juice,
- 1 teaspoon chopped fresh dill
- A pinch of salt and pepper

Michael Butler

Apprentice

mbutler@runestone.org



Mary Jane's Killer Kraut Recipe



Making sauerkraut is quite easy, and there are several ways you can do it.

Sauerkraut is a product of anaerobic fermentation. This means it must stay fully submerged in the brine throughout the process. Exposure to air could result in mold developing. Do not confuse mold with kahm yeast. Sometimes a white yeast may develop around the top of your batch, this is completely harmless. If you do not want to eat it, simply scrape it off the top. Mold has a distinct look and smell, you will know right away if your sauerkraut has developed mold.



What you will need -

- A large Mason Jar
- An air lock lid or pickle pipe
- A fermentation weight to hold the sauerkraut under the brine
- Something to pound/massage the kraut

Alternatively, you could opt out of the airlock and weight. This would require you to "burp" the jar lid each day to let out excess pressure that develops from the fermentation. This option has a much higher risk of mold because you are briefly exposing it to air each day. If you like to experiment, this is a totally viable option. I have had much success using nothing but a mason jar.

More experienced fermenters will use a crock and weights. This is an easy way to make larger batches but not necessary. A mason jar, air lock/pickle pipe and a fermentation weight are the same exact process as a large crock and weights.

The only two food items you need are salt and cabbage. The ideal ratio of salt to cabbage is 2.25 - 2.5 percent salt to cabbage. In grams this would be 2.5 grams of salt to 100 grams of cabbage.

How do I make my garlic kraut? I'm not one to follow recipes often so I do a lot of experimentation.

Depending on how big of a batch I want, I will use anywhere from 3-9 heads of cabbage. My 2 gallon crock can hold around 8-9 heads of cabbage at full capacity.

I like a mixed texture kraut, so I do a combination of shredding the cabbage (I use a large cheese grater, cabbage shredders are ideal for this texture) and chopping it up with a knife. This results in finely shredded cabbage mixed with thicker chunks.

Once I'm done chopping up a head, I will add it into a bowl and add 2-3 tablespoons salt. Lightly mix it into the cabbage to let it sit while I continue chopping up the rest of the cabbage. Salt draws out the moisture from the cabbage.

I also add 5-6 chopped up cloves of garlic per head of cabbage.
Sometimes I will add a dash of black pepper per head of cabbage.

Repeat this process for each head of cabbage you plan to use, adding it all into the same bowl/crock.

Once I am done chopping and have mixed in the salt, garlic and pepper, I use my hands to pound down the cabbage and slowly massage it. They make cabbage pounders specifically for this process. I don't have one, so I use my hands.

Thoroughly pound and massage your cabbage to draw the moisture out, this will be the brine that the cabbage remains submerged in throughout the fermentation process. Once

you have drawn enough salty liquid to fully submerged the cabbage, you are good to go.



If you are using a jar, stuff as much cabbage and brine into the jar as possible. It needs to be packed in tightly to ensure there are no air bubbles. Leave about 1.5-2 in head space and place your fermentation weight on top of the cabbage to keep it submerged in the brine. Once the weight is placed, take your air lock or pickle pipe and seal the jar.

The process is the same if you are using a crock.

The ideal length of fermentation time is 2-4 weeks. Temperature of your house will impact the speed of the fermentation. The warmer it is, the faster it will ferment.

I typically leave mine for 3-4 weeks. Taking it out too soon may result in more salty, less sour and a very firm and crunchy texture. Leaving it too long will result in a satisfactory level of sour but a very mushy texture.

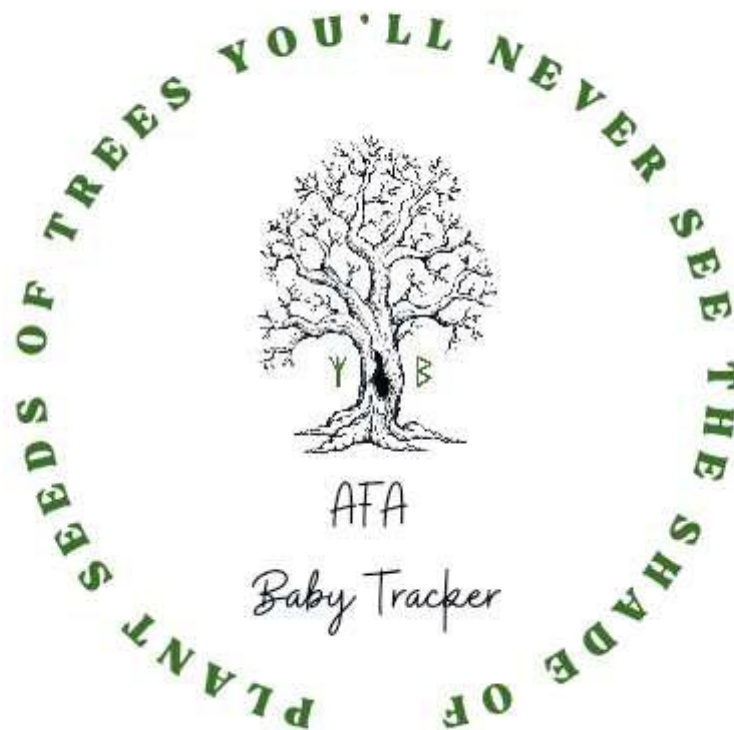
There is a lot of trial and error. It's easier to do right than wrong! Have fun experimenting and happy fermenting :)

– Mary Jane, member, OH, Under Ash + Oak Kindred



Folkbuilder Timothy Dumas
tdumas@runestone.org

Baby Tracker



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

place where they can feel proud of who they are!

Total babies born in 2023: 12



Folkbuilder Jessica Keller

jkeller@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 me at jault@runestone.org.



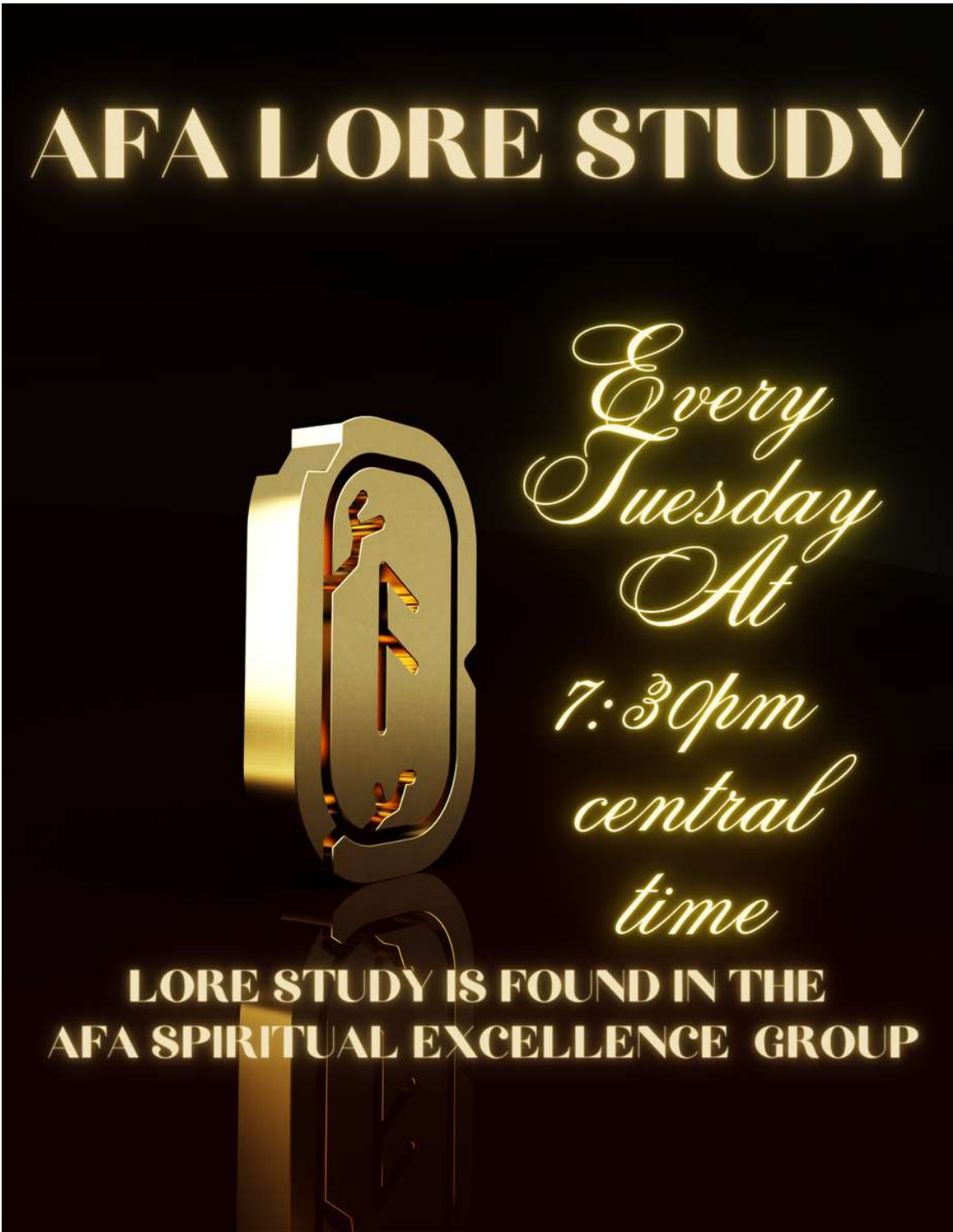
Or if you'd like to donate to this ministry, there's a donation earmark set up on our site at [Prison Ministry Fund – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/prison-ministry-fund). The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.



Folkbuilder James Ault

jault@runestone.org

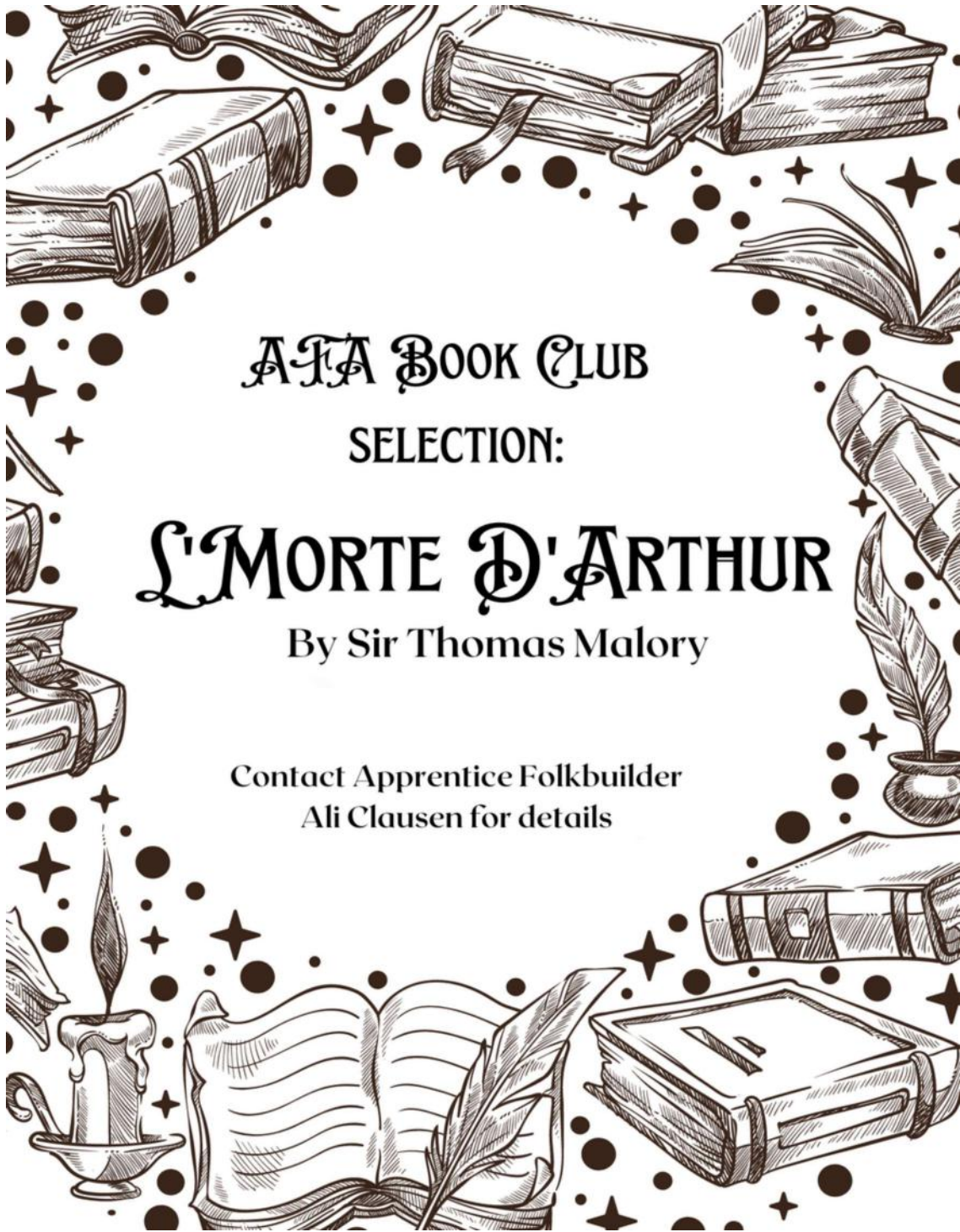
Virtual Meetings and Fun



AFA LORE STUDY

*Every
Tuesday
At
7:30pm
central
time*

**LORE STUDY IS FOUND IN THE
AFA SPIRITUAL EXCELLENCE GROUP**



ATA BOOK CLUB

SELECTION:

L'MORTE D'ARTHUR

By Sir Thomas Malory

Contact Apprentice Folkbuilder
Ali Clausen for details

Weekly! Sisters Sunday Chats

10 am central, every Sunday!

Contact Apprentice

Folkbuilders Ali Clausen

and Katie Joyner for more

details!



aclausen@runestone.org
kjoyner@runestone.org

LADIES MYSTERIES PODCAST

June 11th at 2:00 pm CST

Witan Brandy Callahan
Ond Othr and La
Kom Hem Chant

Gythia Catie Erickson
Writing Your Own History

Folkbuilder Sara Ault
Building a Vaetter House

Apprentice Folkbuilder
Ali Clauson

Contact Christine Dumas for more information
cdumas@runestone.org

Virtue Recovery Group

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

*Virtue recovery
meeting*

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

With Ashley Mcstocker
amcstocker@runestone.org

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

With Jaclynn Duffy
jduffy@runestone.org

VIA ZOOM

MEETING ID: 885 2917 0746

PASSWORD: Virtue

PASSWORD: VIRTUE

Our opening statement: We are a group of likeminded individuals that are seeking to be our best selves and are committed to living a life of recovery. We, as a whole, follow the Asatru faith and are continuously improving ourselves for our families, our Gods, and our Folk.

Though similar to 12-step meetings, we are an independent entity that recognizes a 9-step program, adhering to the steps that fall in line with our beliefs and values. This meeting continuously goes through the 9 steps focusing on one per week. After we read each step and correlating literature, we open up the conversation for each person to share with no interruption. After we have shared, we delve deeper into meaningful conversation.

Please reach out to either Ashley or Jaclynn for more info.

Amcstocker@runestone.org | Jduffy@runestone.org.



Jaclynn Duffy
Apprentice Folkbuilder
jduffy@runestone.org

Saga's Literature Project



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

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

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

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

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

Now Available in the AFA Store



We call on you Children! We call on you Men! We call on you Sisters! Folk Kom Hem!
Get your new Odinhof apparel and help our Folk to find their way home this year!

<https://runestone.org/product/odinshof-t-i/>



Folkbuilder Melisa Mills

mmills@runestone.org

Þórshof

Food Pantry at Þórshof



May's food pantry at Þórshof was another success. Despite the unusual weather, the upper 50's with a steady rain, we handed out 20 bags to the residents in Linden. Some were repeaters, some were new. Our volunteers are amazing, our donor is amazing, and the people we help every month are grateful. We are 100% committed to our charities in the Asatru Folk Assembly, at all of our sacred temples. We are happy to help, we are happy that the folks in Linden trust us and lean on us when they are in need.

If you interested in helping us with our charitable giving at Þórshof, please reach out to Folkbuilder Heather Young at hyoung@runestone.org.



Gothi Daniel Young
dyoung@runestone.org

Holiday at Þórshof



This year's May Day celebration in the Þórshof district encountered weather that didn't cooperate with our schedule. This uncharacteristic gloomy and rainy day required shifting events and constant radar watching to avoid doing the May Pole ceremony indoors. Ultimately, we found a perfect window and finished the ceremony just before another downpour.

We started the day with our monthly food drive. We have vastly increased our available stock to give the community thanks to Folkbuilder Heather Young's work acquiring donations from local businesses. Apprentice Folkbuilder Matt Bain has been leading the food drive and doing a terrific job for the community around Þórshof.



After the end of the food drive, when all the cars had cleared, we gathered in the hall to get out of the rain. We spent most of the day in Rumpf Hall, discussing topics from family to gardening. After eating an early dinner and watching the weather radar, a window opened to begin the Blöt to Frey. Following the ritual, we processed outside, led by a few men carrying the May Pole. The May Pole rose, the ribbons distributed to the men and women encircling the area. The dance began as the ribbons wove their way around the pole, getting shorter and shorter as the dancers circled. When there was no more room for the participants to maneuver, the dancers tied off their ribbons and the skies opened, dumping rain right as we finished.



We exchanged goodbyes and headed home as we concluded another great event in spite of the weather. A big thank you to everyone who came to celebrate this May Day with us!



Folkbuilder Robert Shotwell
rshotwell@runestone.org

Upcoming Events at Þórshof



P Ó R S H O F N O R T H

Mens Meeting

JUNE 08 @ 8PM
PHILOSOPHY



LINK WILL DROP SOON



ÞÓRSHOF NORTH DISTRICT MEETING

JUNE 15TH @9PM EDT

HOSTED BY: STEVEN MUNDY

WITAN ERICKSON
HAPPENINGS IN THE DISTRICT

THREE GUEST SPEAKERS

TYLER
SAGERT

JONATHAN
ROCK

JASON
GALLAGHER

MEETING LINK WILL DROP SOON



Indiana

Growing Up Asatru, Creating a Future



This month we celebrated the Folk mother Else Christensen. Every day I selflessly cook for seniors that are not my family or my folk. I do it with love and compassion to better their lives when their family cannot. At Elsefest 3, I was given the honor of cooking for our folk and their families. In my heart I was cooking for Else too. I spoke to her every chance I had, telling her how much I respect her and all her accomplishments. I truly think she was there with us, beside us, listening to us and watching the kids play.



Meeting other families from other states raising their children Asatru, seeing the children meet for the first time and connecting with each other warmed my heart. Witnessing the results of all our folk's hard work gave a glimpse into the future of who we do it all for. The folk children!



If we are going to be the ancestors they hail, we must become the heroes and lead by example. Introduce them to the gods and teach them all we know, help them connect and interact with other folk children. They are the future! Hail the Gods! Hail the Folk! Hail the AFA! and Hail the Folk mother Else Christensen!



Michael Butler
Apprentice Folkbuilder
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A Good Day for May



Greetings Folk!

In the merry, merry month of May we Hoosier loyalists chose to spend the day strolling through Mounds State Park in nearby (to me) Anderson, Indiana. The location of our May moot was particularly convenient because it allowed me to drop by and pick up one of our party from his home along the way.



Once all of the Folk had gathered, we did the things that all park visitors do; we trudged through the brush.



We climbed on things we weren't supposed to climb.



We learned about snakes and turtles.



And stopped to eat random chunks of forest.





Now, May Day celebrations are traditionally associated with male symbology, the most classically well-known being the May Pole. This is all well and good, but what does one do when your local Indiana State Park has a habit of being huge babies about of bunch of Neanderthals erecting a May Pole in the middle of their picnic area?

Fortunately, as a serious etymological scholar, one of our group explained that linguistically "May Day" is derived from the reconstructed Proto-Indo European words "May" which means "to lift large rocks" and "Day" which means "to run around carrying those rocks until someone yells at you." There may also have been something in there about how the park mounds were built by a prehistoric race of blue-eyed giants, but I digress.



Having listened politely to the scholarly portion of the day's events, we were now free to celebrate as Aryan men have done since the dawn of time... by doing whatever we wanted. We then (predictably) peeled the heavy car-barrier landscaping stones from the turf and ran around with them while "a hootin' and a hollerin'" at one another.



I would like it noted that, when it came my time to play Atlas, skepticism was running high. Little could my doubtful peers know that thralldom runs generations thick in my blood-memory as I begun to deadlift (dad-lift?) the stone.



Once the DNR sent their goons to stop us (too much victory obviously makes the other park-goers uneasy) we forced them to pose for a picture with us (above) in exchange for the cessation of hostilities. While my energetic Corn-Bjorn warriors finished up our adventure with a push-up contest, I quietly mustered my dignity and snuck off to a calm, reflective area of the park to sob and search my phone for local chiropractors.

Failing to find any local chiropractors willing to accept my insistence that they legally had to see me "because of Obamacare and stuff." I was forced instead to employ the traditional recovery method of heading back to my place with everyone to gorge ourselves on brats.



It tasted just like summer.



Folkbuilder Jonathan Rock
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Maryland

The Best Hope for Our People



I grew up thinking that all the lies and sick lifestyles that are being forced upon our people (in some ways, on an institutional level) were good and true ways to live. It was not until I had children (the urge to do so I can only attribute to our Gods calling me home, as current propaganda disincentivizes our people to do so) that I began to push all that crap away and come to the truth. I have met a good number of people since I was able to push off the destructive mindset that the current world tries to shove down our people's throats. I have made friends and friendly acquaintances aplenty.

What I have found that is quite unfortunate is that so many of the people I have met (and the various organizations they are a part of) have traded off the destructive virtue signaling we all look upon with disgust for purity spiraling. Nothing and nobody seems to ever be good enough (unless you engage in absolute servile cultish "celebrity" worship, and even then, you are a single wrong question away from being "burn noticed") and often this comes with a buttload of hypocrisy attached (so about 126 gallons, no joke).



These people will point to someone like me and say that I am not serious enough: I take time to enjoy games and entertainment, rather than being dour and hyper focused on politics (this outlook is why the groups that hate our people have been able to take over the majority of the entertainment and educational systems, replacing our people from our cultural heritage and teaching our younger generation that this is a good thing).

They say that I am of the wrong religion, while they have to engage in an American Ninja Warrior tier of mental gymnastics to justify why their religion is NOT one of slavery and servitude to a foreign power (while I choose to honor the Gods of my Ancestors and Folk) meanwhile they have had wars and will purity spiral with each other over which particular denomination and branch is the "true" religion (seriously, if mental gymnastics was a sport, these guys would have to be banned just to make it possible for anyone else to win anything). All this while the leaders of their churches and institutions actively work against them (some even have pastors who will attempt to dox and excommunicate them for their sincerely held and healthy beliefs).



Yet by the standards that we all agree upon, I am winning I have a wife and multiple children and am a part of a large, thriving, and growing community of our people that I can honestly say I want my children growing up with. While many of these people are isolated and terminally online, we at the AFA actively seek to meet and join with our Folk. I have seen babies named, and gotten to hold those babies while someone else of equally loving disposition holds mine. I have met good men whom I can share my mind with and whose children can play with mine without worry. I have met many men and women in different organizations and, while I absolutely wish them the absolute best in

their stated endeavors, I have been able to honestly tell them all the same thing: the AFA is the best chance for our Folk and our Culture. We are rooted in the love for our people and our Gods, not mere political ideology and posturing. This is an organization built by Frith and Truth. A big part of that is going out to meet your Folk. Nothing lifts my spirit more and fills me with Hope than when I am able to meet with a member of our Folk, be it for dinner, a card game that not everyone has heard of, and of course, Blot to our Gods. So go out and meet with the Folk today. No online posturing and purity spiraling can match what we are doing and building with the AFA. I will see you soon, with a bottle of mead and stories to share.



James Bethard
Apprentice Folkbuilder
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Netherlands

National Mill Day



It was a beautiful day to go visit the mill Goliath, I was surprised seeing in real in front of me. I never visited a mill before even though I've seen plenty.

There are 1200 working mills left in The Netherlands, and 150 are where I grew up in North-Holland. Lightning strikes, storms and war have been destructive for many mills. This also happened to the Goliath. Build in 1876 it burned down on February 27th, 1897. Since then, Goliath got a lot of work done over time as you can see. In 1913 It got an electric auxiliary power (40 hp) on one of the propellers, and currently there is a grinding circuit in use. Even if this isn't an 'old' mill, it's still impressive and it was nice learning something about.



Very Dutch right? Well, don't expect me running in wooden shoes, holding tulips while eating herring for the next thing. Even though i wouldn't ever say no to a good herring.

Nationale Molendag



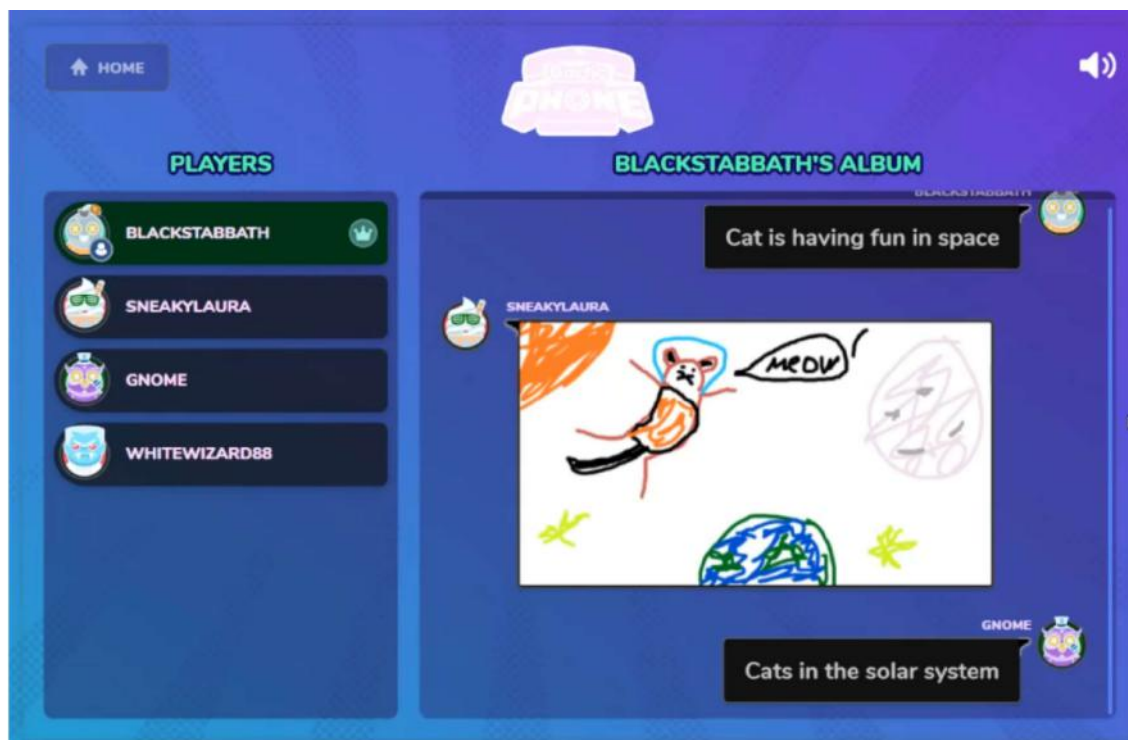
Het was een mooie dag om de molen Goliath te bezoeken, ik was verrast toen ik hem in het echt voor me zag. Ik heb nog nooit een molen bezocht, ook al heb ik er genoeg van gezien. Er zijn nog 1200 werkende molens in Nederland, en 150 zijn waar ik ben opgegroeid in Noord-Holland.

Blikseminslagen, stormen en oorlogen zijn verwoestend geweest voor veel molens. Dit gebeurde ook met de Goliath. Gebouwd in 1876, brandde het af op 27 februari 1897. Sindsdien heeft Goliath in de loop van de tijd veel werk verzet, zoals je kunt zien. In 1913 kreeg het een elektrische hulpkracht (40 pk) op een van de propellers, en momenteel is er een slijpcircuit in gebruik. Ook al is dit geen 'oude' molen, het is nog steeds indrukwekkend en het was leuk om er iets over te leren.



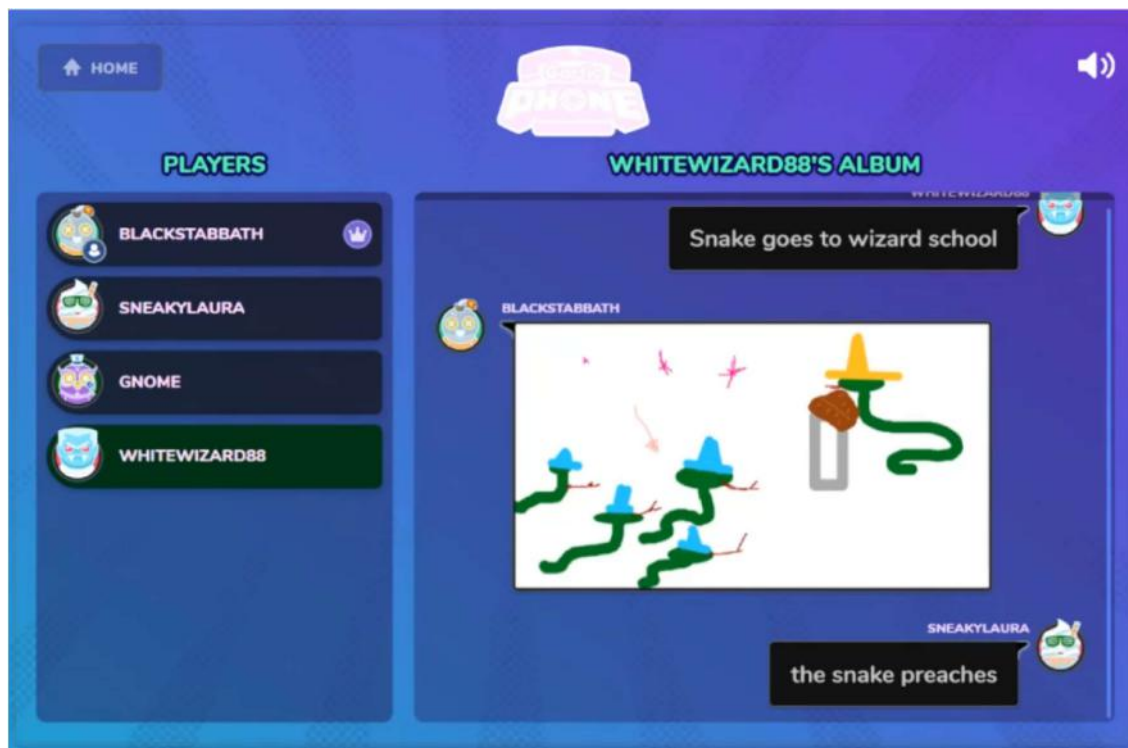
Heel Hollands toch? Nou, verwacht niet dat ik op klompen ga lopen, tulpen vasthoud terwijl ik haring eet volgende keer. Ook al zou ik nooit nee zeggen tegen een goede haring.

Gartic Phone Game Night



What a night! Tears from laughter and it felt like I had an intense ab workout. I highly recommend this game! Gartic Telephone is a free (no download needed) browser, online game that mixes Pictionary with the Telephone game (the game where you whisper into the next person's ear all the way round the group and compare the original phrase to what was whispered). This game is the visual version of that: where you draw what you see, and guess what you saw!

It led to incredibly funny scenarios, confusing and very creative moments even if the time was limited. It is recommended to play with at least 4 people, but we started with 3 and later on more joined.



As for now not being able to actually visit, these online games are great ways to interact as kind of hanging out with each other until we are able to actually be together. I did have a little surprise, in the last round of the night we all voted for the best player. The prize, I will make a donation in the name of our winner 10\$ towards an AFA related fund.

On that note, I am trying my best to figure out my traveling plans, to meet up and see others here in Europe and hopefully also going to the States. We are also working towards a bigger meet-up, bringing in a bigger group together here in Europe in the future. I see a lot of us wanting to get together and there are multiple amazing people working on how, when and what.

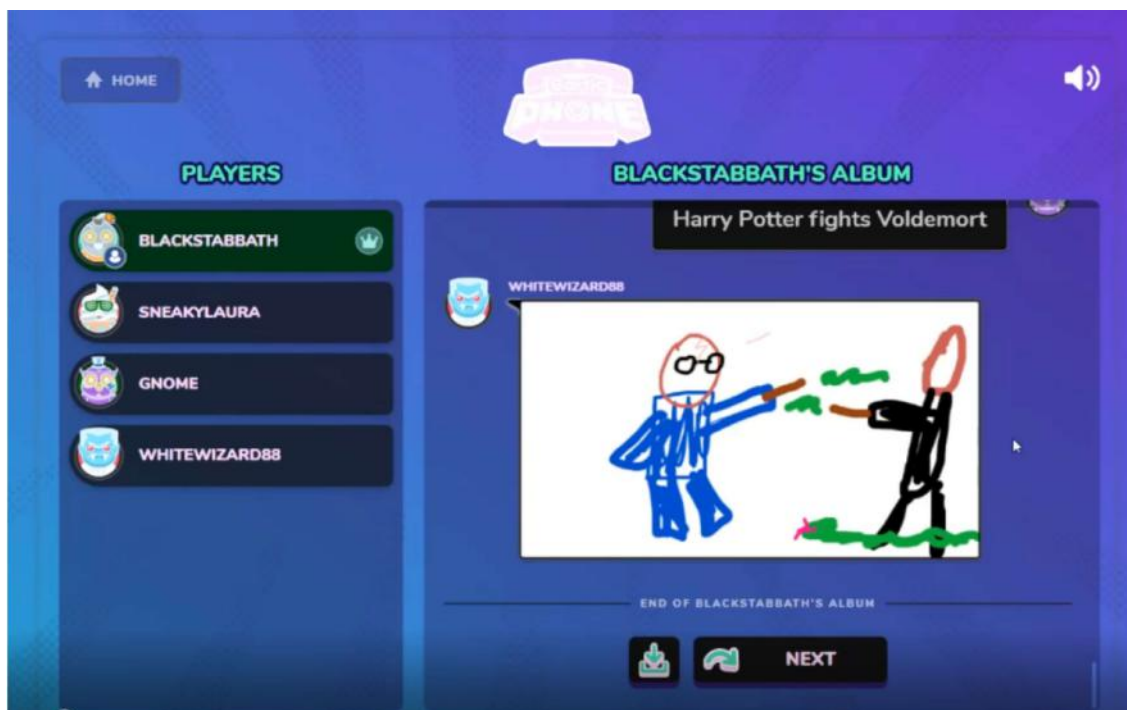
I am very excited and believe this is going to be a start of something more for Europe & south Africa. Getting together in real life is the ultimate goal and we are going at it!

Gartic Phone Game Avond



Wat een nacht! Tranen van het lachen en het voelde alsof ik een intense buikspiertraining had gekregen. Ik raad dit spel ten zeerste aan! Gartic Telephone is een gratis (geen download nodig) online browserspel dat Pictionary combineert met het telefoonspel (het spel waarbij je de hele groep in het oor van de volgende persoon fluistert en de originele zin vergelijkt met wat er werd gefluisterd). Dit spel is de visuele versie daarvan: je tekent wat je ziet en raadt wat je zag!

Het leidde tot ongelooflijk grappige scenario's, verwarrende en zeer creatieve momenten, ook al was de tijd beperkt. Het is aan te raden om met minimaal 4 personen te spelen maar we zijn begonnen met 3 en later kwamen er meer bij.



Wat betreft het feit dat we elkaar nu niet kunnen bezoeken, zijn deze online games een geweldige manier om met elkaar om te gaan, tot we zover zijn om elkaar in het echt te kunnen ontmoeten. Ik had wel een kleine verrassing, in de laatste ronde van de avond hebben we allemaal gestemd op de beste speler. De prijs, ik zal een donatie doen in de naam van onze winnaar, 10 \$ naar een AFA-gerelateerd fonds. Wat het reizen betreft, ik doe mijn best om anderen hier in Europa te zien en hopelijk ook naar de Verenigde Staten te gaan.

We werken ook aan een grotere ontmoeting, om in de toekomst een grotere groep samen te brengen hier in Europa. Ik zie dat velen van ons samen willen komen en er zijn meerdere geweldige mensen die werken aan hoe, wanneer en wat.

Ik ben erg enthousiast en geloof dat dit het begin wordt van iets meer voor Europa en Zuid-Afrika. Samenkomen in het echte leven is het ultieme doel en daar gaan we voor!

Upcoming Events



**Ladies Call
Europe + South Africa**

**10th of June
6 PM CET**

**Contact Apprentice Jackie Verweij
jverweij@runestone.org**

Contact Jackie Verweij voor meer informatie: jverweij@runestone.org

June 20, 2023
13:00

Zijd voor een bakkie!

Winkelcentrum De Hooge
Meeren te Hoogezand



Jackie Verweij
Apprentice Folkbuilder
jverweij@runestone.org

New Hampshire

Surfing the Net is Great, unless, of course, You're a Fish



Our folk gathered for a day of hiking and fishing in the beautiful White Mountains of New Hampshire.

We were blessed with a most mild and cool day. As we hiked from spot to spot, many great conversations and laughs were shared.



The sights were truly breathtaking. I couldn't have asked for a better group of people to enjoy them with. After a long trek in followed by a long trek out, we shared a meal together before parting ways.

Looking forward to getting out in the woods with you all again soon!



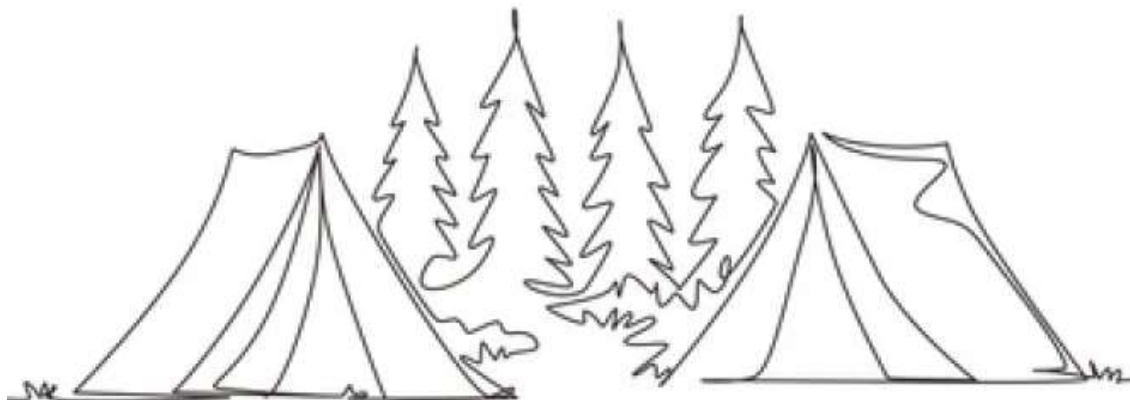
A few of us gathered on Memorial Day at a local monument to remember those of our folk who gave the ultimate sacrifice. "Courage is fear that has said its prayers." read one of the many inspiring quotes on the monument. Never forget the war fallen of our folk! Hail to those brave souls who gave everything for their people.



After the monument we went and enjoyed some ice cream together. My daughter was elated to say the least. A great way to end a 3-day weekend.

Upcoming Events

Join the Keystone Tru Folk and the Sagert family on a
Midsummer Camping Moot!
Friday, June 23rd- Sunday, June 25th



Join us in upstate NY for camping, a midsummer Blot, and good times. More information to follow.

Midsummer NY

Very excited to celebrate Midsummer with you all in Lake Pleasant, NY! it will be a very special time not only for the Holiday, but it will also make the 1 year anniversary of my marriage to my beautiful wife!

Please feel free to contact me or Catie for any questions or details! See you then!



AFA
New Hampshire
Midsummer
Moot

July 1, 2023 * Troy, NH

Contact: tsagert@runestone.org

The poster features a central photograph of a tall, conical structure made of greenery and flowers, known as a 'moot', against a clear blue sky. The text is overlaid on the image in white serif font. Below the image, the date and location are written in a blue, stylized font, and the contact information is in a black sans-serif font.

Please join us on the 1st of July for a Midsummer celebration in Troy, NH! Please contact me for any questions or details!



Tyler Sagert
Apprentice Folkbuilder
tsagert@runestone.org

North Carolina

Appalachian Happenings May 2023

On Mother's Day, we gathered again in beautiful east Tennessee for a May Day and Mother's Day celebration. We had a small, intimate crowd of Folk for the Holiday, but we had a lively time, as always. We kicked the day off with homemade snacks while we got to know each other a little better. After a while, we broke off into men's and women's groups for the day's activities. While the men constructed the May Pole, the ladies had a workshop making their own flower crowns.



While the men were racing against the rain to get the May Pole erected, the ladies constructed some beautiful crowns and had some lively conversation, mostly centered around babies and the joy they bring into the world. One of our newest members recently found out she is pregnant, and the experienced mothers shared their wisdom, experience, and joy with her.



After we waited out the rain, we made our way outside to dance the May Pole! Set to the music of Highland reels and Appalachian jigs, kids and adults alike shared many laughs as we learned to dance the May Pole by doing. After a dozen turns around the pole, we had it figured out and had a lively time. Once we had the May Pole wrapped up, we transitioned over to the ritual space and conducted Blot to Freyr and Frigg, receiving gifts of fecundity, fertile fields, and maternal wisdom for our mothers. The rain made its reappearance, and we went back indoors for dinner and Sumbel. I find that Sumbel is a very intimate affair, made more so when in a small group.



As always, we celebrated well into the night, and made our way home with renewed bonds of Frith and Friendship, our spiritual cups full and heavy and full of passion for our Gods, our Folk, and our church. I hop that you'll join us in June as we hike the stunning Roan Highlands together and give Blot to Wotan! Hail the Gods! Hail the Folk! Hail the Mothers! Hail the AFA!

Upcoming Events



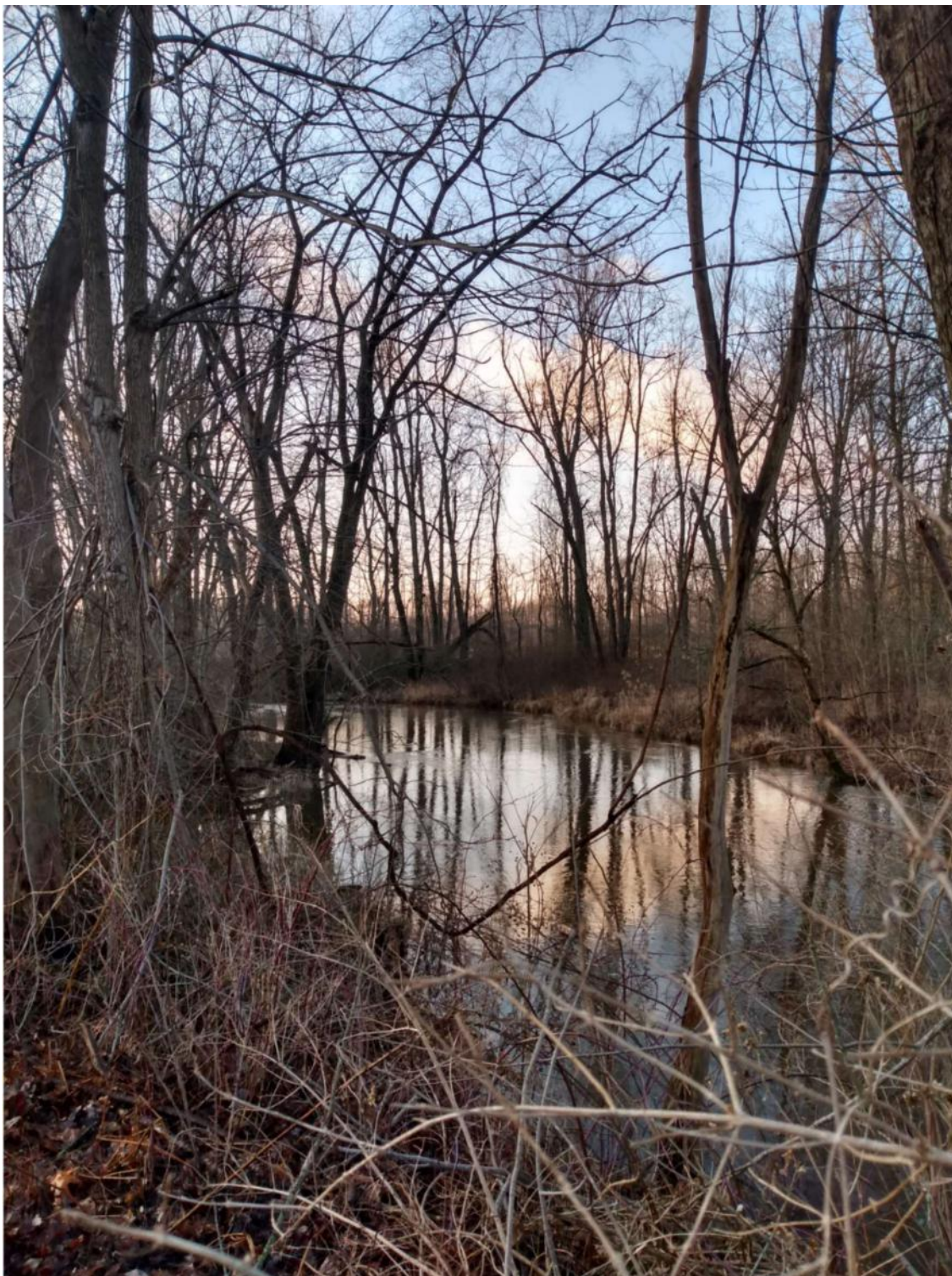
Come join us on June 10th at Roan Mountain State Park for a picnic, hike, and Wotan on The Peaks! The weather should be grand, but the Roan is notoriously unpredictable, so be sure to pack a raincoat and a light jacket. Bring your preferred picnic food and join your Appalachian Folk as we make the journey to the top of the Roan Highlands. Contact Apprentice Folkbuilder Tyler Bethea for more information (828) 707-7851 tbethea@runestone.org



Tyler Bethea
Apprentice Folkbuilder
tbethea@runestone.org

Ohio

Pride in the Face of Adversity



We live in a world that is now very hostile to our people. Especially those with our ideals. This makes it important that we are more proud and stolid than ever before. Our ideas and desires are not a crime, quite the contrary is true. Our people have created the countries, technologies, and outlets that are being used to shame us in a terribly sick world. Fly your trihorns, your stars and bars, old glory, or anything that calls to your heart. We are a force to be reckoned with, never let them forget it. Claim your birthright for it is ours, not the multitudes of people of other lands and ideologies trying to take from us what our folk left for us. We must ask ourselves this. Do we want to slink away

quietly into the night? Or demand respect and take what is ours again? Be proud, be noble, and never let anyone say that advocating for your own interests is anything other than admirable. If we aren't careful, we can lose in a generation what took countless generations to achieve. Remember who you are and give the ancestors and yourself the respect they and you deserve. We are conquerors, explorers, great warriors, and so many of us could farm the hell out of some land. Let's stay our course and give the next generation something to be proud of. I think I speak for most of us when I say that we don't want drag queens and gender doctors anywhere near our children. Let's ensure that these people respect our opinion and have a healthy amount of fear divulging their disgusting ideas for their new world. I wish you all a wonderful beginning of summer and all in all don't do anything Grandpa wouldn't do. Hail all you wonderful folk, the Gods, the ancestors, and hail the AFA.



Folkbuilder Joe Drotos
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Midsummer in Ohio



Late May the Folk of Ohio, Pennsylvania, and Indiana celebrated May Day in the woods.



The day began with the men erected the May Pole. The pole was selected from one of the many trees that surrounded the property.



A presentation on basic bushcraft was led by fellow folk member, Randall.



Throughout the early stages of the event, the women partook in making flower crowns.



The men and women split up for their groups. The women broke open their eggs they had been harvesting for the past month and buried them at the base of the May Pole. We shared our thoughts and experiences with Mother Frigga. We then galdred together while making our runic ritual bead bracelets. We ended our group with braiding each other's hair while galdring and weaving wildflowers into each other's hair



Once the men and women's group ended the Folk gathered at the May Pole. As the music played and the dancing began, the weaving of the Folk ensued. Upon completion of the May Pole dance, we cleared the space for Blot.





Blot was officiated by Folk sister, Mary Jane. Blot began with a circle of fire and the beating of a drum around the May Pole. Invocation to Freyr, Njord, Frigga and Freya were held. Offerings were hung upon hooks and set ablaze. Gifts were given and gifts were received. Blot ended with a powerful climax.



May Day was filled with new faces and many beautiful babies. The Folk feasted and gathered throughout the night.

Upcoming events



JOIN US IN SOUTH EASTERN OHIO

BEACH MOOT

JULY 22, 2023
11 AM

CONTACT CHRSTINE DUMAS FOR MORE DETAILS
CDUMAS@RUNESTONE.ORG

Folkbuilder Christine Dumas
cdumas@runestone.org



Our Church



The definition of Church is 'A religious community as a whole, or a body or organization of believers.' It's very easy for many of us to cringe at the word Church. Several sources explicitly use Christian while defining it. Luckily, we are not so weak

as to be upset by mere words. Our Church is a complex, yet so simple, dynamic.

My Grandmother who is 94 lamented that she may never meet her Great-Granddaughter before she leaves this world. My wife and I threw together a crazy trip up to New England last minute to make that happen for her. With 4-hour heads up on a Thursday night I reached out to my Witan, Clifford Erickson and asked if he had room for us to crash as he was on our way up. With no hesitation he and his wife offered us their hospitality. We had a nice meal at the table, had a few laughs and discussions and drank a few Yeunglings for good measure. The next morning after coffee and goodbyes we were sent on our way with delicious chocolate pancakes as well. That little pit stop not only allowed a bit of a respite, but a chance at Frith as well. It's so important we follow the Erickson's example and offer that same hospitality to each other.



Not long before this trip we had been sending out quotes to get our deck redone, it was barely functional for anyone who has been over and in desperate need of replacement. We were delivered with astronomical quotes to the point of I residing to just do it myself a la YouTube videos, yet I just don't have the time with my job. I recalled one of our Folc Irminsul brothers Matt, is a contractor. He happily agreed to take on the job and traveled 4 hours to come to our place and help us before our Midsummer event. As I type this he is putting the finishing touches on not just a deck, but a real piece of art. Thank you so much as well Matt!

It's always fun to do things in threes and I will not disappoint. I have been very busy with my new career and have had to reach out for some help to get things done I haven't had a chance to get to. My Under Ash + Oak brother Kam delivered with no hesitation. Kam not only pretty much put together a whole play center for my children and the children of our area, but he helped me load up my demoed old deck and got rid of it. This brother again, like the aforementioned Folk, jumped in with no hesitation at his own expense.



Now I'm not wasting your time reading this to say I like when people help and do stuff for me (I love it hehe) but seriously think about the values the AFA espouse. I don't only owe all of these people not just my thanks, but I owe it to everyone else to share the love and inspiration they've shown me. Another member has a new home and needs a fence put in and I and several others are going to make this happen soon. We must not just be a social club to say racist and political stuff safely, we must truly BE that spiritual community we desire. We must BE a Church.

Thank you to all the aforementioned and to everyone else I didn't mention that are always there for each other. Together we will win.



Folkbuilder Timothy Dumas
tdumas@runestone.org

Pennsylvania

Making the PA Maypole



This meant finding the perfect tree to do so, and it took nearly a whole day to find the right one. I had managed to find a pine tree that was as straight as an arrow and was seven inches in diameter.



Then at May Day all of the men went about getting the cross beam notched and attached to the main pole as well as adding the Sun wheels which were tied on.

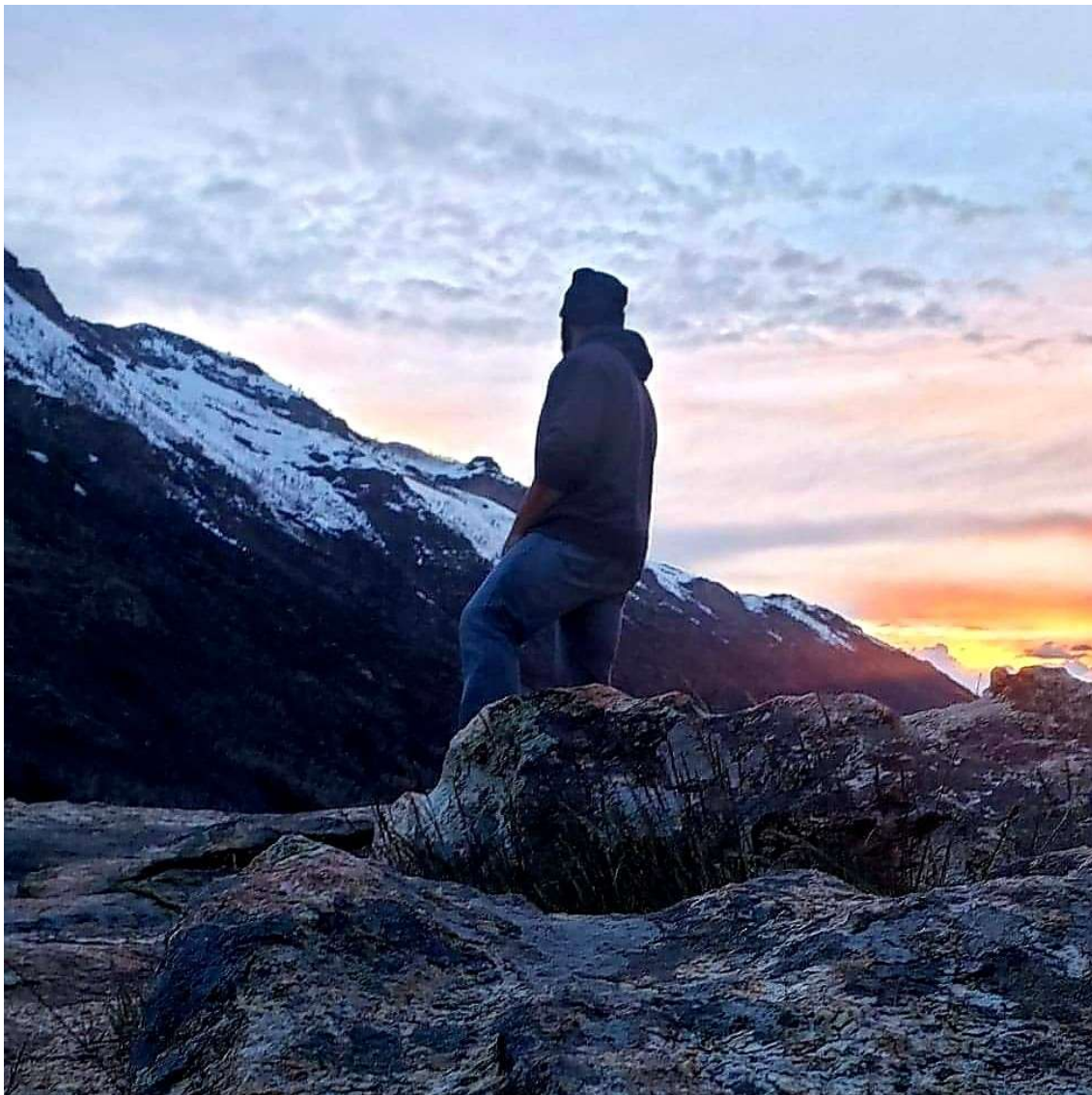


It was such an honor to be asked to make the Maypole especially since this was my first May Day I was able to attend.

David Bryson
Apprentice Folkbuilder
dbryson@runestone.org



Anxiety and Depression



Initially I started writing, “It amazes me how many Asatrurs have symptoms of anxiety or depression.” I was going to relate the topic to other faiths and state, “we don’t see it as much in other communities”, yet as I sat here pondering the topic, I came to the conclusion... The reason we don’t hear a single whisper of illness or hardships from any outside source is because it’s hidden. Who wants members strung out, causing a

bad scene for their organization... Let's keep our mouths shut and sweep it under the rug.

The AFA of course doesn't want their members strung out, but this organization DOES care and doesn't pass judgment on anyone's condition. That is why we as members are more open and able to talk with one another. No shame, No Judgment.... No Whispers....

Very few know that I myself have fought the great fight! Anxiety sucks, but depression... man isn't that just a bottomless pit of self-pity. I get it, I do! I have experienced the roughest of days and there were even days when my motivation, my energy was sapped... nonexistent. I could barely keep my eyes open due to pure exhaustion.

Here's the thing... I never stopped forward progression, I never quit on myself.

Friends and co-workers still have no clue exactly how I felt because I always hid it behind a fake yet realistic smile and oddly enough an upbeat attitude. What to do....

I can't speak for everyone here; all I can say is I decided to fight back. I forced myself to do things that I turned down constantly... You know it, that BBQ... you just don't feel like it....

I made myself uncomfortable to become comfortable. I spoke about my triggers. The more I forced myself out of hiding, the more I realized I was becoming happy, I was legit smiling again. Now this didn't happen overnight, everything we do takes time. You just have to trust yourself and those you call family.

The worst thing any of us can do is give up!!

Sometimes False motivation becomes motivation, sometimes fake smiles become real, and sometimes we create laughter. I have become more myself and more alive.

If any of you ever feel you can't take this on alone remember we are here for you, you have one of the best support systems around. Get in touch with a member you trust, Folk Services or your any Gothi/Gythia.

The struggle is real, the fight hard, but if you have the mental fortitude to take control you can overcome yourself. Have trust in your Folk and Leadership! Stay Strong my family.

Upcoming Events



Steven Mundy
Apprentice Folkbuilder
smundy@runestone.org



PA Mayday



This year we celebrated Mayday along the eastern parts of Pennsylvania where friendships were formed, and youth was restored!



We started our day out by having lawn games and a social hour. Next, we had the men assemble the Maypole while the women made flower crowns.



We then got to dance whimsically around the Maypole as we envisioned the youth being restored within our soul.



We finished the night off with a feast, live music, and fireworks.

Upcoming Events







WINTERFINDING

HIKE & HOT DRINKS

SEPTEMBER 9TH @2PM

MCKEESPORT, PA



CONTACT JESSICA KELLER
JKELLER@RUNESTONE.ORG



Folkbuilder Jessica Keller

jkeller@runestone.org

Armanen Rune Yoga Supplemental

Previously, we went through what has been called the Sacred 13. With a disciplined daily practice and a good mindset, I know that it can be helpful to anyone who wants to raise their state of being. To be more than just a common man or woman. The Runes help us do just that. Yet beyond that and sometimes hidden in plain sight there are other "paths" or practices. Often in words or concepts that we all know. One being Irminsul. At first glance we think of the Axis Mundi, the World Pillar where Wotan hung for 9 nights close to death before recovering the Runes. From another perspective the name itself is Runic, Yr Man Sol. We have the 16th Rune of the Armanen Futhorkh or what has been commonly thought of as the Death Rune, Yr. Next is 15, Man and 3rd, number 11 being Sig or Sol, the Victory Rune. If we correspond these to Odin's Rune Song from the Havamal, these Runes go along quite nicely with it. To add, anyone who has a

background in the 3 stages of Alchemy, (Black, White, Red) we see a very similar process. Perhaps one in the same. This would also be very similar to ideas from Professor Carl Jung on Individuation where the end result is essentially the Hagal Rune. I won't go into any further details here but "Winning the Runes" may be all of those things. In any case, it is all there for us, in our own way, in this Sacred name.

Now, let's discuss the practice of Yr Man Sol in a Rune Yoga context



1. Like in any practice, create a sacred space first. This should be done all the time. The main reasons are to guard against contrary forces and at the same time it

- creates a level of seriousness in you. You are now going to "another place"
2. Facing North take 5 to 7 breaths in the IS Rune position. Centering yourself and or becoming the magical wand so to speak.
 3. Now take up the YR Rune position like in the picture provided. As you breathe, breathe from your feet upward to your head. Imagine a black divine feminine creative force enveloping you going up your body to your head and back down to the floor as you breathe out.
 4. Hold this position for as long as you can and periodically galdr "IRRRR" in a deep tone.
 5. Once complete, take a few moments to feel the forces in you. Be grateful for it and also send it out into the world, to our people. Think of yourself as the mediator between great forces and the Folk. Hold an image, left hand on the solar plexus and raise your right arm. Left is always receiving and the right is for sending.



1. Now stand at the center of your circle again, facing North, take up the IS Rune stance followed by 5 to 7 breaths again.
2. Now Raise your arms upwards in the MAN Rune Position like the picture provided.
3. As you breathe in, imagine and feel the forces of light, white, consciousness, divine masculine forces enter your hands, head and go down to the floor. As you breathe out it goes back up. A reversal of the YR Rune.

4. Periodically galdr "MAAAANNNN". I have found starting with almost a hum of the M part, to an actual wording of A, back towards N in a hum works best. This is done in a higher tone. N has a natural descending characteristic so emphasizing that is important for this practice 5. Once complete, similar to step 5 above. Send out the forces etc.




1. Same as the previous Rune practices. Face North in the IS Rune position. 5 to 7 breaths etc.
2. Bend down in the position like the picture provided. Note: this is a challenging one to hold for a period of time. There is nothing wrong with standing up back into the IS Rune position, keep breathing and to go back down again when ready.

3. Imagine as you breathe in the pure power of victory (red) entering your head, down your body to your feet. Like in the previous practices, as you breathe out it goes back out. Periodically galdr "SOOOLLL"
4. Thoughts should be on nothing but positive ones. Like you have beaten everything within and without. Your force radiates everywhere. The Rune Song here tells us this much. Sol is extremely powerful.
5. Once done, send out the energy again and Irminsul is complete.

Take some time to listen to yourself. Keep notes of thoughts that come. I've always wondered if it is really my own thoughts that these practices unlock or something far greater. In any case they have much meaning and will guide you. It won't always be right away either. Sometimes a flash of inspiration and or understanding will come when least expected. As far as the imagination or visualization of forces described above you can also try to feel them. Essentially you are using what's been called energy movement (the awakening of the subtle bodies) during Rune Yoga. I would encourage anyone to practice this during their day. Hands and feet are a good place to start. Once you can identify the "feel" you can send it elsewhere (arms, legs, etc.) To finish up, let's discuss the Runes here a little more. I am unsure why the Armanen made YR seem so daunting. I assume maybe because not everyone is supposed to know the mysteries. A common person would be afraid of death and turn the other way. What we are doing isn't for everyone. But what is death really? A transformation to another state. Death or this case black just covers up things that are there. We can think of markers. Black covers it all but it doesn't mean there aren't other ones there. It is just hidden and needs to be extracted. This is the feminine realm. She guides the Hero as he works his way in "matter." By his side helping him find the best in him. Until one day he does just that. He then rises. This rising could be a few things. Finally, everything false or that holds him back is dissolved or from an esoteric standpoint the rising of Kundalini energy. The image of YR does look very much like the spine and the other two channels where this great serpent power lies. Once it does rise, we see MAN, the God Man who has awakened his 3rd eye (Runes also correspond to Chakras). His "state" is different. He can perceive all the "worlds" now. From another standpoint, the dissolution is exactly what is needed to reveal our true selves, that piece of divinity, a confident, Wode filled being. Strangely or not at all, the image of MAN may in this context correspond to the upper spine and nostrils. When the breath is right and working in unison with below, the transfer to SOL takes place. Complete self-realization. Victory everywhere, within and without, all the time. SOL is red and ironically the color of blood. It has been said SOL permeates the cosmos as the blood does in our cosmos, the body. Much of what we need is already in us. The Gods lie there too. Don't forget it. As we can see, Irminsul is also you. You're the Tree and I am too. Thanks for listening. Until next time *

Upcoming Events



Midsummer in Central
PENNSYLVANIA

June 17th, 2pm in Harrisburg
Potluck, Blot, and Sumble
AFA members and vetted guests welcome
RSVP to: janemalseed1@gmail.com

sigrBlot hike

Pennsylvania Grand Cannon

July 7-9th



camping • hiking • cookout • Blot

Contact Adam Hudak

ahudak@runestone.org



Folkbuilder Adam Hudak
ahudak@runestone.org

Western PA Toddler Moot



Mays Toddler Moot was held at a beautiful park with a great playground and a lake stocked with plenty of fish.



The kids played, the mom's chatted, and on a walk around the lake we spotted many fish, a few water snakes, and even a fat frog!



All in all, it was a great day, and we all look forward to seeing everyone again next this month!

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

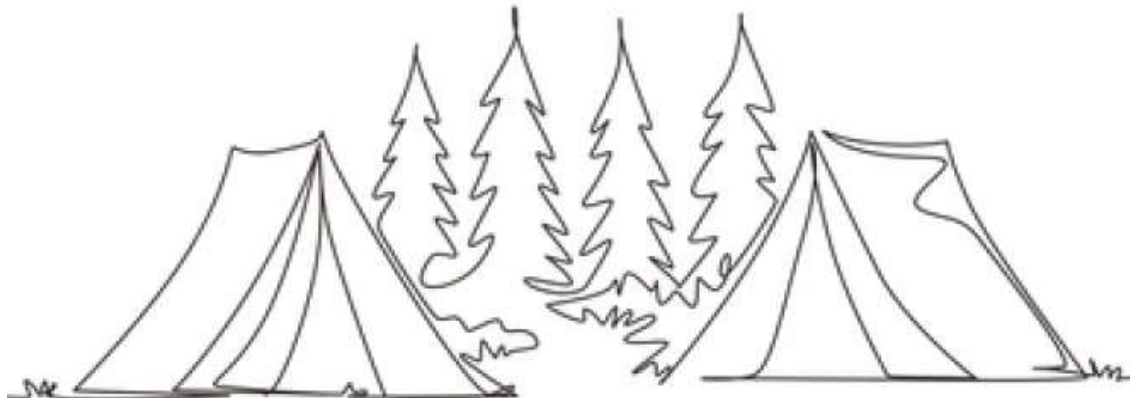
Come and have a good time
while our children build lasting
bonds!



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

Cm.erickson@runestone.org or 717.8939682

Join the Keystone Tru Folk and the Sagert family on a **Midsummer Camping Moot!** Friday, June 23rd- Sunday, June 25th



Join us in upstate NY for camping, a midsummer Blot, and good times. More information to follow.



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 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

We look forward to seeing you there!



Gythia Catie Erickson
cm.erickson@runestone.org

South Carolina

Folk Adventures

This month, members of Rig's Blood kindred had a moot at Julia's German Restaurant. We shared many laughs and a great meal. We made friends with a couple from Greenville who drove two hours to have dinner with us. As always, we enjoyed the time spent with the Folk. Go to thorshof.com to check the calendar for upcoming moots.



We have been travelers this month. We also traveled to visit folk in Virginia. I think this trip was my all-time favorite ever. We entered a ladies' mud run.



On this run, I watched as complete strangers help each other through an obstacle course. The way all these ladies worked together was amazing. They were all different

fitness levels, but everyone made sure that every lady made it. We cheered each other on, we pushed each other up and we had fun.



I think we forget to cheer each other on and enjoy our time together sometimes. This run really had me thinking about things for the day. What we could accomplish working

as a team.

Last we traveled to Þórshof for May Day. We enjoyed folk and Frith. Gothi Svan hosted a great Mayday event. It began with a successful Food Pantry in which we fed close to 20 families.



Folkbuilder Heather Young
hyoung@runestone.org

Sweden

May Day in Sweden



This summer has been making baby steps thus far. The days have been sunny and warm during noon, but the nights have been downright cold without quite reaching freezing temperatures.

In any case, I can feel that my body and mind have started to acclimatize back to the abundance of hours with daylight. As I like to say, summer this far north is like a dream. You manage to forget how magical it is, and each year it blows your expectations out of the water.



This May Day, we offered a blot to Frigg. It was appropriate that I had earlier that day found the first wildflower of the year, a red catchfly, that we decorated the altar space with.

In return for the gifts given to the mother of Baldr, we asked that she help us enjoy the bright warm summer months. That our hearts may be light and our spirits glad and thankful.

It is truly the season for life, for doing and for love.

Hail Frigg!

Hail the Folk!

Hail the AFA!

Moose: Saved from Extinction



Often referred to as the King of the Forest in Sweden, the moose is truly a national symbol for our long country. Sweden has the densest moose population in the world. But this was not always the case. For thousands of years, traps were used to great success in acquiring large quantities of moose meat. Large pits were dug out and the bottom covered with sharp poles, to spear the unsuspecting animals passing through. The oldest of these pits that have been found are at least 4000 years old! As the human population increased, and more land was acquired for grazing domesticated animals, the moose was pushed further and further out into the periphery.

The moose was more or less extinct in Sweden in the early 1800's. With the advent of clearcutting in Swedish forestry, Sweden saw an explosion of plants that moose eat with gusto, like pussy willow and young pine. This combined with the fact that hunting moose had been heavily restricted, and the wolf having been extinct for some time, saw our most recognizable game return to our forests all over the country.

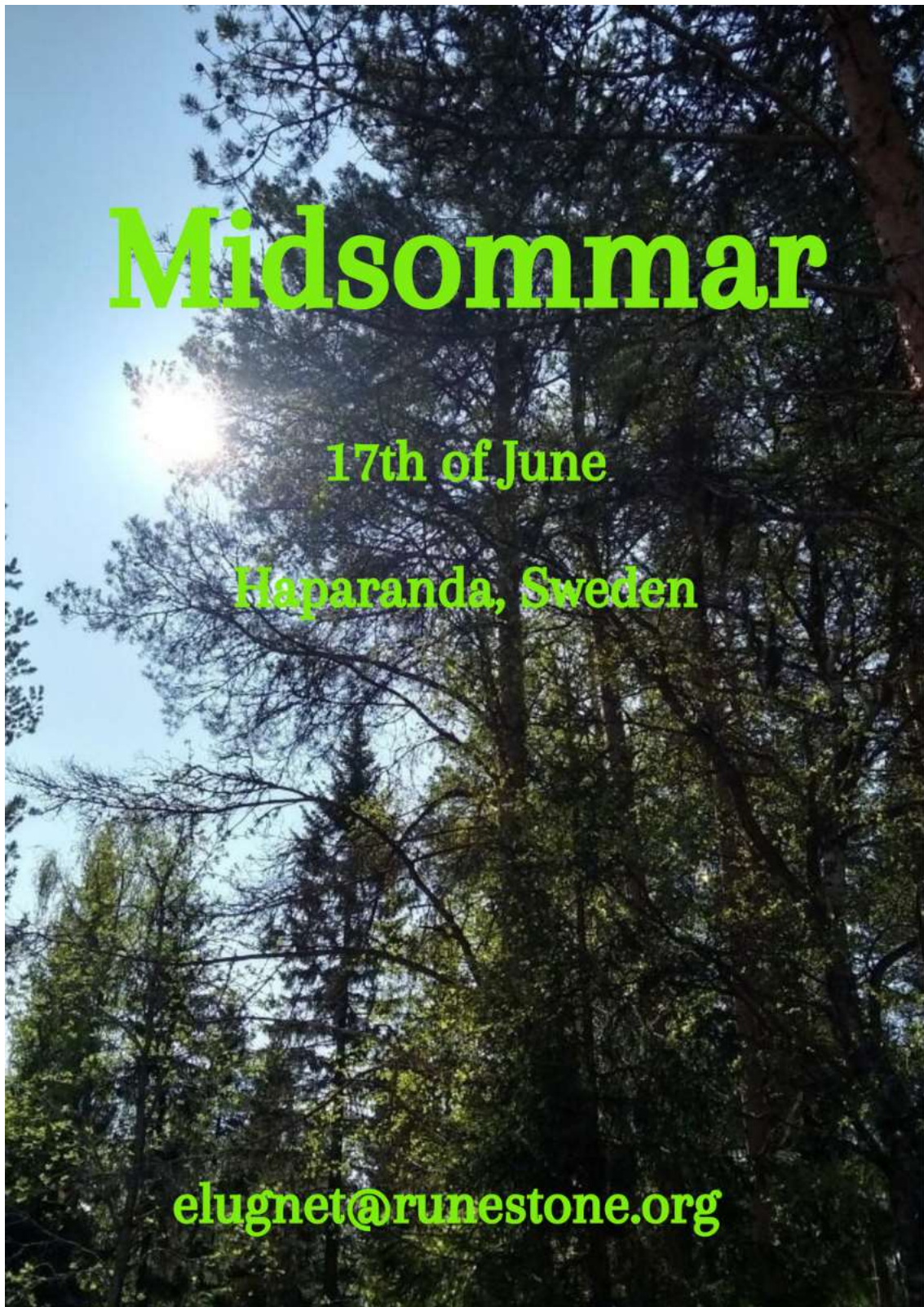


Ofta kallad Skogens Konung är älgen verkligen en symbol för vårt avlånga land. Sverige har världens tätaste älgstam i världen. Men så har det inte alltid varit. I flera tusen år användes fällor i stor utsträckning för att skaffa stora mängder kött. Stora gropar grävdes ur och fylldes med vassa pålar som älgarna stöttes till döds utav när de föll ovetande ner i dem. De äldsta som har identifierats är minst 4000 år gamla! I takt med att den mänskliga populationen växte sig större, och en allt större del mark togs i beslag för bete krympte älgens levandsrum mer och mer.

Älgen var mer eller mindre utrotad i Sverige i början av 1800-talet. Men med kalhyggesmodellens framfart i skogsbruket såg Sverige en explosion av växter som älgen kunde leva gott på, framförallt sälg och ung tall. Detta, kombinerat med att jakt på älg hade reglerats, och vargen varit utrotade sedan en tid tillbaka resulterade i att vårt mest igenkännliga vilt erövrade vårt lands skogar åter igen.

Upcoming Events





Erik Lugnet

Apprentice Folkbuilder

elugnet@runestone.org



Tennessee

Jackson County, TN Property Search



I went out last week with a member scouting out properties to buy in the area of Sigrheim. There're always options...even if you want your own land and such. He's looking to move near Sigrheim...what are you doing?

That's one of the things that we're pushing that I find some Folks don't quite understand. We want to build community, but that doesn't mean we *all* have to be on one property, in a single lot, without any land to call our "*own*." Sigrheim isn't a homestead project. It isn't meant to be some self-sustaining commune. Really, in the

end, it's a neighborhood—just one with a lot of forest land and all your closest friends and family living nearby.

I'm in touch with a couple sets of members who have a bit of a different outlook. They want their farms and land, but they also want to be close by the Folk. I can tell you just from our one day out looking at properties...there's a **ton** in the area.

Maybe that sounds like your cuppa tea or maybe you've got something else in mind and want to know if it's possible. If you have questions or just want to chat about things, reach out to me. I'm always available, and this is what I'm here for.

Upcoming Events



Folkbuilder Nicholas Rice

nrice@runestone.org

Frigga's May Moot



This month we held a Mother's Day moot; we honored Frigga in Tennessee at Maggy's home. Maggy opened her home for food, conversation, and entertainment before we held a small rite for Frigga that night. While it was a small gathering, we truly felt her blessings that day. Our long-time friend Jesse was also bringing with his joy and good cheer. It reminded me of the humble beginnings all our families have and the care and energy that our mothers, and their mothers, and so on back to the beginning, have put into all of us. We prayed to Her for fortune in relationships and our future children to have good destinies. After the moot, we said our farewells, eager to meet again.



Folkbuilder Russell Brown

rbrown@runestone.org



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