


The Runestone: Voice of the Asatru Folk Assembly


**Njörðshof**  
**Fourth Hof of the Asatru Folk Assembly**


<http://www.njordshof.org/>


**August 2024**

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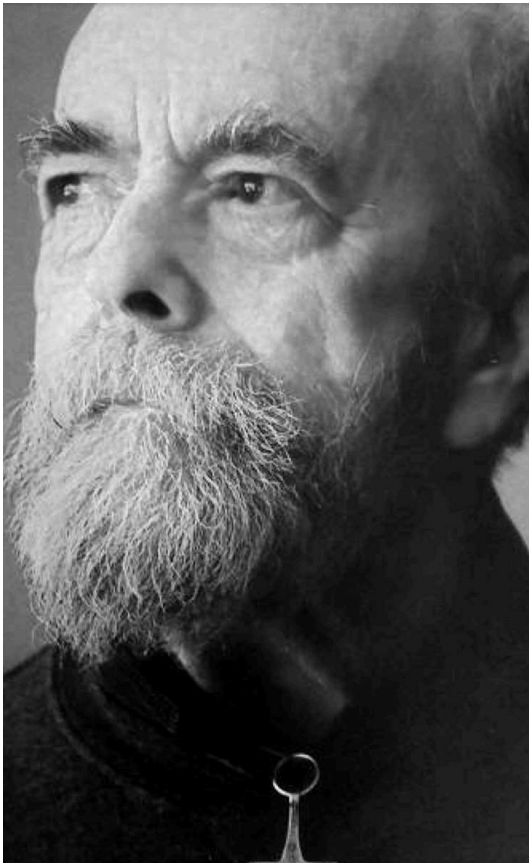
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# Words from the Alsherjargothi



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

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

*Goðar Beyond Death*

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

So to with our departed Goðar!

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

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

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

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

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

Loyalty is eternal!



Matthew D. Flavel  
Alsherjargothi, Asatru Folk Assembly  
[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

## Words from our Gothar

*Why Do We Have Hof's?*



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

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

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



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

Another example of an Ásatrú temple comes to us from England, in the region of East

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



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

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



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



Gothi Trent East  
[teast@runestone.org](mailto:teast@runestone.org)

### *Victory, The Tenth Noble Virtue*



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

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

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

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

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

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

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

Hail the Gods!

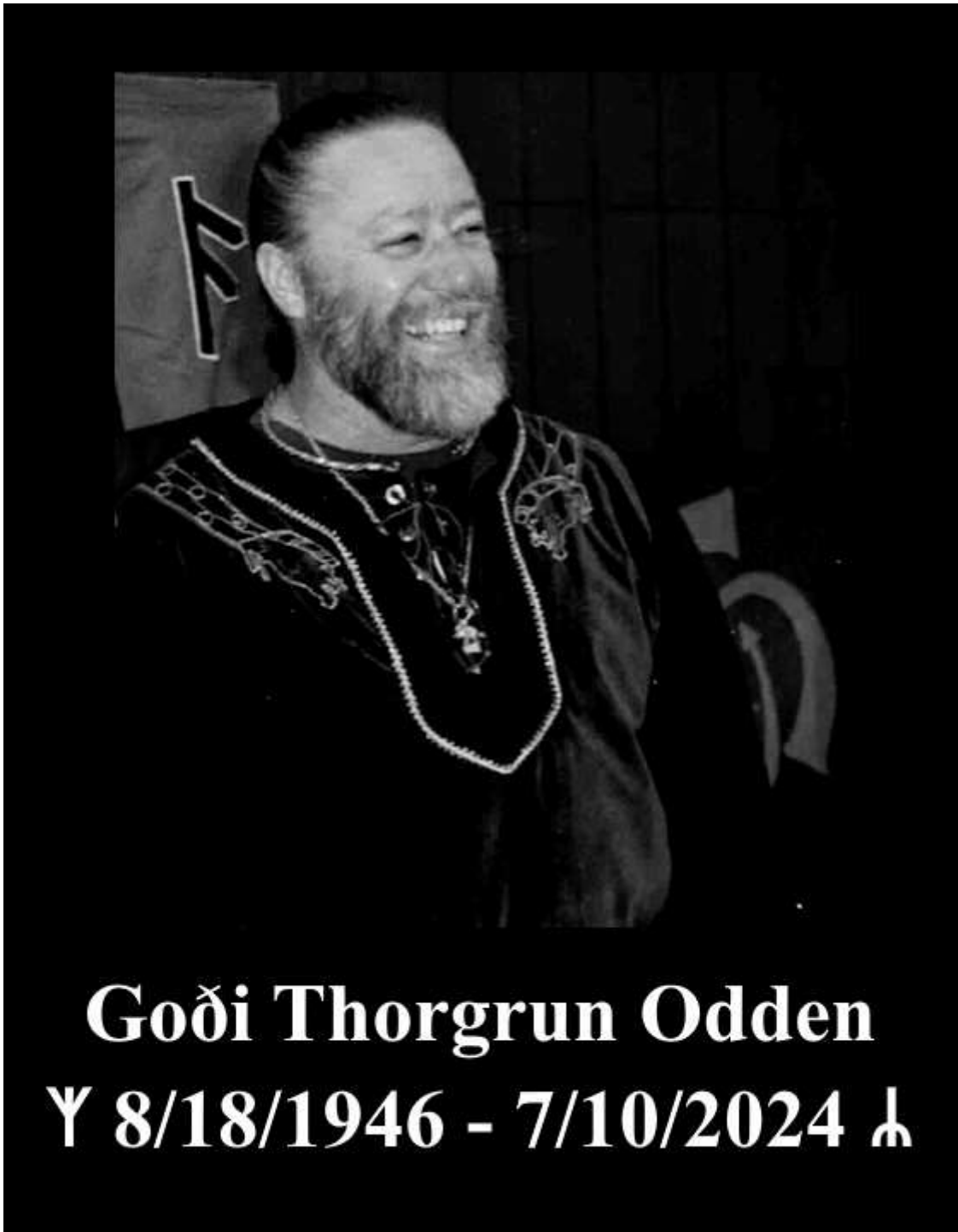
Hail the Folk!

Hail the AFA!  
HAIL VICTORY!



Gothi Nathan Erlandson  
[nerlandson@runestone.org](mailto:nerlandson@runestone.org)

## The Folk Remember



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

Hail Goði Thorgrun Odden!  
The Folk Remember!

*Memorial Service for Goði Odden*

**Memorial Service**  
**Goði Thorgrun Odden**

18 August 1946 ~ 10 July 2024



**Sunday, August 18, 2024**

**Óðinshof Cemetery**  
8408 LaPorte Road, Brownsville, CA 95919

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

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

RSVP please: [sheila@runestone.org](mailto:sheila@runestone.org)  
530-575-8692

# Ásatrú Trúlögmál



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

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

We have known for a long time that a clear expression of the fundamental beliefs of the AFA was needed and recently, we took the first steps in presenting that in a clear and straight forward way. Please know this is the first step and is by no means all-encompassing. The intention here is to express the very fundamentals of our religion in one place, in a way that is easy for our AFA family to reference as well as a document to explain our religion to those who ask: "What is it that you guys believe?"

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!

Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

[mattflavel@runestone.org](mailto: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:

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

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

Hail Freyr!



Matthew D. Flavel  
Alsherjargothi, Asatru Folk Assembly  
[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

## Sigrheim: Home of Victory

*Sigrblót at Sigrheim II : A Recap*





Nestled deep in a holler between a bunch of western Appalachian hills on 70-acres of gorgeous land dedicated to our Æsir, the high holy Gods of our Aryan Folk-conscious. That's where this all took place last month. A whole smatherin' of industrious hard work mixed with some dedicated perseverance leading to a solid display of Victory. That's how I'd describe the second annual Sigrblót hosted at Sigrheim.

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



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

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



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

Hail the Æsir!  
Hail the Folk!  
Hail the AFA!  
Hail Týr!  
And Hail Victory!

*Support the Home of Victory*



Help Sigrheim get stocked  
and ready for our Folk!

Donate Supplies  
from our  
wishlist ✨ ✨ ✨  
amazon

Thank You!

CLICK HERE

*A Folksiving Dedicated to Victory*





Folkbuilder Nicholas Rice  
[nrice@runestone.org](mailto:nrice@runestone.org)

**Victory Never Sleeps**



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

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

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

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

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



**TEES, TANKS, SWEATERS!**

**MUGS! HATS! STICKERS!**

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



Matthew D. Flavel  
Alsherjargothi, Asatru Folk Assembly  
[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

**AFA Asatru Academy**





Check out the Asatru Academy at [AsatruAcademy.org](https://AsatruAcademy.org)



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

*School Starts Soon!*



Hello Folk,

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

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

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

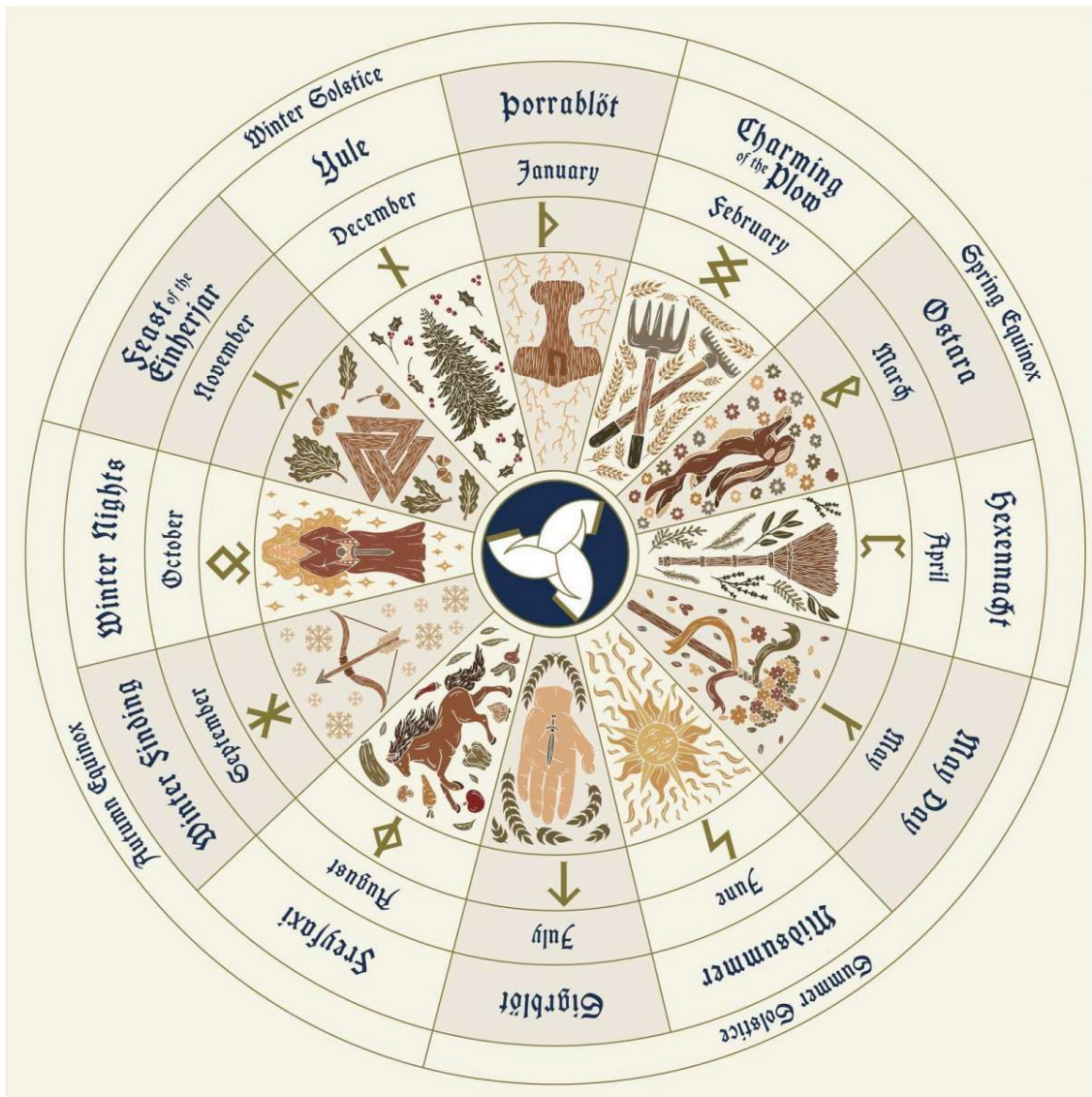
The Academy staff is dedicated to your home school success. We have experienced home schoolers, a former schoolteacher, a former professor, and very knowledgeable Folk in our staff that will help you every step of the way.

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



Goði Rob Stamm  
Dean of the Ásatrú Academy  
[rstamm@runestone.org](mailto:rstamm@runestone.org)

## Remembrance & Holy Days



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

2024

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

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

## August



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

## Days of Remembrance

*King Osric of Deira | August 1st*



634 ᚱ

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

the region.

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

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

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

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



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

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

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

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



**Hail Kind Osric of Deira!**



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

*King Radbod of Frisia | August 9th*

*Y 648 - 719 A*

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

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

he would rather burn in Hell with his Ásatrú ancestors than live in Heaven with beggars.

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

What can we learn from this story?

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

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

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

Hail King Radbod of Frisia!

Hail the Honored Dead!

Hail the Ancestors!

## Holiday

*Freyfaxi | August 17th*



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

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

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

Hail Freyr!

**Upcoming National Event**

*Freyfaxi at Baldrshof | August 16th-18<sup>th</sup>*



Join the gathered Folk for Freyfaxi at Baldrshof 2024!

This weekend will include:

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

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

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

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

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

Get your tickets [HERE!](#)



Witan Brandy Fassett  
[bfassett@runestone.org](mailto:bfassett@runestone.org)

*Freyrs Harvest Feast | September 20th-22nd*

# FREYR'S HARVEST FEAST SEPTEMBER 2024







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

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



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

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

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

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



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

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

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



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

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

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

Any questions please feel free to reach out.

Get your tickets [HERE!](#)



Folkbuilder Tyler Heinlein  
[theinlein@runestone.org](mailto:theinlein@runestone.org)

*Winter Nights XIII | October 11th-13th*



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

This long-running AFA festival is dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, Goddesses, and Ancestral Mothers. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships. We look forward to seeing members and friends!

Your registration fee includes all workshops, lectures, meals, tent sites, and of course our holy rites. Only AFA members and vouched-for guests will be admitted to this event. If you are not an AFA Member you should confirm with the member who is vouching for you that they will do so when asked about your registration.

Things to know:

- Children 17 and under attend for free!
- Meals are included with all passes.
- You will need to bring your own bedding and it can get COLD at night, so plan accordingly.
- Accommodations are on-site tent camping. Bring your tent!
- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

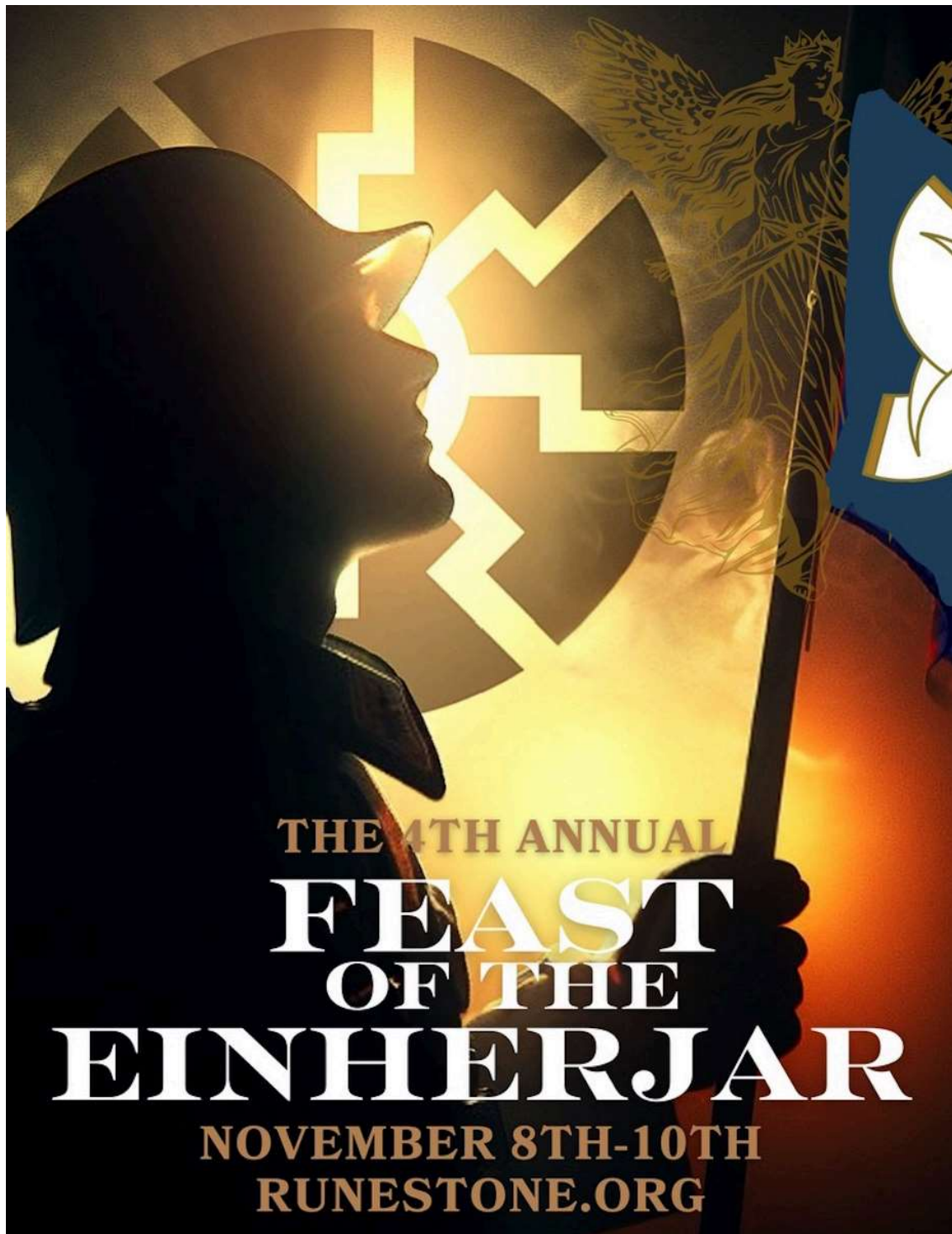
If you have any questions or concerns, please email [cerickson@runestone.org](mailto:cerickson@runestone.org)

Get your tickets [HERE!](#)



Witan Clifford Erickson  
[cerickson@runestone.org](mailto:cerickson@runestone.org)

*Feast of the Einherjar | November 8th-10th*



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

Get your tickets [HERE!](#)



Gothi Nathan Erlandson  
[nerlandson@runestone.org](mailto:nerlandson@runestone.org)

## A Folk Services Campaign

*Help Fritz Jump-Start His New Lease on Life*



Hello Asatru Folk Assembly:

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

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

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



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

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

Best Regards,  
+ JH/FM

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

## Be a Doer



### We need you to volunteer for the AFA!

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

Please email [volunteer@runestone.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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

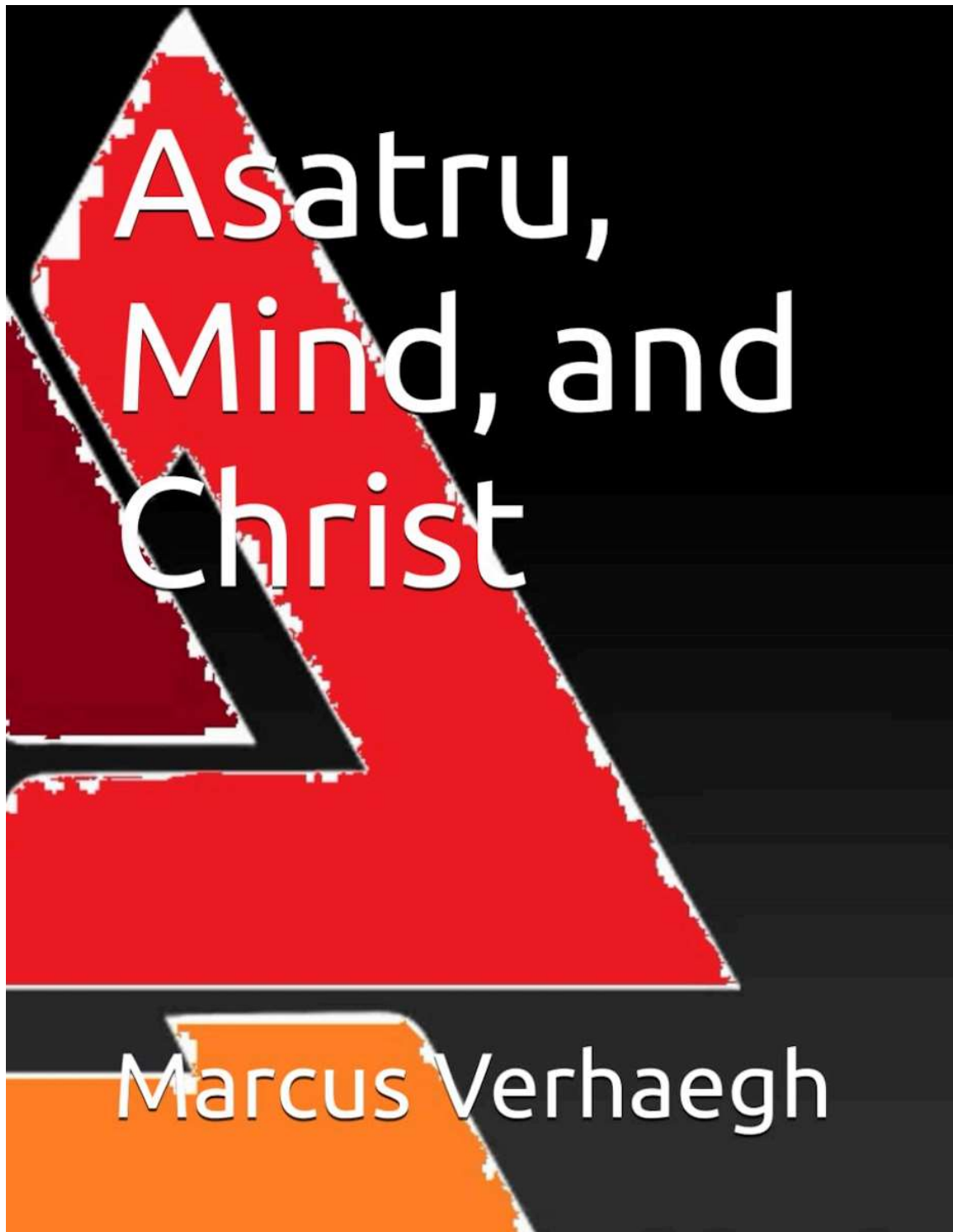
By the example of our Folkmother, Else Christensen, we will also be going into prisons as we are able to. Some of our Gothar and other leadership, will be going into the prisons to hold study groups, lead blot, and encourage continued growth in the folk inside.

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](mailto:prisonministry@runestone.org).



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

**Artisans of the AFA  
Support Our Folk**



A big shout out and congratulations to Marcus Verhaegh!

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

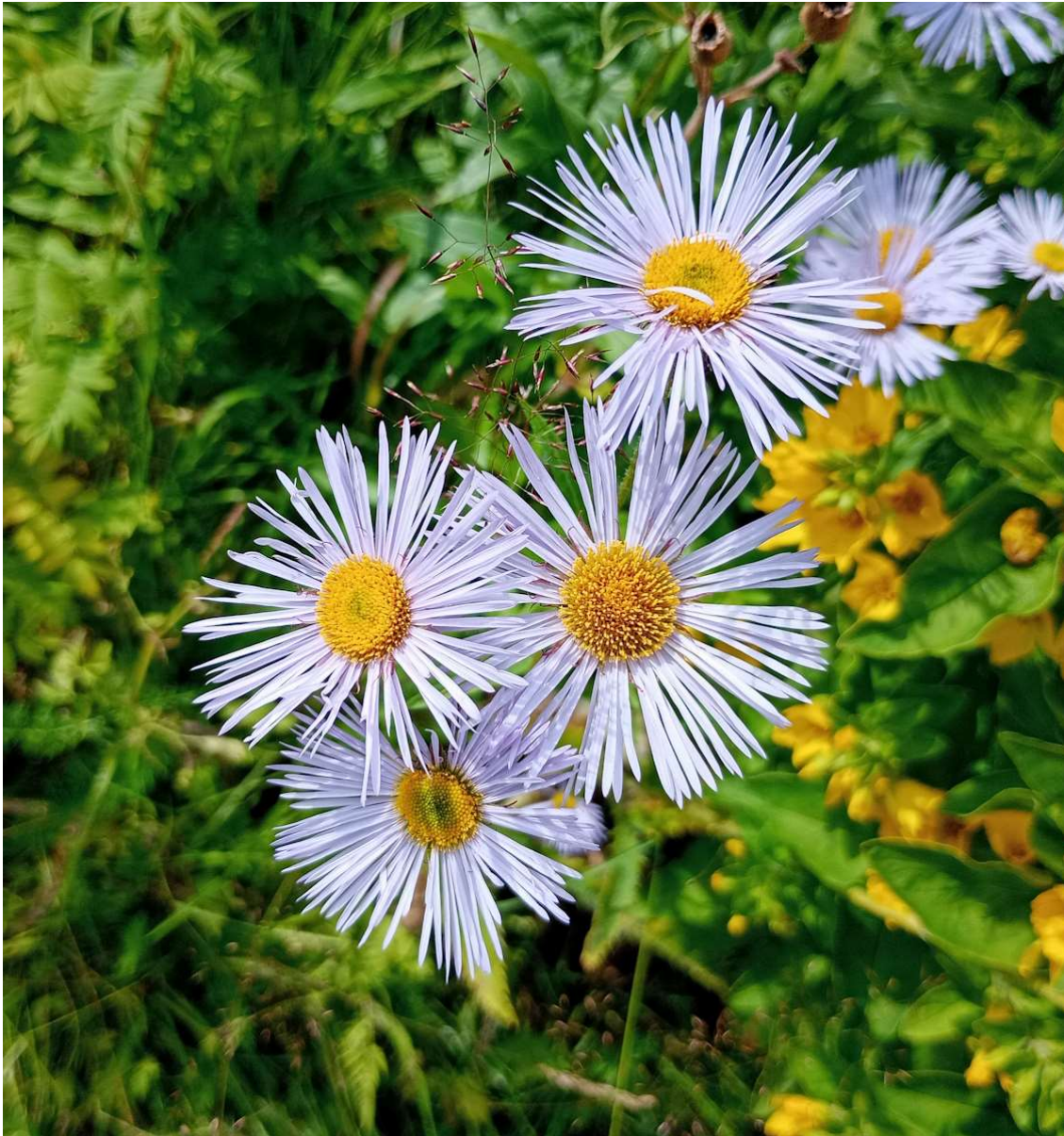


"Not a "how-to" book but a man's journey in understanding the nature of the folk-soul and why Asatru is the only really option." — Gyöja Sheila McNallen

Hail Marcus Verhaegh!

Hail Victory!

## A Boast to AFA Leadership



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

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

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

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

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

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

Hail the Gods!

Hail the Doers!

Hail the AFA!



Erik Lugnet  
Apprentice Folkbuilder  
[elugnet@runestone.org](mailto:elugnet@runestone.org)

## Ancestral Culture and Crafts

Ancestral Culture and Crafts



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

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

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

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

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



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

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



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



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



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





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

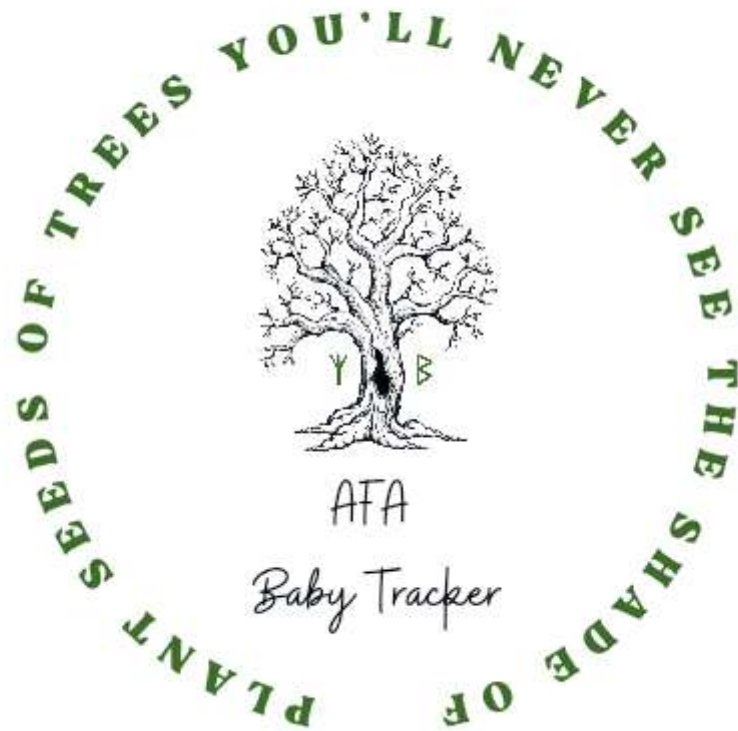
Hail the Spirits of the Harvest!

Ron Boardman



Apprentice Folkbuilder  
[rboardman@runestone.org](mailto:rboardman@runestone.org)

## Baby Tracker



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

Total babies born in 2024: 21

## Online Events and Meetings



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

[AMcStocker@Runestone.org](mailto:AMcStocker@Runestone.org)

The graphic is set against a dark brown background. At the top, the words "SISTERS SUNDAY CHATS" are written in a light pink, rounded, sans-serif font, arching over the central illustration. The illustration features a white cat with yellow and orange stripes, curled up and sleeping. To the right of the cat is a bouquet of flowers, including white daisies and red strawberries on green stems. A red ribbon is tied around the base of the bouquet. Below the illustration, the text "Second and fourth Sunday of the month" is written in a light pink, serif font. Underneath that, "to am central" is written in a smaller, light pink, sans-serif font. The text "Contact Folkbuilder Ali Clausen" and "and" are written in the same light pink, serif font. Finally, "Apprentice Hope White for details" is written in the same light pink, serif font at the bottom of the text block.

SISTERS SUNDAY CHATS

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



# AFA Reading Challenge Meetings



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

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

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

# *Ladies Book Study*

**Revolt Against the Modern World**

**by Julius Evola**

**Starting**

**July 11th**

**7 pm CST**

**We will meet  
every Thursday.**

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



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

**For more information contact**

**Witan Brandy Fassett**

**Folkbuilder Sara Ault**





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

Contact with any questions you might have — [aplourde@runestone.org](mailto: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](mailto:jplourde@runestone.org)**



Fridays Aug 9th and 23rd @ 2pm Pacific

Tuesday 20th @ 5pm Pacific

Contact with any questions you might have — [Sheila@Runestone.org](mailto:Sheila@Runestone.org)





## Just for Fun

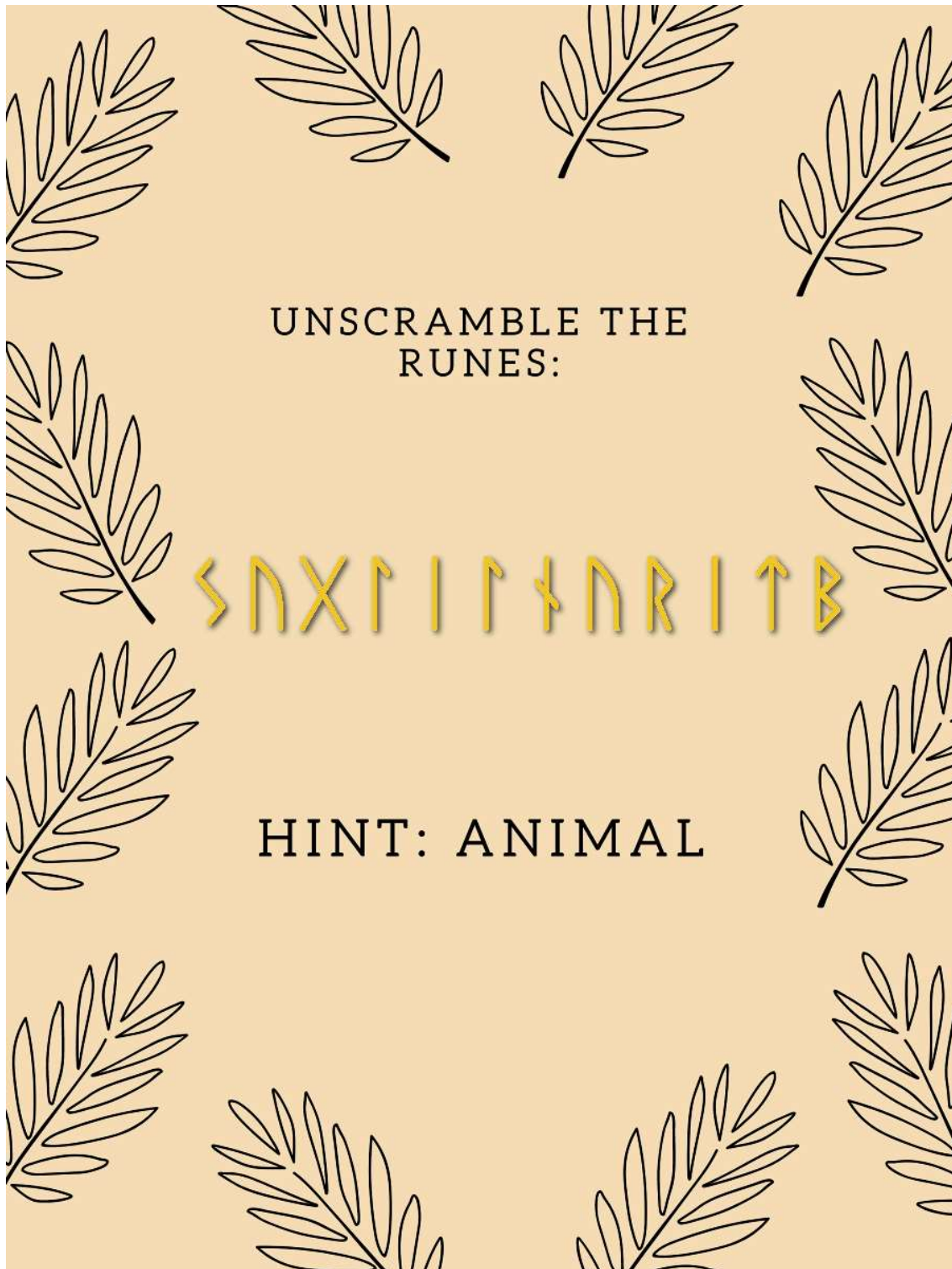
July was a hot and fun one! We are sending a huge shout out to Autumn and Bryson for being super readers, each reading 500 minutes this past month!



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



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



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

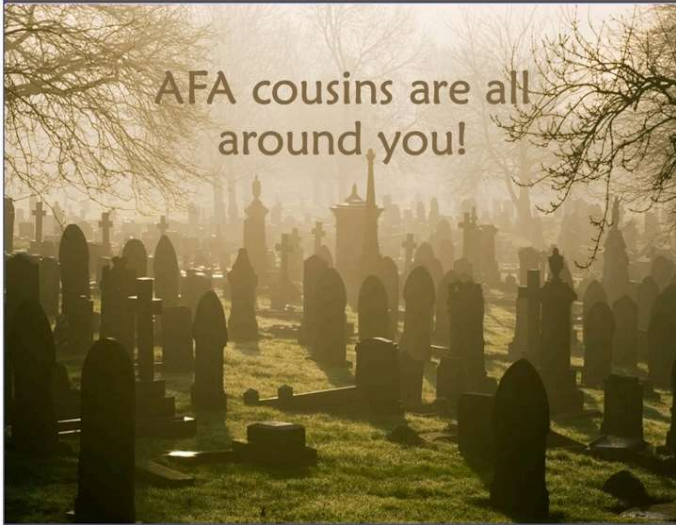




Folkbuilder Olivia Sutherland  
[osutherland@runestone.org](mailto:osutherland@runestone.org)

## Genealogy and Kinship Charts

Join the AFA Genealogy group on MeWe!



Who are your closest cousins in the AFA?

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

Deadline: 8/10/24

CONTACT  
[sheila@runestone.org](mailto:sheila@runestone.org)  
Gythia Sheila McNallen



Gythia Sheila McNallen  
[sheila@runestone.org](mailto:sheila@runestone.org)

## Calling All Folk Photographers

**Took some awesome pics at a moot or event? Were you at the Hof recently?**



**We'd love to see 'em. Send to [Photos@Runestone.org](mailto:Photos@Runestone.org)**



Folkbuilder Nicholas Rice  
[nrice@runestone.org](mailto:nrice@runestone.org)

## Store Spotlight



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



**New Designs All the Time!**

Check out [Runestone.org/Store](https://Runestone.org/Store) weekly so you don't miss one!



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



Folkbuilder Nicholas Rice  
[nrice@runestone.org](mailto:nrice@runestone.org)

## Njörðshof

### Food Pantry at Njörðshof



It was our privilege to feed 65 families at the food pantry this month. We saw many familiar faces and a few new ones. One family had just moved the county and couldn't find the Hof until the pantry had closed, but we scraped up a little money to help

welcome them to the county. We talked about our faith, and I gave them my card so they might find their way home.



It was also our first month giving out food for Feeding Pets of the Homeless. We were able to pick up donations from our partner in Lake City, Caring Hands Animal Hospital, to help 3 local families feed their pets. This Midsummer the bright fame of Baldr, and the prosperity of Njörðr did shine on the community around the fourth Hof of the

Asatru Folk Assembly.

Hail the Njörðr!



Gothi Lane Ashby  
[lashby@runestone.org](mailto:lashby@runestone.org)

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## Sigrblót at Njörðshof



This month we focused our thoughts on Victory, the tenth noble virtue. We celebrated our victories as individuals, as a church, and as a people world wide.



We started our event with a brief ritual to Nerthus, whose statue graces our Vé. We asked that she be present with the Folk at this Hof, and to bless us with an abundance of Frith. Our ladies especially asked for guidance when it comes to our ability to weave that Frith for the Folk.



Lunch was an amazing showcase of the cooking talents of our members. The main dish this month was homemade Swedish meatballs, provided by Emily Cosgrove. The rest of the serving tables were filled with a wonderful spread of sides and desserts.

Following lunch, our Goðar led a discussion surrounding our god Tyr, and how by reaching toward that level of nobility we find ourselves on the path to Victory. Immediately after our discussion, we gathered for a Blót to Týr. Goði Jason Plourde led us in offering up the best of our hearts to our noble god, with our heads high. The mood carried on into Sumbel, where we raised the horn to our loved ones, our Gods, and our current victories. Celebrating your own wins is a good feeling, but celebrating all of our wins is a great feeling.



Our final piece of this event was a mini caber toss. Participants competed for an Irene Plourde original painting. After many great tosses, and many more laughs, John V. walked away as our winner.

Thank you to everyone that made it out this month. If you couldn't, we saved you a seat for next time.

Hail Njörðr!

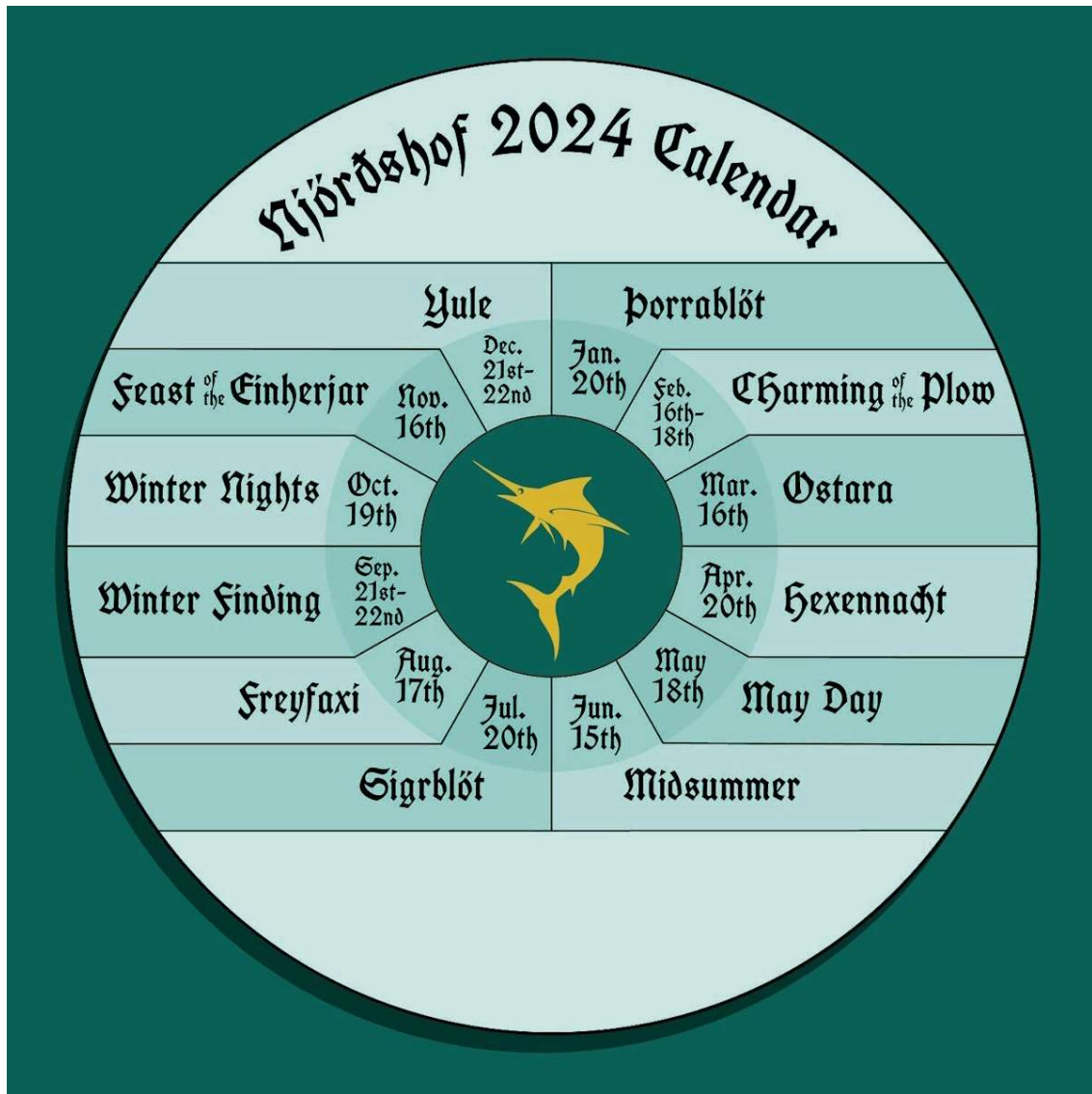


Gythia Anna Plourde  
[aplourde@runestone.org](mailto:aplourde@runestone.org)

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## Upcoming Events at Njörðshof







Exciting news! We're going to have a bake sale fundraiser during Winter Finding in September! Due to the unique challenges that we face in the Njörðshof kitchen (it's the size of a postage stamp!), we came up with the idea of utilizing roasters. We have a goal of buying three, plus foil liners (to use during multi-day events), which is about \$400.

We have a lot of culinary talent, and we know we can put together an awesome

selection of goods! Cookies, brownies, pies, breads, pickles, jams, candies... whatever your specialty is that you would like to donate, please reach out!

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## Arkansas

### *Birthday Bash*



The day started with Celine knocking at the door early in the morning. She brought in peanut butter cookies that she made from scratch. I added these to the bratwursts, birthday cake, and doughnuts. A little while later Austin came, and then Scotty. Unfortunately, before the rest could make it, Austin had to run to work. Around 3pm, the others arrived, and Heather brought me a fantastic gift. Celine has taken to painting cards for people's birthdays, and handed me one that was a solar cross of fire. After we ate, we went and hiked on a trail for a bit before ending the day. It was a perfect day, thanks to my great friends here in Arkansas.

### *Benton Moot*



Today I set out to meet a new member that joined In Arkansas. We met at a Mexican restaurant in Benton. After some quick Lunch, we went our separate ways. I look forward to introducing him to the rest of the Arkansas community.

*Fun at Freyfaxi*



The rune Jera symbolizes this time. Jera means year and symbolizes the completion of the harvesting season from Charming of the Plow until now. Charming is when seeds are planted, Freyfaxi is when fruits are harvested.

Every harvest of the season was necessary to the survival of the community. This ensured that there would be food to see them through the long winter months. The seeds that were planted after Mayday grew and some of them would be bearing fruit.

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

The first sheaf of harvested grain was bound and blessed for the gods and the Vættir. Bread baked from the first harvest was also made into an offering and shared with the community.

In the past, this is also when the warriors who had gone off to fight at the end of the planting season came back, loaded with a summer's worth of plunder and ready to reap the crops that had ripened while they were gone. It is almost like the American thanksgiving, feasting and celebrating the first fruits and grains from harvest.

In modern times, this is often just before kids go back to school, giving families and kindreds a good opportunity to celebrate together before the added stresses of homework and extracurricular activities. While the celebrations were modest compared to some of the other major holidays, it was still an excellent reason to gather in celebration and to recognize the prosperity in our lives.

Freyr represents prosperity and Faxi is referring to his horse. Since bread is important at this time, making a horse out of bread and offering it to Freyr to bless and then breaking it and offering to the Folk is a tradition that the AFA will be honoring.

### *Upcoming Events*

# JOIN US SATURDAY AUGUST 10TH



**Little Rock Arkansas**

**LUNCH MOOT**

Contact Folkbuilder  
Jesse Parton or  
Apprentice Tabi Owens  
for details



Folkbuilder Jesse Parton  
[jparton@runestone.org](mailto:jparton@runestone.org)

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**Florida**

## *German Restaurant Moot*



A warm summer evening brought together a group of close friends at Hollerbach's German Restaurant, filled with the aroma of freshly cooked spätzle and the sound of laughter as the musicians performed on stage. The soft glow of candles and twinkling string lights created a welcoming ambiance as they gathered around the dinner table. Florida friends, who had been inseparable since 2022, chatted and caught up on each other's lives as we shared a delicious meal, an exciting day of shopping for clothes for my boyfriend, and after and decadent chocolate cake for dessert. The evening was filled with stories, jokes, and memories, rekindling the strong bond we shared as we savored each other's company and the joy of good food and warm conversation.



Folkbuilder Tracy Adler  
[tadler@runestone.org](mailto:tadler@runestone.org)



## Georgia

### *Georgia Brunch and Hike*



This month, I was joined by our new member Erich and our resident woodcarver Gilbert for a great brunch south of Atlanta. The food was excellent, and we braved the choking humidity on the trail afterward to help settle our meals.

The hike was a spontaneous addition to the Moot, and it was great to spend more time with my Georgia Folk after the main moot had ended. I appreciate the two of them for making the long drive south to me for this! The trek is always worth the community we build together.



Folkbuilder Jordan Wells  
[jwells@runestone.org](mailto:jwells@runestone.org)

*Georgia Museum Moot*



On July 27th, six Georgia members met up at Fort Benning's National Infantry Museum. This museum holds a special place in my heart, as I graduated Army Infantry

School on the nearby parade field, so it was great to walk through it with some great Folk eight years later!



Gođi Mayo, also a former Infantryman, and I made it a point to give something of a guided tour to the other four members. We spoke on the courage of the American and European infantry units over the last few centuries and told stories of our respective units when they fought in various conflicts. We also found a couple of German infantry mannequins that look eerily like yours truly.



After the museum, all six of us went to a local favorite barbecue restaurant in Columbus, and spoke about the Hofs and AFA culture to the newer member that joined us for the event.

Keep an eye out for future events here in Georgia, and all across Njörðshof District!



Gothi Trent East  
[teast@runestone.org](mailto:teast@runestone.org)

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## Texas

*Dallas Texas Moot*



We got together in the afternoon for some lunch. After some good food and conversation, we headed out. Excited to meet again in the future and get some more people out. Look forward to seeing you at the next moot!

— Kyle Ayers, member

## *European Vacation*



I hope you are all doing well out there. I just returned from a vacation to the motherland, specifically Spain, Andora, and France, with my family. The best part for me was coming back and witnessing the Aha moment with my children. Like any parent, I try to teach my kids so much about society, culture, history but often they dismiss it as children do. Experiencing Europe gave my children many lessons about the world that I had struggled with in words to deliver.

I could see during our conversation upon returning to Texas that they finally could understand many of the things I had been trying to tell them. Sometimes it is hard to teach people through words alone, but being somewhere, experiencing and feeling a place can teach us so much.

I wish that I had taken them far sooner but better late than never.



Patrick Wynne

Apprentice Folkbuilder  
[pwynne@runestone.org](mailto:pwynne@runestone.org)

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