



## Óðinshof

First Hof of the Asatru Folk Assembly

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December 2024

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## Words from the Alsherjargoði



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

We need Folk with social media and digital marketing skills. We need folks who know

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

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

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

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

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

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

Hail the Æsir!

Hail the Folk!

Hail the AFA!

HAPPY YULE!

## Announcements, News, & Noteworthy

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



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# Words from our Witan

## *Önd, The Vital Breath*



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

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

From *Völuspá*, we read....

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

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

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

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

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

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

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

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

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

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

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

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

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



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*Trolls, Dwarves, Elves, Oh My!*



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



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## Words from Our Goðar

### *The Runes*

# The Folf Sutharf

: F N Þ R I Z P :

: \* † | Φ † C Y H :

: † B M P † Z W Q :

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

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

The Folk Futhark is made with staves from all four rune rows, using Old Norse names for the runes in accordance with the AFA's use of Old Norse as something of a "liturgical language," while retaining the meanings that people associate with the Elder Futhark specifically. This new rune row perfectly encapsulates the AFA's mission of honoring every time period and location of Aryan history, while incorporating the use of Old Norse to fit alongside all of the other vocabulary used in Ásatrú!

Here is a breakdown of the new rune row:

- Fehu - Fé (Cattle, wealth)
- Uruz - Úrr (Aurochs, power)
- Thurisaz - Thurs (Giant, thorn, offense/defense)
- Ansuz - Áss (God, the Æsir)
- Raidho - Reið (Journey, right action)
- Kenaz - Kaun (Torch, craft)
- Gebo - Gjöf (Gift, reciprocity)
- Wunjo - Ynði (Joy, harmony)
- Hagalaz - Hagl (Hail, coming storm)
- Nauthiz - Nauð (Need-fire, necessity)
- Isa - Íss (Ice, iron will)
- Jera - Ár (Year, cycles)
- Eihwaz - Ýr (Yew tree, Yggdrasil, death)
- Perthro - Peraþollr (Pear tree, lot cup, womb)
- Algiz - Elgr (Elk, life, connection to divine)
- Sowilo - Sól (Sunna, victory over darkness)
- Tiwaz - Týr (Týr, victory)
- Berkano - Bjarkan (Birch tree, birth, springtime)



- Ehwaz - Jór (Horse, marriage, teamwork)
- Mannaz - Maðr (Man, Folk, community)
- Laguz - Lögr (Lake, leek, healing)
- Inguaz - Yngvi (Freyr, seed)
- Dagaz - Dagr (Day, dawn, return of spring)
- Othala - Óðal (Estate, home, Gimlé)



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## *The Runestone - A Throwback*

*The Yule Alf and Yule Bock*



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

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

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

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

specifically given to their descendants.

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

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

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

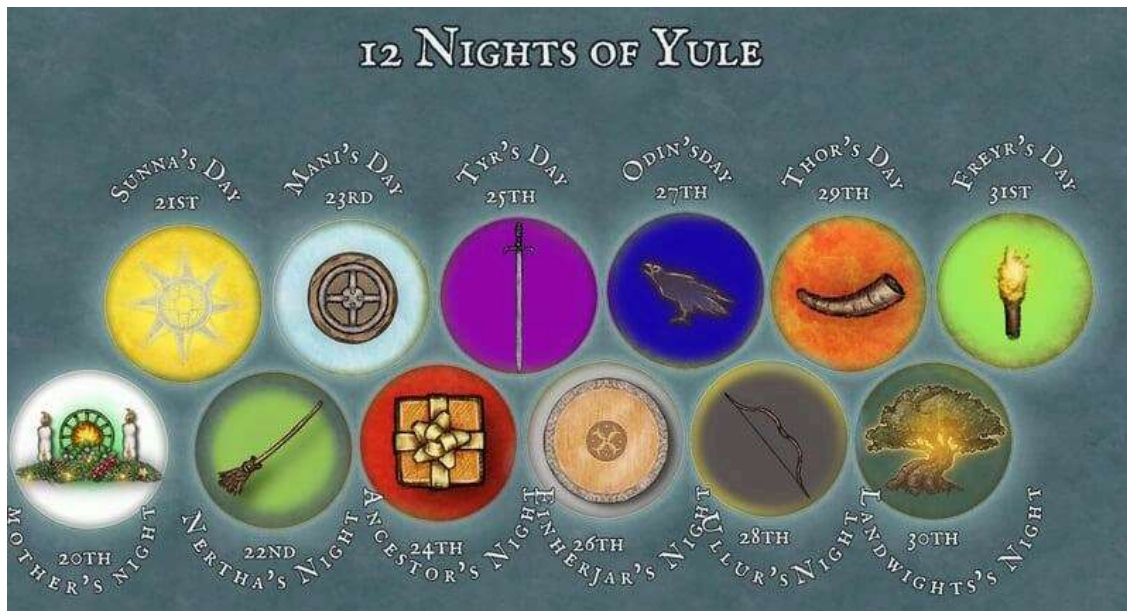
In the morning instead what they do is go to their rooms and grab the gifts that they bought for their siblings.

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

They take their gifts that they got for each other and place them under the tree, oftentimes colorfully wrapped. At sundown, the Blót is conducted, and a meal is eaten. And then after the meal, pictures from the ancestors are taken and placed on the table and the children then can go to the ancestors' gifts and open those first, but before they do, they have to learn from which ancestor it came from and a little bit about their life.

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

## *This is Our Yule*



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

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

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

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

- Mistletoe with a piece of ribbon for each piece

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

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

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

Conduct your Blót as befitting your tradition. Usually after drinking from the horn but before the blessings of the Hlaut bowl are given, the items you have will be used. The Need Fire is started by the Menfolk while the tables are set by the Children and the Womenfolk prep the food to be ready for plating. Once the Need Fire is lit, the

Menfolk bear a torch into the home and hand it to a high standing woman who lights the Hearth fire with the torch. (The Yule log is not in the fireplace just yet). So, the Folk gather around the Harrow. The leader of the ceremony passes out birthday candles. Then every person walks up to the hearth fire and lights their candle and says the name of someone who is alive, and of kin, that couldn't be with the gathered Folk. Each person does this until the Yule log is adorned with candles. Then all the Folk touch the Yule log and a thankful prayer is uttered over it. Then the log is lifted and placed into the fire (if you do not have a hearth fire the log is carried to the Fire pit and burned there). Once the Yule log is lit and burning, Folk can light their Seven-day candles from the Yule log throughout the night before they leave. Some words are spoken upon the lighting of the Yule log.

Example\*

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

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

After this the Blessings are given out from the bowl, the Holly wreathes are also blessed and the mistletoe and the Folk then gather to feast. Usually during the Feast one person will read an excerpt or the entirety of Baldr's Dream from the book Northern Path by Douglas Dag Rossman (or perhaps simply Baldr's draumar from the Poetic Edda).

At some point, the Folk before they leave will take their seven-day candle and use a dry spaghetti to transfer the flame to their candle and then carry this home with them. For safety, the candle should be placed in the hearth at the individual's home in a pot with a small amount of water at the bottom. If the candle gets low transfer the flame to a new candle. If the flame goes out, one of the Folk should carry a flame from their fire to the kinsman and relight their flame. This is symbolic of our community helping one another out in the darkest of times.

If you cannot travel with a Seven-day candle, then taking a coal box and lighting a coal

is also allowable. Also taking ash from the Yule fire and lighting your own from that ash is acceptable but is difficult unless you know how to make a Need Fire from ash. It is also recommended that if you are far away from other Kinfolk to take enough ash to restart your flame if no one can come and rekindle your light.

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

Thus begins the Yule.

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

Dec 22<sup>nd</sup> Nertha's Night: Nerthus, Eartha, Erce, Heartha, Jörð—she is honoured on the third day of Yule. The house is cleaned, and the kitchen and the Hearth are cleaned from the festivities. Stockings are hung, and the hearth is decorated. If the Yule tree is not up yet, it is put up on this day and decorated in preparation for the Yule Wight and his return with presents from the Ancestors. That night, Blót is held in honor of the Earthmother, and a candle is lit from the Yule candle and the day's virtue is meditated upon.

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

keeper and thanks is given to him for placing us on the correct timing for holy tides. A candle is lit from the Yule candle flame in the name of Moderation and this virtue is meditated upon

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

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

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

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



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

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

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

Dec 31<sup>st</sup> Freyr's Day: The Last Night of Yule is in dedication to Freyr, Fro-Ing, Frodi, the Fruitful Lord, and the Laughing Prince of Álfheim. This night is marked with a huge celebration of food and drink. A pig head is cooked on this night. After Blót, a Sumbel is held, and New Years' oaths are done upon that boar's head. Gifts between kinsman are given out during Sumbel and honours and titles are given out by leaders. Freyr is honored during Blót and all the Gods during Sumbel. Then the final and official end of Yule is at night when a torch is lit with the Yule candle and a Boon-Fire is lit and once it is going bright and burning the Yule candle can finally be extinguished.



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## *Yule Traditions*



On Yule w/ Gyðja Catie Erickson  
[https://youtu.be/m\\_bIMDoCN6E](https://youtu.be/m_bIMDoCN6E)

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

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



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

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



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



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

The last candle we light is on our dining room table. We have twelve candles surrounding our Yule Log or a piece of our Yule Tree from the year before. That candle we light in honor of Frigg. We leave an offering for the Yule Wight and the kiddos go to bed. When they check the tree in the morning, they will find that the Yule Wight has left two small gifts in return! We use this to teach the children the importance of gift-giving and the gift cycle.

Every morning after this the Yule Wight will leave gifts.

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



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



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



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



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

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



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

As yesterday was Ancestor's night, today is family night. We celebrated our dead and now we celebrate our living. When our children wake up today, they will find presents under the tree. These presents are the presents from grandmothers and grandfathers, aunts and uncles, and any of our living family who has given gifts. It is a day spent with our extended families. We have our big Yuletide feast and sing our Yuletide songs (though admittedly, there aren't too many of these right now). This is a day for

everyone else. It makes our Christian family members feel better, and it lets our children be a part of everything without being a part of it.

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



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

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





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



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



On the 11<sup>th</sup> day of Yule, we light a candle for the Land Wights. Though never really seen, our land wights are always there. They can help us or hinder us as easily as the rain can fall or the sun to shine. Today we spend the day cleaning. It doesn't have to be a deep clean, but to honor them, dust and mop the floors. We go outside and clean up fallen branches or twigs from the yard and sweep the front stoops. When we leave our nightly offerings, we make sure they include bread, cream, and honey, some of their favorites.



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

children leave an offering for the Yule Wight.

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



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

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

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



Gyðja Catie Erickson

[cm.erickson@runestone.org](mailto:cm.erickson@runestone.org)

## Ásatrú Trúlögmál



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

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

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

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!



Matthew D. Flavel

Alsherjargoði, Asatru Folk Assembly

[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

## The Quest for Freyshof

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

– Gylfaginning



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

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

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

1. We need to pay off Njörðshof.
  - The first of 2 loans have been paid off!
  - We now owe \$67,015 on our remaining loan.
2. We need to raise our monthly donation average by 10.2%.
  - This is membership dues/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.



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

Hail Freyr!



Matthew D. Flavel  
Alsherjargoði, Asatru Folk Assembly  
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**Sigrheim: Home of Victory**



Help Sigrheim get stocked  
and ready for our Folk!

Donate Supplies  
from our  
wishlist ✨ ✨ ✨  
**amazon**



Thank You!

[click here](#)

*Upcoming Events*





*Pule at  
Sigrheim*

*December 28th  
230 pm*

*Rsvp to  
nrice@runestone.org*



**Porrablót  
at Sigrheim**

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

**RSVP to  
nrice@runestone.org**

Folkbuilder Nicholas Rice

[nrice@runestone.org](mailto:nrice@runestone.org)



## Victory Never Sleeps

The Asatru Folk Assembly Presents

**Victory Never Sleeps!**

Wednesdays at 6PM Pacific / 8PM Central

twitch.tv/victoryneversleeps

vk.com/AsatruFolkAssembly

odyssee.com/@AsatruFolkAssembly

entropystream.live/app/MattFlavel

rumble.com/AsatruFolkAssembly

youtube.com/@AsatruFolkAssembly

twitter.com/FolkAsatru

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

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

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

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

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



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

## AFA Asatru Academy



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



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

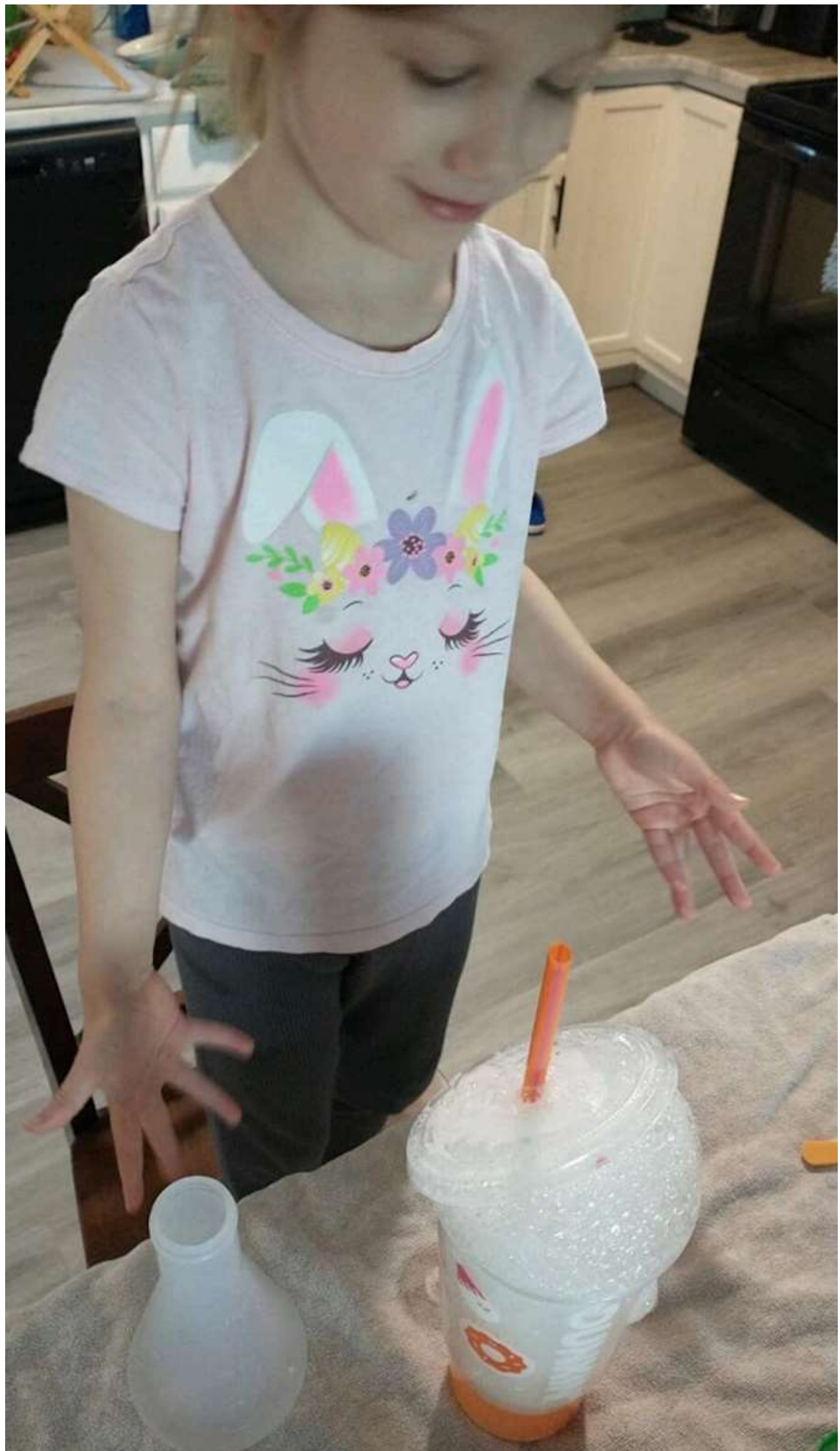


Just as in life and gardening, there are seasons for the school year too. A myriad of possibilities for growth and connection occur during the holiday season. What other

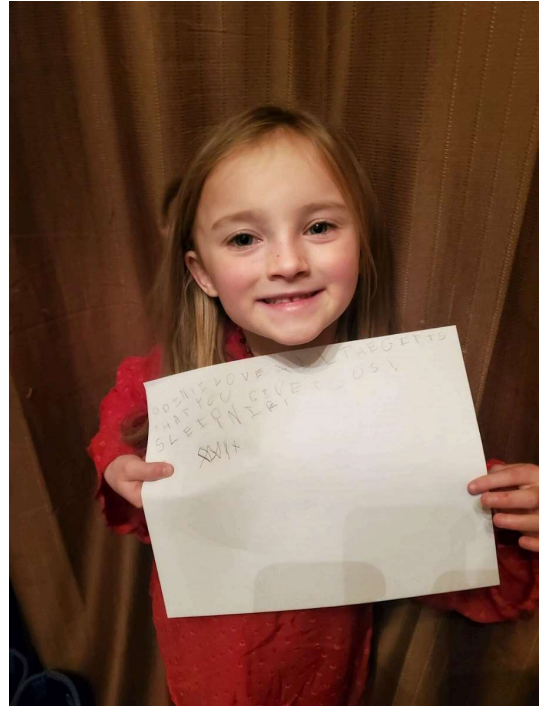
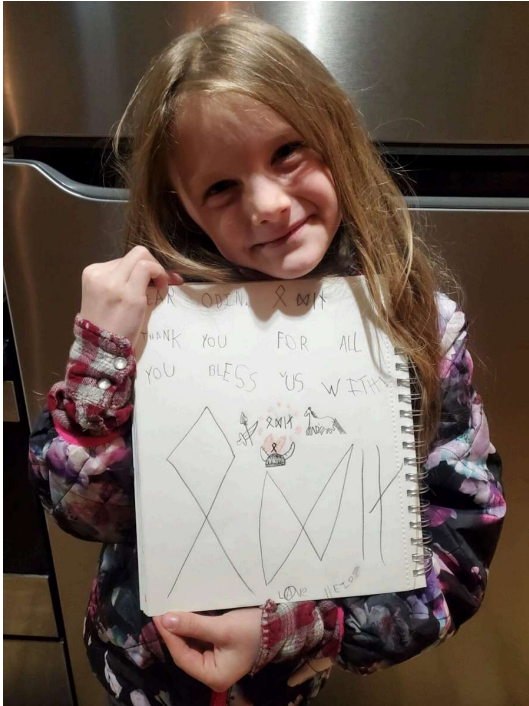
time of year is as full of traditions and focus on the family? We have Thanksgiving, a time to cherish being together, showing gratitude for blessings and feasting with our loved ones. For so many families, Yule is the time that has the most nostalgia and comfort of annual traditions.

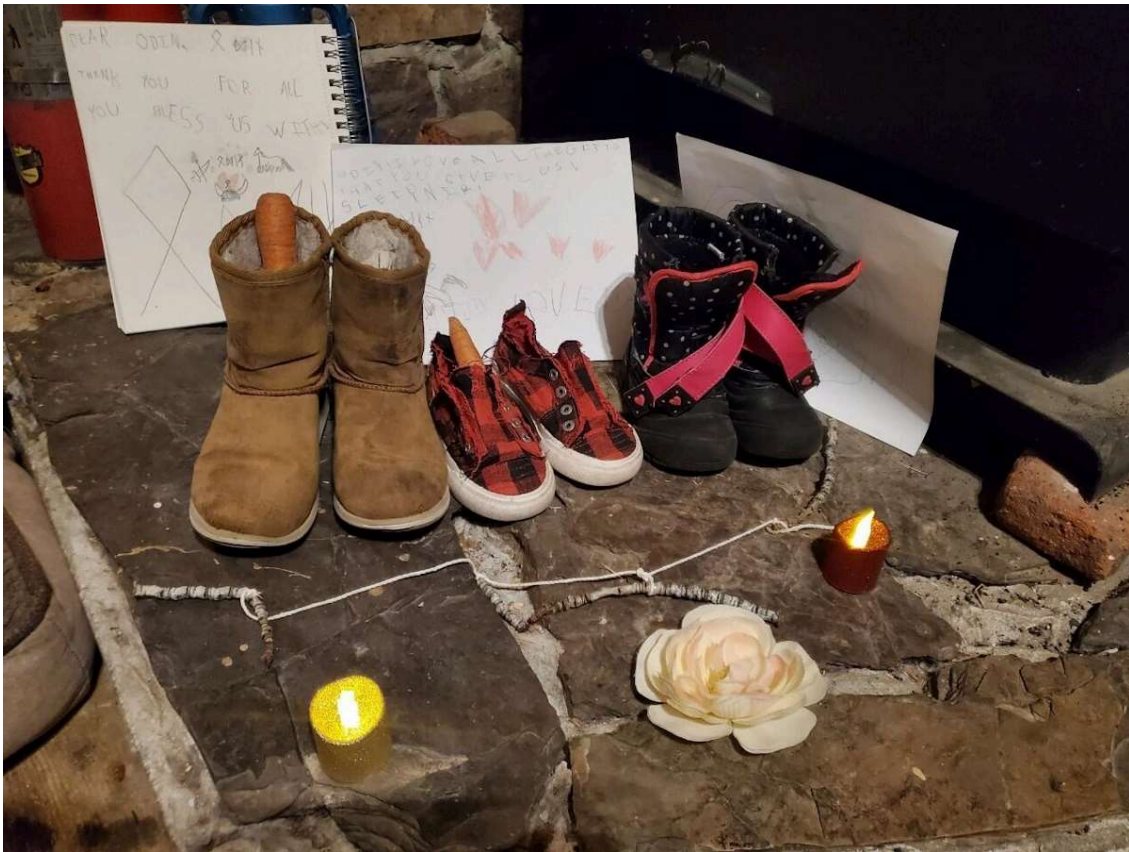


These practices are so essential for a people to create and maintain an identity. There are stories that come with ornaments hung on a tree, some made from little handprints pressed into salt dough. Music played that brings up memories. There is the fun of driving around looking at lights, making treasured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



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





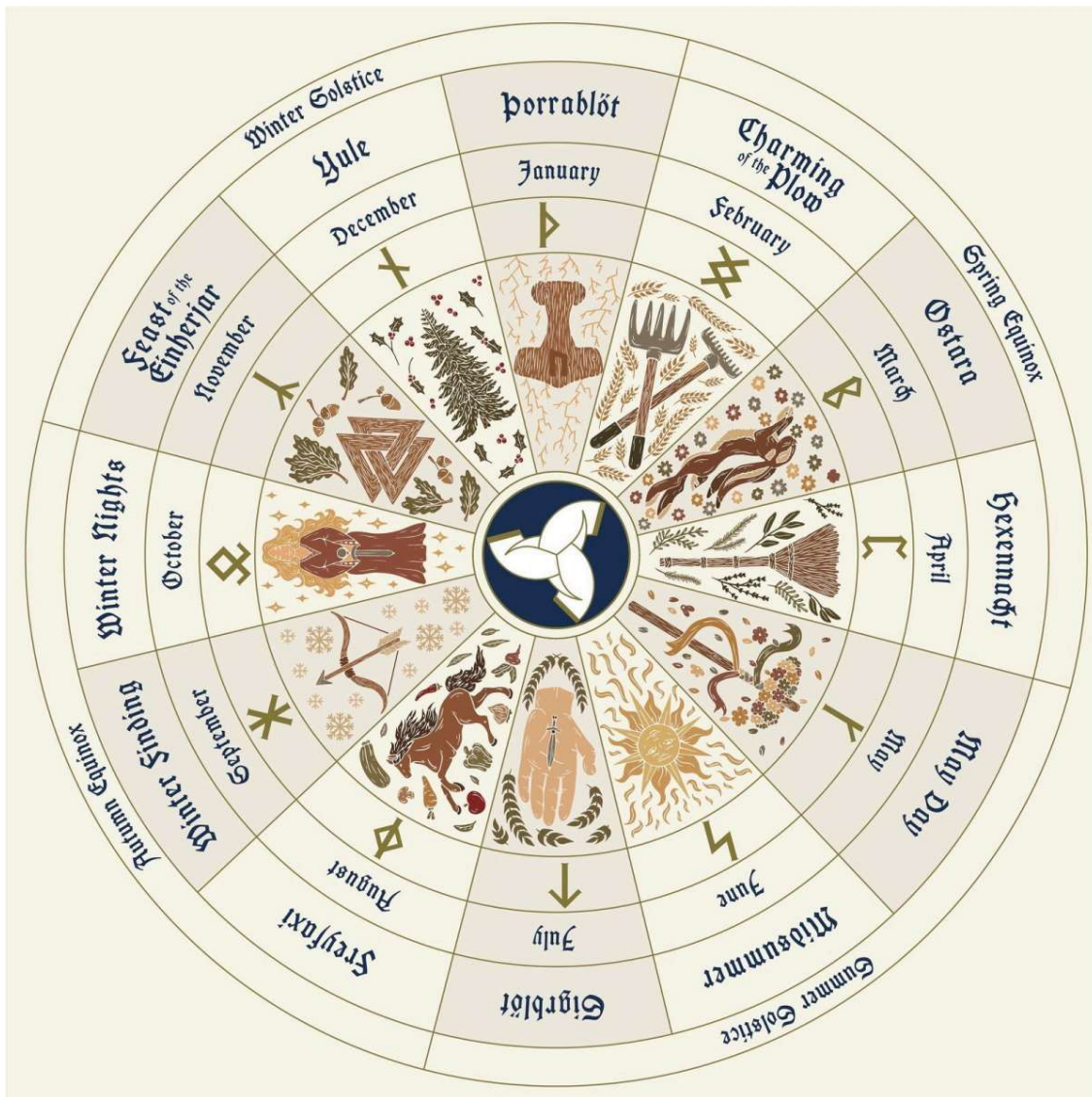
Build a fire, light the candles and put on the Nutcracker Suite. Whole people are rooted. We parents root our children with the security of tradition. Get out the cocoa, bake the cookies, roll the dough, watch the movies and read the stories. There is darkness outside, but within the home there is warmth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



Rachel Kinsler  
Homeschool Coach, Ásatrú Academy  
[rkinsler@runestone.org](mailto:rkinsler@runestone.org)

## 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”

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

## December



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

## Day of Remembrance

*Egill Skallagrímsson | December 9th*



Y 904 - 995 ʘ

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

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

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

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

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

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

Later in his life, Egill killed a retainer of King Erik Bloodaxe and Queen Gunnhildr, starting a blood feud that would last for the rest of their lives. Queen Gunnhildr sent her two brothers to take vengeance on Egill, but they were quickly sent to join their ancestors in Hel's hall. Once Erik Bloodaxe became King of Norway soon after, he declared Egill an outlaw and sent a company of men after him. They, too, were killed in their attempt to subdue the war poet. Before finally leaving Norway, Egill killed King Erik's son Rögnvaldr and placed a horse's head on a niðing pole, saying:

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

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

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

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

What can we learn from this story?

Egill represents the true duality of human nature.

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

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

Hail Egill Skallagrímsson!

## Holiday

*Yuletide | December 20th-31st*



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

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

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

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

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

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

## Upcoming National Events

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





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

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



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

*Ostara at Þórshof | March 21st– 23rd*



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

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

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

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



Witan Daniel Young  
[dyoung@runestone.org](mailto:dyoung@runestone.org)

## Feast of the Einherjar - A Recap



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



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



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



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



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



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

# A "Nashley" Affair

## *A Blessed Union: Our Wedding Celebration*



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

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





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

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



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

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



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

With love and gratitude,  
The Erlandsons



Folkbuilder Ashley Erlandson  
[aerlandson@runestone.org](mailto:aerlandson@runestone.org)

## A Folk Services Campaign

*Helping Stretch Time as the Second Job Kicks In*



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

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

# AFA Prison Ministry



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

We are compiling letters from prisoners that are Educational, Empowering, and Encouraging along with special spiritual writings from our Gothar to create a quarterly

newsletter to be distributed to inmates, institutions, and jails. Our mission is not about providing free books or literature to bored prisoners who simply want free stuff. We intend on making real-world change for the better of our folk.

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

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

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



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

# Artisans of the AFA Support Our Folk

## The Children from Frostmo Mountain

Laura Fitinghoff



Translated by Laura Lugnet

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

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

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



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



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

## Ancestral Food and Culture

*Mulled Wine — An Óðinshof Favourite!*





## Mulled Wine

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

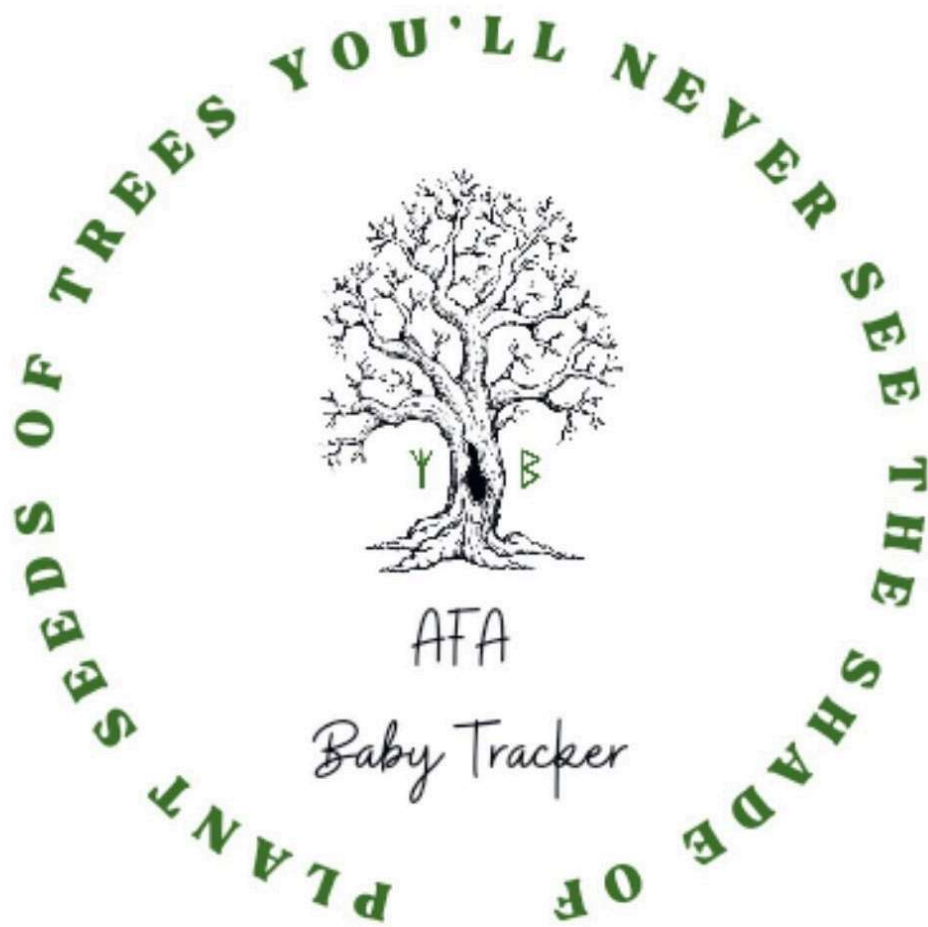
- 4 cups apple cider
- 1/2 cup brandy
- 1/4 cup honey
- 4 cinnamon sticks
- 2 oranges sliced
- 8 whole cloves
- 12 black peppercorns
- Additional cinnamon sticks and orange slices for garnish

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



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

## Baby Tracker



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

Total babies born in 2024: 27

## Online Gatherings

# VIRTUE RECOVERY MEETING



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

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

# SISTERS SUNDAY CHATS



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



# 2024 AFA Reading Challenge!

50 books in 52 weeks!

Contact Folkbuilder Ali

Clausen for details

[aclausen@runestone.org](mailto:aclausen@runestone.org)

# AFA Reading Challenge Meetings



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

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

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

# Ladies Book Study

Beginning January 9th, 2025

Lady With A Mead Cup

by Michael J Enright



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



Contact Folkbuilder Sara Ault  
for more information.  
[sault@runestone.org](mailto:sault@runestone.org)

## LADY WITH A MEAD CUP

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



Michael J. Enright





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

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

I hope to see you there!

# **Lore Study with Gothi Jason Plourde**

**Join us every Tuesday night**

**at**

**6:00 pm EST**

**5:00 pm CST**

**4:00 pm MST**

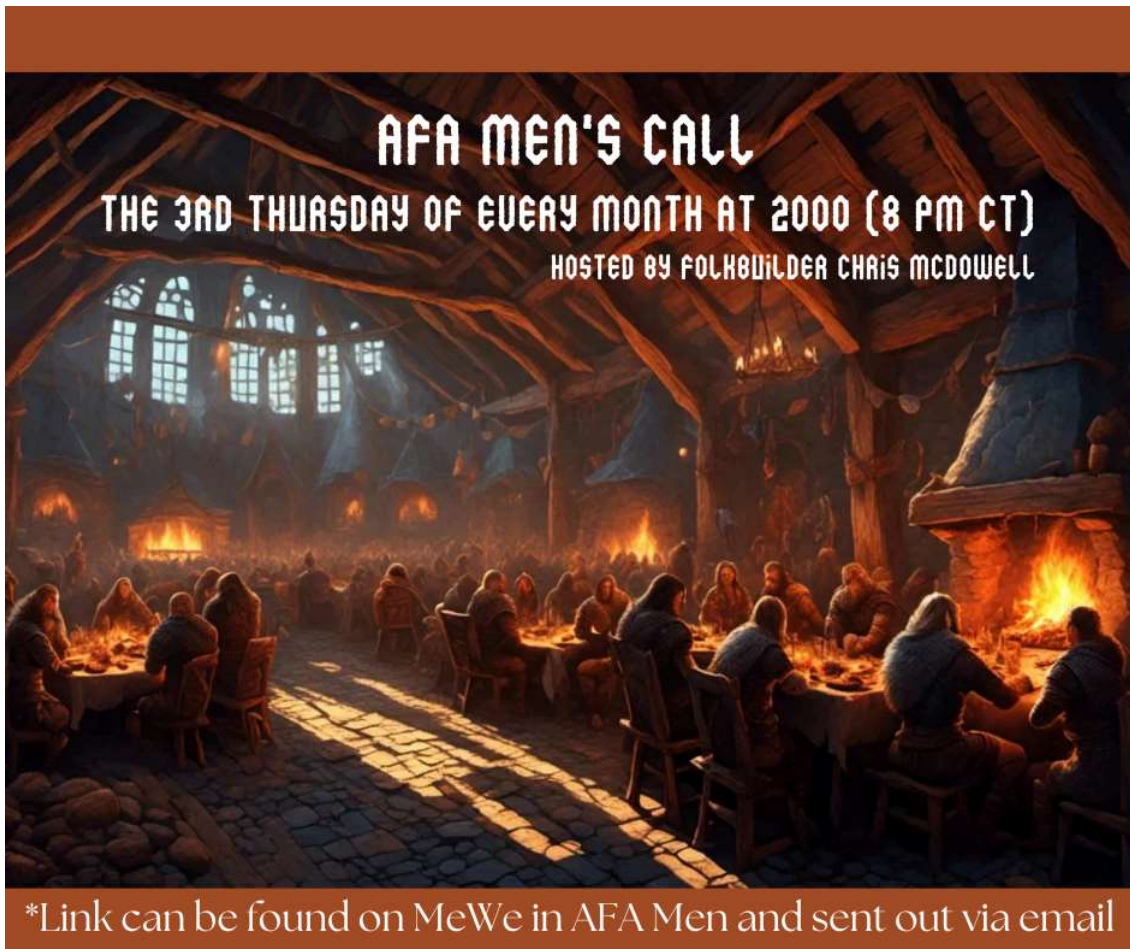
**3:00 pm PST**

**2:00 pm AKST**

**The link can be found in the AFA  
Spiritual Excellence Group on Mewe.**

**For more information  
reach out to Gothi Plourde  
[jplourde@runestone.org](mailto:jplourde@runestone.org)**





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

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

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

**Just For Fun**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Yuletide Word Search

CGLKVGREBIEÓRCRTYJVELKGYYNFFDÐDUGSHGI  
 GFCJDCWSNCUKIJCSLDFRAWLVEMEPTYRRLLAJIB  
 YCZNSILTPCSUZHTIÓCÐFÐOVLDSDBBDDÓIZCLZN  
 LCYOVGQSSUEPTBHOHJJYTURNLHTITDTCÓDRIYS  
 SÓHARPOPRCBLTGIPCRMDECEMBERS55BMHÐUIC5M  
 L MOTNKOPUGSZENULCDJVYLTRJÐMSRPJJEGFCUK  
 CNLHVCDVOHOOMBJTAVDLIHNERMYEDVWVOEILIH  
 FSLSZNHNLNVNWODRHDÐPÐÐTIPLEANKAZEOPCTÓZ  
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 M CUYSONLBWFGEGKOHÓOBWWMÐJNNDUCUOVOSIMOP  
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 AJCBHUKVWPÓMÓGBUDÓEPRFUÐOOPFÓIWLCDLBS  
 PZMEHZINLSNOWOZMNDBPJOWHJCOOLVZUBFST  
 OÓELKSTWELVENIGHTSOÓYKUNOKOÐVÓRKHRJTHF  
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 HOWMFHEÓJHCVSMTVIULÓNJLWTKÐIRWAÓÓNTIRM  
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 GOMÓWZJSSBHKSHUUTLTOIOCAFPPYCSHNNVWSVHM  
 RADFFEOIWB5ÐEJSECOHVAFRZEUJMNUEKFERTO  
 VPBELRGSJUYALBVWMBEIZTYAWCEDCUIDKÐÐURT  
 CZHGAMMVHWRBRAOBPLDÐSCFLAGUZZVGTOWZID  
 SLWEKFKYTWMRÓHÐTLTYREHWDUALTWYÓHIMDBR  
 GEEBEWGFHERNDISYTI L ATIPSOHLÓBJAHSTVIED  
 NVEJ5ÐTANLLOONNZZWDQMWBLWNYRTYÓRZDZERV  
 IEDLKTETYRIOKDLPSHGÓDGOLYJUODPJDTIIUÐÐ  
 RRYCACHAULVUNPIAIKLOVJNTGYMAN5AAKEKÓKA  
 EGUJIRUVALÐBPÞORS5EAOIPYRMNBHWIEUNÐPRWL  
 FRHUFDLIKADVDÓEGIVLÐHTGPOWBUCFNGÓÐIUÐ  
 FESPTDEUÓTBTCVVAISPSKEPTJCOJANIBFPHTER  
 OETVYÐVRDUHÓBNEPEVKDFINPZRBSGÐESUGUNLT  
 VNVTTIOMF5BÐOJNJWGLZVZPAMOMMÓONÓKJJGZF

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



Feel free to send completed puzzles to [press@runestone.org](mailto:press@runestone.org) for a shout-out in the next issue!

## Calling All Folk Photographers

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



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



Folkbuilder Nicholas Rice

[nrice@runestone.org](mailto: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](mailto:babyblanket@runestone.org) today! Thank you!

## Store Spotlight



### *Official 2025 AFA Calendar*



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

Our Holy Days and Days of Remembrance are represented.

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



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

## Óðinshof

### Food Pantry at Óðinshof





Gratitude – The Simplest of Gifts. Two turkeys each in thirty-two boxes filled our minivan as we made our way to Brownsville with Thanksgiving meals for the Óðinshof Food Pantry. With our usual bags of canned goods and eggs galore, all seemed good for Sunday morning. My guestimate is always quite close, but even without extensive advertising, word spread throughout the community. The November Food Pantry exceeded our ability to feed everyone who came. We did the very best we could, but it wasn't quite enough. For November, we served 87 families representing 212 individuals.



I came away recalling the lesson from the classic *How the Grinch Stole Christmas*. In some ways, Brownsville IS Whoville. Regardless of what they don't have, the locals are grateful for what they DO. Mr. Rippy, Billy and his sister Sarah, Ms. McDowell... all of them are a reminder of the “thankfulness” that is part of our Óðinshof Food Pantry. Do not take it for granted! Receiving appreciation from others is a wonderful gift. Gebo, indeed. A gift for a gift, especially at Thanksgiving.



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

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**Feast of the Einherjar at Óðinshof**



Feast of the Einherjar is a very powerful time of year. In fact, Winter Nights and Feast of the Einherjar are two of the more powerful ancestral worship events that we have. One honoring the mothers and the other honoring our fallen warriors. Óðinshof leadership specifically is made up 3/5 out of veterans who have spent their time serving our nation just to turn around later in life and dedicate themselves to serving our Gods and our Folk. They simply outdid themselves this event for sure.

The day started slow. I rolled in about 9am and got started prepping for dinner, as we were having a "thanksgiving" feast, and I wanted to make sure every component went off without a hitch. Folks slowly trickled in making their way into the kitchen to chat with me for a bit before heading off to mingle among the Folk who were there. We had lunch at about 12:30. A pasta bar with homemade garlic bread and salad.

We cleaned up, and then the guys pattered around doing some Hof maintenance and building of Frith, while the ladies worked tirelessly in the kitchen to make sure we had everything prepped. Gyðja McNallen took the children outside and did lots of arts and crafts with them, candle dipping and shield building to go into our beautiful boat Dan Odom had built.

The day was very "informal." It felt like a Thanksgiving dinner you would have with your family. Just no agenda, catching up with Folk family you hadn't seen in a while, etc.

Founder McNallen wasn't in attendance most of the day, but shortly before Blót, he arrived and everyone rejoiced! We rolled right into ritual with an intense Óðinn Blót led by Alsherjargoði Flavel with "Hail Óðinn's" heard across the mountains echoing for miles. The children laid their shields into the boat and the drakkar was ceremoniously burned.

While this was going on, I was in the kitchen setting the table so folks could come into a nice set meal and transition straight to dinner...as we had big plans. The meal was blessed, the Gods were hailed, and we sat down to eat.

As we ate each member of Óðinshof who had served in the military got up and gave a short speech, and then Apprentice Dan Odom led the way on making "grog" while giving the lore behind it. Every veteran (and active duty) added their contribution and placed one of their patches they'd earned in the military on this patch board that was in the shape of a Mjolnir and the first glass was given to Founder McNallen.

After he had his glass, Apprentice Folkbuilder Dan Odom presented Founder McNallen with the patchboard, and another hand-crafted wood Mjolnir to "Opa" Jim Erickson. Both amazing men who have done so much for not just the country, but the AFA and Óðinshof.

I worked on cleaning up the dinner dishes with a few Folk while the rest began singing hymns that Apprentice Folkbuilder Odom had set before they made their way to preparing for the Food Pantry to be the next day.

Please join us for Yule!



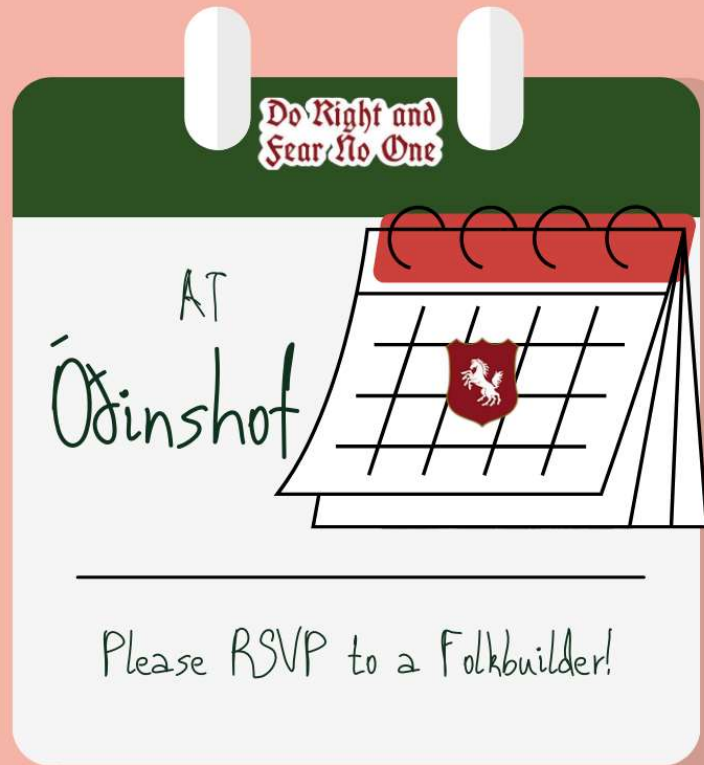
Folkbuilder Sierra Chapman  
[schapman@runestone.org](mailto:schapman@runestone.org)

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**Upcoming Events at Odinshof**



# UPCOMING EVENTS



## 2024 Events at Oðinshof

January 20	<i>Thorrablot</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>Sigrblot</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.



*Come share the Yuletide with your neighbors.*

**Monday, December 16th, 6:00 PST**

# Northern Folk

of Óðinshof District

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



# ODINSHOF WANTS YOU!

Work Weekend and Food Pantry  
Dec 15 - 16

Food Pantry - Yule prep - Toy give away  
Kitchen - Tool room - Stage - Cemetery

BSUTHERLAND@RUNESTONE.ORG  
DODOM@RUNESTONE.ORG  
TEXT: 530-854-3244

December 21

# YULE

at Óðinshof



CELEBRATE WITH YOUR FOLK!  
BLÓT, GIFTS: WHITE ELEPHANT EXCHANGE  
FOR ADULTS, OPA YULE (**FAMILIES WITH  
CHILDREN BRING ONE WRAPPED GIFT  
PER CHILD**),  
MEALS, MUSIC, MERRIMENT  
**\*RSVP PLEASE\***



8408 La Porte Rd. Brownsville, CA



# ODINSHOF MONTHLY MEMBERS MEETING

DEC 27TH



630PST

ÞORRABLÓT,  
ASA THOR, AND MORE

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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](mailto: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](mailto:osutherland@runestone.org)**



## Óðinshof Leaders

### GOTHAR

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

[mattflavel@runestone.org](mailto:mattflavel@runestone.org)  
[bfassett@runestone.org](mailto:bfassett@runestone.org)  
[sheila@runestone.org](mailto:sheila@runestone.org)  
[nerlandson@runestone.org](mailto: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)

[lnickerson@runestone.org](mailto:lnickerson@runestone.org)  
[osutherland@runestone.org](mailto:osutherland@runestone.org)  
[rskinner@runestone.org](mailto:rskinner@runestone.org)  
[schapman@runestone.org](mailto:schapman@runestone.org)  
[kreader@runestone.org](mailto:kreader@runestone.org)  
[rharlan@runestone.org](mailto:rharlan@runestone.org)  
[theinlein@runestone.org](mailto:theinlein@runestone.org)

### APPRENTICE FOLKBUILDERS

Brodie Sutherland (CA)  
Daniel Odom (CA)  
Nick Gunn (WA)  
James McDaniel (OR)  
Erin Harrison (CO)

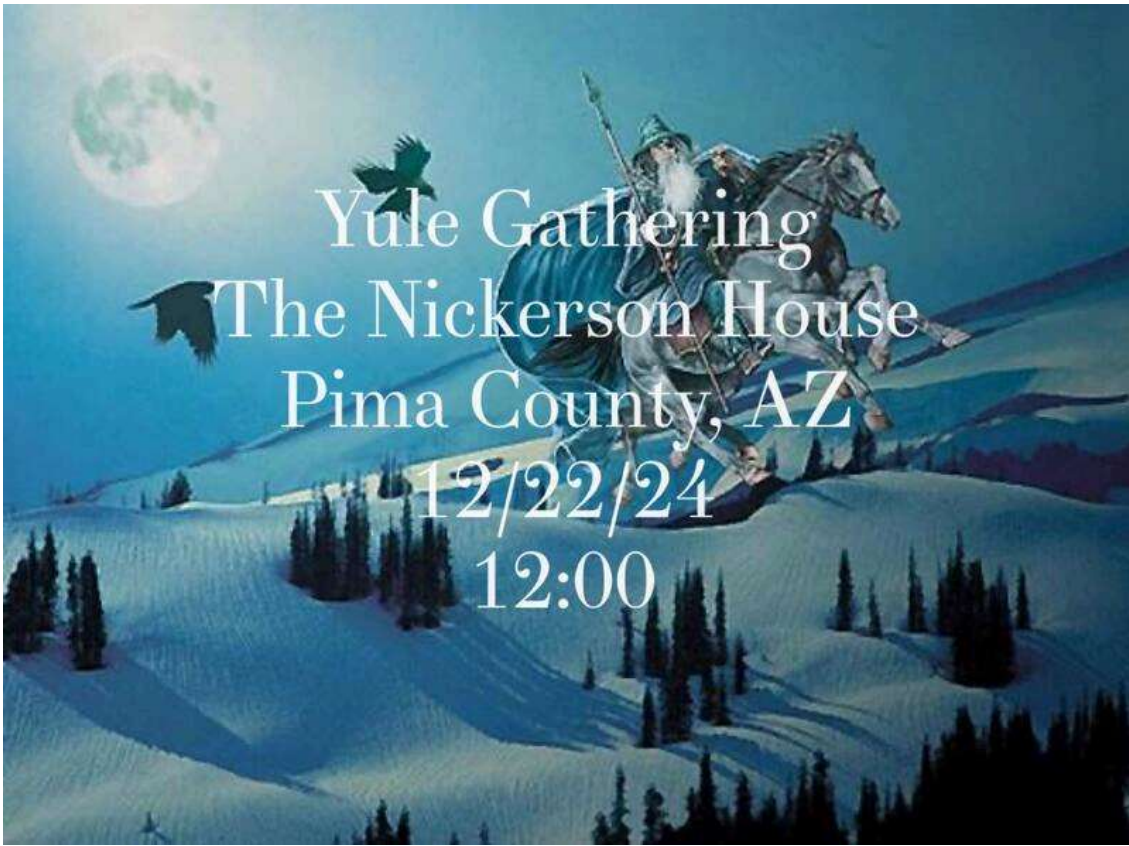
[bsutherland@runestone.org](mailto:bsutherland@runestone.org)  
[dodom@runestone.org](mailto:dodom@runestone.org)  
[ngunn@runestone.org](mailto:ngunn@runestone.org)  
[jmcdaniel@runestone.org](mailto:jmcdaniel@runestone.org)  
[eharrison@runestone.org](mailto:eharrison@runestone.org)



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## Arizona

### *Upcoming Events*



Folkbuilder Lou Nickerson  
[lnickerson@runestone.org](mailto:lnickerson@runestone.org)

*Additional Arizona Events*

# GERMAN LUNCH MOOT



**1st Sundays  
at 12pm**

PHOENIX, AZ

CONTACT: [OSUTHERLAND@RUNESTONE.ORG](mailto:OSUTHERLAND@RUNESTONE.ORG)

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**California**

*Fresno Ren Fair*



There was a lot of things to do, so I walked around early to get a feel for the place, and it was very nice. Tradesmen all around, axe throwing, pottery, dress and food of the era—which was “Tudor England,” before that era, and some modern. While waiting near the entrance for anyone I recognized, I watched a stand-up type routine called something like “Arthur the Adequate” that was pretty funny, and enjoyed watching the blacksmiths. A man who didn't tell me his name and resembled a renaissance Pen Jillette walked up and asked, "what guild I was with," and I responded I wasn't in one, so he asked me “do you perchance have a joke to sell me," to which I told a horrible joke. He humoured me and bought my awful joke for a gold coin. Shortly after, I noticed a small crowd of people walking up to me and we met up and started to walk around and see what was there for us all, starting with the food. We got burgers and similar items and then we were off, to find horns from the craftsmen and weapon replicas for the children. One ended with a replica of sting from LOTR and the other a gun of some-kind. There was a LOT of Ásatrú-adjacent crafts to look at there, which was neat. The kids even discussed what things meant with their parents, and that was nice to see in action. Between a half hour to an hour into this walk around, I got a text that the new member and his family had finally made it through the Parking Labyrinth, so I met up with them and met back up with the group introducing them to their first AFA members. Walking around, we were all stopped by the Joke Buyer, and the kids told their jokes. The youngest kid saying “skibidi toilet” as his joke. The kids got one gold and one silver coin.





I do hate to report, I was arrested at this event. My crime: Being an Unattended Ginger.

Thankfully, the group claimed me, and I was swiftly released.

— Jake, member, California

*Tüüüimber!*



Boy, Thanksgiving was great!...but I can't tell you all how excited I am for Yule!

This Thanksgiving, me and the family had the honour of obtaining the Óðinshof Yule tree again.

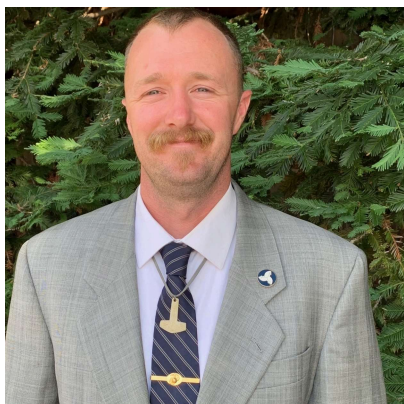
Our family has a long-standing tradition of traveling to Mount Shasta for Thanksgiving. During this time, we cut our own Yule tree.

We typically drive up the north side of the mountain and make a day of our Yule tree hunt. This year, like last, we needed to find not just one perfect tree but two. (The larger one for our beloved Óðinshof!)



While we were on the mountain between tree expeditions, the kids did a bit of sledding and us parents built a fire and made hot cocoa and soup. After searching for probably longer than any reasonable person would have spent, we found it! A beautiful perfect Yule tree, fit for the Hall of the Yule Father, so we swiftly cut it down and strapped it to the truck.

That evening, we had our traditional Thanksgiving dinner. We hailed our Gods and our Ancestors and went around the table celebrating our victories and the blessings we received this year. I hope you all were able to do the same.



Brodie Sutherland  
Apprentice Folkbuilder  
[bsutherland@runestone.org](mailto:bsutherland@runestone.org)

### *Forward Movement*



As November comes to a close, I have so much to say regarding Feast of the Einherjar. While I have made several attempts at writing this article, but it never comes out right. So, I will be to the point and say what has been on my mind since the end of October.

I've made a promise to myself that Feast of the Einherjar 2024 will be my last goodbye to the boys I have thought about for nearly 20 years. This is a goodbye to them, and the old life that I have carried with me for far too long. It is the baseline for which I judge myself, and judge others. For 20 years, the same standards have been in the front of my

mind; along with the memories, deeds, and a lifestyle that frankly does not suite me anymore.

I am no longer a Soldier, I am not a Squad Leader, I am not a grunt. My head can no longer be consumed by memories, ego, or good times gone by. I am now a Father, a Husband, and an Apprentice Folkbuilder. I am making the choice to let go of the past, and embrace the unknown to tomorrow. It is time for a new identity, and new memories. I refuse to rely on past glory as a crutch for mediocre performance today. I am choosing to write this publicly, as I am counting on Óðinsfolk, and the AFA to keep me accountable. So, with that...



Spc. Shaun Novak.

Thank you for being a role model, even though you were so young.

Rest well brother.



Lt. James Lyons.

I didn't know you well, but you did not deserve to leave the way you did.



SSG Chris Schornak.

You were a cool dude. You were an actual Warrior to us. We all wanted to be like you when we grew up. I have a lot to say to you, but I'm sure you already know.

I think about all of you often. Too often. I wonder what you would say if we could talk. Would you call out my ego? Would you tell me to get over it? I know you would. I am now older than all of you! I can no longer live by the standards of those days, and I don't want to live with the reminders, what-ifs, and could-haves. The lessons learned will help when they can, but living with the mind of a soldier, leading men on patrol has not suited me well when leading a family of young boys and a wife. They do not respond like soldiers; they do not move with a purpose, or aggression. To them, camping is fun, and a hike is calming. To me, camping is a patrol base, and a hike is a road march. This has to change. How can I enjoy the new people in my life if I don't make room. So, I'm falling out gents. I'll run in C group, I'm choosing to airborne

shuffle because I don't want to run with A group anymore. You can laugh. Make fun of me. I get it. I'm saying goodbye to the ego that has me clinging to decades old achievements. Goodbye to the mindset that has me scanning the horizon while on a walk with my wife. I am done shushing my kids while patrolling, or, rather, walking through the woods. I'm ready to be "some guy". Just some guy, with a family, friends, and a future. I'm ready to just be Dan, Dad, babe, "That tall guy at the Hof." Goodbye Gents, I love you all. You are welcome in my home if you ever want to stop in for a visit.

### *Upcoming Events*



New Years Eve Dinner party  
Dec 31

Door opens at noon. Come hang out.  
Drinks - Food - General Merriment  
rsvp for address

Apprentice Folkbuilder Daniel Odom  
530-854-3244  
DODOM@RUNESTONE.ORG



Daniel Odom  
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## *Daughters of Frigg Winter Clothing Exchange and Giftaway*



In November, the Daughters of Frigg and their families brought in their finest, gently used winter clothing to the Hof. Warmed by the joy in our hearts and the Hof's new HVAC unit, we had a cheerful exchange of coats, boots, sweaters, and other garments. After the exchange, we sorted through the remaining clothes. We filled grocery sacks and labeled each by size, to be donated to needy families at Yule. This year, our December food pantry patrons will not only be gifted food and toys for the holidays, but some new warm winter outfits as well! Many essential items in one stop. While we were sorting, one family with a young daughter came into the Hof looking for food. We sent them with a bundle of food plus a beautiful, warm coat and giant bag of clothes just her size. Thank you to all who contributed items and energy to make this a success. Óðinshof is an astoundingly generous congregation!

(Volunteers are encouraged to come out on Sunday, December 15, during our work weekend, to help with all the community gifting efforts.)



Folkbuilder Olivia Sutherland

[osutherland@runestone.org](mailto:osutherland@runestone.org)

*Upcoming Events*

A festive winter scene featuring a red vintage truck parked in a snowy forest. The truck's bed is overflowing with wrapped gifts and wooden crates. A decorated Christmas tree stands to the right. The scene is illuminated with warm, golden lights.

**HOLIDAY FARMERS MARKET**

**FRESNO CA**  
**DEC 14TH 9 AM**

[Schapman@runestone.org](mailto:Schapman@runestone.org)



Folkbuilder Sierra Chapman

[schapman@runestone.org](mailto:schapman@runestone.org)

*Folksgiving*



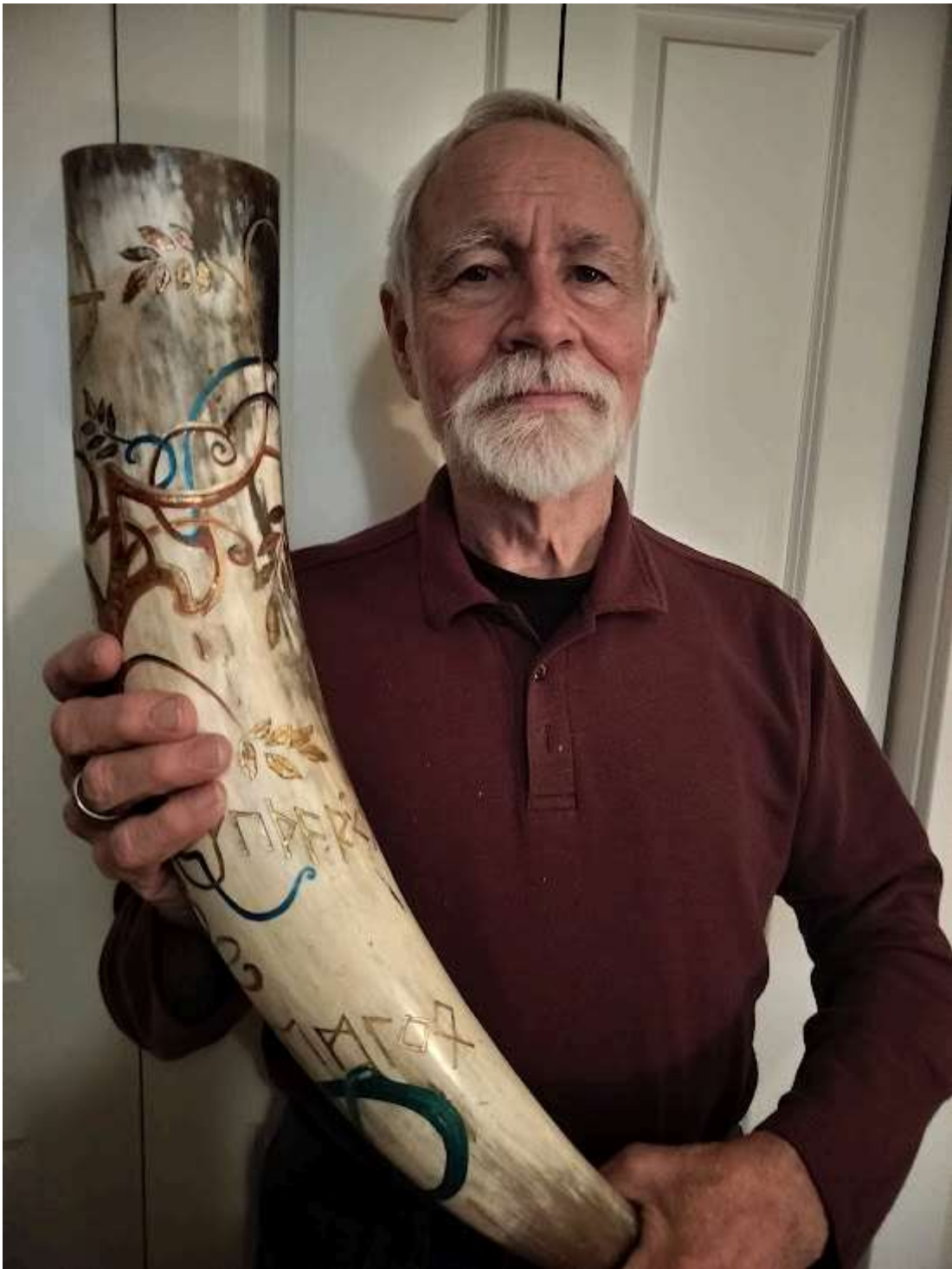
Twenty years ago, I dreamed of a house on a hill that would be the gathering spot for our AFA Folk in the years to come. We turned that dream into a reality - a place where we gathered around Grandfather Oak for Blót and built a bonfire for Sumbl. Those idyllic times became fewer and fewer over the years, as we grew weary with age. The purchase of Óðinshof revived our enthusiasm, but I still had regrets that I was no longer offering hospitality to those whom I considered family.

But there came a point recently when I knew it was “time to be more, and to give more” than we had in a long time. My response: to again open our home - for a Folksgiving! As a daughter of Frigg, my house is again serving its original purpose – to be a home for the Folk to gather!



As we gathered for this Thanksgiving with several of our local members, my husband again blessed our shared meal. We got as well as we gave, and with dishes and treats brought by all, generosity filled the hall. We were with Folk; with family. When it came time for our Sumbl, we took the original AFA horn and told the story of Dave, the friend who crafted it for us so many years ago...

Dave came to us by way of the Asatru Community Church, an experiment of AFA outreach in the late 90's. He was a woodworker extraordinaire, a glass artist, and a fine cabinet maker. He also gifted us this long, elegant horn, its intricate swirls representing the sweeping branches of the World Tree. In a way, this horn made us feel that Dave was once again standing among us, smiling and amusing us with his endless jokes.



We remembered the generosity of Dave, and of Thorgrun, who helped build this house, as we poured “the Power of the Mead” into the horn. The past was with us, but the stories move on with new friends, each making their own history in the AFA. May our home continue bringing our friends and Folk together, as we explore the Might that is in us all.

### *Upcoming Events*

# Yuletide Celebration

at the McNallens

December 25th,

1-7 PM



*Location:*

**Our home in Grass Valley**  
between Auburn and Grass Valley  
Directions will be provided



*For those who wish to be with family,  
we are here for you!*

All ages welcome.  
Potluck; beverages provided

*RSVP, please, due to limited parking.*

**530-575-8692**



Gyöja Sheila McNallen

[sheila@runestone.org](mailto:sheila@runestone.org)

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## Colorado

### *Welcoming a New Apprentice Folkbuilder*

Please welcome Erin Harrison of Colorado as our newest apprentice Folkbuilder for the Óðinshof District! We are excited to see the success Erin will achieve in the coming months and years.

Hail Erin Harrison!

Hail the AFA!

Hail Óðinn!



Erin Harrison  
Apprentice Folkbuilder  
[eharrison@runestone.org](mailto:eharrison@runestone.org)

### *Colorado Mountain Moot*



Huge thanks to the McDonald's in Colorado helping me get the state active again! We had originally planned for a Moot in the mountains worried that there wasn't going to be much interest. As soon as the flyer was posted and sent out, we got 3 RSVPs! And a few members from out of state wanted to attend, but it was a bit far. The McDonalds being awesome people, they are decided to change the location of the Moot to a more centralized location that would be easier for those to attend. They ended up getting lunch at a nice little restaurant, and below is an excerpt from a member who was in attendance.



A great time was had at the Colorado Mountain Moot! 6 of us gathered at a restaurant for delicious hamburgers and even better company. We started our plans for our upcoming Yule in the Rocky Mountains.

Keep an eye out for more happening out in Colorado! We're only just beginning.

*Upcoming Events*



Folkbuilder Sierra Chapman  
[schapman@runestone.org](mailto:schapman@runestone.org)

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**Montana**

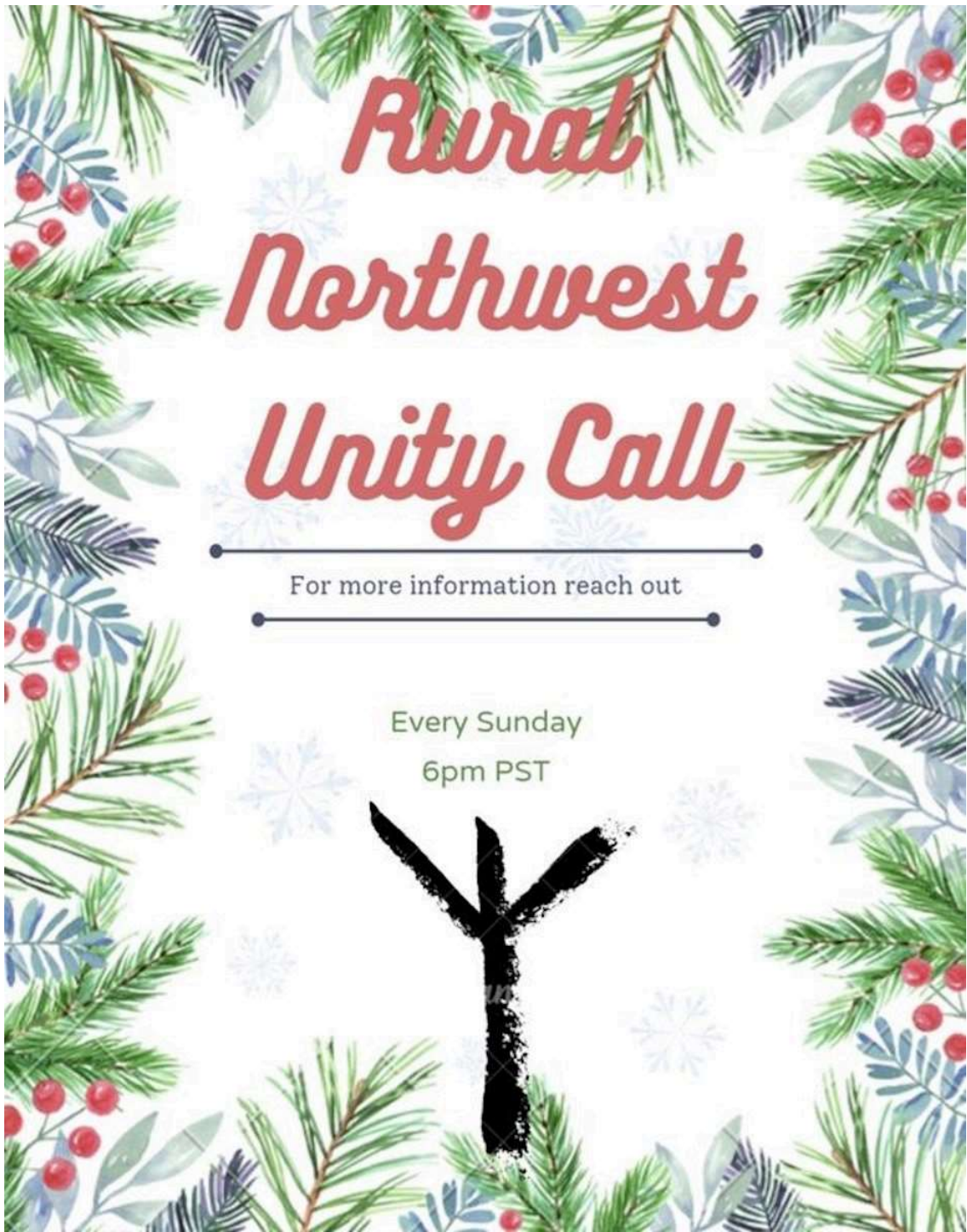
*Truth*



When examining the Nine Noble Virtues, Truth at first seems the most transparent. This is due to Truth being seen as merely honesty. The failures of honesty spread discord throughout our people. False words and false oaths build the future with rotten timber and cracked foundation. Friendships and marriages have been torn asunder by lies far more frequently than physical blows. A great man once said that, "I shall never believe that what is founded on lies can endure forever. I believe in truth. I'm sure that, in the long run, truth must be victorious." The words spoken without heart will always give way for no lie can survive indefinitely. However, honesty is not merely defined as

words spoken. With honesty in its poor condition today, lies of omission have become commonplace. Often what is not said is more harmful than the falsehoods brought to life. When omission occurs it builds strife. Uncomfortable truths still have great value and a lie of omission is just as deadly as even the most boldly spoken. As we shed this modern concept of honesty for real Truth we must ensure that lies of omission do not carry on. Honesty is the first part of the virtue Truth. While it is accurate that honesty is integral to truth it fails to encapsulate the full extent of the word. This is due to a failure of modernity. The common understanding of today fails to capture the depth of the past. When examined the etymology of Truth we find its Anglo-Saxon precursor of trēowth. Trēowth is faithfulness and consistency. The faithfulness of words and deeds is the very heart of Truth. Þórshof captures this well with the phrase “Words are Wind, Deeds are Iron.” It matters very little if a statement has honest intentions behind it if follow through fails to manifest. This is where the faithfulness of follow through comes in. When words match action reputations develop; and once consistency has been applied to the formula Virthing is formed. The Virthing built amongst the Folk is the engine that propels growth. It is only through Virthing that Orthstir is built. If a man has Orthstir and a good Virthing, then the Folk will follow wherever he leads. This is only done through right action and honest words: Truth. Truth is the essential mark of a great leader and forges the tools of Victory. It's also tied to leadership as Trēowth comes from the even older Norse Troth. Troth expands the concept to include being true to oaths and having loyalty. It is here we see loyalty take center stage. Loyalty to all things one claims to believe in be it conceptual or tangible is Fidelity. For Truth is merely an extension of Fidelity. It is in this Truth we see that the Nine Noble Virtues are like links of chains forming the great mail coat of Victory.

### *Upcoming Events*



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

## Montana Happenings



On November 9th, the members and guests of Lilla Ullevi held our monthly Day of Remembrance. This month was for Queen Sigríðr. Around a warming fire at the Harlan residence on the Continental Divide, we recounted the story of Sigríðr and her steadfastness to our faith. It was followed by a toast to her memory, and a Blót to the Allfather.



Our Kindred's Feast of the Einherjar was held on November 23rd at the MacDonald residence, and a feast it was! Members from across Central and Western Montana arrived to honour and celebrate those chosen warriors who wait within the Falls of the Gods, feasting and fighting, preparing for the end of this epoch. We ate to our hearts content, shared community, and finished the night with a Sumbl, toasting the Gods,

Ancestors who served, and Feroes of old that inspire us to this day.

Next up, weather depending, New Year's Eve Fireworks from atop the Continental Divide.



Folkbuilder Ryan Harlan  
[rharlan@runestone.org](mailto:rharlan@runestone.org)

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## Nevada

### *Dinner Moot*



We had a fantastic dinner in November! Great regulars came and we had a new member from California join us at our home for the first time.

We look forward to seeing any and all of you on December 28th! As always, drinks and appetizers at 1, followed at 3 by dinner. These meals are potluck-style so please bring delicious things.

### *Upcoming Events*



9TH DAY OF YULE

# ALSHERJARGOÐIC

*Dinner*

**DECEMBER 28TH**

<b>DRINKS</b>	<b>BRING</b>	<b>DINNER</b>
<b>AT</b>	<b>TASTY</b>	<b>AT</b>
<b>1</b>	<b>STUFF</b>	<b>3</b>

Reno, NV





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

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## Oregon

### *Back At It*



Well, here I am, back at it again. But this time I'm here to stay. Life is full of challenges and ups and downs but one thing that we need to have is nobility....and consistency. Folkbuilding is not an easy job by any means, but it's a job that needs to be done. I have stepped up many times, but it's never been the right time in my life to give it the full dedication that is needed. But upon further self-reflection, I've realized it will never be the "right time." You MAKE time for the things that are important to you, and The Gods, The Folk, and The AFA are important to me. Oregon has a need for someone to pull the Folk together and I am honored to be that person. Please help me kickstart Oregon again by joining me December 21st in Salem for a lunch Moot to build Frith and talk about ways we can get together more often and bring life back to Oregon again.

*Upcoming Events*





James McDaniel  
Apprentice Folkbuilder  
[jmcdaniel@runestone.org](mailto:jmcdaniel@runestone.org)

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## Washington

### *North Idaho Lore Study Is Here To Stay*



Yuletide greetings to all you good Folk reading this! November here in the Inland Northwest saw our first of many lore studies taking place. My goal with these is to foster in-depth discussion on our lore from a layman's perspective. I am not a Goði, and my knowledge of theology is relegated to information gleaned from VNS and the woefully scant number of books I've read on the subject. I also don't speak a word of either Icelandic or Old Norse, so almost all etymology relating to names, etc. is lost on me for the time being. That said, I wanted to go through the Eddas again lay by lay as a

group to build up that aspect of the local community and hopefully broadly increase our understanding of religious concepts as a collective.

The first one was a surprising success. We met up at a library to discuss Völuspá going off the Hollander and Crawford translations and comparing and contrasting the two. I'm planning to get a copy of the Bellows translation in the near future since that seems to be the preferred translation in our sphere. We probably spent three and a half hours going back and forth between translations and everyone came out of it with the feeling they learned something. It ended up being pretty fun, too. I think this kind of in-person study is extremely valuable and something we'll continue doing well into the foreseeable future.

These lore studies will be every month, so contact me if you're in the area and any future lore studies are of interest to you. I'm also hosting a Yule celebration on Saturday the 21st in Post Falls, again contact me if you want to make it out. Hope to see you there!



Nick Gunn  
Apprentice Folkbuilder  
[ngunn@runestone.org](mailto:ngunn@runestone.org)

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## Be a Doer



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

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

to help our Folk.

Please email [volunteer@runestone.org](mailto:volunteer@runestone.org) to help us make a difference in our world.

## 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](mailto: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](mailto: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](mailto:folkservices@runestone.org).

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

Thanks in advance!

## Last Will and Testament

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

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



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

Please make your will **today**.

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

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317



Witan Allen Turnage  
[aturnage@runestone.org](mailto:aturnage@runestone.org)





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