

The Runestone: Voice of the Asatru Folk Assembly

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Baldershof
Third Hof of the Asatru Folk Assembly

www.baldershof.org

June 2024



Donate to the AFA

Words from the Alsherjargothi



We are very excited to present the *Ásatrú Trilögmál*.

You can find it on our website at [Runestone.org/Library](https://runestone.org/library).

We have known for a long time that a clear expression of the fundamental beliefs of the AFA was needed and today we take 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?"



Speaking of Folks asking questions, we have gotten a lot of interest from Folks lately reaching out to the district websites. We are also seeing a steady flow of new members joining our AFA family. This is a great time to be Ásatrú!

I want to ask for everyone who can to join us at Óðinshof in just a few weeks for

Midsummer. This will likely be the biggest AFA event of the year and is certainly our oldest continuously held celebration at our first Hof. Please contact any of our AFA leaders, myself included if you and your family would like to attend and we can get you all set up.

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!



Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

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Words from Our Founder

Hail Our Heroes...and Build on What They Created





This Memorial Day, I poured a horn of mead on the grave of a man I was proud to call a friend.

A granite tombstone thrust above the grave, a solid rectangle of stone standing five feet high or more. The inscription on front was standard..."Josef Turner, beloved husband, father, and teacher" and such, with the usual dates of birth and death.

"The usual" stopped there. Walking around to the right you would see a boldly inscribed Thor's hammer, tall, dominant and proud. Under it, you would see the words, "DO RIGHT AND FEAR NO ONE" in large letters. Continuing to the opposite face, you would see something stranger still - the mantra of Babaji Nagarag..."Om Kriya Babaji Nama Om".

Joseph Turner - he adopted "Jost" as a first name, honoring his German ancestors - was loyal to our Gods and our Folk. He had come a long way to be with us - not just in miles, but in experience and scars. As a young man he was thrown into the maelstrom that was Vietnam, serving in the 101st Airborne Division, and went through the hell that was Hamburger Hill. He was also trained as a Recondo - hardly a ticket for a long life, but he survived.



Despite the Yogic influence, Joseph was a loyal follower of Wotan and a passionate defender of our Folk. Somewhere, I have a photo of him taken at a yoga class. He lay flat on the floor, eyes closed, in the so-called "death pose." You could see just the beginning of a tattoo on his arm, mostly obscured by a gray tee-shirt. Was it an "Om" symbol? A drawing of Buddha? A "peace sign" left over from the Sixties? Well, no... I smiled; I knew it was a skull-and-crossbones, adorned with the words "US Army Paratrooper."

When he died a few years ago, we built his coffin under a tree in front of his house. (He lived out in the countryside.) By the time we were ready to redden the runes on the inside of the coffin lid, the light was fading. We carried the lid into the house, and put it on the kitchen table. As I bent over the lid to set it down, my Thor's hammer fell off my neck (something that had never happened before) and landed - with a loud THUMP! - on the inside of the lid. It became my gift to help him on the way. I also put in a set of my military jump wings. Airborne...All The Way!



Joseph was wise, kind to his friends and a nightmare to his foes, patient, and hard working. He composed music and played the flute and harmonium for us at gatherings: When you sing "Herjafather" at Óðinnsblót, remember Joseph; he composed it. In the last photo I have of him he stands, buzzsaw in hand, clearing a location on his land for what would have been a modest Hof for the AFA, had he survived.



Joseph "Jost" Turner is a part of the history of the AFA, and a lifelong inspiration to those of us who knew him. I think of him often...and someday we will "meet upon that distant shore." He is an example of the men and women who built the foundation for what is now the Asatru Folk Assembly. Remember him, and strive to match his dedication, will, and passion!



Founder Steven McNallen

Words from Our Gothar

Folk Futhark, Part 4



Nauthiz - This rune's stave is unchanged from the Elder Futhark, and it still represents the "need-fire", or the flame of necessity. When pulled during divination, *Nauthiz* can symbolize both necessity or constraint. The stave resembles two sticks being rubbed together to make a "need-fire".



Isa - This rune's stave is also unchanged from that of the Elder Futhark. The word "Isa" means "ice", but we should also take into consideration that Meister Von List felt it also could relate to "iron". *Isa* is a rune of stasis, stoicism, and steadfastness. When this rune is pulled, it likely means that the user should remain strong or unmoved throughout whatever struggle they feel the rune is relating to. The stave resembles a wall, or the stillness of a person standing upright, unphased by circumstance.



Jera - This stave is different from the one seen in the Elder Futhark. *Jera* translates to "year", and its meaning is quickly found here. It represents the changing seasons, a full cycle of time, the distance from Charming of the Plow to Freyfaxi. As you look at the shape of *Jera* and think of Freyfaxi, think back to Inguz and Charming of the Plow. Inguz is the fresh seed newly-planted, while *Jera* is the seed after it has grown roots and fruits. The stave literally looks like a seed in the earth, with a root stretching downward, and its reward thrusting upward to be grabbed by the Folk.



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Hávamál 44



“If you find a friend in whom you trust,
And wish for his goodwill,
Share gifts, share thoughts,

Go often to his house”
- Hávamál, Stanza 44

When I was a young Asatruar, I studied the Hávamál and the Voluspa nearly every day, going over the stanzas again and again. I sought to glean all the meaning I could from every word, cracking open their bones, like Thialfi, to get at the marrow inside. It was an exciting time in my life, reading the major pieces of the lore for the first time.

As tends to happen with such engrossing study, some parts stuck in my brain and I find myself going back to them throughout my life since, perhaps because their lessons are the ones that I need to remember and apply most in my life, or simply because they resonate with me. To that end, I want to share my favorite stanzas from the Hávamál and speak on my thoughts regarding each one. For this month, I'll begin with the first one to really jump off the page at me, stanza 44.

But let's back up a bit first. The Hávamál itself is divided into sections, with the first section being commonly known as the gestapátr, or 'guest rules.' Even though all the sections contain mountains of information on the lore and copious amounts of cultural inspiration, I find that the first section is where most of us should "live" in the Hávamál, in our daily lives.

This particular section, from 41-47, speaks directly about how we should treat our friends. Lord Odin is teaching us in these stanzas how to take measure of a man, how to treat friend and foe alike, and how to know the difference between the two. This is nothing new to us here in the 21st century, but it does bear repeating. So often we find ourselves searching for answers to life's little problems or just advice in general, and for us, the Hávamál stands ready to give us a basic blueprint on how to conduct ourselves out in Midgard.

The reason that Stanza 44 stands out for me is because it reminds me of what I feel is one of the greatest joys in life: spending time with friends. And I mean true friends, not just acquaintances or coworkers, but people I truly care about and with whom I share a history. That is the message of this stanza, that sharing your thoughts, giving gifts, and being present in each other's lives are the foundational pillars of friendship. These are the building blocks upon which noble folk rise above the instability and nastiness of the world. We forge bonds through our own version of the gift cycle, mirroring the Aesir as best we can with true words and right actions.

So go forth this month and forge new bonds of friendship, strengthen old ones, and

repair the ones that have fallen into disrepair. These are, after all, the Sayings of the High One, and we would do well to remember them.



Gothi Bodi Mayo

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Passion is a Gift of the Æsir



Our gods gave us the gift of passion. As a member of the AFA, you have felt that passion for our Folk and the Æsir. A lot of our Folk are missing this in their daily lives. In the 50s, beatniks introduced the idea of “cool” and people who were passionate about things were derided as “nerds”.

Apathy was celebrated and hard work, dedication to any goal outside of immediate gratification was ridiculed. Putting in the effort to master something was not “cool.” When passion could not be muted it was redirected into a list of ignoble past-times too long to mention. Growing up, most of us remember “the Fonz.” He had no goals, he

strived for nothing beyond satisfying his sexual appetite (the Jötun are described this way in our lore). Yet all the characters looked up to him and he became the focus of the show. But when Richie went off to college the Fonz ended up living above the Cunningham's garage. He was a loser.

Degeneracy is a corruption of the passion our gods have gifted us. Everyone either knows someone or has themselves succumbed to a passion that is unworthy of a noble people. Our Gods demand we use their gifts wisely just as our ancestors would expect us to use our inheritance wisely.

Stoicism is often held up as an ideology, and while it is a necessary tool for a person to have, it is not the goal. What stoicism can do is temper the steel of passion forging it into a mighty weapon of Victory. Tacitus says, "The love of fabulous history, which was the passion of ancient times, produced a Hercules in every country, and made Ulysses wander on every shore." As Ásatrúar it is up to us to share our passion so that a Raud the Strong is produced in every country our Folk dwell.

Hail Freyja, goddess of passion!

Bringing Our Divine Ship Captain Into Your Home



We are always thinking of ways to bring the piety of the Hofs into our homes.

Knowing that a lot of people honor the gods on their days; Týr on Tuesday, Óðinn on Wednesdays, etc. we at Njörðshof have started making Monday a day of dedication for our divine ship captain, blood priest, and oath-keeper.

Monday is the day most of us start our work week so it is only fitting our Lord of Prosperity should have a special place on this day. But also, the effect Mani has on the tides of the ocean speaks to the giving god's affinity for this day.

If you hold these days sacred to their namesakes and are in the Njörðshof District we ask that you consider joining us in making Monday a special day for Njörðr. And, when anyone asks if you have a "case of the Monday's" you can tell them... Hail Njörðr!



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Law of the Hall



1. Don't let our Gods, ancestors and land spirits get too far from our thoughts. Honor them by right action and ceremony. Observe the Asatru holidays for our

gods, heroes and folk.

2. Keep the whole of the folk in mind when speaking to one another. We may not always agree or even like one another but for the folk we must look one another in the eye with a respect for our folk. Work through discord constructively as we owe that to our people to build and grow from each other.
3. Build a reputation that would be honorable in the eyes of our gods, our folk and the AFA. Our actions and words will be remembered good or ill. Be mindful of our outward intent so that it builds weal.
4. Do first by your those of your blood and those innangard. Love your family and folk and show loyalty to them before others.
5. Be a beacon to our folk within and our folk without. The forces of chaos would see that our people are subjugated and bred out. Work towards the continued existence of our people as it is not negotiable.
6. Speak honestly and openly. Do not be the one that spreads gossip or scorn. Speak one's mind within reason openly so no one can question your words. Do not allow scorn to be spoken in the hall.
7. Do not envy your brother or sister because they have gained fame or favor for their fame shines on you as well. Seek to gain your own fame by your might and meign.
8. Hospitality is a virtue of our folk. Be generous to your folk with aid of your time and effort. Have an open heart and hand for our folk.
9. Oaths are not to be taken lightly. Back your words up with actions and honor your oaths as if your life or the lives of your folk depended on it.

Abiding by these laws, we will grow together, we will be of one community, and in sharing our strengths and weaknesses we will be Victorious. Above is what the Law of the Hall mean to me personally. We cannot afford to quarrel amongst each other. There are more than enough obstacles out there to fight with that there is absolutely no need to turn on your brothers and sisters here. Stand up for each other, be the first one to reach out a helping hand to someone that wouldn't expect it. Build your Folk and you will build yourself. We are noble people, and the detractors will always be there to stir things up. Keep your head high, focus on what you can do something about, speak bright words, and bright words will be spoken about you.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Hail Victory!



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The Runestone - A Throwback

The Horn-Bearer in Today's AFA



(Originally published in *The Runestone*, September 2019)

“Joyous then was the Jewel-giver, hoar-haired, war-brave; help awaited the Bright-Danes’ prince, from Beowulf hearing, folk’s good shepherd, such firm resolve. Then was laughter of liegemen loud resounding with winsome words. Came Wealhtheow forth, queen of Hrothgar, heedful of courtesy, gold-decked, greeting the guests in hall; and the high-born lady handed the cup first to the East-Danes’ heir and warden, bade him be blithe at the beer-carouse, the land’s beloved one. Lustily took he banquet and beaker, battle-famed king. Through the hall then went the Helmings’ Lady, to younger and older everywhere carried the cup, till come the moment when the ring-graced queen, the royal-hearted, to Beowulf bore the beaker of mead. She greeted the Geats’ lord, God she thanked, in wisdom’s words, that her will was granted, that at last on a hero her hope could lean for comfort in terrors. The cup he took, hardy-in-war, from Wealhtheow’s hand, and answer uttered the eager-for-combat. Beowulf spoke, bairn of Ecgtheow: “This was my thought, when my thanes and I bent to the ocean and entered our boat, that I would work the will of your people fully, or fighting fall in death, in fiend’s gripe fast. I am firm to do an earl’s brave deed, or end the days of this life of mine in the mead-hall here.” Well, these words to the woman seemed, Beowulf’s battle-boast.—Bright with gold the stately dame by her spouse sat down.”

In this passage from *Beowulf* (lines 607-641) we have one of many references to women as cup-bearers, particularly during Sumbel. Evidence, in runic inscriptions as well as in literature, abound. What was once a jealously guarded privilege held by women of nobility has become a role that seems little understood by both the men and women of Asatru. Speaking specifically in terms of Sumbel, many Asatruar forgo the use of a horn-bearer altogether in favor of the simpler passing of the horn. Why overlook a simple formality that was so important to our ancestors?

First, we must consider the real role of our ancient horn-bearers. The Lady of the Hall was the only women who was ever expected to attend Sumbel with the men, and it was she who chose the women who would aid her in the task of keeping the men’s cups full. It was the Lady of the Hall who chose the seating arraignments, usually by rank or dignity. And it was the Lady of the Hall who was the first to handle the horn, offering it in greeting to men as they entered, and most especially, passing the horn during Sumbel — a task that was held in the utmost esteem.

It was considered imperative to our ancestors that the holy drink pass through the hands of a women in between each toast. Widely recognized was the “special provenance” of women — the healing touch, or nourishing main that was so innate in them. They are the frith-weavers, the peace-keepers, and even something as simple as their touch could

balance the energy. So, from toast to toast, the woman's touch helped to balance the more contentious energies of the men.

There is also evidence to lend credence to the idea that the horn-bearers, while respectful, were often not just silent witnesses to the Sumbel. Often, they were sought after to give womanly advice, to help sooth jangled nerves, or to step in and settle tensions between men before the possibility of Frith being broken.

Why is this important? In a world of rampant anti-traditionalism sometimes it is important to take the time to find the small formalities, to bring back the traditional roles of our men and women. We should also consider how the inherent abilities of women can be useful today.

To begin, we consider that women are still frith-weavers and peace-keepers. And men are still contentious by nature. Couple that with the fast pace, generally angry world that we currently live in and the possibility of that chaotic energy mixing into the horn is high. What better way to combat that than by having a women pass the horn from one person to the next? It is not an easy task, however. It isn't just a matter of handing the horn off. A woman who is chosen to carry the horn becomes the protector of the horn, of the Frith of the horn. Thusly, it is her duty to calm an agitated toaster, or to help someone who might need help. Above all things, it is her job to maintain the Frith of the hall.

We must also consider the formality, the tradition of the role. It is not uncommon for the horn-bearer to treat the task as a chore. How often has it been seen that the women carrying the horn is disinterested in what is being said? Or that she was fidgety and seemed to wish to be elsewhere? How often as a woman acted as though she would rather not be carrying the horn? While this behavior is generally not seen in the AFA, it can be seen outside of it. But why?

Maybe it is because the women don't realize the importance of the task. Maybe it is because they don't understand that they have been honored. There is no real answer to this. What we can do is to simply make sure that our women and our men know that to be chosen to carry the horn is, indeed, an honor. It is a recognition of hard work. It is a recognition of dedication. It is the singling out of one woman above the others, not to embarrass, but to rise up. A Gythia carrying the horn does so because she understands the enormity of the task, because it is her duty, and because it is her pleasure. For all others it is a recognition and celebration of excellence, and as such it needs to be earned.

By honoring the role of horn-bearer we are endeavoring to fill the horn with the Frithful energy of women. We are bringing back traditional roles that we need to help fight back against the anti-traditional world we live in. We are honoring our ancestors by taking up their customs. And above all else, we are elevating our ladies!



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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 \(runestone.org\)](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 \$85,872.60 on our remaining loan.
2. We need to raise our monthly donation average by 17.1%.
 - 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!



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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 ✨ ✨ ✨
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Thank You!

click here

Upcoming Events





Folkbuilder Nicholas Rice
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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, Odysee, 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 brand new merch dropped this past month over at the [Runestone Store!](#)
Go check it out!

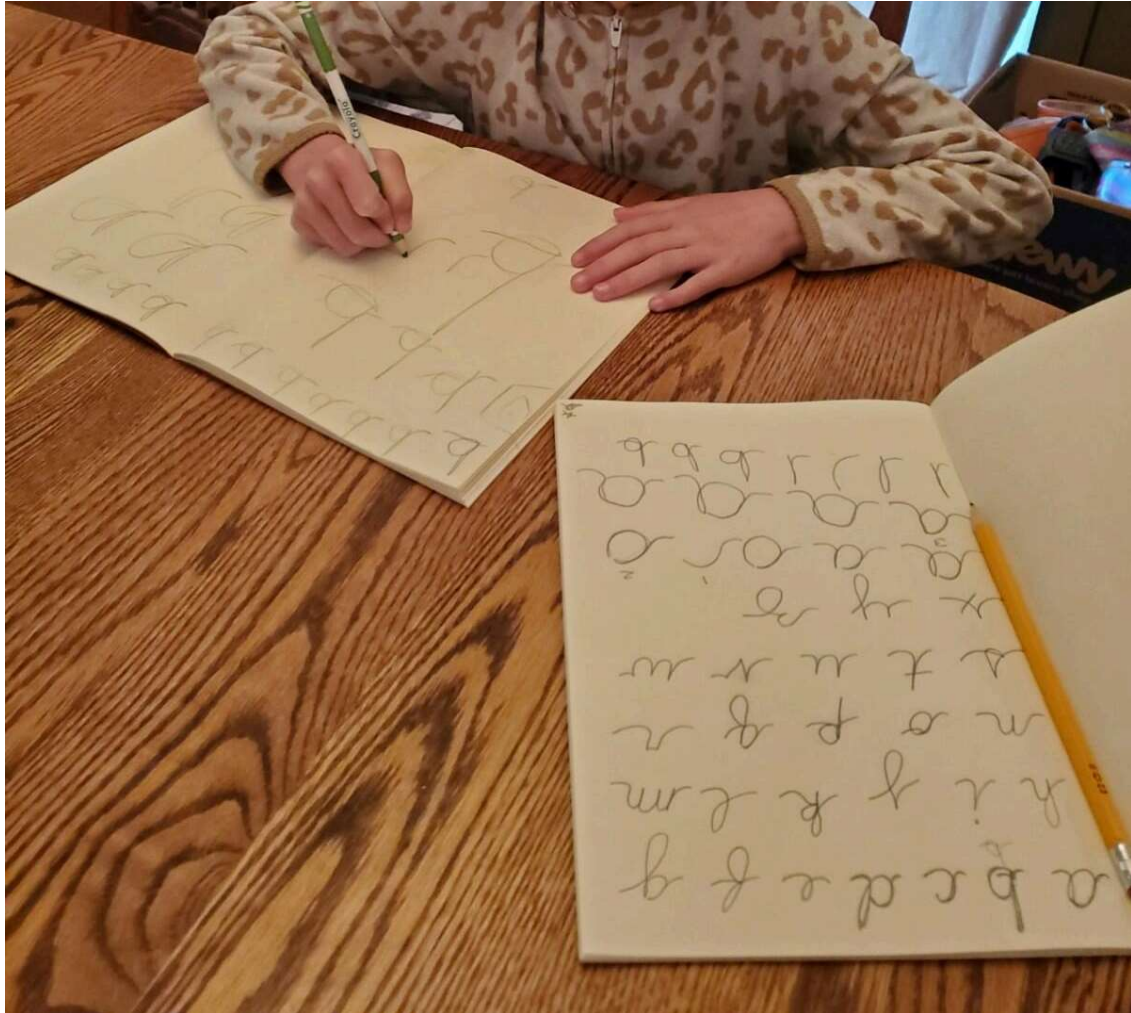


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AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org



We'll be hitting the end of yet another school year this month. A close to Year 2 of the Asatru Academy. When we set out to bring this opportunity to our Folk and families, we promised one grade per year, and that the kid's we started with in Kindergarten, would be able to follow along all the way through a 12th grade graduation. Luckily for all, elementary school curriculum has proved swift, and for the second year of our program, we were not only able to welcome in Kindergarten and 1st Grade, but also 2nd and 3rd. We're not slowing down that momentum quite yet, and we're thrilled to know that for the 2024/2025 school year, the Asatru Academy will be providing curriculum to assist in the homeschooling of our children in grades Kindergarten through 6th. We'll be making our way out of Elementary and starting in Middle School, y'all!

If you have any questions, or would like to start enrolling for next year, please head over to our website at AsatruAcademy.org!

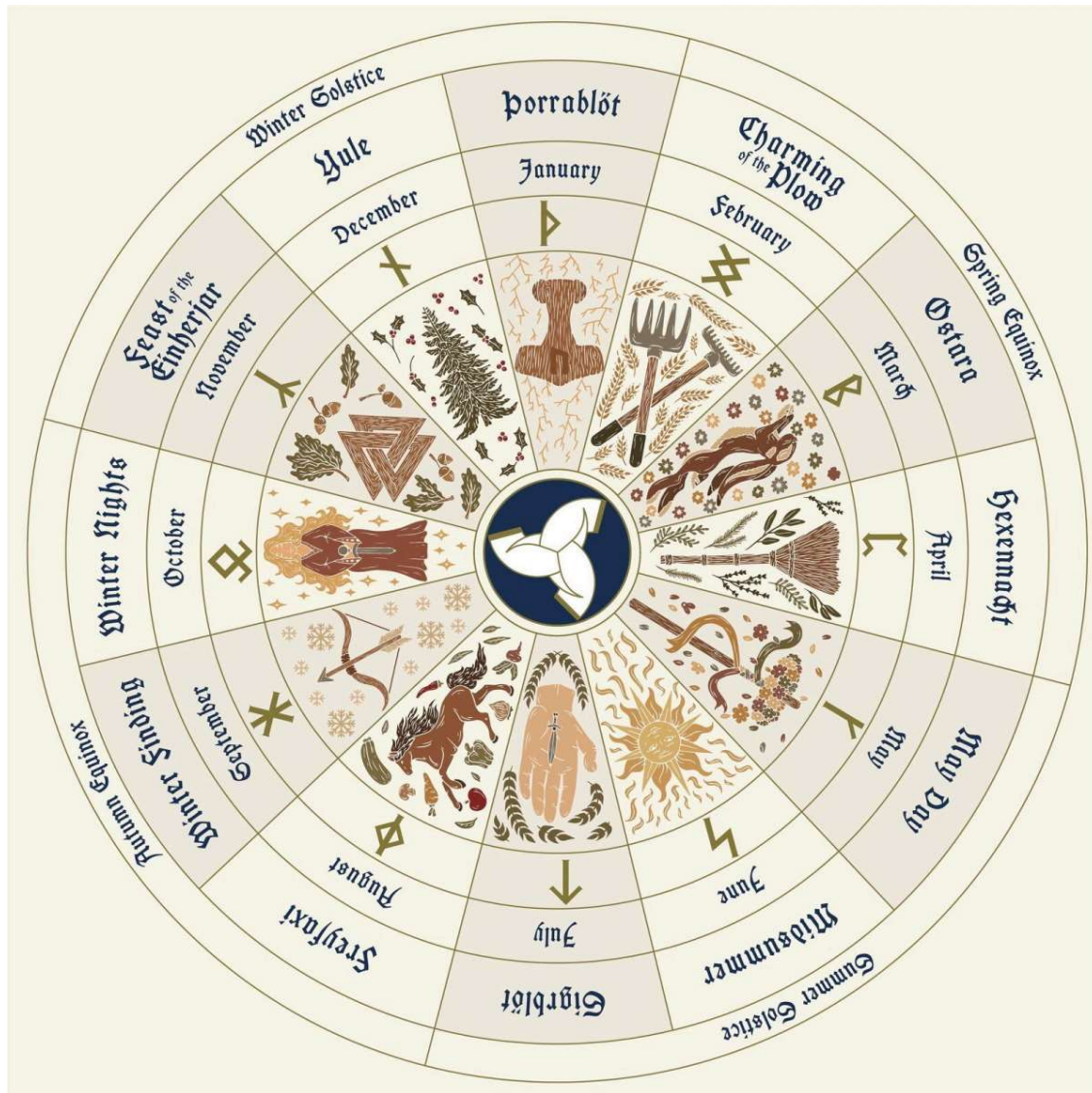


We've also got brand new merch dropped this past month over at the [Runestone Store](#)! Go check it out!



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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 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

Date	Observance
April 9	Day of Remembrance for Jarl Haakon
April 10	Day of Remembrance for John Yeowell "Stubba"
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 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

June



Asatru Holidays - June 2024 - King Athanaric | Midsummer

Day of Remembrance

King Athanaric of the Visigoths | June 9th



King Athanaric, King of the Visigoths, ruled his people from 369 CE until he died in 381 CE.

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

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

In the early stages, Athanaric won every encounter he had with his one-time ally. This prompted Fritigern to turn and request aid from his former Roman enemy, Emperor Valens. Even so, despite some advances, Fritigern lost the war. The Gothic Civil War took a toll on the land and the Visigoths, however, and when the Huns began to invade shortly after the end of the Civil War Fritigern appealed to Emperor Valen to allow him and his people to cross into Roman land. The appeal was answered, but only for Fritigern, who had since converted to Christianity, and his followers.

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

So, what can we learn from this story?

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

It's about Roots.

It's about Connections.

It's about coming home.

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



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Holiday

Midsummer | June 20th (Observed June 15th)



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

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

The planting season is finished. The hard work that began with the blessing of the tools at Charming of the Plow and the planting of the seeds after Ostara has been finished.

Now we tend to the growing crops and revel in the beauty of life. We can take a momentary break from the difficulties of life to embrace that which makes the hard work worth the effort.

As the revelry comes to an end, however, we must take the time to remember that the days will now begin to shorten once again. Winter will come and our hard work is not yet done.



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Upcoming National Event

Midsummer at Óðinshof | June 21st-23rd



You're invited to Midsummer, Óðinshof's signature event of the year! Please join your Folk from across all the districts as we celebrate and honor our Gods and Goddesses at the very First Hof of the Asatru Folk Assembly. This weekend will be a summer "spiritual retreat" for all our Folk coming from near and far. It will be filled with

inspirational rituals, scrumptious and hearty meals, healing music, warm sunshine, laughter, motivating conversations, and fun activities for all ages!

- Camping onsite at Óðinshof is free and includes the use of outdoor hot showers.
 - Additional lodging options in the greater Brownsville area may also be available.
- Guests (non-members) must be approved prior to the event.
 - Please contact any of the Folkbuilders in advance to assist with this process.

Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

If you have any questions, please feel free to reach out to me or to Gythia Sheila McNallen.

See you there!

Register today and take advantage of our Early Bird Special! Get your tickets [HERE!](#)



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Sigrblót at Sigrheim | July 19th-21st



The second Sigrblót at the Home of Victory!

And no other place is it more righteous to celebrate the Victory Sacrifice!

This is time we come together to honor both the summer and to make offering to the Æsir in hopes of their blessing for that which we are striving forth to conquer or acquire for us and our Folk! In times now passed, our Folk would be asking for the Æsir's blessings in battles and raids! And we ask now at this time for them to accept what we have to offer that he may lend his strength to see us victorious in our current endeavors!

Blóts! Feasting! Sumbel! An auction with one-of-a-kind items!

Camping is available on-site (bring your own tents and gear), and there are hotels within 20-30 mins of Sigheim as well. Some AirB&B's in the area too. You are welcome to come early, stay late, and spend as much time on the land as you'd like. It's open to any of our member Folk!

Notice: this is undeveloped land. We will have Port-a-potties and will make sure drinking water is readily available. However, it is imperative that you plan accordingly. There will be a couple large event tents to gather in. But no other public structures.

Please wear appropriate footwear and be prepared for a hike through the woods and up the ridge if you plan on participating in Blót. If you have any physical restrictions, this particular part of the weekend may cause a challenge or an inability to participate on that particular event. If you have off-road vehicles such as 4-runners, ATV's, etc., they would be a most welcome addition to the weekend and could mean the ability to get those who are otherwise restricted, up the ridge and safely back down again.

Bug spray, sunscreen, coolers, water, snacks, tents, blankets, appropriate clothing and footwear is advised.

If you have any questions about the land, area, or event, please reach out to Folkbuilder Nick Rice at nrice@runestone.org.

Get your tickets [HERE!](#)



Folkbuilder Nicholas Rice
nrice@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

Folk Services

Helping a Loyal Member To Build Himself Back Up



Don Ricardo needs a hand up. He has been with the Asatru Folk Assembly for a number of years, and in the past has helped quite a bit with many things for our Folk, including working Founder McNallen's website. After a divorce and souring job market for web

design, the walls began to close in. He was able to keep his head above water driving for Uber for a time. Unfortunately, after parting company with a friend whose car he shared, he was left without a vehicle and a means to earn a living. Things went from bad to worse. Currently, he is in a shelter.

Don is a US Army Veteran. He was a medic and worked in that realm for a number of years in the civilian world. However, it has been some time since he worked in that field and all of his medical certs have expired. Not to be held down, Don is currently going to school to get the certs back so he can work in the medical field again.

In the meantime, he is suffering. While he has high spirits, he is suffering financially/economically.

Don has a plan though to get himself back on his feet until he can re-enter the medical field, but he has no capital to execute that plan and raise himself out of misery.

If we can help him, he can rent a car FROM Uber and begin driving for them again and raise his circumstances almost immediately until he finishes getting his medical certs, which would be this fall.

Thank you for considering a generous [donation](#).

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.

Cooking for our Folk



Cooking from the Heart. One of the first chefs I worked for told me that there are two main rules to cooking.

1. ALWAYS cook from the heart!
2. You must know the why of the rule before you can think about breaking it.

To this day, I still believe that number one is the most important; but two is the most valuable lesson. So, for example: why would you add flour to the mix when are you making Fried Potato balls? It doesn't add anything to the dish overall and in fact, it takes away flavor and disrupts texture. The reason is that what flour takes away: is moisture. It adds to the binder and liquid consumption.

So, what does this mean for the folk? Plan and simply don't take shortcuts. Whenever I pick up the knife and began cooking for the folk, I think of it as channeling the ancestors. Cooking reminds me of that age-old musing "I don't measure seasoning; I wait for the tap on the shoulder from the ancestors to tell me that's enough."

When you cook from the heart, people can tell. Don't cook out of spite or obligation. Cook for the folk because you want to! Find new recipes. Test them. Make them better. And when your heart tells you it is right...time to serve. If you have never made

cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

When the recipe is right and you feed the folk, please send the recipe to cookbook@runestone.org with details of when and where it was served (Hof/moot).



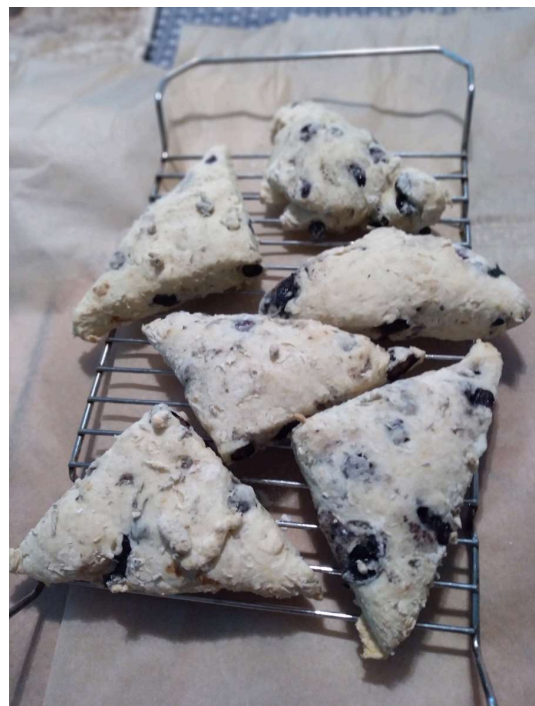
Folkbuilder Mike Joyner
mjoyner@runestone.org

Ancestral Food and Culture

Mr. Boardman's Scones



- 2 Cups of Flour
- 1 tsp Cream of Tartar
- 1/2 tsp salt
- 1 tsp sugar
- 1 tsp Baking Soda
- Any desired chips, morsels, or berries to taste
- Scant cup Buttermilk (Homemade buttermilk is 1 tablespoon vinegar then add milk to almost a cup. Stir and let sit for 5-10 minutes. Voila. Buttermilk)



Sift dry ingredients together. Including any blueberries or chips you mean to include. Add buttermilk. Mix together with spatula. It will be on the dryer side. Pat into a circle on a liberally floured board to a height of 1/2 inch. Make sure your hands are well floured as well to prevent sticking. Cut the edges of the circle into a square then that square into four wedges. Reshape the cut off edges into a square and turn that into two wedges. Transfer to a floured pan and bake at 350 degrees until lightly browned. Once done, place them on a cooling rack. Serve hot or cold with coffee or tea in the flower garden or anywhere else you can that makes it a special treat.



We like to drizzle a concoction made of vanilla extract, powdered sugar and a touch of milk on them as they are cooling. You don't need much milk at all.

I hope you like them as much as my family does.



Ron Boardman
Apprentice Folkbuilder
rboardman@runestone.org

Fried Bluegill



This last Sunday, me and my fishing buddy went fishing for trout in one of the nearby lakes. The trout weren't really biting, so we threw out some bobbers in hopes we'd catch some passively. We changed the gear on our other poles and started catching bluegill out of the weeds by the lake's edge. We ended up catching 64 bluegill and no trout. We fried them up, and it was pretty great, so I figured I'd share the recipe with y'all.



Ingredients:

- Fish
- Salt
- Water
- Oil/olive oil
- Other seasonings if desired

Equipment:

- Knife
- Scissors(great for cutting of fins)
- Bowl
- Oven, air fryer, or even a campfire
- Hand towel



Directions:

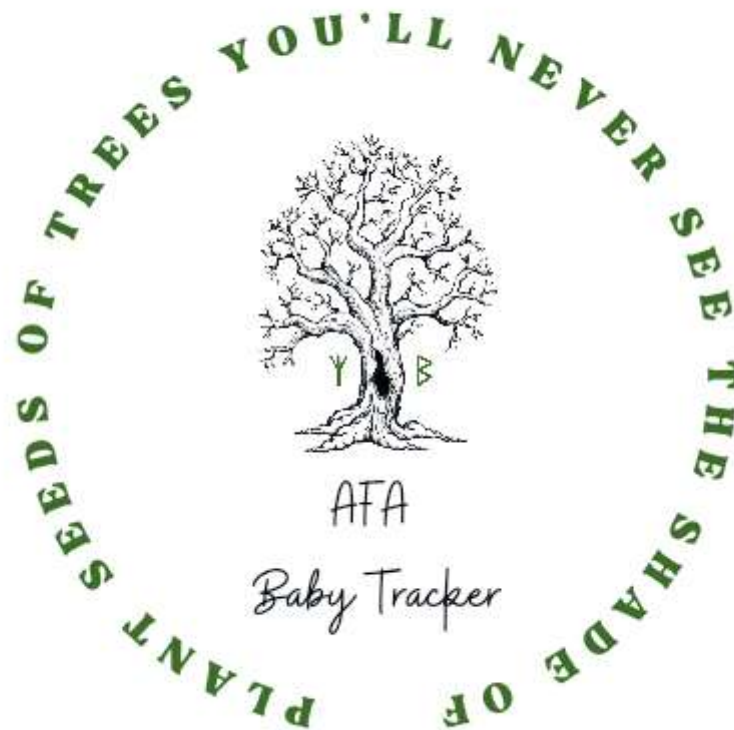
1. Catch the bluegill or similar size fish, like a trout or bass. The recipe should work with pretty much any freshwater fish with white meat.
2. Remove heads, guts, and fins from the bluegill.
3. Wash the fish and put them in a bowl of salt water overnight (1 tablespoon salt per cup of water).
4. Remove bluegill from the salt brine and dry with a towel.
5. Put 2-3 handfuls of Bluegill into a bowl and season generously with either salt or a lemon pepper and some olive oil. Mix them around and being sure to get seasoning inside the fish's ribs. If your fish are as big as your palm or larger do them individually. Other seasonings work as well, such as taco seasoning, though salt really brings out the flavor without tasting fishy.
6. Put them in the oven or an air fryer at around 380° for 2-4 minutes. The bigger the fish, the longer they will take to cook. You'll know when they're done when

you can tear the meat off the bone easily with a fork or pair of tongs.
7. Enjoy!



Aaron Simbeck
Apprentice Folkbuilder
asimbeck@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: 12

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 via Zoom (<http://tinyurl.com/virtuerecoverymeeting>). 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





AFA Reading Challenge Meetings



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

- 6/8 will be at 12pm EST, we will be discussing Raidho
- 6/22 will be at our regular time of 2pm EST, we will be discussing Kenaz.

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

I hope to see you there!

**Lore Study with
Gothi Jason Plourde
Join us every Monday night**

at

8:00 pm EST

7:00 pm CST

6:00 pm MST

5:00 pm PST

4:00 pm AKST

**Each study begins with trivia questions
from VNS and the previous week's
reading. A winner is announced monthly.**

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

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



**AFA Eldri Meetings
for June**

Tuesdays 6/11 & 6/25
5:00 PT, 6:00 MT, 7:00 CT, 8:00 ET

Fridays 6/14 & 2/28
2:00 PT, 3:00 MT, 4:00 CT, 5:00 ET

CONTACT; sheila@runestone.org

A place for members aged 50 and older to share memories, ideas, experiences, and the joys of life ~ in caring conversation.

Just for Fun



Congratulations to the May Word Search Champions! Here's June's word search:



SUMMER



WORD SEARCH



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

SUNSHINE
 BLESSINGS
 BALDR
 SOL
 AESIR

MIDSUMMER
 PICNIC
 LAUGHTER
 GAMES

SWIM
 SUNBURN
 FRIENDSHIPS
 VICTORY



As always, the first members to complete and submit proof to press@runestone.org will get a shoutout next month!

Beautiful work on the May Day coloring page, Kara!



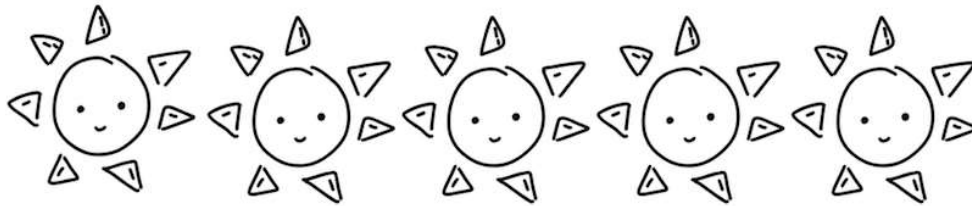
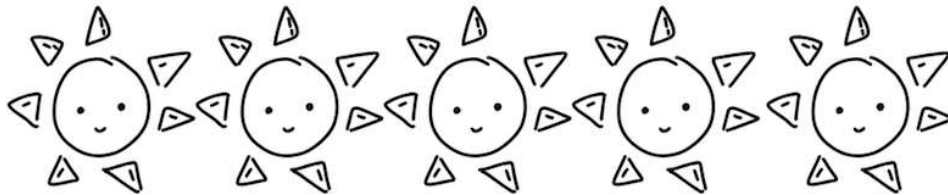
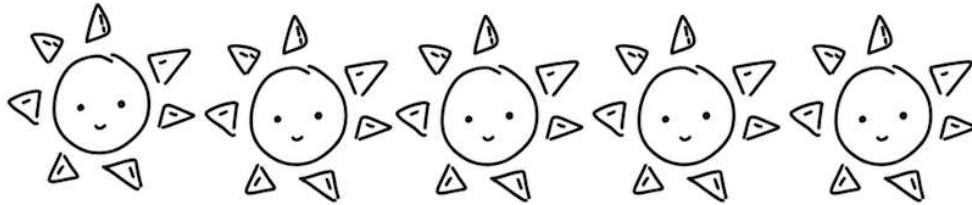
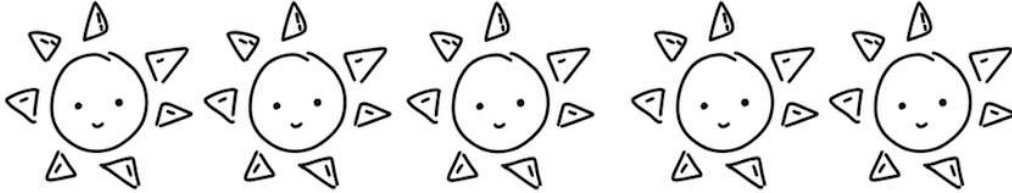
Summer is the perfect time for kids to enjoy some good books, and we're going to have fun with it this month! We're going to track our reading and do a little coloring too!

Name _____

Age _____

JUNE READING!

Color 1 sunshine for every 10 minutes you read this month (or 1 for each book someone reads to you if you're a pre-reader). Send to press@runestone.org!



My favorite book
was: _____

How many minutes I
read: _____

Color 1 sunshine for every 10 minutes you read this month (or 1 sun for each book someone reads to you if you're a pre-reader). Send your proof to press@runestone.org by July 3rd! Let's see how many minutes/books y'all can read!

Happy Reading!



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Genealogy and Kinship Charts

Come on family!
We're looking for GEDMATCH #s to build our **KINSHIP CHART!**

*DON'T KNOW HOW?
JUST ASK.*

Send yours to Sheila@runestone.org to get included in our next **AFA KINSHIP CHART**

Deadline: June 29th

See how closely you're related to other AFA members. 81 people so far, and counting!

I'll post the KINSHIP CHART in our AFA GENEALOGY GROUP on July 1st for all to see. If you don't want yours included, let me know before 6/29/24. I'll email yours separately.



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



Those of you that watch Victory Never Sleeps or are active on MeWe, are already well aware that we've had some exciting new hit the storefront over the last month. The long-awaited return of some proper merchandise. We've stocked the shelves with a ton of awesome stuff. Well, let's not hold you up to much...time to get down to it!



For a limited time only, only available until Midsummer, we have two very special designs!

[Alsherjargothic Disapproval](#) & [What Would Jason Gallagher Do?](#)

These specialty designs are available only through the direct links listed, and not sold separately in the store!

Do they know I gotta sticker too?

wwjgd?

LIMITED TIME ONLY

Limited Time T-Shirt Sale!

What would Jason Gallagher Do?

Not everything is super-secret-squirrel stuff though!

Baldrshof

Baldrshof

Baldrshof

Est. 2020

Est. 2020

Est. 2020

Tanks! Tees! Hoodies!

Sticking around for good while, we also have a whole collection of Hof Silhouette shirts, tanks, hoodies, and glassware! Represent your Hof or get the whole set!



Head on over to the [Store](#) and grab one (or seven) today!



Folkbuilder Nicholas Rice
nrice@runestone.org

Baldershof

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

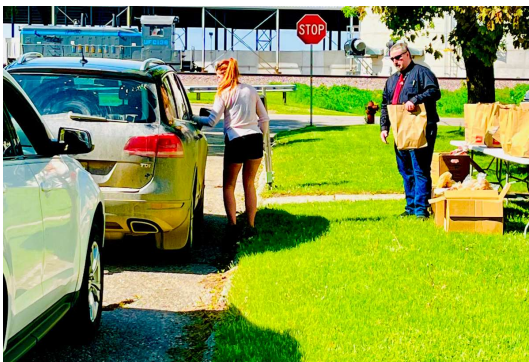
Food Pantry at Baldrshof



The May food distribution at Baldrshof was an absolutely beautiful day! We were fortunate to have extra handouts on this morning prior to the Mayday celebration, with one of our quarterly private donors. This loaded us up, so each family received 5 pounds of potatoes, baked French breads, sourdough and pumpernickel loafs, at least 20 pounds of meat each, including locally farmed and commercially packed turkey breast, sweet treats, assorted dry goods and a much deserved Thank you note from the Baldrshof Leadership team.



With direct contact info attached to the Thank You's, we are looking forward to getting feedback and requests to better help the community in months to come





Special shout out to the Ayers family for coming early and helping load up bags and boxes and set up tables! We are so grateful for every essential cog that makes up the food shelf each month!



Folkbuilder Ashley McStocker

amcstocker@runestone.org

May Day at Baldrshof



Greetings Baldrshof district! If you missed May Day at the Hof, you really missed a wonderful occasion. But worry not, Midsummer is fast upon us, and this will be one of our big three-day events. So come out!

May Day at the Hof was another fantastic event filled with Frith and worship of our Gods. Witan Brandy Fassett welcomed and named a new baby into the Folk! Hail the Proudfoot's and their new baby Bonnie. A stirring Blot to Freyr was given by Gothi Erlandson, after which the Folk processed outside to place the may pole and vigorously

dance the ribbons to weave around the pole. Magic was in the air, the weather was a perfect northern spring day, and fertility was most assuredly secured for another year. Hail Lord Freyr!



The day's festivities were not over, we all enjoyed a delicious meal together, some rode a motorcycle, and we all enjoyed Folk time.

We look forward to seeing you at Midsummer!



Gothi Rob Stamm
rstamm@runestone.org

Upcoming Events at Baldrshof





SIGRBLÓT AT BALDRSHOF
Saturday, July 20



Help Keep Baldr's Light Shining



Boasting Corner

Welcome Bonnie Proudfoot



One of the most fulfilling ceremonies, and my favorite role as a Gythia, is the honor of performing a Baby-Naming for our beautiful families!

It was my pleasure to perform this rite for one of the pillars of Baldrshof District, the Proudfoot family.



Brock and Corrie brought their daughter before the Folk and the Gods, and we know her now as Bonnie Proudfoot. A beautiful name, for a precious little girl! Even more beautiful was the letter read by Corrie about the personal backstory to why this name was chosen.

Welcome, Bonnie Proudfoot!
Hail the Future!



Witan Brandy Fassett
bfassett@runestone.org

Kansas Baby Naming



On June 1st in central Kansas, we held a Baby-Naming to welcome another little girl into the Folk and give Blot to the Norns.



Folkbuilder Ali Clauson performed the ceremony and several of our Folk were in attendance. After the ceremony, we let all the other children play at the park for a while before going to get lunch at a local restaurant.



It was an extremely pleasant day with the Folk and great blessings for the future. Hail the gods, hail the Folk, hail the AFA.



Coke Crawford
Apprentice Folkbuilder
ccrawford@runestone.org

Illinois

May Brings out the Folk and the Frith



I would like to give a special thanks to Jim Cumming and Shane Duffy for hosting the event for all the Folk to come together. Your Folk appreciate you and all you do!



This month in Illinois, the Hrafnagud Kindred hosted a May Day Moot and Blót. There were over 20 people in attendance. Folk from Wisconsin and Illinois came to build Frith, feast, and just have fun. The day was filled with laughing, getting together with those that we haven't seen in a while. We all got to witness how big the babies were getting. Our Folk celebrated with a potluck style meal; food filled the tables. The kids were able to play on a zipline, check out the chickens, and just be kids. We all were able to learn how to throw atlati darts with a Catatonk Atlati. In the evening, Blót was had led by Shane Duffy. It was a wonderful time for all that could attend.



I was really excited about the Antique and Lunch Moot, this Moot I set up so that some of the Wisconsin Folk and Illinois Folk could share in Frith together. The day came and was met with a few cancellations and some horrible weather, but that didn't stop two of us from coming together and "junken" (antiquing), and for some lunch at a local throwback in time restaurant. We spent two hours in an antique barn with multiple stalls, looking at everything, all the while talking about our Folk, the AFA, relationships...well let's just say, life. What made this Moot special was this was the first of our Folk I was able to welcome in as an apprentice Folkbuilder. After four hours, a good meal, and some treasures bought, we parted ways looking forward to the next Moot.

Looking back and comparing both Moots, one with many and one with only a few, they are both equally as important, equally special. It's not the size of the Moot, it's not the location of the Moot, it's the Frith that is shared, the bonds forged, the being with your Folk.

Upcoming Events



Camping Moot
June 21-23, 2024
Normal, IL
Hosted by John D.

For details contact
App.Folkbuilder Hope White
Hwhite@runestone.org



Ladies & Little Ones
Crafts & Finger Foods
Moot
Wed. July 17, 2024
11:30am-2:00pm
Western Suburbs, IL

Contact
App.Folkbuilder Hope White
Hwhite@runestone.org



Hope White
Apprentice Folkbuilder
hwhite@runestone.org

West Virginia Wandering



I took a week away from home to visit a Navy brother in West Virginia, who is a talented artist as well as a professional tattoo artist, whom I have known for over a decade. His preferred styles are specific, however, he can knock out most any style magnificently. If you would like you see his portfolio, check out [Kraken_Ink_661](#) on Instagram and [Kraken Ink](#) on Facebook. I have been visiting him over the last few years as he has not been able to travel for some time. We both served as Mineman onboard the USS Guardian MCM-5 in Sasebo, Japan. We had a blast hanging out again; we hiked, explored downtown, tried newer restaurants, I even managed to get some more ink. While in West Virginia, we found a Meadery focusing on dry meads made with items gathered only in the state. The main purpose of the tasting was to find a mead worthy for ritual.



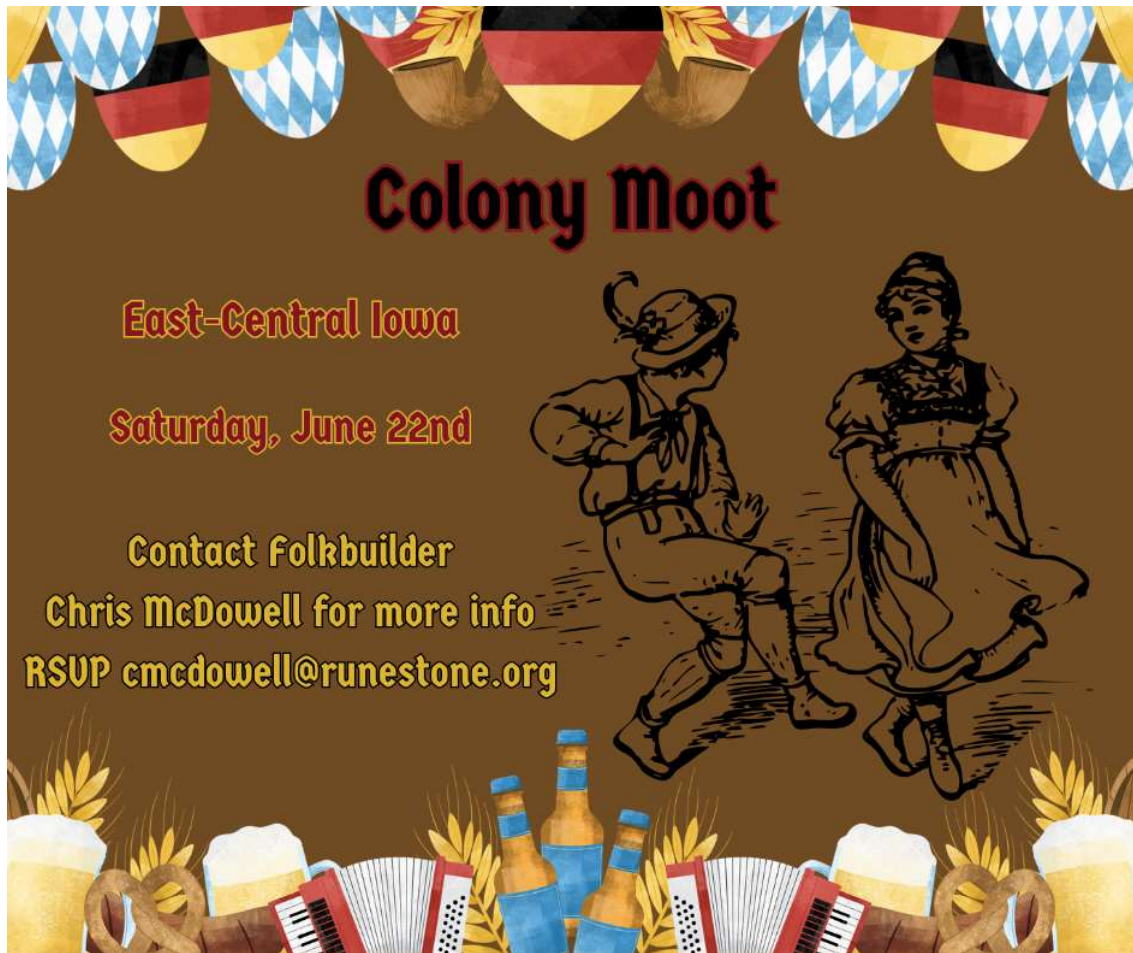
The next day, we decided to take a hike in a nearby state park. While trekking along on the Appalachian Mountains we spotted a small opening between two trees with giant boulders behind them, this is where Blòt to Óðinn took place. The Sun shined between the oak and elm as Blòt began, and the wind picked up where there was none before. We gave the mead infused with the best of ourselves to Óðinn. My first Blòt, I knew I was home; I could only imagine what he felt here. After Blòt, he asked for each time I visit we continue to have a day of ritual, to which I have agreed. We finished the night by making a long-missed favorite meal that he has not had since our time in Japan; Japanese-style curry. Since I have returned back to Iowa, we continue to talk, and he has been asking more questions about the Asatru Folk Assembly and my choice for joining leadership.



Coopers Rock State Forest

On my way back from West Virginia, I stopped in Ohio and Michigan to visit my parents, brother, and grandparents. It was great spending time with family, even if it was to break up the long drive. My grandmother was overjoyed to be able to make a simple burger for me since it has been a few years since I was able to see them. It is important to get out and see our long-distance friends and family. There are many Folk who are surrounded but still alone, make the time to get out and travel. Even if they see plenty of people, sometimes it has to be you, they see.

Upcoming Events



 Breiðablik Fólk

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

Kansas Moot



On May 25th, a couple Kansan families met for a very pleasant day in Wamego, KS. Together we took a trip down the yellow brick road, toured the wizard of OZ museum, had lunch the friendship house, and took a stroll through the park to see the old Dutch windmill and let the children play. To top it off we got ice cream at a locally-owned ice cream parlor.



The Town of Wamego is a beautiful little town reminiscent of better times when society was more trusting, more wholesome, and less diverse.



Coke Crawford
Apprentice Folkbuilder
ccrawford@runestone.org

Minnesota

May the Torch Be with You

May has been a great month. We have managed to get our garden planted and just waiting for more sunny days. The grow season is a tad behind. Not sure if the corn will be knee high by the 4th of July this year.

I admire my son's dedication to use the push mower to help in the yard. It doesn't last

long, but well worth the effort. I told him I needed to grease it for him, and he brought me the butter.



Mother's Day was a memorable one this year. Was able to go to the Hof and enjoy time with my kindred ladies, thanks to Ashley's awesome get together and brunch! My kids know I love coffee and made me breakfast that morning too. I'll share the recipe here:

MOTHERS DAY COFFEE

- Big cup of coffee
- Sugar
- Chocolate syrup
- Strawberry syrup
- Sugar free vanilla creamer
- Lucky charm marshmallows
- Red sprinkles

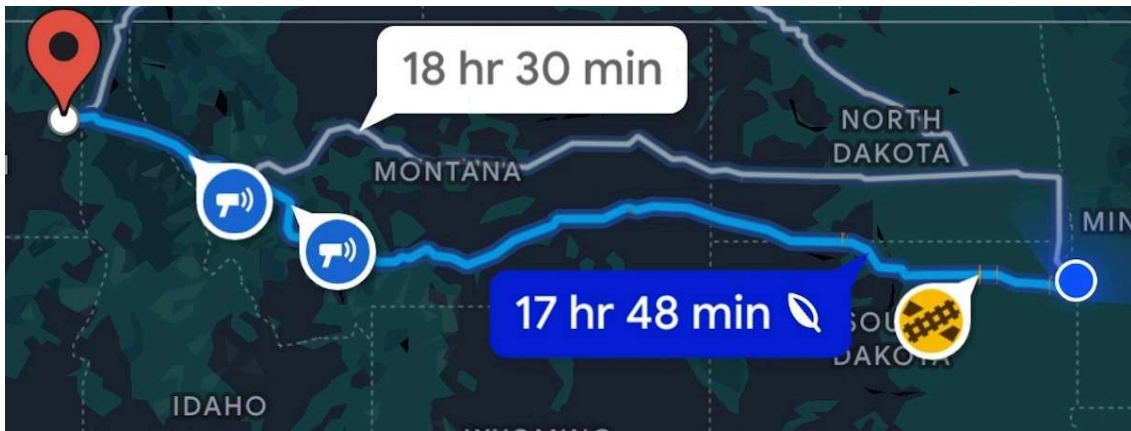
I'd like to say it was the best cup I've ever had...maybe someday.



I also did my dad's memorial tattoo on Mother's Day. As a single father, he wore many hats growing up and I'd joke and get him a card every year, but this year, I honored him with a Mr. Horsepower skeleton and Miss Horsepower tattoo. Even though he's gone, I look to the knowledge and skills he taught me while he was here. I look forward what more I get to learn and experience because of him too. I added some of his ashes, a smidgen of whiskey to the ink for sure measure, and let 'er buck! Hail the ancestors!



We have been getting out more and enjoying family hikes and fishing. Panfish, walleye, bass, and northern on the huge lake near us. Ticks have been in full force this year too and I am not looking forward to the cicada armageddon to begin, but it won't stop us.



I'll be on another road trip out west. Leaving June 20th. I have a suggested route, but I can fall off the beaten path every now and again. I have days planned in Montana, Spokane, and Sioux Falls. Reach out if you'd like to meet up for a coffee!

Upcoming Events

Family Fishing Moot



**Join your folk for an evening
of fishing, frith, and food**

**Saturday June 8th 4pm
Near Starbuck, MN**

Contact folkbuilder Jessie Shaffer at Jshaffer@runestone.org for specifics

Next month we'll be camping and fishing if anyone would like to partake, I hear it's a great location and a good fishing hole for all ages. Also, if you are feeling fancy, we will be in North Dakota midweek for a tea party afternoon picnic.

Contact folkbuilder Jessie Shaffer at Jshaffer@runestone.org



Tea Party Picnic

Wahpeton, ND
June 12, 1:00pm
Put on your most
elaborate attire for an
exquisite tea gathering
with your folk

Please bring a light dish or treat to share

As always...my phone is always on, and my door is always open!

Folkbuilder Jessie Shaffer

jshaffer@runestone.org



Upcoming Events

**Second Annual
Folkish Family
Lake Superior Hike
with Northern
Blood Kindred
6/29/24**

Contact Folkbuilder
Jason Gallagher
for more info
jgallagher@
runestone.org

Hard to believe that half of 2024 is gone. Time is flying fast. But not too fast though, let's go out and keep building great things and hosting awesome events around Midgard. The Second Annual Folkish Family Lake Superior hike with Northern Blood Kindred in Silver Bay, MN is coming up fast. June 29th 11am at the North shore of Lake Superior. I'm really looking forward to the Folkish Family Tubing Trip on the Whitewater River near St. Charles, MN 11am on July 27th 11am. Please RSVP with me if you plan to attend either event.



Reach out via jgallagher@runestone.org or 612-280-0392

6/29 Second Annual Folkish Family Lake Superior Hike with Northern Blood Kindred in Silver Bay, MN 11am.

7/27 Folkish Family Tubing Trip on the Whitewater River St.Charles, MN 11am



Senior Folkbuilder Jason Gallagher
jgallagher@runestone.org

Upcoming Events



Witan Brandy Fassett
bfassett@runestone.org



Missouri

Welcoming a New Apprentice Folkbuilder

Please elcome Charles Moore of Missouri as our newest apprentice Folkbuilder for the Baldrshof District! We are excited to see the success Charles will achieve in the coming months and years.

Hail Charles Moore!

Hail the AFA!

Hail Baldr!

Upcoming Events

Lees Summit Lunch Moot 6/18/24

Contact Apprentice Folkbuilder
Charles Moore for details

cmoore@runestone.org



Charles Moore
Apprentice Folkbuilder
cmoore@runestone.org

Nebraska

A Father's Oath



I recently made a personal Oath to our Gods to stop depending on alcohol to deal with life's problems as a Band-Aid. To make myself more available as a father and to set a great example to my children.

Finding Balance: Asatru emphasizes living a balanced life. Responsible consumption during rituals such as Blot and Sumbel allows me to connect with my community and celebrate our faith.

Leading by Example: My children learn from my actions. Moderation shows them that enjoying life doesn't require excess, and that honoring commitments comes first.

Guarding My Kin: In Asatru, a father is a protector of his kin. Moderation ensures I'm always sharp, ready to respond and defend my children if needed. It's the foundation that allows me to fulfill all my other roles.

Honoring the Gods: Participating in Blot with a clear mind allows me to focus on

honoring the Aesir with sincerity and devotion.

This approach strengthens my connection to my faith and my role as a father. It's a way of life that I find will work for me and my family.



Travis Bowdish
Apprentice Folkbuilder
tbowdish@runestone.org

Fólk moot at the Falls



This month we celebrated Hexennacht and May Day in Nebraska. We spent the weekend camping at Smith Falls, the tallest waterfall in Nebraska.



On the night we arrived, it rained buckets on our camp. Thankfully, the men were able to start a fire and we had a warm meal before retreating to our cars to sleep. By morning, the rain had ended and the sun was shining on our walk along the river. Saturday and Sunday were beautiful and sunny. The kids became instant friends and spent the weekend playing games and jumping in the creek. The adults enjoyed a weekend of socializing, we took multiple walks to the falls, held Sumbel and gave Blót.



Apprentice Travis Bowdish presented the Breiðablik Fólk with our new Kindred horn. We used it that day for Sumbel under the surprisingly hot sun. We enjoyed toasts and the best tasting sparkling and sparkly glittered mead provided by Folkbuilder Chris McDowell. The witch's cauldron effect from the glitter was a fun nod to the magic of Hexennacht.

Come Sunday morning, we packed the cars and gave Blót one last time. Then we hiked back to the falls, all of the adults daring to stand directly in and under the icy water falling from the cliff above. The kids were able to splash in the creek a little while longer before we all said goodbye and headed home.

Upcoming Events



Lizard Moot

**JUNE BOTH, 2024
10 am
LINCOLN, NE**

contact folkbuilders cody and ali
clausen for details



Folkbuilder Alison Clausen

aclausen@runestone.org

Omaha Lunch Moot



Our Folk live all over, coast to coast and across the mighty seas. Unfortunately, that means it can be very difficult to meet up with some folk you really connect with. Sometimes, though, our travels bring us right in the vicinity of them.

This month, we were fortunate enough to be able to meet up with a member from Óðinshof! He was in town to visit family and had some time for lunch. We met up at a great local pizza place alongside one of our kindred members. While we talked about family and life, the kids busied themselves with pizza dough the waitress brought for them. Take a back seat, crayons!

While our time together was short, it was great hearing his stories. If any of you are ever in the area, reach out! We'd love to meet up, even if it's just for a quick meal.



Folkbuilder Cody Clausen
cclausen@runestone.org

Wisconsin

Dinner Moot in Burnsville



This month after work, in my travels to the big city, I met up with a few of the local members to have some food at Lucky 13 pub and catch up. It always brightens my day to see my good friend JG!

Upcoming Events



Folkbuilder Bruce Perron

bperron@runestone.org



A Reintroduction



**When I was young, I once traveled alone
and lost my way.
I thought myself rich when I found another,
man rejoices in man.
Havamal 47**

Come Home! Runestone.org

Greetings AFA Folk,

I wanted to use this time to reintroduce myself, especially to the many new members who have joined recently. Welcome home! It's exciting to see the growth!

I am an AFA Folkbuilder. I am also a grandmother, mother, and sister. I came home to the AFA after a fateful day in Minnesota, when I was welcomed into the house of Folkbuilder Jason Gallagher for a gathering with Northern Blood Kindred. Meeting the members of that kindred was truly like coming home. I had already been intrigued by

photos from Óðinshof that showed the multigeneration of families gathered to worship the old gods. I stepped up in February of 2022 to be a Folkbuilder. Currently, I am on a mission to show our ladies that they have an important role within the AFA and to bring more home. The future is brighter with a balance of both sexes working together. If you are a significant other of a member who hasn't come home yet, contact me and I can show you that you also have a place here. I am part of the Ladies Mysteries Podcast team. This is a monthly podcast that encourages the ladies of the AFA to dive deeper into their personal relationships with our Gods and Ancestors. I also help Witan Brandy Fassett with the Ladies' Book Study. Currently, we are working on Revolt Against the Modern World. I support Gythia Sheila McNallen with a special group on MeWe for AFA members over the age of 50 that was created to help build strong bonds between members in that age group. I am a proud member of the Asatru Academy Staff, serving as secretary under Dean Gothi Rob Stamm. We are in the middle of our second year now, with grades K-3rd. This is a wonderful realization of a dream for many of us and moving into the next school year we will have even more grades for AFA parents who want to homeschool their children. I am on the Runestone Newsletter staff, take care of 4 of the many AFA social media pages, and help maintain the Baldrshof District Website.

A little about myself. Family and serving the Folk are my focus in life. I have five children and currently eight grandchildren. Being a grandmother continues to be one of the very best things in my life. I truly enjoy cooking. I am an avid reader and enjoy learning. Knowledge is power! I am a firm believer in our Folk moving forward for a strong future for generations to come.

I truly believe that every member of the AFA is an important part of this big family. If you have any questions or needs, or just want someone to listen, please reach out. I'm here and happy that you are too.

Hail the Folk!

Hail the AFA!

Upcoming Events



Folkbuilder Sara Ault
sault@runestone.org



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