





As I write this, I am getting ready to attend the first-ever FallFest at Baldrshof! Baldrshof is the third Hof of the Asatru Folk Assembly. 7 years ago, hofs were a distant dream, today they are a glorious reality. 2 years ago, we had 1 hof... we are currently doing walkthroughs for our 4th. Our Folk has been generous. Our Leadership has been diligent. Our members have been industrious. Our Gods have blessed us beyond measure.

Now more than ever we are watching our Folk come home to their Gods and to our AFA. The beacon that brings people to us is reality. We DO Asatru. The day of theorizing, of debating, of "someday", has passed. The day of doing, of living, of being has dawned. In the AFA we meet up regularly with real Asatruar, in the real world. We gather at real temples. We are served and led by a real priesthood. The pictures in this publication shine for the folk within, and the folk without, as a testament to what we ARE and what they should and could be doing. I am proud of my AFA family. We are living the dream of generations. When we all give what we can and do what we can, nothing is beyond our grasp.

As we move into the fall and as we Find Winter, let us focus on accomplishment. Let's continue winning!

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

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

## The Mission to Establish Njordshof

*"The third among the Æsir is he that is called Njörðr: he dwells in heaven, in the abode called Nóatún. He rules the course of the wind, and stills sea and fire; on him shall men call for voyages and for hunting. He is so prosperous and abounding in wealth, that he may give them great plenty of lands or of gear; and him shall men invoke for such things."*



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

Thank you all so much for your generosity and support! We have made fantastic progress on this amazing goal. With all of your help, we are manifesting dreams and shaping our reality.

As previously mentioned, this project had 3 phases.

1) We must pay off the remaining loan amount for our previous 2 hofs: MISSION ACCOMPLISHED! (pay off check will be in the mail Monday!)

2) We increase or Maintain our average monthly income (including this fundraiser!): MISSION ACCOMPLISHED! Now we MUST maintain it!

3) We locate a property and secure funding and any necessary down-payment: We have \$7,000 in our Njörðshof war chest. We have secured lending from several sources and are READY to make offers on property! Our locals have done walkthroughs on 2 properties so far and are getting a contractors estimate for remodeling work on 1 of those.

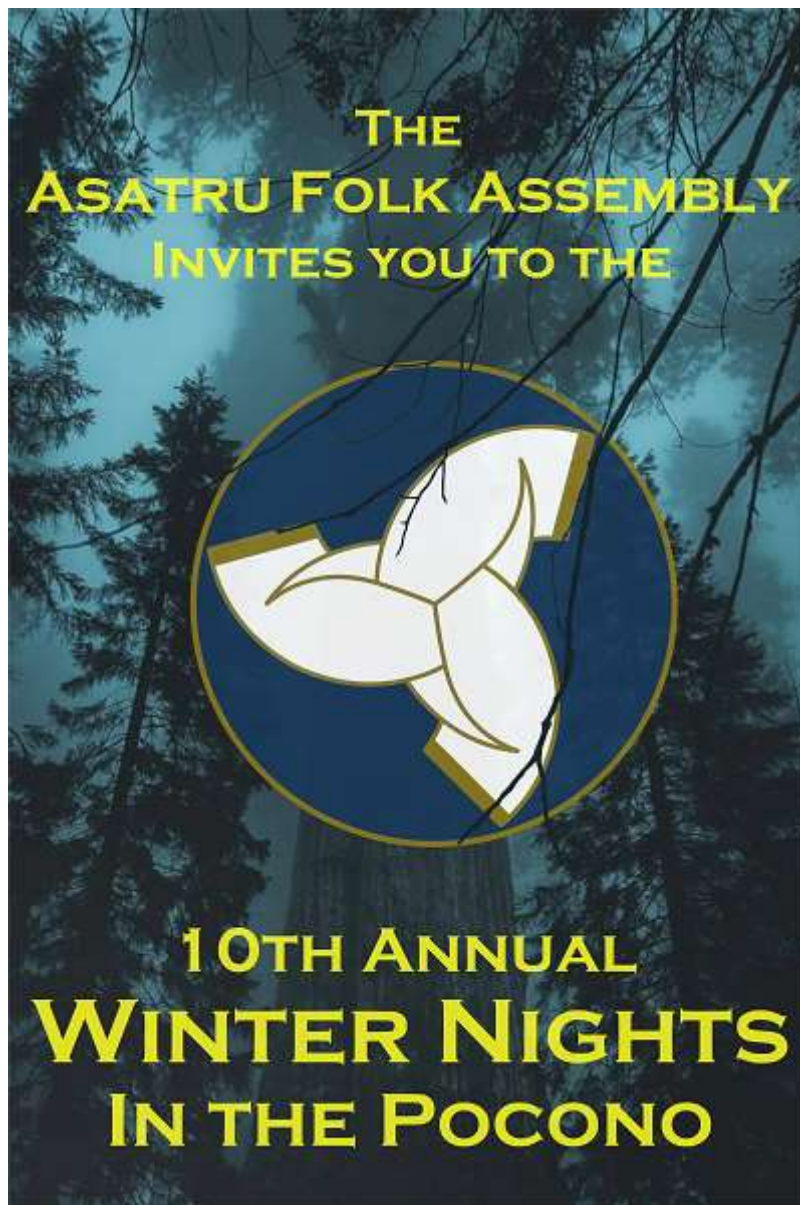
I will adjust these numbers and update you all on progress as it happens. Your generosity is astounding and ALWAYS appreciated.

HAIL NJÖRÐR!



Matthew D. Flavel  
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**Winter Nights in the Poconos X**



[Winter Nights X – Asatru Folk Assembly \(runestone.org\)](http://runestone.org)

The Tenth Annual Winter Nights in the Poconos will be held in Milford, Pennsylvania from October 15- 17! Since 2012, this long-running AFA festival has been dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, our Goddesses, and our Ancestral Mothers in the crisp air of mountains as winter sets in. We build upon the success of the Asatru Folk Assembly here in the Northeast by making new friends and renewing old friendships. We look forward to seeing members and friends!

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

Things to know:

- Children 17 and under attend for free!
- The cabins have bunks. You will need to bring your own bedding and it can get quite chilly at night, so plan accordingly.
- Tenting is permitted in the main field.
- Dogs are welcome but must be leashed at all times and are not permitted in common indoor areas such as the dining hall.
- The camp location will be provided upon registration.
- If you have any questions or concerns please email [cerickson@runestone.org](mailto:cerickson@runestone.org)



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

## Day of Remembrance

### *Winterfinding*

The ancient calendar only recognized two seasons. There was summer and there was winter. Just as May Day was their first day of summer Winterfinding 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 winters 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. This begins the winter season. This 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. 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 winter drear. Take time to remember what’s important.



Gythia Catie Erickson

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

## Remembrance & Holy Days



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

2021

<b>Date</b>	<b>Observance</b>
January 9	Day of Remembrance for Raud the Strong
January 23	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 20	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 20	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 17	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 22	May Day
June 9	Day of Remembrance for King Athanaric of the Goths



<b>Date</b>	<b>Observance</b>
June 20	Midsummer
July 9	Day of Remembrance for Alexander Rud Mills
July 17	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 21	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22	Winter Finding
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 16	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 21-31	Yuletide

## Upcoming National Events

Please contact your favorite Folkbuilder or Gothar if you are interested in attending the events below. The way to get the most out of your membership in the Asatru Folk Assembly is in person with your Folk!

### Winter Nights in the Poconos

October 15 - 17

Pennsylvania

[Winter Nights X – Asatru Folk Assembly](http://runestone.org)  
([runestone.org](http://runestone.org))



### Feast of the Einherjar at Baldrshof

November 11 - 14

Minnesota

[Baldrshof Feast of the Einherjar – Asatru Folk Assembly](http://runestone.org)  
([runestone.org](http://runestone.org))





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

## Be a Doer



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

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

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

## Baby Blanket Project

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

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

If you are a member of the AFA who is expecting a baby, please let your Folkbuilder

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

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



## Youth Program



The AFA Youth Program is now halfway through a very successful year! We had high hopes when this program started in January and the kids have surpassed all of our expectations and goals. Our youth have been working on monthly assignments and fun projects centered around Lore, Days of Remembrance, Holidays, AFA Culture, and monthly themes based on the Nine Noble Virtues.

Registration for the Youth Program is open year-round and open to youth ages 6 to 18. Our program is currently e-mail based. Parents receive their assignments through e-mail on the first of each month. The Youth Program is free and open to all of our AFA families!

If you are interested in registering your child for the AFA Youth Program, send an e-mail to [youth@runestone.org](mailto:youth@runestone.org) to get started.

## Folk Services

For some, it may be a natural disaster. For others an unexpected change in health, and



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

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

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

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

Thanks in advance!

## Photo Donations

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



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

resolution the better, so please email them from the device where the photo was taken.

## Eir's Blessings



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

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

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

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

## Last Will and Testament

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



We never know when tragedy will strike. We have a responsibility to our loved ones, we have a responsibility to our own legacies, to plan for our passing, and to make our

wishes known. Planning for and contemplating our death is uncomfortable. Hopefully, we all have plenty of time for that down the road, but we can't count on that. Maybe we worry about expenses or hiring a lawyer. We all have excuses to put things off until later, unfortunately, sometimes the clock runs out before "later" happens.

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

Please make your will **today**.

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

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317

**Folkbuilder Spotlight**



Happy September to all!

Folkbuilders are truly the force that makes the AFA succeed. They are the points of contact for those who wish to learn more about and join our church. They handle the logistics needed to maintain membership, to hold moots and events, and they are often the first person members reach out to in times of crisis.

This month, we would like to shine the spotlight on Apprentice Folkbuilder, Timothy Dumas, from Ohio.

**When did you join the AFA?**

"I officially joined the AFA on September 21, 2019. My wife had been a long-time member before then, and after watching several videos of Folkfather Stephen McNallen

and Alsherjargothi Matt Flavel I knew it was for me."

### **What brought you to Asatru?**

"I have been into my Celtic and English heritage since high school and a backyard Odinist for years. I was raised by devout Catholic Grandparents and although loving and admiring them, I could never really go all-in with the Catholic faith, I felt something was missing. Asatru feels right in my blood and soul."

### **What made you want to be a Folkbuilder?**

"I have always had a very gregarious personality and been involved in fraternal organizations and communities my whole life. I very much enjoy attending cultural events and since becoming an AFA member and seeing Alsherjargothi in action at Yule, I am now excited for spiritual ones as well.

We moved to Ohio last year from California and after settling in I wanted to be more involved in the great community here. I also wanted to be a Folkbuilder to be the example of what I considered the Folkbuilders duties to be."

### **Why do you like being a Folkbuilder - what do you personally achieve from Folkbuilding?**

"Being a Folkbuilder is a very spiritually fulfilling duty for me. Bringing the folk together and inspiring new people to join is something I cannot explain in words to my folk. It is something that just feels right.

If it were just myself and my family I would be going out and doing these same events, but having my kindred and my folk make this so much more worth it to me.

I debated for a while ever even joining the AFA, because my mindset at the time was of a selfish one and I thought "what are they doing for me?". After joining and going to Odinhof something had ignited inside me that only others that share the divine experience of awakening that folk-soul can understand."

### **How are you involved in your region?**

"I hold one moot a month in my part of the country and since Under Ash + Oak inception they have all requested we meet another weekend inside the month as well.



I am an editor of the Runestone which is also very fulfilling to me and I'm proud to be a part of it.

I'm also always on the lookout for prospective people to join us and I greatly encourage people of our folk to attend our events. Some events are for AFA members only of course. We have gained many new AFA members this way, showcasing our great community and after joining in Galdr, blot, and sumbel, we have seen many experiences their own spiritual awakenings as well."

Thank you, Timothy, for the hard work and dedication that you show month after month!



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

## Óðinshof First Hof of the Asatru Folk Assembly

### Alaska

Contact me to get involved!

Folkbuilder Eric Whisman  
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Contact me to get involved!



Gothi Steven Morrell  
[smorrell@runestone.org](mailto:smorrell@runestone.org)

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## Arizona

*Growing with Folk*



I am so excited to see how much our state has grown in the past few months. I couldn't be more thankful. I am looking forward to the future as we create lifelong bonds.



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Contact me to get involved!



Connor Norris  
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Folkbuilder Krystal Bailey

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Gothi Thorgrun Odden

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Contact me to get involved!



Gothi Kevin Long

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

*Celebrating Frey in the Smoke*



Heavy smoke and hot weather persisted well into August 2021. Some of us actually evacuated to the hof while nearby fires raged, glad to return to our homes to find everything intact. In spite of the stress of living in California, one thing that “must go on” is gathering the folk each month for a strong sense of community and well-being. Many of our regulars couldn't make it this time, but we still had a good turnout and all enjoyed the casual pace of the day.

We were blessed with light smoke and low temperatures, so we spent most of the day outdoors. There was a range of talks from genealogy from Steve Ingle, our expert on DNA and family research, to prepping and go-bags from Zac Gable who's an active member of his fire department in the fire-ravaged community of Berry Creek. Regarding Freyfaxi, Steve McNallen spoke on “the horse” and its influence in establishing our folk as adventurers and seekers throughout time. We also learned about old-Saxon and runes from an expert on linguistics and lore. Gythia McNallen occupied children with various “horse” crafts and then helped them make ice cream in a bag. Krystal did her magic as always, with hearty meals – and a ritual offering of bread in the shape of a horse. Our Alsherjargothi brought closure to our day with an impassioned call to God-Freyr to bestow his blessings, in exchange for our gifts to him. It was a mellow day, touched with Freyr's magic.



Other Odinshof news:

Witan Svan Herul is designing an Odin mural to be painted on the south wall of our hall. He'll be making a trip out in early October to sketch and then paint the wall, giving tribute to Allfather. We must never forget that this is Odin's – hof.

WINTER NIGHTS at ODINSHOF October 23rd

Our Winter Nights gathering will be October 23rd to allow west coast folks to attend our national event, Winter Nights in the Poconos the weekend before. If Halloween has always been your favorite holiday, you **MUST** come to Winter Nights at Odinshof.

Emphasis is on the children during the day with costumes, candy, and games galore. In the shadowy mists of nighttime, that is when we call on our “Mothers” the Disir, to join us in a most sacred rite. They always hear us, and they always come.

We always welcome visitors from outside of our Odinshof District. This sacred hof to Odin is open to all AFA kin. Write to Sheila or Krystal for more information.

## COMMUNITY HALLOWEEN – October 24th

We're in the planning stages of hosting a Halloween celebration for the larger Brownville community. It will be similar to the children's events planned for the previous day. We'll need volunteers to help with crafts, face painting, etc. Plan to stay the weekend with us!

Upcoming Ritual Celebrations:

September 18 “Winter Finding”

October 23 “Winter Nights”

November 20 “Feast of the Einherjar”

December 18, “Yule”

### *Food Pantry vs Mountain Fair; A tough choice for many*



This month, Gythia McNallen brought in two loads of food from local food charities prior to the August 21st Food Pantry. Our energetic team set up tables, transferred boxes, and bags so we were ready for the hordes we expected to see this month. But one big question concerned us -- a new local event called the “Mountain Fair.” For a remote community affected by fires, smoke, lock-downs, and power outages, would this first big event draw the locals away from us? Traffic and parked cars that morning told us “Yes.” The locals turned out for this country-gathering, which reduced the number of people who came by Odinshof for food. That was okay. We were glad to serve several new families and now have 58 families who have been fed by our Odinshof Food Pantry.

One good outcome is it became clear that we need to have a strong AFA/Odinshof



presence at the 2022 Mountain Fair. As folk-gatherings go, this one featured mountain men and loggers, quilters and bakers, kids and elders. We heard that over 1800 country folk attended. What a great place to share our story.



Gythia Sheila McNallen  
[sheila@runestone.org](mailto:sheila@runestone.org)

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## Montana

### *A Lesson on Freyfaxi*

It's beginning to feel like fall here in Montana. Hunting season is in sight, the weather is getting a bit cooler, and fire season is slowing down. We even enjoyed some rain here recently! Since I moved here in the spring, I haven't really had the chance to get out and meet many of our members face to face, but that's changing along with the season.

In lieu of not being able to get out, I recently sent out an email to our members here and asked what they were doing for Freyfaxi, as individuals, as families, or if they had the chance to meet up as a group. This also gave me the chance to talk a bit about Freyfaxi, its origin, the story behind it, and the seriousness of swearing oaths, as evidenced in Hrafnkel Freysgoði's saga. If you aren't familiar with it, you should be! This is where we get the term, or rather the name, Freyfaxi.

Hrafnkel was among the early Icelandic settlers and held a farmstead called Athalból (noble home). He was prosperous there, hallowed the ground, and built a Hof dedicated to Frey, his favored God. Hrafnkel also promised the best of his livestock to Frey, including a horse that he called Freyfaxi (Frey's mane). He swore an oath, in which he promised to kill anyone who rode Frey's horse. He made good on this oath when he killed Einar, the son of a neighbor, who tended after Hrafnkel's sheep. Einar saddled and rode Freyfaxi, while he was looking for lost sheep. Hrafnkel had warned Einar of his oath, and yet, Einar rode him anyway. Upon his discovery, Hrafnkel killed Einar. Einar's relatives took Hrafnkel before the annual Althing, as Hrafnkel refused to pay the

weregild, and was found guilty. He lost his lands as punishment, and they were given to Einar's family, who in turn killed Freyfaxi, and burned Frey's Hof to the ground.

Hrafinkel's story is an excellent example of why oaths should not be taken lightly. As Folk, we are connected through Wyrð, and through our shared Hamingja, or "luck". The oaths we take, directly affect our Hamingja. An oath, made in earnest and kept, builds our shared luck. Oaths not kept, and oaths which are taken frivolously, break it down. If you plan on swearing an oath, be it between friends, within your kindred, or at a larger event, it is always advisable to seek the guidance of our Gothar beforehand.





As for our local members, and goings-on, The Greaney family took a trip up to Hamilton MT for the Highland Games. This wasn't just a chance to enjoy the cultural event though, as family members young, and old, competed in the games, and held a Blót after. Thanks go out to the Greaney family for sharing!



Folkbuilder Ryan Harlan  
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## Nevada

### *Seeing the Basque in People*



California's smoke forced many things to be canceled in Nevada this month, including

the Carson City Wine Walk we had planned. Never fear, we came up with a plan B!

Thank you to our AFA family who made it out to our Basque feast. We enjoyed a great meal and got to know each other better. Special thanks to Gythia Sheila McNallen for coming all the way from California to spend the afternoon with us. I am looking forward to many more such meet-ups occurring.



Matthew D. Flavel  
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## Oceania

Contact me to get involved!



Tj Rudd  
Apprentice Folkbuilder  
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## Oregon

Hails from the Pacific Northwest!

You are where you are in life because of the choices that you have made. You are not a victim; you are responsible for what you choose. Odin the All-father wants us to take control of our lives and to shape this world according to our desire and not react to the

countless things that confront us every day. He does not want us to be sheep led around by some Shepard, giving all our power to some deity that pulls your strings like a puppeteer. When we make the decision to take control of our lives and become accountable for our actions, we begin to align ourselves with our fate by opening communication with our Fetch, the immortal part of us that has been present during all our incarnations here in Midgard. “Work with your fate, not against it”, as Guido von List said and you will find fulfillment in life by realizing your purpose or duty here. We chose to be here for a reason, to advance in some way, to experience things that Midgard offers that the other worlds cannot, you must discover this reason.

Once you have made the conscious decision to control your life and connect with your Fetch, there are several things that we can do to help facilitate this which in turn will ultimately bring us happiness and fulfillment. In the following months, I will relate some of those things that will help you realize your full potential, starting this month by what you can do upon waking up and starting the day. These are things that I do every morning and have found to be life-changing.

1. Make your bed. This action creates a mindset of productivity and overall health. This is the beginning of a pattern that will lead to a better diet, exercise, and an orderly room that will help clear your mind so that you may focus on the tasks ahead, as well as being able to relax in the evening leading to better sleep.
2. Brush your teeth, comb your hair, shave if you're a man, put on your makeup if not, and dress for the day. Grooming will create self-confidence by looking in the mirror and seeing a productive, responsible individual instead of a disheveled hairy mess. You must present to the world the person that you choose to be.
3. Now it is time for you to state to the world and the universe the individual you are. We do this by reciting and enacting statements of fact about ourselves, engaging the energy centers of our bodies, and donning our Hammers to show our Troth to the Gods and ancestors.

This is your Daily list, face North, stand at attention, and read this list out loud to the world what you are. The items in the list are merely examples of some of them I personally use. There is a link at the bottom of the article to a document with more to choose from, remember you must populate the list with items that will create the person you are.

TO DO:

1. Energy stretches/awaken the energy of the body. Next month I will describe how

we move and raise energy in the body. Click on this link and learn this stretch, it limbers the body waking you up, and will get the electrical energy in your body moving even if you do not know how at this time. It is a base for us to begin.

<https://youtu.be/UhFDtwq2o7E>

## 2. Hammer Rite

Now take your hammer and hold it up in front of you elevated at about a 20-degree angle. Imagine a power, an intense light brighter than the sun emanating from it. It is the power of the black sun, another worldly energy that is rising in this dark age of degeneracy that is counter to natural law. This power was known by our ancestors and is now empowering you to greatness! Your hammer is vibrating with this energy, and you can feel this vibration in your bones. Recite the following:

“This day will bring new wonders, great deeds, and boundless luck through the power of the hammer!”

Then don your hammer, knowing that the power of the black sun is around your neck empowering you!

3. Check the calendar- Look and see what is coming in your day.

4. Anticipate problems with a plan- Think about how you will deal with issues that you will be facing this day.

5. Correct posture, stand up straight-

Not only will walking around with your shoulders back and head held high put forth to the world that you are an important person that commands respect, but it also straightens your spine allowing for the flow of energy from your base power center. This energy is known as Vril, Chi, or Kundalini, it is a very real thing and once awakened will connect you with the divine on a consistent basis. We will discuss this more in detail this next month, our posture greatly affects the movement of this energy.

6. Do the right thing-

“Generate your Luck”, as Guido von List the Runemaster put forth. It sounds simple, but doing the right thing is very challenging. Drive the speed limit, put the shopping cart in its corral, don’t waste time at work, fulfill your obligations. By doing the right thing long enough and acting righteously, you will find those good things will begin to

happen.

Don't do stupid: These are the things that are negative in your life that prevent you from advancing and becoming all that you can be. We say them in the past tense as a fact so that they manifest. Wishes are impossibilities and hopes may not come true; therefore, we say these things in the past as if they have already happened. Below are some examples, choose things that you must stop.

1. I did NOT smoke today
2. I did NOT lose my temper today
3. I did NOT eat junk food today

Values: These are things that will build your character.

1. Be positive- immediately cut off the negative egoic mind with positivity.

This is one of the most important things you must do during the day. The egoic mind exists only here in this world of Midgard and it is very protective of that fact. It creates drama and constant problems to prevent you from connecting with your Fetch, your true self. When thoughts of "I can't", or "I'm not good enough", or "this is impossible", at that instant cut it off and counter it with a positive thought. Positivity must outweigh negativity or the exact thing that you dread will come to fruition.

2. Strive for self-respect, self-control, fairness, and firmness
3. Remain hopeful
4. Be: helpful, organized, hardworking, courageous, patient, kind, considerate, and flexible

Relationships: This is how you interact with those in your life, such as your family and co-workers.

1. Don't be reactive
2. Listen better
3. Do acts of kindness
4. Let go of resentment
5. Practice forgiveness, and acceptance

Forgiveness is the killer of the egoic mind. When we forgive it frees up an enormous amount of energy and it will feel like a massive weight being lifted. Do not think that for a moment that forgiveness will make you "soft", we must act dispassionately in carrying out our purpose in this world. If you are to be a warrior, you must perform your duty forgiveness or not. We will discuss in the future our purpose in this world,



our duty, and living with our fate.

6. Vibrate Love to your spouse or significant other.

Give this a try and send your significant other some unconditional love, see what happens. You may be amazed at the results.

Myself:

1. "Check-in" with myself, how am I? how will I correct it?
2. Don't overthink things
3. Be strong, be a warrior

Healthy Practices:

1. Take calming breaths
2. Enjoy sunlight, color, music, good smells, smiles, laughter
3. Learn something new, be creative
4. When agitated or doubtful, take calming breaths, and clear the mind, and ask my Fetch for guidance. This may come as a decision, inspiration, intuitive thought, or a feeling in the pit of your stomach.
5. Count my blessings: These are the things that you may take for granted.
  - a. I have good health
  - b. I have a reliable car
  - c. I have a very good job
  - d. I have loving parents
  - e. I have a fulfilling purpose in life
  - f. I have good friends
  - g. I have a loving wife and we are perfect for each other.

Affirmation: This statement sums up you in this world of Midgard.

I care what I do, I choose what I do, I am responsible for what I choose, I am not a victim.

Here is a link to this daily list with more examples to choose from.

<https://nwodinsfolk.com/articles/f/daily-list>

Populate it with the things you want to change about yourself. The things that will make you the best person possible here during your time in this world. Print it and speak it out every morning, you will begin to see positive changes in your life and your desires will manifest. Next month I will discuss some basic ways to move the energy in our bodies, runic meditation, greeting the Sun, and Past positive magic (thoughts and imagery) that will manifest your desires without micromanaging the universe in order

to do so.

Around the Northwest, we have a remembrance for Herman of the Cherusci in Victoria BC and Portland Oregon at the Scandinavian fest, as well as events in Coeur' D Alene ID and Seattle Washington.

Contact me for details of the activity in your area.

September 9-----Day of Remembrance for Herman of the Cherusci---- Victoria B.C.

TBD-----Day of Remembrance for Herman of the Cherusci---- Portland OR.

Hail the Gods!

Hail the Folk!

Hail the AFA!

*Updates from the Odinsfolk Kindred*





In celebration of Freyfaxi 2021, the Northwest Odinsfolk kindred met up on Sunday,

August 22 for another magnificent hike through the lush Oregon coastal rainforest at Cascade Head near Otis. The group of 6 gathered at Knight County Park, a popular fishing and birding destination, where the broad Salmon River Estuary feeds into the Pacific Ocean.

The heavily wooded trail climbs through dense and massive old-growth Sitka Spruce, Douglas Fir, Red Alder, and Western Hemlock, along with elderberry, salmonberry, sword fern, deer fern, and many species of moss and mushrooms. Ascending to a wide grassy knoll covered in cheerful yellow *Jacobaea* and bright daisies, spectacular views of the Salmon River, Three Rocks, and the dramatic rocky coastline were taken in as the group pushed onward up a steep slope to find a proper blot vista point.

Our kindred gathered on the blustery hillside for blót where even more extraordinary views from Lincoln City down to Depot Bay spread out in an awesome expanse to the south and God's Thumb stretched out to the west. Gothi Rozanek led the folk in a moving round of galdr to invite in the bountiful, fertile spirit of Freyr, with his booming German hails echoing off the steep cliffs.

After our invigorating hike, the group headed down to the Autobahn, a proper German pub in Lincoln City, where fondue, wiener schnitzel, spaetzle, cabbage rolls, giant burgers, and doppelbock were thoroughly enjoyed.

Hail Freyr!

Hail Odinsfolk!

Hail the AFA!



Gothi Joe Rozanek

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## Washington

*Feast, Fitness, and Frith*



This month has quite a few highlights and many of our local folks proved to be quite motivated towards positive change in our local sphere. As always we maintained our militant strength culture in honor of Thor meeting regularly for feast, fitness, and Frith. Through this, we build our individual physical prowess and contribute to the overall kinship shared amongst our local folk.



Early on in the month quite a few of us attended an inter-organizational Freyfaxi with multiple kindreds and Asatru Churches from all around the Great Pacific Northwest. Mid-August Nordvestri Kindred members went to Idaho visiting both old and new friends in the CDL / Post falls region. This area is beautiful and booming with lovely folk who we look forward to working with towards the development and advancement of the AFA in Idaho.



Closing out August we hosted a Wotan on the peaks, a birthday for one of our young Kinderfolk members, a visit to Camlann, and last but not least on August 30th we closed up the month with the birth of our newest little heathen.

August has come and gone through the ripples of our deeds will live forever!

HAIL THE GODS!

HAIL THE ANCESTORS!

HAIL THE AFA!



Mason Johnson  
Apprentice Folkbuilder  
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## **Þórshof** Second Hof of the Asatru Folk Assembly

**Florida**

*Offerings to Ingui-Frey*



Our Florida Folk started off the harvest season with a great turn-out to make offerings to Lord Ingui-Frey, Belli's brilliant bane, battle-skilled Freyr. We were honored to have



Lawspeaker Allen Turnage in attendance and people from across the state sharing in Frith and fellowship.

A delicious feast was enjoyed by all. Afterward, talk turned to Njörðshof and the electricity in the air was palpable. Everyone joined in a rousing chorus of Happy Birthday for Nathan before the closing ceremony. During sumbel tales of the prosperity brought to our shores by Freyr's father, our divine ship captain, were shared. From raises to new careers and added revenue streams. We have been truly blessed.





Florida member Thom also celebrated a birthday this month.

Next month we will be hosting the second annual regional event in the panhandle with Winter Finding on the 18th & 19th followed by...

Winter Nights

Oct. 16th

Feast of the Einherjar

Nov. 14th



Folkbuilder Lane Ashby  
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Contact me to get involved!



Lawspeaker Allen Turnage  
[turnage@runestone.org](mailto:turnage@runestone.org)

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## Georgia

*Blot and BBQ for Frey*



This month, members from Georgia, Alabama, and South Carolina met up for the third annual Georgia Freyfaxi!

We shared a small but intimate blöt to Ingui-Freyr, thanking him for his many blessings of wealth and opportunity over the past year! Afterward, we shared in frith and feasting at a local historic barbecue restaurant.

While we always love seeing our local Folk, we are also excited to travel to Thorshof

for monthly events!

Reach out to a Folkbuilder or Gothi if you'd like to start LIVING Asatru!



<https://runestone.org/product/njordshof-fundraiser/>

Just as a reminder- we are still preparing to acquire a Hof for Njördr, and any size of donation will help us achieve that goal! Njördr has blessed the AFA abundantly throughout the years, and it is high time we return the favor by giving him his Hof!



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## Indiana

Contact me to get involved!



Charles Hopping  
Apprentice Folkbuilder  
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### *Strong Harvest*



Greetings from Indiana,

This month we had our monthly Heimdall's Midgard Kindred Camp. We had an

Apprentice Folkbuilder from Tennessee, Jesse Parton, come spend the weekend with us. We had lively discussions and kicked soccer balls around with the kids. We ate good meals over the fire and shared much frith.

We celebrated Freyfaxi and had a feast in praise of the harvests we've had as a Folk, a Kindred, and our own gardens. New faces from last month's moot attended again this month! Our members who have gardens have never yielded as much produce as they have this year! Our Kindred is as strong as ever!

Next month we will have another Camp scheduled. Our camps are always the weekend of the last Sunday of the month. If you find yourself in the Southern Indiana area and/or are just wanting to meet up with Folk feel free to contact me. Any and all AFA members are welcome. Until next time...

Hail the Gods!

Hail the Folk!

Hail the AFA!



Folkbuilder Zach Cato

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## Italy

Contact me to get involved!

Francesco Morese

Apprentice Folkbuilder

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## New England

*Thoughts on Ansuz*







When you watch a sunset or rise early to behold dawn, where does it guide your thoughts?

Certainly, it isn't of the workday that's gone or the one to come. I bet it isn't what's on your social media feed. It probably isn't even the beer or coffee that might be in your hand.

Think about it, the last time you witnessed a sunset or sunrise. How did you feel?

I bet there was a sense of stillness and wonder. A sense of wholeness, a sense of belonging to that moment and the very place you found yourself.

Maybe you noticed the wind, whispering a breeze through your hair. Caressing your very being. Maybe it perked your ears, just before you felt a pulling in your heart. As if somehow the sun was guiding you in a new direction and the wind was the voice telling you it's ok to go.

Maybe you took a deep breath and felt it resonate through your body. After all, the breath is the point of osmosis between the energy of the universe and the physical being.

Beyond the natural human desire to survive, there is a need to relate to one another, as well as our surroundings, to pass on memories, but have you ever considered the passing of breath?

The breath of life was the first gift given by Woden. All inspiration and mental activity

first start with the breath. The breath is the spirit.

When we are conceived we are unable to breathe air. Our mothers breathe for us in our embryonic state. The mother passes the breath to us, as her mother, and all her mother's that came before back to the beginning. When we are born, from the moment we take our first breath, we are filled with the spirit. It resides in our physical body until the moment we take our last breath. Then it is passed on again. Trees, plants, and beasts alike all receive and pass on their breath.

Is it any wonder then that the voice of the wind should call to you so? The ancestral voice beckons to us all. It calls us back to the forests, to the tops of mountains, along winding rivers, and into unknown depths through chasms and caves.

It should come as no surprise then that we are filled with such a desire to relate to nature and attempt to decipher and understand our place within it.

It should also come as no surprise that sprawling urban expanses are filled with such chaos and strife.

The manufactured world is in diametric opposition to the natural world. The breath is tainted with plumes of chemical smoke, greenhouse gases, negative ionic currents, etc. The breath is snuffed out. What was once clean and able to be passed on has been traded for stagnant poison. All those living in the city inhale and exhale these fumes, further adding to the degradation of the holy spirit held within.

It is no wonder so many that dwell in these spaces are filled with loss, hopelessness. With a mind content to manipulate and speak falsely to further their own needs. The language of consumerism rides the false breath of systematic industrial takeover.

The tragedy in existing amongst such environments filled with hypocrisy, misdirection, and propaganda is even those who are good at heart will follow their minds into confusion. Inadvertently betraying the spirit; leaving them weak and more vulnerable... When you assess your life, are you living in tune with the natural world or are you part of its undoing? Can you name things as they are? Can you be calm and still enough to understand what the wind is saying? If you speak the truth and seek the right action, do you find it aligns with your inner voice?

The breath is the greatest gift you will ever be given. It is your divine inheritance. You should not take such a matter lightly

In Frith,  
Cody Quinlan

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## Ohio

### *Dublin Irish Festival*



On Saturday, August 7th your Ohio Folk gathered for Dublin Irish Festival in Dublin, Ohio. Dublin Irish Festival is the biggest 3 day Irish Festival in the United States. There were several vendors, musicians, Ceili dancing, bagpipers, food, and most importantly, a family-friendly European cultural atmosphere. These events are so important for us to attend. The expression goes “food for thought”, but I feel events like these are food for the soul. Thank you to everyone that made it out, especially our folk that came as far as Pittsburgh and Cincinnati.



*Dayton Leiderkranz-Turner German Picnic*



On Saturday, August 14th Under Ash + Oak kindred, several AFA members, and a few folkish guests traveled over to the Liederkrantz-Turner German-American Club in Dayton, Ohio. They were hosting a Germanfest Picnic/Street fair. The road was closed down to host several beer vendors, German Oktoberfest hats and costumes, a stein vendor, and several community-oriented booths. We celebrated in each other's Frith and German culture all afternoon. It was great to meet some new AFA members and new folk. I want to thank everyone that came and also emphasize the importance of our AFA membership worldwide to attend these cultural events.

Join us next month for the biggest Oktoberfest in the United States: Zinzinnati Oktoberfest Saturday, September 18th at 2:00 pm at 2nd and 3rd streets in Cincinnati, Ohio!





Timothy Dumas  
Apprentice Folkbuilder  
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*Freyfaxi in Ohio*







The folks of Ohio joined me at my home for a wonderful gathering to celebrate Freyfaxi this month. We all provided a dish resulting in a delicious meal and all-around great conversation took place. After the meal, we all enjoyed each other's company while the young one in attendance fed and visited my chickens. We then gathered around the fire to hail the gods. As the end of summer draws near gatherings like this remind me how enjoyable it is to spend time with our folk outside enjoying nature. I hope you all are able to do the same and I wish you all joy and great adventures before the cold days come.



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

*Thanking the Gods for Midgard*



On August 29th we gathered at Headlands Dunes State Park in Mentor Ohio for a beach cleanup that was organized through Adopt A Beach by Alliance for the Great Lakes. We gathered over 3 pounds of garbage! That may not seem like a lot, but keep in mind we cleared a lot of styrofoam materials, pieces of paper, wrappers, plastic bottles, and cigarette butts!! It all adds up! We cleaned for two hours, then we went over to the beachside of the park and enjoyed a beautiful swim in Lake Erie. The water was so refreshing after being in the scorching sun cleaning up Midgard!



We will be doing another cleanup on September 19th at 11 am at Geneva State Park in Geneva Ohio. Please contact Jessica for registration information. It is free and all the supplies are provided! All we need is YOU and your time to give back to Midgard and show the Gods we love and cherish our gift of this land.



Jessica Lambert  
Apprentice Folkbuilder  
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## Pennsylvania

*Lansdale Tru Folk Freyfaxi*



The Lansdale Tru Folk met to celebrate Freyfaxi this month. It was a day of reflecting on the harvest in our own lives. We have accomplished much individually and as a whole. That day a great ritual was done by Witan Erickson to the God of Plenty, Freyr. Dinner was served a short time after and as always it was great. Thank you, ladies! We finished the night with Sumbel saying good words over the Horn. I would like to add that we had some new faces there too.





It made not only myself but many others very happy to see Folks finding our Faith younger and younger. The future IS bright! Lastly and somewhat bittersweet it was the anniversary of our Kindred being founded but also the last time we will be meeting in this particular way. Some of the Kindred are moving. Things will look different for us but being spread out will also have great benefits. No matter where you are in PA, you'll be able to meet up with one of us in a relatively short drive. I would like to once again thank the Erickson's for all the groundwork they have laid for us here as well as the other Kindred members.

Coming Up:

September 5th, 1:00 PM  
Polish American Festival, Doylestown, PA

October 2nd, 12:00 PM  
Echo Dell Caverns, Hummelstown, PA 17036



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Contact me to get involved!



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Gythia Catie Erickson  
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Witan Clifford Erickson  
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**South Carolina**

*Sharing Memories, Making Memories*



As Autumn approaches, it brings back memories from my childhood. This time of year, as the veil begins to thin, I feel closest to my grandparents, remembering all the things that they taught me. I'll start bringing out old recipes that my grandmother used and crafts we did together.

I love sharing family stories with my children and want my family to be close during this time of year. This is when I teach them things that my Granny taught me. From good Southern cooking to sewing and cross-stitch.

I'm beginning to see things that I learned from my grandparents take root and manifest in my own children. My son learning to cook, my daughter learning to sew. Bringing good memories to mind, while we make new memories to share with my grandchildren. This is how we continue old traditions and start new ones.

As the veil thins and our ancestors draw closer, continue traditions and start new ones. Make memories to be shared for generations. Give thanks to those who lit the path we follow.

Hail The Ancestors!



Heather Young  
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Contact me to get involved!



Folkbuilder Daniel Young  
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## Sweden

### *Blot to Ullr*



On the last of August, members in northern Sweden gathered during the evening and gave blot to Ullr.

As summer yields to autumn, the hunting season is starting. In exchange for mead and meat, we asked that Ullr bless our hunting endeavors, so that we may fill our storage for the long cold months to come.



Every Saturday we have a call over teams for the Swedish AFA members. Calls will vary in topic, but the idea is to get to know each other better, and hopefully serve as a first step in eventually meeting up in the real world.

Invitations are sent out over email so make sure to check yours if you want to join.



### *Odin World Prayer Day*

Every ninth of the month the members of northern Sweden gather to conduct a blot to the Allfather. It is an opportunity not to be squandered as on the ninth of each month blots are given to Hrafnagud all over the world, the phenomenon known as "Odin World Prayer Day". This month is no different. Join us as we give an offering to the one-eyed one.

Hail Oden!

Hail the Folk!

Hail the AFA!

### *Our Saturday Call*

Every Saturday we have a call over teams for the Swedish AFA members. Calls will vary in topic, but the idea is to get to know each other better, and hopefully serve as a first step in eventually meeting up in the real world.

Invitations are sent out over email so make sure to check yours if you want to join.

Hail the Gods!

Hail the Folk!

Hail the AFA!



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

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## Tennessee



We spent the day and had many great discussions. Amazing food was cooked. We cannot wait to go to Fallfest. I know things will begin to blossom for Tennessee as members meet up and create bonds.

This September 11th, we will be meeting at a Celtic festival in Nashville TN. There will be live bands, dancing, and tournament games. Fun for the whole family, so grab your kilts and come on down!



Jesse Parton  
Apprentice Folkbuilder  
[jparton@runestone.org](mailto:jparton@runestone.org)

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## Virginia

### *Freyfaxi in Virginia*



On August 14, 2021, Stonewall Kindred hosted Freyfaxi on my homestead in eastern Virginia. Over twenty participants braved the full force of a hot, humid southern August afternoon to take part. We joined in a beautiful ceremony led by Apprentice Folkbuilder Patrick Cook, honoring Ingvi Frey and the rest of the Vanir - Nerthus, Njord, and Freya in turn with gifts of bread, vegetables, seafood, and flowers from our feast.

The excessive heat moved our festivities inside, where we feasted on the bounties of the summer harvest and enjoyed each other's company with a variety of bread and food from a successful growing season. The children enjoyed crafts and close encounters

with the various animals that live here on the farm.

Overall, a great time was had as we met new members and reconnected with old friends. The Vanir have truly blessed us with great abundance. It was an honor to share it with our Folk!

Hail Ingvi Frey!

Hail the Vanir!

Hail the Folk!

Hail the AFA!





### *Rich Bread Braid Recipe*

Below is a recipe for one of the many loaves of bread we shared with the Folk. It is a rich sweet bread that was served with a few flavored kinds of butter.

- 4-5 C flour
- 2 TBS dried yeast
- 1 1/2 C milk
- 3 TBS butter

¼ C sugar  
1 tsp salt  
2 large eggs  
1 egg yolk

Mix the milk and butter and warm on the stove until the butter has melted. Do not scald it. When the butter is melted, transfer it to a large bowl and add the sugar to it. Then add yeast and set it aside for a few minutes until the yeast blooms. When you see visible foaming occurs, this means the yeast has been activated. Mix in the eggs. Slowly begin adding the flour and salt, working it in as you go. Knead the dough until it is smooth and not sticky. Grease or butter a bowl and place the dough in it. Cover it with a towel and place somewhere warm to give it a chance to rise to twice its size. Fold-out the dough on a floured surface and divide it into three equal-size lumps. Form the dough into three ropes and make it into a loose braid on parchment paper or on a baking stone. Set it aside to rise again. Preheat the oven to 350 degrees. Whip the egg yolk and brush it on the braid to give it a golden color. Bake for 35- 45 min.

Serve with flavored butter or enjoy plain, hot out of the oven. It also makes an amazing french toast the following day!



Heather Bedford  
Apprentice Folkbuilder  
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*August Food Pantry*



During the month of August, the members of Þórshof did two distributions for the Food Pantry. We are so glad to be able to help the people in Linden and surrounding areas with getting food to those in need. We are going to continue to provide food for those in need and building bright fame for not only Þórshof but also the AFA as a whole!

Hail the Doers!

Hail the Folk!

*Freyfaxi at Thorshof*

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On August 28 we held Freyfaxi at Þórshof! We had a great turnout and an amazing class led by Witan Svan Herul about what Freyfaxi is all about and also the story of Fro-Ing and Gerða. During the ritual, we gifted a piece of Blóðuhofi into the Earth. Afterward, we feasted on great food brought by the Folk. We greatly appreciated all those who shared in the experience and coming to Þórshof to share Frith with the Folk.

Hail Fro-Ing!

Hail the Folk!

Hail the AFA!



Cody Raynard

Apprentice Folkbuilder

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### *Words from Rob Stamm*

Greetings, I hope you all are well! Much has been happening in Thorshof District, and even more in the AFA as a whole. This month I'd like to talk to all about how we hallow a space for the ritual to take place.

What is hallowing? Precisely it means to make holy, or sanctify. Most folks outside of



the hofs use a simple ritual opener to make the space ready for ritual and to separate that time and space from the mundane. This can even be done at home at your house altar or on your ancestor's altar. At national events, this is often done before the folk even make their way to the ritual space.

Many of us are familiar with the hammer hallowing, facing the 4 cardinal directions and upward to Asgard, and down to Helheim and reciting a prayer to Thor to make holy the space and ward against ill intentioned sprites. That is a fine tradition, but today I'd like to offer an alternative: hallowing by fire.

Let me explain briefly the importance of fire to Indo-European tradition. Our oldest contemporary accounts of Aryan religion come from Vedic, Roman, and Greek sources. The Vedic culture saw fire as sacred, and it played a major role in the soma sacrifice ritual. The early Greek and Italic tribes preserved sacred hearth fire, a special class of priestess in Rome were tasked with tending this sacred fire and never let it go out. The Greeks and Romans brought this reverence for sacred fire with them as they invaded western Europe from our steppe homeland. The Vedic people similarly took with them east into India and central Asia.

Fire plays a major role of importance to our northern ancestors as well. The sacrificial meal is shared amongst the folk, and a portion and all leftovers are offered into the ritual fire for the essence to ascend to the heavens for the gods. Fire to our earliest ancestors represented a very important gift from the gods. Fire is cleansing, fire is a symbol of the divine light.

So, next time you perform a ritual at home, try hallowing your space by fire. It can be as simple as lighting a candle and saying a small prayer to Heimdall and circling a small space, sunwise. Or as extravagant as carrying a torch and lighting torches arranged in a ritual circle. The prayers accompanying the lighting should be from the heart, ask the gods and ancestors to make your space holy, invite good-natured wights if you like. The fire was an important and holy cleanser and symbol from our earliest beginnings, let's keep the tradition alive.

Until next time, keep the home fires burning!

Folkbuilder Rob Stamm

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Contact me to get involved!



Witan Svan Herul  
[sherul@runestone.org](mailto:sherul@runestone.org)

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## West Virginia

*Climbing to Greatness*

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On Saturday, August 21 Stonewall Kindred gathered for a physically challenging and fun moot at Climb Zone in Laurel, Maryland. Kids and adults both had a blast! Scaling the variable-difficulty climbing walls was a valuable test of our current individual and collective fitness level. After a challenging and fun two-hour climbing workout, we finished up by rewarding ourselves with barbecue for lunch where we got a chance to be ourselves around each other, discuss world events and our need for tribal identity, and strengthen the bonds of frith with some incoming prospective members.

Stonewall has come a long way in a short time for such a new kindred. Our one-year anniversary approaches and the future looks bright!

Our next event will be Winter Finding, held in eastern West Virginia on Sunday, September 19. All AFA members and vouched for guests of Stonewall are welcome! Please contact Apprentice Folkbuilder Pat Cook at [pcook@runestone.org](mailto:pcook@runestone.org) for details.

### *Vanir Invocations*



Courtesy of Stonewall Kindred, the invocations given at our Freyfaxi blot in Kinsale, Virginia.

All of our Folk who profess devotion to the holy Vanir are invited to save these verses, add hearth-specific lines to them as needed and use them, if you wish, in your devotional practice.

## INGVI-FREYR

Hail to thee, Lord of Loaves!

Golden thy mantle, asway in summer Sun and gentle Rain. Hail, Lord of the Summer Harvest!

Hail to thee o Elven King! Away to your world may we be worthy wend. And from thy feast, ancient Alfheim's Aetheling, release us to rise aright into forms ever new; and ever new; and ever new again.

Vana Ing, join us! Let us toast your honor and give you our Troth. We, your children, call you to the feast!

## NERTHUS

"Hail the Gods; Hail the Goddesses; and Hail our holy sustaining Mother Earth."

Hail to thee, Lady of Lake and Land.

From your bounty is born the stuff of our bodies, and to you, we give our bodies in return.

Thou who adoring, abides the abuse of your children; thou who returns only right and goodness.

Hail, mistress of the empty cup! Through the holy horn our heart's blood we pour downward into your womb; from your womb to arise in forms ever new; and ever new; and ever new again.

Vana Nerthus, join us! Let us toast your honor and give you our Troth. We, your children, call you to the feast!

## NJÖRD INVOCATION

Hail to thee, o bringer of the bountiful brine!

Hail to thee, Lord of the brine stallions! Champion of chariots! Sailors, Fishermen, Explorers, Voyagers all, are right to know you well, Wane of the Waves.

It was at the prows of your ships that we, your descendants, found Vinland! And may it be at the head of your ships again, thou fair-footed King of Noatun, that our holy Folk find a home among the stars, there to live and thrive and explore in forms ever new; and ever new; and ever new again. So shall it be!

Vana Njord, let us toast your honor and give to you our Troth! We, your children, call you to the feast.

#### FREYA INVOCATION

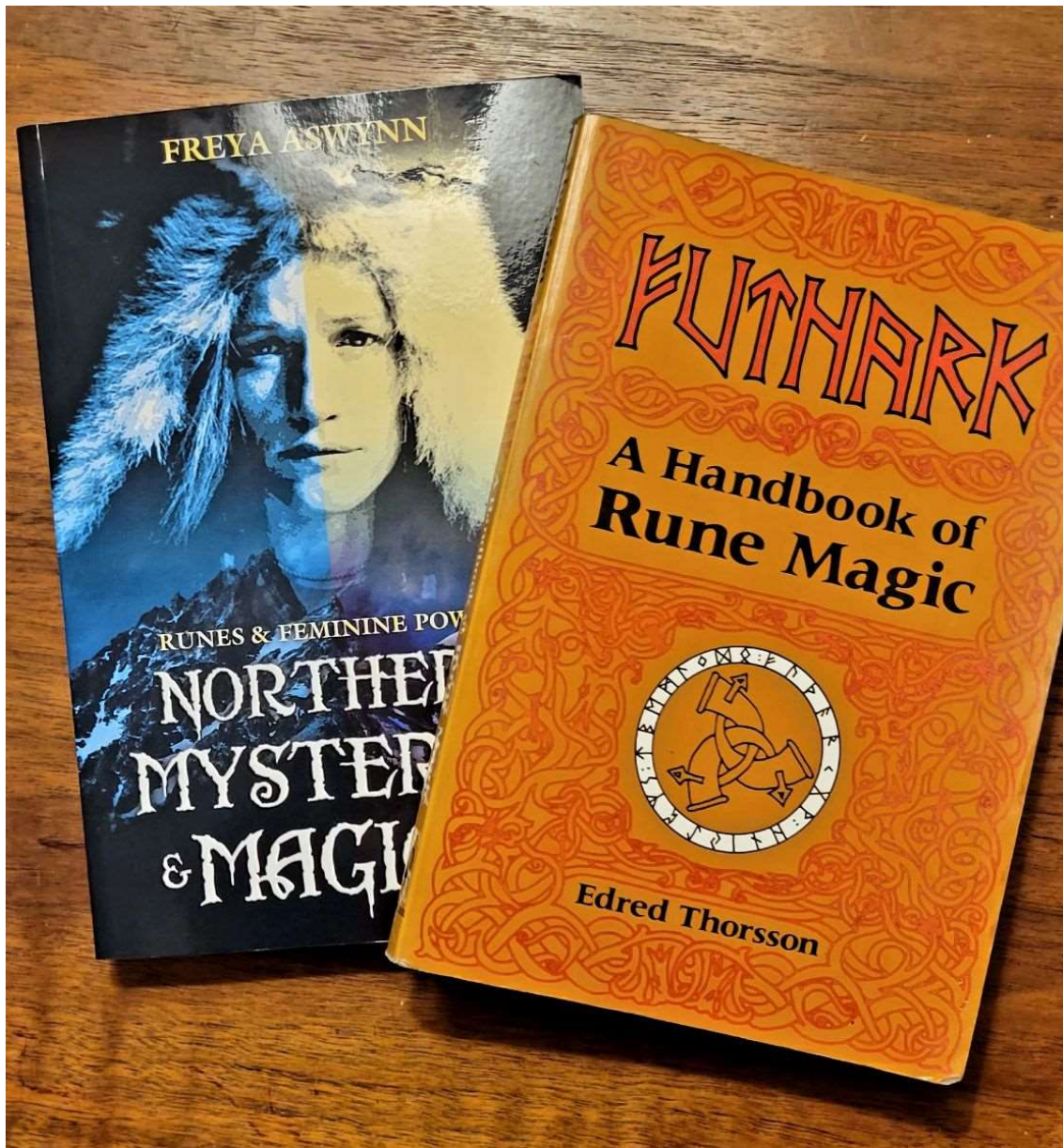
Hail to thee, Vanadis! Hail to thee, queen of battle, chooser of the slain, Mistress of wise craft! Beauty and passion are thy domain. Sweetness and vengeance, thy victory.

Let our menfolk desire you; let them seek to find you. Give to them your blessings in love and war and to our women folk wise counsel. Witch of the Wanæs awakens within us the wisdom to weave our Wyrð!

Vana Freya, join us! Let us toast your honor and give you our Troth. We, your children, call you to the feast!

#### *Rune Study*

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In September, Stonewall Kindred's dedicated Rune Study group will be concluding our unit on Edred Thorsson's "Futhark: A Handbook of Rune Magic," and transitioning into "Northern Mysteries & Magick" by Freya Aswynn. The Rune Study, taking place weekly over Signal, is open to all AFA members and vouched-for guests - in fact, a new unit on a new book is a perfect time to join in the discussion! Join us as we deepen our collective realization of the Norns, the Runes, and Runa and activate their mysterious power, discovering ever new ways to put our ancestral, esoteric language to use in life. "Reyn til Runa" - seek toward the mysteries!

Patrick Cook



Apprentice Folkbuilder

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## Baldrshof Third Hof of the Asatru Folk Assembly

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### Arkansas

#### *Freyfaxi in Oklahoma*

Last weekend was a spiritual experience that and my family and I will not forget. We went to Oklahoma to celebrate Freyaxi. Thanks to Melissa Mills and Michael Sessums and other AFA members that helped bring this together to make the weekend amazing. It was full of spending time with our folk, playing outside games, blot, and sumbel and feasting together. Shaman Sean Black joined us also and taught us about galdering and meditation. We can not wait to have another weekend together again with our AFA folk.



Tabatha Owens

Apprentice Folkbuilder

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#### *Productive Travels*

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Arkansas has had a great month! Welcome our New Folkbuilder Tabi! And thanks to all the Folkbuilders who helped with our Runestone event in Oklahoma! We are growing fast but maintaining quality and it's been great!

Hail The Gods!

Hail The Folk!

Hail The AFA!



Folkbuilder Michael Sessumes

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## Illinois

### *Feasting and Studying*

Hrafnagud Kindred hosted a dinner and discussion of Asatru religious concepts on Friday evening, August 6. We enjoyed a nice meal and an interesting conversation.



We also continued our weekly discussion group on Sunday nights. This month we delved into the components of the soul complex, as well as the Indo-European migrations.

We are looking forward to Fallfest at Baldurshof and anticipate a good showing there from our Illinois membership (at least five at last count).



James Cummings  
Apprentice Folkbuilder  
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## Minnesota

Contact me to get involved!

Ashley Mcstocker



Apprentice Folkbuilder  
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### *Hof Updates*



Still lots of work happening at Baldrshof these days. Security cameras were put up recently around the building, the front steps are finished after a short setback and are now up to building code. Both entryways have been mostly remodeled with some minor finishing touches still in progress. Just hauled out 1200 more pounds of demolition from the continuous work being done here.

A few projects still being worked on included the steeple repairs which have been delayed due to the state of employers not having employees but will be done, some plumbing and floor work, refinishing the sanctuary floors, and bathrooms. Stay tuned for additional updates after Fallfest!!!



Folkbuilder Nathan Erlandson

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### *Northern Blood Kindred and Baldrshof*



August was really busy for us as we worked hard to get Baldrshof ready for Fallfest. Northern Blood Kindred hosted our monthly hike moot. Was a great day and we had a decent turnout. The following weekend 2 MN members and I had the pleasure of attending Folkbuilder James Ault's and his Kindred the Vedfolnir Clan's hike moot. We had a powerful FreyBlot in the woods. And the perfect ending to the event was we went out to lunch at the nearby German restaurant.



The following weekend we had our first Freyfaxi at Baldrshof led by Folkbuilder and Gothar student Nathan Erlanson and Witan Brandy Callahan. Before the Blót we had the fourth monthly food distribution at Baldrshof This was the best one yet. We helped feed several families in need from town and the surrounding communities. One of the churches in a nearby town was telling members about the food distribution that we do. Word is getting around about us and the good deeds we are doing and helping out the community. It is a beautiful thing to see the smiling faces of people who are grateful for the assistance. The next day some of the MN AFA leadership spent the day at the local Renaissance Fair. It was a perfect day to be outside with my folk. And we finished the month with a work weekend to get ready for AFA Fallfest 6 at Baldrshof. Hope to see you at Fallfest!

#### Upcoming events

September 11th, 3 pm True North Folk and Northern Blood Kindred Axe throwing event in Alexandria, MN

Stay tuned for upcoming Northern Blood Kindred events coming soon.



### ***Baldershof Food Distribution***

Baldershof Food shelf we had several great signs & news from the local community. The first of the day, and later confirmed by a second visitor, was the Baptist church the next town over has been mentioning our service to the community through the food shelf. The 2 members of their congregation stopped by and partook in our hospitality & generosity. Additionally, we also had a member from the Catholic church in town, stop in for our services, sharing they have also mentioned our deeds as well!

For perspective, it was not too long starting in March our local antagonists had discussions in which they were considering petitioning these other local religious entities to harass and pressure us as well.

Through the noble virtues of industriousness and hospitality the community involvement of Witan member Brandy Callahan, Gythia Anna Mae, Kindred Coordinator Jason Gallagher, Gothar Student Nathan Erlandson, and Apprentice Folkbuilder Ashley McStocker, has helped immensely in making this turn around happened in a long list of ways! In total, we had 17 families, including people from with-in and with-out our folk, participate in our food distribution this past weekend, crushing our record over the past 3 months. All through a silent campaign by word of mouth, and great deeds. Thank you guys your rockstars for all your help. Murdock has made it very clear they thank you!

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# Baldrshof

## FALL SCHEDULE

Freyfaxi

Saturday, August 21

Work Weekend

Saturday, August 28

Sunday, August 29

Fallfest

September 3-5

Work Day

Saturday, October 2

Winter Nights

Saturday, October 30

Work Day

Saturday, November 6

Feast of the Einherjar

Saturday, November 20





Folkbuilder Jason Gallagher

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### *Land Wights*



With Freyfaxi behind us and the harvest season upon us, it seems to be an excellent time of year to discuss the land wights, landvættir, or Rår. Like some of us, and many of our ancestors, begin to work closely with the land during this time it seems important to understand and be aware of the wights right beside us almost every day. There are many terms for what we call in America "Land Spirits", landvættir (Iceland), Land Wights (Germania), or Rår (Scandinavia). All of which refer to some sort of divine nature found throughout Midgard. In relation to man, the wights are typically physically weaker but filled with a divine power that enables them to carry out the function of their nature. This nature in general is rather ambivalent to mankind as a whole but can be interacted with by building relationships with them through the gifting cycle. Much like when we interact with the gods, and our kinfolk, a gift requires a gift.

As Wights are typically highly specialized in their function within nature, be mindful of the powers & natures you are inviting, much in the same way we scrutinize how we share in frith. As with man building a healthy relationship with a wight, should grow your luck, and bring blessings into your life. This practice may also be a great alternative for improving your quality of life, as the gods are typically more interested in individuals willing to help themselves, than those who beg for divine favors. The wights also provide a more subtle but immediate response to an individual's request, than perhaps the gods who are engaged in maintaining the order of our cosmos, or our ancestors who have to work from afar, in most cases.

When working with the wights, treat them like you would when making new friends, they are not beings of worship, but individual spirits like ourselves. Recognize their natures, and keep the ones around you who will help you grow & prosper, as you help them with your offerings to do the same. Also, it is fair to assume, if a wight you wish to interact with is not in your general vicinity, they are likely to be unaware of any offerings you may have left them. For example, leaving an offering for Gammur, when you live in America, Gammur resides over northern Iceland, and you've never been there. Looking into the folklore of locale will provide more fruitful results. Like humans, various wights will have things that delight them more than with others, and the leaving of offering may need to be approached like getting to know a new friend, up to and including learning (or possibly giving) a name. A great start however may be going to your local supermarket and mixing together honey and cream or an item made from within your home. If able locally sourced items are best as the wight likely had a hand in its fruition, and in return for their work we have made something for them in return that only we could provide. In any case, something will be better than nothing, and some trial & error may need to occur. Notate and repeat what works. For more on how to interact with wights a great source is Irish folklore, and some of the Grimm fairytales, as these will not be exact "How to's" and likely wrapped in some level exaggeration for storytelling effect, like other native folklore, are rooted in real life, and have accounts of man interacting with these various wights.



Gothi Jason Plourde  
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Contact me to get involved!



Gythia Anna Szczepanski  
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### *Follow the Leaders*



Late in August, the leadership of Baldrshof spent an afternoon together with their families at the Minnesota Renaissance Festival.

We feasted on turkey legs, shared drinks and mead, threw a large variety of sharp objects at targets, took in the craftsmanship of the vendors, and even watched a joust (of which our "Champion" won!).

It was a great outing to finish off our summer!



Witan Brandy Callahan  
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## Missouri

### *Heavner Runestone Celebration*



The harvest has come to the heart of the country!

We gathered and celebrated Freyfaxi in Oklahoma with folk from TX, Ok, AR, MO, TN, WI, and MN! We visited the Heavner Runestone while we were all together and that was a fantastic learning experience! Bryan Wilton did a wonderful job speaking on its history. Thank you, Bryan!

We feasted, we joined together in Blot to Honor Frey, played games and we had a long slow conversation and much laughter was shared!

Sean Black The Norse Pagan Shaman was a guest speaker and taught us about Galdr and led us in some great discussions that caused much thinking. Great stuff, we thank him for taking the time and the long trip for us all!

Bryan and Sean will both be at Feast of the Einherjar. Bryan will be doing talks on Freya, Odin, and the Einherjar. And Sean will be teaching Utisetá. Don't miss that!

This event was a group effort in planning and execution!  
Thank you to the leadership team who made this happen:  
Michael Sussens of AR  
Justin Day of TX  
Issac of TX  
Mike Foley of LA  
Jesse Parton of TN  
And I.

An extra thank you to our Folk who helped cook, clean, do the dishes and spray wasp nests (the great wasp massacre will be long spoken of around the fire...many were injured but none died, accept the evil wasp horde!..)

Shea McCurdy and Tabi Owen's joined us as apprentice Folkbuilders after that weekend and are on fire! Helping build a community for our folk to come home to in OK and AR.

Seize your future!  
Reap the harvest of your labors and  
Get yourself together with your folk as often as you can!

Hail the doers!  
Hail the Gods!  
Hail the AFA!!



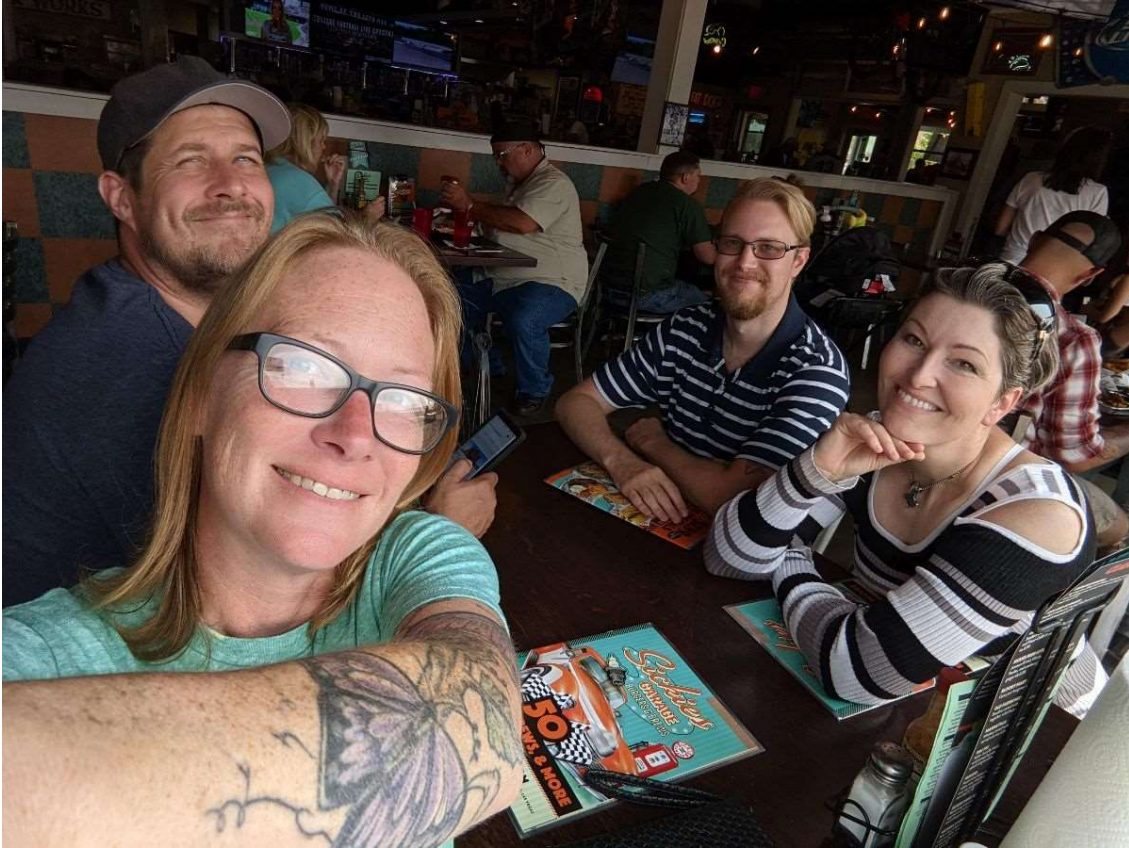
Folkbuilder Melisa Mills  
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**North Dakota**

*Target Practice in Fargo*

On August 13th, 2021 in Fargo, ND the True North Folk kindred and accompanying family met for their monthly moot. The assembled Folk enjoyed target shooting at an indoor range, good humor, and a delicious meal at a local restaurant.



Cormag Jaime Àlainn  
Apprentice Folkbuilder  
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## Oklahoma

*Heavener Runestone*

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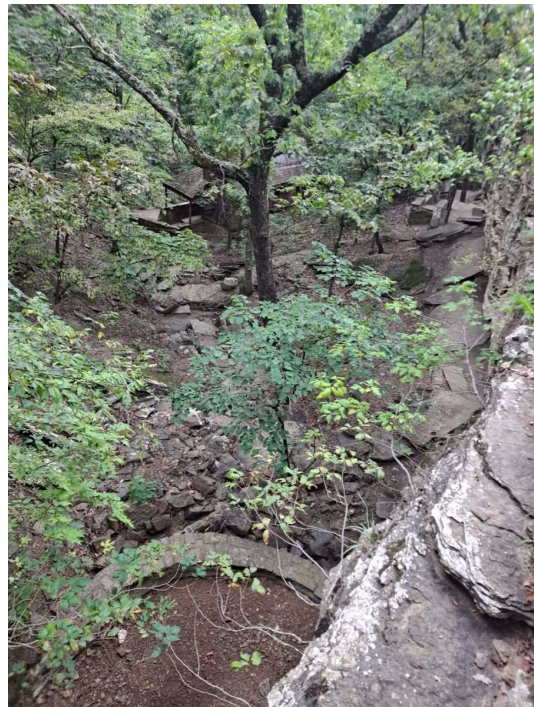


Howdy Folk!

I'm Shea McCurdy, native Oklahoman, and new Apprentice Folkbuilder, here to bring you the news about the recent Freyfaxi in Oklahoma. From all directions, we came to gather together to honor Freyr in the abundant area of Oklahoma's Heavener Runestone.

A nice turnout of all ages made meals, played games, forged friendships, and discussed our future at a secluded venue with plenty of room for more.

Powerful and inspiring talks from Sean Black and Bryan Wilton gave us all plenty of momentum to dream big.





A wonderful crew of Doers put the kitchen under their spell and provided the group with delicious home-cooked meals.

Such a jovial time was had that the only sadness felt was when it was over. The potent energy built there beckons our return.

Hail Freyr!

Hail the Folk!

Shea McCurdy

Apprentice Folkbuilder

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## Texas

Contact me to get involved!



Thomas Gleason  
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Contact me to get involved!



Justin Day  
Apprentice Folkbuilder  
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## Wisconsin

## *Freyfaxi in Wisconsin*



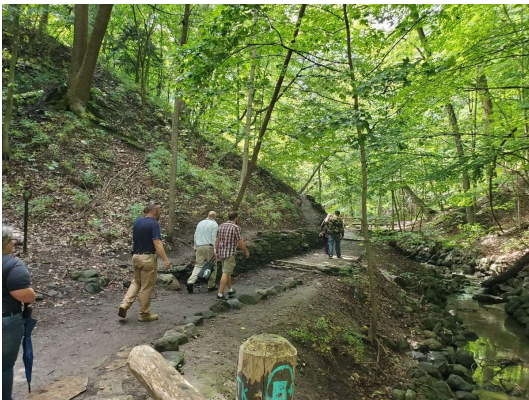
Hello my AFA family! It was another Furnace hot day here in Southern Wisconsin. It is August 29th and we started our monthly Moot by having a delicious and satisfying lunch at the Water Street Brewery and restaurant in Oak Creek Wisconsin.

We drove to The Seven Bridges in Grant Park to have our Freyfaxi Blot. The weather, thanks to the blessings of the Gods was clearing up after midday down pour. The rain had stopped and we enjoyed a nice walk with beautiful scenery to a place up a more secluded trail that is very special to me.

Like a lot of our Folk I grew up in a Christian-based religion and in my early twenties, I started to question things and found a sense of spiritual peace just being in the woods of this park. I especially was drawn to the exact place where we had our Freyfaxi Blot today. There was a power there and I was starting to feel an identity with Pagan

Spirituality. I was listening to Nordic Folk music, reading The Icelandic Sagas, and wearing a Thors hammer years before I found Asatru. I heard the inner call and answered.

Wisconsin Folkbuilder James Ault told us the story of Frey and his horse Freyfaxi and why it is important to only make Oaths if we can keep them, especially when it is to the Gods. He led us in a spectacular and powerful Blot to Frey in a hidden Grove on top of a cliff overlooking Lake Michigan.



We then had a Three round Sumbel. I Hailed Njord facing east looking straight into the depths of Lake Michigan to honor the God whose Hof is now becoming a reality. We hailed an ancestor in the second round. And in the third round, we hailed each other for making such a beautiful event a success.

Joel Eastman

Apprentice Folkbuilder

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*Blot in Belwin Conservancy*

August has been a busy month for the AFA members of Wisconsin. We've enjoyed much frith and growth. On August 14th, Wisconsin members met up with some of the members of the AFA in Minnesota for a hike through Belwin Conservancy in Afton, MN. During the hike, we stopped at a little grove in the forest and held a FreyFaxi Blot. Afterward, we gathered at Winzer Stube German Restaurant in Hudson, WI for lunch and great conversations.





We are looking forward to September happenings, such as Fallfest in Minnesota and cleaning of the AFA's section of the highway, which is a part of the Adopt a Highway program at the end of the month.

Hail the Folk!  
Hail the AFA!



Folkbuilder James Ault

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