

The Runestone: Voice of the Asatru Folk Assembly












Þórshof




Second Hof of the Asatru Folk Assembly

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Words from the Alsherjargothi



I am so very proud of our folk this month. Truly amazing things are going on all around us through the devoted efforts of our leaders, the astounding generosity of our members, and the blessings of our glorious Gods.

There is much content this month and much of it will be covered further down in this issue but I wanted to mention three new developments.

First off, at long last, WE HAVE NJÖRÐSHOF! We have the beautiful property and fantastic building secured and are currently working to prepare it for a dedication in the coming months!

Second, a dream of generations has come to reality. As of June 1st, we are accepting Kindergarten enrollment in the Asatru Academy. Our very own homeschool program will follow this kindergarten class through 12th grade and graduation from the Asatru Academy as the class of '35. We hope we can accelerate our pace on the backend to accommodate more grade levels of students sooner, but we will AT LEAST have our entire K-12 curriculum in place each year for completion in 2035. Gothi Rob Stamm is the man who deserves the lion's share of the credit for this monumental achievement.

Lastly, you will notice this month's Runestone is a bit different. Our Runestones have grown too big! What a great "problem" to have! This month forward, you will be receiving the Runestone for your District by email. All other District Runestones will be available on the District websites and all on the main AFA website.

What an amazing time to live in!

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
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Njordhof is Born into Midgard

"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."



On behalf of the Asatru Folk Assembly and those who paved the way....we offer this hof to the Lord of the Waters, we offer this to the God of Wealth and Waves...we present this hof to Njörðr!

Thank you to Folkbuilder Lane Ashby, Justin, American Crow Kindred, Jill, Jason Köhne, and our other NO WHITE GUILT friend, Daniel in VA.... And special thanks to Lawspeaker Allen Turnage.

Establishing this hof was a longer road than expected. Along that road, we encountered many unforeseen setbacks. Sometimes these setbacks were dishonest lenders, sometimes religious and racial persecution. We also saw acts of astounding generosity. We had members and friends step forward and save the day in a beautiful way.

Thank you to everyone who lent, thank you to everyone who donated, and thank you to all who prayed. Thank you to the Æsir for blessing our endeavor.

Now and forevermore ... HAIL NJÖRÐR!



Matthew D. Flavel
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The Quest for Freyshof



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

– Gylfaginning

In the Asatru Folk Assembly, we honor Lord Freyr often throughout the year and throughout our lives. Freyr is the great God of masculinity, fertility, and abundance. Lord Freyr has blessed our AFA family with ever-increasing numbers of beautiful families and children. Freyr is the God of the bountiful increase and the good harvest. he is also a God of celebration and of the peace that prosperity brings. Freyr is also a God of masculine will, pushing forward our desires even when the soil, and the world, seem unyielding.

With Freyr’s blessing, we shall work our will despite all resistance. May we honor Freyr by being husbands and fathers. May Freyr bless the AFA with abundance and with endless generations of descendants.

The quest for Freyshof begins today!

Freyshof will be in Ohio or very Western Pennsylvania. In order to make Freyshof happen, we need to accomplish 3 things:

1. We need to pay off Njörðshof.

2. We need to raise our monthly donation average.
 3. We need to locate a suitable property.
- Your generosity is Astounding and ALWAYS appreciated.

Hail Freyr!



Matthew D. Flavel
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AFA Homeschool Program

Open Enrollment is Here!



Click here to watch the announcement video: <https://youtu.be/cFZzmpao-mA>

I am very excited and pleased to announce that open enrollment for our very first ever AFA Ásatrú Academy kindergarten class, starting this fall, is open! The AFA Academy is homeschool, but so much more. When you enroll in our program, we will walk you through your state's requirements, and stay with you every step of the way. This makes starting your children in homeschool easier than it has ever been. Not only do we assist you in following your state requirements, we also are there for you to assist in instruction. You'll find an easy to follow lesson plan and curriculum for the whole year, recommended daily schedule, recommended books, worksheets, religious instruction, weekly video conferences, Videos of story times, and dedicated staff to help you in every way. The AFA Academy is homeschool, so you are required to take an active part in instruction, but with the AFA Academy, we make it as easy and painless as possible. We want our little Aryans to grow into smart, capable, and prepared adults to join our AFA community, and be successful in the world!

We are so excited to welcome our kids, and to start this fantastic journey in learning. I

can't wait to see you all this fall! To register, follow the link provided. As always, I'm Gothi Rob Stamm, Dean of the AFA Academy. I'm always happy to talk to our parents about any questions they have.

Robert Stamm
Goði, Asatru Folk Assembly
Dean of AFA Academy
Großmeister Von List Society Kindred

Please visit the website for information and registration <http://www.asatruacademy.org/>



Gothi Rob Stamm
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Day of Remembrance

King Athanaric of the Visigoths



King Athanaric, King of the Visigoths, ruled his people from 369 CE until he died in 381 CE. Sometimes called the first and greatest King of his people, Athanaric was a staunch Gothic Pagan. Viewing it as his responsibility to foster and promote the faith of his people he went so far as to execute over three hundred Visigoths that had converted to the Christian faith. Their Gothic culture was paramount, and he feared that the advent of Christianity would destroy it.

During his 12-year reign, Athanaric fiercely defended his culture against the advance of the Roman Christian conversion. In the early years, he allied with his fellow Visigoth King, Fritigern, to stop the encroachment of the Roman legions into their lands. While the two were allied the Goths managed to stave off the Roman armies. For unknown reasons, however, Fritigern turned his army against Athanaric, causing the Gothic Civil War.

In the early stages, Athanaric won every encounter he had with his one-time ally. This prompted Fritigern to turn and request aid from his former Roman enemy, Emperor Valens. Even so, despite some advances, Fritigern lost the war. The Gothic Civil War

took a toll on the land and the Visigoths, however, and when the Huns began to invade shortly after the end of the Civil War Fritigern appealed to Emperor Valen to allow him and his people to cross into Roman land. The appeal was answered, but only for Fritigern, who had since converted to Christianity, and his followers.

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

So, what can we learn from this story?

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

It's about Roots.

It's about Connections.

It's about coming home.

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



Gythia Catie Erickson

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Remembrance & Holy Days



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

2022

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 15	Porrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 19	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 20 (observed on 21st)	Ostara

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

Midsummer



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

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

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

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

Upcoming National Events

Midsummer at Óðinshof



Register here: [Midsummer at Óðinshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/midsummer-at-odinshof).

Come join us on June 17-19th 2022 at Óðinshof for one of the Asatru Folk Assembly's grandest events of the year! Visit for a day if you like but we would love for you to stay the whole weekend! Expect guest speakers, the Viking games, vendors, a thrilling auction, fun, frith, and more. Please bring the family and as always, children are free. we have plenty of campsites available as well as some local lodging options.

Please make sure to leave your contact information in the notes of your purchase.

A schedule for midsummer will be e-mailed out prior to the event. please make sure to select tickets for all children (even though they are free), it helps us maintain a proper headcount and plan activities for them. There are a lot of ticket options, please read their details carefully. If you have questions about what ticket you should select, please reach out to sheila or Krystal.

Fallfest at Baldrshof



Register here: [Fallfest at Baldrshof 2022 Aug 19-21 – Asatru Folk Assembly](https://runestone.org/fallfest-at-baldrshof-2022-aug-19-21-asatru-folk-assembly)
(runestone.org).

7 Meals * 4 Blots * 3 Morning dedications * High Sumble * Daily Fika * Multiple Educational discussions and Classes * Children's Blots and Activities * Vendors * Auction and Silent Auction * Hnefetafl Tournament * Games for Adults and Children * Meet your Folk and local and National Leadership.

Winter Nights in Ohio



The Eleventh Annual Winter Nights will be held in Scioto County, Ohio from October 14- 16! 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. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships. We look forward to seeing members and friends!

Your registration fee includes all workshops, lectures, meals, tent camping, 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!
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Tenting is encouraged! There are also hotels within 20 minutes of the camp.
- 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 please email cerickson@runestone.org

Member Family - Weekend: \$150

Member - Weekend: \$100

Member - Daypass: \$50

Guest - Weekend: \$125

Guest - Daypass: \$60

Child - Weekend: Free

Child - Daypass: Free

Registration is open now at <https://runestone.org/product/winter-nights-11/>.



Witan Clifford Erickson
cerickson@runestone.org

Folkbuilder Spotlight



Our folkbuilders are the bright beacon calling our Folk home! This month the AFA would like to shine the Folkbuilder Spotlight on Lane Ashby of Florida! Thank you, Folkbuilder Ashby, for your continuous support of your church, your gods, and your Folk!

How did you find your ancestral faith?

Upon graduation from college I moved to California, where after years of watching everything I learned growing up prove to be demonstrably wrong, I had to ask; what was right?

Oddly, that first bread crumb down this path came from an unlikely source. In the comedy *A Fish Called Wanda*, there was a character that kept misquoting Nietzsche. He was called out on it in the end and I was hooked. I started reading his works and that of other philosophers, always coming back to those of the European mind. It was the words of our Folk who spoke to me and lead me to embrace other aspects of our culture, like classical music and art... and our faith.

The first book of our lore I read was the *Heimskringla*. Call it fortuitous or guided, but

this was the book I had to read at that time. I was not ready to accept the gods as divine beings then, and a euhemerist approach allowed me to have the gods in my life.

Over the years I came to know and love our gods as the divine beings they are, but I am thankful they came to me at that time in a way I could welcome their guidance on this path.

How did you hear about the AFA and why did you join?

I started following Asatru in California but did not find the AFA until I arrived in Florida. I had been a solo practitioner for over a decade and felt my growth had grown stagnant (possibly from the years in between coasts, "not following the waves" as Njörðr would lament). Looking online, I soon realized most groups based their identity on who they were not, or what they were against.

The Asatru Folk Assembly stood out though. The AFA focused on what they were for! Not only was their approach one of a positive, knowledgeable spiritual focus, but they were also doing things in the real world. Something no other group could boast of in any real sense. Practicing our ancestral faith in a modern world within a community is what Asatru is about. I found that in the Asatru Folk Assembly.

Why did you decide to Folkbuild in Florida?

When I joined our Future Alsherjargothi was here in Florida and I got to meet him at my first local Charming of the Plow. I wanted to help keep events going in the state, but my company had other plans.

A couple of years later I regained some semblance of a work-life balance. With more balance came a rekindling of my desire for involvement with our AFA family and I started attending events again. Shortly after that, my mother passed and the embers were fanned to a flame. About this time the Folk Builder Coordinator asked if I'd be interested in Folkbuilding again. I jumped at the chance. I have been so blessed, and I wanted, no needed, to give back to our Folk in the most meaningful way I could. I could not do otherwise.

What is your best memory in the AFA?

There are so many great memories with the AFA. My first Charming of the plow, The Óðinn's blót in 2020 at Ostara in the South, and none I'm more proud of than watching our Florida folk grow and mature into a real community. But I have to say, I'll never

forget my first trip to Þórshof and being sworn in as a Folkbuilder for our church in front of so many wonderful people. That is my best memory.

So far.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Be a Doer



We need you to volunteer for the AFA!

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

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

Baby Blanket Project

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

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

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

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

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



Folk Services



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

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

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

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

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

our community who need our help!

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

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

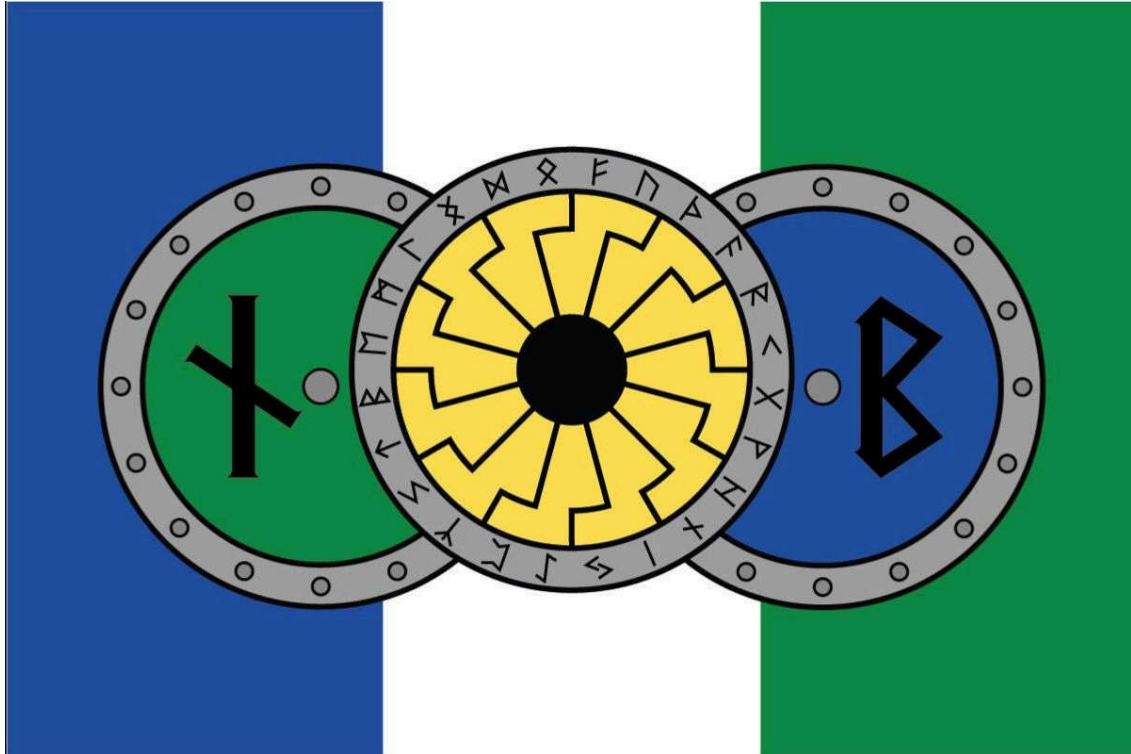
Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317

Introducing the Newest AFA

Kindreds



Please join me in welcoming the Northern Bastion Kindred of Idaho as the newest official Kindred of the Asatru Folk Assembly.

The Northwest is one of the fastest-growing regions. There are several Kindreds there that get together regularly for Moots, study groups, and celebrating our Holy Days.

AFA Kindreds are the local congregations of dedicated members and their families who get together and host monthly events. Gaining Kindred recognition is not an easy thing, it takes hard work and dedication. Standing with our church at all costs. All new Kindreds go through a six-month probationary period before joining our family as an official Kindred.

Thank you Northern Bastion for stepping up and being a beacon for guiding our folk home.

Hail the Northern Bastion Kindred!

Hail the Kindreds of the AFA!

Hail the Asatru Folk Assembly!!!



Please welcome the Folkvangr Cascadia Kindred of Washington as the newest official Kindred of the Asatru Folk Assembly.

Boom! Another new Kindred in the North West area. More families coming together and building relationships, creating a future for our children. Hofs do not run by themselves, that's where AFA Kindreds come in handy for support along with other dedicated AFA members

AFA Kindreds are the local congregations of the AFA, the members, and families who put in the work. Nothing happens overnight, takes time to build those bonds.

Gaining Kindred recognition is not an easy thing, it takes hard work and dedication. Standing with our church at all costs.

All new Kindreds go through a six-month probationary period before joining our family as an official Kindred.

Thank You Folkvangr Cascadia Kindred for stepping and being a representative of the AFA.

Hail the Folkvangr Cascadia Kindred!

Hail the Kindreds of the AFA!

Hail the Asatru Folk Assembly!!!



Please welcome the Vatnafolk Kindred of Wisconsin as the newest official Kindred of the Asatru Folk Assembly.

Wisconsin has been bustling with members who actively have built a beautiful Folkish community over the last few years. The folk there gather several times a month for a variety of events. With three Folkbuilders and now an AFA Kindred, this state has strong roots.

Gaining Kindred recognition is not an easy thing, it takes hard work and dedication. Standing with our church at all costs.

All new Kindreds go through a six-month probationary period before joining our family as an official Kindred.

Thank You Vatnafolk Kindred for stepping and being a representative of the AFA.

Hail the Vatnafolk Kindred!

Hail the Kindreds of the AFA!

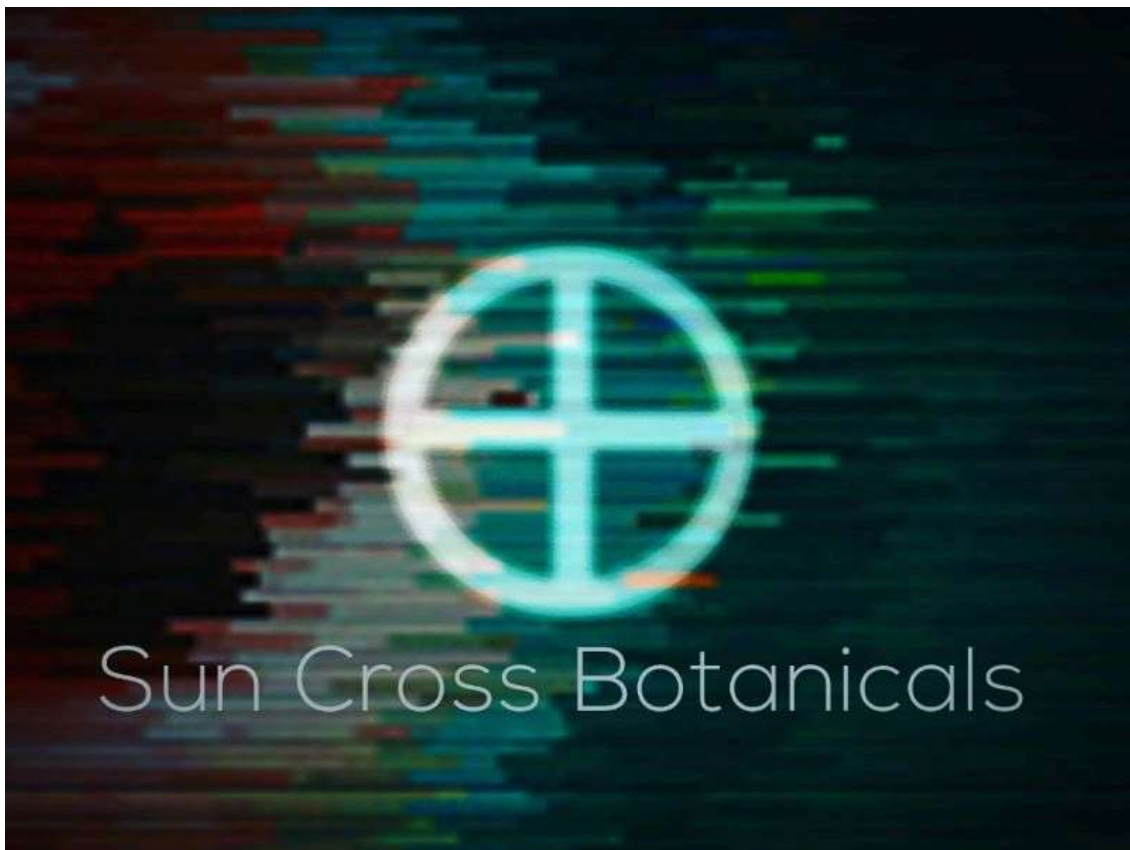
Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher

jgallagher@runestone.org

The Artisans of the AFA Support Our Folk



Anyone who follows me on social media is well aware I am an outdoorsy person. From hiking and camping to fishing and foraging. Our outdoor adventures and love for flowers in particular led to the hobby of plant identification. Then Covid hit. While the world was losing its mind, I found myself with a cold standing in a pharmacy staring at empty shelves. It was at that moment I realized our Ancestors did not have drug stores, they had nature and I began studying European Ethnobotany.



Sun Cross Botanicals is an ever-evolving project resulting from much research and trial and error. I offer teas and dried herbs, tinctures, and some beauty products such as herbal clay face masks at this time. I plan to include more teas and beard products in the near future.



All of my products use natural, organic ingredients. Some herbs may be purchased from a wholesaler if it's something I cannot forage myself. You can find my products in the AFA marketplace on Mewe or you can contact me directly at kpodbreger@runestone.org you may also find some reviews in the group from happy customers. Coming to Midsummer at Odinshof? I will have a table with products there as well.

If you would like to advertise your business please contact me !!!



Folkbuilder Jessica Lambert

jlambert@runestone.org

Ancestral Food and Culture

Barley Bacon and Greens Porridge



While searching for recipes that incorporated grains that my ancestors would have eaten, I came across this recipe that has now become a favorite among my family and folk. I originally found this recipe in a cookbook called an Early Meal a Viking Age Cookbook and Culinary Odyssey, but some of the ingredients that it calls for are only seasonally available, so I put my own spin on it to suit the time. So, you can say, that this recipe was inspired by something very similar to what our ancestors would have eaten at one time, this one is just a little fancier.

Cast Iron Dutch Oven

1lb of pearled barley (2 3/4 cups of barley)
6 cups of stock (any stock broth will work)
2 cups of heavy cream OR buttermilk (I prefer heavy cream)
1 lb of chopped kale
1 lb of chopped spinach
2-3 leeks OR a bunch of chives
1 lb of chopped bacon OR 1 jar of canned bacon
Optional: chopped mushrooms, salt, pepper, garlic powder

Start by adding your chopped bacon to the pot on medium heat. Add in your chopped leeks and sauté them until wilted. Then add in your kale and spinach and then just a little bit of the broth enough to create steam. Add your lid checking until greens have become wilted. I've found it helpful for stirring purposes to add in the batches of the greens, but this can be left up to you. Once your greens have wilted and have begun to shrivel, add in half of your butter and stir. Then add in your barley and the remaining stock. Cover and reduce to a low-medium for approx. 20 min. Just peak occasionally, to ensure the liquid has not fully evaporated before the barley is cooked. At the 20 min mark add in your heavy cream or buttermilk here. Allow for this to simmer with the lid on until the barley has become soft and tender, and the liquid is gone, again just peaking to ensure liquid to grain ratio is proper until tender. The final step is to add in your remaining butter, stirring generously to ensure everything is mixed well. I will typically serve this dish as a side with frikadella or koningsberger klopse but honestly, this is a great side dish to any protein-based meal.



Folkbuilder Timothy Dumas
tdumas@runestone.org

Now Available in the AFA Store



Buy now: [Baldrshof III T-shirt – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/Baldrshof-III-T-shirt)

Show your support for Baldrshof, third Hof of the Asatru Folk Assembly with your purchase of the AFA Official Baldrshof T-Shirt!

May Day at Þórshof

On May the 28th we held our annual May Day celebration at Thorshof in North Carolina. It was a special day for Heather and me both as we also celebrated our 25th wedding anniversary by renewing our wedding vows in the presence of our Gods and Goddesses. We both would like to thank Witan Herul for presiding over the beautiful ceremony and all who came to celebrate. Svan did an amazing job, and he is forever in our debt. Some special guests joined us, including Witan and Gythia Erickson, and Witan Brandy Callahan. A special day for Heather and me, as our adult children, our granddaughter joined us for the first time at our Hof. We would both like to thank Trent and Madison East, Cliff and Catie Erickson, Craig Flynn, Rob Stamm, Brandy Callahan, Jennifer Tidwell, Bobby Shotwell, and our son and daughters, Joseph, Myranda, and Lauren, who all were a part of our wedding party. We will always will be grateful for those who participated, helped us with the setup, flowers, and helping us celebrate such a huge personal milestone.

After our Vow Renewal, we took a short break and began our May Day celebration. We began with Blot in the Ve and processed outside, where we held the Maypole Dance. Gentlemen brought the Maypole to our Maidens who then attached the crown of ribbons. Our guys and gals then began the Maypole Dance, chanting "in and out, and roundabout!" We all laughed and clapped and chanted as they wrapped the ribbons

about the Maypole, sharing a few beverages, standing in the warmth of Sunna's embrace.

We then shared a wonderful meal in Rumph Hall, where we ate Carolina Barbecue, prepared by Folkbuilder Heather Young, and a ton of sides brought by the Tidwell's, among others. We popped champagne and rejoiced as devoted folk, gathered in reverent devotion, to our Noble Gods and Loving Goddesses, our Ancestors and our Folk.

Next month we celebrate Midsummer at Thorshof. If you live within driving distance, and you haven't made it out to Thorshof, what are you waiting for? Come on out, bring a dish, bring your families, and bring a joyful heart as we gather to celebrate and rejoice!

Hail the Gods!

Hail the Folk!



Gothi Daniel Young
dyoung@runestone.org

Upcoming Events at Þórshof

June 25, 2022	Midsummer
July 30, 2022	Sigrblot
August 27, 2022	Freyfaxi
September 24, 2022	Winter Finding
October 29, 2022	Winter Nights
November 26, 2022	Feast of the Einherjar
December 18, 2022	Mother's Night

Alabama

Welcome, Zac Stuart, one of our newest apprentice folkbuilders!! Thanks for stepping up!

Hail the Doers!!!



Zac Stuart
Apprentice Folkbuilder
zstuart@runestone.org

Florida

Beach Blot and Honoring the Folkmother



May was a big month for the Florida Folk!

We kicked it off with our 6th Annual Beach Blot to Njörðr for May Day. It was our best turnout yet to honor our divine ship captain, blood priest, and oath keeper. Blessed with the presence of pelicans, herons, several pods of dolphins, and even a mermaid we could not have asked for a more magical day.





After our blot, the traditional buffalo burgers were served. With the best view, you could ask for we savored lunch and got to know new friends while catching up with our old ones. When the folk were done swimming, we gathered for sumbel. Too soon it was time to haul everything back up the beach. Once the standard hour and a half of

goodbyes were said, because no one wanted the day to end, we headed north... blessed by the holy powers... confident our goals will be achieved.



Later in May, there was a moot held for Else Christensen with everyone going to the lot where she lived here in Florida; knowing the seeds she planted there were ours to nurture for the next generation. Then it was off to a local restaurant for lunch. Back at the house we read Ron McVan's poem to Else and thanked her for all her contributions to our faith and our Folk with an offering. During sumbel the theme returned again and again to all the things the people in that circle were accomplishing, in their lives and in their faith, and to the leadership in the AFA for their work to build our church that brought us all together.



Not a week later, our very own Tracy Adler stepped up to be a Folkbuilder in Florida. She is already making a difference in the community. We're all so excited to see what she will accomplish. Welcome aboard!

Upcoming Events

Midsummer - June 18th

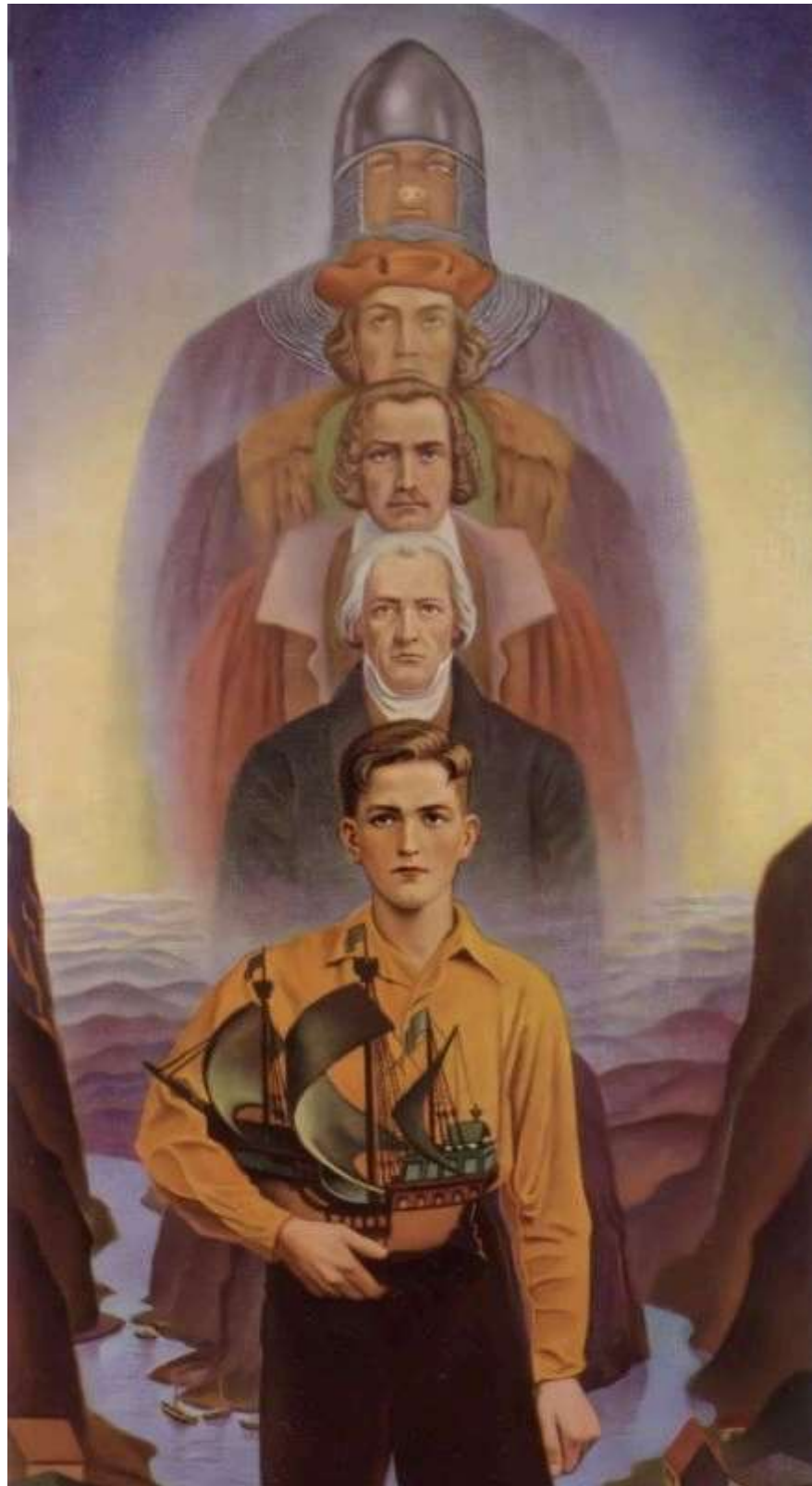
Virtual 5k Race for the Sea Turtles benefiting The Turtle Hospital in Florida - June (anytime)



Folkbuilder Lane Ashby
lashby@runestone.org

Georgia

Reclaiming Nobility: “Onwards & Upwards”



The general meaning of this phrase is immediately clear, but let's take a look at what this means for us as Asatruar and ancestors in training!

We have a duty to our family, our church, our Gods, our ancestors, and our descendants to be the best man or woman that we can be. We are certainly not all created equal, but we all have a plethora of resources at our disposal to achieve victory and a better life

for ourselves.

In our decadent modern world, there is little motivation to struggle for anything other than monetary gain. We no longer "need" to practice martial arts, expand our intellectual horizons, or travel far from home. The Odinic spirit possessed by our ancestors, often possessed out of necessity, has seemingly left our Folk, but it can be harnessed once again! As with all good things, however, this will require sacrifice on our part.



The steepest price in self-improvement will always be time. The Norns have given us a set amount of time in this life, and we must sacrifice some of it to expand our horizons

and become closer to our Gods, ancestors, and heroes.

Skip the Sunday nap and make an extra trip to the gym. Take a break from bingeing Netflix and read a few chapters of a book. Instead of scrolling Instagram before work or before bed, get on the Duolingo mobile app and practice one of the languages of your ancestors.

Most importantly, when you need the motivation to make yourself do these things, look to your ancestors for inspiration! This current malaise our society finds itself in is very new our ancestors did not experience this. Their stories of struggle, survival, perseverance, and victory can carry you to glorious heights if you are willing to rise to the challenge!



Gothi Trent East
teast@runestone.org

Indiana

Indiana May-hem



Attics have a way of accumulating junk; empty boxes, broken lamps, your Dad's old disco outfits. On the day of our monthly Central Indiana blót, I learned that the attic above my garage had somehow managed to accumulate a number of mewling kittens. These furry interlopers were handily secured by our Kitten Extraction Team and detained for questioning in an empty cardboard box. Practical solutions ranging from building a "Cat-apult" to "Dinner" were very un-democratically rejected by the ladyfolk in attendance. Attempts to meet our ladies halfway on the issue by offering them as sacrifice to Lady Freya were also roundly rejected by the female delegation. In

the end, the majority of these feline anchor babies conned their way into newly adopted homes.

Those few remaining kittens will no doubt soon grow old enough to follow in their mother's footsteps, sneaking into my garage to pee on things because apparently, cats find that sort of behavior amusing.



To assert dominance over these four-legged beta predators, one of our orders went full alpha ape-man and climbed a tree to perform the day's pull-ups. To assert dominance over *me*, all of our orders then decided to climb up onto my roof; ostensibly for the view but also for the pleasure of watching me shamble up after them in cowboy boots with a dinner roll stuffed in my mouth like some genus of redneck sloth.



It is a precarious thing, to maintain leadership over such superior Folk as we enjoy here in the Hoosier Heartland. We realize intuitively that the ideal leader should be the strongest, wisest, and bravest among us. Knowing that the odds of achieving any of those things in such worthy company were slim-to-none, I instead chose to assert dominance using the Machiavellian tactic of eating a raw egg with the shell on.



I wouldn't say it exactly intimidated those in attendance, it was more of an "if being in charge means I have to eat slimy eggshells like a dope then this guy can have it" sort of victory. Regardless, I live to fight another day.

Being a glutton for punishment, we held our Northern Indiana moot the very next weekend. Being also a glutton for gluttony, I opted to have it in the same restaurant as last time so that I could stuff my face under the pretense of "folkbuilding." Despite a couple of last-minute cancellations for the moot itself, we have generated some

increased interest in the area and are optimistic about growing our presence in that part of the state.



After a pleasant breakfast and fellowship with our Northern brethren, a couple of us headed just a little farther north to the Indiana Dunes State Park. Admittedly, I have been remiss never having visited before; if there were a fault with Indiana (there isn't) it would be our lack of beach and ocean. Apparently, not only do we have beaches, we have what amounts to a fancy freshwater ocean (I still wouldn't recommend drinking from it).

We ran dunes, then walked dunes, then sort of dragged ourselves up dunes while panting and whining. We hiked a trail and spent a little time enjoying the beach (even though the swimming season hadn't yet started).

As unbelievable as it sounds, standing there looking out across the water at the city of Chicago in the distance, it appeared almost habitable... almost.

We will be planning a moot to camp and swim at the Indiana Dunes sometime this summer. I tried to capture the charm of the place with a picture to entice Folk to come join us, but I mostly only succeeded in scowling at the camera like an old man who hates sunlight and would sooner die than climb more dunes.



We are always glad to welcome new blood and we look forward to continued growth and success in the honor of our Gods and Folk. If you are in the Indiana area, reach out to me at jrock@runestone.org and attend one of our many events. We look forward to welcoming you home.

Upcoming Event

JULY 16TH AT 2 PM

Oldenburg

Freudenfest

Oldenburg, IN

Contact
Folkbuilder
Jon Rock
for information
jrock@runestone.org



Johnathan Rock
Apprentice Folkbuilder
jrock@runestone.org

Southern Indiana



We had a great moot this past month. We got together and shared a potluck. I had presentations on Ancestral Veneration and the Havamal. There were lots of lively conversations between the Folk. We had blot and sumble, it was a truly wonderful time. We didn't camp this month, but we will in June.

Heimdall's Midgard Camp will be June 24th-25th in Southern Indiana. We also have weekly conference calls every Saturday at 8 pm est. Now, in the conference calls, we are going through one Havamal stanza each night, a presentation by a member of Heimdall's Midgard, and an Intention session. If you are interested in the calls and/or moot please contact me. We would love for you to attend. Until next time!

Hail the Gods!
Hail the Folk!
Hail the AFA!

Folkbuilder Zach Cato
zcato@runestone.org



Maine

Upcoming Event



Daniel Mason
Apprentice Folkbuilder
[Dmason@runestone.org](mailto:dmason@runestone.org)

Ohio

May Day Men's Group



In order to further our folks understanding of the roles both men and women share, we branched off into a group for the ladies led by Christine Dumas and one for the gentleman led by myself.

The menfolk assembled around the erected May Pole as we discussed the masculine

aspects of the day, the symbology of the May Pole itself, and what our duties encompass in the sacred union between man and woman.

I led the assembled in Gebo galdr to channel the exchange of the gifts between the sexes in order to manifest the orderly whole.

Some chose to join me in taking up the stadha of Gebo during our galdr and as was expressed afterward, was powerful some and my heart was gladdened by this immensely.

After a minute of reflection, we all placed our hands on the May Pole, sending our masculine energies into the universe by way of that holy conduit that we grasped.

The fathers amongst us followed up by decorating flowerpots with runes in order to present them to the mother of their children! (Thank you to Christine for the idea as well as for providing the pots and flowers!)

I was deeply honored to be in the company of those men who stood before the Gods and each other that day.

I very much look forward to when we all may do so again.

Whiskey & The Wolf Toledo, OH Moot



The Northwest region of Ohio is one that I feel deserves more of our attention, so I decided to organize a Moot in Toledo at a nice little restaurant named Whiskey & The Wolf.

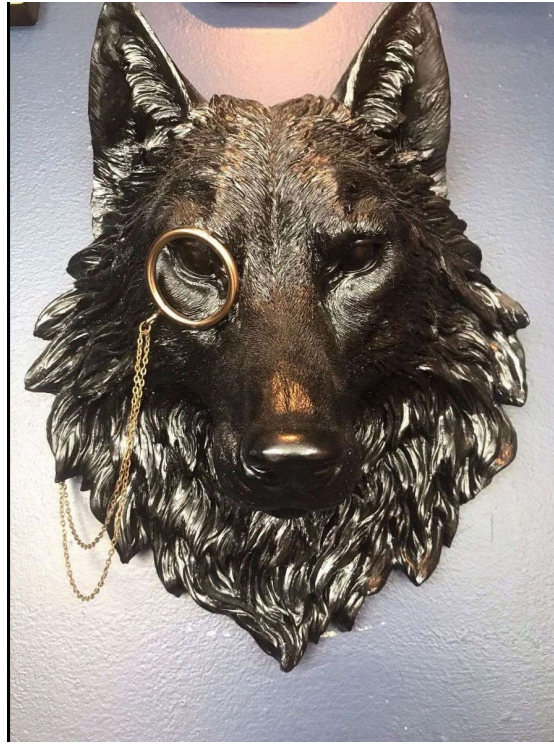
As the day came closer, some of the folk regretfully expressed their apologies that they could not attend.

The night before came without any RSVP but I was undeterred and fully prepared to be there nonetheless.

Just as I thought I would be alone, I received a message that someone had just moved to Ohio less than a week ago and had yet to meet any of our folk! (Huge thanks go out to Folkbuilder Pat Cook for reaching out to make this possible)

I got in contact with Aaron and made plans to pick him up the following morning.

We utilized our drive up to Toledo to get acquainted with one another and discuss how it came to be that we each found the Gods as well as the AFA.



Upon arrival at the restaurant, we were greeted with a large depiction of a Wolf wearing a monocle and I could not help but think that our moot was being observed!

We shared some amazing food, great beer, and better conversation.

While we were the only two in attendance, it was a great moot with bonds being built between each other and frith waxing.

After waiting a while to see if others were going to arrive, we decided to head back home and more of the above conversation continued in a meaningful way.

While large moots with many of our folk in attendance are fantastic, especially with those we've come to love, this meeting of two men was special.

Having the opportunity to welcome one of our own homes, in person is the most rewarding part of being a Folkbuilder for me.

I will cherish that day for many years to come as I hope Aaron will as well.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Mike Melillo
Apprentice Folkbuilder
mmelillo@runestone.org

Fallen Timbers Kindred Gathering



Another month another gathering and a more intimate one at that. It had been a while since Fallen timbers had a catching up and reinvigoration, so on a beautiful sunny day at the end of May, we decided to do just that. It's amazing how something as simple as a barbeque and good conversation with people you care about can remind you how great life can be. It truly is an amalgamation of the little things that show us that life needn't

always be so serious. In times like these when they say the world is burning take some time to be with ones that you love and do some burning of your own in the backyard. Have a fire, your favorite drink, and the company of some good like minds. I assure you this will bring balance to the current stress life sees fit to dish out lately. If you haven't found your like minds reach out to your local Folkbuilder and if you're anywhere near Ohio there is a seat for you by my fire. I wish you all a wonderful summer and a bountiful harvest whether it be vegetables or goods friendships. Remember the simple things and the true weight and wealth they hold on to this plane. Hail to all of you wonderful Folk.

Upcoming Event

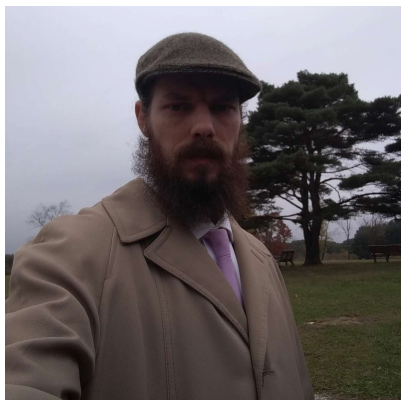


**Fallen Timbers Kindred Presents:
Midsummer Celebration**

June 11th at 2 PM

**Potluck Dinner
Blot and Sumbel
Kids Nerf Battle
Everyone is welcome
to camp overnight**

Please contact Apprentice Folkbuilder Joe Drotos for details



Joe Drotos
Apprentice Folkbuilder
jdrotos@runestone.org

May Day in Southern Ohio



On May 7th, Under Ash and Oak Kindred hosted May Day at the beautiful property of fellow AFA members' land. We spent two weekends prior to the event cutting down trees and clearing space for camping and the May Pole.



Our event started out with our guests setting up their tents and making a safe space for the young children to play. As we all settled in, I led the women in our flower crown-making craft. We enjoyed conversation and strengthening our frith. It was wonderful to see how creative our women are and how different the crowns turned out. While the women were making the flower crowns, the men assembled the May Pole.



Once the men erected the May Pole, topped with a sun wheel made by fellow kinsmen, and streaming with ribbon we circled up alternating man and woman. The men handed out ribbons to each participant and now it was time to dance.



All patrons laughed and smiled as we weaved in and out around the May Pole. As our ribbon shorted and wrapped around the May Pole, we ended our dancing and separated into the men's and women's groups.





After sharing our journeys with each other. We proceed in making ritual runic bead bracelets. While we galdred Inguz, we passed the bowl of rune beads around until we all had ten beads. After stringing our bracelets, we shared the runes we pulled. We also discussed the energy placed into the bracelets and our future plans of incorporating the runic bracelets into upcoming rituals.



The women then walked back to the men, to share in Blot.

After Blot, the food was blessed. We enjoyed grilled hamburgers, salad, fresh fruits and vegetables, collard greens, cakes, cookies, and banana pudding.

As the night settled Sumbel was held. Memories were made and frith was built.

Upcoming Events

JOIN YOUR FOLK FOR:
SUMMER
SOLSTICE
SATURDAY
JUNE 25TH
1PM

CONTACT CDUMAS
@RUNESTONE.ORG
FOR DETAILS



Christine Dumas
Apprentice Folkbuilder
cdumas@runestone.org



Frith in Action



My wife and the kids are out of town visiting family and I was needing a hand preparing for an upcoming event at our place. I threw out a hand and I was very happy that many of my brothers answered. First of all, Cole had produced the property

Winternights will be held at and we went down there to give it a close inspection. I think everyone that attends this year will be very pleasantly surprised at what they find. It's a shame we couldn't continue the tradition out in the Poconos, but I am excited to be so hands-on in my general area to host this year's event.



After that Cole and his wife Tiffany treated us to lunch at their place and we had some laughs then headed back to my home to start work on the outdoor altar. Kam spent all afternoon pulling out slate from my creek while Jon Rock and I did some minor preparations and began mortaring the slate to block structure. None of us are masons, but what was important is we jumped in just the same to make it happen. I am very appreciative of all the Folk worldwide, but I am especially fortunate to have such loyal and helpful brothers that drove several hours to join me and help me work. I look forward to not only my Kindred expanding but the greater area we are in. I can't wait to see as many of you as we can fit at my home for Midsummer/Summer Solstice!



Folkbuilder Timothy Dumas

tdumas@runestone.org

Taking Care of Midgard



On May 9th, I and Joe Drotos gathered in Northeast Ohio to tend to our 2-mile strip of roadway that is Ohio's first Adopt-A-Highway. We collected 8 bags full of trash and collected a large pile of huge random objects.

We will continue to tend to this area of the highway every month and if anyone is interested in helping you can contact me about helping. I will announce dates on MeWe for our monthly cleanups. This area of Ohio gets snow nearly half the year, so we are hammering it hard to keep it tidy during the summer months.

Midgard was gifted to man and we owe it to the Gods to respect it, worship it and protect it.

Upcoming Event



**Join us on Saturday, June 18th at 10 am
in Painsville, Ohio for our monthly
Adopt-A-Highway cleanup.
Hail Midgard!
Contact Folkbuilder Jessica Lambert
for details.**



Folkbuilder Jessica Lambert
jlambert@runestone.org

Pennsylvania

Under Ash & Oak Kindred May Day, OH Blot



When you think of ritual or blot, what do you think of? What does that word paint a picture of for you in your mind?

For me it paints a picture of frith strands being created by each individual present, I see a deep connection to the gods forming as we are creating physical and metaphysical Gebo, and I see sisters, brothers, youth, and babies weaving their örlog together from the very strands they hold within them.

When you look at the physical evidence of photographs that document the events we host within the AFA, you begin to imagine and wonder, a photograph shares a lot, never taking the place of the energy or memories themselves, but it allows you to reconnect visually, and it is proof what we are doing is working and has an impact. Looking back through our Mayday photos, I was ignited with the energy from that day once again.

Something that is truly special to me is when you share ritual space among your folk, especially folk that you know your soul once knew before. Something even more powerful is when you get to watch your fellow folk grow within that ritual space each time you come together, their spiritual connectedness, and their connection to our Gods becomes more apparent than the last time that you shared that sacred space together.

When we partake in blot, it is often that I like to share responsibilities among the folk present because it gives others that opportunity to connect to the divine in a different way, encouraging investment on a different level and allowing them to direct their intentions into the group for a larger and deeper impact. It also helps distribute the spiritual burnout as well when you share the energy, you not only feel the growth from one another, but the drain afterward has less of an impact than on just one person alone.

Mary Jane led our blot with the help of her fiancé Kam, Christine, Mike, and myself. We each had a different role but the blot was powerfully beautiful. We honored Odin, Frigga, Freyr, Freya, and Baldr. Words of fertility, birth, death, and rebirth were spoken and visions of the future for our folk were set. Ignaz was our first rune in the group, followed by Berkano for the womenfolk and Mannaz for the menfolk.

As blot ended, we left the circle and made our way to the feast where another ritual took place. For the brave, we partook in eating raw beef heart as I annotated the participants with the blood of the heart upon their foreheads. We then each consumed a piece of deer and pork heart that were skewered with Hagal as they cooked over the fire. A few of us offered the blood of the hearts into the fire and thanked them for their sacrifice to us.

Each time we leave an event, the longing to return to our folk burns deeper and deeper.

Mushroom Hunt Hike

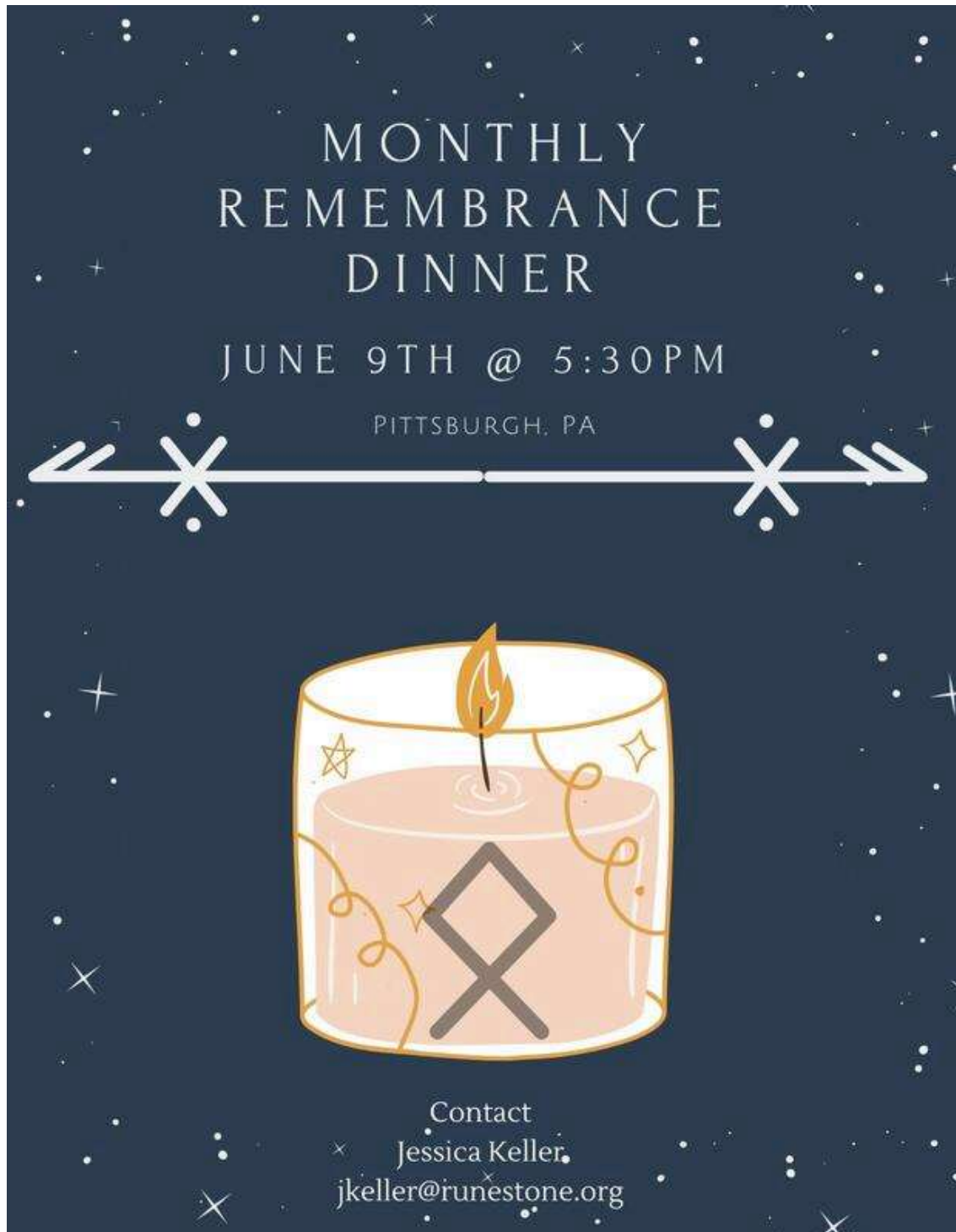
We gathered for a little hike at a local park as we wanted to try our hand out at searching and identifying wild fungi. There is a trail that I have often had success with mushrooms at in the past and thought it'd be a good spot to start with a group. We collected various specimens and once we returned, we attempted to identify our collection.

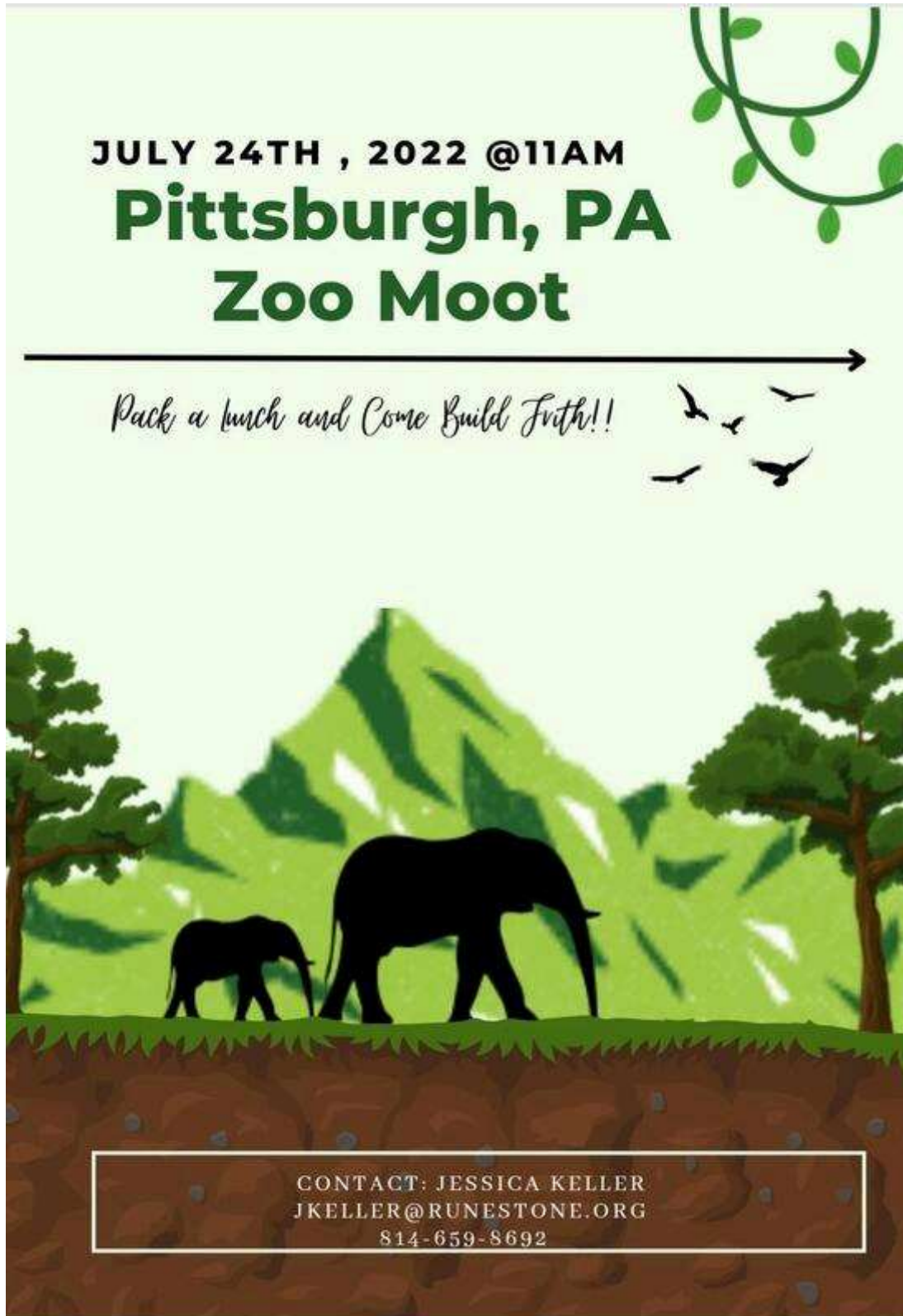


Needless to say, across the board, if our life depended on foraging, we would not survive. This evoked a desire for us to want to research and learn more about wild foraging beyond basic levels of obvious plants and fungi. We learned that there are so many different structures to fungi from the shape and direction of the gills to the color of the cap, that it could be very easy to misidentify a mushroom which then onwards

could result in unwanted side effects. After our foraging experience, we enjoyed a grilled dinner as well as conversation and the company of one another.

Upcoming Events





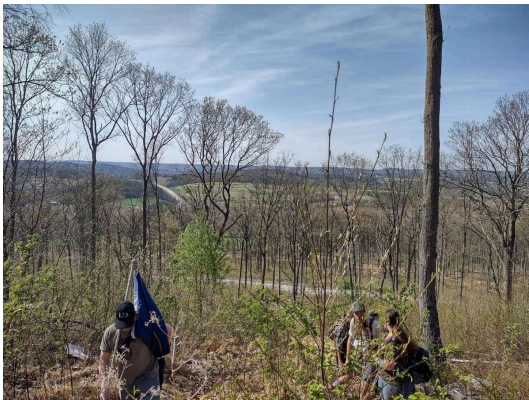
Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org



German Club and Hexannacht Camp Out



During May in Pennsylvania, we had the honor of being invited to Jill Gaffney's German Club in Bucks County where she is a member. I didn't know exactly what to expect before arriving. In my mind, I was picturing a VFW-type building/atmosphere but was proven very wrong. It was many acres and the buildings outside and within were beautiful. The food was also amazing. Apparently back in the early 1900s, the German population from Philadelphia would come here on the weekends to blow off steam and be with others like themselves. Ironically we did the very same thing that day. Time changes but the importance of being with your Folk never does. A special thanks to Jill for setting that all up!



Second was Hexxenacht. I had decided that rather than having it at my house this month that perhaps a weekend trip or camping would be best. Out and away from anything modern. Apprentice Folkbuilder Jessica Keller found a great place that did just that. She also performed a very special Blot to Freya. Right at the most perfect moment during it when all was quiet on the hill we chose to climb, a raven called in the distance. Often some try to rationalize occurrences like that but there is none as we know. SHE spoke through Nature that day. The following day consisted of hiking 9 miles through the Pennsylvania mountains. With little sleep and determination no matter what to finish..... and that we did. Thank you to everyone who made it out that day and a very special thanks to the Keller family for cooking and arriving a day early to get everything taken care of with the camp.

Armanen Rune Yoga Part 7 OS/OTHIL



"A fourth still I know, when someone throws
my Arms and Legs into Fetters:
as soon as I sing it, I can go forth,
from my Feet fall the fetters,
the hasp falls from my hands."

This Rune song has always spoken to me from the very beginning of me finding my

way if you will. I remember very much pondering what that meant and surely understood the feeling of being in "chains" and in some way perhaps I too could break them, whatever they may be. And surely if you have made it this far, devoted to your higher development, thinking only thoughts that are pure in nature.....you have. Let's begin.

1. Begin in the IS Rune position and take a minimum of 3 to 7 breaths, moving the energy up and down.
2. Now form the OTHIL Rune like in the picture provided.
3. As you breathe in, picture pulling energy up your limbs and shooting through your hands above into the heavens. As you exhale, picture it re-entering your whole being. You'll get the sense of it washing over you and is very similar to the above energy in the IS stance.
4. Repeat this process for as long as you can.
5. When done, say some positive affirmations to yourself like for example "I now know the Word, I am free." Or something along those lines. As always they will come to you and your own will have more meaning anyways. Listen for them and when said.... mean it.

Note: There is another variation to the OTHIL rune stance called OS. They are not considered different per se in Armanism. For myself, I have always liked OTHIL better for Rune Yoga purposes but that doesn't mean that you will. Explore both and find what works for you.

Last month, I mentioned that we would be breaking our practice into 3's once we started with OS. As previously mentioned I very much like keeping IS, KA, MAN, UR, and the Cross Rune together. Obviously, that day is a little longer practice so my accessory exercises that day are little. The other 2 days we have NOT, EH, SIG and then TYR, LAF, OS. Since less is being done those days it allows us to focus on other practices/accessory exercises if we desire. But above all else, those combinations have a deep significance behind them and go well together.

I would like to give some of my experiences with this particular Rune. Up until that time when I began I was a believer of course. I had felt and received many insights and my world so to speak was much better. But here is where everything changed and I "knew" something outside of myself existed. Call it other Worlds, Vrill, Od, the Gods it doesn't really matter but I knew it was there. It All aligned just right at that moment.

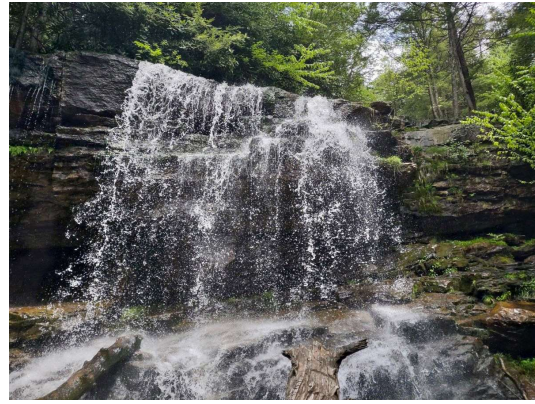
It's hard to fully explain but whatever entered me that day was a feeling of fear at first "what is happening to me?" and then joy, inspiration like never before soon after. It stayed with me all day and it may still be. I haven't been the same since and it's something I'll never forget. I share this only so that you understand the power of what

we are doing here. There are great forces at work that most will never know. Consider ourselves extremely lucky but none of it will ever be without our part, our dedication, and sacrifice. We too have to hang on the Tree to reacquire the powers from another place.

To finish up, let's touch on some of the transformation aspects as I see them in this context. Previously we talked about the significance of TYR, the Hero reborn. He has sacrificed and so has She. She has crawled inside his heart, forever within He. He knows his capabilities and is someone else entirely. LAF takes it a step further with the Astral body/world. OS in one way is the resurrection of it. Two SIG Runes together, one physical and one spiritual/astral, the Gemini, the Twin but are really one like in many Aryan Mythologies (Hengist and Horsa, Romulus and Remus, etc). The Gemini corresponds to Mercury and of course Wotan. This body is indestructible, cannot be chained, and perhaps one of the earliest forms of our Gods and ourselves with our entrance into this universe. In essence the memory of and our heritage in a deeper sense and only we, the Aryans have it. The Hero now is becoming Wotan and can traverse where He wants. The shackles have been lifted. He has reinvented himself once more. We also discussed the play between the masculine and feminine in LAF and how he in some way helps her control emotion. Now the tables turn in OS. As some of us know this Rune has much to do with speech but not in the mundane sense. We want to go further and she provides her capability to receive the Word. The type of speech we are talking about is a direct transmission from these Holy Powers without speech, the Word without words. The Man as we know generally struggles here but not the Woman. Her powers are quite special. She completes the Hero in his quest in this regard. She allows him to hear All-Father. With this, He is now directed by the Highest and sends these Words outward making a change with everyone he comes into contact with. He has become the Wise Leader. With His Queen beside and Him now a King.....He now has the right to approach HIM.

Thanks for listening *

May Day Hike in Glen Onoko Falls

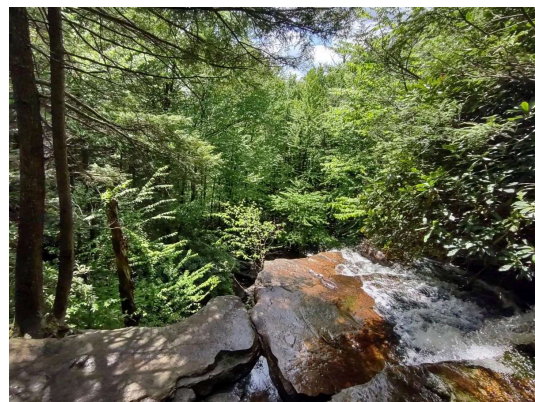
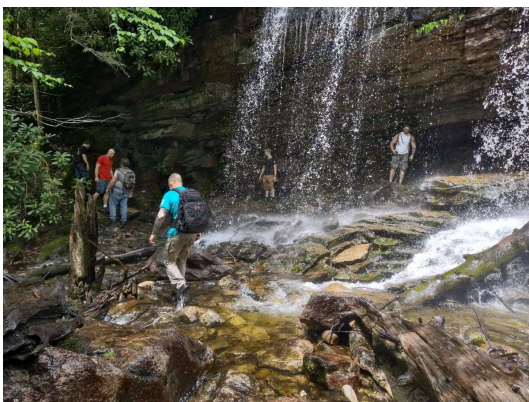


This month was May Day in Pennsylvania. We decided to get out in Nature for this at one of our favorite places, Glen Onoko Falls. From my understanding the largest waterfall in the state. It is somewhat of a grueling hike as well. A good one to show our worth as Men to our God of Virility.

We made our ascent up the falls on that hot day. I think it's safe to say that we were all taken back by the beauty of the place. Even those who have been there many times as me. We knew HE had made his return as we looked around. All was alive.

Once to the top, we searched for a suitable place to give Blot to the Most Renowned of the Aesir. We thanked Him for all the good that we have in our lives, especially for our own Gerda's and our children. Our true wealth. We also asked for our people to find peace amongst each other. Often, we like to fight rather than come together. If only we could destroy that nature within ourselves, what heights the People of Light would be!

We know it can be done and He is our Guide. We made our way down that day feeling renewed and with more purpose.



I want to thank everyone who came out that day and especially the new Folk who have recently joined the AFA. It is huge on your part to take that step and come out to your first Holy Day/event. It is certainly a new beginning for you. Much good is yet to come!

Hail Freyr!

Hail the AFA!

Hail the Folk!

Upcoming Events



Folkbuilder Adam Hudak

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Hot Day and Hot Dogs at the Park



On May 21st AFA members gathered at the Erie Community Park to enjoy each other's company and build Frith. Good food and good conversations were had and the children

were very glad that the weather held so that they could play themselves to exhaustion on the playground!

Hail the AFA!



Gythia Catie Erickson
cm.erickson@runestone.org

Asatru Is Our Birthright



“Asatru is the religion with homework”

“You have to earn your hammer”

“The Gods call who they will”

These are all misleading.

It is of course good to study history, lore, runes, language, and all the other thing that help to inform our faith.

It is of course good to act in a way that is noble, brave, kind, and righteous.

It is of course up to the Gods to do as they will, and we can't presume to understand the motive.

However, none of these are the defining characteristics of our faith and religion...

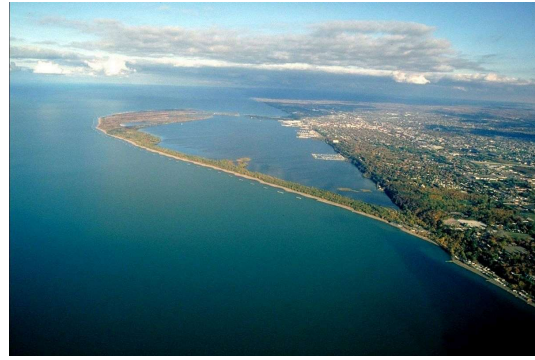
Asatru means “Belief in the Gods” or more literally “Troth to the Aesir”, a holy faith in the Aesir. This is faith not only in the sense of “belief” but also in the sense of “trust” or “loyalty”. “I have faith in you” means more than “I believe you exist”, it means “I believe you will do right” and “I believe you will succeed”.

Our ancestors are our direct, physical link to the Aesir. The Aesir are the most ancient blood ancestors of our Folk. We are that same link for our descendants and all their progeny.

The Aesir created the world and gave us life, wit, and vigor. Every Blot we make to the Aesir is a return on this gift, made from the world created for us by the Aesir. Our faith is to continue this gift cycle perpetually. We should always be mindful that the Aesir started the gift cycle and our ancestors -Asatru and otherwise- maintained this gift cycle through the successful lives they led. Our existence is proof of this success. Our children's prosperity and faith are proof of our success.

So do your homework. Prove you are honorable. Listen to the call of the Gods. But always remember that Asatru is the birthright of every single one of our Folk, even if they need to be reminded. Bring them home.

Upcoming Event



Witan Clifford & Gythia Catie Erickson invite all Asatru Folk Assembly members to join us for a family-friendly day at the beach in Erie, Pennsylvania.

We will meet at Presque Isle State Park at 11:00 am on Sunday, June 19th. This park is absolutely beautiful, jutting miles into Lake Erie with 21 miles of trails, 13 beaches for swimming, and a marina!

So eat a good breakfast, then meet your Folk for fun in the sun and water. We will have snacks and drinks for everyone, and afterward, anyone who is hungry can join us for a late lunch and some drinks.



Witan Clifford Erickson
cerickson@runestone.org

Sweden

May Day in the North



It has been many long months since summer graced us up here in the cold north by its presence. But now it is here finally. The birds are chirping, serenading one another. The frogs sing their deep song in the swamps and ponds they can find. The snow has retreated and the days are still getting longer and longer. Summer is here! What could be a better way to celebrate this joyful change of season than a fire in the freshly thawed out forest. May this summer bring us all much joy and victory in our projects and endeavors.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Upcoming Events



Join the Lugnets up north as we celebrate Midsummer this June 18th.



Irish and UK members are invited on the first Sunday of every month to participate in a members call, 16:00 BST. See you there!



Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org

Tennessee

Welcome, William May, as one of our newest apprentice folkbuilders! Thanks for stepping up!

Hail the Doers!!



William May
Apprentice Folkbuilder
wmay@runestone.org

Virginia

Virginia Camp Moot



On May 6th-8th we held a Camp Moot at First Landing State Park. Although there was rain off and on the whole weekend, we still had fun with great food and great company. A big thank you goes to Witan Svan Herul for showing up and being a part of the experience.

On Friday, my family showed up and got the campsite ready with setting everything up. After the tent was up we cooked supper (the hotdogs were amazing by the way). While we were sleeping a storefront rolled in letting us hear the rain falling on the tent-making for a good noise to fall asleep to.

On Saturday morning, we arose to bright sunshine and good cool weather to start breakfast with. Showing my son how to cook with an iron skillet was a great joy. After breakfast, my wife Michelle was reading stories of the Gods to Colin and me. Witan Svan showed up around lunchtime and the kids all went to play while we got his tent set up. In between the rain storms, I cooked a good supper of sauerkraut and kielbasa for everyone, and the kids ate it up greedily. We held a Blot conducted by Witan Svan

to the Landvættir and Gods to thank them for the time we shared. Once Blot was concluded, you know what time it was, SMORE's TIME! Seeing the kids have smiling faces while covered in marshmallows and chocolate was probably the best memory I will take away from that moot.



Folkbuilder Cody Raynard
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