

The Runestone: Voice of the Asatru Folk Assembly
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Óðinshof

First Hof of the Asatru Folk Assembly

www.odinshof.org

August 2024

 Runestone.org

 Email the Witan

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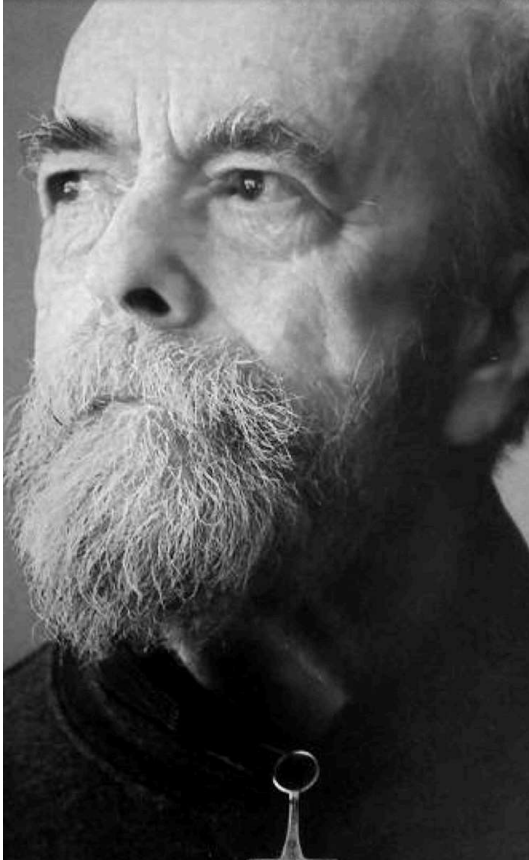
Donate to the AFA

Words from the Alsherjargothi



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

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

Goðar Beyond Death

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

So to with our departed Goðar!

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

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

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

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

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

Loyalty is eternal!



Matthew D. Flavel
Alsherjargoði, Asatru Folk Assembly
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Words from our Gothar

Why Do We Have Hofs?



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

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

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



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

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



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

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

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



Goði Trent East

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Victory, The Tenth Noble Virtue



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

deceiving may get you what you want, but at the cost of our Nobility, Integrity, and Honor. That is not Victory, that is weak, miserly, and unbecoming of our Folk.

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

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

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

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

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

Hail the Gods!

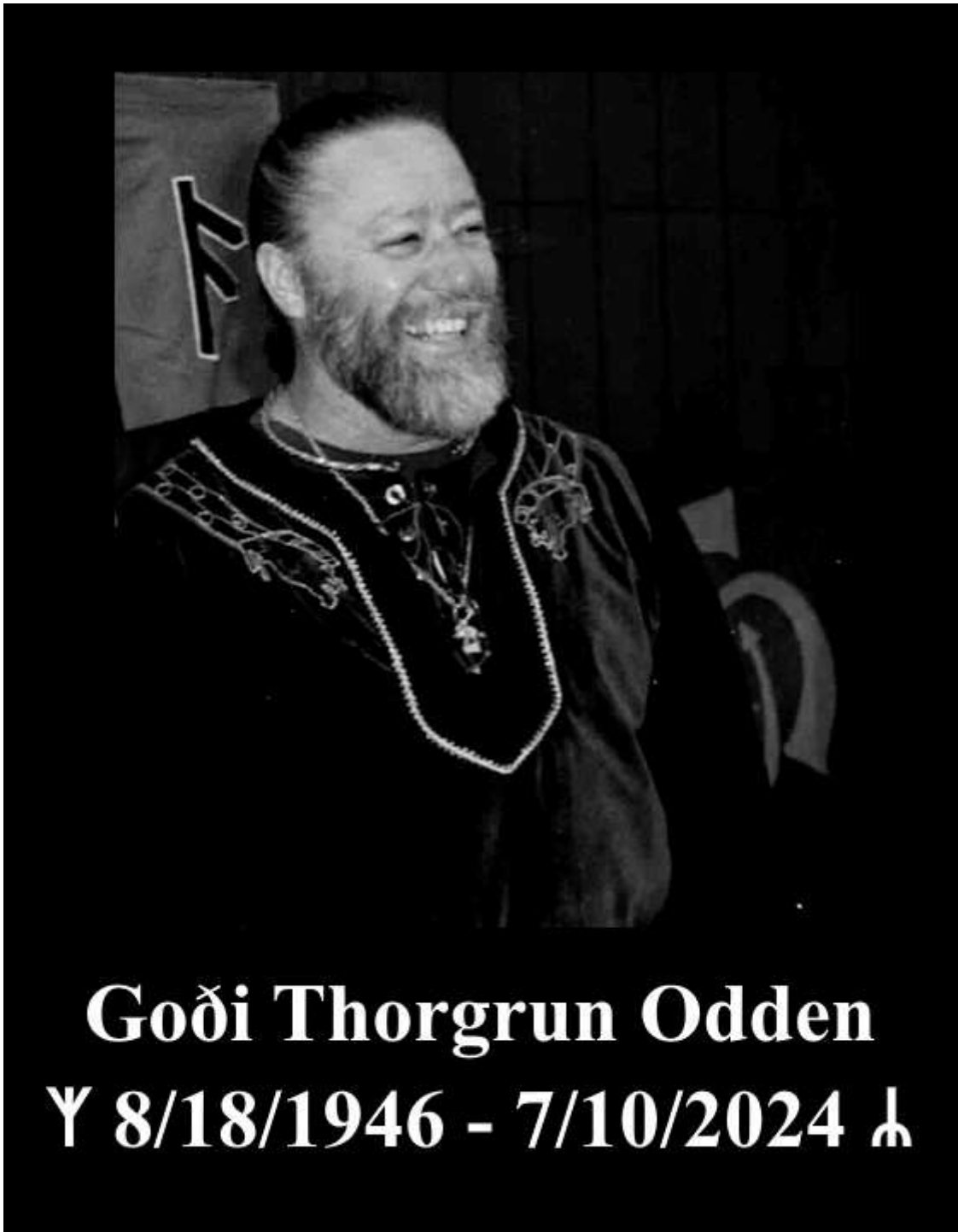
Hail the Folk!

Hail the AFA!
HAIL VICTORY!



Gothi Nathan Erlandson
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The Folk Remember



Goði Thorgrun Odden
Y 8/18/1946 - 7/10/2024 𐌹

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

Hail Goði Thorgrun Odden!

The Folk Remember!

Memorial Service for Goði Odden



Memorial Service
Goði Thorgrun Odden

18 August 1946 ~ 10 July 2024



Sunday, August 18, 2024

Óðinshof Cemetery
8408 LaPorte Road, Brownsville, CA 95919

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

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

RSVP please: sheila@runestone.org
530-575-8692

Ásatrú Trúlögmál



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

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

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

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!

Matthew D. Flavel



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 \(runestone.org\)](https://runestone.org/freyshof-fund)

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

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

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

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

Hail Freyr!



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Sigrheim: Home of Victory

Sigrblót at Sigrheim II : A Recap



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

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



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

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



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

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

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

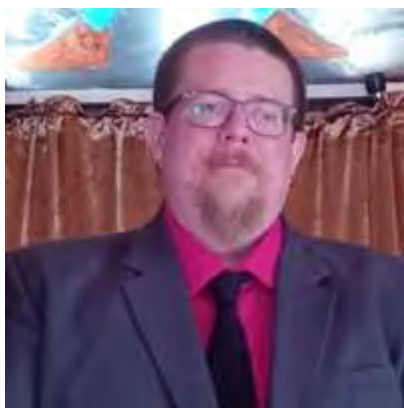
Donate Supplies
from our
wishlist ✨ ✨ ✨
amazon

Thank You!

CLICK HERE

Upcoming Events





Folkbuilder Nicholas Rice
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Victory Never Sleeps



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

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

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

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

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



TEES, TANKS, SWEATERS!

MUGS! HATS! STICKERS!

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



Matthew D. Flavel
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AFA Asatru Academy



Check out the Asatru Academy at AsatruAcademy.org



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

School Starts Soon!



Hello Folk,

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

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

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

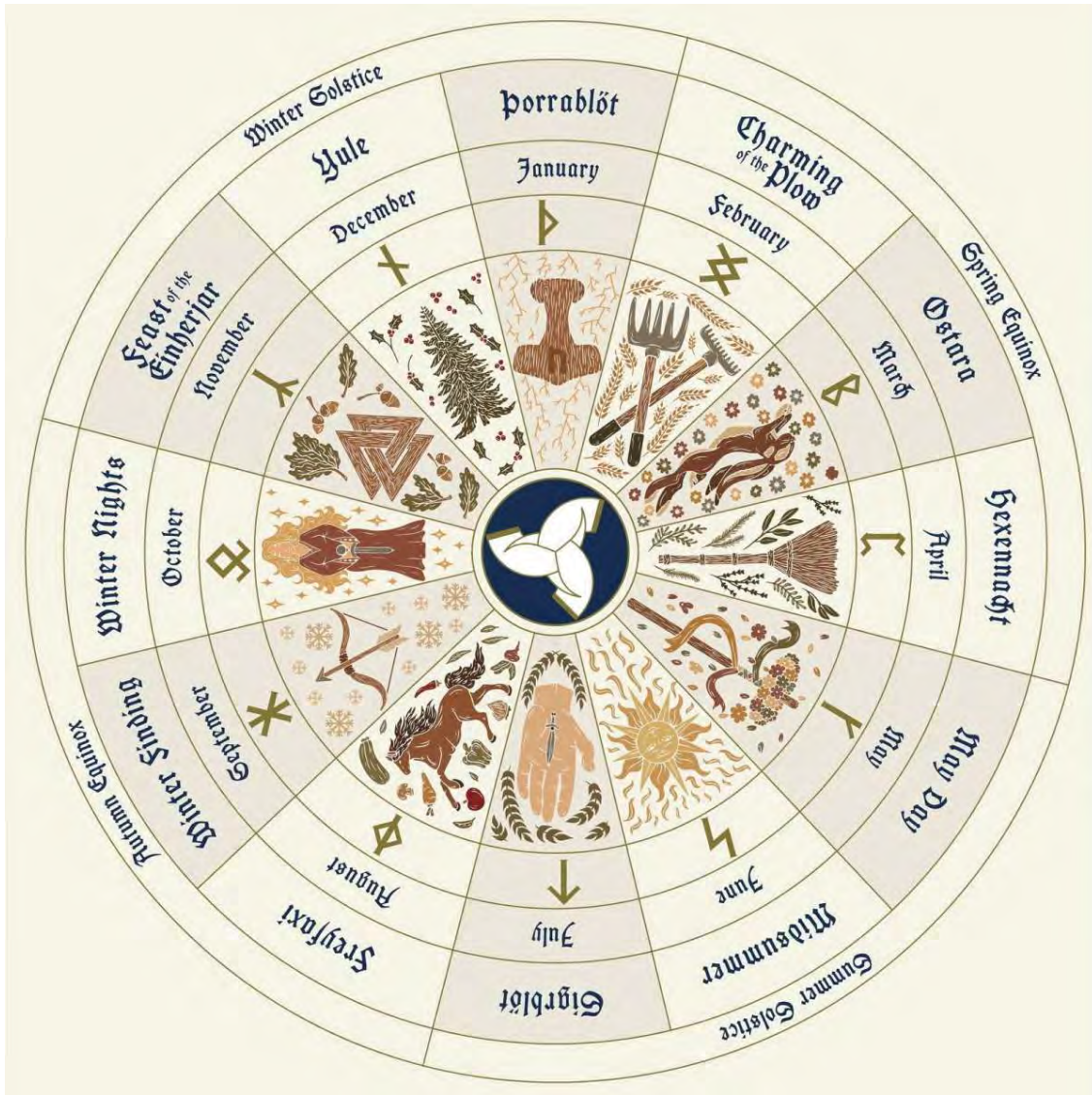
The Academy staff is dedicated to your home school success. We have experienced home schoolers, a former schoolteacher, a former professor, and very knowledgeable Folk in our staff that will help you every step of the way.

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



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



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

2024

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

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

August



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

Days of Remembrance

King Osric of Deira | August 1st



634 𐌺

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

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

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

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

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

Edwin went on to become the most powerful king among the Anglo-Saxons, until the

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

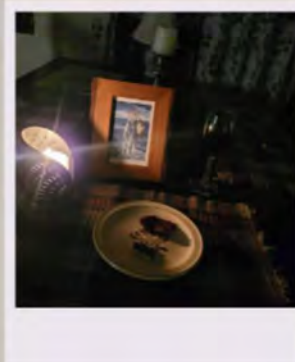
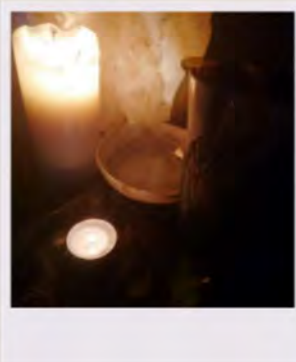
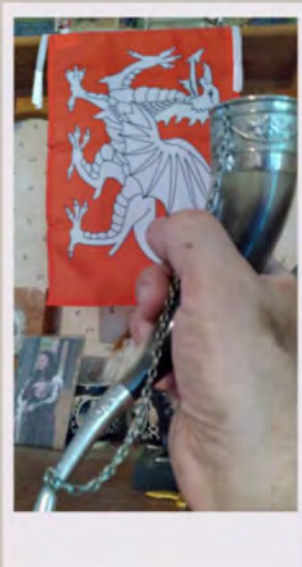
This brings us to the autumn of 633, with King Osric and King Eanfrith ruling their respective sub-kingdoms, having themselves superficially accepting the new faith. However, according to Bede and other historians, they promptly dropped the facade of being “good Christians,” and reverted back to their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

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

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



Hail Kind Osric of Deira!



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

King Radbod of Frisia | August 9th

Y 648 - 719 A

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

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

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

What can we learn from this story?

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

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

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

Hail King Radbod of Frisia!

Hail the Honored Dead!

Hail the Ancestors!

Holiday

Freyfaxi | August 17th



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

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

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

Hail Freyr!

Upcoming National Events

Freyfaxi at Baldrshof | August 16th-18th



Join the gathered Folk for Freyfaxi at Baldrshof 2024!

This weekend will include:

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

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

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

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

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

Get your tickets [HERE!](#)



Witan Brandy Fassett
bfassett@runestone.org

Freyrs Harvest Feast | September 20th-22nd

FREYR'S HARVEST FEAST SEPTEMBER 2024



SEPTEMBER 20TH-22ND



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

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



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

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

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

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



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

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

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



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

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

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

Any questions please feel free to reach out.

Get your tickets [HERE!](#)



Folkbuilder Tyler Heinlein
theinlein@runestone.org

Winter Nights XIII | October 11th-13th



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

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

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

Things to know:

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

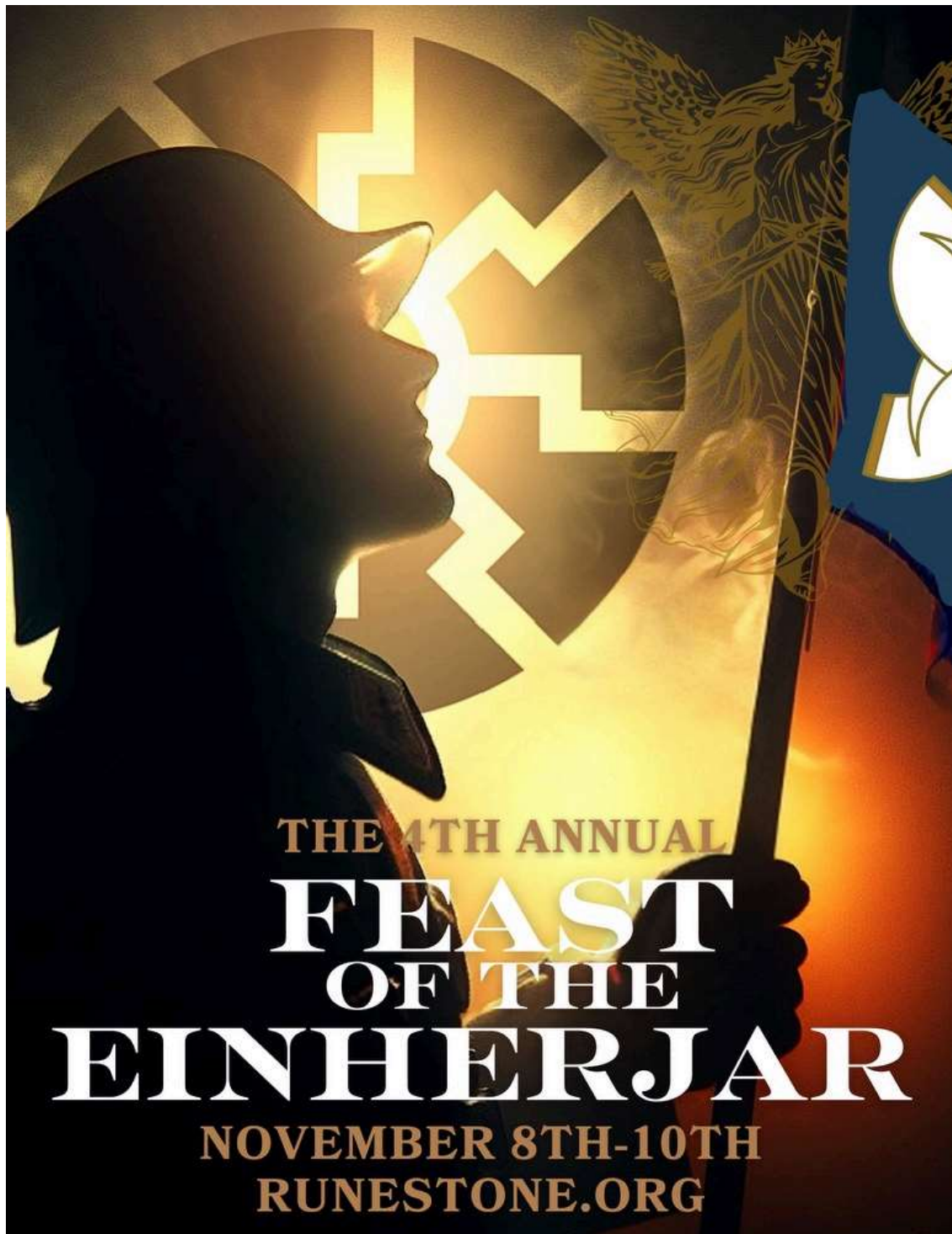
If you have any questions or concerns, please email cerickson@runestone.org

Get your tickets [HERE!](#)



Witan Clifford Erickson
cerickson@runestone.org

Feast of the Einherjar | November 8th-10th



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

Get your tickets [HERE!](#)



Gothi Nathan Erlandson
nerlandson@runestone.org

A Folk Services Campaign

Help Fritz Jump-Start His New Lease on Life



Hello Asatru Folk Assembly:

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

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

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

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

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

Best Regards,
+ JH/FM

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

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

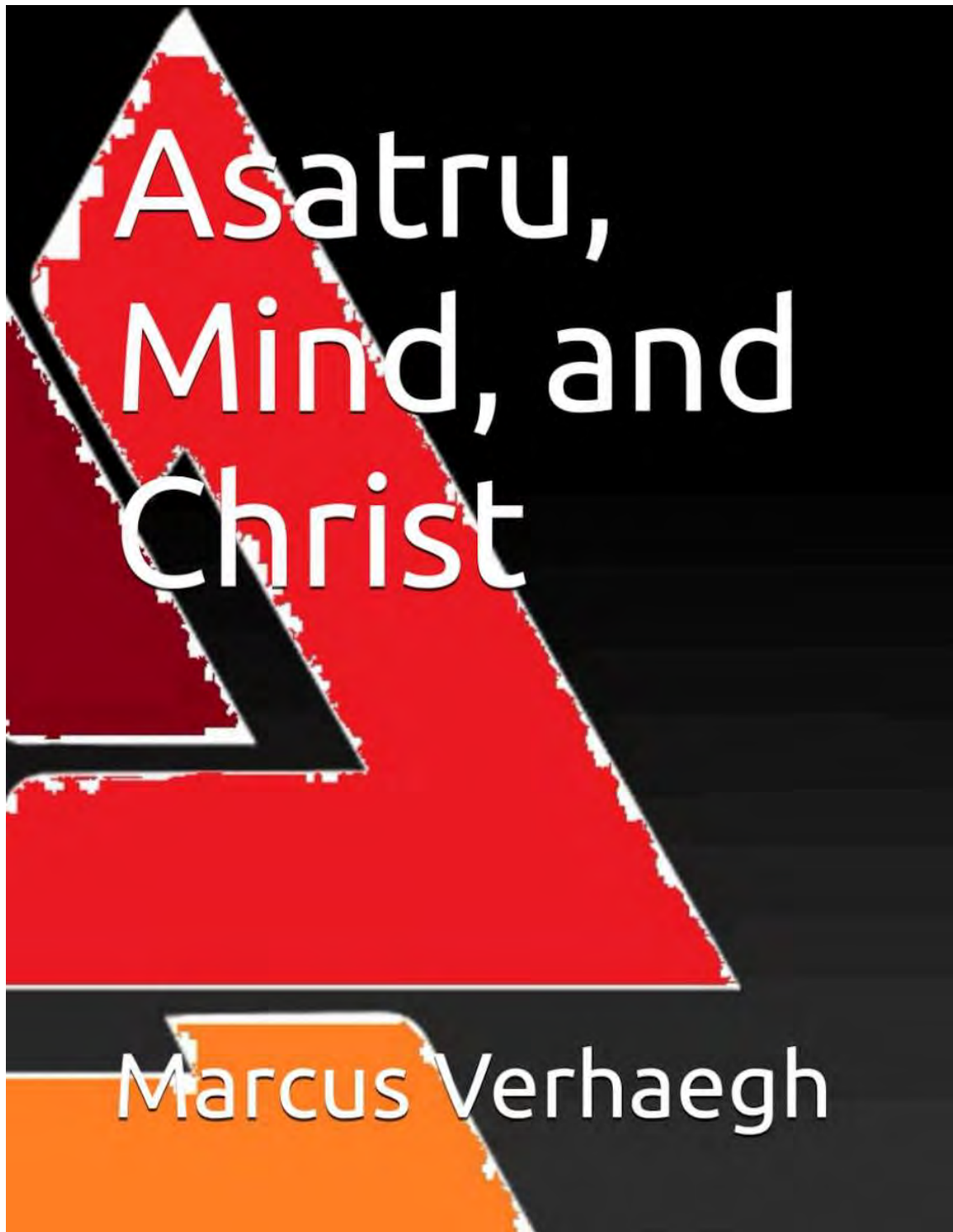
By the example of our Folkmother, Else Christensen, we will also be going into prisons as we are able to. Some of our Gothar and other leadership, will be going into the prisons to hold study groups, lead blot, and encourage continued growth in the folk inside.

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



A big shout out and congratulations to Marcus Verhaegh!

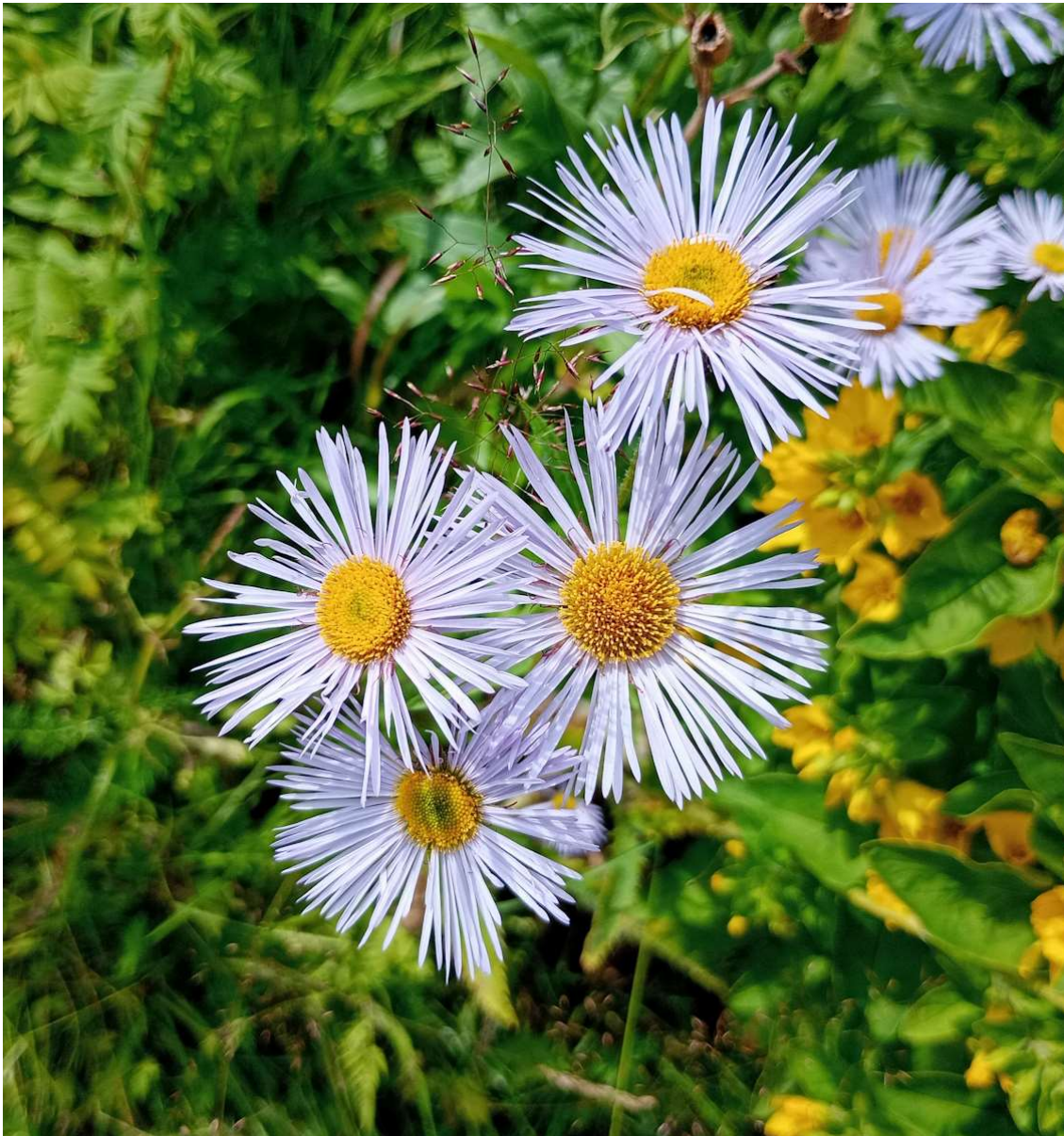
This past month, one of our own Óðinshof members, Marcus, self-published a book about Asatru! This is a huge accomplishment, one that so many of our Folk only dream or talk about doing one day. Marcus' book, *Asatru, Mind, and Christ* discusses many questions surrounding Asatru religion from his knowledge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

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

Hail Marcus Verhaegh!

Hail Victory!

A Boast to AFA Leadership



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

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

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

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

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

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

Hail the Gods!

Hail the Doers!

Hail the AFA!



Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org

Ancestral Culture and Crafts

Corn Dollies



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

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

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

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

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



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

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



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



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



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



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

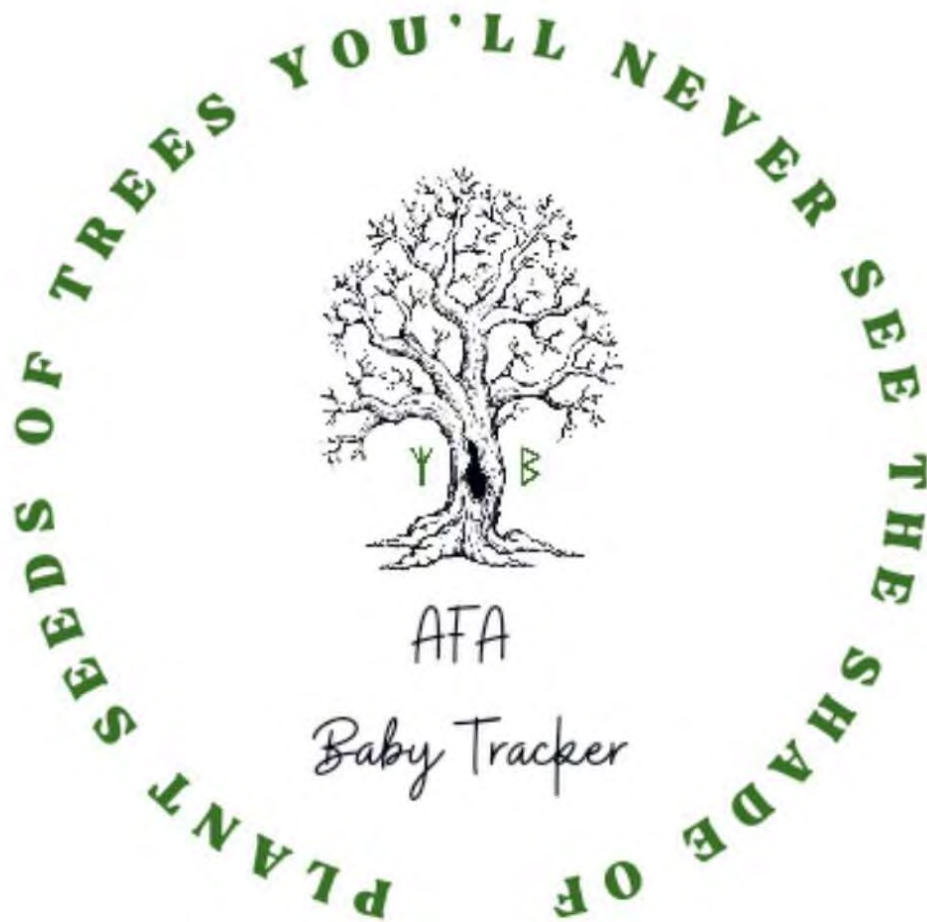
Hail the Spirits of the Harvest!

Ron Boardman



Apprentice Folkbuilder
rboardman@runestone.org

Baby Tracker



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

place where they can feel proud of who they are!

Total babies born in 2024: 21

Online Gatherings



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 via online. We hold our meetings every Thursday at 7pm Central. Join us!! Feel free to reach out to

Folkbuilder Ashley McStocker with any and all questions!

AMcStocker@Runestone.org



The graphic is set against a dark brown background. At the top, the words "SISTERS SUNDAY CHATS" are written in a light pink, rounded, sans-serif font, arching over the central illustration. The illustration features a white cat with orange and brown stripes, curled up and sleeping on a striped mat. To the right of the cat is a bouquet of flowers, including white daisies and red strawberries on green stems. A red ribbon is tied around the base of the bouquet. Below the illustration, the text "Second and fourth Sunday of the month" is written in a light pink, serif font, followed by "10 am central" in a smaller font. Below that, "Contact Folkbuilder Ali Clausen" and "and" are written in the same serif font, followed by "Apprentice Hope White for details" in a larger serif font.

SISTERS SUNDAY CHATS

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



AFA Reading Challenge Meetings



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

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

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

Ladies Book Study

Revolt Against the Modern World

by Julius Evola

Starting

July 11th

7 pm CST

**We will meet
every Thursday.**

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



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

For more information contact

Witan Brandy Fassett

Folkbuilder Sara Ault





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

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

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

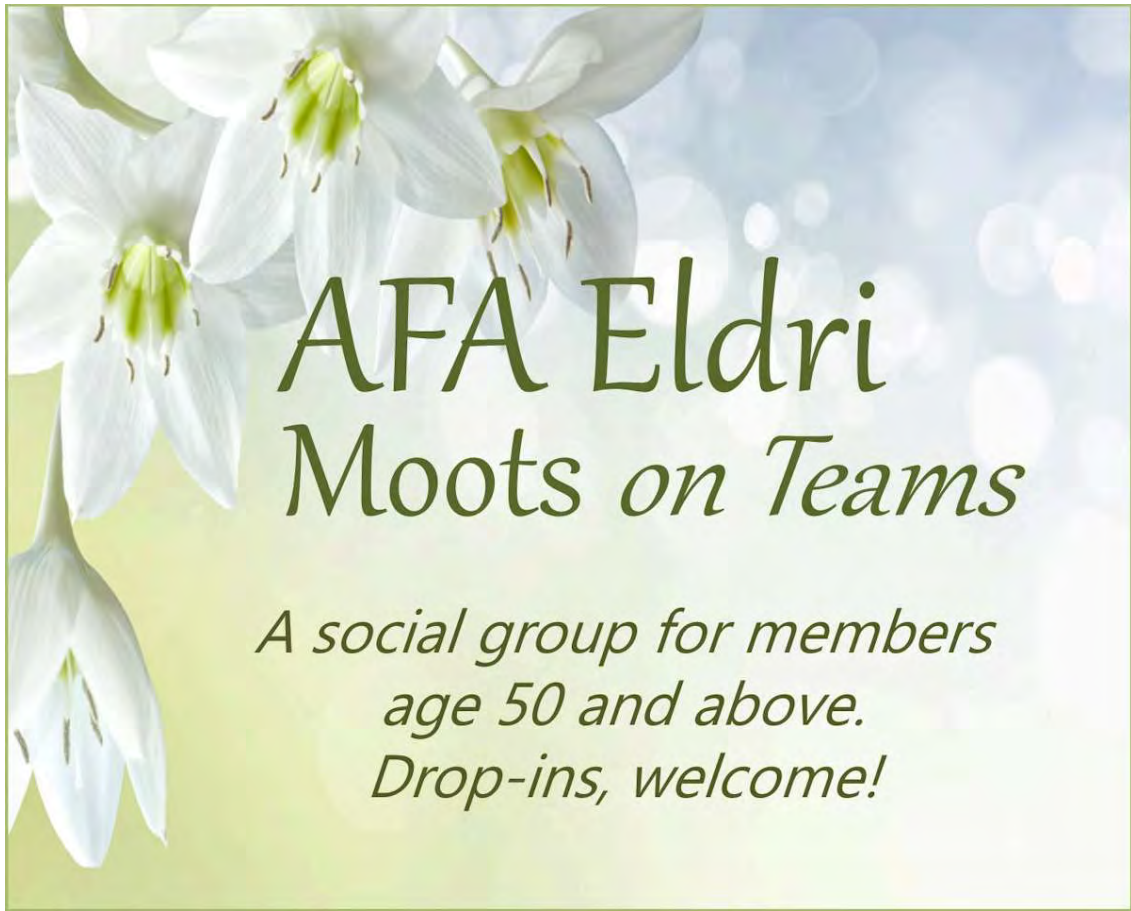
4:00 pm MST

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**



Fridays Aug 9th and 23rd @ 2pm Pacific

Tuesday 20th @ 5pm Pacific

Contact with any questions you might have — Sheila@Runestone.org





Just For Fun

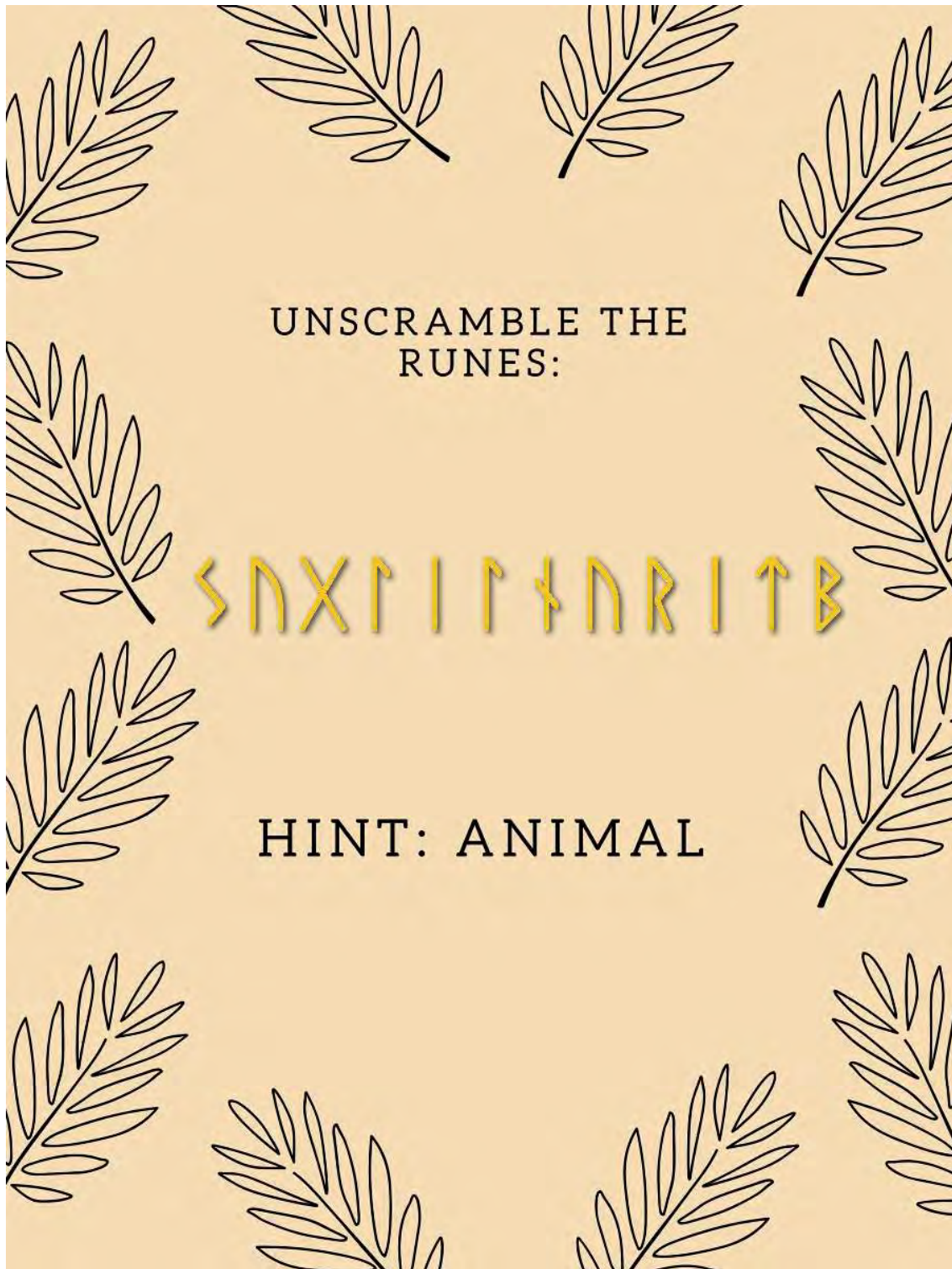
July was a hot and fun one! We are sending a huge shout out to Autumn and Bryson for being super readers, each reading 500 minutes this past month!



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



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



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

Title: _____





By: _____

Age: _____



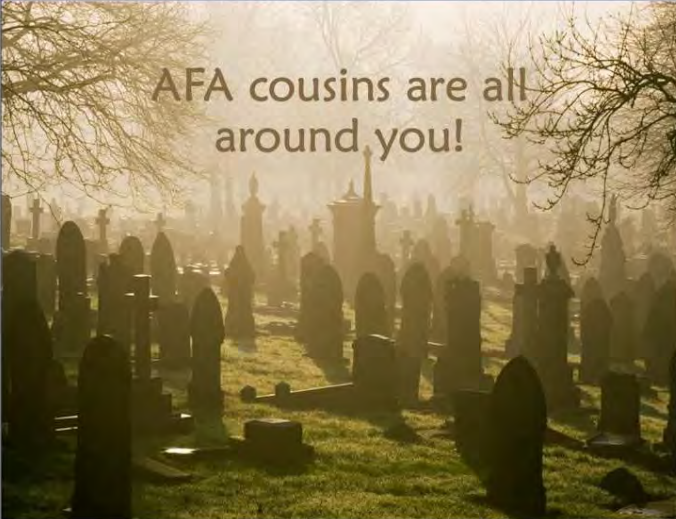
For our youth and youthful, I invite you to write a fun short story about the seasonal shift this time of year, from summer to autumn! What tells you it's Fall? What tells the deer it's Fall? Use as much paper as you need, give your story a title, and send it in to press@runestone.org! We can't wait to read your wonderful, original stories!



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Genealogy and Kinship Charts

Join the AFA Genealogy group on MeWe!



AFA cousins are all around you!

Who are your closest cousins in the AFA?

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

Deadline: 8/10/24

CONTACT
sheila@runestone.org
Gythia Sheila McNallen



Gyðja Sheila McNallen
sheila@runestone.org

Calling All Folk Photographers

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



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



Folkbuilder Nicholas Rice
nrice@runestone.org

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 since 2020 and has been a resounding success! The Ladies of the AFA have knitted, crocheted, and sewn beautiful baby blankets for over 120 of our littlest folk, with more on the way. They've been delivered everywhere from Alaska to Florida to California to Sweden!



If you are a member of the AFA who is expecting a baby, please let your Folkbuilder know so that 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, and we will get you in touch with the right people. It's so rewarding

to see your handicraft being loved by our precious wee-Folk!

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! Thank you!

Store Spotlight



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



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

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



Folkbuilder Nicholas Rice
nrice@runestone.org

Óðinshof

Food Pantry at Óðinshof



After the wonderful intensity of a full-day event like Sigrblót, it's a bit of a shock to shift gears and fill paper bags with food well into the evening. But our crew was the model of efficiency; in no time, cases of food were placed down the center of our large wooden tables. Bags were quickly filled and then shuttled to another set of tables, staged for Sunday morning. The day was done; the dawn would come.



The Óðinshof Food Pantry is a monthly highlight for many in the community. The regular clients know that there is plenty for all, but that doesn't stop them from arriving an hour early! It gives them time to chat with neighbors as they receive our goodwill. It's a win/win for all.



In July, we served 54 families, representing 124 individuals!



Gyöja Sheila McNallen
sheila@runestone.org

Sigrblót at Óðinshof



Sigrblót is all about honoring Victory, and I would say that our Sigrblót embodied this very well. From Folk getting exhaustion from the heat, having to adjust our schedule on the fly, and to a beautiful Blót, we had a very successful and victorious event.



The morning got started with the Folk staying the night before getting to work on preparing Farrin LaSan's grave for her burial/memorial service. While this was going on, lunch was getting underway in the kitchen. More Folk trickled in slowly. Our first event was Farrin's service led by Gyöja McNallen, who wrote a beautiful article on this.



We then gathered inside and spoke about Goði Thorgrun Odden's passing and the date of his funeral, which will be held on Sunday, August 18, 2024. We had lunch, where we made a plate of food for Farrin--full of her favorite snacks as well as the meal we had prepared. We moved Blót up to midday, led by Alsherjargoði Flavel, who joined us after having travel issues getting to Sigrheim this year.



The children made clay art and ran and played in the water outside to keep cool! Due to the heat, we didn't have many outdoor activities planned, but we had a nice dinner followed by a small auction.



Some Folks started heading home, while those left behind participated in a Sumbel and a few helped beautify the Hof grounds (please come check out the flowers at night!). Folk then set up for the food pantry the following day.

All in all, it was a great event, and I can't wait to see what comes next month!



Folkbuilder Sierra Chapman
schapman@runestone.org

Upcoming Events at Odinshof



2024 Events at Oðinshof

January 20	<i>Thorrablót</i>
February 17	<i>Charming of the Plow</i>
March 16	<i>Ostara</i>
April 20	<i>Hexennacht</i>
May 18	<i>May Day</i>
June 22	<i>Midsummer</i>
July 20	<i>Sigrblót</i>
August 17	<i>Freyfaxi</i>
September 21	<i>Winter Finding</i>
October 19	<i>Winter Nights</i>
November 16	<i>Feast of the Einherjar</i>
December 21	<i>Yuletide</i>

RSVPs are required. All guests must be preapproved.

On event weekends, Oðinshof is usually open from Friday through Sunday. Those events include a **Sunday** morning food pantry distribution and community outreach on Sundays. We invite you to stay for the whole weekend.

All proposed events are on the third weekend, except for MIDSUMMER which is the premier event for the Oðinshof district. It's been moved to the fourth weekend to allow the food pantry to proceed as normal.

Freyfaxi at Odinshof



Saturday,
August 17, 2024
11am- 8pm

Memorial Service
Gothi Thorgrun Odden

18 August 1946 ~ 10 July 2024



Sunday, August 18, 2024

Óðinshof Cemetery
8408 LaPorte Road, Brownsville, CA 95919

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

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

RSVP by 8/11/24, please: sheila@runestone.org
530-575-8692

**ODINSHOF
WORK WEEKEND
SEPT 6TH - 8TH**

**SEPTIC
PAINTING
KITCHEN
CEMETERY
+MORE**

Contact: Brodie (925) 980-1647
bsutherland@runestone.org

Óðinshof Wish List



Óðinshof Member Ritual Requests

Member Ritual Requests



Baby Namings (Ausa Vatni), Coming of Age Rites, Wedding Ceremonies, Vow Renewals, and Óðinshof Cemetery Funerals are special rituals that our members may request to have conducted at Óðinshof!

How to Submit a Request?

Please email all relevant information (your name(s), ritual type, requested Gothar, proposed date for ritual, etc.) to Folkbuilder Olivia Sutherland osutherland@runestone.org.

Each request will be evaluated, and we will follow up with you about accommodating your request.

Thank You,

Olivia

Olivia Sutherland

Folkbuilder

osutherland@runestone.org

Óðinshof Leadership



Óðinshof Leaders

GOTHAR

Alsherjargothi Matthew Flavel
Witan Brandy Fassett
Cythia Sheila McNallen
Gothi Nathan Erlandson

mattflavel@runestone.org
bfassett@runestone.org
sheila@runestone.org
nerlandson@runestone.org

FOLKBUILDERS

Lou Nickerson (AZ)
Olivia Sutherland (CA)
Ryan Skinner (CA)
Sierra Chapman (CA)
Kyle Reader (ID)
Ryan Harlan (MT)
Tyler Heinlein (MT)

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osutherland@runestone.org
rskinner@runestone.org
schapman@runestone.org
kreader@runestone.org
rharlan@runestone.org
theinlein@runestone.org

APPRENTICE FOLKBUILDERS

Brodie Sutherland (CA)
Daniel Odom (CA)
Zachary Babitz (NM)
Aaron Simbeck (WA)
Nick Gunn (WA)

bsutherland@runestone.org
dodom@runestone.org
zbabitz@runestone.org
asimbeck@runestone.org
ngunn@runestone.org

Welcome to Midgard, Baby!



We'd like to introduce you all to Daniel Bjorn Spencer, son of Richard and Ashley Spencer of Paris, Idaho. This beautiful little fellow was born July 11, 2024. The Spencers began as high school sweethearts in Southern California and married in 2017. With goals to start their family and a farming business, they relocated to Idaho where they also have family roots.

Congratulations to the Spencer family. May Daniel be known for his good heart, strength of character, and loyalty to the Gods, the Folk, and the Ancestors.

In Memoriam

Y 11/18/1980 - 6/19/2024 A



On Saturday, July 20th, Farrin Smedley LaSan was laid to rest in the Óðinshof Cemetery.

She came into our lives as the beloved wife of Wendell LaSan, known to us all as

"Monk." During the last months of Farrin's illness, several of us made visits to her bedside where she greeted us joyfully and with thanks, despite the constant pain she dealt with. She told Monk she wanted to be buried alongside him, and so we helped make her transition to the Ancestors when the time came.

The day chosen for her memorial was Sigrblót 2024. For weeks, our local Folkbuilders helped plan this memorial for Farrin. Sierra brought a chocolate cake – Farrin's favorite. Olivia baked apple pie and wrapped vases and other items with leopard-print ribbon, more of Farrin's favorites. I made sure we had fresh carnations for the ceremony; flowers well-loved by Farrin.



Monk and his friend Paul finished preparing the burial site where Farrin's ashes would be laid, along with grave-goods. Our AFA family joined Monk, his cousin, and his best friend to say farewell. My husband and I led the folk into the cemetery.

Together, we helped guide Farrin to her Ancestors. We shared blessings using mead and spring water, with good wishes for her continuing journey into the Afterlife. Gone? No, just a step away--a step which all of us will someday take.

Hail Farrin!

We will toast her memory, and she will drink with us in spirit.



Gyðja Sheila McNallen
sheila@runestone.org

Arizona

Celebrating Small Victories



Lately, I've been struggling with feeling like I'm constantly in grind mode, doing as many hours at work as possible without any immediate gain since all of the money I earn is going into paying off old debt. I have found that to stay positive it helps to honor your small victories. For example, a few days ago I gave thanks to the Gods for giving me the energy and fortitude to be able to work nine 13-hour shifts in a row. I also took a few hours off one day so that I could make my daughter's birthday party, and I was thankful for having enough time off to do that and also that my daughter was a healthy and happy girl. We receive so many small gifts from our Gods on a daily basis, but

something that a lot of us fall into doing (I know I do) is focusing on the negative or focusing on what we haven't accomplished or some area where we've failed or experienced defeat. But, if we continually dwell on our shortcomings, we often miss seeing the myriad of powerful gifts our Gods and our ancestors, who have walked our path before, have given us. I'd like to encourage people who might be struggling at any given moment to stop and remember all of the blessings that we've received.

There are so many reasons to celebrate; for example, that you had the mental fortitude to get out of bed in the morning, or for a successful workout you completed, or a chapter of a book that you finished. Remember to be thankful for your family, including your ancestors, your spouse, and your descendants. And of course, don't forget that we live in a world where Hofs to our Gods are being established, something that hasn't been seen for thousands of years. Hail Victory!



July was an eventful month for our family. We hosted AFA members at our house in Southern Arizona for a moot and had a great time getting together. We did Sumbel and honored our Gods and our Ancestors, and it felt great to involve the whole family and my friends in the AFA.



We also went on a brief trip to visit a family friend and the graves of my ancestors, and that was a fun trip to somewhere we had never been before, especially because of my personal ancestral connection. To "return" somewhere (even if you've never been there) where the bones of your ancestors are buried in the ground, where your ancestors walked and left their mark on the area, is always a good thing. Even without being familiar with the area at all, there is always some sense of belonging. It's a powerful thing to be able to say "my ancestors lived here, thrived here, had children here, and died here." I hope in the future to make more trips to places where my ancestors lived

and say their names and give them thanks. I try not to forget that thousands of my ancestors, men and women of our Folk, most of whom were Asatru, had to struggle and sacrifice just so that I could be on Miðgarð.

Hail to our Ancestors!



Folkbuilder Lou Nickerson

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Additional Arizona Events

GERMAN LUNCH MOOT



**1st Sundays
at 12pm**

PHOENIX, AZ

CONTACT: OSUTHERLAND@RUNESTONE.ORG

California

Youth Submission



— Madilene, age 10

*Appreciating Midgard, Astronaut Bill Anders, and a Fighter Plane Named Val-Halla
Ásatrú Principles and Space Exploration, Episode 4*



Official NASA portrait of Astronaut William A. Anders in 1967. He is holding models of a Gemini space capsule docked with an Agena unmanned vehicle.(Photo Credit: National Aeronautics and Space Administration (NASA))

One of the core beliefs of the Ásatrú Folk Assembly is:

“We are connected to Nature and subject to its laws.
The Æsir often express themselves in Nature’s beauty and might.”

(<https://www.runestone.org/about-afa>)

One of Our Folk's heroes, Astronaut William Alison Anders ("Bill") (U.S. Air Force Major; final rank, U.S. Air Force Reserves Major General) gave us a historically significant and beautiful photograph of Midgard, later named "Earthrise." In 1968, Anders traveled in the Apollo 8 spacecraft as it emerged from "behind" the Moon on one of its ten orbits. The crew could see the Earth from a viewpoint never seen by man before. Bill Anders took the iconic photograph, named "Earthrise". He later said about the Earthrise photograph, "For me, it reminded me that the Earth was small, delicate, and not the center of the universe. . . I think Earthrise will go down in history as an iconic first real view of our home planet, which is very fragile and very delicate." The Earthrise photo was used to promote the first Earth Day and the third wave of the Environmental Movement in the 1970's. Honoring, respecting, and caring for Nature and the land is a basic value of our Folk, before any political movement tried to take this idea over. Indeed, I believe this photograph will likely inspire awe in our Folk and all humanity for hundreds of years to come.

The world was following Apollo 8's ten orbits during 20 hours around the Moon on Christmas Eve in 1968, including when that photograph was taken. (The color Earthrise photograph was not released until later, after the film was returned to Earth.) The crew did a live broadcast on TV, radioed back to Earth. I remember seeing and hearing their thrilling and inspiring holiday message.



“Earthrise” In Bill Anders’ own words, “. . . the Earth coming up over the stark lunar horizon.” NASA wrote: “Taken aboard Apollo 8 by Bill Anders, this iconic picture shows Earth peeking out from beyond the lunar surface as the first crewed spacecraft circumnavigated the Moon.” (Photo Credits: NASA / Astronaut William Anders)

Who was this courageous man who took this photograph 240,000 miles away from Earth?

Bill Anders was a scholar--he was a graduate of the Naval Academy (bachelor’s degree in electrical engineering) in 1955, and he earned a Master’s degree in nuclear engineering from the U.S. Air Force Institute of Technology in 1962. He later completed the Harvard Business School’s Advanced Management Program in 1979.

Bill Anders was commissioned in the U.S. Air Force, and he served as a fighter pilot in all-weather, interception squadrons of the Air Defense Command in California and in

Iceland during the Cold War, flying F-89Js. After being a fighter pilot, Anders worked at the Air Force Weapons Laboratory in New Mexico. He was responsible for technical management of nuclear power reactor shielding and radiation effects programs. In 1964, the National Aeronautics and Space Administration (NASA) selected Anders as an astronaut with responsibilities for dosimetry, radiation effects, and environmental controls. He was the backup pilot for the Gemini XI and Apollo 11 flights. Anders was in the third group of NASA astronauts in the 1960's ("The Fourteen"), after "The Mercury Seven" and "The New Nine." He then served as Command Module Specialist (originally meant to be Lunar Module Pilot) for Apollo 8, the first lunar orbit mission in December 1968 (which, by intention, did not include a Moon landing). To understand the bravery of Bill Anders on the dangerous Apollo 8 mission, please see Ásatrú Principles and Space Exploration, episode 1, "Third Day of Yule: Honoring Tyr, the Virtue Courage, and Astronaut Borman," in The Runestone, December 2023 issue (Óðinshof District version, California section).

After his NASA career, Anders did not stop. He was appointed to the five-member Atomic Energy Commission (AEC) from 1973 to 1975, overseeing nuclear safety in the U.S. Then, he chaired the Nuclear Regulatory Commission from 1975 to 1976. Anders served as the United States Ambassador to Norway from 1976 to 1977. Bill Anders and his wife, Valerie, had several children. A son, Greg Anders, said that he and his siblings often heard stories about Valhalla and the Norse gods while in Norway.

On June 7, 2024, Astronaut Bill Anders passed from Midgard. Anders was still flying small planes solo at age 90! On that fateful day, something went wrong. While Anders was flying his vintage Beechcraft T-34 Mentor over the San Juan Islands of the State of Washington, tragically, the plane plunged into Puget Sound. May he long be remembered!

But, this article cannot end without the tale of the fighter plane Bill Anders named, "Val-Halla"!



Example P-51D Mustang fighter flown during World War II. (This is not the “Val-Halla” airplane.

The actual “Val-Halla” can be viewed at the Heritage Flight Museum’s web site, at <https://heritageflight.org/aircraft/p-51-mustang/>.) In 2019, this particular P-51 was on display at Planes of Fame Air Museum in Chino, California. If you are in Southern California and want to see a P-51, it appears that there are at least two P-51 airplanes on display at this Museum at the time of this writing. (Photo Credit: Wikimedia Commons)

The plane Bill Anders named “Val-Halla” was built in 1945 and is similar to the one pictured above. The P-51 Mustang was a crucial U.S. fighter during World War II. It could fly up to 437 mph and could carry either six 0.50-caliber machine guns and ten 5-inch rockets or 2,000 lbs. of bombs. According to the Heritage Flight Museum, “The range, speed and high-altitude capabilities enabled the Allied forces to escort bombers far deeper into enemy territory than any other fighter aircraft.”

Val-Halla first served in the Texas Air Guard and was later sold to the Indonesian Air Force. Eventually, the plane returned to the War Eagles Museum in New Mexico with the name “Silver Ghost.” In 1995, Bill Anders bought the airplane, which was somewhat restored already. Bill and his wife donated the plane to the Heritage Flight Museum as its founding asset in 1996 and further restored it.

Bill Anders' son, Lt. Col. Greg “B.A.” Anders (last U.S. Air Force rank), carried on his father’s legacy as an Air Force pilot and by managing the Heritage Flight Museum,

among other activities. According to Greg Anders, the name “Val-Halla” was both a nod to Bill’s wife Valerie and to Bill’s service as the United States Ambassador to Norway. “As is common with most fighters, naming an aircraft is often a reward and a way to honor the pilot’s bride,” Greg Anders said. “But Valhalla is also the term for Viking Heaven in Norse mythology, so my father created ‘Val-Halla’ to pay homage to both his wife and his deep connection to the region.”

Anders and his family founded and supported the Heritage Flight Museum in Burlington, Washington State. Unlike other aeronautical museums, Heritage Flight does air shows. According to the Museum, “Bill raced this plane at Reno in 1997, ’98, and ’99 as race #68. His race number commemorates 1968, the year Apollo 8 went to the moon. His best showing at the Reno Air Races with this airplane was on a gusty race Sunday in ’97, with Bill applying his bad-weather flying experience to take third in the Unlimited Class Silver race.” Greg Anders still flies Val-Halla in air shows across the country! Therefore, you may have a chance to see it fly in an air show someday. Meanwhile, you could go to Skagit Regional Airport in Burlington, Washington, and see Val-Halla on the ground at the Heritage Flight Museum.



Astronaut William A. Anders inside the Command Module during the Apollo 8 lunar orbit mission.

“This still print was made from movie film taken by an onboard 16mm motion picture camera.”

Therefore, the image is a little blurry. (Photo Credit: NASA)

As an Ásatrúar, I cherish the Earthrise photograph as the epitome of “The Æsir often express themselves in Nature’s beauty and might.” My thoughts go to Freyr, Freyja, Njörðr, and Skaði, for example. Hail the Vanir!

I will remember Bill Anders for his bravery as a fighter pilot, for his tremendous flying skills, for having the courage to fly to the Moon, for taking the Earthrise photograph, and for this quote: Anders said, “I like afterburners.”

Hail the Gods and Goddesses, Miðgarð, Astronaut Bill Anders, and Val-Halla!

— Bill, member

Splish, Splash, and Pizza



We had the good fortune of not celebrating only one fantastic moot with our folk, but two! That’s correct, you heard me right, I said, “two, due, deux, dois! That’s right, *two* moots in just as many days. On Saturday, we held our very own swimming moot at a local swimming pool/splash park. We were joined by a new local family. Their children and ours had a great time running all around the splash park and later building a “nature store” where they sold grass clippings, leaves, acorns, and a single feather. The kiddies

had a blast, but so did the mommas and the papas. Mike and Ashley--ya'll are awesome!



The second of these joyous outings was one comprised mostly of our handsome eligible bachelors, at a local pizza shop. The pizza was good, the beer was alright, and the company was phenomenal! Many a laugh was had. We have the best Folk!

I sincerely hope that if you are in the Bay Area that you get the opportunity to come out to one of our moots--they're a lot of fun!

Upcoming Events



Please join our family for an Art & Antiques Moot on Saturday, August 10th! See you soon!



Brodie Sutherland
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It's a Small World After All



Many have heard me say, "Everyone is 20 once." Typically, it is in reference to one of my many badges of foolishness that sit proudly somewhere on my body, displaying my former insecurities and ego-driven glory. Having grown up in California but spending much of my life outside of it, I found that others could easily identify me as a child of the west coast. Contrary to modern media, California is full of farms, 4H clubs, and rodeo grounds; this is where I grew up. Once I left home and began to experience the world, I felt as though I was out of touch or was "the weird one" in my friend group. I had no idea what a Tupac was, and I often confused Michael Jackson with Michael

Jordan. My world was small before I left home, and that needed to change if I was going to fit in.

California has a stigma attached to it. People from the west coast didn't believe me when I said I was from California, and people from elsewhere didn't believe I grew up riding horses in California. One night at a social gathering, a couple guys led a seminar on how I am not really from California because I wasn't wearing a Metal Mulisha shirt, I didn't know any Sublime songs, and I didn't know what the UCLA mascot was (I assumed it was a bear, but they laughed and said "no, they're the Bruins). Now this sounds ridiculous, and 37-year-old me laughs. Though, to 18-year-old me, it was a wakeup call. I began to lean heavily into where I "technically" came from. I adopted music that I didn't like, but eventually it grew on me. From clothes to tattoos, I would embrace the "real California".

You can imagine that having lived with this mindset for years eventually caught up to me. Using language that was unnatural to me, keeping up appearances, and investing time, energy, and money into things that would give me an acceptable identity had made it easy to see that I was a poser. I was never to be taken too seriously, kind of like the confused and annoying kid that people put up with because he's young. Eventually this would all spill into adult life, and the consequences of leaning into a mainstream ideology while seeking validation from peers began to take its toll on my family. How can a man be a husband if he is concerned about a stranger's opinion of his car? How can a husband be a father, if the game is on and the Giants are in the middle of a trade for a new 3rd baseman? How will this affect their stats? And, I can't believe that call! Horrible call, Blue! "Yeah babe, I'll change Aaron at the commercial, there's 2 outs". After all, this game is important, and it will surely have a lasting effect on our lives... right?

Everything I have said can be boiled down to selfishness, ego, or insecurities. How can I care about what matters, if I care about everything in the world around me? Many people can remember life before the internet, and, while many people have the discipline to stay grounded, there are many young men who never learn to develop that discipline. With technology, instant access, and global conversations, it is very easy to allow yourself to be seduced. By no means am I implying that one should become like the Amish and forever shun the outside world. However, I think many of us within the AFA would agree that the world around us does not have our best interests in mind nor does the dominant culture align with our values.

"The world" is subjective, as everyone has their own version or reality of it. If that world of yours was a box that you held in your arms, it would always be full. At the

bottom would be the core of what it is you value, and everything else would grow out of that. The people you meet and subsequent relationships are formed based on what you value. Purchases you make would reflect the things you value. Even tattoos, music, the advice you give others, or financial investments would all be in that box, having grown out of the foundation of values sitting at the bottom. In a very real, very connected world, it is easy to fill that box with whatever is dangled in front of you-- celebrities, politicians, brands, and every impulse or desire in between. I have been there, and some of you may have been there as well. I'm sure we all have experienced a very passionate monologue given by someone who has a very strong opinion about something they cannot change or affect in any way.

To conclude, I will share with you something that is on my mind often. "How can I truly love my family if most of my time and focus is dedicated to things outside of my family?". In other words, why is my box full of things that aren't benefiting our future or the future of my people? In recent years, I have tried to enjoy a small world. It was not easy, and it did cause friction periodically. However, I took some time to empty my box and pour a new foundation, as the old one wasn't working for us. Politicians don't know my sons, let alone care about their future, and not a single celebrity would ever take me in if I was in need. Why do they occupy such a large space in my box? Walmart vs. Target, Smith and Wesson vs. Springfield; who cares. As much as I miss watching the Giants play baseball, am I really missing anything? Am I telling my family that I love them or showing them? Am I taking the time to lay on the floor and play dinosaurs (knowing full well that my back will be sore for hours afterward)? Do I stop what I am doing to speak with my wife when she needs to run something by me? Maybe one day, when the boys are grown, and they no longer model their behavior based on how I conduct myself, I will sit and invest some time into less productive but fun activities. For now, I have a job to do. The bigger "my world" becomes, the less room there is for my wife and sons. What do you value? How is that reflected in the world? Is it good for you in the long term? There are millions of causes to get behind, and even more entities vying for your attention. Keep it simple, stay focused on the things that matter, and keep your box tidy. It is a small world after all.

Hail Victory and the future of our children!

Daniel Odom
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Sigrblot Speech at Óðinshof



At the recent Óðinshof Sigrblót, I delivered a speech during lunch to a gathering of 25-30 Folk. Despite my nerves, I was determined to convey the essence of our celebration. In my speech, I emphasized the importance of honoring the great heroes of our past and present, whose valor and sacrifice pave our way. I highlighted the virtues of courage, integrity, and selflessness, drawing inspiration from Lord Týr, the God of war, discipline, and honor. By invoking his spirit, I called on everyone to uphold these principles and strive for greatness, leaving our own legacies of bravery and victory.

Today,

We gather in strength to celebrate Sigrblót, a day of honor and reverence. We stand

together to pay tribute to the great heroes of our past, present, whose deeds echo through the ages, inspiring us to strive for glory and excellence.

Their valor and sacrifice paved the path we walk today, and it is our duty to remember and emulate their noble spirit.

Sigrblótis also a time to honor those among us today who embody a Victory mindset, exhibiting the values and attributes that lead to greatness. Courage, as a virtue, stands paramount among these attributes.

As we gather in the Hall of the All-Father...

We bring forth our deepest respects to all the Gods that represent these virtues. To grab one as an example.

On this day we honor Lord Týr, the God of war, discipline, and honor, we recognize his unwavering courage and indomitable will.

He embodies heroic endeavors, guiding us to face our foes with determination. In his name, we commit to courage and integrity, upholding the principles of righteousness in all our actions.

Lord Týr's sacrifice stands as a testament to his unmatched honor, a reminder that true sacrifice demands the highest price.

He teaches us the value of selflessness and the importance of placing the greater good of our Folk above our own desires. His legendary deeds are the foundation upon which we build our own legacies.

As we honor Lord Týr and our heroic ancestors, let us pledge ourselves to a life of bravery, integrity, and unwavering commitment to our people. Let the flames of our spirit burn bright, illuminating the path of honor and victory.

It is through courage that we confront our fears and overcome the obstacles that stand in our way.

Today, we stand, guided by the noble virtues of our forebears, ready to carve our own legends into the annals of history.

*Hail Týr!
Hail the heroes!
Hail the AFA!
Hail Victory!*



Folkbuilder Ryan Skinner

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Southern Roots=Southern Moots



With all our family out of state, summers always take us away from the district--this year spending the 4th of July in South Carolina. In addition to our two moots in California, which Brodie has shared above, we met up with the good Folk in South Carolina for dinner one evening. Witan Daniel Young, Folkbuilder Heather Young, Folkbuilder Tyler Bethea, and the lovely Bethea family all met up with us.



We had a delicious dinner then went to a nearby park where the children laughed and played. It was very fun, and we can't wait 'til next time!

Upcoming Events



This month, please come out and join us for a day of fun perusing some art and antiques. Brodie and I hope to see ya there!



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Folkbuilder Sierra Chapman
schapman@runestone.org

Bear River ~ Blackberry Moot

A lonely stretch of the Bear River in Northern California proved to be a perfect place for Folks to gather. AFA friends, Chris and Courtney, joined us at the river's edge, in the shade of oaks and cottonwoods. And yes, we picked blackberries as planned and have scratches and berry stains to prove it. Before leaving this exquisite spot, we did a four-round Sumbel for good measure. It was the kind of day we all talk about, but rarely have.

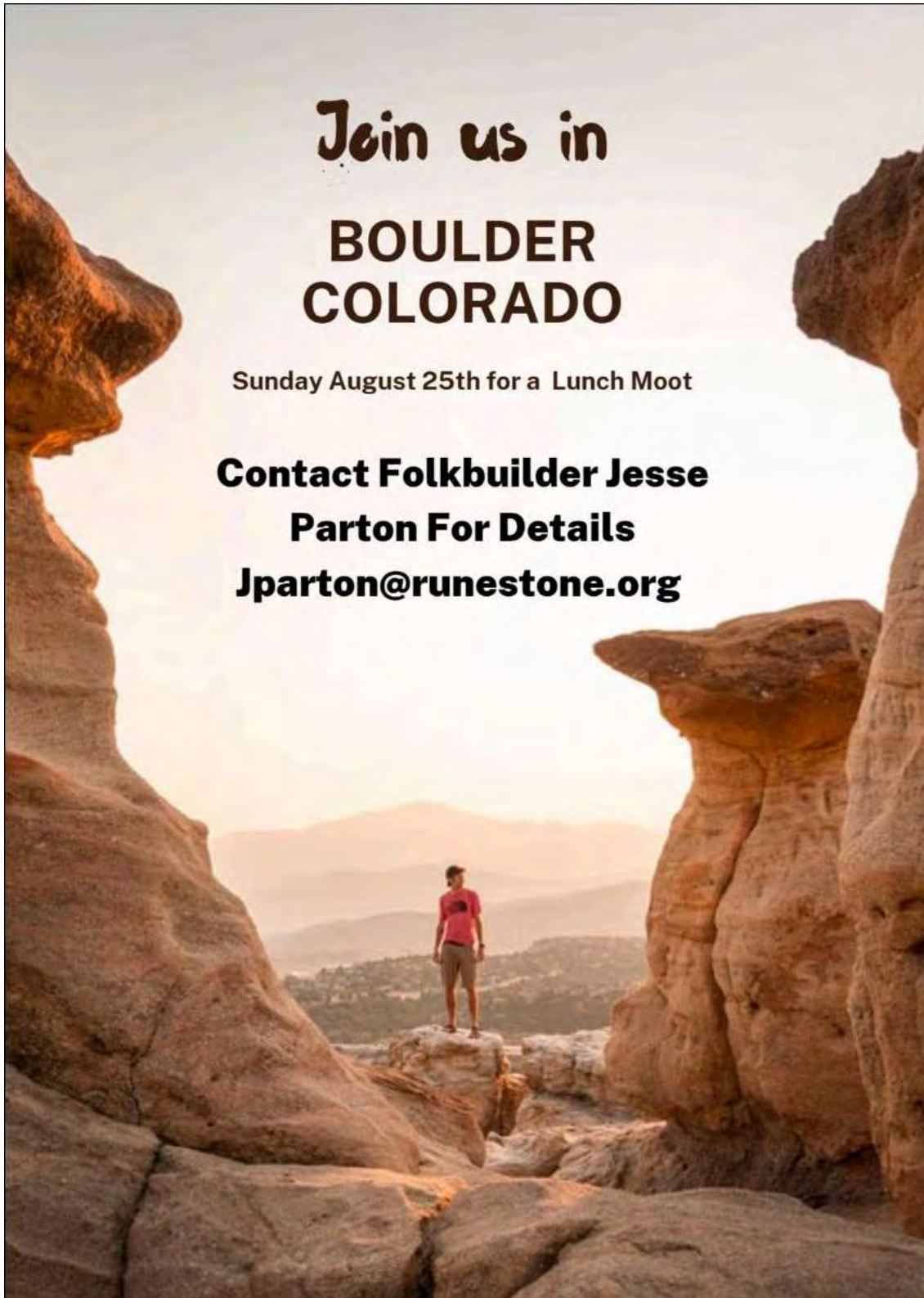


Gyöja Sheila McNallen

sheila@runestone.org

Colorado

Upcoming Events



Join us in **BOULDER COLORADO**

Sunday August 25th for a Lunch Moot

**Contact Folkbuilder Jesse
Parton For Details
jparton@runestone.org**

Idaho

Mindset

What is your mindset? Your mindset is how you make sense of the world and everything going on around you, including yourself. If you go through life with a positive, victorious mindset, that whatever life throws at you, you will find a way to conquer it, you will. Your mindset can make or break everything you do. One of the best pieces of advice I was ever given was to find the people you want to be like and surround yourself with them because that mindset they have, that you want, will rub off

on you and help you become the person you want to be. Your mindset is more than that though; it also influences how you think, feel, and react to situations.



For those on MeWe following my training for my upcoming powerlifting competition on August 31st, my mindset going into these competitions is one that most will not understand. I go into these competitions waging a war against myself and against the total I had at my last competition. That me from the last comp is my biggest rival, my biggest enemy, the person I want to stomp into the ground the most. That person is a weaker me who I must destroy. I do not care if I take home the biggest total or best

lifter award, even though those are awesome awards to receive. All I care about is beating the old me. In a way, this is my mindset on how I attack life as well. I always want to be a better person than I was yesterday, know more than I knew yesterday, be a better Folkbuilder than I was yesterday, and enjoy my time here on Miðgarðr with the most positive and victorious mindset I can muster.



Speaking of having a victorious mindset which will put those paths in motion for you to succeed, I had another big turnout for my Sigrblót Dinner Moot with 6 adults and 3 children. Two of the members even drove over 3 hours to get here to celebrate Sigrblót

with us. We held Blót to Óðinn, feasted on smoked pulled pork and smoked mac and cheese, and had great conversations with our Folk. There truly is no better feeling than getting a bunch of our Folk together to honor the Æsir.

Upcoming Events



Our next moot will be August 17th for Freyfaxi. We will hold Blót to Freyr, feast on smoked meats, and have great company. As always, my home is open to all who need to stay the night due to long travel. Don't let a few hours' drive stop you from coming out

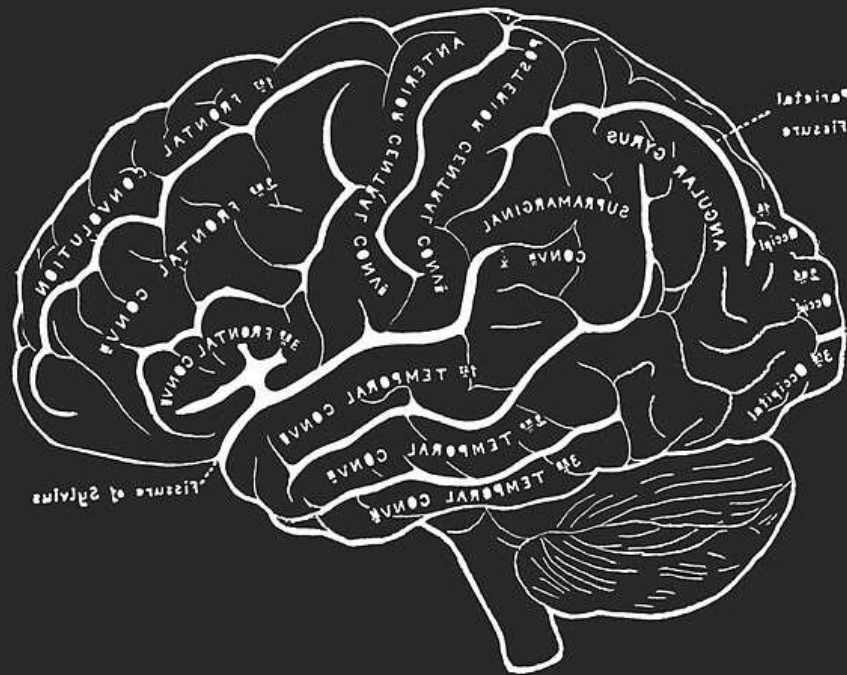
and enjoying time well spent with your Folk. I can't wait for it to get here to see you wonderful Folk!



Folkbuilder Kyle Reader
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Montana

Discipline



aMCC

Anterior Mid-Cingulate Cortex

/noun/

a key hub for leaning into the undesired effort and possessing the potential to enhance perseverance and self-control, moving willpower away from being a rare gift to a common attribute that can be developed by anyone willing to push their boundaries.

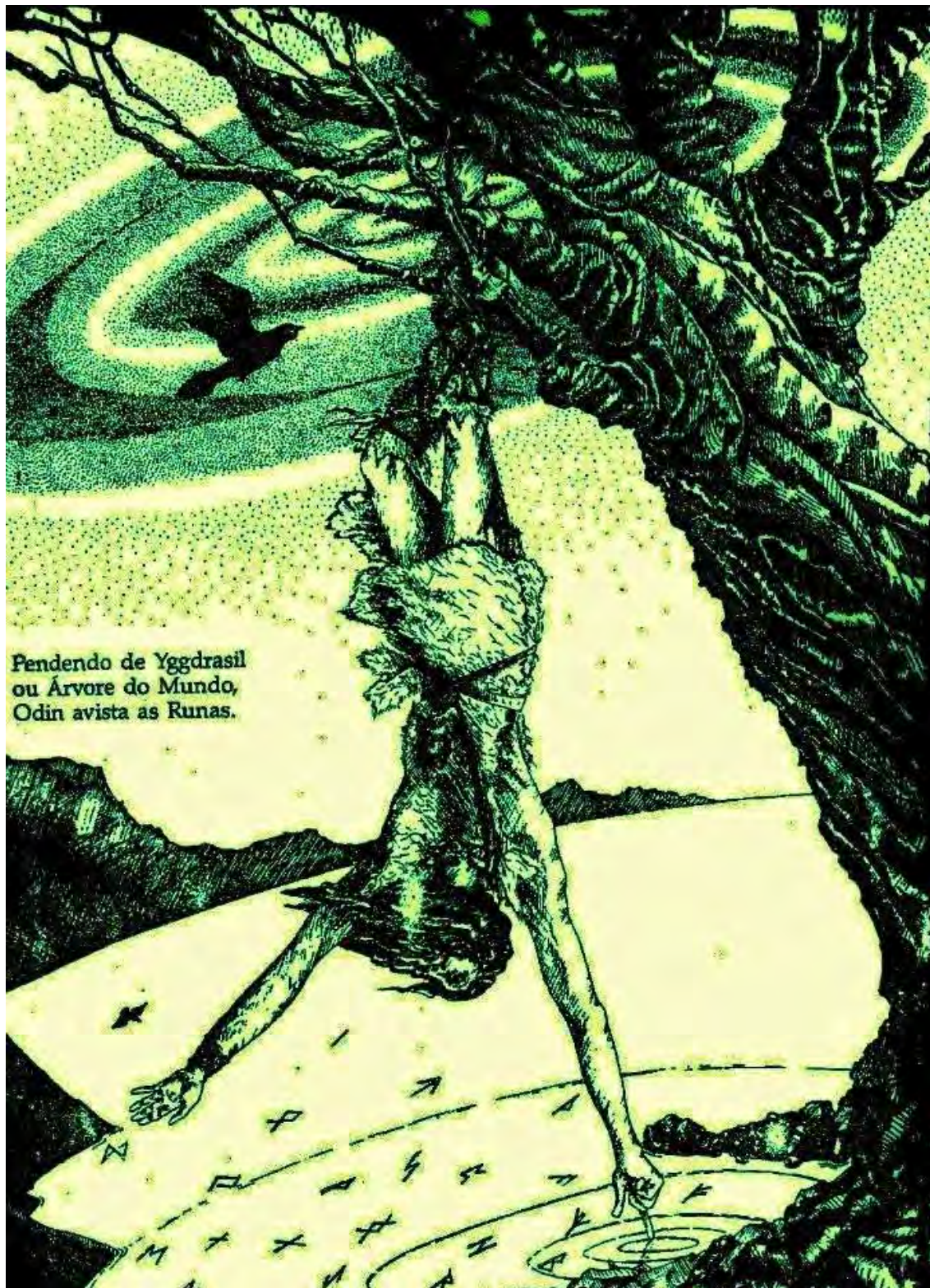
Discipline is the starting point of Victory. It is the first of the Nine Noble Virtues that should be developed as it lays the foundation on which all other virtues can be mastered. It is also the simplest to achieve as it is only a matter of choosing to be disciplined.

Discipline is a choice, and it is a muscle that can be grown. Jocko Willink states, “If you do not believe you are disciplined, it is because you have not decided to become disciplined. Yet.” This is a metrically observable fact as discipline is directly correlated

with willpower. Willpower is built by the development of the anterior midcingulate cortex (aMCC), and this portion of the brain grows like any muscle. To grow the aMCC one must do things which they do not want to do but feel they should. It is in these moments that this portion of the brain develops, and, as it develops, the threshold of task difficulty before needing willpower increases. Through the development of the aMCC, we see willpower grow. With the baseline established, discipline is the actionable willpower applied consistently.

The element of consistency is best viewed as the formation of habits. Discipline is a habit in its own right. On the micro, being disciplined on a task like physical exercise promotes a habit of working out. On the macro, consistently being disciplined throughout all daily habits turns discipline itself into a habit that eventually turns the instinctual leaving a will of iron behind. In any habit, consistency is the key. According to Columbia University Irving Medical Center and their behavioral studies research, habits take one to six months to develop. The same research suggests that the more consistent the effort to establish the habit, the quicker it is formed. What's more is that there is a direct connection to the developmental consistency and the habits' potency. Thus, to develop discipline, one must begin these habits one at a time and with devotional frenzy.

This devotion draws us to the root of the word discipline, which is the Latin word "discipulus". Discipulus means that of the disciple, the philosopher who embodies the beliefs he holds in a way that teaches those around himself. The beliefs of any disciple hold so much spiritual devotion that they are forced to manifest. Disciples come from many places. There are disciples of any religion or creed, but we also find disciples of the gym, the battlefield, and the hearth. The reason martial art forms are called disciplines is because to master a discipline, one must fully dedicate themselves to it. One must become a disciple; that is to say, they must master its discipline. Developing discipline requires devotion to oneself and all the tasks one partakes in.



This devotion to oneself is not a narcissistic self-love binge or unfounded words of affirmation in the mirror before another unproductive and wasted day. It is instead the art of self-sacrifice. To form devotion to oneself, and, as a byproduct, weave discipline into one's very being, one must gather all that is weak and put it on the pyre of self-immolation. In everyone, there is weakness holding us back from greatness. It must be identified and killed. The manner in which they are expunged from us needs to be viewed as a ritual to our higher self. The act of weightlifting is a prime example of this.

In order to destroy physical weakness and atrophy, one must damage the muscles that hold the weakness. Each lift tears the muscles and destroys the form once held to allow a new and stronger form to emerge. It is said that the world is full of Gods or beasts and that man may choose to become like either. To become the beast, all one must do is give in to the base desires, abandon discipline and the spiritual. To become like the Gods, however, one must emulate them. This emulation comes in with said self-sacrifice. As Valdr Galga hung on the great tree Yggdrasil, he sacrificed himself for the runes. He sacrificed himself to his higher self. Like Óðinn hanging from that tree all nine days, we too must sacrifice ourselves to our higher selves in our actions and habits.

It is the sacrifice of the old to manifest the new, and it is an act of emulation of the Allfather Óðinn. Self-sacrifice to higher self is the Óðinic path and requires devotion to oneself to achieve. Indeed, the Óðinic path is the path of discipline, and all others of the Ten Noble Virtues stem from it.

Hail Discipline! Hail Óðinn!



Folkbuilder Tyler Heinlein
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Hiking and Huckleberries



July has been hot and quiet here in Western Montana, but things are still happening. Fire season is here as is Huckleberry season! For those who are unaware, the Huckleberry is the official fruit of both Montana and Idaho. Related to Blueberry and looking similar, the Huckleberry is native to the Northwest and is extremely popular up here among humans and bears alike. They are added to many foods, drinks, and products. We took the opportunity to get out with the girls and forage for some of these delicacies. Hiking out in the Northern Rockies, enjoying the clear skies (while we had them) and keeping our eyes open for our Ursine neighbors. We were fortunate to find some, though the Bears have been busy fattening up for the winter which will be here before we know it.



On July 9th, our kindred gathered atop the Continental Divide for an Óðinn Blót and to remember a man who was foundational in the reestablishment of our Folk Faith and whose conviction and dedication to our Gods is inspiring. Hail A. Rud Mills!



On July 20th, we joined members from across the state in Virginia City and Nevada City for a Living History Moot put together by Folkbuilder Tyler Heinlein. Coming from a mining family on my mom's side, and growing up in old mining towns, this felt like home. There's something special to me about towns like these. Despite them all being unique, they are also quite similar, filled stories of willpower, struggle, and our people's ability to adapt and survive.

Upcoming Events



On August 10, please join us for an Irish Culture Moot!



Folkbuilder Ryan Harlan
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Nevada

Alsherjargothic Dinner



I have been busy since the last Runestone! Thank you to everyone who came out and shared food and fellowship with us for our dinners.



It has been great to get to know our newest AFA family in the area. Caramel Apple Moscow Mules were a hit!

Upcoming Events



Reno, Nevada

ALSHERJARGOTHIC

Dinner

SEPTEMBER 7TH

Drinks at 1 / Dinner at 3:

BRING DELICIOUS
STUFF!



I look forward to seeing Folks on September 7th!



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

Oregon

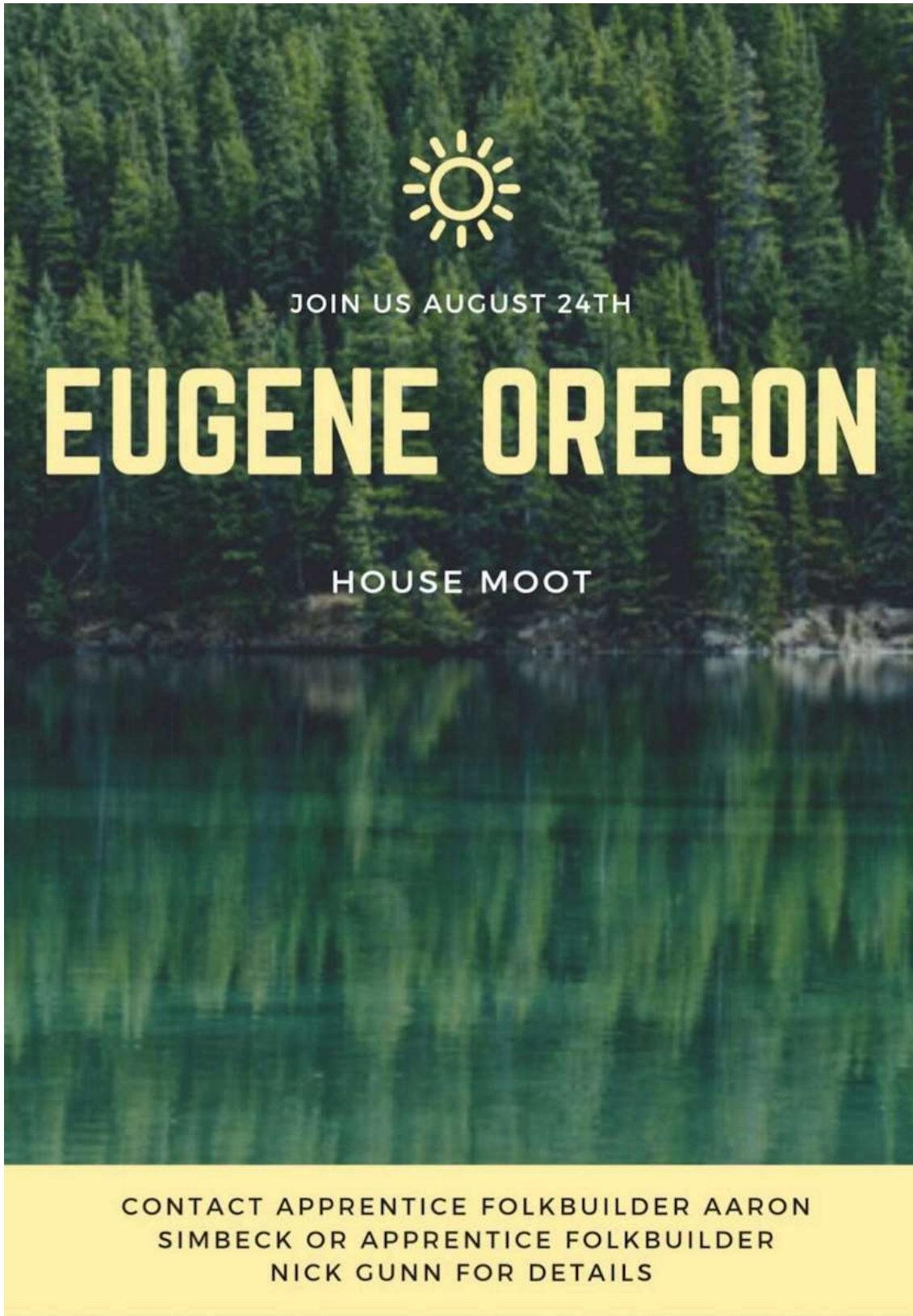
Dinner Moot



My wife and I had a great Moot with David in Eugene, Oregon. We gave him a tour of our home and yard and went out to dinner and drinks. We also played a friendly but competitive game of disc golf. I'm looking forward to next month's Eugene moot!

— Russel Harris, Member

Upcoming Events



Washington

An Afternoon at the Games



Last weekend, a few local members and I met up at the Spokane County Fairgrounds where this year's Scottish Highland Games were being held. As someone of overwhelmingly Scottish extraction, with enough pride in my heritage to be a member of a church like the AFA in the first place, I can say I've been to a few of these in my life. That said, I'd never made it out to the one in Spokane, despite planning to a couple of years in a row. Third time's the charm, I guess. We've been growing regionally over the last few months, and it struck me as a great way to get people out. Cultural events of this nature in Spokane are sporadic, so there's no time like the present.

It was an uncharacteristically muggy day for the region, but it was far friendlier weather for wandering around outside than we've had in a long time, so no reason to complain. I drove out to Cheney beforehand to pick up long-time member Fritz Maes, who'd recently relocated to the Cheney area within the last week.

When we got to the fairgrounds, the games had just opened, and things wouldn't be in full swing for a couple of hours, so we mostly just meandered around perusing what was there. Naturally, the first thing I sought out was a Clan Gunn booth, but no such luck. What I did find, however, was the Queen of Adria, Lady Blue, inviting me over to sit on a wooden throne she'd crafted herself entirely without nails. Mrs. Blue was the regent of the Adrian Empire, a historical re-enactment organization similar to the Society of Creative Anachronism that focuses on having fun and playing around with history as opposed to a strict reconstructionist approach. We talked at length about

Historical European Martial Arts, and she showed me some of the armaments she'd made, apparently without using heat. I'm not even remotely knowledgeable on blacksmithing, but, as a metal fabricator, I found it impressive. It makes me happy that old metalworking techniques are being kept alive in some fashion. If medieval historical re-enactment is your thing and you're in the area, I'd recommend reaching out to them. They're good folks.

Opening ceremonies began around noon, replete with obligatory pipe and drum bands marching through the fairgrounds. It was around this time more of our members started to arrive on the scene. A small field had been set aside specifically for dances and the recitation of Robert Burns' poetry in the traditional vernacular while the games themselves transpired on a much larger field closer to the entrance. My dad used to compete in the shot put at these events when he was younger, a fact I wasn't even aware of until relatively recently. The caber toss has always been my personal favorite to watch, and I definitely aspire to get to the point physically where I can throw trees around, but I'm not there yet.

One thing that struck me almost immediately was the volume of people wearing Mjölnirs, and it was an inevitable conversation starter. Most I talked to weren't practicing Asatruar; most were just wearing them as cultural indicators, but it was encouraging to see regardless. I did end up buying a seax knife from the one guy at the whole event who was wearing a Gunn tartan who told me that despite not being from the clan himself, his kindred had adopted it as their own since the Gunn's were one of the few Highland clans that explicitly hold onto their Norse heritage. I thought that was really neat, and it was impossible to not feel a little swell of pride hearing that.

After a bit more wandering around the booths, conversing with people and kissing taxidermied foxes for luck, we started on our separate ways. There was going to be a free whiskey giveaway towards the tail end, but none of us stuck around for it unfortunately. All in all, it was a worthwhile experience. I think it's important we support these sorts of events when they come around, especially so if it relates to your own ancestral group. There's a shared camaraderie, and it's a fun way to learn something you probably didn't know about your people. Hard recommend!

Upcoming Events



Nick Gunn
Apprentice Folkbuilder
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Out-Fished by a Bird

This last month, I got the opportunity to meet another one of our Washington members at a fishing moot. It was a relaxing morning on the lake. While we didn't get to catch any fish, we did get to watch an osprey pluck a little trout from the lake.

Bärenjäger



I recently got to harvest my first bear! She weighed in over 240 pounds!

We headed out Thursday and saw tons of signs, from scat and berries to scratches and bones, but didn't see any bears. On Friday, while we were down a road in the hills, I saw her in the valley on the other side of a small stream. I got my rifle and hit her in the hips, and she ran to the woods behind her.

When my buddy and I got down to the stream, she was about 35 feet up in a tree. She

poked her head out around the tree, but I missed the shot. She kept climbing and we got a clear shot in the lungs, and she stopped going up. Shortly after that she fell out of the tree into the creek.



This was an amazing experience! I got to practice practical tracking and test my experience and knowledge to find an area where bears would be. I'm sure we passed at least 20 other bears on that hunt; they just ran away before we could see them through the thick brush. Even the bear we shot was running away before we got out of the truck and off the road.

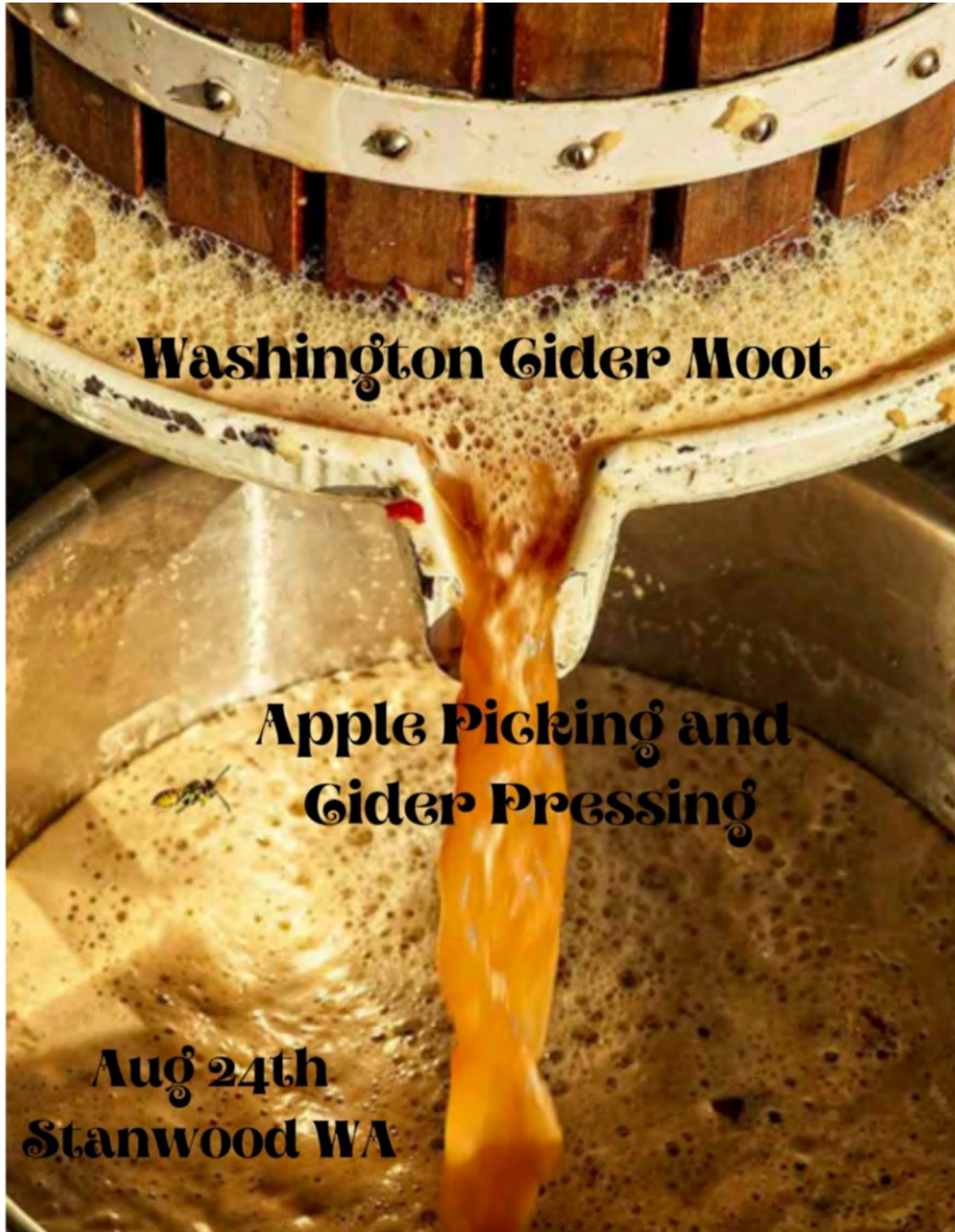
It took almost an hour to haul her 300 yards up the hill, but was well worth the effort. I'm so thankful I got to have this experience, and I'm looking forward to the rest of the season!

Hail Ullr!

Upcoming Events



On August 18th, Nick Gunn and I will be hosting a Cowboy moot in Winthrop. There's a lot of fun to be had in this cute little town so don't miss out!



Near the end of the month, y'all are welcome to come to my home for apple picking and cider pressing. Bring a ladder and bucket if you can, but, more importantly, be ready to work! I'll be making homemade lemonade and sandwiches for those who show up. If they're ripe, we'll be picking berries for canning as well. There's a lot to pick and process. Everyone who comes out gets a jar of cider to take home, so don't be shy!



Aaron Simbeck
Apprentice Folkbuilder
asimbeck@runestone.org

Be a Doer



We need you to volunteer for the AFA!

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

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

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 depression or PTSD? Is your baby having a hard time with teething? Please reach out to us about these important concerns!

Once a month, women of the AFA 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, please 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

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.

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!

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



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aturnage@runestone.org



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