

The Runestone: Voice of the Asatru Folk Assembly





Þórshof

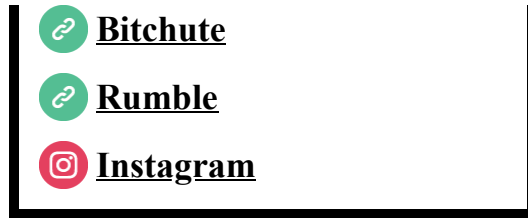
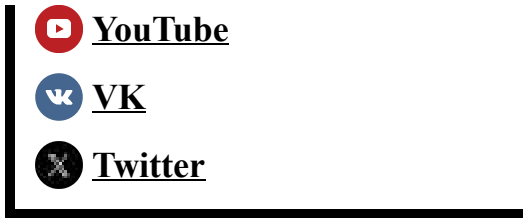
Second Hof of the Asatru Folk Assembly

www.thorshof.com

May 2024

- Runestone.org
- Email the Witan

- [Parler](https://parler.com)
- [Odysee](https://odysee.com)



Donate to the AFA

Words from the Alsherjargothi



May is an exciting time! I hope everyone has had or will have an amazing May Day! We are in the prime of the year, activity and great things are going on all around us. I seem to say this every month but that is because it is so important, get out there and participate!

In today's world, we all spend a lot of time on social media. That is a great tool to maintain connections over distance. Unfortunately, social media tends to amplify anxiety and promote wallowing in the *doom spiral* as well. Life is good, share it with your AFA family. I would like everyone who reads this to make a point of attending a meet-up in your area. Better yet, make the trek to your Hof! Hof attendance and real-world participation is what builds the community that we all need. Participation is essential to Asatru—it is not a theory or a philosophy, it is actively worshiping the Æsir

and engaging with your AFA family.

I am excited! We have some great things coming up this summer, and I look forward to sharing all of it with all of you.

Now is the time to make things happen!

Hail the Æsir!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

The Folk Remember



The Asatru Folk Assembly is saddened by the passing of Nyx Olavi Hostvet Levang of Hartville Ohio. Nyx departed Midgard on April 28, 2024, at the age of 31. She leaves

behind her father Arnold, and her fiancé Joseph Drotos. She is predeceased by her mother Lisa (2023) and her brother Leif (2021). Nyx had a fiery passion for her Folk. She often gave of herself without hesitation to assist our folk in need, even those she didn't know. Ms. Levang grew up in Anchorage, Alaska, earned her Bachelor's in Health Science, and worked as a model.

A service in her honor will be held on May 9, 2024. Please contact Folkbuilder Michael Melillo for details.

The Asatru Folk Assembly sends heartfelt prayers to those who called her a sister, daughter and life partner.

The Folk Remember

Words from our Gothar

Faith in the Dark



Every religion has its fair-weather practitioners, and Asatru is no exception- especially in the Wolf Age.

All of us have seen it: a pious and devout member of the AFA, attending every event

and donating their time or hard-earned money to every cause, suddenly goes through a hard time. Perhaps they lost a parent or a pregnancy, a job or a car, or are simply not feeling that connection to the Folk that they used to take such pride in. They go through any of these tribulations, and slowly drift away from the Folk and, ultimately, away from the Æsir. They often decide to leave the AFA, and they often say it's just "for a little while", but many do not return. They allow their struggles to outweigh their reverence for the Æsir, and so return to the atheistic malaise that is life without Asatru.

This problem is one that must ultimately be confronted by whoever is going through these trials, but the rest of us CAN help get their mind in the right place. We can remind them that their AFA family is here for them no matter what, that the Æsir exist no matter what, and that their ancestors care for them no matter what.



As you read this, think back to your grandparents or even your parents. Many times, when they faced hardship, they kept their faith in a foreign god and a foreign church. They took strength from that community, and the promises of that foreign god. If they can take strength from that, we should all be able to take so much more strength and comfort from OUR Gods and OUR church.

Now, think even farther back, beyond the desert faith's hold over the Folk. Imagine the Norse, or the Saxons, or the Rus, or whichever Aryan tribe your blood comes from. Even in the darkest of winters, in the bloodiest of battles, they kept their troth with the Æsir. It sounds so simple, but believe me when I say that it takes real strength and devotion. Not only did they keep their own loyalty to our Gods, they kept their

kinsmen's loyalty strong, as well. They would not allow their kin-fence to suffer a withered post.

As was the case with our forebears, both Asatru and Christian, we must learn to keep our faith strong in the face of adversity! The Æsir have blessed us so abundantly, and it is only right that we maintain that troth even in the darkest of days.

If you ever find yourself struggling with this, or with anything, email your Gothar at gothar@runestone.org, because we are here for you and your family.



Gothi Trent East
teast@runestone.org

Jera and the Cycle of Ceremonies



Six months ago, we entered our ritual circle to a drumbeat that pulsed like a heartbeat. It was Winter Nights, and there was a chill to the air. The pine trees were stark silhouettes surrounding us. The bonfire was blazing – and Freya and the Disir were

called through the quivering veil. Gifts exchanged and runes taken.

For Hexennacht, those same holy women were on my mind all day. In my morning workshop on “Hex Art & Magic,” we reviewed the Elder Futhark and imagery that is seen, and sometimes “unseen,” in hex art. We know these designs are inspired by our Folk-soul, even when painted by ardent Christians.

Our Ladies’ Chat had the added pleasure of a baby shower hosted by our own Óðinshof group, Daughters of Frigg. Fertility of the season was personified in the gifting to Caitlin’s new arrival, due in late May.

During that time, I spoke on the background of this day of celebration, and our particular role in it. We are not women of the 10th, 14th, or 18th centuries, but of the 21st. As such, our interpretation and expression of this day is “just right” for us.

Contrary to the darkness of Winter Nights, this ritual took place in the glorious late afternoon. The turning of the seasons was evident in the new growth and emergence of spring flowers. Though we would again invoke the blessings of our Lady of the Vanir and our Mothers, this time it was with dynamic energy of the returning sun to further our own goals and needs, to bring forth the fertility of the body, mind, and spirit. Remember in March when felt the change as Ostara opened the window to the bright and healing nature of Springtime?

Leading up to this day, Folkbuilder Olivia Sutherland and I had discussed the need to gather herbs to generate a cleansing smoke during the traditional ritual based on the old English “Nine Herbs Charm.” Olivia came through for us with our own variety of herbs cut fresh from her garden. Foot-long sprigs of rosemary, lavender, thyme and lemon-thyme were placed in a basket and carried to each person during the ritual. With hands cradling the basket, each inhaled deeply the pungent aroma as I asked them to recall a time they had experienced those smells in the distant past.

Then, with a sudden toss, the herbs were thrown into the fire. Crackling and smoking, I invited all to step forward to receive the blessings of that smoke. I stepped within the close circle and made many sweeps around the firepit, pushing the smoke over the assembled folk with my handmade wooden broom. I came away thinking that this was a rite I had for the Folk done long, long ago. It felt so natural.

Remembrances of our Mothers, and offerings to Freya, each person set a personal intention during the ceremony. Freya’s blessings were asperged to the Folk, and holy mead sprinkled over the open box of runes. That would be our “seiðwork” for the day.

She, who exchanged her knowledge of other-world mysteries with Óðinn would surely be able to bless our runes.

May all learn from the runes they drew, and use them in right accordance to their needs. As the yearly cycle continues, the rede of the rune should manifest.



Gythia Sheila McNallen

sheila@runestone.org

The Quest for Freyshof

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

– Gylfaginning



[Freyshof Fund – Asatru Folk Assembly \(runestone.org\)](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 \$90,320 on our remaining loan.
2. We need to raise our monthly donation average by 17.6%.
 - 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!

Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
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Sigrheim: Home of Victory

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
amazon

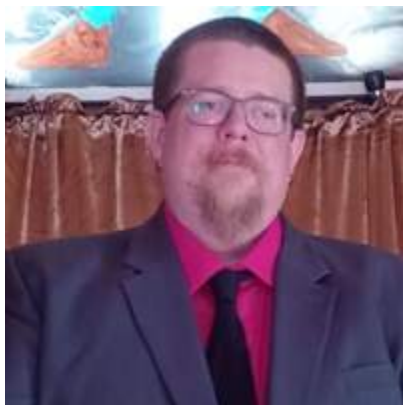
Thank You!

[CLICK HERE](#)

Upcoming Events







Folkbuilder Nicholas Rice
nrice@runestone.org

Victory Never Sleeps



Victory Never Sleeps, a weekly podcast produced by the Asatru Folk Assembly, hosted by Alsherjargothi Matthew Flavel alongside weekly guests. The show doesn't stop until the questions stop rolling in. Come listen and learn about a variety of topics and truths relevant to our modern Asatru Folk.

Aesir. Virtues. Heroes. Doctrine. Beliefs. Cosmology. Runes. Holidays. Literature. Lore.

Help [support](#) the stream and keep the cameras rolling!

Catch us LIVE with new episodes on Wednesdays at 8pm Central / 6pm Pacific on YouTube, Twitter, Entropy, Odyssee, VK, Rumble, and Twitch. Audio versions drop on Spotify, Apple Podcast, iHeartRadio, and Amazon Podcasts on the Friday after the new episodes air.

Check out the full playlist with 100's of hours of previous recordings on our [YouTube](#).



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

AFA Asatru Academy



Check out the Asatru Academy at AsatruAcademy.org



Hello Folks! My name is Amber Cameron, and I'm thrilled to join the staff of the Asatru Folk Assembly's Academy. As a parent of soon to be three children and a devout follower of our Gods, I believe deeply in the intertwined importance of faith and education. A background in child rearing with my own family has given me a passion

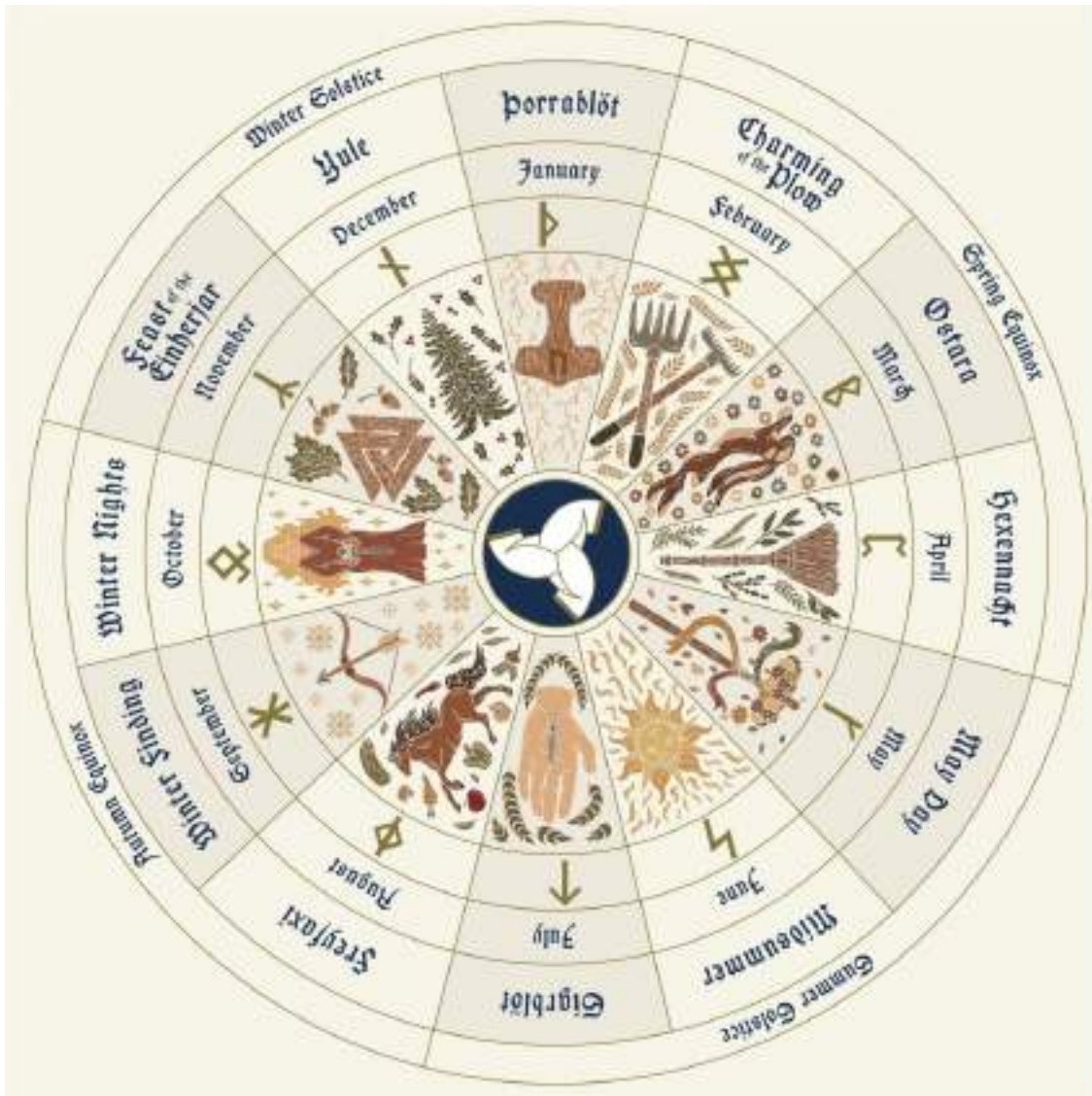
for fostering engaging learning environments that children want to be a part of. With this, I'm excited to contribute to the growth and development of our ever-growing number of students. Our faith as Asatru is not just a belief system, it's a guiding principle in how we approach our life and our learning.

Our Academy's program, based on the principles of Waldorf education, emphasizes a holistic approach to learning that aligns perfectly with our values. I've found thus far, that we are committed to integrating our spiritual Lore into our children's educational journey, fostering a balanced approach that nurtures not only the spirit but the mind and body as well. Together, I look forward to embarking on a journey of exploration, discovery, and academic excellence in partnership with our students and their families.



Amber Cameron
Staff, AFA Asatru Academy
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Remembrance & Holy Days



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

2024

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 20	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 19 (observed on 16th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 10	Day of Remembrance for John Yeowell “Stubba”
April 30 (observed on 20th)	Hexennacht

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

May



Asatru Holidays - May 2024 - Else Christensen | May Day

Day of Remembrance

Else Christensen | May 9th



Originally born in Denmark, Else Christensen (nee Ochsner) was one of the leading figures in the modern Asatru movement. As a young woman, she left her hometown of Esbjerg in favor of Copenhagen. It was during her time in Copenhagen that Else awoke to the ideas of National Socialism in the midst of right-wing and left-wing radical struggles. She met and married Aage Alex Christensen, and together they were members of the Danish Workers Party.

Both she and her husband were imprisoned after the German invasion of Denmark in 1940 for their involvement with elements of the National Workers Party. After their release from prison, Else and her husband emigrated to Canada, via England.

Even from Canada, Else continued to nurture her desire to find a place for her own people. It was during this time, while she was reaching out to far-right activists across North America, that she first discovered Odinism in a pamphlet titled "Call of Our Ancient Nordic Religion," by Alexander Rud Mills. This was the beginning of Else's dedication to the revival of the worship of the Norse Gods. Her understanding of our relationship with the Gods was heavily influenced by the idea that the Gods were encoded in the collective unconscious of the Aryan race.

In 1969, Else Christensen founded the Odinist Fellowship. Until her death in 2005, Else worked tirelessly for her Folk, spreading the word of our faith and our Gods to all who would listen. She founded a prison outreach program that proved to be instrumental to many men. She wrote and published many publications. Her efforts saw her recognized as the Folk-Mother to Asatruar everywhere.



So, what can we learn from this story?

We don't always know where our stories end. We can't always see the ramifications of our thoughts when put into action. Else was just one single woman. She was a woman who believed in unpopular ideas in a time when those ideas were definitively unpopular. Despite being imprisoned for those beliefs, she did not give up.

Our current times are, in many ways, similar to the ones that Else dealt with. They are turbulent and wrought with anger on all sides. We stand at the precipice of a new world, but we have no way of knowing which way the tides will turn. Else didn't turn and run. She stood and faced the future. In doing so, she became one of the most important women in the Asatru movement to date.

When things are hard, when public opinion would have you conform, just remember: your story hasn't reached its end yet, and only you can control the direction the story takes.

Stand strong.

Stand with Else.

Else Christensen is the dedicated hero of Baldrshof. For more information and a deeper dive into the life and acts of our Folkmother, check out Baldrshof.org.



Gythia Catie Erickson
cm.erickson@runestone.org

Holiday

May Day | May 1st (Observed May 18th)



The Maypole (oil on canvas) by Peter Miller

On the heels of Hexennacht, when the cattle were blessed in the smoke of the fire before being sent to their summer fields, we celebrate May Day! Halfway between the spring and summer solstice, May Day is often considered to be the first day of Summer.

Warmer days are becoming normal. The Spring rains that helped to nourish the awakening fields have begun to taper off. The world around us is verdant again.

On May Day, sometimes called Sumermál, big celebrations were held both to celebrate the end of the harder days of winter and to bless themselves and their crops for a fertile and productive year. Men and women leapt over fires together or alone, wishing for fertility in the coming year. The Maypole was raised and around it, people danced and wove their ribbons. Women decorated their windows and doors with flowers and wove them into their hair.

May Day is the coming together of men and women to celebrate life. We use this time to celebrate all the good things that we have, all of the things that we have worked hard for. We have survived the harsh months when stagnation is so easy a thing to fall into. When the celebration is done, the real hard work begins. The plan that was set into motion at Charming of the Plow will now begin the active stage. Those seeds that you planted, or that project that you planned, at Ostara, will now need real tending. May Day marks the beginning. It marks the start of growth.

Where one has the will, all things can happen.

served May 18th)



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Event

Midsummer at Óðinshof | June 21st-23rd



You're invited to Midsummer, Óðinshof's signature event of the year! Please join your Folk from across all the districts as we celebrate and honor our Gods and Goddesses at the very First Hof of the Asatru Folk Assembly. This weekend will be a summer “spiritual retreat” for all our Folk coming from near and far. It will be filled with inspirational rituals, scrumptious and hearty meals, healing music, warm sunshine, laughter, motivating conversations, and fun activities for all ages!

- Camping onsite at Óðinshof is free and includes the use of outdoor hot showers.
 - Additional lodging options in the greater Brownsville area may also be available.
- Guests (non-members) must be approved prior to the event.
 - Please contact any of the Folkbuilders in advance to assist with this process.

Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

If you have any questions, please feel free to reach out to me or to Gythia Sheila McNallen.

See you there!

Register today and take advantage of our Early Bird Special! Get your tickets [HERE!](#)



Folkbuilder Olivia Sutherland

osutherland@runestone.org

Sigrblót at Sigrheim | July 19th-21st



The second Sigrblót at the Home of Victory!

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

This is time we come together to honor both the summer and to make offering to the Æsir in hopes of their blessing for that which we are striving forth to conquer or acquire for us and our Folk! In times now passed, our Folk would be asking for the Æsir's blessings in battles and raids! And we ask now at this time for them to accept what we have to offer that he may lend his strength to see us victorious in our current endeavors!

Blóts! Feasting! Sumbel! An auction with one-of-a-kind items!

Camping is available on-site (bring your own tents and gear), and there are hotels within 20-30 mins of Sigrheim as well. Some AirB&B's in the area too. You are

welcome to come early, stay late, and spend as much time on the land as you'd like. It's open to any of our member Folk!

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

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

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

If you have any questions about the land, area, or event, please reach out to Folkbuilder Nick Rice at nrice@runestone.org.

Get your tickets [HERE!](#)



Folkbuilder Nicholas Rice
nrice@runestone.org

Winter Nights XIII | October 11th-13th



Started in 2012, the Asatru Folk Assembly's Winter Nights festival was hosted at a beloved camp in Pennsylvania for its first decade. Winter Nights has since been hosted in Ohio and in Tennessee and this year Winter Nights XIII will be held from October 11th – 13th, in Cheshire County, New Hampshire!

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

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

Things to know:

- Children 17 and under attend for free!
- Meals are included with all passes.

- You will need to bring your own bedding and it can get COLD at night, so plan accordingly.
- Accommodations are on-site tent camping. Bring your tent!
- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

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

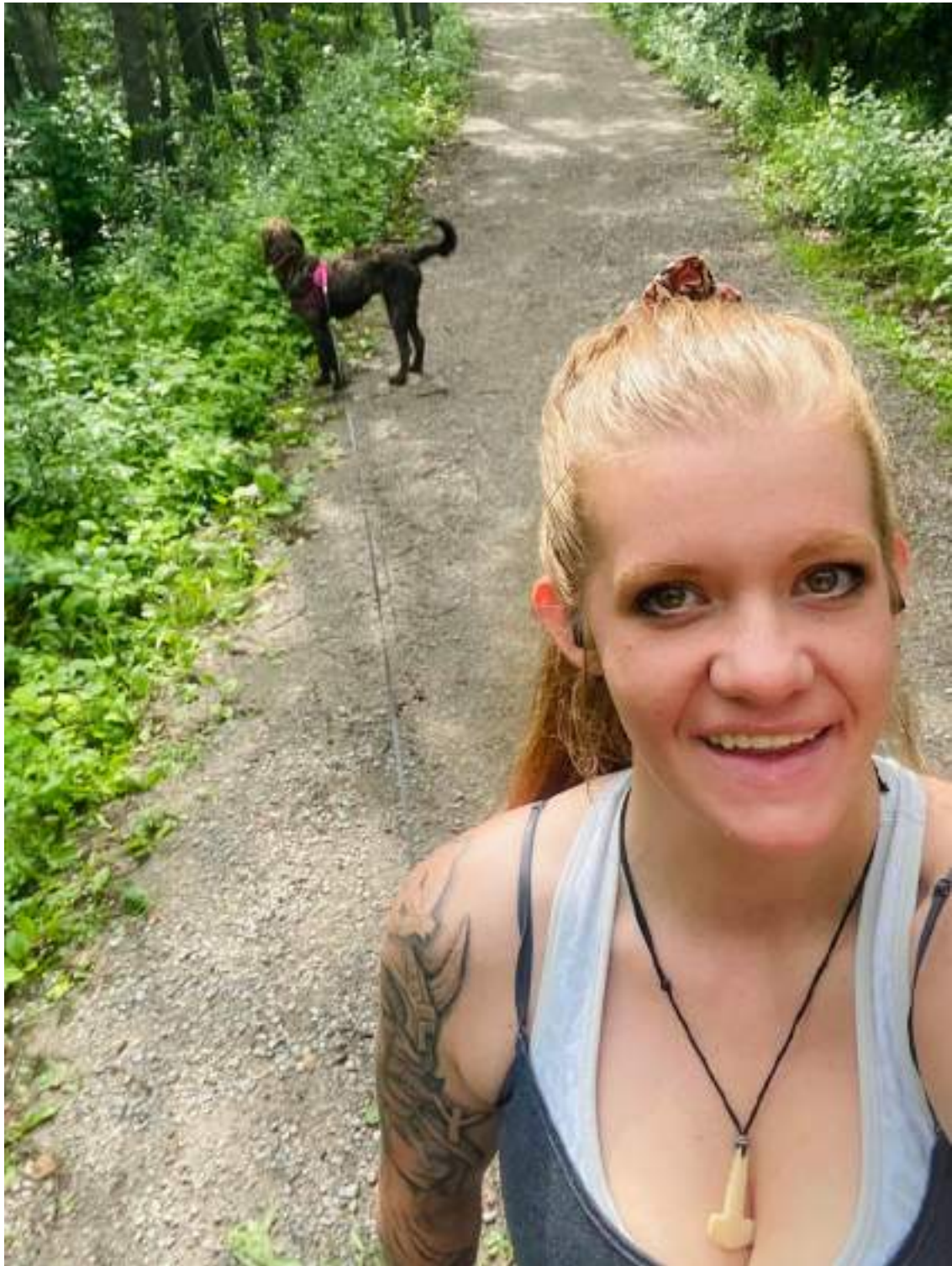
Get your tickets [HERE!](#)



Witan Clifford Erickson
cerickson@runestone.org

Folkbuilder Spotlight

Ashley McStocker | Folkbuilder | Minnesota



Ashley is one of the most driven of our Folkbuilders in the AFA. She is a mother of three, a dedicated partner, and working her way through nursing school. She is as hardworking as they come, continually having the Folk and her family at the forefront of her motivations and works tirelessly in AFA responsibilities. She is the driving force in building community relations at and around Baldrshof in delivering community building with the monthly food pantry, toy and clothing drives, back-to-school supplies, and other relationship building projects in the local community. This is just scratching the surface as to her dedication to the Church and her family.

Folkbuilder Ashley McStocker has become a pillar of Baldrshof District while also working to grow Frith outside the district lines. Her tireless efforts have grown a relationship with our community through the monthly food pantry, school supply drive, obtaining holiday meals for those in need, and with the Yule toy drive. She can be found in the kitchen, with the children, assisting in Blot, or building relationships with members each and every month. She is a vital resource for the AFA and a driving force behind the Victory of Baldrshof. Thank you, Ashley, for your sacrifices, dedication, and hard work that contributes to the Folk every day!

-Witan Brandy Fassett-

Ashley McStocker is one of a sweetest ladies that we have in the AFA. She is an incredibly hardworking, strong, and proud woman. Her work with the Baldrshof Food Pantry, the Virtue Recovery group, and any of our members' needs are First-Class, but they're still out shadowed by her loyal dedication to her wonderful children and fiancé. I've been super proud to work alongside her since I stepped up, and I know she's going to keep doing things long into the future, just the same has she has for these last few years!

-Folkbuilder Nick Rice-



So much of what happens at Baldrshof happens because of the tenacity, motivation and drive of Folkbuilder Ashley McStocker. She organizes the food shelf and does the most important job of finding donors. She organizes the school supply giveaway in the fall and toy drive at Yule time. Ashley is the reason our Hof is such an asset to the community of Murdock, MN. She also goes above and beyond in organizing Hof events from planning and cooking meals to thinking up and implementing children's crafts. In addition to all that she runs a Virtue Recovery Meeting once weekly, throws really fun Moots, and is the sweetest friend. I am so grateful to have Ashley in my life and as my kindred sister. Thank you, Ashley, for all you do!

-Corrie Proudfoot, member-

Ashley is very devoted to helping her Folk. She is also very willing to help with anything you may need help with no district lines to hold her back. She is a hard worker and reliable. She can be counted on. She is never too busy to talk. She is a good friend.

-Folkbuilder Heather Young-



She smiles, and without a word, you know that you have a friend and ally. Her demeanor is one of optimism, of handling whatever comes in the most noble and gracious way. She has the energy of youth and the understanding of an elder. Compared to those who are more intense, Ashley brings balance and heart to AFA leadership... both are qualities that are always needed. Steve and I have felt Ashley's warmth since the moment we met her.

-Gythia Sheila McNallen-

I have had the distinct privilege of working with Ashley McStocker over the last few years, whether she is training new Folkbuilders in our district or helping find food donors for our food charities. She is always helpful because she wants to help, not because she feels like she has to. She attacks tasks with unmatched enthusiasm and high energy, and she is a real team player. Ashley is among the very best of our Folkbuilders and she is a pleasure to work with.

-Witan Daniel Young-



It's hard to hail Ashley McStocker because there are so many things she does, and I don't know where to begin.... She is the most caring and sincere mother, a funny and reliable sister, devoted Folkbuilder & beacon for our Folk, and one hell of a friend!

Seeing her in action is a work of art, and she has a genuine heart of gold! Her compassion shows through her deeds and devotion to her family, our Folk, and the Baldrshof community. The bonds she has built with businesses and individuals through the food shelf, school drive, and countless other avenues is beyond belief and priceless. The reminders and tech help are always appreciated too. She finds the time to help me through my phone/laptop smashing mode, and never complains...

From her “dunzo bernardos,” to her awesome crafts and egg bakes, we are all lucky to have her in our corner, working hard for us!

Hail Ashley McStocker, McRockstar, McMurdock, soon to be Erlandson!!!!
-Folkbuilder Jesse Shaffer-

Folkbuilder Ashley McStocker is so much more than a Folkbuilder for her Church. She is someone no one can question that her heart lays with the Folk, her Family, and her Gods. She makes those around her better and does so selflessly. If you don't know Ashley, get to know her, she'd be happy to know you.

Hail Folkbuilder Ashley McStocker!



Gothi Nathan Erlandson
nerlandson@runestone.org

Be a Doer



We need you to volunteer for the AFA!

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

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

Baby Blanket Project

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

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



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

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

Folk Services

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

That's when our folks Services Program comes in. We give one-time monetary grants to



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

month, imagine the possibilities!

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

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

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

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

We have found an amazing resource for our U.S. members to make legally binding wills in minutes online for **free**. This site also has resources to make Advanced

Medical Directives and Powers of Attorney. It takes only **minutes** at <https://www.doyourownwill.com/>.

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org

AFA Prison Ministry



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

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

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

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

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



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

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

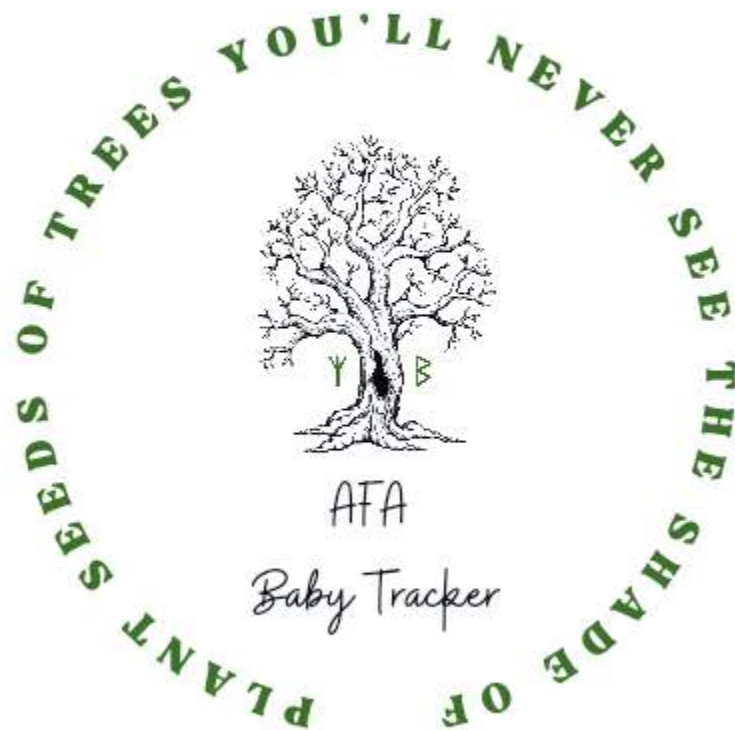
cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

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

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 2024: 9

Online Events and Meetings



VIRTUE RECOVERY MEETING

THURSDAY 7PM CST
(5PM PST, 8PM EST)

SATURDAY 9AM CST
(7AM PST, 10AM EST)

Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12 step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining to the divine will or requesting the removal of any shortcomings. So, we run what we are calling the Virtue Recovery Meeting. Since we are an international organization, the best way for us to do this is via Zoom (<http://tinyurl.com/virtuerecoverymeeting>). We hold our meetings every Thursday at 7pm Central and every Saturday at 9am Central. Join us!! Feel free to reach out to

Folkbuilder Ashley McStocker with any and all questions!

AMcStocker@Runestone.org





AFA Reading Challenge Meetings



1/9/24	Link will be posted on MeWe the weekend before the meeting	7/9/24
2/13/24		8/13/24
3/12/24		9/10/24
4/9/24		10/8/24
5/14/24		11/12/24
6/11/24		12/10/24

**CONTACT FOLKBUILDER ALI CLAUSEN FOR DETAILS
ACLAUSEN@RUNESTONE.ORG OR ON MEWE**

These meetings are family friendly so please, no politics or overly mature topics

Ladies Book Study

Revolt Against the Modern World

by Julius Evola

Dates:

7 pm CST

April 11th

April 25th

May 2nd

May 9th

May 30th

June 6th

June 20th



For more information contact

Witan Brandy Fassett

Folkbuilder Sara Ault





Our Ladies' Rune Study is just getting started! We meet on Teams every other Saturday at 1pm Eastern. Contact me with any questions you might have. — aplourde@runestone.org.

I hope to see you there!

**Lore Study with
Gothi Jason Plourde**
Join us every Monday night

at

8:00 pm EST

7:00 pm CST

6:00 pm MST

5:00 pm PST

4:00 pm AKST

**Each study begins with trivia questions
from VNS and the previous week's
reading. A winner is announced monthly.**

**The link can be found in the AFA
Spiritual Excellence Group on Mewe.**

**For more information
reach out to Gothi Plourde
jplourde@runestone.org**



**AFA Eldri Meetings
for May**

*A place for members aged 50 and
older to share memories, ideas,
experiences, and the joys of life ~*

Tuesdays 5/7 & 5/21
5:30 PT, 6:30 MT, 7:30 CT, 8:30 ET

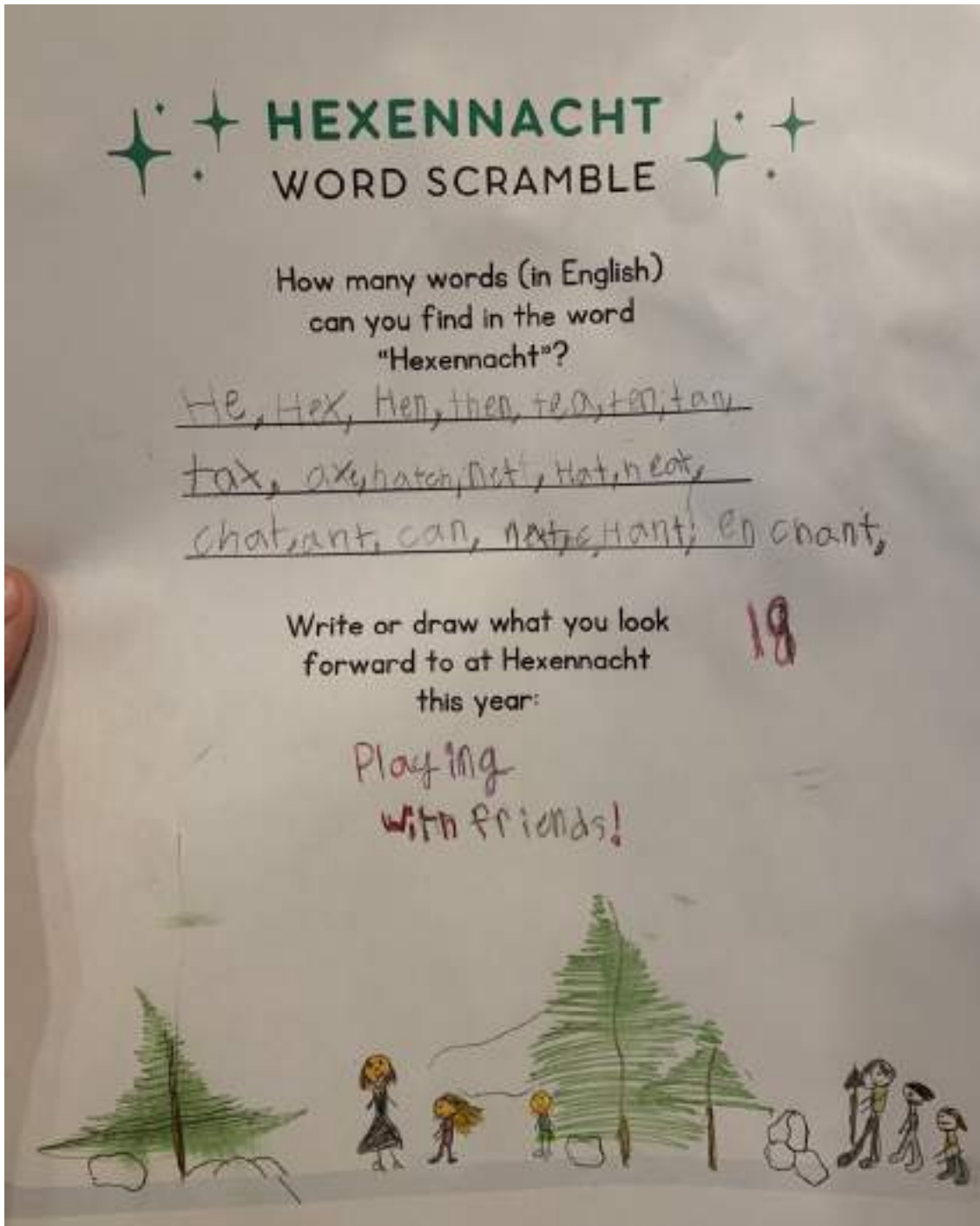
Fridays 5/10 & 5/24
2:00 PT, 3:00 MT, 4:00 CT, 5:00 ET

Use our regular link:
<https://tinyurl.com/yc289cn8>

Hosted by Gythia McNallen

Just for Fun

Last month, I invited our members to see how many unique words they could find in the word "Hexennacht." **Hope White** from Baldrshof District found the most--with a total of 28 words!



As for our youth, **Madilene** from Óðinshof District found 19 words!



Additionally, some Folk submitted their words and drawings about what they were looking forward to at Hexennacht. These are really great--thank you all for contributing!



This month, I invite everyone to participate in a May Day Word Search! Who will be the first member from each Hof district to find all nine words and send proof to press@runestone.org?



May Day Word Hunt

When you've found all the words, please submit to press@runestone.org

L N C
 F A B X O D Z H X
 C I U B K H S X F R S Q G
 K O X L U H G O A E J A J W X L G
 O O D N K E C F Y E R L R N B C U Q U
 J A W O G R T L Z W Y V P O R C G A S E A
 Q M O U M S Z D N G Z D O A K H L G I N B
 P G Y K F Y C B D E Q W Q U N Z V T I F L J W
 U A M N M M E Q Z A F H Y T I L I T R E F L N
 I M M L O X A I D L N N N S X Q V B P S L J Q T M
 Q W U V Z F R E Y R U W C L Y N I C S I G U V P L
 C G Z X K P Y L Q P A U G I O Z J I Z X D H S D J
 W M P U L X B Y C N V F B M U N D N O I H S C F E Z I
 C P M H Q S E K O A A Q E W O O G B N V V U D X B H U
 G K E A W Y Y I S R M I A M Z S E M I V G P I G R W T
 J A H K D Y R O Z B B R R L Q C Y U X C L X E B R
 C Z S S O Z L H V A O V I N V D K J N F S D M N W
 Y X H S A F H I J G O F S A X G X U F P F V P L S
 V T C U R F O H P B J N H V I E P S U J U T T
 O X P O I H F B T S G O T J G U W E G T M Z I
 Z L D Z K T E X C G B B R T Y B M J A T Q
 G I P A T A J Q X C B J W A L Y O V C F E
 P B S J M V E T O I V U B W V H Z B P
 X R A O W E D E R A K S P F U O O
 J N L T L W V I X B P L U
 I P N J A Z Z T Y
 N Q H

BLESSINGS
FERTILITY
HARPA

DANCING
FLORA
MAY

FAUNA
FREYR
RIBBONS

And here's a May Day coloring page! :)d proof to press@runestone.org?



[Coloringpaperonly.com](https://www.coloringpaperonly.com)

Have a Marvelous May!



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Genealogy and Kinship Charts



Come on, AFA family!

1) The AFA Genealogy MeWe group has added "chat". We can now share tips, discoveries, resources and all the goodies of family tree research.

2) Create a Gedmatch.com account to obtain a "kit number" to find your DNA matches with other AFA members.

Send your Gematch Kit # to
Sheila@runestone.org

for inclusion on our next AFA KINSHIP CHART

See how closely you're related to other AFA members. 72 people so far, and counting!

Calling All Folk Photographers

Took some awesome pics at a moot or event? Were you at the Hof recently?



We'd love to see 'em. Send to Photos@Runestone.org



Folkbuilder Nicholas Rice

nrice@runestone.org

Store Spotlight

GO TO [HTTPS://WWW.RUNESTONE.ORG/STORE/](https://www.runestone.org/store/) OR [CLICK HERE](#)



Þórshof

Food Pantry at Þórshof



Þórshof district had another incredibly successful food pantry for the month of April! We are again just so grateful that we have become a staple of the area and have gained

the love and trust of the Linden.

Through the generosity of our Folk, month after month, rain or shine, the industrious workers of Þórshof are out there only to help the community and make sure everyone has some good meals and full bellies. All in all, 20 families were fed, and we're thrilled to be back out there next month to do it again!



Folkbuilder Nicholas Rice

nrice@runestone.org

Hexennacht at Þórshof



Our first monthly event since Ostara was a good one. After hosting over 100 for our national event, we had a well attended Hexennacht.

It began as our events usually do, with our monthly Food Pantry in which we served 20 families.



We began the event officially at 1 o'clock as guests started to arrive.

As the event kicked off, Folkbuilder Heather Young gathered the ladies to discuss the esoteric arts.

The fellas fellowshipped in the Hall, keeping up with kids, and had discussions about growing the faith of Asatru in eastern NC.



We gathered for Blot to Freya, which was performed by yours truly, Witan Young, in tandem with Heather, our apprentice Gythia. The Folk, blessed by smoke from an herbal charm, gathered for dinner in the hall.

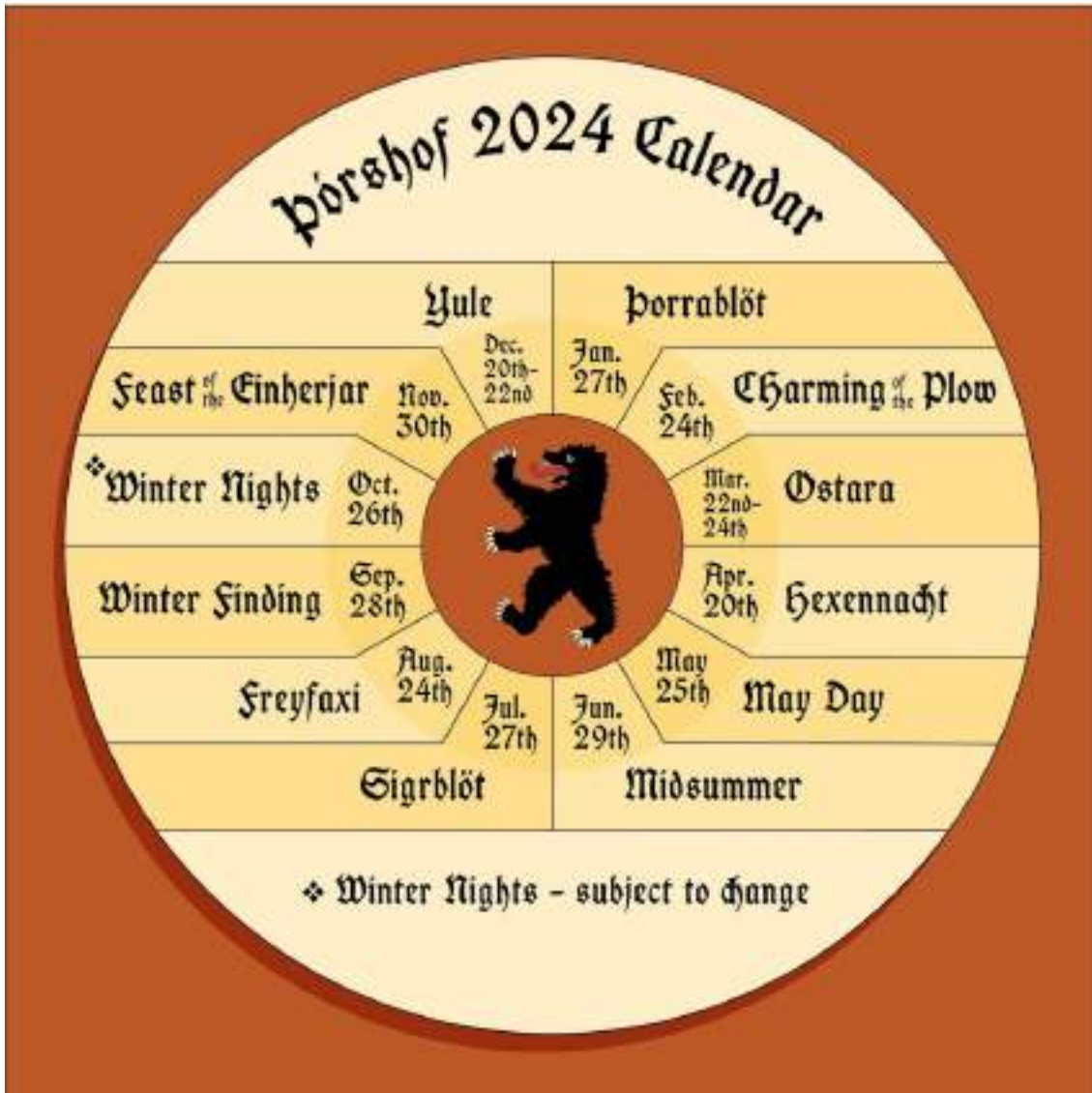
Heather and I were hosted for a few drinks afterward at a cool craft beer pub by the Bains and another local family. We enjoyed a few beverages and shared some laughs with our good friends and had a very nice time. Thanks to Matt and Nadine for being gracious hosts!

Come out and see us at May Day, hosted at Þorshof on May 25th! It has become a personal favorite of mine and Heather's, being so close to our wedding anniversary, and we've had some amazing experiences over the years during the holiday. Please contact your local Folkbuilder for details.



Witan Daniel Young
dyoung@runestone.org

Upcoming Events at Þorshof





**MAY DAY
AT
ÞÓRSHOF**

MAY 25TH

FOOD PANTRY 11AM

EVENT 1PM

POTLUCK DINNER

Support Þórshof



The District Poetry Corner

Set the Thread to Weave



In twilight's dance, where shadows wane,
 Hexennacht's veil begins to fade,
 May Day emerges, a vibrant flame,
 Amidst the whispers of spirits unchained.

On this liminal threshold, we stand,
 Betwixt the worlds, in ancient lands,
 Where Aryan hearts beat in time,
 To rhythms of nature's grand design.

Beneath the boughs of Yggdrasil's might,
We gather, under the Northern light,
To honor Ancestors, wise and old,
Their tales woven in Runes of gold.

As the wheel of seasons turns anew,
We raise our voices, strong and true,
In celebration of life's enduring sway,
On this sacred, hallowed May Day.

With offerings made to Gods above,
We embrace the blessings of earth and love,
In the circle's bound, we find our place,
Bound by honour, kinship, and grace.

Through meadows blooming, fields arrayed,
We weave the threads of Wyrð's own braid,
In each blossom, a promise anew,
Of growth, of hope, of dreams pursued.

Twisting fates 'round the pole,
Take the past, working what we sowed,
We wrap and bind ourselves,
To weave tomorrow for all else.

So let us revel in this sacred hour,
In the timeless dance of nature's power,
For on this May Day, we stand tall and free,
In reverence to our ancestry.



Folkbuilder Nicholas Rice
nrice@runestone.org

En sommarförtrollning / A summerspell



Gör nu plats åt livets under
Vår värld nu skiftar med väldigt dunder

Brännässla, tistel och vacker ros
Eran närvaro, den ger mig ro

Var hälsad fjäril och glada barn
Ni skänker lycka till denna far

Den far som vandrar i skog och mark
Han som hos träden finner sin hamn

Åh älskade liv, sång, skratt och seger
Det är för detta som fadern lever

Men fadern vet att den snart tar slut
Därför, så ska han njuta, av vareviga minut

English:

Make way for the wonder of life
Our world now shifts with great thunder

Nettle, thistle and beautiful rose
Your presence gives me peace

Be greeted butterfly and happy children
You bring joy to this father

The father that wanders through forest and land
He who finds harbor amongst the trees

Oh beloved life, song, laughter and victory
It is for these things the father lives

But the father knows that it will soon end
That is why he will savor every last minute



Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org

Indiana

Viking Fest



Viking Fest was a hit! The festival itself was small, but it made for a more relaxed atmosphere. Plenty of mead and carnival food to boot with combat LARPing and Axe throwing contests! I can say I lost the axe throwing but won the LARP with a battle axe of Styrofoam fury!



Pictus performed on stage and we attempted to form a mosh pit..... Unfortunately the LARPer's didn't have the brass to join us, but at least we got the crowd dancing on there own!

10/10 would do it again!



Jacob Rutledge

Apprentice Folkbuilder
jrutledge@runestone.org

Weddings, Winds, and Womanly Wiles



This April the Folk of Indiana had ample reason to celebrate. As one would expect, we celebrated Hexennacht. We shared food, stories and Blót; we burned cleansing herbs and played music in celebration of the seasons, the gods and one another.



As (appropriately) magical as our celebration was, Hexennacht comes every year. But this month we were fortunate to join our kinsman in a celebration that takes place (hopefully) only once; his marriage to his lovely fiancé.



I am going to assume that it is said in our lore somewhere that “the mark of any good outdoor wedding is that everything has to be rebuilt at least twice” and thus, in proper Asatru form, the wind provided us with a number of fun party-games to engage in.



Here you can see the officiant Witan Erickson rebuilding the core structure of the tent canopy while the rest of us clung to the tent legs lest we be pulled off toward Oz.



Despite its mischievous nature, the wind was refreshing to the guest on a beautiful day and ultimately made up for its earlier behavior by carrying the joyous news of the gender reveal of the happy couple's pregnancy.



Though the month of Indiana-April was a largely feminine one, with Hexennacht, Freyja-blóts, weddings and daughter announcements, we men were pacified with gifts of skewered meats; we're reasonable creatures, and it was enough.

Upcoming Events





Folkbuilder Jonathan Rock
jrock@runestone.org

Michigan

Greetings Michigan Folk



I appreciate the warm welcome home from all my Folk!

I am proud to be a part of the Asatru Folk Assembly and to have recently been accepted into the Apprentice Folkbuilder program.

I have spent years speaking to my ancestors through prayer and ceremony which has led to now. I am also a Sons of Confederate Veterans member and celebrate their service and sacrifice.

I live every day to grow stronger and wiser, whether in the gym or in study, in the hopes of making my ancestors proud.

My greatest aspirations are towards using the blessings of my ancestors to help lift my people up from where they have been pushed to.

Upcoming Events



MAY 19th -SMOKED MOOTS- JUNE 16th
JOIN US IN MIDLAND MICHIGAN FOR FOOD FRITH AND FUN.
MY WIFE AND I ARE SERVING SMOKED MEATS, SIDES AND A BIT OF
HOMEMADE MEAD IN A LARGE, SAFE SPACE-ALL IS FREE OF CHARGE.
CITY FOREST IS NEARBY WITH HIKING TRAILS AND FIRE RINGS WEATHER
PERMITTING. IF NOT WE HAVE PLENTY OF THINGS TO DO AT THE SHOP.
FOLK OF ALL AGES ARE WELCOME!
EMAIL EHARRELL@RUNESTONE.ORG FOR INFO.



Edward Harrell II
Apprentice Folkbuilder
eharrell@runestone.org

New Hampshire

How-To with Angela: Tallow & Lard Edition



Are you interested in using more of your food source animal? In increasing your self-sufficiency and lessening the reliance on a broken system? In using more natural products?

Let me get you started with a pretty simple but very fulfilling process: rendering tallow or lard for your own use! Tallow and lard go through the same process to go from animal fat to useful end product, called "rendering." The process I'm going to detail in this article is called "wet rendering," simply meaning water is used, rather than just melting and re-melting the fat. While the process is the same to get tallow or lard, the source animal is what makes the difference here. Tallow comes from the fat of ruminants or herbivores, like cattle, deer, moose, and sheep. Lard comes from carnivores and omnivores, like pigs! Many grocery stores and butchers sell the fat from the animals they process, and you can usually find it from a local producer as well. That sometimes has the added bonus of the animal being 100% grass-fed and raised without antibiotics or hormones. Grocery stores and larger butchers don't always have that guarantee. If you or a loved one are hunters, you can also process the fat from the animals you've harvested yourselves!

Tallow and lard are both very useful products. I don't personally have experience making lard, as I do not consume pork products due to a dietary sensitivity; given that, I will be going much more into the details on tallow production and use than I will into lard. That said, tallow can be used in cooking. It has a high smoke point, so it's great for frying, and it can be melted down and used in place of seed oils in baking. It's a

wonderful conditioner for your cast iron products, and it's great for using to grease a cake tin; you can even use it to grease a stuck zipper! After a few rounds of rendering, you can make candles, soap, or skincare products.

This article was originally posted in pieces in the AFA Ladies Chat as I worked my way through the process. It has been altered slightly for a better flow.

Please let me know if you have any questions!

Ingredients & Equipment:

- Raw beef/herbivore suet/fat (this will make tallow) OR raw pork fat (this will make lard)
- Good quality salt (I use Redmond Real Salt)
- Water
- Crock-Pot OR heavy bottom pot on the stove
- Sharp knife
- Cutting board
- Metal mesh strainer
- Cheesecloth
- Heatproof bowl with cover (I use a stainless steel mixing bowl)
- Glass jar(s) with lid(s)
- Optional but very nice to have: stand mixer with meat grinder attachment
- Liquid measuring cup
- Solid measuring spoon
- Thick towel and/or wooden cutting board

Start with your raw suet/fat. I happen to get mine from a local beef producer whose cattle are 100% grass fed and antibiotic free. If you don't have access to that, your local grocery's butcher should be able to sell you suet. If you're a hunter, you can use the fat trimmings from your harvested animal. Remember, tallow comes from herbivores, and lard comes from carnivores/omnivores.



Here you can see my Crock-Pot and meat grinder attachment on my KitchenAid mixer. If you do not have a meat grinder, you must chop up the suet into very small pieces. The more surface area you create, the faster and cleaner your tallow will render. Please use a very sharp knife for this process, but be careful because the fat will make your hands & tools slippery.



You'll want to get a rough chop on the frozen suet before it goes into the grinder. See the red? That's muscle fiber that will come out of the suet/fat- this is why we put this through the rendering process.



Once the suet is all chopped or ground up, put it all in the Crock-Pot with roughly 2TBS of salt. You can use whatever you have on hand, but you're going to need a fair amount since the suet will go through three to six rounds of rendering and you'll need the same amount of salt for each round. The salt will cling to and drag down any impurities in the suet- your muscle fibers, connective tissues, etc- and get the suet nice and clean.



Next you add 2-4 C water. You measure with your heart on this one but use at least two cups. Depends on the size of your Crock-Pot and the amount of suet you're chucking into it.



After that, set your Crock-Pot to low and let it turn the solid fat into liquid gold. If you're using a pot on the stove, turn the heat to med-low and cover.

After you've achieved total liquid state, pour the liquid through cheesecloth and a mesh strainer into a heat-proof bowl (I use a stainless steel mixing bowl with a cover). This is as liquid as the first render is going to get. All the remaining solid matter is connective tissue and muscle fibers. This gets strained out.



Put that bowl into the fridge and after a night in the fridge, you'll have a disc of solid tallow/lard in the bowl! I typically put a trivet or potholder on the fridge shelf first, because my fridge has glass shelves and I don't want it breaking when I put the hot bowl on it.



Next step is to remove the disc from the bowl. Sometimes you can do this by pushing down on one side so the other side comes up. When I was writing this, I had to cut mine in half. Again, please be careful around sharp and slippery knives.



When you get the disc out of the bowl, you'll find schmutz on the water side of the disc - that's the impurities and salt. Scrape all that stuff off & dispose of it, and pour the water down the sink. I'll usually pour it back through the strainer to catch any little bits of tallow that got left behind.





Then you'll break up the disc and put it back in your clean Crock-Pot with 2TBS salt and however much water you used the first round.

You'll repeat this process two to five more times. The more rounds you do, the cleaner your tallow will get. If you're only aiming to cook stuff you don't mind picking up a slight flavor, or if you're using it to season your cast iron, do two rounds. If you're aiming for cosmetic/candle grade- very white and odorless- then do it a whole bunch of times.



When you've reached the grade of tallow you want, take the last round's disc, dry it off, and melt it down all by itself. No salt, no water. This time, do not cover the Crock-Pot/pot, so any remaining water will evaporate out.

When it's back to liquid, it's time to preheat your containers. I use glass jars and recommend them over plastic. I put my glass jars in a 220°f oven for 30min, which not only preheats but sterilizes the vessels. You preheat to avoid temp shocking the glass; if you pour hot liquid tallow into cold or room-temp glass, you run the risk of breaking the glass.

Pour your liquid tallow/lard into PREHEATED containers. The containers should be on a wooden cutting board or a thick towel on the counter to avoid damage to the counter or temp shock.

Leave your jars out and the tallow/lard should be solid within 24hrs, unless you leave it somewhere really warm.



For this batch, I did five rounds of rendering. This is candle/cosmetics grade now, but it will still work perfectly for cooking or seasoning cast iron.

Rendered tallow is shelf stable but you can also keep it in the fridge. I've heard the shelf

stability is 6mos but I've had an experiment jar on a shelf for over a year now and it hasn't done anything weird. I keep the jar I use for cooking & cast iron right next to the stovetop and it hasn't melted or gone rancid on me yet.

If you're going to whip the tallow and use it for cosmetics, do the last melting (no salt, no water) and pour it into a mixing bowl. Allow the tallow to come to within like 75% of being solid, then whip it with your mixer. This takes a while, and I love my stand mixer for it. You should touch test it occasionally until it's the consistency you want. I like it to feel almost like actual butter, just more fluffy.

If you're adding shea butter, add it to the disc of tallow for the final melt and let it all homogenize. The body butter I do calls for honey, castor oil, aloe vera (I have a plant so I used that), and optional essential oil for scent (I used peppermint). Add all that stuff at whipping time because the aloe isn't stable at high temps.

Just be aware that this is a messy process. Your hands will get slippery so please please please be careful with your knives!!

The cleanup after the initial process sucks, I'll admit that. Try to get as little of the fat as possible down the drain; plumbing doesn't like it. If you do, do the baking soda and vinegar trick, followed by dish soap and boiling water.

— Angela Gurrisi, member

Boston Moot/Hexennacht



On the 20th of April, the ancient city of Boston was the location for a gathering of New England Asatru Folk Assembly members. Cape Cod, Boston and New Hampshiremen and women showed to make new friends and share Frith. We met at the statue of an infamous viking and while we did not give honours to him, the aesthetics of the century old monument made it a hard place to resist meeting at.

We all, as Folk arrived, clasped hands, exchanged greetings and shook off any sense of 'new' between us as some of us shared long histories in the same circles and knew many

of the same people. We traded 'remember when stories' but tried not to get hung up about the old days but instead spoke of our current happenings and the glory of the AFA and our personal dreams of our places within it.



Soon though, a picnic of cold cuts, breads, strawberries and brownies were laid out on a blanket and Folkbuilder Sagert said the blessing over the food. We ate and laughed. There is always laughter.

After the meal, the ladies did their magic over the horn. We then stood shoulder to shoulder on the green grass under the almost leafed out trees of the park in the city of Boston and raised a horn of cider to the Great Goddess Freya and Hexennacht. When the heart, hand, and horn was completed and final words said, we poured the contents of that horn into the earth.

Hands clasped, arms encased each other, farewells and 'until next time' were gladly passed around. The Folk of the AFA are truly wonderful.

NH Hexennacht



Fast on the heels of Boston Moot\Hexennacht came New Hampshire Hexennacht for New England. It was held here on a bright day that threatened to be almost too warm but instead it stayed mild. We had regular AFA members, a returning family to the AFA, and a prospective member join together to hail Freya and Hexennacht. Children played with the dogs, investigated the chickens, and ran their little legs off. Us adults enjoyed Frith and shared in each other's company exchanging stories of each other's lives and some good discussions on the Gods and our Folk. As is usual, there was laughter. Always laughter.

Soon enough it was time to Blot and the ladies went ahead to prepare the altar in the grove under the eyes of the God Posts. When they had completed the tasks they gave themselves, I lit the torch and sang a song as we processed into the Grove . I stopped shy of the lit wood fire and the ladies led the way to encircle the fire as the men then encircled them. A double ring round the fire. It was then that the ladies of the AFA made their magic over the horn of mead and blessed it. Once done, Folkbuilder Sagert led the rite of honour to Freya and to Hexennacht. Round the horn went for hand, heart, and horn which was followed by the blessing of herbs and mead from the small cauldron. This was then used to mark foreheads with the Ing rune. The fire drank the contents of the horn as it was poured out and the rite ended with loud hails to the Aesir and the Asatru Folk Assembly being hollered.



The feast of your typical BBQ was then blessed by FB Sagert and it was served. We ate and talked and laughed. Somewhere in there, the ladies went aside to Lily's flower garden, made fire in a large cauldron and did something I am not privy to. Sometimes, the ladies, as well as us men, have to do their own thing.

We missed some friends who could not come, but we did not let that dampen our joy at having Blot. Before we knew it, Sunna began riding towards the west, and people

needed to find their way home. It was another successful Blot of the Shirefolk, and brought honour on each of us, the AFA, and to Asgard.



Ronald Boardman
Apprentice Folkbuilder
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April in the Shire



The Shirefolk traveled down to Boston on the 20th to unite with some of our Mass folk. It was so nice to meet some great people for the first time as well as see some people we hadn't seen in some time. We admired the architecture and statues around us. We shared lunch together in a beautiful park as my daughter was busy chasing all

of the birds. It was very exciting to see everyone! Looking forward to seeing Mass grow in the future!



A week later we gathered for what we thought would be a small short notice gathering for Hexennacht in New Hampshire. To all of our surprise the event welcomed many more folk than anticipated!



We had an amazing ritual together, celebrating the magic of our womenfolk as well as our great lady Freya.



It was amazing to have returning members with us to share in this exchange of gifts!
Hail Freya!

After ritual we enjoyed a delicious supper together. Thank you so much to the Boardman's for again, being the most gracious and hospitable hosts. We always have a great time and truly appreciate all of your hard work and sharing of your home.

Excited to see you all again in May!

Upcoming Events



Please join us for May day in NH!



Please join us in July at the seacoast!



Folkbuilder Tyler Sagert

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North Carolina

Forward Facing Asatru



Forward facing Asatru is the only way that we will be able to bring our church forward into the following decades and centuries. For some time now, Asatru and heathenry, as a whole, has been at a point where a choice has to be made: stagnation and death, or evolution and growth. Stagnation is the path of backward-facing Asatru; focusing too much on a distant past and on practices or ways of thinking that we just can't leave behind has caused many practitioners either to retard their growth or to fall away completely. Stagnation is death.

The second path, that of evolution and growth, we call forward-facing Asatru. Asatru isn't just the religion of the vikings; it is the blood-inherited divine connection between our Gods and our Folk, passed down for thousands of generations. Asatru today is just as different from the viking age as the viking age was to the bronze age. Our people have always been creators, innovators, pioneers, and explorers. Why would they stop at changing the world around them and not change their religious practices when the need arose? Why is it that so many are caught up trying to mimic the way things were done a thousand years ago? We are modern people, living in a modern world, practicing our modern religion, connecting to our living Gods and honoring our ancestors. Our spiritual practices should reflect this. It's all too simple to achieve this.

One of the simplest ways that we can demonstrate our practicing forward-facing Asatru is by our dress. Aryans have always dressed their best for religious services, whether

they be practicing Asatru or one of the various flavours of Christianity. In the western world of the 21st century, dressing your best looks like a 3-piece suit for men, and a tastefully cut dress for our ladies. There is no need for shoulder pelts, chain mail, linen tunics or wizard robes. Laugh, sure, but I've seen it. Wearing these things makes it to where people don't take you seriously, and when they don't take you seriously, they don't take our religion seriously. People are much more at-ease with someone dressed in a smart suit than they are an individual dressed for a renaissance faire. Remember, when people see the Mjolnir around your neck, they associate you with us, so act accordingly.

Other ways that we can practice forward-facing Asatru are by modifying and elevating our speech. Asatru has been abused by some pretty rough characters in the past, who used our faith as an excuse to get together with other rough men and binge drink, mistreat women, bully their "lessers," and proclaim how hard they weren't going to kneel before our Gods. Elevating our speech, modifying our behavior to act like actual Aryans, dressing nicely, and respecting our Gods and our women, will go a long way toward distancing ourselves from this sour reputation and propel our faith forward. On the other side of the coin, there are weak, effeminate, bearded boys that like to play dress-up and use phrases from the middle ages, call every man "brother" and every female "m'lady" and say "Skol!" every five minutes. This is not the way either; your costume isn't cool, I'm not your brother, and calling her "m'lady" is a way to guarantee to not get a lady. We have to find the cozy spot in the middle of these two extremes, and slowly eradicate the fringe by our shining example of noble and pious behaviour.

Forward-facing Asatru is the future, that much is clear. We must continue to evolve and grow to meet the demands of our Folk and future generations. As more children are raised in the AFA, they will fill the ranks of our leadership and we will see Asatru change again, and again when their children are at the helm. As long as we maintain our piety and devotion, with our hearts and our minds focused on our Gods and our Folk, these changes will be good, because they are done for the benefit of our Gods, our Folk, and our Church.

Upcoming Events



May Day

May 11th, Jonesborough, TN

Come join us once again in beautiful Jonesborough, TN for May Day! Celebrate the coming of summer with your southern Appalachian folk and dance the May Pole. There will be good food, games, rituals, bonfire, and more! Bring a chair for the fire and a dish to share with the Folk and let's have a great time building bonds with each other.



Midsummer

June 1st, Western NC

Join us in western North Carolina for Midsummer! We'll spend the day down by the

river, with a picnic lunch and riverside ritual. Bring towels, lunch, bathing suit and camp chairs and let's spend the day in Sunna's warm embrace.



Folkbuilder Tyler Bethea
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Sleep Like a Healthy Person



Sleep is far more than just a time for our bodies to rest; it's a cornerstone of our well-being, essential for both mental sharpness and physical health.

When we talk about the importance of sleep, it's not just about feeling refreshed in the morning. Adequate sleep is crucial for our cognitive functions. It's what helps us remember important details, solve problems efficiently, and learn new things

effectively. While we sleep, our brains are hard at work, processing the wealth of information we encounter throughout the day. Also, getting enough sleep is vital for our emotional well-being.

The beauty of improving your sleep is that it's a simple tweak that yields profound results, requiring no fancy equipment or complex strategies. By implementing some straightforward changes, you can significantly enhance the quality of your sleep. Setting a consistent sleep schedule, creating a relaxing bedtime routine, and optimizing your sleep environment are small adjustments that can make a world of difference.

The benefits of sleep extend far beyond mental clarity and emotional stability. It's a critical player in our physical health as well. While we sleep, our bodies undergo processes of repair and rejuvenation. Sleep supports our immune system, helping to ward off illnesses and infections. It's during these nighttime hours that our bodies produce hormones responsible for regulating growth, metabolism, and appetite, contributing to weight management and overall metabolic health. It doesn't make sense for us to spend all that time in the gym but not get everything we can out of it. Additionally, quality sleep is a boon for our heart health, helping to regulate blood pressure and reduce the risk of cardiovascular disease.

The impact of sleep ripples through every aspect of our lives. It can make or break a workout, influence how we tackle challenges, and shape our overall performance in daily activities. By giving sleep the attention and respect it deserves, we can enrich our lives and optimize our health, both physically and mentally."



Folkbuilder Robert Shotwell
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Ohio

Hexennacht Ohio



Hexennacht in Ohio this year was special in many ways.

The weather to start the day was wrought with thunderstorms in the area chosen for our rite, with a strong steady wind remaining long after the rain had subsided. The sun made her presence felt and warmed our bodies and hearts alike.

Folk journeyed to join us from West Virginia, Michigan, Indiana, Minnesota, and Iowa, with the latter two being our most honored guests, Witan Brandy Fassett and Gothi Rob Stamm!

Witan Brandy and Gothi Stamm led us through a powerful meditative ritual that all can incorporate into their daily practice and followed with a heartfelt Blót to The Lady our our people.

While I manned the grill and filled our bellies, our Gothar filled our hearts and spirits!

As is always the case, we had to all part ways and while it can be saddening to a degree,

we must always discern that which we must take with us and that which we should leave behind.

I believe that our Folk had much to carry with them on their venture home.

Upcoming Events



Folkbuilder Michael Melillo
mmelillo@runestone.org

Upcoming Events



I hope spring finds you well, and the weather is fine near you. I'd like to formally invite all who can make it to mayday in Ohio this year. I am doing my best to get a nice event together for you all, and because of recent technological debacles I'm using this month's article to promote it again this month. After some bad luck and being spread thin, I will be bringing back my monthly article, and intend to show all a great time at Mayday this year. I wish you all a wonderful spring.



Folkbuilder Joe Drotos
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Pennsylvania

Baby Naming



On April 28th, 2024, Keystone Tru Folk gathered to celebrate the naming of it's newest member, Henryk Warren Green. We were able to relax and enjoy good conversation and even better food before I had the very proud honor of being able to introduce Henryk to the folk and the Gods. The Gods witnessed, the Norns blessed, and the Ancestors stand beside him. We look forward to watching Henryk grow and become a proud Asatru man!

Hail the Gods!

Hail the Ancestors!
Hail the Asatru Folk Assembly!
Hail Henryk Warren Green!

Upcoming Events



Please join Witan and Gythia Erickson at their home on May 18 for the traditional start of summer in the North. We will celebrate Sumermál with outdoor activities, Blot, feast, and Sumbel.

Please email Witan Clifford or Gythia Catie at cerickson@runestone.org or cm.erickson@runestone.org for more information.



Join us for

Presque Isle Beach Moot

Relax and enjoy sunshine, sand,
and swimming with the folk.

June 29th @ 11 am

contact Gythia Erickson for more information
Cm.erickson@runestone.org



Gythia Catie Erickson
cm.erickson@runestone.org

Black Sun Blot- Erie, PA



Folk from Pennsylvania, Ohio, West Virginia, and Virginia gathered at the Erickson home near Erie, Pennsylvania to offer Blot to Sunna during the total solar eclipse.



The crew from Virginia and West Virginia arrived the night before and were well fed by Gythia Catie and were able to sample some of Witan Erickson's homemade mead and wine. On the day of the eclipse, we played Kubb until the time approached and Cliff prepared the grill so that we could eat shortly after the Blot.





Witan Cliff's Blot to Sunna focused on renewal and the changing of eras, and called on Sunna to see our Folk as She met Mani in the heavens. This was not Ragnarök; Fimbulwinter has not come this year. The spring is here, and we enter a new era of victory for our Folk and the Asatru Folk Assembly!

Bailey Marriage Announcement



It is my great pleasure to announce the marriage of Joshua Bailey to his bride, Courtney. I had the honor of officiating their wedding at their family home in Indiana. It was a beautiful day and the hospitality shown by their family to all their guests was amazing. The bride was beautiful, the groom was appropriately nervous, and the food was delicious.







Hail Mister and Missus Bailey!

Upcoming Events



Please join the Ericksons at the US Niagara Falls in New York, on Saturday May 25. We'll be visiting Goat Island, and the American Falls. Please email Witan Clifford at cerickson@runestone.org for more information!



Witan Clifford Erickson
cerickson@runestone.org

Sweden

Hexennacht



The way spring makes way for summer in the north is a sight to behold. The icy grip of winter succumbs to the triumph of the sun. Rivers flow bare once more. Butterflies, bumblebees, and birds take to skies that are no longer dry and cold.

How we have waited. How we have endured. Spring be unleashed, clear the way to summer. Clear way to Victory!

Upcoming Events



Fika Friday

17th of May

28th of June

26th of July

Come and have a warm cup of coffee with the Lugnets!



May Day

18th of May

Come and let us celebrate the coming of Summer!



Midsummer

29th of June

Come and let us celebrate the victory of Summer!



Segeberlot

27th of July

Come and let us give Blot to Victory!



Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org

Tennessee

Intimacy and Kindreds



All of us here have found our way home. A great many of us have recognized and had the wonderful experience of meeting together with other Asatruar. There are many accounts from previous events that describe the amazing camaraderie and bonds formed together from these personal experiences. It is wonderful to meet the people you talk to on MeWe in person and put face and voice and hug to a name. National events are so inspiring. We want to share this and bring more folk home. I love moots and blots, having those in-person connections. I also love hosting at my home as well, creating the community we all need and sharing my joy with newcomers. It can be exciting to attend huge gatherings and be amazed at the numbers of people that are part of our wider community. We need to keep doing this, but I am writing now to also praise the small, intimate gathering. I have seen folk come and go and bonds and oaths deteriorate and every time, it breaks my heart. I think, what can be done? How can we heal? What preventative medicine is needed? How can we sustain long term growth in a healthy way that is rooted and strong. It starts in the home and in the smaller relationships. We need to continue fertilizing those relationships we have, to feed the new ones to grow stronger. We will balance growth and outreach with the beautiful work of tending our home and hearth fires. Families need to keep their marriages strong, districts need to have strong kindreds too. I want to keep spreading joy and welcome to newcomers, while also making a special place to foster the kindred relationships, to make them family. We are all interconnected and the internet is a beautiful tool, but nothing compares to the shared horn with those you love, that KNOW you. As anyone who has

a best friend knows, it is the familiar stories that root us, the investment over time in being in each other's presence, of breaking bread and eating meat. To make the dream of an Asatru community real, it takes the mundane. Shore up your relationships, your IN PERSON relations. If you are alone, I urge you so much to connect with people. Be with each other, cook together, share your stories, become known deeply. Explore your faith together and weave that trust tightly so that you are strong in the wind. If you are known well, you are more than the sum of the individuals. You will be comfortable and trust in that communal familiarity of your village. We are not meant to be alone. We need a tribe, a clan that knows us well. Fertilize your Innangard, your Kindred, your Family and you will be held in the bosom of your Folk. That soil will bear beautiful and lasting fruit. Hail the Folk!

— Rachel Kinsler, Member

Upcoming Events



*Else Christensen
Remembrance Dinner*

*May 9th
6pm*

Cookeville, TN

*RSVP w/
nrice@runestone.org*




*Remembrance Dinner
for King Athanaric*

June 9th | 6PM

Cookeville, TN

RSVP w/

NRice@Runestone.org



Folkbuilder Nicholas Rice

nrice@runestone.org

West Virginia

Hexennacht in WV



"The ancestors sing for rebirth!" This was the theme of our gathering to mark this year's Hexennacht in eastern WV.



The end of April and, for our region, the junction of spring and summer, marks a point in the year's cycle directly six months opposite to Winter Nights, during which we honor and interact with the spirits of the recently departed. Thus, being its opposite, we like to think of Hexennacht as if it were the "other Hallowe'en," a complementary counterpart to Winter Nights in which we honor and call upon the long dead, those whose names and faces have been lost, and especially those who, like broad Appalachia all around us, are about to be reborn.



Blót to Freya was done, and in Her sight we wove tokens, representing those deep ancestors, around the customary bonfire. The bonfire, while serving the practical purpose of clearing deadwood from the forest, also has the symbolic function of acting as a doorway between "our" reality, Midgard, and "theirs," the realms populated by the Gods and Ancestors. Thus, into the fire went our offerings, and into it we called to the long dead, to come back to us.

Upcoming Moots

May 18th in Northern VA for a semi-strenuous Wotan on the Peaks;

And June 22nd in eastern WV for Midsummer. Contact Folkbuilder Pat Cook for details.

Folkbuilder Patrick Cook

pcook@runestone.org



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