

The Runestone: Voice of the Asatru Folk Assembly



# THE RUNESTONE



**Asatru Folk Assembly**  
Asatru is about roots... It's about connections... It's about coming Home.

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February 2026

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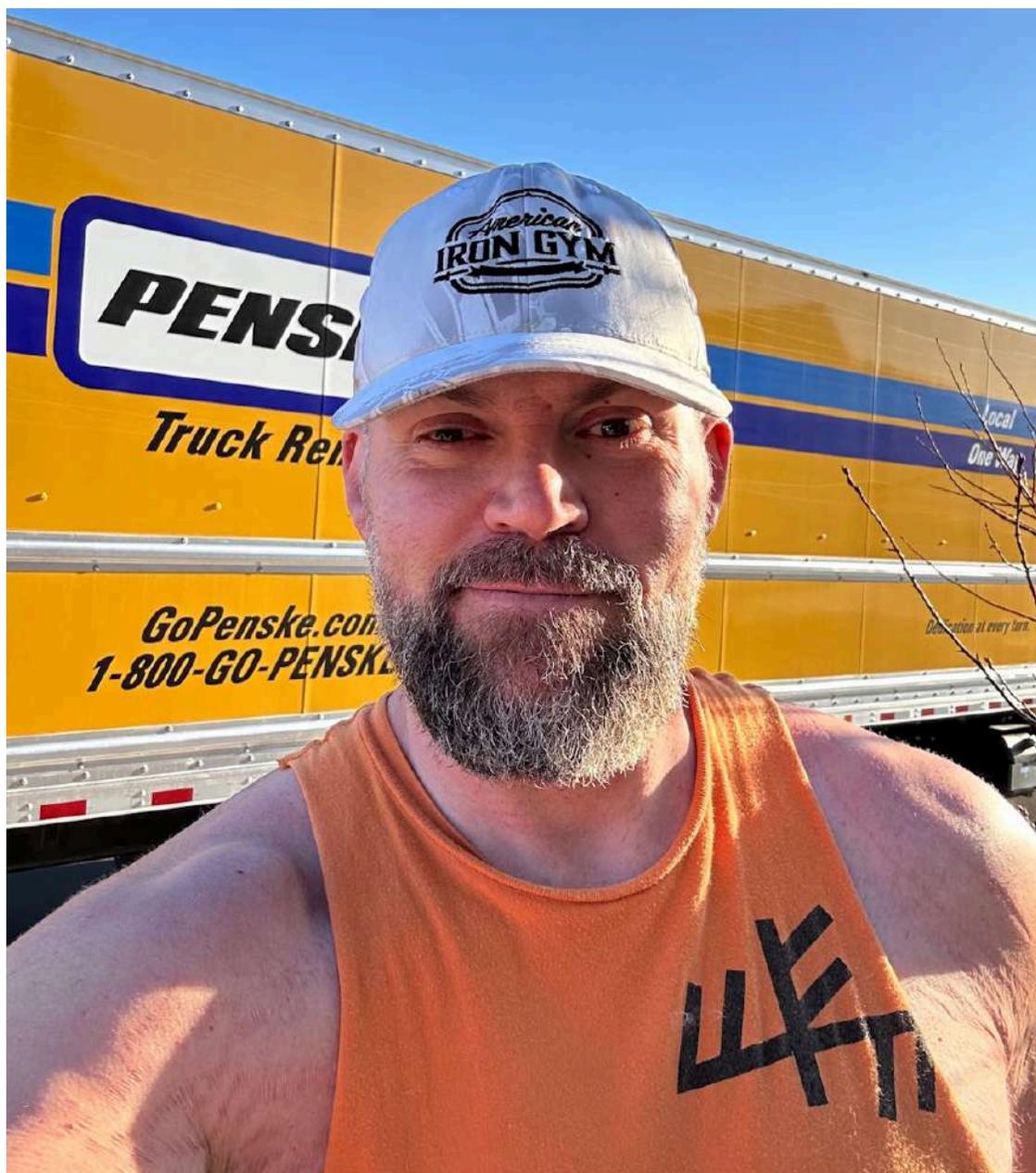
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## Words from the Allsherjargoði



are currently in transit from Reno, Nevada to our new home in Jackson County, Tennessee.

We have been greatly blessed while in Reno with regular access to Óðinshof and the amazing Folk there. We have also been blessed with amazing friends who even now are helping us move across the country. As we settle into our new home, we will hopefully kickstart growth and development of what will be the capital of the AFA and a thriving community in central Tennessee.

We are deeply thankful for all of the blessings that we have in our lives, from the Æsir, certainly but also from our amazing AFA family. I stand ready and eager for new beginnings and new victories in 2026 in the Volunteer State.

Heill the Æsir!

Heill the Folk!

Heill the AFA!



Matthew D. Flavel  
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## Words from the Spekingr

*The Soul Complex - Hamingja*



One of the cornerstones of our faith is the concept of Hamingja, or luck. Now, to be clear, it's not the same as the modern usage of the word "luck." It's a personification of a person's success. And more likely the collective luck of a tribe, family, or nation. In many of the sagas, its usage applies to a collective.

word down, *Ham-* stems from *hamr* which means shape, form, or skin. The second part of the word *-ingja* roughly means that which follows. So to define it, it should be viewed as the luck that clings to your form.

At the time of our birth, we are given a name. That name comes with Hamingja. The success and victories (or lack thereof) of your familial line is now affixed to you. I have often compared Hamingja to reputation, but that only tells part of the story.

We meet families that just seem to always have good things happen, or they just continually experience success, and we know families that seemingly can't catch a break. This is the result of Hamingja.

So if it's something we are born with, how can we affect it? That answer is simple. It is through our deeds. Even those with a negative Hamingja can experience success, obviously, through our own actions, we can increase the Hamingja of the collective, whether it's that of the bloodline, our tribe, crew, or church. That increase has an impact on all of us whom our bound by Troth and by blood.

In the sagas, Hamingja isn't just "good vibes." It manifests as success, victory, things just "going your way." Folk with good Hamingja have their presence felt. Others will want to follow you. This person is favored and it shows. That's where reputation comes in. Repeated success is a proof of power, social gravitas, and those people will put their trust in you. Your reputation is the public evidence of your Hamingja.

Reputation builds upon itself—you win, people talk. Your name gains weight. People treat you as you are, blessed. Outcomes are often in your favor. More wins, more reputation, more Hamingja. Think of Hamingja as an engine, and reputation is the smoke trail.

When it comes to parts of the soul complex, I like to discuss how we strengthen the component we are discussing. I think this one is obvious. Do good deeds. Your Hamingja increases, your reputation follows, and the collective luck also increases.

Another topic on Hamingja, is your deeds impact the collective luck you pass to your children. They bear your name. If we choose an honorable and noble life, that becomes soil for our children to take root in. Their lives become fruitful or not based on the quality of that soil. They can become a mighty oak, or they can become a shallow rooted weed. We live a life of bravery, strength, and beauty, and that pays dividends for those

As members of the Asatru Folk Assembly, we share in the mighty Hamingja of the collective victories going back to Founder Stephen McNallen. Each victorious step taken over the past 5 decades is now our own.

An example of Hamingja negatively impacted is the breaking of Troth with our Gods. Someone in all of our bloodlines broke Troth with the Æsir, leading to the decline we see in Hamingja now. Just a quick search for suicides by race, overdose statistics...the victims are overwhelmingly White..... the soul sickness, as Allsherjargoði McNallen called it.

So this begs the question, how do we fix this? Well, you're doing it now, actively engaging in the gift cycle with our Gods, the Æsir. By being the catalyst that revives the connective tissue to who we have been and we are fated to be. Ásatrúar. We have returned to the ancestral faith, reigniting that flame of Troth and Nobility. We are still on the ground floor of this revival. We are actively restoring our Hamingja. This is accomplished through both word and deed.

I'm a believer in the use of mantra. Mantra is more than a string of words, as words have power...if they are backed by action or deeds. An example of a mantra that puts Hamingja at the forefront of your mind —

I am more than flesh and bone  
I carry the weight of my name  
I will not stain it with weakness or excuses  
I build a life that follows my children like a shield.

Or...

My name is not talk  
It is the sum of my deeds  
What I do in silence follows me into the world  
My luck is earned. My strength is seen  
My Hamingja walks ahead of me.

In conclusion, Hamingja is our spiritual might, a spiritual currency that we can increase, decrease and spend. How we invest this currency is of paramount importance to us all. Don't waste it. Whether we are given good or bad Hamingja, we don't just accept it, we

We don't simply possess Hamingja, we are the stewards of it. Carrying that luck of our forebears, and improving upon it, so that our children and their children can benefit from it. Our deeds carry weight, weight that our children will carry. Will you put weight upon them which is burdensome or weight they will be proud to bear?

For more on this topic, read Grønbeck's *Culture of the Teutons*, Chapter 4 and 5.



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## Words from the Goðar

### *Ladies Frithweaving*



build and strengthen their families and friends.... the bonds they build with other women in the AFA strengthen the AFA as Folk and family.... building these bonds is Frithweaving.

One of the things our Allsherjargoði, Matt Flavel, has said on the women of the AFA is:

One of the things that women have always done well, and our ladies in the AFA really excel at, is networking with other women in the AFA to build those connections and build that web of families that know each other and share with each other. One of the nicest things I can hear from a member is they felt like they came home when they joined the AFA.

We as women of the AFA have a vital role in the growth of the AFA. The more we bond with each other, the more we strengthen each other to learn, to become closer to our Gods, to raise our children with our traditions and to keep moving forward with a focus on the future of our Folk.



depression, and no one could figure out why.

It wasn't the washing machines in and of themselves. It was the absence of time spent doing things together. It was the absence of community.

As women we are told to be independent.....to say we are fine when we aren't. We could be depressed, overwhelmed, lonely, or hurting and we will still say we are fine and function through life instead of living to our potential.

We tend to isolate ourselves and become very untrusting of new people. With the current culture we live in, it is understandable. Building an actual friendship is a lot of work and with everything else we have going on in our own lives; it may seem like an unnecessary effort to put forth. Unfortunately, sometimes we just don't feel the need to put forth that effort, however important it is not only to our community but for each of us.



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struggles. This is how we as women build.

I encourage you to step out of your comfort zone. Go to events, moots, gatherings near to you. Smile more. Be welcoming of others. If you look around any event, you will see others who are new and unsure of what to do or say. Don't be afraid to introduce yourself, strike up a conversation with small talk.

Join an online study group. We currently have ones for lore study, rune study, and a ladies book studies. Ask questions, interact. Notice the ones that come to each study and if you find them interesting, "friend" them outside the study and strike up a casual conversation. Keep things light and positive, as you get to know them.... remember that not everyone will mesh with everyone else and that is okay.... you will eventually bond with others that share your hobbies, experiences, and goals.

The AFA often needs volunteers for the various programs it has. Volunteer in whatever capacity you have to offer. If you have a talent, offer it. At the larger events, especially at the Hofes, there is always some help needed in the kitchen. Offer to help cook or help with dishes. I personally have formed some of the best friendships I have in the AFA over sinks at Baldrshof.

Although ideally, we want everyone to come to things in the real world, with us being so spread out at the moment, online is a useful tool in getting to know others. The easiest way is being active in the online ladies' group, striking up conversations, and sending friends requests. Notice the things going on around you online. One of the easiest ways of showing frith and bonding with other women, is just noticing them. If they express, they are having a bad day, follow up with them later and see how they are. It may seem like a small thing, but it makes a difference to know you are seen and remembered. A lady may speak on concerns about their child not progressing the way they think they should or a procedure they have coming up. Remember these things and follow up with them. This becomes especially important when someone losses a loved one. Knowing that someone cares not just when it happens but down the road a ways matters a lot! Strive to become a woman who thinks beyond herself to her folk.

Hail the Gods!

Hail the Folk!

Hail our Women!

Hail the AFA!



Gyðja Sara Ault  
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*Runic Insights*



Build from your roots.

Take the time to know who you are actually. We've been fed a lot of trash about

must be shed and burned away. You won't get far adding to what wasn't supposed to be there in the first. Replace it with what works in harmony with your mind, body, and soul. Draw inspiration from the stories of the Heroes. Pick up a dumbbell. Fill your cup with water. Get some sun while you touch grass.

Become the sum of your ancestors.



Preserve your ego by staying in a constant state of improvement. Always be sharpening your body, mind, and spirit. A sharp blade of a person radiates that sharp energy outward. Allowing dullness to creep in not only takes that energy away, but turns it against you.



It's a grave mistake to believe that victory is final, and that you can just sit back and relax because you did one thing. Victory is always a choice, an act, a mindset.

You can choose to get sloppy, neglect your health, and allow your nobility to rot while boasting of your retreating glory days.

You can ride for a little bit on the figurative royalties of a job well done, expecting a steady supply of adoration and atta-boys.

Understand that victory is never complete. You have to be better every day, moving forward with increasing gusto. You have to outshine yourself, and break your own records. Build the best version of yourself, and then improve it. Be grateful for the opportunity, the chance to be better. This will keep your name brightly lit, and your soul on the rise.

Hail the Folk!



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## Ásatrú Trúlögmál



You can find it on our website at <https://www.runestone.org/trulogmal>.

We have known for a long time that a clear expression of the fundamental beliefs of the AFA was needed and recently, we took the first steps in presenting that in a clear and straight forward way. Please know this is the first step and is by no means all-encompassing. The intention here is to express the very fundamentals of our religion in one place, in a way that is easy for our AFA family to reference as well as a document to explain our religion to those who ask: "What is it that you guys believe?"

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!



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## The Quest for Týrshof

Yet remains that one of the Æsir who is called Týr: he is most daring, and best in stoutness of heart, and he has much authority over victory in battle; it is good for men of valor to invoke him. It is a proverb, that he is Týr-valiant, who surpasses other men and does not waver. He is wise, so that it is also said, that he that is wisest is Týr-prudent. This is one token of his daring: when the Æsir enticed Fenris-Wolf to take upon him the fetter Gleipnir, the wolf did not believe them, that they would loose him, until they laid Týr's hand into his mouth as a pledge. But when the Æsir would not loose him, then he bit off the hand at the place now called 'the wolf's joint;' and Týr is one-handed, and is not called a reconciler of men.

— Gylfaginning 25



Donate to make it happen at <https://store.runestone.org/product/sigrheim/>

Týrshof will be a very different task than our previous hofs. Týrshof will be built from the ground up as a hof to Lord Týr. Týrshof will be built at the AFA capital, Sigrheim, in Jackson County, Tennessee. The Æsir have blessed us with tremendous inspiration on this project and I look forward to sharing that with you as this project takes shape. Due to your tremendous generosity, I believe we will be starting on Týrshof much sooner than some might imagine.

This is the list of things that need to happen before we can break ground on Týrshof:

1. We need to pay off Freyshof; we are currently 35.5% paid owing \$80,550. (\$110/member would pay it off today!)
2. We need to find an architect/engineer that works with metal buildings. Ideally, this person will be eager to do this sort of project.
3. We need to assemble a team of members with relevant skills and experience to help with the process. As of now we need site prep people, foundation people, architects/engineers, steel construction people, metal artists.

As developments are made, we will keep you updated and amend the steps necessary and the progress on those steps. This is a historic project and we are ready and resolved to accomplish this amazing task for Týr and the Æsir.

Heill Týr!



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## Sigrheim: Home of Victory

### *Sigrheim Mower Fund*



Last summer, our lawnmower was stolen from Sigrheim. As the capital of our church, this land is more than just acreage—it is a place we consecrated to Týr and the Æsir, a place we gather for holy days, moots, workdays, and the steady building of our future of Victory. We owe it to the Gods—and to one another—to keep Sigrheim beautiful, cared for, and ready to welcome our Folk.



But to do that, we need a new mower.

The cost isn't small, but hiring someone else to maintain the land is exorbitantly more expensive over any period of time—even over a single year, let alone over the lifespan of a proper mower. Last year, we did everything we could to secure that mower: tarps, wheel-locks, and placement out of sight. It still wasn't enough. And as much as we'd love to, we simply can't be on-site 24/7 to guard it.

This time, we have a solution. Along with a new mower, we plan to purchase a small trailer so we can transport the equipment back and forth—keeping it safe, protected, and out of the hands of whoever thinks Sigrheim is their personal shopping center. With this setup, we can continue to be good stewards for the property the way it deserves to be maintained.

But we need your help.

We've been diligent, comparing prices, hunting for deals, and ensuring we spend wisely. We will continue to do so as we raise these funds before any purchase is made. But we can only make this happen together. Every dollar moves us closer to being able to continue proper upkeep Sigrheim and ensuring it remains a place of pride, gathering, and holiness for years to come.

If you can contribute, please do.

If you can share the fundraiser, please share.

Let's restore what was taken, protect what we steward, and keep Sigrheim worthy of the Folk and the Æsir.

Donate at <https://store.runestone.org/product/mower/>



Folkbuilder Nicholas Rice  
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## Victory Never Sleeps



Victory Never Sleeps, a weekly podcast, airing Wednesdays at 8pm Central, produced by the Asatru Folk Assembly, hosted by Allsherjargoði Matthew Flavel, and featuring weekly special guests speaking on spiritual topics pertaining to our Folk. The show doesn't stop until the questions quit rolling in. Come listen and learn about a variety of topics and truths relevant to our modern Ásatrú Folk.

Æsir. Virtues. Runes. Beliefs.  
 Doctrine. Cosmology. Literature.  
 Holidays. Heroes. Lore.

Help support the stream and keep the cameras rolling!

Apple Podcasts, iHeartRadio, and Amazon Podcasts after the new episodes air.

Check out the full playlist of 180+ episodes comprising many 100's of hours of previous recordings on our [YouTube](#).



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## AFA Ásatrú Academy



Check out the Ásatrú Academy at [AsatruAcademy.org](http://AsatruAcademy.org)

# Ásatrú Academy

Now Enrolling!

8th - 12th Grades!



**Með vitani, vinna Sigr!**

“Through knowledge, Victory!”

Visit [AsatruAcademy.org](http://AsatruAcademy.org)





## Remembrance & Holy Days



### [Holy Days | Asatru Folk Assembly](#)

- > January 9 - Raud the Strong <
- > January 17 - Þorrablót <
- > January 18 - King Blót-Sveinn of Sweden <
- > February 1 - King Eanfrith of Bernicia <
- > February 9 - Eyvind Kinnrifa <
- > February 21 - Disaþing <
- > March 9 - Olvir of Egg <
- > March 20 - Austra (observed on March 21) <
- > March 26 - Winguric <
- > April 9 - Jarl Hákon Sigurðarson <
- > April 10 - John "Stubba" Yeowell <
- > April 30 - Nornanótt (observed on April 18) <
- > May 1 - Sumarmál (observed on May 16) <
- > May 9 - Járnkeggja <
- > May 22 - John "Hoskuld" Gibbs-Bailey <
- > June 9 - King Athanaric of the Visigoths <
- > June 13 - Erik Klasson <
- > June 21 - Miðsumar (observed on June 20) <

- > July 18 - Sigrblót <
- > August 1 - King Osric of Deira <
- > August 9 - King Radbod of Frisia <
- > August 15 - Freyfaxi <
- > September 9 - Prince Hermann of the Cherusci <
- > September 12 - Else Christensen <
- > September 22 - Haustblót (observed on September 19) <
- > October 4 - Goði Þorsteinn Guðjónsson <
- > October 5 - Meister Guido von List <
- > October 15 - Birthday of Founder Stephen McNallen <
- > October 17 - Vetrnætr <
- > October 23 - King Aoric <
- > October 27 - Ragnvald Odinskarl <
- > November 9 - Queen Sigríðr of Sweden <
- > November 11 - Einherjablót (observed on November 21) <
- > November 18 - King Sexræd <
- > December 9 - Egill Skallagrímsson <
- > November 18 - King Sæward <
- > December 20-31 - Jól (observed on December 19) <

## Days of Remembrance

*King Eanfrith of Bernicia | February 1st*



Y 590 - 634 𐌹

King Eanfrith of Bernicia (590-634 CE) was a Saxon king in what is now lowland Scotland, during the initial wave of conversions to Christianity in England.

His father was Æthelfrith, an Ásatrú king of both Bernicia and Deira, the two halves of the Kingdom of Northumbria. He was killed in 616, when Eanfrith was in his mid-twenties. When he was killed, Eanfrith's uncle Edwin then took the throne of all Northumbria, and Eanfrith was sent north, to live in exile amongst the Scots.

home. Unfortunately, in a moment of weakness that can almost be excused, he chose to briefly forsake his troth with the Æsir and be bathed in the name of the foreign Christ. He also married a Pictish Christian princess and had a son with her, further stepping away from the light of the Æsir.

However, when his uncle Edwin was killed in battle by another Saxon king, the Ásatrúar Penda of Mercia, Eanfrith seized the opportunity to reclaim both of his birthrights: the throne of Bernicia and his relationship with the Æsir. The Venerable Bede specifically states that King Eanfrith immediately “renounced and lost” his faith in the foreign Christ.

After returning to his throne and picking up the torch of Ásatrú, King Eanfrith sought peace negotiations with Cadwallon, the Christian Celtic king who had assisted in defeating Edwin. Cadwallon agreed to meet King Eanfrith for peace negotiations, so King Eanfrith took a small retinue of only a dozen soldiers. When they arrived to meet Cadwallon, he had them trapped and killed almost immediately, even though King Eanfrith arrived with the honorable intent of keeping the Frith and working towards peace.

Even when approached nobly and with the best intentions, the Christian snakes ambushed and killed at least 13 Ásatrú men simply for keeping their loyalty to the Æsir intact. This unfortunately ended Ásatrú in northern England until the start of the Viking Age, but for a brief moment, King Eanfrith of Bernicia restored the Saxons’ native faith of Ásatrú. He cared not for the material or social consequences, as he had while in exile. He cared only to do what was right by his Folk and by his Gods.

Let us all follow his example by marching onward boldly, nobly, and honorably towards Victory with the Æsir in our hearts!

Hail King Eanfrith!

Hail the Asatru Folk Assembly!

*Eyvind Kinnrifa | February 9th*



999 𐌰

Eyvind Kinnrifa was a Norwegian landowner of noble stock, followed and admired by many good men in and around his holdings. He held a reputation for being openly, and relentlessly, Ásatrú, even during a time when it was becoming increasingly dangerous to do so.

As is the case with many of our Days of Remembrance, this one involves the villainous King Olaf Tryggvason, who Christianized his own people with both bribery and deadly force. Raud the Strong, who we honor on January 9th, was one of his many victims.

Eyvind's story takes place during the year 999 CE, as Olaf the snake was making his rounds of Norway in an attempt to subvert every faithful follower of the Æsir. One man, Harek of Thjotta, had managed to outrun Olaf and his men, escaping to an area near Eyvind Kinnrifa's lands. He sent word to Eyvind, asking for his help in fighting off a coming invasion from Olaf. Eyvind bravely answered the call, knowing that he was honor-bound to defend the Æsir and all of his Ásatrú subjects with his life.

However, when he arrived at Harek's location, he was attacked by some of Olaf's men who had followed Harek without him realizing it. They took Eyvind to Olaf, where Olaf attempted to bribe him many times to renounce his loyalty to the Æsir and embrace the foreign deity of the desert. Eyvind declined all of the gold, silver, and land in the world, because his faith in the Gods of his ancestors meant more to him than mere possessions. When Olaf instead threatened Eyvind, his answer did not change, his will was unbroken

Eyvind lived, fought, and died a stalwart Ásatrúar, even when it was deadly to do so. He did not renounce his Gods to fit in, or to make money, or to gain materialistic “glory,” and not even to save his life here in Miðgarðr.

Even in these times, when we are living with unparalleled freedom of choice, it can be difficult to choose faith over all else. It is sometimes easier to hide behind the idea of a pseudonym or to keep your faith hidden from those in our lives that should matter. Remember, when you think of Eyvind, what truly matters.

Let us all look inward, into our hearts, and ask ourselves if we would have the strength to follow Eyvind’s example. That strength lives in anyone who proudly walks with the Asatru Folk Assembly, and that strength will be with you for as long as you have the courage to carry it forward.

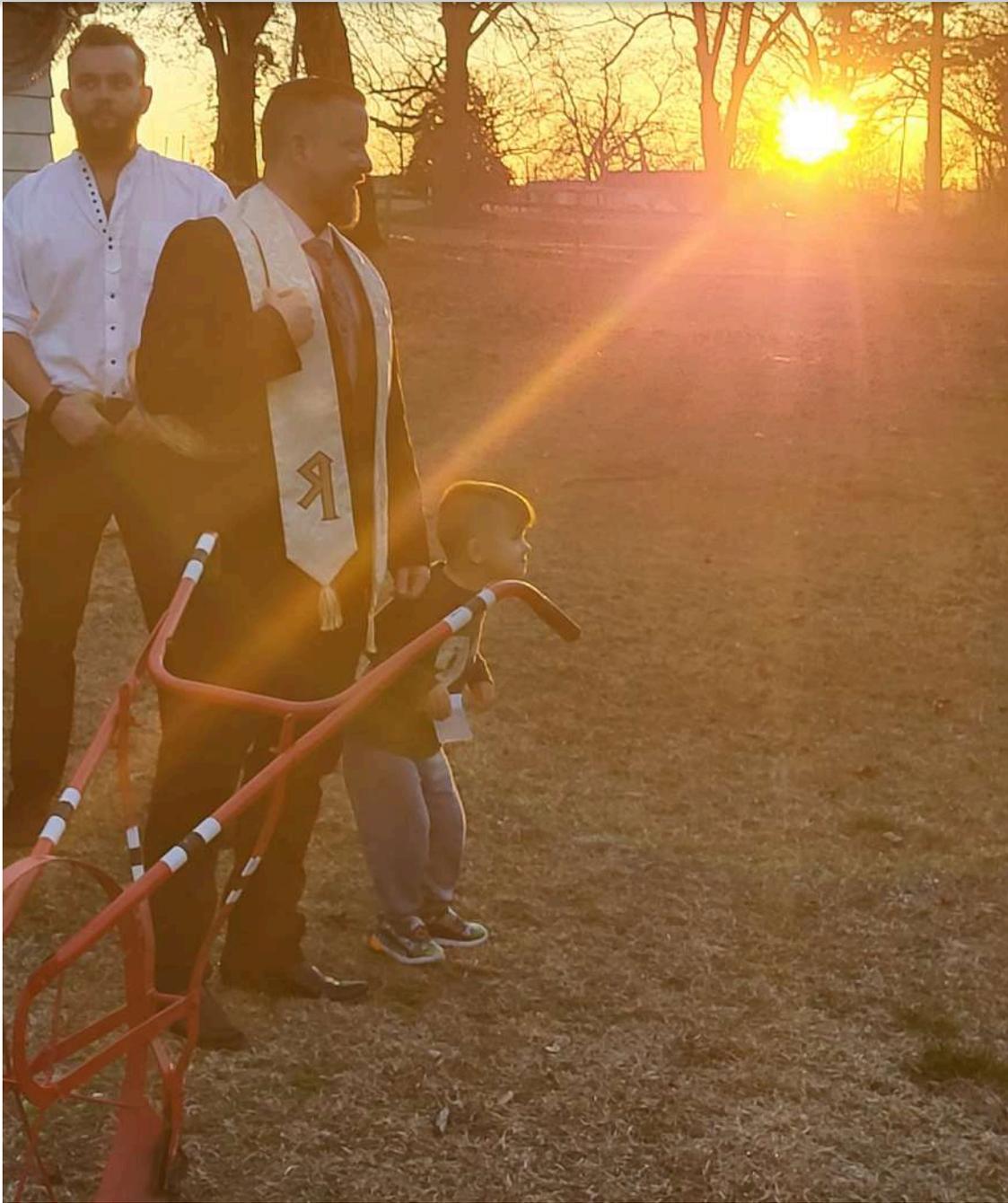
Stand strong with and take pride in your Folk and your Gods.

Hail Eyvind Kinnrifa!

Hail the Asatru Folk Assembly!

## Holiday

*Dísaping | February 21st*



Dísaping is a ritual that takes place at the early beginning of the planting season. As the old name Charming of the Plow implies, the plow, or other tools used, are blessed and offerings are made to the Gods for a productive growing season. Traditionally, after blessing the plow, a ceremonial furrow was dug and then filled with cakes and other offerings. For our ancestors, this was a crucial time of year. Poor preparation often led to a poor harvest and a poor harvest led to starvation.

Ásatrú is the modern celebration of our ancestral heritage. Dísaping symbolizes our willful penetration of the unyielding soil. It is with our own industriousness, our own will, that we create, that we change, that we provide. In the Asatru Folk Assembly, we

Inflict your will on your world. As Ásatrúar, this is a time to “charm” the implements of your own productivity. Entreating the divine to bless your tools and your plans for the year is essential to starting things off right. Inviting the divine into our plans and intentions is a great way of making us aware of the sacrality that should be a part of all you do. The AFA encourages all Ásatrúar to be Industrious in all that we do. Dream grand dreams. Make solid plans. DO big things. And after hard work, reap a bountiful harvest.

And what can you do to celebrate Dísaping?

Though most of us do not rely on growing our own food to survive, now is a good time to consider starting a small garden, or even just growing some herbs on the patio. Make a plan. Choose a small patch of yard and map out your garden beds. Bless the shovels and spades. Dig up the soil and begin fertilizing it with eggshells and coffee grinds. Prepare. If you cannot plant a small garden begin planning some project. Sew a quilt, build a chair. Take an idea and make a plan, and then put that plan into action.

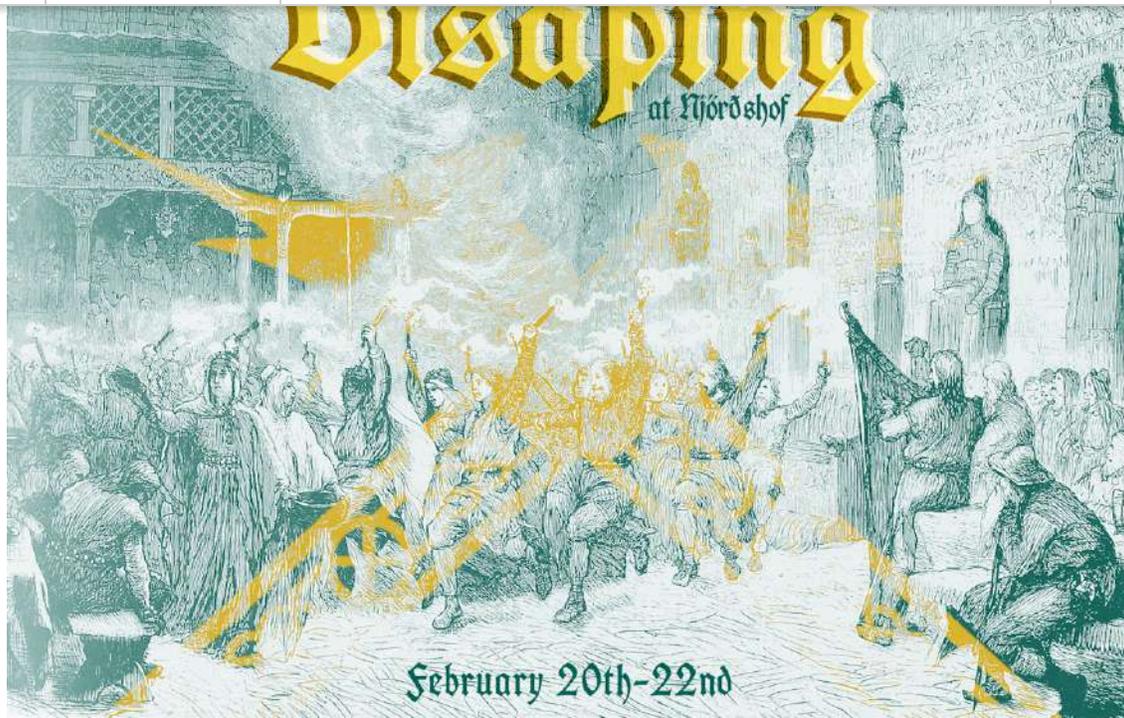
Inflict your will on your world.

Hail Freyr!

Hail the Asatru Folk Assembly!

## Upcoming National Event

*Dísaping | February 20th-22nd*



RSVP at <https://store.runestone.org/product/disathing/>

You are cordially invited to Dísaping at Njörðshof, the Fourth Hof of the Asatru Folk Assembly from Friday, February 20th to Sunday, February 22nd in White Springs, Florida. This is the Hof's national event, so we will have great food, multiple rituals, auction, and more!

Please RSVP to get more information and to ensure we have enough food to feed all of our guests. Please register one ticket for each member of your family who will be attending. This event is completely free to attend.

RSVP at <https://store.runestone.org/product/disathing/>



Spekingr Trent East  
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*Austra | March 20th-22nd*



RSVP at <https://store.runestone.org/product/austra/>

Austra at Þórshof, an Asatru Folk Assembly national event, is scheduled for March 20-

There will be fun and games for the children, classes for the adults, and good meals for all, and memories to be made. We have an assortment of different activities for people of all ages in attendance. Classes to be held will cover a wide range of topics.

Please RSVP to get more information and to ensure we have enough food to feed all of our guests. Please register one ticket for each member of your family who will be attending. This event is completely free to attend.

As always, we will be having an auction of unique and one-of-a-kind Asatru-related items. All auction proceeds go to help fund these amazing events. We ask anyone who would like to donate to this great cause to please donate an item to the auction or bring your cash to bid! Anyone wanting to set up a vendor table at this event please feel free, all we ask is a donation of a commensurate item to the auction.

RSVP at <https://store.runestone.org/product/austra/>



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## 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.

## Want to Get Involved?



Our members can play a big role in building AFA activity in their region

**COME ON!  
HELP US REACH OUR  
FOLK!**

Folkbuilders will assist planning your moot.  
venue & event ideas - flyers - promotion

---

Public notices list a Folkbuilder as the contact person, not you.  
The goal is 3-persons or more. That's easy.  
Contact your local Folkbuilder for more information

## 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!

Ladies of the AFA have knitted, crocheted, and sewn beautiful baby blankets for over 120 of our littlest folk, with more on the way. They've been delivered everywhere from Alaska to Florida to California to Sweden!

If you are a member of the AFA who is expecting a baby, please let your Folkbuilder know so that 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, and we will get you in touch with the right people. It's so rewarding to see your handicraft being loved by our precious wee-Folk!



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

## 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!

information to help members get help beyond what the AFA can directly provide. For more information, please email [folkservices@runestone.org](mailto:folkservices@runestone.org).

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

Thanks in advance!

## Calling All Folk Photographers

**Took some awesome pics at a moot or event? Were you at the Hof recently?**



**We'd love to see 'em. Send to [Photos@Runestone.org](mailto:Photos@Runestone.org)**

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



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

## Eir's Blessings

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



depression or PTSD? Is your baby having a hard time with teething? If you've answered yes at all, reach out to us. Once a month women of the AFA will get together to perform healing rituals all across the globe. If you would like to be included, please send a message to let us know!

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

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

## Last Will and Testament

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



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

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

Please make your will **today**.

store them. We want to ensure that when members of our AFA family die, their wishes are honoured. Please send these to:

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317



Witan Allen Turnage  
[aturnage@runestone.org](mailto:aturnage@runestone.org)

**AFA Prison Ministry**



The importance of this AFA Prison Ministry is so much more than just for those who are actually incarcerated, it benefits not only them as followers of Asatru but their families and loved ones on the outside as they will see the noticeable change in their demeanor and demand that our faith commands for them to lead a noble life. We all are future ancestors and will help them be examples of our faith and not be a burden or a product of recidivism.

We are compiling letters from prisoners that are Educational, Empowering, and Encouraging along with special spiritual writings from our Gothar to create a quarterly newsletter to be distributed to inmates, institutions, and jails. Our mission is not about providing free books or literature to bored prisoners who simply want free stuff. We intend on making real-world change for the better of our folk.

Fellowship to be a club for cons, or ex-cons; the advantage is that when in prison the inmates have time to discuss and digest what they read, a point that often is lost to people on the outside in the hubbub of daily concerns" - Else Christensen

By the example of our Folkmother, Else Christensen, we will also be going into prisons as we are able to. Some of our Gothar and other leadership, will be going into the prisons to hold study groups, lead blot, and encourage continued growth in the folk inside.

If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact us at [prisonministry@runestone.org](mailto:prisonministry@runestone.org).



Or if you'd like to donate to this ministry, there's a donation earmark set up on our site at <https://store.runestone.org/product/prison-ministry-fund/>. The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.

## Ancestral Food and Culture

*Sausage Tortellini Soup*



### Ingredients

- 2 pound Italian sausage (I use mild ground and Hot Links)
- 2 yellow onions, chopped
- 2 red bell peppers, chopped
- 8 oz sliced baby bellas
- 6 garlic cloves, minced
- 8 cups chicken broth or stock
- 56 oz diced tomatoes
- 2 bay leaf
- 2 teaspoons of salt
- 1 teaspoon Italian seasoning
- 0.5 teaspoon black pepper
- Dash of crushed red pepper flakes
- 20 ounces cheese tortellini
- 0.5 cup freshly grated Parmesan cheese, plus more for serving
- 0.5 cup chopped fresh basil



I start with all the veggie prep. Chop 2 yellow onions, 2 bell peppers, mince 6 cloves of fresh garlic put to the side. Brown 1lb of ground mild Italian sausage and strain. Brown 1lb of Italian hot Links, chop and set to the side. Once sausage has all been browned, let cool.

Pre-heat large soup pot and fry your peppers and onions in a bit of olive oil till soft. Then add garlic. Once garlic has softened, its time to add your chicken broth or stock and diced tomatoes. Add your sausage, and mushrooms, bring soup stock to a boil and add the tortellini. Boil for 10 minutes then simmer until you're ready to serve.

This old family recipe is one of the first ones Granny showed me and I hope you all enjoy it as much as I do.



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

## AFA Reminder Texts

# GET AFA TEXTS STRAIGHT TO YOUR PHONE

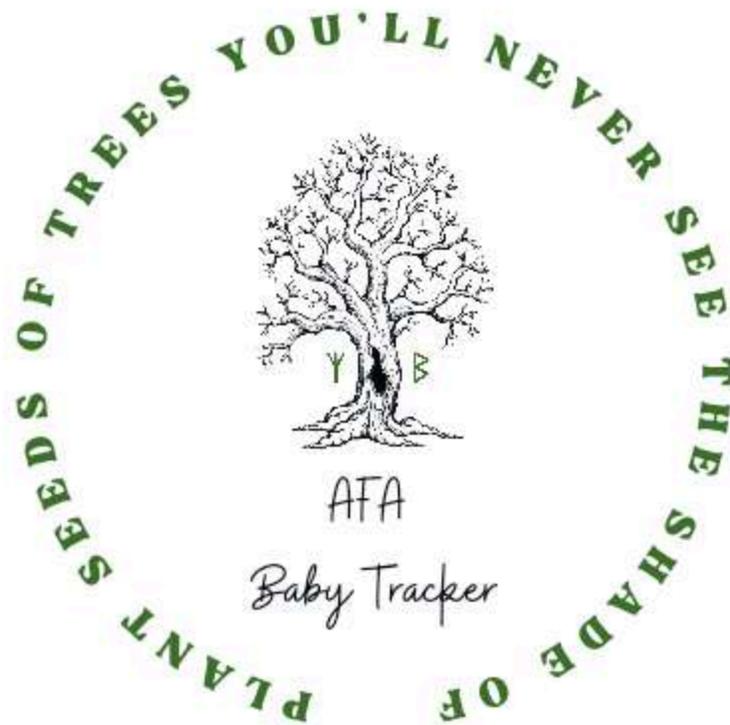


REMINDERS, DAILY SPIRITUAL,  
PRAYER REQUESTS

CONTACT SIERRA AT  
[schapman@runestone.org](mailto:schapman@runestone.org)

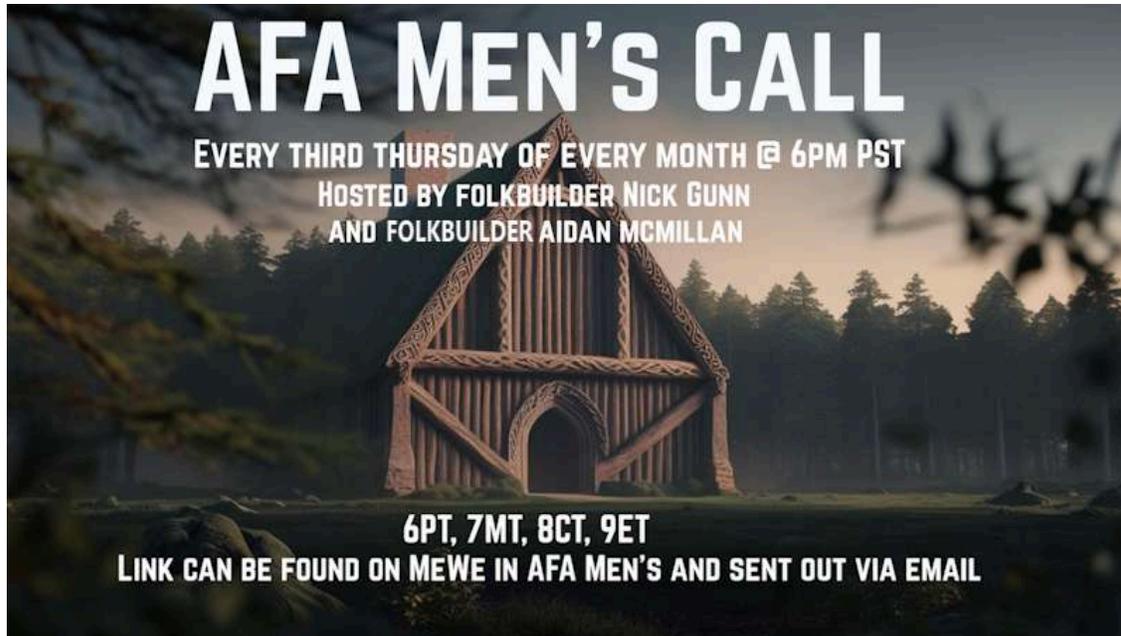


## Baby Tracker



To show the growth of our Folk we present to you an ongoing baby tracker. We have been keeping track of how many children have been and are born within the AFA from 2022 and onwards. The ongoing tracking is proof that we are building something sustainable for the future of our Folk, which is a place for these children to grow up within and a place where they can feel proud of who they are!

## Online Events and Meetings



**AFA MEN'S CALL**  
EVERY THIRD THURSDAY OF EVERY MONTH @ 6PM PST  
HOSTED BY FOLKBUILDER NICK GUNN  
AND FOLKBUILDER AIDAN MCMILLAN

6PT, 7MT, 8CT, 9ET  
LINK CAN BE FOUND ON MEWE IN AFA MEN'S AND SENT OUT VIA EMAIL



*Ladies  
Book Study*

THE WELL AND THE TREE: WORLD AND  
TIME IN EARLY GERMANIC CULTURE

Every first Monday of the month  
5pm PT/6pm MT/7pm CT/8pm ET  
PDF and meeting link available on  
MeWe or by request  
*landerson@runestone.org*



# McNallens Pub

a virtual meetup  
at our home and yours

**Friday, February 27th**

5:00 PT, 6:00 MT, 7:00 CT, 8:00 ET

Topic: *"Joys of Asatru"*

# *AFA Eldri*

## *Virtual Meetings*

*A place for  
members age  
50 and above to  
gather and chat.*

**Tuesdays**

**February**

**10<sup>th</sup> & 24<sup>th</sup>**

**NEW TIMES**

**6:00 PT, 7:00 MT**

**8:00 CT, 9:00 ET**

**HOSTED BY**

Gyðja Sheila McNallen

Sheila@runestone.org



*Let me put the kettle on.*

# European Book Study

## Hávamál

First Sunday of the month

18:00-19:00 CET

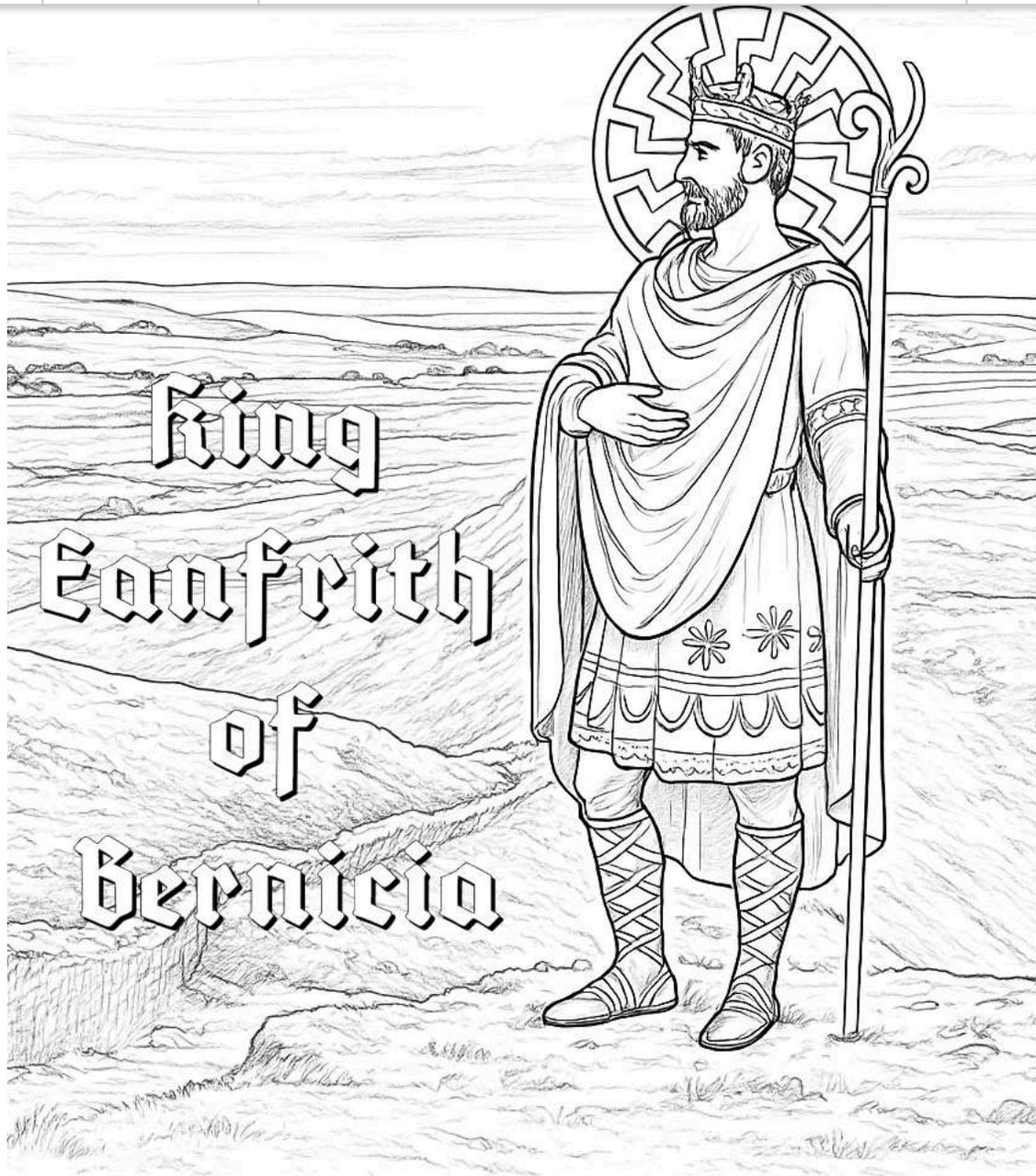
via  
Teams

Contact [elugnet@runestone.org](mailto:elugnet@runestone.org)



Please join us as we keep reaching for knowledge! We will be kicking off the second Aett with Hagalaz and Nauthiz. Bring your coffee, your notes, and your thoughts! For details, contact Gyðja Plourde at [aplourde@runestone.org](mailto:aplourde@runestone.org)

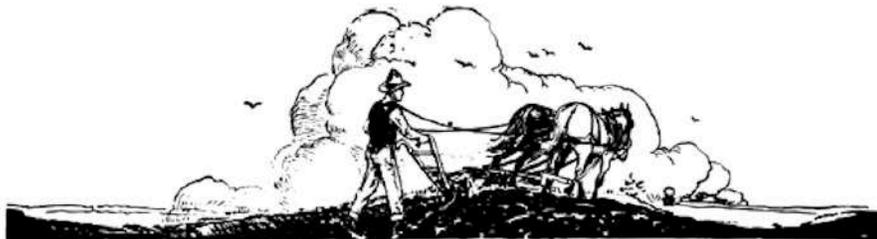
**Just for Fun**



Blessed Disaping to you all!

M U G P J A J R J N W S X V N T Q I K S X L V A J E Y N Q U W  
 C C L H Z O A O V Q A S U R A T H R H O R U I N C W L X Z V N  
 J G M Y X Q R V M E A H Z N E D X X F L G N I D E E S R N J O  
 P H V B P I J D B L T S E Z L N V H B F J Y A V O W T N A H G  
 G N I M R A H C R G M G W I T I F G S V E M B E Y V A N G B B  
 J J D E Q B F C C G U Q Y I M S G T K Z V R T V N Z E Z Z S L  
 Y W A O H Z H X I L Z Y O Z I W O H O A R A T Y F A H X H O S  
 K Z U D T Y O O L N T Y E Y E Z P X T U G D G I A E W D C G N  
 J P G U I M Z I N N D E E P X C F B L E U T T Y L B L Y S W O  
 D W P Z O C N M E N E U H B N I N V R E U T H I U I D G E P J  
 Y U H P S B G L A O R D C U E Y V X B D C A D U V E T H V I F  
 X S O K U I P Q F I C G E L L Z D I S P R I N G A T U Y H E E  
 Q S C R N K S V P T A M D Z L B E P Z B O N F E S K K B F Z G  
 Q R S V V R C X Z A S Z V U A O N Y F Z E A R C H I S E R F X  
 S T G C I E G K T R K V S O F O M E G O B M E A I C M S U Y X  
 I Y W R S O N C G E H Z Y X N N A P Z U C E Y X N K J O K F U  
 T B P T D D I O Y P A T R R I Y R B N V G D R R T B N V N A S  
 O G W L R A Q Z Q E J L N K A E K D S K D D E O P S Y Q D O Z  
 A L A C A U H Y A R Y T P T R Z A B L C B Q V C C T W S D O U  
 Q B U L S N P Y Z P E W P Y U N U C V S U N W V A W N A Y O M  
 S G E W W M N A N E R E R L C S O D L G U G K O S E O R G V M  
 R M X J B R D I C L F U O E A I V O L U D B N B O J P L N M W  
 R N E D L O G O N N W B S K K D O D K T D H Z I Z N U H P A E  
 O H Z V E Y M G R G X G P H T N I N T G H I A S D I X W R S  
 S P T P H J N D W F E H E V O K A W J F V R V Z I S B R Y B V  
 T A M R S S G O V N Z C R O T X V E P N E M O U E D E Z Q J Q  
 Q N I R A U S L P A E W I R Z A L R J G J F S W G Q W L F F A  
 N M O I Z E A L A N D F T Z Y I Y Z J K N Y X C T S G Y B L K  
 G X N G C S W K D K W D Y C A O C H Q J Z C T H S H Y H Q D X

Planning  
 Tools  
 Preperation  
 Charming  
 Plow  
 Fertility  
 Abundance  
 Sunlight  
 Blessing  
 Denmark  
 Zealand  
 Oxen  
 Gefjon  
 Field  
 Sacred  
 Seeding  
 Growth  
 Rainfall  
 Prosperity  
 Gullinbursti  
 Njordr  
 Peace  
 Freyja  
 Spring  
 Golden  
 Vanaheim  
 Barley  
 Plenty  
 Wheat  
 Boon  
 Earth  
 Sow

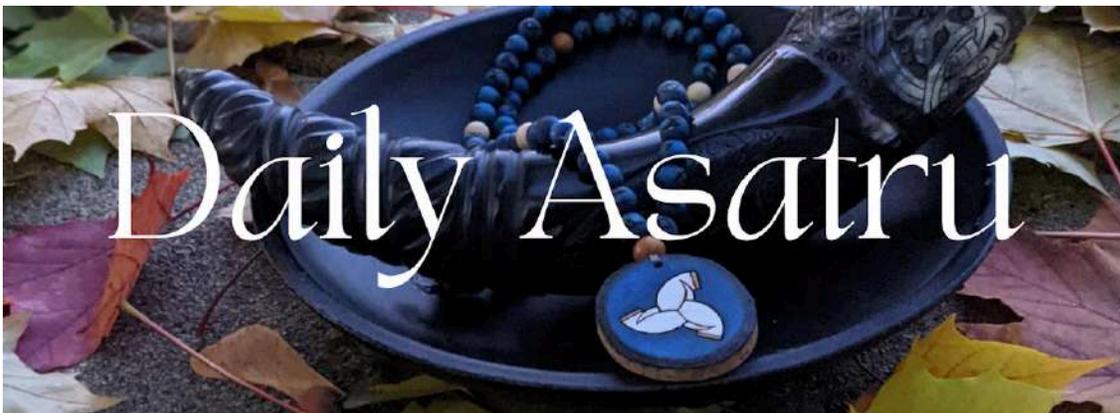


Feel free to send your colored creations or finished puzzle to [press@runestone.org](mailto:press@runestone.org) for a shout-out in the next issue!



Enjoy! Hail Freyr!

## Grow Your Daily Practice



Please join me in the daily practice of Ásatrú, the worship of the Æsir & Ásynjur, and on the journey to spiritual awareness and understanding each day of 2026.

All members of the Asatru Folk Assembly are welcome to be a part of this group on MeWe. It is a "side quest," or rather, a pet project of mine, to help our Folk find a daily practice of their own through examples, study, and active worship.

Please join us:

<https://mewe.com/join/dailyasatruwithbrandy>

we'll need until the newsletter.



# February Feasts

February 4th

*Feast of Þórr*

February 11th

*Feast of Sif*

February 18th

*Feast of Sága*

February 25th

*Feast of the Ancestors*

Ása-Þórr, wielder of Mjölmir's might,  
Champion of courage, defender of right.  
Grant us the strength to stand and fight,  
To face our own jötunn and conquer the night.

Your hammer strikes with purpose clear,  
A justice all foes must fear.  
With steadfast will, you lead the way,  
Through storm or struggle, we will not sway.

Protector of Midgard, noble and true,  
Hail the Striker, we honor you.



Hail to Sif, of golden hair so bright,  
Whose beauty rivals the sun's warm light.  
Goddess of grain and golden fields,  
Through you, the earth its bounty yields.

Wife of Þórr, steadfast and true,  
Mother of Ullr, noble in view.  
Your radiant locks, like ripened sheaves,  
Whisper of harvest and autumn leaves.

Sif, we honor your endless grace,  
Bringer of bounty to every place.



Hail Sága, wise and kind,  
Keeper of secrets, sharp of mind.  
At Sökkvabekkr, by streams so clear,  
You listen close and hold all dear.

With Óðinn, you share the tale,  
Where mead flows free and words prevail.  
Of the secrets, you never speak,  
Your heart is calm, your counsel deep.

Sága, teach me how to listen,  
And offer counsel, wisely given.

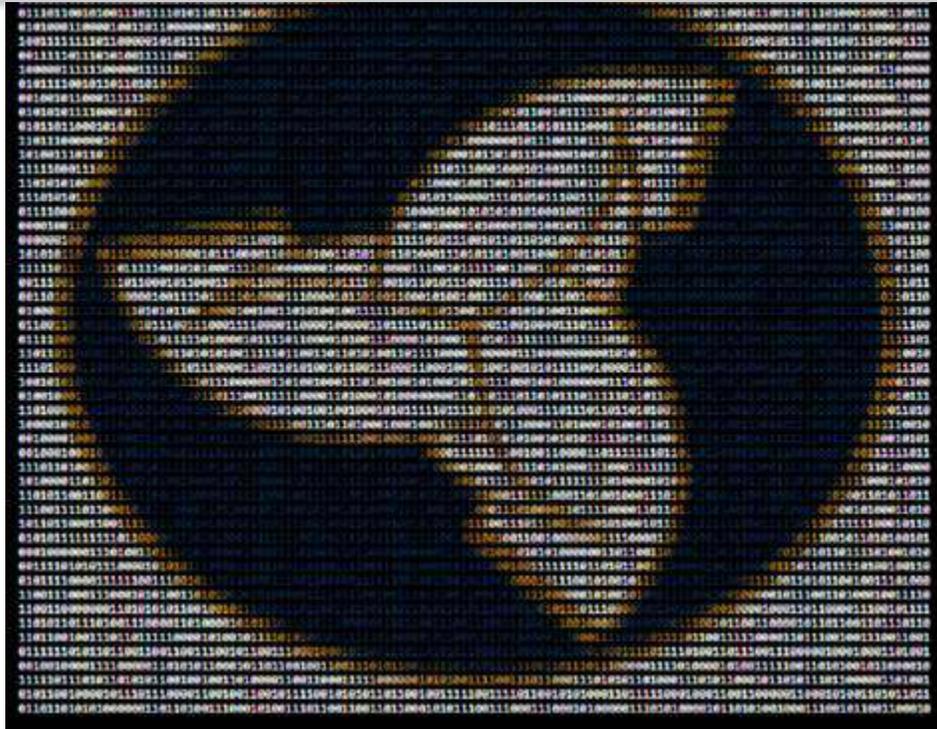


Spekingr Brandy Fassett

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

## AFA STEMCELS

*Science, Technology, Engineering, and Math  
Community Education and Learning Service*



Have you ever considered a career in Science, Technology, Engineering, or Mathematics (STEM)? STEM positions have great work-life balance, high compensation, job security, and can be done remotely.

The goal of STEMCELS is to help AFA members learn the skills needed for technical positions and help them find gainful employment using our professional network. We currently have mentors in General Software Engineering, Data Engineering, and Embedded Engineering, including some with Silicon Valley experience. We are holding information sessions to help you decide if any of these disciplines are right for you. The sessions include:

- Possible career paths
- Necessary skills and mindset
- What a typical workday looks like

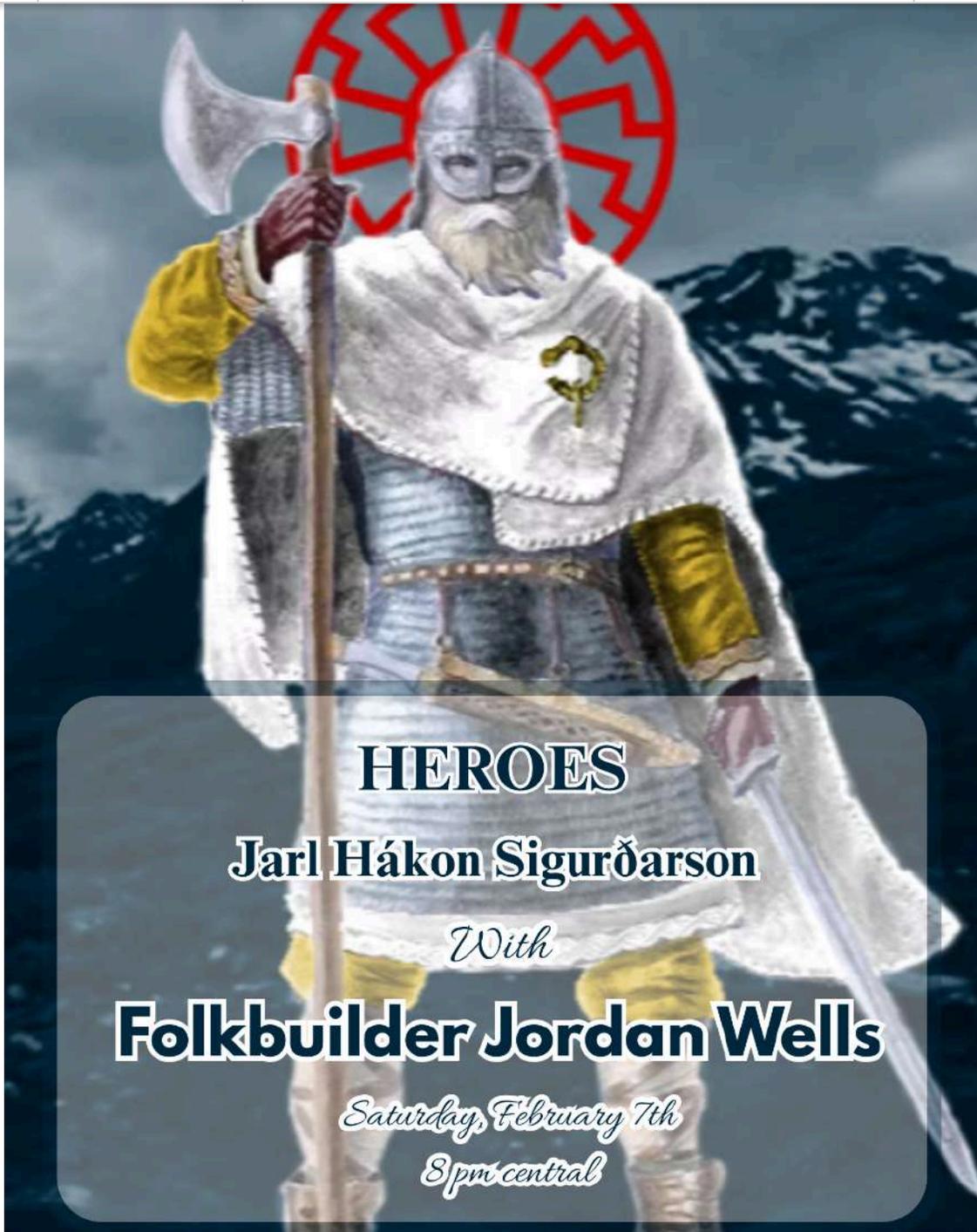
If this interests you or if you're interested in becoming a mentor, please send an email to [stemcels@runestone.org](mailto:stemcels@runestone.org).

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



## Ásatrú Basics

New to 2026, the AFA will be hosting online classes taught by our Goðar and leadership on a variety of basic Ásatrú concepts. Open to all members, reach out to Spekingr Fassett at [bfassett@runestone.org](mailto:bfassett@runestone.org) for more information and the link.



# HEROES

Jarl Hákon Sigurðarson

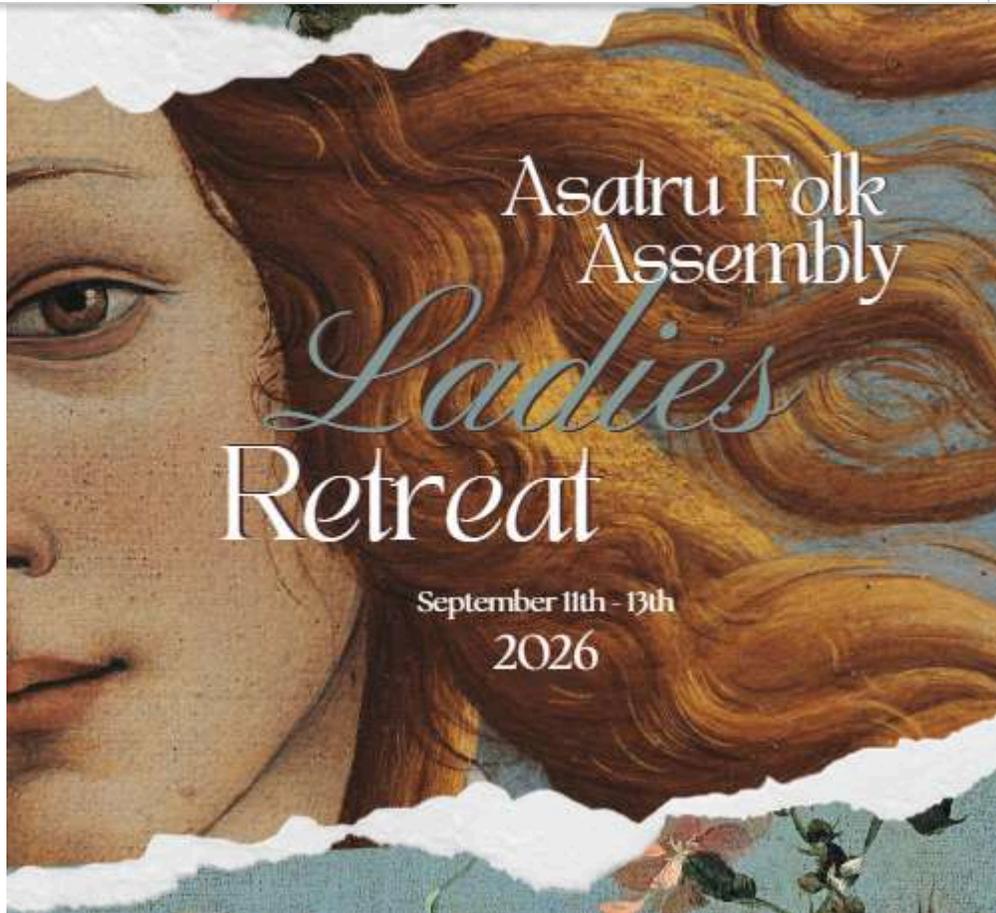
*With*

**Folkbuilder Jordan Wells**

*Saturday, February 7th*

*8pm central*

2026 Ladies' Retreat



Asatru Folk  
Assembly

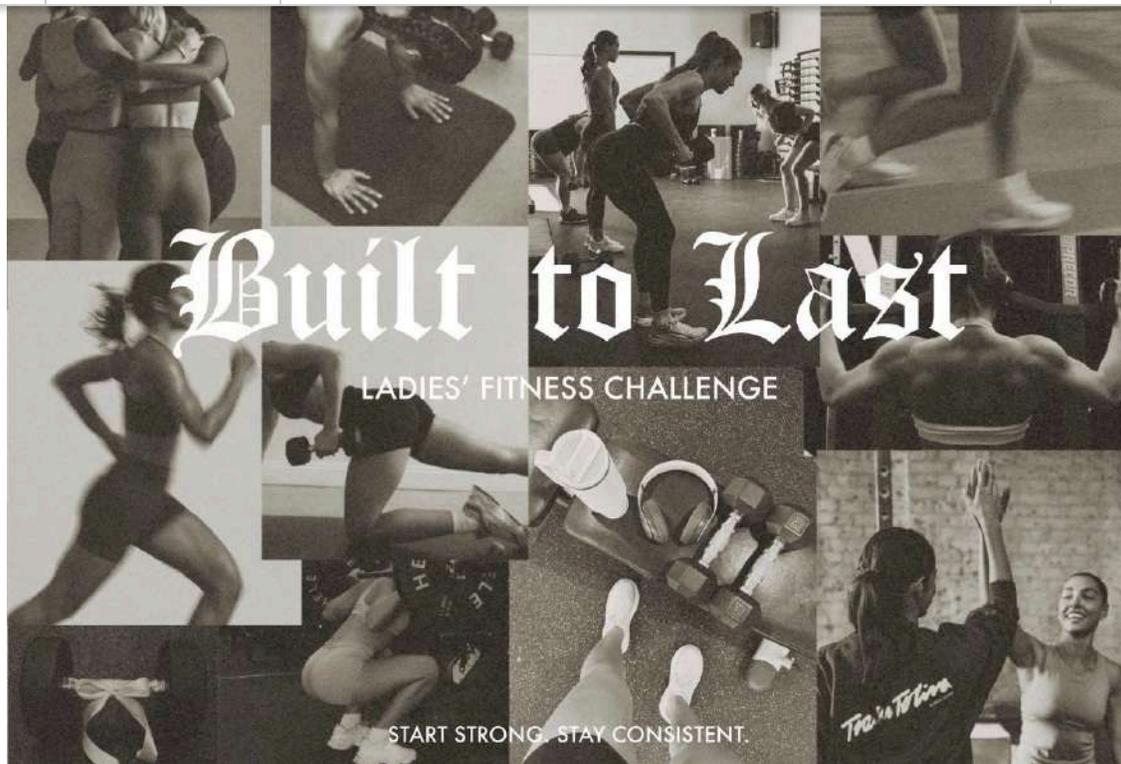
*Ladies*  
Retreat

September 11th - 13th  
2026



ASATRU FOLK ASSEMBLY  
LADIES RETREAT  
SEPTEMBER 11TH - 13TH 2026  
@ ÓÐINSHOF  
MEDITATIVE WORKSHOPS,  
FEMININE LADIES EMPOWERMENT  
FRITH WEAVING  
\*CHILD FREE EVENT.  
MATURE YOUNG LADIES 13+  
WHO WILL ACTIVELY PARTICIPATE  
ENCOURAGED TO JOIN

January Ladies' Fitness  
Challenge Winners



In January, some of the ladies of the AFA participated in a fitness challenge. I am thrilled to announce our remarkable winners and showcase their dedication and hard work.

### JANUARY WINNERS

- Most time spent working out - Mandy Flavel
- Most upper body volume lifted - Gyðja Heather Young
- Most lower body volume lifted - Gyðja Heather Young
- Most steps - Rachel Harlan



Thank you all so much for participating, and a huge congratulations to the winners! I understand that life can be busy, and it might feel like there's always something getting

Massive respect to Mandy Flavel for managing to win most time spent working out WHILE planning, packing, and doing all the other insane, time-consuming things that involve moving across the country. If this doesn't show you that you CAN fit in a workout into a crazy schedule, then I don't know what will. I hope that her hard work inspires you all to join us this month. That those of us who showed up push harder, and that those who missed out last month will put forth the effort for February's challenge.

Embrace the journey for yourself, your children, your husband, and your community. They all deserve the best and most victorious version of you.

— Madison East, member, Georgia



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**Óðinshof**  
First Hof of the Asatru Folk Assembly





[www.odinshof.org](http://www.odinshof.org)

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## Food Pantry at Óðinshof

*Food Pantries and the Ages of Men*



It could have been springtime! January's Óðinshof Food Pantry was near idyllic from the time we picked up the food on Thursday until we brought in the tables at 11:00 on Sunday.



The Saturday night bagging was done with speed and intensity I was not expecting. Bags were lined up record time. Talk about volunteers; we had old ones, new ones, regular crew ones – with the wee youngest smiling ear-to-ear as he worked alongside Opa Jim. Hail young Sorin!



Sunday was another bright day, and we were ready. By the time we finished placing bags in the cars, we had served 53 families representing 131 individuals. Next month, we'll be collecting recyclables that we can donate back to the non-profit that provides us our monthly food.

In spite of our age differences, we work towards the same noble goals. Together, we're building a better world.



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



We gathered at Óðinshof on January 17th to celebrate the mid-winter holy tide of Þorrablót. Outside, the frost may bite and the nights remain long, but at our Hof and in our homes, the fires are bright and our blood runs warm. We celebrated that we are alive despite the chill of winter, and that we will survive this season as our ancestors did. We came together to feast and to unite in worshipful devotion to our holy Æsir, to remember who we are and from whom we descend!



The day's activities began with an intimate candlelit Sumbli; beneath the mural of Lord Óðinn, we joined in fellowship and shared heartfelt words over the horn together. After

spirited competition.



In his words: “The course began with a clear safety brief covering muzzle discipline, trigger control, situational awareness, and respect for the tool in hand. From there we moved into basic firearm utilization and body mechanics, working through standing, kneeling, and prone shooting positions. Each position was demonstrated, practiced, and corrected so participants could feel the difference proper form makes in stability and accuracy. The event concluded with a Last Man Standing competition. Shooters rotated through the course until only one remained, reinforcing everything taught earlier under mild pressure. The winner earned the air rifle used during the course, closing the event on a competitive but good-natured note. Overall, the goal was simple. Build safe habits, reinforce fundamentals, and give people hands on confidence that carries over to any firearm platform.”

Thank you to our brothers who led this activity, and congratulations on your victory, James Ward!



In the afternoon, Folkbuilder Sierra Chapman and I spoke to the gathered Folk about spiritual topics that inspire us. Sierra discussed the Noble and Royal Virtues, exploring what they mean for men and women in *Ásatrú*, and how we can improve these important qualities in ourselves. I spoke to the Folk about the first Gifts we received from our Gods (if you missed this talk, I also spoke about this at our most recent members' meeting, and a recording is posted on MeWe). I discussed the creation story of Ask and Embla, two pieces of driftwood that were taken up from the shore of *Miðgarðr* by Óðinn, Vili, and Vé and given the gifts of life that assist us to fulfill our potential, and what this means for us in our daily modern lives. I composed a song about this in a style inspired by the Poetic Edda, specifically the meter known as *Fornyrðislag* (Old Story Meter), set to the melody of *Drømde mik en drøm i nat*, and we all sang it together. *Drømde mik en drøm i nat* is the oldest known secular song in the Nordic countries, written down in runes around 1300. Everyone went home with a piece of driftwood to personalize as desired, to remind them of our creation story and the lessons therein. Hofgyðja McNallen had many fun activities for the children to do in the meantime, including story time, craft time where they decorated paper mittens and hung them on a tree (based on the story *The Mitten Tree*), and a special *Sumbl* just for them outside in the Goddess Circle!



In the early evening before dinner, Allsherjargoði Flavel led us in Blót to Lord Þórr, mighty defender of Miðgarðr. With Þórr's blessings of protection and strength, we will triumph over the chills and shadows of winter, and move forth with victory into the brighter, warmer days of the harvest and summer. The spark of life may lie chill and dormant within the earth, but we will keep it alive within ourselves; there will come a time soon where the flowers and trees and fields will bloom again, and we will gather together to celebrate this.

After we shared fellowship over a delicious dinner, preparation was made for Sunday's Food Pantry. It was a wonderful day, thank you to all our brothers and sisters that helped make it a success. We look forward to seeing you next at Dísaping (Charming of the Plow) on February 21st. Hail the Æsir! Hail the Ancestors! Hail the Folk!



Gyðja Lauren Anderson  
[landerson@runestone.org](mailto:landerson@runestone.org)

## Upcoming Events at Óðinshof



# DISAPING

at Óðinshof



February 21st

Be with us as we “Charm the  
Plow” in the way of our  
Ancestors.

A full day for the  
whole family.

RSVP please

Hofgyðja Sheila McNallen  
sheila@runestone.org

Bring your tools for our annual blessing

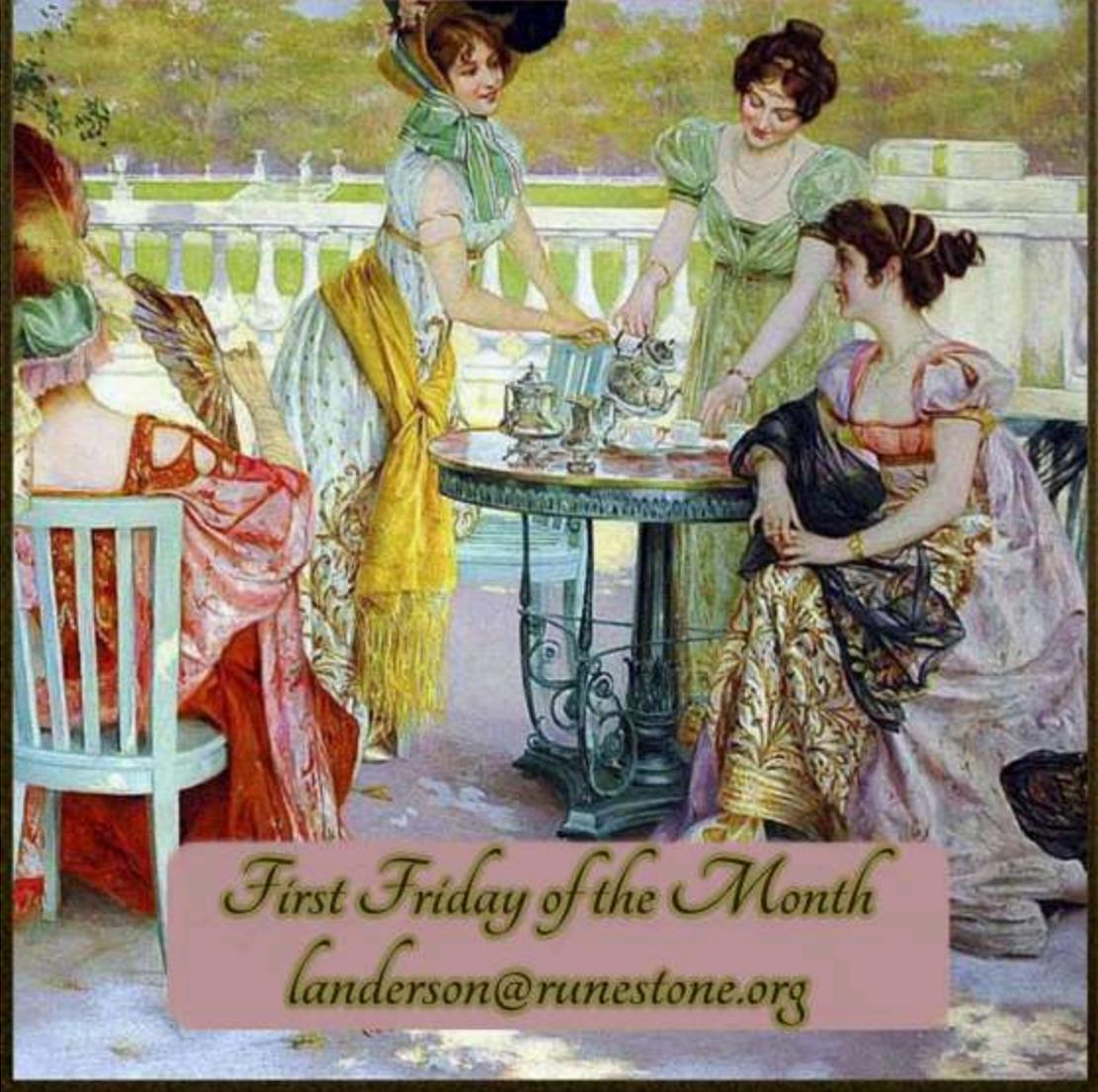
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Óðinshof Wishlist



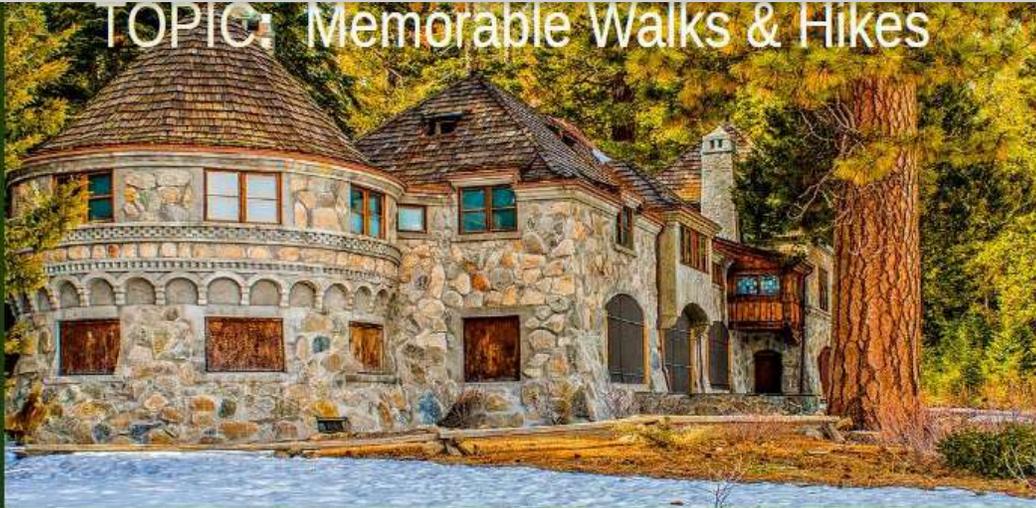
**Monthly Virtual Members' Meetings**

# *Daughters of Frigg Virtual Tea*



*First Friday of the Month*  
[landerson@runestone.org](mailto:landerson@runestone.org)

TOPIC: Memorable Walks & Hikes



## Odinsfolk Chat

Friday, February 13th, 7:00 PT, 8:00 MT

Contact: [sheila@runestone.org](mailto:sheila@runestone.org)

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**Monthly Members' Meeting**

# Óðinshof

## Monthly Members' Meeting

Last Friday of the Month at 7pm Pacific



Links Emailed and Posted to MeWe  
Contact Any Folkbuilder for Assistance

Don't forget the last Friday of the month we have our Óðinshof Monthly Membership Meeting! This month we will be talking about Dísaping formerly known as Charming of the Plow, as well as our Heilagmaðr. We will talk about runic magic and how to incorporate Ásatrú Book studies into your daily life! You won't wanna miss this.



Folkbuilder Sierra Chapman  
[schapman@runestone.org](mailto:schapman@runestone.org)

*Lunch Moot*



*Upcoming Events*

A graphic for an upcoming event titled "Tucson Dinner Moot". The background is a stylized illustration of a building at dusk. The text is overlaid on semi-transparent blue boxes.

**Tucson Dinner Moot**

15 February 2026  
Tucson Arizona

Contact Folkbuilder  
Lou Nickerson  
[Lnickerson@runestone.org](mailto:Lnickerson@runestone.org)

## PHOENIX LUNCH MOOD

22 February 2026  
Phoenix Arizona

Contact Folkbuilder  
Lou Nickerson  
[lnickerson@runestone.org](mailto:lnickerson@runestone.org)



Folkbuilder Lou Nickerson  
[lnickerson@runestone.org](mailto:lnickerson@runestone.org)

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### California

*Chosen*



Chosen,  
on the field where breath parts from chest.

Taken,  
by the will of the One Eyed,  
to the hall where the slain rises whole.

Morning,  
steel is lifted,  
the clash of blades a hymn,  
names remembered,  
brothers beside each other.

Evening,  
wounds are mended,  
blood is recalled,  
bones restored,  
honor kept,  
voices shared over mead and boar.

---

they are lived in every strike, every feast, every word.

Rest,  
for the body must endure.  
Memory is honored,  
for the warrior must stand as he is.

When,  
the last battle breaks the world, they shall be summoned,

Found,  
already be standing,  
Names known,  
Spirits whole,  
Blades ready.

### *Upcoming Events*

# NORTHERN CALIFORNIA FISHING MOOT

**Saturday  
February 14**

**Ryan Skinner**  
Folkbuilder, Ödinshof District  
[RSkinner@runestone.org](mailto:RSkinner@runestone.org)

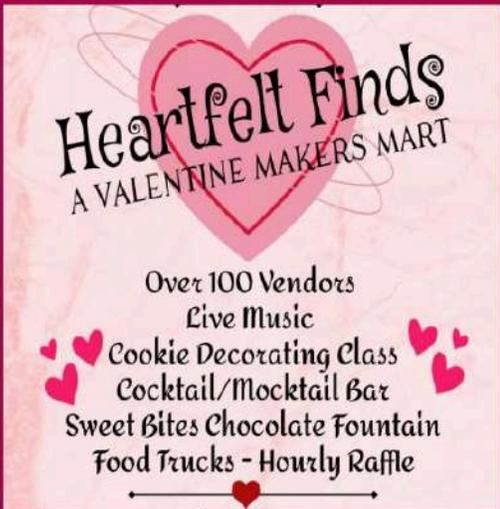
Folkbuilder Ryan Skinner  
[rskinner@runestone.org](mailto:rskinner@runestone.org)



*Upcoming Events*

*Free for the whole family!*

# Valentine's Faire



Over 100 Vendors  
Live Music  
Cookie Decorating Class  
Cocktail/Mocktail Bar  
Sweet Bites Chocolate Fountain  
Food Trucks - Hourly Raffle

Folsom, California  
**SUNDAY, February 1<sup>st</sup>**  
Meet at 11:00

Contact:  
*Gyöja Sheila McNallen*  
[sheila@runestone.org](mailto:sheila@runestone.org)



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



*Yearly Planning Moot*

We had a great brainstorming session of 8 minds early in January to plan out our 2026 year here in the Rocky Mountains of Colorado.

Included in our list of adventures, we are; going to the Renaissance Festival again this summer, Ullr Festival in December, Scottish Festival up in Estes Park, River Rafting on the Arkansas River, Great Sand Dunes National Park in the spring or fall, Cheyenne Mountain Zoo, the Wolf Sanctuary, various hot springs, lakes and waterfall hikes, mushroom foraging in the summer, and last but not least ... for the highest moot ever... Pikes Peak in the Spring when the shuttle busses are running again.

You don't have to live here in Colorado to attend these moots. Plan your visit and join us on these amazing adventures! We'd love to have you! And yes, we have crash spaces available too.

Please join us for our Dísablót coming up on February 21st. We'd love to have you!

With love from your crazy Coloradans!



Erin Harrison  
Apprentice Folkbuilder  
[eharrison@runestone.org](mailto:eharrison@runestone.org)

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## Idaho

### *Upcoming Events*

# Ladies Coffee Meet



Sun. Feb 22<sup>nd</sup>  
2pm  
Post Falls, ID

Contact App.  
Folkbuilder  
Annika Peterson  
for details



Annika Peterson  
Apprentice Folkbuilder  
[apeterson@runestone.org](mailto:apeterson@runestone.org)

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## Montana

*Farm Workday*



Folkbuilder Tyler Heinlein  
[theinlein@runestone.org](mailto:theinlein@runestone.org)

*Inside the Cake was Blueberry Filling*



January kicked off with our Day of Remembrance for Goði Rauðr the Strong on the 9th and was quickly followed up on January 11th with an early birthday celebration for my wife, Rachel. To celebrate, a special cake was made. Secret instructions passed to the baker told her what sort of fruit filling to place inside. We gathered as a family, children arranged the dessert semi-circle in front as we cut the cake. Inside the cake was blueberry filling. We are proud to announce that we are expecting our fifth child, a boy! Needless to say the four girls are excited, but I think Mom and Dad are even more so!



On January 24<sup>th</sup>, we held Þorrablót here in Helena, MT. Small and cozy, our celebration was very much appreciated. While winter here has been mild, snow and cold temperatures have come, gone, come back, and who knows where it's currently headed. But despite the very uncommon conditions for Montana this time of year, the getting together with people close to you is still highly valued! Scottish meat pies, "neeps and tatties," some smoked salmon, various cheeses and cured meats, sweet breads, crackers, and a few beers made for a wonderful spread. A far cry from the strange and sometimes off-putting dishes which might traditionally be found, but fermented Greenlandic Shark

We'll try harder next year!



All in all, January has been great for us in Western Montana! I hope you as well have been blessed with exciting news for the new year and have had the opportunity to spend time with good Folk.

### *Upcoming Events*

*Western Montana*

*Heroes  
Remembrance  
Dinner*



*9th of Every Month*

*RSVP to [rharlan@runestone.org](mailto:rharlan@runestone.org)*

# Charming of the Plow February 21st



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



Folkbuilder Ryan Harlan

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

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**Nevada**

*Allsherjargoðic Dinner*



Thank you to all who came out to our January dinner. Thank you to all the amazing members who have attended our Allsherjargoðic Dinners over the years. It has been a pleasure and an honor to host those in our time here in Northern Nevada. This is the last Nevada article I will be writing for the foreseeable future as Mandy, Aubrey, and I will be on the road moving to Gainesboro, Tennessee by the time you read this. We have truly loved our time in Reno and the Æsir greatly blessed our family in our time in this amazing place.



Matthew D. Flavel  
Allsherjargoði, Asatru Folk Assembly  
[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

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## Oregon

*Bowling Moot*



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## Washington

### *New Apprentice Introductions*



Greetings Everyone,

My name is Nathan Wiens and I am a new Apprentice Folkbuilder in the Eastern Washington/Northern Idaho area. I originally joined the AFA in 2020 and have been a dedicated Ásatrúar since then. I am fascinated by the lore of the Gods and our Ancestors. I have worked hard to apply these lessons to my own life and have recently begun studying the Runes.

people is deeply important to me. I hope I will be able to use my knowledge and experience in service of the members of the AFA.

Some other items of interest about me:

- I am a Army Combat Infantryman who served in Iraq in 2005.
- I have studied Martial arts for over 40 years and hold Black Belts in Aikido and Bujinkan Budo Taijutsu.
- I have been married for 14 years and have a 12 year-old daughter and a 10 year-old son.
- We have 3 dogs, numerous cats, chickens and rabbits as well as one wild turkey named Turk that adopted us a few months ago.

I look forward to serving our Folk in any way I can.



Nathan Wiens  
Apprentice Folkbuilder  
[nwiens@runestone.org](mailto:nwiens@runestone.org)

*Recollections of an Ice Storm*



In the January of 1998, a severe ice storm hit Canada and the Northeastern United States, including my small town of Chateaugay, NY. Across the area, thousands of people were without electricity, schools shut down, and many businesses had to close. It was a massive hit to both countries, and had long-ranging affects.

In the January of 1998, I was seven years old and my brother was 5. We'd moved into an old farmhouse outside Chateaugay a year and a half earlier, and were still very much still considered outsiders. That September, we'd had a chimney fire which put our wood stove (the main source of heat in the house) out of service.



When the ice storm hit, it left us with no heat and no electricity. Despite the drawbacks, my family actually had a wonderful time! A neighbor took pity on us and gave us a propane heater which we set up in the large kitchen. Our stove at the time had a gas range, so Mama could cook fairly well. Since it was an ice storm, we had ample access to water. My brother and I would collect ice, and Mama would melt it on the stove.

The best part though, was Daddy, who worked an hour away, couldn't go to work for about two weeks. We spent those weeks cross-country skiing around our field and reading aloud around the propane heater.

We were without power for about two weeks, and that storm remains to this day a fond memory.

Annika Peterson  
Apprentice Folkbuilder  
[apeterson@runestone.org](mailto:apeterson@runestone.org)



### *Porrablót in Stevens County*



A couple weeks back, Northern Bastion kindred held our first real Þorrablót in beautiful Stevens County, Washington. I used to live up there and I've got a profound fondness for it so I plan on holding more events up there in the future. This one was a bit scaled-back



Once everybody showed up, we caravanned out to an attractive copse of trees along the road to hold Blòt. Though our hostess had a wonderful backyard, the closeness of her neighbors made the short trip a better option. My brother Chad, an avowed Þórsman, led this particular Blòt, and, if I'm not mistaken, it was his first with a group this large and he nailed it. Once we drove back, we feasted on meatballs and tater tot casserole around a candlelit table and just enjoyed good conversation for the next three hours.



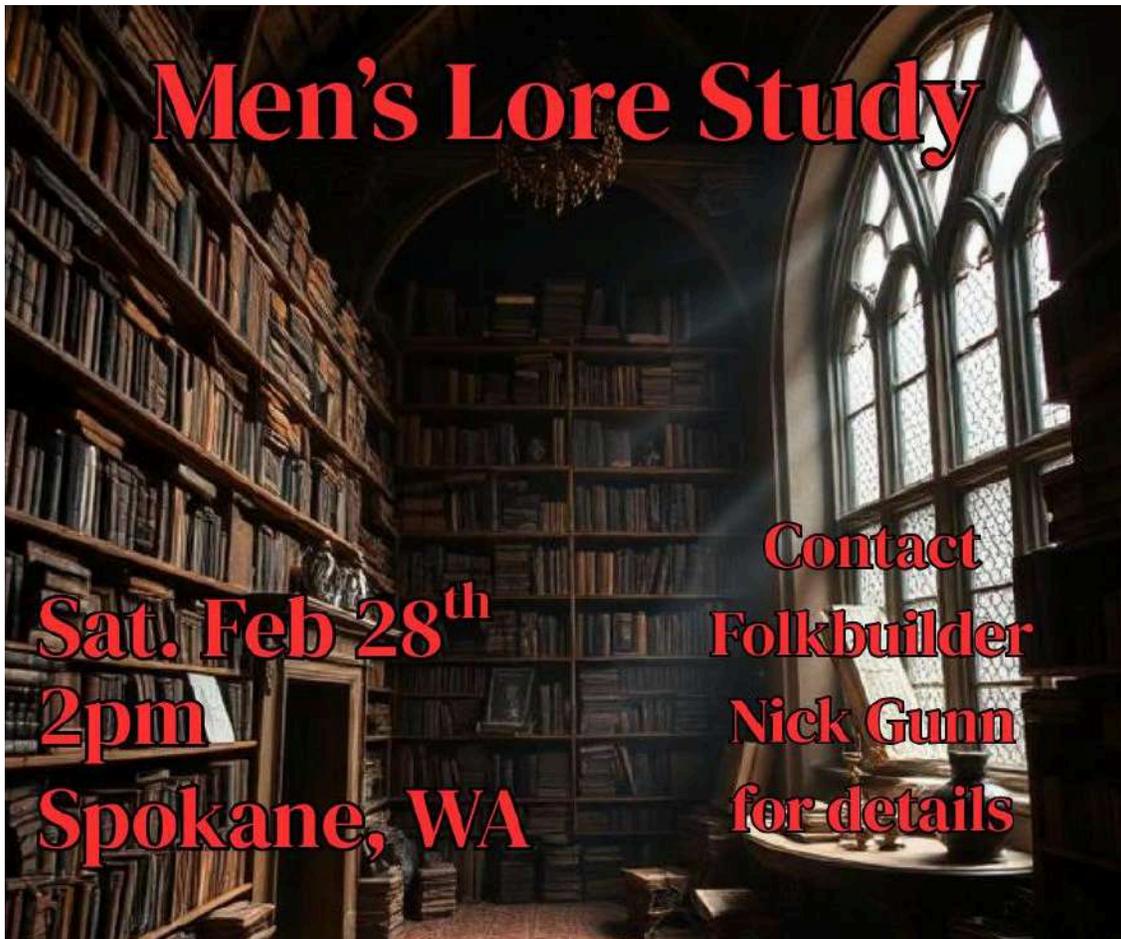
It was a really laid back event and I think that's alright. January can be bleak and the best way to shake that off is spending time with your Folk.

This month, we've got *Dísaping* and a couple of lore studies planned so if you're reading this and interested don't hesitate to reach out to myself, Annika, or Nathan and we'll fill you in on the details. Till next time!

### *Upcoming Events*



**FEBRUARY 15TH  
ELK, WA  
CONTACT FOLKBUILDER  
NICK GUNN  
FOR DETAILS**



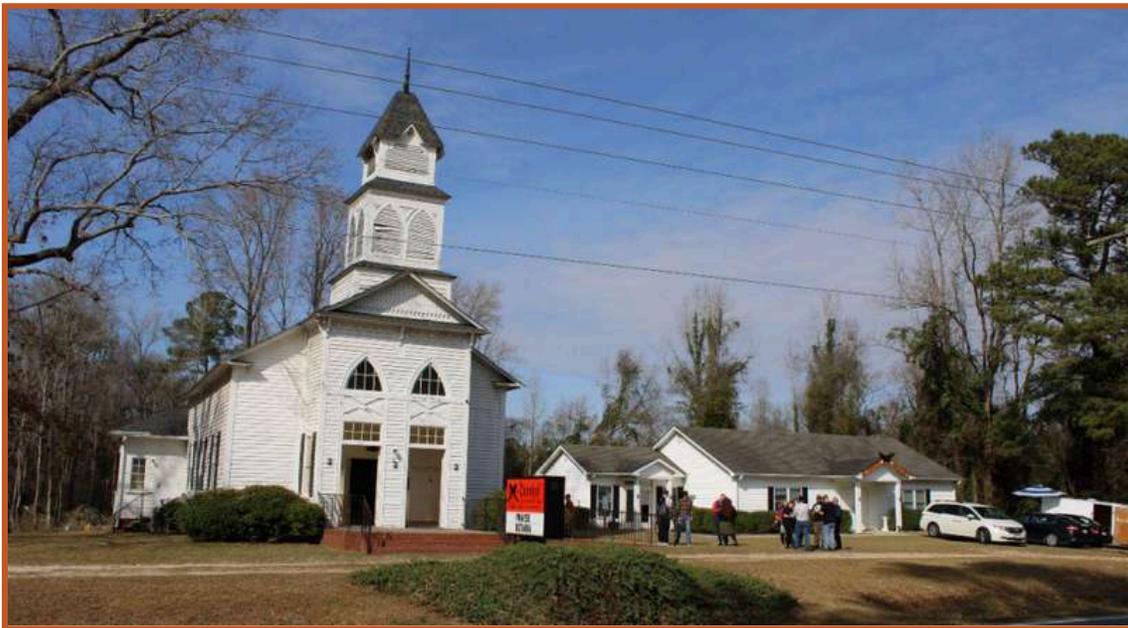
# **Men's Lore Study**

**Sat. Feb 28<sup>th</sup>  
2pm  
Spokane, WA**

**Contact  
Folkbuilder  
Nick Gunn  
for details**



**Þórshof**  
Second Hof of the Asatru Folk Assembly



[www.thorshof.com](http://www.thorshof.com)

**Food Pantry at Þórshof**



This month at Þórshof, before an absolutely amazing Þorrablót held by Spekingr Herul, and a delicious potluck dinner afterwards with great Folk, we held our food pantry. As many of you, I'm sure are aware, all of our pantries, amongst many other charities nationwide, are experiencing struggles finding sustainable donation sources to maintain our supplies. Despite these struggles, due to the generosity of all of you, our fine Folk, we successfully fed 16 families this past month in our Þórshof community. I want to take this moment to personally thank you all and tell you how much we appreciate your support in assisting us to continue helping feed the hungry in our communities.



Craig Flynn  
Hof Steward  
[cflynn@runestone.org](mailto:cflynn@runestone.org)



On January 17, 2006, we celebrated Þorrablót at Þórshof in Linden, NC. The first event of the year was a huge success. We began the event with our monthly food drive, where we handed out food to the community. It's a great way for us to provide much-needed support to the local community and come together to meet our neighbors.

After the food drive, we entered Rumph Hall, where we attended a small class on our annual Holy Tides taught by Spekingr Svan Herul. Having one half of the Victory Never Sleeps hosts at Þórshof is a major privilege, as every event feels like a mini episode covering a plethora of topics.



After the class, we all went into the Vé for Blót. Traditionally, Þorrablót is a time to bless hammers, so we gathered our hammers on the altar as we Galdred and hailed the Gods. At the conclusion of the Blót, it was time for dinner.

For dinner, we enjoyed a spread of dishes graciously provided by our members. With an assortment of soups, sides, and desserts, we ate, laughed, and enjoyed each other's company until it was time to conclude another successful Þorrablót celebration at Þórshof.

Folkbuilder Robert Shotwell  
[rshotwell@runestone.org](mailto:rshotwell@runestone.org)



## Upcoming Events at Þórshof

**Þórshof  
2026  
Event Calendar**

<b>Einherjablót</b> November 21st	<b>Jól</b> December 19th	<b>Þorrablót</b> January 17th	<b>Disaping</b> February 21st
<b>Veitnætr</b> October 17th			<b>Austra</b> March 20th-22nd
<b>Haustblót</b> September 18th-20th			<b>Nornanótt</b> April 18th
<b>Freyfaxi</b> August 15th	<b>Sigrblót</b> July 18th	<b>Míðsumar</b> June 20th	<b>Sumarmál</b> May 16th

# DISAPING AT ÞÓRSHOF



FEBRUARY 21

AT 1:00 PM

LINDEN NC

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**Monthly Members' Meetings**

# Þórshof

## Monthly Members' Meeting

---

Last Tuesday of the Month at 8pm Eastern



Links Emailed and Posted to MeWe  
Contact any Folkbuilder for assistance

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Support Þórshof



Cleaning supplies, food pantry canned goods and pantry staples, beautification materials, and all sorts of things are up on our Amazon Wishlist if you'd like to donate to help keep the Hof running, comfortable, fun, and a fitting tribute to Miðgarðr's Protector.



Gyðja Heather Young  
[hyoung@runestone.org](mailto:hyoung@runestone.org)

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**Restore Heat to Þórshof**



Donate at <https://store.runestone.org/product/hof-heat/>

Þórshof's fellowship hall has become a hearth for our Folk—a place where we gather for meals, rituals, celebrations, classes, and simple companionship. It's where new members are welcomed, where children run and laugh, where we share food, stories, wisdom, and the steady strength of community. But right now, that hall needs our help.

Our heating system is failing, and the full extent of the needed repairs is still being assessed. It may be fixable... or it may require a full replacement. Either way, the cost will be significant, and it's not something we can postpone.

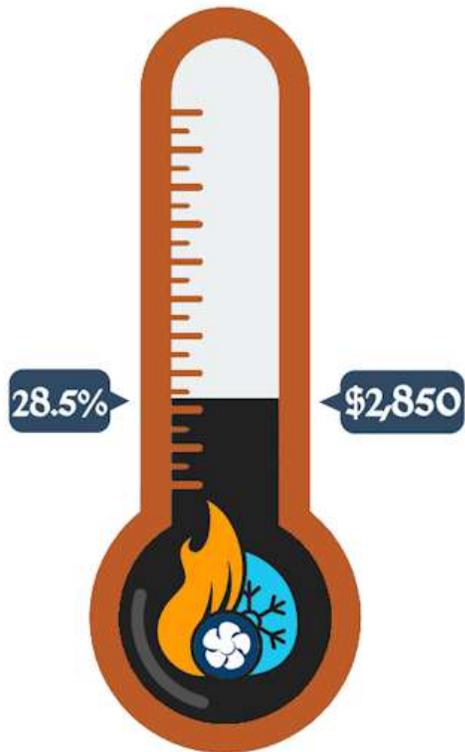
A hall without heat can't serve its purpose. It can't shelter families during gatherings. It can't provide the warmth—literal or spiritual—that makes Þórshof feel like home.

We are asking the Folk to help us keep this hall warm, alive, and usable through the cold months ahead.

Every donation, no matter the size, brings us one step closer to:

## TO ÞORSHOF

# Goal: \$10k



– Keeping Þórshof open, active, and welcoming for every member of our community

Þórshof belongs to all of us. When we step up to maintain it, we honor Þórr and the Æsir, honor the space, and honor one another.

If you are able, please donate.

If you can't give, please share the fundraiser.

Together, let's keep the hearth-fire burning at Þórshof.

Donate at <https://store.runestone.org/product/hof-heat/>



Craig Flynn  
Hof Steward  
[cflynn@runestone.org](mailto:cflynn@runestone.org)

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**Deleware**

*Moot*



## Maryland

### *Dinner Moot*



*Upcoming Events*



Folkbuilder Robert Shotwell  
[rshotwell@runestone.org](mailto:rshotwell@runestone.org)

*Survive to Thrive*



We talk about our ancestors and Folk often. We talk about how we are known for our strength and martial prowess, our keen minds and sharp wit. We are known as great traders and explorers, warriors and poets. But we don't talk as often about how our people are great survivors. To survive the great battles so they may be called renowned

poems. We are known for many things as a people, because we survived and adapted to everything Miðgarðr throws at us.

But how did our Folk of old survive these great things? Surely the struggles and challenges of antiquity had different solutions than say our complicated modern problems, right? The answer is the same, we survive because of our Folk. The warrior survived to win renown, because his shield-brother caught an arrow with their shield. The sea voyager, who had his fellow sailors and oarsmen to help the journey that discovered new land. The poet who had endless inspiration from his Folk, the inventor with those who believed in and supported him. Modern problems don't always require modern solutions, tested and true for thousands of years, it holds true even today. Look to and lean on your Folk in hardships and struggles. But in the same turn reach out and help steady our people when we see them slipping, extend a hand when they fall. We all face different problems, but we overcome and survive them together!

We all walk unique individual paths in life.

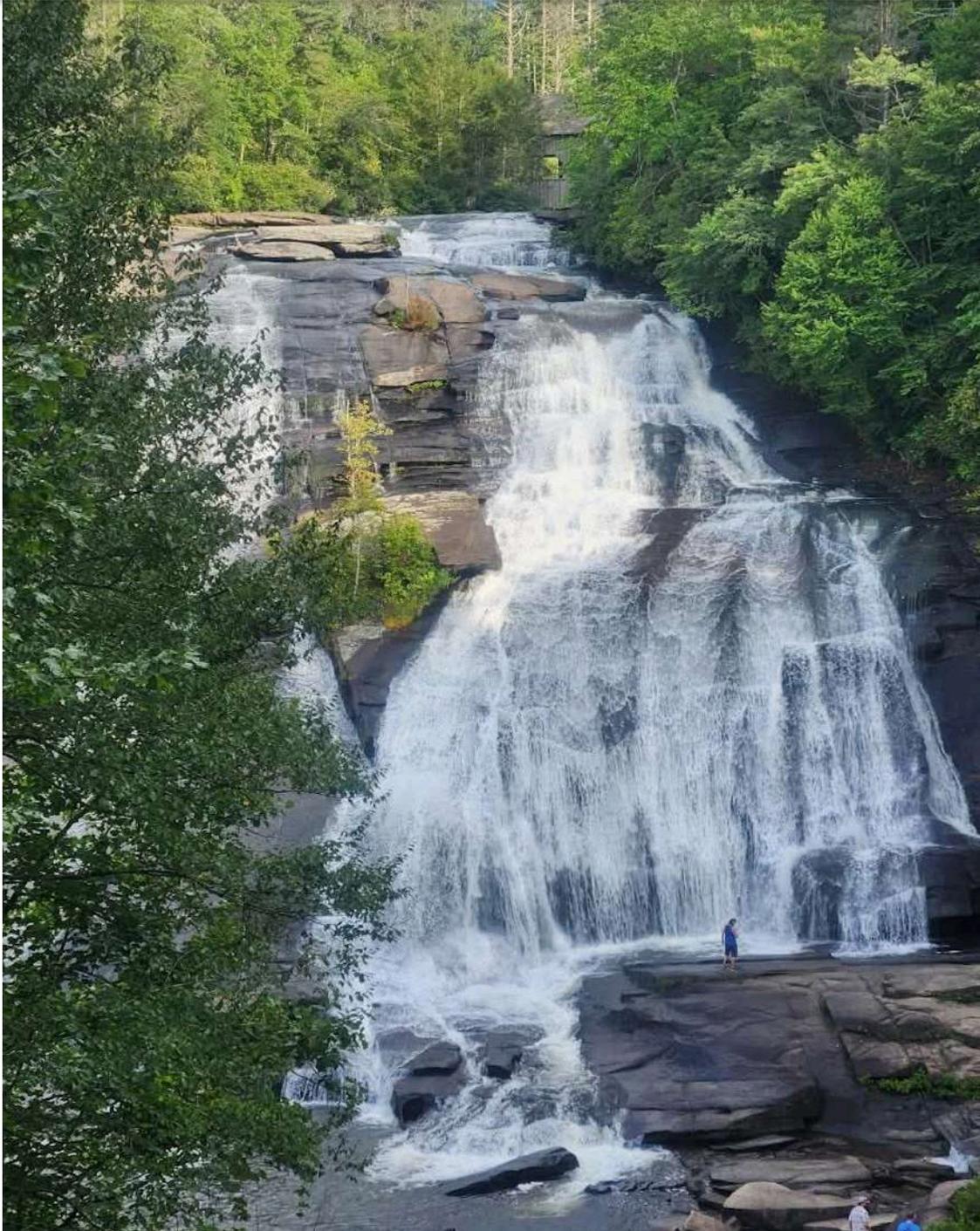
Yet we are never truly alone, for we all walk the Folkish path, the Ásatrú path. While our paths may be unique to us, that doesn't mean it doesn't run parallel to the path of a brother or a sister, who also walks with and for the Folk and the Æsir. Sometimes our path gets rocky or has a slippery slope. When faced with hardship and rough terrain it's important to pause and look around, you'll often find other of your Folk on a parallel path with an extended hand, to help you along while your paths travel side by side. As we continue to embrace what we have always known, that we survive the challenges of Miðgarðr as a single people, I have no doubt that we will achieve and reach new heights none of us can yet imagine.

This topic was inspired by a chat I had with Alex, our friendly Russian member, while attempting to give them words of encouragement they seemed to need, I also found myself receiving words of encouragement I didn't even realize I needed. This is what it's about, building each other up so we may rise together. A concept that all of Þórshof has shown me well in my short time with the Hof and the AFA.

— Nick, member



*An Appreciation of Beauty*



The month of January saw us getting reacquainted with many of our old haunts: from the banks of the river that brought us together as a couple to the waterfall above which I proposed to my wife, we've explored places we haven't been in some years and have rekindled an old flame for the place we call home.



As we saunter through the still hardwoods of the Blue Ridge Foothills, I'm struck by the words that famed explorer William Bartram first wrote about this place:

along the shadowy vales, passing through dark, subterranean caverns, or dashing over steep rocky precipices, their cold, humid banks condensing the volatile vapours, which fall and coalesce in chrysaline drops, on the leaves and elastic twigs of the aromatic shrubs and incarnate flowers.



I hope you all take advantage of the natural beauty we have in abundance around us. Get with your Folk and enjoy the outdoors together. If you are willing to travel to Tennessee or the mountains of North and South Carolina, we have hikes going on every month and would love to have you.

### *Upcoming Events*

# HIKING MOOT

IN UPSTATE SOUTH  
CAROLINA

FEBRUARY 22ND

CONTACT FOLKBUILDER  
TYLER BETHEA

RSVP OR FOR MORE INFORMATION

[TBETHEA@RUNESTONE.ORG](mailto:TBETHEA@RUNESTONE.ORG)



Folkbuilder Tyler Bethea  
[tbetha@runestone.org](mailto:tbetha@runestone.org)

---

## Tennessee

### *Upcoming Events*

# **VALENTINE'S DAY HIKE**

**NEAR SPARTA, TENNESSEE  
FEBRUARY 14TH**

**CONTACT FOLKBUILDER  
TYLER BETHEA TO  
RSVP OR FOR MORE INFORMATION**

**[TBETHEA@RUNESTONE.ORG](mailto:TBETHEA@RUNESTONE.ORG)**



# CONTRA DANCE

JOHNSON CITY,  
TENNESSEE  
FEBRUARY 20TH

CONTACT FOLKBUILDER  
TYLER BETHEA  
RSVP OR FOR MORE INFORMATION

[TBETHEA@RUNESTONE.ORG](mailto:TBETHEA@RUNESTONE.ORG)



### *Moonlit Arbor*



Beneath the vault where dusk and dawning  
Fold their colors into one,  
The arbor stands, forever watching  
Night give chase to fleeing sun.

Half in warmth of embered heavens,  
Half in starwind cold and tame.

Here the worlds divide in silence—  
Shadow's breath and daylight's fire;  
Two realms meet within its stillness,  
Balanced on a lone desire.

For every soul who walks the boundary,  
Lost between the "was" and "more,"  
The Moonlit Arbor whispers softly:  
*All paths meet upon this shore.*

Stand awhile beneath its branches,  
Let the twilight calm your sight;  
For in this place, your heart remembers  
Both its darkness—and its light.

### *Upcoming Events*



REMEMBRANCE  
DINNER

February 14th

6PM  
COOKEVILLE, TN

R S V P T O N R I C E @ R U N E S T O N E . O R G



Folkbuilder Nicholas Rice  
[nrice@runestone.org](mailto:nrice@runestone.org)

*Upcoming Events*



Matthew D. Flavel  
Allsherjargoði, Asatru Folk Assembly  
[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

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## Virginia

*The Frost Against the Flame*



Carefully one step is placed,  
in some half-committed motion.  
The second follows wincefully,  
bracing against sudden commotion.

glares back icy desolation.  
Scenes once trodden and familiar,  
Shrug silently at their station.

Still brazen in his watchful circuit,  
Defanged sun shouts aloud.  
Demanding to be acknowledged,  
Behind his invisible shroud.

Ice's vigorous composure,  
until now apathetically unbroken,  
Turns back in anger against that sun,  
Insisting he had misspoken.

Caught amid confrontation,  
fastidious steps now sinking,  
Ice and sun rage and brawl,  
Toward me unfeeling, unthinking.

Desperately eyes seek out,  
Refuge from the elemental disarray.  
Bargaining and pleading with each in turn,  
Offering my soul to pay.

Awakening to darkness,  
her moon-song hum gentle in my ear,  
The grass beneath me soft and warm,  
the serene air crisp and clear.

### *Upcoming Event*

# Lunch break Moot

Sunday, February 22<sup>nd</sup>  
@12pm  
VA Beach

RSVP:  
Taylor Traficanti  
[ttraficanti@runestone.org](mailto:ttraficanti@runestone.org)

Taylor Traficanti  
Apprentice Folkbuilder  
[ttraficanti@runestone.org](mailto:ttraficanti@runestone.org)



# Baldrshof

Third Hof of the Asatru Folk Assembly



[www.baldrshof.org](http://www.baldrshof.org)

**Happenings at Baldrshof**



Þorrablót started with our monthly food pantry. This month proved to be one of our best donation hauls AND one of the coldest food pantries to date in the great north! Over 20 families braved the sub zero temperatures. We are continually grateful for the continued contributions that allow us to serve the community of Murdock.



We had a visitor this month to the hof, a young seminary student interested in understanding Folkish Ásatrú. We had a great discussion, comparing his beliefs with ours and in the end he was happy with many of our beliefs, structure, and left with a greater understanding of the religion of his ancestors. He conceded that while he does not believe the same as we do, there are many things that he feels we do better, including our traditional values and the sacred place our feminine ladies hold.



Porrablót continued with lunch and Blót to Ása-Þórr by Goði Erlandson. Even though the weather kept many away, his Blót was amazing and I wish everyone could have seen it. I personally feel that it was one of his very best.

Please join us in February for Dísafing on February 20<sup>th</sup>!



Spekingr Brandy Fassett  
[bfassett@runestone.org](mailto:bfassett@runestone.org)

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## Upcoming Events at Baldrshof



The image is a calendar for the year 2026, centered around a wolf illustration. The title "Baldershof 2026 Event Calendar" is prominently displayed in the center. The calendar is organized into a grid of 16 blue, scalloped-edged boxes, each representing a specific event. The events are listed in Old Norse and their corresponding months and dates in English. The events are: Einherjablot (November 21st), Jól (December 18th-20th), Þorrablot (January 17th), Disaping (February 21st), Vetrnætr (October 17th), Austra (March 21st), Haustblót (September 19th), Nornanótt (April 18th), Freyfaxi (August 15th), Sigrblót (July 18th), Miðsumar (June 20th), and Sumarmál (May 15th-17th).

Event Name	Month	Date
Einherjablot	November	21st
Jól	December	18th-20th
Þorrablot	January	17th
Disaping	February	21st
Vetrnætr	October	17th
Austra	March	21st
Haustblót	September	19th
Nornanótt	April	18th
Freyfaxi	August	15th
Sigrblót	July	18th
Miðsumar	June	20th
Sumarmál	May	15th-17th



**Baldr's Steeple Project**

Baldr's Steeple Project

Beautify  
Baldrshof

Click Here  
to Donate

31%

We have a lot more to do, and we're determined to make it even more glorious and worth of Baldr! Help the project as you, whether that be through donations or coming out to

Baldr's Steeple Project > <https://store.runestone.org/product/baldrs-steeple-project/>

Hail the Gods

Hail the Folk

Hail the AFA

Hail Baldr



Goði Nathan Erlandson  
[nerlandson@runestone.org](mailto:nerlandson@runestone.org)

### Help Keep Baldr's Light Shining





**Baldershof Member Meeting**  
First Fridays of the Month  
at 8pm Central

**Illinois**

*Chicago Dinner Moot*



*Upcoming Event*



*Upcoming Event*



Goði Rob Stamm  
[rstamm@runestone.org](mailto:rstamm@runestone.org)



*Upcoming Event*

# **Minnesota Pizza Moot**

**You are invited to join us,  
February 28<sup>th</sup>**

**at**

**4pm**

**in the St. Paul area  
for pizza and Frith.**

**For more information, please  
contact**

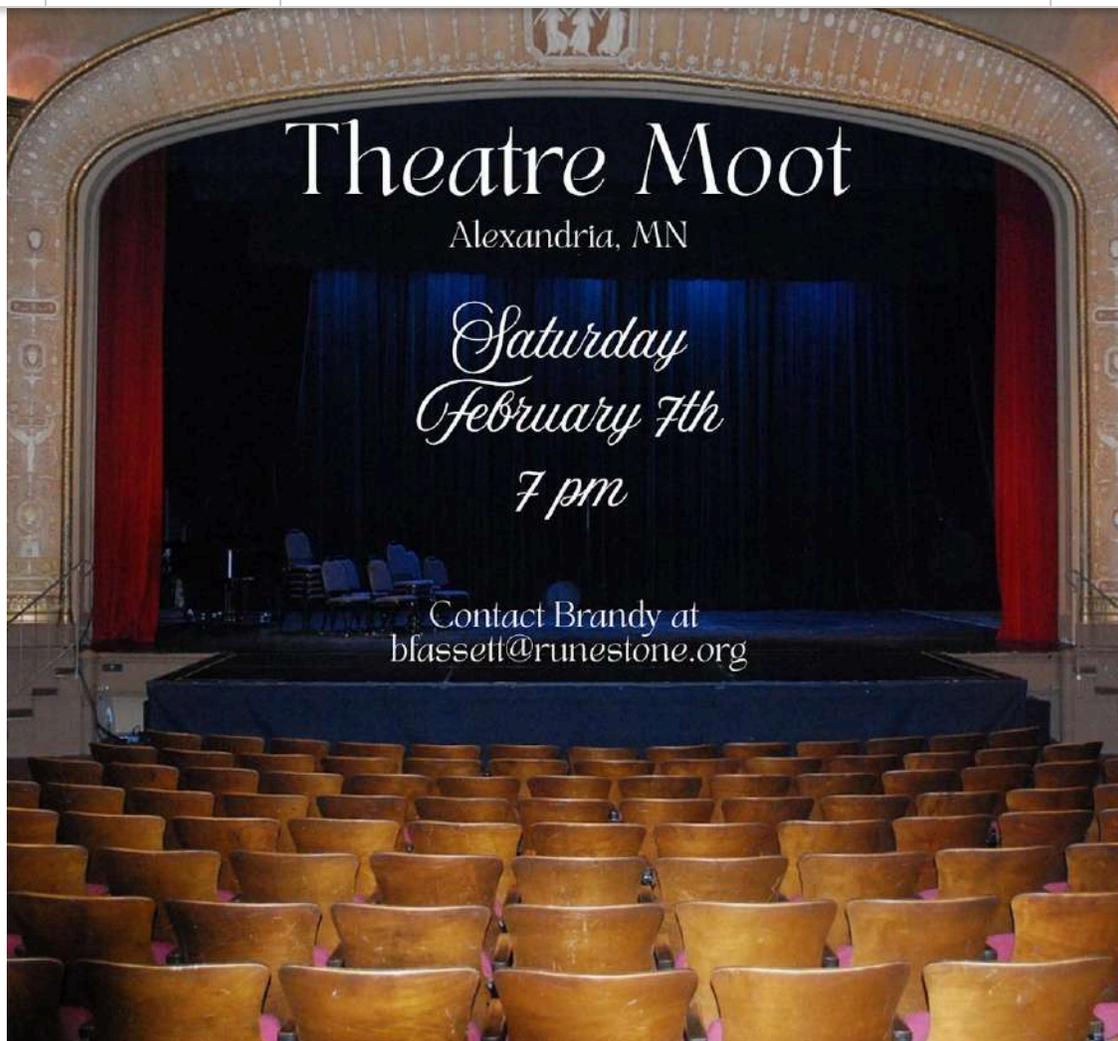
**Senior Folkbuilder Jason Gallagher  
[jgallagher@runestone.org](mailto:jgallagher@runestone.org)**

MN. Please RSVP with me. I've decided to go back to the our roots and host monthly Folkish Family Pizza Moots again like we used to from our beginnings. Might as well take advantage of being limited in my travels and host these locally.



Senior Folkbuilder Jason Gallagher  
[jgallagher@runestone.org](mailto:jgallagher@runestone.org)

### *Upcoming Event*



Spekingr Brandy Fassett  
[bfassett@runestone.org](mailto:bfassett@runestone.org)

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## Wisconsin

*A Museum & Lunch*



Greetings Folk!

The Wisconsin January Moot was a great time, as two others in the state were able to join in and as we enjoyed each other's company. The Moot itself was taking a tour of the Woodson History Center in Wausau and then having lunch at a local restaurant.

The history center was a small museum, so the visit was short, but we did learn some interesting things about life in the 1920s for people in central Wisconsin.

The lunch portion of the Moot was much longer. We had the opportunity to have long conversations about various topics over good food and drink, and we took it. The restaurant itself had a good atmosphere to it. It had a prospecting theme, and you could tell that the owners put a lot of effort and love into their establishment. It was a great place to share a meal with friends.

The few of us who were fortunate enough to attend were happy they could, and I look forward to the next Moot when I can see the Folk again.

*Upcoming Event*



Location:  
Green Bay,  
at my place

When:  
February 21st  
Starts at 11:00  
am

Contact  
[amerwald@runestone.org](mailto:amerwald@runestone.org)  
for more information

*Lunch Meet in Wisconsin*  
*You are invited*



Austin Merwald  
Apprentice Folkbuilder  
[amerwald@runestone.org](mailto:amerwald@runestone.org)



# Njörðshof

Fourth Hof of the Asatru Folk Assembly



[www.njordshof.org](http://www.njordshof.org)

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**Food Pantry at Njörðshof**



The members of Njörðshof gathered before Þorrablót to serve the community with our monthly food pantry. 38 families in the White Springs area were served this month. These monthly food giveaways are a great opportunity for our Folk to reach out and put a smiling face and helping hand to our already bright name.

Help is always needed for this monthly. We would love to have you join us! Please reach out to anyone on the Njörðshof team for details.

Hail the Folk!



Gyðja Anna Plourde  
[aplourde@runestone.org](mailto:aplourde@runestone.org)

## Þorralót at Njörðshof



food pantry, and we honored Lord Þórr loudly and joyfully!

First thing was the food pantry, led this time by our Lawspeaker. Families fed by the Asatru Folk Assembly, where they would not have been fed at all otherwise.



Following the food pantry, members arrived and we all sat down for Fika—a Swedish word meaning, essentially, to take a break and have a snack. During this time, the Lawspeaker and I led something of a Q&A, letting members ask questions about upcoming events or general AFA stuff. Serious questions were answered, and some laughs were had as well.

The Folk of Njörðshof then gave Blót to Lord Þórr, thanking him for his blessings over this winter season and his protection from Þursar year-round. I led the Blót, and everyone gave of themselves to honor Ása-Þórr!



As is our custom at Njörðshof, we then moved into SumbL, which was led by the Lawspeaker. Gods, ancestors, and deeds were hailed!

Following SumbL, dinner was blessed and eaten, and the Folk enjoyed some informal social time just catching up with each other, before heading their separate ways and back to the mundane.

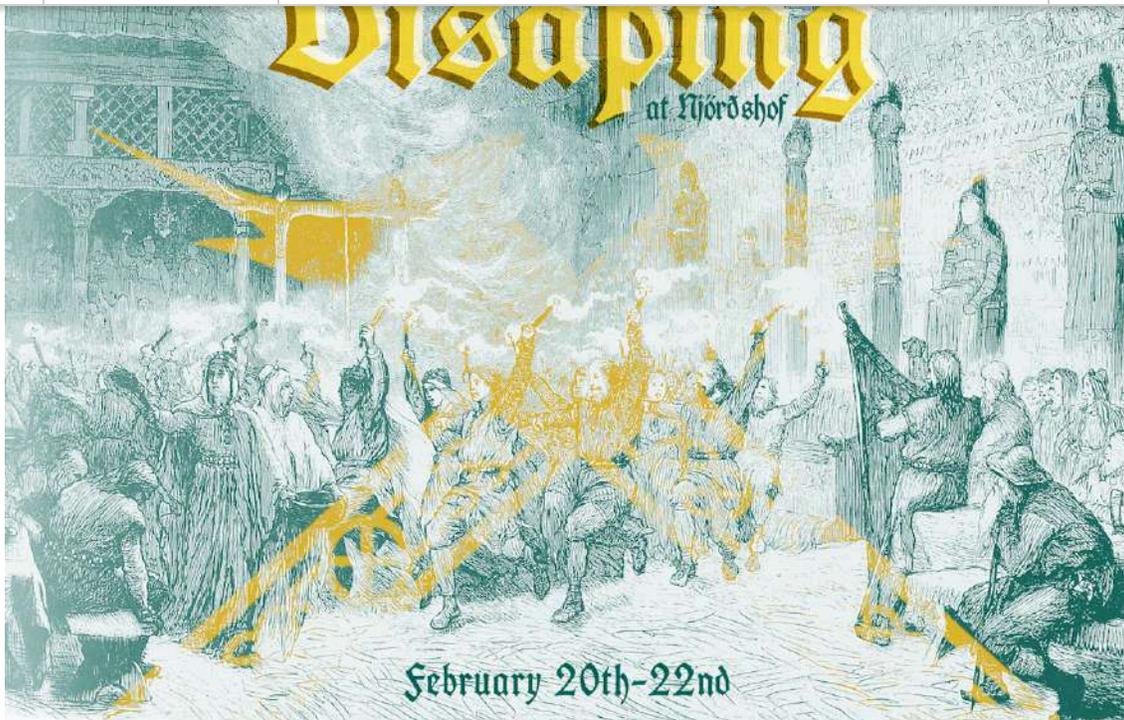
Special thanks to my colleagues, especially Lawspeaker Turnage, as well as Nick & Pam McCloskey for all of the work they put in to making our events happen!



Spekingr Trent East  
[teast@runestone.org](mailto:teast@runestone.org)

## Upcoming Events at Njörðshof

<b>Einherjablót</b> November 21st	<b>Jól</b> December 18th-20th	<b>Þorrablót</b> January 17th	<b>Disaþing</b> February 20th-22nd
<b>Veitnaðtr</b> October 17th	<b>Njörðshof 2026 Event Calendar</b>		<b>Austra</b> March 21st
<b>Haustblót</b> September 18th-19th			<b>Nornanótt</b> April 18th
<b>Freyfaxi</b> August 15th	<b>Sigrblót</b> July 18th	<b>Míðsumar</b> June 20th	<b>Sumarmál</b> May 16th



# Njördshof Food Pantry

THIRD SATURDAY EVERY MONTH  
10AM-11AM

12562 Roberts St, White  
Springs FL 32096

*If you're in need come stop by! Nobody is turned away!*

A collection of food items illustrated in a watercolor style. From left to right: a large sack of rice labeled "RICE" and "2KG"; a bottle of cooking oil labeled "COOKING OIL"; a carrot; a whole chicken; a bag of flour labeled "Flour"; a banana; a tomato; and a loaf of bread with a sprig of green herbs on top.

# **VOLUNTEERS NEEDED**

**3RD SATURDAY OF EVERY MONTH  
KITCHEN DUTIES: COOKING  
CLEANING PLANNING...**



**CONTACT ANNA OR PAM FOR  
DETAILS**

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**Monthly Members' Meeting**

# NJORDSHOF

## MONTHLY MEMBER CALL

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Fourth Monday of Every Month  
**8 PM ET, 7 PM CT**



CONTACT ANY FOLKBUILDER  
FOR THE LINK  
LINK ALSO SENT VIA  
EMAIL AND MEWE

---

**Suggestion Box**



# SUGGESTION Box

We would like your input  
what would you like to see served  
for lunch at monthly events?

Your opinion matters  
contact Pam McCloskey on MEWE



## Njörðshof Wishlist



## Florida

### *Rauðr Remembrance Moot*



and gathered for a Moot in honor of our Hof Hero Rauðr the Strong. We shared some snacks and discussed his life along with lessons learned. A good time was had by all and we're looking forward to getting together again soon.



Folkbuilder Alexander Casto

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

*The Sacred Bond of Words: Oaths, Vows, and Promises in Teutonic Tradition*



Among the historic Native Europeans in the Germanic, Norse, and broader Teutonic world, spoken words were not merely sounds, but living forces that shaped fate, reputation, and cosmic order. An Oath was not a casual promise; it was a binding act that tied an individual to the Gods, ancestors, community, and the fabric of Wyrd (fate). To swear lightly was foolish. To break one was catastrophic.

### **Oaths as the Foundation of Social Order**

judgments were sealed through Oath-taking. A man or woman's honor (*drengskapr*) was measured by the reliability of their word.

To swear falsely was not merely deceit—it was a fracture in the moral universe. The Oath created a triangle of accountability between:

- The individual, who pledged their integrity
- The community, which depended on trust
- The Gods, who witnessed and enforced justice

This is why Oath-taking often occurred on sacred objects—rings, swords, altars, or holy stones. The object symbolized permanence; the Oath bound the soul.

### **Oaths and the Web of Wyrð**

In the Teutonic worldview, fate was not purely fixed but woven through actions and choices. Every Oath entered the Web of Wyrð. To uphold one strengthened your thread; to break one tangled and darkened it. Words had creative power. A vow spoken before your Gods and kin shaped not only your life but your destiny beyond death. Thus, speech was treated with reverence, restraint, and seriousness.

### **Afterlife Consequences for Oath-Breakers**

Sources such as *Völuspá* and *Sólarljóð* warn of grim spiritual consequences for those who betray sworn bonds.

In *Völuspá*, we are told of the halls of the dishonored—places where Oath-breakers, murderers, and betrayers dwell in torment. These are not simply punishments; they are the natural result of having severed oneself from truth and honor. A soul that lived in falsehood cannot rest in sacred halls.

*Sólarljóð* similarly depicts a journey through realms of judgment, where broken promises and betrayed trusts weigh heavily upon the spirit. The imagery suggests that Oath-breaking stains the soul, making it unfit for light, unity, or peace.

Common themes in these texts include:

- Spiritual isolation: The Oath-breaker wanders apart from kin and Gods.
- Darkness and cold: Symbolizing separation from divine warmth and truth.

In short: to break an Oath was to estrange oneself from both the living and the honored dead. Your word is your soul made audible. To Oath is to shape your character. To keep an Oath is to strengthen your integrity. To break one is to erode your spiritual self. Thus, Oaths should be rare, deliberate, sincere, and within your power to fulfill.

### *Upcoming Events*

Please join Us  
For



**Pizza**  
**IN ORLANDO**  
**FLORIDA**

**RSVP**  
**WITH**  
**TRACY**  
**ADLER**

**FEBRUARY**  
**9TH.**  
**5:00PM**

PLEASE JOIN US FOR

# SUSHI WITH THE PLOURDES

15 MARCH 2026

3:00pm  
Titusville, Florida

RSVP [TADLER@RUNESTONE.ORG](mailto:TADLER@RUNESTONE.ORG)

An illustration of a wooden table set for a sushi meal. In the center, a wooden tray holds five large maki rolls with dark seaweed and yellow fillings. To the right, a pink tray contains several smaller maki rolls with green fillings. In the foreground, a white bowl of soy sauce sits next to a plate of white rice topped with green onions and a brown sauce. The background features a light-colored patterned wall with red floral accents.

Folkbuilder Tracy Adler  
[tadler@runestone.org](mailto:tadler@runestone.org)



*Homestead Moot*



## Georgia

*Lunch Moot*



*Upcoming Events*

# Trail Moot

FEBRUARY 14  
10 AM

JOIN US!

📍 Suwanee, GA

🌐 [jwells@runestone.org](mailto:jwells@runestone.org)



January is behind us, and the heat slowly returns! Join me on the banks of the Chattahoochee River in Suwanee, Georgia to enjoy some nature and spend time together on the weekend before Disapng. We'll meet at 10 am ET on February 14<sup>th</sup> and then step off onto the trail. Lunch to follow for those interested. RSVP for more info.



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

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## Texas

### *Upcoming Events*



TEXAS MONTHLY  
MEMBERSHIP MEETING

4<sup>TH</sup> WEDNESDAY OF THE  
MONTH 7PM CST



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**Freyshof**  
Fifth Hof of the A̅sátru Folk Assembly

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[www.freyshof.org](http://www.freyshof.org)

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**Þorralót 2026 & January Food Pantry at Freyshof**



Porrablót 2026 Group  
Porrablót 2026 Blót | Porrablót 2026 Supper

We celebrated our first holy tide of our first full year at Freyshof! Pennsylvania and Ohio has strong representation, and we had guests. We made Blót to Ása-Þórr, and the children offered oats to Tanngrísnir & Tanngnjóstr.



### Þorrablót 2026 Feast

[Þorrablót 2026 Games](#) | [Þorrablót 2026 Sumbi](#)

Our Þorrablót feast included many traditional foods from our Folk, including scrapple, charcuterie trees & houses, fastnachts, beer battered fried mac n cheese bites, Lebanon bologna, Tirolean hunter sausage, Bavarian liver wurst, smoked herring, pumpernickel bread, rosemary & goat cheese rolls, red wine-soaked goat cheese, Hungarian pork back fat, bryndzové halušky, and pork roast.



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## Porrablót 2026 Food Pantry

Our Food Pantry remains small, but we are working hard to get it established in the community of Austintown.



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

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## Upcoming Events at Freyshof

<p>Einherjablot November 21st</p>	<p>Jól December 19th</p>	<p>Þorrablót January 17th</p>	<p>Disaping February 21st</p>
<p>Veitnætr October 16th-18th</p>	 <p><b>Freyshof</b> <b>2026</b> <b>Event Calendar</b></p>		<p>Austra March 21st</p>
<p>Haustblót September 19th</p>			<p>Nornanótt April 18th</p>
<p>Freyfaxi August 15th</p>	<p>Sigrblót July 18th</p>	<p>Míðsumar June 20th</p>	<p>Sumarmál May 16th</p>



**FREYSHOF WORK DAY & SOCIAL**



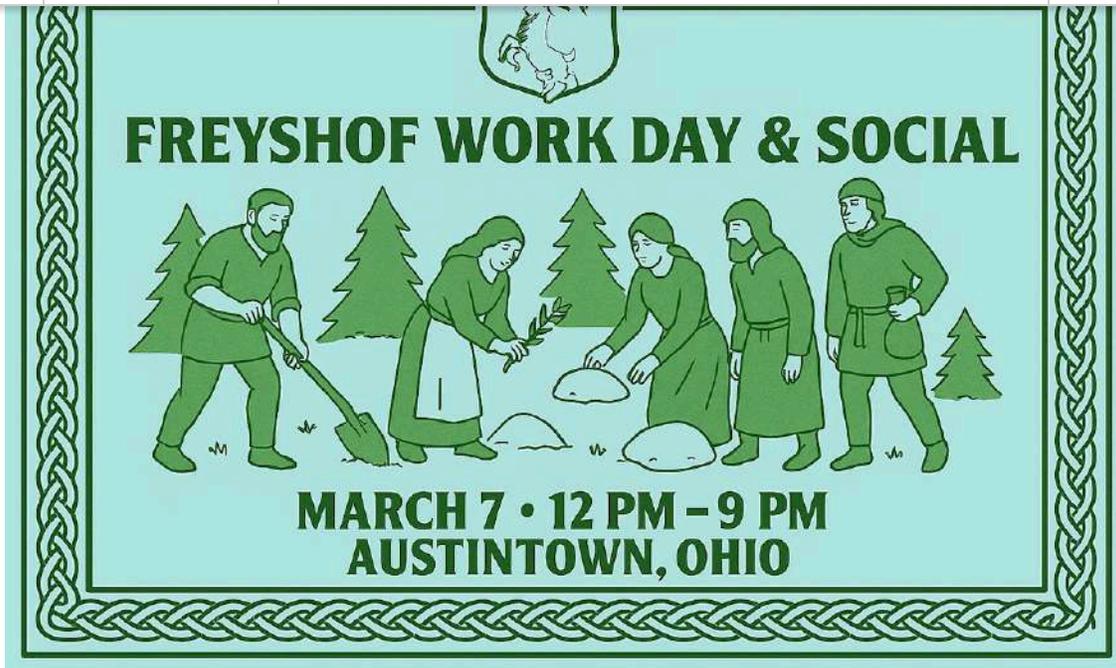
**FEBRUARY 7 • 12 PM – 9 PM**  
**AUSTINTOWN, OHIO**



Freyshof Food Pantry on February 21



Dísaping at Freyshof on February 21



Freyshof Work Day & Social on March 7



Freyshof Food Pantry on March 21



Austra at Freyshof on March 21

### Helping Tend the Grove at Freyshof



Freyshof Amazon Wishlist > <https://tinyurl.com/FreyshofWishlist>

**Monthly Members' Meeting**

# Freyshof

## Monthly Members' Meeting

2nd Thursday of the Month at 730pm Eastern



Links Emailed and Posted to MeWe  
Contact any Folkbuilder for assistance

**Europe**

A graphic for a book study event. The background is a wooden surface with several old, worn books. One book is open on the left, and three others are standing upright on the right. The text is overlaid on the image in various fonts and colors.

**European Book Study**  
**Hávamál**

First Sunday of the month

**18:00-19:00 CET**

**via**  
**Teams**

**Contact [elugnet@runestone.org](mailto:elugnet@runestone.org)**

Indiana



January Blótar was dedicated to the following Gods and Goddesses: Þórr, Heimdallr, and Skaði. The runes we Galdred were Thurisaz, Hagalaz, and Isa in that order. Each Blót was followed by physical excellence.



encourage a culture of piety and health.

I highly encourage anyone within a couple of hours of our location to attend! New additions are always welcome! Honor the Æsir and build your body!

### *Upcoming Events*

# Blót and Physical Excellence Moot

A man with long hair and a beard, wearing a fur-trimmed tunic and a leather belt, stands in a misty forest. He is holding a large, heavy wooden barbell with several circular weights. The forest has tall, thin trees with runic symbols carved into their trunks. The lighting is soft and atmospheric, with sunlight filtering through the trees.

Join us on 2/8/26 for Blót and  
Physical Fitness! RSVP  
Apprentice Folkbuilder Jacob  
Rutledge at  
[jrutledge@runestone.org](mailto:jrutledge@runestone.org)

# Blót and Physical Excellence Moot



Join us 2/15/26 for Blót and Physical  
Fitness! RSVP Apprentice Folkbuilder  
Jacob Rutledge at  
[jrutledge@runestone.org](mailto:jrutledge@runestone.org)



*Testimony of Aidan MacMillan "Gallowglas among the Sassenach"*



me visiting Old Bluff Presbyterian Church where many Hebridean clans are buried in  
Linden, NC, just a few miles from Þórshof  
- James the Rebel is buried just to the right of this picture beneath a big tree -

Many of us in the AFA have some amount of Celtic/Gaelic DNA and ancestry, yet that has not stopped us from worshipping the Norse pantheon. I perceive that this is appropriate behavior for Europeans to do in the modern age. Let me explain some of why that may be.

My name is an epithet of the Dagda's (*Aed*) but I get it from St. Aidan of Lindisfarne.

have visited Ireland and Scotland to see my ancestral graves.

However, I am also an American, and 20 miles from AFA's Þórshof in North Carolina is a Hebridean Jacobite cemetery housing the resting place of my first American forefather, James the Rebel, who fought in the Revolution after fleeing the devastation of Culloden. When I go to Þórshof for the Austra celebration, I get the chance to visit my ancestor's grave. This made me want to join leadership, out of sheer gratitude that I get to hail Gods of Europe with folkish Americans, then honor the grave of my forefather during an auspicious time of the year no less! Personally, I tend to argue that America is like our predecessor, Great Britain — an Anglo-Celtic nation, with gradients going to either side, but with a heavy Anglo-cultural gestalt for the core.

### Theological/Historical Reasons for Joining

- 1. Celts and Germans are closely related and come from similar ancestral groups, which means that our tribal pantheons are closely related and come from similar ancestral roots.** The Iron Age Celtic tribes are deeply connected to the Bronze Age Bell-Beakers, and the Iron Age Germanic tribes are deeply connected to Bronze Age Corded Ware. The Bell-Beakers are an expansion and extension of the Corded Ware, and the two groups often mixed, which remained true for the descendant Germans and Celts of the Rhineland. The Rhine is the heartland of Europe, and all Northwestern tribes have an ancestral connection taking us back to the Corded Ware and their steppe-ancestors. Furthermore, one can follow clear influences ranging from the early Bell-Beakers, to the later Unetice, which in turn influenced the proto-Celtic Hallstat culture which was succeeded by the famous La Tene culture. We share direct ancestry with other Europeans due to these very very ancient cultural groups being made up of pre-existing genetic groups. From our ancient ancestors, we received our European heritage. This includes our languages, customs, cultures, and religions. All of these have roots going through the same paternal trees. We are cousins, and we should affirm these familial bonds according to the noble virtues of the ancestral household religion.
- 2. Celts and Germans have directly shared mythopoetics due to these similar origins.** The closest religions to the native Celtic religion would have been the Latin and Norse/Germanic religions since those two groups are closest to the Celts in terms of the genetic and cultural timeline. However, the Norse/Germanic expressions are highly reminiscent of the Gaelic expression as compared to the Latin, to the point that both have an identifiable Sky Father (Alföðr Óðinn, and the

and kennings of both systems show close resemblance, and this extends down into their myths until some scholars wonder if the medieval Irish weren't just influenced directly by Norse Vikings. These shared mythopoeitics are indeed that strong, to the point that scholars sometimes struggle discerning if they are shared from a common Bronze Age root, or if they come from more recent incursions by the Norse-Gaels. Of course, we know that these are shared Indo-European roots today, but this just goes to show how close the myths and characters sometimes end up.



The All-Father of Europe, notice that Óðinn is on that map in THREE places (very Indo-European)

more commonly seen in Britain, Gaul, or the Rhineland. There are many shared Gods strictly because our fathers are Indo-European kindred, our Gods are ancestrally related in the same way as our fathers. An obvious example would be when the Vikings settled in Christian Ireland and briefly intermarried with Irish women, bringing many Gaels into a pagan sphere of influence and ritual practice. A 10th century burial of an Irish noblewoman shows evidence of religious intermixing due to her having Þórr's Hammer and a cross pendant. The Manx and Orcadians likewise intermixed and adopted many Viking practices and customs, and these were sometimes dominant within the local island polities. This is a rather major piece of historical information showing that Gaels sometimes practiced Ásatrú owing to the cultural hegemony of the Norse. A more poignant example would be Aericura, a goddess from the Roman provinces who found herself worshiped by Celts and Germans who settled as foederati in new lands together.

Aericura was a Celto-Germanic goddess, called variously Aericura and Herecura; a male counterpart, Aericurus, is also recorded at Corbridge in Northumberland. The name may be related to that of the Classical underworld goddess Hecate. Aericura was venerated in Baden Württemberg, in the vicinity of Stuttgart: a stone at Cannstatt is dedicated to her, and it depicts a MOTHER-GODDESS seated on a throne, with a basket of fruit in her lap; and there are other similar (though unnamed) images from Cannstatt and Rübgarten. Sometimes Aericura is depicted as one of a divine partnership in the area of South Germany and the Balkans. The couple are named Aericura and DISPATER (the god has taken his name from that of the Classical

4. **Celts sometimes assimilated with Germans and adopted their culture and religion.** As has been explained above with the example of the Irish noblewoman, we can find many moments of conversion between Celts and Germans. This is most starkly seen by the Britons who converted to Ásatrú under Saxon or Danish rule. At the Anglo-Saxon burial site of Oakington, a man with Celtic ancestry was buried in pagan Anglo-Saxon style, and in splendor, no less. This was not an isolated example, but was instead commonplace across Britain, and when we turn to Gaul, we find that many Gauls were willing to mix their native Gaulic religion with the Roman cult to produce the wondrous Gallo-Romano expression. Humans are dynamic, not static, and the divine tribe of the Gods operates in much of the same way.
5. **The ancestral household cult was expanded into imperial pantheonic systems by most European tribes.** This includes the Celts and Germans, because we had a stratified priest class that governed religious services. The ancestral household cult was never seen as being in danger by the larger imperial religion. When Rome conquered the Gauls, for example, the conquered Gauls carried over large amounts of their local traditions and syncretized them with the Roman system, and this was primarily done through the ancestral household cult which was grafted over. Each European tribe has done something similar. The Romans building the Hill of the Vates on an Etruscan site is similar to the Bell-Beakers and Celts using the Neolithic Stonehenge, or the Saxons using Wayland's Smithy (a Neolithic barrow). Basically, ancestral household veneration is carried over and the land is still connected to the divine tribe of the Gods. The local expression simply gets grafted into the imperial system.

Our imperial/national religion as Americans ought to be Germanic because we live in a Corded Ware world, even Bell-Beakers and Celts come from the same Rhinelanders as the Germanics. But our household worship may diverge due to our different fathers. What difference is there in a public worship of the Æsir and a private worship of the Aos Sidhe? I contend there is none. This is no different from the Imperial Religion of Rome coupled with the ancestral household worship of the Lares and the mystery cults of household Gods.

We are just Gallowglas living alongside Sassenach and Vikings, and I find that to be an encouraging thought.

## Asatru Folk Assembly

@asatrufolkassembly



Asatru is about roots... It's about connections... It's about coming Home.

Subscribe

Message



Join our Substack

This was originally posted on the AFA's Substack — please, subscribe to us on Substack at <https://asatrufolkassembly.substack.com/>.

### *Upcoming Events*

FEB. 7, 2026. 3PM

AMACMILLAN@RUNESTONE.ORG FOR DETAILS



Folkbuilder Aidan McMillan  
[amcmillan@runestone.org](mailto:amcmillan@runestone.org)



### *Indiana Þorablót*



Friends and Folk,

Þorablót is a time to come together and shelter from the cold; both from weather and the loneliness that plagues too many of our people.

When we give our thanks to Þórr during times of cold, dark, and doubt, we ask him to give us strength to overcome the challenges that beset us.

Remember, when you suffer from cold or toil, oppression or loneliness, that the strength of Ásgarð's champion does not only manifest as a hammer or rod smashing through those barriers, but that it is also present in the strength of bond and the warmth of friends who gather in sight of our Gods and Ancestors.

*Upcoming Events*

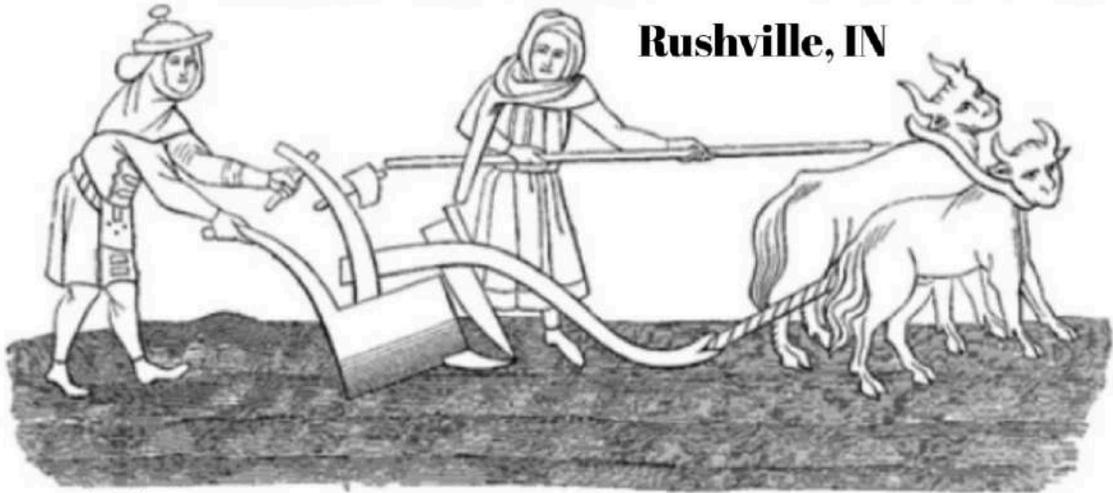
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# Dísablót

The  
Charming of the Plow

Rushville, IN



**February 28, 2026**  
3pm arrival 5pm Blót

[JRock@Runestone.org](mailto:JRock@Runestone.org)  
for details



Goði Jonathan Rock  
[jrock@runestone.org](mailto:jrock@runestone.org)

---

**Massachusetts**



I met a Bard along the road  
His name, he never gave  
From whence he came, he never spoke  
His years, I could not gauge  
But in his eye a depth I saw  
A knowing, cunning streak  
So with him I began to walk  
And he began to speak  
The tales he told of times gone by  
I must confess, at first  
Were strange to my unknowing eye  
Like nothing I had heard  
Tales of giants in the ice  
Of dwarves beneath the Earth  
Of serpents, wolves, and witches thrice  
And how the Gods gain worth  
He spoke of cultures, strong and true  
Empires that have fallen  
Of heroes, yes, both old and new  
And spirits that are callen  
He spoke of how we each can hear  
The ravens come to roost

But then, he said, my traveling friend  
You must now walk alone  
To find your means, and yes, your ends  
The Runes you'll write in stone  
And though he wished me ever well  
He said before he turned  
May tales that you too one day tell  
Be wisdoms you have earned

— Tom, member

### *Massachusetts Antiquities & Þorrablót*



Massachusetts saw a few of us gather for Þorrablót on a clear frigid day at the site that was once considered a Vinlandic Norse settlement. The location is on the banks of the Charles River in Weston and was dubbed Norumbega. There is a stone tower built there in Victorian Days to mark the spot but it was under repair on Þorrablót. This did not deter us.

In the icy air that read in the teens Fahrenheit and patchy snow we made our way past

noticed low blueberry bushes all over.



We were here for Þorrablót and that is what we did. We raised hammer and horn then called out to honour Þórr and our beloved Æsir. Tom read a poem he composed to honor the day and location. Whether our ancestors had been here in ancient days or not mattered little as they inspired us and inspired a nation which was younger then. We, their far flung progeny were here on that day and as we are our ancestors, they were here too. So the old time legends became true. A full horn was poured to Þórr at the base of a soaring oak tree and we carried another full one to the river to pour for Njörðr. As all roads lead to Rome, all rivers lead to the sea and the Charles empties into Massachusetts Bay, the cradle of New England. Beyond the brambles we found a clear spot that surprised us by having a small floating dock locked in ice. That is where we poured a horn to Njörðr. Then it was done.



Out of the winter air, into our vehicles and off to a restaurant to eat and be merry was now our order of business and that is what we did. Luckily it was before the usual Saturday dinner rush so the wait staff did not seem to mind we were there for 2 hours, sharing Frith, fellowship, and feasting! The site will be a gathering location in the fairer months, so keep your eyes peeled!



Folkbuilder Ronald Boardman  
[rboardman@runestone.org](mailto:rboardman@runestone.org)

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## Michigan

*A Banquet for Birds*



Ɖe birds are back, and ðey bring  
wiþ ðem soꝝ and such a sight  
as a tiny troop of tweeters  
feastiꝝ and frolickiꝝ at my feeders.  
Ɖe deer also dined at ðis depot,  
so I placed red pepper flakes in a pot  
wiþ ðe seed, and stirred it solidly.  
Chemical warfare keeps clear  
ðe dróttin of deer ðat dwells  
in ðe fields, and forces far  
ðe squirrels ðat sup on ðe seeds  
ðat I bought as a banquet for ðe birds.

*2026's January Moot: Fff to a Good Start!*



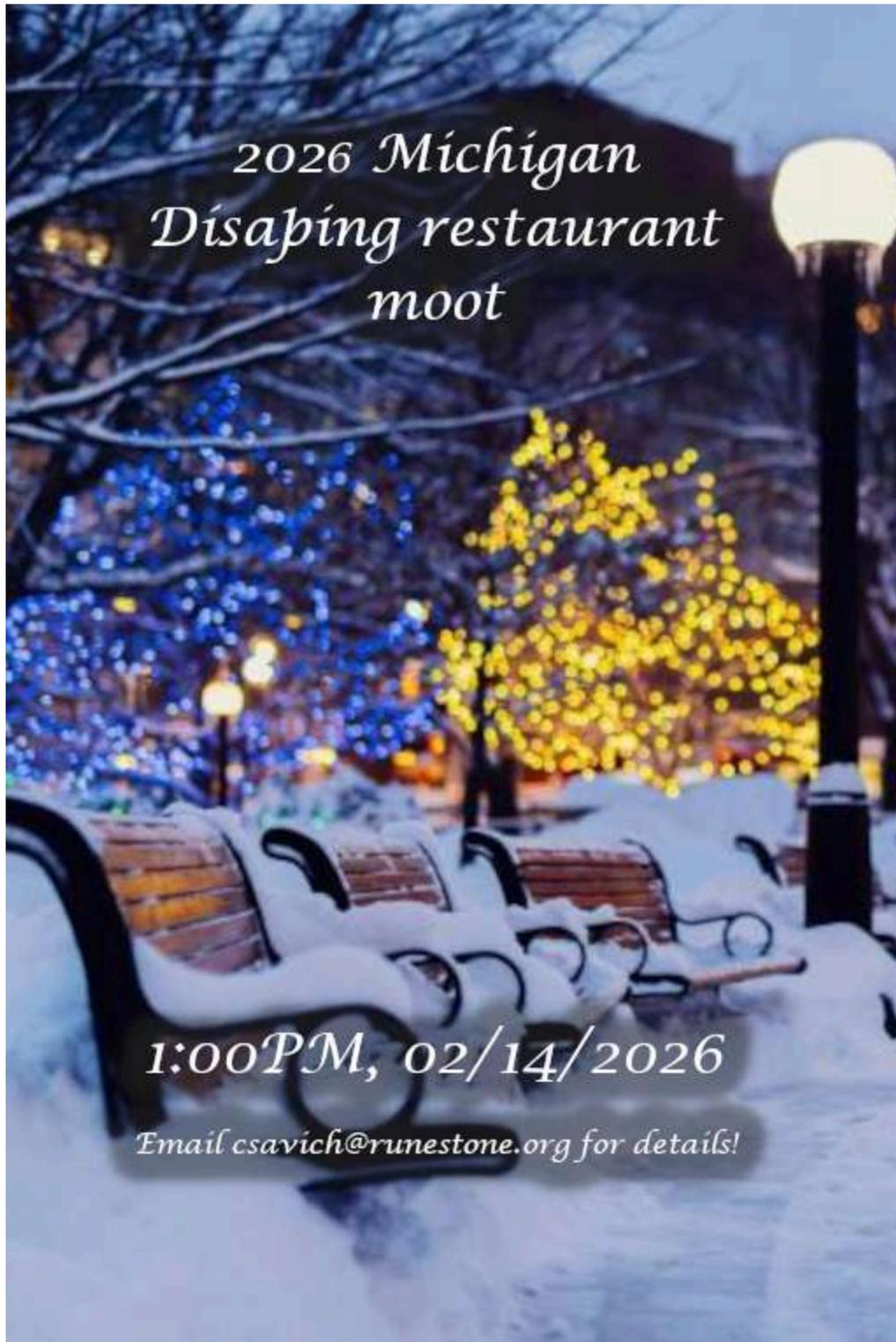
Friends and Folk,

2026's first Moot of the year went well! We went to a quaint restaurant, and all tried something new as a Þórrablót exercise. I got a fish-finger and clam dish; my wife got a very heavily topping'd pizza. Pineapple was one of those toppings, which as we all know is the American equivalent of fermented shark or pickled ram's brains. Even my baby daughter got in on the Þórrablót fun, trying her first fried-fish oil and batter by grabbing my hand and licking the grease off of it while I wasn't looking. The mead of mirth was sipped by all in the stead, and friendship fastened as the winds and frost whipped and fell.



was still as still as ice. I thanked the lake-wights for having us as guests.

*Upcoming Events*



*2026 Michigan  
Disaping restaurant  
moot*

*1:00PM, 02/14/2026*

*Email [csavich@runestone.org](mailto:csavich@runestone.org) for details!*



*2026 Michigan Austra  
restaurant moot*

*1:00PM, 03/14/2026*

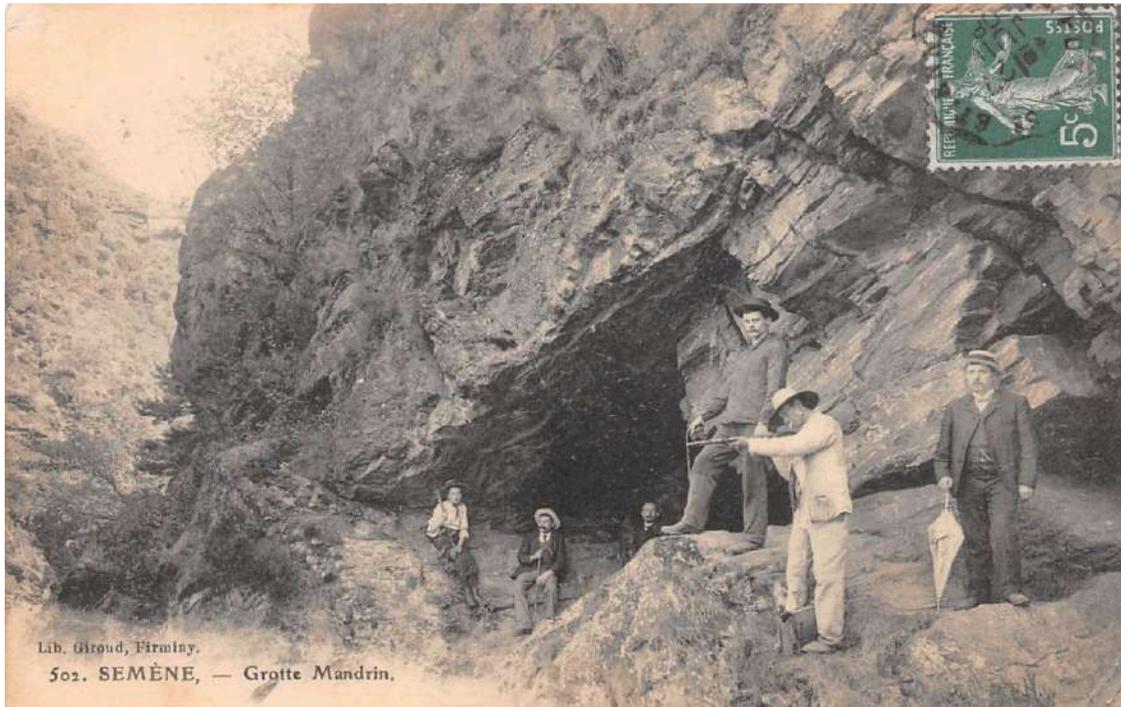
*Email [csavich@runestone.org](mailto:csavich@runestone.org) for details!*

Folkbuilder Chris Savich  
[csavich@runestone.org](mailto:csavich@runestone.org)

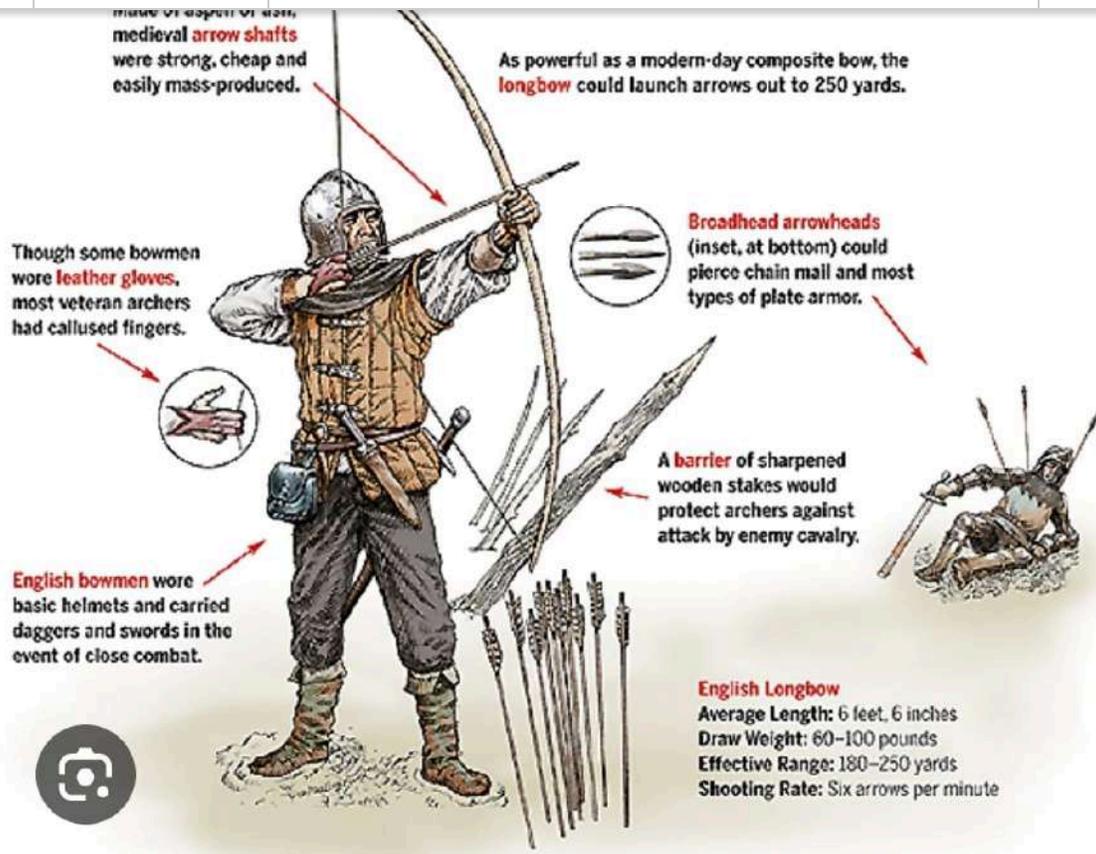


## New Brunswick

### *Archery and Our Folk*



While mainly seen as a hobby in the modern world, serving no more purpose than to hunt or compete, the use of a bow and arrow was once a necessary skill for survival. The earliest known use of a bow and arrow in Europe was approximately 54,000 years ago in the Grotte Mandrin area of France, being used to hunt wild game common in the area. Over the next 40,000 years, the use of these tools would expand across Germany and Denmark finding widespread use among our Folk.



During the transformative time known as the Medieval period, shortbows were exceedingly common early on but found new competition in the long bow during the 13<sup>th</sup> century. From 1252, by order of King Henry III, it was mandatory for the men of England to practice archery, leading to the almost universal adoption of longbows. It is interesting to note that we are able to determine who the archers were from the skeletons of lost soldiers, such as the Towton Battle Skeletons, by the asymmetry of their bodies. There is an increased robustness in their shoulders, arms, collarbones, and back, with enlarged muscle attachment sites. This adoption of mandatory practice shows us the importance of this technological step forward that would help solidify England as a military power.



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with prime examples being the battles of Crécy in 1346 and Agincourt in 1415 where England won decisive victories over the French due to their heavy reliance and development of the longbow. This supremacy started to fade with the introduction and adoption of gunpowder alongside the advent of cannons, handgonnes, arquebuses, and other early firearms, ultimately shifting the way we hunt and wage war forever. Though the longbow had been used for centuries to great effect, it would fall out of favour by the end of the 15<sup>th</sup> and start of the 16<sup>th</sup> century.



Thankfully there was a revival in the 19<sup>th</sup> century that would see archery included as an Olympic sport in 1900, with the invention of the compound bow being 66 years later in America. The innovation that has followed since has seen compound bows reach a level of popularity rabid enough to drive further innovation year over year, through the development of lighter bow limbs or heavier draw weights, we can hunt from further and further while maintaining our confidence in the performance of the bow in our hands. Though recurve bows are still used, the compound bow remains the preferred choice for most bow hunters due to its increased accuracy and power, with America also remaining the top producer and innovator in compound bow technology to this day.

### *Upcoming Events*



# NB Winter Hike

Feb 21<sup>st</sup>, 2026

Winter Tail Hike in Saint-Andre NB  
Contact Apprentice Folkbuilder Jordan  
Wardrope to RSVP  
[jwardrope@runestone.org](mailto:jwardrope@runestone.org)



Jordan Wardrope  
Apprentice Folkbuilder  
[jwardrope@runestone.org](mailto:jwardrope@runestone.org)



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## New Hampshire

### *Upcoming Events*

# PLANETARIUM MOOT

Family-friendly learning about our explorations into Space!

Where:

McAuliffe-Shepard Discovery Center  
2 Institute Dr Concord NH

When:

Sunday 15 February 2026  
12:30pm

Cost:

\$14/adults, \$13 students & seniors, \$11  
ages 3-12, Free for -2  
+\$7 for planetarium show tickets  
Food: Cafe on site

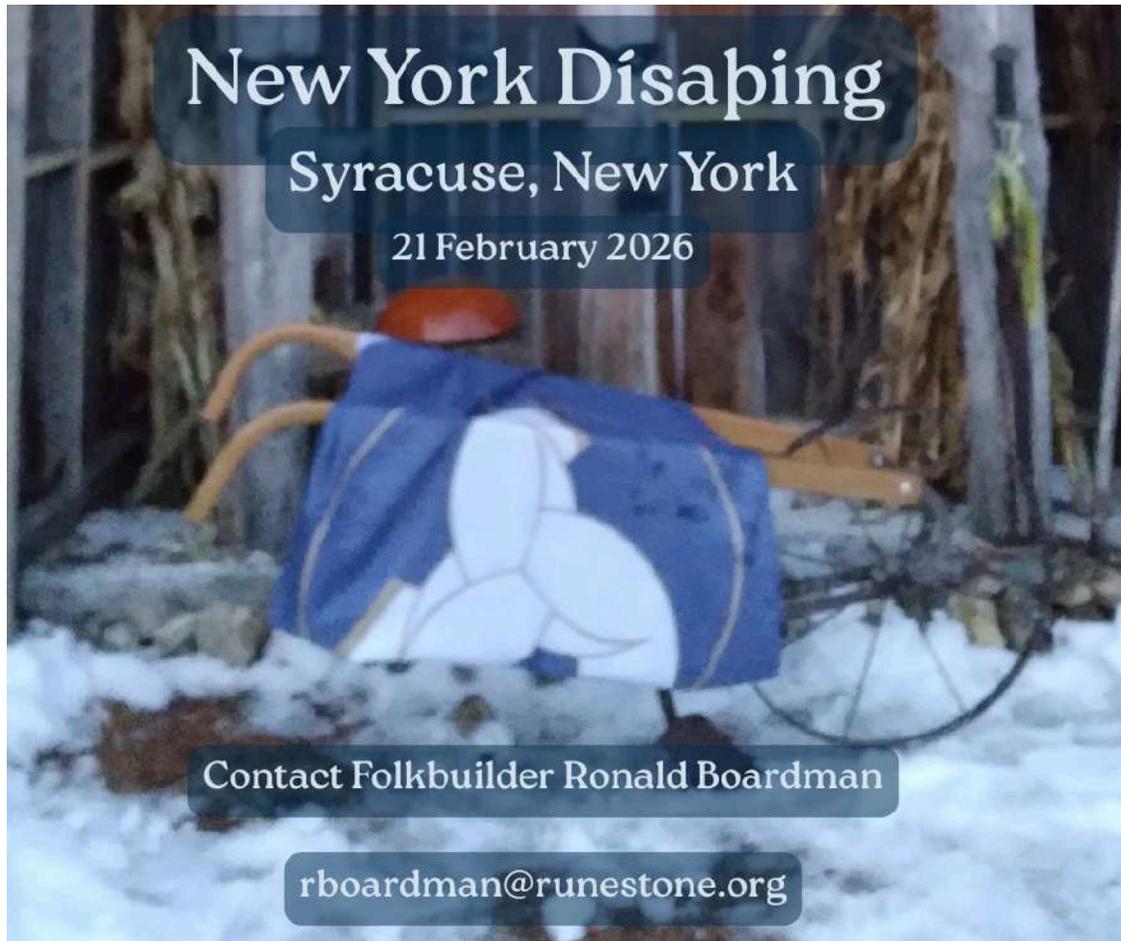
Contact [arobichaud@runestone.org](mailto:arobichaud@runestone.org)



Angela Robichaud  
Apprentice Folkbuilder  
[arobichaud@runestone.org](mailto:arobichaud@runestone.org)

## New York

### *Upcoming Events*



**New York Disaping**  
**Syracuse, New York**  
21 February 2026

Contact Folkbuilder Ronald Boardman

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



Folkbuilder Ronald Boardman  
[rboardman@runestone.org](mailto:rboardman@runestone.org)

## *Upcoming Events*

# Dinner Moot

Columbus, Ohio

February 15th @ 2PM

"He must early go forth who fain the blood  
Or the goods of another would get;  
The wolf that lies idle shall win little meat,  
Or the sleeping man success."



To obtain details and to  
RSVP please Email  
[jwilson@runestone.org](mailto:jwilson@runestone.org)

Hosted by:  
Josh Wilson  
Folkbuilder  
Freyshof

In the golden light of Freyr's gaze, frith blooms like wheat in summer rain: not the silence of absence, but the living bond where every heart finds room to thrive, every seed its chance to rise, and frith becomes the richest harvest of all.



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## Pennsylvania

*Upcoming Events*



**Bucks County, Pennsylvania**

**Lunch Moot**

**Thursday, February 12th**

**Noon**

**RSVP [jilliestorm@yahoo.com](mailto:jilliestorm@yahoo.com)**



# *Fonthill Castle*

## *Moot*

*Doylestown, Pennsylvania*

*Saturday February 28th*

*12:00 pm*

**RSVP: [wleysing@runestone.org](mailto:wleysing@runestone.org)**



**SUNDAY NIGHT**  
*Special*  
**EVERY SUNDAY**  
**6PM - 11PM**

Bucks  
County,  
PA

Sunday, March 15th  
6 PM

RSVP [jilliestorm@yahoo.com](mailto:jilliestorm@yahoo.com)

**Prince Edward Island**

*Upcoming Events*



**Sweden**

*Hesiodos' Råd*



Bön med lyfta händer är ej nog,  
lantman, då du ber för jordens gröda.  
Bed med handen på din plog!  
Då välsignar bönen kraft din möda.  
— Viktor Rydberg

### *Hesiodos' Advice*

It is not enough to pray with lifted hands,  
farmer, if you would earth's bounty gain.  
Put hand to plow and pray as you till your lands!  
The power of prayer will bless your might and main.  
— Viktor Rydberg

### *Northern Sweden Þorrablót*



The Lugnet family had a very cozy, merry Þorrablót celebration in northern Sweden. Throughout the day we had fun playing games, including a series of contests inspired by Þórr's journey to Utgård. We gave Blót to Þórr and enjoyed a dinner of steak and hearty potato soup. Braving the cold temperatures, we gathered around a fire outside and played in the snow. We ended the festivities by warming up inside with hot chocolate.  
— Laura Lugnet, member

### *Upcoming Events*



Norrbottnen, Sweden

*Disaping*

2.22.2026

[erik.lugnet@tutanota.com](mailto:erik.lugnet@tutanota.com)

*Upcoming Events*



# ASATRU FOLK ASSEMBLY MEETUP



# SWEDEN

## SATURDAY, FEBRUARY 21



CONTACT OLIVER HAMNEBO AT  
[OHAMNEBO@RUNESTONE.ORG](mailto:OHAMNEBO@RUNESTONE.ORG)  
FOR MORE INFO





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