

The Runestone: Voice of the Asatru Folk Assembly





Óðinshof

First Hof of the Asatru Folk Assembly

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Donate to the AFA

Words from the Alsherjargothi



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

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

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

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

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

What an amazing time to live in!

Hail the Gods!

Hail the Folk!

Hail the AFA!



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

Njordhof is Born into Midgard

"The third among the Æsir is he that is called Njördr: he dwells in heaven, in the abode called Nóatún. He rules the course of the wind, and stills sea and fire; on him shall men call for voyages and for hunting. He is so prosperous and abounding in wealth, that he

may give them great plenty of lands or of gear; and him shall men invoke for such things."



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

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

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

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

Now and forevermore ... HAIL NJÖRÐR!



Matthew D. Flavel
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The Quest for Freyshof



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

– Gylfaginning

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

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

The quest for Freyshof begins today!

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

1. We need to pay off Njörðshof.

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

Hail Freyr!



Matthew D. Flavel
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AFA Homeschool Program

Open Enrollment is here!



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

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

We are so excited to welcome our kids and to start this fantastic journey in learning. I can't wait to see you all this fall! To register, follow the link provided. As always, I'm Gothi Rob Stamm, Dean of the AFA Academy. I'm always happy to talk to our parents about any questions they have.

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

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



Gothi Rob Stamm
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Day of Remembrance

King Athanaric of the Visigoths



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

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

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

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

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

So, what can we learn from this story?

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

It's about Roots.

It's about Connections.

It's about coming home.

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



Gythia Catie Erickson

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Remembrance & Holy Days



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

2022

| Date | Observance |
|-------------|--|
| January 9 | Day of Remembrance for Raud the Strong |
| January 15 | Porrablót |
| February 9 | Day of Remembrance for Eyvind Kinnrifi |
| February 19 | Charming of the Plow |
| March 9 | Day of Remembrance for Olvir of Egg |

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

Midsummer



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

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

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

As the revelry comes to an end, however, we must take the time to remember that the

days will now begin to shorten once again. Winter will come and our hard work is not yet done.

Upcoming National Events

Midsummer at Óðinshof



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

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

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

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

Fallfest at Baldrshof



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

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

Winternights in Ohio



The Eleventh Annual Winter Nights will be held in Scioto County, Ohio from October 14- 16! Since 2012, this long-running AFA festival has been dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the

winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, our Goddesses, and our Ancestral Mothers. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships. We look forward to seeing members and friends!

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

Things to know:

- Children 17 and under attend for free!
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Tenting is encouraged! There are also hotels within 20 minutes of the camp.
- Dogs are welcome but must be leashed at all times and are not permitted in common indoor areas such as the dining hall.
- The camp location will be provided upon registration.

If you have any questions please email cerickson@runestone.org

Member Family - Weekend: \$150

Member - Weekend: \$100

Member - Daypass: \$50

Guest - Weekend: \$125

Guest - Daypass: \$60

Child - Weekend: Free

Child - Daypass: Free

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



Witan Clifford Erickson
cerickson@runestone.org

Folkbuilder Spotlight



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

How did you find your ancestral faith?

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

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

The first book of our lore I read was the Heimskringla. Call it fortuitous or guided, but this was the book I had to read at that time. I was not ready to accept the gods as divine beings then, and a euhemerist approach allowed me to have the gods in my life.

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

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

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

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

Why did you decide to Folkbuild in Florida?

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

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

What is your best memory in the AFA?

There are so many great memories with the AFA. My first Charming of the plow, The Óðinn's blót in 2020 at Ostara in the South, and none I'm more proud of than watching

our Florida folk grow and mature into a real community. But I have to say, I'll never forget my first trip to Þórshof and being sworn in as a Folkbuilder for our church in front of so many wonderful people. That is my best memory.

So far.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Be a Doer



We need you to volunteer for the AFA!

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

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

Baby Blanket Project

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

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

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

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

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



Folk Services



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

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

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

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

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

our community who need our help!

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

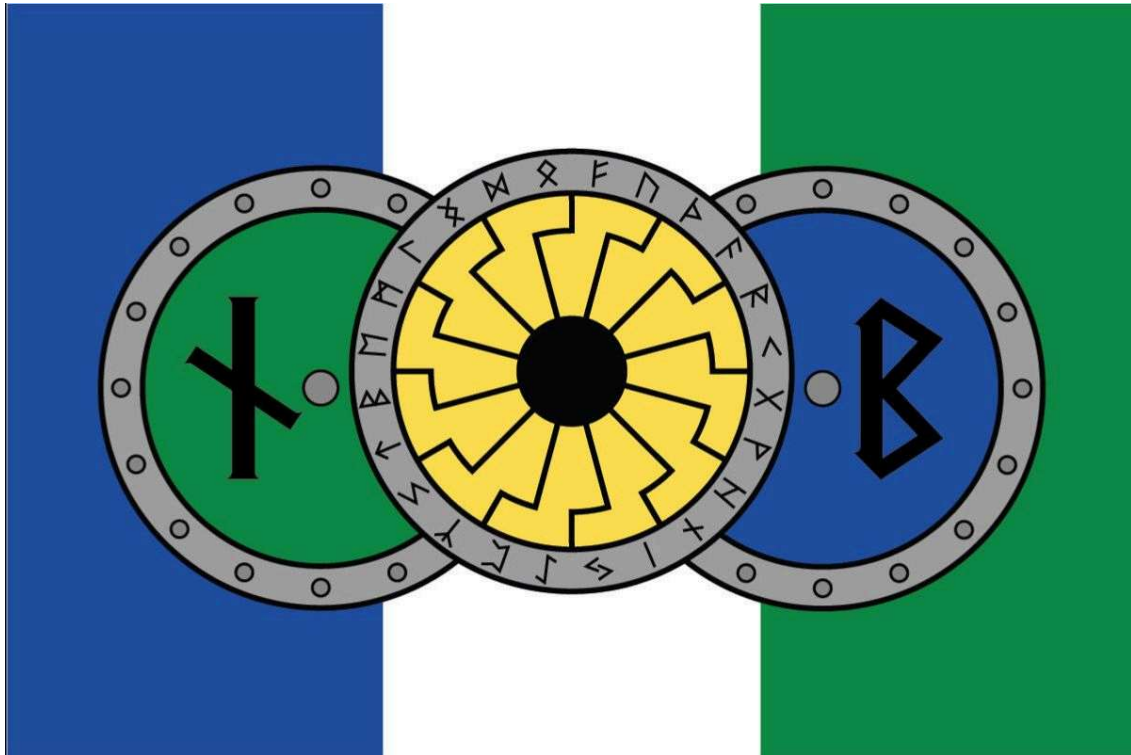
We have found an amazing resource for our U.S. members to make legally binding wills in minutes online for **free**. This site also has resources to make Advanced Medical Directives and Powers of Attorney. It takes only **minutes** at <https://www.doyourownwill.com/>.

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317

Introducing the newest AFA Kindreds



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

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

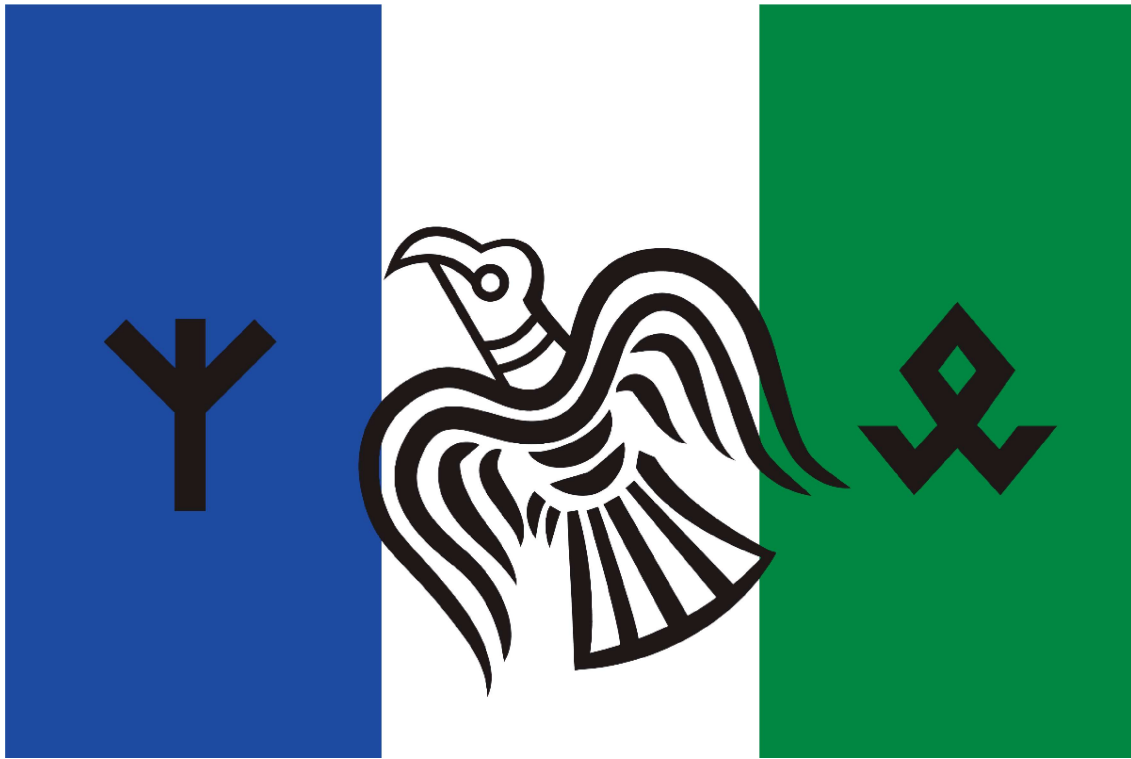
AFA Kindreds are the local congregations of dedicated members and their families who get together and host monthly events. Gaining Kindred recognition is not an easy thing, it takes hard work and dedication. Standing with our church at all costs. All new Kindreds go through a six-month probationary period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

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

Hail the Northern Bastion Kindred!

Hail the Kindreds of the AFA!

Hail the Asatru Folk Assembly!!!



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

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

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

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

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

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

Hail the Folkvangr Cascadia Kindred!

Hail the Kindreds of the AFA!

Hail the Asatru Folk Assembly!!!



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

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

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

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

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

Hail the Vatnafolk Kindred!

Hail the Kindreds of the AFA!

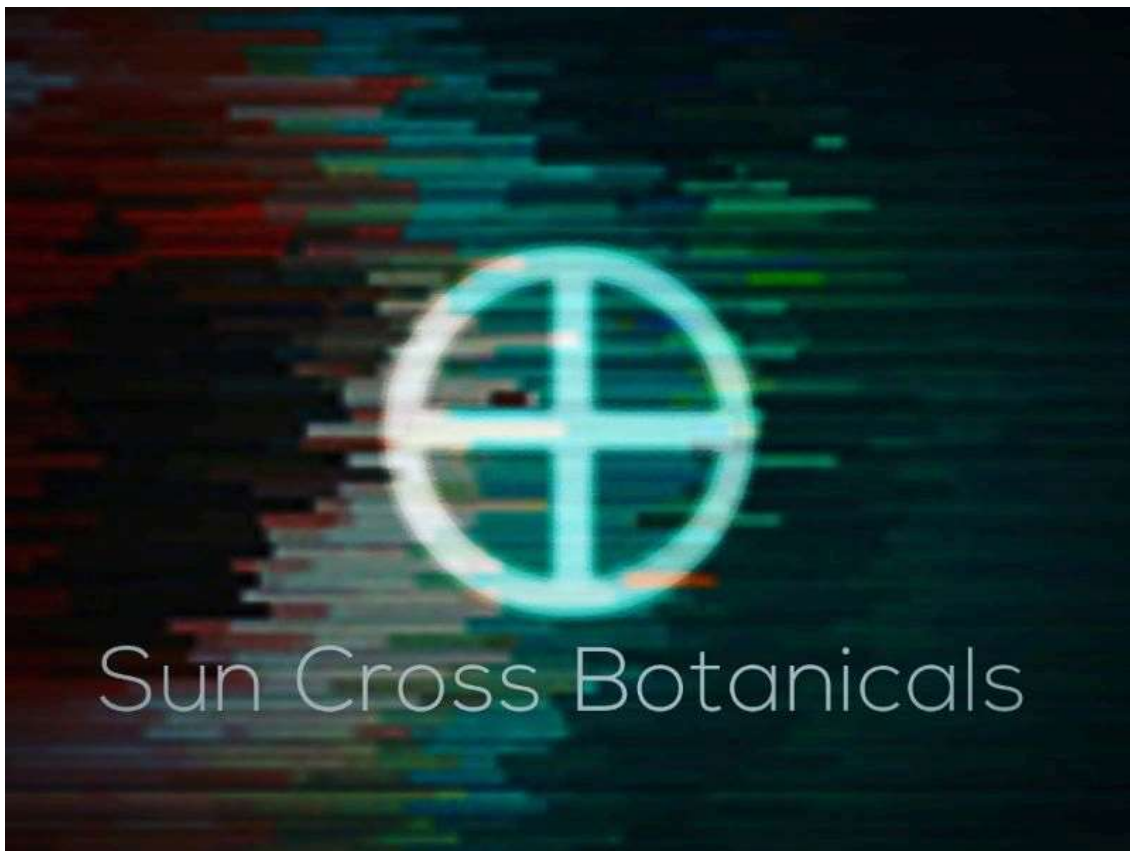
Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher

jgallagher@runestone.org

The Artisans of the AFA Support Our Folk



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



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



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

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



Folkbuilder Jessica Lambert

jlambert@runestone.org

Ancestral Food and Culture

Barley Bacon and Greens Porridge



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

Cast Iron Dutch Oven

1lb of pearled barley (2 3/4 cups of barley)

6 cups of stock (any stock broth will work)

2 cups of heavy cream OR buttermilk (I prefer heavy cream)

1 lb of chopped kale

1 lb of chopped spinach

2-3 leeks OR a bunch of chives

1 lb of chopped bacon OR 1 jar of canned bacon

Optional: chopped mushrooms, salt, pepper, garlic powder

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



Folkbuilder Timothy Dumas

tdumas@runestone.org

Now Available in the AFA Store



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Food Pantry at Odinhof



Our May Food Pantry had a wonderful surprise due to an unexpected visitor. When Steve and I drove into the Hof parking lot on Thursday, a car was already there. The elderly gent who stepped out to greet us, however, wasn't a local resident. His name is Roy White, and he made the trip from Salt Lake City to be with us for our Mayfest! After brief introductions, Steve and I excused ourselves as we had a carload of food to unload. Not one to stand around, Mr. White insisted on being right there with us as we began filling bags. (Did I mention that he's in his mid-eighties?) With that extra set of hands, the work was quickly done.



Saturday morning was warm and clear, perfect for a day of food distribution. When we arrived at 9:15 for the 10:15 give-away, there were already three cars in line...and the steady stream continued. By the time we were through, we had served 53 families representing 159 individuals, a 70% increase over last month! No surprise to anyone - this appears to be a trend that will continue under the current economic conditions.

As we grow, we have ready volunteers in the form of the local Boy Scouts, but our biggest obstacle is simply getting enough food to Brownsville to meet the needs of this struggling community. It takes multiple trips from Grass Valley to Brownsville to pull this off. With local gas prices now over \$6.00 per gallon, your donations to Odinhof for our Food Pantry are most welcome!



**Odinshof
FOOD
PANTRY**



*Open to ANYONE in Yuba
and Butte counties!*

Just drive in and let us
load your car.
All zip-codes welcome.
No ID required

*Saturday, May 21st
10:15 to 11:30*

8408 La Porte Road, Brownsville
Helping those in need www.odinshof.org



Gythia Sheila McNallen
sheila@runestone.org

May Day at Odinshof



A Mayfest needs a Maypole, and ours is undoubtedly the tallest in all of Asatru. Due to its height, it was a challenge to add the ribbons and flower-topper, but Victor did it. By the time it was finished, the ribbons were already twisted by the wind, but no one cared. We weaved in and out to the sounds of music and much laughter.



The day also brought us new friends like Roy White from Utah and some of our newer members who traveled quite a way. After a hearty lunch, it was time for Greeting to the Gods. Matt Flavel led us into the ritual circle where he invited all the Gods, Ancestors, and Landvaettr to join us in celebration. Perfect weather encouraged us to spend most of the day outdoors.



Our first presentation was by Steve McNallen who focused on the theme of the day – our god Ingvi Frey and his connections with fertility. The story that describes this the best is called the Lay of Skirnir, also known as the Wooing of Gerd. Steve read the passages aloud in which Frey's messenger, Skirnir, began by entreating Gerth to marry the lust-filled god – which she refuses to do. Skirnir offers various precious gifts in an attempt to sway her, to no avail. As a last resort, he launches into a rolling curse that runs for several stanzas, in which he threatens to kill her father and to submit her to a wide variety of degradations and abuse. Faced with this option, Gerth finally submitted. The point of this somewhat farcical and highly symbolic tale is to underline the need for the maiden to come forth and “bring in the summer” that the crops may grow.

May's “Day of Remembrance” was for Folkmother Else Christensen. In the Midwest, our AFA kin had recently gathered for a full weekend to honor her at Elsefest. Else was a unique woman who dedicated her life to bringing Odinism to the incarcerated. At Mayfest, we were fortunate to have Sierra Chapman share the travails and victories of Else's life. In the end, she was true to her Folk and left a legacy that has influenced us all.



When we entered the Hof for dinner, a delightful sight awaited us. Our precious little girls had strewn silk flowers along each tabletop. We all enjoyed the fine meal prepared by Krystal, but very soon it was time for the Frey Blot. Dusk had settled when we returned to our ritual circle. By torchlight and bonfire, we entered the darkened holy place where we intoned the rune Ingwaz to bring forth Frey's Might. From heart, to hand, to horn, we gave and received Frey's blessings.

And a blessed day it was. It is now time to focus on our Midsummer celebration only a month away. With Frey's gifts of creative force and vital energy, we can do it!



Gythia Sheila McNallen

sheila@runestone.org

Upcoming Events at Odinshof

A poster for the Midsummer event at Odínshof. The background is a rustic wooden plank wall. On the right side, there are three bright yellow sunflowers with green leaves. The text is written in a mix of bold, sans-serif and stylized, hand-drawn fonts. The main title 'MIDSUMMER' is in a large, dark, hand-drawn font. Below it, 'at Odínshof' is in a smaller, bold, sans-serif font. The dates 'JUNE 17-19' and '2022' are in a bold, sans-serif font. The address '8408 La Porte Road' and 'Brownsville, CA 95919' is in a smaller, bold, sans-serif font.

MIDSUMMER
at Odínshof
JUNE 17-19
2022

8408 La Porte Road
Brownsville, CA 95919

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

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

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

www.runestone.org/product/midsummer-at-odinshof/



| | |
|--------------|------------------------|
| June 17-19 | MIDSUMMER |
| July 16 | Sigrblot/Sommarfest |
| August 20 | Freyfaxi |
| September 17 | Winter Finding |
| October 22 | Winter Nights |
| November 19 | Feast of the Einherjar |
| December 17 | Yule |

Check www.odinshof.org for additional events
The June Food Pantry will be on the 24th, due to the conflict with Midsummer's date. Otherwise, it is on the same day as our gatherings.

8408 La Porte Road, Brownsville, CA

Arizona

Bonds Strengthen



This year has been great so far and our Frith is getting stronger. This month I have thought a lot about how much of an honor it is to have the opportunity to be around such great folks. I feel like every day not only do I create new friendships but we create a lifelong bond that can never be broken. Every time we get together I always feel like I'm around family. And I couldn't be more proud.



Samuel Ramsey
Apprentice Folkbuilder
sramsey@runestone.org

California

Upcoming Event



Redding Moot

***Aqua golf followed by
lunch at the Greek shack
July 23 @ 11am***

***To RSVP contact Apprentice folkbuilder
Ashley Stockton
astockton@runestone.org***

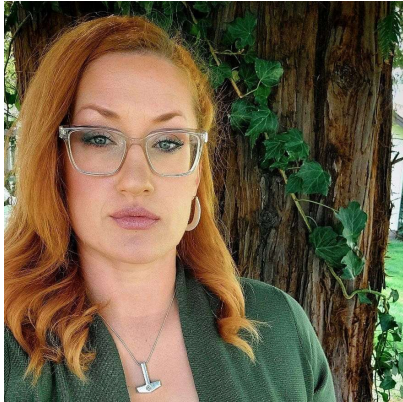
MANZANITA LAKE CAMPGROUND
AUG 5-7TH

LASSEN CAMPOUT

Hiking | Fishing | Kayaking

Sites fill up fast here, book yours asap for a weekend of outdoor adventure with the folk

To coordinate camping, RSVP or any other inquiries contact apprentice folkbuilder Ashley Stockton
Astockton@runestone.org



Ashley Stockton
Apprentice Folkbuilder
astockton@runestone.org

Gathering at Discovery Park



This month we had a moot at Discovery Park after a last-minute venue change. We had a potluck picnic and talked about the Folkmother Else Christensen and what she means

to us. We hailed our gods and honored our ancestors while building frith among the folk. Keep an eye out for next month's moot on MeWe!

May the Gods and Goddesses continue to Bless and Protect you and your family,

Motherhood



What is motherhood?

Motherhood is never getting any time for yourself.

It is never getting to eat a hot meal or getting any peace and quiet.

It's working all day and coming home to just keep working. Cooking dinner, doing laundry, bathing children, doing dishes, the list goes on and on.

It's never finding the time to sit and relax because there is always something to be done.

Motherhood is also being a teacher, teaching our children right from wrong, compassion and kindness not only for the folk and others but also for plants and animals and all aspects of nature. It's teaching our children that it's okay to fall down but to always get back up again. And to never give up and keep trying again and again until you reach your goal. It is being there for all the good times and the bad.

Motherhood is being the rock for your children. Being who they can come to when they are unsure of what is to come. When they need to be comforted when they need to be counseled when they need encouragement. Because you see being a mother is so much more than just giving birth. It's being a cheerleader, a disciplinarian, a therapist, a confidant, a friend, a mentor, and a role model. A mother's love begins long before a child is born and it continues to grow every single day. Motherhood is unforgiving but man is it rewarding.



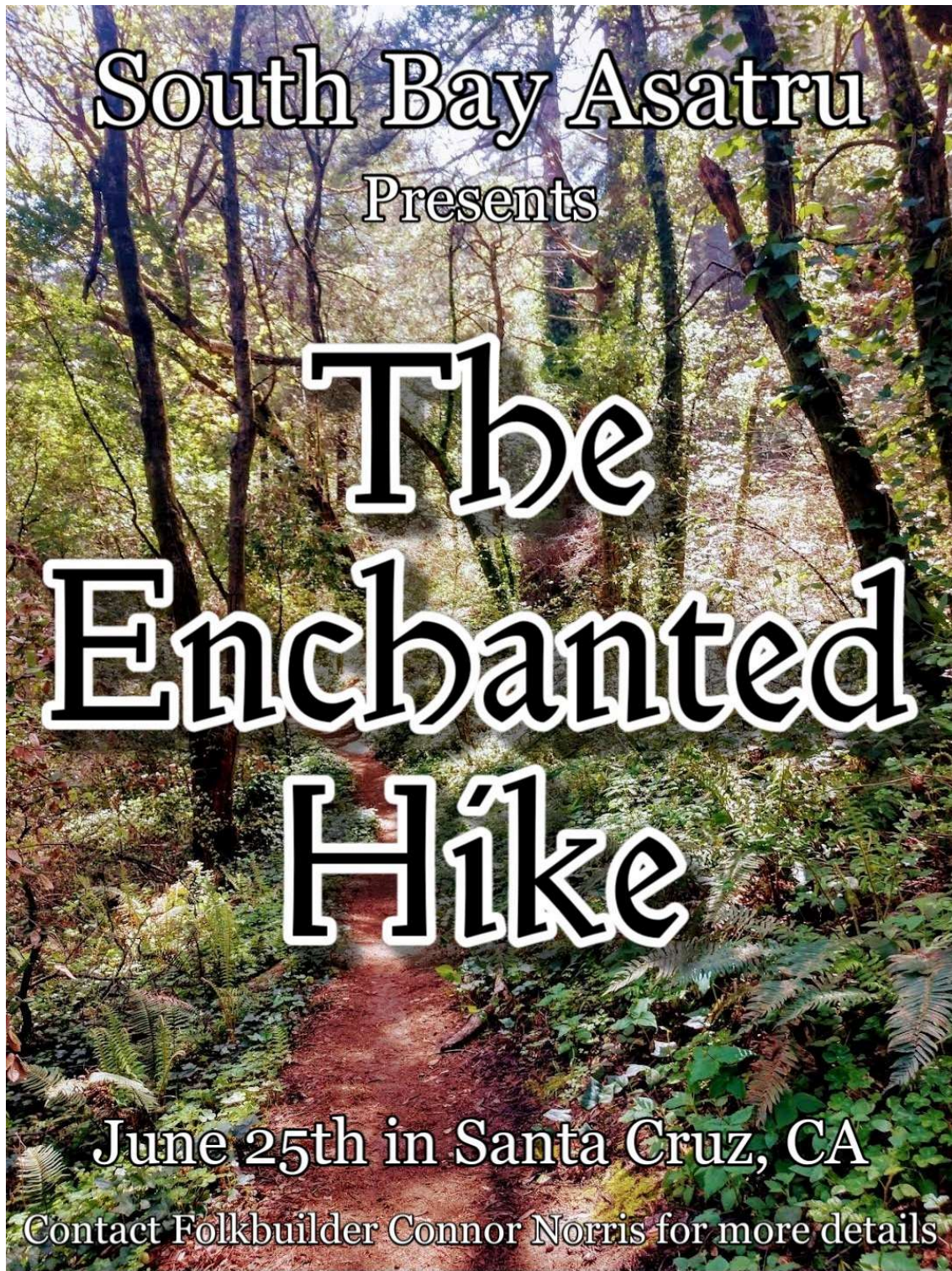
Sierra Chapman
Apprentice Folkbuilder
schapman@runestone.org

South Bay



We had an excellent couple of rounds of Kubba in the park this past month!

Coming up next is a hike up Santa Cruz's famous Enchanted Loop Trail on June 25th. Considered moderately challenging at 2.5 hours to complete, this loop trail features many great sights and sounds of the natural environment near the Pacific coast.



We will first be meeting at the Safeway (located at 117 Morrissey Blvd, Santa Cruz, CA 95062) at 11 AM for preparations and snacks, and then leaving for the trailhead at 11:45 AM to begin our hike at noon. Afterward, we'll head to Rosie McCann's Irish Pub for a nice pint!

We hope to see you there!



Folkbuilder Connor Norris

cnorris@runestone.org

Jack London - A Man for Our Times



Jack London (1876 - 1916), the world-renowned Californian author, has become a part of AFA history, too. On May 29th a number of AFAers made an excursion to his beloved Valley of the Moon in Sonoma County, where he established Beauty Ranch. He lived, loved, died, and is buried on this piece of property. Several AFA members joined the McNallens for a walk through Jack's past. From the photographs and countless artifacts in the museum built by his widow, Charmian, to Jack's craggy, unmarked stone surrounded by a lichen-encrusted fence – all clearly showed he was a man who lived

life to the fullest, on his own terms.

Of course, we found ways to ritualize the experience in a typical AFA style. We stood at the fence-line of Jack's grave, while Steve McNallen led the toasts to this extraordinary man. We then walked twenty feet away to the graves of two pioneer children who died in the 1870s. They, too, received a horn of mead. No doubt, Jack would have approved.



Jack London was a man of his time, influenced strongly by the writings of Kipling, Nietzsche, and Darwin. "Survival of the fittest" is a common theme in his books, but he also studied the human condition and described how Aryan man faces challenges in a society run by oligarchs and madmen. He pushed himself hard and with a fierce will, so his victories were great...but so were his losses. That too is part of Jack's legacy to us: We must pick up and move forward, even when we feel crushed and battered.

It's impossible to tire of Jack London State Historic Park; it is steeped in the highest and best that is our Folk. We will return again to immerse ourselves in Jack's indomitable spirit, and we invite you to join us when we do!

The Jack London Credo

I would rather be ashes than dust!

I would rather that my spark should burn out in a brilliant blaze than it should be stifled by dry-rot.

I would rather be a superb meteor, every atom of me in magnificent glow, than a sleepy and permanent planet.

The function of man is to live, not to exist.

I shall not waste my days trying to prolong them.

I shall use my time!



Gythia Sheila McNallen

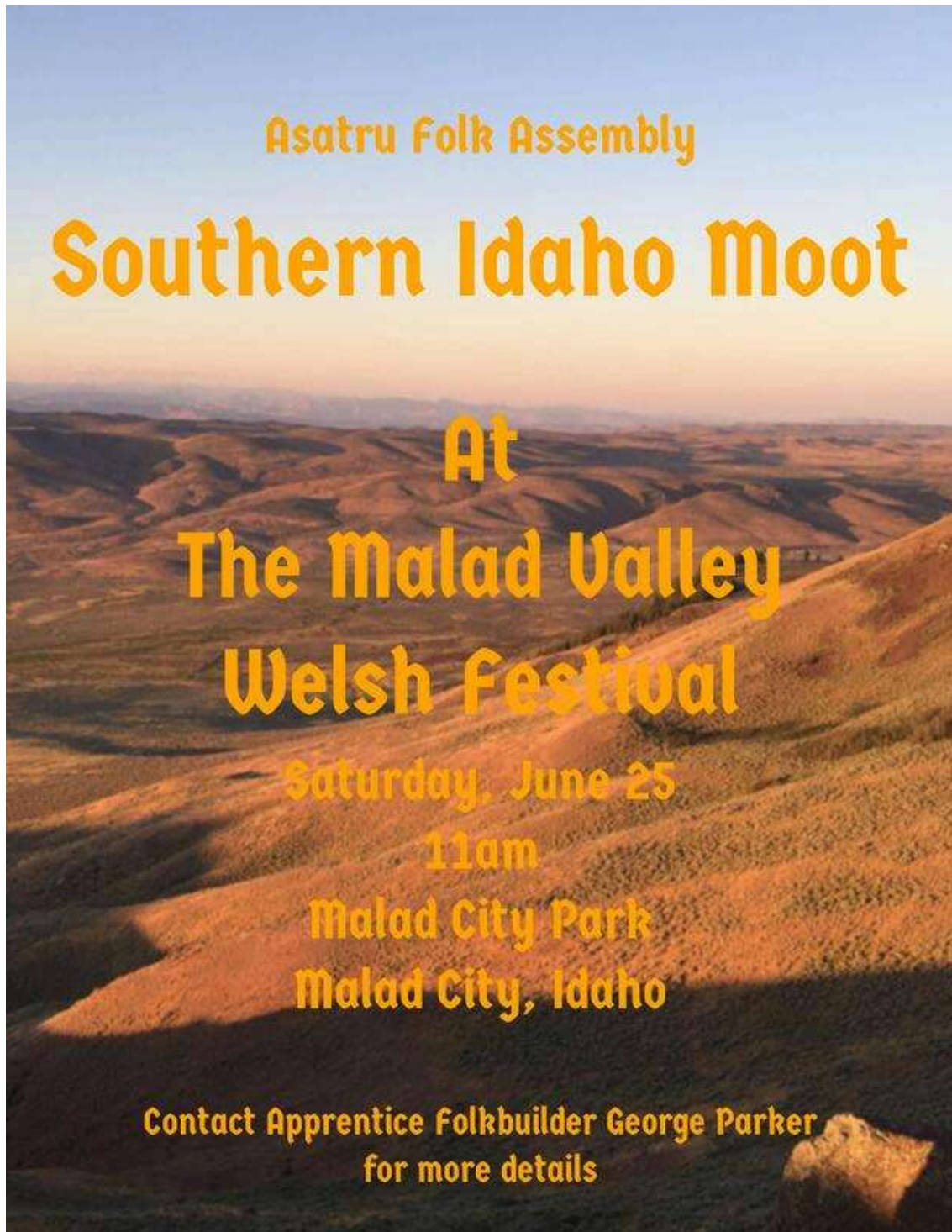
sheila@runestone.org

Idaho

Welcome, George Parker, as one of our newest apprentice folkbuilders! Thanks for stepping up!

Hail the Doers!!

Upcoming Event



Asatru Folk Assembly

Southern Idaho Moot

At

The Malad Valley Welsh Festival

Saturday, June 25
11am
Malad City Park
Malad City, Idaho

Contact Apprentice Folkbuilder George Parker
for more details



George Parker
Apprentice Folkbuilder
gparker@runestone.org

Farmer's Market Moot

My wife and I a great moot at the Kootenai County Farmer's Market today with Connor and his wife Shannon! New members who are both high quality and have lots of promise. Our people grow every day in strength and number, victory awaits us! Hail the Gods, hail the Folk, and hail the AFA!



Derek Wright
Apprentice Folkbuilder
dwright@runestone.org

Montana

Celebrating our Community



Throughout Western Montana, traces of the English, Cornish, Irish, and associated diaspora of the British Isles, can clearly be seen. Celebrations of this heritage can be found in places like Butte, which goes all out for St Patrick's day, as well as its annual Folk Festival. Shops and small food trucks selling Cornish Pasties can be found in almost any town, small or large. In Great Falls, there is The Celtic Cowboy, a Pub that celebrates not only this heritage but the first European settler in the area.

In 1890, Welsh immigrant Robert Vaughn, settled in the Sun River Valley, near what became Great Falls. Mr. Vaughn became wealthy in his cattle business, and eventually, he became one of the most prominent citizens in the area, as well as a major philanthropist, who gained for himself the nickname "The CelticCowboy".

On May 21st, the Harlan, Greaney, and Akins families gathered at this establishment for a casual meet and greet. Among the plates of both Irish, and German fare, live guitar, and fiddle music played. A few rounds of Stout, jovial conversations and toasts were written in the various Celtic tongues, and pictures from across the Isles hanging on the walls, almost made me forget that we were stateside, and not back in some pub in Dublin.

Honoring the Fallen

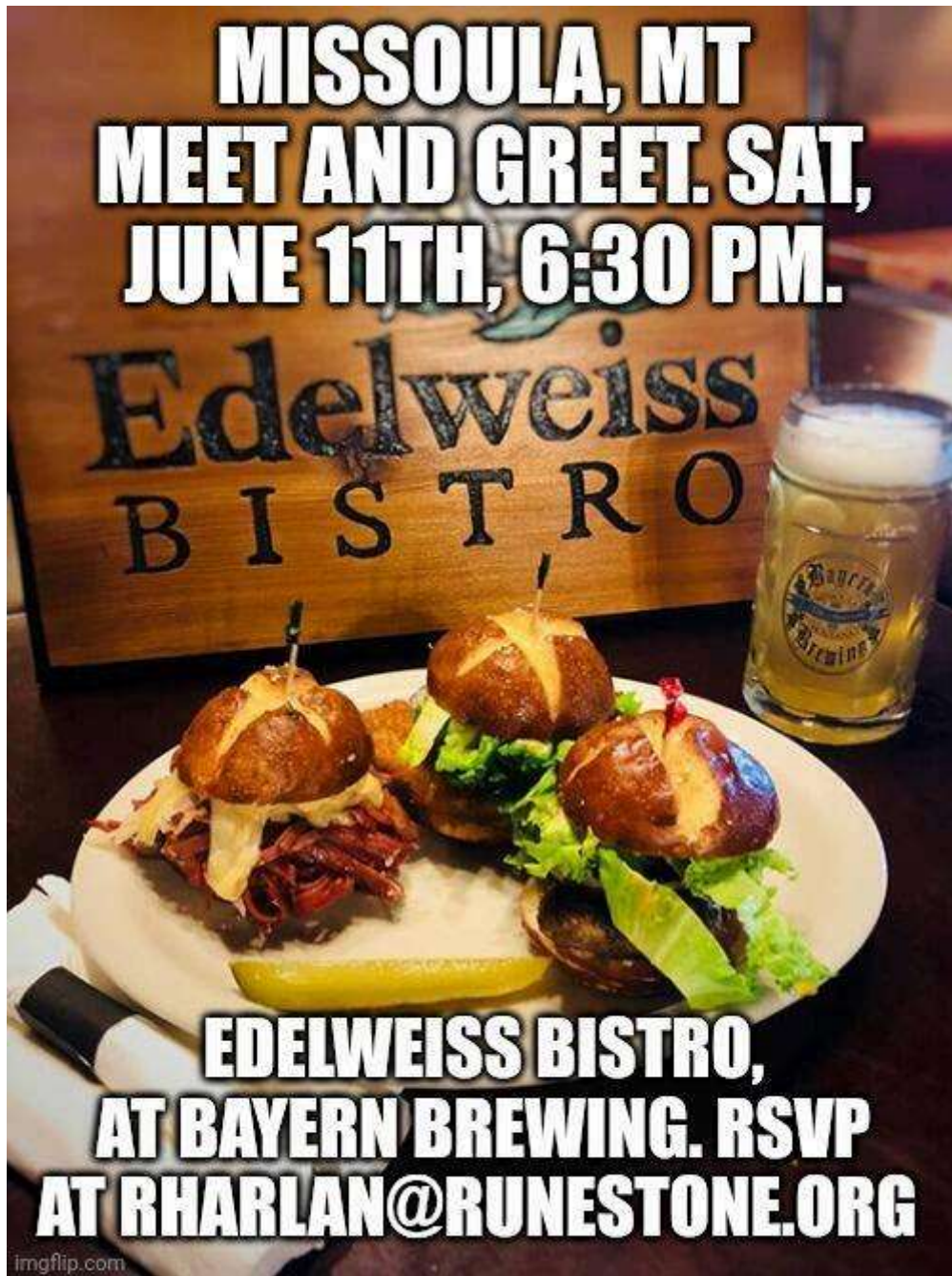




On the evening of May 27th, the Harlans volunteered at the local Veterans Cemetery and placed flags at the many headstones ahead of Memorial Day. Our girls received education on why we honor our fallen warriors, and what the day represents. Though they are still young, I'm sure an impression was made, as the many Veterans present thanked them, and talked with them. After placing the flags was finished, the cemetery workers provided some light refreshments, and the opportunity to converse with the Veterans.

Upcoming Event

**MISSOULA, MT
MEET AND GREET. SAT,
JUNE 11TH, 6:30 PM.**



**EDELWEISS BISTRO,
AT BAYERN BREWING. RSVP
AT [R HARLAN@RUNESTONE.ORG](mailto:rharlan@runestone.org)**

imgflip.com



Folkbuilder Ryan Harlan
rharlan@runestone.org

Nevada

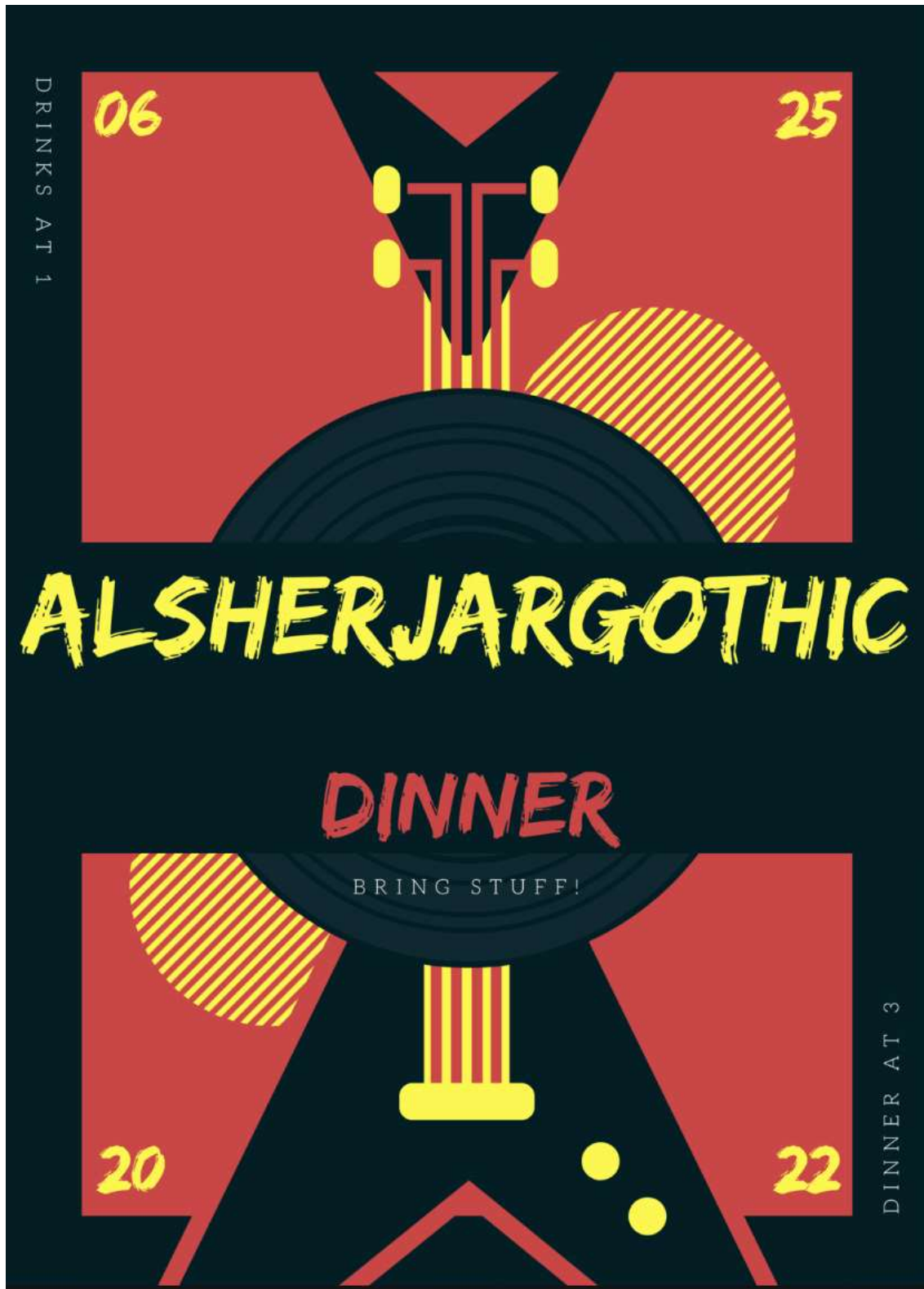
Dinner with Alsherjargothi



It's been a chilly and windy start to summer in northern Nevada. Gas prices are extreme, so we are working to carpool to events at Óðinshof. Dinner at my house was great. We discovered that Tropical Schnitzel is delicious! Thank you, Anthony, for bringing sushi casserole.

June will be a busy month for us, but folks are invited to the Alsherjargothic Dinner at my home on Saturday, June 25th. We look forward to seeing you there!

Upcoming Event



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



Oregon

Baby Naming and Creating New Habits



Hails from the great NW. I had the honor and pleasure of performing another baby naming ceremony this month! We welcomed Briar Aíga Heinlein, daughter of Tyler and Alia Heinlein on Donnerstag, May 5th in Washington.

In the days leading up to the ceremony, I had fasted and meditated upon Briar in order to ask the Norns for their blessings upon her. From the mother Goddess Udr I drew the rune Gebo, a powerful blessing of magical influence in both human and divine worlds.

From Verdandi was the power of Eihwaz, spiritual endurance, and hard will so that she may gain her goals. The blessing from the Goddess Skuld was Mannaz, the rune of Man. It is with this that she may be enlightened to know the true nature of this world, to learn and live with her fate with an all-encompassing passionate purpose and have a fulfilling and joyful life during her time here in Midgard.

This is the second baby naming ceremony I have performed and again I have drawn the Rune Mannaz from the Goddess Skuld. This is the Rune of Man and brings with it enlightenment and the discovery of our fate. Guido von List famously wrote “live with your fate and not against it!”, and this is a fantastic phrase because when we discover our fate we feel a sense of purpose. What we are really manifesting with that sense of purpose is the creative urge of evolution, becoming its expression, which is possibly why it feels so right when we do it. So, pay attention to your intuition, find that thing that consumes you and that you enjoy doing, the thing that makes a difference in the world and you will have a fulfilling joyful life here in Midgard!



This past month I have discovered the power of breath. I suppose I’m late to the party on this one, but better late than never. I have of course done some breathing exercises in the past as part of meditation but honestly, I have been lazy about this and did not want to put the time in, and really didn’t think it mattered very much. Years ago, I had an otherworldly experience wherein I was meditating on the Runes and could not get past the Rune Thurisaz, so I concentrated on that Rune. Long story short I was propelled out of my body into another dimension that was loud yet quiet, and there were brilliant points of light that dripped energy. I was completely conscious during this experience; it was on my birthday and there was no alcohol or drugs involved. I believe that the Rune Thurisaz which is known as a Thurs or Giant is Mimir, that all-knowing entity to which Odin gave his eye for knowledge, and by meditating on it is how/why I had left my body. When I came out of this trance, my breathing was shallow and fast.

Sometime later I replayed that incident and I believe that the shallow breathing was akin to Holotropic breathing (a system of breathing developed by Dr. Stanislav Grof), which may release DMT and may create access to these otherworldly dimensions. I, unfortunately, was not able to recreate this experience using this breathing method as I would run out of breath, probably due to my lungs and body not being used to doing it.

Fast forward to last month, I had been fighting horrendous fatigue that has left me almost completely debilitated for a very long time. I had thought it was long-Covid and after speaking with a Tele doctor who informed me I could have leukemia, I took this problem seriously and began really looking into what was going on. After some blood work which came back normal, I found I had sleep apnea. I adjusted my sleeping position, added a nose strip, and problem solved, but not before I discovered Wim Hof, the “Ice Man”, his breathwork and cold showers.

Wim Hof has been known to run marathons in the Artic, bathing in Ice, meditate outside in the freezing cold, and other such activities that seem impossible. He does this by being able to control the temperature of his body, the same as some Tibetan and Buddhist monks. According to him it’s the breath that allows him to do all this, and with cold showers, he has tremendous energy, and he’s right.

Doing Wim’s breathwork absolutely changes the energy in your body, you can feel it moving and intensely. The cold showers deaden the egoic mind, and after weeks of doing them, there is a noticeable change in mood and energy. So, this experience has led me to investigate all the different types of breathwork or “Pranayama” that are out there and it has been very beneficial. I am still experimenting and incorporating this into my daily practice of meditation and yoga, but I thought I would share it with you all as it may help someone out there.

This next month in Northern Idaho we have a midsummer celebration on the summer solstice Tuesday the 21st, if you’re in the area let me know and I will send you the details.

Hail the Gods!

Hail the Folk!

Hail the AFA!



Gothi Joe Rozanek

jrozanek@runestone.org

Washington



We started the month of May off with rollerskating on Mother's day. It was a great time. We planned to be at the skating rink for an hour, we were there for 3 hours. Lots of laughter and joy as the kids learned to skate.



During one of the Iron clubs, we had a birthday party. We had a fun time with foam swords, axes, and birthday cake!!!



We ended the month with a rebirth of an ancestor as we welcomed a new baby to the kindred. Both Momma and baby are happy and healthy.



Rachel Johnson
Apprentice Folkbuilder
rjohnson@runestone.org

Trials and Growth



There are times in every life when stability can be lost sight of when the dishonorable actions of people who don't share our beliefs and values can jeopardize our growth. When these situations occur, some people fold under the weight of them. Others band together as kin and kilth.

We are the latter not the former. When Fólkvangr Cascadia faced issues with our share cropping due to outside forces we rallied together and worked hard. We made personal sacrifices and put long hours in to secure our people's crops. We made sure that the labor we put into being self-sufficient was not for waste and we know that we can still

provide food for our families and friends both in and out of the AFA if they were to fall on hard times



Perseverance is the trait that I wish you all to think about over the next month. Do you have the ability to persevere? Do your fellow AFA members? If there's doubt in your mind to that answer I want you to build yourself and your fellows up so that, in a month, if I ask you again you know the answer is yes.

Growth is our goal, whether it is learning how to yoke a calf, plant a strawberry or deal with legal posturing over land use laws, our Kindred rose to the challenge.

When challenges rear their heads at you, you too will overcome because that is what our people do. We have iron wills, determination, and perseverance. Cultivate it and keep seeking perfection through the process.

Hail the gods, Hail the folk, Hail the AFA

Tyler Heinlein
Apprentice Folkbuilder
theinlein@runestone.org



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