



Njörðshof
Fourth Hof of the Asatru Folk Assembly

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

February 2024

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Words from the Allsherjargoði



As I write this, I am sick with the seasonal illness that seems to have stricken half the AFA since the last issue went out. That said, I will keep things brief. As the 31st year of the AFA dawns, there are powerful currents moving within the Well of Urðr. These currents come in the form of destinies aligning. As you read this, these currents are moving us towards ever greater understanding and revealing ancient wisdom. Ásatrú lives within us and within our church. As we faithfully attend to the sacred Gift Cycle, as we lay deeds upon the altars of the Æsir, we are consistently blessed by our mighty

Gods. Your Goðar are hard at work on a number of projects that I am eager to share with you in the coming months. Wherever this message finds you, whatever your circumstance, take the time to acknowledge the glory of our Æsir. Let the Æsir know of your devotion and welcome them into your heart, your home, and your life. Listen for the Æsir speak and they have much to say.

Nú eru Háva mál kveðin Háva höllu í,
allþörf ýta sonum, óþörf jötna sonum;
heill sá, er kvað, heill sá, er kann,
njóti sá, er nam, heilir, þeirs hlýddu.

Hail the Æsir!

Announcements, News, & Noteworthy

1/4/2025 - Christian Haddock and Elizabeth Bryan were united in marriage by Lawspeaker Allen Turnage.



Matthew D. Flavel
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Words from our Witan

Time, Our Most Precious Resource



Many of our members haven't made it one of our many events. When asked why, most will say something like "I don't have time"... "I don't have the money."

All that is understandable, but only to a point.

One thing I have learned in my 46 years on this earth is this... time is finite. In fact, it's the most finite of all our resources. It's the one thing we cannot get back. It also possibly the most wasted resource.

A little over a year ago, I suffered a massive heart attack. I'll tell you what was and what was not on my mind as they loaded me into that helicopter in front of my wife.

What was on my mind? If only I could spend one more day with her, holding her hand. Did I tell my son, my daughters, my grandchildren, my parents, my siblings that I loved them? Did I accomplish enough? Will my family be able to handle the load? Will my wife know what to do when I don't make it back? All of these questions played over and over in my mind. I prayed. I prayed to survive, I prayed to see my wife and children one more time. All the things I never did, places I'd never see, all the I love you's I didn't say. I'd never see my kids walk the aisle.

What wasn't on my mind? Did I work enough hours? Was my golf game good enough? I didn't care one single bit about my job, I didn't care one bit about whether I worked enough hours. It never crossed my mind that it was good that I worked that extra shift and missed my daughter's dance recital. I didn't give a damn that I never bought a

BMW, or whether I'd see the final episode of ... whatever.

Thankfully, I survived. I got to see Heather again, Lauren, Myranda, Joseph and all the babies. I was present when my first grandson was born. I signed my son's marriage certificate. I was given yet another granddaughter. I traveled to Minnesota to see Baldrshof for the first time.

What I didn't regret was my visit to Óðinshof. To Þórshof. Meeting my hero, Stephen McNallen. Renewing my wedding vows in the presence of Þórr. Traveling all over the country with Rob Stamm, Bobby Shotwell, the Ericksons, the Easts, the Flavels. Chasing the sunset with my bride and our youngest daughter in tow.

One day I took off work to hang out with my oldest granddaughter. I called my daughter, told her I was picking up the baby to do whatever she wanted to do. Whether it was ice cream at the park or whatever. I then called my boss and told him I was taking the day off. He asked why? To spend time with my granddaughter. He was flabbergasted. How dare I? How dare I? I dared to defy my employers in favor of my child's child. When I returned to work, I got a tongue lashing and a "write up." And I didn't care. Nor will I ever. Because I no longer give them authority in my life. I give it the proper respect that it deserves. It's only to pay my bills.

We often see people living a life we'd like to live and say, "if only I had more time." "Maybe when I have enough money." Guess what, you don't. You won't. Time is another sacrifice we have to make to do the things we want to do, the things we have to do. As men, as husbands, fathers.... You decide what is important. Is your time on the clock more valuable than your time at the dinner table? Do you want to wait to live? We cannot wait; we aren't just breathing....be ALIVE!

You want to hike that mountain, sail that ocean, see that ancestral homeland? Then do it. Life cannot wait. Neither does death.

What's important? Your fantasy league? Or your kin-fence? Saving for that BMW? Or living a life you don't need a vacation from?

Why wait for retirement, a time where your employer and the government give you permission to live? Why not live now? Why wait until you have a decade (maybe) left on this earth?

I'm not saying that you should not make a living and support your family. I'm not saying you shouldn't try to acquire nice things. I'm saying that those pursuits should

not take all of your time. It's honorable to work hard, take care of the family. But there's more, isn't there?

How do you want to be remembered? To be the guy who slaves away on a clock only to have a half-full wallet? Is that our purpose?

How will you actually be remembered? Will you even be remembered?

Death comes for us all, and when it does, have no regrets. Leave it all on the field as they say. Love hard, play hard, and laugh hard. Ask that hottie on a date. Climb that mountain rather than just the company ladder. Tell those you love...that you love them. Take a risk. Join us in circle, shouting at the top of your lungs to your Gods. Don't wait... live it now.

Life is meant to be lived, to be embraced. Nothing is guaranteed except that life eventually ends.

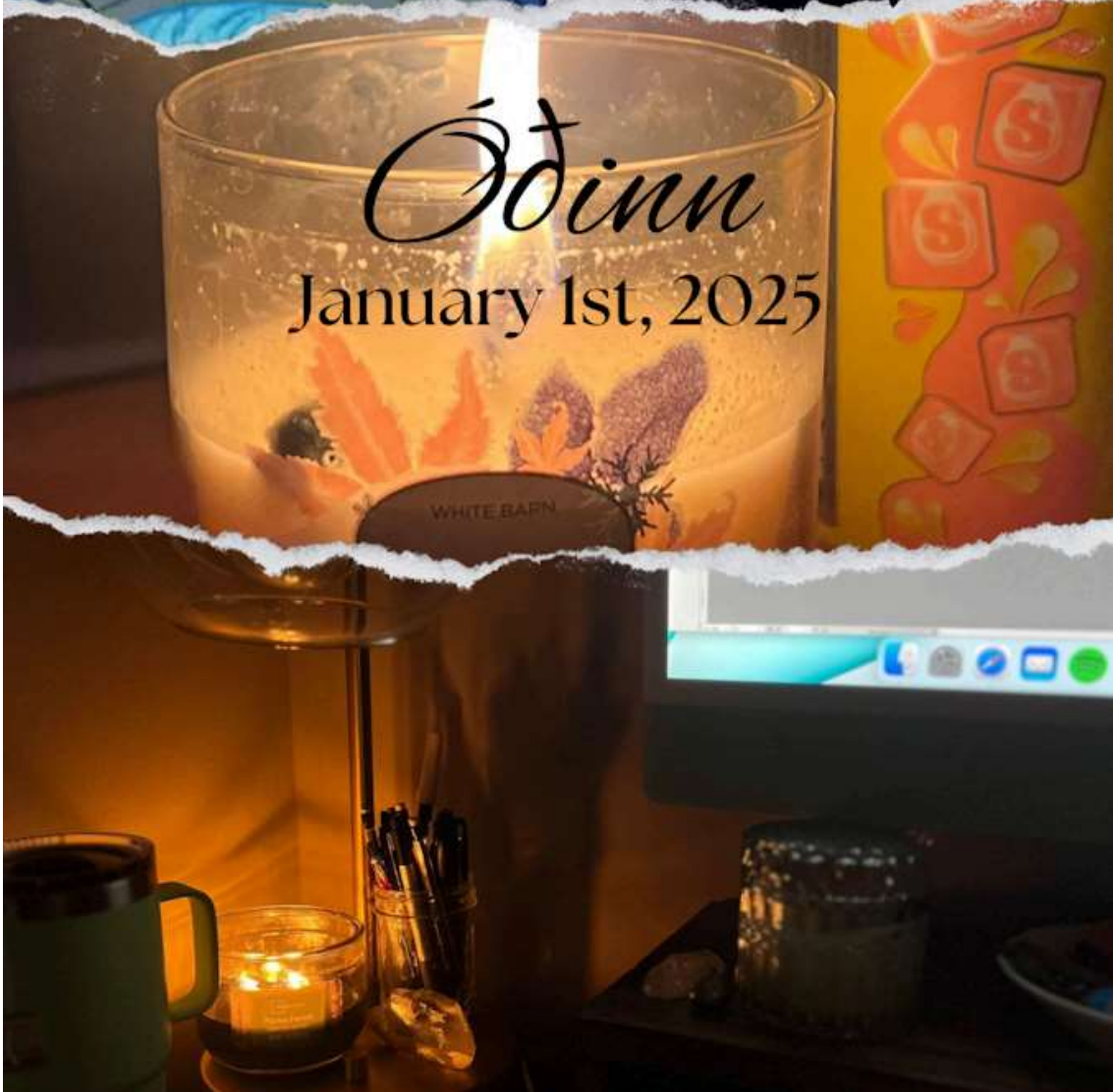


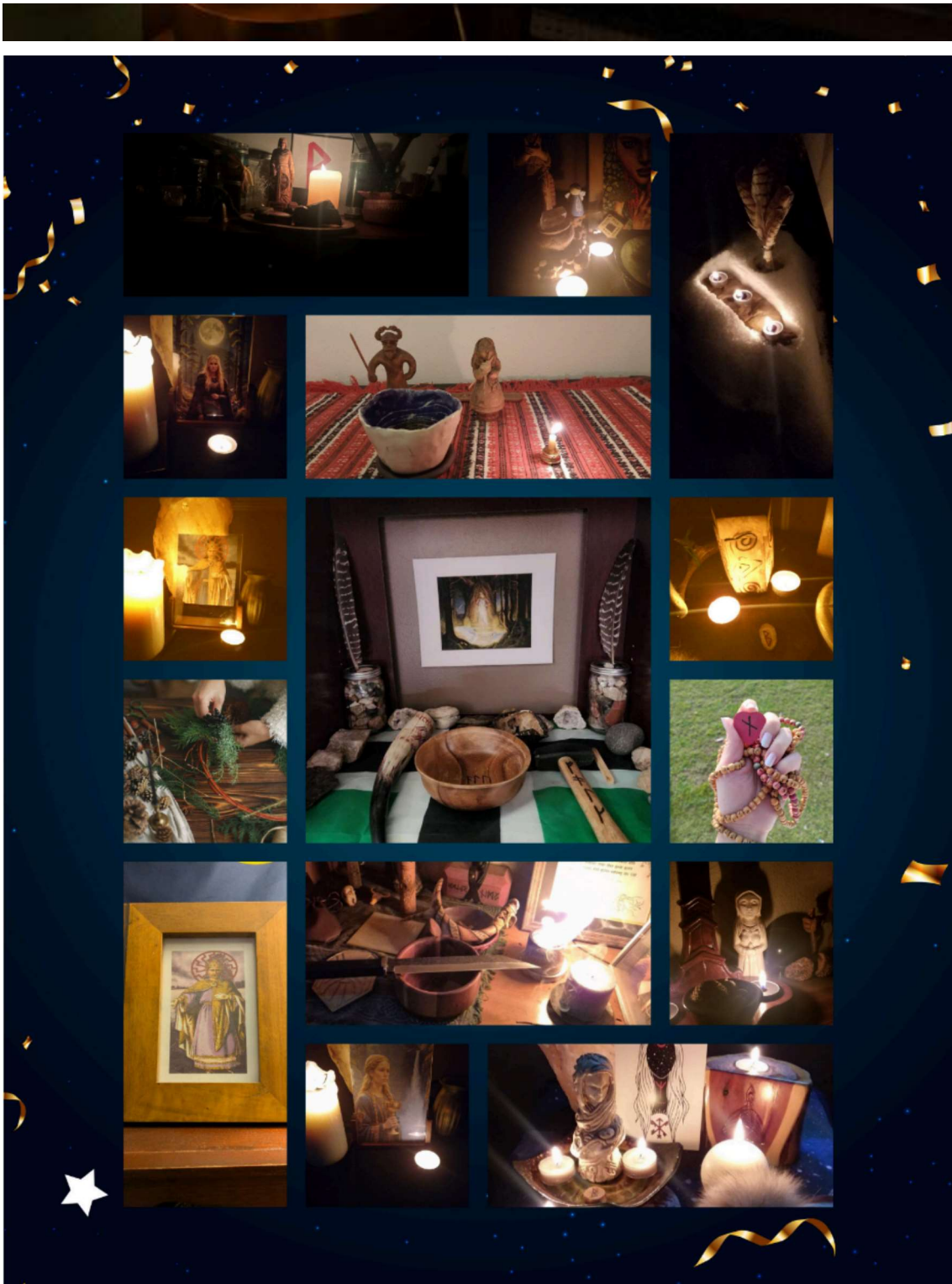
Witan Daniel Young
dyoung@runestone.org

Celebration and Worship around the AFA



Óðinn
January 1st, 2025







February 2025

February 5th
Þórr

February 12th
Sif

February 19th
Jörð

February 26th
Ancestors

If you have spent any amount of time with me (in person or on calls) you know that I feel that helping the Folk create and maintain a personal relationship with our Holy Ása, as well as giving our Folk ways to worship individually and as a family in their own homes, is a duty that I hold near and dear to my heart.

This year I invite our Folk to join me in a year of celebration and dedication to the Æsir, Ásynjur, and their kin.

My family and I dedicate Wednesdays as a day of intentional spiritual practice and

devotion, with each one dedicated to someone different, helping us to connect with them as a whole and individually. Your family (or individual) celebration could be as simple as an offering by yourself in the morning or as complex as a full feast and lore reading with your family in the evening.



I invite each of you to share your thoughts, experiences, pictures and memories of these devotional Wednesdays with us in the Spiritual Excellence Group on MeWe. If you choose to do so, I will share those each month here in the Runestone!



Witan Brandy Fassett
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Words from Our Goðar

Declaration of Purpose IV

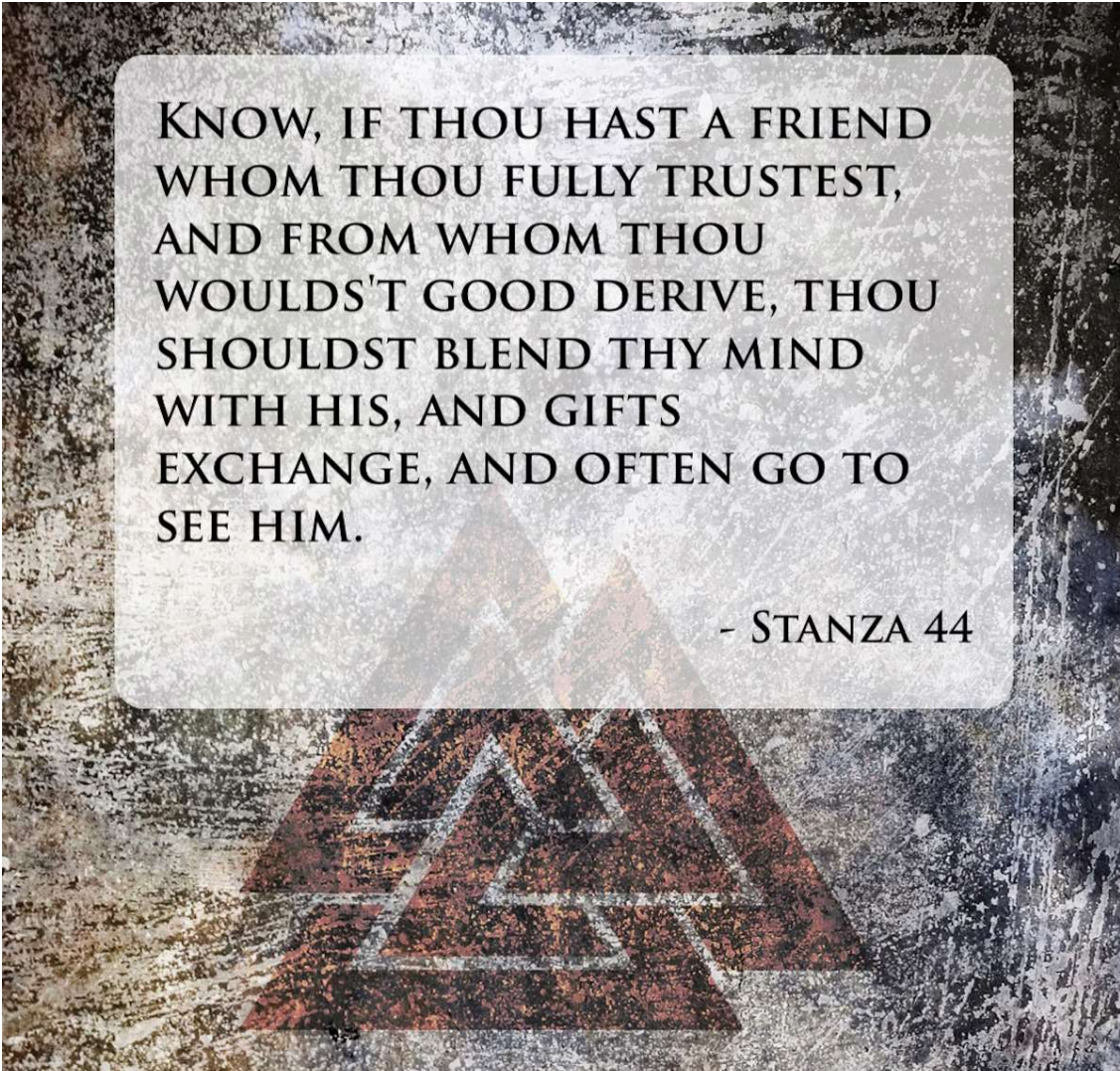


.IV: The restoration of community, the banishment of alienation, and the establishment of natural and just relations among our Folk

Our ancestors had religious and social folkways that gave them a feeling of continuity and community while jealously preserving individual rights; we can and will reestablish this natural order among our Folk. Ásatrú encourages sound, traditional families while providing an extended family or tribe to support the basic family unit. We help each other materially, socially, and religiously while respecting the privacy of individuals and families. Society would work better if families and communities cared for each other, rather than relying on coercive, intrusive “help” from outside sources such as government.



It is absolutely paramount that we as a Folk get back to having a strong community dynamic for our people. We were never meant to be solitary beings, alone, and without family and Folk around us. One can survive on their own but at what cost? There are so many joys to be had when surrounded by your people in a community or tribe that values working together towards a common goal while maintaining the individual spirit and privacy. It is in this setting that we become more than we could ever become on our own. We have the support of those around us in all matters. We are that support for those around us that need us to lean on from time to time. It is far better to relay on your neighbor, your kin, or your tribe than to be a slave to the state, begging for handouts.



KNOW, IF THOU HAST A FRIEND
WHOM THOU FULLY TRUSTEST,
AND FROM WHOM THOU
WOULDS'T GOOD DERIVE, THOU
SHOULDST BLEND THY MIND
WITH HIS, AND GIFTS
EXCHANGE, AND OFTEN GO TO
SEE HIM.

- STANZA 44

In the AFA, as our ancestors did and we hold one another up, we don't owe our survival to the cold, calculating overlords of society as we see around us today. We care for each other; we build our Folk up while we build ourselves and vice versa. We teach our children, we listen to our Elders, and we grow with our neighboring Folk in a traditional manner that would make our ancestors, and the Ásatrú take notice. Take notice, that we value our heritage, that we value our freedom to live and raise our children in a noble and honorable community. That is what the Asatru Folk Assembly can give you. You just have to want to live as a Noble Aryan man and woman.

Goði Nathan Erlandson
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Ásatrú Trúlögmál



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

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

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

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!



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The Quest for Freyshof

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

– Gylfaginning



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

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

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

- We need to pay off Njörðshof.
 - The first of 2 loans have been paid off!
 - We now owe \$56,377 on our remaining loan.
- We need to raise our monthly donation average by 8.8%.
 - This is membership dues/Hoftollr plus other donations.
- We need to locate a suitable property.
- We need to find lenders and build a war chest.

The image is a fundraising progress bar for Freys Hof. At the top center is the Freyshof logo, which features a stylized bird with its wings spread, perched on a shield with a runic letter 'R'. Above the bird is the word 'Freys Hof' in a gothic font. Below the bird are the words 'EST. 202X'. To the left of the logo is the text 'Freys Hof Fundraiser' and to the right is 'Click Here to Donate Today'. Below the logo is a progress bar that is 77% full, with the number '77%' in the center. Below the progress bar is the text 'FIFTH HOF OF THE ASATRU FOLK ASSEMBLY' and 'Paying off Njörðshof is the first step'. The entire graphic is framed by decorative green vine borders in the corners.

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

Hail Freyr!



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Sigrheim: Home of Victory

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨ ✨ ✨
amazon

Thank You!

[click here](#)

Upcoming Events

Charming of the Plow at Sigrheim

February
8th



RSVP to nrice@runestone.org

The painting depicts a rural scene with two horses pulling a wooden plow. A man in a hat and coat stands behind the plow, guiding it. In the foreground, several chickens are pecking at the ground. The background shows a vast, open landscape under a cloudy sky.

Ostara

March
8th



Sigrheim

The image shows a large, round wicker basket filled with various items. In the center, there is a small woven basket containing several speckled quail eggs. Surrounding the eggs are various flowers, including pink and white daisies, blue and purple bell-shaped flowers, and green leaves. A wooden wheel with a runic symbol is also visible in the basket. The word 'Ostara' is written on a piece of wood inside the basket.

Folkbuilder Nicholas Rice
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Victory Never Sleeps



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

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

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

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

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



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AFA Ásatrú Academy



Check out the Ásatrú Academy at AsatruAcademy.org

Our Educational Philosophy



Greetings students and parents!

This month, I thought I'd take a little time to explain our educational philosophy. Most of you know that we use the Waldorf education system. Some of you may wonder, what in the world is Waldorf? What makes it different? Where does it come from?

Well, Waldorf is an educational philosophy developed by Rudolf Steiner in Germany during the inter-war period of the early 20th century. Waldorf style is holistic, intended to develop students' intellectual, artistic, and practical skills with a focus on imagination and creativity. Steiner broke up his educational approach into epochs, or stages. This allows the unique needs of specific ages to be addressed and approaches catered to, rather than a one size fits all approach.

So, who is Rudolf Steiner? The founder of the Waldorf method? Steiner was born in Austria in 1861. He received his PhD from the University of Rostock in 1891. Rudolf Steiner was a contemporary of Guido von List, and most likely was an acquaintance of Meister von List, as they both were in esoteric circles, and both were pan-German nationalists. Steiner, however, approached the magical and esoteric from a more catholic perspective, a la Lanz von Lebenfels.

Steiner wrote extensively and published several books on philosophy. His Waldorf educational philosophy would eventually grow from his first school opened in Stuttgart, Germany in 1919, to being the largest independent school movement in the world only a century later. There are more than 1200 independent brick and mortar schools and

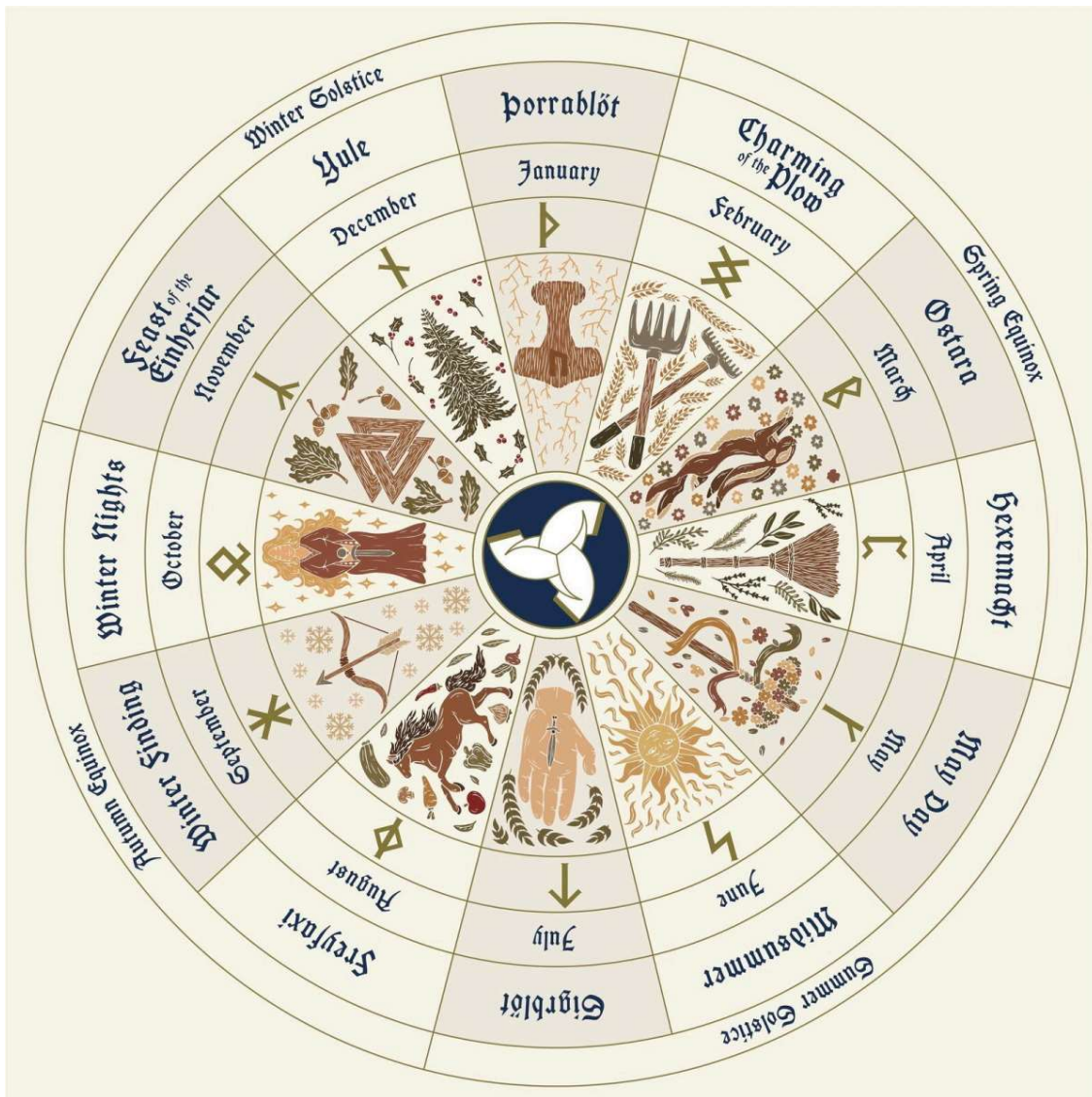
nearly 2000 kindergartens across 75 countries. There are numerous Waldorf-based public schools, charter schools, and academies, as well as the Waldorf Homeschool movement. The United States, Germany, and The Netherlands boast the most Waldorf schools.

The AFA Ásatrú Academy chose this educational philosophy because of its unique style, focus on faith and experiences, and its age-specific developmental approach. We also really like that the founder was of our Folk, a proud German, and was versed in esoteric/magical thinking. We hope you like our Waldorf program, and we look forward to continuing to serve the Folk and our kids with quality Ásatrú education.



Goði Rob Stamm
Dean of the Ásatrú Academy
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Remembrance & Holy Days



[Holy Days | Asatru Folk Assembly](#)

- > January 9 - Raud the Strong <
- > January 18 - King Blót-Sveinn of Sweden <
 - > January 18 - Þorrablót <
- > February 1 - King Eanfrith of Bernicia <
 - > February 9 - Eyvind Kinnrifi <
 - > February 15 - Charming of the Plow <
 - > March 9 - Olvir of Egg <
- > March 20 - Ostara (observed on March 15) <
 - > April 9 - Jarl Hákon Sigurðarson <
 - > April 10 - John Yeowell "Stubba" <
- > April 30 - Hexennacht (observed on April 19) <
 - > May 1 - May Day (observed on May 17) <
 - > May 22 - John Gibbs-Bailey "Hoskuld" <
 - > June 9 - King Athanaric of the Visigoths <

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

February



Asatru Holidays - February 2025 - King Eanfrith | Eyvind | Charming of the Plow
<https://youtu.be/LHAT3D3zgXM>

Days of Remembrance

King Eanfrith of Bernicia | February 1st



Y 590 - 634 A

King Eanfrith of Bernicia (590-634 CE) was a Saxon king in what is now lowland Scotland, during the initial wave of conversions to Christianity in England.

His father was Æthelfrith, an Ásatrú king of both Bernicia and Deira, the two halves of the Kingdom of Northumbria. He was killed in 616, when Eanfrith was in his mid-twenties. When he was killed, Eanfrith's uncle Edwin then took the throne of all Northumbria, and Eanfrith was sent north, to live in exile amongst the Scots.

While living in exile with the Scots, he was forced to either be baptized or find a new home. Unfortunately, in a moment of weakness that can almost be excused, he chose to briefly forsake his troth with the Æsir and be bathed in the name of the foreign Christ. He also married a Pictish Christian princess and had a son with her, further stepping away from the light of the Æsir.

However, when his uncle Edwin was killed in battle by another Saxon king, the Ásatrúar Penda of Mercia, Eanfrith seized the opportunity to reclaim both of his birthrights: the throne of Bernicia and his relationship with the Æsir. The Venerable Bede specifically states that King Eanfrith immediately “renounced and lost” his faith in the foreign Christ.

After returning to his throne and picking up the torch of Ásatrú, King Eanfrith sought peace negotiations with Cadwallon, the Christian Celtic king who had assisted in defeating Edwin. Cadwallon agreed to meet King Eanfrith for peace negotiations, so King Eanfrith took a small retinue of only a dozen soldiers. When they arrived to meet Cadwallon, he had them trapped and killed almost immediately, even though King Eanfrith arrived with the honorable intent of keeping the Frith and working towards peace.

Even when approached nobly and with the best intentions, the Christian snakes ambushed and killed at least 13 Ásatrú men simply for keeping their loyalty to the Æsir intact. This unfortunately ended Ásatrú in northern England until the start of the Viking Age, but for a brief moment, King Eanfrith of Bernicia restored the Saxons’ native faith of Ásatrú. He cared not for the material or social consequences, as he had while in exile. He cared only to do what was right by his Folk and by his Gods.

The AFA Remembers King Eanfrith of Bernicia



February 1st, 2025

Let us all follow his example by marching onward boldly, nobly, and honorably towards Victory with the Æsir in our hearts!

Hail King Eanfrith!

Hail the Asatru Folk Assembly!



999 ʌ

Eyvind Kinnrifa was a Norwegian landowner of noble stock, followed and admired by many good men in and around his holdings. He held a reputation for being openly, and relentlessly, Ásatrú, even during a time when it was becoming increasingly dangerous to do so.

As is the case with many of our Days of Remembrance, this one involves the villainous King Olaf Tryggvason, who Christianized his own people with both bribery and deadly force. Raud the Strong, who we honor on January 9th, was one of his many victims.

Eyvind's story takes place during the year 999 CE, as Olaf the snake was making his rounds of Norway in an attempt to subvert every faithful follower of the Æsir. One man, Harek of Thjotta, had managed to outrun Olaf and his men, escaping to an area near Eyvind Kinnrifa's lands. He sent word to Eyvind, asking for his help in fighting off a coming invasion from Olaf. Eyvind bravely answered the call, knowing that he was honor-bound to defend the Æsir and all of his Ásatrú subjects with his life.

However, when he arrived at Harek's location, he was attacked by some of Olaf's men who had followed Harek without him realizing it. They took Eyvind to Olaf, where Olaf attempted to bribe him many times to renounce his loyalty to the Æsir and

embrace the foreign deity of the desert. Eyvind declined all of the gold, silver, and land in the world, because his faith in the Gods of his ancestors meant more to him than mere possessions. When Olaf instead threatened Eyvind, his answer did not change, his will was unbroken and his resolve stronger than steel. The serpent Olaf eventually killed Eyvind, likely in a gruesome manner, but he never wavered in his piety and dedication to the Æsir.

So, what can we learn from this story?

Eyvind lived, fought, and died a stalwart Ásatrúar, even when it was deadly to do so. He did not renounce his Gods to fit in, or to make money, or to gain materialistic “glory,” and not even to save his life here in Miðgarðr. Let us all look inward, into our hearts, and ask ourselves if we would have the strength to follow Eyvind’s example. That strength lives in anyone who proudly walks with the Asatru Folk Assembly, and that strength will be with you for as long as you have the courage to carry it forward.

On the 9th of February, as we stop to remember Eyvind Kinnrifa and his unwavering faith despite the consequences, take a moment to consider what in your own life is important to you.

Even in these times, when we are living with unparalleled freedom of choice, it can be difficult to choose faith over all else. It is sometimes easier to hide behind the idea of a pseudonym or to keep your faith hidden from those in our lives that should matter. Remember, when you think of Eyvind, what truly matters. Stand strong with and take pride in your Folk and your Gods.

Hail Eyvind Kinnrifa!

Hail the Asatru Folk Assembly!

Holiday

Charming of the Plow | February 15th



Charming of the Plow is a ritual that takes place at the early beginning of the planting season. As the name implies the plow, or other tools used, are blessed and offerings are made to the Gods for a productive growing season. Traditionally, after blessing the plow, a ceremonial furrow was dug and then filled with cakes and other offerings. For our ancestors, this was a crucial time of year. Poor preparation often led to a poor harvest and a poor harvest led to starvation.

Ásatrú is the modern celebration of our ancestral heritage. Charming of the Plow symbolizes our willful penetration of the unyielding soil. It is with our own

industriousness, our own will, that we create, that we change, that we provide. In the Asatru Folk Assembly, we often celebrate the Charming of the Plow by planting a tree.

Inflict your will on your world. As Ásatrúar, this is a time to “charm” the implements of your own productivity. Entreating the divine to bless your tools and your plans for the year is essential to starting things off right. Inviting the divine into our plans and intentions is a great way of making us aware of the sacrality that should be a part of all you do. The AFA encourages all Ásatrúar to be Industrious in all that we do. Dream grand dreams. Make solid plans. DO big things. And after hard work, reap a bountiful harvest.

And what can you do to celebrate Charming of the Plow?

Though most of us do not rely on growing our own food to survive, now is a good time to consider starting a small garden, or even just growing some herbs on the patio. Make a plan. Choose a small patch of yard and map out your garden beds. Bless the shovels and spades. Dig up the soil and begin fertilizing it with eggshells and coffee grinds. Prepare. If you cannot plant a small garden begin planning some project. Sew a quilt, build a chair. Take an idea and make a plan, and then put that plan into action.

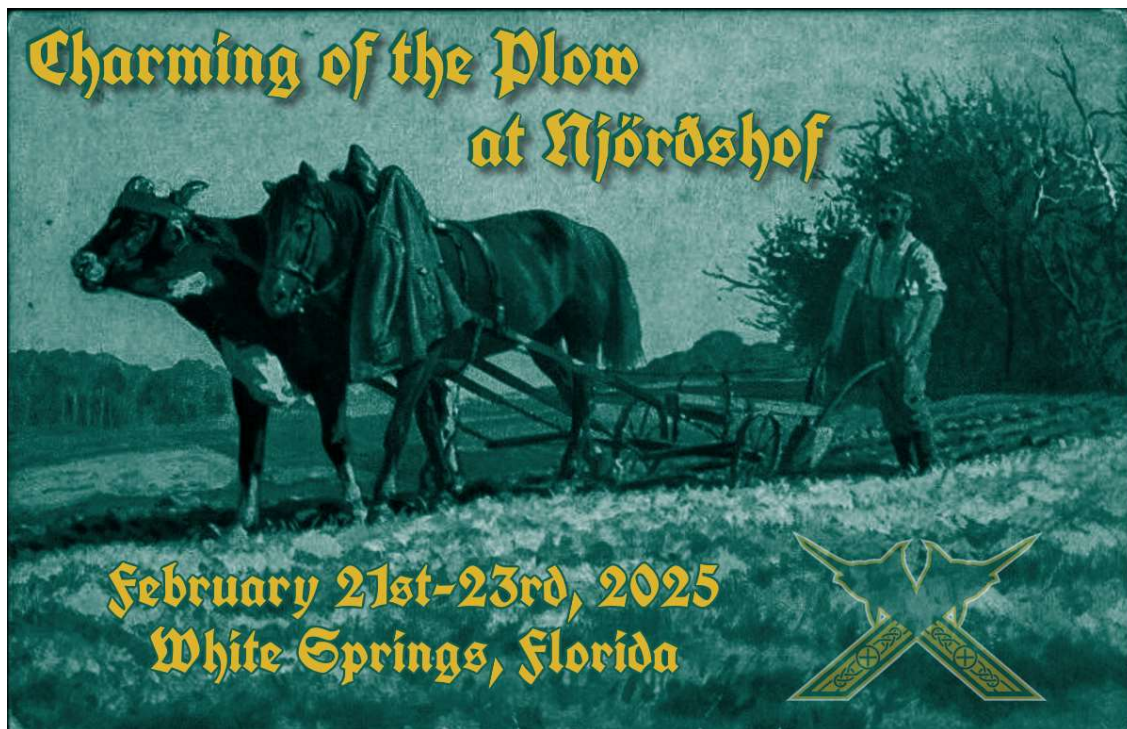
Inflict your will on your world.

Hail Freyr!

Hail the Asatru Folk Assembly!

Upcoming National Event

Charming of the Plow at Njörðshof | 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
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Be a Doer



We need you to volunteer for the AFA!

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

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

Baby Blanket Project

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

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

If you are a member of the AFA who is expecting a baby, please let your Folkbuilder

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

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



Folk Services



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

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

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

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

Thanks in advance!

Photo Donations

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



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

Eir's Blessings



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

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

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

our community who need our help!

You can reach us at EirsBlessings@runestone.org

Last Will and Testament

Recently, several members of our AFA family have passed beyond the veil. One was an old man in ill health, two were young men in the prime of life... all died with no legal will on record. Sadly, in two of these cases, our dead AFA members did not have their wishes respected regarding their funerals nor the final resting places of their remains.



We never know when tragedy will strike. We have a responsibility to our loved ones, we have a responsibility to our own legacies, to plan for our passing, and to make our wishes known. Planning for and contemplating our death is uncomfortable. Hopefully, we all have plenty of time for that down the road, but we can't count on that. Maybe we worry about expenses or hiring a lawyer. We all have excuses to put things off until later, unfortunately, sometimes the clock runs out before "later" happens.

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org

AFA Prison Ministry



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

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

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

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

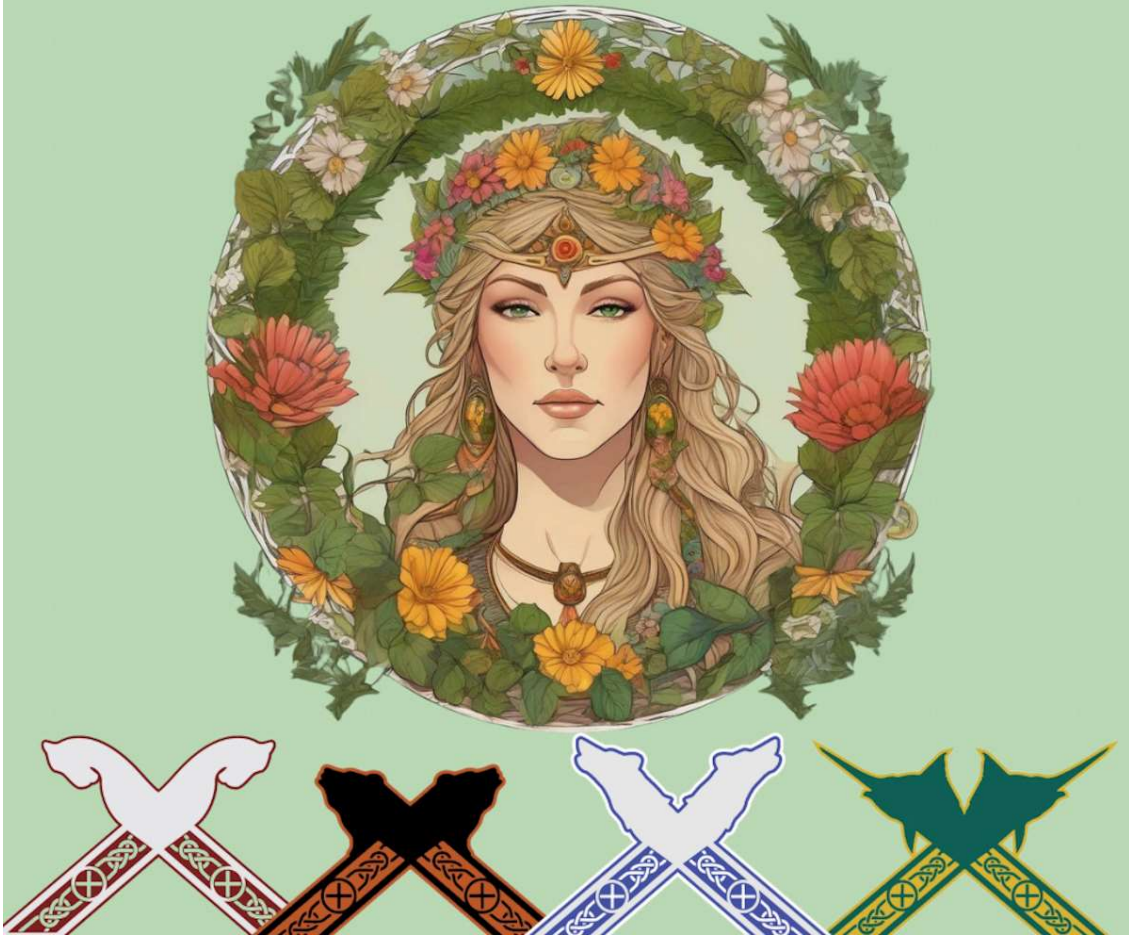
If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact us at prisonministry@runestone.org.



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

Ancestral Food and Culture

Feasting with Folk



Hello Fine Folk! Folkbuilder Sierra Chapman here with exciting news! I have decided to revive the Folk cookbook series, with a few small changes.

The idea is recipes can be sent into me at schapman@runestone.org. I will then pick one or two to be highlighted in the Runestone, and on months that I am at the Hof, I will pick one or two that get sent in and actually make them at the Hof and serve it to our Folk. Then at the end of the year, we will release the cookbook with all recipes sent in even if they didn't make it into the runestone as a PDF. This doesn't have to just be ancestral recipes; it can be your favorite comfort food, favorite dessert, whatever! This book will be what we make of it. Huge thank you to everyone who has already sent in recipes. The first round of Hof cooking will be at Ostara, as I am traveling for Charming of the Plow this year and will not be at Óðinshof! Thanks in advance!

This month, we are featuring a Njörðshof members Family Roast and yummy sides!

Thank you to Jon Rochefort for his submission!

Rochefort Roast

Prep time:30 minutes

Total cook time: 3-3.5 hrs

Ingredients:

For the Roast

- * 3-4 large carrots (heirloom rainbow give nice color variety to your dish)
- * One whole onion
- * One leek
- * 8oz button mushrooms (optional)
- * 1lb fingerling potatoes
- * 3-4lb chuck roast (with good marbling)
- * Worcestershire
- * 32 oz beef broth
- * 1/2 stick butter
- * 3 sprigs thyme
- * 2 bay leaves

My family roast recipe was passed down from my grandmother to my father to me: use a Dutch oven or a ceramic baking dish with a lid. Cut up 3-4 carrots (I like the heirloom rainbow carrots, but this isn't necessary) to even chunks. Roughly chop a whole onion. Clean and roughly chop a leek. Slice in half button mushrooms (if you don't like mushrooms, leave it out). Wash and slice in half about 1lb of fingerling potato. ~3lb chuck roast with good marbling to start. Add some oil into a pan and brown all sides. At this point, you're not cooking it. You're just making a nice crust (this isn't entirely necessary, but good for texture and flavor). Once browned on all sides, take it off the heat and set in your Dutch oven/ceramic baking dish. Season with salt, pepper, cumin, and paprika (use your heart, but about a teaspoon each). Do this on each side. Add your cut vegetables around your roast. Add Worcestershire sauce (a few glugs), and a full carton of organic (or not) beef broth. Cut up half a stick of butter and scatter around the vegetables and meat. Add a few sprigs of Thyme and 2 bay leaves (making sure they are submerged in the liquid). Cover with the lid and bake at 350 for about 3 hours in the center rack. After 3 hours you can pull it out. To test if it's done, take a fork and poke it into the thickest part of the meat and twist the fork. If the fork just tears to shreds easily, it's done. If it doesn't let cook for another 20-30 minutes until when you do the fork test, it breaks easily apart upon twisting the fork.

I serve this with garlic, chive, and smoked gouda mashed potatoes with carrots.

Garlicky Smoked Gouda Mashed Taters with Carrots

Prep time: 15 minutes

Cook time: 30 minutes

Ingredients:

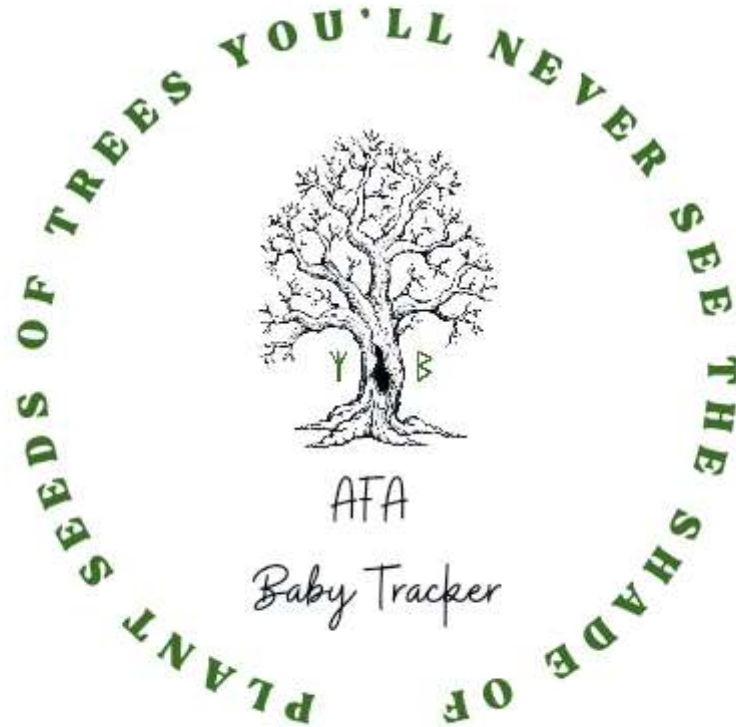
- * 5lbs Red potatoes (russet will work as well)
- * 4 large Carrots
- * 1 whole stick butter
- * 1/2 cup whole milk
- * 1/2 bunch Chives
- * 6 cloves garlic
- * 1 cup shredded smoked Gouda

Boil unpeeled red or Russet potatoes and roughly cut unpeeled carrots until fork tender. add the carrots towards the end when the potatoes are almost done as they cook faster, drain and add a stick of butter and about a half a cup of whole milk. Mash this up until smooth (you may need to add a little more milk). Add chopped fresh Chives, minced garlic (about 6 cloves), and 1 cup of shredded smoked gouda. Stir this all up and serve once fully combined. The liquid from the roast goes amazing with the mashed taters.



Folkbuilder Sierra Chapman
schapman@runestone.org

Baby Tracker



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

Total babies born in 2025: 3

Online Events and Meetings

VIRTUE RECOVERY MEETING



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

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

SISTERS SUNDAY CHATS



Second and fourth Sunday of the month
10 am central
Contact Folkbuilder Ali Clausen



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**

Open to All!

McNallens Pub

Friday, February 14th
6:00 PT, 7:00 MT, 8:00 CT, 9:00 ET

Purveyors of hearty horns
full of spiritual insights,
wisdom, and laughter

sheila@runestone.org



AFA Eldri

Virtual Meetings

February 18th

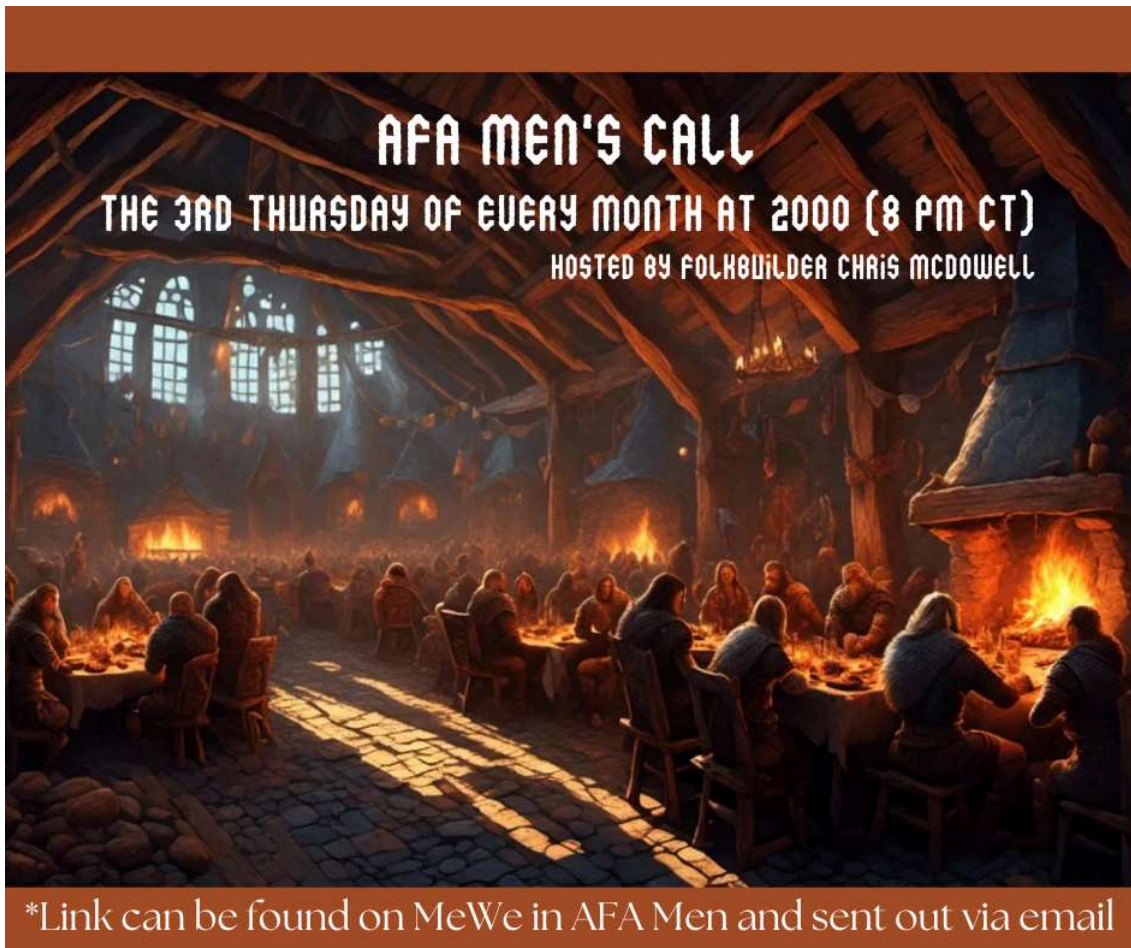
4:00 AT, 5:00 PT, 6:00 MT, 7:00 CT, 8:00 ET

*A social group for members age 50
and up. Come chat with us.*

Hosted by Gyōja McNallen

Teams link:

<https://tinyurl.com/yc289cn8>



AFA MEN'S CALL

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

HOSTED BY FOLKSBUILDER CHRIS MCDOWELL

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

Just for Fun

Freyr and the Charming of the Plow

<p>P R L T P H I V X G E S C J L U U O X E N Z W Z D I T O V T Q J V U N F X E O A Y Q E G W J P G R N Q L I Z I Y Y N N S Q R M U G P J A J R J N W S X V N T Q I K S X L V A J E Y N Q U W C C L H Z O A O V Q A S U R A T H R H O R U I N C W L X Z V N J G M Y X Q R V M E A H Z N E D X X F L G N I D E E S R N J O P H V B P I J D B L T S E Z L N V H B F J Y A V O W T N A H G G N I M R A H C R G M G W I T I F G S V E M B E Y V A N G B B J J D E Q B F C C G U Q Y I M S G T K Z V R T V N Z E Z Z S L Y W A O H Z H X I L Z Y O Z I W O H O A R A T Y F A H X H O S K Z U D T Y O O L N T Y E Y E Z P X T U G D G I A E W D C G N J P G U I M Z I N N D E E P X C F B L E U T T Y L B L Y S W O D W P Z O C N M E N E U H B N I N V R E U T H I U I D G E P J Y U H P S B G L A O R D C U E Y V X B D C A D U V E T H V I F X S O K U I P Q F I C G E L L Z D I S P R I N G A T U Y H E E Q S C R N K S V P T A M D Z L B E P Z B O N F E S K K B F Z G Q R S V V R C X Z A S Z V U A O N Y F Z E A R C H I S E R F X S T G C I E G K T R K V S O F O M E G O B M E A I C M S U Y X I Y W R S O N C G E H Z Y X N N A P Z U C E Y X N K J O K F U T B P T D D I O Y P A T R R I Y R B N V G D R R T B N V N A S O G W L R A Q Z Q E J L N K A E K D S K D D E O P S Y Q D O Z A L A C A U H Y A R Y T P T R Z A B L C B Q V C C T W S D O U Q B U L S N P Y Z P E W P Y U N U C V S U N W V A W N A Y O M S G E W W M N A N E R E R L C S O D L G U G K O S E O R G V M R M X J B R D I C L F U O E A I V O L U D B N B O J P L N M W R N E D L O G O N N W B S K K D O D K T D H Z I Z N U H P A E O H Z V E Y M G R G X G P H H T N I N T G H I A S D I X W R S S P T P H J N D W F E H E V O K A W J F V R V Z I S B R Y B V T A M R S S G O V N Z C R O T X V E P N E M O U E D E Z Q J Q Q N I R A U S L P A E W I R Z A L R J G J F S W G Q W L F F A N M O I Z E A L A N D F T Z Y I Y Z J K N Y X C T S G Y B L K G X N G C S W K D K W D Y C A O C H Q J Z C T H S H Y H Q D X</p>	<p>Freyr Planning Tools Preperation Charming Plow Fertility Abundance Sunlight Blessing Denmark Zealand Oxen Gefjon Field Sacred Seeding Growth Rainfall Prosperity Gullinbursti Njordr Peace Freyja Spring Golden Vanaheim Barley Plenty Wheat Boon Earth Sow</p>
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Feel free to send completed puzzles to press@runestone.org for a shout-out in the next issue!

AFA Church Ladies

Join the AFA Church Ladies!

Ladies of the Folk!
We are looking for ladies who
would like to volunteer to
work on various projects for
the AFA while socializing and
building frith!

Please contact Witan Brandy
if you are interested!
bfassett@runestone.org



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



Witan Brandy Fassett
bfassett@runestone.org

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

In honour of the AFA's 30th Anniversary, head on over to the [Store](#) and get your tee now!



<https://store.runestone.org/product/30th-anniversary-tshirts/>



Folkbuilder Nicholas Rice
nrice@runestone.org

Njörðshof

Food Pantry at Njörðshof



During the January food pantry, we here at Njörðshof had the honor and privilege of feeding 50 families. We had such a great turn out that we were left with no left-over food which is a great problem to have. While the weather made things a little hectic, we were able to get set up and started on time.



As always, I'd like to thank Lawspeaker Allen Turnage and the McCloskeys; we couldn't have done it without your help. As Hof Steward, I'd like to ask everyone for your help and see more volunteers for the upcoming food pantries. We can't do all the fantastic things we do without your help. If you'd like to volunteer, please contact any of your Njörðshof district leadership.



Alexander Casto
Apprentice Folkbuilder
acasto@runestone.org

Porrablót at Njörðshof



Even in the sunniest of states, the month of January can seem a little bit chilly. Júl is over, the decorations are down, and everything is just a little bit blah. This was not the case this month at Njörðshof!

After a morning of helping the community, the hall was filled with the chatter of Folk. A small herd of children ran around playing. Lunch was served up by our wonderful kitchen crew, and thoroughly enjoyed by everyone.



After the meal, the Folk were led in a Blót to Þórr by Goði Plourde. After the thunderous ritual, we held a baby shower for one of our expecting mothers. We completed the day in a cozy, heartfelt sumbel.

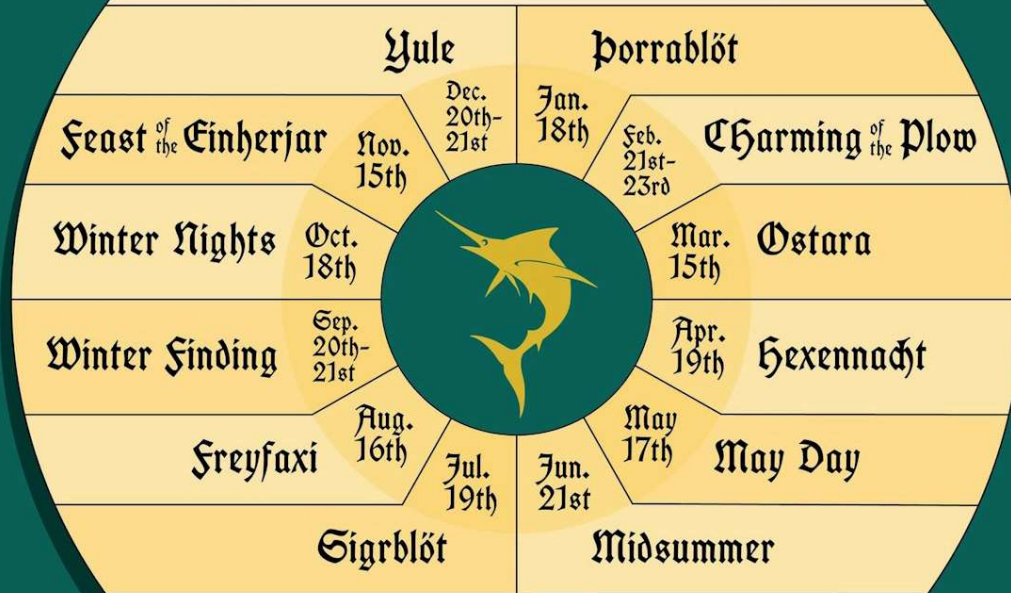
It's always nice to see everyone at the Hof! There's always a seat for you, please join us. Hail the Folk!



Gyðja Anna Plourde
aplourde@runestone.org

Upcoming Events at Njörðshof

Njörðshof 2025 Calendar



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





a little cutie pie is

BAKING

join us for a baby shower honoring

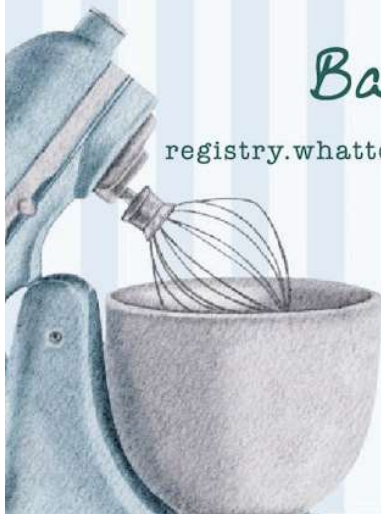
Madison East

February 22nd at 3 pm

Charming of the Plow
at Njörðshof

Baby Registry:

registry.whattoexpect.com/baby-registry/madisoneast



Njördshof Food Pantry

THIRD SATURDAY EVERY MONTH

10AM-11AM

12562 Roberts St, White

Springs FL 32096

If you're in need come stop by! Nobody is turned away!



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



NJÖRÐSHOF

MONTHLY MEMBER
CALL

**MONDAY AFTER EVERY HOF EVENT
8 PM ET, 7 PM CT**

CONTACT ANY FOLKBUILDER
FOR THE LINK

LINK ALSO SENT VIA
EMAIL AND 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

A Work Day Recap

Njörðshof Work Day



Thank you to everyone who was able to volunteer today, your work is ALWAYS appreciated.

Hail the Doers!

Upcoming Work Days

NJÖRÐSHOF

NOW HIRING

WE NEED YOU!

RSVP:
[ACASTO@RUNESTONE.ORG](mailto:acasto@runestone.org)
Saturdays



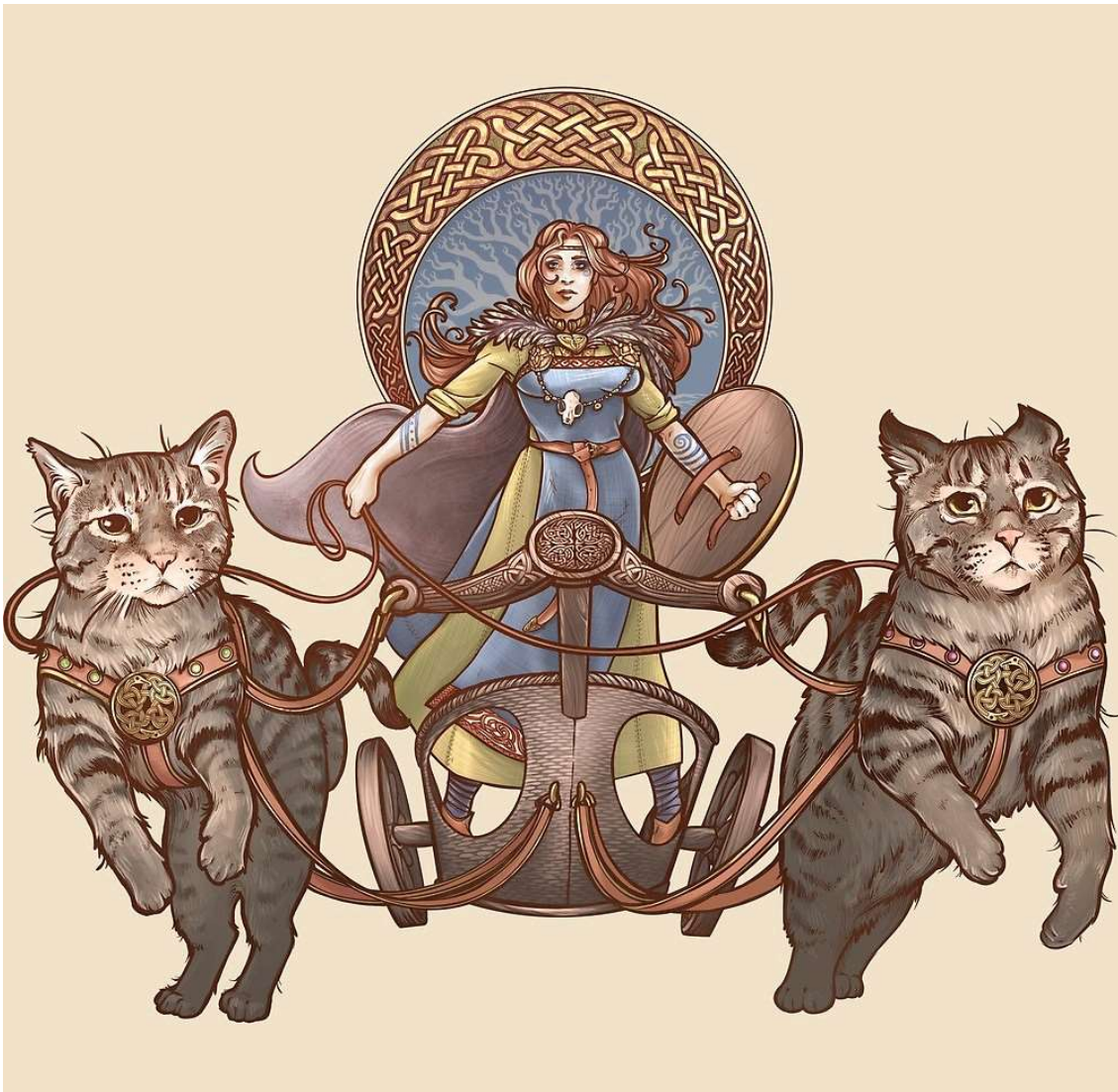
Alexander Casto
Apprentice Folkbuilder
acasto@runestone.org

Njörðshof Wishlist



Arkansas

Charming of the Plow



Charming of the Plow is the Ásatrú holiday celebrated in February. During Blót, we give our offering to Freyr or Freyja. Charming of the Plow is a way for us to welcome spring and ask that Freyr blesses our gardens. Also, during Blót, you can have tools used for creativity and for work blessed.

There are other ways to celebrate Charming of the Plow too. One way is by planting a garden or flowers. It is rewarding to get your own food from your garden or to see pretty flowers in your yard during the spring and summer. Another way is to make bread or other baked goods. It is a good way to connect with our female ancestors.

Upcoming Events



Charming of the plow

February 9th 2025

Amity Arkansas

RSVP to Apprentice Folkbuilder

Tabatha Owens at 8703458077 for

more information



Tabitha Owens
Apprentice Folkbuilder
towens@runestone.org

Coffee Moot



It's been cold and snowy, everyone has been waiting for the storm to be over and busy with beginning of the year activities. We had some early chilly morning coffee with some Folk. Gearing up for Þorrablót, hopefully the weather doesn't separate us too long. Almost time for Þórr to destroy the frost.

Get Together with Folks



We had a pleasant Þorrablót last month. Þórr was honored on the altar. Everyone was pretty tired this month after the holidays. We had one of the boys turn 12, so we did have a laser tag arcade party. Getting to see the children make friends for life is a very

rewarding experience. Hope to see everyone for Charming of the Plow this month, as we get through these winter months.

Upcoming Events

Join us in
Little Rock
Arkansas

Saturday
February 15th

For Charming
of the Plow

Contact Folkbuilder
Jesse Parton for
details

jparton@runestone.org





Join us in
Little Rock
Arkansas

Saturday March 15th

For Ostara 


Contact Folkbuilder Jesse Parton for details
Jparton@runestone.org





Folkbuilder Jesse Parton
jparton@runestone.org

Georgia

Upcoming Events



Come join us for a

KENNESAW MOOT

- ▶ SAT, FEB 16TH 9:30 AM ET
- ▶ KENNESAW, GA
- ▶ BREAKFAST TO BE PROVIDED!

Contact Folkbuilder Jordan Wells for details:
jwells@runestone.org
860-576-3347

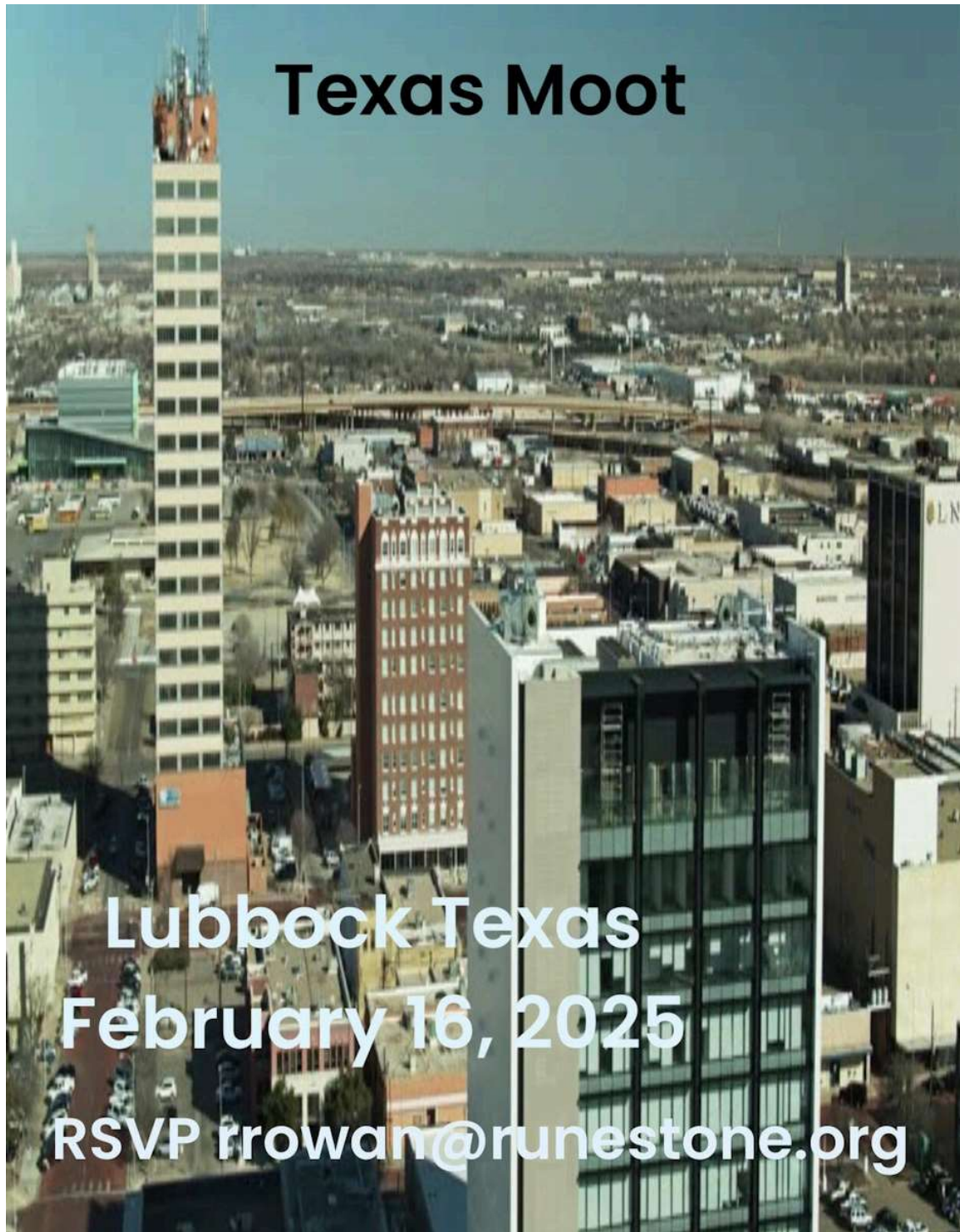
On the morning of February 16th, we will meet in Kennesaw, GA for a breakfast provided by myself and then embark on an epic mountain hike together! This is going to be a big one, and a lot of our Folk have already RSVP'd. Come join us as the winter weather fades to spend time with your Folk and increase our physical excellence.



Folkbuilder Jordan Wells
jwells@runestone.org

Texas

Upcoming Events



Texas Moot

Lubbock Texas
February 16, 2025
RSVP rrowan@runestone.org



Robert Rowan
Apprentice Folkbuilder
rrowan@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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