







The Runestone: Voice of the Asatru Folk Assembly



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Spring has sprung! We have many projects in the works and we have the most dedicated and skilled group of volunteers we have yet had to take on those projects.

First, I would like to congratulate the leadership at Þórshof for a spectacular Ostara celebration! This year's Ostara saw the largest number of Asatruar yet assembled on the holy grounds of Þórshof. Also, at Ostara the altar to Hero, Alexander Rud Mills was dedicated at last. Hail Alexander Rud Mills! I sincerely believe he is proud of what Asatru has become and how we are developing.

Witan Brandy Callahan did an amazing interview on the Expedition Truth program about women in Asatru. We had no doubt she would do great, but she really knocked it out of the park! If you have not listened yet, please check it out on our YouTube channel.

Folkbuilder Jessica Lambert did a phenomenal job creating our brand-new Hof District websites. These beautiful websites focus on the local activity at each of our Hof's and their larger districts. A very valuable tool and the highlight of these sites are the event calendars. This is the best way to see at a glance, what AFA activities are going on near you and plan accordingly.

Also, I am proud to announce that AFA Academy will accept our first kindergarten class this fall, with our first graduating class scheduled to graduate in 2035! Gothi Rob Stamm is the Dean of this program and will have the program ready to present on June 1, giving parents the summer to decide if they would like to enroll their kindergartners

this fall.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

mattflavel@runestone.org

Day of Remembrance

Jarl Haakon



Jarl Haakon, or Haakon Sigurdsson, son of the Norwegian earl of Lade, was exiled to Denmark after the murder of his father by Harald II Graycloak. He soon allied with Harald Bluetooth and they overthrew his father's murderer. While Haakon became the sovereign in the west, Harald Bluetooth annexed southeastern Norway. The two would again join forces when Bluetooth needed aid in fighting against the Holy Roman Emperor Otto II in 974.

Though forced into baptism Haakon's faith in his gods was so strong that he was not only able to revolt against Bluetooth's efforts to Christianize Norway for a time, but also to spread and expand his faith in his lands. In the end, powers that he could not control began to sway the attitudes of his men and he was killed by one of his own retainers.

Jarl Haakon was the last Asatru Ruler of Norway, his death in 995 CE leading directly to the takeover by Olaf Trygvason.

So what can we learn from this story?

There will always be people in our lives who do not understand our faith or our dedication to our faith. Even our friends might choose to try and change our minds. When the people we have trusted do this we can sometimes find ourselves doubting our choices, even if for just a moment. ‘What if?’ Take that breath and reaffirm your faith. It isn’t always going to be easy, but nothing that is worth anything ever is.

With dedication can come reward. We might not be able to make everyone understand our values and our beliefs, but for every person who turns away, there is a person somewhere whose mind can be opened by our words. There is that person whose soul longs to ‘come home. They just don’t know it yet. Perhaps your words, your dedication, your belief will be the thing that helps someone else find their way, and what better reward could there be for standing strong?

We must also take a moment to remember to curb our arrogance. When we become too sure of ourselves and our ability to stand tall against everything that would fight us we can become blinded by the reality of the situation around us. Always remember to take time to take the measure of the situation. Take the time to know if it is a good time to talk or to hold your tongue.

Hávamál 54:

Wise in measure let each man be, but let him not wax too wise;
for never the happiest of men is he who knows much of many things



Gythia Catie Erickson
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Remembrance & Holy Days



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

2021

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 15	Þorrablót
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
April 9	Day of Remembrance for Jarl Haakon
April 31 (observed on 16th)	Hexennacht
May 9	Day of Remembrance for Else Christensen

Date	Observance
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

Hexannacht



When the ground was thawed, and the colder weather was beginning to give way to it became necessary to move the cattle from the winter fields to the summer ones. Hexennacht, traditionally, was a festival celebrating this very thing. The main focus of the holiday was the bonfire. The men would all gather and build the large need-fire. They would then walk the cattle through the smoke to bless them before rehoming them for the warm months. Often the men would call on Frey during Hexennacht, asking for fertility and abundance.

While the men were off blessing the cattle the women gathered together for their own festivities. They had their own bonfires and it was during this time that the women often burned herbs and practiced their local magic or seidthr. As the men called on Frey, the woman would often call on Freyja.

After the separate celebrations, men and women would come together and continue the festivities.

We in the AFA celebrate this day as Hexennacht instead of the more common “Walpurgisnacht”. Walpurgisnacht is named such because it is the night before the Christian feast day honoring Saint Walpurga, who was credited with healing and repelling witches.

Men and women celebrating separately and then coming together are one of the main features of Hexennacht, as well as the bonfire. A good way to celebrate the holiday might include the men building the bonfire while the women practice communal seidthr. When they are finished the men and woman can join together around the bonfire. The women can throw herbs into the fire, and, asking for the blessings of Frey and Freyja, the men, women, and children can each take turns walking through the smoke.

Upcoming National Events

Elsefest II in Wisconsin

AFA
Remembers Folk Mother
Else Christensen
APRIL 22ND - 24TH 2022



Please Join Us For The 2nd Annual **Elsefest**
to Honor the Folkmother.

jault@runestone.org

Register here: <https://runestone.org/product/elsefest-ii-in-wisconsin/>

Join the Asatru Folk Assembly in remembering Folk Mother Else Christensen from April 22nd to 24th in Wisconsin.

The 2nd annual Elsefest looks to be even more epic than the first. This year we will

once again kick off the event with a traditional Wisconsin Fish Boil! There will be many speakers, learning sessions, kid's activities, a Viking games competition, lots of great food, and good company. This is a beautiful camp setting with individual cabins and a bunkhouse. Ticket sales are now live. The price includes lodging for the weekend and all meals.

An itinerary and the specific location will be emailed one week prior to the event or upon request with ticket purchase. Children attend FREE!

Any questions about the event can be directed to James Ault at jault@runestone.org.



Witan Clifford Erickson
cerickson@runestone.org

Folkbuilder Spotlight



This month, the Asatru Folk Assembly would like to shine the spotlight on Folkbuilder Jessica Lambert. She has worked tirelessly to promote her church, and serve her gods and her Folk!

Thank you, Jessica, for all you do!

When and how did you find your way home to the Asatru Folk Assembly?

I joined the AFA in 2018. It was recommended by a friend of mine. She told me that this was very much in line with what I was searching for and the kind of community I had been trying to build. It has been one of the best decisions I have ever made. It truly is like coming home. The relationships that I have developed have been like finding long-lost family members. I really cannot imagine my life without the people I have around me now.

What is the best experience you have had as a member of the Asatru Folk Assembly?

In 2019 I went to Winter Nights in the Poconos. Once I found out where it was located, I was blown away right there because it was a place I actually used to go to all the time when I needed space from the city areas of Connecticut. I would often drive long distances just to ground myself and Pennsylvania was a place I went a lot. So, I already had an emotional connection to the soil and trees of the land. When I arrived, the warmth and love I received from people I had never met were mind-blowing. Every ritual, every meal, every moment was so special I never wanted to leave. Witnessing Sheila McNallen's Disir blot was so powerful I was brought to tears. The energy was so intense. Even though I had been with the AFA for a year at that point, it justified, even more, my decision to call this my church and really drove home why I believed in its mission and wanted to devote myself fully to it.

What is your advice for women just joining the AFA?

The anxiety you have is okay. When we ladies get together at events, a common theme is social anxiety. When you are amongst the womenfolk you forget about everything that makes you nervous or any fears you might have. It truly is a sisterhood. We believe in not only building each other up but also providing a shoulder to lean on when you need it. So many of the women in the AFA are so talented and have such knowledge on so many different subjects, we truly can accomplish anything together. The distances between us make no difference in our ability to form deep relationships and that is something very special right there.

How were you called to leadership within your church?

The folkbuilder at the time in Ohio saw potential in me right away. I am a go-getter and when I see a need for something I usually take it upon myself to fill it. Whether I

had a title or not I was always willing to help organize events, meet new members, brainstorm ways to make Ohio and the (at the time) Midwest region stronger, and engage its members. In many situations, I tend to take the lead if there is no one leading. It is a natural thing for me, I have a strong will and strong personality, that pushes me to make anything I am passionate about the best it can be. From day one, I have believed in the mission of the AFA and its direction. And I wanted to be a part of that. To cultivate that potential, I saw in people and grow this area to be the best and be productive and really show everyone what we really have here in this region.

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!



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 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.

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

Von List Society



Please welcome the Von List Society Kindred of North Carolina as the newest Official Kindred of the Asatru Folk Assembly.

As Kindreds go, this one is unique as they are dedicated to Meister Von List and his Armanen Rune teachings. The idea for this Kindred came from Gothi Rob Stamm. These folks will help support Thorshof alongside the other AFA Kindreds in the region.

Gaining Kindred recognition is not an easy thing, it takes dedication and loyalty, and willingness to stand with the AFA at all costs. All new Kindreds go through a six-month probationary period before joining our family as an official Kindred.

Thank you, Von List Society for your dedication and for stepping up.

Hail the Von List Society Kindred!

Hail the Kindreds of the AFA!

Hail the Asatru Folk Assembly!!!

If you are interested in forming an AFA Kindred in your area or would like more information.

Please contact the Kindred program email at kindred@runestone.org.



Folkbuilder Jason Gallagher
jgallagher@runestone.org

**The Artisans of the AFA
Support Our Folk**



<https://www.etsy.com/se-en/shop/Odinworldprayerday>

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



Jessica Lambert
Apprentice Folkbuilder
jlambert@runestone.org

Ancestral Food and Culture

Easy Spaetzle Recipe



Pasta can be very intimidating and time-consuming to make. Thankfully, the Germans have their own relatively foolproof pasta dumplings called spaetzle. There are only a few ingredients and to extrude the pasta you can use a Callander or the smooth side of a cheese grater and rubber scraper. This recipe is so easy to make. We did it at Odinhof for Charming of the Plow.

1/2 tsp nutmeg

1 pinch white pepper

1/2 tsp salt

1 cup all-purpose flour

1/4 cup milk

2 eggs

Water for boiling

1. Boil water in a pot

2. Mix together flour, salt, white pepper, and nutmeg. Beat eggs well, and add alternately with the milk to the dry ingredients. Mix until smooth. You should be able to stick your spatula in the dough and pill it out and the dough slowly drips off. You want it to go through the holes of the colander and drip in the boiling water. If it is too thick add water.

3. Place dough in Callander and hold it over the boiling water. Scrape the dough against the Callander pressing it through the holes into the water. Do this in batches

4. When the dumplings float to the top, remove them from water and set them aside. Place pads of butter in the spaetzle to keep them from sticking

That's it. How crazy simple is that? You can serve as is or Sautee quickly in butter or bacon drippings. Throw in fresh parsley or use it to make Kaese Spaetzle German Mac and cheese.

Recipe submitted by Krystal Podbreger.

If you have a recipe or a family tradition you would like to share please email me!



Folkbuilder Timothy Dumas

tdumas@runestone.org

Now Available in the AFA Store

Óðinshof I T-Shirt



Buy here: <https://runestone.org/product/odinshof-t-i/>

Óðinshof I T-Shirt with Óðinshof motto on back. Available in Small, Medium, Large, Xtra Large, and XXtra Large, as well as in Children's sizes



Óðinshof
First Hof of the Asatru Folk Assembly

<http://www.odinshof.org/>

Food Pantry at Odinshof



As people drove in, our colorful AFA and Odinhof flags hung from the tables for all to see. This is the first time we've done this, making a proud and powerful statement to the community. Due to a smaller turnout than expected, we were able to double our offerings to many. For some, this was the first time they had seen our roadside sign, so they stopped out of curiosity. They now know to come back, “the third Saturday of every month.” Odinhof's reputation continues to shine in this community.



Gythia Sheila McNallen
sheila@runestone.org

Ostara at Odinhof



The unseasonal chill and cloudy skies didn't hinder the enjoyment of this day. Following our monthly Food Pantry, folks quickly set up tables and chairs within the hall. Our Alsherjargothi, Matt Flavel, made it over the snowy mountains in time to lead us in "Greeting to the Gods" where we invited the Holy Powers to be with us. In turn, we made personal introductions while raising the horn and toasting a favorite God or Goddess. Matt brought us up to date on AFA news, while Sheila followed with a summary of recent Odinshof District events and plans for the calendar year. The informational portion closed with Steve McNallen giving a talk on the deeper significance of this holy tide called Ostara, named for the Saxon's "Goddess of the Dawn." We were all left with the reminder to look at the dawn of each day as a cycle of new beginnings.



Outdoors, children ran like rabbits trying to be the first to grab the candy-filled eggs.



When their energy subsided, Gythia McNallen led our young Folk into the ritual circle for their own tribute to Ostara with a children's blot.



Meanwhile, most of the men settled by the campfire, while others tested their archery and knife throwing skills for Midsummer.



Krystal kept busy all day, putting lesser-known Irish dishes together for a grand feast. Sierra brought over a hundred cupcakes that she decorated with runes as Ashley added colorful touches to the clusters of flowers within the hall.



As the day waned, Gythia McNallen called the women together to discuss their roles in the upcoming blot. Young Dawson blew the blowing horn three times, to call people to gather. The women stood at the entry to the circle, “kulning” the men to come. As the call to Ostara was made, the clouds broke free, so we were sun-blessed for the first time all day. In our rite, we gave our respect and dedication to Ostara and asked for her to

bless the Folk in return. Gythia McNallen gave the blessing by sprinkling the mead from a sprig of delicate Baby's Breath. As the ritual closed, the women stepped forward to share the song, "Edelweiss." Then men and women sang with full hearts the Asatru version of "Tomorrow Belongs to Me."

The words speak true. "Bless our homeland forever."



Gythia Sheila McNallen
sheila@runestone.org

Upcoming Events at Odinshof



Mayfest at Oðinshof

A two-day celebratory gathering of our Folk.

May 21 - 22
Begins at 11 am Saturday

Rituals, workshops, games/crafts, dancing, and other delights!
Camping onsite available.

Contact: Gythia Sheila McNallen, sheila@runestone.org

Upcoming events

Oðinshof

April 16	Hexennacht
May 21 - 22	Mayfest
June 17-19	MIDSUMMER
July 16	Sigrblot/Sommarfest
August 20	Freyfaxi
September 17	Summer Finding
October 22	Winter Nights
November 19	Feast of the Einherjar
December 17	Yule

Food Pantry is always the 3rd Saturday

8408 La Porte Road, Brownsville, CA

Alaska

Hail the Far North

On March 12th, Maria Jamison and I held a small moot in Palmer, Alaska. The AFA in Alaska has recently experienced some unfortunate losses of memberships, however, we have been blessed with some very enthusiastic new members over the last month. We are seeing new folk who are bringing fresh ideas for growth and enrichment within Alaska. Over the course of 2022, we are planning on having frequent social outings and activities as well as growing our folk. Great things are to come in the far north!



Michael Conner
Apprentice Folkbuilder
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California

Sow in Good Health



This month seeds were started in the greenhouse!

A large variety of veggies and herbs were planted and prepared for this year's garden along with some wildflowers in hopes they will bloom in time to fill the hall at Odinshof with fragrance and vibrant colors for Midsummer.



I also began organizing and drying my organic seeds, some from last year's harvest, some I've been stockpiling throughout the seasons. Most of which will be available upon request by the end of the month. Here's to strong families and folk and the importance of being not only spiritually healthy and abundant but physically as well.

Upcoming Events

CASTLE CRAGS HIKE
 Dunsmuir, CA
 April 30th @ 10am

\$8.00 parking
 Picnic lunch will be included
 RSVP: Ashley Stockton
 707.800.5333

Ashley Stockton
 Apprentice Folkbuilder
astockton@runestone.org



South Bay AFA Monthly Moot



It was another exceptional German dinner in San Jose. Always good to have some of the local folk together.



Our next month's event is sure to be a great time as we'll be introducing Kubb in the Park!

Kubb is a Swedish lawn game that finds its origins on the island of Gotland and is said to date back all the way to the Viking Age! It is played with blocks of wood and is a bit like a combination of horseshoes and bowling. It's quite fun and the rules are very simple; an excellent activity for the whole family!

We hope to see you there!

Folkbuilder Connor Norris

cnorris@runestone.org



The Hagvirkr Family Grows

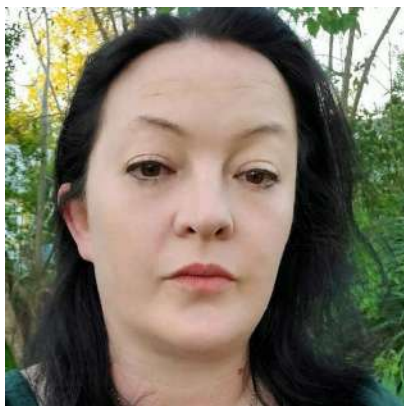


There are many Kindreds whose flags proudly hang in the Hofs of the Asatru Folk Assembly. The purpose of each kindred is as unique as its members and setting. Here in Northern California one of the kindreds is the Hagvirkr Folk. We take great pride in caring for Óðinshof, assisting leadership with events as needed as well as bettering ourselves. Every member has put blood, sweat, and tears into all that they do and exhibited an unwavering dedication to the Folk and each other.

This weekend we had a BBQ to discuss kindred business and future gatherings as well as work weekends leading up to Midsummer. We also had the honor of welcoming the Maurer family to the Kindred and we eagerly await them oathing in as official members at Midsummer when we have all members present.

While the adults hanging out and chatting was great my favorite part of the day was

watching the children playing and having a blast. It was a good reminder that this is why we do what we do. They are the reason for everything.



Folkbuilder Krystal Podbreger
kpodbreger@runestone.org

Idaho

Celebrating the Return of Spring



This month, my family made a special visit to northern Idaho to celebrate Ostara at the home of Pamela, one of our AFA members.



It was a small event, but full of joy and mirth with many delights for our young son. We welcomed Ostara and Sunna's return; then each of us honored an ancestor of our choice. It was a memorable day for us all.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Derek Wright, Apprentice Folkbuilder

Derek Wright

Apprentice Folkbuilder

dwright@runestone.org



Montana

Cold Temps, Warm Hearts



In mid-March, the ladies of the Harlan family of Marysville, MT, braved the windy 18° temperatures to join Mrs. Greaney at her home for some hands-on time with her animals. Heidrun, 4.5yrs, and Ida Belle, 2.5yrs, enjoyed giving treats to and holding the Australorp chickens. They then got to pet the silver fox rabbits, before the wind chill chased them inside. To warm-up, the four of them enjoyed mugs of hot cocoa. The girls then enjoyed giving the Norwegian forest cat a special snack and playing with the wooden train set, while Anne and Rachel shared family stories together. The Harlans are new to The Treasure State as of 2021 and have settled in nicely. They

are looking forward to meeting more of our local Folk this year and helping to grow our AFA presence.



Folkbuilder Ryan Harlan
rharlan@runestone.org

Nevada

March Dinner with Alsherjargothie



Thank you to those who made it out to our March dinner! We were, as always, overjoyed to have a home full of our AFA family. Anthony's chicken was delicious!

Please join us at our home in Sparks, on April 9th for our monthly meal. The Flavels will make Mojitos (I may get fancy and use flavored rum), borscht, and pierogis. We will enjoy whatever the rest of you decide to bring also! (Unless it is nasty).

Hail our AFA Family!

Upcoming Event



The poster features a diagonal split background of teal and lime green with a palm tree pattern. The title 'Alsherjargothic Dinner' is written in a white cursive font. Below the title, the text 'POTLUCK - BRING STUFF' is in a bold, dark blue sans-serif font. The schedule 'Drinks - 1 PM' and 'Dinner - 3 PM' is in a dark blue sans-serif font. The date '4/9/2022' is in a white sans-serif font inside a dark blue rectangular box. At the bottom, 'Hail Jarl Haakon!' is written in a dark blue sans-serif font.



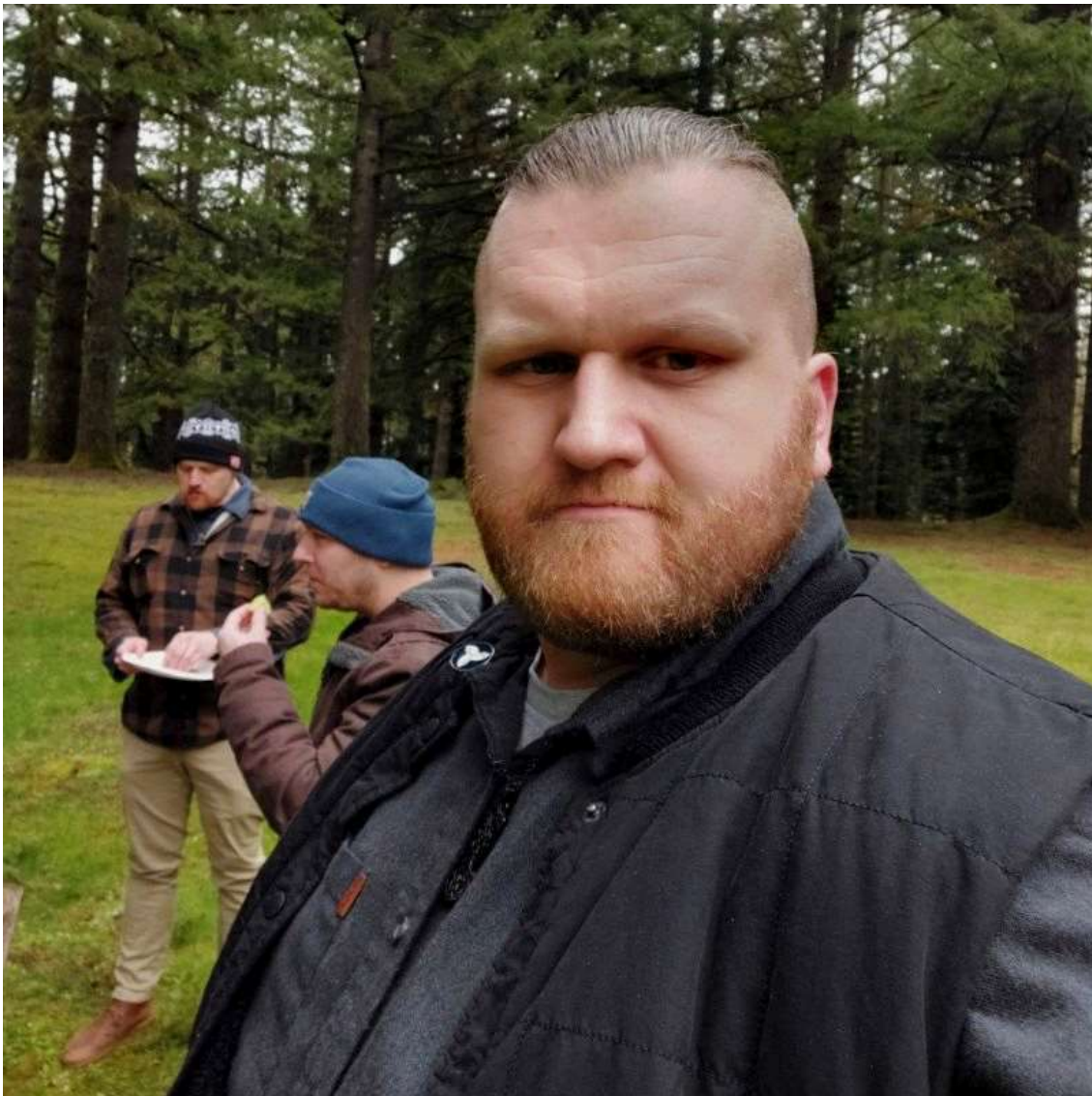
Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

Oregon

Asatru in Oregon



We had an incredible Ostara over here in Oregon at Silver Falls State Park. Thank you to everyone that showed up, and hopefully, like the seeds in the ground during spring we grow in numbers and prosper.



I am looking to get us together more than once a month, especially now that it's warming up. Date and times will be posted for upcoming events, once the details are confirmed.



Joshua Adams
Apprentice Folkbuilder
Jaadams@runestone.org

Events in Oregon



ULLER, THE BOWMAN.



Hails! The month of April brings us a day of remembrance for Jarl Haakon, and a Sigrblot. Harald Bluetooth the king of Denmark forced Jarl Haakon to be baptized as a Christian and take clergymen with him to Norway to begin the forced conversion process there. However, Jarl was having none of that. Staying true to the Gods, when the winds were favorable for sailing, he commanded the clergymen to get off his boats and return ashore, and left for Norway. We'll be gathering and hoisting a glass of mead in his honor. He stood up for what was right, to stay loyal to our holy ancestors no matter what the cost and serves as an example to us all. The Sigrblot/Sumarsdag is the first day of Summer in the old Icelandic calendar on April 15th. This blot had strong agricultural undertones but elsewhere in the Nordic world, it was a time to sacrifice to Odin for Victory in the upcoming summer voyages.

Sometimes our personal lives may be a grind, and constant stress will literally “grind” you down, sapping your energy and weakening your will. Make sure to remain positive, eat properly, get plenty of rest, and connect with our Gods and ancestors through meditation. Most importantly get out and meet up with other members in your area. Meeting in person with others that have felt the calling of our Gods will provide you a spiritual, mental, and morale boost that you cannot get online.

Fritz a member of Washington, has created an essay titled: [Fathoming the Edda's Önd-Ur Kennings for Ullr and Skadhi](#) This brief yet dynamic work explores the fascinating & intriguing Önd-Ur Kennings for Ullr and Skadhi from The Edda and recommends some extraordinary interpretations.

He also has helped edit the [HÁVAMÁL: Archaic Basic Edition](#) which is a great version

of the Havamal.

So, click on the links and give these important documents a read and they may help you navigate this world of Midgard! Fritz's email is fritzmaes@yandex.com if you would like to send him a message.

Let me know if you would like to create an event in your area and I will assist you in the best way I can, also don't forget to take pictures!!

Hail the Gods!

Hail the Folk!

Hail the AFA!

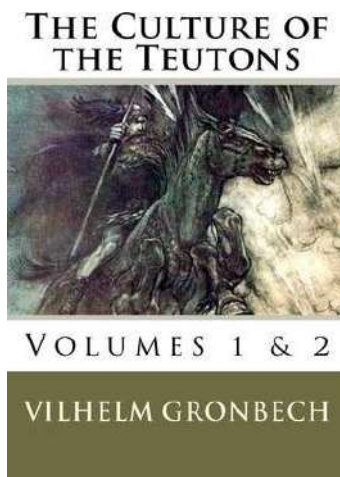


Gothi Joe Rozanek

jrozanek@runestone.org

Washington

March Anzus Direct Book Club Update



This month we covered chapters 1 and 2 of Culture of the Teutons book. These chapters covered frith and honor in Scandinavian and Germanic society. It has been great getting

to know everyone, as we discuss these very interesting topics. I find it interesting to hear everyone's ideas of how old values work in our modern culture, and how we personally think and feel about these concepts. Sunday, April 3rd 7 pm PST, we will be going over chapter 3, come and join us for 1 hour on Zoom.

Culture Club March Update

Culture Club has grown over the two months with many people from the local community coming to learn about our culture through music, singing, and playing instruments. The children enjoy playing different musical instruments and getting a turn to sing with the microphone.



Rachel Johnson
Apprentice Folkbuilder
rjohnson@runestone.org

Oaths and Spring Birth



This month the Fólkvangr Cascadia Kindred took a trip out to visit Northern Bastion in Couer d'Alene to be present for the CDA ascension hike where Northern Bastion members were prepared mentally, physically, and spiritually to take their Kindred oaths before the Gods and goddesses.

It was my great pleasure to lead them through both ritual and hike, watching the solidification of the region progress with these oaths.



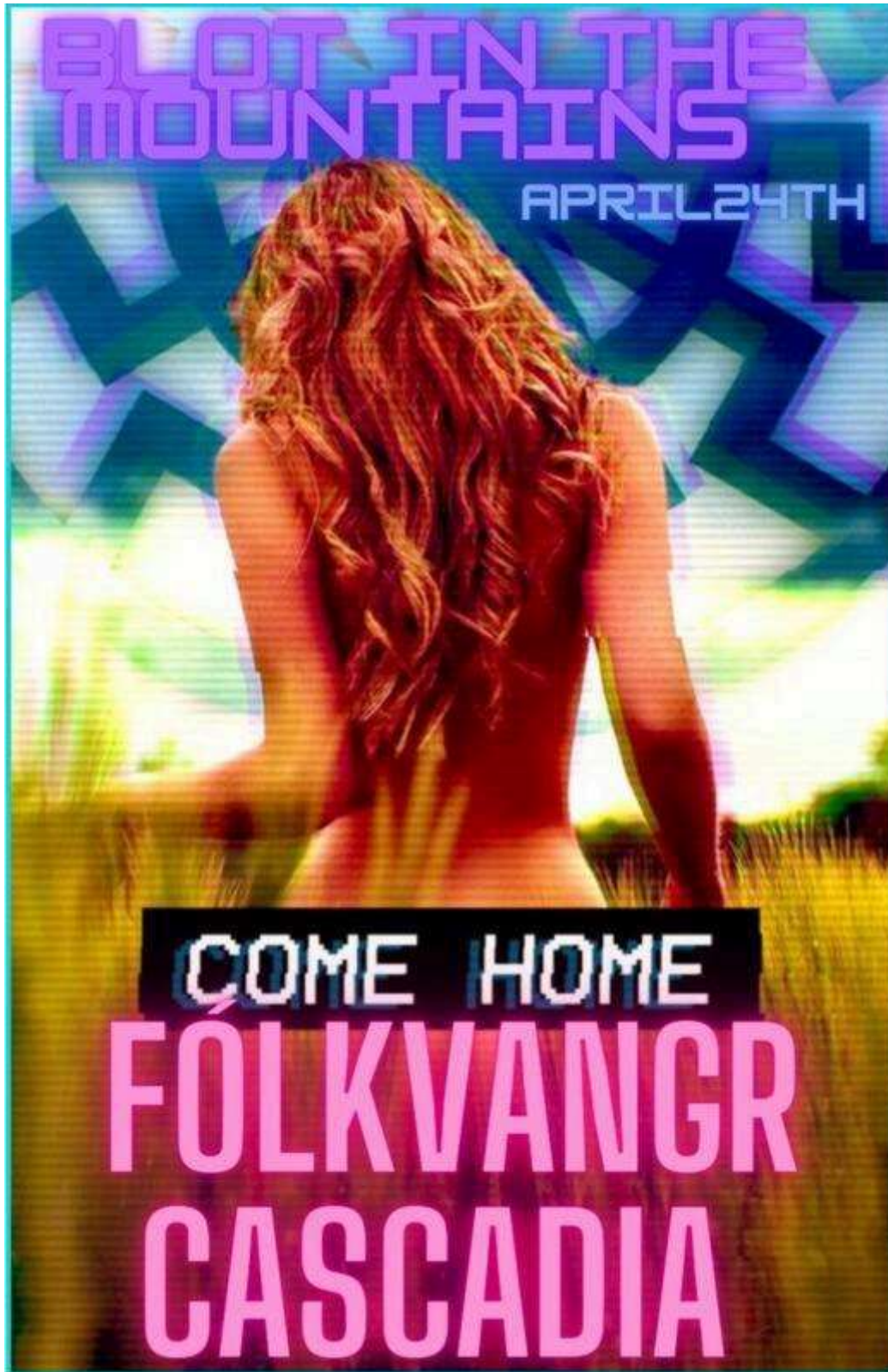
There were nine sections of oaths and there were three rounds. We hiked up to a crest where a round of oaths were done followed by more hiking to the next crest.

As they journeyed upwards the metaphysical met the physical, culminating in a blot to Tyr run by the region's new Folkbuilder Derek.

It was a great milestone for the region, and I was honored to be there and be part of it.

Hail the God's and Hail the AFA!

Upcoming Event





Tyler Heinlein
Apprentice Folkbuilder
theinlein@runestone.org

Beserker Club



This month we ended strong with Berserker Club where we shared skills and Frith working towards bettering ourselves in a martial / survivalist nature.

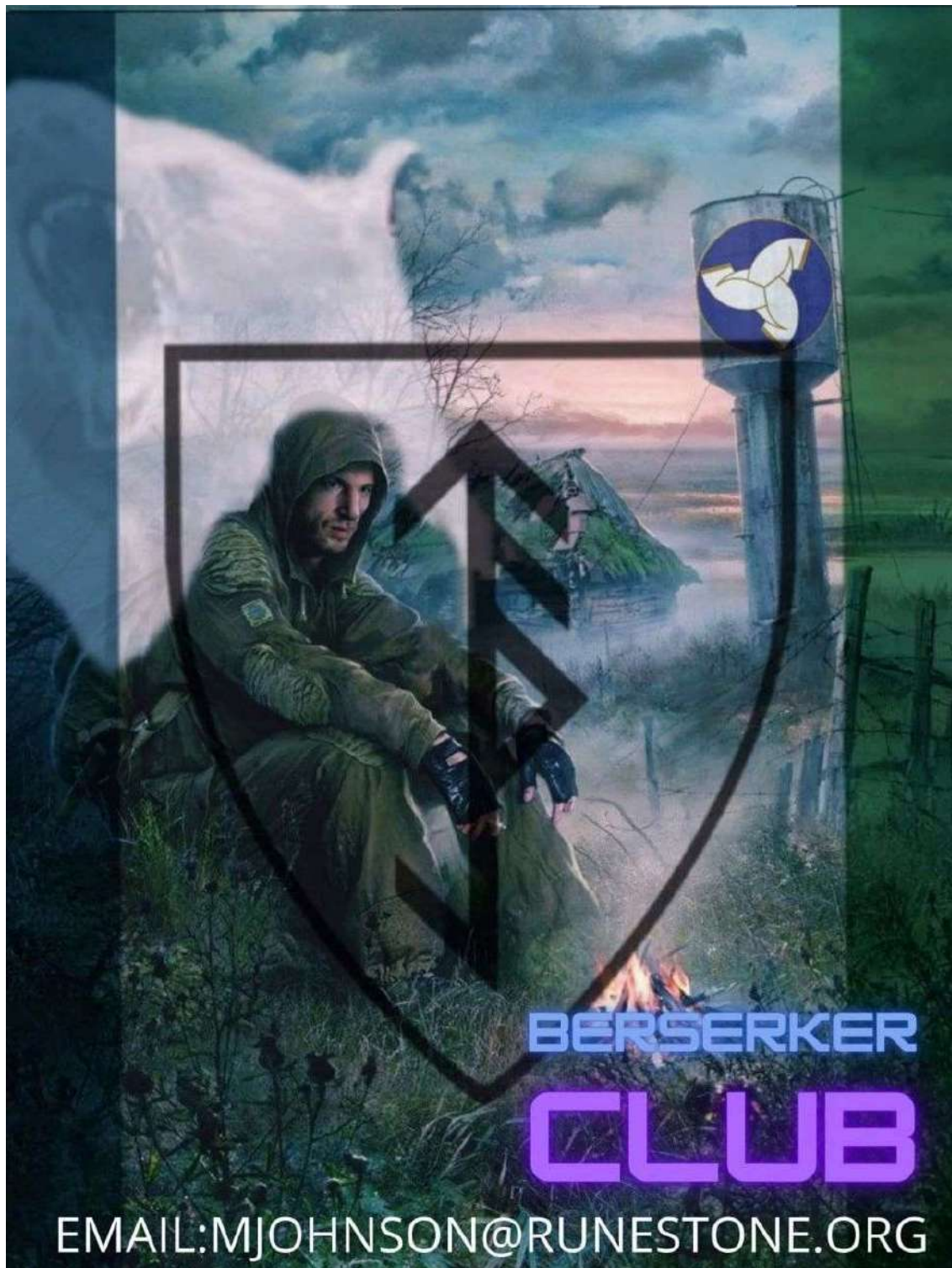
Our kinsman and his lovely Fiance pulled out all the stops in preparation for putting on an extremely fun, productive, and intensive event.

We are glad to have this addition in the northwest and look forward to its continued growth.



At Berserker Club everything from basic first aid to martial arts is covered In an extremely well thought out and seamless manner.

A lot is covered throughout this 6-hour event and each one of us leave feeling charged with new knowledge and tremendous positive energy.



As always this is a family-friendly event with activities for Men, Women, and Children. Berserker Club is held once a month so if you are interested in stopping by please reach out so we can coordinate.

We would love to see more AFA members make the trip out to the Great Pacific Northwest so please don't hesitate to reach out and plan a visit!

HAIL THE GODS!

HAIL THE ANCESTORS!
HAIL THE AFA!

A Guest at Thorshof



I was honored to have the opportunity to make this great pilgrimage with my family to meet our most noble Thorshof district folk.

We were met with nothing but hospitality and love.

I highly recommend anyone who can make it out to Thorshof for any one of our holy days.

This beautiful Ostara weekend was brilliantly planned and Executed along with every

ritual full of energy and power!

All of the leadership in this district are truly excellent. Their love for our folk and Ancestral folk ways prove true in every action and deed they take. The bar has been set to new heights and I am eager to bring what I've learned and experienced home to our local folk.

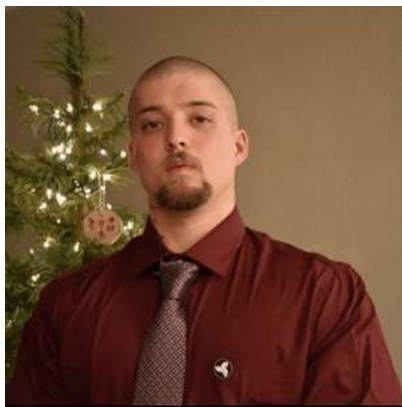
Words are wind, Deeds are iron!

Hail Thorshof!

HAIL THE GODS!

HAIL THE ANCESTORS!

HAIL THE AFA!



Folkbuilder Mason Johnson

mjohnson@runestone.org



<http://www.thorshof.com/>



Food Pantry at Thorshof



This month we had an amazing turnout for the Food Distribution at Þórshof on 3-26-2022. We were able to pass out over 12 bags of food to those in need in the area. We will continue to keep up all the great works at Þórshof, as well as help those in need with food, compassion, and good cheer. May we all take a moment to thank all the volunteers who come to the Hof to help those in less fortunate situations.

If you wish to help out by volunteering your time to help those in need, please reach out to a Folkbuilder near you to see what is needed.

Folkbuilder Cody Raynard

craynard@runestone.org



Ostara at Thorshof



Ostara at Þórshof was a huge success this year. There was no shortage of volunteers, from Apprentice Folkbuilders to Gothar and Witan members and everyone in between, everyone rolled their sleeves and went to work.



A Þórshof record of 90 was in attendance to welcome the spring and the Goddess of the Dawn. Friday started off with Welcoming the Gods, led by Gothi Trent East. The Ve was so packed we had a hard time getting everyone in place.



After supper, Alsherjargothi Flavel leads the folk in a rousing Blot to our friend, AsaThor. Our hearts were pounding, our voices were gone, and with a joyful spirit, we then gathered in Rumph Hall for the Thunder Ball. We danced, we laughed, we shared drinks and fellowship. Many of our ladies were among those dancing and having a good time.



Saturday began with breakfast followed by a class on the history of Ostara led by Gothi Rob Stamm, tracing her history back to the Indo-European past. Before lunch, Gythia Catie Erickson led a lady's group and a guided meditation with Apprentice Folkbuilder Christine Dumas. Gythia Erickson then led a fertility rite. After lunch, we processed into the Ve for Ostara Blot, led by Gothi Stamm. Such a beautiful blot by Gothi Rob. There were 90 in total to bear witness and participate. While the ladies were blessing the mead horn, it was noted that there were nearly more women than men there. Following Ostara Blot, Patrick Cook and James Cummings took their oaths to become full Folkbuilders. It was a tremendous honor to welcome them both to the team!



Sumbel was in the Ve Saturday night. As is usually the case, it was an emotional affair. Each time the horn was passed, we each learned something new and personal about one another. From Hof regulars, AFA upper leadership to newcomers, we shared so much joy and love at Sumbel, which is my favorite ritual we take part in.



Sunday, we served one last meal and went into the Ve for Wayfarers Blot led by Gothi Daniel Young where we gave thanks to Thor and asked him to see each of us home safely. We were expecting no more than about 20 people, we had about 50. No one wanted to say goodbye. I certainly didn't. After the blot, we were presented with a bear skull by Jessica Keller to be blessed. Gythia Erickson, Witan Herul, Gothi's Stamm, East and Young blessed it with the names of Thor, chanted over and over. It was such a powerful experience that is hard to describe. Gothi Trent then made the final offering to Philip Bethea and the landvaettr. A solemn moment of thanks.



A special group of people helped make this Ostara such a success. The Herul Family, Young Family, Gothi Stamm, The Raynard Family, The Tidwells, and our friend Craig Flynn all played a major role in making it happen. While this list isn't exhaustive, we thank them all for their help and contributions.

Gothi Daniel Young

dyoung@runestone.org



Upcoming Events at Thorshof



Holy Tidings:

Hexennacht: April 30th

May Day: May 28th

Midsummer: June 25th

Sigrblöt: July 30th

Freyfaxi: August 27th

Winter Finding: September 24th

Winter Nights: October 29th

Feast of the Einherjar: November 19th

Mother's Night of Yule: December 18th

Work Days:

April 9th

May 14th

June 11th

July 9th

August 13th

September 10th

November 12th

December 10th

Florida*Ostara Presented by the American Crow Kindred*

At this venue, we regularly get an appearance from a resident gopher tortoise, but we were fittingly greeted by a hare when we arrived for our Ostara celebration. This auspicious start was followed up with an absolutely gorgeous spring day for the festivities.



We held our first local blót to Ostara and our youngsters rang in the spring with bells. Women in the AFA set a high bar for tasty treats and this was no exception. Delicious bourbon meatballs with sauce, apple cake, and brownies made quite a feast. For the super-carnivores, there was assorted jerky and we also threw some brats on the grill. New faces were shown the hospitality of our folk this day.



The children were entertained with games, decorating bunnies for Ostara, and an egg hunt when they weren't chasing butterflies or scaling dirt mounds. Before it was time for people to depart, we gathered in a circle to pass the mead cup. Filled with the mead of our brother from Alabama, which was widely acclaimed, we hailed the gods, honored our ancestors, and sang the praises of our Folk.

Excited for the longer days ahead we departed blessed by the Holy Powers and confident that our goals will be achieved.

Hail the Gods!

Hail the Folk!

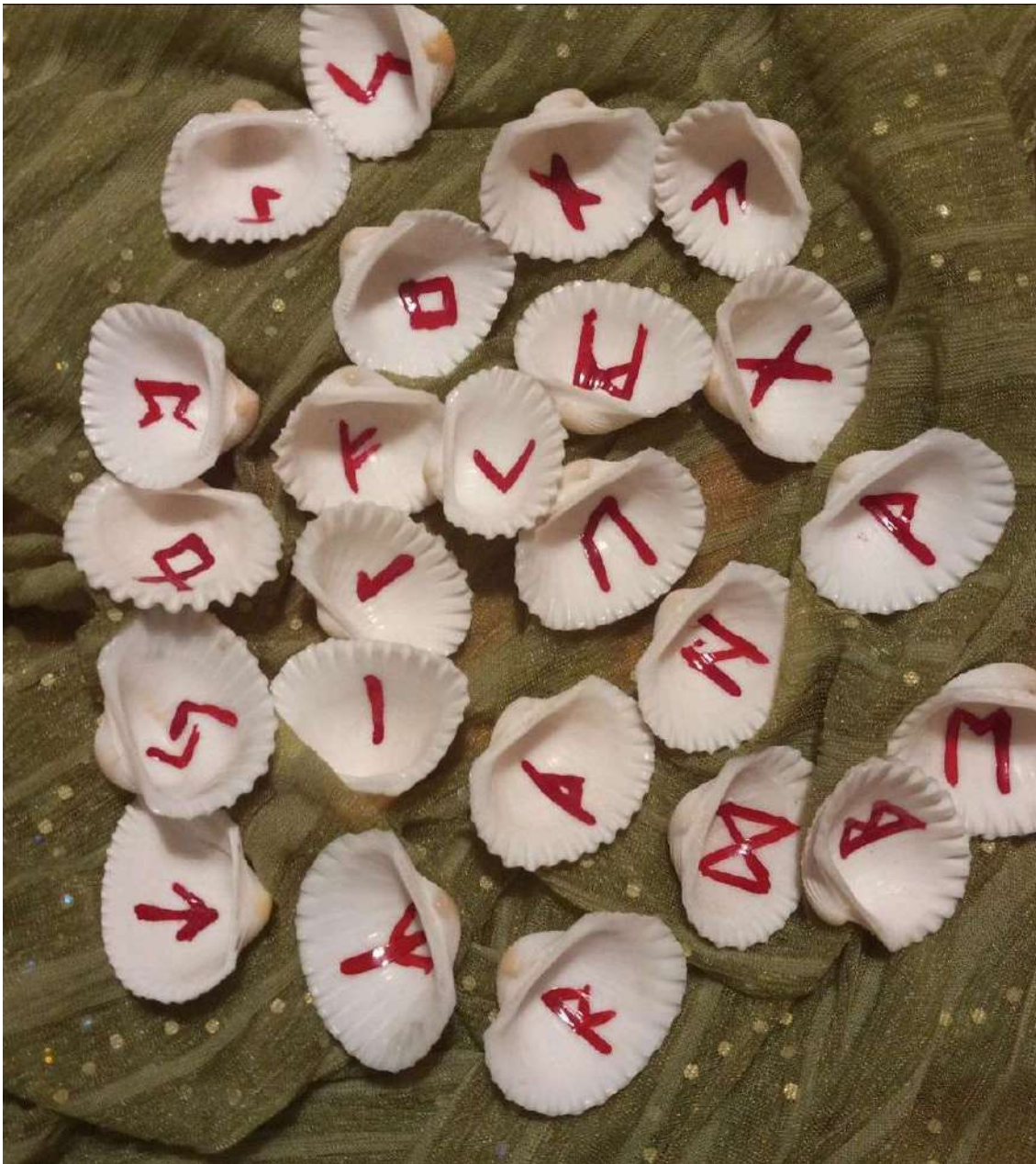
Hail the AFA!

Event Calendar



Folkbuilder Lane Ashby
lashby@runestone.org

Ladies Rune Study



Hello! Every other Wednesday, we are meeting to discuss the who-what-when-where-why, and how of the runes. This is a great opportunity for women to not only expand their knowledge, but also to build those bonds of frith by learning together, asking questions, and gaining new perspectives.

This meeting is offered via Teams and is open to all AFA ladies. The current schedule is as follows:

April 6th- Uruz

April 20th- Thurisaz

May 4th- Ansuz

May 18th- Raidho

June 1st- Kenaz

Feel free to email me at aplourde@runestone.org with any questions!



Gythia Anna Plourde
aszczepanski@runestone.org

Mantra Meditation



First, an aside. I was already an Asatruar when I found kundalini meditation, so my meditation practice has been guided by The Way. I already knew that the Brahmins of India were close kin of our European ancestors (thus, the Indo-Europeans), so I find no contradiction between Asatru and meditation. In fact, the two enhance and complement each other.

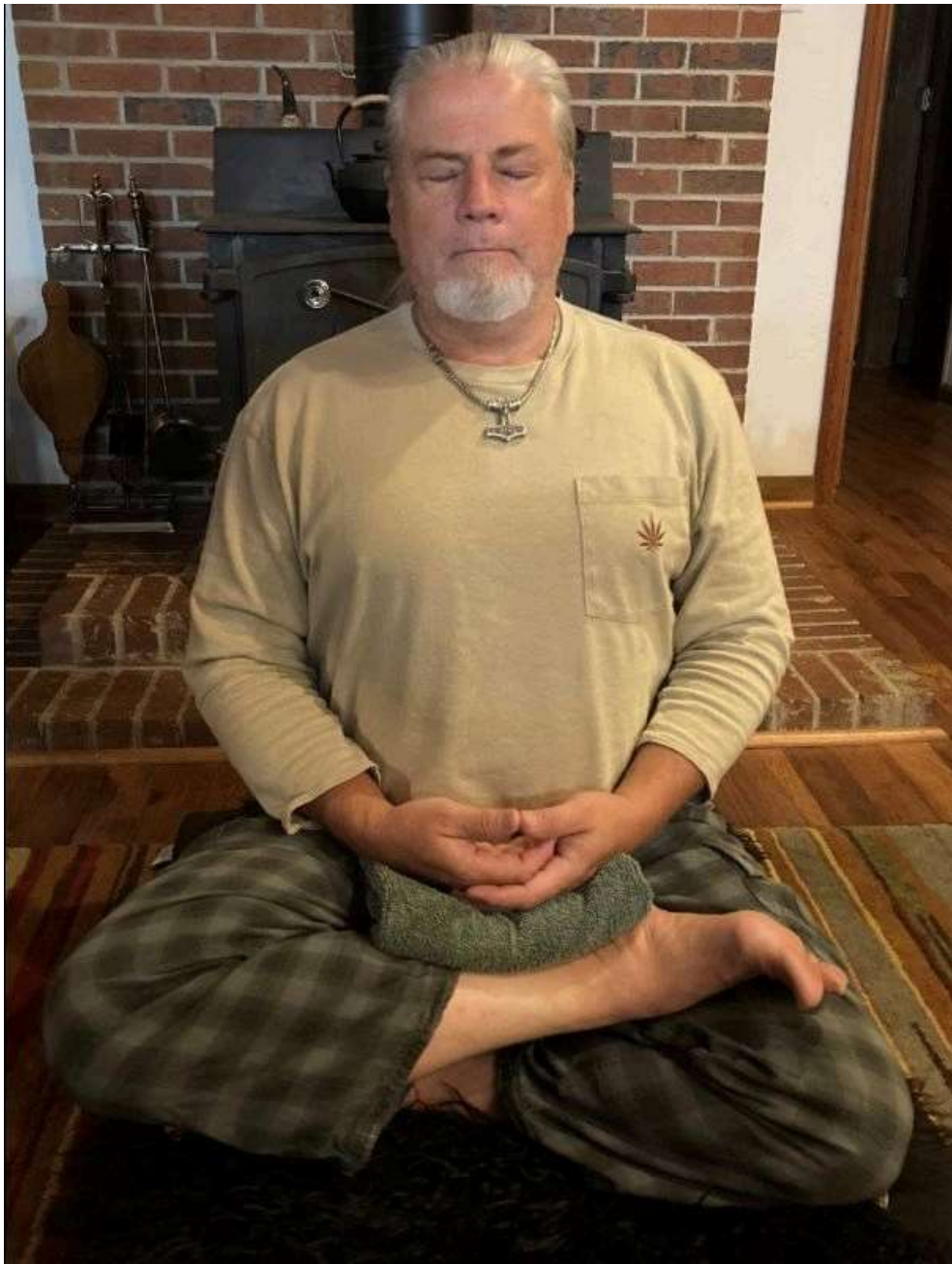
Practicing mantra during meditation helps occupy the "squirrel mind," allowing it to be helpful rather than distracting. The mantras that I use are sometimes from my yoga instruction but more often constructed of our own legacy - runework.

For example, the most well-known yogic syllable is "OM." Properly written, it is spelled AUM. Looking to Thorrson and Cleary for rune meanings, we find that (in this context) Ansuz means "creative wisdom, ecstasy, inspiration, transformation;" Uruz means "Induction of magnetic and subtle energies, formative force;" and Mannaz means "enlightened man, divine ancestor, the link between man and the gods." Thus, AUM is seen to be the creative wisdom inducing subtle energy to link man to the gods. More than mere coincidence, it seems to me.

Similarly, one can use the cauldron work laid out in Mr. McNallen's book - Bothn, Son, and Odrereir. The three cauldrons have parallels not only in the primary chakras or energy centers of kundalini but also in Taoist alchemy where these centers are also called cauldrons. Thus, one can chant the name of each cauldron in succession, or the individual runes, as energy is raised from the pelvic floor and lower chakras (Bothn) to the heart (Son) and then to the third eye point (Odrereir).

Also, one may galdr the entire Futhark (I call it "making the world"; long explanation), or some other runic bindrune carefully chosen after long study and contemplation. The basic idea of any mantra work remains the same whichever technique one chooses.

So: take your place in front of your altar, or any other quiet place where you can remain undisturbed for fifteen minutes. I typically sit in the Adept Pose with my hands in Gyan mudra



When I am a bit more flexible, I sit in the half-lotus with my hands in the Buddha mudra. Either way: sit, settle, relax; head tilted down slightly, eyes closed and rolled up as if looking out between the eyebrows.

Inhale from the diaphragm; imagine the breath as a source of energy from Ginnungagap, down the front of the body into the pelvic floor. Pause the breath, then exhale and allow the energy to travel up the spine to the higher centers. With the exhale, galdr the mantra you have chosen. Be relaxed, but diligent.

AAAAAUUUUUUMMMMM.....

You can galdr or mantra a combination of runework also: three breaths of ALU (to invoke and manifest holiness and sacrality), three breaths of AUM, then three breaths of the Futhark.

This work is made to raise the kundalini energy (or Ond, or Chi) from the base level to the higher centers: envision the base appetites transformed into love of Folk and Rational Judgment. Change does not come overnight but over years. I am as impatient as anyone, but I know this work has improved my life. Discipline, perseverance; 15 minutes a day, or an hour.....



Lawspeaker Allen Turnage
turnage@runestone.org

Georgia

Folk Futhark- Part 1

The Folk Futhark

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Last month, we talked about the Folk Futhark and what it means for the AFA and modern Asatru. This month, I'd like to start a rudimentary rune study, beginning with the first three runes



FEHU- This is the first rune of every main futhark, and often symbolizes cattle or wealth, as cattle WAS wealth for our ancestors. Going beyond that, Fehu can be read as a rune of opportunity and potential. Some have equated it to the potential energy that existed before the Big Bang! This fits well with the idea that the Futhark, when studied in order, tells the story of the Cosmos from the beginning to the rising of Gimle out of the waters.

While the concept and name are the same as the Elder Futhark, the stave has been replaced with the Armanen rune known as FA, which is described as "the primal fire".



URUZ- This is always the second rune of any given rune row. It's also one of the runes that means the same thing in both Elder and Armanen rows, although with added connotations in the Armanen.

As Fehu is potential power, wealth in cattle, or opportunity waiting to happen, Uruz is the logical next step in the greater story told by the Futhark. Uruz is raw, primordial power, it is the aurochs of our ancestors' days. If Fehu is your potential energy, Uruz is having your fists up. Fehu is energy waiting to be used, Uruz is energy READY to be used. Uruz is having a round in the chamber. Uruz is being centered and grounded and ready to defend or attack.



THURISAZ- The third rune of most rune rows, it is the next step after Uruz.

Where Uruz is having your fists up, or your weapon loaded, Thurisaz is throwing the punch or firing the first round. The point in the middle of the rune represents the APPLICATION of the potential energy represented in the previous two runes.

Thurisaz also represents Þórr, the Warrior Prince of Heaven and Earth. Think of the top of the symbol as Heaven/Asgard, the bottom as Earth/Midgard, and the middle point as Thunor charging forward to unleash the might of Mjolnir on anything that seeks to harm the worlds of Gods and Men

Gothi Trent East

teast@runestone.org



Indiana

Rites of Spring



Friends and Folk,

I hope Spring finds you well. We took advantage of an unseasonably mild March to enjoy some time outdoors at our monthly Blót (held the 1st weekend of each month for anyone interested in attending). We grilled chicken legs and engaged in the time-honored Hoosier tradition of joyriding around on a tractor instead of doing any legitimate work.



Curiously, and in defiance of all logic, it never once occurred to me to serve eggs during our cookout... while looking for a cheap way to feed people... in the month of Ostara... during which I led a Blót dedicated to the memory of Olvir of Egg. Still, chicken and fellowship are never a bad way to thank Ullr for another winter survived and to hail coming Ostara for a new Spring beginning.



Speaking of the Lady of Spring, myself and a number of skulking Indiana interlopers weaseled our way into the National Ostara celebration at Thorshof in North Carolina.

For those who have not had the opportunity to visit one of our Hof's, I highly recommend making the pilgrimage. The building and grounds of Thorshof are nothing special; it's an old church and hall on a standard small-town lot. But after a few moments, you realize that there is something profound about standing in a place that is our own. You walk inside the hof and look at the art that adorns the V e, the modern relics we use in ritual, you look to the kindred flags adorning the walls and you realize that the people who made them, our people, are standing there physically beside you. Our walls will grow stronger, the interior of our Hof's (already lovely) more ostentatious with time; but we are fortunate to be here at the beginning, during the genesis of the rebirth of our Folk and our religion. It is a "we are the ancestors" moment and, in its way, more valuable and precious than the great cathedrals of France and Rome.

Additionally, if all-you-can-eat biscuits and gravy and an announcement that "Ey Yo! We're gonna be playin' wit' a flame thrower in back of the building before Sumbel if anybody wants to come along" isn't enough proof that you've chosen the right religion then I don't really know how to help you.



Getting back to the instinctive Hoosierborean disregard for the borders of rival states, an intrepid scouting party of Indiana invaders smuggled ourselves into Ohio to gather intelligence for our Carmen San Diego- style plot to steal a number of prominent Cincinnati monuments.



We were accosted by a warlike band of natives who had arrived to perform their esoteric rites before these bronze-cast idols. After a member of our party engaged one of their warriors in a ritualistic push-up contest, we were welcomed into the tribe and invited back to one of their huts to break bread. As a sign of goodwill and our appreciation for the hospitality shown, we have placed our monument-heist plans on hiatus. I believe a more thorough account of the strange customs of these Ohioans can be found in the "Ohio" section of this newsletter.



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 and attend one of our many events. We look forward to welcoming you home.



Johnathan Rock
Apprentice Folkbuilder
jrock@runestone.org

Camping with Heimdall's Midgard



Heimdall's Midgard had a great weekend camping. Friday night was very cold but we survived! Saturday was supposed to be stormy and the storm just slipped by us. That rarely happens. We usually always get rained on. I'm glad things turned in our favor.



On Sunday, we got together for blot and a potluck dinner. We opened the camping season with a Kubb tournament. Most had just learned how to play that day and everyone enjoyed it. Other campers that passed by were interested and even let their kids play a time or two. Being in public really makes a difference. A dozen or so people got interested today just with a game. A very fun game I might add.

Camping season has opened and we have a calendar full of events. Some will be with other kindreds but we always have an event each month. We also have weekly

conference calls Saturday evenings. If you would like to be a part of these events please reach out to me at Zcato@runestone.org or Zach Cato via MeWe. Until next time...



Folkbuilder Zach Cato
zcato@runestone.org

Maine

Once Upon a Rainy Day in New England



If you're in northern New England and didn't make it to the moot we had on March 19th, you missed out on some good food! We went to the Holy Grail Restaurant and Pub in Epping, New Hampshire. They had some traditional Irish food on the menu and

it was definitely worth the drive! It was the Saturday right after St. Patrick's day so of course, the place was fairly packed. But luckily, we had no problem getting a table right away.

After our meal, we decided we would like to head somewhere else a little quieter where we could hang out and chat for a while. Luckily, I had decided to drive my small RV there, so we went out to the parking lot and I invited everyone in. We stayed for an hour or two in the comfort of my portable living room, nice and dry, while the all-day-long rain continued outside. Like every time our Folk meet, we had a great time.

Warmer weather is slowly finding its way up here, and with it comes the hope that we're going to have an awesome summer. I'm pleased to announce that we have another new member here in Maine. One by one, our Folk are finding their way home.



Daniel Mason
Apprentice Folkbuilder
Dmason@runestone.org

Ohio

Folk Weekend



These days as we're all aware, a tank of gas is nothing to sneeze at! Due to this, a Folk Weekend was decided on in order to keep costs lower for our Völk.

Although spring was now upon us, sideways blowing snow & sleet reared its head, however, that did not deter us in the least.

We were honored to have both Witan Erickson and Gythia Catie join us as well as their lovely children.

After dinner, we held Blót to Wotan. Witan Erickson led the throng in a powerful Ansuz galdr! I followed up with galdr to the Gods in the language of the ancient Goths. I find something special in again utilizing a language that our ancestors had sung to our Gods glory in a time that has passed.

Wotan was asked to exchange a gift of inspiration so that we all may achieve great deeds in the coming year with our gift of mead.

I believe that the assembled were indeed inspired and that our gift was well received!

May all our Völk be ever inspired!


Hail the Gods!

Hail the Folk!

Hail the AFA!

Upcoming Events

Saturday, April 16th 2pm
Hofbrauhaus Columbus Moot!



**Enjoy authentic Bavarian Food & Beer
classics with the Völk!**
Biergarten Seating weather permitting!
**For further details, contact
mmelillio at runestone.org**

Mike Melillo



Apprentice Folkbuilder
mmelillo@runestone.org

Östara for the Keystone Buckeye



As we gathered in the wet beautiful hills of western Pennsylvania for a wonderful ceremony at the beautiful home of fellow Apprentice Folkbuilder Jessica Keller.



Between the springtime sun showers, we walked together on fresh green grass to build frith around the fire and celebrate the coming of spring. With familiar faces and a few new, we shared a wonderful ceremony as myself and Jessica led our folk in celebration.

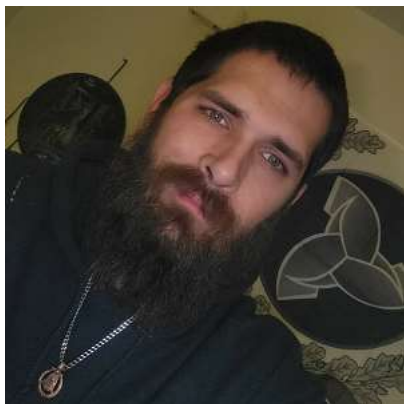




With the hunting and decoration of eggs for the children and painting of beautiful beehives to commemorate the glorious Hof's of the Asatru Folk Assembly activities for the children were plentiful.



We look forward as always till next, we gather grateful it only until the next week.



Christian Williams
Apprentice Folkbuilder
cwilliams@runestone.org

Brats, Cake, and Nerf War... Fun with Folk



The Ohio folk have come so far in these past couple of years. From a few people sharing meals to large groups building frith and bonds that will last a lifetime. I'm truly honored to share my home and time with these wonderful people and hope one day to have children of my own to play with their little ones and build upon what we have been creating. Speaking of such things we just recently had a great turnout for our folk weekend. A joint effort between myself, Jessica Lambert, and Mike Melillo.



As always we enjoyed each other's company and had a big pile of bratwurst including hearty side dishes plus a dessert of homemade strawberry sponge cake. While the ladies gathered the men had some time for themselves in the garage one of my favorite places personally as some men may agree. The men also led the children in a nerf war which was one of my favorite parts of the evening which I'm not ashamed to admit.

The entire day was a delight other than the cold weather and in spite of it, we still were able to have a great time and keep building the community I'm honored to be a part of. I

wish you all a fruitful spring and I look forward to seeing all of the great things the AFA can accomplish this year.



Joe Drotos
Apprentice Folkbuilder
jdrotos@runestone.org

Statue Hopping in Cincinnati



By March I would expect the snowy cold weather to cease. Being a California girl, I was clearly wrong. On Saturday, March 26th the morning greeted us with a blanket of snow. We hoped the snow would dissipate, however, the snow continued to fall. Members and friends from KY, OH, and IN gathered at the Cincinnatus Statue in Cincinnati.

The legendary Roman is depicted in this statue after he had defeated the Aequians and rescued the trapped Roan Army. With one hand he returns the fasces, a symbol of power as appointed Dictator of Rome. His other hand holds the plow, as he resumes the life of a citizen.

Cincinnatus was regarded by the Romans as one of the heroes of early Rome and as a model of Roman virtue and simplicity. Cincinnatus is the namesake of Cincinnati.

As the snow lessened we headed to Capitoline Wolf Statue. The sculpture shows a she-wolf suckling the mythical twin founders of Rome, Romulus, and Remus. According to the legend, when King Numitor, grandfather of the twins, was overthrown by his brother Amulius in Alba Longa, the usurper ordered them to be cast into the Tiber River. They were rescued by a she-wolf that cared for them until a herdsman, Faustulus, found and raised them. This bronze statue is an exact replica of Benito Mussolini in 1931. The sculpture was meant to honor Cincinnatus.





We all agreed it was time to get warm and eat. We headed to the Woodburn Brewery, minutes down the road. We enjoyed building frith with current members, new members, and potential members. We look forward to seeing everyone at the next gathering.

Ladies Guided Meditation



During the Ostara event at ThorsHof, Witan Brandy Callahan and Gythia Catie Erickson held a women's discussion. At the end of the ladies' group, I had the opportunity to lead a guided meditation for those present. During the meditation, we were able to calmly relax into a peaceful state of mind. I walked the group through a visual meditation that created a personal journey for each member engaged. The energy that vibrated throughout the Ve' was deeply felt. As the ladies shared and processed their journey, we were able to identify synchronicities within the collective experience.

This was such a powerful event for me and those engaged in the process.

Due to the success of the guided meditation, I have decided to upload guided meditations in the ladies' group on MeWe every other week. Each meditation will be a guided visualization with a different theme. I strongly encourage journaling and drawing your journey. If you would like to share your experience with our ladies' group, I suggest taking the opportunity to do so, as this can strengthen the frith with our womenfolk.

So, if you are not on MeWe yet, now is the time to join. You may email me at cdumas@runestone.org for further details or set up your MeWe account.

I would like to thank all the women that trusted me to take them on a visual journey in deep meditation. Thank you to the women who are willing to begin this new journey of self-discovery.

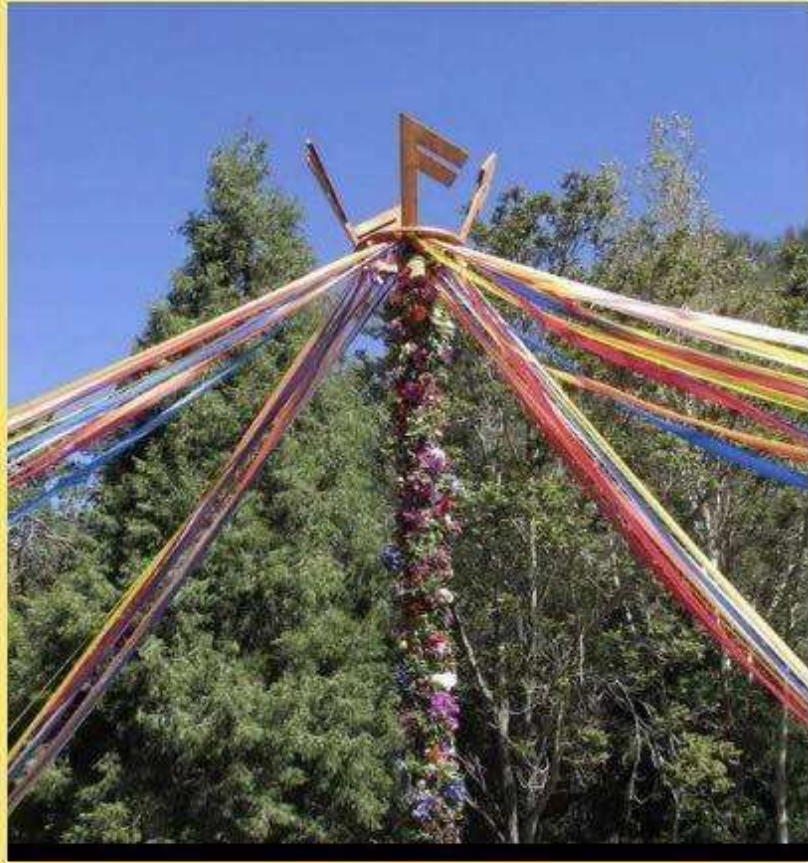
Upcoming Events

SATURDAY APRIL 30TH 2PM
JOIN YOUR FOLK FOR



VIKING FEST IN ASHVILLE, OHIO
CDUMAS@RUNESTONE.ORG
FOR MORE INFO

*Under Ash + Oak
Kindred*



**MAY DAY CELEBRATION
MAY 7TH, 2 PM**

*Traditional May Pole Dancing,
Flower Crown Workshop, Horse Shoes and Potluck*

*Contact Christine Dumas, cdumas@runestone.org
for more information*



Christine Dumas
Apprentice Folkbuilder
cdumas@runestone.org

St. Patrick's Day



I can imagine the first thing some of you are thinking while reading this after you rolled your eyes is why a holiday after someone that allegedly purged Ireland of "pagans" is being written about in the Runestone.

In a society where everything White is under attack why not embrace any semblance of culture we still have? Most people don't associate this holiday with religion at all.

In my family, St Patrick's Day was a happy time, but not one of silliness. I was raised by Depression-era Irish Americans that knew all too well the harshness this world can muster. Corned beef, cabbage, potatoes, root vegetables, and soda bread might be a seasonal delicacy for some, but for my Ancestors and many others, it was the cheapest food available at that time. We ate this meal to remember how much they had to sacrifice to provide us with our easy lives here in America. We ate the meal with the highest reverence, paid our respects, and raised our Guinness and whiskey up to hail their good names. Even as a little boy I could tell this day was a very serious day to my grandparents and we were a part of something special.

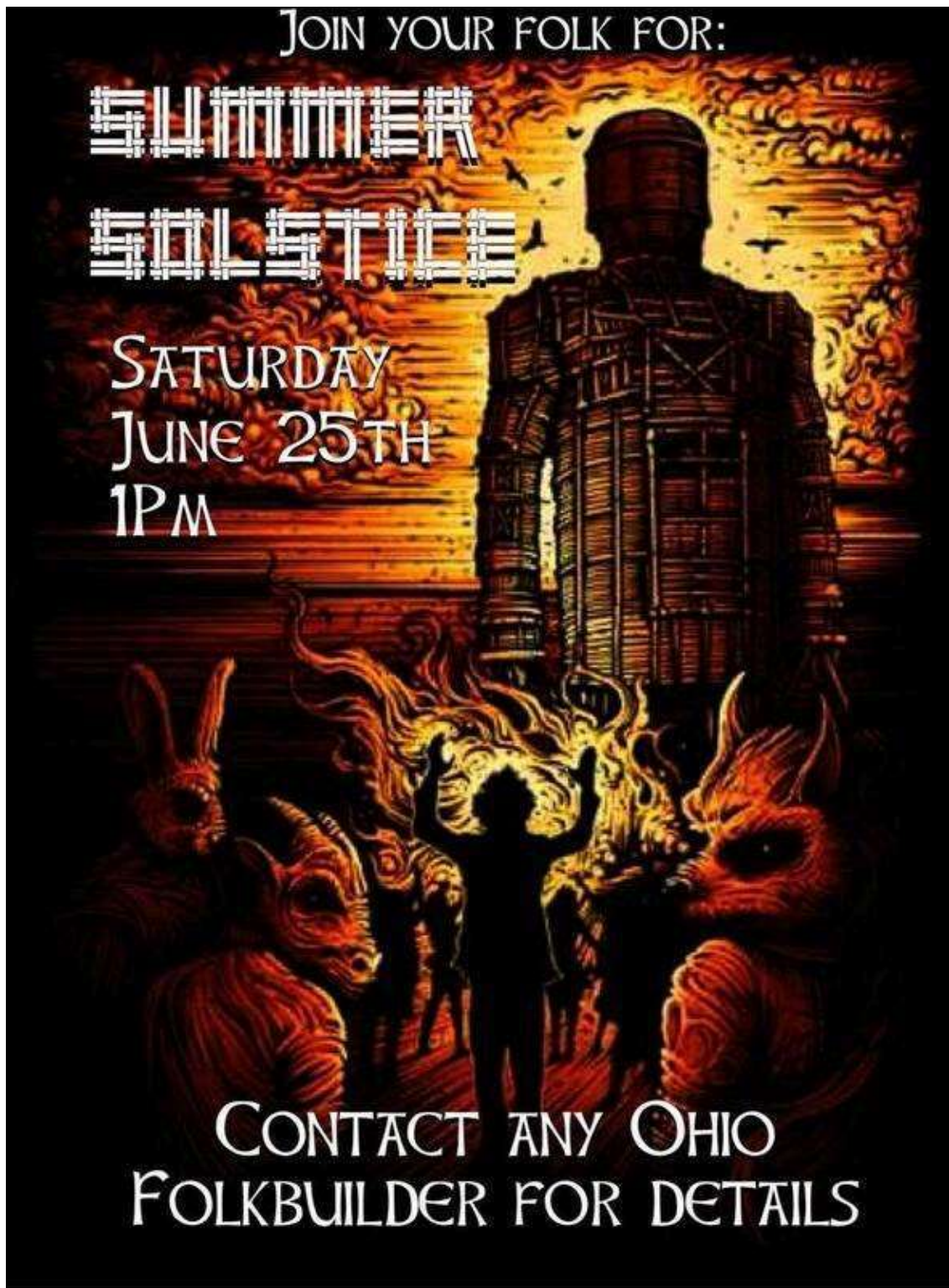
To me, that is very much in alignment with what we are doing, even if it was done by

some Irish Catholics. This day to us is a day to honor not only our ancestors but to celebrate our victories and to pass on that good Orlog to the next generation.

I think it's easy to play the victim and complain about St Patrick and many other similar tangents, but then which side are we on: crybaby liberals or Noble European Folk? We can't be victorious if we are stuck in a victim mindset being contrarian and claiming to be Asatru at the same time. We have to steel ourselves and rise above.

Sláinte

Upcoming Events



Folkbuilder Timothy Dumas

tdumas@runestone.org



Cherishing our Disir and Their Descendents

During our Folk Weekend, we enjoyed some feminine time while the menfolk were being men out in the garage and having a Nerf war with the children. We sat together and held a ritual honoring the feminine divine and the Disir. Talking about the women before us and how they inspire us to be great women is such a strong way to bond and give each other an understanding of one another.

We also spent time with the children and read them stories about the Gods. Teaching our children about the Gods and how they play a role in their life is vital to them understanding Asatru and understanding the love we have for our ancestors and how we honor them.

Hail the Disir!

Hail our Children!

Hail the AFA!



Folkbuilder Jessica Lambert

jlambert@runestone.org

Pennsylvania

Introduction



Hello folk friends and family! My name is Jessica Keller, and I am currently located in Western Pennsylvania. During Yule 2020, I focused on manifesting consistency and community, among other things, but that was the one thing that I was longing for. Not only for myself but for the family that I was starting. I joined the Asatru Folk Assembly a few weeks later, a month before my first-born son was welcomed into Midgard. At the beginning of my journey with the AFA, I was approached a few times on different occasions about becoming a folk builder. I respectfully declined each time, stating that I wanted to spend time getting to know this community, proving to myself and others that I could be consistent in my efforts and that I wanted to learn what I could offer furthermore to our community before accepting such a role. I kept telling myself that what I was doing without the title of apprentice folk builder was good enough and that I could still reach folks, and make a difference without the officiality. I visited Thorshof for the first time during Ostara 2022, and during Thorsblot that very first night, I felt my energy shift with certainty, and I knew then that I was ready to take on the

responsibility of helping guide our folk, growing with them even deeper. Our life does not belong to us, it belongs to our descendants, and all that we sew into the roots of Yggdrasil while we are here now will have an effect on the future to come. I want to help ensure that our decedents have a place here in Midgard worth living for and worth fighting for. My goals are to help teach our folk self-sustainable skills that have been lost and encourage others to find them as well. Also, to help our babies and youth grow up in a place where they can better connect to our gods and heritage, where it isn't just for holidays, but a part of our daily lives.



I look forward to strengthening our bonds and helping give insight to others when desired.

“Cattle die, kinsmen die, the self must also die; but glory never dies, for the man who is able to achieve it. Cattle die, kinsmen die, the self must also die; I know one thing which never dies: the reputation of each dead man.” Havamal 76-77

Upcoming Event

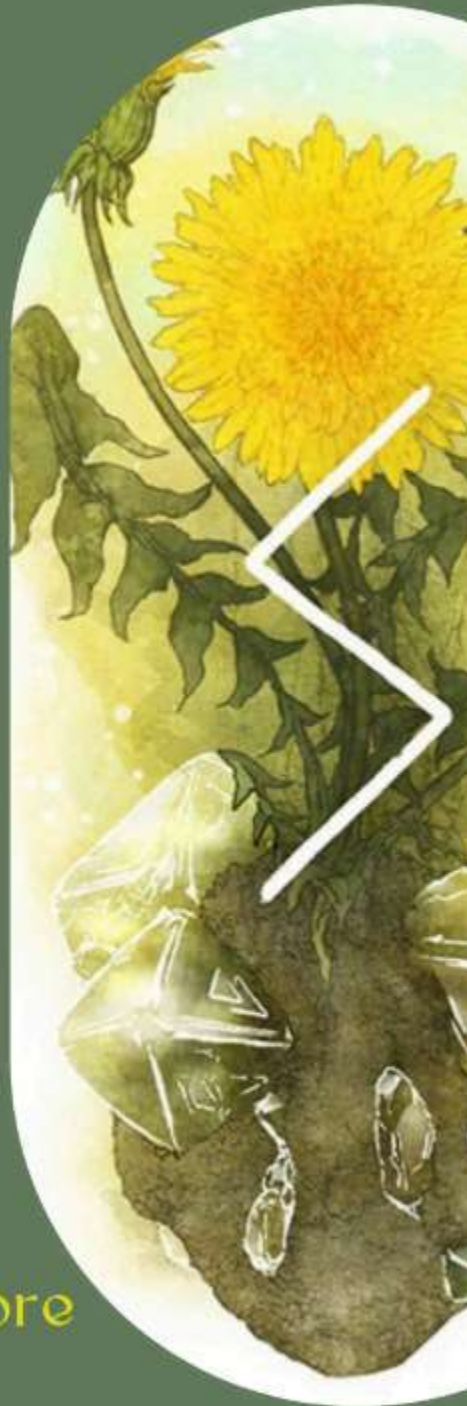
Sigrblot


APRIL 9TH. 12 PM

Hike followed by Blot
Mask Making
Potluck

Pittsburgh, PA

Contact
Jessica Keller for more
information
jkeller@runestone.org



A blue poster for a skydiving event. At the top, the text reads "ohio skydiving moot" in a stylized font, followed by "ASHLAND, OH 44805" and "MAY 28 @11AM". Below this, it says "COOKOUT TO FOLLOW". In the center, there is a photograph of two skydivers in blue suits, one in front of the other, with a large, light-colored parachute canopy visible above them. To the right of the skydivers, the text says "CONTACT JESSICA KELLER FOR INFORMATION" and "JKELLER1892@GMAIL.COM". A small logo for "Skydive DC" is visible in the bottom right corner of the poster.

ohio skydiving moot
ASHLAND, OH 44805
MAY 28 @11AM
COOKOUT TO FOLLOW
CONTACT
JESSICA KELLER
FOR INFORMATION
JKELLER1892@GMAIL.COM



Jessica Keller
Apprentice Folkbuilder
jkeller@runestone.org

Ostara Celebration in PA



This month in Pennsylvania we celebrated the return of the Goddess of the Dawn, Ostara. I'm sure for many of us leading up to this special Solstice Day, we could feel her slowly making her entrance back to us. We missed her love and warm embrace as She missed us as well. For many, it has been an interesting "dark side" of the year. We have struggled and may have felt lost, but we also learned more about ourselves in those dark times. We come out of it with Her renewed, unharmed, and more balanced than ever. In many ways, we will never be more whole than when She makes her way back. As the greater world all around us is coming back to life, transmuting into something divine and beautiful may we do the same in our own world, in our own lives. There is much energy around us and within us right now. May we use it wisely.....for good!

Hail our Goddess of Resurrection!

Hail the Folk!

Hail the AFA!

Runic Yoga Part 5



If you have made it this far this IS a very important juncture in your "Path" with the Runic Practice we will be discussing today. All I can say is do not let up. Keep going. Your sacrifice will be all worth it. Let's get right into it.

SIG Rune

Face North in IS rune stance and take 3 to 7 breaths.

Now bend down like in the picture provided forming SIG. There are 2 variations to this Rune. One with legs together and one with legs spread apart. In the beginning, you may find it easier with your legs apart.

Keep your back as straight as possible, eyes forward and fixed on something.

Breath like in any other practice so far along with periodically singing (siiiggggg) You can picture the energy coming down from above and running into you and to the floor or my personal preference is drawing it up to my spine. You will notice a sensation in

the back of your head during it.

Keep this stance as long as possible. The longer the better. Go for 9 breaths to start out and continue to extend as you get better with it.

Stand up and feel the power within you. Take a few moments to send it out to someone like a spouse, child, or even our people as a whole. "May you have victory, health and salvation always" or something along those lines, and really picture yourself doing it.

Know you are and in doing so make a true change in this world for them. Or you can take a few moments to think about your victory in the last Runes covered (NOT, EH). We'll discuss that below.

Note: This is quite a challenging position. There is nothing wrong with standing up, taking a few moments, and going again. Over time though you'll be able to withstand it for longer and longer periods of time.



TYR Rune

Face North and take 3 to 7 breaths.

Raise your arms like in the picture provided.

Now as you breathe in, picture pulling energy into yourself from below. Both up your trunk and your arms. Bringing it to the top of your head. Also, periodically sing (tyyyyyyyrrrrrr).

Do this at minimum of 9 breaths.

When complete, take a few moments to think about your rebirth and loss of fear. You at this point know your path, the path to All-Father, and what you are supposed to be. In reality what you always have been. Your Tru Self.

Note: The longer you do any of these exercises the greater the effect you'll see. In upcoming articles, we'll be going over how to best break up all of these practices.

Obviously, we have lives and must live in this world too. You may feel that it's taking quite a bit of time to do. As I mentioned above it will all be worth it in the end but there are also ways to get the most out of it without jeopardizing other areas of our lives.

Now let's cover the transformation process that is happening in what we just covered.

In NOT we discussed "Laws". The laws of this place. Entropy, fate, tension, action, reaction, etc. The Hero no longer fights it or has overcome it entirely. He has changed his "inner view" of it all. He's beaten Nature i.e. his lower self/animal self. In doing so he grabs the attention of his Beloved, his higher self, and ascends upwards to another realm. Tearing a hole to another reality, outside of the realm of the laws he formerly knew. We can view this very similarly to Siegfried and Brunhilde when he crosses her "waving flames". He's given divine knowledge, away from here and of course "They" become "One". But in the story, Siegfried or "They" come back and that is exactly what we must do. There is still work to be done.

So now we come to the SIG and TYR rune. SIG itself in this context is kind of a transition between EH and TYR. A great victory has been won i.e. his Valkyrie, Beloved, Higher Self, Salvation, Divine Knowledge, etc. TYR is where everything changes. He will never be who he once was again. He has "stepped down from the world tree" as someone else. We are no longer speaking to the old person but a new one entirely. He rises above all that is mundane and distracts him from his mission. He is no longer spirit trapped in the matter but spirit over matter....matter spiritualized. He has "Her and Him" now within. He is reborn.

It is now time for him to go a step further. He has reached a "turning" point. He now will transmit all he has gained to the outer world for good and get to know HIM as well.

I'd like to close with what has been said so far is not easy. It may not go exactly as described either.

NOT to TYR can be very challenging. Your "old self" will be kicking and screaming the whole way. You could find much turbulence in your life. He does not want to die but he must so that "You" may live. Once to the "other side" you'll know you are no longer

the same person and others will know it as well. None of this is supposed to be easy but as with anything that has true value....it never is.

Thanks for listening and I look forward to next time. *

Upcoming Events



AFA members and guests get 50% off.



VEREINIGUNG ERZGEBIRGE

130 Davisville Road • Warminster, PA 18974
Phone 215-675-5380 • Fax 215-675-1881

WEBSITE: www.veclub.org • E-MAIL: veclub@verizon.net
twitter.com/VEClub • [facebook.com/VEClub!](https://facebook.com/VEClub)

Hosted by Jillie Storm
Sunday Brunch Moot on April 10th
RSVP by April 4th to jilliestorm@yahoo.com.

10:00am – 2:00pm

~~\$24.95~~ ^{\$12.48} per adult | ~~\$12.00~~ ^{\$6.00} per child 3-11 yrs
No charge for children under 3

Prices include food, beverage & tax
Alcohol & gratuity not included

Bring this flyer for 50% off !

Folkbuilder Adam Hudak

ahudak@runestone.org



South Carolina

Upcoming Event



Gothi Daniel Young

dyoung@runestone.org

Sweden

Ostara Blot in the North



Even the harsh winter in the north must yield before the advance of spring. We held Blot to the Goddess Ostara out on a frozen pond. We offered her a smörgåsbord of foods. Meat, egg, berry-jam, mead, nuts, and seeds. We felt these were appropriate gifts for the Maiden of Spring, as she stretches her limbs and yawns in the almost blinding sunlight of "winter-spring".



It was a joyous, energetic blot. Filled with hope for what summer may offer. Promising us that warmth and light is on its way to melt the ice and snow away.

Hail Ostara!

Hail the Folk!

Hail The AFA!

Springwinter, or Vårvinter



The month of March is special for Swedes and Finns living in the northern parts of their respective countries. This month, and April to a certain degree, is known as the "fifth" season. Yes, we get an extra season, and it is known as "Vårvinter" in Swedish. Springwinter!

Up here, the snow is still deep, and the nights are cold. But the sun is shining long into the evening, and people are able to enjoy temperatures above freezing during the day. It is the time of year when outside almost makes you blind, as the rays of the sun reflect off the snow-covered landscape.

Not only man can help but feel that spring is coming. Birds end their long winter silence and begin to chirp merrily. Dogs and cats lay outside next to the walls where the heat is focused. And the first birds that migrate in fall start to appear again, the swans, who seek out open water in rivers not frozen and lakes blessed with cold springs that stay open year-round.

This is also the time we experience "April-weather", which is weather that changes within minutes. One minute you'll have sunshine, the next one you'll have heavy snowfall or even hailstorms. And then, the sun appears again in full force.

This season people spend a lot of time outdoors. Having a fire and grilling sausages out on the ice whilst you ice fish is a classic activity much beloved by young and old.

Hail Ostara!
Hail the Folk!
Hail The AFA!

Upcoming Events

The 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.

Join the Lugnets up north as we celebrate Hexennacht this April 23rd, 2022.

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



Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org

Tennessee

Hail Tennessee!

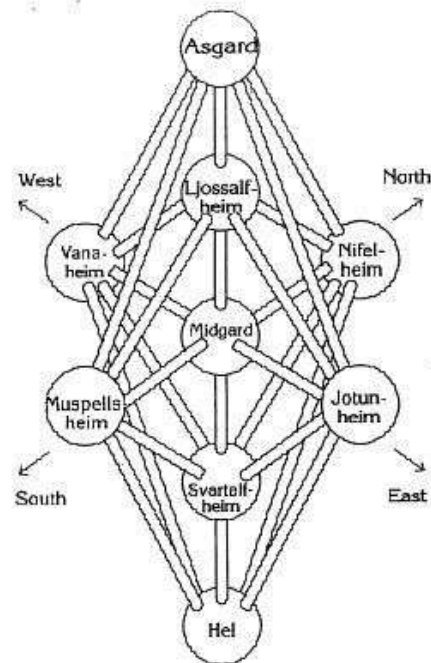
Tennessee's spiritual path lengthens with each dawn we see another brother or sister finding their way to the volunteer state. Many of us come from the hills, mountains, woods, and rivers. Our numbers grow little by little, yet we still have a ways to go until we reach our vision for our kindreds and the State. As another told me, we can see our growth as a boon; even though we toil away and sadly have little time for revelry, we can still feel our Gods and Goddesses looking upon us.

I've traveled across the State, letting my bare feet feel the dirt of my beloved land guide my steps to remember those who came before me. Soon enough, Tennessee Folk will make their way to the Thorshof. Moots will continue to occur, as will our meetings with other kindreds from other States. Folkbuilder Parton has been a helpful friend to make bridges to alliances and build new friendships. Hail the Folk, Hail the Land, Hail the Gods



Russell Brown
Apprentice Folkbuilder
Rbrown@runestone.org

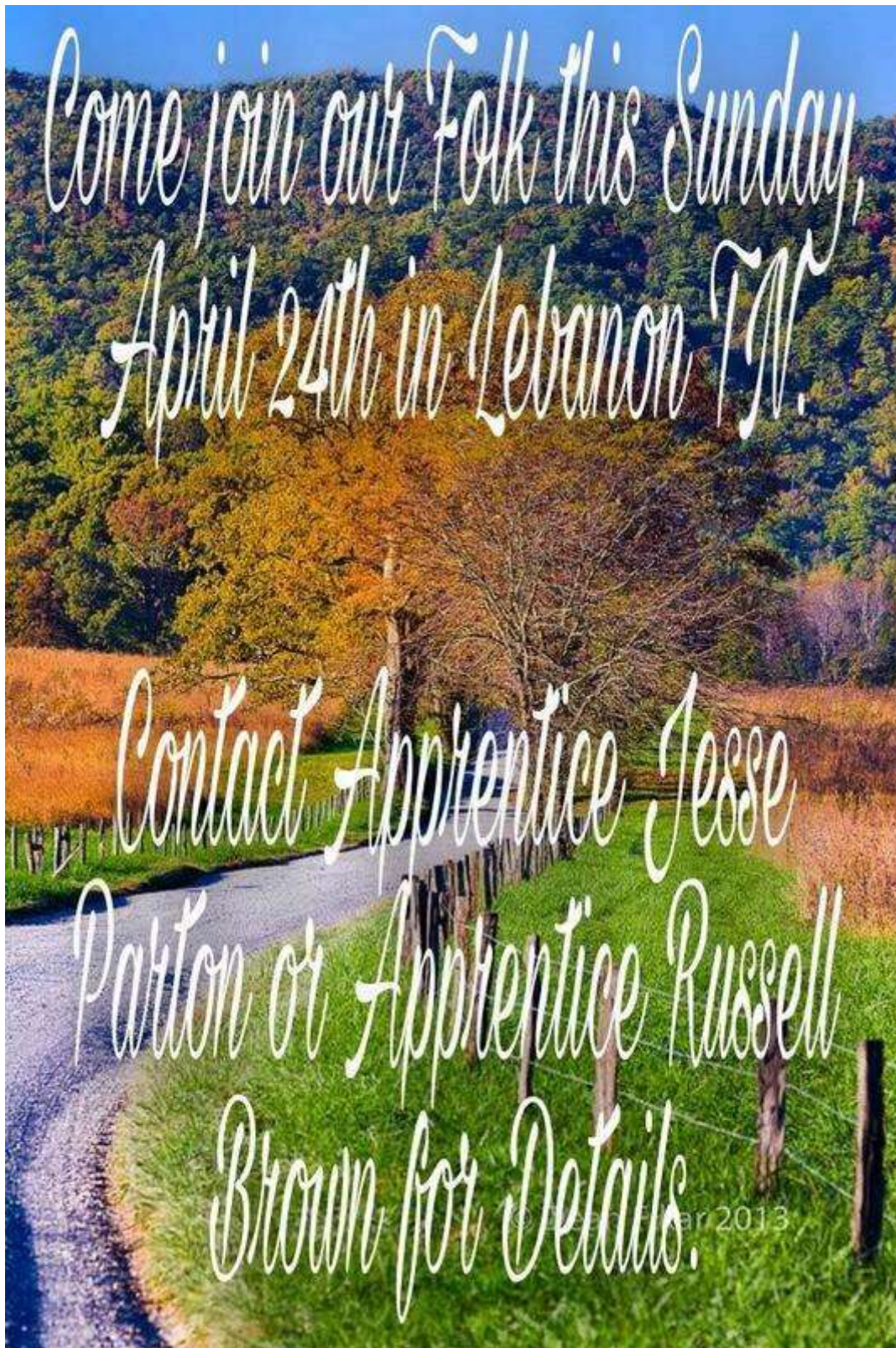
Rebuilding What Has Been Lost



Mid-Hearth Kindred rented out a van and made the 15-hour voyage to Baldrshof. It was an amazing time there with everyone. I gave a talk about the Runic Kabbalah. A good book to read is *Nine Doors of Midgard* by Edred Thorsson. A lot of the knowledge is either lost or difficult to find in a lot of books.

I am trying to bring this back. I hope that it intrigued people's minds and got them thinking. You see Asatru can be a much bigger religion, we could reclaim a lot more of our stuff. Outside of the AFA, I have yet to see anyone take our pre-Christian faith very seriously. A cool tattoo to get or a good reason to drink mead are common motivations. I envision a future with a fully encompassing religion, with Hofs in every town. Our Ancestors wrote the books that no longer exist, who is to say new books can not then emerge. We can rebuild what has been lost.

Upcoming Event



Jesse Parton
Apprentice Folkbuilder
jparton@runestone.org



Virginia

True Heros



There are just so many words that could be said about the type of people that are drawn to the AFA. The main one that has come to mind, is heroes.

At Ostara, during Sumble I made a toast to an amazing person who has touched my heart and makes me smile every time I see him. His name is Thaddeus Tidwell.

All of us at Þórshof know of this young man who is disabled, but not giving up! His

parents Jennifer and Heath Tidwell are some of the most amazing people that we all have had the honor to know. Their dedication and service are just one of the many things they do for others.

While Thad runs circles around his parents, there is always a gleeful glint in his eyes every time he visits the Hof. May we all have the courage to not be idle in our lives, especially when the deck is stacked against us. Be more like Thaddeus, be a hero to those around you by lifting yourself up and those around you.

Upcoming Event





BIER GARDEN LUNCH
JUNE 4, 2022 @1400-1600
FOR MORE INFO CONTACT
FOLKBUILDER CODY RAYNARD
CRAYNARD@RUNESTONE.ORG OR 757-372-3089



Folkbuilder Cody Raynard
craynard@runestone.org

Ostara at Thorshof



Spring greetings to all, Ostara has truly returned!

In March we celebrated Ostara in the south at ThorsHof. Three grand days of folk time and ritual. Ritual to our goddess of dawn was performed by Gothi Stamm, with a hand-carved godstede (statue) adorned with flowers, and anointed with sacrificial mead. Hail bright goddess of dawn!

Ostara is a well-attested, very old Aryan deity. All branches of the Indo-European family have honored her. For the Germanic, Bede mentions Eostre in his Ecclesiastical History of England. Jacob Grimm reconstructed the name "Ostara" in his Deutsche Mythologie. We know much more about her from our Greek and Roman cousins, and she is prominently featured in the Rig Veda.

In Hyperborea, the dawn only occurred sparsely. Ritual and devotion to the goddess of dawn was of grave importance. As our ancestors moved to Europe, where the dawn occurs every day, Ostara took on the role of the harbinger of spring, of the world coming back to life after the cold, dark death of winter.

This time of year as the weather warms, the sun shines on us longer, and the flowers

open their beautiful petals to us, let us thank that bright goddess of dawn for the Earth's renewal.



Gothi Rob Stamm

rstamm@runestone.org

West Virginia

The White Star Stands for Freedom



This month, "The People's Convoy" as it's popularly known, passed through our area en route to its destination in DC.

This is of course the historic movement of truckers across the continent's highways, decked out in patriotic themes in protest against oppressive COVID-19 restrictions, bringing countless locals to overpasses across America to show support.

Naturally curious, we had to stop by and see what was going on. I first stopped by the Indian Springs overpass on I-70 after getting off work. The atmosphere was one of keen anticipation. Patriotic flags were everywhere.



What I found most touching of all, was the light of recognition in the eyes of everyone I passed by. Though we were strangers, we knew each other as fellow countrymen, and on some level, I tend to think, as Folk.

So, I decided to exercise a little patriotism of my own and added our Kindred flag among the many banners and signs proclaiming support and thanks for our trucker heroes.

After the convoy passed, trucks in their hundreds, a few of us met at their destination at the Hagerstown Racetrack in Maryland, where we found a festive, loving atmosphere. Live music, food, booths everywhere, and most of all, that light of recognition. If I could describe the atmosphere in a word - Love.



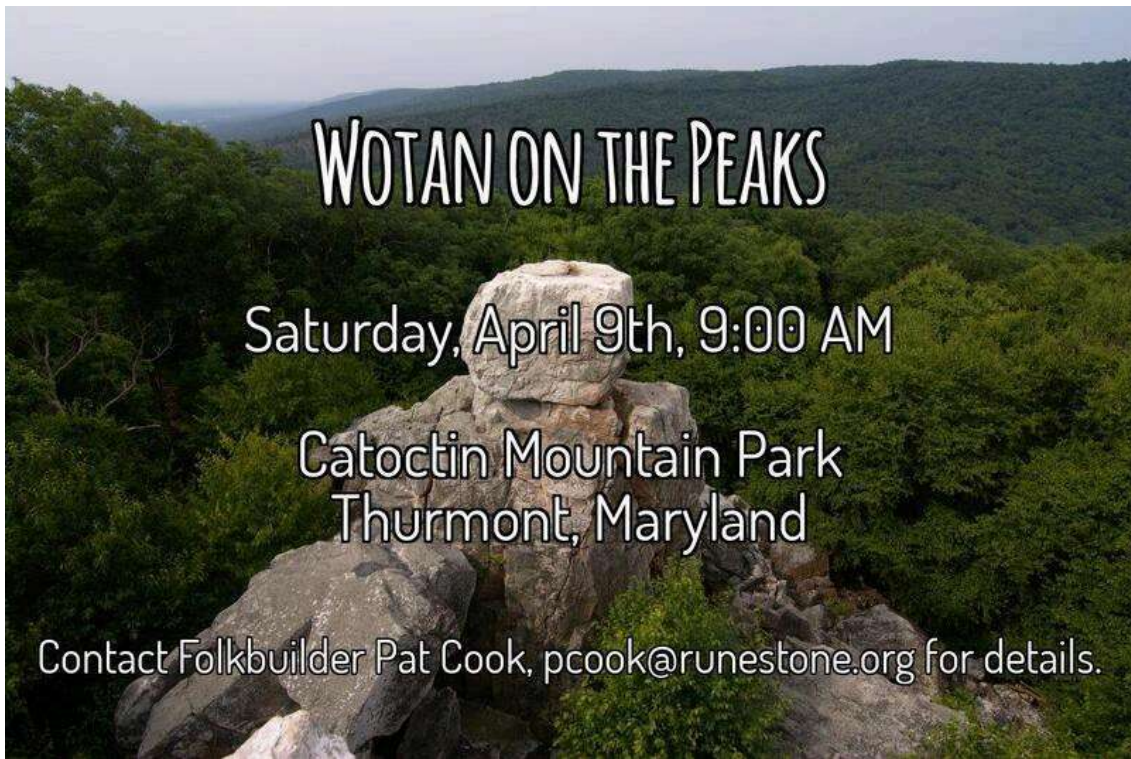
Stonewall Kindred's flag proudly features a white star on a blue field, encircled by a gold ring. This is a symbol of freedom, not just from a tyrannical government, but from the oppression of modernity, and of materiality. The white star represents understanding, the realization of one's true identity as an eternal being with a brilliant destiny.

Blue, the color of Odin's cloak, represents energetic, a positive movement toward that destiny. Blue also represents death - but death to old, inferior ways is also a birth into a new, higher order of being.

The gold ring, of course, is Draupnir. Unlimited is Odin's Ring, yet it is bestowed only upon the truest of heroes - those who have sacrificed the self to the Self.

The white star symbol can only do good and seeing it can only lead to increased wisdom. Though nobody asked about this different-looking flag among the many varieties present, we hope the image went with a few of them in some small, subtle way.

Upcoming Event



Folkbuilder Patrick Cook
pcook@runestone.org



Baldrshof
Third Hof of the Asatru Folk Assembly

<http://www.baldrshof.org/>



Food Pantry at Baldrshof



The Baldrshof Food Pantry was held on Saturday, March 19 as part of our Ostara Celebration. We were very happy to be able to have our Folk from Missouri, Arkansas, and Oklahoma participate in this important monthly charity event.

Due to the generosity of our donators, we were able to hand out full bags of prime cuts meat ranging from lunch meat to salmon to steak! Because of the poor weather and road conditions, many were unable to make it to receive food in January or February and were happy to be able to receive 2 bags of dried goods plus a bag to fill their freezer!

Ostara at Baldrshof



Ostara at Baldrshof began with a calm Friday gathering of Folk and went on into Sunday morning. We were delighted to attend discussions hosted by Folkbuilder Melissa Mills, a Rune presentation given by Folkbuilder Jesse Parton, lovely home-cooked meals, and soulful Blóts. Eggs were hunted by happy children throughout the Hof Sanctuary, while downstairs some adults assembled for games. A modest tournament was held where players enjoyed Chess, Hnefatafl, Dice, and Cards.

The egg activities weren't just for kids though! Witan Brandy Callahan taught traditional Ukrainian egg decorating, Pysanky, to a large group; They made some pretty neat eggs! As usual with Baldrshof the atmosphere felt like a family reunion no matter how little you knew the visitors from afar.

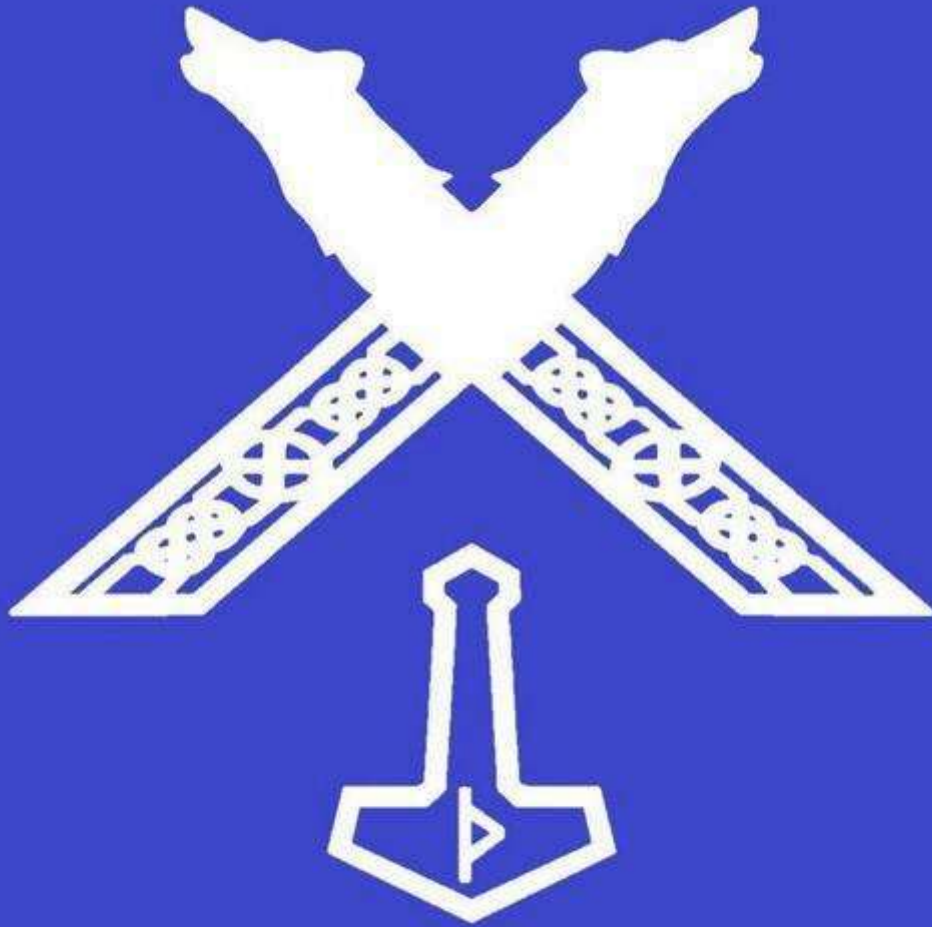
Speaking of family, we were very pleased to feed more than a dozen families from the local township during the Food Drive which took place early on Saturday. Folkbuilder Ashley McStocker did a great job organizing the drive and making sure everyone was well supplied.

Our next event will be May Day. There will be dancing, a maypole, and more. So, make sure to come out!



Cormag Àlainn
Apprentice Folkbuilder
calainn@runestone.org

Upcoming Events at Baldrshof



Baldrshof

Work Weekend

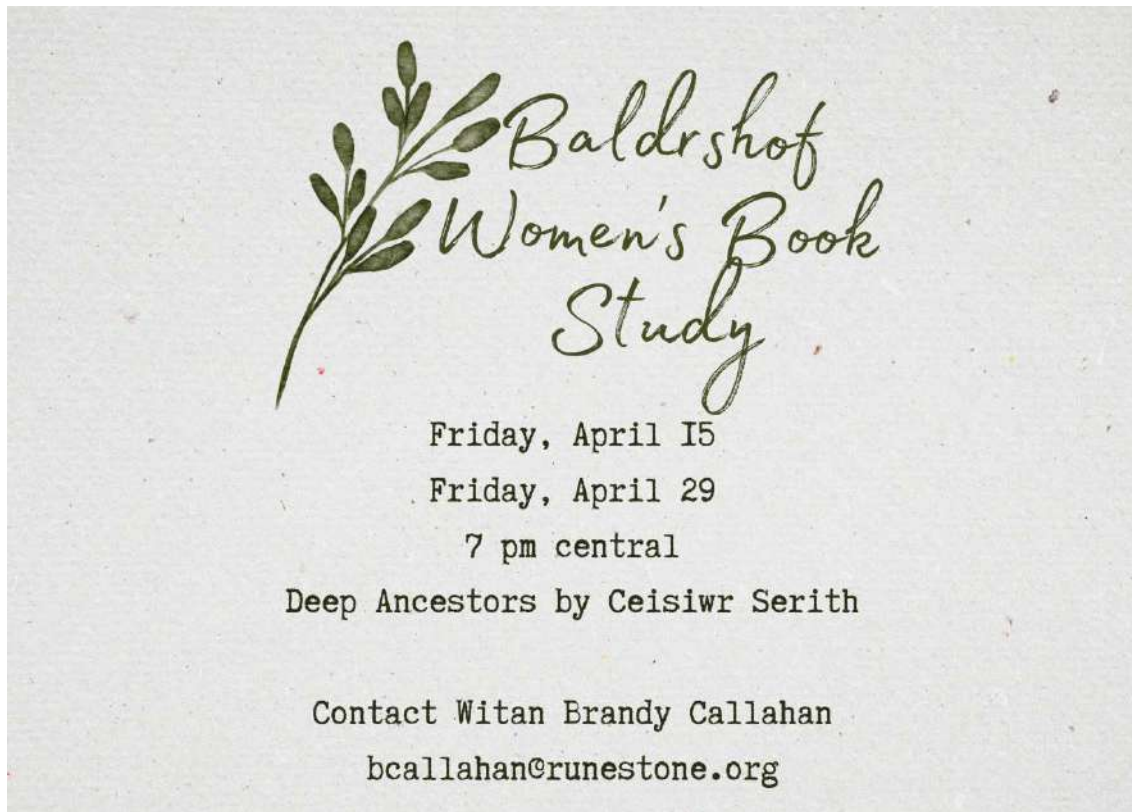
Friday, April 15 – Sunday, April 17

Join your Folk for the most important workdays of the year!

Meals will be provided.

Contact Nathan Erlandson & Ashley McStocker





Friday, April 15

Friday, April 29

7 pm central

Deep Ancestors by Ceisiwr Serith

Contact Witan Brandy Callahan

bcallahan@runestone.org

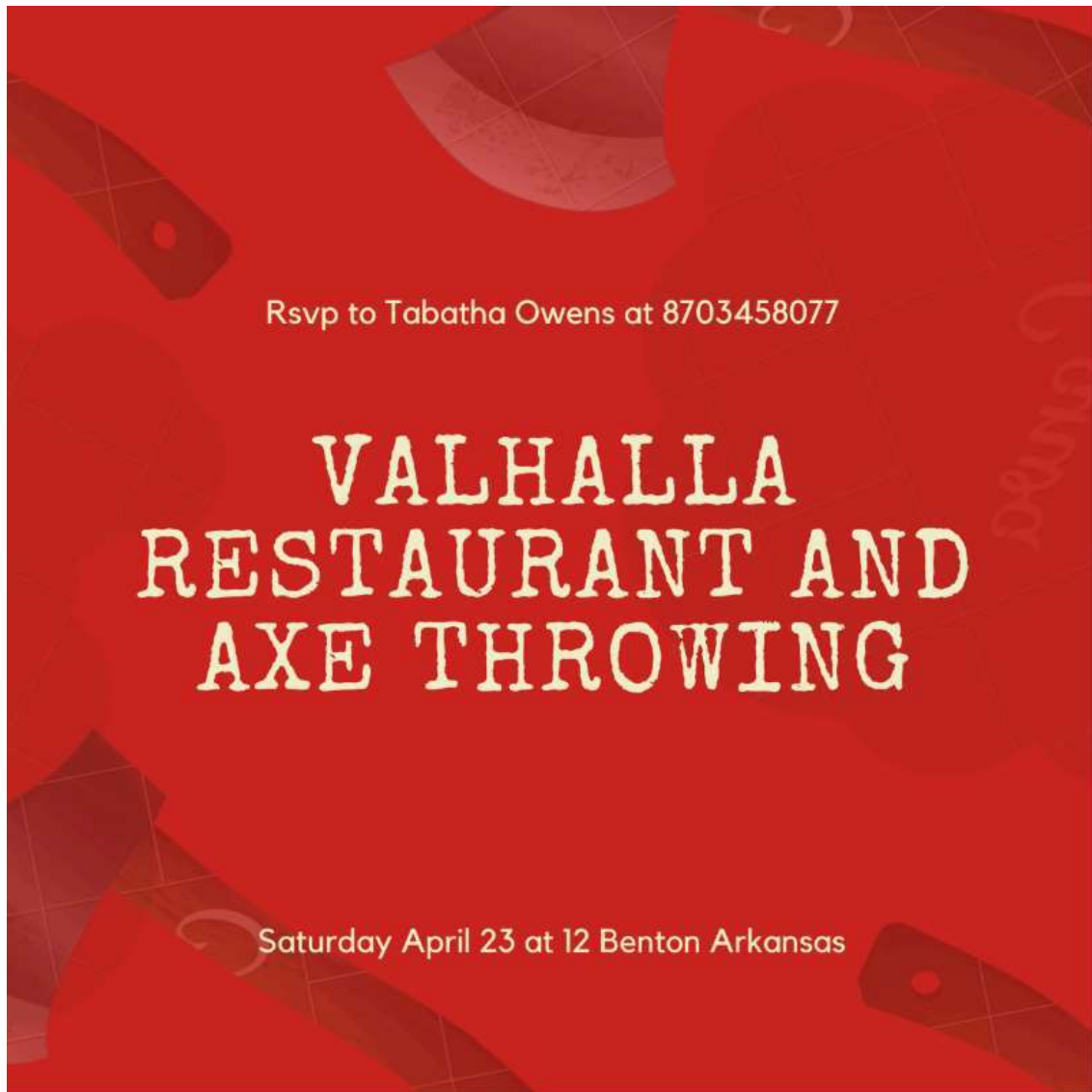
Arkansas

Arkansas Gathering



On Saturday we met up at longhorn steakhouse and had lunch together and talked. It was nice and we can't wait to do it again.

Upcoming Events



Rsvp to Tabatha Owens at 8703458077

VALHALLA RESTAURANT AND AXE THROWING

Saturday April 23 at 12 Benton Arkansas



Tabatha Owens
Apprentice Folkbuilder
towens@runestone.org

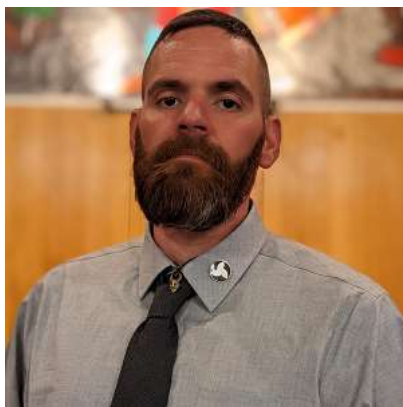
Building Frith!



Mid-Hearth kindred has been a powerhouse for the AFA in Arkansas and the surrounding states. This month we have held moots, workout sessions, given presentations and our kindred even hosted Ostara at Baldarshof in Minnesota.



We have spent this month like most other months growing building bonds and building our beloved AFA! Join us and let us build together!



Michael Sessumes
Folkbuilder
mssesses@runestone.org

Illinois

Midwest Ostara

This month we saw Heimdall's Mitgart come together with Hrafnagud Kindred of Northern Illinois, and the Southern Illinois Folk for Ostara in the Midwest. The feeling was reminiscent of the first time my wife and I met Zach and Fred years ago for a similar AFA Midwest gathering. We wanted to garner that energy from back then and try to do something as a Midwest region again.



We had a great turnout and lots of children played to usher in the youthfulness of Spring. Without the help of an old friend, the event would not have been held or have been so successful. So, we thank him deeply.



My Kindred and those in the state now look forward to helping plan Else Fest alongside James and Sara Ault and all their Folk. Please register and come pay respect to the Folk Mother next month!

Upcoming Event





Shane Duffy
Apprentice Folkbuilder
sduffy@runestone.org

One, Eins, Uno, odun, Ein

CARDINAL NUMBERS	
EIN "ONE"	TUTTUGU OK EIN "OR" EIN OK TUTTUGU "TWENTY AND ONE; TWENTY-ONE"
TVEIR "TWO"	
ÞRÍR "THREE"	
FJÓRIR "FOUR"	TUTTUGU OK TVEIR "OR" TVEIR OK TUTTUGU "TWENTY AND TWO; TWENTY-TWO"
FIMM "FIVE"	
SEX "SIX"	(ETC. FOR 23-29)
SJAU "SEVEN"	ÞRÍR TIGIR "THIRTY"
ÁTTA "EIGHT"	
NÍU "NINE"	TÍU TIGIR "100"
TÍU "TEN"	
ELLIFU "ELEVEN"	ELLIFU TIGIR "110"
TÓLF "TWELVE"	
ÞRETTÁN "THIRTEEN"	HUNDRAD "120"
FJÓRTÁN "FOURTEEN"	HUNDRAD OK ÁTTA TIGIR "120 AND 80; 200"
FIMTÁN "FIFTEEN"	
SEXTÁN "SIXTEEN"	
SJAUTÁN "SEVENTEEN"	TVAU HUNDRAD "240"
ÁTJÁN "EIGHTEEN"	
NÍTJÁN "NINETEEN"	ÞÚSUND "1200"
TUTTUGU "TWENTY"	

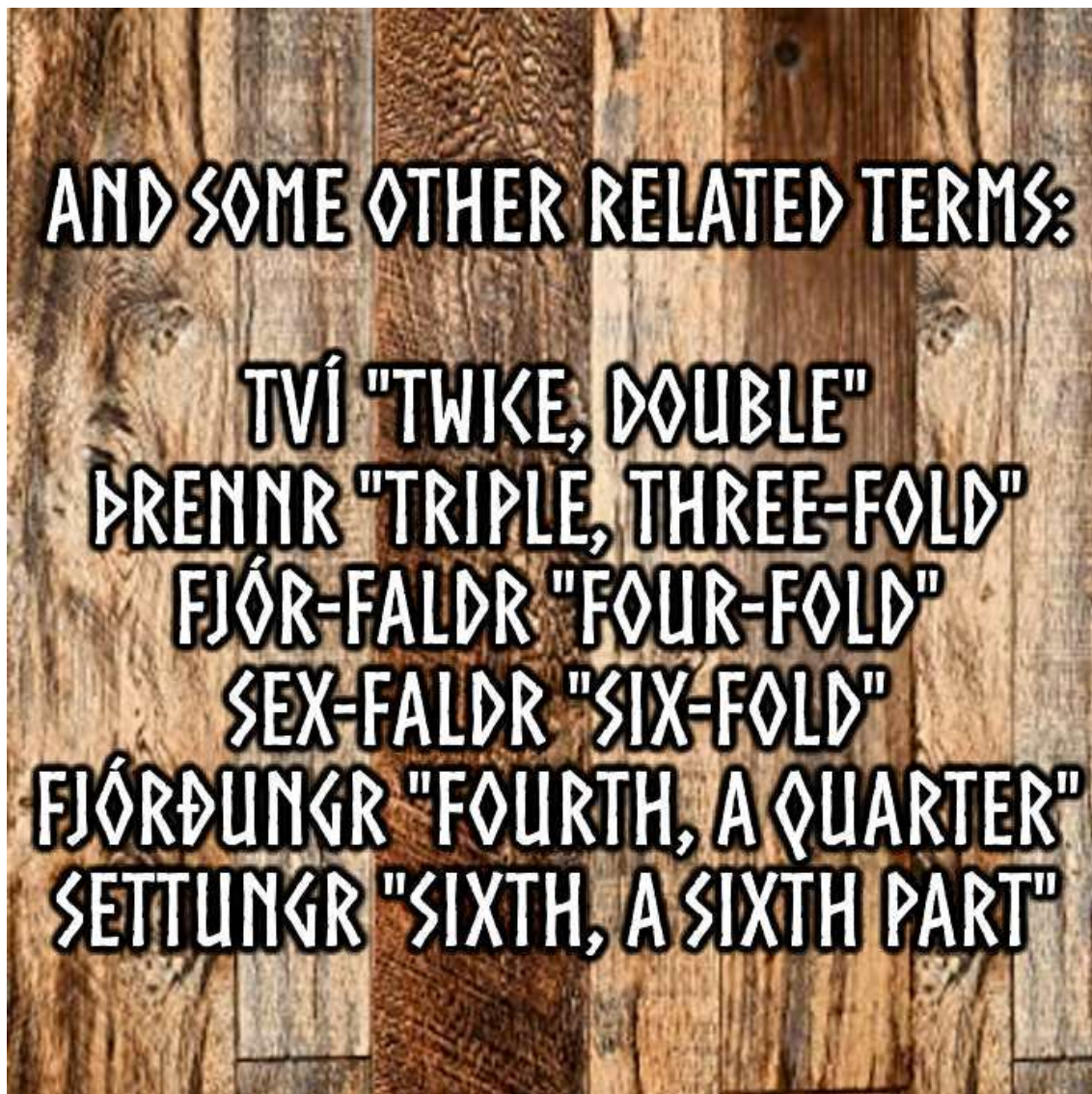
In the Old Norse runic inscriptions, we do find numbers written down, but it's very rare. Usually, numbers are spelled out as whole words, although, on rare occasions, the first letter of the number word is used to stand for the number.

Cardinal numbers tell how many of something, they show quantity. I'm sure you know

how to use cardinal numbers! How many eyes do you have? You have 'two' eyes. We use cardinal numbers for counting (think cardinal = counting).



Ordinal numbers tell the order of how things are set. They show the position or the rank of something. We use ordinal numbers for dates and the order of something (think ordinal = order).



And now we have a few terms to help with parts and parcels. We can almost multiply and divide. Pretty quick, considering we just started learning to count.

Upcoming Events



In May, we'll be getting together to go junkin'. It's a sad reality that, in today's day and age, if you want something of quality...whether that be American or European made, it's probably not anything modern. But some of these antiques can really stand the test of time, and that speaks to the craftsmanship. How many of our grandparents have TVs, refrigerators, and stoves, that are all 40-50 years old and still working? I know mine do. Let's go find some fun stuff, knock the dust off, and see what we can make use of it.



In June, let's meet up and go do something sporty. It is going to cost \$10 for rental, but I'll bring anything else we're going to need. If you've never been before, you'll definitely have a bit of fun. If you have any questions about either meet-up, feel free to reach out.

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

Nicholas Rice
Apprentice Folkbuilder
nrice@runestone.org



Thoughts On Taking an Oath as Folkbuilder



This month, I traveled to Thorshof for Ostara in the South, where I was honored to take my oath as a Folkbuilder for the Asatru Folk Assembly. The way in which rituals are conducted at Thorshof, and the dedication of the folk in that district impressed me quite a bit. The long drive home allowed me some time to reflect on my experiences to date with the AFA and how things have progressed for us in Illinois. When I first started to

try and set up moots, there were only a few active members in the state, and I was lucky if one or two people showed up. With the encouragement of Zach Cato and James Ault, I persisted, and eventually more people – good, dedicated people – got engaged.

Now, we have active members across the state, our own kindred (Hrafnagud), two excellent new Apprentice Folkbuilders, and regular moots and celebrations that are well attended. I would not be surprised to see a second kindred started in the southern part of the state at some point in the near future. This positive growth fills me with a sense that we are taking actions – doing and becoming, rather than just being - that please and strengthen our Gods. This is not something I accomplished. Rather it is a result of the collective efforts of high-quality people spiritually motivated by the Divine Powers.

We can all see such a spirit and growth across the AFA, in each district and region. This is very gratifying and speaks to a bright future for our faith.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Upcoming Event



Folkbuilder James Cummings
jcumings@runestone.org

Minnesota

Marvelous March in Minnesota



March was yet another marvelous month in Minnesota. My family and I were able to attend a few moots around the state, met some great folk, burned some strong fires, and made some lasting memories. Watching my kids build bonds with other children at Baldrshof and other events is priceless. I caught my 6-year-old kulning for sisters outside before dinner a few nights back- Witan Callahan did a great job teaching her and would have been proud.

There's nothing like having a hike moot planned on a day that ends up below freezing with the windchill. Kensington, MN is home to the controversial Kensington Runestone, a slab of greywacke stone covered in runes that were allegedly discovered in the roots of a poplar tree in 1898 on the Ohman Farm. Several entities have written it off as a hoax, but there are those die-hard locals that swear by its authenticity.



We ate some lunch and decided to head somewhere indoors instead of a hike. A short drive down the road was the Kensington Runestone Museum which boasted an array of artifacts, historical events, and a gift shop. Good times and great folk!

I am looking forward to April- There's so much going on near & far- Uff da!

Hail the Gods!

Hail the Ancestors!

Hail the AFA!

Upcoming Events

Hermann Monument Moot

May
29



Pavilion 2

Hermann Heights Park
New Ulm, MN
noon

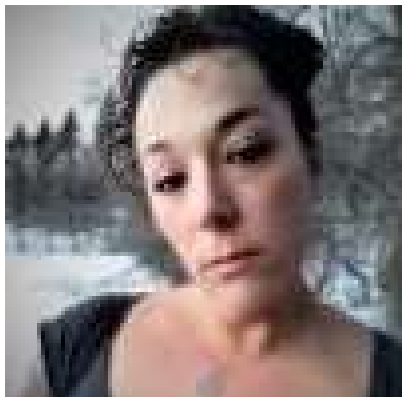
Contact Apprentice
Folkbuilder Jessie Shaffer
jshaffer@runestone.org

-Hail Arminius- Cheruscan Cheiftan

- Potluck
- Kids Playground
- 32 ft statue

Optional-

- Brewery tour
- Glockenspiel Clock



Jessie Shaffer
Apprentice Folkbuilder
jshaffer@runestone.org

Virtue Recovery Meeting - Hospitality



The Virtue Recovery meeting is still going strong, for our Asatruar that are striving to be their best selves and have struggled with dependency. Many of us have used a traditional 12 step program, but there are certain steps that do not coincide with our belief system. For example, the need to do turn your will over to an all-knowing God, or to ask said God to remove any shortcoming. This leaves us to either go through the motions and make it work or, more commonly, feel alienated and as if there is not a program that honors ourselves and our Gods. We must give credit where credit is due and we genuinely respect and appreciate the 12 step programs that have done so much good for so many people yet have the need for an inspired and similar yet completely Asatruar congruent 9 step program, which are centered around the 9 Noble Virtues. We are able to be a hybrid meeting. This means that some of us meet together, but those who cannot join in with us via zoom! This opens up the ability for anyone to log on and listen, speak or just observe what we are all about! We are currently averaging 5-10 attendees! Member Josh Hemmingson and I are very proud of where our meeting has gone and look forward to it growing more and more!

This is the 7th installment of the articles so we will be looking at the 7th step: Make direct amends to such people (referring to the list of harmed persons made in the 6th step) wherever possible, except where to do so would injure them or others. Noble Virtue: Hospitality Realizing that I must let go of who I have been, I hang myself from Yggdrasil, dying to who I was, and beseech the Gods for the Runes of victory. I reach out a hand to people I have hurt if it is appropriate.

In the life of an individual that has led a previously non-virtuous life, hospitality was simply out of the realm of possibilities. It was merely not a concern... to be concerned with what another may need of us. In this past life, we lived to survive, and that survival depended on the daily desires that led us away from our true selves. On quite the contrary, in many situations, we relied on and took advantage of those that extended their hospitality toward us, and would delude ourselves that we were owed or deserving

of such love and help that no act or gift was returned. Now that we have completed the prior phase and moved on to the next, not only are we able to extend hospitality to our friends, folk, and family, but we find a great deal of joy in doing so. It is an exciting and beautiful thing to be on the positive side of humanity now, and though we recognize that extending endless help to those who are struggling can become enabling and are careful of it, we take the opportunity in our lives to be of service to those we love.

We are meeting at a new day and time to try to accommodate more people. Starting April 7th, we will be meeting every Thursday at 7 pm CST. If you would like to attend our meeting via zoom, please reach out to me at amcstocker@runestone.org.

Upcoming Event





Folkbuilder Ashley Mcstocker

amcstocker@runestone.org

Northern Blood MN Update



I was very fortunate to be at Baldrshof for the Ostara weekend and spend the weekend with great folk from several states. And we stayed in a cabin on a beautiful Minnesota lake. Thank you to Folkbuilder Melisa Mills and the Mid-Hearth Kindred for organizing the whole weekend and renting the cabin for us. Melissa and Mid-Hearth have become close family over the last few years, and I am so honored to know them

and to be related to a few of them also. The AFA is literally family as some of us are related by Blood.



Northern Blood had two moots in March. Folkish Family hike at Fort Snelling and Folkish Family Museum moot. Folk-time is where it's at!

The next hike moot is a Wotan on the peaks organized by Apprentice Folkbuilder Sara Ault, Apprentice Folkbuilder Jessie Schafer, and myself. Thank you for putting this together Sara! Hope to see folk from MN and Wi. We have a few more events in the works and will announce them in the coming weeks.

Hail the Doers!

Upcoming Events

4/9 Wisconsin/MN Wotan on the peaks Moot willow River state park and lunch at Smiling Moose Hudson, WI

4/10 Folkish Family Monthly Craft Day with Northern Blood Kindred. Bloomington, MN

5/1 Folkish Family Monthly German Dinner at Gallagher's Gaff Bloomington, MN



Folkbuilder Jason Gallagher

jgallagher@runestone.org

Food, Folk, and Risk



Folk gathered at the Callahan house on April 3rd for an afternoon of stuffing themselves with food, sharing tons of laughs, and hours upon hours of Risk.



Alliances and treaties were part of the house rules which made for a very interesting game indeed!

Thank you to everyone who shared the afternoon with the family!

Frithweavers



It was my pleasure to be interviewed on the Expedition Truth program about women in Asatru. I would like to thank Rev. Jack Ashcraft for inviting me to his program and also for his fair and respectful interview.

The topic I would like to bring to the Runestone this month is directly from that interview.

Frithweavers of the Asatru Folk Assembly.

Frith is so much more than the simple definition of “peace” so commonly used to describe it or define it. It is a reciprocal relationship between folk for mutual physical, mental, emotional, and spiritual well-being. It is a term we use within the AFA often but can never have too much practice of!

As women, we are the mothers, daughters, sisters, friends, and wives of the AFA. We are also the frithweavers.

The first Frithweaver of the AFA is Gythia Sheila McNallen, wife of Founder Stephen McNallen. Prior to ever receiving her ordination as Gythia, she was weaving the frith of her Folk. She helped create the Asatru and the AFA we know today. She truly is THE FRITHWEAVER of the Asatru Folk Assembly, and has set a standard of excellence, understanding, and caring that we all strive to attain. Before I continue, I want to thank Gythia McNallen for her dedication to her folk and the personal instruction and education she has given me over the past couple of years through not only her words, but her example.

As women and frithweavers, we hold a unique ability within us to build these bonds of frith.

First, we support one another. We celebrate together as women in times of happiness and success, and we stand together and unite in times of struggle and sadness. We are sisters, before our gods and under the flag of our church. The support of the women of the AFA has brought me through tough times and made the great times even greater.

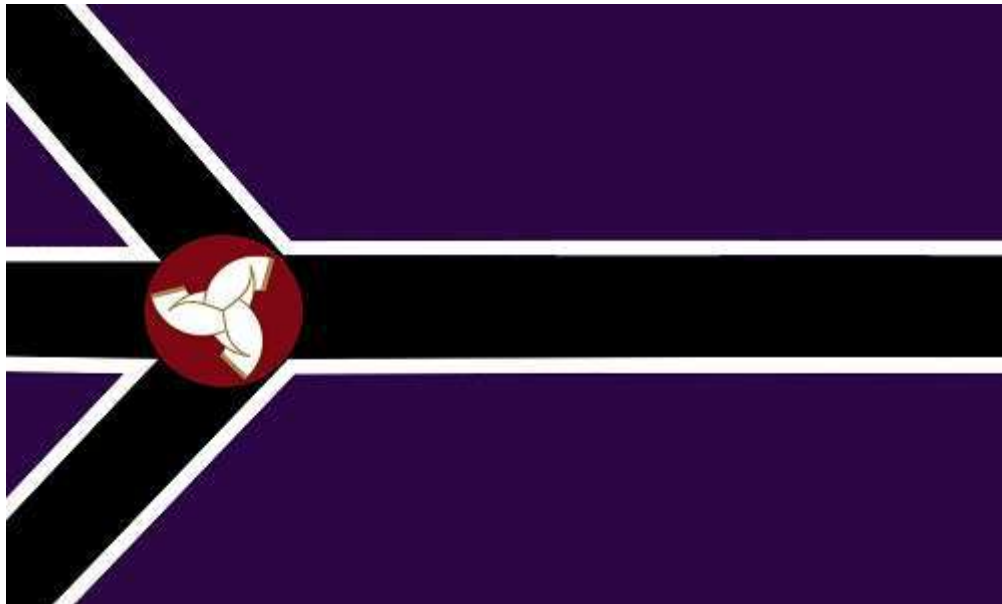
Secondly, we build frith through the raising of our children. As mothers and grandmothers, we find ourselves in a special and important place in the lives of the young. Through our influence, we help them to build long-lasting and meaningful relationships with their Folk. As women, we tend to use the “community” idea in tending and raising our children. If you have ever been at a large AFA event, you will see the children laughing and playing, safe and sound, under the watchful eye of not just one woman, but many. When a child’s laughter rings through the hall, or they cry out for any reason, each of us instantly becomes a mother, a grandmother, an aunt.

We have the gift of weaving not just our children together, but our families as a whole. Through our tended friendships, we bring generations of a family together with bonds that last and influence our lives in the deepest ways. We heal division, hurt feelings, or concerns within the Folk in nurturing ways that are gentle when needed and strong when appropriate.

One must not be a mother to fill this role. While motherhood is a blessing, gift, and responsibility greater than all, there are many who have not been blessed in this way. If you are not or cannot be a mother, you can still be a sister. You can still be an aunt. You can still help to raise and tend to the children of the church, support your sisters when they need it most, and to provide comfort and friendship to our elders. You, too, are important and needed in the fold of frithweaving.

For ladies who have not yet discovered the beauty of the friendship of the women of the AFA, please, reach out to me or any of our other ladies in leadership! We can help connect you to this amazing network of wonderful women!

Thank You's From Witan Callahan



I would like to extend personal thanks to the Mid-Hearth Kindred of Missouri and all the Folk that they brought with them to the Ostara Celebration at Baldrshof.



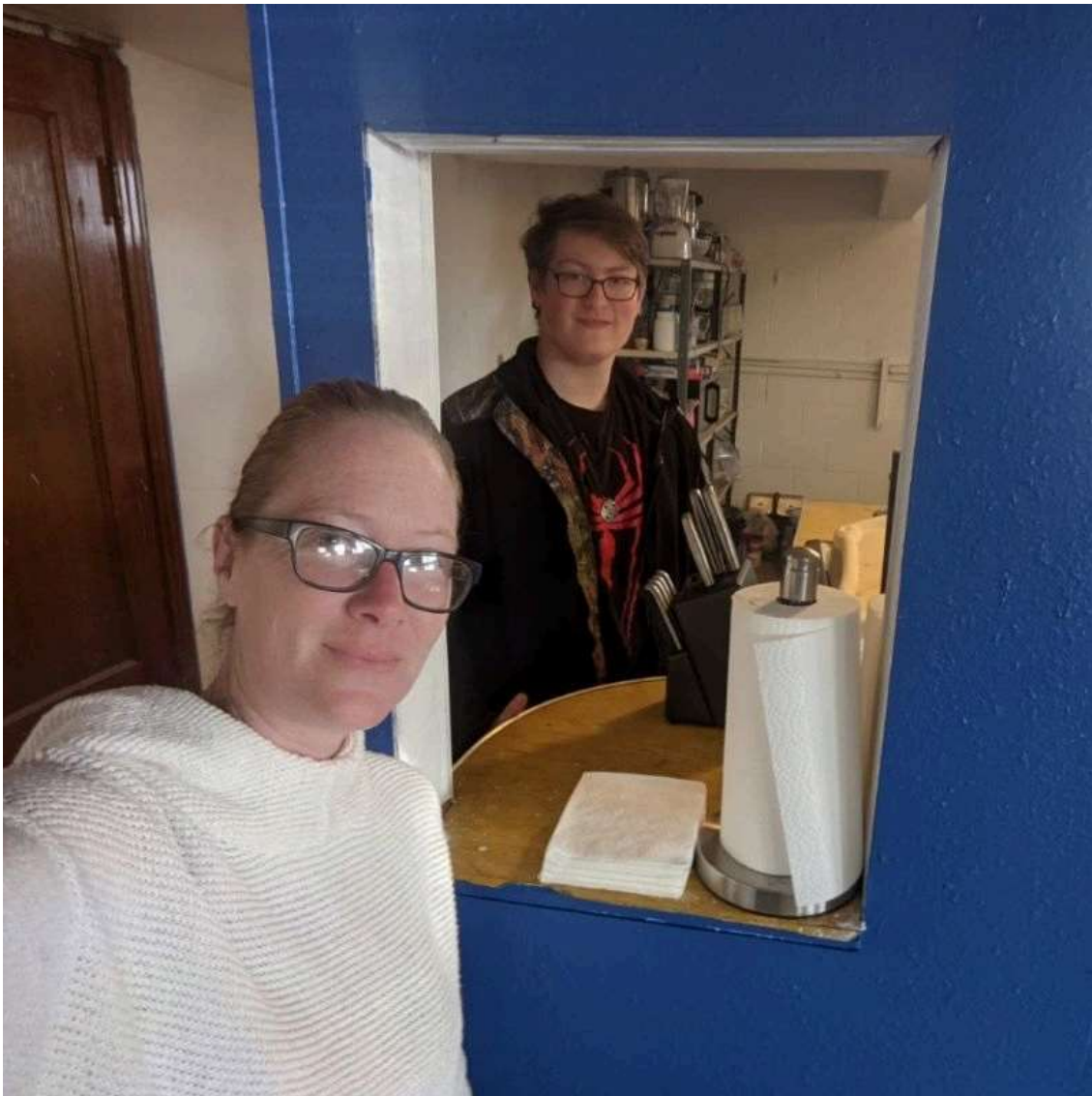
Folkbuilder Michael Sessumes spoke to us about Victory: The 10th Noble Virtue and why our Folk need not be afraid of success. His talk was from the heart and motivating!

Folkbuilder Jim Cummings provided us with extensive and well-presented background and history about Folk Hero Jarl Haakon. He did an excellent job of combining history and words from our lore to educate the Folk about the importance of this great hero of Asatru.



Folkbuilder Melisa Mills spoke about the history and celebration in modern times of Hexennacht. She provided well-researched background information and ideas on how to celebrate the upcoming holiday.


Thank you to the Callahan kids, member Dan Vornbrock, and Apprentice Folkbuilder Jaime Alann for coming out on Sunday after Ostara to get the Hof clean and ready for Folk again!



Both February and March found my doorsteps flooded with donations to Baldrshof from many, including The Rapin and Ault families of Wisconsin, the Hult Family of Minnesota, and Mr. Alaiinn of North Dakota. These donations from these households alone were huge, totaling over 20 boxes in total. The support and gifts to Baldrshof are greatly appreciated!

The continued support of both members and leadership of Baldrshof district continues to amaze me! Thank you to the doers!

Upcoming Events



Baldrshof
Women's Book
Study

Friday, April 15

Friday, April 29

7 pm central

Deep Ancestors by Ceisiwr Serith

Contact Witan Brandy Callahan

bcallahan@runestone.org



Witan Brandy Callahan
bcallahan@runestone.org

Missouri

Ostara



An amazing end to a long and worthwhile weekend. A lot of new connections made this Ostara, The future looks brighter and brighter all the time!



Chris Lawson
Apprentice Folkbuilder
clawson@runestone.org

Ostara and the Blessing of a Growing Community



This march saw the heart of the country coming together and traveling north to spend the Holiday of Ostara with our northern Kin!

The road trip was an adventure in a full 15-seater passenger van. We sang together, laughed together, and with almost 30 hours of logged travel time in close quarters we all learned a lot about each other. The road trip shenanigans and camaraderie are proof that the journey is truly just as important as the destination!

Those of us who had not been able to be there when the Food Pantry was in full swing got a chance to witness and throw in some helping hands. It was a beautiful thing to see how our Baldrshof team worked so hard to make their community better than how they found it. We were so happy to have been there and very proud of the team there that makes it happen every month!

We got to feast together, thanks to the culinary genius and hard work of Lutisha Wilson and all those who lent a hand preparing and washing those dishes! Much praise to you

guys! And thank you to JR Wilson for manning the smoker and giving us some fantastic Brisket and pork shoulders to delight over! Also, thanks to Gothi Calahan and her husband and boys for bringing down the smoker. You guys rock!

Watching the kids hunt for the eggs was a joy. And thank you to all who donated the money that went into the golden and silver eggs. Those girls who found them were so thrilled and surprised!

Jessie Parton Gave a great presentation! thank you, Jessie, for doing that!

Thank you to Jason Galagher for all your help and for greeting us when we arrived there late in the evening. You are so loved and appreciated by all of us.

The scripted storytelling of the Death Of Baldr was very entertaining and we applaud all who took part and played it well! It would not have been the same without the enthusiasm! (Or the real projectiles hurled at Baldr..lol!)

Thank you to the Baldrshof crew for their hospitality, love, and laughter! Our only regret was leaving and not hauling you all back with us!

If you have not yet been up to Baldrshof we HIGHLY encourage you too so!

Growing a Relationship with your Landvættir this Spring!



The blooms are in the trees, the birds are singing every morning and it's about time to start mowing the lawn!

Let's talk about honoring your Landvættir!

For many people, it's time for getting out in the backyard and putting up the wind chimes, windmills, and other various springtime decorations. Or planting their flowers or gardens is a standard part of the season. Let us also not overlook our relationship with our Landvættir! They too have been looking forward to the warmth, long days, and bustling activity that the warmer weather brings.

Let's get a very basic understanding of the Landvættir. Then we will talk about a few ways you can honor them this spring!

Landvættir are perhaps best described as the energetic entities of a specific place. The living form of that location's energetic presence or soul. Landvættir are tied to their

specific location or to their specific natural objects like a boulder, tree, plant, or even a well. They may appear to look like animals or human-like when communicating. While other types of spirits or entities may travel and relocate Landvættir do not go far from their home object.

While other spirits may interact in a myriad of ways, Landvættir will generally communicate their pleasure or displeasure through the land and objects they embody. We may create alters for them outside and leave them offerings of milk, honey, mead, or other offerings that feel right. or we may decorate a tree of theirs with shiny objects, ribbons, or bells to show our appreciation and admiration. But the Landvættir seem to feed most upon the energy of their surroundings. If the energy is good and happy then the land and all within flourish. When the energy is full of negativity then the land may not flourish. It might show signs of sickness or disease. Vegetation may not flourish and in the worst case, may die.

We as Asatruar know that we are to leave our surroundings better than we found them. We are often focused on just that with regards to the folk in our communities. But let us not forget the land and the living environment around us. Our land and vegetation nourish us, house us, and give us a place to grow our families and communities upon. Let us honor the growing and beautiful earth we are blessed to have and care for. And this spring let us not forget to thank and honor the Landvættir.

It will serve you and your community well to foster a relationship, a reciprocal relationship, with your Landvættir.

Remember the spirit of Gebo, a gift for a gift.

Take time to build a space in your yard or on your land to honor them.

Leave them gifts of milk, honey, and pretty trinkets to adorn them.

Talk to them. ask them for their blessings and tell them how you appreciate them and the beauty and enjoyment they add to your life.

I hope you found this very brief writing on the Landvættir helpful. And that you will be including them in your spiritual practices. Next month we will do a little on animism.

Please share any of your Landvættir workings or experiences with us! A great place to do that may be the MeWe groups AFA Homesteading or AFA Outdoors. If you are not yet on MeWe you are missing out on all the interactions, knowledge, and information that are shared there and we highly encourage you to take part! MeWe does not collect,

share or sell your data. They do not censor. And they are a good way to communicate when we are all over the world!

Happy Spring!

May you, your family, and your lands grow strong and flourish this season!

Upcoming Event



**Hexenacht in
Springfield MO!
April 30th at 3pm
till ?**

**Come and bask in the bonfire
glow as we banish the cold and
usher in the warmth of the
year!**

**Honor Freya and Freyr!
And celebrate as a community!
rsup to 307-640-5657**

Folkbuilder Melisa Mills

mmills@runestone.org



Oklahoma

With Special Guest...



All too often as Asatruars, we find ourselves in the minority, when gathering together for special occasions. Of course, this will change as we grow our ranks, but in the meantime, each and every body makes even more of a difference in our future.

What is it worth to meet IRL with those who share our values? It is very elevating to have members from out of town, state, or beyond, make their way across the countryside to visit in person. It creates a special occasion and an opportunity for

hospitality.

We were happy to have our brother from Tennessee, via Missouri out to Oklahoma to build stronger bonds. Before sending a bunch of our own to join him and Mid-Hearth Kindred on a trip to Baldrshof for Ostara.

Hail to those light enough to travel! May the seeds you bring be met with tender care.

Upcoming Event



Shea McCurdy
Apprentice Folkbuilder
smccurdy@runestone.org

Texas

Charming of the Plow



Despite the weather, we came together to celebrate a historically agricultural event, Relative to our time we bless the tools of our profession; a mouse, pipe wrench, or a set of car keys to produce a successful season. Honoring tradition we may plant seeds to bring forth new life. Be it a plant or an idea, the process of action through thought, a dream combined with hard work, and dedication are the elements of success through which, we all can reap a bountiful harvest.

Ostara



Ostara is the celebration marking the beginning of Spring. Rebecca Stanford did an amazing job planning and organizing this event at Sam Houston National Forest, near Houston, Texas. The adults hid eggs for the kids to find, Justin Day led a great discussion involving the significance of the hair, and theories in the history of the eggs and traditions of our Folk. We also planted a peach tree to visit in the future!



Thomas Gleason
Apprentice Folkbuilder
tgleason@runestone.org

Alive and Well in Dallas-Fort Worth!

Things have been busy in the DFW metroplex! We've held several moots the past few weeks, from going bowling and having drinks to attending a Metallica and AC/DC cover band concert. Always looking for more awesome Folk to come along and add to the fun so shoot me an email at Jday@runestone.org for more information on our upcoming events and to get involved!

Upcoming Events



Justin Day
Apprentice Folkbuilder
jday@runestone.org

Wisconsin

Else Christensen



As we prepare for the upcoming Elsefest here in Wisconsin, I've been noticing how much of what people write about her is based on the Wiki article on her. Over the last couple of years, the Wiki article has been edited many times with less than favorable tales and false accusations. It seems futile to take on the task of editing it with facts and sources when another round of children will come through to add the lies that they believe. So, to help with spreading knowledge, I will be sharing what I know of the Folkmother. My information comes from her own voice in interviews, her words in her publication, "The Odinist", her close friends that are still with us, and the many prisoners who share her written letters. Every month there will be a blog article on the new Baldrshof District website dedicated to her. Here I offer a very brief introduction to who she is and why we honor her.



Else Christensen was born in Esbjerg, Denmark in 1913. Although she was baptized Lutheran as a child, she never felt a connection to Christianity. She even went as far as petitioning the government to declare her a non-Christian. She married Alex Aage Christensen in 1937. He was a woodcarver by trade. She worked as a handweaver until she injured her back and then moved on to teaching children and adults with dyslexia.

Alex introduced her to Anachro-Syndicalism, which is centered on the idea that power corrupts and any hierarchy that cannot be ethically justified must be dismantled. During the German occupation, they lived very well due to Alex's woodworking. Since few had his talent, his services were in high demand by the wealthy. With the cash coming in they could buy whatever they wanted on the black market including guns and ammo. This caused a visit by the German police since citizens owning weapons was outlawed. She cooperated with them and handed over the pistols they asked for so they would not search the house and find other weapons, including a belt-fed machine gun. Near the end of the war Else and her husband were called in for questioning due to their political beliefs. She was held for less than 10 hours, and Alex was sent to a concentration camp for six months. Even though he was a member of the Danish National Socialist Party, the Germans were adamant that National Socialism was for Germans only.

After the war, they bought a large sailboat and had intended to sail to Canada, but the weather did not permit it. They ended up migrating to Canada in 1951. Living in Toronto, she worked as a waitress and struggled to learn the language. Eventually, she worked as an X-ray technician and assistant to the head of the hospital until she retired.



Else recalled being introduced to the writings of Australian Odinst Alexander Rud Mills. She started writing to Alexander Rud Mills until his passing and continued to correspond with his wife, Evelyn Price, until her passing. Else was heavily influenced by his ideas about reviving the worship of the ancient Norse deities. In 1968, Else and her husband started the Odinst Study Group with meetings in their home. A year later, they would form the Odinst Foundation and moved to Crystal River, Florida. She began touring North America to promote Odinst. Then in 1970, the Odinst Fellowship was born. She started reaching out to three prisons in Florida. She recalled that the study groups were small. She was the first to have Odinst recognized by any prison system. While working in the prison, she never had any misconceptions about her purpose. She recognized that most of the prisoners were rotten apples, but she held onto the fact that a small handful would come out and do great things. In 1971, the year Alex would pass away, in the same year the first publication of *The Odinst* was released. This publication took off like wildfire, especially within the prison system. She continued her building of Odinst and published *The Odinst* up until her death on May 4th, 2005.

Else Christensen was bestowed with the title Folk Mother due to her devotion to rebirthing Asatru after picking up the torch of Alexander Rud Mills. Her dedication to bringing people back to their ancestral roots, especially those in prison is something that should inspire us all.

The Asatru Folk Assembly holds a Day of Remembrance for the “Folkmother” on the 9th of May.

There is a memorial altar dedicated to her at Baldrshof, the third Hof of the AFA.

Hail the Folkmother!

Hail Else Christensen!

Upcoming Event



Wisconsin & Minnesota Wotan on the Peaks Moot April 9th 2022

Meeting Point:

10 am at Willow River
State Park in Hudson,
WI.

Lunch after @ Smilin
Moose Lodge in Hudson

**For more information
contact:**

Jessie Shaffer

jshaffer@runestone.org

Sara Ault

sault@runestone.org

Jason Gallagher

jgallagher@runestone.org

May Day Moot

May 22nd

Rib Mountain State Park

Wisconsin

Please join us for a celebration of life. We will meet at 11am to explore the park, have a May Day Blot, and then enjoy a provided picnic lunch.

For more information
please reach out to
Apprentice Folkbuilder
Sara Ault at
sault@runestone.org



Sara Ault
Apprentice Folkbuilder
sault@runestone.org



Milwaukee Moot



This past month Wisconsin Folk gathered in Frith just on the edge of Milwaukee at the site of many historic Octoberfests past in our great state but the one I've enjoyed the most was our gathering at the Bavarian Bierhaus restaurant there!! It's always great to see lots of familiar warm faces as well as a few new ones !! As I write to you all now one of those faces was our now newest member in Wisconsin... Hail Tony !! Welcome, Home !!!

Next, we look forward to the Baldrshof work weekend and then ElseFest and a hiking moot and a hockey game!!!! That's all I have this month. Stay tuned though because AFA Fólk are always on the move !!!

Hail the Gods, Hail the Folk, and Hail the AFA!!!



Josh Rapin
Apprentice Folkbuilder
jrapin@runestone.org

Frith and Grith



I have chosen to write this because recently I have put myself in a few situations where I was in close proximity of being completely in violation of Frith and Grith and not

even knowing it, other than reflecting on where I was in the wrong. I have apologized and have made amendments that will somewhat assure that I will be mindful of Frith and Grith forward.

Frith is a large part of our ethics, Asatruar have a unique view of what is “good” and what is “bad” compared to what is commonly known as the "Golden Rule" for living that some other religions have borrowed from us. Communities of the ancient Germanic peoples were small, and each man, woman, and child contributed to each other’s survival. They developed a sense of morality that stressed the need to work together as a community and less emphasis on the rugged individualism common to modern, Western Society. This focus is what is known as Frith.

What is frith?

In dictionaries today, the word “frith” (ON friðr, OE friþ) is defined as an archaic term for “peace” or “security.” The true meaning is more complex, however. Historically, it evoked a sense of “reciprocal inviolability” — that is, those who were bound by frith to each other agreed not to cause physical harm to each other, no matter how much they disagreed or argued. They could neither wound, maim, nor kill each other; if they did, even accidentally, they could be considered frith-breakers and cast out from society as outlaws. People who share frith-bonds are considered to be in each other’s inner yards (innangard), so among the ancient Germanics, these people were most likely related by blood or marriage. Bonds of frith usually extended to members of other homesteads in a village, but rarely beyond that. As many of us in today's times extend this frith to those that we have chosen as family as opposed to those who are blood-related, although they may be included.

Is frith still relevant in today's times?

Though we may not live in small towns with neighbors who are all Asatruar, we still interact with more people than our ancient Germanic people ever did throughout their lives, whether by blood or marriage. Society has developed to the point where we know “harm” can be more than physical, but also mental and emotional. But most importantly, the modern Asatruar faces a particular cultural struggle, especially in Western societies: Most non-Asatru are unaware of the concept of frith. Even if a non-Asatru person upholds frith to a certain degree, they will not know that it is known as frith. Since frith is reciprocal, there can be no bond of frith if one party does not recognize frith or strive to uphold it for what it means. “A mutual agreement to avoid causing each other physical, emotional, and mental harm; and to avoid negatively affecting each other’s honor, worth, and luck.” It is up to you to decide if such an agreement can be established and maintained between people, Asatruar or non-Asatru, in the modern age.

Grith was first seen when the Aseir and Vanir were at war, and they called for a Grið (truce) Grith has the nuance of being temporary and could lead to the more permanent "Frith " but not always. Grith is a great way to set boundaries with both Asatruar and those who are non-Asatru Who are not in your inner yard (innangard).

Grith is meant to provide a haven to worship or talk without concerns of being harmed by mutual agreement with rules and enforcers of those rules known by the parties involved. Grith tends to be used to mean peace when among people not in the in-group – that is, a meeting of a bunch of kindreds that don't necessarily get along, or a political meeting known as a "Thing".. It's more about hospitality and calling a truce. It's a limited peace, and if someone starts causing problems and violating hospitality rules, grith can be withdrawn and the troublemakers will get shown the door. If people chose to leave the designated area of the grith and settle their issue in private that's their business.

Grith in today's times.

We see this a lot with social media platforms and moderators. Also with the "Thula" of a Hof or ritual circle at a blot or Sumbel who will explain the rules prior to and deal with unacceptable toast that may be made by dumping the horn of mead, removing the person, and starting the round over. Frith is for those within your kin and kith; your innangard (inner yards). Grith is for your utangard (outer yards). Grith can lead to Frith...not always but at least it's there for us. Both are great tools for our folk.

Hail the Gods
Hail the folk
Hail the AFA.



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