

The Runestone: Voice of the Asatru Folk Assembly

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Baldrshof
Third Hof of the Asatru Folk Assembly

www.baldrshof.org

March 2025



Donate to the AFA

Words from the Allsherjargoði



In the month of March, we honor the conquering dawn goddess of our Folk, Austrá (Ostara/Easter). Austrá's cleansing light is unstoppable. Rising in the east, her radiance spreads across land and sea, darkness flees from her presence. Spring is a time for cleansing and renewal. Now is an auspicious time to clean your home, clean your heart, and clean your mind. Cast out that which is clutter, that which is dark and that which is unworthy of pride. We all build up grudges, resentments, bad habits, things which distract us, and things which drag us down hindering our ascend. Cleanse yourself of all that is unworthy and useless. Reach up towards your highest potential. Greet the dawning of spring unburdened and with a heart of joy!

I am eager to see you all at Þórshof as we honor our dawn goddess. This is always such a great event and our Þórshof Folk are truly some of our very best. Wherever you are, as the season turns, honor Austrá with your Folk and with your family. Take the time to let the light in and embrace the spring refreshed.

Hail Austrá!
Hail the Æsir!
Hail the AFA!

Announcements, News, & Noteworthy

2/22/25 - Alexander Casto took his oath as a Folkbuilder for the Asatru Folk Assembly



Matthew D. Flavel
Allsherjargoði, Asatru Folk Assembly
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Words from the Goðar

Declaration of Purpose V



V. The promotion of true diversity among the peoples and cultures of the Earth

The world is not one uniform, unvarying mass. All peoples are, and by right ought to be, distinct and unique. Each and every culture should relish those differences and be free to work out their own destinies. Only in our uniqueness can our respective Gods fully manifest. The AFA supports the efforts of all cultural and biological groups to maintain their identity and opposes the cultural Marxists who would reduce all of humanity to an indistinguishable gray mass.

One of the most valuable assets this world has is and always has been a wide variety of species and cultures that make them all unique. This uniqueness makes each race and culture important in its own regard and at a macro level. Each race ought to be able to relish their origins and unique spirituality. In this, the preservation of these individual cultures and their origins must be at the forethought of our minds in each and every race. Our origins are much like a tree. You can cut the branches and survival is likely, but destruction of the roots means the end. And so, it is with us. We must nurture the roots of our people, speak of their deeds, and invite those honored ancestors into our lives.

We are meant to honor and be proud of our ancestry and the individual unambiguous racial identity our forebears held in the highest regard. A grey culture of no note or history is the destruction of all significance each race has brought to this world and still carries with it.

Fight against the ambiguity and destruction of your race and your people. Wake and be proud of your heritage. It is unique, and our true diversity must persevere now and in generations to come.



Goði Nathan Erlandson
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On Blótferð and Bucket Lists



On Blótferð and Bucket Lists w/ Gyðja Sheila McNallen
<https://youtu.be/60tOZRIL0Rs>



Gyðja 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

Allsherjargoði, Asatru Folk Assembly

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The Quest for Freyshof

“Njörðr 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/freyshof-fund-asatru-folk-assembly)

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 \$52,895 on our remaining loan.
- We need to raise our monthly donation average by 9.3%.
 - This is membership donations and Hoftollr plus other donations.
- We need to locate a suitable property.
- 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 ✨
amazon

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 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](#).



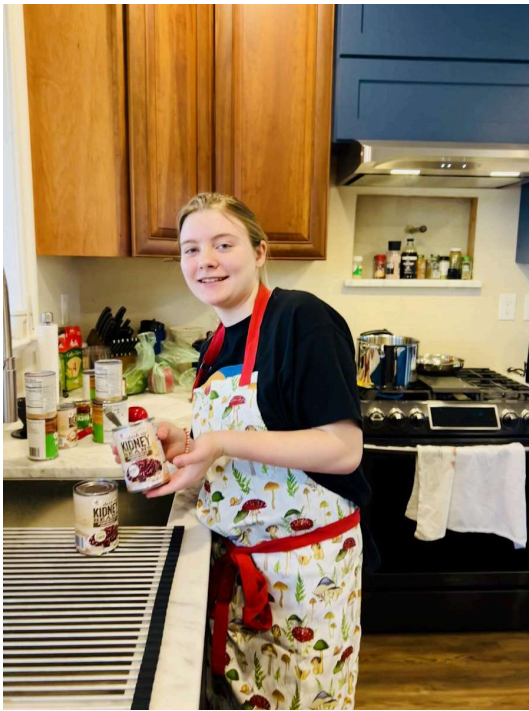
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AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org



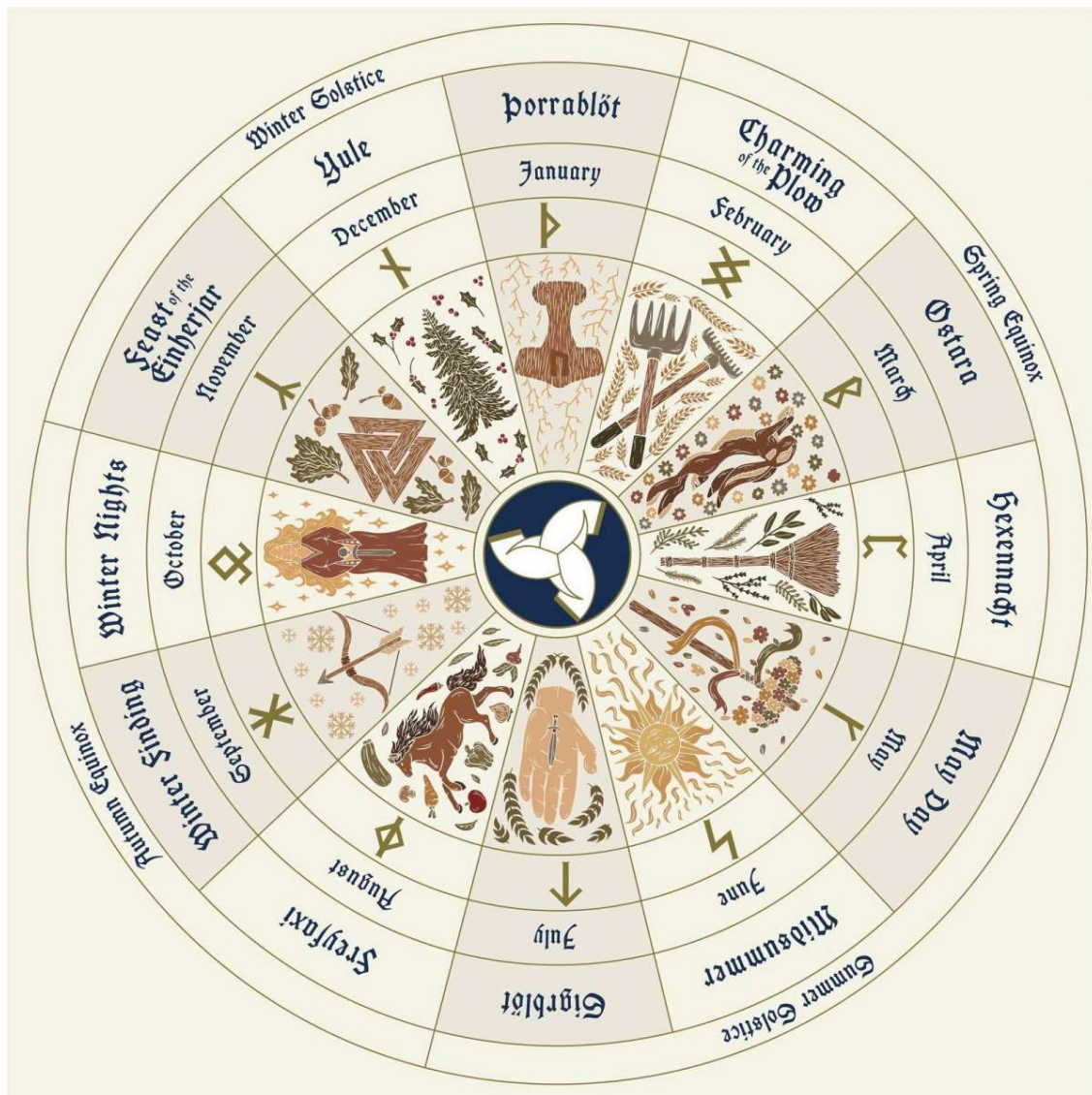


For many people, even though February is the shortest month, it is the longest slog to get to the finish line of winter. Months of darkness, cooped up indoors, the continuous cycle of germs... only to be hit with yet another snowstorm, is enough to try anyone's patience. At the end of February, seven planets have aligned for a wondrous celestial event. Cold months make for the clearest skies. Spring does come, though. The days are longer, about two more minutes every day. We have just celebrated Charming of the Plow which is the beginning of the garden rituals. The daffodils begin to poke through. Be heartened and refreshed. It can be so easy to get into those doldrums and have the cozy winter education time become stale. This is an opportunity to start some seedlings indoors, to search for new buds on the trees. There is so much variation across our vast country as to when these signs appear. Enjoy the transition as the world wakes up again and inject that fresh energy into homeschooling. Make the most of the last days of bread-making and snowmen and think ahead to coming projects. Spring is coming! The Goddess of the Dawn approaches!



Rachel Kinsler
Homeschooling Coach, Ásatrú Academy
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Remembrance and Holy Days



[Holy Days | Asatru Folk Assembly](#)

- > January 9 - Goði Rauðr 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 - Goði Ölvir 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) <

March



Day of Remembrance

Goði Ölvir of Egg | March 9th



Goði Ölvir of Egg, who lived in the early 11th century and died in 1021, was a Goði in the region of Trondheim, Norway. Since this story takes place 20 years after Olaf Tryggvason was deposed, Christianization was all but complete in Norway. The Norwegians still remaining faithful to the Æsir did so in secrecy, as they would be tortured and killed if they were discovered.

King Olaf II of Norway, often referred to as “Saint Olaf,” began to hear rumors of Ásatrú gatherings in Ölvir's region of Trondheim. As the Goði of the area, Ölvir was sent to appear before the king and explain himself on two separate occasions. Both times, he carefully convinced Olaf that these were not Ásatrú gatherings, but simply great feasts and secular community events. Olaf appeared convinced, but told some of his spies to keep an eye on Trondheim and Ölvir.

Olaf's spies later informed him that an Ostara gathering was being prepared in Trondheim, and the king had heard enough. He set out with five ships and 300 men towards Trondheim. They arrived in the dark, and successfully ambushed Ölvir and all of his Folk brave enough to have kept their Troth to the Æsir. Ölvir and many of his people were tortured and killed, stamping out Ásatrú for the next 900 years.

Ölvir's story is inspiring in a way different than those of Rauðr the Strong or King Redbad of Frisia. Ölvir unfortunately had to hide his people's love and worship of the Æsir, and he had to lie to Olaf for the good of his Folk. Since our Folk have always been a noble people, we do not like to be dishonest or hear that our heroes have ever been dishonest. However, it's important to remember that the Hávamál tells us to repay kindness with kindness, but to also repay treachery with treachery.

Ölvir was not deceiving a friend, or even a good man, but a despotic king pushing a foreign faith on his own subjects. Ölvir lied for the good of his Folk, and for their dedication to the Æsir, and would then go right back to being proudly Ásatrú and officiating rituals for his community. His piety and devotion never wavered, and even when hiding his Ásatrú from the murderous king, he adhered to advice given to us by the All-Father.

Let this tale be an inspiring one to all of our Folk, so that we may be Ásatrú even when it's inconvenient!

Hail Goði Ölvir of Egg!

Hail the Asatru Folk Assembly!

Holiday

Ostara | March 20th



Observed March 15th

Hail Ostara, conquering Goddess of the Dawn, radiant Lady of Spring! You ride boldly out of the east, conquering all before you! May your light chase away the darkness! May your warmth banish the cold!

Ostara is the celebration marking the beginning of Spring. The cold, dreary days of winter are finally coming to an end. The sun is warming the frozen soil. Life is once stirring from the depths. Ostara is a celebration in every way. Our ancestors celebrated life and the survival of another long winter. They celebrated the birth of lambs, calves, and horses. They celebrated the blossoming fertility of the world around them.

In today's fast and hectic world now is a good time to stop and take a deep breath. Let the sun warm your face and take the time to thank the Gods and the Ancestors for seeing you through another cold winter. Shake off the influences of the winter blues. Now is the time to get your hands dirty.

The small plot of the garden that you planned for during the Charming of the Plow is almost ready for planting. Keep that soil turned and soft. Keep fertilizing it. It is too cold to plant seeds directly into the ground, but this is a good time to begin your seeds inside. Plant them and keep them warm. Set yourself up for success. If you are not working on a garden then you should be moving from the planning stages of your Charming of the Plow project into the beginning of the active stages. The winter months are stationary by nature, but winter is over. Now it is time to leave the introspection in favor of action. With industriousness, we can change the world. Start small and move always onward.

Upcoming National Event

Ostara at Þórshof | March 21st– 23rd



It's that time of year again, a time of renewal, of regeneration, a time to renew and rekindle the flame. Ostara at Þórshof will be held on March 21-23, and this year we want it to be bigger than ever. Expect to see the Allsherjargoði, Matthew Flavel, Lawspeaker Allen Turnage, AFA Witan members Cliff Erickson, Svan Herul, and myself, Daniel Young. Goðar Trent East and Bodi Mayo, and Gyðja Catie Erickson will also be in attendance.

Planned speakers are Lawspeaker Allen Turnage, who will be speaking on the importance of financial excellence, Goði Bodi Mayo and Witan Herul will also be telling stories for the kids and adults. Folkbuilder Nick Rice will be giving a presentation on Alexander Rud Mills, and Gyðja-Apprentice Heather Young will be hosting a ladies group.

All meals will be covered for each ticket bought; kids are free. Please register as soon as possible so we can properly plan for meals.

This is my favorite time of year, when the Earth begins to turn green again, the mornings are crisp, and the day begins to get warmer. I look forward to seeing you all as we celebrate the return of Spring, the renewal of life, and the breaking dawn.

Hail Ostara!



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
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Midsummer at Óðinshof | June 27th – 29th





Gyðja Sheila McNallen

sheila@runestone.org

Charming of the Plow 2025 Recap



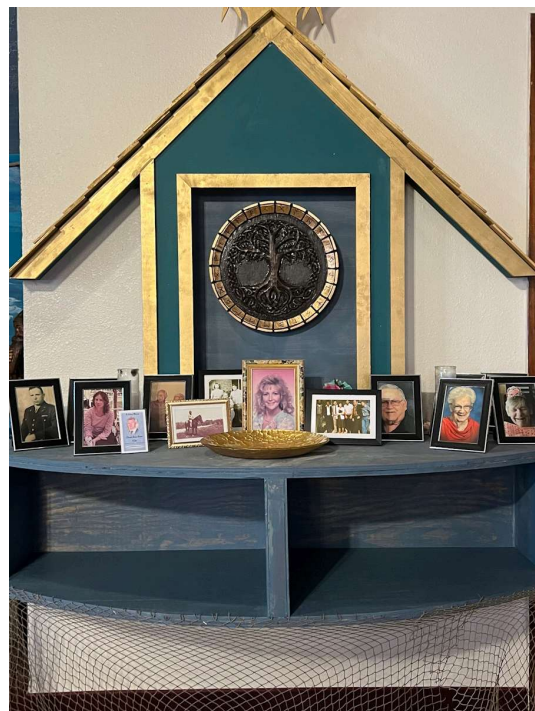
Charming of the Plow at Njörðshof 2025

<https://youtu.be/wXuQhE7vfzI>

Njörðshof's national event was a huge success! I would like to thank my local leadership and much of the Florida membership for their unwavering support in making our Hof and District shine so bright: Goði Bodi Mayo, the Lawspeaker, Folkbuilder Alexander Casto, Folkbuilder Sierra Chapman from Óðinshof, Folkbuilder Jordan Wells, Kristy Rogers, Folkbuilder Tracy Adler, Nick & Pam McCloskey, the Flavels, the Ericksons, and the McNallens!



Here's a brief summary of everything you missed if you were not able to attend this spectacular event!



Thursday- leadership arrived at the Hof to put the finishing touches on a few things, such as the Ancestor and Heilagmaðr altars. We also did some minor cleaning in preparation for people's arrival on Friday.



Friday- yours truly led the Folk in our traditional event-opening Greeting of the Æsir Blót. This was followed by a lore and song recitation featuring the talents of the Lawspeaker, Witan Erickson, and Jordan Wells. We then had a delicious dinner prepared by Sierra Chapman and Pam McCloskey. The first night of the event was closed out by the Allsherjargoði performing a powerful Blót to Lord Njörðr!



Saturday- we arrived for breakfast, followed by a Gefjon Blót led by Gyðja Anna Plourde. After this, our founder Stephen McNallen gave a talk on his history and the founding of the AFA. This was followed by lunch, and then a Q&A panel with all of the clergy in attendance. Next, the Lawspeaker led the Folk in a Blót to Holy Freyr and blessed the plow, as well as blessing the tools and hands of the Folk.



Following this central event, the Allsherjargoði asked Alexander Casto if he would like to swear his Oath to the Asatru Folk Assembly, and he gave his Oath gladly! Next, the men and women separated to do their respective activities. The women held a baby shower for my wife, which we are so thankful for. Meanwhile, I led the men in ushering

a boy onto the path of manhood. I gifted him an arm ring that I've had for nine years, and the Lawspeaker gifted him a knife. Every man present shook his hand and gave him advice, and then we put him to work by having him burn some fallen trees, demonstrating that our men work for the Folk! Afterwards, we all sat down to an amazing dinner prepared by Pam McCloskey and her excellent team. This was followed by a great auction, and a very meaningful High Sumbel.



Sunday- we gathered for breakfast, and a very motivational Blót to Lord Þórr by Goði Bodi Mayo. We then said our "southern goodbyes," taking much longer than we needed to while bidding farewell to friends from all over the country. My wife and I joined the Flavels, Ericksons, Sierra, and Alexander in St. Augustine for dinner before heading back north to Georgia, and that was the end of our event!



Thanks again to my whole team here at Njörðshof, as well as Folkbuilder Sierra Chapman, for making this event our best one yet! If you've read this article and would like to experience one of these national events, you are in luck because Ostara at Þórshof is a few weeks away! March 21-23 in Linden, North Carolina! Contact any AFA leadership to get tickets for this amazing event!



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Gothar Spotlight



Goði Nathan Erlandson
Folkbuilder Coordinator
Ordained Freyfaxi 2023
Mentored by Witan Daniel Young

I can define Goði Nathan Erlandson with 3 words. Driven, committed, and most of all, loyal. Nathan's journey has been a whirlwind of success, hard work, and a stubborn determination to achieve more than yesterday. Not one to ever rest on his laurels, Nathan is always fighting for the best way for us all to succeed, always willing to try something new.

Nathan began his journey after joining the Asatru Folk Assembly in 2020, taking his Folkbuilder Oath on Midsummer in 2021. But he wasn't finished. He had more yet to do, more to accomplish, more to contribute.



Nathan was a natural fit for our clergy program. Though his path had its obstacles. I began to mentor Nathan after Winter Nights in 2021. He and I didn't really know each other, but after some time, and earning each other's trust, we became good friends. One thing I noticed right away was how determined Nathan is. A deep thinker, a man that leads from the front. He was and remains heavily involved in the management of his Hof district and is often involved in Hof projects. In 2023, Nathan emerged as one of our most dependable leaders in the AFA.

I was scheduled to fly to Baldrshof for Freyfaxi in 2023, but a health scare kept me from being there. At least in person. Nathan had taken his Ordination Oath there, and though I couldn't be there in person, I was watching via video chat and there were a few tears shed as I watched him don his stole.



Nathan has gone on to be appointed to his position of Folkbuilder Coordinator, an easy decision by our Allsherjargoði. When the topic came up in a Witan meeting, no other names were even considered. It was clear to all of us that Nathan was the right man for the job.

Goði Erlandson is a top 5 hardest working person in AFA leadership. I have a feeling he is a long way from being finished. We're better with him at our side. I am proud of his accomplishments as a Goði and a man, but I'm most happy to call him my friend.

Hail Goði Nathan Erlandson!



Witan Daniel Young

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Folkbuilder Spotlight

Thank you Sr. Folkbuilder Jason Gallagher



March 2025 marks Sr. Folkbuilder Gallagher's 14th year in the Asatru Folk Assembly! Happy AFA-nniversary!

For those who know Jason, you already know that he is the heart and soul of Baldrshof district. There were very few people who were more instrumental into making Baldrshof: Third Hof of the Asatru Folk Assembly a reality. His dedication to making Ásatrú accessible to his Folk and tirelessly helping to bring his Folk home has shown his deep devotion to his church and the Æsir.

A collage of 15 photographs featuring a man with a beard and various people, set against a dark blue background with gold streamers and a white star. The photos are arranged in a grid-like fashion. The man appears in many of the photos, often in the center or foreground. The photos show him in different settings: outdoors, indoors, with friends, and in various costumes or outfits. The background of the collage is dark blue with gold streamers and a white star in the bottom left corner.

— Győja Anna Plourde, Florida

Jason Gallagher is a great friend, always doing what he can to lift our spirits up. His love for the Æsir, his Folk, and the AFA shows no bounds. Jason Gallagher is one of the most hospitable Folk and has a great sense of humor.

— Folkbuilder Chris McDowell, Iowa

Of all the most recognizable faces of the AFA, until last summer I had met all of them except Jason Gallagher. My family had the privilege to attend Freyfaxi at Baldrshof and we finally got to meet him. And he did not disappoint. Jason is one of the most dedicated, loyal members of the Asatru Folk Assembly. He is charisma personified. His wit, charm and enthusiasm is unmatched in our community and he is one of my favorite members. I am happy to call him my friend and my brother. From being at the food pantry to being the guy who reaches out....Jason is as dependable as they come. Strange thing... he is never around when the Masked Folker shows up....coincidence?

— Witan Daniel Young, South Carolina



Jason Gallagher is a constant source of positivity, a living embodiment of Hávamál Stanza 69- joyous in life and brave in duty. You would be hard-pressed to find anyone who dislikes Baldrshof's Senior Folkbuilder.

— Goði Trent East, Georgia

Jason Gallagher is the epitome of reliability, dedication to his Folk, the Æsir, and unwavering loyalty. As a Folkbuilder for the AFA, Jason's dedication and loyalty, work ethic and piety is the example for others to follow.

— Goði Nathan Erlandson, Minnesota

Jason Gallagher is a true testament to the power of perseverance. Despite the constant pain he endures, he faces each day with unwavering strength and determination. His dedication to our Gods is profound, as he embraces their teachings to navigate life's challenges and uplift those around him. Jason's commitment to his Folk is equally inspiring; he fosters a sense of community and belonging that brings us all closer together. I am incredibly proud to call him my brother.

— Folkbuilder Bruce Perron, Wisconsin

My friend Jason Gallagher: Long before I met him in person, he was an AFA legend.

The awesome guy up in Minnesota who has been a member forever. Jason has been a stalwart AFA fixture in this area for a long time. Always quick with a joke, a smile, and always wanting to help. Jason is one of the most hospitable people you will ever meet. When he is at Baldrshof, the whole place shines brighter. He has great taste in music too!

— Goði Rob Stamm, Iowa

Jason Gallagher; the OG, the endlessly pursuant seeker of the Masked Folker: my first point of contact with the AFA in 2020. My Folk soul was on fire and begging to find home. When I did, he didn't miss a beat, and within 20 minutes, we were on the phone, and I was becoming a member; and he was just as excited as I was. That passion and intent is not something that can be taught, it is simply something that is or is not. Jason is one of the most resilient, humble, and supportive beings I have ever had the honor of knowing. My children gravitate toward him, they can feel is sense of wonder encompassed in a cloak of security and protection. I am so proud to have this man as a friend and am honored to call him my brother. Hail Jason

Gallagher!

— Folkbuilder Ashley Erlandson, Minnesota



Jason Gallagher is Legend. Before the Hof was, there were gatherings for the Holy Tides at Mr. Gallagher's house in Minnesota. It was at one of these gatherings that I met that man who would become one of my closest friends. He is famous for his warm hospitality. Many, including myself, have come home to the AFA because of him. Jason is the definition of what a Folkbuilder should be. I don't bestow the title of Brother lightly, but I am so incredibly blessed to call this man my Brother.

— Folkbuilder Sara Ault, Wisconsin

Well, I've known Jason Gallagher the better part of a decade now and he's been nothing but steadfast and honorable - and he's been the only Folkbuilder that I've ever needed. He is 100% dedicated to the AFA that is for sure and you really couldn't ask for a better guy! He's a good man and as a friend - loyal to the end. Hail Jason

Gallagher!!
— Bo, member, Minnesota



Witan Brandy Fassett
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Be A Doer



We need you to volunteer for the AFA!

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

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.

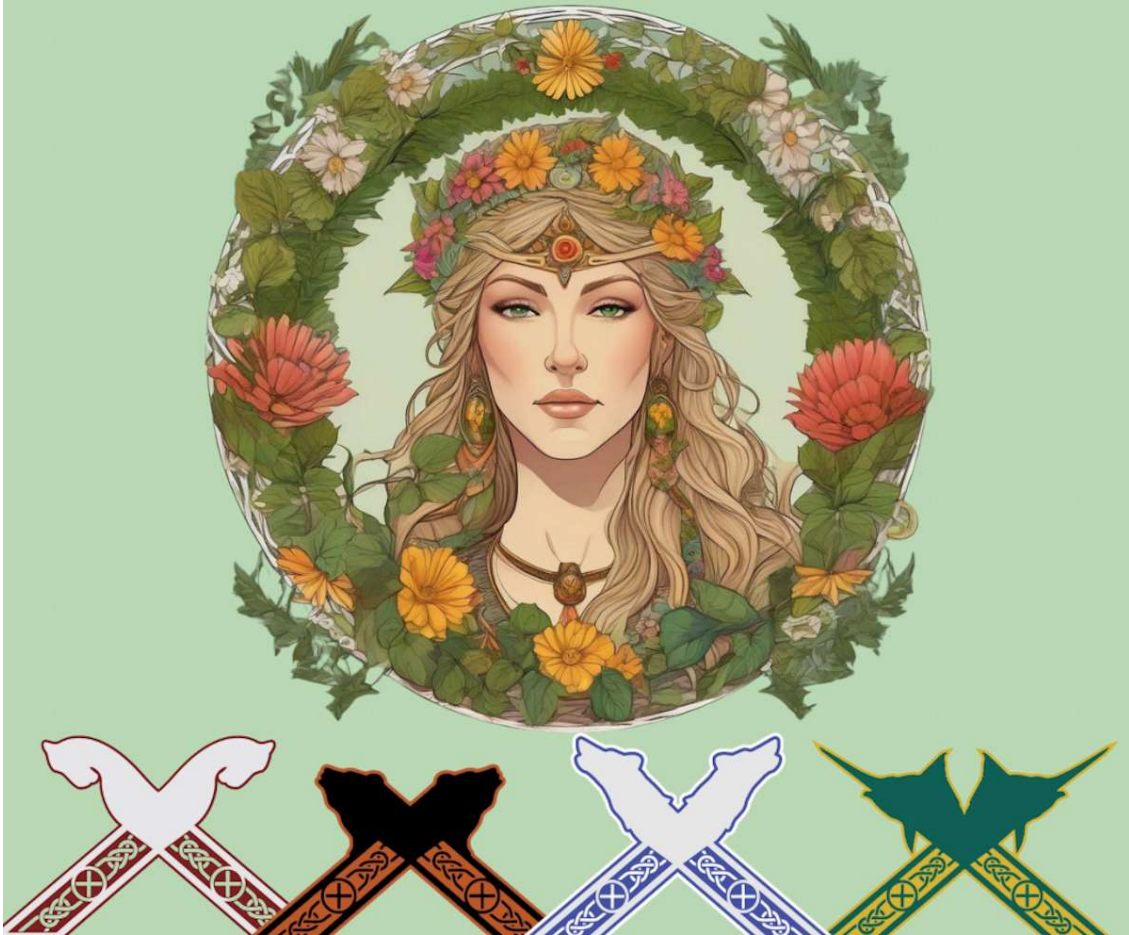


Or if you'd like to donate to this ministry, there's a donation earmark set up on our site [here](#). The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.

Ancestral Food and Culture

Feasting with Folk

Feasting with Folk



This month, I am featuring two recipes. One from Folkuilder Ryan Harlan and his wife Rachel out of Óðinshof district, and one from Þórshof member Angela Gurrisi.

Folkuilder Ryan Harlan's Venison Steak Smothered in Onions



- 2lbs venison steak, cut 1 inch thick
- 2 large onions, sliced
- Flour, garlic powder, onion powder, salt, pepper, paprika
- Butter and oil to sauté onions
- Sliced mushrooms
- 1 cup water
- Beef bouillon
- Worcestershire sauce

Roll steaks in seasoned flour. Heat butter and oil in heavy skillet. Sauté onions in butter and oil. Add mushrooms and sauté until soft. Set aside. Brown meat on both sides, cooking until medium-rare. Let rest. Add 2 heaped teaspoons of flour to juice in pan to make a roux. Add bouillon to make a gravy. Season to taste. Add few dashes of Worcestershire sauce. Add mushrooms and onions to the gravy. Serve on or with your steaks.

Angela Gurrisi's Great Grandma Smith's Krum Kaka



Angela sent me her grandmother's recipe book and the cover written in sharpie said page 13!! I scroll over to page 13 and there are notes all around this recipe saying, "This is the one!" So, I figure what better recipe to share than one that brings excitement! I will attach a photo of Krum Kaka and will be attempting this later this month.

- 4 eggs
- 1 cup sugar
- 1/2 tsp salt
- 1 cup flour
- 1tsp vanilla
- 1 cup cornstarch
- 1/2 cup melted butter
- 1/3 cup cream

Tools:

- Krum Kaka iron (for authenticity but I'm sure if you had something similar it would work just the same)
- wooden dowl for rolling once cooked

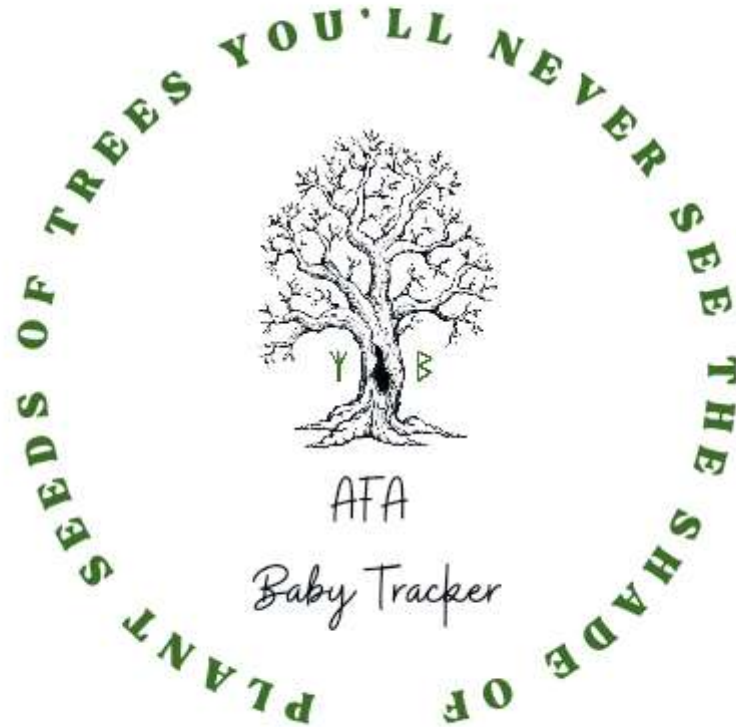
Begin by beating 4 eggs, 1 cup sugar and vanilla together. Once creamed add in 1/2 cup butter and 1/4 cup cream until combined. In a separate bowl, sift 1 cup flour and 1 cup cornstarch. Slowly add into mixture beating until fully incorporated.

Drop large teaspoon full onto iron and let cook. Ensure iron does not get too hot. Once cooked remove from heat and use wooden dowel to roll into shape whilst still hot. Fill with whatever you desire; whipped cream and fruit seeming to be the most common. Enjoy!



Folkbuilder Sierra Chapman
schapman@runestone.org

Baby Tracker



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

Total babies born in 2025: 3

Online Events and Meetings

VIRTUE RECOVERY MEETING



THURSDAY 7PM CST
(5PM PST, 8PM EST)

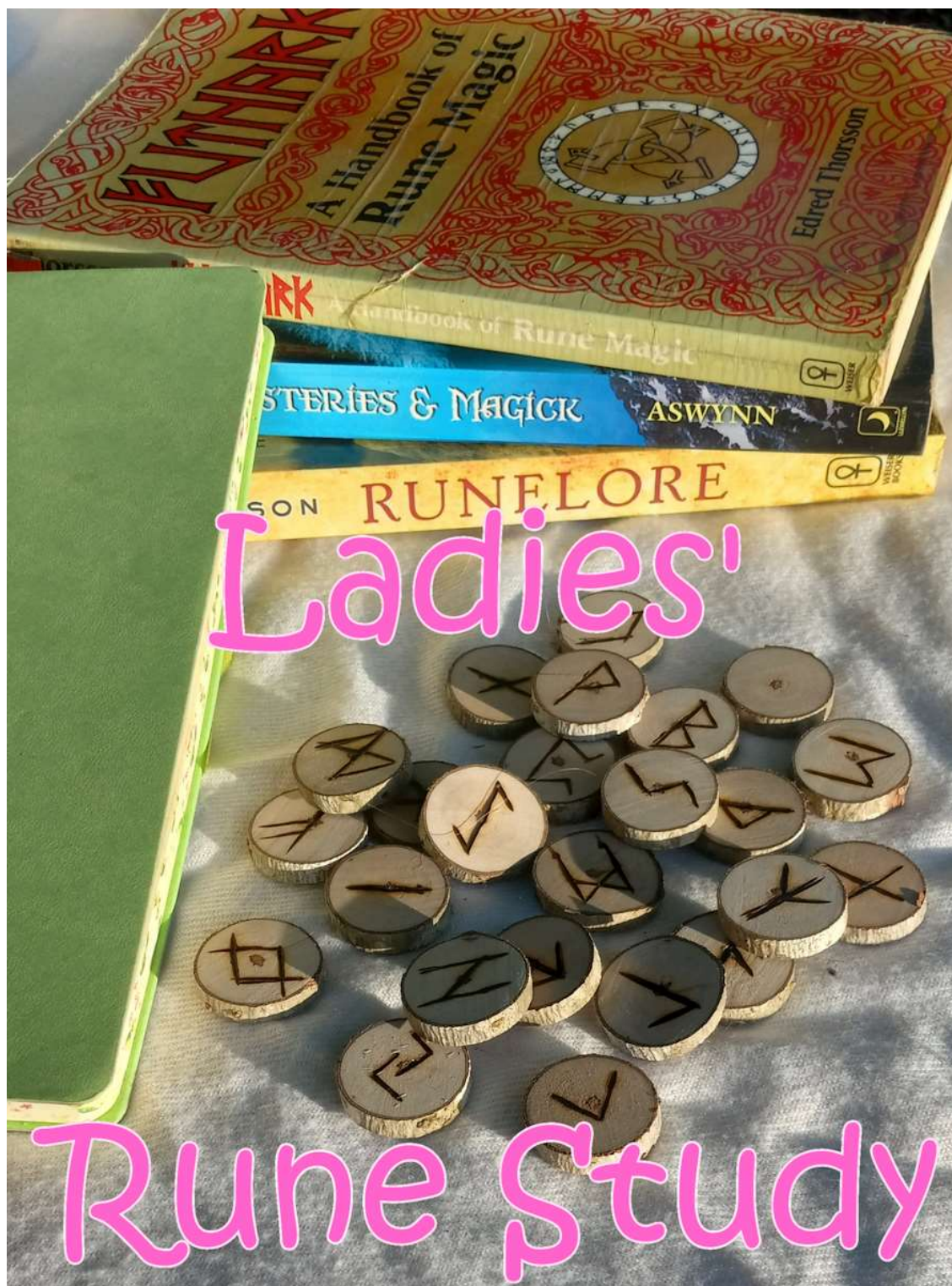
Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12 step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining 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

SISTERS SUNDAY CHATS



Second and fourth Sunday of the month
10 am central

FOR MORE INFO: BFASSETT@RUNESTONE.ORG



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**



AFA Eldri Moots *on Teams*

*A social group for members
age 50 and above.*

A place to share memories,
ideas, experiences,
and the joys of life ~
in caring conversation.

Tuesday

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

March 18th

Hosted by Gythia Sheila McNallen

McNallens Pub

a virtual meetup
at our home and yours

Friday, March 21st

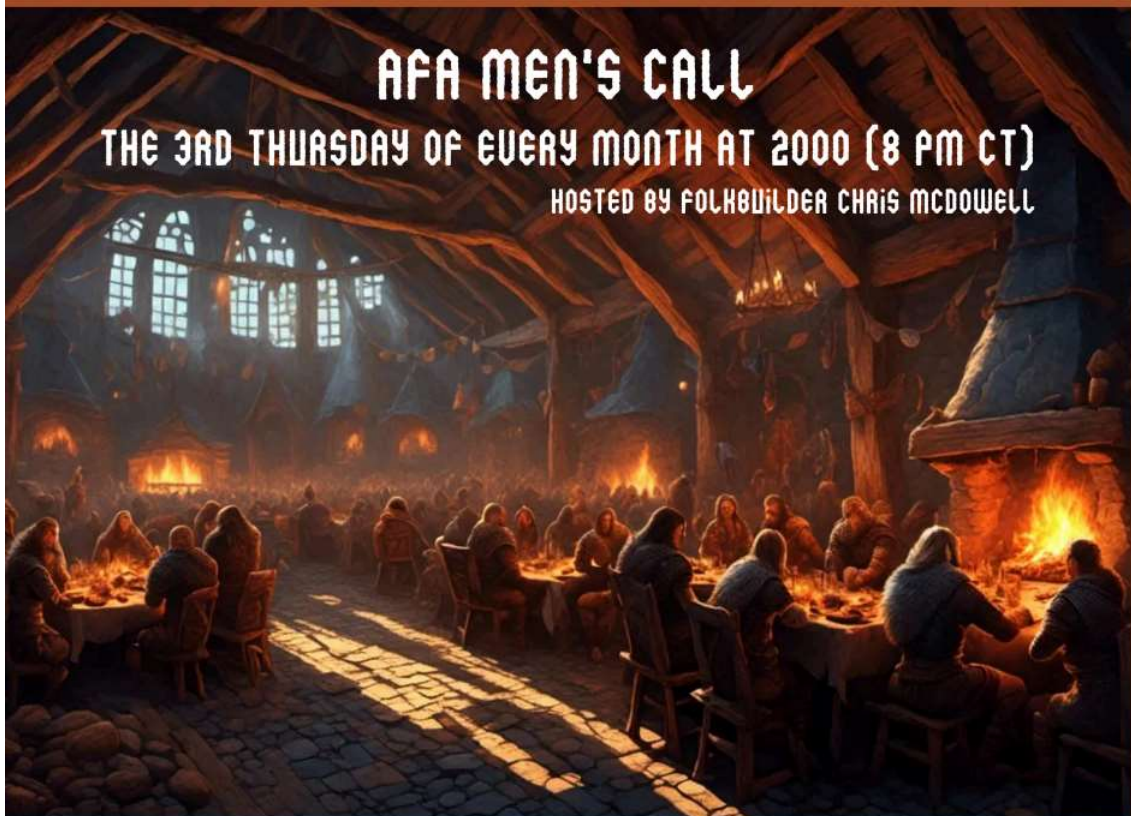
6:00 PT, 7:00 MT, 8:00 CT, 9:00 ET

Topic: Folk Music Memories

AFA MEN'S CALL

THE 3RD THURSDAY OF EVERY MONTH AT 2000 (8 PM CT)

HOSTED BY FOLKSBUILDER CHRIS MCDOWELL




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

Just for Fun

Ostara Spring Fun!


Spring is Everywhere!




Signs of spring have sprung out everywhere, in the water, ground and in the air!

Read the clues to fill in the signs of spring:


In the Air



In the Ground



In the Water



1. wind riding toy
2. feathered fliers
3. rain protector
4. light wind
5. America's pastime
6. arch of colors
7. color beyond the clouds
8. bright energy for plants
9. wet "gift" from clouds
10. strong breeze, gust

1. plants with petals
2. butterfly before transformation
3. flavor of syrup cooked from tree sap
4. classic game to play on the dirt
5. shelled protection for baby animals
6. home for birds
7. color of new plant growth
8. blades of these carpet yards
9. parts on a stem or branch where petals start
10. parts of a plant that can grow into a new plant

1. snow, ice change into liquid
2. casting a lure into the river
3. wear boots and step in these
4. don't track _____ into the house
5. shelled amphibians come out from hibernation
6. splash water onto your flowers, vegetables, grass
7. many rivers and streams overflow, causing _____
8. ocean plants gather to form groupings called _____
9. a _____ can is used to spray flowers
10. baby frog before it grows legs

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

AFA Church Ladies Meeting

Sunday, March 9th

Sunday, March 16th

10 am central

Link will be posted in the
AFA Ladies Group on MeWe



If you are one of our lovely AFA Ladies who would enjoy volunteering to work on various projects for the AFA while socializing with your sisters, please consider joining the AFA Church Ladies Group! We have several volunteer needs ranging from transcription and administrative, to building activities for our youth! Please contact Witan Fassett at bfassett@runestone.org if you have any questions or would like to be part of this wonderful group of Church Ladies!



Witan Brandy Fassett

bfassett@runestone.org

Sister's Egg Project



It is time once again to begin our Sister's Egg group exercise and practice. We encourage all our AFA ladies to participate. Bringing women home to the AFA is the focus of this exercise and project.



- Step 1: Hollow out an egg. Small hole in the top, larger hole in the bottom. Blow out the inside of the egg. Rinse out well and let dry.
- Step 2: Decorate the egg with imagery you associate with the AFA and our sisters. This can be as simple or as intricate as you choose. Galdr, chant, or sing a rune or sequence of runes as you do this. The Folk Kom Hem chant would also be appropriate.
- Step 3: Write the goal you wish to manifest in this case, "Sisters, come home" on to a piece of paper that you can roll up and place inside the egg. Meditate with this intention in your hands, see your sister's coming home to the AFA. When done, roll up and place inside the egg.
- Step 4: Fill this egg with herbs, flowers, or other things you feel appropriate. I will be using dried roses, crushed pine incense, rosemary, and lavender. Use what works well for you!
- Step 5: Seal the egg. Using glue and small piece of cartstock, cardboard or even a coin, seal up the bottom of the egg.
- Step 6: Create a sacred "nest" or designated place on your Altar for this work.
- Step 7: Each day, hold the egg (or the nest if you choose to do several) and sit with this work. Focus your energy and will on the success of each goal. See the process of it happening to successful completion.
- Step 8: During your May Day celebration, crack open this egg and offer it to the ritual fire (bury in offering space if fire option is not available). Release your intention and will that you have grown and nurtured into Midgard.

Our start date to officially do this as a group is March 9th and the "hatching" of our sister's egg will be May 1st. Please post pictures of your eggs in the Ladies Group on

Mewe or send to sault@runestone.org.



Folkbuilder Sara Ault

sault@runestone.org

Calling All Folk Photographers



Folkbuilder Nicholas Rice

nrice@runestone.org

Store Spotlight





AFA and Hof Flags, In Stock Now, [Runestone.org/store](https://runestone.org/store)



Folkbuilder Nicholas Rice
nrice@runestone.org

Baldrshof

Ancestor Altar



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

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

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

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



Folkbuilder Jessie Shaffer
jshaffer@runestone.org

Food Pantry at Baldrshof



A warming trend this week for the food pantry brought the temperature up to 9 degrees.



Fresh snowfall from the night before and with the sun shining brightly, we were fortunate enough to help out 24 local families with 100 bags of food donations to their households.



Goði Nathan Erlandson
nerlandson@runestone.org

Charming of the Plow at Baldrshof



On the third Saturday of February, the Folk gathered in celebration of Charming of the Plow at Baldrshof.



Our day started with preparing 100 bags of food for those in need in Murdock and the surrounding area. Our food pantry fed 24 families this month.



Following our food distribution, Witan Fassett led the Folk in the morning dedications at the altars of Else Christensen, Baldr, and the Ancestors. Several of our children participated in this tradition. It was a touching sight to witness! Seeing our children learning about our Hof Hero, hailing their Ancestors, and worshipping Baldr.



The children's laughter rang throughout the halls of Baldrshof this weekend. A large pack of children ran to and fro, played games, and made memories with their friends.



Our meal was a potluck provided by the Folk, blessed by Goði Nathan Erlandson.



Following our meal, Blót was held in honor of Lord Freyr. Witan Fassett charmed the plow outside with the Folk.

Despite the bitter cold of February, we still gathered together to honor the Æsir and build Frith.



Witan Brandy Fassett
bfassett@runestone.org

Upcoming Events at Baldrshof





Please join us for Ostara at Baldrshof on Saturday, March 15th!

- Food pantry set up will be at 9am.
- Food Pantry distribution for the community from 10 am to noon.
- Dedications to Else, Baldrshof, and the ancestors left by Witan Brandy at noon.
- Lunch will be a potluck! Please contact our Folkbuilders to let us know if you can bring a dish to share!
- Lunch will be at 1 pm.
- Kids activities will include egg dyeing and egg hunt! Please bring a basket or bag to collect your eggs!
- Ostara Blot at 3 pm with Goði Stamm.

If you have any questions or would like more information, feel free to reach out to any Baldrshof District Folkbuilder. We would love to see you all!

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



Baldrshof Monthly Members' Meeting

PLEASE JOIN US FOR THE
BALDRSHOF MEMBER MEETING
ON THURSDAY, MARCH 27TH
AT 8 PM CENTRAL.

QUEST SPEAKER:
FOLKBUILDER JON ROCK
FINANCIAL HEALTH & WELLNESS



Did You Know?



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

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

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

Public notices list a Folkbuilder as the
contact person, not you.
The goal is 3-persons or more. That's easy.
Contact Sara Ault or Ashley McStocker for more info

Illinois

Upcoming Events



Iowa

Perseverance



Perseverance is crucial for achieving success in many areas of life. Here are nine reasons why it is important:

- **Overcoming Challenges:** Perseverance helps you push through obstacles and difficulties, ensuring you don't give up when things get tough.
- **Building Resilience:** By sticking with difficult tasks, you develop mental strength and resilience, making you better equipped to handle future setbacks.
- **Achieving Long-Term Goals:** Success often requires time. Perseverance enables you to stay focused and work towards long-term goals, even when instant results aren't evident.
- **Learning and Growth:** With perseverance, you're more likely to keep learning from your mistakes and evolving. This leads to personal and professional growth over time.
- **Boosting Self-Confidence:** When you persevere and accomplish challenging tasks, it boosts your self-esteem and belief in your abilities.
- **Improving Problem-Solving Skills:** Persistence forces you to find new ways to solve problems, helping you become more innovative and resourceful.
- **Turning Failures into Opportunities:** Perseverance helps you see failure as a steppingstone to success, learning from it instead of quitting.

- Developing Discipline: The habit of persevering fosters discipline, which is essential for creating structure and consistency in your life.
- Inspiring Others: Your perseverance can motivate others to keep going, creating a ripple effect of determination and strength in those around you.

Perseverance allows you to stay on course, keep trying, and ultimately reach your full potential.

Upcoming Events

Iowa Highway Clean-up
Floyd County, IA

Sunday, March 23rd
Starting at 10am

Contact Folkbuilder Chris McDowell
cmcdowell@runestone.org for more information



Folkbuilder Christopher McDowell
cmcdowell@runestone.org

Minnesota

MN Moot of Hilarity



The evening began with a shared meal, prepared with zest and love and offered in the spirit of hospitality that is so central to our values and something that brings me so much personal joy. The table was laden with dishes that reflected both the season and our shared love of a scrumptious existence. we offered thanks to the gods and ancestors for the blessings of the folk and the joy of coming together.



After dinner, we made our way to the local community theater, where my daughter, the great and gregarious Lilyan, was performing in "The Play That Goes Wrong," a phenomenally hilarious comedy that takes the concept of a disastrous amateur production to new heights. The "play-within-a-play" follows the Cornley Polytechnic Drama Society as they attempt to stage a 1920s murder mystery, only for everything that can go wrong to do so—spectacularly. From collapsing sets to missed cues, misplaced props, and actors who are barely holding it together, the chaos is both absurd and endlessly entertaining. A play within a play that is at its capacity of nonsense.



Lily played the role of Annie, the stage manager who is thrust into the spotlight when one of the actors is incapacitated. Annie is the glue that tries to hold the production together, even as everything unravels around her. Though I may be assumed partial, Lily brought a perfect blend of exasperation, determination, and comedic timing to the role, capturing the audience's hearts as she navigated the escalating madness with a mix of professionalism and sheer panic. Her performance was a testament to her talent and dedication, and we couldn't have been prouder to see her shine on stage. To make it even more of a side splitter, the counter to her part, a role that is going fisticuffs, battling for the spotlight to the last half of the second half, just happens to be her English teacher. Having to form this bond in a such a formal relationship really expanded her talent.



The Moot was a beautiful reminder of the strength and warmth of our Ásatrú family, and my daughter's performance added an extra layer of pride and happiness to the occasion.

We look forward to many more moots like this, where we can honor our traditions, support one another, and create memories that will last a lifetime. Hail to the gods, hail to our ancestors, and hail to the spirit of Frith that brings us together!



Folkbuilder Ashley Erlandson
aerlandson@runestone.org

Folkish Family Activities with NBK



Spring is just around the corner. Early signs of Ostara are showing here in the Northland.

It's getting more difficult for me to travel away from home with medical issues etc. So, I have been focusing on doing events closer to home and on this side of the state. Baldrshof is very dear to me, and I miss it and the fine Folk.

Upcoming Events



**FOLKISH FAMILY
KIDS CRAFT DAY
WITH NORTHERN
BLOOD
3/16/25
Bloomington, MN
11AM**

**Contact Folkbuilder
Jason Gallagher for
more info.
[jgallagher@
runestone.org](mailto:jgallagher@runestone.org)**


The next event is Folkish Family Kids Craft Day with Northern Blood Kindred. Join us on Sunday, March 16th 11AM at Gallagher's Gaff in Bloomington, MN. Crafting materials will be provided, please bring a snack to share. Looking forward to some Folk-time and crafts. This will be a recurring event every month.

Hail the Doers! Hail the Asatru Folk Assembly!!!

Senior Folkbuilder Jason Gallagher
jgallagher@runestone.org



Upcoming Events

A large, white bowl filled with a creamy soup, topped with small pieces of orange and green vegetables. A silver spoon is lifting a portion of the soup from the bowl. The background is slightly blurred, showing a red object and a white cloth.

Saturday, April 12th
1 pm central
Alexandria, MN

SOUP & KITE MOOT

Lunch provided!
Bring a kite to fly!
(weather permitting)
Contact Witan Brandy
for location and details!



Witan Brandy Fassett
bfassett@runestone.org

North Dakota

Upcoming Events



**pickling moot
fargo, nd
3/22/2025
12pm**

**contact folkbuilder
ali mckee to rsvp**

Folkbuilder Allison McKee

amckee@runestone.org



Upcoming Events



Dakota's Members

Drinks & Discussion
Learn Asatru.
Build Frith!

*Contact Witan Brandy
for information*

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*



Witan Brandy Fassett
bfassett@runestone.org

Wisconsin

Upcoming Events

You are Cordially invited to
Join us
March 22th at 6 pm
for a
Wisconsin Supper Club
Experience

Please
RSVP
by
March 14th

For more information or to RSVP contact
Folkbuilder Sara Ault
sault@runestone.org



Folkbuilder Sara Ault
sault@runestone.org



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