


The Runestone: Voice of the Asatru Folk Assembly

[View this email in your browser](#)



Baldershof
Third Hof of the Asatru Folk Assembly

www.baldershof.org

August 2024



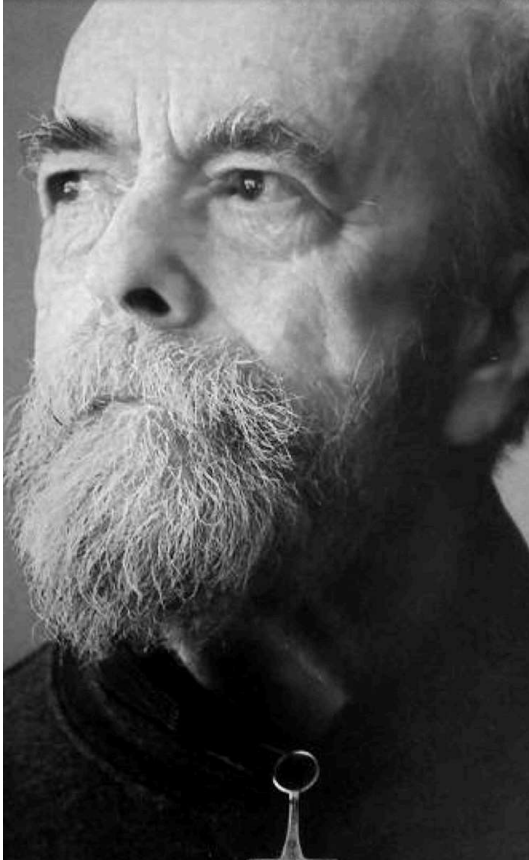
Donate to the AFA

Words from the Alsherjargothi



Event season is in full swing! The big Airline/Microsoft fiasco prevented me from attending the second annual Sigrblót at Sigrheim. Needless to say, I was disappointed but even more so as it turned out to be such a great event. Thank you to all the folks who stepped up to run the event and make it such a success!

I am excited for this year's Freyfaxi at Baldrshof from the 16th to the 18th, this will be the first time Mandy and Aubrey will get to experience this amazing Hof that we are all so proud of! All who are reading this should consider joining us!

Goðar Beyond Death

Recent events have given me much to think on and some very important ideas have crystalized. We know that our dead loved ones live on after death. A fundamental element of Ásatrú is engaging our ancestors in the gift cycle. Our ancestors know us and love us. We interact with our ancestors, and we know our ancestors interact with us. As we continue to think of our ancestors, to celebrate them, and to care for their interests after they die, certainly they love, care for, and celebrate us beyond the veil. This is at the heart of our understanding of Álfar and Dísir.

So to with our departed Goðar!

We now have two of our Goðar on the other side of the veil. Goði David James and Goði Thorgrun Odden were devout Ásatrú Goðar in life and enthusiastic leaders of our Asatru Folk Assembly. Why would their death change this? It would not. It did not.

The meaning of sacrifice is to "make sacred," to transfer something across the veil. We place thought and intention into the offering, and we send that message to spiritual forces beyond. Sometimes this is sent to dead heroes or ancestors, more often this is sent to the Æsir. We now have two of our Goðar looking out for us in the world beyond, two of our Goðar to represent us and our AFA to the Æsir, to the ancestors, and to all forces beyond our sight and experience. This is profound to first consider, but should

have seemed such natural common sense in retrospect. What an amazing service these men provide for our AFA Family!

We have two of our Goðar serving beyond the veil, able to take care for us, able to take care of our members who have passed, able to interact with the ancestors and spirits, even the Gods, on our behalf and in such a very special, very different way than we can on this side of the veil!

As always, you are encouraged to reach out to our Goðar, they are there to serve our Gods, our Folk, and our Church...in life and in death.

Loyalty is eternal!



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

Words from Our Gothar

Why Do We Have Hof's?



The short answer is—because of the tireless work of our previous Alsherjargoði, current Alsherjargoði, and the current Witan.

The longer answer is a bit deeper and gives us a good look into the differences between Internet “pagans” and real Ásatrúar.

We often hear the argument that “our ancestors worshipped in groves, nature is our church”. This comes from a quote from Tacitus’ *Germania*, where he says that the Germans and Celts had many sacred groves where they performed rites. However, this is an observation from the Iron Age, and Ásatrú has evolved quite a bit since then, even before its revival by Founder McNallen.



Danish historian Saxo Grammaticus paints us a picture of the Ásatrú temple in Uppsala, Sweden, where rites were officiated and sacrifices were made to Óðinn, Þórr, & Freyr. This is well-known even by the same people who claim that “nature is our church”, even though Uppsala existed during the Viking Age, which is typically the favorite period of Ásatrú for these people.

Another example of an Ásatrú temple comes to us from England, in the region of East Anglia. King Redwald, likely owner of the famous Sutton Hoo helmet, had a temple specifically dedicated to three of the Æsir- likely Óðinn, Þórr, & Freyr. There is also a story of a temple dedicated to Óðinn in the region of Northumbria, in modern-day southern Scotland, which was desecrated by the Christian conversion under King Edwin.



Ásatrú has evolved, just like our Folk have evolved. Our Iron Age ancestors only had groves simply because that was what felt the most pious at the time, until they realized the power of a whole temple dedicated to the Æsir. Fast forward to today, and the AFA uses social media and livestreams to reach more of our people in the name of the Æsir.

Would our ancestors condemn us for using everything in our power to help dedicate more of their Folk to their Gods? Would they condemn us for using motor vehicles to travel to AFA events? Would they condemn us for taking pictures of all the smiling men, women, and children?

No, they would not, and anyone who says otherwise is mistaken. Ásatrú is the faith of our people—past, present, and future. The AFA will not allow Ásatrú to stay so far in the past that we lose touch with it. Our Folk will march into the future, bringing our traditions and the Æsir with us!



Gothi Trent East

teast@runestone.org

Victory, The Tenth Noble Virtue



Victory does not come to those faint of heart, not true Victory. Many may still succeed in their pursuits when choosing an ignoble path or taking short cuts, but for true Victory to be gained, there must be great effort involved, right action, and nobility of character. Every day we must strive to be Victorious in all that we do by approaching the day's obstacles with right action in the forefront of our mind. Cheating, cutting corners, or deceiving may get you what you want, but at the cost of our Nobility, Integrity, and

Honor. That is not Victory, that is weak, miserly, and unbecoming of our Folk.

We all face setbacks at time, we all face failures, and upset in life. Without these character-building outcomes from time to time, we cannot appreciate true Victory in our endeavors. True Victory is forged from building on lessons and experience, effort, and Perseverance. With Wisdom and Courage, Victory comes to those that are flexible, bold, and relentless in their Honorable pursuits whether is on the battlefield, raising our children, and everything in-between.

No plan ever survives first contact with the opposition. Victors must be able to adapt, fall back when needed, learn and build off setbacks and unexpected challenges. Learn to lean on your brothers and sisters when things seem overwhelming, cherish those painful uphill battles, for it's those battles that build the foundation for Honorable Victory for yourself and your Folk. When your brother or sister is Victorious, you share that Victory as they do when you reach Victory in a pursuit.

A sword to become a sword is first burned and beaten, shaped and forged in order to become the weapon it was meant to be.

When setbacks occur don't feel sorry for what has happened, let it fuel you to continue to push forward gaining wisdom and strength in the process. Seek Victory in all that you do and don't settle for less. Be relentless in seeking Victory for our Gods, our Folk, and our Church.

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement and who at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat. — Theodore Roosevelt

Hail the Gods!

Hail the Folk!

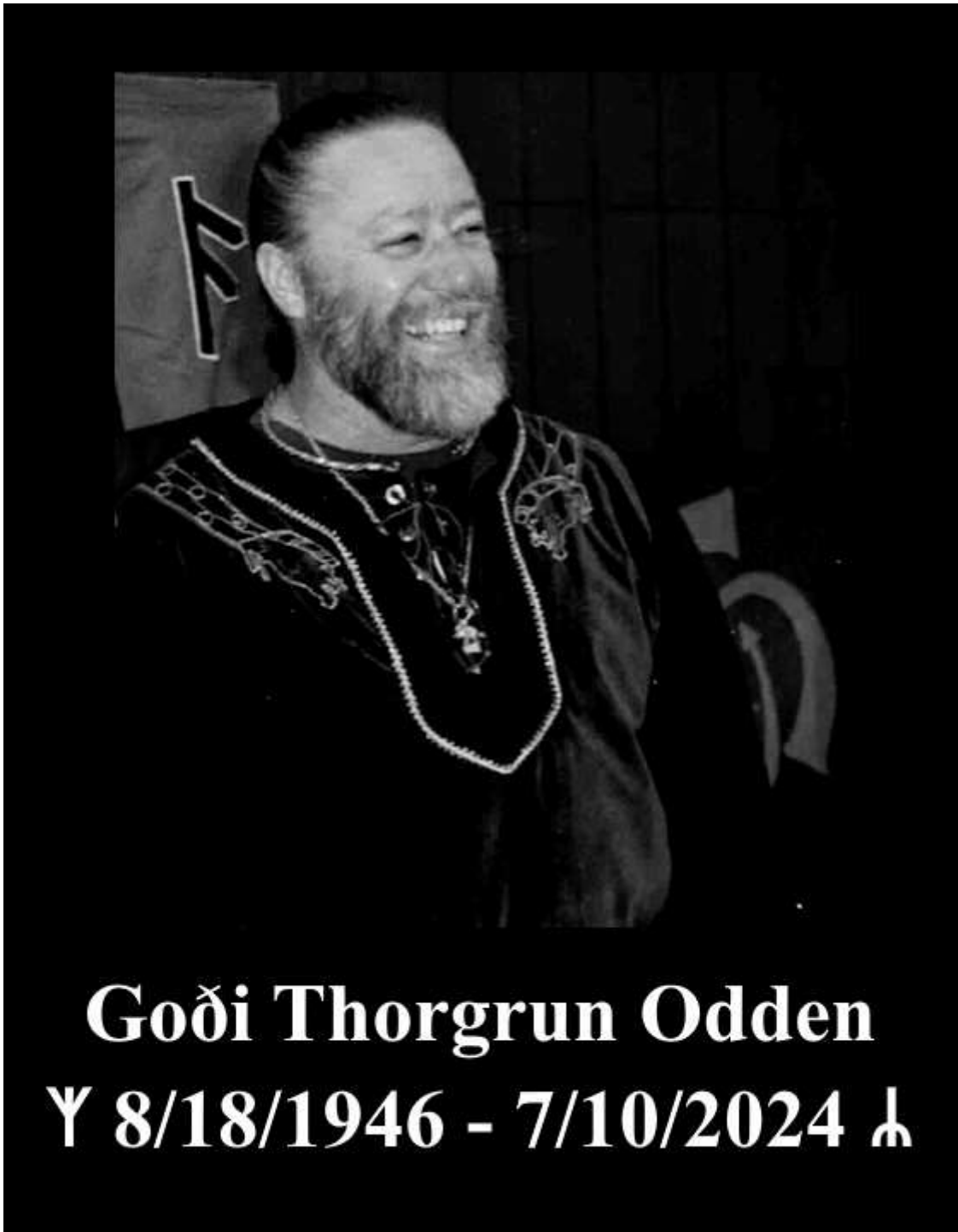
Hail the AFA!

HAIL VICTORY!



Gothi Nathan Erlandson
nerlandson@runestone.org

The Folk Remember



Goði Thorgrun Odden

Y 8/18/1946 - 7/10/2024 𐌹

Thorgrun was one of the very first members of the Asatru Folk Assembly. Since the beginning, he and his wife Katie have been side by side with the McNallens blazing the trail that we all follow today. Thorgrun has left a profound impact on all the lives he has touched and on our AFA which he spent so much of his life building. There is much more to tell of his contributions and his story in the coming months, but for now we honor his passing and cherish the memory of the time we shared.


Hail Goði Thorgrun Odden!

The Folk Remember!

Memorial Service for Goði Odden

Memorial Service
Gothi Thorgrun Odden

18 August 1946 ~ 10 July 2024



Sunday, August 18, 2024

Óðinshof Cemetery
8408 LaPorte Road, Brownsville, CA 95919

Join family and friends as we celebrate the life of
THORGRUN ODDEN,
beloved and esteemed member of our Folk.
The graveside rite, led by Founder and Gythia McNallen
will commence about 12:30.

Refreshments will be served inside the Hall, where we'll
make toasts, tell stories, and enjoy a slideshow showing
his life and his loves as a Freyrsgothi.

RSVP please: sheila@runestone.org
530-575-8692

Ásatrú Trúlögmál



Ásatrú Trúlögmál: The fundamental beliefs of the Asatru Folk Assembly.

You can find it on our website at <https://www.runestone.org/asatru-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!



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

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



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

This sacred quest has had a great start so far! The generosity has been amazing, as always!

This is the list of things that need to happen before we can make Freyshof a reality:

1. We need to pay off Njörðshof.
 - The first of 2 loans have been paid off!
 - We now owe \$82,235 on our remaining loan.
2. We need to raise our monthly donation average by 9.88%.
 - This is membership dues/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

This is not a "quick" process so stay patient and resolute. As we progress, I will keep you all updated on our progress!

Hail Freyr!



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

Sigrheim: Home of Victory

Sigrblót at Sigrheim II : A Recap



Nestled deep in a holler between a bunch of western Appalachian hills on 70-acres of gorgeous land dedicated to our Æsir, the high holy Gods of our Aryan Folk-conscious.

That's where this all took place last month. A whole smatherin' of industrious hard work mixed with some dedicated perseverance leading to a solid display of Victory. That's how I'd describe the second annual Sigrblót hosted at Sigrheim.

A "fun" global IT snafu leading to a whole bunch of travel delays had myself, Folkbuilder Tyler Bethea, and the Appalachian Hearth Kindred having to throw-out the playbook, call a few audibles, maybe throw a deep pass or two, but in the end, we were able to truck it in over the goal line, score the touchdown, and most definitely, have a real nice event.



Everything promised, we delivered. Beautiful, gorgeous land vibrating with energy and might, a full weekend of multiple rituals and Blótar, really tasty meals filled with enough food for a small army, amazing talks and conversation, and all the Folk-time

you could shake a stick at.

A big shout-out goes to Gyðja Catie Erickson and Goði Trent East for coming in for the fourth-quarter substitutions on such short notice. The assists were much appreciated, even just for moral support if anything.



Remember, Sigrheim is OURS! And you're always welcome. We're sorry if we missed you at Sigrblót, but we'll be back for another big 'un next year, and in the meantime...Sigrheim is always alive with activity. I'm there multiple weekends a month and am just a call away if you wanna stop by "off-script." We also gather for holy days every single month. Come on out for Freyfaxi. Lend your hand and let's give Blót to Freyr!

Hail the Æsir!

Hail the Folk!

Hail the AFA!

Hail Týr!

And Hail Victory!

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨ ✨ ✨
amazon

Thank You!

CLICK HERE

Upcoming Events





Folkbuilder Nicholas Rice
nrice@runestone.org

Victory Never Sleeps



Victory Never Sleeps, a weekly podcast produced by the Asatru Folk Assembly, hosted by Alsherjargothi Matthew Flavel alongside weekly guests. The show doesn't stop until the questions stop rolling in. Come listen and learn about a variety of topics and truths relevant to our modern Asatru Folk.

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

Help [support](#) the stream and keep the cameras rolling!

Catch us LIVE with new episodes on Wednesdays at 8pm Central / 6pm Pacific on YouTube, Twitter, Entropy, Odyssee, VK, Rumble, and Twitch. Audio versions drop on Spotify, Apple Podcast, iHeartRadio, and Amazon Podcasts on the Friday after the new episodes air.

Check out the full playlist with 100's of hours of previous recordings on our [YouTube](#).



TEES, TANKS, SWEATERS!

MUGS! HATS! STICKERS!

We've also got merch over at the [Runestone Store!](#) Go check it out!



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

AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org



We've also got merch over at the [Runestone Store!](https://RunestoneStore.com) Go check it out!

School Starts Soon!



Hello Folk,

We at the Academy are very excited that the new school year starts very soon! This fall, we welcome students in kindergarten through 6th grade! We are very proud of our continuing students, and we really hope you'll join the Academy if you aren't already enrolled.

I want to ensure to our parents and potential students that our academic program is rock solid, and that homeschool is not as scary as it may seem. Traditional brick and mortar school is a 6-8 hour days, and many parents may be fainting thinking they have to instruct for 6-8 hours a day at home. That just isn't the case. In public school, very little of those hours are actual instruction, and it is all mostly just social engineering anyway. Many parents also do not realize that, really, everything you do is an opportunity to get instruction time. From going to the grocery store, to playing in the park. These everyday mundane tasks can be used to teach math, science, nature, etc.

The academic backbone of our Academy is the Waldorf method. Our Academy provides all the Waldorf material to our students, free of charge. For a little bit of background, Waldorf is a traditionalist, developmental-based academic program. Across the country, there are private Waldorf schools, and their homeschool curriculum is tried and true for decades. We use this to anchor our program, and then edit it to fit an Ásatrú education. We also add in religious material written by our Goðar, plus tons of fun activities and videos. This provides an all-around academic and religious education for our youth to ground them and solidify them in our faith, and also gives them a quality education that they can use and be proud of.

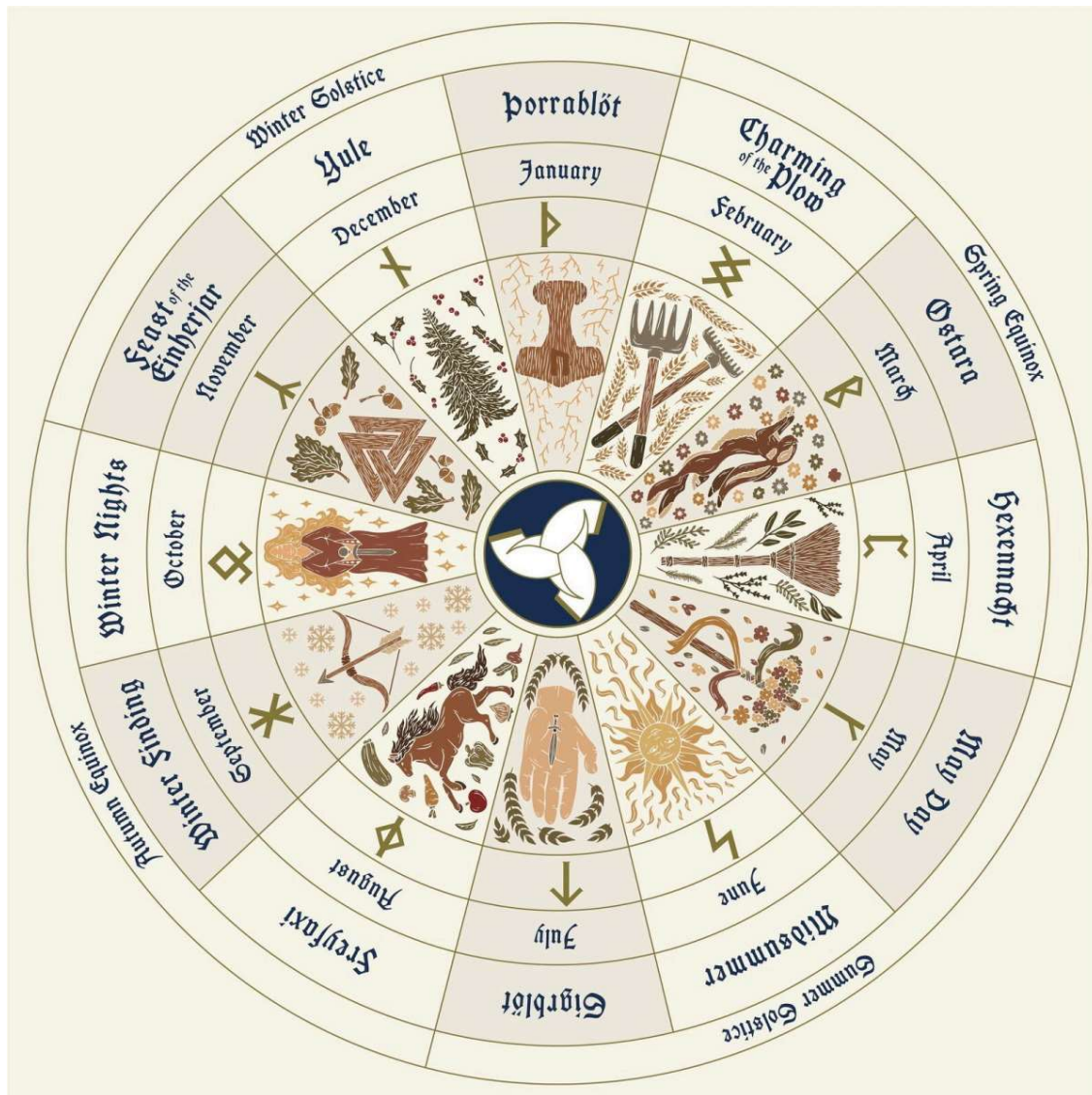
The Academy staff is dedicated to your home school success. We have experienced home schoolers, a former schoolteacher, a former professor, and very knowledgeable Folk in our staff that will help you every step of the way.

We are proud of our program, hope to see you enroll, and are excited to see our students return!



Goði Rob Stamm
Dean of the Ásatrú Academy
rstamm@runestone.org

Remembrance and Holy Days



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

2024

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 20	Porrablót
February 1	Day of Remembrance for King Eanfrith of Bernicia
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 19 (observed on 16th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 10	Day of Remembrance for John Yeowell “Stubba”

Date	Observance
April 30 (observed on 20th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 18th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 20 (observed on 15th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 20	Sigrblót
August 1	Day of Remembrance for King Osric of Deira
August 9	Day of Remembrance for King Radbod of Frisia
August 17	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 21st)	Winter Finding
October 1	Day of Remembrance for John Gibbs-Bailey "Hoskuld"
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 19	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 16th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31 (observed on 21st)	Yuletide

August



Asatru Holidays - August 2024 - King Osric | King Radbod | Freyfaxi

Days of Remembrance

King Osric of Deira | August 1st



634 *h*

King Osric of Deira was one of the shortest-lived kings of any of the 7th century CE collection of kingdoms that made up what was later to be known as England. At the time, there were seven kingdoms, known as the Heptarchy. One of those kingdoms was Northumbria, which was originally divided into the two kingdoms of Bernicia in the north and Deira in the south. These two kingdoms would first be united during the reign of King Aethelfrith, who reigned from 593 to 616 CE. The two kingdoms were in a near constant state of war with each other for centuries, which led to great instability in the region.

To tell King Osric's story, we first have to tell the story of Edwin of Northumbria. Edwin was the son of Aella, the first known king of Deira. Upon Aella's death, a certain Aethelric assumed power in Deira. Who Aethelric was is unclear, but he may have been the father of Aethelfrith, who is listed as the King of All Northumbria by the year 604. During the reign of Aethelfrith, and for reasons unknown, Edwin was sent into exile. He was fostered first in the kingdom of Gwynedd (modern day southern Wales), and then later turned up around the year 616 in East Anglia, under the protection of King Raedwald. That same year, Aethelfrith was defeated in battle by Raedwald, who installed Edwin as his client king in Northumbria.

With the support of such a powerful overlord, Edwin would go on to unite Northumbria again, which put the kingdom under the control of a native of Deira for the first time, something considered "outside the normal tendency." Edwin would go on to take over most of England with Raedwald for the next decade, until the death of Raedwald around 625.

After Raedwald's death, Edwin sought to secure even more power for himself through marriage, and sought the hand of Aethelburg, sister of Eadbald of Kent. Eadbald agreed on the condition that Edwin convert to Christianity, believing that doing so would convert the Northumbrians just as his parent's marriage had converted Kent. Eadbald himself holds the dubious distinction of being the first Anglo-Saxon king to convert to Christianity.

It should be noted that this time period in English history, in regards to faith and religion, was tumultuous. Christian monks of every stripe were working hard to convert the kings and other nobility, in their aim to have all kings bend the knee to their new master. Edwin himself was characterized as being unsure of conversion, and even after his marriage, he still sought the advice of his counselors about the matter. The account of this meeting by the "venerable" Bede is widely cited and includes the famous story of Coifi, a "pagan" priest, who, when asked what he thought of the new faith and its rules, stated that they "may be worthwhile, since no one has been more dedicated to the old gods, and he has gained no benefit from them." Another counselor agrees, and Edwin makes his decision to convert. Coifi then asks to be the one to destroy the old pagan temple, since he now knows the "true god" has given him knowledge, and doing so will set a good example to the public. He asks for a horse and a spear, rides to the doorway of the temple and profanes it by casting the spear into it. We aren't given any insight into why this profaned the temple, but there were associations made by historians to connect it with the spear that pierced Jesus.

Edwin went on to become the most powerful king among the Anglo-Saxons, until the

year 632, when a coalition of one of his foster-brothers from his time in Wales, Cadwallon, and the mighty Ásatrú king, Penda of Mercia, defeated his forces and killed him at the Battle of Hatfield Chase. This battle took place sometime in the autumn of 632 or possibly 633, sources are unsure. What we do know is that shortly after his death, his vast kingdom was split up, with Northumbria once again divided. Bernicia would go to his nephew, Eanfrith, son of his sister, Acha. Deira would go to Osric, his cousin, son of his uncle, Aelfric.

This brings us to the autumn of 633, with King Osric and King Eanfrith ruling their respective sub-kingdoms, having themselves superficially accepting the new faith. However, according to Bede and other historians, they promptly dropped the facade of being “good Christians,” and reverted back to their native faith, Ásatrú. Their rule would not last a year, with Osric falling to the same Cadwallon that had helped to slay Edwin, after he attempted to besiege him in a fortified town. According to Bede in his “Ecclesiastical History of the English People,” the year that Eanfrith and Osric ruled their sub-kingdoms was so abhorrent because of their return to Ásatrú that their reigns were effectively erased and added to the reign of Oswald of Bernicia. Oswald was a staunch convert and was later made a Saint.

While we don’t know much about the life and thoughts of Osric, we should still speak his name and remember him. At a time in our history when one’s faith could be and often was a matter of life and death, Osric chose to spend the brief time that he had in power to reinstate the Æsir to their proper place.

So let us remember King Osric of Deira, a short-lived champion of the Æsir, but a champion nonetheless!



Hail Kind Osric of Deira!



Hail King Osric of Deira!
Hail the Honored Dead!
Hail the Óðinn!

King Radbod of Frisia | August 9th

Y 648 - 719 ᚠ

Radbod, known as the greatest King of the Frisians, spent his life tirelessly fighting against the subjugation of the Franks. While his predecessor, Aldegisel, had accepted Christian conversion easily, Radbod was unwilling to stray from his loyalty to the Æsir.

On the verge of accepting baptism, Radbod turned to the Priest presiding and asked if his ancestors would be waiting for him in the Kingdom of Heaven. Upon being told that his Ásatrú ancestors were burning in Hell Radbod refused the baptism, expressing that he would rather burn in Hell with his Ásatrú ancestors than live in Heaven with beggars.

His rule, 680 – 719 CE, was spent fighting against the Frankish rule and banishing Christianity from his land. Despite losing to Pepin of Hertal on several occasions Radbod never gave up. While never successful in his lifetime, his successors continued the battle for many years after his death.

What can we learn from this story?

Radbod was not bolstered in his mission by success. When he looked back he did not see win after win, but quite the opposite. What Radbod could see, however, was the long line of his Ancestors stretching back to the first in his line. He saw them and he was proud of them and of their faith. Rather than disappointing them, King Radbod did his very best to make them proud and to continue their legacy.

Our culture, our society, as a whole, is under attack. They would have us turn our back on our families and on our Folk. They would have us turn our backs on Ásatrú and our Ancestors. They would see the death of the traditional nuclear family and of the dedicated community. Everything from the books we read to the shows we watch looks to tear down the idea that our Folk should grow stronger together.

Like Radbod we should look behind us to see the long line of our Ancestors standing behind us, supporting us. We should then look forward to the bright future for our children and their children, a future that we should fight for tirelessly, no matter how many times we might stumble along the way.

Hail King Radbod of Frisia!

Hail the Honored Dead!

Hail the Ancestors!

Holiday

Freyfaxi | August 17th



Though Freyfaxi is, in name, a modern holiday the celebration around which it is centered is much older. Dedicated to Freyr, our ancestors celebrated the first harvest of the season. The most common offerings during Freyfaxi included the sheaves of wheat, or other grains, and freshly baked loaves of bread. Less common was the sacrifice of a horse in honor of Freyr.

The beginning of the harvest season marked the beginning of hard work and dedication. Every harvest of the season was necessary to the survival of each family, of the community. This hard work ensured that there would be food to see them through the long winter months.

Those seeds that we planted after Mayday and tended so carefully for the last few months have grown and some of them should be bearing the fruit of all of that labor. Take some time in the garden, as you pick the first offerings of your plants, to thank Freyr. Share with him some of that first harvest, along with bread and ale. Celebrate the God of Vitality and abundance with your family and Folk.

Hail Freyr!

Upcoming National Event

Freyfaxi at Baldrshof | August 16th-18th



Join the gathered Folk for Freyfaxi at Baldrshof 2024!

This weekend will include:

- * 9 total meals
- * Daily Fika
- * 5 Blots
- * High Sumbel
- * Daily Dedications and Devotions
- * Ceremonies of the Folk
- * Discussions, Workshops, and Classes
- * Men's and Women's Spiritual Groups
- * Tournaments and Games!
- * Crafter's Tables
- * Auction
- * Children's Activities

Freyfaxi is Baldrshof's yearly showcase event and serves as the primary fundraiser for operation and support of the Hof.

Contact any member of Baldrshof Leadership for accommodation recommendations or questions about travel arrangements.

Children's Tickets are FREE, however please include a ticket for each child in order to properly prepare for meals and children's activities!

All non-member guests must be pre-approved with proper background checks to ensure the safety of our folk and children. Please contact leadership for more details.

Get your tickets [HERE!](#)



Witan Brandy Fassett
bfassett@runestone.org

Freyrs Harvest Feast | September 20th-22nd

FREYR'S HARVEST FEAST SEPTEMBER 2024



SEPTEMBER 20TH-22ND



Freyrs Harvest Feast is the time to honor the Gods after a productive year's Harvest. As we gather together for a weekend filled with activities, we honor the three Vanir deities Njörðr, Freyr, and Freyja.

During the course of the weekend, the Folk gather together for three Blótar using mead donated by Heinlein's Hollow Meadery.



In addition to Blót, we see the display of Freyrs Proposal on stage and host the viking games tournament with a prize to be revealed at the feast. In addition to brawn, brain is tested in our Hnefatafl competition. While this competition is less fierce the bragging rights are still pretty good. Guests can also test their luck at a game of Orlog.

While there are plenty of contests, we still have plenty of time for several workshops, speeches by guest speakers including Gothling student and renowned Folkbuilder Tyler Bethea. Craftsmen will also bring their wares out to sell and authors to sign their books. An auction benefiting the AFA will provide ample opportunities to walk away with a bag full of spoils.

The whole event is hosted on a private 20-acre ranch in a very low population area. It's on the river and away from prying eyes. So not only do you get to enjoy a full event, you can take in the beauty of rural Montana, enjoy the river, and see what an AFA homestead looks like. For those of you that came last year, you'll notice quite the host

of improvements, including new buildings, showing we are anything but idle at Fólkvangr.



Lodging is straightforward as well. Bring an RV or tent and camp under the beautiful stars. Trust us when we say there's more of them visible than wherever you're coming from, and on lucky nights, the Northern Lights can be seen.

For those who want some less rustic accommodations, there are numerous hotels and motels within a reasonable driving distance. In a few more years, we will have cabins available too!

So that's lodging but everyone's got to eat right? Well we got you covered as well. The meals are all plentiful and delicious, none more so than the feast itself. We fed forty people last year with plenty to spare, and this year even more gardeners and hunters have chosen to add to the feast. Gallons of mead will be provided for the feast, and the couples dance that follows is always great fun.



Remember to dress your best at the feast and dance, but it won't all be formal. For the first Blót, we go into the water to honor Njörðr. Ladies especially, make sure that you wear clothes that you're not only comfortable getting wet but are also modest when wet.

While the prospect of getting into the water in September might be daunting to some, the month has a wonderful climate. It has a high of 70 and low of 50 with a nice mid day breeze.

The truth is, unless you come out, you won't know what you're missing, so don't make that mistake and come out to Freyrs Harvest Feast.

Any questions please feel free to reach out.

Get your tickets [HERE!](#)



Folkbuilder Tyler Heinlein
theinlein@runestone.org

Winter Nights XIII | October 11th-13th



Started in 2012, the Asatru Folk Assembly's Winter Nights festival was hosted at a beloved camp in Pennsylvania for its first decade. Winter Nights has since been hosted in Ohio and in Tennessee and this year Winter Nights XIII will be held from October 11th – 13th, in Cheshire County, New Hampshire!

This long-running AFA festival is 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, Goddesses, and 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 sites, and of course our holy rites. 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!
- Meals are included with all passes.
- You will need to bring your own bedding and it can get COLD at night, so plan accordingly.
- Accommodations are on-site tent camping. Bring your tent!
- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

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

Get your tickets [HERE!](#)



Witan Clifford Erickson
cerickson@runestone.org

Feast of the Einherjar | November 8th-10th



Mark your calendars. Join your Folk in honoring our warrior ancestors and those that still fight for the Folk today! Meet us in South Dakota for the 4th Annual Feast of the Einherjar, November 8-10. Ticket includes all meals, lodging, Folk activities, and ceremonies.

Get your tickets [HERE!](#)



Gothi Nathan Erlandson
nerlandson@runestone.org

A Folk Services Campaign

Help Fritz Jump-Start His New Lease on Life



Hello Asatru Folk Assembly:

My name is Jeffrey Hull – also known as Fritz Maes.

Perhaps some of you recognize me from various AFA online meetings or know of my books about runes or chivalry (*Gothic Runes*, *Other Masters Fencing*). I also assisted Stephen McNallen in editing his book, *The Spear*.

I live in Washington State and was welcomed into the AFA in June 2020. This decision allowed me to make dynamic friends and find insightful peers. Since joining, I have enjoyed the morale-boosting Frith of the AFA. That said, personal misfortunes now threatened me with homelessness.

However, I am on the verge of turning my poverty into **Victory**. I have the chance to leave a foul and unhealthy residence and move into a decent and healthy dwelling. Along with that, I have a viable job starting in two weeks. This new positive situation will afford me the chance to be part of my son's life again. We recently reunited after many years apart and will be living in the same town where he attends college.

Yet, to achieve this victory I dearly need some financial help. I want to turn my life around and eventually repay the AFA for their generosity. If you would aid me in this great endeavor, I would be truly grateful to you all.

Best Regards,
+ JH/FM

If you'd like to help our Folk in need, please consider donating to [Folk Services](#).

Be A Doer



We need you to volunteer for the AFA!

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

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

Baby Blanket Project

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

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

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

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



Folk Services



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

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

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

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

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

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
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.

""No packed rooms in the prisons; in each institution I have only a few people; occasionally about a dozen, but 5-6 is more common. I certainly do not want the 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

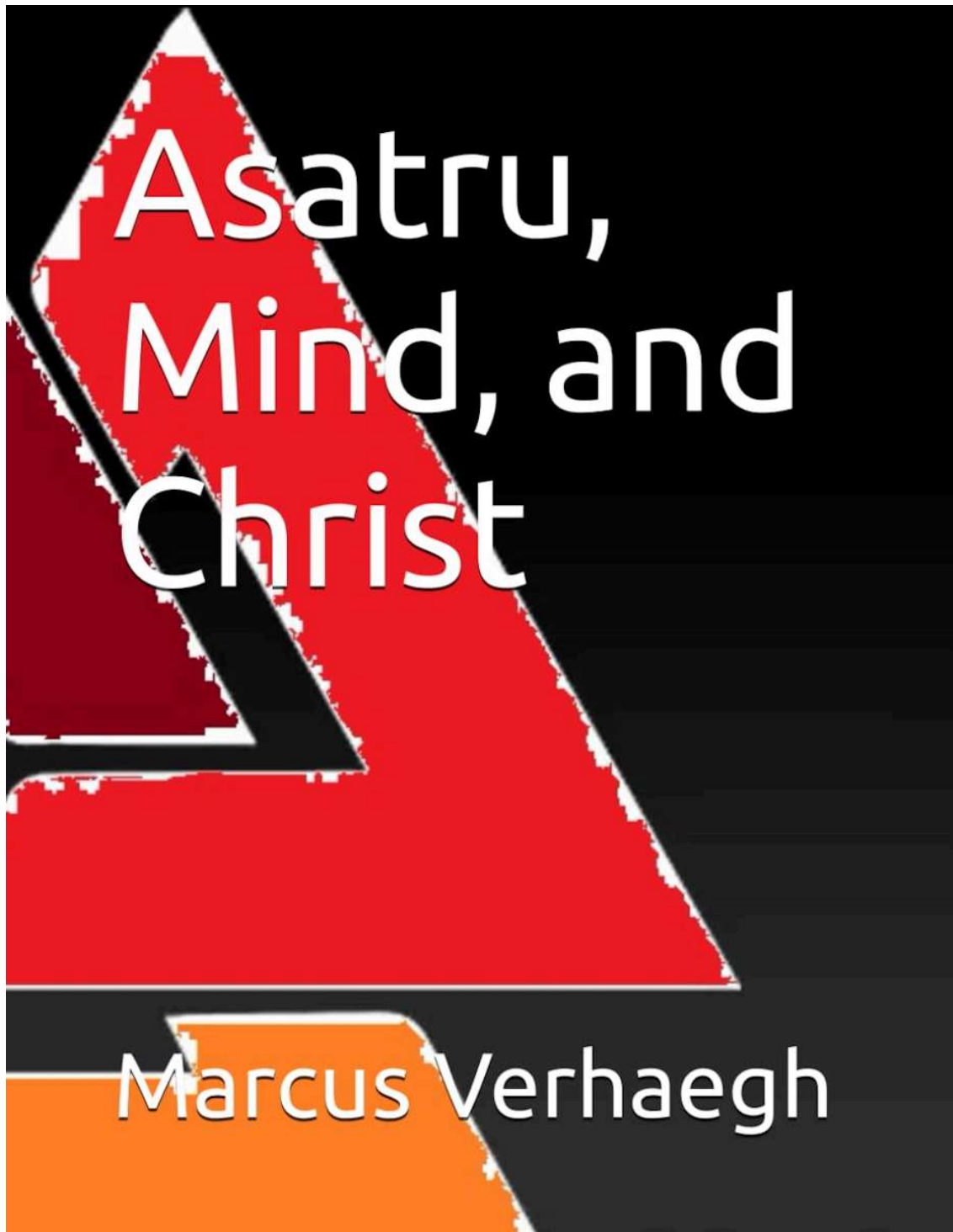
By the example of our Folkmother, Else Christensen, we will also be going into prisons as we are able to. Some of our Gothar and other leadership, will be going into the prisons to hold study groups, lead blot, and encourage continued growth in the folk inside.

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.



Or if you'd like to donate to this ministry, there's a donation earmark set up on our site [here](#). The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.

**Artisans of the AFA
Support Our Folk**



A big shout out and congratulations to Marcus Verhaegh!

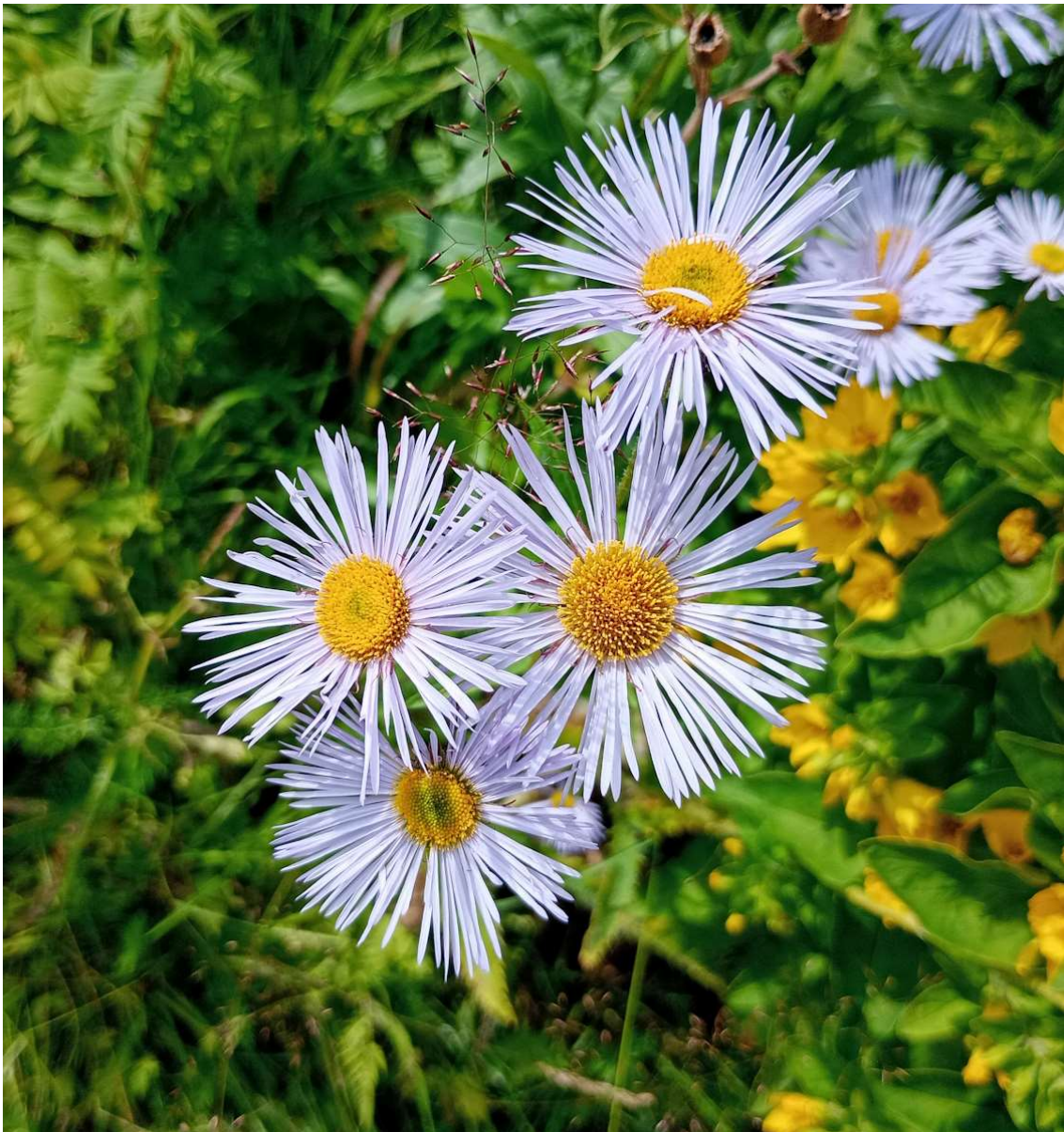
This past month, one of our own Óðinshof members, Marcus, self-published a book about Asatru! This is a huge accomplishment, one that so many of our Folk only dream or talk about doing one day. Marcus' book, *Asatru, Mind, and Christ* discusses many questions surrounding Asatru religion from his knowledge and perspective. Marcus holds a doctorate degree in philosophy and has spent many years teaching in this field. The book is a fascinating and concise read. It is available for purchase now on [Amazon](https://www.amazon.com/dp/B0C8J8J8J8).

"Not a "how-to" book but a man's journey in understanding the nature of the folk-soul and why Asatru is the only really option." — Gyöja Sheila McNallen

Hail Marcus Verhaegh!

Hail Victory!

A Boast to AFA Leadership



I want to take a moment to Hail the leadership of the AFA.

I have never in my life, and don't think I ever will, come across a group of such dedicated people as those in AFA leadership. The devotion of everyone, the time and

passion dedicated to the Gods, Ancestors and the Folk is awe-inspiring.

Everyone's unique strengths and talents at the discretion of the Alsherjargothi, can we do anything but win?

I am honored to be part of AFA leadership. You all inspire greatness, nobility and piety. I hope to continue to serve everyone current, and any future members of leadership for a very long time.

If you who are reading this are not part of leadership, but feel a stirring in your being, letting you know that you have talents and skills that could serve the AFA in a leadership capacity, reach out! With your will, piety and the support of everyone else in leadership, there is no limit to the great deeds you could accomplish for the Church.

Hail the Gods!

Hail the Doers!

Hail the AFA!



Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org

Ancestral Culture and Crafts

Corn Dollies



Corn Dollies are a traditional European craftwork(that seems to have echoes of idol making) that is made of dried stocks of grain. Corn, in the old days and in Europe was the term used for all grains i.e. wheat, barley and others. Today the term corn, in the Americas, refers to maize or Indian Corn that many use today.

Corn dollies are dried stalks of grain woven into different shapes depending on the regions they hail from. Continental German, Scandinavian and English all have rich traditions in making Corn Dollies.

It is said that in Arch Heathen days into the 1800's Germany, the last sheaf of grain was said to be left standing for Sleipnir by Grimm but other sheafs of grain throughout Mother Europe would be twisted, braided and fashioned into designs so the spirit of the grains or the wights of the crops could reside in the Corn Dolly until next year's planting in which the Corn Dolly would be sowed back into the land. All the dark months long the Corn Dollies, holding the wights of the corn, were kept in places of honour in the people's homes or even barns.

August starts the beginning of the harvest season and it is appropriate to fashion these Corn Dollies out of respect for our past and for the chance to show honour to the wights of the lands until springtide.

The following are directions for a simple Corn Dolly you can make with the folk and family during Freyfaxi or maybe Winter Finding.



1) Get yourself a wheat sheaf from any craft supplier and then remove 3 suitable stalks that are about even in length and thickness to each other.

2) I have been taught that you should soak the stalks for a day and that should make them pliable but I have not found that to be true so instead, starting up under the wheat head and working my way down to the end of the stalk, I simply squish the stalk between my fingers until the whole stalk is a bit pliable and not so stiff. Don't go overboard as you can ruin the stalks.



3) Place three stalks together and tie with thread the three stalks together right under the wheat head. Make sure they are even.



4) Braid the three stalks all the way to the end of the stalk as you would your daughter's hair and once at the end, you tie the stalk together again, so the braid does not come undone. Both ends should be tied with thread, and you now have a single woven strand of three stalks. This is also how you would make a simple rope, by the way. Clever fingers would be able to make a better-looking braid which would give a better finished product but judging by my clumsy braid and the final product, even most of us could make a passing Corn Dolly.



5) Now we twist the woven strand into a shape and secure it with ribbon. I like red. The one you see here is a type of 'Countryman's favours' Corn Dolly. There are fantastic variations and types of Corn Dollies to choose from or to inspire your own.



6) Put it in a place of honour until spring and then put it in the ground ritually.

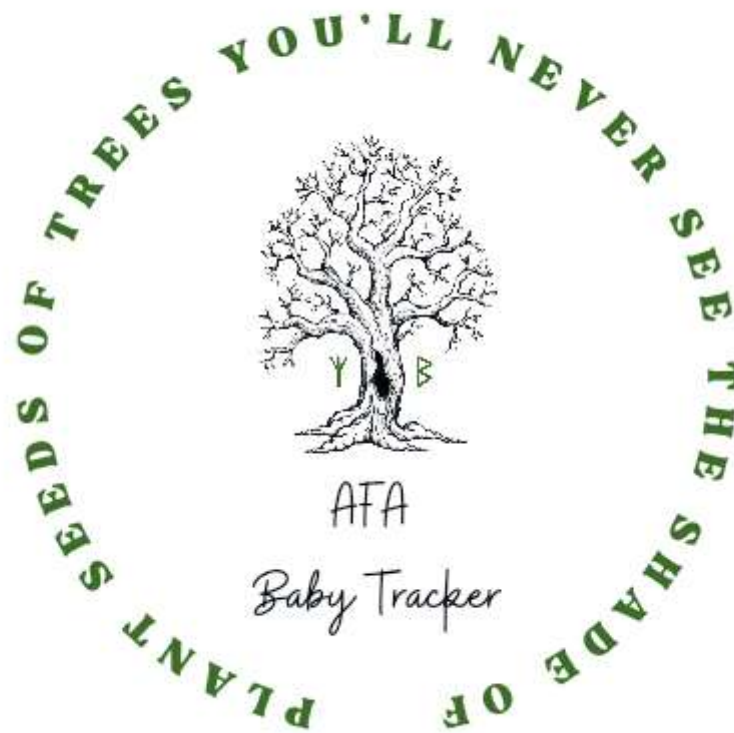
Hail the Spirits of the Harvest!

Ron Boardman



Apprentice Folkbuilder
rboardman@runestone.org

Baby Tracker



To show the growth of our folk we present to you an ongoing baby tracker. We will be keeping track of how many children have been and are born within the AFA from 2022 and forward. 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!

Total babies born in 2024: 21

Online Events and Meetings



Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12 step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining to the divine will or requesting the removal of any shortcomings. So, we run what we are calling the Virtue Recovery Meeting. Since we are an international organization, the best way for us to do this is online. We hold our meetings every Thursday at 7pm Central. Join us!! Feel free to reach out to

Folkbuilder Ashley McStocker with any and all questions!

AMcStocker@Runestone.org



The graphic is set against a dark brown background. At the top, the words "SISTERS SUNDAY CHATS" are written in a light pink, rounded, sans-serif font, arching over the central illustration. The illustration features a central bouquet of strawberries and white flowers with yellow centers, tied with a red ribbon. To the left of the bouquet is a small, curled-up cat with orange and white stripes, sitting on a yellow and white striped mat. A purple flower with a white center is positioned behind the cat. Below the illustration, the text "Second and fourth Sunday of the month" is written in a light pink, serif font. Underneath that, "10 am central" is written in a smaller, light pink, sans-serif font. The final two lines of text, "Contact Folkbuilder Ali Clausen" and "and Apprentice Hope White for details", are written in the same light pink, serif font as the first line of the central text.

SISTERS SUNDAY CHATS

Second and fourth Sunday of the month
10 am central
Contact Folkbuilder Ali Clausen
and
Apprentice Hope White for details



AFA Reading Challenge Meetings



1/9/24	Link will be	7/9/24
2/13/24	posted on	8/13/24
3/12/24	MeWe the	9/10/24
4/9/24	weekend	10/8/24
5/14/24	before the	11/12/24
6/11/24	meeting	12/10/24

CONTACT FOLKBUILDER ALI CLAUSEN FOR DETAILS
ACLAUSEN@RUNESTONE.ORG OR ON MEWE

These meetings are family friendly so please, no politics or overly mature topics

Ladies Book Study

Revolt Against the Modern World

by Julius Evola

Starting

July 11th

7 pm CST

**We will meet
every Thursday.**

**Unless there
is a national
event that
week.**



**Free PDF
and meeting link
in Mewe Ladies Group**

For more information contact

Witan Brandy Fassett

Folkbuilder Sara Ault





Our Ladies' Rune Study is just getting started! We meet on Teams every other Saturday.

Contact with any questions you might have — aplourde@runestone.org

I hope to see you there!

Lore Study with Gothi Jason Plourde

Join us every Tuesday night

at

6:00 pm EST

5:00 pm CST

4:00 pm MST

3:00 pm PST

2:00 pm AKST

**The link can be found in the AFA
Spiritual Excellence Group on Mewe.**

**For more information
reach out to Gothi Plourde
jplourde@runestone.org**



Fridays Aug 9th and 23rd @ 2pm Pacific
Tuesday 20th @ 5pm Pacific

Contact with any questions you might have — Sheila@Runestone.org





Just for Fun

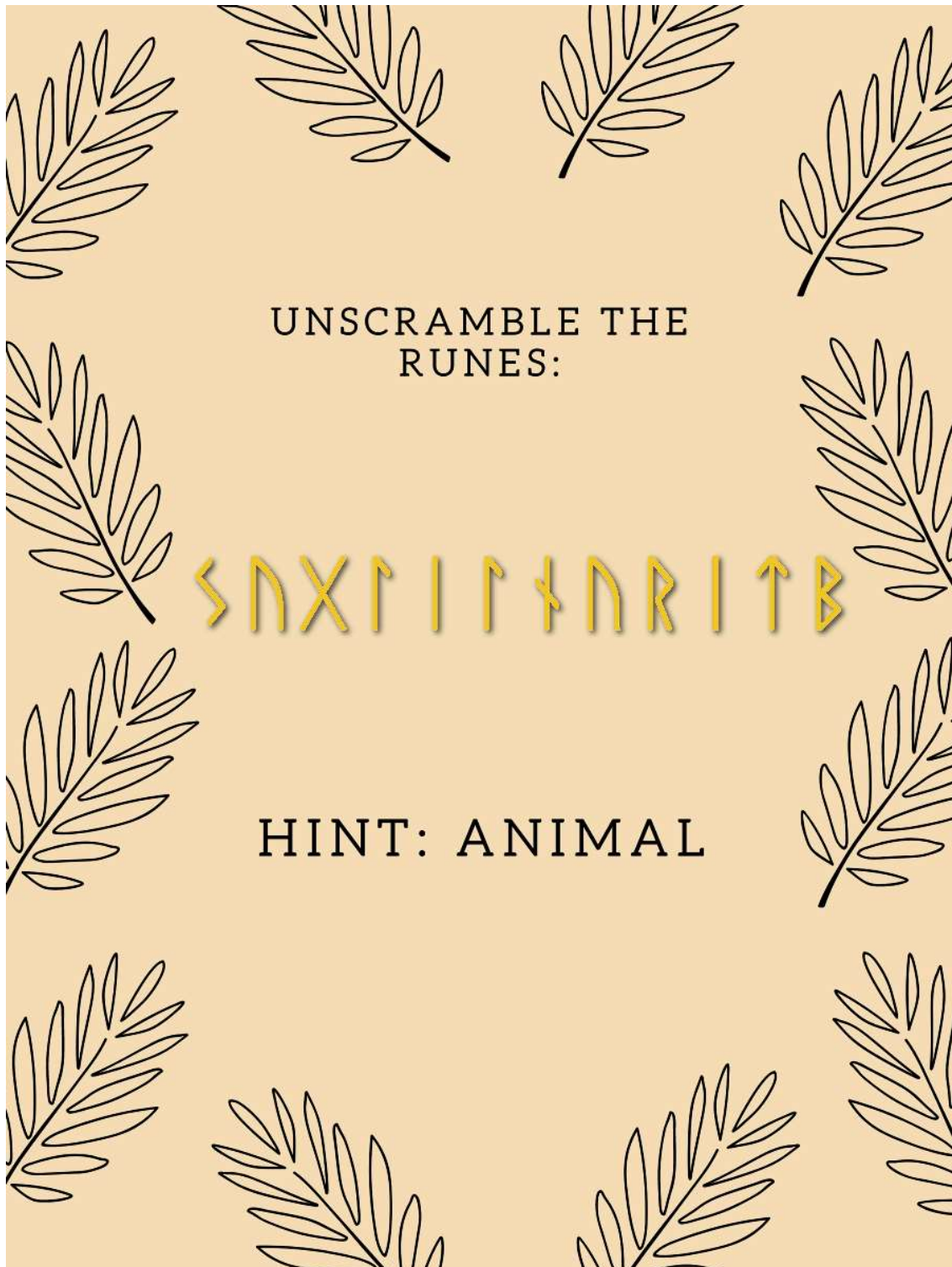
July was a hot and fun one! We are sending a huge shout out to Autumn and Bryson for being super readers, each reading 500 minutes this past month!



Autumn read *Asatru: A Native European Religion*, and Bryson read *My Side of the Mountain*. Congratulations, Autumn and Bryson!!! Keep on reading!



Guess what? None of the adults were able to solve this past month's puzzle! That's okay; hopefully they were all busy reading good books and having too much fun enjoying their summers, too! We'll try something easier this time.



Unscramble the Runes! The first member to unscramble the mixed up runes and send it and its meaning to press@runestone.org will get a huge shout out next month! You can do it! Have Fun!



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Genealogy and Kinship Charts

Join the AFA Genealogy group on MeWe!



AFA cousins are all around you!

Who are your closest cousins in the AFA?

DNA tested? Get a Gematch Kit # to be added to the next AFA KINSHIP CHART

Deadline: 8/10/24

CONTACT
sheila@runestone.org
Gythia Sheila McNallen



Gythia Sheila McNallen
sheila@runestone.org

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



Folkbuilder Nicholas Rice
nrice@runestone.org

Store Spotlight



We're on one mega hot streak releasing new merch. Awesome designs drop every week, and we're prepped to keep it going. There's always something new, but many of these designs won't stay up forever! Don't miss out!



New Designs All the Time!

Check out Runestone.org/Store weekly so you don't miss one!

Check out [Runestone.org/Store](https://runestone.org/Store)



Folkbuilder Nicholas Rice
nrice@runestone.org

Baldrshof

Ancestor Altar



All folk are welcome to bring framed photos of their deceased loved ones to be placed on the ancestor altar at Baldrshof!

If you are unable to bring the photo, you are welcome to email a digital copy which will be printed, framed, and hung on the ancestor wall. We also ask that you provide your name, the name of your ancestors, birth and death dates of they are available, as well as a memory, story, or dedication about them. This information will be printed and placed into our book of ancestors kept next to the ancestor altar. Of course, the ancestor can

remain anonymous, but remember that our immortality is in our names and stories being spoken by the folk!

Please contact Folkbuilder Jessie Shaffer for more info or to submit your ancestor pictures and information.



Folkbuilder Jessie Shaffer
jshaffer@runestone.org

Food Pantry at Baldrshof



This July 2024 food distribution at Baldrshof was pleasantly warm and brought out our whole town, right away when we opened. We are all so blessed to have the trust of our community that we will always be there, every third Saturday of the month! We were able to help 25 families with frozen meals, frozen meats, bakery goods, dry goods, beverages and a few household items as well! It takes so much work from so many; we

could not stay true to our commitment if it weren't for each and every contributing factor.



Looking back at our monthly trends, it warms my heart to see that we very consistently have, at the very least, 25% of the entire town out to see us! Now for YEARS we have had the privilege of being a staple part of our neighbors' dinner tables. Thank you to all who support this essential resource Baldershof gets to pitch in for. Hail the Doers!

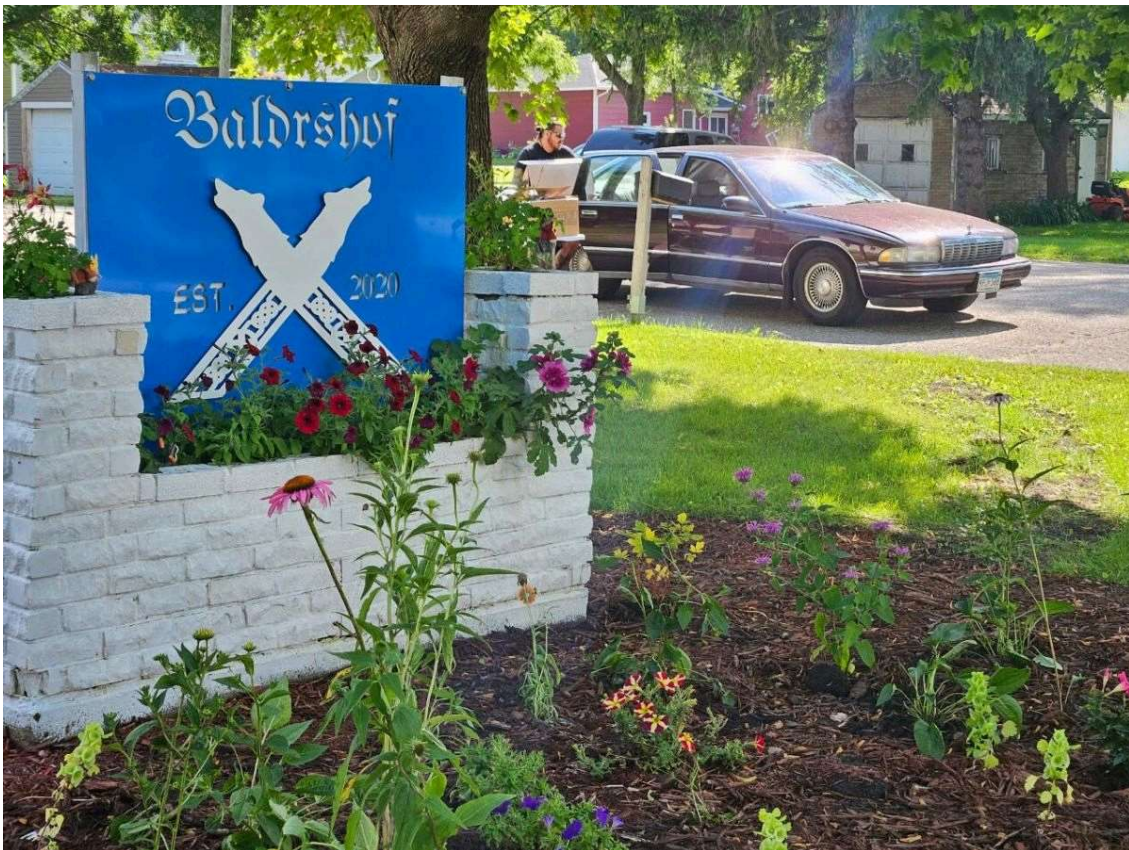


Folkbuilder Ashley McStocker
amcstocker@runestone.org

Sigrblót at Baldershof

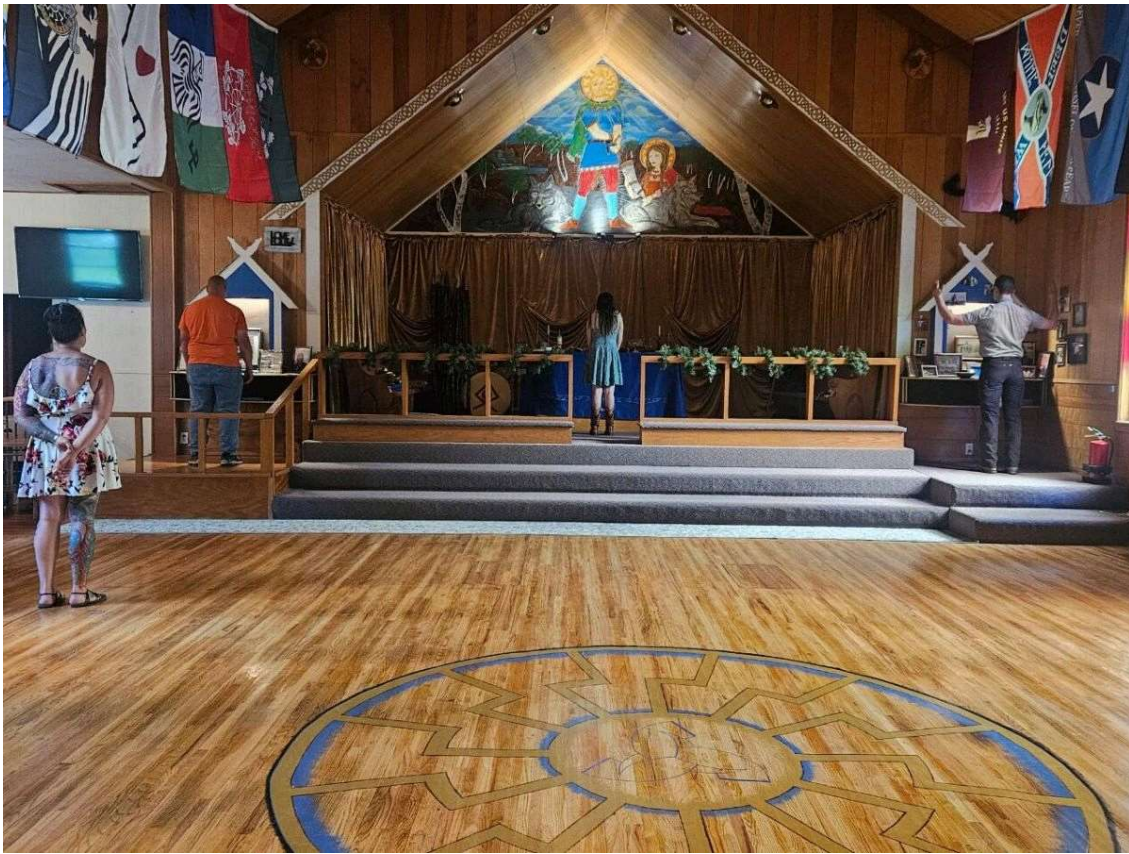


The good Folk of Baldrshof gathered to celebrate Sigrblót this July and had a wonderful time enjoying the company of the Folk and piety for our Gods.





Summer is well and fully in swing, flowers are blooming, and the folk felt the summer heat as we gathered at our beautiful Hof. The day was filled with many children running around outside and laughter filled the air., and bubbles! Goði Stamm performed a rousing blot to honor Lord Týr, and victory! The folk enjoyed a delicious farmer's pie lunch cooked by Witan Fassett, followed by an ongoing lecture series about Aryan roots and migration by Goði Stamm. This month Goði Stamm discussed our own Germanic roots, the Volkswanderung, and Germanic Folk practices and tales that have come to us through the ages to this day. The next lecture series will focus on the Greek bronze age and Hellenic culture.



Every holiday at Baldershof is special. The laughter of our many children playing together, the smiles of the Folk as they build Frith, and of course, the profound Piety and love of the Æsir by the folk of Baldershof. We hope to see you at the Hof next time! We are very excited for our showcase event of Freyfaxi, see you there!



Gothi Rob Stamm
rstamm@runestone.org

Upcoming Events at Baldershof



FREYFAXI AT BALDRSHOF

August 16th - 18th

Get your tickets [HERE!](#)



Winter Finding at Baldrshof

Saturday, September 21st, 2024

Baldr's Steeple Project



Baldrshof has come a long long way from where it was when we began with it. The church that is Baldrshof now is well over 100 years old. In fact, the parish that originally took residence there in Murdoch was started 150 years ago. The building has changed a couple times, has been added onto, and has seen different residents. The structure you see today is a combination of 100+ year old structure and significant additions that were added in the 1950s. Eventually, the building was taken up by people that re-zoned it residential. In that time, they likely had lofty goals in mind for it, which unfortunately ultimately led to the decay of the building. June 2024 brought us to the next stage of significant structural changes. Since the 1950s, the identifiable steeple of Baldrshof was a landmark in the town it resides in.



That steeple had to be taken down due to decades of neglect, nature, and weather as contributing factors. This was the inevitable next step in the reinvigoration of this building, which we owe to the dedication of time and energy by our Folk. Many have been involved in Baldrshof from inception in 2020, Only a few of those remain. One thing that hasn't changed is the dedication of our Folk as a whole. It is only through the sacrifice of time and energy by our folk that we are able to make Baldrshof worthy of Baldr and Nanna. Although the structure may have changed from time to time, the essence of what it has become in over century, as being part of the AFA today only grows stronger and more as the pages of a calendar roll by. Today, the steeple that was once part of Baldrshof is gone yes, however, there's balance in everything.



This opens up opportunity For longevity in the structure, longevity with our Folk who get to see the structure, and the continued beautification of Baldrshof. I want to think three people specifically in the project that we've took on in the month of June here. Jeremy Hahn a nearby resident to Baldrshof, Josh Hemmingson, and Lily Ringleman. If not for the three of these Folk to see this project through from start to finish with me, it may have never been possible. Altogether, we removed 20 yard of material and put in over 170 man-hours.



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 the Hof to swing a hammer.

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

Hail the Gods
Hail the Folk
Hail the AFA
Hail Baldr



Gothi Nathan Erlandson
nerlandson@runestone.org

Help Keep Baldr's Light Shining



Illinois

The Moots Must Go On



This month in Illinois we had two moots planned. The first took place on July 17, and was a "Ladies and Little Ones Craft & Finger Food Moot." Illinois experienced severe weather just a day or two before the moot. Several of our families lost power or had tree clean up. Luckily no member had any damage done to home or themselves. Unfortunately, because of the storms, people had to cancel. I took this opportunity to continue on with the Moot. The food was bought, crafts laid out. My daughters and I started at 11:30am when the Moot was supposed to begin. We made crafts, ate the food, talked and laughed. Even though we didn't get to share the Frith with our Folk, we still had a wonderful time and quality time at that.

Time Flies with the Folk. The second moot was held on July 27th, and hosted by a member. unfortunately the guys forgot to take a picture but, they had good a good

reason. Two Illinois members and a Wisconsin member and hopefully a potential member met at a local German restaurant here in Illinois. I was told by a few of the guys that the conversation was intense and interesting. They said the time just flew by.

Hope's Herbs



This month I chose a somewhat controversial herb, one that has been given a bad rap for sometime, simply because of lack of use in recent times, social media and bad information. So what is the plant, American Black Nightshade, also known as Black

Nightshade.

First let's start with a proper identification of it. For beginners you'll want to focus on the color of the berries. Black nightshade berries will come from white or light purple flowers and form green berries then they will turn black. Use proper caution with these when consuming, NO green should be left on the berry it should be completely BLACK. The leaves are safe to use at all points in the plant's life cycle. This is a herb and fruit that is both edible and medicinal.

Let's discuss edibility first. The berries, in my opinion, taste like tomatoes. I normally just throw them in a salad, or egg dish. The leaves should be cooked or boiled down. Most often the leaves are eaten as a spinach substitute



Black nightshade has several medicinal uses such as anti-inflammatory, pain relief, digestive health and respiratory issues. Traditionally, black nightshade has been used to reduce inflammation and treat skin conditions like eczema and psoriasis. This would have been for topical use such as a salve, poultice, or lotion even. It has been used as an analgesic to relieve pain. This would have been treated in the form of a tincture, or tea. Some cultures use it to treat stomach ailments and as a mild laxative. This would also be in the form of a tea or by consuming large amounts of the berries and cooked leaves. It has been used to alleviate symptoms of asthma and other respiratory conditions. This would have been done by steaming the leaves and breathing in the steam.

Fun nightshade fact: this plant, but mostly deadly nightshade, was used by people who practiced herbal magic; they would make ointments with nightshade (along with several other plants) and rub it on their skin for a “flying feeling.” This is where some of the flying witches came from.

Question feel free to contact me at hwhite@runestone.org

As with anything before using herbs medicinally, it is important to talk to a healthcare professional. Herbs can interact with other medicines as well as have adverse effects with some conditions.

Upcoming Events



Irish Pub Moot

St. Charles, IL

Saturday, Sept. 28

4:30

Hosted by: S. Swanson

Contact:

App. Folkbuilder Hope

Hwhite@runestone.org



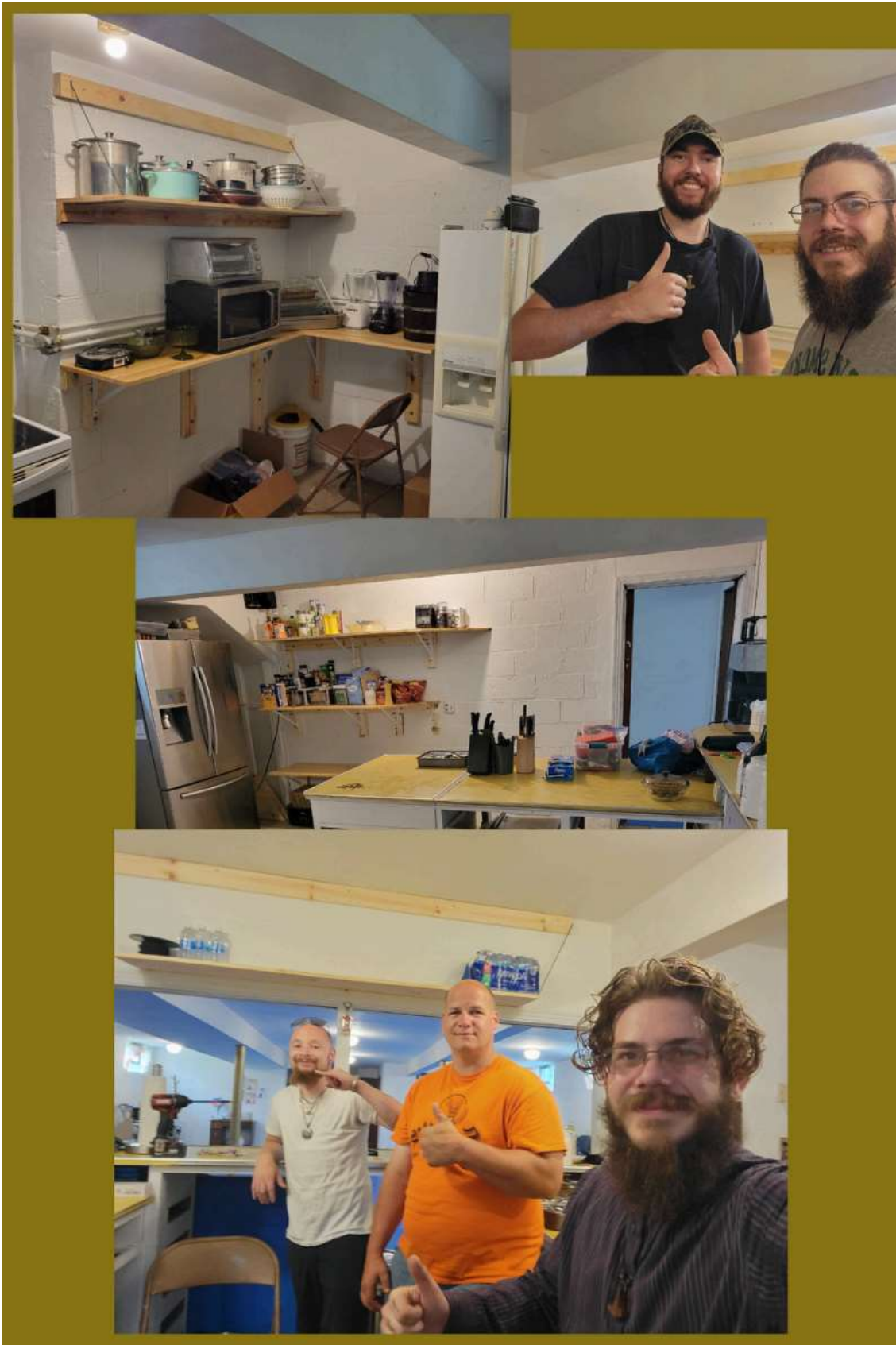
Coffee Moot
Elmhurst, IL
Saturday, October 5
10am
Contact: App. Folkbuilder Hope
Hwhite@runestone.org



Hope White
Apprentice Folkbuilder
hwhite@runestone.org

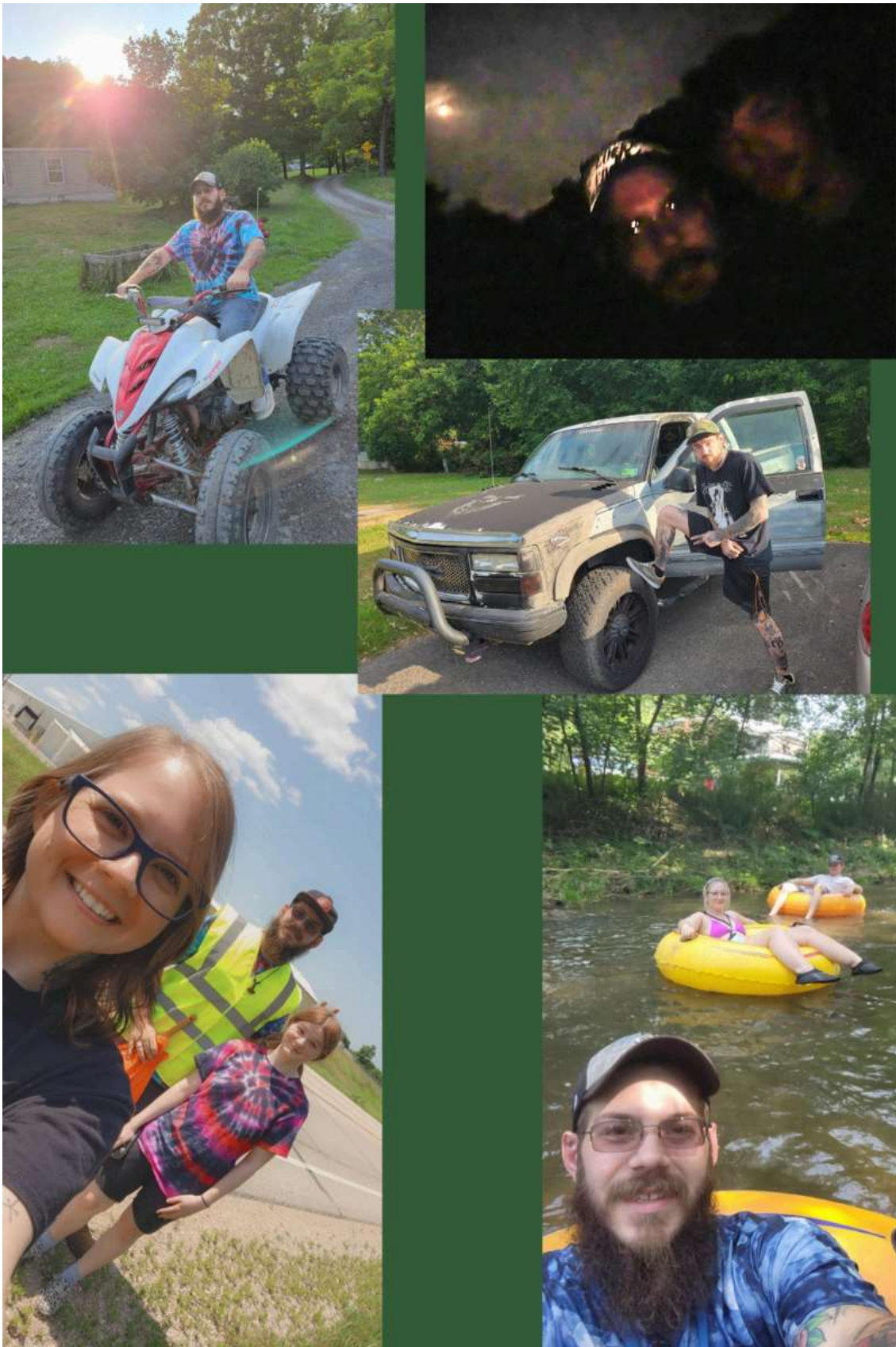
Iowa

Hail Victory!!!



July has been a month full of victories. I built shelves for the kitchen with help of the Folk at Baldrshof, to open up space for movement and to allow for efficient use of the kitchen; more improvements to come. There is always work to be done at the Hofs!

I cleaned another stretch of the highway in north Iowa. I traveled to West Virginia again to visit my Navy brother; we floated around on a lake until attacked by a strange lake creature and had to rescue his girlfriend. I learned to ride a 4-wheeler with his friends throughout the hills of Appalachia and talked Asatru and the AFA with them. Later that weekend, we started a floor repair in his domicile, finding out the extent of the damage from the previous owner. He got his truck back after waiting six months for a part to come in, and I helped him move into a different tattoo shop.



After visiting with my brother, I stopped in Ohio to visit my father and go with him on a trip to Tennessee to visit family long lost. I made it back in time to make to Baldershof for Sigrblót and got another shelf installed in the kitchen. I managed to find some pallets that I strapped to the top of the Impala and build a shelter for the dogs. Marius

immediately took notice and claimed the territory as his own. I still have quite a few left so who knows what I will build with them. The garden this year has grown an abundance of crops that I have been freezing to preserve. I have managed to let some of the crops go to seed so I have more than what I purchased this year to plant next.



I finished out the month camping in Northeast Iowa with some folk we had Sigrblót, Sumbel, and nature hike at two in the morning around Lake Meyer. The morning after we traveled up north to join the folk with Folkbuilder Jason Gallagher to float around in a Minnesota river. After the amazing afternoon floating around fellow Iowa Asatruar returned to Decorah, Iowa to explore and enjoy Nordic Fest before heading home. This month has been a victorious moment in life and rounding out a victorious first year of Folkbuilding.

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

Upcoming Events



*Come travel the road least traveled.
Explore the riverside as our ancestors did.
Only in style.*

SCENIC RIVER TOUR
MOOT

Iowa Falls, IA

Saturday, Sept. 7th

RSVP w/Folkbuilder Chris
McDowell
cmcdowell@runestone.org

Breiðablik Fólk
presents the 2nd annual
Winter Nights in Iowa

Camping Moot
Oct. 11-13

Contact Folkbuilders Chris McDowell cmcdowell@runestone.org
for detail and RSVP Ali Clausen aclausen@runestone.org
Cody Clausen cclausen@runestone.org

IA
NE

Check-In
4pm



Folkbuilder Christopher McDowell
cmcdowell@runestone.org

Kansas

Central Kansas Sigrblót



July 20th was the perfect day for several members to meet atop one of the highest points in Kansas—Coronado Heights. Once everyone was ready, we set out on our 2-mile hike around the trails of Coronado Heights park. The temperature was around 80 degrees but mostly cloudy with a breeze so it made it rather comfortable.



After the hike up, we picked a spot with a gorgeous view for a Sigrblót to Óðinn that Apprentice Folkbuilder Coke Crawford performed. We followed that up with some fruit and sandwiches, then the exchanging of gifts. By the time everyone parted ways, we spent 3 hours in nature honoring our Gods. It truly is a much needed boost to the soul.

Upcoming Events



Coke Crawford
Apprentice Folkbuilder
ccrawford@runestone.org

Minnesota

Dinner Moot in Shakopee, MN



This month in Shakopee Minnesota I met with a good friend Bob for dinner and some good conversation after work. I didn't have as many people show up as I had originally hoped for, but any Folk time makes it worthwhile for me. Hopefully in the coming months I'll get some downtime from work and be able to host some bigger stuff!



Folkbuilder Bruce Perron
bperron@runestone.org

Upcoming Events



Folkbuilder Ashley McStocker
amstocker@runestone.org

Fun, Folk, and Sun in Minnesota



Its almost that time of the year again, time for Freyfaxi at Baldrshof. This will be the ninth national event hosted here in Minnesota. It started out as Fallfest the event that almost wasn't. And look at us now! I highly recommend this event!

Saturday July 27th Northern Blood Kindred hosted a tubing moot on the Whitewater River in Southeastern MN. What a great day and the weather was perfect. Thank you to everyone who attended.



Senior Folkbuilder Jason Gallagher
jgallagher@runestone.org

Missouri

Branson Missouri Moot



Jesse drove up 3 hours to Branson. He arrived a little before 1pm and waited for the others to start to show. I was there 20 minutes later. Working to get everyone to the right location, then we began grilling hotdogs around 3pm. There we had 10 people present as we enjoy hanging out and trying not to bake in the sun, while running back into to get AC. Afterwards six of us drove to a park and had a Blót to Týr for Sigrblót. Next we enjoyed a Sumbel. Five of us continued to hang out the rest of the day Sunday. Where we enjoyed an escape room and a virtual escape room. A trip I will not soon forget.

Upcoming Events

Freyfaxi Moot

**We are doing a Blót to Frey August
11th around St Joseph MO**

Contact Apprentice Folkbuilder Charles Moore for
details @ cmoore@runestone.org



Charles Moore
Apprentice Folkbuilder
cmoore@runestone.org

Nebraska

July



The month of July has been a very exciting one for us. We were finally able to take a road trip to my hometown in New York. I was able to spend a week with her after nearly a decade apart and I will cherish it for the rest of my life.



Our drive was long. It was nearly twenty-one hours from our driveway to hers, but it was made so much better with our stop in Illinois. Apprentice Hope White and her husband Dale drove to meet us in the suburbs of Chicago. They treated us to dinner and ice cream, making sure we all had a treat to take with us on the road. We spent around two hours in Chicago with them and it was a wonderful time. Thank you Hope and Dale!

Getting back on the road, we drove for another eight hours before ending the night in Ohio. Rising with the sun, we continued toward Buffalo.



Visiting with my grandma was an amazing time. She was finally able to meet Cody and the kids. We spent many, many hours telling stories and laughing. I learned so much more about her as a person, and she shared many stories about my grandfather. To have her, my husband and kids, my mother, and sister all together was something I never thought would happen. The frith and bonding that week was unforgettable.

Although we were there for a family trip, I always want to meet new Folk. During the last days of our trip, we were able to meet up with Jim during his break. Getting to meet and build frith with members I wouldn't normally see in person is one of the best parts of traveling. Overall, July was the best month of my year so far.

Upcoming Events



Folkbuilder Alison Clausen

aclausen@runestone.org

Fantastic Driving Adventure



We did it! This month, we drove over a thousand miles for a Moot!

Well, not SOLELY for a Moot. Our road trip destination was in the perfect spot to meet up with a member in New York. Coffee, sandwiches, and just getting to really know someone we had only really talked to online. That's one of the great things about the AFA. We went halfway across the country, and it was like catching up with an old friend.



Folkbuilder Cody Clausen
cclausen@runestone.org

Wisconsin

Freyr, a Horse, and an Oath



Historical sign that is part of the trail that leads to Hrafnkelsdal, which is Hrafnkel's farm in Fljótisdal.

This is my very loose retelling of Hrafnkels Saga.

A young man, named Hrafnkel, arrives in Iceland in the year 900 with his father. They are one of the first settlers. He is full of ambition and excitement for the possibilities of this new land, so his father gives permission to Hrafnkel to stake out on his own and build his own settlement. He names his farmstead, Aðalból which means Noble home. He builds a large temple to his favorite God, Freyr. He holds lavish ceremonies honoring Freyr. He goes so far as to dedicate his favorite horse, Freyfaxi, to the God. Hrafnkel swears an oath that no one shall ride Freyfaxi, beside himself or Frey. Anyone one who dares will be put to death.

As Hrafnkel becomes a chieftain. While he is good to his own men, he soon builds a reputation of being a bully and unfair to those outside his circle.

A young man named Einar comes to him for employment. He is given the job of shepherd to 50 ewes. Hrafnkel tells Einar about the horse Freyfaxi, the consequence of riding him, and even makes sure he knows there are 12 other horses that can be ridden if the need arises. Things go well for Einar until Midsummer when 30 ewes go missing. He searches the hills for them for over a week without finding anything. One morning he gets up early and, in an attempt, to cover more ground searching, decides to saddle a horse. As he approaches the horses, they all run from him except Freyfaxi. He decides

that Hrafnkel will not find out if he rides Freyfaxi for this important task. He ends up riding Freyfaxi from early morning to nighttime. Just as he is about to give up the search and head back home, he finds the missing ewes and is able to drive them back home. Freyfaxi is covered in sweat, mud, and is completely exhausted. The horse begins to neigh loudly, runs away from Einar and right to where Hrafnkel is sitting. Hrafnkel knows. In the morning, he goes to the stable with nothing but his ax in hand. Einar admits what he had done to Freyfaxi. Hrafnkel leaps off his horse and deals Einar a death blow to uphold his oath. Einar's father, Þorbjörn, is devastated by the death of his son and demands a weregild (a weregild is compensation to a man's family for death or dismemberment by the person guilty of it) from Hrafnkel. Hrafnkel declares that he has never paid a weregild but believes that he should in this case because it wears on his heart. He makes Þorbjörn a very generous lifelong offer and Þorbjörn refuses. Þorbjörn eventually brings others to his side to bring a lawsuit against Hrafnkel and wins. Hrafnkel is removed from his lands, has his fortune taken from him, the temples are burned to the ground, and even poor Freyfaxi is driven off a cliff by Hrafnkel's enemies. Even Hrafnkel's faith in the Gods is shaken.

Many these days would hear this story and wonder why Hrafnkel stuck so stubbornly to his oath that cost him so dearly. It would have been so easy to overlook Einar offence and move forward. Hrafnkel truly believed that no good comes to those who break solemn oaths no matter the consequences of keeping it. He also could have dedicated Freyfaxi to Freyr without making the oath. As with many people, he got caught up in the moment of showing his pure dedication to Freyr by loudly declaring this oath without thinking it through.

What can we take away from this Saga? Think your words through before you say them. Oaths are solemn long after they are said and should be treated that way. Even keeping an oath comes with consequences but the long-term implications are important for victory of the Folk as a whole.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Upcoming Events

Let's have coffee

**Join us at a Wisconsin Coffee
Shop for coffee and frith.**

August 20 at 10:30 am.

**For more information and
location contact**

Folkbuilder Sara Ault.

sault@runestone.org





**Wisconsin
Hiking Moot**

Aug 31st
We will meet at
1pm at
Kettle Moraine
State Forest.

Hiking then Blot.

For more information
contact:
sault@runestone.org



Folkbuilder Sara Ault
sault@runestone.org



Copyright © *2024* Asatru Folk Assembly, All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

