



Óðinshof

First Hof of the Asatru Folk Assembly

www.odinshof.org

August 2025



Runestone.org



Email the Witan



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Words from the Allsherjargoði

Victory is in the air! July saw amazing Sigrblótar at all 4 Hofs plus Sigrheim. We have had a surge in new members joining as well as interested people attending events. The Folk are waking up and coming home to our ancestral faith. I am proud of what all we have accomplished in the first 30 years of the AFA. I am particularly pleased with where we are at present. I am very excited about the momentum we have going forward. As I often say in these articles, now is an amazing time to be a part of the AFA and to be Ásatrú.

I would like to talk to you about 3 men who we now honour as Ásatrú heroes. First there is Járnskeggja (Iron-Beard). When Olaf Tryggvason was forcibly converting Norway with fire and sword, Járnskeggja stood strong as a local leader who wanted to stay true to the Æsir. Járnskeggja was cut down on the Hof steps while protecting the altar of Lord Þórr from Olaf and his men's desecration.

Our next two heroes stand out as they were loyal to the Æsir when very few were, these men both lived in the 15th century. Both men were killed because they had dedicated themselves to Óðinn. Erik Klasson and Ragnvald Odiakarl. Both men were burned at the stake because they were openly Ásatrúar. What Ásatrú looked like in their day is very interesting to consider, and I get the impression that it was largely personal devotion between individuals and one or more of the Æsir.

Járnskeggja will be honored with a Day of Remembrance each year on May 9th.

Erik Klasson will be honored with a Day of Remembrance each year on June 13th.

Ragnvald Odiakarl will be honored with a Day of Remembrance each year on October 27th.

Announcements, News, & Noteworthy

7/25 - Goði Trent East is elevated to the Allsherjargoði's Witan

7/26 - William Trent East is named in front of his Gods and Folk



Matthew D. Flavel

Allsherjargoði, Asatru Folk Assembly

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Words from our Witan

Newest Member of the Witan



As the newest member of the AllsherjargoðI's Witan, I thought I would introduce myself here to anyone who may not know me yet. I'm married to Madison East, the AFA's graphic designer, and we have a three-month old son named William. I'm also an Army veteran, as I served in the Infantry from 2016-2019.

I've been Ásatrú and an AFA member for 10 years now, as I joined when I was 18 years old. I joined days after my high school graduation, and a few months before the AFA purchased the building that would become Óðinshof. I started Folkbuilding at Vetrnætr in 2017, got ordained as a Goði at Vetrnætr in 2021, and elevated to the Witan at Sigrblót this past month. I have been to all four of our current Hofs, as well as Sigrheim. I went through the Goðaskóli while serving as a Folkbuilder at Þórshof, alongside Goði Stamm and Witan Young. When we dedicated Njörðshof in 2022, I began serving Njörðshof District as a Goði, before being named Hofgoði in April of this year.



I say all of this to illustrate that the AFA is my entire life, and that I would have it no other way. Being elevated to the Witan is a dream come true for me, and I am looking forward to assisting the Allsherjargoði in doing great things for the Æsir and our Folk.

My phone number is 678-901-2040. If you are reading this, please save my number and feel free to reach out if you need advice or counsel.

Hail the AFA!



Witan Trent East
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Words from Our Goðar

Evolution of a Freyr's Man – Thorgrun Odden



His Norwegian blood whispered to him in the dense redwood canyons of coastal California. Photos of stave churches and longhouses piqued his interest. Though he was far more of a carpenter than a farmer, nurturing fruit trees and plants of all kinds was second nature to him. He built his dream home with a wall of windows that overlooked damp, shadowy forests. It was there that he would take solace when times were tough, a man alone amongst giant trees. By then he knew his Gods, and his place of worship was in a circle of dark-hued redwoods. When despair filled his days, his personal redwood grove became his Vé where he gave offerings to the Æsir.



One day, something very strange happened. The soft ground of the Vé was deeply pitted from a wild boar's hooves. The next morning, there were more hoof prints, but this time they were right outside his front door! He took this as a powerful omen, and gift from the boar -- and from Lord Freyr himself. From then on, Thorgrun was a Freysgoði, and Gullinbursti, Freyr's golden-bristled boar, was his spirit animal. His family's hearth became Gullinbursti Kindred.



Within months, we met Thorgrun and the rest is history! He helped establish what is now the Asatru Folk Assembly...He was a key player in the Kennewick Man saga...He made the contact that brought us to the Grange Hall in Brownsville...He carved the God-poles that overlook our ritual circle. The AFA had a Freysgoði, the only leader to-date dedicated to Freyr, and his energy and enthusiasm was unstoppable.



His green and brown velvet garb clearly represented the earthy essence of Miðgarðr. Each Yule, he'd stride into the Hall with jingling bells, gripping his wooden staff. Bringing heaps of joy with him, Papa Yule had arrived to hand out gifts to the children! Nurturing the well-being of our Folk was natural to Thorgrun -- another aspect of Lord Freyr.



At this holy tide known as Freyfaxi, we'll remember the Goði Thorgrun's kind ways, slow-pace and measured words. His grove is no longer the redwoods, but a corner of Óðinshof's land where water flows through a gurgling fountain given in his name. We call this place Thorgrun's Grove. Laguz : life force. Thorgrun passed through the veil in July of 2024. Last year, at Freyfaxi, we interred him in our Óðinshof cemetery – on his 78th birthday. His ashes were placed within a handcrafted box and set among grave-gifts from the Folk. He will forever be our Freysgoði and caretaker of our land.



Gyðja Sheila McNallen

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Upcoming Freyfaxi



Freyfaxi is a modern label given to the time of year in ancient times when the seeds planted at Sumarmál and the seasons hard work came to fruition with first harvest coming in for the Folk. Whether these were literal seeds in a garden or field, or they were the beginnings of projects needing to be done, this was the time to start collecting

and to wrap things up, as readying for the colder months was at hand. Ritual and Blót were dedicated to Freyr, the god of fertility, harvest, and abundance. In collecting the harvest, it also significantly involved the Landvætrr. For without the partnership with these spirits of the land, a harvest could fail, stranding the Folk without the necessary nourishment that was needed to get through the cold dark months ahead. It was common practice to leave the first sheave of grain out for the Landvætrr in appreciation to perpetuate the gift cycle, building and continuing a partnership with the land spirits.

This is usually held towards the end of July and into August depending on the latitude of the people with a Blót to Freyr, thanking him for the harvest and fertility. This was also close to the time the ships would return from summer exploration so those who were viking were able to join in the harvest. This was also a time of celebration of reuniting the Folk coming back together. Offerings would be of the toils of the Folk during the summer months, including the first sheath of bound grain, baked breads, and such.

An additional tie to Freyfaxi is from the Hrafnkels Saga, where Chieftain Hrafnkell had dedicated his personal horse to the god Freyr, naming it Freyfaxi. Hrafnkell had sworn that he would kill anyone that rode this horse without permission. One day the shepherd, Einar needed a horse to collect the chieftain's sheep and the only horse that would not run from him was Freyfaxi. In fear of the consequences of losing the herd, Einar took and rode Freyfaxi all day rounding up the Chieftain's sheep and at day's end, Hrafnkell became furious when he saw that Freyfaxi was exhausted, sweaty, and dirty. The next morning Hrafnkell rides out to meet Einar and keeps his promise, killing Einar. So, at times a horse was also sacrificed to Freyr at this Blót symbolizing the strength of one's word and oaths. No one could ever question the strength of Chieftain Hrafnkell's word.

See your Folk and celebrate Freyr, and each other's hard work coming to fruition. Prepare with your Folk for the coming cold and dark months together. Honor Frey and the Landvætrr.



Goði Nathan Erlandson
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Ásatrú Trúlögmál



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

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

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

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!



Matthew D. Flavel

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The Quest for Freyshof

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

– Gylfaginning



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

This sacred quest is making great progress! 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. NJÖRÐSHOF IS NOW COMPLETELY PAID OFF!
2. CURRENT AVERAGE MONTHLY DONATIONS LOOK GOOD!
3. We need to locate a suitable property (The Ericksons have scouted 4 properties so far).
4. WE HAVE A LENDER.
5. We need to continue building up the war chest for a down payment.



FREYSHOF FUNDRAISER

The quest for Freyshof continues!

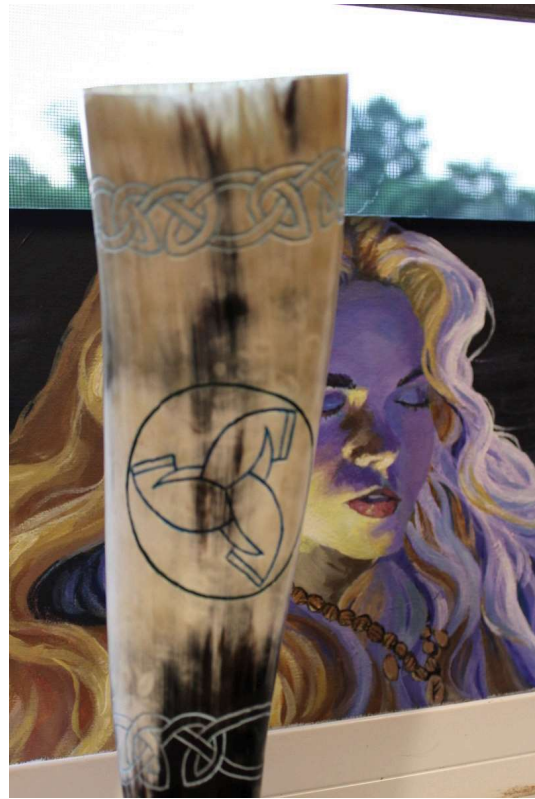
Donation Level- Karl
\$500 or more

Get your name on the donor plaque, displayed in the Hall of Freyr. You will also be gifted a one-time only Freyshof drinking horn, hand carved by Gyöja Erickson, and sealed with Beeswax.

Donation Level- Jarl
\$1000 or more

Get a special, one time only wooded Asatru Folk Assembly card that grants the member, in good standing, free admission to 3 Freyshof National Events. You will also receive the Freyshof horn, and your name on our Plaque.

[Donate Today](#)



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



As of now, we have \$10,005 set aside for our down payment.

Hail Freyr!

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Sigrheim: Home of Victory

Sigrblót III at Sigrheim



July 2025

<https://youtu.be/C5o5kM0FeAo>

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 is a weekly podcast airing Wednesdays at 8pm Central. It is produced by the Asatru Folk Assembly, hosted by Allsherjargoði Matthew Flavel, and features weekly special guests speaking on spiritual topics pertaining to our Folk. 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 Ásatrú Folk.

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

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

Catch us LIVE with new episodes on Wednesdays at 8pm Central / 6pm Pacific on YouTube, Twitter, Odyssee, VK, Rumble, and Twitch. Audio versions drop on Apple

Podcasts, Spotify, iHeart Radio, and Amazon Music no later than the Friday after the live show.

Check out the full playlist of 150+ shows with 100's of hours of previous recordings on our [YouTube](#).



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AFA Ásatrú Academy



Check out the ÁsatrúAcademy at AsatruAcademy.org



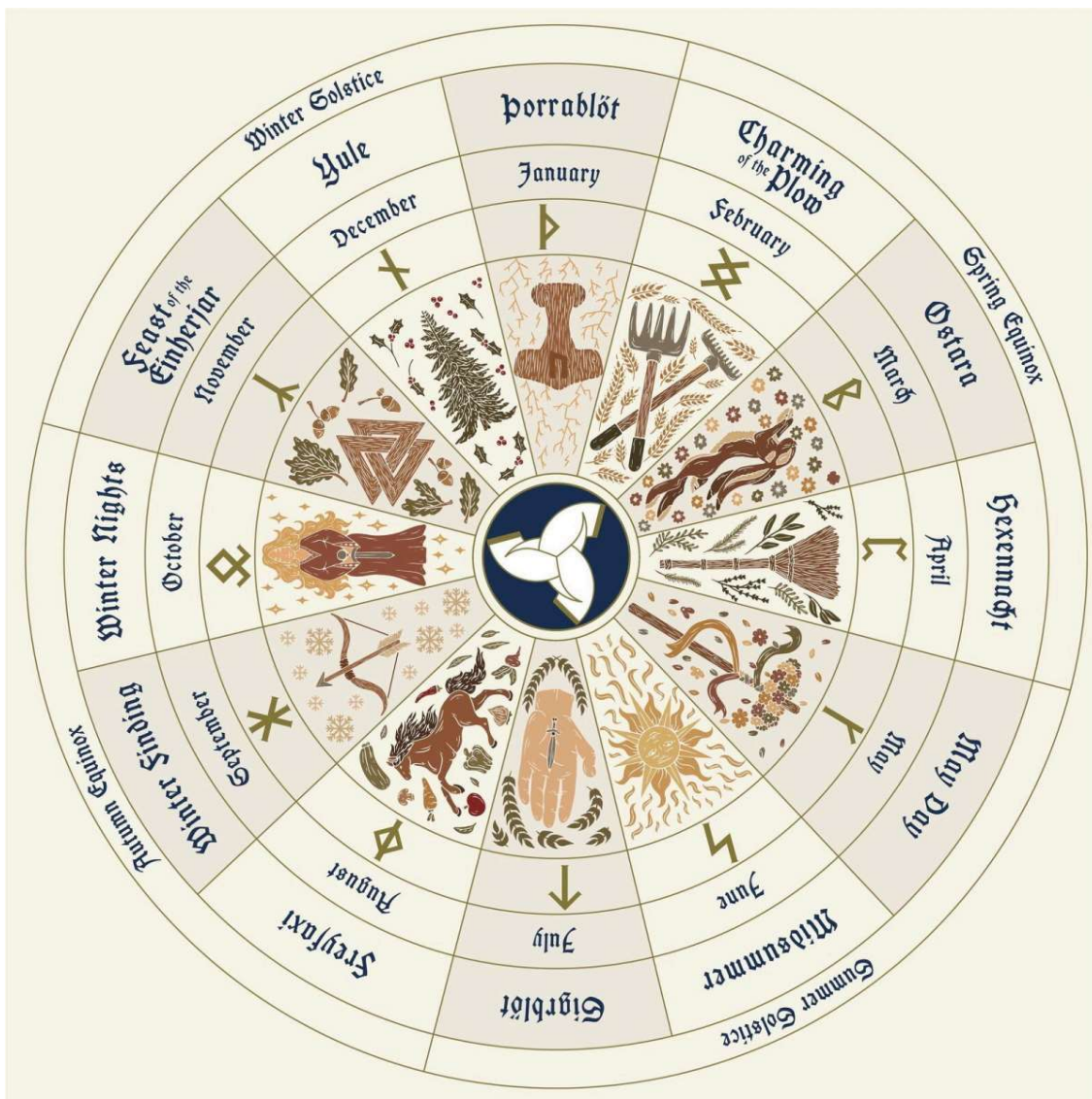
Greetings parents. Myself and our staff are pleased and proud to be welcoming students Kindergarten through 7th grade this fall! By now you should have received a call from either Rachel or Sara discussing the new school year and checking on progress. If you have not spoken to staff, please get in touch with us as soon as possible! You should know that we are not going to be using QuickSchools any longer, we are switching to Google Classroom. QuickSchools was cumbersome and often difficult to navigate. The switch to Google Classroom offers a much more user-friendly platform and also brings the Academy in line with the platform our church uses for other instruction programs. We are absolutely sure you'll love Google Classroom! We will hold an informational meeting to go over the new platform and navigation.

We look forward to another successful school year!



Goði Rob Stamm
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Remembrance & Holy Days



Holy Days | Asatru Folk Assembly.

2025

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

- > May 22 - John Gibbs-Bailey “Hoskuld” <
- > June 9 - King Athanaric of the Visigoths <
- > June 20 - Midsummer (observed on June 21) <
 - > July 4 - Sveinbjörn Beinteinsson <
 - > July 15 - Alexander Rud Mills <
 - > July 19 - Sigrblót <
 - > August 1 - King Osric of Deira <
 - > August 9 - King Radbod of Frisia <
 - > August 16 - Freyfaxi <
- > September 9 - Prince Hermann of the Cherusci <
 - > September 12 - Else Christensen <
- > September 22 - Winter Finding (observed on September 20) <
 - > October 4 - Goði Þorsteinn Guðjónsson <
 - > October 5 - Meister Guido von List <
- > October 15 - Birthday of Founder Stephen McNallen <
 - > October 18 - Winter Nights <
 - > October 23 - King Aoric <
- > November 9 - Queen Sigríðr of Sweden <
- > November 11 - Feast of the Einherjar (observed on November 15) <
 - > December 9 - Egill Skallagrímsson <
- > December 20-31 - Yule (observed on December 20) <

August



Days of Remembrance

King Osric of Deira | August 1st



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 King Osric of Deira!

Hail the Honored Dead!

Hail the Óðinn!

King Radbod of Frisia | August 9th



Y 648 - 719 A

King Radbod ruled Frisia from 680 CE until his death in 719. He was the last independent ruler of Frisia before it was subdued and converted by the Christian Franks.

Radbod is celebrated as a powerful warrior and leader, always energetic and constantly fighting another battle for the good of his people. He was said to have repulsed Christianity and its proponents out of Frisia during his early reign, since his predecessor had allowed the foreign faith to sink its claws into his kingdom years earlier. Adding to the gravity of Radbod's reputation, it is reported that he made the entire Frankish kingdom tremble in fear when they heard that he was assembling an army, even near the end of his life. His most well-known victory involves defeating Charles Martel himself at Cologne in 716, three years before his own death.

The most important tale of King Radbod's life, however, is when he was nearly baptized by Frankish Christians. While the reasons for this are unknown, King Radbod nearly accepted the desert faith for himself and his people. Wulfram, a monk, had set up the baptism. When King Radbod asked him where his ancestors were, Wulfram replied that they were burning in Hell, but that Heaven contained the souls of many fellow Christians. This remark quickly helped King Radbod make up his mind! He then

rejected the baptism and Christ wholesale and said, “I would sooner spend eternity burning with my ancestors than in paradise with a pack of beggars.”

From then on, and until the end of his days, King Radbod courageously and loyally stood with the Æsir. His faith in the Gods of his ancestors gave him enough strength to go shot-for-shot with the Frankish Empire for a time, even going so far as to defeat Charles Martel!

The Asatru Folk Assembly honors King Radbod for his defiance of the Christians, for his strength as a leader, for his love for his people, and for his loyalty to the Holy Æsir and Ásynjur!

Hail King Radbod of Frisia!

Hail the Asatru Folk Assembly!

Holiday

Freyfaxi | August 16th



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 Sumarmál 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.

Upcoming National Events

Freyfaxi at Baldrshof | August 22nd – 24th



Get your tickets [HERE](#)

Join the gathered Folk for Freyfaxi at Baldrshof 2025!

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

Freyfaxi at Baldrshof

Friday, August 22nd through Sunday, August 24th

Murdock, Minnesota

Friday

8 am : Breakfast
9 am: Introduction to the Rune Meditation
10 am: Morning Dedication
11 am: Welcoming of the Gods with Goði Rob Stamm
12 noon: Lunch
1 pm: Outdoor Games & Folk Time
3 pm: Freyfaxi Discussion
5 pm: Dinner
7 pm: Baldrblot with Allsherjargothi Flavel
8 pm: Sumbl



Saturday

8 am : Breakfast
9 am: Rune Meditation
10 am: Morning Dedication
11 am: Nannablot with Gyðja student Sara Ault
12 noon: Lunch
1 pm: History Presentation with Allsherjargoði Matthew Flavel
3 pm: Freyfaxi Blot with Goði Nathan Erlandson
5 pm: Dinner
7 pm: Auction



Sunday

8 am : Breakfast
9 am: Litany of the Æsir
10 am: Wayfarer Blot with Witan Fassett
11 am: Clean-up & Goodbyes

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.

Get your tickets [HERE](https://runestone.org/store)



Witan Brandy Fassett
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AFA Prison Ministry



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

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

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

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

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



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

Ancestral Culture

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 sheaves 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 Haustblót.

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 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!



Folkbuilder Ronald Boardman

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Online Gatherings

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**

*A social group for members
age 50 and above.*

AFA &LDRI

Tuesdays

August 5th & 19th

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

Hosted by Hofgyőja Sheila McNallen
sheila@runestone.org





AFA Ladies Book Study

MEAD CUP MONDAYS!

LADY

WITH A MEAD CUP

Every first Monday of the month
Starting June 2, 2025 5pm PT/8pm ET
PDF and Meeting Link available on MeWe
or by request
landerson@runestone.org

LADY WITH A MEAD CUP
RITUAL, PROPHECY AND LORDSHIP IN THE EUROPEAN WARBAND FROM LA TÈNE TO THE VIKING AGE

Michael J. Enright

Mead Cup Mondays! Greetings ladies of the AFA, have you heard about our new book study group? We have just started reading *Lady with a Mead Cup* by Michael J. Enright! We are meeting virtually once a month, on every first Monday, to discuss what we have read during the previous month. If you would like to join us, please contact Gyðja Anderson at landerson@runestone.org to be sent a pdf of the book and the meeting link; these are also available in the AFA Ladies Group on MeWe. Have a wonderful month, and I hope to see you at our next Mead Cup Monday!

Just For Fun

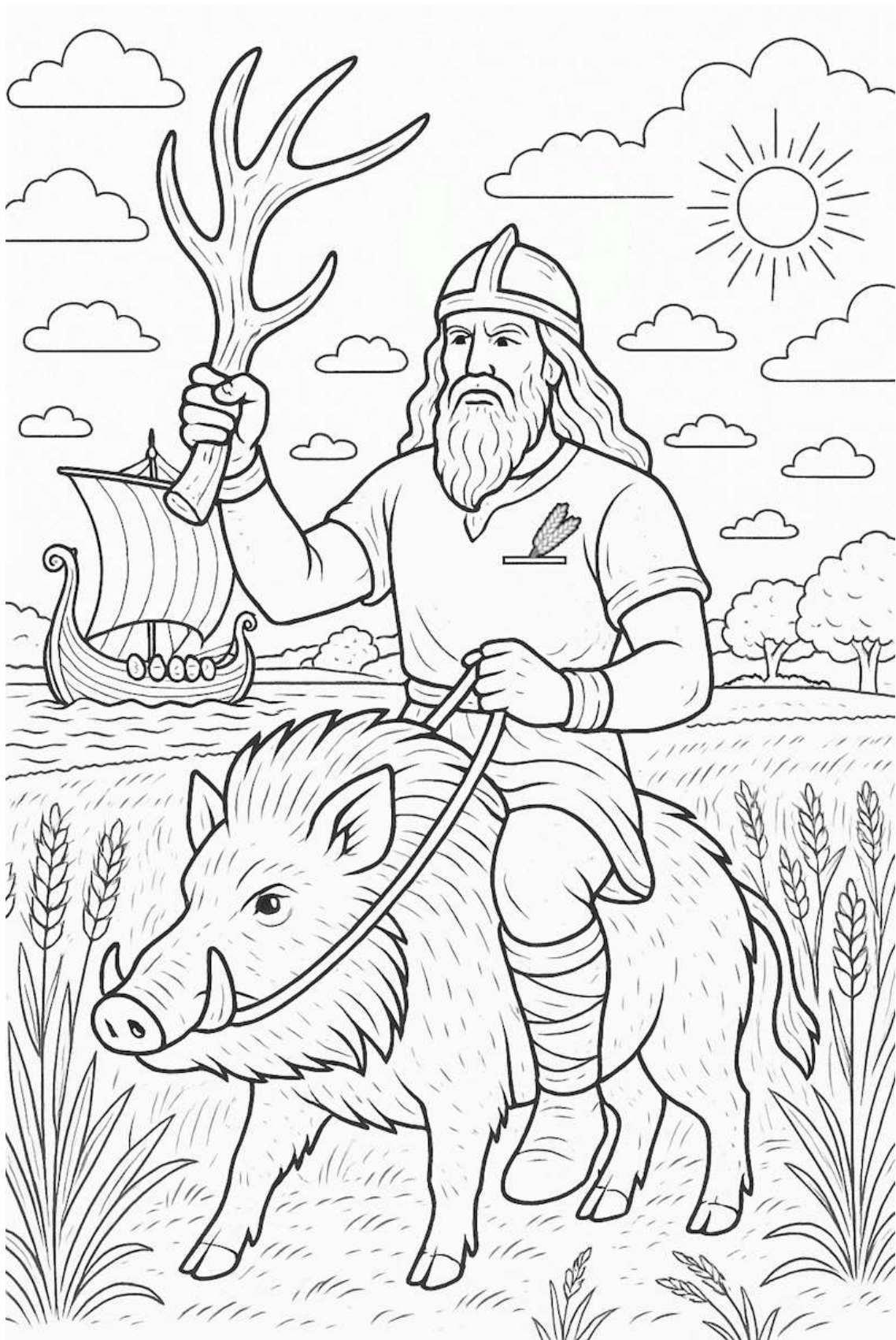


Hail Freyr and a Blessed Freyfaxi to you all!

Freyfaxi

1. NQIEUE _____
2. HEAFS _____
3. TFEREIL _____
4. ERDBA _____
5. AUUTSG _____
6. XIEAYFFR _____
7. REOHS _____
8. RRFY _____
9. ARVIN _____
10. EYLNPT _____
11. BNAAUDCNE _____
12. WTEAH _____
13. HEVTRSA _____
14. RAETLN _____
15. KNLIDSBADI _____
16. AGNIR _____
17. GEIHRSHN _____
18. IRBITUNLSGUL _____

Feel free to send your colored creations or finished puzzle to press@runestone.org for a shout-out in the next issue!



Freyr, a Horse, and an Oath



This my very loose retelling of Hrafnkels Saga.

A young man, named Hrafnkell, arrives in Iceland in the year 900 with his father. They are one of the first settlers. He is full of ambition and excitement for the possibilities of this new land, so his father gives permission to Hrafnkell to stake out on his own and build his own settlement. He names his farm stead Aðalból, which means Noble Home. He builds a large temple to his favorite God, Freyr. He holds lavish ceremonies honoring Freyr. He goes so far as to dedicate his favorite horse, Freyfaxi, to the God. Hrafnkell swears an oath that no one shall ride Freyfaxi, beside himself or Frey. Anyone one who dares will be put to death.

As Hrafnkell becomes a chieftain, while he is good to his own men, he soon builds a reputation of being a bully and unfair to those outside his circle.

A young man named Einar comes to him for employment. He is given the job of shepherd to 50 ewes. Hrafnkell tells Einar about the horse Freyfaxi, the consequence of riding him, and even makes sure he knows there are 12 other horses that can be ridden if the need arises. Things go well for Einar until Miðsumar when 30 ewes go missing. He searches the hills for them for over a week without finding anything. One morning he gets up early and, in an attempt, to cover more ground searching, decides to saddle a horse. As he approaches the horses, they all run from him except Freyfaxi. He decides that Hrafnkell will not find out if he rides Freyfaxi for this important task. He ends up riding Freyfaxi from early morning to nighttime. Just as he is about to give up the search and head back home, he finds the missing ewes and is able to drive them back

home. Freyfaxi is covered in sweat, mud, and is completely exhausted. The horse begins to neigh loudly, runs away from Einar and right to where Hrafnkell is sitting. Hrafnkell knows. In the morning, he goes to the stable with nothing but his ax in hand. Einar admits what he had done to Freyfaxi. Hrafnkell leaps off his horse and deals Einar a death blow to uphold his oath. Einar's father, Þorbjörn, is devastated by the death of his son and demands a weregild (a weregild is compensation to a man's family for death or dismemberment by the person guilty of it) from Hrafnkell. Hrafnkell declares that he has never paid a weregild but believes that he should in this case because it weighs on his heart. He makes Þorbjörn a very generous lifelong offer and Þorbjörn refuses. Þorbjörn eventually brings others to his side to bring a lawsuit against Hrafnkell and wins. Hrafnkell is removed from his lands, has his fortune taken from him, the temples are burned to the ground, and even poor Freyfaxi is driven off a cliff by Hrafnkell's enemies. Even Hrafnkell's faith in the Gods is shaken.

Many these days would hear this story and wonder why Hrafnkell stuck so stubbornly to his oath that cost him so dearly. It would have been so easy to overlook Einar's offence and move forward. Hrafnkell truly believed that no good comes to those who break solemn oaths no matter the consequences of keeping it. He also could have dedicated Freyfaxi to Freyr without making the oath. As with many people, he got caught up in the moment of showing his pure dedication to Freyr by loudly declaring this oath without thinking it through.

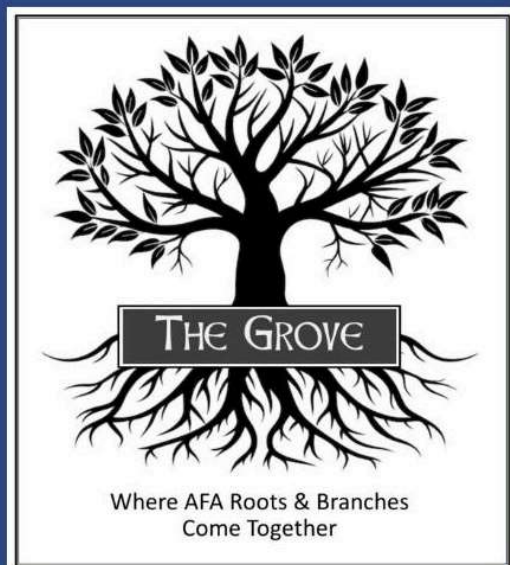
What can we take away from this saga? Think your words through before you say them. Oaths are solemn long after they are said and should be treated that way. Even keeping an oath comes with consequences, but the long-term implications are important for Victory of the Folk as a whole.



Folkbuilder Sara Ault
sault@runestone.org

AFA Genealogy

Working on your family tree?



**Come join us in
THE GROVE**

Virtual
Teams Meeting
Special topics covered

**Thursday
August 14th**
5:00 PT, 6:00 MT, 7:00 CT, 8:00 ET

Hosted by: **Gyöja Sheila McNallen** - sheila@runestone.org

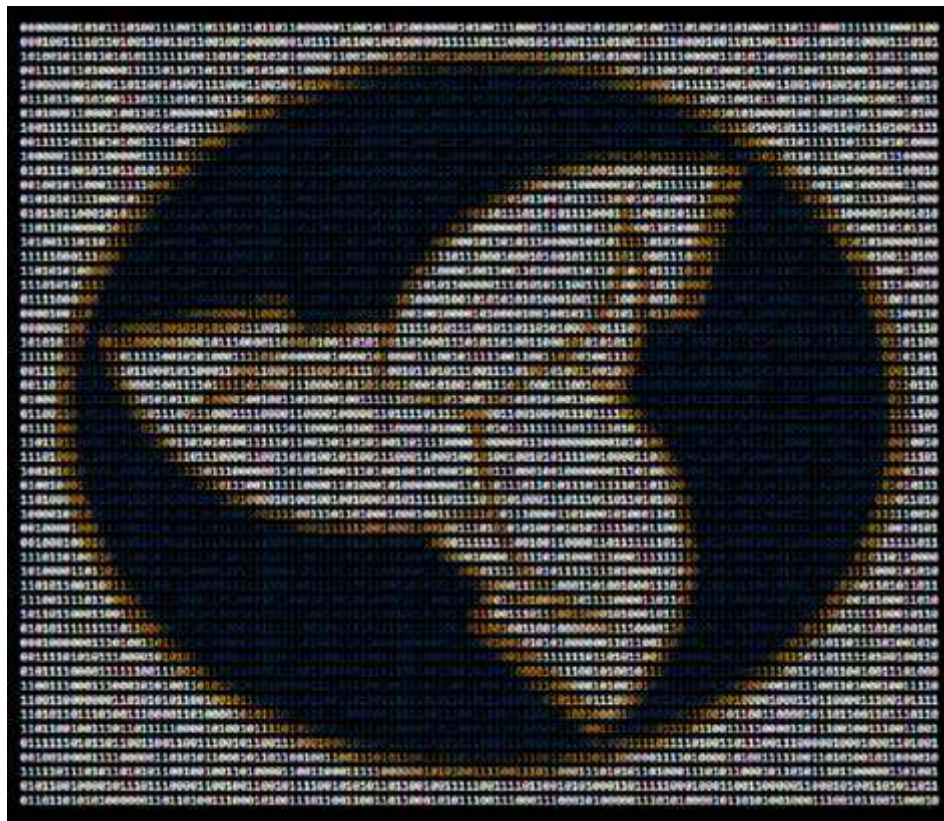


Gyöja Sheila McNallen

sheila@runestone.org

AFA STEMCELS

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



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

The goal of STEMCELS is to help AFA members learn the skills needed for technical positions and help them find gainful employment using our professional network. We currently have mentors in General Software Engineering, Data Engineering, and Embedded Engineering, including some with Silicon Valley experience. We are holding information sessions to help you decide if any of these disciplines are right for you. The sessions include:

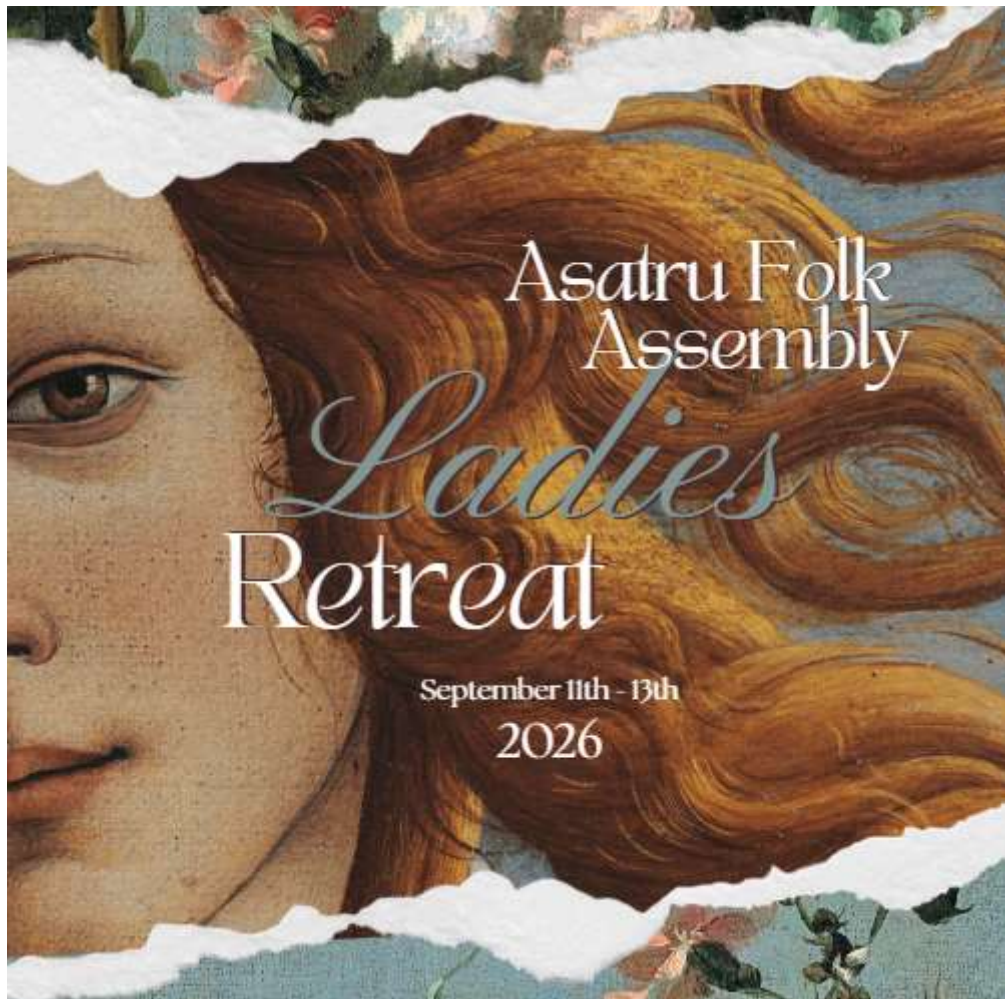
- Possible career paths
- Necessary skills and mindset
- What a typical workday looks like

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

Witan Clifford Erickson
cerickson@runestone.org



2026 Ladies' Retreat





ASATRU FOLK ASSEMBLY
LADIES RETREAT

SEPTEMBER 11TH - 13TH 2026

@ ÓÐINSHOF

MEDITATIVE WORKSHOPS,
FEMININE LADIES EMPOWERMENT
FRITH WEAVING

*CHILD FREE EVENT.
MATURE YOUNG LADIES 13+
WHO WILL ACTIVELY PARTICIPATE
ENCOURAGED TO JOIN

Calling All Folk Photographers

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



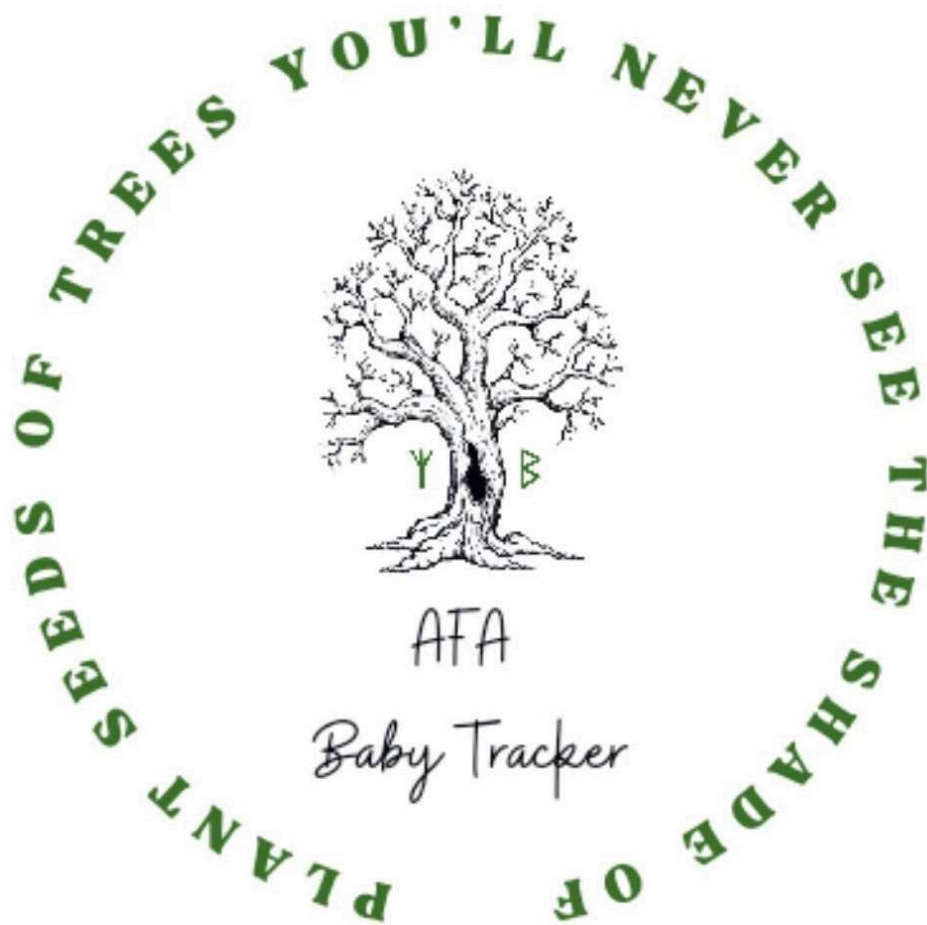
We'd love to see 'em. Send to Photos@Runestone.org



Folkbuilder Nicholas Rice

nrice@runestone.org

Baby Tracker



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

Total babies born in 2025: 14

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!

Óðinshof

Food Pantry at Óðinshof



JULY! This was a time of golden grasses and mellow afternoons. The hubbub at Óðinshof was typically subdued after our intense Miðsumar celebration in June. Following our Sigrblót ritual and feast, we decided to take the Sumbl outdoors to the bonfire and share the horn informally. One last round of Frith for good measure, and then it was time to return to the hall for food pantry bagging and to the kitchen for a thorough cleaning.



Eight cans of fruit and veggies, plus two pounds of rice, pasta, and rolled oats filled the bags this month. Our group of helpers worked efficiently, staging bags for sixty families for the Sunday morning distribution. Seven-year-old Olivia didn't just count the bags but carried them, too!



The lazy days of summer slowed our pace Sunday morning. We had lots of volunteers enjoying French toast and coffee on this last day of Sigrblót. Outdoors, our tables were mightily filled with bags, but in the end, we served only 38 families this month, representing 94 individuals. Left-over provisions went into storage for emergency needs and August readiness at Freyfaxi. We'll be ready.



Gyðja Sheila McNallen
sheila@runestone.org

Sigrblót at Óðinshof



Our gathering at Óðinshof this year for Sigrblót was a wonderful celebration of Victory for our Folk. In the morning after breakfast and coffee, Hofgyðja Sheila and Founder McNallen led the Folk in attendance in the customary Greeting to the Day outside. The words of the Victory-bringing Valkyrie Sigrdrífa rang across the sun-gleaming meadow, setting the tone beautifully for the festivities to come.



Allsherjargoði Flavel led the Folk in a beautiful afternoon Sigrblót to Lords Óðinn, Þórr, and Týr, a powerful commemoration of the blessings of Victory we have received and hope to receive from our holy Æsir. He shared the blessed mead from the Blót afterwards with our honored Folk who rest in Óðinshof cemetery. As we all returned back inside, we hailed Lord Óðinn one by one as we re-entered his temple, and we started preparation for dinner as the day grew later.



Hail Victory! After a great day of Frith and feasting with AFA family, Folk remaining gathered outside around the fire for Sumbl, and teamed up to bag Food Pantry items for the next morning. Thank you so much to all our brothers and sisters who assisted in cooking, cleaning, and many other activities around the Hof, you are deeply appreciated by all of us. Come join us next at Freyfaxi, we look forward to seeing you there!

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



Gyðja Lauren Anderson
landerson@runestone.org

Upcoming Events at Odinshof



Harvest Celebration at Oðinshof

Freyfaxi

August 16, 2025

FUN - FRITH - FELLOWSHIP

RSVP, please. *Oðinshof Food Pantry* is Sunday morning

Hof Steward's Address



Daniel Odom
Apprentice Folkbuilder
dodom@runestone.org

Monthly Virtual Members' Meetings

We're saving a chair for you!

Odinsfolk Chat

Friday, August 8th 7:00 PT, 8:00 MT

"Dreams ... and other dimensions"



Gythia Sheila McNallen; sheila@runestone.org

Daughters of Frigg Virtual Tea



First Friday of the Month
landerson@runestone.org



Monthly Members' Meeting

Óðinshof

Monthly Members' Meeting

Last Friday of the Month at 7pm Pacific



Links Emailed and Posted to MeWe
Contact Any Folkbuilder for Assistance



Folkbuilder Sierra Chapman

schapman@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 Goðar, proposed date for ritual, etc.) to Gyðja Lauren Anderson landerson@runestone.org. Each request will be evaluated, and we will follow up with you about accommodating your request.

Members and Moots



Boasting

Training Opportunity



Interested in a career change?
Have you ever wanted to run a tractor?
Looking to be your own boss?
All reasons are welcomed.

If you can make the drive to Northern CA (Vacaville area), and have an interest in operating heavy equipment, come learn to grade, dig, and rig with a 5ton mini excavator and a D3B dozer.

Dirt, equipment, and lessons available free to our Folk. Basic operation, loading and transportation, maintenance, operational techniques, and more.

Reach out to Odinshof@Runestone.org to get connected for more information.



Arizona

Additional Arizona Events

GERMAN LUNCH MOOT



Phoenix, AZ

For more info: schapman@runestone.org

Australia

Seasons Change, and So Do We



The solstice has passed, and the sun's slowly coming back. Days are lengthening, bit by bit. That shift from dark to light isn't just in the sky. It's in us, too.

Not all changes are that peaceful or poetic. Some of them hit like a truck. You think you're on solid ground and suddenly the rug's yanked out. Work dries up. Someone leaves. Life throws you a curveball that wasn't in the script. It sucks.

But that's part of the rhythm too. Our ancestors knew it. The land goes quiet in winter, but it doesn't die. It rests. Regathers. Prepares to rise again. And so do we.

When things fall apart, faith matters most - in our gods, in our Folk, in ourselves. Óðinn didn't get wisdom without pain. Þórr doesn't stop and sulk when the giants come

knocking. Frigg carries heavy truths with grace. They've been through it. And they still walk with us when things get rough.

The church - our Folk, our family - matters too. When life's heavy, we hold each other up. A shared meal, a good yarn, a simple Blót in the cold - that's real magic. That's what gets us through.

So, if you're doing it tough right now, don't be ashamed of it. You're not broken. You're just in your winter. And spring always comes.

Hold fast. Sunna returns.

Upcoming Events

AFA Australia

Hike Moot

Gold Coast

August 17th



Apprentice Folkbuilder
cmcdonald@runestone.org

California

Upcoming Events



Caitlin Covington
Apprentice Folkbuilder
ccovington@runestone.org



Lost Coast Trail



In early June, my wife Carli and I stepped off the edge of the known world.

We had talked about it for years, the idea of hiking California's Lost Coast Trail. A place where the land is so wild and steep that roads don't dare cross it. A place untouched, where the Pacific claws at the mountains and the mountains refuse to yield. We didn't come for leisure. We came for the test. For the communion. For the silence. And for each other.



The journey began in Shelter Cove, where we slept in the back of our truck under a blanket of stars, the ocean murmuring in the distance like a voice speaking in its sleep. We barely slept, hearts too full of anticipation and nerves. When the shuttle came, it was like stepping into a story already in progress. We were dropped at Mattole Beach, where the Mattole River greets the sea. There was just a gate, a sign, no ceremony. Just the trail, the waves, and the wind. That was enough.

The air smelled of salt and grass. The sky was a crisp, pale blue. Within the first hour, we passed the weather-worn Punta Gorda Lighthouse, a lonely outpost slowly surrendering to rust and time. Elephant seals lay strewn along the beach like relics of some ancient dream. We kept our distance, watched them grunt and roll, and moved on.



The land pulled no punches. Dense brush swallowed the trail in places. Poison oak and ticks loomed in every shadow. But we had prepared for this. Long sleeves, gaiters, mindful steps, these things made all the difference. Even so, the overgrowth made every mile feel like two. And still, we moved forward, pausing often to soak in the raw beauty around us. Seabirds soared overhead. Cliffside waterfalls whispered from above. Every corner we turned revealed something worth remembering.

That night we made camp at Cooskie Creek, near where the freshwater creek winds its way into the sea. We set up camp on a flat stretch tucked among rocks and driftwood, building a fire ring with large stones gathered nearby. The sun set behind a curtain of marine fog, and the night came fast and cold. We ate simply, rinsed out the day's sweat and salt, and sat by the fire in a tired, satisfied silence.

Before bed, my wife spat her toothpaste into the fire, a mistake we didn't realize until later. We stored the rest of our scented items in a bear canister, set it well away from the tent, and settled in.

Then, sometime deep in the night, the sound of movement.

We woke to the sound of heavy steps and the scrape of stone on stone. A bear had come. Drawn not just by the scent of forgotten toothpaste residue but also by the faint lingering smell of what had been washed into the fire. The animal tore apart our rock-

ringed fire pit in frustration, hurling stones in every direction as it searched for the source. It found our drying clothes, garments we had rinsed in the creek and draped over a log, and flung them to the ground in what felt like a tantrum. The bear tried and failed to breach the bear canister, clearly angered by the denial.

We didn't sleep after that. We waited. Still. Listening. Heart pounding. The bear eventually left, and when dawn finally came, we stepped outside to survey the damage. Stones scattered. Clothes in the mud. Fire pit dismantled. And not a trace of toothpaste left.



Just a few hours later, we rose again in darkness. At 4:30 AM, under the cold glow of our headlamps, we began breaking camp. The bear encounter still hung in the air, but there was no time to linger in fear. Courage, vigilance, trust, and clear communication moved our hands with purpose. We were more awake than we had ever been. There is something about hearing a bear breathe in the dark that changes how you see the world. We were on the trail by 5:15 AM, aiming to beat the tide through the pinch points, where the trail narrows and cliffs meet the sea with no room to pass if the water rises. We had studied the tide chart like scripture. Low tide was at 6:30. We wanted to be well beyond the danger before then.

What's next? Tune in next month as we continue our story!

BUMPASS HELL **HIKING MOOT**

AUGUST 30TH, 2025

RSVP: rskinner@runestone.org

Join us for a day of
kinship, alpine beauty,
and geothermal
marvels as we share
the Bumpass Hell Trail.



This moderate 3-mile round trip over
boardwalks and volcanic terrain
is perfect for families seeking
fellowship through nature's challenges.

- Sturdy hiking shoes
- Water and snacks
- Weather-appropriate gear. A good spirit and strong legs

Let's walk the old paths –together.

AUGUST 30 TH



Folkbuilder Ryan Skinner
rskinner@runestone.org

Feminine Ladies



With Miðsumar gone and passed; I love looking back on photos to relive those fond memories. While going through I found so many photos of these beautiful women who mean so much to me and deserve a special shout out.



To my kitchen crew; Danielle, Courtney, Hanna, and Gyðja Anderson. Without you beautiful ladies by my side, making me laugh, reminding me of food in the oven that I'm going to burn, or the fruit I forgot to cut up, NONE of the events would go smoothly without you. No matter how daunting the task may seem (like three full days of meals at Miðsumar) I know that I'll be okay because my wonderful women will be right by my side, laughter, tears, knives, and wine all in tow.



To Folkbuilder Ashley Erlandson; You have been a wonderful friend by my side all these years. Being a shoulder to lean on when times get tough, an ear to listen when I need to cry, and a motivator when I need to stop feeling sorry for myself. It has been a pleasure knowing you all these years and even more so to actually get to meet you in person. You are just as amazing as everyone says you are, if not more. Your radiant beauty and laughter are such that cannot be captivated in words, and your dedication to the Æsir whilst being a working mom is inspiring. I can't wait till we meet again!



To Mandy Flavel; You are the most amazing soul I have met in a long time. You have always supported me throughout the years when I was at my worst and now when I am working to be my best. You and your husband's dedication to the Folk and your unwavering support through these years have made me want to repay it back 100-fold, and the only way I know how is by being A model Folkbuilder to help continue on what you both have worked so hard to create since being passed the baton by Founder McNallen. Mandy is an inspiration to all who meet her, she is one of the most supportive ladies you will ever meet, providing insight and wisdom everywhere she goes. I want to be like her when I grow up 💕

And finally, to Hofgyðja McNallen; You have spent more hours than anybody I know building the Folk. You care so much for the Folk that it brings literal tears to my eyes. Your eyes light up a beautiful stark blue when children come up and speak to you, and you LISTEN to them and the love can be seen pouring out of you as you fill their hearts with love and courage. Many of us forget just how important taking that extra time is for the children during events as we are all so wrapped up in making sure everything goes smooth, but not you. You know the children are our future and those small moments could be the difference between the next Allsherjargoði or them straying from the path when they are older. you have dedicated almost half your life to the Asatru Folk Assembly and our thanks will never amount to what you deserve, I know I will never be able to thank you enough for all you have done for me personally.

As you can tell, all of these women are extremely special, as are all of our ladies. But today I am especially thankful for these ones. Hail our feminine ladies! (Also, special shout out to Madison East and Witan Fassett; you both are amazing beyond words, and I love you all.)

Blood Memory



We hear the term “blood memory” a lot, but what does it really mean? The best way I could describe it is simply by describing my personal experience. Ever since I was little, I've always felt the happiest, at peace and "home" in bright green luscious rolling hills. Unfortunately, in California, most of the "green luscious rolling hills" are a bit green/beige from droughts, but it doesn't change the fact that the feeling remained. I would always get so excited driving through certain Corridors on the way to vacations because of feelings little me could never put into words. The feeling never fades even as I get older. It's like I'm drawn to it with this innate feeling of "this is where I belong." As I got older and began my genealogy research and figuring out "who I am" and where my family is from, I've found MOST of my genetic makeup is Irish, specifically from County Cork which is known for rolling hills and coastlines. Making that connection made so much sense to me. No wonder I feel at home in these rolling hills, it's a way of my ancestors connecting with me. Now Ireland is much prettier than the healing scorched hills of California, but the premise is still the same.



Our bodies know where we *belong* and will never hesitate to remind us, which is something that has been well documented for a long time, in fact this very subject was broached by our founder Stephen McNallen in 1985 in his article titled "Metagenetics."

Going a step further, let's look at reincarnation memories. One does not have to "believe" in reincarnation as it is commonly presented to accept the reality of the phenomenon; there seems to be evidence that people sometimes have memories that don't belong to them - or at least not to the "them" that they normally consider themselves to be. One is free to accept or reject the literal explanations for reincarnation as it is vulgarly expressed, but there are other explanations for the reports. There is the possibility that these memories, or many of them, are genetic memories. Timothy Leary - who, whether or not one agrees with his drug philosophy, is no small intellect - is only one person who suspects this to be the case. Leary wrote that whether one called it the akashic records, the collective unconscious, or the "phylogenetic unconscious", it could all be ascribed to the "nuerogenetic circuit", or what he calls signals from the DNA-RNA dialogue. In other words, these memories are carried in the DNA itself.

— Stephen McNallen, "Metagenetics," *The Runestone*, 1985

Keeping this in mind, it's no wonder we feel drawn to certain areas or even experience *déjà vu*. Take some time and try to think of what landscape you feel most drawn to and do some ancestor work, I bet you'll find the correlation yourself. Hail!



JOIN US FOR

SWAP MEET

EVERY FIRST SUNDAY
11 AM SACRAMENTO
MAY-OCTOBER
WEATHER PERMITTING



Farmers Market
Antiquing
Bargaining

SCHAPMAN@RUNESTONE.ORG



Folkbuilder Sierra Chapman
schapman@runestone.org

Colorado

Colorado Renaissance Festival Moot



On a hot July day, in the Rocky Mountain town of Larkspur, is the Colorado Renaissance Festival. Four of us adventurous Folk braved the crowds and found each other in the madness.

We got one of the free maps and toured the entire faire. Everything was up hill or upper hill. Thankfully, there was a shuttle bus to take you to and fro in the parking lots, which was a mile walk if you don't take the shuttle.



But alas, we survived! It was a great day of hanging out with good friendly Folk. We had some good dark beer, caramel candy cashews, and found some treasures to pillage. Sadly, there was no mead being sold there. A mead-maker would definitely profit at this faire.

We hope you all join us next month in Blackhawk, Colorado for our Freyfaxi event. Until then, fair the well mateys!

Upcoming Events



Freyfaxi

August 23, 2025 12pm

Blackhawk, Colorado

Blót, Potluck, Sumbel, Lore

RSVP - Eharrison@runestone.org



Erin Harrison
Apprentice Folkbuilder
eharrison@runestone.org

Idaho

Upcoming Events



Folkbuilder Nick Gunn
ngunn@runestone.org

Montana

New Beginnings



This month has been a month of continuous work and travel. I have traveled from the Appalachian Mountains to Spokane, Washington by plane, and crossed from eastern Montana to the Puget Sound and everywhere in between multiple times, working and taking in the sights along the way. For those of you who don't know, we have stood up a company, Roscoe Painting, and we have done a few remodeling jobs to build up funds to move my family out to Montana and to finish our house. Being away from my family for a month has been a big trial, but I know it will all be worth it when I get to move them into our new place and we get to live every day in a Folkish community surrounded by the livestock that sustains us.



Speaking of travel, I have gotten to experience the diverse and beautiful landscape of the Pacific Northwest, from the Missouri breaks of eastern Montana to the stunning forests around Oyster Dome in the inner sound of western Washington, and I've gotten to do it all in the company of some of the finest men in our Church. I've attended an excellent Sigrblót in northern Idaho, and I've celebrated birthdays and victories in small towns and restaurants over a tri-state area. I'm very excited to get to live in such a beautiful place, and can't wait to bring my family out here.



I've attached a few pictures of the progress on my home and our adventures out here, and I can't wait to entertain you all at my new place for Freyr's Harvest Feast.



Folkbuilder Tyler Bethea
tbethea@runestone.org

Opportunity Knocks



Our lives are filled with moments of opportunity, most of which go unrealized because in every one of us, there is complacency, apathy, and cowardice. These negative traits are either overcome, or they rule over as master. When man is mastered by weakness society decays.

On the whole, when we look at the larger society around us, we know which is the case. Most people have become little more than shambling corpses waking to the same alarm, to drink the same caffeinated poison, to go to the same job they are underpaid at. Then they finish their commute and drown out any chance of intelligent thought through the droning of the television. Indeed, there's hardly any difference to the sleeping masses routine save but a simple choice. Blue collar or white-collar work. Sure, there are similarities. Both paths of employment typically see their employees as interchangeable cogs in the machine of industry. Both tend to have us surrounded by the degenerate break room culture. Both have their fill of foreign cultures and tongues pressing in. In the end, the differences are typically just a choice between having a tired body or a tired mind, and often it ends up being both anyway. What's not an option is a tired soul.



This is not to say that labor cannot be fulfilling. That all employers are so dispassionate and uncaring. Nor is it to say one can't find a job or career they enjoy. Of course, there are exceptions to the rule, but this hardly refutes the more common soul-crushing experience found today, in an economy that in the last four years has devalued our currency by twenty five percent.

Now by now dear reader you know that I do not tell you such things to demoralize. I tell you these things so we can recognize the problem and overcome it.



How does one overcome the perils of this crumbling societies' woes? By seizing opportunity. The reason so many people do not is that they accept that things cannot change, they give in to the weaker traits and let themselves be ruled by complacency, enslaved by apathy, and beaten by the master's rod of cowardice. When defeat is the mindset they hold, opportunities appear to not exist or simply become too frightening and so risk filled to dare pursue.

I have spoken to you dear reader about how to build will power. I have given you the tools of discipline and the reassurance that you have support from myself and others who are but a phone call away. You have the tools by now to overcome our innate weaknesses and build yourself up to a greater you. If you have been following my work beyond merely seeing it as written word and applied these lessons to yourself over the years then you have become stronger in the matters of the physical, mental, and spiritual. Now is the time to leverage those strengths to affect real change in your life. A farmer cannot reap what wasn't sown. A craftsman cannot sell what was not created. And likewise, you cannot benefit from opportunity if you don't leverage opportunity into reality.



The mere possibility of opportunity is not enough. I assure you the dopamine boost of talking about success will be fleeting unlike the satisfaction of achievement.

I cannot tell you what opportunities sit before you. I cannot walk your path for you, but I can tell you recent examples of those who have turned opportunity into triumph.

One of my brothers recognized that he was not going anywhere financially. He saw that the home he wanted to build and the life he sought to give his future kids was not

achievable if he allowed himself to be complacent. He had a good paying job, a consistent rental arrangement and an opportunity present itself to him. Only one of the three had the power to change his life. His opportunity was a corporate contract coming to maturation. When it did, he had the opportunity to leave to another job or leverage a raise. Many would go for the raise and a fair bit would risk the new employer in the same field. But my brother set himself out on a path of training so that when his contract came up, he was able to jump to a much higher echelon in his industry.



It would come with sacrifice beyond the preparation. His hours will be longer, he had to relocate, and his job is significantly more difficult. So why is it an opportunity? It's an opportunity because in doing so he can in the next two to three years gather the funds he needs for land and home while he still trains himself on his future craft. His sacrifices of comfort when leveraged with risk shall propel him to victory.

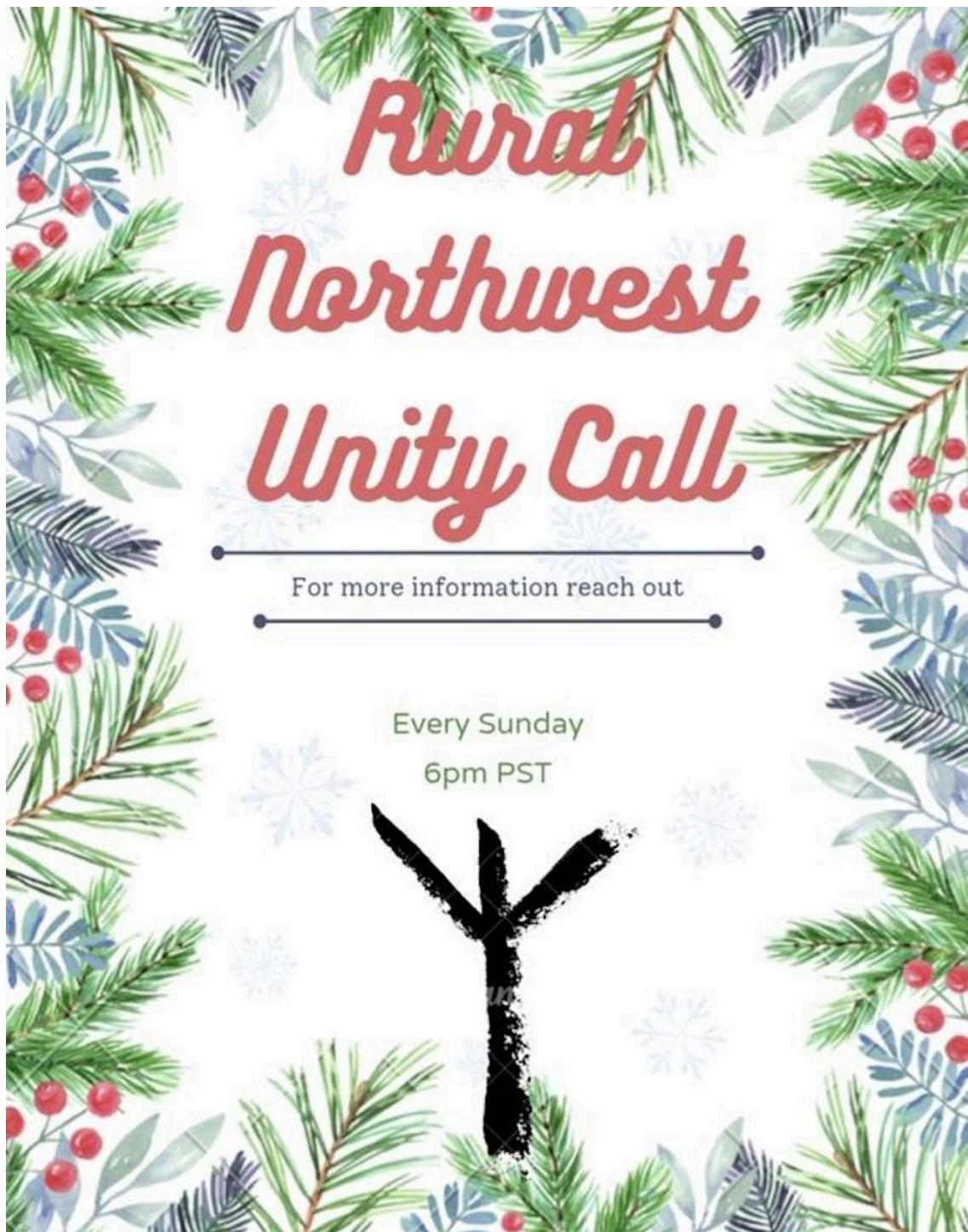


Another example is the opportunity of relocation. Our people have moved around this world throughout the ages. We have pioneers, explorers, raiders, steppe warriors, and nomadic tribesmen throughout our bloodline and they all chose to go beyond the horizon to build a better life where there was opportunity to do so. Witan Young has an inspiring speech on this very concept. He speaks eloquently on our desire to find what lies over the mountains. To seek that new horizon and claim the land and opportunity we find. He boldly echoed our ancestral cry of "What lies west?" And he has inspired several of our members to find out the answer for him. The answer is wealth, land, and folkish community for those bold enough to manifest an opportunity into victory.

There are dozens of examples I could carry on with but by now you see that without risk and hard work opportunities slip away. Chose to overcome our innate weaknesses, reject the lifestyle of the modern serf, and find your opportunities to leverage real change in your life.

What is beyond those proverbial mountains? Where does the sun set? Who will you become if you chose greatness? What lies west Aryan man? The future, now make your mark on it.

Upcoming Events



Folkbuilder Tyler Heinlein
theinlein@runestone.org

Western Montana is Active!



July began as a road trip home from Miðsumar at Óðinshof. Coming down from the elation of such a great weekend, we took a couple of days along our route to visit with friends and family and just take it easy on our way home. I will admit, it was nice to get back to Montana after so many days on the road.

Back here at home, our family held a small remembrance dinner for Alexander Rudd Mills on July 9th, along with our monthly Blót to Óðinn



On July 19th, the Harlan girls gave an Irish dance performance, and our Kindred member Connor competed at the local Highland Games. While not originally scheduled as a Moot, it turned into one with the attendance of the majority of our Kindred. Food, vendors, music, dancing, and of course the competition, made for a wonderful day.

The following evening, July 20th, we gathered to discuss Gisli's Saga. The Saga of Gisli is a great glimpse into early Icelandic society, its hierarchy, legal system, the swearing of oaths and their importance, and much more. A great deal was learned by all, but especially those amongst us that hadn't read the story before. Following our discussion, we chose our next Kindred book assignment which will be covered over the next few months, The Poetic Eddas. We will primarily be using the Bellows and Hollander translations but examining a few others as comparisons.



August 9th, Irish Culture Moot (AM), followed by a Remembrance Dinner for King Radboud. Butte MT.



September 14th, Ullr Blot. A Blot to Ullr in honor of the beginning of hunting season. Time and place is TBD.



Folkbuilder Ryan Harlan
rharlan@runestone.org

Nevada

Upcoming Events

*Come for the Novelty ~
Stay for the Frith!*

Las Vegas Moot

AUGUST 25 - 26

*We're heading to LV to meet-up with locals and
enjoy a mini-vacation. Come join us!*

CONTACT: Gyðja Sheila McNallen.
sheila@runestone.org



Gyðja Sheila McNallen

sheila@runestone.org

Allsherjargoðic Dinner



Thank you to everyone who joined us for our July dinner; it is always an honour to have the McNallens at our table! Please join us if you are able this Saturday 8/9 for our August dinner; it looks like we will have lots of folks and lots of kids, so it should be a good time.

Upcoming Events

AUGUST 9TH

ALLSHERJARGOÐIC DINNER



Drinks at 1
Dinner at 3



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

Oregon

Upcoming Events

HEAR YE'

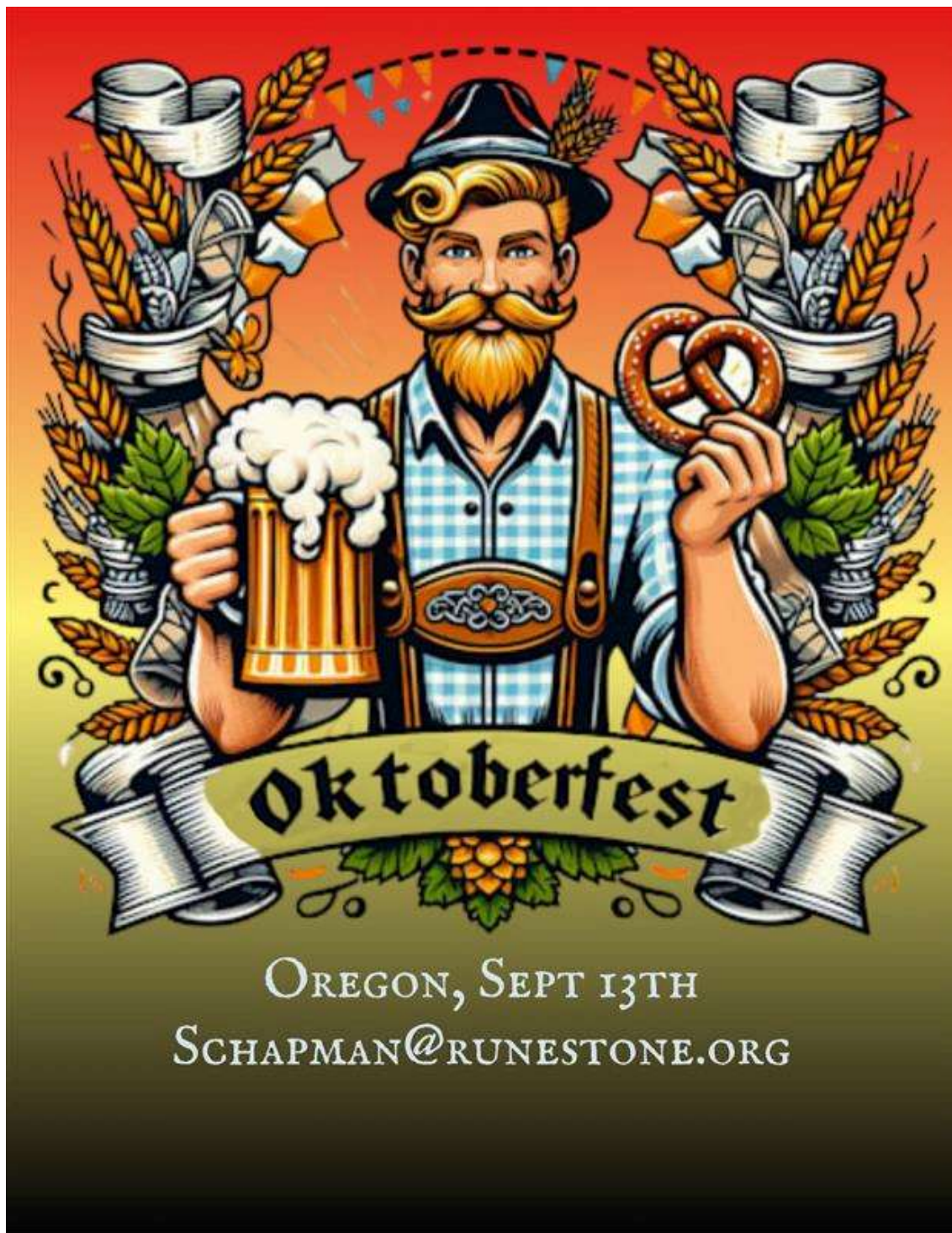
HEAR YE'



SCOTTISH FESTIVAL

AUG 16TH ALBANY, OR

SCHAPMAN@RUNESTONE.ORG



Folkbuilder Sierra Chapman
schapman@runestone.org

Washington

An Open Invitation



Well, July's been quite a month here in the Northwest, folks. I say something roughly to that effect what feels like every other month, and I feel like a broken record saying it, but this month truly is deserving of that emphasis. America's birth month has in kind seen the birth of many good things. A whirlwind of sorts no doubt, not without its struggles, but absent of exaggeration or hyperbole of any stripe the best month I've experienced in my time as a Folkbuilder thus far. It's been jam packed from right out the gate. We've had not one, but two Sigrblótar within a seventy-mile radius acting as bookends with one at the beginning and the other at the end of the month. I've had a few of my brothers staying at my place while they work in the Spokane area. We've all had our noses to the grindstone in pursuit of our next victory, but there's still been enough time to step back and appreciate the bonds that we've forged and the family we've built and continue to build. Prayers that were made became prayers answered. There's a plethora of lessons learned and victories to be celebrated, both locally and in our church at large. But right now, I want to focus on one in particular that's very near and dear to me.

I've known Annika Peterson for just a little over four months, though it feels like I've known her for years at this point. We met at this year's Austrar down at Þórshof, initially introduced by a brother and fellow Folkbuilder who will remain nameless here, but you all know who he is. It might have been due in part to the hallowed nature of the place we met or the circumstances, but this amazing woman has taught me to believe in the

idea of soulmates as cornball as that sounds. I had a distinct feeling that she was the one from our first conversation, and months later when I was making her dinner on her birthday it was like I had known her for years. I officially proposed at Sigrblót in Idaho on the final round of Sumbl before the Gods, the ancestors, and a circle of my closest kinfolk, and we're set to be married on May 16th of next year. I don't think I could be much happier.

We're going to be tying the knot at Kamiak Butte a few miles north of Pullman, WA. This is traditionally a popular wedding spot in the Palouse region, and I've got a few family members that have gotten married there. It's a beautiful area that time of year. I'm extending an invitation to anyone in the AFA interested in attending our wedding, and if you want to RSVP, get ahold of me via my Runestone email. We'd be honored to have you out there.

I know this is as public as it gets, I've said it before and I'll say it again; I love you, Annika.

Hail Victory.



Folkbuilder Nick Gunn
ngunn@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



Witan Allen Turnage
aturnage@runestone.org



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