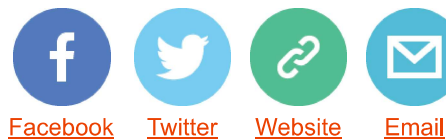


Asatru Folk Assembly's The Voice



Your input is needed to make *The Voice* a publication filled with events, photos and news. Please feel free to submit any events, news or photos to thevoice@runestone.org.

Donate to the AFA



A Few Words from Steve

"The Asatru Folk Assembly is not just an international organization, it is a community"...

Yes, you've seen those words before! So why are you hearing them again? Because too many of our members are out of touch with their fellow AFAers. True, many of you don't live down the street from another member, or even in the same town. Some of you would have to drive quite a ways to attend a meetup or a larger gathering. If you make the effort

Again and again, our lore speaks of the need to be with kin and friends. The Havamal has many such verses â€“

If you know that you have a friend and that he is true,
and that you will get good from him,
share your mind with him, exchange gifts,
and visit him often.

We are relatively few in number, scattered across the landscape. We are surrounded by people who, for the most part, do not share our religion or our way of looking at the world. We need each other! If you haven't been in touch yet with your nearest AFA members, make the move. Reach out. Take a chance. There is friendship to be shared; there is laughter and food and good company. Above all there is the opportunity to be with men and women of like mind. As the Havamal says, "man rejoices in man." That is especially true when the other is bound to us by blood, by heritage, by faith in our holy Gods and Goddesses and our Folk.

Conversely, if you are already associating with other AFA members, find that member in your area who has been out of contact, unresponsive. Take the initiative. Bring them home, spiritually and literally. Your Folkbuilder can help you with this â€“ and you can find him or her listed on the AFA web site under "Contacts."

We are a community. We need to know each other, care for each other, and stand by each other. It starts with you!

Steve McNallen

AFA Entrepreneurs Wanted!

If you're an AFA member who owns a business, we want to talk to you! Or more exactly, we want YOU to talk to US!

independent. If you are already in business for yourself, write a summary answering the following questions: What is your business? How long have you been doing it? What has been your biggest problem, and how did you overcome it? What solid advice would you give to a fellow AFAer who wanted to start a business? Please include your contact information and your web site if possible â€” a little free advertising in thanks for your cooperation!

Send this information to Steve at afa@runestone.org. We will run one in each issue of The Voice as a service to the AFA membership!

AFA Folk Services

We got a number of donations to the AFA Folk Services around the Yule holidays, and were able to help a couple of families with young children.

Folk Services is not just an annual holiday event, however, but an ongoing program to provide modest financial assistance to members in need. In January, we helped a member who had been in the hospital, and then off work for another week with the flu.

Please consider donating throughout the year, knowing that the funds go directly to fellow AFA members in need. If you need help, or know of another member who does, contact your Folkbuilder. The Folkbuilders will be helping assess and prioritize requests.

AFA Family Safety Program: Shooting Training

Here are some of my training observations on shooting.....

Mental conditioning is often neglected during many firearms training programs; however, proper shooting is 80% mental and 20% physical. For years I have heard competitive

their confidence.

Nearly a century ago a Russian physiologist named Pavlov studied brain functions. He found that, by repeated association, an artificial stimulus (such as a bell) could be substituted for a natural stimulus (food) to cause a physiological reaction (salivation). He called this conditioned reflex. Conditioned reflex applies very much to shooting a firearm. The firing of a handgun is associated with a loud noise and a sharp recoil of the weapon. Over time a conditioned reflex (flinch) appears. This conditioned reflex leads to compensating behavior such as trigger jerking, flinching the shot, bucking the weapon, dipping the front sight, etc. Overcoming a negative conditioned reflex is accomplished by positive mental conditioning.

When geese hatch they immediately identify with the first living animal they see. This phenomenon has been labeled imprinting. Studies have shown that geese hatched in captivity often think that people are their parents. Since we are not born with a firearm in our hands, we must continually practice good techniques to imprint into our brain proper shooting techniques. Once proper shooting techniques have been imprinted and negative conditioned reflexes have been erased, then a shooter can move to high-speed low-drag stress courses.

Practice shooting on the move, shooting at moving targets, and shooting at moving targets while on the move as much as possible. Real life attacks generally involve movement on the part of all parties involved, and generally involve much less shooting from cover than we would like to believe or hope for. Most real life attacks happen so close and so suddenly that if you had enough time to run ten or fifteen yards to cover, you might not need to shoot anyone in the first place. Note that I am not saying that using cover is an unneeded skill; it's just that most real life encounters don't involve using cover to the same degree most matches do.

One of the reasons we seem to forget this, in my opinion, is the advent of practical shooting sports. In almost all sports of this type, most of the stages are long, protracted gun battles where the hero faces a barrage of targets and multiple shooting and reloading positions. It seems, because of this, we tend to forget the "average" real gunfight only

the parking lot, he wants you to hand it to him. A rapist isn't going to hail the victim from across the parking lot. A drunken maniac trying to cut somebody up for fun isn't going to do that from thirty feet away.



This means the attacker is going to be within arm's™ reach of you when he asks for whatever he wants. If someone is trying to kill you from three feet away, it seems likely you would have only a few fleeting moments to solve the problem, rather than plenty of time to locate and attain cover while assessing the situation.

Jim Erickson --- *Three is the Minimum, not the Maximum*

<-- Sara says, "Learn a new skill weekly!"

AFA Clergy

Greetings from the Clergy desk!

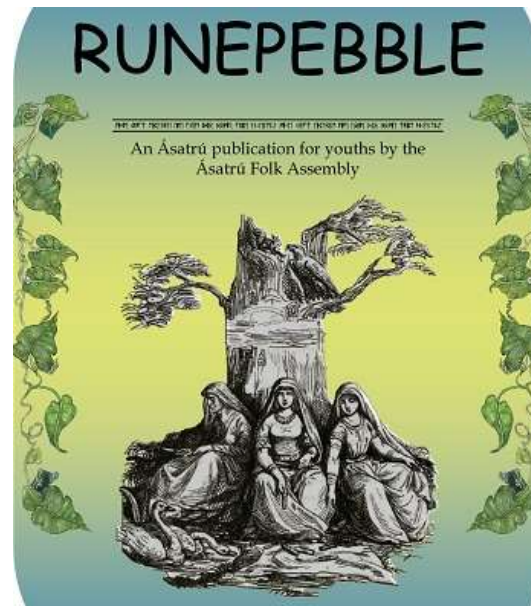
We hope you have had a warm and productive first month in January...and perhaps something rather tasty during a Thorrablot celebration! As you plan your special events this year, as you may develop your own practices and grow from them, and as you reach out to the community, always keep in mind that we are here, in service to you, should you need us "be it for guidance or participation in a life ceremony (including funerary rites), help or questions to do with your spiritual development and/or practice, a children's coming

to get in touch with clergy for any reason, please contact us at Clergy@Runestone.org.

Circle of Eir - A Call to Healing

AFA Circle of Eir is up and working. A core group performs a monthly healing ritual, calling on Eir and naming those AFA members and families in need of healing. If you would like to be in the AFA Circle of Eir Facebook group or if you would just like to submit the name of someone who needs healing, please let me know at patriciahall@runestone.org. The next healing ritual, which is jointly done by AFA members from both the States and Europe the first Thursday of each month, will be on Thursday, February 5, at midnight EST/USA.

Runepobble



Runepobble: An AFA e-publication for
Ásatrú families!

The next issue of Runepobble will be available on March 1st, and we are looking for folks like you who wish to contribute to the magazine. The theme is "Asatru altars." In this issue

hundreds of years ago! We accept submissions including informative articles, your pictures of altars, art you have made, stories, a craft or recipe, and so forth. Send your submissions, questions, and even suggestions to Rebecca at Runepebble@Runestone.org. All submissions for that issue are due no later than Friday, February 27th.

Remember! Though this is a publication for children, we encourage any adults to get involved as well. Children are our future, and so we must work together as a community to see to it that their future is a bright one – one with deep and established foundations!

Doings in the Northern Plains by Blaine Qualls, Apprentice Folkbuilder

With Winter in full swing here in the Northern Plains our outings have slowed a bit, but not stopped altogether. A well-attended meet and greet in Rapid City, SD, on January 24th was the first Asatru related event in that area in quite some time. Some new friendships were made, and with a little work that region could become very active in the future.

In Minnesota, long time member Jason Gallagher is putting together plans for a Charming of The Plow celebration for February 21st. Looks to be a really nice time. Anyone wishing to attend or needing more information should look up Jason.

Finally, here in North Dakota we are putting the final touches on an Ostara celebration near Bismarck towards the end of March. I will have more information on this in the next issue, but anyone wanting more information before then, feel free to contact me at ulfssonr@gmail.com.

News from the Northeast and Upper South from Patricia Hall, Folkbuilder

TWO WORDS: STEVE McNALLEN! Steve will be joining us for our next Northeast/Upper South conference call at 8 p.m. EST on Tuesday, February 3. Come have a chat, ask a question, and talk about your good ideas for the advancement of the AFA and our folk with Steve! Toll free number is: 866-730-7514 Participant Code is: 757055

The Northeast and Upper South folks have embarked on this new communications project to pull ourselves closer together as a community. It is a monthly conference call to learn what's going on, ask questions, voice concerns, and get to know each other a bit better. We use an 800 conference call number and after a few false starts it seems to be working well. The call is optional.

LANSDALE PA HIKEMOOT and PUBMOOT " MONTHLY

Our own Cliff Erickson hosts a monthly pubmoot at Molly McGuire's in Lansdale, PA. The next one is not yet scheduled for February, but will be from 2 to 5 p.m. at the Lansdale Tavern in Lansdale, PA. Cliff has also started a pre-pub hikemoot on the same day from 11 to 1:30 for those who need to build an appetite before feasting. Watch for postings about this in the AFA Moots and Meetups Facebook site. If you would like tips as to the logistics of setting up a pub- or hikemoot in your area, please feel free to contact me at patriciahall@runestone.org.

RHODE ISLAND PUBMOOT " MONTHLY

The first Rhode Island pubmoot took place on Saturday, January 17, at 2 p.m. at Murphy's Law Pub in Pawtucket. It was a successful beginning and everyone is looking forward to continued growth! These New England moots are hosted by our own AFA member Karon Hartshorn. The next moot is not yet scheduled so watch for postings about this in the AFA Moots and Meetups Facebook site. Thank you, Karon, for taking this on!!!

RUNE STUDY

In May, a rune study group made of up of AFA and non-AFA folk was formed and is meeting at members' homes in the eastern PA area on a monthly basis. We are still

me at patriciahall@runestone.org.

OSTARA

And please, east coasters, do not forget Ostara in March in Georgia! I just registered and would love to meet as many of you as possible in person! Hail the Northeast! Hail the Upper South!

News from the Northwest



NORTHWEST THÄRRABLÄT

On Sunday, January 18th, Northwest AFA members and friends gathered for a ThÄrrablÄt celebration on our farmstead in Centralia, Washington. Once all of the folk had arrived, we proceeded down to our designated ThÄrr ritual area in the forest, and were

same. We returned inside for a sumbel, a potluck feast, many games of hnefatafl, and an evening of merriment worthy of ThÃ³r!

Our next events will be the Raptor Road Trip/Hike Moot/Pub Moot on Saturday, February 7th, hosted by Brian Scott and Karl Parker in Portland, Oregon; and Charming of the Plow, on Sunday, February 22nd in Centralia, Washington. And don't forget â€“ Great Northwest Freyfaxi will be August 14th-17th in Ocean Park, WA.

For information about these or other future Northwest events, please send email to esalix@runestone.org.

Hail the Gods! Hail the Folk! Hail the Ancestors!

Hail the AFA!

-E. Salix

Northwest Folkbuilder

Upcoming Events

MAKING VACATIONS PLANS FOR 2015?

The following large gatherings are scheduled, with the camps already reserved:

OSTARA, Fortson 4-H Center, Hampton, GA, March 20 â€“ 22

- Registration is now up at Ostarasouth15.eventzilla.net.
- For more information, contact Folkbuilder Charlotte Hoxie, choxie@runestone.org!

WEST COAST MIDSUMMER, CYO Camp, Occidental, CA, June 5 â€“ 7

GREAT NORTHWEST FREYFAXI, Ocean Park, WA, August 14 â€“ 16

WINTER NIGHTS IN THE POCONOS, Camp Netimus, Milford, PA, October 16 â€“ 18

it's life-changing!

*Copyright Â© *2015* Asatru Folk Assembly, All rights reserved.*
[unsubscribe from this list](#) [update subscription preferences](#)

