

The Runestone: Voice of the Asatru Folk Assembly

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Baldrshof
Third Hof of the Asatru Folk Assembly

www.baldrshof.org

January 2025



Donate to the AFA

Words from the Allsherjargoði



With overwhelming pride, I announce that the Asatru Folk Assembly is 30 years old! It is truly astounding to see the progress we have made over the last 30 years. It is also immensely inspiring to see the amazing possibilities in the next 30! I was reminded recently by Witan Erickson that Ásatrú is a living religion and that is something very special in our world. We all know this, but I don't think we stop to realize the implications of it. Ásatrú is the story of us, as individuals, and us, as a people, and our

relationship with the Æsir. This is an active, LIVING, relationship. We are currently building reputation in the halls of our ancestors AND in the halls of Ásgarðr. Our Gods are watching us and sharing with us in this amazing journey we are on. We have an exhilarating and profound task before us—to bring our Folk home and to build the religion of Ásatrú to its maximum glory. We do this through action. We do this through devotion. We do this together. This is the time when heroes rise, and legacy is made. Now is the age of Victory.

May the Æsir see into our hearts!
May they hear our words!
May they know our deeds!
May they find us worthy!
May we always make them proud!

Hail the Æsir!
Hail the Folk!
Hail the AFA!



One amazing thing about the growth we have had over the years is how much we can accomplish when we work together. We have members with every different passion and every different skillset you can imagine. What's more, many passionate and skilled members want to help the AFA and don't know how. I want to work hard to get these amazing people mobilized!

- We need Folk with social media and digital marketing skills. We need folks who know about search engine optimization. We need folks who know how to work algorithms to get the AFA in front of as many eyes as possible. The biggest

reason we are not bigger is that such a schooling number of our folk don't know about us!

- We need CAD/construction/engineering/architect folks to help us build a solid and real plan for our construction of Týrshof. The sooner we get a detailed plan, the better off we are.
- We need history/library/writers to help with the history projects that are a big priority for us.
- We need judges/lawyers/paralegal folks to build a staff for our Lawspeaker to make sure we get the very best from utilizing the system we are in.
- We need grant writers to....find and write grants.

We can do so much when we are working together! Anyone who wants to volunteer for the above activities or for anything else, please email me at mattflavel@runestone.org

Announcements, News, & Noteworthy

- 12/21/24 - Frank Walter Nelson was named before his Gods and Folk.



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Words from Our Witan

Hamr, The Projected Self



In this month's edition of The Runestone we will discuss the Hamr, The Projected Self.

The word itself translates to "shape" or "skin." It also the root word of Hamingja.

Many tie the idea of Hamr to shape shifting. But what does that mean? I think this more layered than that and will warrant much more discussion.

The Hamr will also travel in dreams, or during sleep. It can take the shape of an animal; it can take the appearance of the self also. It is also connected to “ghosts.” The Hamr can sometimes remain after death, and will sometimes be seen by us, in the physical realm, often after the Lík has experienced trauma. The sixth sense or second sight can perceive the Hamr. (Check out [Victory Never Sleeps, Episode 43, “The Soul”](#)) Allsherjargothi Flavel refers to the Hamr as “the non-corporeal projection of self.” I have a story to share regarding the Hamr.

Some of you may have heard this story, I shared this on VNS last year. On July 30, 2023, I suffered a massive heart attack. I had been flown by helicopter to the biggest heart hospital in South Carolina. While on that helicopter I prayed. Prayed to Óðinn, Heimdallr, Þórr, Frigg, and my ancestors. Once I arrived at the cath lab, and the procedure was underway, my dear friend Svan appeared at my bedside. I was overcome with emotions when I saw him. I was telling him about how I got there, all the symptoms I had, the flight over. He sat with his arms crossed on my hospital bed, and I could see his tattoos on his forearms. He was just nodding while i was talking.

I asked him if I was going to die, and he simply said “no”, put his hand on my shoulder and squeezed it. He walked out of the room. After the procedure was over, I saw my family, and I told my mother something to the effect of “don’t worry, Svan said I wasn’t going to die.” When my mom told my wife what I had said, Heather thought I had my phone. I did not.

Svan was at home in Virginia Beach while all this was happening. He had been sleeping in after the trip to Þórshof the previous day. Once I had left surgery, he awakened and called Heather immediately. He has no recollection of his astral visit to my side.

Later, Svan and I spoke. I asked what he thought about his appearance at my bedside, and he began to explain the Hamr to me. It’s my opinion that his Hamr had traveled to be at my side during a traumatic event and bring comfort. I was and I remain eternally grateful for this moment in time that will be burned into my memory forever. I’m often overwhelmed with emotion when I see Svan at AFA events.

The mechanics of the Hamr remain mysterious to me. But I have seen the Hamr work in other ways as well. Sometimes it shows up in a more mundane way. Sometimes not.

What we know as “ghosts” are often a reflection of the Hamr. Ghost comes from the word *guist* which translates to guest, visitor. Often, we tell stories about ghosts in a scary way, we treat them as something to be feared. This should not be the case in most

circumstances. If I were to see the “ghost” of my grandfather, I would not be afraid. It would be a privilege to spend a moment with him in whatever state he may appear. Stories of ghosts at battlefields abound across the world. It’s as if the trauma of these deaths is imprinted upon the land. This is the remnant of the Hamr left behind in the mundane world.

Examples of the layers of Hamr are as thus—there is the astral, the part that travels during the dream state, there is the ghost upon the field, an imprint of the Hamr left in Miðgarðr, and there is the projection of the Wode Self (that which you are trying to become). This is the side of the self you want others to see, what you want to people to perceive. How we relate through body language is an example. This is something we also perceive in others. We men use posture to convey a message to each other and the opposite sex. Women of course do the same thing. A change in posture, gait, or facial expressions are a way of signaling to our fellow man. This is maybe the most mundane expression of Hamr.

Maybe you have been in a strange place, maybe a drinking establishment. A large man is standing nearby. He isn’t “showing out” like cursing or making verbal threats. But his posture is aggressive, he “gets taller” around other men, perhaps has his chest puffed out, signaling he is here to make trouble. This is also Hamr, and when we pick up on these signals, they are hard to describe. “How did you know he was going to act out?” Because I was picking up his signaling. Being able to perceive the Hamr, the skin another person is wearing has saved lives, has prevented trouble more time than we can count.

The berserker is a historical example of the Hamr. Berserker means “wearing bear skin” and men in the Viking Age did in fact wear the skin of a bear or wolf (Ulfheðnar). But it means so much more than that. They became the bear, became the wolf. They had borne an ecstatic frenzy, swing wildly and skillfully and tearing the enemy apart as they became something else. Enemies who watched on were stricken with fear and often retreated as a result.

In *Heimskringla*, we read that King Harald had sent a “troll wise man” to Iceland to see what he could tell him about the land. He (the troll wise man) went in the shape of a whale, and when he arrived, he could see the land wights of Iceland. This is yet another example of Hamr from our ancient past. He projected himself through the astral in the shape of an animal, and in that state, he could see the Landvættir of the island.

How do we use Hamr in our spiritual practice? One way is being deliberate in the way you present yourself. Are you presenting the person you are? The person you want to

become? How many times have we heard the phrase dress for the job you want, not the job you have? This also a mundane version of Hamr. Picture yourself in the highest form in your Wode Self (this is also part of the Soul Complex and will be discussed in a later article). What does that look like? Now carry that on the outside, wearing that skin as it were, to project it to the world.

Meditation. In some meditation practice you are picturing yourself in a setting in your mind. What you “see” as yourself is the Hamr. How you move in and out of places in this state, this is exercise for the Hamr when it travels in the dream state. As for the astral travel, again, keep a dream journal, write down experiences in the dream state, as they are hints of different parts of the soul, including the Hamr.

Join me in the next Runestone as we discuss Sál, The Shade Self.



Witan Daniel Young
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Strengthening Your Asatru Practice in 2025



January 2025

January 1st
Óðinn

January 8th
Frigg

January 15th
Freyja

January 22nd
Sága

January 29th
Ancestors

Happy New Year to all of our Folk of the Asatru Folk Assembly!

If you have spent any amount of time with me (in person or on calls), you know that I feel that helping the Folk create and maintain a personal relationship with our Holy Ása, as well as giving our Folk ways to worship individually and as a family in their own homes, is a duty that I hold near and dear to my heart.

This year I invite our Folk to join me in a year of celebration and dedication to the Æsir, Ásynjur, and their kin.



February 2025

February 5th
Þórr

February 12th
Sif

February 19th
Jörð

February 26th
Ancestors

My family and I dedicate Wednesdays as a day of intentional spiritual practice and devotion, with each one dedicated to someone different, helping us to connect with them as a whole and individually. Your family (or individual) celebration could be as simple as an offering by yourself in the morning or as complex as a full feast and lore reading with your family in the evening.

I invite each of you to share your thoughts, experiences, pictures and memories of these devotional Wednesdays with us in the Spiritual Excellence Group on MeWe. If you choose to do so, I will share those each month here in the Runestone!

Here is to a victorious 2025, full of all the best for our Folk and our Church!



Witan Brandy Fassett

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Words from Our Goðar

Planting Seeds



As 2025, and the 31st year of the Asatru Folk Assembly, comes riding in from the east, we should take a moment to both reflect on our past and plan our future. This article will be a bit shorter than my usual work but carries a more important message.

Many of the great endeavors of our forebears were for the purpose of “planting trees,” so to speak- trees whose shade they would not enjoy themselves, but that their

descendants could sit in and create yet another generation of artistic and industrious innovation for more descendants. Our ancestors won these victories not for themselves, but for their tribe, or often for the Folk in general.

In 2015, Allsherjargoði Stephen McNallen accomplished the unthinkable by acquiring and dedicating Óðinshof, the first Hof to one of the Æsir in 1000 years. He did this not for himself, but for the Folk.



In 2020 through 2022, Allsherjargoði Matthew Flavel honored the mandate of the All-Father and established three more temples to mighty Þórr, bright Baldr, and joyous Njörðr. He did this not for himself, but for the Folk.

In December 2022, then-Goði-now-Witan Daniel Young did the groundwork to acquire Sigrheim, a parcel of land symbolic of the AFA's larger success, a promise of our bright future in troth to the holy Æsir. He did this not for himself, but for the Folk.



As we head into 2025, keep these in mind. Remember that we do this for our people—past, present, and future—so that they may continue to survive and thrive and be honored by future deeds. What seeds will you plant with your deeds? What trees will grow from your victories? What fruits will your Folk harvest? The best time to answer these questions is now!



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Declaration of Purpose III



III. Issuing a call to all our brothers and sisters of the Ethnic European Folk to return to this, their native religion and way of life



We call our kin to rejoin the great family of men and women who honor the sacred ways of our holy Gods and Ancestors. Ásafolk are not always eager to proselytize; however, we know that our brothers and sisters will all be healthier and happier once they have returned to the religion that expresses their unique cultural and genetic heritage, a heritage that is a part of them as surely as blood and bone. The restoration of our ancient ways, and the building of a secure future for our religion and our people, is our call and our destiny. Let us have an “Ingathering of the Folk!”



This is how we regain the strength of our culture and heritage. This unified heritage we share from our Aryan ancestry cannot be lost to the annals of history. Look at it like an Ash tree. You can cut branches over and over again and the tree will remain. To cut the roots would be to destroy the tree. It is the same with the folk. To cut our roots away would be the end of our people, the end of the very foundation our ancestors fought and battled to ensure over millennia, which ensured a future for you.



Every white man, woman, and child belongs with the Gods of their ancestors, belongs with their Folk. To return our Folk after a millennia and more of deception, guilt, and shame is no easy task.



The feeling of being with one's cultural tribe cannot be replaced with a foreign people's beliefs and gods. This runs through our veins, is incorporated into every aspect of who we are, and we owe it to ourselves to come home, regain our ancestral might and meign growing stronger as more of us come home. It is up to each and every one of us to work towards that end, now so in the current state of our society more than ever.



Goði Nathan Erlandson
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Woes of Winter



WOES OF WINTER A Time for Thorrablot

When I learned about Ásatrú in the early 1990's, every other guy was named Eric or Erik, and Thor was the god that most called upon. My husband would lead a small group of us into an old apple orchard for Blót. Warm days found us outdoors until long after sundown, toasting the Gods in Sumbel. Allfather Óðinn was always there in the shadows, but hearty Þórr was the model for most men. Our gatherings took place when the weather was warm and predictable, except for Yule. It was THE winter event in the early days of the AFA.

I reflect on this today as we put together the annual calendar for each Hof. For every month, events and holy days are clearly marked for all to see. In January, there is always Þorrablót, making a perfect topic for our December District Meeting here in Óðinshof District. Our guest speakers, Lawspeaker Turnage and Goðar Mayo and East, shared their knowledge of this celebration. Though it's often assumed to be named after the god, Þórr, it is not! "Thorri" means frost, so "Frost-Blót" is the correct translation. But further discussion brought forth an interesting correlation. When one considers that the Hammer-wielder fights his foes, the Frost-Giants, it's totally appropriate to honor Þórr at this time.

Everyone who has known malaise that comes with the dark, dreary winter months may

assume that our far-northern ancestors felt this as well. Living with conditions of dwindling food supplies while the outside world remained frozen amidst never-ending gray twilight, the best antidote for depression was to come together and find joy in fellow man. And so we do that today.

Porrablót is our time to put the past year behind and make this a day of social interaction with games, dancing, stories – and anything that lifts the hearts of the Folk. I see this as a time we draw on our various European cultures and traditions, touching the souls of those who came before. At Óðinshof, ethnic dishes to add to meals are encouraged. We'll be offering a genealogy workshop, digging deeply into our personal roots and sharing lineages by showing off Scottish-tartans, coats-of-arms, and family crests. Our greater AFA family includes all those ancestors back into the mists of time. If you're disappointed to find no DNA link to the Scots, know that the Asatru Folk Assembly has its very own official tartan.



For those of you unable to come to Þorrablót, find some ways to honor Þórr and your ancestors who overcame the obstacles of winter weather. First of all, Blót to Þórr and make offerings to the Dísir and Álfar. Spend one day working on your family tree. Give attention to your family altar. Take on a new craft or hobby. Reach out to long-lost relatives and friends. Teach someone a game or read a book aloud. Prepare an unusual recipe. Take a winter walk and note the starkness of the season. Reach out to someone who needs a warm “hello.” Don’t let January be a time of inaction. Put the Might of Þórr into your efforts, making this a month of value; of personal accomplishment.



Gyöja Sheila McNallen
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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

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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



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

- We need to pay off Njörðshof.
 - The first of 2 loans have been paid off!
 - We now owe \$60,370 on our remaining loan.
- We need to raise our monthly donation average by 10%.
 - This is membership dues/Hoftollr plus other donations.
- We need to locate a suitable property.
- We need to find lenders and build a war chest.

Freyshof Fundraiser

Click Here to Donate Today

FIFTH HOF OF THE ASATRU FOLK ASSEMBLY

75.3%

Paying off Njörðshof is the first step

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!



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Sigrheim: Home of Victory

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨ ✨ ✨
amazon

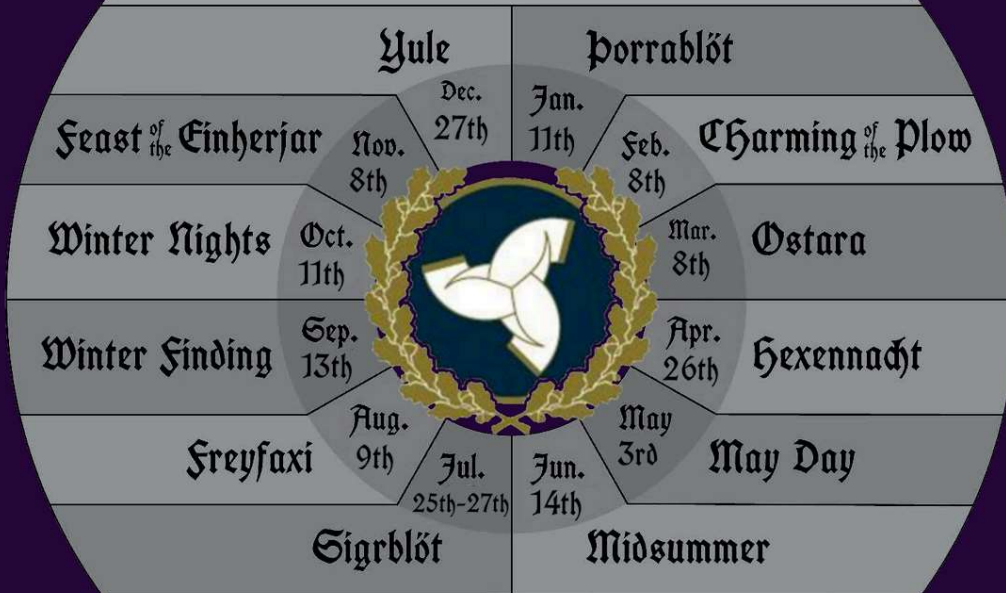


Thank You!

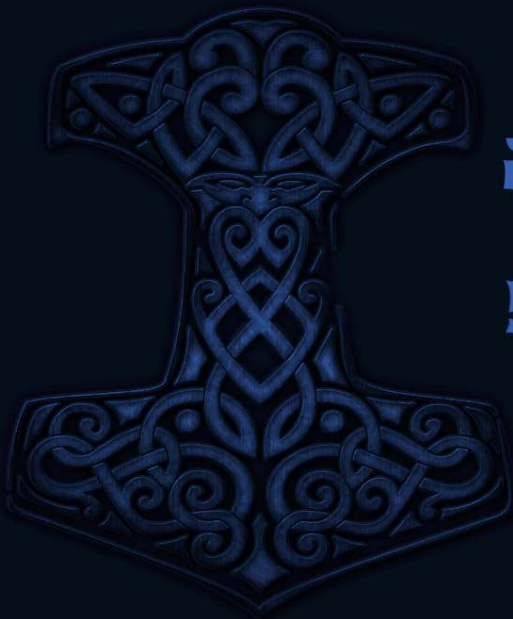
[click here](#)

Upcoming Events

Sigrheim



2025



Þorrablót at Sigrheim

Sat., January 11th
230pm

RSVP to
nrice@runestone.org



Sigrheim
Shed Raisin'
Work Day

January 25th | 10am



Charming of
the Plow
at Sigrheim

February
8th

RSVP to nrice@runestone.org

Folkbuilder Nicholas Rice

nrice@runestone.org



Victory Never Sleeps



Victory Never Sleeps, a weekly podcast produced by the Asatru Folk Assembly, hosted by Alsherjargoði 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, 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](#).



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AFA Ásatrú Academy



Check out the ÁsatrúAcademy at AsatruAcademy.org



Happy New Year from the Ásatrú Academy!

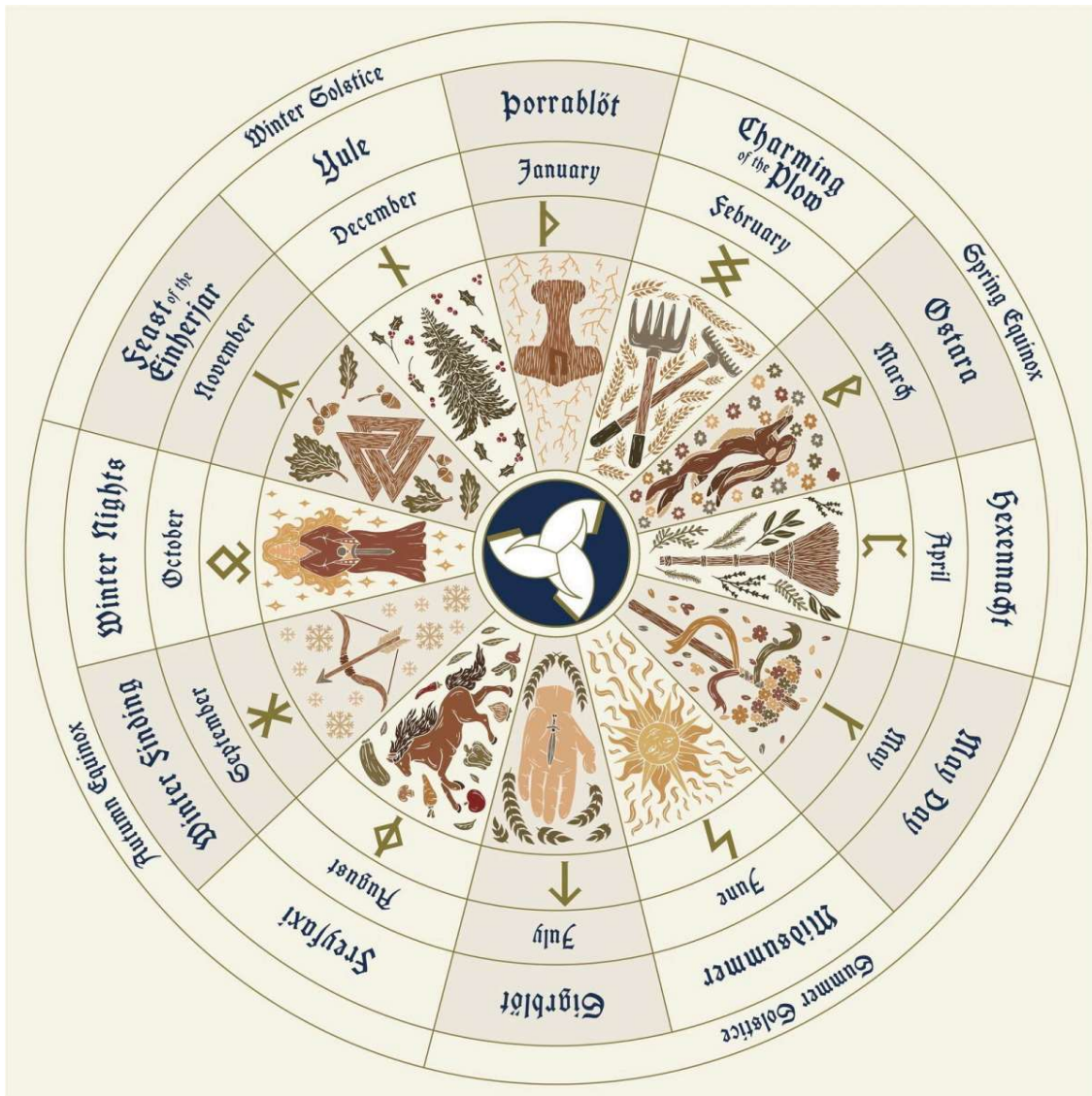


Here's to another semester of stories, projects, learning, fun, ... and COOKIES!

Folkbuilder Nicholas Rice
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Remembrance and Holy Days



[Holy Days | Asatru Folk Assembly](#)

> January 9 - Raud the Strong <

- > January 18 - King Blót-Sveinn of Sweden <
 - > January 18 - Þorrlát <
- > February 1 - King Eanfrith of Bernicia <
 - > February 9 - Eyvind Kinnrifi <
 - > February 15 - Charming of the Plow <
 - > March 9 - Olvir of Egg <
- > March 20 - Ostara (observed on March 15) <
 - > April 9 - Jarl Hákon Sigurðarson <
 - > April 10 - John Yeowell "Stubba" <
- > April 30 - Hexennacht (observed on April 19) <
 - > May 1 - May Day (observed on May 17) <
 - > May 22 - John Gibbs-Bailey "Hoskuld" <
 - > June 9 - King Athanaric of the Visigoths <
- > June 20 - Midsummer (observed on June 21) <
 - > July 4 - Sveinbjörn Beinteinsson <
 - > July 15 - Alexander Rud Mills <
 - > July 19 - Sigrblót <
 - > August 1 - King Osric of Deira <
 - > August 9 - King Radbod of Frisia <
 - > August 16 - Freyfaxi <
- > September 9 - Prince Hermann of the Cherusci <
 - > September 12 - Else Christensen <
- > September 22 - Winter Finding (observed on September 20) <
 - > October 4 - Goði Þorsteinn Guðjónsson <
 - > October 5 - Meister Guido von List <
- > October 15 - Birthday of Founder Stephen McNallen <
 - > October 18 - Winter Nights <
- > November 9 - Queen Sigríðr of Sweden <
- > November 11 - Feast of the Einherjar (observed on November 15) <
 - > December 9 - Egill Skallagrímsson <
- > December 20-31 - Yule (observed on December 20) <

January



Asatru Holidays - January 2025 - Raud | King Blót-Sveinn | Þorrablót
<https://youtu.be/4lcMOWZ09Oc>

Days of Remembrance

Raud the Strong | January 9th



999 ʁ

<https://www.runestone.org/raud-the-strong>

In January, during the time of Þórrablót, we honor Raud the Strong, whose shrine is at Njörðshof. His story takes place during the last decade of the 10th century, when

Christianity was finally sinking its claws into Scandinavia.

Raud was a Norwegian warrior, landowner, seafarer, wizard, and Goði during the reign of King Olaf Tryggvason, who is infamous for his relentless subjugation of his own Folk in the name of the foreign Christ. Olaf spent his reign (995-1000 CE) traveling through Norway, torturing and killing brave Europeans who would not forsake their troth with the Æsir.

Eventually, Olaf the snake made his way to Raud's part of Norway, and he engaged in a sea battle with Raud's vessel, which was larger than any in Olaf's fleet. His fleet defeated Raud in the naval battle, but Raud's reputation as a wizard proved to be true, as he was able to escape to safety by sailing against the wind, which was largely unheard of in this part of Europe at that time.

Although Raud managed to escape to one of his settlements in the Godøy Isles, Olaf tracked him down under the cover of darkness and stole him from his bed. Once he and Raud were face to face, he tried to bribe Raud by letting him keep all of his lands and offered to be his best friend, so long as he would renounce the Æsir and embrace Christ. Raud immediately refused, dauntless even in the face of doom, mocking Christ and Christianity and Olaf himself.

Olaf became angry and would hear no more. He ordered the brave Goði to die a horrible death, and so a snake was forced down Raud's throat, eventually gnawing its way out through his side and killing him. Olaf then seized Raud's wealth, lands, and famous ship for himself. The rest of Raud's men were either baptized or killed in a similarly disgusting fashion.

Raud the Strong was dedicated to the Æsir from his first breath until his last, facing down death with his loyalty to his Gods and Folk unbroken.

May we ALL strive to remain loyal to the Æsir, even when surrounded by serpents!
May Raud's name and glory burn like a torch through the darkness of doubt!

Hail Raud the Strong!

Hail the Æsir!

Hail the Ásatrú Folk Assembly!

King Blót-Sveinn of Sweden | January 18th



Blót-Sveinn's story starts with the rule of his sister's husband, King Inge of Sweden. These events take place in the mid-to-late-11th century, when Christianity had spread its influence over nearly all of our Folk, including the Scandinavians.

According to our main source, the Icelandic Hervavar's Saga, King Inge was a Christian, but his people were still Ásatrú. When Inge took the throne, his people hoped that he would renounce the foreign Christ and give Blót to the Æsir at the temple of Uppsala, on behalf of the Swedish kingdom. Inge refused to do so and was then rightfully deposed by his people who wanted to keep their troth with the mighty Æsir.

His brother-in-law, who we now know as Blót-Sveinn, told the Folk of Sweden that he would take up the throne and give Blót to the Æsir for the sake of the Swedish people. The people joyfully proclaimed him King of Sweden, and thus returned to being an Ásatrú nation. However this glorious moment was short-lived, a few years later Inge returned to Sweden with a small retinue of men and lit King Blót-Sveinn's home on fire, killing him. Although Ásatrú was once again suppressed in Sweden by force, King Blót-Sveinn's courage is something to be remembered and celebrated.

What can we learn from this story?

As modern day Ásatrúar, we can take much inspiration from the King's example. He managed to be both an aristocrat, as well as someone who could relate to his people and give them what they wanted and needed. He fearlessly stood in the way of rampaging Christianity, even publicly giving Blót to the Æsir at Uppsala on behalf of his Folk. He did not let sociopolitical pressure or greed for the Christians' coin stop him; rather, he pressed forward with both piety and strength. Had he not been felled by the underhanded work of Inge, he would certainly have been a mighty leader of a mighty Ásatrú Sweden for many prosperous years!

Let us all reflect on this and take courage into our modern lives, just like King Blót-Sveinn!

Hail King Blót-Sveinn!

Hail the Æsir!

Hail the AFA!

Holiday

Borrablót | January 18th



<https://www.runestone.org/thorrablot>

Þorrablót is an Icelandic midwinter festival dedicated to, as the name describes, Þórr. Þorrablót is named after the Icelandic month of Þorri from the historic-calendar and ran from mid-January to mid-February. Though Þorrablót is a relatively modern social celebration in Iceland, there is a reference in the Flateyjarbók that states that the Kvens offered a yearly sacrifice to Þorri at mid-winter. Typically, Þorrablót is celebrated by gathering together and eating many of Iceland's traditional foods and by singing, reciting poems, and telling stories.

Some good ways to celebrate Þorrablót include eating traditional Icelandic foods, such as Hákarl (putrefied shark), Blóðmör (blood suet, filled sausage/black pudding), Hrútspungur (ram's scrotum with testicles), Lundabaggi (sheep's fat), or Svið (burnt sheep's head).

Don't worry! If these are unavailable, or simply not to your taste, eating goat and goat products such as goat cheese or goat milk are also appropriate options.

Called by some as the cabin fever holiday Þorrablót is a great way to liven up the doldrums of mid-winter. So take some time to light a fire and make merry. Have the Folk tell stories or recite poems about Þórr. Eat, drink, and enjoy the company of Folk and family.

Upcoming National Event

Charming of the Plow at Njörðshof | February 21st-23rd



Come join the Folk at Njörðshof for our third annual Charming of the Plow, being held February 21st-23rd! This is our Hof's national event, so we will have great food, multiple rituals, auction, and more!

Get your tickets at <https://store.runestone.org/product/charming-of-the-plow-at-njordshof/>!



Goði Trent East
teast@runestone.org

Ostara at Þórshof | March 21st– 23rd



Ostara at Þórshof, an Asatru Folk Assembly national event, is scheduled for March 21-23 at our very own Þórshof in Linden, North Carolina!

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

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

Get your tickets at <https://store.runestone.org/product/ostara/>!



Witan Daniel Young
dyoung@runestone.org

A Folk Services Campaign

We Won't Let Winter Blues Keep Our Member Down



Ohio member Brittney Haas has fallen on difficult times. Her electricity has been cut off, and she is having trouble catching up. During the winter, we all know this can be a

big problem. Any help would be greatly appreciated. Thank you.

Feel free to donate to help Brittney out at <https://store.runestone.org/product/we-wont-let-winter-blues-keep-our-member-down/>.

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

Folk Art Engraving



Folk-made crafts for the Folk! Engraving custom designs for wall plaques, altar adornments, Yule tree decorations, keychains, bookmarks, and more. Folk Art Engraving also creates acrylic stencils and designs folkish apparel including hoodies, sweatshirts, t-shirts, and beanies with paint, vinyl, or printable vinyl.



For custom designs created by you to be engraved or placed on clothing, email us at folkartengraving@gmail.com. Check out our Facebook page by searching for Folk Art Engraving, products can also be found on the AFA Marketplace chat. Feel free to also message me on MeWe or send me an email.





Home-based crafters in Northern Iowa.

Hail the Æsir! Hail the Folk! Hail the AFA!

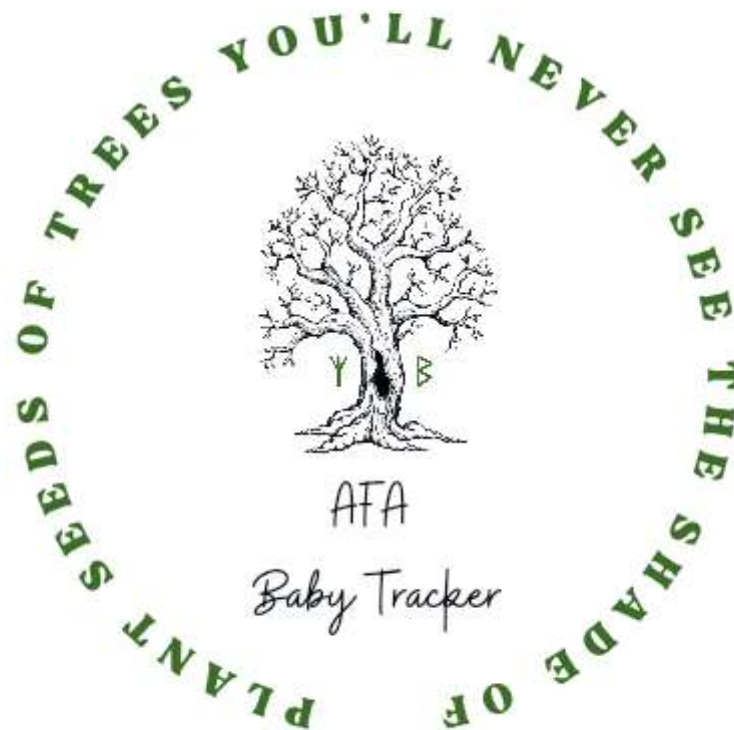
Hail Victory!!!



Folkbuilder Christopher McDowell

cmcdowell@runestone.org

Baby Tracker



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

2022 and onwards. The ongoing tracking is proof that we are building something sustainable for the future of our Folk, which is a place for these children to grow up within and a place where they can feel proud of who they are!

Total babies born in 2024: 27

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 Erlandson with any and all questions! aerlandson@runestone.org

A graphic for "Sisters Sunday Chats" on a dark brown background. The title "SISTERS SUNDAY CHATS" is written in a light pink, hand-drawn font, arched over a central illustration. The illustration includes a white cat with orange and yellow stripes curled up on the left, a large strawberry plant with green leaves, white flowers, and red strawberries in the center, and a small purple flower on the left. A red ribbon is tied around the base of the strawberry plant. Below the illustration, the text "Second and fourth Sunday of the month" is written in a light pink serif font, followed by "10 am central" and "Contact Folkbuilder Ali Clausen" in the same font.

SISTERS SUNDAY CHATS

Second and fourth Sunday of the month
10 am central
Contact Folkbuilder Ali Clausen



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

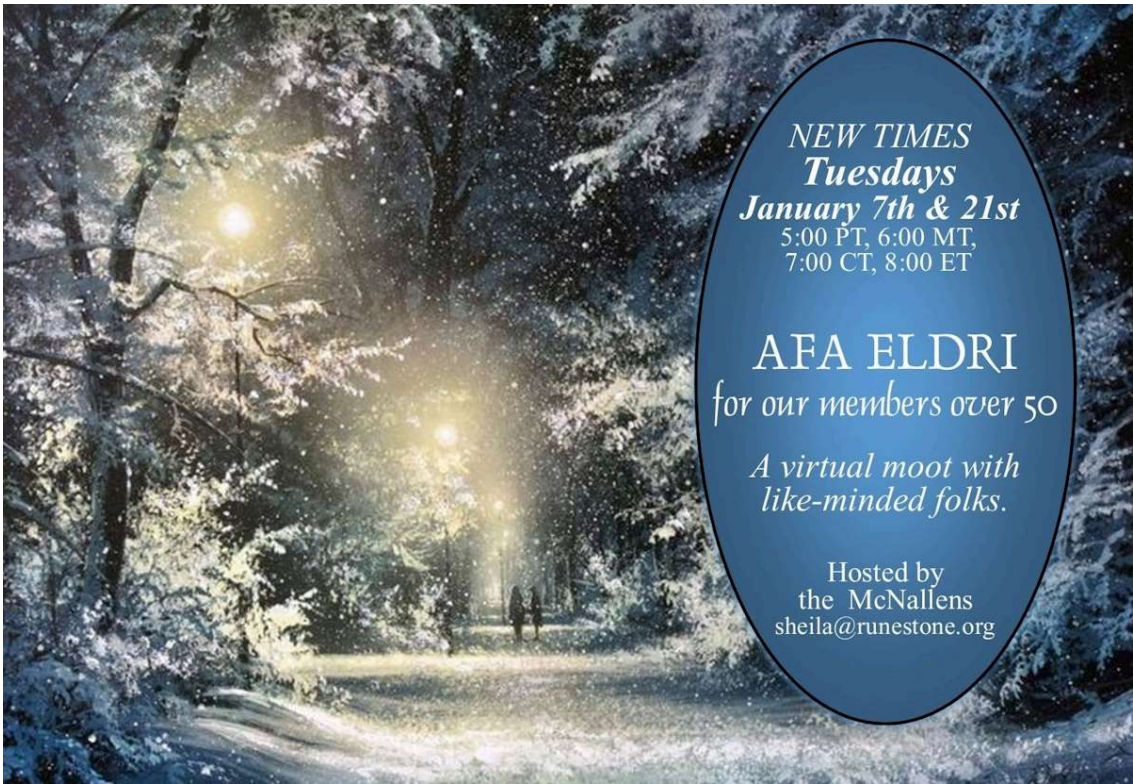
4:00 pm MST

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**



NEW TIMES
Tuesdays
January 7th & 21st
5:00 PT, 6:00 MT,
7:00 CT, 8:00 ET

AFA ELDRI
for our members over 50

*A virtual moot with
like-minded folks.*

Hosted by
the McNallens
sheila@runestone.org



McNallens Pub

Saturday, January 25th
6:00 AKT 7:00 PT 8:00 MT

Purveyors of hearty horns
full of spiritual insights,
wisdom, and laughter



AFA MEN'S CALL
THE 3RD THURSDAY OF EVERY MONTH AT 2000 (8 PM CT)
HOSTED BY FOLKSWILDER CHRIS MCDOWELL

*Link can be found on MeWe in AFA Men and sent out via email

Just for Fun

Ása-Pórr

Á H V C T R F R E I Ð A R T Ý R Ö F N Ó X T N F
W X L Ó S A R H I A B G R Í Ð A R V Ö L R Ý Þ Í
O C Á T T I Ð W Ð T A N N G R I S N I R X Þ G Í
K A Ý S O N O T Ö G X H A P A K C O U R A G E S
R Á K T R S Ó V E U R R Ð P S X U J P Þ N W W T
N J Á S M I R P L G Ý J F H U A A C O S K X B A
P I Á N S L C G L L J Á Ý G L R Ó J H E G S U N
T Þ F R H C Ö Á I Ý Ö R V G L Ó C Ð Ý Ó V B O N
N R F I N Þ S Þ I Í Ð N G A D Ö R S I C Ö S P G
Ö Á H S M S L D F G Ö G R Ý I T P R B N N A R N
Ö L R K Ý A A T S P Ð R M T M Ó Ð I I E N R P J
I Í E H M X O X B I C E Í T M V Á Ý M Ð I J G Ó
K W I X F H Ö D A G L I G H T N I N G E I Ö D S
Ó H Ð P W M M E Ý M G P Í W W A I H N M U R S T
U Ö M B U D E I N F E R V A B M T F F R N Ð I R
D Ð A J V B A G Ð U E K X R K C W M R W O L F B
D G R R Ö Ð S U I G Ý K Ð D E V Ó U K A R J H F
Ð V R Ó O L Ð A N N A D S E J I X V O R Ö Ö G P
U M F Á O E N X X D G R J R Ö X M U M R Í M P B
X A V T N Ó L I P G V J Ð G T V G Ý V I O L M O
M G Ý U J S V B R U J K Ö R T J R Ö L O Þ Ð J Í
M N V Ó P J I G R P J C I R N B W C X R Í S K U
R I Í P F L P Á N Ó T X I V Ð J Ö T U N B A N E
L C K Þ R U Ð R A A T N Ó G E T H U N D E R G Þ

Courage
Gríðarvölr
Hlórriði
Hreiðmarr
Járgreipr
Járnsaxa
Jörð
Jötunbane
Lightning
Magni
Meginjörð
Miðgarðr
Mjöltnir
Móði
Oak
Rains
Reiðartýr
Sif
Storms
Tanngnjóstr
Tanngrisnir
Thunder
Veurr
Warder
Warrior
Óðinn
Þruðr



Feel free to send completed puzzles to press@runestone.org for a shout-out in the next issue!

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

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 year's Yule Food Pantry at Baldrshof served 34 families. The largest number of families to date that we were fortunate enough to help with their food needs this holiday season. We had long time members and brand new members taking part in serving the

community around Baldrshof. We also had a number of gift bags filled with toys to brighten this season of giving for local families thanks to the efforts of our Folk, the Proudfoot family, and Folkbuilder Ashley Erlandson.



Goði Nathan Erlandson
nerlandson@runestone.org

Yule at Baldrshof



This year at Baldrshof for Yule was a snowy winter wonderland. We had members travel from all over the district to join us for a three day Yule event. The holiday started off with dinner a dinner Friday evening where we shared food and frith with new and long time members. Saturday morning was a very heartfelt food pantry with everyone pitching in to serve toys and food to 34 families in the Baldrshof local community. We

had wonderful meals provided by the Erlandsons. Blót conducted by Witan Fassett and Goði Stamm. Festivities wrapped up Sunday morning with Wayfarers blot where we all parted ways after a wonderful weekend of welcoming new members to the AFA and Baldrshof, building Frith, and meaningful ritual.



Goði Nathan Erlandson
nerlandson@runestone.org

Baby Naming



It was my great pleasure to name Frank Walter Nelson, son of Nathaniel and Daniella Nelson of Minnesota, in front of the gathered Rolk during our Yule celebration at

Baldrshof. The ceremony began with the presentation of his mother Daniella, then the acceptance of his father Nathaniel.



Libations were poured to the Nornir, and little Frank's runes were spoken.

Algiz

Uruz

Hagalaz

After his name fastening, toasts were made to the newest little spark of the Folk flame and a horn was shared in his honor.

Hail Frank Walter Nelson!



Witan Brandy Fassett

bfassett@runestone.org

Upcoming Events at Baldrshof



Baldr's Steeple Project



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



Goði Nathan Erlandson
nerlandson@runestone.org

Help Keep Baldr's Light Shining

A graphic with a blue background and a close-up of white flowers. In the upper right, there is a stylized 'X' logo with intricate patterns and a cross in the center. The text 'Baldershof Wishlist' is written in a gothic font. Below it, the text 'Help Elevate the Shining One and Keep Baldershof Beautiful!' is written in a serif font. At the bottom, there is a call to action: 'Click Here or Use the Link to check out the Wishlist at' followed by the URL 'https://www.amazon.com/hz/wishlist/ls/UUJLG9IM9VM3?ref_=wl_share'.

Click Here or Use the Link to check out the Wishlist at
https://www.amazon.com/hz/wishlist/ls/UUJLG9IM9VM3?ref_=wl_share

Baldrshof District Virtual Moots

Minnesota Mornings Folk and Frith

1st Sundays of the month

10 am central

Join your Folk for Asatru Discussion via virtual call.
Share your experiences, meet your folk!

Contact Witan Brandy to RSVP

Links for the call will be sent on Sunday morning
via email and text message to members who RSVP.



Dakota's
Members

Drinks & Discussion
Learn Asatru.
Build Frith!

Call *for information*

Contact Witan Brandy

First Sundays of the month
6 pm central

*Links for calls will be provided Sunday morning to
RSVP'd members via text and e-mail*



Kansas & Nebraska
Virtual Mead Hall

Connect with your folk!

Share a drinks!

Learn Avartrul!

Share stories & experience

First Saturdays of the month

7pm central / 6pm mountain

Contact Witan Brandy for more information

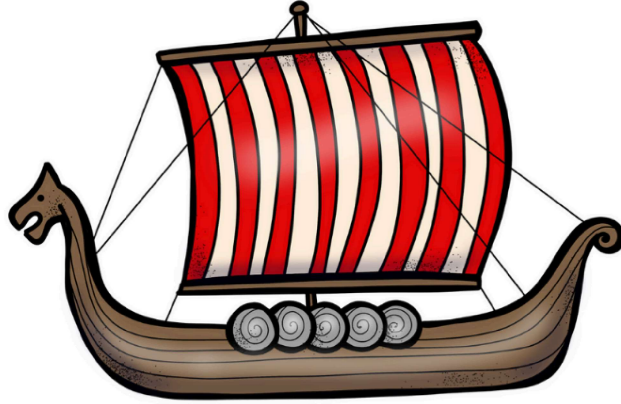
Links will be sent via text & email

Saturday morning to members who RSVP

A is for Asatru!
B is for Baldrshof!
C is for Courage!



Baldrshof Children Pre-K through
3rd grade are invited to the
Baldrshof Children's Call:
Last Wednesday of every month
7 pm central



Contact Witan Brandy or Gothi Rob
to RSVP

Did You Know?



Iowa

A Resolution for More Yum



My New Year's resolution this year is to bake more bread. I've always enjoyed baking, and I wanted to find a hobby I can share with the Folk and use as a form of devotion.



I started over Yule with honey wheat bread and brioche buns for our Iowa Folk. Folkbuilder Chris McDowell and I also made sourdough starters that we're very excited to share with the Folk when they mature.



Folkbuilder Allison McKee
amckee@runestone.org

Yule in Iowa

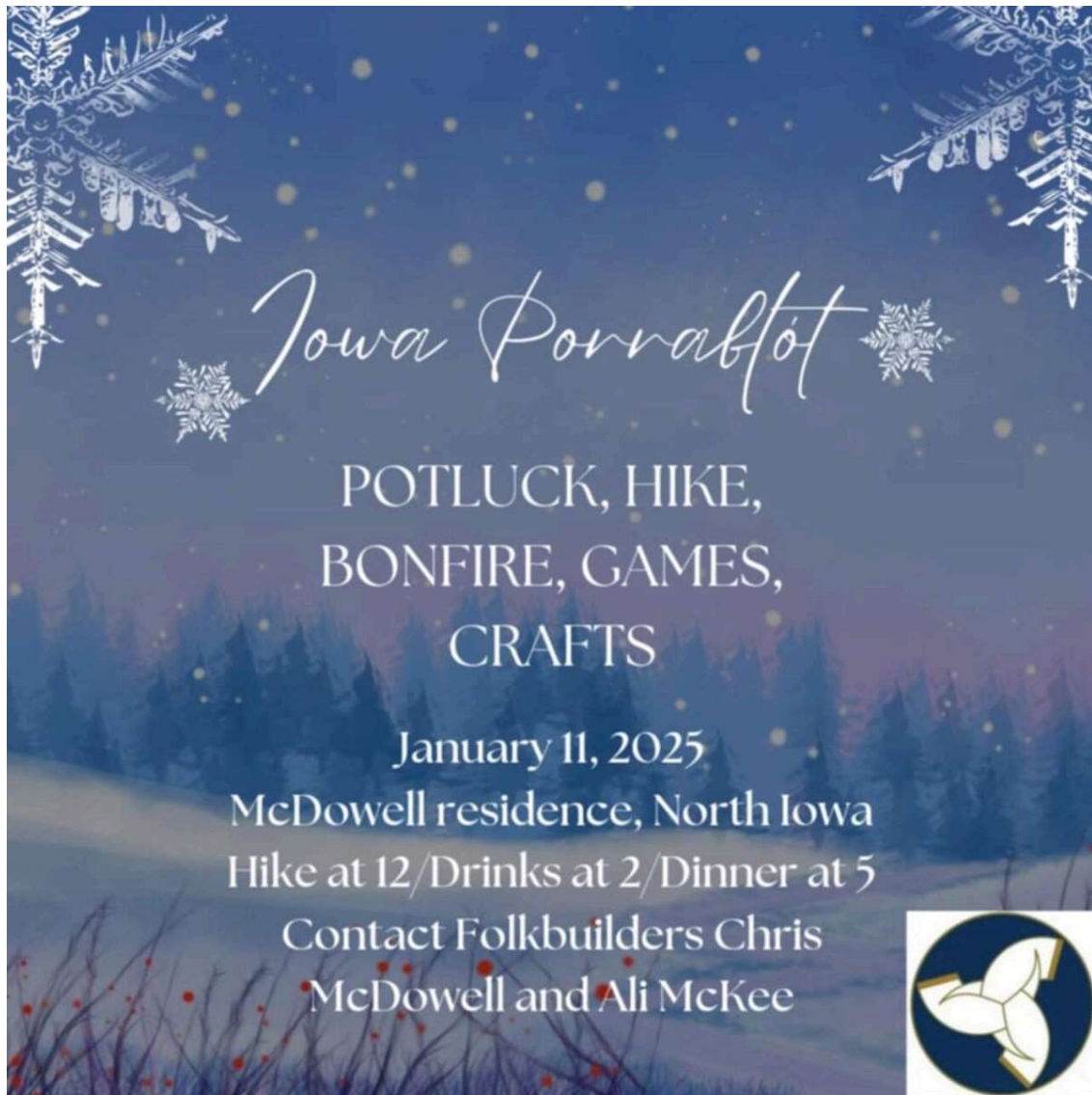


A nice time was had during Yule in Northern Iowa. We had serious, pious, and personal conversations. I got to show off the laser engraver by burning a design into a coaster leaving Folk in awe of the machine. Ali made a delicious meal consisting of ham, macaroni and cheese, mashed potatoes, sweet potatoes from my garden, with carrots, sweet peas, and corn. We also had homemade bread and brioche rolls. The meal was perfect; however, the macaroni and cheese stole the show for me. The cheese sauce Ali prepared is the best I have ever had and I will be utilizing it in my recipes. That cheese sauce will be perfect for my homemade pretzels. While Ali made dinner, we walked through the local woods to a river and tossed pieces of ice back into the water, enjoying the scenery



As the evening was upon us, we settled down in the living room and watched Gremlins.


Upcoming Events



Iowa Ponnabtot

POTLUCK, HIKE,
BONFIRE, GAMES,
CRAFTS

January 11, 2025
McDowell residence, North Iowa
Hike at 12/Drinks at 2/Dinner at 5
Contact Folkbuilders Chris
McDowell and Ali McKee



Folkbuilder Christopher McDowell

cmcdowell@runestone.org

Minnesota

Upcoming Events

Theatre Moot

January 31, 2025

Doors open at 6:30



RSVP:

NEerlandson@Runestone.org
AEerlandson@Runestone.org



Folkish Family Fun and More in the Twin Cities



Its time for a new year and new beginnings. Lots of things planned here for my area in Minnesota. Focusing on our Kids crafting day. Activities just for kids. And this is a good excuse to come and hang out and enjoy some Folk-time even if you don't have kids or are into crafting.

On December 14th, Northern Blood Kindred hosted our 9th Annual Folkish Family Yule Celebration. This is my favorite event and time of the year! More events coming soon.



Senior Folkbuilder Jason Gallagher

jgallagher@runestone.org

Upcoming Events

FEEL THE FROST

LET'S GO
SNOWMOBILING!!

JAN 11-12 GRAND RAPIDS MN

CONTACT
GOTHI
ERLANDSON
FOR
DETAILS!



nerlandson@runestone.org



320.250.3933



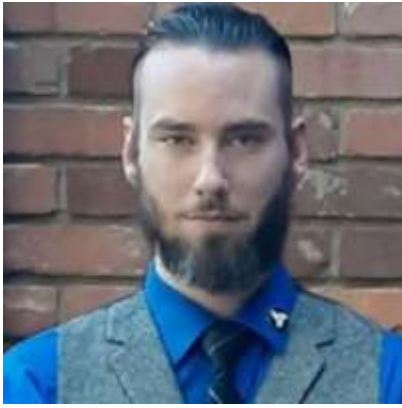
Goði Nathan Erlandson
nerlandson@runestone.org

Missouri

Branson Yule



We drove up to Harrison and met up with Christian. We got some lunch and saw his kid. He keeps getting bigger. We then took off to Branson. We met up and went to an escape room. Once back at the condo, we held a Blót. Christian is almost done with his Oath he made in February to workout for a year. Sunday, we went on a Helicopter Ride and saw the Lights at Silver Dollar City. We look forward to another great time in Missouri. Glad I could bring the connection to our Gods and traditions up to our Northern Arkansas and Missouri Members.



Folkbuilder Jesse Parton
jparton@runestone.org

Wisconsin


Starting the New Year on the Right Foot



New Year's Day is the end of the Yuletide in our house. It is our tradition to start the new year with a bonfire to burn away the leftover issues of the old year and to offer up

intentions for the new one. On our Yule log, every member of the house writes an intention, hope, or goal for the new year. Each family member is given paper to write the issues, situations, or conflicts they want to leave behind in the old year with good intentions to move forward.





I take several branches from our tree and each family member attach notes to them. I also write out a list of my goals for the year. These can range from learning something new to a personality trait I would like to improve on. All of this is thrown into the fire. As it burns we offer everything up to the Gods and Goddesses, with the hope that they continue to be with us along our path.

Hail New Beginnings!

Hail the Folk!

Hail the AFA!

Talking to Vör



I have been having a reoccurring dream over the last couple nights. Now while I do understand that the majority of the time a dream is mainly just a processing of thoughts, I also know that sometimes there are meanings and signs within them. I fully understand the overall meaning of this reoccurring dream but I can't seem to shake the feeling that I am missing something.

Gylfaginning 35 says:

“Vör: she is wise and of searching spirit, so that none can conceal anything from her;

it is a saying, that a woman becomes 'ware' of that of which she is informed"

The Ásatrú Trúlgómál describes her:

"Vör is the "Careful One". She sees what others overlook.

Details matter and small things can have great importance, Vör takes notice. Vör is the patroness of intuition and foresight."

So tonight, I made an offering to Vör for guidance and insight.

Hail Vör!

Upcoming Events

Let's have coffee

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

January 11th at 1:30 pm.

**For more information and
location contact**

**Folkbuilder Sara Ault
sault@runestone.org**





**We will be meeting on
Feb. 1st at 1 pm,
at Winterfest in Lake Geneva.
This is a free event.
See amazing Snow Sculptures
Enjoy Winter entertainment
Then grab a bite to eat after.**

**For more information contact:
Folkbuilder Sara Ault
sault@runestone.org**



Folkbuilder Sara Ault
sault@runestone.org



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