The Runestone: Voice of the Asatru Folk Assembly







Pórshof Second Hof of the Asatru Folk Assembly

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Words from the Alsherjargothi



August was a great month for us! Our numbers are growing and Baldrshof hosted their annual District event, Freyfaxi. I look forward to seeing how our hofs develop and beautify over the years and this trip did not disappoint. The fine folk at Baldrshof have outdone themselves making this a beautiful and special temple to bright Baldr. I would be remiss if I didn't mention all the hard work Dan and Paul have put into remodel and beautification work at Óðinshof. Well done all around!

At Freyfaxi, we oathed in the Clausens, Christian Penner, and Steve Mundy as

Folkbuilders. We also ordained Nathan Erlandson as a Gothi. It is worth noting that it is quite a challenge to make it to ordination and few who start the journey make it to completion. We also had the very special honor of preforming 2 baby namings!

Things are looking bright going into the fall. One thing that is amazing is the consistent weekend work being put in at Sigrheim. Things are slowly taking shape and there are amazing things in store. It is worth noting that we are hosting the national Winter Nights at Sigrheim for the first time this year so I would encourage you ALL to sign up and come celebrate with us!

I look forward to seeing you all there!

Hail the Gods! Hail the Folk!

Hail the AFA!

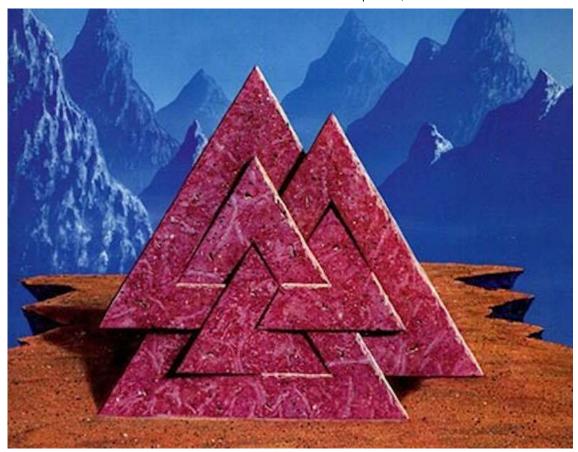
And remember to watch Victory Never Sleeps weekly at 6 PM Pacific Wednesdays.



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

Words from our Gothar

Synchronicity



An experience;

Many years ago, while just recently aware of our Elder Traditions, I came across Edred Thorsson's books about Runes. The book that I became really interested in was, "Nine Doors of Midgard". In that book I started to incorporate his 'Hammer Rite' into my exercise schedule of jogging about two miles every few days. I found that exercise and using the Hammer Rite in meditation after the run was really helpful with stress and fitness of mind and body.

After a while I decided to find a place for my Vee in the forest, found a good place in a grove of redwood trees next to a stream and was pretty much doing a regular program of exercise and meditation.

I was still reading and leaning more of our heritage so, I was searching for a god or goddess that seemed to be one of more interest than others to follow. Then while coming back from running one day I find some small holes or "nests" in my Vee dug out of the tough intertwined roots of the redwood trees, like a mat of fiber. You see the redwood trees in my chosen Vee were in a circle around me and while looking up I could see a small bit of blue sky and the other thing of notice was the sound of the stream, no people or obvious reason why these holes were 'clawed' out of the soil. Puzzled, I search for sign of animals, and there it was...a large wild boar had taken it's

tusks and ripped up a fallen tree to look, I suspect, for food, such as mushrooms or other fungi. So, later at home this wild animal came to my home and tore up my hard gravel driveway again I assume looking for food. This happened but once and stopped.

Reading other works of Thorsson, he expresses his ideas of power animals or animals that our ancestors said follow Clans, such as wolves, bears and boars. What to think, so this started me looking into any heritage such as heraldry, coats of arms etc. After many searches, some years later, I find my ancestry is connected to Freyr through a chieftain in Norway who was descended from Harald Fairhair who claimed descent from Freyr.

In the Voluspa, Odin said, to paraphrase, while searching one thing led to another in his quest for knowledge. So, what to think, of this rather strange occurrence, odd workings of an animal or something numinous, a sign or signal from the unseen world? For me I am no one to just pass it off as superstition.



Gothi Thorgrun Odden todden@runestone.org

A Thousand Excuses



"Show yourselves men this day, for tomorrow will be too late. There is no safety for you but in victory!"

-King Totila of the Ostrogoths

In any real endeavor, we must consciously decide between action and inaction, between will and weakness. This sounds simple because, in reality, it is, even if it may not always appear to be so.

As men and women living in the Wolf Age, our lifestyles are extremely sedentary when compared with those of our ancestors. Obesity, diabetes, heart disease, etc. are at a staggering all-time high. This is not our fault directly, but it is up to us as individuals to fight this and to be worthy of the names and blood borrowed from our noble forebears.



"Energy is always a choice."
-Napoleon Bonaparte

As the Alsherjargothi often says, the hardest distance to cross is the one from the couch to the front door. This may sound silly, but consider this: how many times do we talk

ourselves out of some healthy undertaking, using a thousand excuses that we know could be swept away if we simply acted rather than continuing to overthink?

There are countless resources on physical fitness and dietary health, so I won't bore everyone with a long list of steps in that regard. However, I will urge you to take that first step- to stand up and go to the gym, to get outside and climb a mountain, or even to get in the car and drive to one of our events so you can meet other people to help motivate you.



Gothi Trent East teast@runestone.org

Mimisbrunnr, Mimirs' Mystical Well



Beneath the roots of the world tree Yggdrasil is a well whose water contains much wisdom and intelligence, and the master of which is Mimir, and it is known as "Mímisbrunnr." Mimir is a giant, son of the first conscious being, Ymir. He is the most

intelligent and wise as he drinks daily from the well.

Óðinn in his constant quest for knowledge traveled to Mímisbrunnr to drink from the well and its knowledge of all things, but Mimir demanded that Óðinn give his eye for such wisdom. The All-father plucked out his eye and cast it into the well for a drink, and now it lies at the bottom of the well. He is forever connected to the knowledge contained there.

Óðinn is the cleverest of all, and from him all others learned their arts and accomplishments; and he knew them first and knew many more than other people. It was from the drink he received from Mímir's well that he gained such wisdom. Wisdom and knowledge required sacrifice, Óðinn sacrificed himself to himself and hung on Yggdrasil for 9 days without food or drink, and nearing death he learned the secret of the Runes. He is the Allfather, and we must emulate him to raise our own consciousness.

Some of us are content with honoring the Gods and ancestors as it is the right thing to do, and they in turn help guide us in our daily life. Others must know more, and Óðinn is our God, and following his example we embark on a quest where no stone is left unturned until we learn the answers of why am I here? Why do we exist? What is my purpose? What is life?

It has been two years since I have held meetings wherein, we discussed Gods, Spirits, Magic, Runes, and the otherworldly things that we have no clear understanding of in hopes that we could make some sense of it all. Near the end of our discussions the things that were revealed to me became almost impossible to convey and I needed time to evolve. It is at times like those that the Allfather will provide the next step to take, and we need to be open to accepting that guidance. AFA founder Steve McNallen gave me several recommendations, and through these I discovered the rigid practice I needed to take that next step.

On August 31st we held our first episode of Mímisbrunnr, a bi-weekly series of meetings where we discuss raising our consciousness through the lens of Asatru', our native European spirituality in this modern world. Why would we want to raise our consciousness and what does that mean exactly? It has taken me 7 years of intensive spiritual development and investigation to get a glimpse of what the answer is. We want to raise our consciousness because good things happen when we do, and if we collectively do it, we all benefit.

How do we raise our consciousness? Through connecting with that immortal part of us,

the Fetch, in old Norse known as the Flygia. We all have a purpose, some part to play in the web of Wyrd that was written at the time of our births. We have free will to choose whether to rise to the occasion and live this purpose or not. In our lives there are many distractions; alcohol, drugs, sex, television, food, an infinite number of things that our ego uses to create drama and keep our consciousness from rising. The ego exists only here in this world, and it does not want to leave.

Through a spiritual practice that harnesses the ego and strengthens the connection to the Fetch, your purpose in the web of Wyrd will be revealed and you will be given exactly what is required to perform your duty here in this world of Midgard. This in turn will lead to a fulfilling existence and a happy life. We are all at different levels of evolution and no two people are the same, thankfully our Gods and Goddesses are here to guide us and they will help you in becoming the absolute best that you can be.

So, join us on September 14th at 7:00 PST as we continue our journey to enlightenment and discuss the Gothic runes with AFA author Fritz Maes.

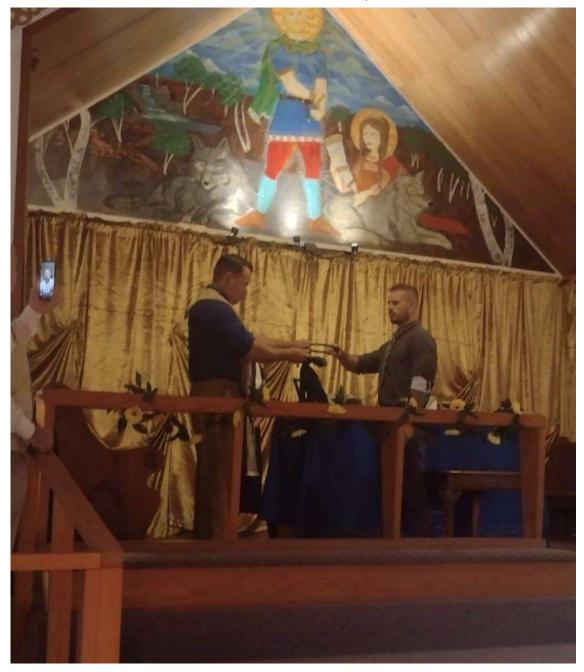
Hail the Gods, Hail the Folk, Hail the AFA.



Gothi Joe Rozanek

jrozanek@runestone.org

Oaths, their Importance, Impact, and Implications



For many of us, it is a foreign concept that our word has meaning. For our ancestors, over many millennia, an individual's word was their bond and would not be broken. If one did go against, or break, their word, there would be significant consequences, up to being outcasted from the Folk. Trust, honor, and integrity are all terms that directly correlate with one's word and Oathing. Granted, there are occasions where breaking an Oath could be understood—these rare occasions do not include one's own feelings about a matter or just not comprehending the Oath at the onset. It is not just the individual that is bound by their Oath, the Folk present when the Oath is made are then made part of it as well. The Gods and your Ancestors also hear your Oath, and then to break it due to some superficial circumstance where your feelings get hurt or you get mad about something will certainly tarnish any relationship you may have with your Gods and Ancestors. Oaths are not simply taken and then discarded because you want

to.

It takes a tremendous amount of courage these days, which is absurd, for an individual to stand by their word whereas it was automatic for our ancestors, and it was never given a second thought, in keeping one's word. This is part of the soul sickness of our Folk. Why do so many want to become AFA leadership, taking on the responsibility of that position, knowing that there will be an Oath involved, then simply discard their Oath as if it never meant anything. In these cases, which we've seen a handful recently, the latter is true, whereas since it was so easy to walk away from their Oath when things didn't go their way.



An Oath is a bond that is to be taken very seriously. It is not something that is done when things are convenient and easy, it is something that one holds themself to when things don't go the way they'd like, when things get difficult, and when one's loyalty, honor, and integrity are tested.

So, what does taking an Oath mean to you? Is it something to be discarded when it is inconvenient like throwing out an old pair of socks? Are you someone who will talk the talk when it suits you? Or are you someone that walks the walk, bound to your word with the strength of iron, and have the honor it takes to see an Oath as a testament to

your strength of character?

As leaders in the AFA, the Folk look to us to be that beacon, that example of conduct and becoming. Do not enter into an Oath with any doubt or reservation. Be courageous and brave, be upright with right action, speak the truth always, even if it leads to your death. Safeguard those that need protection and do no wrong. This is the task I give you to contemplate and if you are strong enough, to implement in your lives.

HAIL THE FOLK! HAIL THE GODS!! HAIL THE AFA!!!



Gothi Nathan Erlandson nerlandson@runestone.org



Folkbuilder Jason Gallagher jgallagher@runestone.org

Eir Ritual



This is a simple ritual to connect with the goddess Eir. Eir is connected to healing, whether that be recovery from a physical ailment or an emotional one. Said to be the best of doctors, we bring the names of those in need of healing to her.

I put this ritual together in late 2020, and have been using it ever since.

You will need an apple, some whole cloves, and a small offering. I often use a shot of aquavit.

Begin by pushing the cloves into your apple, and saying or thinking the name of the individual and what they need healing from. Repeat as many times as you need to. I say a simple prayer upon completion.

"Hail Eir, the best of doctors.

May those in health retain it

May those in need regain it

For the wellness of the Folk, Hail Eir!

You can place the apple and offering wherever you feel is appropriate, I'm a big fan of flowing water for this one in particular.

Hail the Folk! Hail Eir!



Gythia Anna Plourde aplourde@runestone.org

Frigga's Secret Garden



Grimm's fairy tales, as well as the classic book by Frances Hodgson Burnett, The Secret Garden, taught me as a child that some gardens come with surprises and strange enigmas. Our "garden" at Óðinshof is a bit wild and overgrown, but it's still our special place. And it comes with gifts, as we learned at Family Camp.

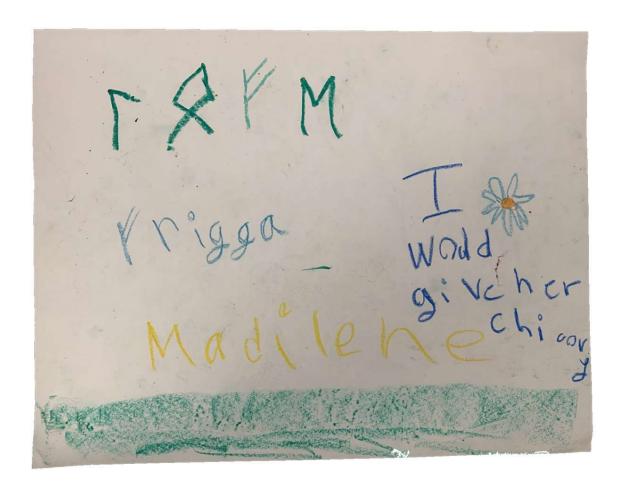
The true tale begins...

A young girl, named Madilene, came to Óðinshof with her family. She was already wise in her knowledge of the Gods for her parents had left books of lore by her bedside since she was little. At ten years old, she already knew much about Odin and his wife Frigga.

One afternoon, all of the parents and children filed into the sacred circle beneath the pine trees. They offered Blot to Frigga, led by Gythia McNallen. From heart, to hand, to horn, gifts were given to All-Mother. Upon leaving, it was suggested that each child draw a picture of Frigga's home. Her garden was the chosen topic.

Gythia McNallen asked, "What gift would you have for Frigga if you could visit her at Fensalir?"

Madilene quickly said she'd bring blue flowers, because Frigg is known to wear blue. Blue flowers... What are some blue flowers?



"How about wild chicory?" said Gythia McNallen. "It's a wild plant that grows along roadsides, with small, bright, blue flowers."

Madilene's mother, Olivia, showed up photos of chicory and everyone agreed it was a good choice. Madeline finished her drawing with chicory flowers. Aaron sketched a long picket fence green plants for Frigga. Both were lovely pictures.

The next morning, tents and sleeping bags were put into cars for long journeys home. Gythia Mc Nallen went outdoors to announce breakfast was almost ready. As she walked around a fence, she was startled by what she saw. There was a large bed of blooming chicory plants!

She ran indoors to share the news. Olivia came outside, and agreed it was quite miraculous. "The children should pick a few flowers for their journals before they leave," Olivia said.

Breakfast was over and cars were packed. Gythia McNallen and Olivia led the children on the short walk to surprise them with the chicory flowers. But the chicory was gone!

The stems were there, but all of the flowers were missing! Where did they go? Eaten by deer? Noisy children and busy adults would scare away deer. And none of the adults knew how special the flowers were.

So, who took them then? The Landvaeter? Lady Frigga herself? This is just one of the mysteries of Óðinshof, from our own secret garden.

May this tale be passed down for generations to come.



Gythia Sheila McNallen sheila@runestone.org

Thank You



Hello,

I just wanted to write a quick thank you to the AFA and all the folk who helped me and my family obtain our new van. Thank you to everyone who donated. Here is a pic of the van. It is home now. I have never had anyone help me and my family the way y'all did. Words could not express how grateful we are to all of you. Thank you so much.

With love and respect,

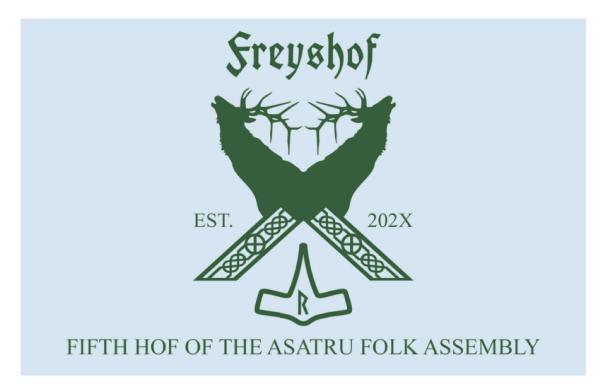
Richard Stoddard

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



<u>Freyshof Fund – Asatru Folk Assembly (runestone.org)</u>

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 \$105,372.28 on our remaining loan.
- 2. We need to raise our monthly donation average by 3.1%.
 - 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!



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

Sigrheim: Home of Victory

Sigrheim—Past, Present, Future



Sigrheim. Some made their first trip in the starkness of a gray winter day. Others came to celebrate the first annual Sigrblot at the height of summer. Our adventure preceded a conference in Tennessee where my husband, Stephen McNallen, was scheduled to speak the next day. It was impossible to come so far and miss the future headquarters our of growing Asatru Folk Assembly. We put aside an extra day just for this trip.



It did feel like a remote corner of America as we left the east-west freeway and headed north on a road that meandered like a river. Past old barns and filling stations; past well-kept farms with corn and tobacco fields, there was always a mosaic of green from the tree covered slopes that hugged the road.



Turning left onto a one-lane dirt road, we drove deeper into the vale where we were hailed by Folkbuilder Nicholas Rice who lives nearby. Nick was ready for us, with grilled hotdogs, chips, and drinks. On this hot and muggy day, we sought the shade of the shed already in place at Sigrheim, and that is where the storytelling began. Nick pointed out the Sigrheim borders and mentioned the knee-deep grasses were mowed just three weeks before. As we ate and chatted, there was an incessant buzzing of cicadas, another reminder of the strong life force in this valley. Neither Nick, nor our friend Glen, were able to do a hike, so we decided to explore the property on another trip. It was clear that the brambles at the edge of the meadow led to some intriguing spots on the hillside and ridge. We were sorry to miss the old pioneer cemetery where Janet Flavel, mother of our Alsherjargothi, was laid to rest during her memorial at Sigrblot.



On this day, the intense blue of the sky and green of land beckoned us to stay, but it was time to head back into the "other world." Huge thanks go out to our host, Nicholas Rice, whose preparations made us feel welcome and at home. Lucky us, to see this in its primal form -- this time year called Freyfaxi. In my lifetime, I hope to visit our new AFA headquarters, the grand meeting and dining hall, the cottages and gardens, and

Tyrshof -- a beacon for our Folk and Gods up on the ridge. Let us all raise a horn to that!



Gythia Sheila McNallen sheila@runestone.org

Putting in the Work



Before I moved to Tennessee to steward Sigrheim, I was a proud leader in the Baldrshof district. There's a saying over there..."Nothing comes easy at Baldrshof," and I fear I might have brought that down with me south of the Mason-Dixon.



As the Alsherjargothi has said a few times now, Sigrheim is a generational project. It'll get better every month and every year from here on. It's ours. One step at a time; rarely is anything easy worth having.



Right now, one of the main projects has been taming the "jungle" that is the 10 or so acres of cleared field that mark the road-line of our property. Without any sort of a consistent mowing schedule this Summer, it's gotten tall, and it's gotten *thick*. As man tames beast and man conquerors all, we shall tame and conqueror this foe too.



We've also got a couple other ongoing projects in the works, doing our best to make way and prepare...as we're hosting Winter Nights this year, and it's gonna be awesome.



If you can make it out at any point (during official work days or otherwise), please feel free to reach out. We could always use a hand.

Amazon Wishlist

Help Sigrheim get stocked and ready for our Folk!



Check out our Wishlist to see how you can help!

Upcoming Events





SIGRHEIM WORK DAY

OCT. 7-8

Contact Folkbuilder Tyler Bethea

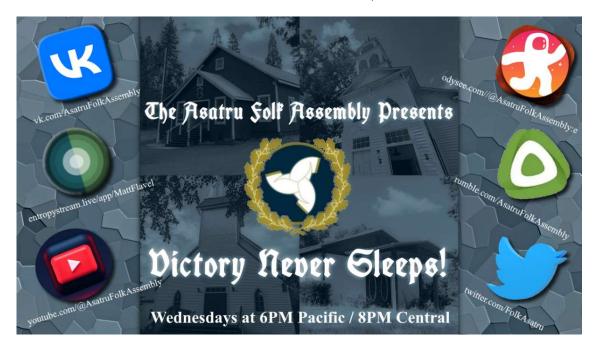
Join us as we prepare the land for Winter Nights! Bring whatever hand tools you think appropriate, and plan to tent camp on-site. We'll have a great time working the land by day and enjoying each other's company by night under a million stars. Contact Folkbuilder Tyler Bethea at tbethea@runestone.org





Folkbuilder Nicholas Rice nrice@runestone.org

Victory Never Sleeps





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

AFA Asatru Academy



For More Info: Welcome | Asatru Academy

School's in Session



My name is Sara Ault and I'm a secretary with the Academy. Our first year of the Academy has proven to be successful. As this issue of the Runestone reaches you, we will have started our second school year with 32 students enrolled! We are offering K - 3rd grade this year. This is an exciting time!

Thank you to the parents who have put their children into our program. We care about each of our students and want them to succeed. We will be doing the majority of our communication through the AFA Academy Parents page on Mewe. New this year will be bi-weekly student meetings through Teams, which will allow the students to interact with other students. We will also be setting up virtual parent meetings to get parents talking and supporting each other. Watch for emails about these meetings. As always,

the staff is here to support the parents in any way, please feel free to reach out to any of us.

It is also not too late to get your child enrolled. If you are interested in homeschooling and have children in kindergarten through 3rd grade age level, visit asatruacademy.org to enroll today!

I will mention this school is only open to current members of the Asatru Folk Assembly. If you'd like more information about the AFA and applying for membership, I can help you with that. Just send me a message and I can answer any questions you may have.

Looking forward to an amazing year.



Folkbuilder Sara Ault Assistant Dean of Admissions sault@runestone.org

Words from the Dean

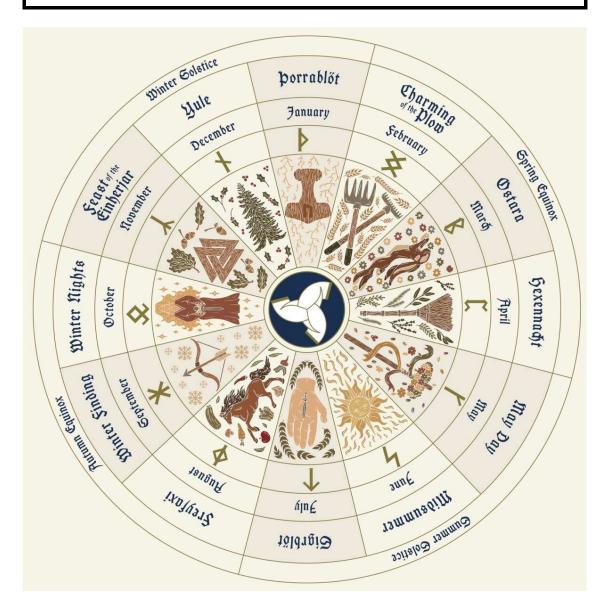


I'd like to welcome all our new students and wish you all a very successful year! We are all very excited to get started.



Gothi Rob Stamm
Dean of AFA Academy
rstamm@runestone.org

Remembrance & Holy Days



<u>Calendar – Asatru Folk Assembly (runestone.org)</u>

2023

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 21	Porrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 18	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 21	Ostara
(observed on 18th)	
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	May Day
(observed on 20th)	
June 9	Day of Remembrance for King Athanaric of the Goths
June 21	Midsummer
(observed on 17th)	
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	Winter Finding
(observed on 16th)	
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	Feast of the Einherjar
(observed on 18th)	
December 9	Day of Remembrance for Egill Skallagrímsson

Date Observance

December 20 Mother's Night

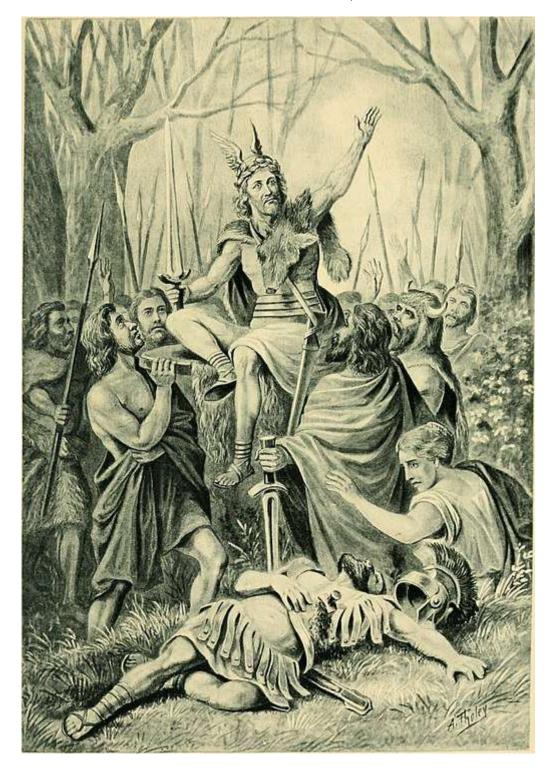
December 20-31

(observed on 16th)

Yuletide

Day of Remembrance

Prince Hermann of the Cherusci - October 9



Prince Hermann of the Cherusci, or Gaius Julius Arminius, was born to the Chief of the German

Cherusci Tribe, Segimer in 16 BCE. Segimer was a Roman sympathizer and both of his sons,

Hermann and Flavus, were raised in the Roman empire under Roman "guardianship". Hermann proved to be equal to the task and it did not take him long to excel as a soldier in the Roman Legions. He earned both roman citizenship and the rank of a Roman Knight before distinguishing himself in His exploits in the Great Illyrian Revolt, after which he was sent to Germania to aid in finishing the conquest of the Germanic Tribes.

Once in Germania again, Hermann was able to quietly unite five Germanic tribes with the

intention of overthrowing the Roman occupation of his land. His deep knowledge of Roman

warfare and his sharp tactical mind led to the historic Battle of Teutoburg Forest, and Rome's most devastating defeat. Despite backlash from his Roman sympathizing father and brother and the loss of his wife and then-unborn son, Hermann continued to fight against the Romans and their retaliatory attacks.

Ultimately, Hermann was assassinated by tribal leaders who were frightened of his great

power, in 21 CE. Even so, it was his crucial victory in the Teutoburg Forest that forever changed the face of Germania and the Roman empire.

So, what can we learn from this story?

We no longer have the ancestral homeland to fight for as our ancestors did. We live too scattered and the countries of our ancestors are not what they once were. However, we still have families, we have ideals and we have Asatru. Every day is a battle to hang onto those ideals that no longer have a proper place in our modern society. Every day is a battle to make our world a little better, a little stronger for those who we leave behind when we die. Patience and fortitude will get us far. So will the knowledge of how to best fight for what we want. With the knowledge of how to do things the right way, it might take that one decisive victory to reshape the future of our Folk.



Gythia Catie Erickson cm.erickson@runestone.org

Holiday

Winter Finding - September 22



The ancient calendar only recognized two seasons. There was summer, and there was winter. Just as May Day was their first day of Summer, Winter Finding was their first day of winter. The temperature slowly begins to fall, the days get shorter. Those who grow their food begin preparations for the final harvests. The larders are growing full with the fruit of earlier efforts. Now it's time to begin the hunt, to kill enough game to finish winter's preparations.

Today, many of us don't have the same connection to the need for food and preparation that our Ancestors experienced. Food has become easy to access, and therefore not so vitally important. Those who hunt, usually do it for sport not because without it they don't have the food to survive the Winter. This doesn't mean, however, that we cannot take the time to think and reflect. Thus begins the Winter season. Thus begins the death of the "world" too dark and cold. We can all see and feel the change in the world around us. Our days are shorter, the nights grow colder. The leaves change and begin to fall.

Get outside and find someplace to sit and feel the changes. Make a hearty meal to share with your family and with the Gods. If you hunt dedicate, your first kill to the Gods and Ancestors, to Ullr. Share a choice cut with them. Now is time to begin the "closing in."

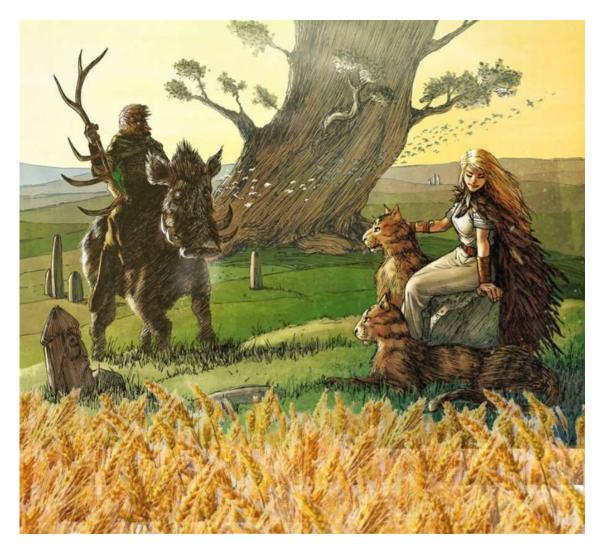
Everyone begins to gather closer to home, sticking close to push away the wintery drear. Take time to remember what's important.



Gythia Catie Erickson
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Upcoming National Events

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



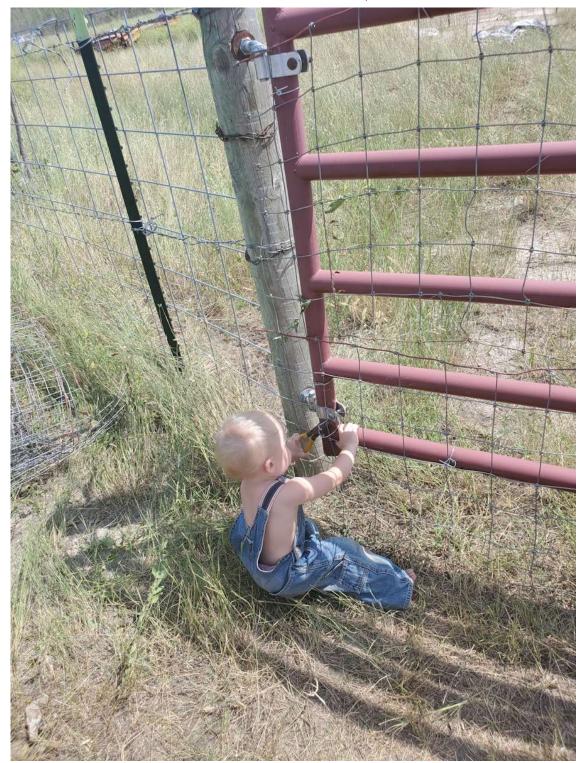
> Get your tickets HERE! <

We are fast approaching Freyr's Harvest Feast, and I'd like to give everyone an update on those preparations.

This weekend a group of us will be hauling over kitchen equipment for the feast as well as fifty pounds of fish that have been caught for this event by one of our Washington members. This trip involves members from three states and over 2000 miles of driving, but the result means a more successful event for years to come.



Our members have spent the year working hard and have had great yields from their labor. Some of these have been donated to the table for the feast, while others will be available at the Folk Fair on the last day of the feast. This will include signed books, music, crafts, candles, knives and more goods made by the folk. It is an excellent opportunity for attendees to get access to high quality goods made by the right people, to directly contribute to our people's growth, and to join in the rest of the activities of the feast.



From blots to workshops, from the feast to the telling of Freyr's Proposal, Freyr's Harvest Feast has so many reasons to attend, but there is one that stands out the most to me. That is spending time amongst each other. From names we all know like the McNallens to new members, the conversations to be had at the feast will forge bonds and friendships that last far beyond the feast itself. The true value of the feast is being able to come together and celebrate our triumphs.

Don't regret not coming out to our homestead to feast and celebrate amongst our

people. The yields of our labor are in; come celebrate the harvest!

> Get your tickets HERE! <



Folkbuilder Tyler Heinlein theinlein@runestone.org

Winter Nights 12 at Sigrheim | October 27th-29th



> Get your tickets HERE! <

The Asatru Folk Assembly's Annual Winter Nights will be held from October 27th - 29th, at Sigrheim near Whitleyville, Jackson County, Tennessee!

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

Things to know:

- Children 17 and under attend for free!
- Meals are included with all passes.
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Accommodations are on-site tenting. Campers welcome.
- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

Member Family - Weekend: \$120

Member - Weekend: \$80 Member - Daypass: \$40 Guest - Weekend: \$100 Guest - Daypass: \$50 Child - Weekend: Free Child - Daypass: Free

If you have any questions or concerns please email <u>cerickson@runestone.org</u>



Asatru - Winter Nights & the Disir

Don't miss out! Visit the Home of Victory for Winter Nights!

> Get your tickets HERE! <



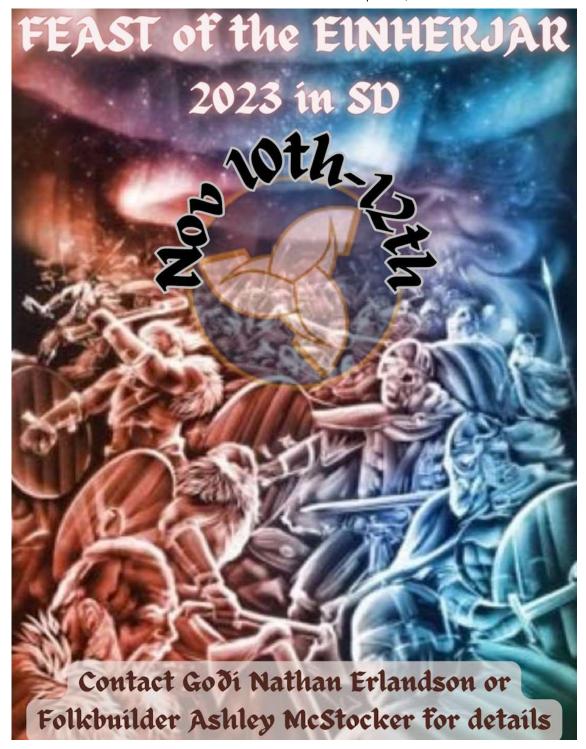
Witan Clifford Erickson cerickson@runestone.org

Feast of the Einherjar in South Dakota | November 10th-12th



> <u>Get your tickets HERE!</u> <

Join your Folk in honoring our warrior ancestors and those that still fight for the folk today! Veterans Day weekend in South Dakota November 10-12.



Ticket includes all meals, lodging, Folk activities, and ceremonies. Tickets \$100 for individual, \$125 for family.

> Get your tickets HERE! <

The Runestone: September, 2023



Gothi Nathan Erlandson nerlandson@runestone.org

Folkbuilder Spotlight

Apprentices Jace and Amber Cameron of Georgia



Jace and Amber Cameron are not only two of our best Apprentices at this time, they are also good friends of mine and I'm honored to work alongside them!

The following is a short Q&A with both of the Camerons:

How did you find Asatru?

Amber - I was raised to be fairly folkish so I've always had that outlook on life. However, when my mother passed away in 2018, I really delved into practicing Wicca. In practicing Wicca, I found myself learning more about our Gods which eventually brought me to finding Asatru.

Jace - I was brought up loosely Christian. However, my parents were open to many

other faiths and thought good could be found in most of them.

Personally, I would trace back to my exploration into Cosmotheism, then Ben Klaussen's work. I felt they were close, the late Dr. William Luther Pierce quoted Hávámal 77 often. Feeling they were reinventing the wheel led me to Odinism and the Odinic Rite's work. While great work, I wanted something more interactive with less academics.

During that, I was recommended a YouTube video by the Guardian. Which led Amber and I to meeting Goði East and his wonderful wife. Y'all know the rest.

How did you find the AFA?

Amber - The Guardian Video...

Jace - Definitely the Guardian video.

What made you want to Folkbuild?

Amber - We are living in hard times and, sadly, many enemies are targeting the Folk. I want to be a shoulder to lean on.

Jace - My wife is on point. We are a people of doers. There should be less idle chatter and more action. I love my Folk and want all of them to be fulfilled in the great deeds they do.

How has your life changed since stepping up?

Amber - A lot of positives! Every day it seems I am meeting new Folk and building new relationships.

Jace - Stepping up has allowed me more access to be there for our Folk. The country around us beats us down constantly. For the color of our skin and our faith.

The role of leadership should be making peace among the Folk and leading all of us forward. Only the Gods truly know how many of our enemies lurk.



Gothi Trent East teast@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 <u>volunteer@runestone.org</u> 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!



Expectant Family Needing a Little Help



One of our long-time members and his family are asking for a little help. Giving up his jobs in construction and as a firefighter in order to help his family get ahead, Dave Green is currently waiting for his approval into the lineman union. The Green's Daughter turns 1 in just a month, and they are expecting a new baby in the upcoming year. They had a pay cut in the transition from Firefighter to Lineman and they are asking for a little help to stay afloat.

Please help this wonderful family as they get ready for baby number 2!

Click here to lend a hand.

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 <u>photos@runestone.org</u>. 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 <u>EirsBlessings@runestone.org</u>

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

Introducing the Newest AFA Kindreds

Nordic Folk Kindred of Ohio



Please welcome the Nordic Folk Kindred of Ohio as the newest Official Kindred of The Asatru Folk Assembly.

Hail the Doers!
Hail the Nordic Folk Kindred!!
Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher Kindred Coordinator jgallagher@runestone.org

Cooking for our Folk



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

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

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

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

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

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

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



Folkbuilder Mike Joyner <u>mjoyner@runestone.org</u>

Ancestral Food and Culture

A Fall Specialty for Autumn Celebrations



For our last two Winter Nights celebrations here in Illinois, I have prepared a dish that sounds strange at first, but which everyone has found to be quite good - Pumpkin and Beef Stew. It would also suit the season for a Winter Finding get-together. I thought I would share the recipe if anyone else would like to give it a try.

The ingredients are as follows:

- 3 pounds of ground beef
- One large onion, chopped
- 6 cups pumpkin puree (4 cans if you are buying premade from the store)
- 5 cups beef broth
- 3 large potatoes, chopped into chunks
- 6 cloves of garlic
- 1 tablespoon thyme
- 1 tablespoon cumin
- ½ cup sour cream
- 2 or 3 tablespoons of milk
- 3 or 4 sliced jalapenos (optional, if you want to add a little extra heat)

Preparation is pretty simple:

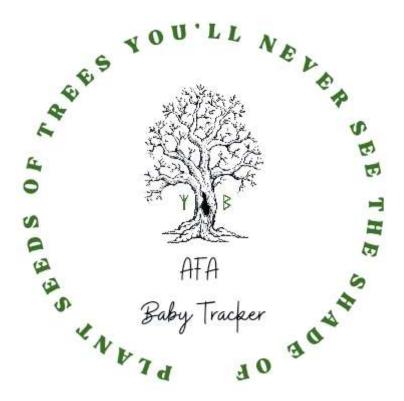
- 1. Brown the ground beef and chopped onion
- 2. Add the ground beef, onion, and all the other ingredients except the sour cream and milk, to a pot
- 3. Bring to a boil, then reduce heat to low
- 4. While the stew simmers, stir in the sour cream and milk
- 5. Let simmer for a minimum of 20-30 minutes (make sure the potatoes are fully cooked)
- 6. Serve with a hearty, buttered bread. You can also add other ingredients, to your taste, such as tomatoes.

Give it a shot! And may you all have an enjoyable celebration of this harvest season.



Folkbuilder James Cummings jcummings@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: 22

Virtue Recovery Group



rasswokd: virtue

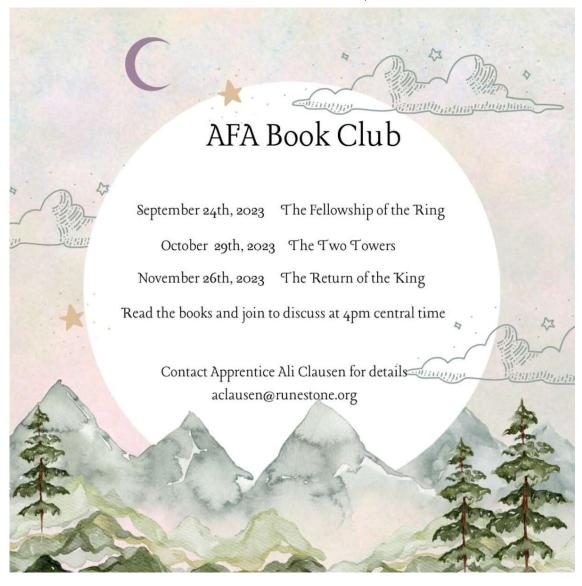
Virtual Events











Saga's Literature Project



Saga needs your stories!

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

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

How do you celebrate our Holidays or Days of Remembrance?

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

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

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

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

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

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

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 <u>here</u>. The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.

James Ault
Prison Ministry Director
jault@runestone.org



Folk Web



UPDATED for AUGUST:

Nationwide roundup for Folk Web Skills and Job Network. Please share and keep inquiries incoming!

OPENINGS:

Northern Illinois (hiring nationwide)

You can reside and work interstate, no need to move

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

Travel, lodging, meals covered

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

Contact Folkbuilder Shane Duffy

sduffy@runestone.org

Northern Illinois, Rockford area

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

Contact Folkbuilder Jim Cummings

jcummings@runestone.org

Arizona, Colorado, New Mexico

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

Lodging is available for certain departments

Contact Apprentice Lou Nickerson

lnickerson@runestone.org

SERVICES:

North Dakota, Fargo area

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

Welding (bachelors degree)

Woodworking

General construction

Cabinetry

Carving

Blacksmithing/bladesmithing/metalwork

Signmaking (day job rn)

Painting

Drums

Knotwork

Sculpture

cpenner@runestone.org

West Indiana (Remote, nationwide online courses)

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

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

and the Autodesk website.

Contact John Kelly or Folkbuilder Shane Duffy for info

New Hampshire (Remote, nationwide Virtual Administrative Assisting)

- 20+ years of office administration & remote work.
- 20+ years web design (HTML, CSS & WordPress), website hosting, and graphics.
- experienced with small businesses & entrepreneurs, particularly in pet care & construction industries.
- experienced in scheduling, customer/client service, data entry, transcription, writing, editing, graphic design, light bookkeeping, inventory management, and most common small business software/tech.
- experienced in newsletters, social media, and blogging for businesses and organizations.
- highly organized and able to work as a team as well as independently.

Business website: www.TygerLily.com

Email: lilyplasse@tygerlily.com

NEED OF SERVICES:

Montana (reaching out Nationwide)

Folkbuilder Tyler Heinlein is looking for various skills building his homestead

-midwives who can be remote and travel when needed

Commission work:

- -woodworker who can do knotwork and/or statue carving
- -Mason who can handle stone arches

theinlein@runestone.org

FOLK IN THE MARKET:

Illinois, Ottawa area (Remote, nationwide editing and

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

EDITING, PHOTOGRAPHY, CONSULTING, PROJECT MANAGEMENT

Editing & Writing & Research (20 years)

- Book Editor The Spear book by Stephen McNallen
- Book Author Knightly Dueling: the Fighting Arts of German Chivalry my own book
- Website Editor & Translator Learn-Sword-Fighting.com educational website by Gladiatores-Germany
- Translator Medieval Fight Book special for National Geographic TV
- Book Editor Masters of Medieval and Renaissance Martial Arts book by multiple authors
- Library Associate Farrell Library, Kansas State University, Manhattan KS
- My Academia Profile = https://independent.academia.edu/JeffreyHull Search Engine Rating (15 years)
- Online Evaluator ClickWorker Ellensburg WA
- Consultant & Auditor & Analyst Appen Butler Hill Portland OR
- Advertisement Quality Rater ZeroChaos Portland OR
- Conceptual analysis of search engine queries + Evaluation & resolution of problematic search

queries + Linguistic analysis (English-German) for proper functioning of social media & websites

+ Quality evaluation of website & search-engine advertisements, key-words & videos, according

to project-standards for American & British English regarding decency, honesty & relevancy +

Auditing Artificial Intelligence + Critique of Web browser design & function Photographic & Commercial (7 years)

- Photographic Technician Camera World Portland OR
- Photographic Technician Camera America Lawrence KS
- Photographic Technician Image Works Lawrence KS
- Experience in film & digital photography + Mass-production developing & printing + Machine

maintenance & troubleshooting + Darkroom techniques + Customer service & cash/credit sales +

Maintaining inventory & supplies + CMYK, RA4, C41, E6 processing + PhotoShop Social Services (4 years)

- Residential Advocate Transition Projects Portland OR
- Residential Facilitator Acceptance House Lawrence KS
- Emergency shelter management + Supervision of recovering & homeless clients + Conflict

resolution & crisis management experience + Medication management + Client screening + Post release-hotel supervision



Contact Folkbuilder Shane Duffy for member's info!

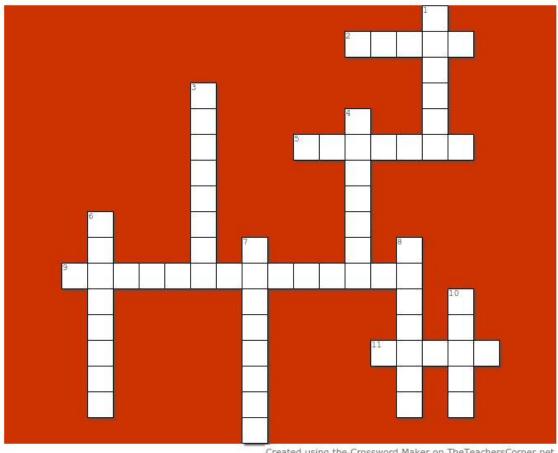


Folkbuilder Shane Duffy sduffy@runestone.org

Just fof Fun—A Puzzle!

Runestone Puzzle

The answers to this puzzle can be found within the pages of this issue.



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 2. Demanded the eye
- 5. Something missing
- 9. Can be a challenge to pronounce and spell
- 11. Served in Idaho

Down

- 1. What will we be Finding?
- 3. Descended from Freyr
- 4. Sighted on the 9th
- 6. At the end of Odin Dr.
- 7. Shining this month
- 8. Never Sleeps
- 10. Fylgia

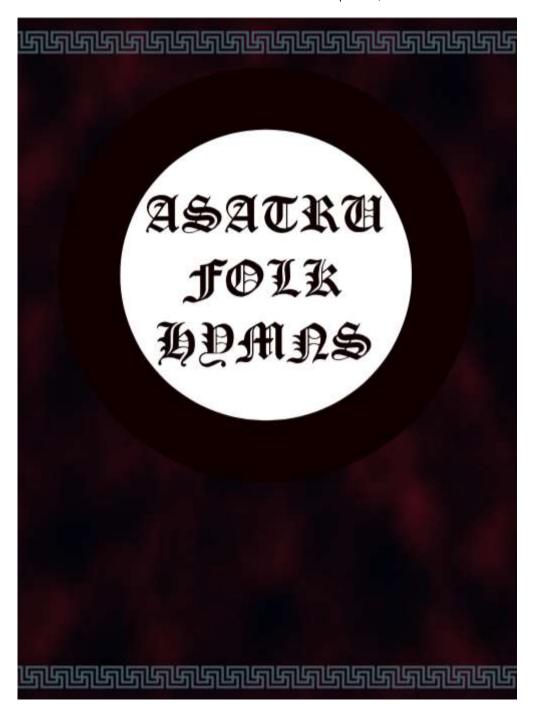
Have a joyful September, Folk!

Olivia Sutherland Apprentice Folkbuilder

osutherland@runestone.org



Now Available in the AFA Store



The Runestone store is very proud to carry Asatru Folk Hymns compiled by member Tanner Thayer. This book features sheet music for fifty traditional songs of our Folk and includes an SD card loaded with the MP3 versions of each.

With the long, cold winter months rapidly approaching, it's the perfect time to start practicing songs such as "In the Bleak Midwinter," "Auld Lang Syne," "Levan Polkka," and "Hail the Aesir!"

Also included are eight marches and songs for five traditional dances. The perfect gift

for musicians and music lovers, as well as parents who want to introduce the songs of their Folk to the youngest generation of Asatruar.



Folkbuilder Ali Clausen aclausen@runestone.org

Pórshof

Food Pantry at Þórshof



This month we have successfully fed 12 families from our Food Pantry! Witan Svan Herul and Thorshof members deserve a big thank you for keeping our Frith with the area residents of Linden, NC. Every month we serve food to those who need it, if you wish to volunteer to help out please reach out to a Folkbuilder to get more information.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Folkbuilder Cody Raynard craynard@runestone.org

Freyfaxi at Þórshof



Freyfaxi at the Hof was another wonderful time! The regular crew was there with a great scene to behold; a new member had attended to experience the wonder of a Thorshof Blot. We all spent time catching up with each other and getting to know each other a little more. The class was an informative one, learning the ins and outs of Blot for personal use and how the Blot works at the Hof. There was a tremendous focus on hallowing for our space at home, or when performing in nature. Even down to the detail of the giving of the gift during and after the Blot.

After its conclusion, we proceeded to the Hof to do exactly what was taught. We had our minds focused on our harvests, whatever they may be.



Eating the hearty horse in communal fashion, we shared in the year's rewards. Virginia-grown gourds/squashes were brought in so that we all may partake in the bountiful reaping that the soil has offered and the caring of their own land has produced. We had a beautiful sun on us the entire day as a reminder that after all the rain we had had during previous Blots, after the storm comes the sun.

The meal, as always, was a most delicious end of the day. So, too, as the children were winding down, the adults prepared to head on their journey into the coming longer nights and cooler days. It was with our loving goodbyes that we knew, soon, we shall be finding Winter in the coming weeks under this Felling Moon.

Zach Clary



Apprentice Folkbuilder zclary@runestone.org

Upcoming Events at Þórshof



*Please note that Winter Nights at Þórshof as been adjusted from 10/28 to 10/21 to make room for the Winter Nights National Event at Sigrheim, 10/27-29.



ÞÓRSHOF NORTH DISTRICT MEETING

September 25 @9pm EDT

-Witan Ericksonhappenings in the district

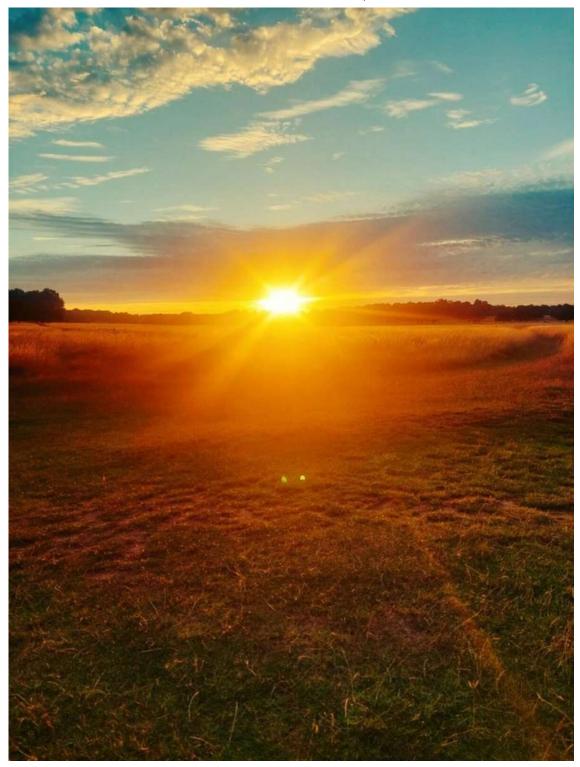
Three Guest Speakers

All District Members Are Welcome To Attend

Link will be sent out soon

England

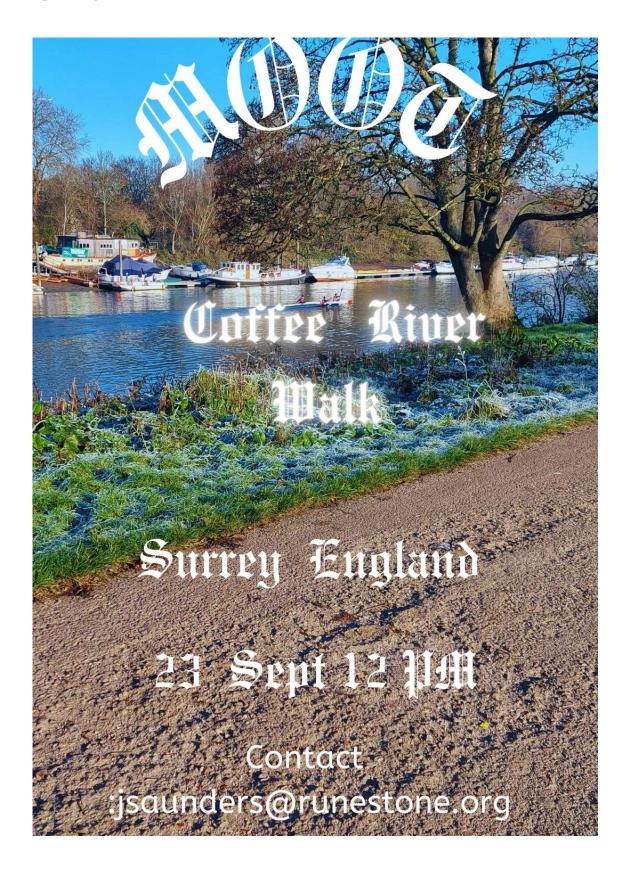
An Introduction



I am honoured to be given the opportunity to be the new Apprentice Folkbuilder for Thorshof District here in the UK. And I look forward to organising future events and helping to build a folk here. Since I have been a member of the AFA, I feel that I've come back home and been welcomed and connected to like-minded people. I look forward to the great times ahead and being part of this incredible journey here in England.

Hail the Vanir! Hail the Aesir! Hail the Folk!

Upcoming Events



The first Coffee and River Hike MOOT is taking place here in England Surrey 23 Sep 2023. 12 PM. We will start with a short walk along the River Themes followed by food and drinks at the local River Bar restaurant.



We will be hosting a Winter Nights event on 28 Oct 7 PM 10 PM location Stonehenge. Wiltshire, England.

Feel free to bring a Drinking Horn and any offerings you would like to offer to the gods.

Penumbral eclipse will begin at 19:01 GMT on 28 October, reaching a maximum eclipse at 21:14.

James Saunders
Apprentice Folkbuilder
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Indiana

August in Indiana



Friends and Folk,

This August we chose to celebrate the end of summer the same was we celebrate the beginning and middle; the proud Hoosier traditions of engagin' in activities with no time for the letter "g."

Corn Hoardin' and Chair Loungin'





Four Wheelin' and Concrete Mace'in



Hound Howlin' and Kitten Inspectin'



Push Uppin' and Face Punchin'





a' Rasslin' and a' Waffle Housin'



If YOU love the Indigenous Gods of our people (and hate the letter "G") come out and join your Folk!

Upcoming Events

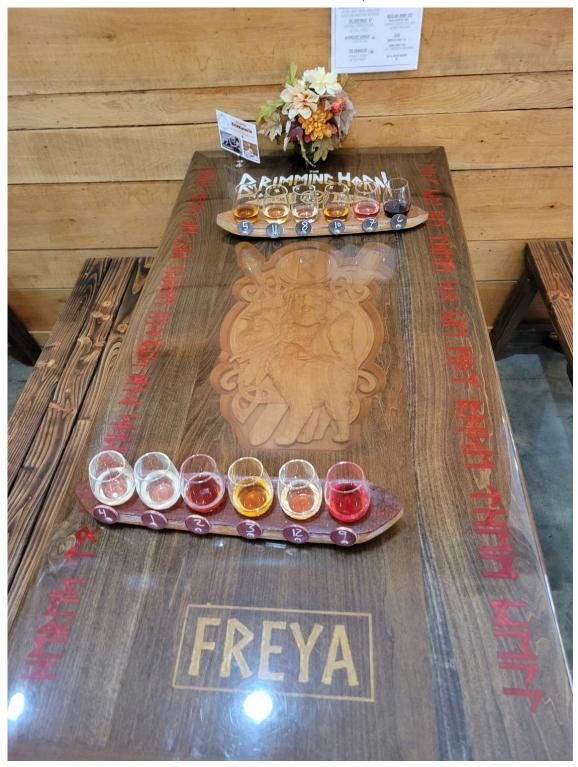




Folkbuilder Jonathan Rock jrock@runestone.org

Maryland

Meadery Moot in MD



We gathered together again to enjoy new and good mead.

Toasts were made and a glass raised to the newest member of the Young family.

I rather admired the new fancy table.



James Bethard
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New Hampshire

Sword and Board



The Folk of New Hampshire came together late August for a historical event in Hillsborough. In the vast field there was anything from revolutionary war era to viking era wares and costumes to be seen. Many booths containing crafts and other oddities were Present.



The highlight of the event was of course Straumfjordr. An awesome group of people recreating the vibe of the viking era. Each member had their own unique tent as well as craft. Thread work, leather crafting and many others. We enjoyed their live fighting display showcasing various weapons and techniques of the era. Hope to see them at another event in the future!

Upcoming Events



Join us this month in Haverhill, NH for some apple picking!



Join us in October for the return of the notorious Keene Pumpkin Festival!



Tyler Sagert
Apprentice Folkbuilder
tsagert@runestone.org

North Carolina

Join us at your Hof!



"Wotan, your Folk call to you! Stir from your slumber! Hearken, the great heroes of the elder ages who wait in the Mountain of Stone! Let us, too, stir from our sleep and stand alongside them!"

"[Your] mission, like mine, is to change the world – not for your sake, but for the sake of our children, our people, our civilization, and our Destiny. How are you to do this?"

'The Spear' – Stephen A. McNallen 2023 pp. 15,66

I have taken upon myself the great task of building our Folk; to some extent, so have each one of you. We live in a digital world with the ever-growing 'Anything you can do I can do better' mindset. When it comes to our religious lives, that is not healthy. Odin, Thor, Njord, Baldr, and all the rest, are our ancestors, Mine and Yours. There are many things each of us can do better than another. Though not when it comes to respecting our blood. You either do, or you don't.

Maybe you have an alter at home, maybe two, maybe no room for one at all. If you're in the U.S. or southern Canada, do you know what you DO have in a short distance? A Hof! Once a month, there is held a Blot and all members are welcome, even approved guests may attend. The common reason is "I live X hrs away. I can't make it." -- Let us, for a moment now, think about our ancestors. The men would traverse the lands and seas for months not knowing to what, or if, they would return, also not knowing of the wife and the children. The wives, holding together the household and children, farming,

and rising their prayers in the incense to the Gods -- with no telegram service to know if her man had been killed. Living each day in wonder if that boat will return, and if on it would be their husband, their children's father to once again embrace and protect the family.

Today, we consider family to be the parental units, children, and maybe aunts/uncles, and grandparents, i.e.+. immediate and maybe not-so-immediate. How true that may be, you have more family than you may realise: ALL the other AFA members! We are your family, too! There is a great place to interact with us (your family) and the Gods (also your family). Where? At your Hof. We are ever-growing, ever-expanding, but why do we only know (in person) a few of our growing family? We can car-pool to the Hofs. We might be able to spend the night with a family-member if the distance is far and/or money is tight. There is always a way. Like the old adage: Where there's a will, there's a way. In between Blots, there are moots by others in more local areas to you. If not, make some – let us know. Your Family is here for you, your Gods are here for you. Let us put in some effort that our ancestors would call 'easy.'

I have been a member for a few years; I have regularly attended for a far less time than that. If I may tell you how wonderful a feeling it is, it is very wonderful! It's a family reunion EVERY month, or more often. We hug and greet each other with the largest smiles, no matter what is happening in our personal spheres. Yes, I said hug. Yes, I am a man. Do you know what a family does? We love each other. We hug each other. I know that drive to the Hof will be soon forgotten as soon as I open the door to the Hall and see my brothers and sisters. The Gothar and Witans are warm and welcoming, not some judgmental person with a collar. There is no condemnation because you arrived at 2:10 not 2:00, or haven't attended for some time, and no hurt feelings if your young child is loud. That's being a child. Many of us have lost that spark for life: that vigour! That innocent sparkle and wonder of a child's eye. Leave your daily problems at the house, though know, we are all here to help how we can. Just come to relax, embrace family, and embrace the Gods!

YOU ARE HOME!

Contact your Folkbuilder if you are interested in giving rides or will be needing one. We can't wait to see you there!

Hail the Folk, Hail the Gods, Hail the AFA.

Upcoming Events



Zach Clary



Apprentice Folkbuilder <u>zclary@runestone.org</u>

Appalachian Happenings - Freyfaxi on the Green



This month we gathered in western North Carolina near the Green River for our first regional overnight event. We spent Saturday afternoon enjoying each other's company and trying to follow the shade around the campsite, which was situated beside a beautiful creek that feeds the Green River a few hundred feet downstream. We lucked out in the fact that our campsite was on the site of an old cabin, whose porch was left intact as a perfect platform for our lawn chairs.

As the evening drew closer, we prepared the area for ritual. We gave our gifts to Freyr in the horn as usual, but we also prepared a hand-woven cornucopia full of pieces of our first harvests and offered it in the fire, along with a beautiful bread horse. As we

prepared our gifts for Freyr, we thought about the seeds we had planted at Charming of the Plow, both physical and spiritual seeds that we have cultivated throughout the growing season and are now reaping in bountiful harvests. Freyr's blessings have been manifest, and we felt great joy in being able to offer to him as we did.



After leaving the ritual space, we prepared a feast of homemade bread, sauerkraut, steaks, bratwurst, homemade dilly beans, fresh garden salsa, zucchini, and home brewed beer. We ate, laughed, and built community into the evening, at which time we all pitched in to the chores. Cooking in a kitchen produces a fair amount of dishes; the mess feels like its double when you're cooking outdoors!

Once the sun started going down, we prepared a circle of chairs around the fire, anchored in 4 corners by torches for Sumbel. I've often said that Sumbel is my favorite ritual, and nights like this are exactly why. We always grow so much closer together during these small and intimate Sumbels. After Sumbel, the ladies made their way back to the Bethea house, and the men supervised the fire long into the night.



The next day, after a hearty breakfast of bacon, eggs, taters and onions served with campfire coffee, we went tubing down the Green River. We all had a great time cooling off in the river and floating past some of the most beautiful scenery southern Appalachia has to offer.

Upon our return after a few hours, we broke camp and headed our separate ways, rejuvenated and ready for the next time we can enjoy each others company.

Upcoming Events



SIGRHEIM WORK DAY

OCT. 7-8

Contact Folkbuilder Tyler Bethea

Join us as we prepare the land for Winter Nights! Bring whatever hand tools you think appropriate, and plan to tent camp on-site. We'll have a great time working the land by day and enjoying each other's company by night under a million stars. Contact Folkbuilder Tyler Bethea at tbethea@runestone.org

Winter NIghts, a National Event, will be held at Sigrheim this year at the end of October. I'm personally reaching out to our Tennessee, Kentucky, Virginia and Carolina Folk to join me October 7-8 for a trip to get some projects done to prepare the land for the event. We'll be camping on the property and doing some outdoor cooking, so make sure to bring a tent and a chair in addition to whatever hand tools you'd like to bring. Coordinate with Folkbuilder Tyler Bethea about projects and tools needed to complete them. tbethea@runestone.org



Folkbuilder Tyler Bethea tbethea@runestone.org

Ohio

Get Ready



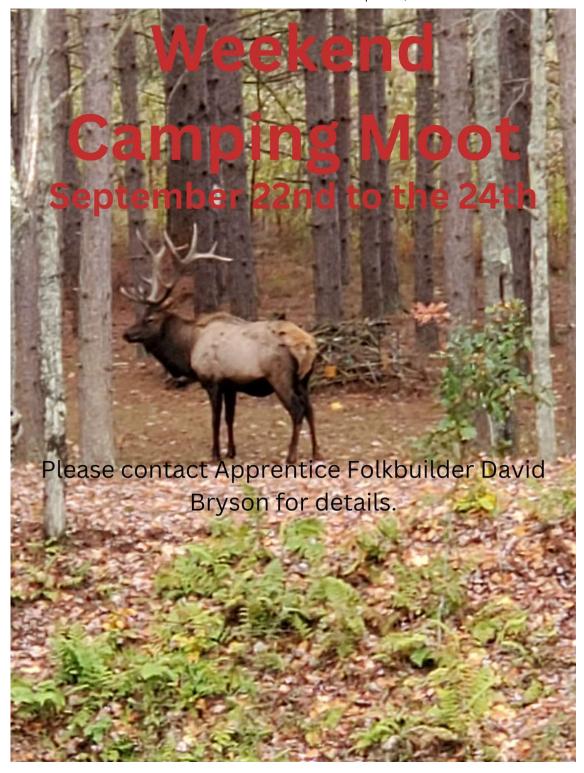
Things in northern Ohio are finally getting back to normal for me. Life was a bit difficult but I'm back to serving you wonderful folk. You'll see more moots again and I'm always a call away from anyone who needs anything. It was a fine August day with fine Ohio folk for a fun little round of quite whimsical mini golf. Alien themed and quite challenging. We were even honored with the company of my fiancé's father in for a visit. A testament to the fact even though his beliefs differ, us Aryan folk can be the noble people we are and get along, and even have some fun. The afternoon was followed by a great dinner with a couple more folks coming to join us for the meal. I'm here to make life in Ohio for our folks to have the best possible community and help make life a bit easier. If you are one of our wonderful Ohio folk and want to make suggestions for further moots or just need an ear contact me. Let's make Ohio a haven for our folk, and a place for us all to thrive. 234-238-2300. I'm always here for any of you. Hail the Gods, Hail the folk, and Hail the AFA.



Folkbuilder Joe Drotos jdrotos@runestone.org

Pennsylvania

Upcoming Events



David Bryson
Apprentice Folkbuilder
dbryson@runestone.org



The Bench



As I sat upon a bench on the Eve of a Saturday night, I watched the branches from the surrounding trees sway to a light breeze, and while I was settling into my newfound spot, I started having a sudden moment of reflection...

Just 72 hours prior to me finding this comfortable seat, I was going about my normal day to day routine. Which is basically Work, AFA, and Chores.... rinse, wash, repeat.... the three essentials. It was time to shake it up a little and just focus on what I enjoy most.... The AFA.

It's been a while since I've experienced hospitality and community the way I had in those 72 hours. It's been a while since I've seen a giant family come together with such cohesion, adopting new kinsmen and kinswomen with open arms. The amount of joy and laughter that emitted from everyone brought a smile to my face. Kids ran in packs, playing games of their own. It was amazing to see our people together.

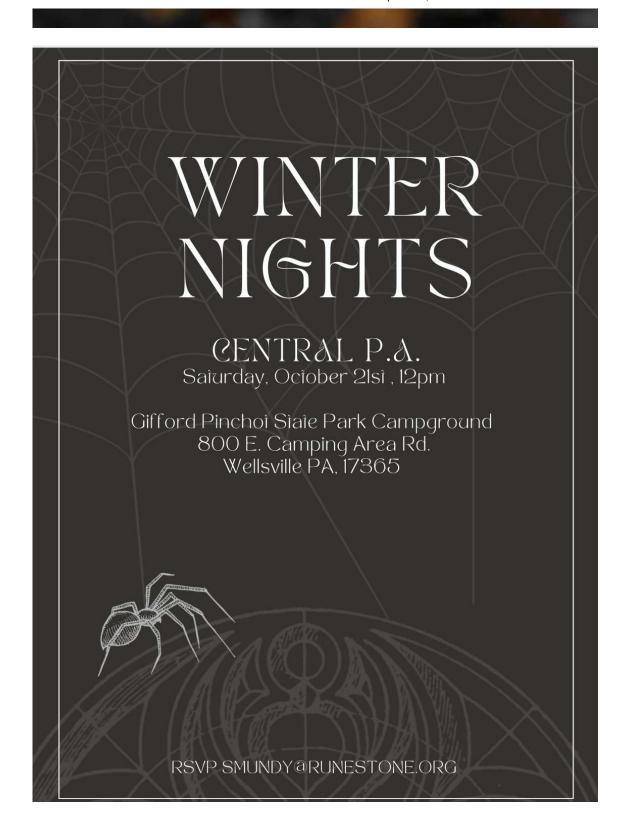
I experienced phenomenal Blots, honored our Gods, and witnessed Oaths. I heard the words spoken during two baby-naming ceremonies. I saw tears shed out of love, I listened to stories, built relationships, and finally, saw friends face to face for the first time. Long overdue might I add...

We are so lucky to live in a time where our religion has a foundation strong enough to keep our beliefs alive and real. To give us opportunities to come together in well-built Halls to share these experiences.

As I sat upon a bench on the eve of Freyfaxi, in front of Baldrshof, I reflected on my journey to the district and the memories I'll never forget. I thank my brothers and sisters for such a wonderful experience.

Upcoming Events





Folkbuilder Steven Mundy smundy@runestone.org



Western PA Toddler Moot



We had a sunny day for Augusts Toddler moot, and the perfect playground!





The kids played for hours in the creek by the playground, before "painted" their faces like Indians and went to war! We wrapped up the day with some swings and slides before heading home with tired kiddos! We look forward to seeing you next month!

Presque Isle Beach Moot



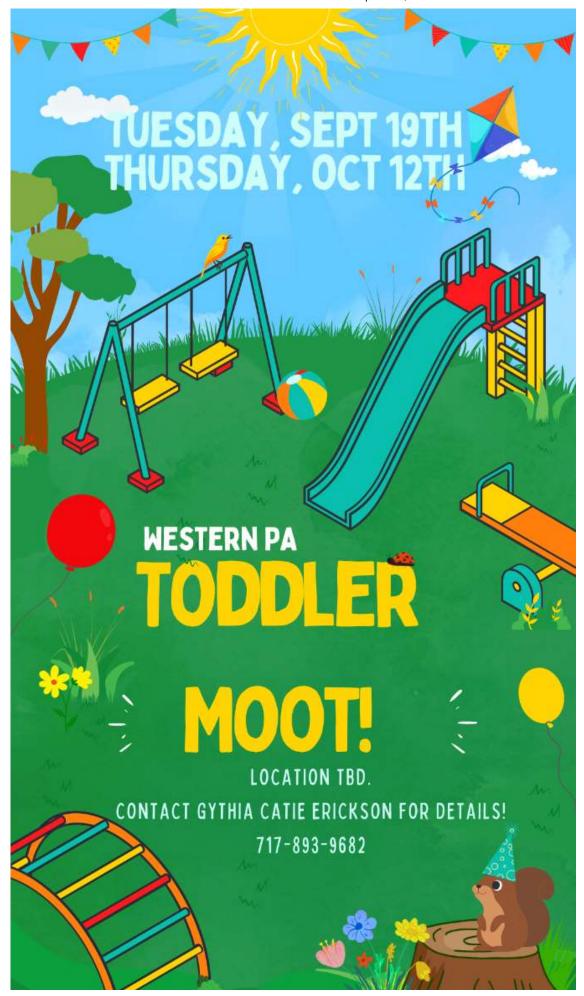
We gathered for one last, Sunny Hurrah before the end of the swimming season. We've never seen Presque Isle so busy, as the Labor Day crowds gathered in the sand to soak it all in.





The sun was hat, the water was cool, and it waves were fun! All in all, it was a fantastic day swimming and enjoying each other's company!

Upcoming Events







Gythia Catie Erickson
cm.erickson@runestone.org

Keystone Tru Folk Freyfaxi



On Saturday August 12th, AFA Kindred Keystone Tru Folk hosted Freyfaxi at the Erickson household near Erie, Pennsylvania.







It had been a long time since we could all get together. We had friends from Ohio and Ontario join us in honoring Lord Freyr for this first of the harvest festivals.





There were 13 grown-ups, 5 children, and 3 babies! Gythia Catie Erickson and I had very warm hearts to see our home filled with laughter, friends the sounds of children playing, and even the baby cries. Hail Ingvi-Freyr!



Witan Clifford Erickson cerickson@runestone.org

Poland

Greetings and Hail the Gods!



My name is Aspir Befreier, and where in the German tongue, within my name 'Befreier', is the greater meaning of 'liberator' and a name I can only believe I will one day fully live up to. My life has been a colorful one and, like so many others, is full of things few might believe. In part of my life's journey I joined the Air Force after high school and deployed once to Iraq. After three years of service I decided to pursue the pleasure of adventure and have since seen the lands of 47 nations or countries. It has also been my pleasure to take part in the combat against wildland fires during the intense blazes of 2015/16. Since then I decided to focus on school and pursue my dream of returning to live in Europe and the home of my ancestors. It has been a challenge, and still is, but I continue to embrace my time here and am happy at the fact that I've managed to live 5 or 6+ years in Europe and the majority of that time here in Poland.

Many Americans believe that Poland is a safe bastian for the Aryan man however, knowing our enemy this is far from true. I've been watching it change right before my eyes and this year has been no different but the changes have been dramatic and for the worst with swaths of brown invaders now pouring into the nation. There is much that can be said about Poland, and even though this interview with Red Ice is now rather dated, if you wish to know more you may want to give it a listen here: https://redice.tv/radio-3fourteen/slavic-paganism-and-how-based-is-poland-really

Red Ice is how I may have first heard about the Asatru Folk Assembly and Stephen McNallen though I'm not entirely sure. However, I do remember when I thought about joining it felt in vain, as I am, here in Poland. It wasn't until the wuflu scamdemic of 2019 that I found myself back Stateside and the opportunity to join the AFA as a member. Proud I was to be amongst those who sought to connect themselves to their lineage of ancestors and bring back that spirit of our peoples under the consciousness and wisdom of Wotan. I had been a mormon, a christian, an atheist, and a buddhist, I had traversed the various religions as a lost soul and found the light growing brighter in me when I began to uncover pagan literature and stories of our path tightly woven in the very being and existence of our people. I have since substituted my more native Germanic faith with that of Slavic but it does not fill the horn.

I have long desired to take my knowledge and faith to the next level and now that I am back with the AFA that is what I intend on doing.

Hail the Gods.
Hail the Ancestors.
Hail the AFA

A Story about Brownies



Have you ever had various items go missing only for them to turn back up in the exact same spot you left them days, weeks, or months later despite having checked that very spot and the rest of your home thoroughly? Do missing items sometimes just repeatedly show up in the same part of your house time and time again for seemingly no good reason? Do you hear strange noises after midnight as if someone, or something, is home with you? Well, have no fear you probably host a house spirit known as a Brownie.

The brownie has many names and is recognized in most, if not all, European folklore, and even has a few names in the English tongue. Dobbie being the most famous name as it was used to name a house elf in the popular Harry Potter book and movie series. Often, they get confused as ghosts for their late night activities. Brownies tend to be most active from midnight until around three o'clock in the morning. You might hear scratching, pouncing, footsteps, the opening of cupboards or chests, etc. They might sound like a cat when you don't have one, basically they're a small spirit and wouldn't tend to make much noise that sounds larger than a toddler or small child as they are in height.

As mentioned brownies are a house spirit, they're benevolent but mischievous. When asked about objects going missing, it's because brownies can be rather playful. If something captures their interest they may want to use it or play with it for a time, toys, not typically young children's toys but toys which are more advanced seem to capture their interest to tinker with. Keys are often a fascination and thus disappear often but it could be a myriad of things which may disappear at any moment of the day. If you

don't know you have a brownie or how to appease it, objects may disappear for years even. Brownies are benevolent but you can upset them, usually if they become upset, bored, or displeased they'll simply leave the household, others may go on to cause more mischievousness to annoy you.

How to keep your brownie happy? Would you like your missing item returned? Brownie making a little bit too much noise in the night? Give them gifts of milk and cookies. True again throughout most, if not all our cultures, the gift of milk and cookies has long been the answer for appeasing or keeping your brownie happy. If you're already on good terms with your brownie, you can simply ask it to stop doing something or return that which had gone missing. You can address them like a child, "Brownie stop playing, please return my object." I've never asked our brownie to stop making noise and would advise against it as it's simply living it's life and moving about which might upset it. Also, these noises may allow you to track where it lives in your house. Usually someplace where clothes or linens are kept, possibly by the hearth but could be wherever the brownie finds comfort. You can also just acknowledge its presence and wish it well. With this, you should find that your missing items will typically reappear in the same part of the house or reappear in the exact place you left them.



The Hob of Elsdon | Northumberland Folklore

That's it for brownies. Personally, I have many stories about their activity in my house, and they're a charm to have in my opinion. It just says you're doing something right in having a home welcoming of (old) spirits. For further explanation and a good story on

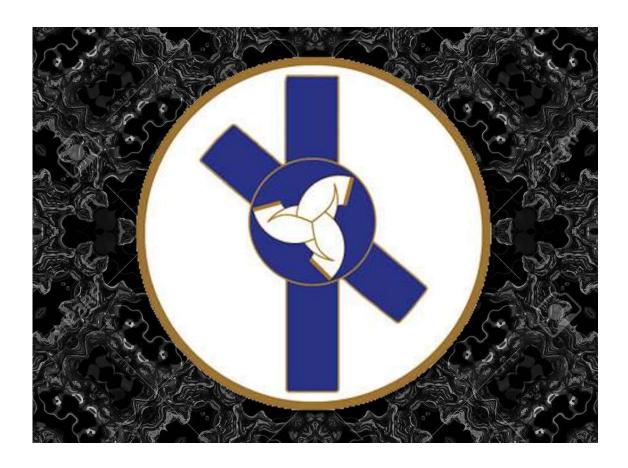
the life of brownies, please watch "The Hob of Elsdon | Northumberland Folklore" and consider subscribing to this excellent YouTube channel doing well to preserve our folk history and tales.



Aspir Befreier Apprentice Folkbuilder <u>abefreier@runestone.org</u>

South Carolina

Donate To AFA Folk Services



Lately our family has been going through a rough time. My husband, Witan Daniel Young, is healing fine, but is still rehabbing and hasn't returned to work in over a month. It made me think. Daniel and I have always saved for a rainy day but that "rainy day" fund dried up quickly. I have found that we can never be prepared enough. We are making it though, and have had generous help from friends.

I am reaching out to the Folk to ask that you consider donating monthly, weekly, whatever works for you, to AFA Folk Services. Daniel and i have recurring donations going into the fund to this day, we set it up to come out on payday. Even if you donate \$5.00 weekly, it can make a huge difference. Your brothers and sisters could have catastrophic life changes they aren't prepared for. Let's do this now, let's donate to Folk Services, it could be you that needs that help.



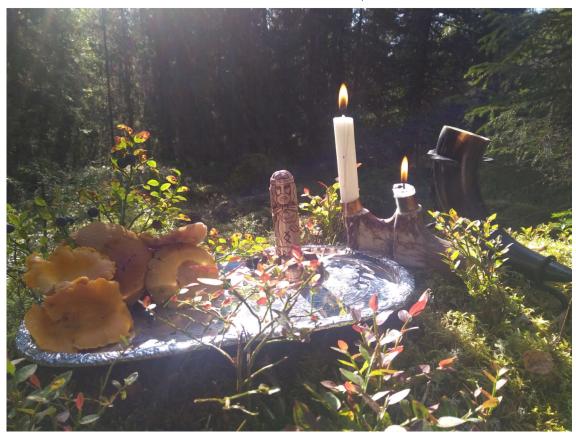
Folkbuilder Heather Young hyoung@runestone.org

Sweden

Freyfaxi in the North



It has been a great year in many things when it comes to harvest! Currents have been plentiful, the potatoes have grown very nicely, and both the rabbits and chickens have produced many offsprings this season. Life has been very good.



We took both from our potato-patch, and ventured into the forest, to gather gifts to give to Lord Freyr. Although autumn was knocking on the door, the day offered both sunlight and warmth.



May we all reap the wheat of our hard-work, our good work in life, mundane and spiritual.

Already, I long for the harvest of next year, to see what it will bring.

Thank you, Lord Freyr, for your great gifts!

Hunting Season has Begun



The beginning of the hunting season for my family has always been the 20th of August. That is when duck season starts up here.

This year was the 44th year my dad has hosted the start of duck season on the 20th of August. We end up being about 10 people from across the county who gather to tell stories, have coffee and then try our luck to bag some ducks by the Torneå river. As is often the case, it was a hot and sunny day (not ideal conditions for duck hunting). We did not see many ducks during the day, but oh boy did they fly during the dusk.

I did not bag any fowl myself this year, but our total ended up being 22 ducks. It is always a discussion each year whether we will "beat" our record low of 6 ducks in total. No new record for this year!

As I am writing this, moose hunt is upon us. 7 consecutive days (with one day of rest) of hunting, and as always, expectations are high!

Hail Ullr!



Jaktsäsongens början har för min familj alltid fallit på den 20:e Augusti. Det är då andjakten börjar här uppe.

Detta år var det 44:e året som min pappa har varit värd för andjaktspremiären den 20:e Augusti. Vi brukar bli runt 10 personer från länet som samlas för att berätta historier, fika och försöka skjuta lite änder nere vid Torneåälven. Som ofta är fallet så var denna preimär varm och solig (inte ideala förhållanden för andjakt). Vi såg inte många änder under dagen, men jäklar att de flög när solen gick ner.

Jag lyckades inte fälla något denna premiär, men vår total blev till slut 22 st änder. Det är alltid en diskussion varje år om det här är året vi "slår" vårat bottenrekord på 6 änder

totalt. Inget nytt rekord detta år!

Medans jag skriver detta så står älgjakten för dörren. 7 dagar i sträck (med den vilodag) av älgjakt, och som alltid så är spänningen stor!

Hell Uller!

Upcoming Events





Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org



Tennessee

Winter Finding and Ullr



Ullr's Gifts to Hunter, a reading

Folkbuilder Nicholas Rice nrice@runestone.org



Virginia

Coffee Moot 2023



On August 5th, we held a Coffee Moot in Petersburg VA. We were able to be joined by a very good friend of mine, Gothi Rob Stamm! Michelle and I had a great time discussing current events, cracking jokes, and having a great time just hanging out with Rob. We look forward to seeing you all at the next moot!



Folkbuilder Cody Raynard craynard@runestone.org



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