

Njörðshof
Fourth Hof of the Asatru Folk Assembly

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

December 2024

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Words from the Alsherjargoði



December marks the close of the 30th year of the Asatru Folk Assembly! We have done amazing things together in those 30 years and we have much greater things to accomplish in the next 30! One amazing thing about the growth we have had over the years is how much we can accomplish when we work together. We have members with every different passion and every different skillset you can imagine. What's more, many passionate and skilled members want to help the AFA and don't know how. I want to work hard to get these amazing people mobilized!

We need Folk with social media and digital marketing skills. We need folks who know about search engine optimization. We need folks who know how to work algorithms to get the AFA in front of as many eyes as possible. The biggest reason we are not bigger is that such a schooling number of our folk don't know about us!

We need CAD/construction/engineering/architect folks to help us build a solid and real plan for our construction of Týrshof. The sooner we get a detailed plan, the better off we are.

We need history/library/writers to help with the history projects that are a big priority for us.

We need judges/lawyers/paralegal folks to build a staff for our Lawspeaker to make sure we get the very best from utilizing the system we are in.

We need grant writers to....find and write grants.

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

Hail the Æsir!

Hail the Folk!

Hail the AFA!

HAPPY YULE!

Announcements, News, & Noteworthy

11/10/24 - Nathan Erlandson and Ashley McStocker were united in marriage.
CONGRATULATIONS TO THE ERLANDSONS!

Matthew D. Flavel
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Words from our Witan

Önd, The Vital Breath



Continuing our discussion on the Soul Complex, this month we are discussing the Önd, the vital breath. We will be using Stephen McNallen's *Ásatrú, A Native European Spirituality* as well as *Runelore* by Edred Thorsson as our primary material.

It was among the gifts of Óðinn and his brothers given at the creation of our Folk.

From *Völuspá*, we read....

"Spirit gave Óðinn, sense gave Hoenir, blood gave Lodur, and goodly colour."

In Old Norse, "Önd gaf Óðinn, óð gaf Hœnir, lá gaf Lóðurr, ók litu góða."

In Thorpe's translation we see Önd translated as spirit. Webster defines spirit as "a force within a human being thought to give the body life, energy and power."

It is the divine spark, that which animates the body, the spirit, the consciousness.

From Runelore, "The önd is the divine spark, the all pervasive energy on which all life is based...The concept is similar to the Indian prána, and even the word itself is related to the Sanskrit ātman (spirit, self). It is the bridge to higher levels of being."

I like to compare the Önd to electricity. A light bulb without current to it, is still a light bulb. With the electric current is its complete self, providing light in the dark. You disconnect that current, the light goes out. It is the same with Önd. It is much more than "breath" it is your connection to divine current, the wind of the cosmos. Once disconnected, we fall short of what we are meant to be. The current is still there, it discharges elsewhere, and the self is not what it is destined to be. Remember your life before Ásatrú, that is you without Önd. Wandering,lost, no purpose, no place. Squandering your existence, having no direction. We lack awareness without the connection to Önd.

We often use Galdr in magical practice. Some use meditation. In the literal sense, this is where breath work comes into play. Using Önd to work your Will. When using Galdr, you are using your breath to manifest cosmic consciousness, through breathing and vibration or sound. While in a meditative state, your breathing is vital. Breathing in slowly, for four to five counts, holding it for one count and a controlled release for four or five counts. Hold for one. While you are controlling your breathing this way, your resting heart rate begins to lower. Then you begin visualization or whatever your technique from there. It all begins with controlled breathing, using your Önd.

Önd is the first of Óðinn's gifts; let us not waste it. Speak bright words, when you Galdr, focus on your breathing, breathe with intention. Use your words with intention.

Dedicate 30 minutes per day to exercising your Önd. Using the formula above, breathing in 4 or 5 counts, hold for 1 count, release for 4 or 5 counts and hold for 1. Then repeat for :30. The body will eventually mimic sleep, while remaining lucid and conscious. This is where the mind and body need to be when doing magical work,

between consciousness and unconsciousness. At a natural threshold as it were.

Repeat this for 30 days. You can expand on the rhythm as you'd like, perhaps breathing in and out for a count of ten, but go at your own rate.

Spiritual exercise begins with discipline. The Lik is another example, through training and discipline, we shape the chariot of Blood and Flesh, to manifest our Will in Miðgarðr. The exercise of Önd also requires discipline and should not be rushed.

The Önd is the bellows that feeds the flame upon the altar of our hearts. Let that light never diminish. Let it burn ever bright as a beacon to those who are lost, let it be the signal fire around which your folk gather.

It is my hope that the reader finds this material useful, and put the exercise to use, to further yourself, it is our duty to sacrifice ourselves to our ourselves. To give that which you are to that which you desire to be, what you are destined to be.



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Trolls, Dwarves, Elves, Oh My!



Trolls, Dwarves, Elves, Oh My!
<https://youtu.be/6aMza-pYT2I>



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Words from Our Goðar

The Runes

The Folk Futhark

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The word "rune" means "secret" or "mystery", and that is why Lord Óðinn had to make such a sacrifice to gain their wisdom! The runes are not the symbols we use to represent them, but rather the meanings behind these ancient symbols. That said, there have been four different mainstream rune rows used by our Folk over the centuries: the Elder Futhark, Younger Futhark, Anglo-Saxon Futhorc, and the Armanen runes.

These rune rows each represent different phases in our people's history: the Elder Futhark for the Germanic Iron Age, the Anglo-Saxon Futhorc for the Migration Period, the Younger Futhark for the Viking Age, and the Armanen runes for the early revival of Ásatrú by Meister Guido von List. As the AFA is reforging Ásatrú, Witan Svan and the Alsherjargoði have combined the four rune rows into what is unofficially called the Folk Futhark.

The Folk Futhark is made with staves from all four rune rows, using Old Norse names for the runes in accordance with the AFA's use of Old Norse as something of a

"liturgical language," while retaining the meanings that people associate with the Elder Futhark specifically. This new rune row perfectly encapsulates the AFA's mission of honoring every time period and location of Aryan history, while incorporating the use of Old Norse to fit alongside all of the other vocabulary used in Ásatrú!

Here is a breakdown of the new rune row:

- Fehu - Fé (Cattle, wealth)
- Uruz - Úrr (Aurochs, power)
- Thurisaz - Thurs (Giant, thorn, offense/defense)
- Ansuz - Áss (God, the Æsir)
- Raidho - Reið (Journey, right action)
- Kenaz - Kaun (Torch, craft)
- Gebo - Gjöf (Gift, reciprocity)
- Wunjo - Ynði (Joy, harmony)
- Hagalaz - Hagl (Hail, coming storm)
- Nauthiz - Nauð (Need-fire, necessity)
- Isa - Íss (Ice, iron will)
- Jera - Ár (Year, cycles)
- Eihwaz - Ýr (Yew tree, Yggdrasil, death)
- Perthro - Perapollr (Pear tree, lot cup, womb)
- Algiz - Elgr (Elk, life, connection to divine)
- Sowilo - Sól (Sunna, victory over darkness)
- Tiwaz - Týr (Týr, victory)
- Berkano - Bjarkan (Birch tree, birth, springtime)
- Ehwaz - Jór (Horse, marriage, teamwork)
- Mannaz - Maðr (Man, Folk, community)
- Laguz - Lögr (Lake, leek, healing)
- Inguaz - Yngvi (Freyr, seed)
- Dagaz - Dagr (Day, dawn, return of spring)
- Othala - Óðal (Estate, home, Gimlé)

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The Runestone - A Throwback

The Yule Alf and Yule Bock



This is a tradition at my house, and I encourage anyone who feels inspired to take up this tradition, especially if you have young children and you're able to do so because I think it greatly encapsulates our ethics of the season.

On the night of the 20th the family gathers around the Yule log. The Yule log is a sacred symbol; the symbol of light a, symbol of returning, but it's something else...it's also a beacon, a signal. When the family lights the Yule log, its light awakens the Yule Alf.

Every family has their own Yule Alf, in some families he is old and others, especially new families that are taking up the tradition of calling him, he may look young. Some say that he lives in the inglenook near the fireplace and in the hearths or wood piles. He uses the Ash and the smoke from the Yule log to make the Yule goat. (My children call him Old Billybock.)

He goes then from Mother's Night, and he takes his goat down into the shadowland—the place where the ancestors live beyond the veil. And he takes from them gifts that are specifically given to their descendants.

He then returns; it is a three-day journey, so on the morning of the 24th (Ancestors Night). He places under the Yule tree the packages usually wrapped in brown paper and twine, and written sometimes in runes are the names of the ancestors that gave those gifts. e also places his own little gifts in the stockings and shoes of the children and eats the offering that the children leave him.

He then wiggles his nose and says a magical spell and he and the Yule goat dissipate back into the smoke and light of the Yule log that summoned them until next year.

When the children wake up in the morning, they see the ancestors' gifts have arrived, and generally they run straight for the stockings to see what little fun gifts they got. But they can't open the ancestors' gifts until after sundown.

In the morning instead what they do is go to their rooms and grab the gifts that they bought for their siblings.

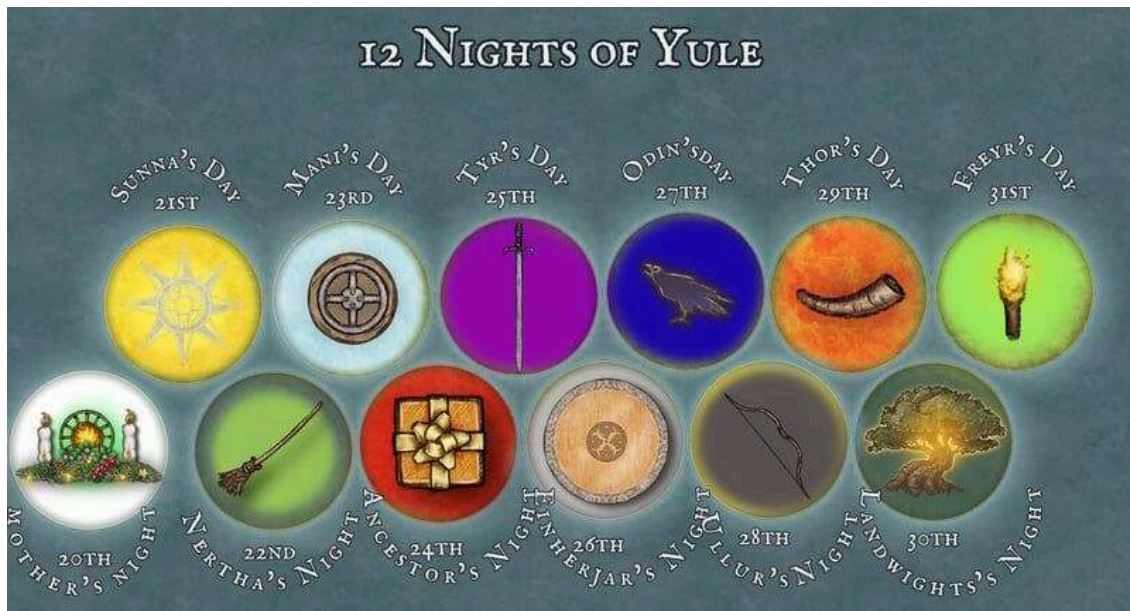
The reason for this is because they must have a giving heart to their family and kinfolk because the Yule Alf despises greedy children, and if they do not make a gift or get a gift (it doesn't have to be bought from a store...it can be made with love, to the best of the child's ability) for their siblings. If the children are miserly, the Alf will bring them a burnt piece of stick to place inside their stocking next year.

They take their gifts that they got for each other and place them under the tree, oftentimes colorfully wrapped. At sundown, the Blót is conducted, and a meal is eaten. And then after the meal, pictures from the ancestors are taken and placed on the table

and the children then can go to the ancestors' gifts and open those first, but before they do, they have to learn from which ancestor it came from and a little bit about their life.

The ancestors primarily care about their descendants being warm, smart, and strong. So, the ancestors' gifts generally are clothing, hats, shoes, books etc. and the children understand that the ancestors always give you the gifts that you need and your kinfolk give you the gifts you want. So then after the ancestors' gifts are open, they can then open up the gifts given to them by their family members—generally, it's just one gift per family member. And this is what we call the gift exchange. The Yule Alf is truly the spirit of giving and gifting to your family. And every year my children immediately start thinking about what ways they can make or give things to their siblings that will make them happy around this time of year. It's truly magical and they take great joy in it.

This is Our Yule



This is our Yule tradition; it could be yours as well. Please bear in mind this is my family's and kindred's Yule tradition and is not official by way of the Asatru Folk Assembly. This is simply a fun tradition I wish to share and may be used in congruence with the official candle lighting ceremony of Yule as you see fit.

For many years, our Yule tradition has evolved. We have incorporated so much that it has become 12-day devotional time that is fun and purposeful. Most importantly it is fun and celebrates our devotion to our ancestors and our Gods during this time of year. The first night of celebration can be celebrated at your local Hof, or at a gathering

place for your Kindred or at your individual home.

A note: We have recently incorporated in the last few years the candle lighting ceremony of the Asatru Folk Assembly, but we respectfully have moved some of the virtues honored to better fit and overlay our daily devotionals. We did this with respect because the candle lighting is full of goodness and we wanted to add that goodness to ours.

Dec. 20th - Mother's Night: Before this night even takes place, you will need some things. Some of these things require some time to craft so that they can be used on this night.

- Mistletoe with a piece of ribbon for each piece
- A Yule log (usually a section of the May pole from the previous year, small holes are drilled in it to facilitate small birthday candles). It is decorated with Holly and Red Ribbon.
- Holly Wreaths (usually brought by the folk to be blessed and hung upon their doors for Yule)
- Outdoor firepit (For the Need Fire)
- Friction fire-starting kit:
 - Ash (from the hearth)
 - Cotton ball
 - 2 flat blocks of wood
- Torch (to transfer the flame from the outdoor Need Fire to the fireplace where the Yule log is. If you don't have a hearth, then you will bring the Yule log to the Fire pit.)
- A Straw Yule Goat (handmade or bought is fine)
- Seven-day Candle (these can be purchased or can be handmade)
- Dry spaghetti (to transfer the flame from the Yule log to the candle and throughout the 12 days)
- Sunwheels (handmade of preferred material. We have used metal wrapped in cloth, wood, straw, and even paper)
- Twine
- Small birthday candles
- Blót utensils to conduct ceremony

On the day of the 20th, the house should be prepped for a gathering and the firepit loaded with tinder and logs for the Need Fire, the fire kit should stand ready, make sure the cotton is dry. The Harrow (Alter) should be set before the Hearth with all your tools and the mistletoe, Yule Log, and Yule Goat placed upon it as well.

The intent of Mother's Night is to honor Frigg and all the Maidens of Fensalir and mourn the death and celebrate the eventual return of the God of the Folk Soul, Baldr. It is also the beckoning of the Yule Wight (akin to modern day Santa Claus, the lighting of the Yule log beckons him from the hearth inglenook to which he will ride the Yule Goat to get the Gifts of the Ancestors....but we will cover more of this on Ancestors night). The ceremony begins the 12 Days of Yule, and most of the Folk gathered will be continuing the rest of the Holiday at their own homes.

Conduct your Blót as befitting your tradition. Usually after drinking from the horn but before the blessings of the Hlaut bowl are given, the items you have will be used. The Need Fire is started by the Menfolk while the tables are set by the Children and the Womenfolk prep the food to be ready for plating. Once the Need Fire is lit, the Menfolk bear a torch into the home and hand it to a high standing woman who lights the Hearth fire with the torch. (The Yule log is not in the fireplace just yet). So, the Folk gather around the Harrow. The leader of the ceremony passes out birthday candles. Then every person walks up to the hearth fire and lights their candle and says the name of someone who is alive, and of kin, that couldn't be with the gathered Folk. Each person does this until the Yule log is adorned with candles. Then all the Folk touch the Yule log and a thankful prayer is uttered over it. Then the log is lifted and placed into the fire (if you do not have a hearth fire the log is carried to the Fire pit and burned there). Once the Yule log is lit and burning, Folk can light there Seven-day candles from the Yule log throughout the night before they leave. Some words are spoken upon the lighting of the Yule log.

Example*

Oh holy light, from our hearts to the hearth, shine bright!
Let the glow of our love guide you home, this dark night!
We call you gifting spirit to show us Frith, with hearts delight!
To share our prayers with our fore kin, Oh jolly Yule Wight!

This lighting of the Yule log is twofold. Firstly, it holds the light of the Folk within it and is to be carried for the 12 days, and secondly, it calls the Yule Wight to carry prayers to the ancestors and for bountiful return with gifts from the ancestors to the children.

After this the Blessings are given out from the bowl, the Holly wreathes are also blessed and the mistletoe and the Folk then gather to feast. Usually during the Feast one person will read an excerpt or the entirety of Baldr's Dream from the book

Northern Path by Douglas Dag Rossman (or perhaps simply Baldrs draumar from the Poetic Edda).

At some point, the Folk before they leave will take their seven-day candle and use a dry spaghetti to transfer the flame to their candle and then carry this home with them.

For safety, the candle should be placed in the hearth at the individual's home in a pot with a small amount of water at the bottom. If the candle gets low transfer the flame to a new candle. If the flame goes out, one of the Folk should carry a flame from their fire to the kinsman and relight their flame. This is symbolic of our community helping one another out in the darkest of times.

If you cannot travel with a Seven-day candle, then taking a coal box and lighting a coal is also allowable. Also taking ash from the Yule fire and lighting your own from that ash is acceptable but is difficult unless you know how to make a Need Fire from ash. It is also recommended that if you are far away from other Kinfolk to take enough ash to restart your flame if no one can come and rekindle your light.

Hang your wreath upon the door to protect your home from the baleful winter and the riders of the Wild Hunt and on the inner threshold of the front door hang your mistletoe and give appropriate greeting under it. Men greeting men and women greeting women in kinship should hug, men greeting women may kiss the lady's cheek or hand (whichever is appropriate) and hug, and men and women greeting children with a hug and a kiss upon the forehead is appropriate. This showing of affection is to honor mistletoe and to forgive it for slighting the Æsir unknowingly.

Thus begins the Yule.

Dec 21st Sunna's Day: After the conclusion of Mother's Night, all kinfolk go home and place their candles or take a coal or ash and start their fires to light their candles in the following morning the following day. The family gather as the Sun takes stead and they place Sunwheels upon the fire. Sometimes the sunwheels are placed on twine and spun about or are placed on rods and spun while they are alight. Sunna is hailed, Delligr is hailed, Ostara is hailed, and Dagr is hailed for the return of the Sun begins and the dark night is usurped to the glowing light.

Dec 22nd Nertha's Night: Nerthus, Eartha, Erce, Heartha, Jörð—she is honoured on the third day of Yule. The house is cleaned, and the kitchen and the Hearth are cleaned from the festivities. Stockings are hung, and the hearth is decorated. If the Yule tree is

not up yet, it is put up on this day and decorated in preparation for the Yule Wight and his return with presents from the Ancestors. That night, Blót is held in honor of the Earthmother, and a candle is lit from the Yule candle and the day's virtue is meditated upon.

Dec 23rd Máni's Day: On the 4th day of Yule, the calendar for the up-and-coming year's holidays are marked and planning begins. Making invitations and posts. Marking down other events and birthdays are also done. We also set our calendar called "The Iron Mark" which is a 364 Metonic Solar/Lunar calendar with an intercalendary day 0 which is on Mother's Night. So, all of the weeks remain but the lunar cycles are noted for months and placed upon the 52-week scale to harken the proper timing of celebrations. A Blót to Máni is held that night in honor of the luck-giver and time-keeper and thanks is given to him for placing us on the correct timing for holy tides. A candle is lit from the Yule candle flame in the name of Moderation and this virtue is meditated upon

Dec 24th Ancestor's Night: So, in the morning the Yule Wight inglenook spirit has placed the wrapped gifts from the Ancestors under the Yule tree. He has eaten his offering and filled the stockings of the family with appropriate gifts or ash and burnt wood to naughty children if they are so deserving for their ill behaviour. Ancestors' gifts have their individual names upon them and usually contain gifts of utility and care that ensure the next generations comfort. Blankets, clothing, socks, boots and the like are often what the Ancestors give. The Yule Wight is a spirit of gifting and having fulfilled his duty is pleased by giving so the family then brings their own gifts down that they intend to gift to their siblings and parents and vice versa and place them under the tree. They are left there for the day to be opened after Blót to the Ancestors and the Yule Wight. Generally, his Yule Goat is laid to rest (The Straw Bokken) and is burned during the Blót. Following this, the family gathers, and the pictures of the honored ancestors are brought in, and their gifts are dispensed out. As each child opens a gift from their Ancestor, they are talked about and told stories of their lives. Once all the Ancestors gifts are given out and opened the gift exchange begins, and each family member gives their gifts to the other family members, and they are opened.

Dec 25th Týr's Day: Týr, Teus, Tiw, Tio—he is honoured on this night of Yule. A Blót is held in his honor. Generally weapons of self-defense and protection are cleaned and blessed on this night. The Binding of Fenris is read from Douglas Dag Rossman's Northern Path. Thanks is given to the Pole star and the maintenance of order and delegations of Victory.

Dec 26th Einherjar's Night: On this night, all the ancestors that have passed in foreign wars or heroes of past wars or national heroes, those that went above and beyond their call of duty, are celebrated on this day. The family is encouraged to find historical figures, and each give a brief class on who they are honouring for that year

Dec 27th Óðinn's Day: Óðinn, Odin, Odinn, Woden, Wotan—the furious drighthen is hailed on this night as this is the last night of the Wild Hunt (which began during Winter's Finding). Usually after Blót, all manner of auspices and divination are done on this day. Runes, cards, dice, pewter drops, wax, and tea leaves are all done on this night. Also, apples are placed out for the Riders of Wild Hunt and the Lord of the Shadowed Hosts and his horse, Sleipnir.

Dec 28th Ullr's Night: Ullr, Wuldor, Ollerus—the Glorious Hunter is honoured on this night and general marks the end of the hunting season for the Folk (which began at Winter Finding). All hunting weapons and gear are serviced cleaned and blessed on this day and put away. Thanks are given to Ullr, and Blót is held to him in thanks for the fruitful harvest of animals of the season.

Dec 29th Þórr's Day: Þórr, Thunor, Thorr, Donner—the Friend of Man is honored on this day, usually a quite jubilant celebration, as this is also the night of Yule that the Folk pitch their yeast into brews intended for the next year. Þruðr, Thor's Daughter is honored as she is the matron protector of good brewing. This night is celebrated with a large feast and a good sampling of brews (within moderation) and a Blót to Þórr is done. A candle is lit in the name of the virtue Truth, and the rune Thurisaz is Galdured during that mediation.

Dec 30th Landwight's Night: This is the day that the property is cleaned of debris and winter fall, and wood is chopped for the second half of the winter. The children usually hang biscuits, bread loaves, or pinecones smeared with peanut butter and birdseeds are hung from the trees for the animals and landwights are honored in a Blót, sometimes at outdoor shrines. Generally, all manner of chores are finished on this day in preparation for the final night of Yule.

Dec 31st Freyr's Day: The Last Night of Yule is in dedication to Freyr, Fro-Ing, Frodi, the Fruitful Lord, and the Laughing Prince of Álfheim. This night is marked with a huge celebration of food and drink. A pig head is cooked on this night. After Blót, a Sumbl is held, and New Years' oaths are done upon that boar's head. Gifts between kinsman are given out during Sumbel and honours and titles are given out by leaders. Freyr is honored during Blót and all the Gods during Sumbl. Then the final and official

end of Yule is at night when a torch is lit with the Yule candle and a Boon-Fire is lit and once it is going bright and burning the Yule candle can finally be extinguished.



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Yule Traditions



On Yule w/ Gyöja Catie Erickson
https://youtu.be/m_bIMDoCN6E

One of the things that my husband and I agonized over was how to make Yule something completely magical for our children and completely separate from Christmas. We do not hate Christmas, but we want our children to be so in love with Yule and with Asatru that they do not consider any other way when they are old enough to choose for themselves. But how do we do this? All the real Yule traditions have been adopted and aren't strictly Asatru anymore.

We had such a hard time with it that it wasn't until our son was two and a half (his third yule) that we had any sort of traditions to start. Speaking with Witan Svan Herul was the turning point for me, and over the Yuletide seasons since, we honed our own family traditions.



As a Gythia helping find traditions for my family was important but finding traditions that all our children can grow up with is even more important. How wonderful would it be for our children to see each other at gatherings and be able to talk about Yule without having different experiences?

I know that many of us already have our traditions and even more of us have children who are old enough to "know what they know," but I am sharing my traditions here in the hopes that it helps at least one family.



We begin with the Tree. Every year we chose a live tree. When we find a tree we like, Eoghan leaves a small offering of an apple or an orange. We then ask the Wight of the tree to come home with us. This is our Yule Wight. He is one of Santa's many helpers during Yule, and Santa is the biggest of the Yule Wights. This allows us to talk about Santa without it being Christmas-related. When we get the tree home, we build a little nest in the branches. We use a wool scarf. Every night before bed we leave a small offering in the nest. It can be a cookie, an orange, or some other small food thing. Every morning, we wake up and go to see that the Yule Wight has eaten the offering!



On the 1st night of Yule, Mother's Night (December 20th), We light a candle to Frigg and the Disir. Today we decorate our Yule tree. The lights have been on since we brought it home, which was done the weekend before the 20th. That evening we turn off all the lights in the house. We light a candle, and this candle represents the hearth flame. The children have pots and pans, and they go from room to room banging the pots and pans to scare away all the bad things that might be in the darkness. When each room is "free" from bad things we light a waiting candle and call on Frigg and the Disir to keep our home safe and happy.

The last candle we light is on our dining room table. We have twelve candles surrounding our Yule Log or a piece of our Yule Tree from the year before. That candle

we light in honor of Frigg. We leave an offering for the Yule Wight and the kiddos go to bed. When they check the tree in the morning, they will find that the Yule Wight has left two small gifts in return! We use this to teach the children the importance of gift-giving and the gift cycle.

Every morning after this the Yule Wight will leave gifts.

Additionally, we take a plate of food from dinner outside every night and leave it as an offering to the God to whom we lit our candles that night.



On the 2nd day of Yule, we light a candle to Sunna. During the day we build a sun wheel out of materials we find in the yard, mostly pine boughs, and pinecones. That evening we build a fire (inside or outside, doesn't matter) and we honor Sunna and the sun before burning the sun wheel. We then light a candle and with it, we light our candle on our Yule wreath.



On the 3rd day of Yule, we light a candle to Nerthus. During the day we make dough ornaments and paint them, or we do other fun yuletide crafts. When we call on Nerthus, we remember the Earth that we need so much.



On the 4th day of Yule, we light a candle to Máni. During the day we bake our cookies! That evening we decorate the cookies all together. And we eat some too! When we light our candle to Máni, we remember the nighttime and the moon.



On the 5th day of Yule, we light the candle for the Ancestors. We don't have a particular daytime activity, but when we wake up, we find small, wrapped gifts either in our stockings or under the tree. One of my families' personal traditions is to have a special "tea" instead of dinner. I spend the day making all the different appetizers that my family ate as a child. Sometimes the kiddo's help. That evening we make tea and serve the appetizers. Teatime is when we finally get to see the presents.

The Yule Wight made a special trip to the halls of our ancestors and brought back gifts from them. Each gift is something practical. A handknit wool sweater, or a pocket knife (in the case of an older child). When we hand out the gifts to each person, we tell everyone who the gift is from, and we take turns telling stories about that ancestor. This is a great way to familiarize our children with their ancestors. It is to those ancestors we light our candle before bed.



On the 6th day of Yule, we light a candle to Týr. To the rest of the world, this day is Christmas. This is the day that children go downstairs to find presents under the tree, delivered by the magical red man himself, Santa. To not get presents on this day would be bad for any child, but how do we separate Yule from Christmas, so that this is not the culmination of Yule for our children when there is so much more?

As yesterday was Ancestor's night, today is family night. We celebrated our dead and now we celebrate our living. When our children wake up today, they will find presents under the tree. These presents are the presents from grandmothers and grandfathers, aunts and uncles, and any of our living family who has given gifts. It is a day spent with our extended families. We have our big Yuletide feast and sing our Yuletide songs (though admittedly, there aren't too many of these right now). This is a day for everyone else. It makes our Christian family members feel better, and it lets our children be a part of everything without being a part of it.

Before bed, we light our candle to Týr to honor him for truth, and the maintenance of order in our lives.



On the 7th day of Yule, we light a candle for the Einherjar. Typically, this is the day we host our Kindreds Yule. We gather to celebrate and make merry. We light a candle to remember those who have fought hard to protect us and our rights to practice our faith.

On the 8th day of Yule, we light a candle to Óðinn. The following days don't have daytime activities yet. It's still a work in progress for us, but the candle we light to the wisdom god, to the Allfather, Óðinn. The children are still leaving gifts for the Yule Wight, and the Yule Wight is still leaving small gifts in his nest for the children.



On the 9th day of Yule, we light the candle to Ullr, the hunter. This marks the end of the hunting season for those who hunt and a good way to celebrate Ullr's day is to clean and bless all the hunting tools from the season before storing them away.



On the 10th day of Yule, we light a candle for Þórr. Friend of man, and arguably one of the Gods best known to us, today is a good day to spend time outside playing. And eating!



On the 11th day of Yule, we light a candle for the Land Wights. Though never really seen, our land wights are always there. They can help us or hinder us as easily as the

rain can fall or the sun to shine. Today we spend the day cleaning. It doesn't have to be a deep clean, but to honor them, dust and mop the floors. We go outside and clean up fallen branches or twigs from the yard and sweep the front stoops. When we leave our nightly offerings, we make sure they include bread, cream, and honey, some of their favorites.



On the 12th day of Yule, we light a candle to Freyr. Now we begin the decline of winter. Days will get longer and colder. Freyr will soon be seen in the growing things again and so we honor him and all the things he will bring us. Tonight is the last night that the children leave an offering for the Yule Wight.

When we wake up on the morning of the first there will be more presents under the tree. These will be our presents to the children. We chose to do this for several reasons. The first, and maybe most important reason, was to make sure that the anticipation of Yule didn't end on "Christmas". They had MORE to look forward to. It was also a nice way to be able to end Yule with a lazy just the family day.



We spent a great deal of time worrying about making Yule perfect for our children in a way that will stay with them forever and really emphasize our faith above all else. Santa is a Yule Wight. The Boss if you will. We have a Yule Wight in our home who helps Santa. The Santa's in the mall are Yule Wights who help the Boss man. They get presents on Christmas without it being Christmas. I hope that some of our traditions can help the new parents out there marry existing Christmas traditions with new, authentic Ásatrú Yule Traditions.

Special thank you to Witan Svan Herul, whose 12 nights I fell in love with and sort of adapted to fit our family.

A Merry Yule to every one of the Asatru Folk Assembly.



Gyðja Catie Erickson
cm.erickson@runestone.org

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
Alsherjargoði, 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 \(runestone.org\)](http://runestone.org)

This sacred quest has had a great start so far! The generosity has been amazing, as always!

This is the list of things that need to happen before we can make Freyshof a reality:

1. We need to pay off Njörðshof.
 - The first of 2 loans have been paid off!
 - We now owe \$67,015 on our remaining loan.
2. We need to raise our monthly donation average by 10.2%.
 - 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.

Freyshof Fundraiser

Freyshof

EST. 202X

Click Here to Donate Today

FIFTH HOF OF THE ASATRU FOLK ASSEMBLY

72.6%

Paying off Njörðshof is the first step

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

Hail Freyr!



Matthew D. Flavel
Alsherjargoði, 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



*Pule at
Sigrheim*

*December 28th
230 pm*

*Rsvp to
nrice@runestone.org*



**Porrablót
at Sigrheim**

**Sat., January 11th
230pm**

**RSVP to
nrice@runestone.org**

Folkbuilder Nicholas Rice
nrice@runestone.org



Victory Never Sleeps



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

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

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

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

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



Matthew D. Flavel
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AFA Ásatrú Academy



Check out the Ásatrú Academy at AsatruAcademy.org



This is a busy time of year. October to January is a whirlwind of activities. We travel, we host, we cook feasts and scrumptious sweets. We attend festive events and balance all the activities that are offered while the snows begin to fall. We alternate between being pulled in a million directions all at once, frazzled and harried with moments of excitement that this Yuletide season brings. There is so much to disrupt routine and that is all okay.

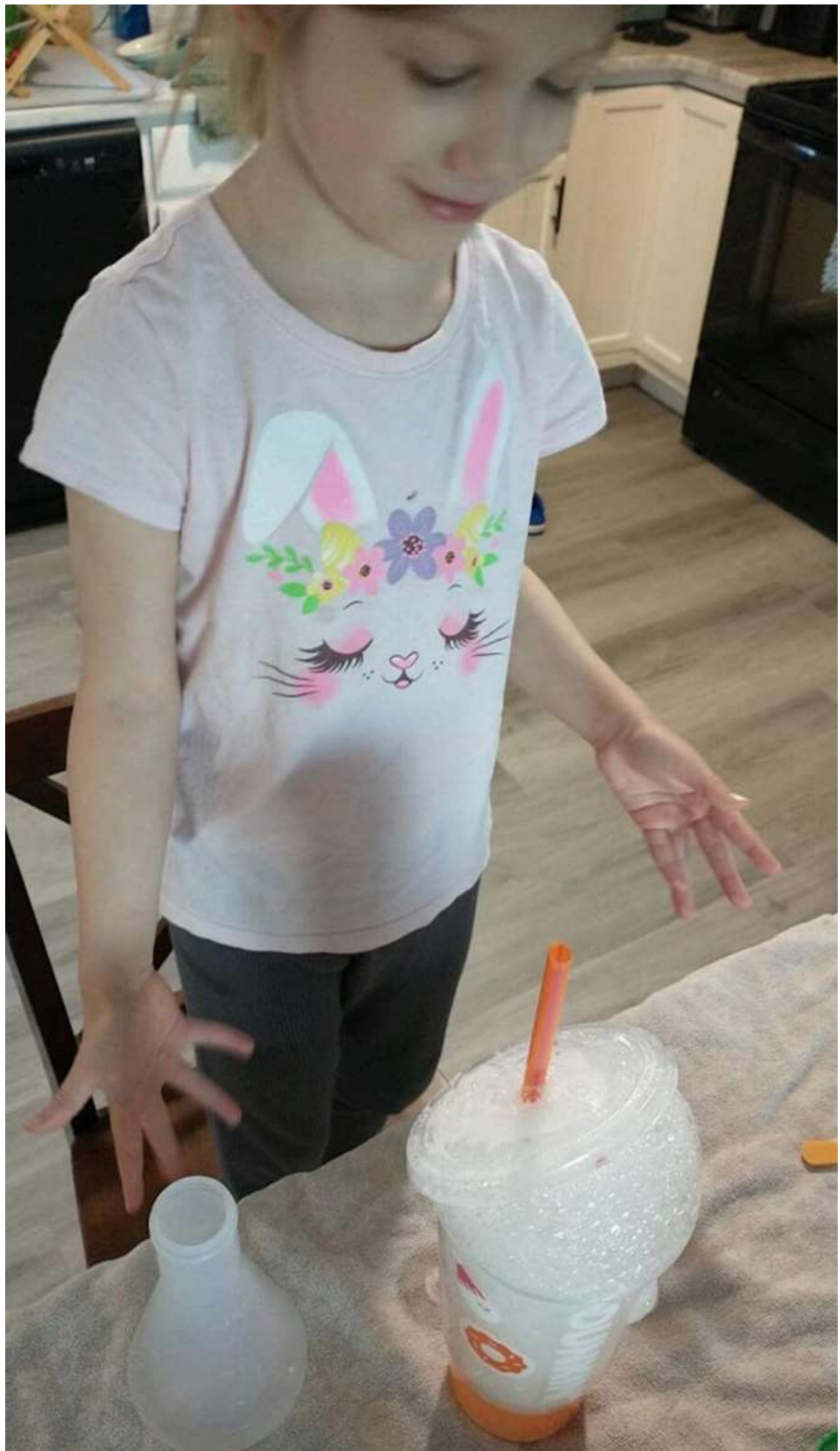


Just as in life and gardening, there are seasons for the school year too. A myriad of possibilities for growth and connection occur during the holiday season. What other

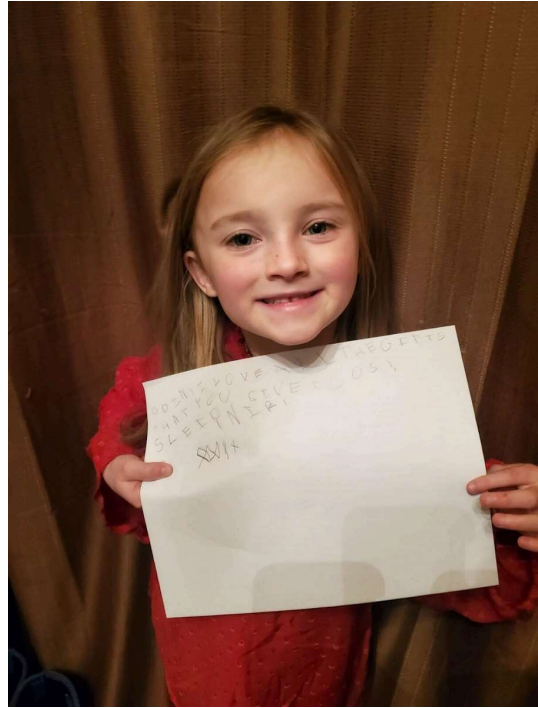
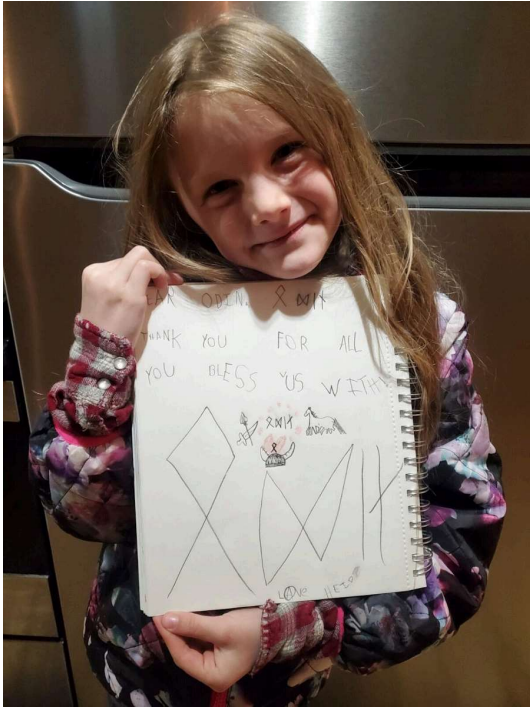
time of year is as full of traditions and focus on the family? We have Thanksgiving, a time to cherish being together, showing gratitude for blessings and feasting with our loved ones. For so many families, Yule is the time that has the most nostalgia and comfort of annual traditions.

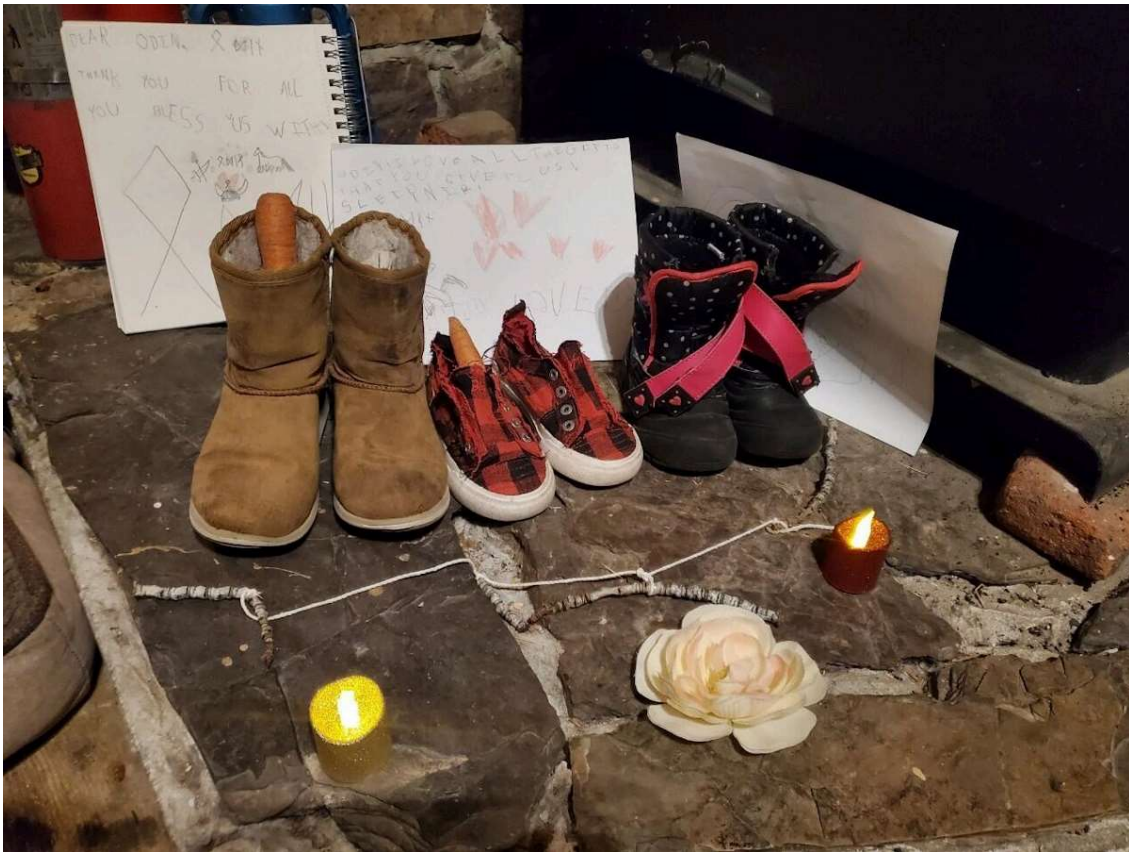


These practices are so essential for a people to create and maintain an identity. There are stories that come with ornaments hung on a tree, some made from little handprints pressed into salt dough. Music played that brings up memories. There is the fun of driving around looking at lights, making treasured recipes that connect us to grandmothers, aunts and cousins. This is who we are, this is what our people do. It is such an essential part of learning to know our traditions and practice them. It is now time to focus on that.



The month of December is time to reflect on your journey so far this year and Asatru Academy will be reaching out to parents for conferences to see how their fall is going. As the darkness comes and we spend more time together indoors, we turn inward and toward each other. It is a great time to take stock of how far we have come and revel in the moments of togetherness. So, release yourselves from the burden of “should” right now when it comes to schedules. Our math lesson today is measuring out for cinnamon cookies. Our science lesson involves engineering a snowman to be upright. Our literacy comes from Jan Brett books.





Build a fire, light the candles and put on the Nutcracker Suite. Whole people are rooted. We parents root our children with the security of tradition. Get out the cocoa, bake the cookies, roll the dough, watch the movies and read the stories. There is darkness outside, but within the home there is warmth and light. Our staff of Ásatrú Academy look forward to connecting with you and wish all of our AFA families a wonderful Yule and Happy New Year!



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

Remembrance & Holy Days

Date	Observance
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

December



Asatru Holidays - December 2024 - Egill | Yule
<https://youtu.be/U7G-o4Vm6NA>

Day of Remembrance

Egill Skallagrímsson | December 9th



Y 904 - 995 †

Egill Skallagrímsson, born 904 CE, was an Icelandic warrior, poet, farmer, and rune master. His parents were Skalla-Grimr Kveldúlfsson and Bera Yngvarsdóttir. Skalla-Grimr was a renowned and respected chieftain back in Norway, but migrated to Iceland with his wife and four children so that he could be free from the influence of King Harald Fairhair.

Egill's childhood was an extraordinary one! He composed his first poem at the age of three, and took revenge on another boy for cheating in a game at the age of seven. His skills as both a skald and berserker showed early on in life, and would be carried with him for the rest of his days.

Here I am at the hearth
Of my host, Yngvar
The Generous, who grants
Gold to heroic men;
Free-handed fosterer,
You'll find no three-year
Babe among bards
More brilliant than me.

He was also a master of the runes! His most famous tale of rune magic involves healing a deathly sick woman. A local land owner had attempted to cast a love spell with runes carved into a bone, which was placed under her pillow, but had mistakenly cast a spell of illness on the woman instead. Egill burned the illness runes, and carved a healing spell instead. The woman's recovery was swift!

Upon healing the sick woman, he recited a poem, and famously said:

Runes none should grave ever,
Who knows not to read them.

Later in his life, Egill killed a retainer of King Erik Bloodaxe and Queen Gunnhildr, starting a blood feud that would last for the rest of their lives. Queen Gunnhildr sent her two brothers to take vengeance on Egill, but they were quickly sent to join their ancestors in Hel's hall. Once Erik Bloodaxe became King of Norway soon after, he declared Egill an outlaw and sent a company of men after him. They, too, were killed in

their attempt to subdue the war poet. Before finally leaving Norway, Egill killed King Erik's son Rögnvaldr and placed a horse's head on a niðing pole, saying:

Here I set up a nið-pole, and declare this nið against King Erikr and Queen
Gunnhildr! I declare this nið at the land spirits there, and the land itself, so that all will
fare astray, not to hold nor find their places, not until they wreak King Erikr and
Gunnhildr from the land!

After Erik and Gunnhildr found themselves ruling the Kingdom of Northumbria in England, Egill soon found himself shipwrecked in their new realm. Egill went to the home of his friend Arinbjörn, who advised him to offer his head to King Erik in hopes that he would spare his life. Arinbjörn made a case for Egill, while Egill himself composed a short poem for the king.

Erik and Gunnhildr were not swayed by this, and told Egill that his offenses against them were too great to be forgiven. His execution was ordered to take place the following morning. Over what was supposed to be his last night on this side of the veil, Egill composed a twenty-stanza poem in honor of King Erik. When morning came, Egill recited the poem for the king, who was so impressed that he let Egill live!

After fighting for the Saxon King Æthelstan at the famous Battle of Brunanburh, Egill was rewarded two chests of silver for his service, and returned to his farm in Iceland. He remained prominent in local politics, as he had truly become a legend among his Folk. He lived to the age of 90, and passed beyond the veil just before Iceland began converting to Christianity. He was survived by five children, all of which he had with his wife, Ásgerðr Björnsdóttir.

What can we learn from this story?

Egill represents the true duality of human nature.

Egill's Saga is one of war and one of love. We watch the pagan chief battle his way across all of Northern Europe, and we watch him immortalize his love of his friends and families through masterful poems. His loyalty to those who were important to him was tantamount to the man he became.

Egill Skallagrímsson lived a legendary life of adventure and poetry, of love and war. His might and skill as a warrior helped win the most famous battle in Anglo-Saxon history, and his prowess in poetry was the height of a long tradition of Nordic verse. His legacy has lasted over one thousand years, and it will last thousands more!

Hail Egill Skallagrímsson!

Holiday

Yuletide | December 20th-31st



Yuletide is the 12-day period in December in which we hold our biggest celebrations. During the Yuletide, we celebrate our families and our tribes and the bonds that hold us

strong. We celebrate our Ancestors. We celebrate our Gods and the Wild Hunt. We celebrate the bright fires of the hearth that keeps us warm, and we celebrate the rebirth of the sun. We have made it halfway through the harshest time of the year. The sun begins to stay in the sky a little longer each day, moving us closer and closer to the fruitful and warm summer.

We celebrate by gathering together to feast and sing songs. We put up our Yule trees and our wreaths. We bake cookies and give presents. We build strong bonds and traditions that our children remember and pass on. It is a joyous time of the year.

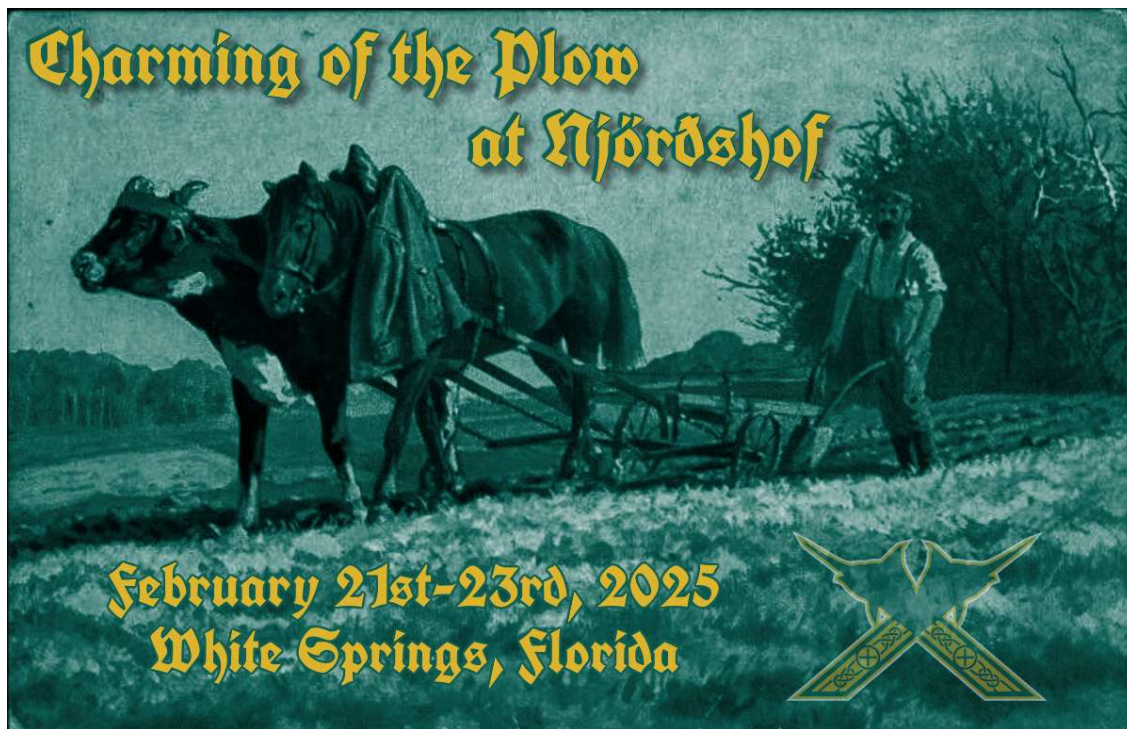
We begin the Yuletide on the 20th of December, called Mothers Night. During Mothers Night, we celebrate our ancient mothers, the Disir, who kept the hearth flames burning bright. One way to celebrate this is to extinguish all of the lights in the house. Light a candle to represent the hearth flame and, if you have children, give them pots and pans. Starting at the central part of your home, or the hearth (usually the kitchen and the stove, but can be a literal hearth if you have a fire place), let the children “chase the ill-wights,” or the bad energy, from each room by running through the house and banging the pots and pans. As you go through each room, light a waiting candle. You are bringing the light of the hearth, of the Goddess Frigg, of the Disir, into each room to bless it. You can say something simple with each candle you light, like “The Goddess Frigg bring love and light into this room” or “The Disir bless this home and all who live within it.”

Yuletide ends on December 31st, a time when people can make oaths for themselves for the coming year.

An AFA tradition started by our esteemed founder Steven McNallen, focuses on celebrating 12 Asatru virtues: Industriousness, Justice, Courage, Generosity, Hospitality, Moderation, Community, Individuality, Truth, Steadfastness, Loyalty, and Wisdom. Each night, we light a candle in honor of each of these virtues. Steven McNallen has videos for each of these days on our YouTube channel, and we recommend that everyone take some time to watch them. The playlist can be found at <https://www.youtube.com/playlist?list=PL0yTPSg4bWmGWjP2yIRZSBfG3xr8cWllb>.

Upcoming National Event

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



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

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



Goði Trent East
teast@runestone.org

Ostara at Þórshof | March 21st– 23rd



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

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

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

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



Witan Daniel Young
dyoung@runestone.org

Feast of the Einherjar - A Recap



This year's Feast of the Einherjar National Event in South Dakota once again turned out to be a very special event honouring not only the chosen warriors that sit in Valhöll awaiting Ragnarok, but also all of those warriors of our Folk that have passed.



For mid-November, the weather was beautiful high up on the limestone cliffs above the magnificent Missouri River. Returning Folk building Frith with new and first-time attending members. We had the honour of having Founder Stephen and Gyöia Sheila McNallen, Alsherjargoði Matthew Flavel, Witan Cliff Erickson, and Witan Brandy Fassett join their Folk for this weekend of remembrance. This event is different from our other National Events. The Feast is planned so that the attending Folk can escape from the busy and demanding lives we live at home. In doing so we have time to reflect on those honoured heroes of our past, those heroes feasting and fighting in Valhöll, and those that fought for their Folk and Families back to the very beginning of our people and family lines.



The event started with a Warding and Welcoming of the Gods with Goði Erlandson. A special Oðinn Blót with Witan Erickson. The weekend culminating with a special Blót to the Einherjar at dusk and into the night at water's edge with Goði Erlandson lighting ship ablaze that carried words, pictures, and items for those that have gone beyond the veil, into the night.



The event weekend ended with goodbyes as the Folk embraced at the end of a Wayfarer Blót from Alsherjargoði Matt Flavel with gifts of Þórr to ward them on their travels home and until we see each other again. Thank you to all that that joined us, making this a truly special event.



The event weekend ended with goodbyes as the Folk embraced at the end of a Wayfarer Blót from Alsherjargoði Matt Flavel with gifts of Þórr to ward them on their travels home and until we see each other again. Thank you to all that that joined us, making this a truly special event.



For those that could stay a bit longer, there was another special event later Sunday evening in which Goði Nathan Erlandson and Folkbuilder Ashley McStocker became husband and wife in front of their families, their Folk, their Gods, the Æsir. With a truly special thank you to our Families and Founder Stephen and Gyðia Sheila McNallen.



Goði Nathan Erlandson
nerlandson@runestone.org

A "Nashley" Affair

A Blessed Union: Our Wedding Celebration



We are overjoyed to share the beautiful memories of our wedding, which took place on Sunday, November 10th, fireside, just after sundown. It was a magical evening filled with love, laughter, and the warmth of family and folk alike. We are grateful to all who joined us in this sacred celebration.

As the sun dipped below the horizon, casting a gentle glow across the gathering, we were surrounded by the love of our family and folk who traveled from near and far to be with us on this special day. It was heartwarming to see familiar faces from across the country, each one playing a vital part in the tapestry of our lives.



We were truly honored to have our wedding officiated by none other than Founder Stephen and Gyöja Sheila McNallen. Their presence not only lent a deep spiritual significance to our ceremony but also reminded us of the strong community we are a part of. Their wisdom and guidance were palpable, and their heartfelt words resonated deeply with everyone present.

The setting was intimate and serene, with the crackling of the fire providing a comforting backdrop to our vows. The flickering flames mirrored the warmth of our hearts as we exchanged promises to one another, committing to a journey filled with love, respect, and partnership. The evening air was cool, but the atmosphere was filled with warmth and joy, as our loved ones encircled us in celebration.



After the ceremony, we shared a lovely feast that reflected our shared heritage and values. Laughter echoed around as stories were shared, and we reveled in the bonds of blood that have brought us all together. It was a reminder of the importance of Frith and the strength we draw from one another.

As we embark on this new chapter of our lives, we carry with us the blessings of our AFA family. Your love and support mean the world to us, and we look forward to sharing many more moments of joy, perseverance, and victory together in the future.



Thank you for being a part of our special day. We are incredibly grateful for each of you and look forward to building a life filled with love, light, and the traditions that bind us.

With love and gratitude,
The Erlandsons



Folkbuilder Ashley Erlandson
aerlandson@runestone.org

A Folk Services Campaign

Helping Stretch Time as the Second Job Kicks In



I'm Christopher Burris. My wife has been out of work and cannot return. I took a little less pay at my job in order to make room to get a second job. Things are rough right now, and we have utilities due this month as well as rent that is due yesterday on the first. We are asking for help until I can get the second job moving and get things in order. Thank you.

If you're able, please consider donating at <https://store.runestone.org/product/helping-give-some-extra-time/>.

Be a Doer



We need you to volunteer for the AFA!

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

Please email volunteer@runestone.org to help us make a difference in our world.

Baby Blanket Project

The Women of the AFA are proud to be continuing this fine and noble work we call the Baby Blanket Project! We're committed to ensuring all new babies born within the AFA are gifted a handmade — knit, crocheted, or woven — baby blanket! It's just our little way of celebrating each new addition to our folk!

This project has been going strong for nearly a year now, and has been a rousing success! The Ladies of the AFA have knitted, crocheted, and sewn beautiful baby blankets for over 20 of our littlest folk, with more on the way. They've been delivered everywhere from Alaska to Florida, California to Sweden!



If you are a member of the AFA who is expecting a baby, please let your Folkbuilder know so we can get a blanket to you. If you would like to contribute, either financially or by volunteering as a baby blanket crafter, let your Folkbuilder know about that as well, so he can get you in touch with the right people. It's so rewarding to see your handicraft being loved by our little heathens!

Would you like a blanket for your newborn, or to donate and help with yarn costs (yarn is expensive!)? Please email babyblanket@runestone.org today!

Folk Services



For some, it may be a natural disaster. For others an unexpected change in health, and for some just an unforeseen chain of events. Whatever the case may be sometimes we find ourselves in a sticky situation, and although we try and to work and do our best to pull ourselves out, sometimes we may need the help of our Folk community to give us a hand up...

That's when our folks Services Program comes in. We give one-time monetary grants to those members in need. These folks are so grateful and we know that once they get back on track they will contribute to this fund. For those that are able, we are in need of funds so we can be prepared for when these situations arise in our community. If you're able please place a donation today. Even a small donation adds up in the grand scheme of things and even \$5 or \$10 can help if enough people pitch in. If even a fraction of the folks who like the page did that each month, imagine the possibilities!

AFA Folk Services is intended to provide modest, one-time monetary grants to AFA members in dire need of basic services. It is also to be a source for referrals and information to help members get help beyond what the AFA can directly provide. For more information, please email folkservices@runestone.org.

Your contributions are earnestly solicited and of course, are tax-deductible! Please donate to Folk Services or one of our other AFA Fundraisers at <http://www.runestone.org/donate/>.

Thanks in advance!

Photo Donations

We have a real need for hi-res photographs of our members' gathering, being active in their kindreds, and showing what it means to live Asatru!



If you are willing to donate some hi-res photos for use in promotions such as the AFA Calendar, the AFA website, our publications, and more please email them to the AFA at photos@runestone.org. The larger the resolution the better, so please email them from the device where the photo was taken.

Eir's Blessings



Everybody needs a little extra help sometimes. Women, being the frithy creatures that we are, are uniquely suited to the task of manipulating energy for the purpose of healing. Magic, you could say.

Do you have a health concern and need a little extra energy? Are you battling with a mental illness like depression or PTSD? Is your baby having a hard time with teething? If you've answered yes at all, reach out to us. Once a month women of the AFA will get together to perform healing rituals all across the globe. If you would like to be included, please send a message to let us know!

At the same time, Women of the AFA! If you are interested in helping to create a frithful, healing magic, let us know! It's easy, but it makes a huge difference to those in our community who need our help!

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

Recently, several members of our AFA family have passed beyond the veil. One was an old man in ill health, two were young men in the prime of life... all died with no legal will on record. Sadly, in two of these cases, our dead AFA members did not have their

wishes respected regarding their funerals nor the final resting places of their remains.

We never know when tragedy will strike. We have a responsibility to our loved ones, we have a responsibility to our own legacies, to plan for our passing, and to make our wishes known.



Planning for and contemplating our death is uncomfortable. Hopefully, we all have plenty of time for that down the road, but we can't count on that. Maybe we worry about expenses or hiring a lawyer. We all have excuses to put things off until later, unfortunately, sometimes the clock runs out before "later" happens.

We have found an amazing resource for our U.S. members to make legally binding wills in minutes online for **free**. This site also has resources to make Advanced Medical Directives and Powers of Attorney. It takes only **minutes** at <https://www.doyourownwill.com/>.

Please make your will **today**.

The AFA would like to collect signed original copies of wills for all our members and store them. We want to ensure that when members of our AFA family die, their wishes are honored. Please send these to:

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org

AFA Prison Ministry



The importance of this AFA Prison Ministry is so much more than just for those who are actually incarcerated, it benefits not only them as followers of Asatru but their families and loved ones on the outside as they will see the noticeable change in their demeanor and demand that our faith commands for them to lead a noble life. We all are future ancestors and will help them be examples of our faith and not be a burden or a product of recidivism.

We are compiling letters from prisoners that are Educational, Empowering, and Encouraging along with special spiritual writings from our Gothar to create a quarterly newsletter to be distributed to inmates, institutions, and jails. Our mission is not about providing free books or literature to bored prisoners who simply want free stuff. We intend on making real-world change for the better of our folk.

""No packed rooms in the prisons; in each institution I have only a few people; occasionally about a dozen, but 5-6 is more common. I certainly do not want the Fellowship to be a club for cons, or ex-cons; the advantage is that when in prison the inmates have time to discuss and digest what they read, a point that often is lost to people on the outside in the hubbub of daily concerns" - Else Christensen

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

If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact us at prisonministry@runestone.org.



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

**Artisans of the AFA
Support Our Folk**

The Children
from Frostmo
Mountain

Laura Fitinghoff



Translated by Laura Lugnet

This classic Swedish children's novel tells the story of seven destitute orphans and their goat who, one bitter cold winter day during the Swedish famine of the 1860's, set out on a harrowing journey in the hopes of a fate more noble than living in the poorhouse.

A wonderful gift for Swedish culture enthusiasts, lovers of classic literature, and children 8 to 12

Available online through many retailers, or support your favorite local bookshop or Scandinavian Gift Shop by asking them to order it.



You can pick it up on Amazon at <https://www.amazon.com/Children-Frostmo-Mountain-Translated-Lugnet/dp/915278956X>.



Apprentice Folkbuilder
elugnet@runestone.org

Ancestral Food and Culture

Mulled Wine — An Óðinshof Favourite!



Mulled Wine

- Ingredients
 - 2 bottles red wine I like to use one sweet red and one dry red.

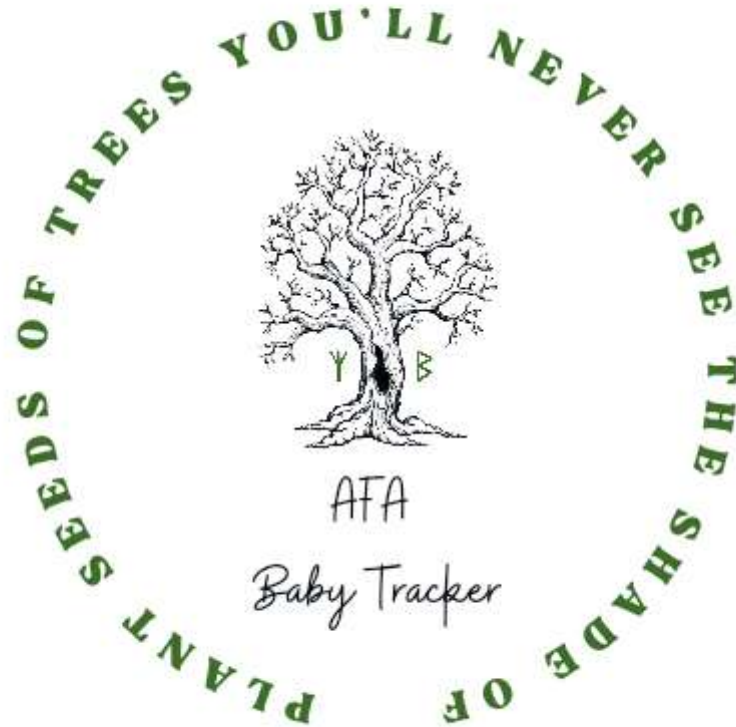
- 4 cups apple cider
- 1/2 cup brandy
- 1/4 cup honey
- 4 cinnamon sticks
- 2 oranges sliced
- 8 whole cloves
- 12 black peppercorns
- Additional cinnamon sticks and orange slices for garnish

1. Combine the cider, wine, brandy, honey, cinnamon sticks, orange slices, cloves, and peppercorns in a large pot.
2. Simmer over low heat for 10-15 minutes or until thoroughly heated.
3. Remove cloves and peppercorns. Serve in heatproof glasses or mugs. Garnish with a cinnamon stick and / or orange slice.



Gyöja Sheila McNallen
sheila@runestone.org

Baby Tracker



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

Total babies born in 2024: 27

Online Events and Meetings

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
Contact Folkbuilder Ali Clausen



2024 AFA Reading Challenge!

50 books in 52 weeks!

Contact Folkbuilder Ali

Clausen for details

aclausen@runestone.org

AFA Reading Challenge Meetings



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

Beginning January 9th, 2025

Lady With A Mead Cup

by Michael J Enright



Study guide
and pdf of book
will be available after
Jan 1st in
Ladies Group on Mewe.



Contact Folkbuilder Sara Ault
for more information.
sault@runestone.org

LADY WITH A MEAD CUP

RITUAL, PROPHECY AND
LORDSHIP IN THE
EUROPEAN WAR BAND
FROM LA TÈNE TO
THE VIKING AGE



Michael J. Enright



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

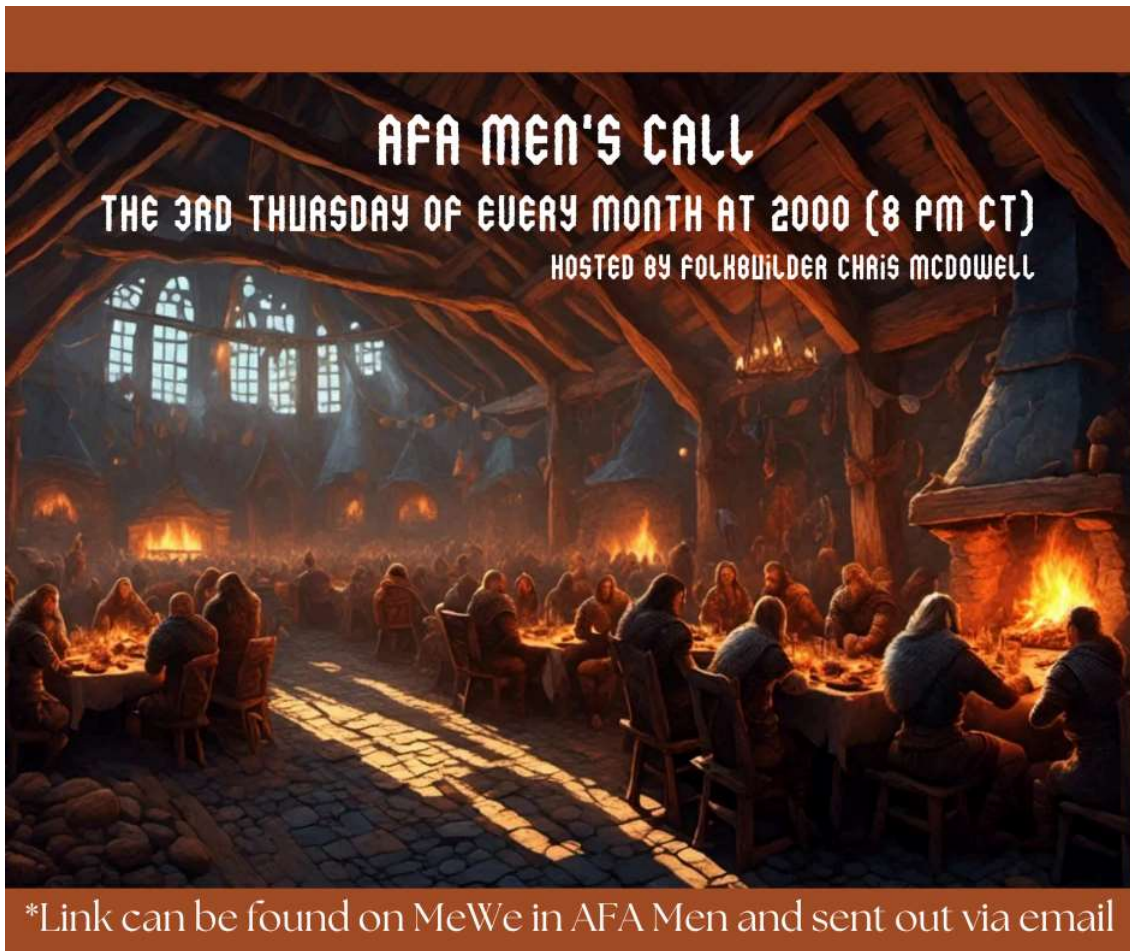
3:00 pm PST

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**





The AFA Men's Call is open to all menfolk of the Asatru Folk Assembly. Join your brothers from across Miðgardr in talks of Nobility, Piety, and Victory. The AFA Men's Call will be held the third Thursday of each month at 2000 (8pm CT) starting in 2025.

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

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

Just for Fun

Name: _____ Date: _____

Yuletide Word Search

CGLKVGREBIEÓRCRTYJVELKGYYNFFDÐDUGSHGI
 GFCJDCWSNCUKIJCSLDFRAWLVEMEPTYRRLLAJIB
 YCZNSILTPCSUZHTIÓCÐFÐOVLDSDBBDDÓIZCLZN
 LCYOVGQSSUEPTBHOHJJYTURNLHTITDTCÓDRIYS
 SÓHARPOPRCBLTGIPCRMDECEMBERS55BMHÐUIC5M
 L MOTNKOPUGSZENULCDJVYLTRJÐMSRPJJEGFCUK
 CNLHVCDVOHOOMBJTAVDLIHNERMYEDVWVOEILIH
 FSLSZNHNLNVNWODRHÐÐPÐÐTIPLEANKAZEOPCTÓZ
 OLYHYFENCWSÐITÐAVÓELOAWMPKKKÐDLNLYEDWÓ
 SCCBVLPMSSMMDWSRRTTCWÐHEDPHZÐRKVEOIZHSTW
 LREÐUIMULWVÓKIMJRICZWRIKWEFADCUNWMCPEPO
 M CUYSONL BWFGEGKOHÓOBWWMÐJNND CUOVOSIMOP
 EYHAÓWTONÓFEWWCÐYWGÑBLRDYEB5SOUGB5OEAIN
 AJCBHUKVWPÓMÓGBUDÓEPRFUÐOOPFÓIWLCDLBS
 PZMEHZINLSNOWOZMNDBPJOWHJCÓOLVZUBFST
 OÓELKSTWELVENIGHTSOÓYKUNOKOÐVÓRKHRJTHF
 NLLRZIBLUÓNYFTMTZTÐSOANREOTYPOVKOZFI FS
 NKRAMPU5GKLNCGCPKMZCYBPSOYRRWCÐÐLCIEBÐS
 ÓDWFDÐBLISÓMPVJÓMK5ÐSRWMBGFCYNNWOG5CKRB
 YJLYHRMBEUTIEGJRCWHWSSESOM5FTOCHZBTISÐB
 HOWMFHEÓJHCVSMTVIULÓNJLWTKÐIRWAÓÓNTIRM
 PYNRSUFÓGDÓIYTWWPPWBPUKTPTHTWGDLRGSSOKN
 SKSONRYOHOBBJJLHKMCDYOKJNIIETRHÓZFC LMÐY
 HIANÓAKODTRBMGZEBOFG5KÓDNIRLEEOJJÓAMI
 GOMÓWZJSSBHKSHUUTLTOIOCAFPPYCSHNNVWSVHM
 RADFFEOIWB5ÐEJSECOHVAFRZEUJMNUEKFERTO
 VPBELRG5JUYALBVWMBEIZTYAWCEDCUIDKÐÐURT
 CZHGAMMVHWRBRAOBPLDÐSCFLAGUZZVGTOWZID
 SLWEKFKYTWMRÓHÐTLTYREHWDUALTWYÓHIMDBR
 GEEBEWGFHERNDISYTI L ATIPSOHLÓBJAHSTVIED
 NVEJ5ÐTANLLOONNZZWDQMWBLWNYRTYÓRZDZERV
 IEDLKTETYRIOKDLPSHGÓÐGOLYJUODPJDTIIUÐÐ
 RRYCACHAULVUNPIAIKLOVJNTGYMAN5AAKEKÓKA
 EGUJIRUVALÐBPÐORS5EAOIPYRMNBHWIEUNÐPRWL
 FRHUFDLIKADVDÓEGIVLÐHTGPOWBUCFNGÓÐIUÐ
 FESPTDEUÓTBTCVVAISPSKEPTJCOJANIBFPHTER
 OETVYÐVRDUHÓBNEPEVKDFINPZRBSGÐESUGUNLT
 VNVTTIOMF55BÐOJNJWGLZVZPAMOMMÓONÓKJJGZF

- Wreath
- Tradition
- Hospitality
- Snowflakes
- Gifts
- Midwinter
- Twelve Nights
- Joy
- Mother's Night
- Snow
- Peace
- Mistletoe
- Zwarte Piet
- Sacrifice
- Krampus
- Celebration
- Holly
- Rebirth
- Óðinn
- Hearth
- Sowilo
- Darkness
- Solstice
- Sunwheel
- Julbock
- Boar
- Oaths
- Offerings
- Mead
- Cider
- Flames
- December
- Sleipnir
- Yule Log
- Evergreen



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

Calling All Folk Photographers

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



We'd love to see 'em. Send to Photos@Runestone.org



Folkbuilder Nicholas Rice
nrice@runestone.org

Store Spotlight

MERCH DROP

Official 2025 AFA Calendar



Get this beautiful keepsake calendar that showcases the AFA Family that we have all built!

Our Holy Days and Days of Remembrance are represented.

Available now at <https://store.runestone.org/product/2025-afa-calendar/> while supplies last!



Folkbuilder Nicholas Rice
nrice@runestone.org

Njörðshof

Food Pantry at Njörðshof



November's Food Pantry was a great success. We got to see some familiar faces as well as new folks. Serving at the Food Pantry has always been one of my favourite activities within the AFA. The feeling of purpose as well as seeing the smiles we're able to put on so many faces who need assistance is a feeling I never forget. If you spend any time in White Springs, once the people know you're with the "Viking Church," as it's called here, all you get is a huge thank you. Along with being a service to that community, we receive so much gratitude and support from the town, from anonymous do-gooders to

familiar faces gifting us handmade crafts, the blessings we give and receive are immeasurable.



Thank you everyone who contributed your time to help package and hand out food, as well as a very special thank you to Lawspeaker Allen Turnage for making the trip to deliver the food to the Hof.



Alexander Casto
Apprentice Folkbuilder
acasto@runestone.org

Feast of the Einherjar at Njörðshof



This month, the pious Folk of Njörðshof celebrated the Feast of the Einherjar—a holy tide dedicated to the memory of our fallen warriors, men who sacrificed their lives to protect or provide for their kith and kin.

We started our day by feeding 37 local families with our Food Pantry! Many thanks to Lawspeaker Allen Turnage for picking up the donations and bringing them to the Hof! After that, we had a chili cook-off, where four members judged four different kinds of chili. Pam McCloskey did an excellent job (as always) setting up the cook-off, and then her chili won the competition!

After lunch, I led a short discussion on the Einherjar and the purpose of the following Blót to the All-Father. The men and women went their separate ways for a few minutes before Blót. Gyðia Plourde led the women in blessing the mead, while I spoke to the men about sacrifice and the spiritual weight of steel. I then led the Folk in a Blót to Lord Óðinn, continuing the Gifting Cycle with the King of the Æsir.

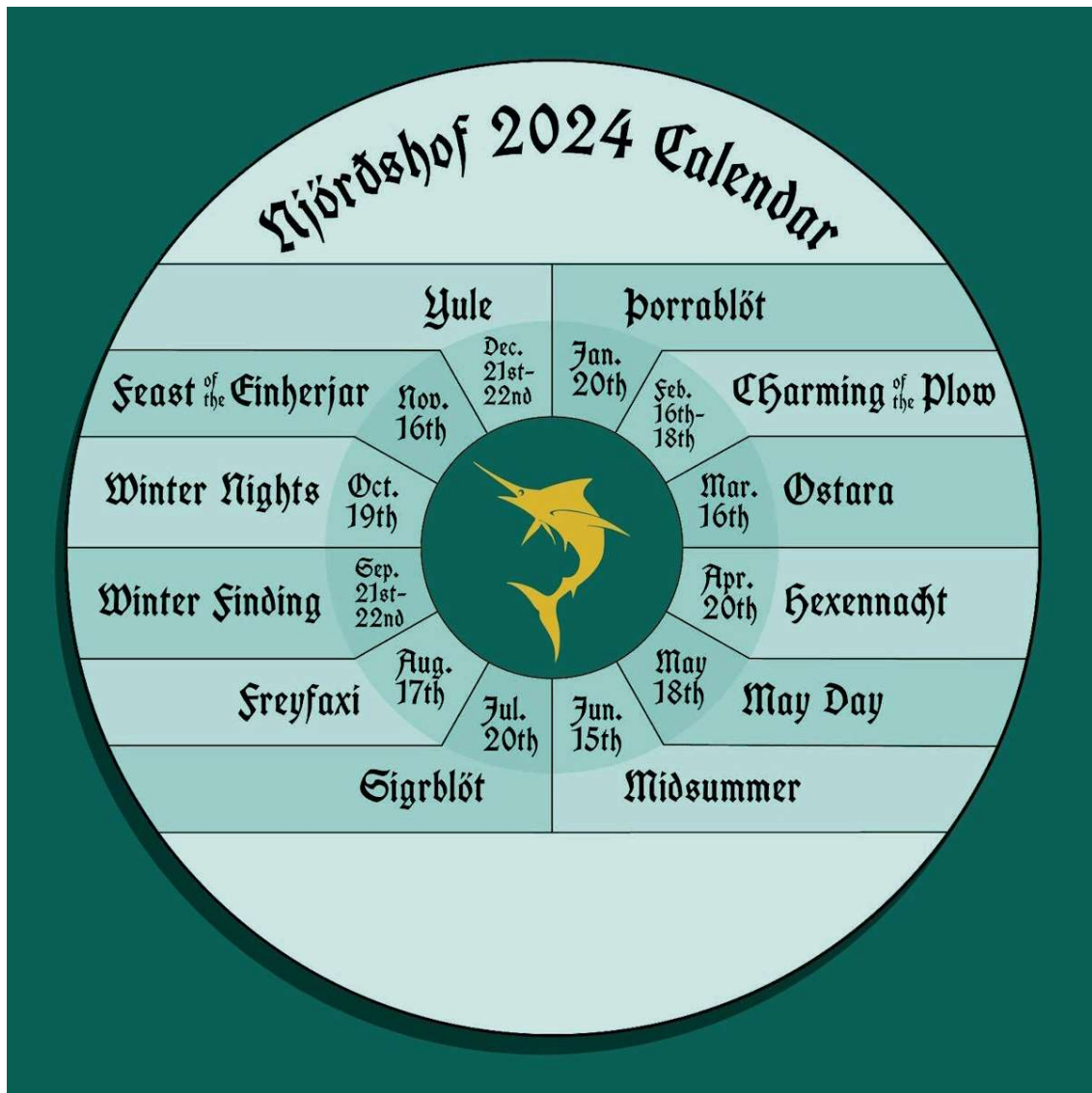
Following the Blót, many members had to hit the road to get home before dark, so High Sumbi only had a dozen people in attendance. As usual, the Lawspeaker led us through the Rite, which was shorter than usual but just as meaningful.

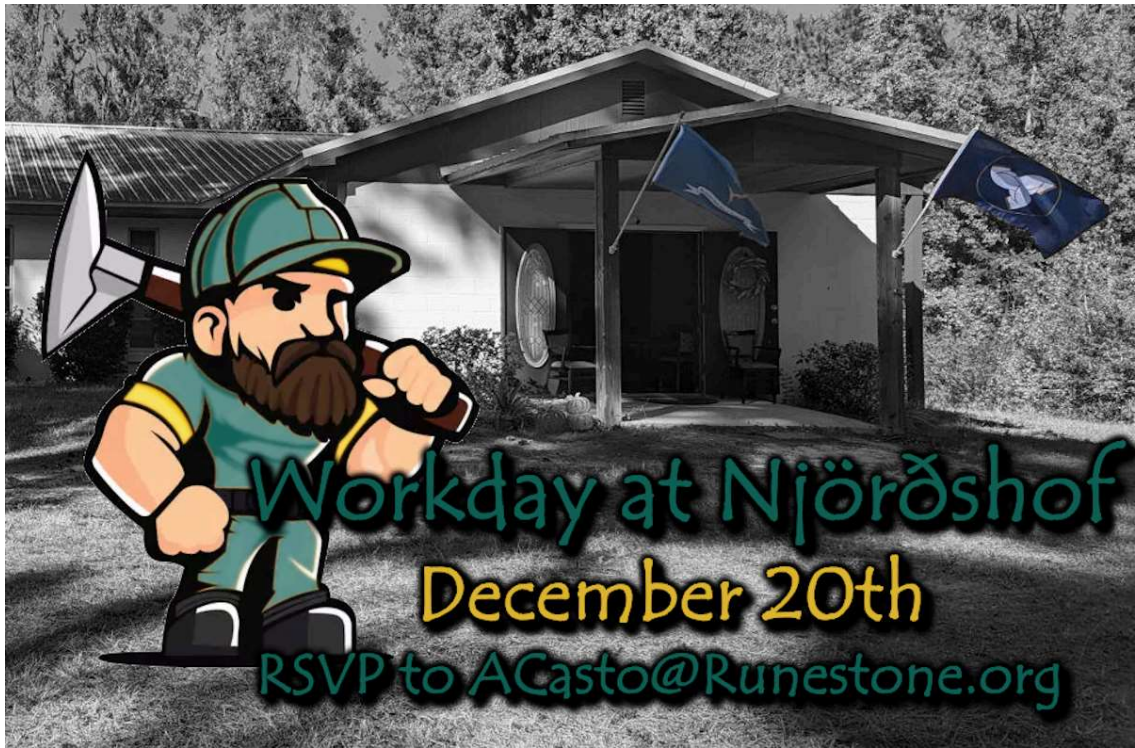
I'd like to thank Nick & Pam McCloskey, Goði Mayo, Goði & Gyðia Plourde, Lawspeaker Turnage, Hof Steward Alexander Casto, and Folkbuilder Jordan Wells for running this great event!



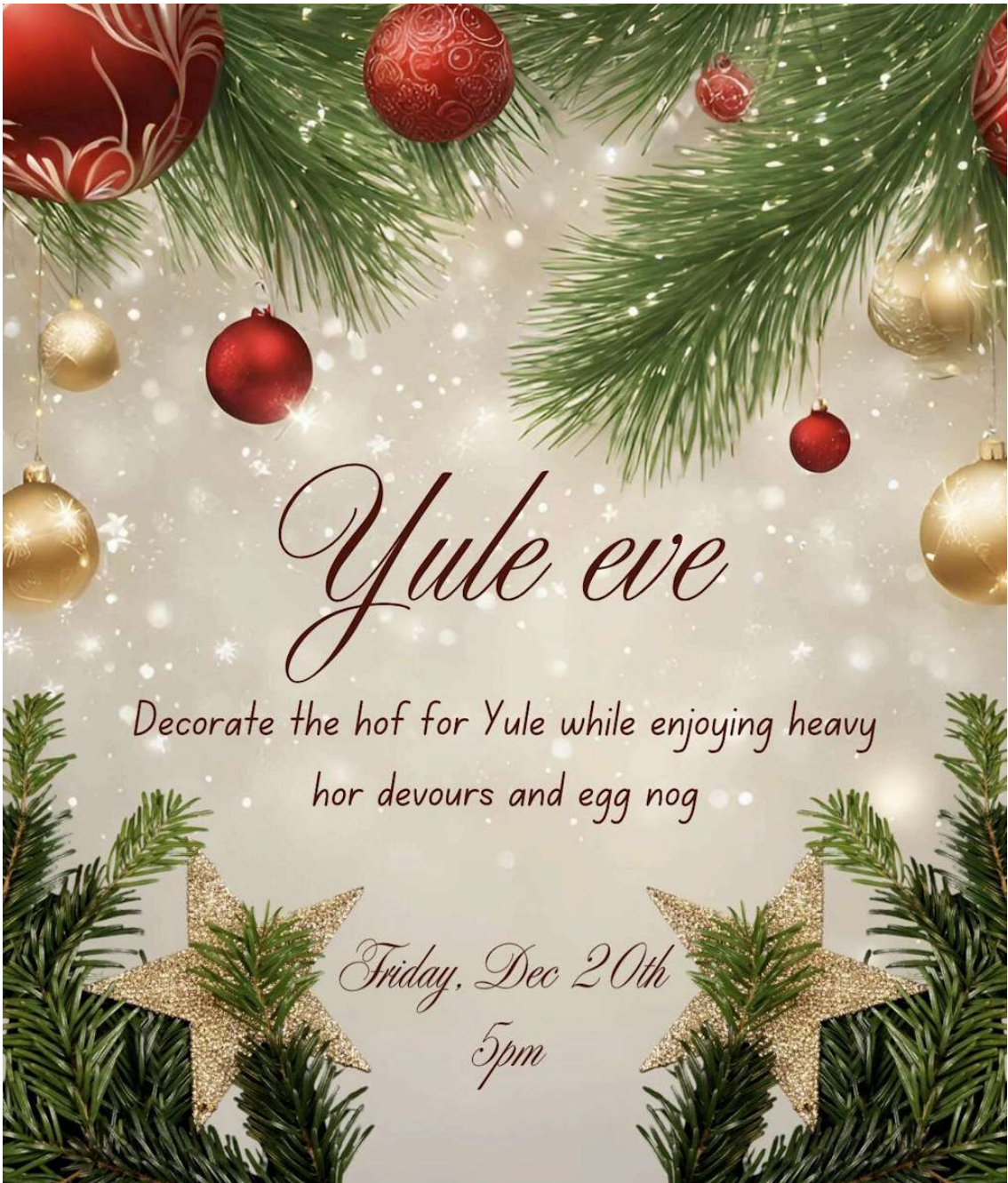
Goði Trent East
teast@runestone.org

Upcoming Events at Njörðshof





Workday at Njörðshof
December 20th
RSVP to ACasto@Runestone.org



Yule eve

*Decorate the hof for Yule while enjoying heavy
hor devours and egg nog*

*Friday, Dec 20th
5pm*

Yule
at
Njörðshof

December 20th-21st



YULE 2024

DECEMBER 20 - 21 - 22, 2024

FRIDAY NIGHT
FINGERFOOD

SATURDAY BREAKFAST
B&G CASSEROLE
QUICHE

DESSERTS

LUNCH

CHICKEN SALAD
HAM
TURKEY
BREADS
GARDEN SALAD
PASTA SALAD
POTATO SALAD

DINNER

PULLED PORK
ROLLS
MAC N CHEESE
BAKED BEANS
GREEN BEANS
CARROTS
COLLARD GREENS
CRANBERRY SAUCE

SUNDAY BREAKFAST : LEFT OVERS



*3rd annual
Njordshof ornament
exchange*

Please bring a tree ornament to participate!

FOOD PANTRY

December 21, 2024 10:00 AM

**12562 Roberts St,
White Springs, FL**

We also participate in feeding
the pets of the homeless program
as a drop off and pick up location



NJÖRÐSHOF

MONTHLY MEMBER
CALL

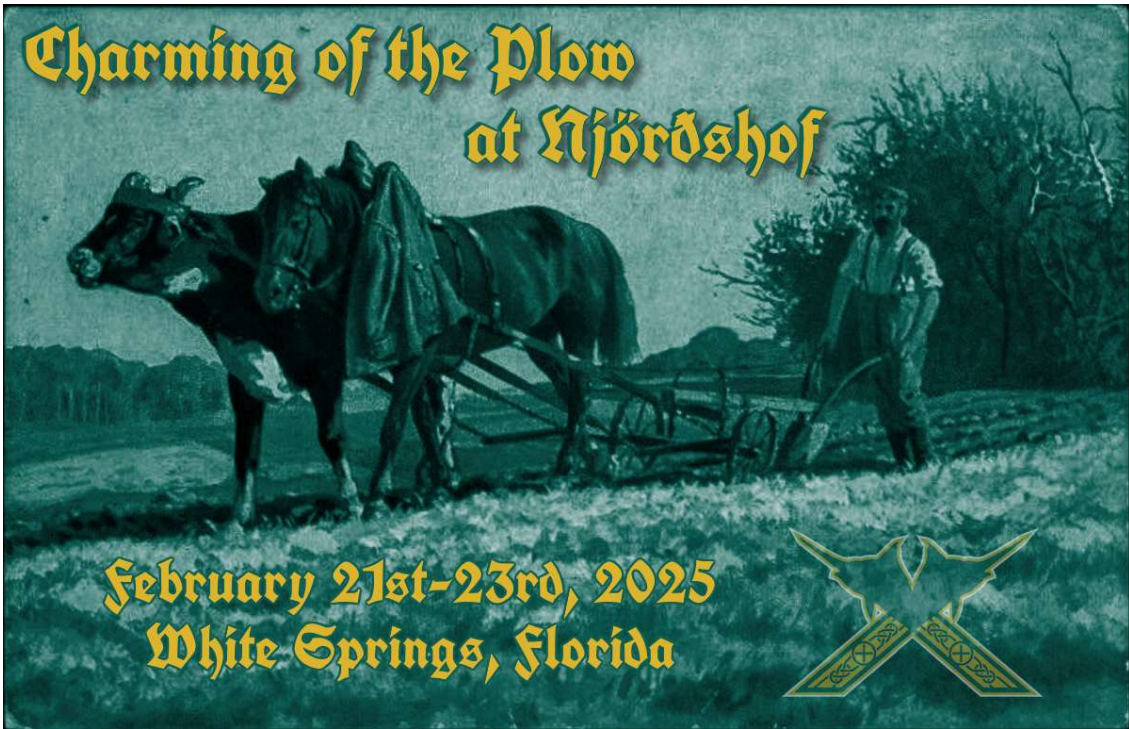
MONDAY, DECEMBER 23
8 PM ET, 7 PM CT

CONTACT ANY FOLKBUILDER
FOR THE LINK

LINK ALSO SENT VIA
EMAIL AND MEWE



Charming of the Plow at Njörðshof



February 21st-23rd, 2025
White Springs, Florida





ACCEPTING DONATIONS
CHARMING OF THE PLOW
AUCTION ITEMS

CONTACT PAM, KAYLEIGH,
Gothi Trent East or Gothi Bodi Mayo





SUGGESTION Box

We would like your input
what would you like to see served
for lunch at monthly events?

Your opinion matters
contact Pam McCloskey on MEWE





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 Jordan Wells or Jesse Parton for more info

Njörðshof Wishlist

A promotional banner for Njörðshof. The background is a dark teal color with a close-up of white flowers on the left and a stylized, glowing teal logo on the right. The logo is a cross-like shape with intricate patterns. The text is in a yellow, stylized font.

Njörðshof Wishlist
We support the Hof
and honour Njörðr
by our success and prosperity

Click Here or Check out the Wishlist at
https://www.amazon.com/hz/wishlist/ls/2ACKDIMR4YM3X?ref_=wl_share

Arkansas

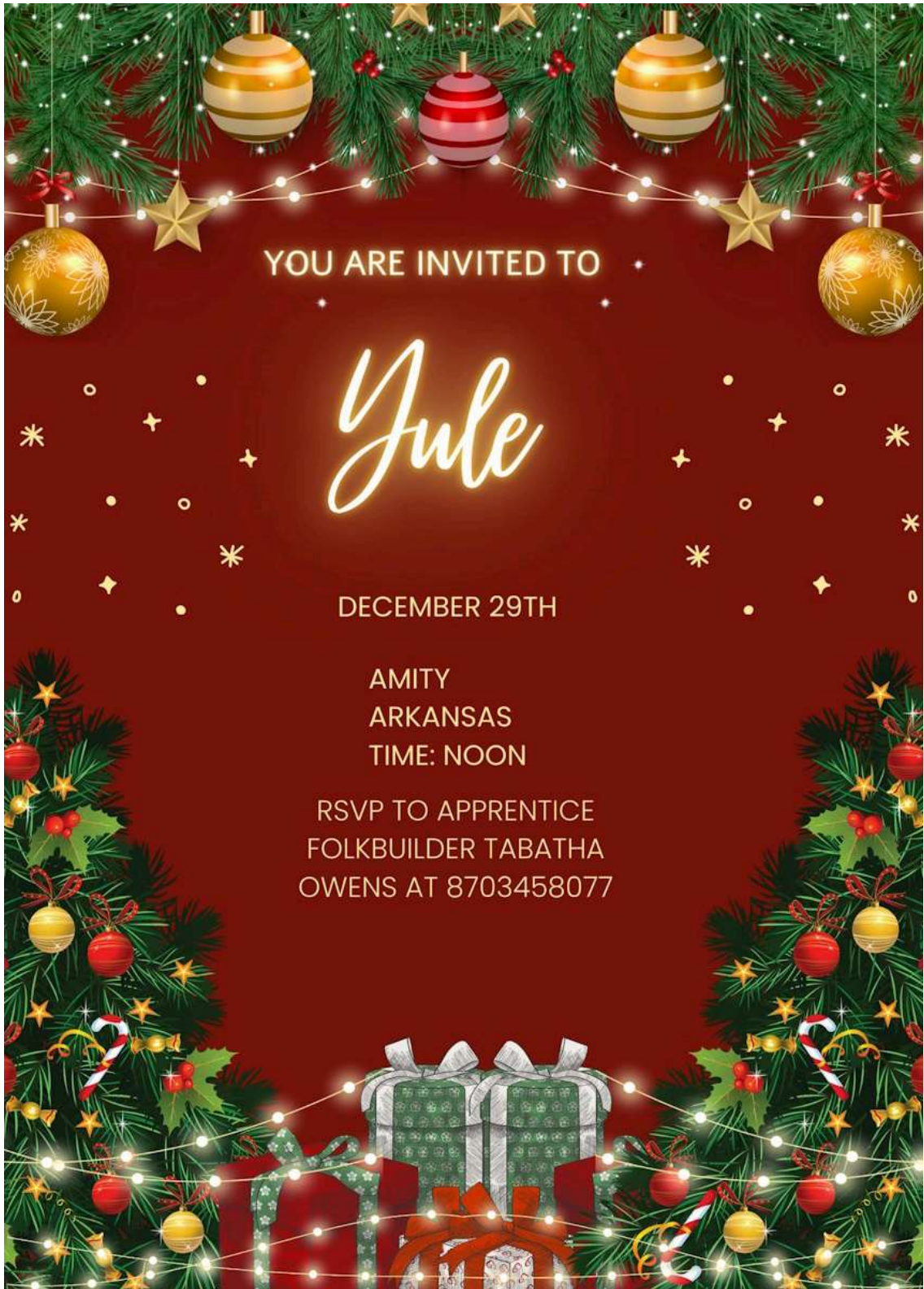
Arkansas Folksiving



We hosted a Folksgiving at my home and had a really nice time. First, we ate lunch together then we all went outside and hung out. The children played together and the rest of us were talking about and looking at our goats and geese. Afterwards we went inside and had a Blót to Óðinn and Sumbl. It was a great time, and I always look forward to future events.

Upcoming Events





Tabitha Owens
Apprentice Folkbuilder
towens@runestone.org



Indian Night Out on the Town



We got together and drove into the heart of Little Rock. We enjoyed some mango lassi and lamb curry. After a night out on the town, we fled the city lights via interstate and returned to the quiet country side of Arkansas. Many fun adventures await here, never a boring time.

Arkansas Game Night



The last three weeks in a row, we have been having game night at my place. Everyone brings a dish and we prepare all kinds of food. We pop open some mead and do a Blót and Sumbel aside my Æsir and Ancestor Altars. We bless the food and eat. Followed with games and merriment. So far, these include Cards Against Humanity and Mario Kart on Switch. Switch can do 8 controllers, we currently have 4, so come on out and we'll hook yours up too! Time to bring back the old multi-player games. Excited to report when we get more controllers and find new and exciting games to play. If any suggestions, please email me.

Upcoming Events

A person is shown from the waist down, sitting on a wooden floor and wrapping a gift. The gift is wrapped in white paper with a large, decorative orange ribbon bow. The person is wearing a light-colored sweater. In the background, there are several lit white candles and a string of warm white lights. The floor is covered with small, white, star-shaped confetti. The overall atmosphere is warm and festive.

Join us
December
21st for
Yule in

**LITTLE ROCK
ARKANSAS**

**CONTACT FOLKBUILDER JESSE
PARTON FOR DETAILS**



JOIN US IN

Little Rock
Arkansas

Saturday January 11th
For Thorablöt

Contact Folkbuilder Jesse
Parton For details
Jparton@runestone.org

Folkbuilder Jesse Parton
jparton@runestone.org



Florida

Upcoming Events

JACKSONVILLE FL
JANUARY 4TH 12PM

ART MUSEUM AND LUNCH

RSVP ALEXANDER CASTO
ACASTO@RUNESTONE.ORG



Alexander Casto
Apprentice Folkbuilder
acasto@runestone.org

Georgia

Upcoming Events

JOIN ME FOR A

SOCIAL MOOT

Virtual games, food, and drinks!

Jan 11, 2025 at 6 PM ET
Fayetteville, GA

RSVP to Folkbuilder Jordan Wells
jwells@runestone.org
860-576-3347





Folkbuilder Jordan Wells
jwells@runestone.org

Texas

November Moot



This month has been a slow one in West Texas. With the holiday and the multiple other religious holidays and get-togethers that are happening we find it hard to remember to slow for a second. I had a small moot with family and friends this month. The visit to my Father-in-law to remember on this day because it was only family there this month.

Upcoming Events



Texas Lunch Moot

Dec. 18th in
San Angelo

RSVP to RRowan@Runestone.org



Robert Rowan
Apprentice Folkbuilder
rowan@runestone.org

Upcoming Events

YOU'RE INVITED TO

Texas Virtual Moot



DETAILS

EVERY FOURTH WEDNESDAY OF THE MONTH

7 PM CST/ 8 PM EST

For more info

Contact
Goði Trent East
teast@runestone.org





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