

The Runestone: Voice of the Asatru Folk Assembly

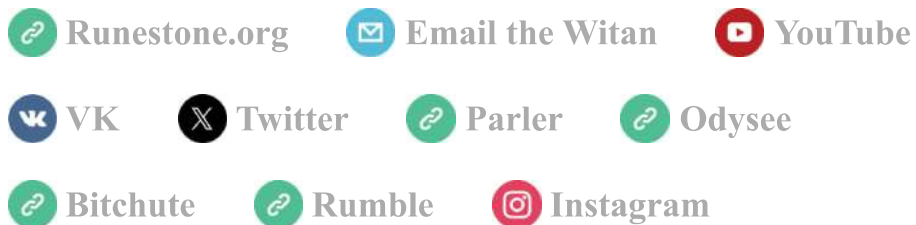
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Baldrshof
Third Hof of the Asatru Folk Assembly

www.baldrshof.org

May 2025



Donate to the AFA

Words from the Allsherjargoði



I hope you are all in the midst of an amazing spring! Across the AFA, we are seeing life and energy in full effect! So far in 2025, we have welcomed 11 new babies into our AFA family. Our members have been creative in fitness challenges as well as our regular efforts to get our bodies in ever better health and condition.

Now is the time to seize the day and take action. Take action in our lives. Take action for our growth. Take action for the well-being of our Folk AND take action in our faith.

I often tell you all to break through whatever is keeping you from full participation in real world Ásatrú. I say this on repeat because it is the key to unlocking the life you should have and the future we all want. Go to your local Moots. Attend you Hof regularly if you are near enough to. Travel to attend a Hof when you are able. Gather with your AFA brothers and sisters...DO ÁSATRÚ!

We are celebrating the first 30 years of our Asatru Folk Assembly at Óðinshof this

Miðsumar—join us for what is likely the biggest event of the year! ALSO, make plans to join us for the 3rd annual Sigrblót at Sigrheim in July!

Touch grass. Gather with your Folk. Worship the Æsir. Smile because life is wonderful.

"The son of a king shall be
silent and wise,
And bold in battle as well;
Bravely and gladly a man shall go
Till the day of his death is come." — Hávamál 15

Announcements, News, & Noteworthy

- 4/19/25 - Gyðja Lauren Anderson's ordination is restored!
- 4/25/25 - Sólja Wealthew Vera Heinlein is named before her Gods and Folk.
(born 4/23/2025)



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

Words from Our Founder

The AFA Needs Men to Further Our Folk!



Those of you born in the last few decades have inherited a world which, despite all the gimmicks, distractions, and novelties, all the illusions of freedom and "progress," we are living in what Friedrich Nietzsche called "the great down-going."

Entertainment? Easily found. Pointless distraction? Even more so.

Truth and idealism? Rare, devalued. Love of the ancestors and their values? Largely forgotten. And above all - loyalty to, and identification with, our Folk? This has been cast as the greatest offense of all.

The public and political world in which we live is one where the ways of our

ancestors - and those of us who admire them - are hateful...and possibly criminal.

We live at the end of an age; we face a time when chaos rules, when the natural order is dismissed, when ideals are cast out and the crass and unworthy win the adulation of the masses. We have only to look at the popular culture (so called) and the daily news for examples. The trash and trivia you will see there cannot, and must not, go on.

We must seek a return, a revival, a renaissance of that which is noble, idealistic, and uplifting. Traditionally, great men and those good men who support and follow them, are the ones who have brought about such a rebirth. William Wallace was an example. Tolkien wrote stories about such heroes; men who took up arms because it was their destiny and their duty, and who were followed by other armed men because those men recognized them for what they were and fought alongside them. It was better to fight and to die rather than submit to evil.

Our modern society is oblivious to such idealism. We are ruled by bandits and sell-outs, by politicians who "make deals" and who openly accept money from evil organizations to ensure their re-election. Their crimes, and our decadent toleration of them, stinks to the heavens.

We need men. Not simulations of men, not gender-bending imitations of men, but MEN. Men who will "do right and fear no one." Men who will "put it all on the line." Men with testosterone, and idealism, and an understanding of our role in history. (It should go without saying that this in no way reduces the role of our women; hail to them! - but I'm talking to the men now.)

We - you and I - are fortunate in that we belong to one of the few organizations that address our current situation. We must do our part. No, I am not referring to taking up arms against the government. We are fighting this battle by other means.

We need men who can build families, support them, and protect them in good times and bad. We need men who can speak well enough to explain our religion and beliefs to others. We need men with the social skills to work well with the men and women of the AFA.

We need men who do not abuse alcohol or drugs.

We need men who love, defend, and support our Gods, our Folk, and the reputation of the AFA.

We need men who will actively promote and help build the AFA.

...Looking for heroism? There it is, right on your doorstep. You were meant to stand with us and fight this battle for the heart, the soul, the very existence of our Folk. The AFA is not "just another organization," it's your church, your connection with the divine. A hundred years from now, our descendants will raise a toast in your honor. It is said that "only the forgotten are dead"...you will not be forgotten.

In closing, I want to share some sources with all of you. I ran across these on YouTube within the last 24 hours, by the stroke of fate. The title of the channel refers to the Celts, but the English and Norse are also a part of this:

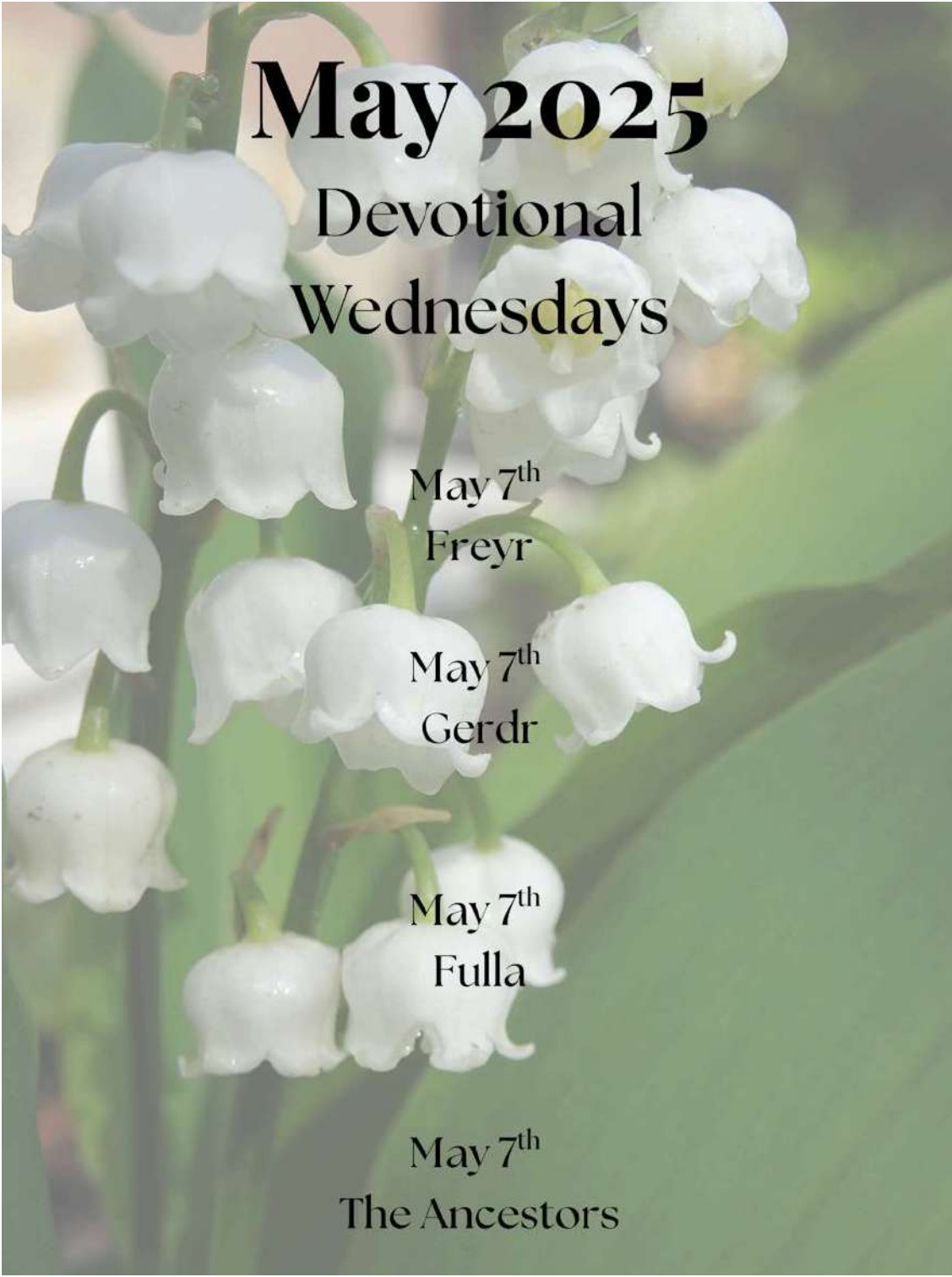
Channel on Youtube: CELTAINIAN CHRONICLES —
[Youtube.com/@CeltainianChronicals](https://www.youtube.com/@CeltainianChronicals)



Founder Steven McNallen

Words from Our Witan

Weekly Devotionals



May 2025

Devotional Wednesdays

May 7th
Freyr

May 7th
Gerdr

May 7th
Fulla

May 7th
The Ancestors

Join in with your Folk to honour the Aesir in our weekly devotionals. Hold a small ritual appropriate for the day and then sit in quiet contemplation for ten or twenty minutes.

Post your pictures and experience over on the AFA Spiritual Excellence group in MeWe.



Witan Brandy Fassett

bfassett@runestone.org

Words from Our Goðar

Declaration of Purpose VII



VII. The use of science and technology for the well-being of our people, while protecting and working in harmony with the natural environment in which we live

Technology and science are part of our intellectual inheritance, and we can use them to make life better for ourselves and our children. We must use our abilities wisely, however, maintaining the balance of the natural world from which we sprang. We modern Ásatrúar do not repudiate the scientific and technological progress of our Folk for the last thousand years. Even the Vikings themselves were technologically adept for their time. We do acknowledge man's ability today to change the world around us – for better or worse. Our knowledge must be applied in a way that is not harmful to the environment in which we live, for the Earth is our mother and – while we retain free will and individuality – we are a part of the web of life.

Technology is a double-edged sword. We are part of a race that has been largely responsible for advancements in nearly all areas of life as we know it, maybe except for inventing peanut butter. If our ancestors weren't as innovative and intelligent as they were, we would have never ventured from our geographical origins. We'd be stuck where we started still living with a primitive mindset preventing us from becoming more than we were the day before. Because of our innovative and exploring nature we have conquered nearly all areas of the world religion aside. We embrace new profound ideas and ways of doing things that still align with our traditional beliefs and values. So, we've built skyscrapers, been to the moon, explored the bottom of the oceans, created healthier ways of living, and all relatively quickly. The responsibility of an advanced race is to measure out the benefits and detriments of the scientific breakthroughs so as not to alienate Mother Earth. Mistakes have been made along the way as would be expected since the wisdom gained from acknowledging and correcting them is what enables us to keep pushing beyond perceived boundaries and to strive to be as the Æsir are, a never-ending endeavor that we as a race welcome. We are not meant to be still running around in furs and swinging axes and anyone that says otherwise is a fool and will get left behind in the abyss of mediocrity with a primitive mindset. It is all about balance, taking strides forward with a responsibility to our male and female children and to our Mother Earth.



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

mattflavel@runestone.org

The Quest for Freyshof

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

– Gylfaginning



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

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 \$39,025 on our remaining loan.
 - This means if every member donated \$53 today, this would be paid off!
- We need to raise our monthly donation average by 7.37%.
 - 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!



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

Sigrheim: Home of Victory

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
amazon

Thank You!

click here

Upcoming Events



Sigrheim

WORK DAYS

EVERY WEEKEND
FROM SUMMER
THROUGH FALL
(PENDING WEATHER)

RSVP w/ hrice@runestone.org

June 14th

230pm

Midsummer at Sigrheim

Sigrblót at
Sigrheim

July
25-27

Tickets at
<https://store.rune-stone.org/product/sigrblot>



Folkbuilder Nicholas Rice

nrice@runestone.org

Victory Never Sleeps



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

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

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

Catch us LIVE with new episodes on Wednesdays at 8pm Central / 6pm Pacific on YouTube, Twitter, 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](#).



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

AFA Homeschool Program



Check out the Asatru Academy at AsatruAcademy.org



fire hydrant

~~toaster~~
guitar

~~forgetful~~
shy

sing
~~hike~~

Hoopyhoop
Yaya
~~Bla~~

WHEN YOU SEE A T. REX...

Bloop You travel back in time and see the
toaster of the jungle—the T. rex. What do you do? For
starters, be very **stinky** and do not **Play**!
A T. rex will always **mop** if you are too loud. If you
have a **bib**, don't wave it in the air! The T. rex will
see it and get **messy**. I hope you aren't wearing a
vegetable, because then the T. rex will
definitely **paint** you! The most **goofy** thing
to do is to **drum** very slowly back to your time
machine and wait for your **pretzel** to come find you!
yuck

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Life so easily gets busy, and the whirlwind leaves us reeling. Simply trying to keep up with all the tasks and having overloaded schedules means that many families end up having a dynamic of reacting, rather than responding. This impacts all aspects of our lives, our marriages, our parenting. So much of the life wisdom I have gained thus far has been about being intentional and making extra space in the day for things to happen. This allows for purposeful feedback and action and a lot more peace. Along with that, routines can be extremely helpful. I do not advocate for being beholden to a routine but finding the balance of structure with the opportunities for spontaneous delight. A huge part of the Waldorf philosophy is Rhythm.

“Rhythm” isn’t a fluffy, new age word for “schedule” - I promise. It is a gentle (and sometimes not so gentle) breathing in and out. Many Waldorf resources would have you think that rhythm is just about deciding what day you will bake bread and which day you will do laundry. Rhythm of the home is much deeper than this. It is about holding the space. What does that mean? It means that you are emotionally able to approach the day and your child. This carries into your rhythm and further into how you live and what attitudes you bring to your child...

Holding the space is the simple act of being present. Simple and easy are not the same thing! The more rest you get and the more you are conscious about how you show up, the easier it will be. Let’s think back about the last time you were distracted by your phone or a book or adult conversation. Did your children get crazy? Did someone get hurt or the dog chose then to mess on the floor or you stubbed your toe? See, the moment you dialed the phone or hopped on social media to post that picture, your energy was no longer with your children and they felt it. They crave the security that comes from you being present and connected with your family. Holding the space is something that comes gradually as you become more confident about Waldorf, more connected to your children and more sure about your path. Give yourself time, but flex those muscles daily. When you do your part, you will find that the children will do theirs as well. Peace will abound. Of course there are times when it is stressful or you are tired or sick, fill-in-the-blank, but on the whole, a happy parent will make for a happy home.

Excerpt from Waldorf Essentials Class 1, by Melisa Nielsen

One of the lovely concepts I have come across in many homeschool programs is the idea of Morning Circle. It was a way to start off the day that was connected and grounding. After eating breakfast, parent and children would gather to do some group activities. They would begin by reading a holy story, discussing a verse or talking about a religious holiday. This could also be a good time for read aloud chapter books while younger hands work on crafts. Some families combine close ages for certain subjects.

Taking this time together sets the pace for the day that is meaningful, together and creates bonds.

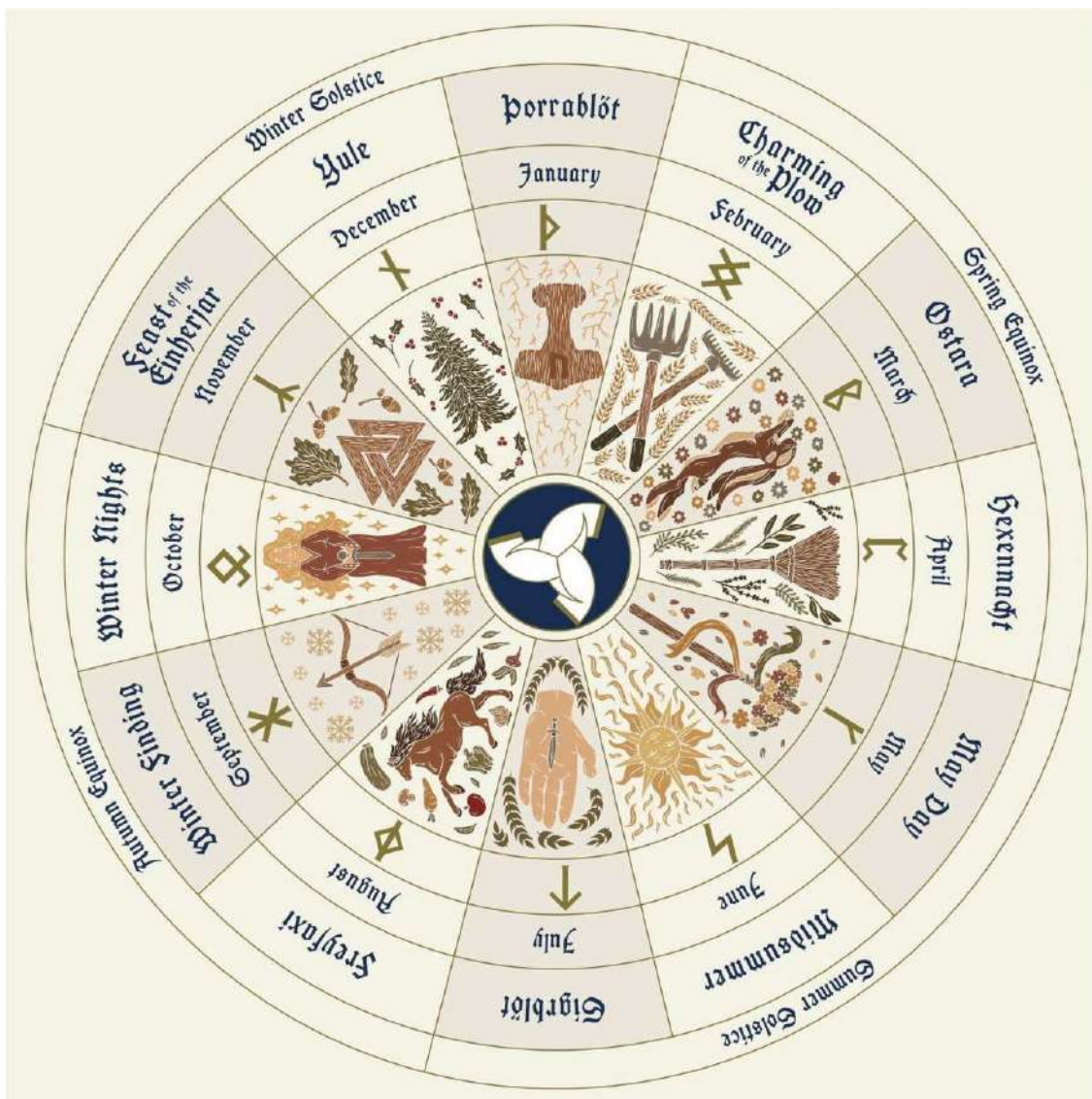


I recommend you start your day with intention, perhaps a special morning routine where you gather at a family altar, say a prayer together, read a story together. Begin your day with purpose and the calm can follow.



Rachel Kinsler
Homeschooling Coach, Ásatrú Academy
rkinsler@runestone.org

Remembrance and Holy Days



[Holy Days | Asatru Folk Assembly](#)

2025

- > January 9 - Raud the Strong <
- > January 18 - King Blót-Sveinn of Sweden <
 - > January 18 - Þorrablót <
- > February 1 - King Eanfrith of Bernicia <
 - > February 9 - Eyvind Kinnrifi <
 - > February 15 - Charming of the Plow <
 - > March 9 - Olvir of Egg <
- > March 20 - Ostara (observed on March 15) <
 - > April 9 - Jarl Hákon Sigurðarson <
 - > April 10 - John Yeowell "Stubba" <
- > April 30 - Hexennacht (observed on April 19) <
 - > May 1 - May Day (observed on May 17) <

- > May 22 - John Gibbs-Bailey “Hoskuld” <
- > June 9 - King Athanaric of the Visigoths <
- > June 20 - Midsummer (observed on June 21) <
 - > July 4 - Sveinbjörn Beinteinsson <
 - > July 15 - Alexander Rud Mills <
 - > July 19 - Sigrblót <
 - > August 1 - King Osric of Deira <
 - > August 9 - King Radbod of Frisia <
 - > August 16 - Freyfaxi <
- > September 9 - Prince Hermann of the Cherusci <
 - > September 12 - Else Christensen <
- > September 22 - Winter Finding (observed on September 20) <
 - > October 4 - Goði Þorsteinn Guðjónsson <
 - > October 5 - Meister Guido von List <
- > October 15 - Birthday of Founder Stephen McNallen <
 - > October 18 - Winter Nights <
- > November 9 - Queen Sigríðr of Sweden <
- > November 11 - Feast of the Einherjar (observed on November 15) <
 - > December 9 - Egill Skallagrímsson <
- > December 20-31 - Yule (observed on December 20) <

May



Asatru Holidays - May 2025 - Sumarmál | Hoskuld
<https://www.youtube.com/watch?v=P3CMxkwdu8E>

Day of Remembrance

John Gibbs-Bailey “Hoskuld” | May 22nd



Y May 22, 1913 - January 1, 2003 𐌿

John Gibbs-Bailey, perhaps better known as Hoskuld, was born on the 22nd of May, 1913. He was an Englishman who, along with Stubba, founded the Odinic Rite and spearheaded the reforging of Ásatrú in Great Britain.

Very little is known about his personal life, outside of his clear devotion to the Æsir and his Folk. It is said that he found our Gods in the 1930s, and immediately recognized that Ásatrú is meant to be lived and practiced with the rest of the Folk. He met John Yeowell, Stubba, in the 1950s, and they stayed in touch about Ásatrú for the next 20 years before founding the precursor to the Odinic Rite in 1973.

In these early days of the Odinic Rite is when he adopted the name Hoskuld, which he took from 10th century Icelandic Goði Hoskuld Dalla-Kolson. He also spent this time formalizing the doctrine of the OR, as well as eight of the Nine Noble Virtues.

By the end of the 1970s, Hoskuld decided to step out of the public-facing role and let Stubba take the reins leading the Court of Goðar. He instead took on the duties of Treasurer and continued to keep his personal life to himself.

Beyond this, we know nothing about the remainder of Hoskuld's time in Miðgarðr. He passed away on January 1st, 2003, right after the 12th day of Jól. While his personal

life remains largely a mystery, his impact on the history of Ásatrú and our Folk does not. The very virtues we strive for today were coined by him, and countless Aryan men and women have come home to their native faith in the Æsir because of this alone. The noble people of Great Britain and beyond were given a chance to reconnect with their ancestors and the divine because of the 70 years of work done by Hoskuld.

Hail Hoskuld!

Holiday

Sumarmál | May 1st (Observed May 17th)



On the heels of Nornanótt, when the cattle were blessed in the smoke of the fire before being sent to their summer fields, we celebrate Sumarmál! Halfway between the spring and summer solstice, Sumarmál is often considered to be the first day of summer.

Warmer days are becoming normal. The Spring rains that helped to nourish the awakening fields have begun to taper off. The world around us is verdant again.

On Sumarmál, big celebrations were held both to celebrate the end of the harder days of winter and to bless themselves and their crops for a fertile and productive year. Men and women leapt over fires together or alone, wishing for fertility in the coming year.

The Maypole was raised and around it, people danced and wove their ribbons. Women decorated their windows and doors with flowers and wove them into their hair.

Sumarmál is the coming together of men and women to celebrate life. We use this time to celebrate all the good things that we have, all of the things that we have worked hard for. We have survived the harsh months when stagnation is so easy a thing to fall into. When the celebration is done, the real hard work begins. The plan that was set into motion at Dísaping will now begin the active stage. Those seeds that you planted, or that project that you planned, at Austra, will now need real tending.

Sumarmál marks the beginning. It marks the start of growth.

Where one has the will, all things can happen.

Upcoming National Event

Midsummer at Óðinshof | June 27th – 29th



Get your tickets [HERE](#)

Come and tread the hallowed Hall of the High One! Come celebrate Midsummer at Óðinshof from June 27th-29th!

Midsummer is the premier event of the year at Óðinshof! We have pulled out all the stops this year to bring you great speakers! Bountiful feasts! And as always, you can expect to feel the very heartbeat of the Asatru Folk Assembly when you walk the grounds, step inside the ritual circle of and enter the Hall of Óðinn! There is no better place to gather with your Folk and celebrate Midsummer this year! Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

Don't wait! Get registered today!

Members, take advantage of our Early Bird Special! Don't wait and have to pay more at the door!

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 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.



Since 2016, AFA leaders and members have come to Midsummer at Óðinshof for three days of spiritual enlightenment and personal interaction. We offer the same thing to you this year with rituals and ceremonies, insightful talks, outdoor fun and games, children's activities for all ages, live music, and much more. A highlight is the annual auction to fund our Óðinshof renovations. Vendors are welcome as well.

As an AFA national event, this is our main fundraiser of the year. Your ticket guarantees delicious meals and the option to camp for free. Our spacious piece of land has camping sites with showers, plus room for RVs and trailers.

This is Year 30 since the AFA received official religious-status in California, and ten years since we purchased this fine old building. As much as anything, it will be a time to celebrate this milestone – First Hof in 1000 years! Every event is unique, but 2025 will be remembered forever!

We make every effort to keep this affordable with ticket prices the same as 2024!

Send us your questions. We can help you with lodging options and transportation to-and-from the regional airports. Would you like to have a special family-rite performed such as a wedding or baby-naming? Reach out to me or any of our local Folkbuilders.

Óðinshof, 8408 La Porte Road (PO Box 124), Brownsville, CA 95919

Get your tickets [HERE](#)



Gyðja Sheila McNallen
sheila@runestone.org

Sigrblót at Sigrheim | July 25th – 27th



Get your tickets [HERE](https://store.rune-stone.org/product/sigrblot)

The third 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 in some of the cities around Sigrheim as well. 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!

Get your tickets [HERE](https://store.rune-stone.org/product/sigrblot)



Folkbuilder Nicholas Rice

nrice@runestone.org

Freyfaxi at Baldrshof | August 22nd – 24th



Join the gathered Folk for Freyfaxi at Baldrshof 2025!

Friday, August 22nd through Sunday August 24th, 2025

This weekend will include:

- 9 total meals
- Daily Fika
- 5 Blótar
- High Sumbl

- Daily Dedications and Devotions
- Ceremonies of the Folk
- Discussions, Workshops, and Classes
- Men's and Women's Spiritual Groups
- Tournaments and Games
- Ice Bucket Challenge
- Crafter's Tables
- Auction
- Children's Activities

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

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

Tickets on sale soon!



Witan Brandy Fassett
bfassett@runestone.org

Winter Nights XIV | October 10th – 12th



Get your tickets [HERE](#)

This long-running AFA festival is dedicated to our ancestral mothers, the Disir. Started in 2012, the Asatru Folk Assembly's Winter Nights festival was hosted at a beloved camp in Pennsylvania for its first decade. This year, for the second time, Winter Nights XIV will be held from October 10th – 12th, in Cheshire County, New Hampshire. 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!

Autumn has officially started. The days are noticeably shorter. The nights are noticeably cooler. The trees are ablaze with the colors of Fall and the crunching of the fallen leaves underfoot has begun. All around us the world is dying. This was a time of drawing in close, of hearth and home and family. For our ancestors, this was not an Autumn festival, but a quiet Winter rite in which the female spirits were honored in a rite called Disirblót.

Today, Winter Nights is often seen as a death of the physical world, the world we can see, and the reawakening of the intangible. It is the world of high energy, of spirits. It is that deeper feeling and connection to the things we know to be there. This is the time we honor our Disir—our female ancestors. We remember that without our ancient mothers we could not be. They cared for the home and the hearth fires. They cared for their families. Our ancient mothers, with strength and determination, raised the next generation against odds we cannot really begin to fathom.

With the harvests finished, there is a quiet lull before we turn our minds to the hectic holiday season. Now is a good time to turn inward in introspection, and to self-improvement. It is also the time to meditate on things of a more spiritual nature. Connect to the energy that is always there.

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.

Member Family – Weekend: \$135

Member – Weekend: \$90

Member – Day pass: \$45

Guest – Weekend: \$120

Guest – Day pass: \$60

Child – Weekend: Free

Child – Day pass: Free

Playlist of previous events > <https://tinyurl.com/AFAWinterNights>

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

Get your tickets [HERE](#)



Witan Clifford Erickson
cerickson@runestone.org

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



Sierra's Famous Hof Pork Loin and Browned Butter Garlic Mashed Taters



Pork Loin

- 1 pork loin from Costco
- Worcestershire sauce
- 2 lemons
- minced garlic
- one yellow onion

Cut the pork loin in half to get two manageable pieces and stab it a bunch of times all over. Put it in a high sided tray to capture juices and put it in with the fat back side down. Pour the Worcestershire all over, no measurement; just enough to get it coated all over. Put it to the side and let it rest while you chop the onion into chunks and peel apart. Slice lemon into wheels. Take your cubed onion and shove slices into each hole from where you stabbed the pork loin, spoon garlic all over, as much as you would like. Lay the lemon wheels all over and pop covered in the oven at 415° for 30 minutes. Uncover and baste with juices and cook 15 minutes uncovered or until internal temp is reached. Pull out and let rest for 15-20 minutes before cutting into slices

Browned Butter Garlic Mashed Potatoes

- 20 lbs of potatoes
- minced garlic
- heavy whipping cream
- milk

- 3 sticks of butter
- salt and pepper

Wash, peel, cube, and boil the potatoes. Once they are tender to the touch with a fork, strain and put into a large bowl. Pour half the potatoes in the bowl, cube and cut a stick of butter and throw it in and then pour the other half of potatoes. While the potatoes are cooling, throw 2 sticks of butter in a pan and melt it down. Before it starts to brown, throw in a few hefty scoops of garlic and cook until butter is browned and garlic is aromatic. Pour into the bowl while still warm and use a hand mixer to begin incorporating. Start slowly adding in some heavy whipping cream. Potatoes should become thick and whipped. Add in some regular milk to thin out a bit. Salt and pepper to taste.

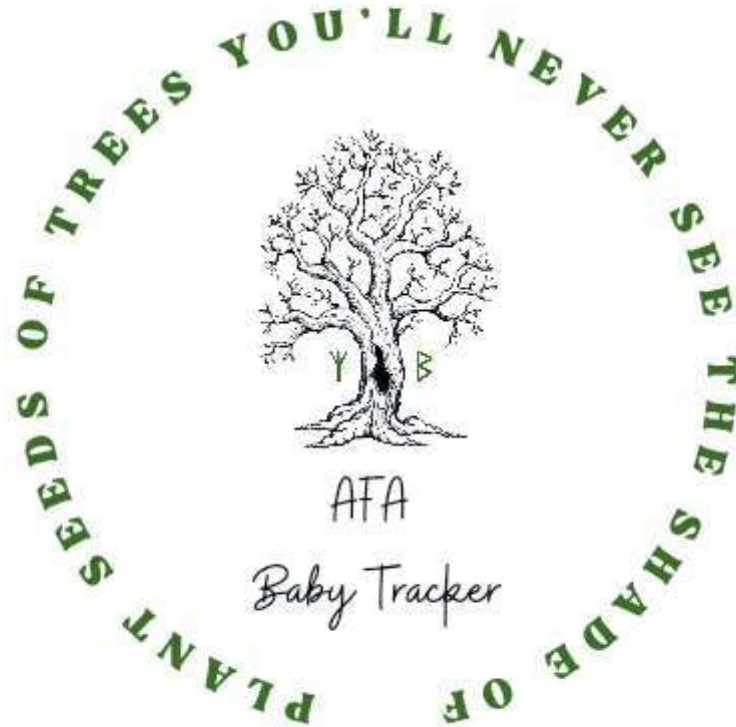
Serve with grilled asparagus and roasted vegetables.

Happy eating!



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: 11

Online Events and Meetings

VIRTUE RECOVERY MEETING



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

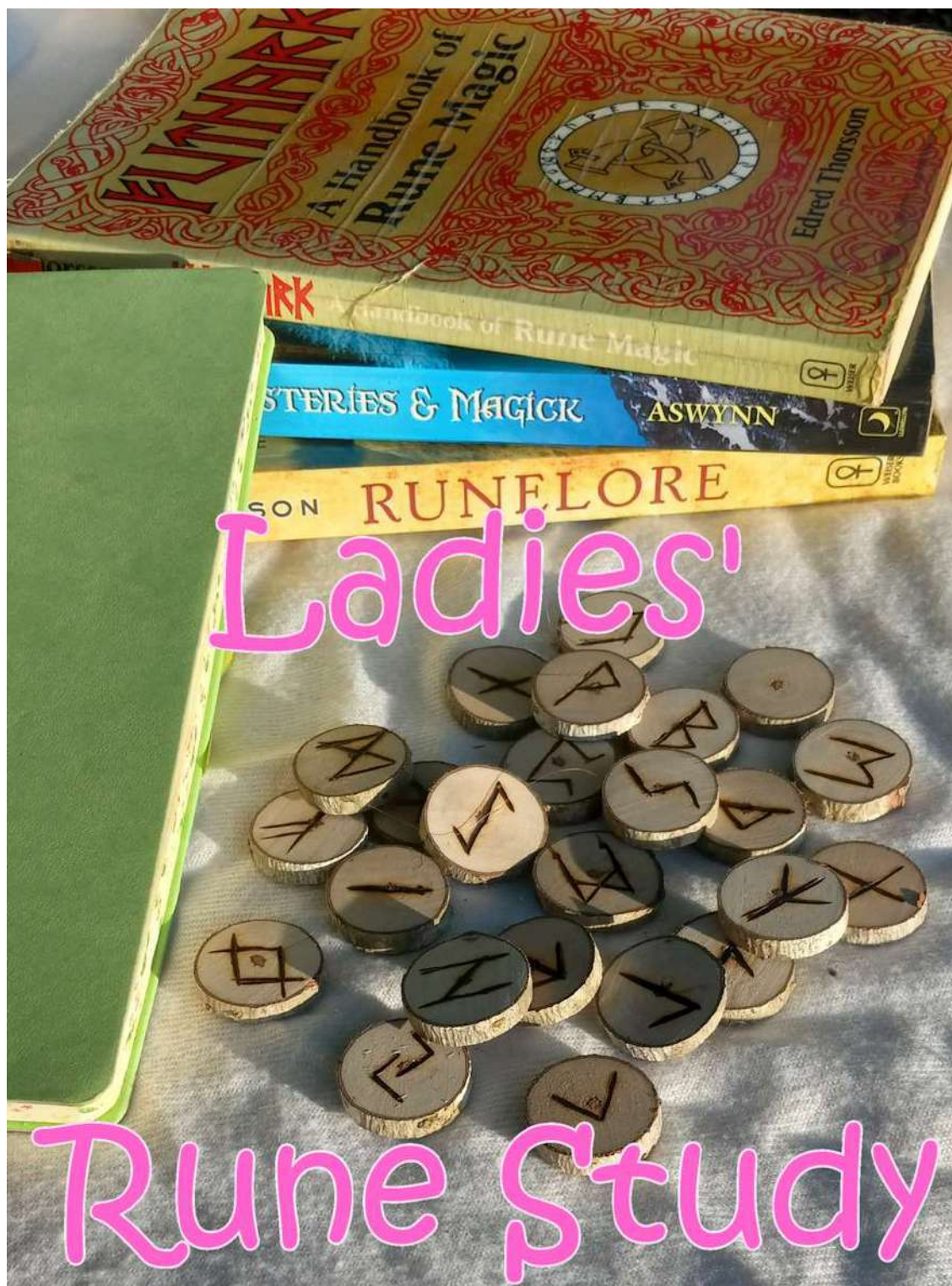
Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12 step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining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

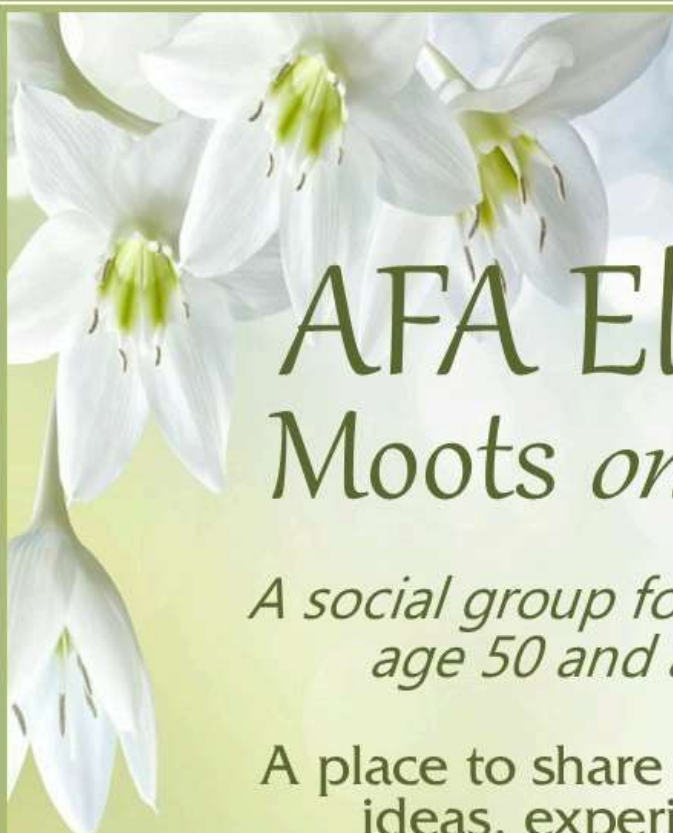
4:00 pm MST

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.

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

May 6th, May 20th

Hosted by Gythia Sheila McNallen



Just for Fun



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

Springtime Seed Bombs



Seed bombing is the practice of introducing vegetation like flowers and other native plants to land by throwing or dropping seed balls, which are made of seeds encased in clay and soil. This method helps protect the seeds from predators and improves their chances of germination in various environments.

Seed bombs can be made with soil, clay, and or biodegradable paper.

Materials needed:

- Wildflower seeds
- Soil
- Paper
- 1 hosiery stocking
- a glass
- a spoon
- a blender or food processor



Step 1. Tear up or shred your paper into small piece and use them to fill up a blender or a food processor. Cover it with water and blend this paper and water mixture until you have a blended-up slurry pulp.

Step 2. Place your hosiery stocking over a glass where the end of the stocking is at the opening of the glass.



Step 3. Using a spoon, scoop out some of the paper water pulp and place some into the stocking. Spread it out a little because you'll be putting more items into that paper pulp.

Step 4. Place a small amount of soil into the middle of the paper pulp.



Step 5. Now place a small pinch of the wildflower seeds into the middle of the soil. Cover the seeds with a little bit more soil.

Step 6. Next, cover the seeds and soil with enough paper pulp to cover all of it.



Step 7. Gently pull up the stocking without disturbing the ingredients inside of it. Gently squeeze out all the excess water over the sink and form it into a ball while it is still inside the stocking.



Now you may gently remove the seed ball from the stocking and place it in a safe place to completely dry out. After it's dry, you may throw your seed bombs out into the yard, garden, or nature wherever you'd like to see these wildflowers grow.

This is a great craft for kids and kids at heart!



Erin Harrison
Apprentice Folkbuilder
eharrison@runestone.org

Sister's Egg Project

SISTER EGG PROJECT



We started this ritual on March 9th with an end date of May 1st. Several of the ladies are continuing until they can attend their Sumarmál celebration. As of the writing of this article, 33 people have come home to the AFA. Eight of which are our Sisters. Every year this project grows bigger. It certainly proves that AFA women putting their intentions into the world is powerful indeed.



The energy we put into our eggs and the intentions behind it have a purpose. The intentions help direct that energy. As we burn or bury our eggs, we release that energy into the world and it goes in search of those sisters calling them home. Since I offered them during my Sumarmál Blót, I offered them to Freyr asking him to direct it as he will in hopes of a harvest of sisters coming home.

Thank you to all the Ladies that join in on this project. We plan on doing more group rituals in the future. 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 among us. I truly believe that every member of the AFA is an important part of this community. If you have any questions, needs, or just want someone to listen, please reach out. I'm here and happy that you are too.

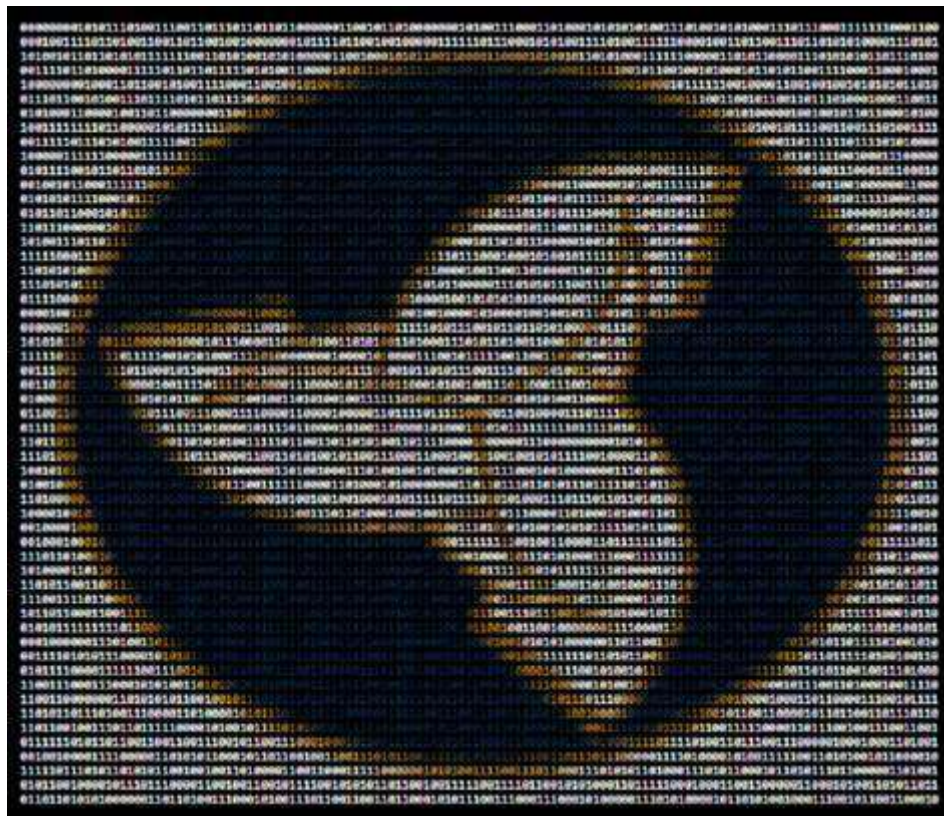
Folkbuilder Sara Ault

sault@runestone.org



AFA STEMCELS

*Science, Technology, Engineering, and Math
Community Education and Learning Service*



Have you ever considered a career in Science, Technology, Engineering, or Mathematics (STEM)? STEM positions have great work-life balance, high compensation, job security, and can be done remotely.

The goal of STEMCELS is to help AFA members learn the skills needed for technical positions and help them find gainful employment using our professional network. We currently have mentors in General Software Engineering, Data Engineering, and

Embedded Engineering, including some with Silicon Valley experience. We are holding information sessions to help you decide if any of these disciplines are right for you. The sessions include:

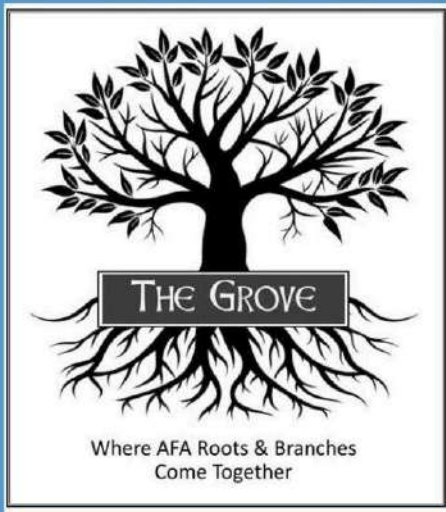
- Possible career paths
- Necessary skills and mindset
- What a typical workday looks like

If this interests you or if you're interested in becoming a mentor, please send an email to stemcels@runestone.org.



Witan Clifford Erickson
cerickson@runestone.org

Genealogy and Kinship Charts



Working on your family tree?
Come join us in *THE GROVE*.

Virtual Teams Meeting
SUNDAY, MAY 11th
3:00 PT, 4:00 MT, 5:00 CT, 6:00 ET

Topics include online resources, tips
for building your tree, and our own
AFA KINSHIP CHARTS!

These NEW meetings are a project of the AFA Genealogy Group on MeWe. Come join our chat! You don't need to be a member of the group to participate in our meetings. All are welcome.

Have questions? Need the link?
Contact Gyöja Sheila McNallen sheila@runestone.org



Gyöja Sheila McNallen
sheila@runestone.org

AFA Fundraising

April Walk-A-Thon Top Contenders

Walk-A-Thon Top contenders

1 *Scott from Baldrshof*

2 *Goði Erlandson*

3 *Victoria from Óðinshof*

Congratulations!

The Walk-A-Thon was a great success! With so much support and involvement, I am genuinely so proud of all of you! We had so much consistency, progress, and camaraderie! The winning District will be announced on VNS on 5/7, but I wanted to give a special shout out to our top 3 participants. In first place with 443,330 steps, we have Scott from Baldrshof! In second place with 423,737 steps, we have Goði Erlandson, and with 384,447 steps, we have Victoria from Óðinshof! Out of 40 participants, these three took the most steps within the month! Thank you all so much for your support it means a lot to me! Look in your email for the link to this month's challenge—a poetic scavenger hunt!

New Challenge for May



Woven threads and ancient signs, Secrets kept between the lines. One by one, the clues confront — Unravel them in our scavenger hunt.

Join us this month for our poetic scavenger hunt. 21 riddles surrounding the Gods, the Lore, the Runes, and much more.

The rules: 10\$ entry donation gets you in. A PDF of the scavenger hunt will be sent to you. Decode the riddle to figure out the item you're trying to find. Take a photo and save it. Once you've found all 21, email it to schapman@runestone.org. First to complete wins! This is individual contest, NOT Hof v Hof. Good luck and happy hunting!

Enter the Scavenger Hunt at <https://store.runestone.org/product/fundraiser-entry/>.

Folkbuilder Sierra Chapman
schapman@runestone.org



Calling All Folk Photographers



Folkbuilder Nicholas Rice
nrice@runestone.org

Baldrshof

Food Pantry at Baldrshof



This month was a record-breaker for our food shelf—we served 35 families, the highest number we’ve had. The need was so great that we had to tap into our emergency reserves to make sure everyone left with something, this is a quality problem to have in our book!

It was humbling and a little overwhelming, but the outpouring of gratitude reminded us why we do this. So many community members thanked us sincerely and drove home the impact our efforts are making. We’re here for our community, and they know it!



Folkbuilder Ashley Erlandson
aerlandson@runestone.org



This month at Baldrshof, we saw a good group of the Folk come together for Nornanótt. Some for their very first time at the Hof and others who had been away for far too long such as myself. The day started with light goodies, coffee, and Frith time. Since the weather was wonderful, we all enjoyed some outdoor games. Folkbuilder Ashley Erlandson prepared a wonderful feast for lunch. We all were thankful for the food and time together.

I led us in Blót to Freyja. Into the horn we poured our gifts of gratitude and devotion, then offered these up to the Lady. We asked for her to bless the Folk with strength, determination, self-awareness, and skill to let us work our own lives building our physical and spiritual selves to greatness on our paths to Victory. Three women were called upon during Blót to add lavender, rosemary, and rose buds to the cauldron that would be used to bless the Folk with fire and smoke for protection in all realms, material, physical, emotional, and spiritual. As the smoke reached the Folk, you could see emotions on every face.

After Blót, Witan Fassett gave a talk on the nine stages of life for women and the nine stages of life for men. Lots of discussion was had and we all learned about where we are in life. We ended the day with a touching Sumbl.

It truly was a beautiful day. Many of the regulars at the Hof remarked on how this time was wonderfully calm, peaceful, and comforting. For me, it was like returning home and I look forward to next time.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Hail Victory!



Folkbuilder Sara Ault

sault@runestone.org

Upcoming Events at Baldrshof



Baldr's Steeple Project

Baldr's Steeple Project

Beautify Baldershof

[Click Here to Donate](#)

10.4%

We have a lot more to do, and we're determined to make it even more glorious and worth of Baldr! Help the project as you, whether that be through donations or coming

out to the Hof to swing a hammer.

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

Hail the Gods

Hail the Folk

Hail the AFA

Hail Baldr



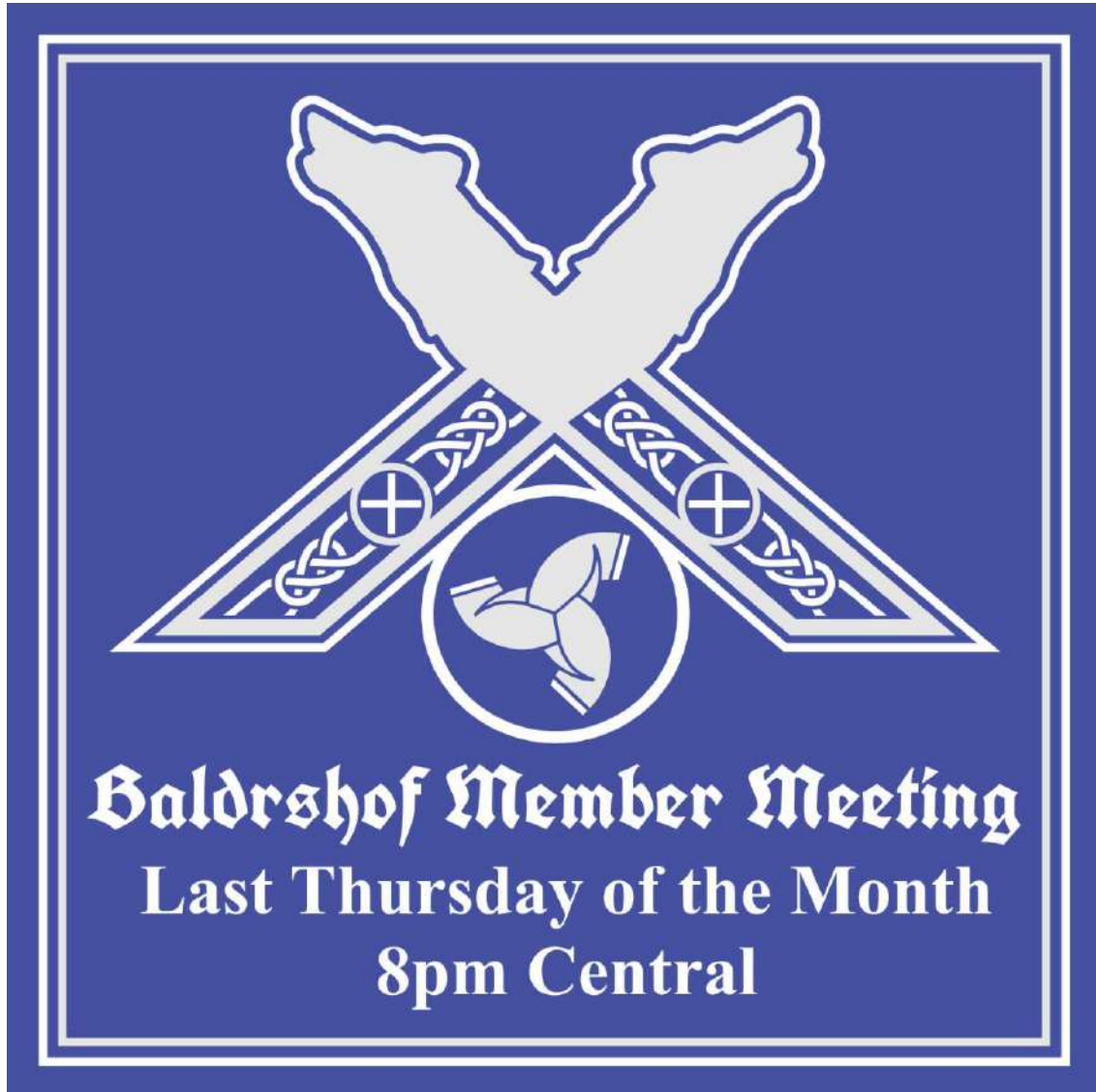
Goði Nathan Erlandson

nerlandson@runestone.org

Help Keep Baldr's Light Shining

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

Baldrshof Monthly Members' Meetings



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

Iowa

Upcoming Events

Lunch moot May 24th, 2025 Fort Dodge Iowa

**Contact Goði Rob Stamm for
the deets
Rstamm@runestone.org**



Goði Rob Stamm
rstamm@runestone.org

Minnesota

Springtime with the Folk



April was quiet as far as events go. I spent half of the month recovering from a procedure. So, I laid low and did not do much of anything. Looking forward to summer and can't wait to go tubing again. Northern Blood Kindred is hosting our Folkish Family Craft Day and Mayday Blót in Bloomington, MN. May 18th 12PM and our Second Annual Folkish Family tubing trip at Cannon Falls on 7/12/25.

Upcoming Events

**Folkish Family Kids
Craft And Mayday
Event With Northern
Blood Kindred
May 18th
12 PM
Bloomington, MN**

**Contact Folkbuilder
Jason Gallagher For
More Info
jgallagher@
runestone.org**

**Second Annual Folkish
Family Tubing Trip
With Northern Blood
July 12th
11AM
Cannon Falls, MN**

**Contact Folkbuilder
Jason Gallagher for
Location.
Jgallagher@
runestone.org**

Coming in July is our Second Annual Folkish Family Tubing trip on the Cannon River in Southern Minnesota July 12th at 11AM.



Senior Folkbuilder Jason Gallagher
jgallagher@runestone.org

**Dakota's
Members
Call**

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

My Sumarmál



My family held blot to Freyr for Sumarmál.

We offered gifts to Freyr of the best of ourselves. We gave him our love, our praise, our strength, and our energy. The horn was heavy with the gifts we offered.

We asked,

"Freyr, should you to bless the gathered Folk.

May we be blessed with prosperity and good health.

May our animals, our crops, and our children grow healthy and strong.
May the storms we face as Folk be mild. May we weather them with our heads held high,
With courage and with dignity.
May the summer rains nourish our lands
and may your gifts nourish our souls."

I then cracked the eggs into the fire that had been a part of the Sister Egg Project. I asked Freyr if he found it worthy to see the energy poured into the eggs over these months and if he would direct that intent to our Sisters to hear the call to come home.

Hail Freyr!

Hail the Folk!

Hail the AFA!

Hail Victory!

Upcoming Events

Wisconsin Dinner Moot

**You are invited
to
join us
on**

**May 23rd at 6pm
for Food and Frith**

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



Folkbuilder Sara Ault
sault@runestone.org



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