



Óðinshof

First Hof of the Asatru Folk Assembly

www.odinshof.org

February 2025

 Runestone.org

 Email the Witan

 [YouTube](https://www.youtube.com)

 [VK](https://vk.com)

 [Parler](https://parler.com)

 [Odysee](https://odysee.com)

 [Bitchute](https://bitchute.com)

 [Rumble](https://rumble.com)

Donate to the AFA

Words from the Allsherjargoði



As I write this, I am sick with the seasonal illness that seems to have stricken half the AFA since the last issue went out. That said, I will keep things brief. As the 31st year of the AFA dawns, there are powerful currents moving within the Well of Urðr. These currents come in the form of destinies aligning. As you read this, these currents are moving us towards ever greater understanding and revealing ancient wisdom. Ásatrú lives within us and within our church. As we faithfully attend to the sacred Gift Cycle, as we lay deeds upon the altars of the Æsir, we are consistently blessed by our mighty Gods. Your Goðar are hard at work on a number of projects that I am eager to share with you in the coming months. Wherever this message finds you, whatever your circumstance, take the time to acknowledge the glory of our Æsir. Let the Æsir know of

your devotion and welcome them into your heart, your home, and your life. Listen for the Æsir speak and they have much to say.

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

Hail the Æsir!

Announcements, News, & Noteworthy

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



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

Words from our Witan

Time, Our Most Precious Resource



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

All that is understandable, but only to a point.

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

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

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

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

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

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

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

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

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

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

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

I'm not saying that you should not make a living and support your family. I'm not saying you shouldn't try to acquire nice things. I'm saying that those pursuits should not take all of your time. It's honorable to work hard, take care of the family. But

there's more, isn't there?

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

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

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

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



Witan Daniel Young
dyoung@runestone.org

Celebration and Worship around the AFA







Strengthening Your Asatru Practice



February 2025

February 5th
Þórr

February 12th
Sif

February 19th
Jörð

February 26th
Ancestors

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

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

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

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



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



Witan Brandy Fassett
bfassett@runestone.org

Words from our Goðar

Declaration of Purpose IV

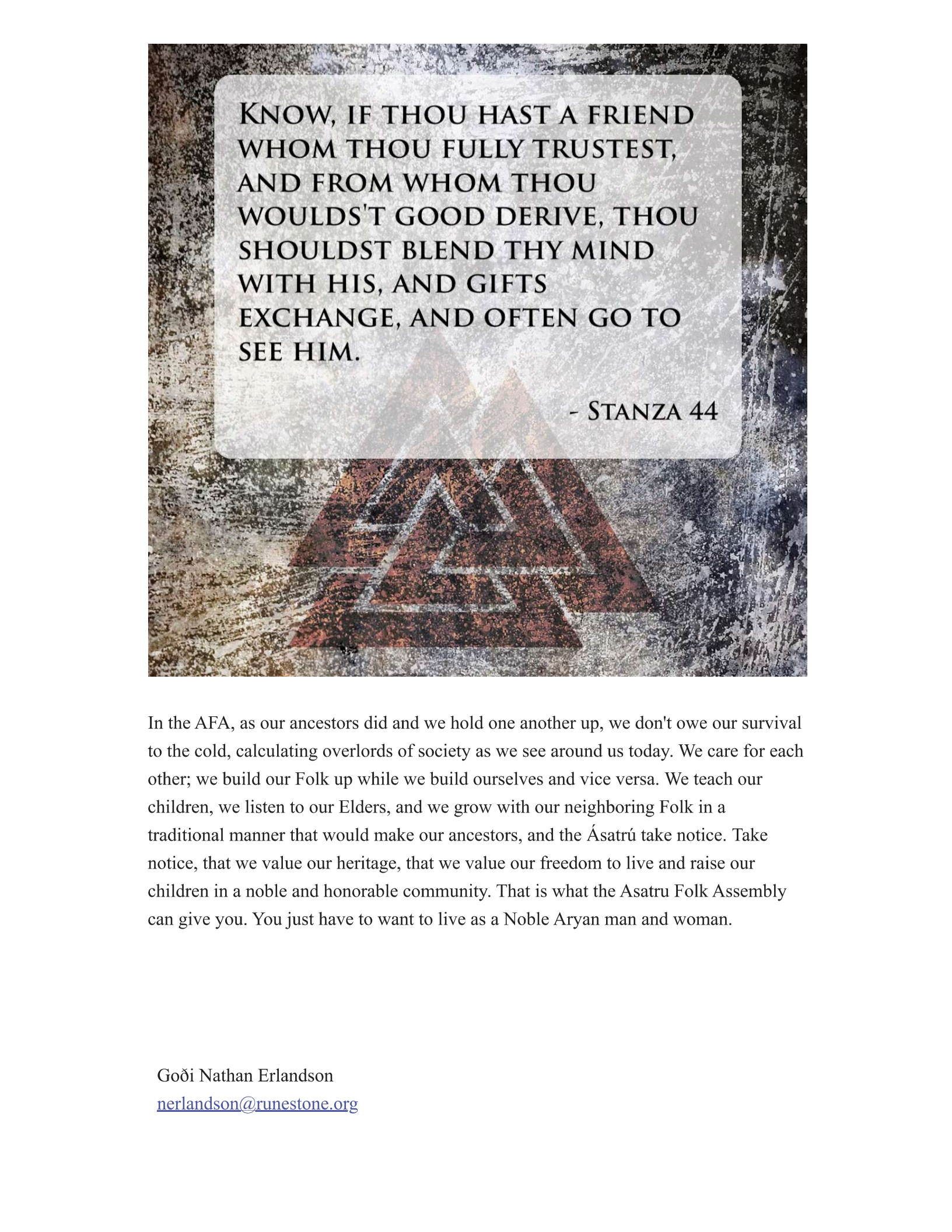


IV: The restoration of community, the banishment of alienation, and the establishment of natural and just relations among our Folk

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



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



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

- STANZA 44

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

Goði Nathan Erlandson

nerlandson@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

Allsherjargoði, Asatru Folk Assembly

mattflavel@runestone.org

The Quest for Freyshof

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

– Gylfaginning



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

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

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

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



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
Allsherjargoði, Asatru Folk Assembly
mattflavel@runestone.org

Sigrheim: Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

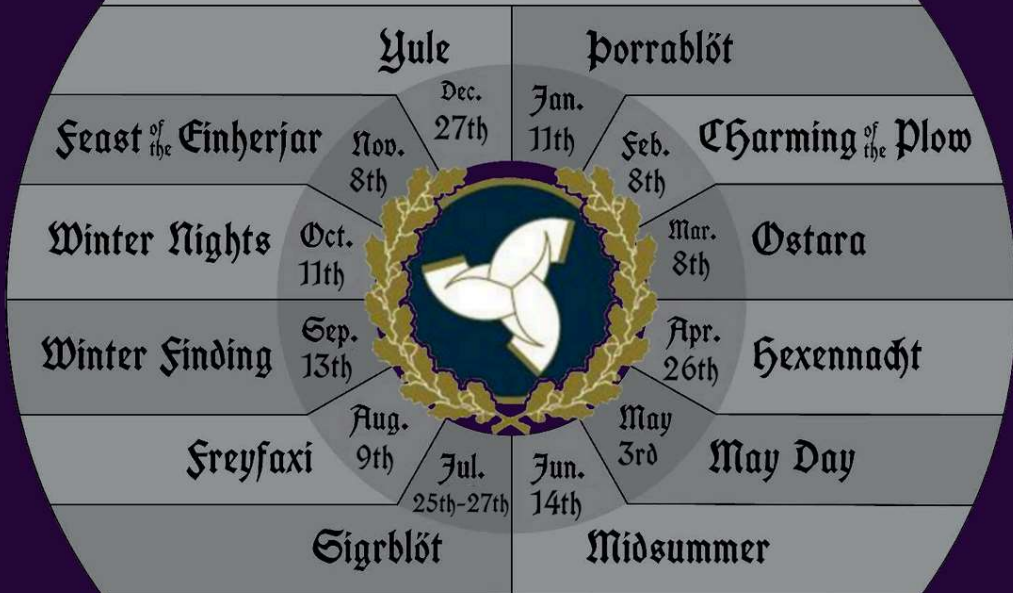
Donate Supplies
from our
wishlist ✨ ✨ ✨
amazon

Thank You!

[click here](#)

Upcoming Events

Sigrheim



2025



Folkbuilder Nicholas Rice
nrice@runestone.org



Victory Never Sleeps

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

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

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

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

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



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

AFA Ásatrú Academy



Check out the ÁsatrúAcademy at AsatruAcademy.org

Our Educational Philosophy



Greetings students and parents!

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

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

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

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

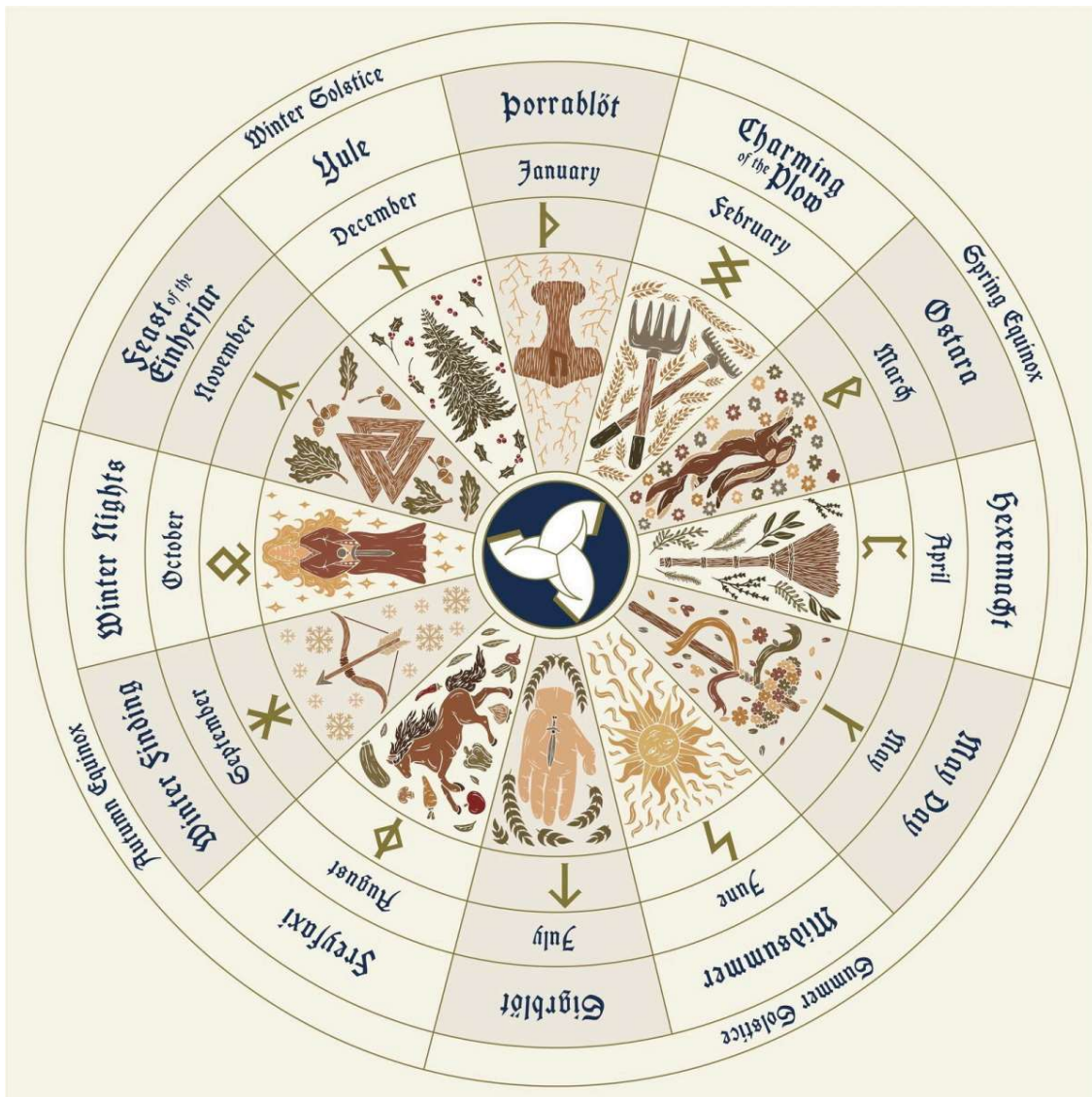
nearly 2000 kindergartens across 75 countries. There are numerous Waldorf-based public schools, charter schools, and academies, as well as the Waldorf Homeschool movement. The United States, Germany, and The Netherlands boast the most Waldorf schools.

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



Goði Rob Stamm
Dean of the Ásatrú Academy
rstamm@runestone.org

Remembrance & Holy Days



[Holy Days | Asatru Folk Assembly](#)

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

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

February



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

Days of Remembrance

King Eanfrith of Bernicia | February 1st



Y 590 - 634 A

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

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

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

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

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

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

The AFA Remembers King Eanfrith of Bernicia



February 1st, 2025

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

Hail King Eanfrith!

Hail the Asatru Folk Assembly!



999 ʌ

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

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

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

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

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

So, what can we learn from this story?

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

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

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

Hail Eyvind Kinnrifa!

Hail the Asatru Folk Assembly!

Holiday

Charming of the Plow | February 15th



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

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

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

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

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

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

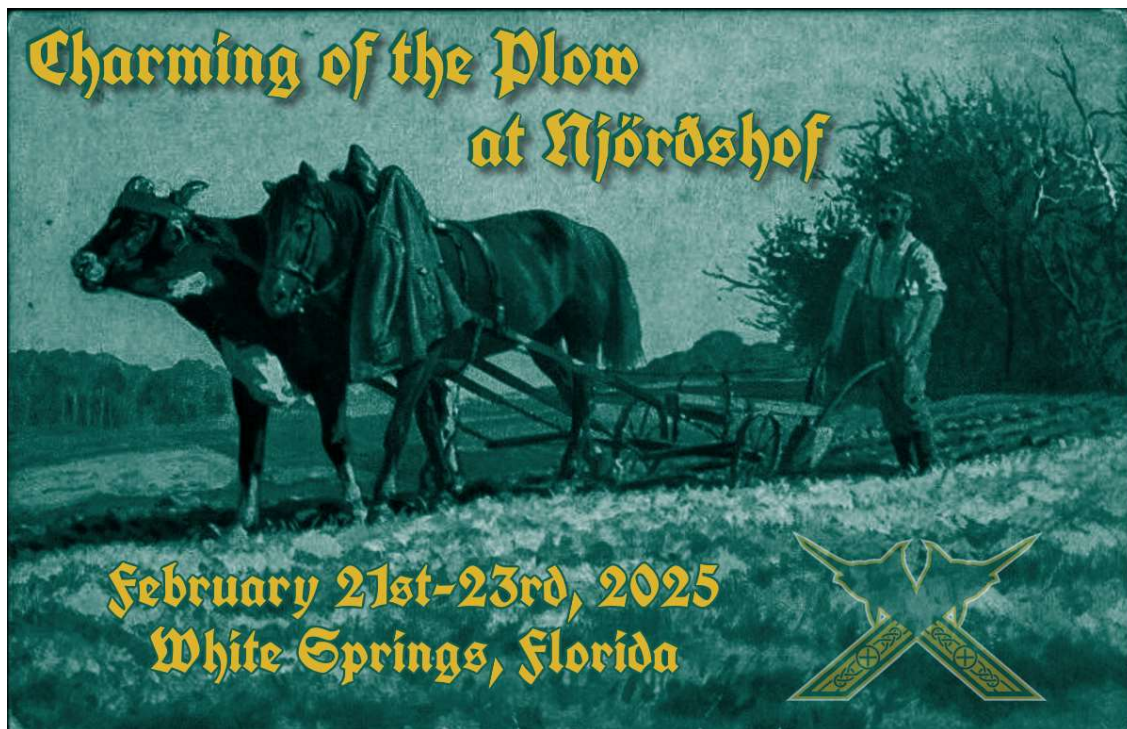
Inflict your will on your world.

Hail Freyr!

Hail the Asatru Folk Assembly!

Upcoming National Events

Charming of the Plow | February 21st - 23rd



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

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



Goði Trent East
teast@runestone.org

Ostara at Þórshof | March 21st – 23rd



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

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

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

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



Witan Daniel Young
dyoung@runestone.org

AFA Prison Ministry



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

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

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

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

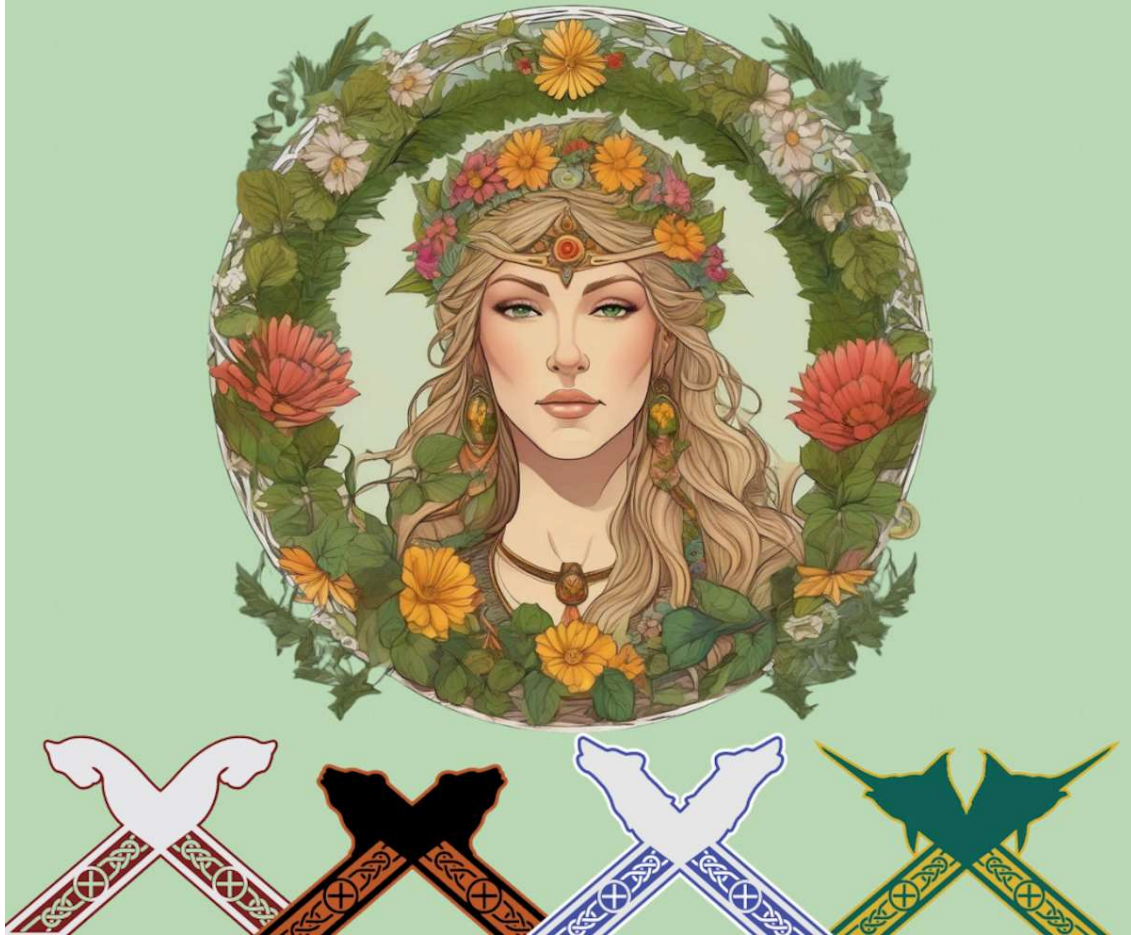
If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact us at prisonministry@runestone.org.



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

Ancestral Food and Culture

Feasting with Folk



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

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

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

Thank you to Jon Rochefort for his submission!

Rochefort Roast

Prep time:30 minutes

Total cook time: 3-3.5 hrs

Ingredients:

For the Roast

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

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

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

Garlicky Smoked Gouda Mashed Taters with Carrots

Prep time: 15 minutes

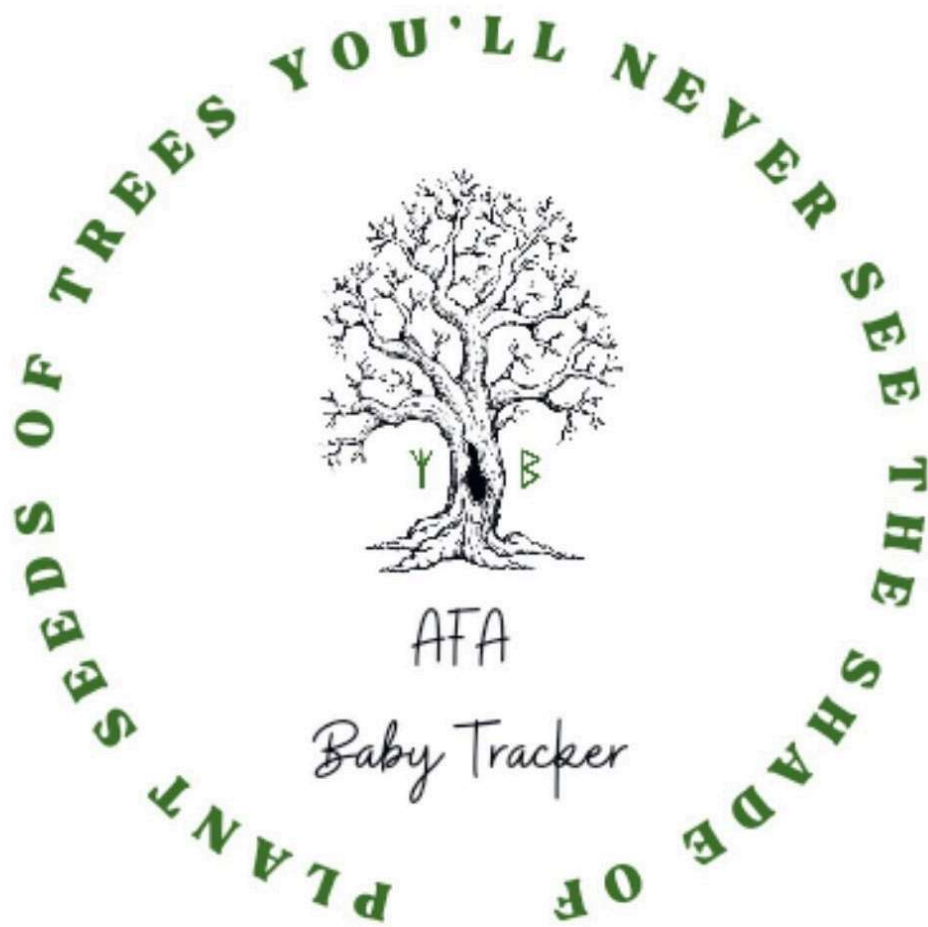
Cook time: 30 minutes

Ingredients:

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

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

Baby Tracker



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

Total babies born in 2025: 3

Online 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

SISTERS SUNDAY CHATS



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



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

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

I hope to see you there!

Lore Study with Gothi Jason Plourde

Join us every Tuesday night

at

6:00 pm EST

5:00 pm CST

4:00 pm MST

3:00 pm PST

2:00 pm AKST

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

**For more information
reach out to Gothi Plourde
jplourde@runestone.org**

Open to All!

McNallens Pub

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

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

sheila@runestone.org



AFA Eldri

Virtual Meetings

February 18th

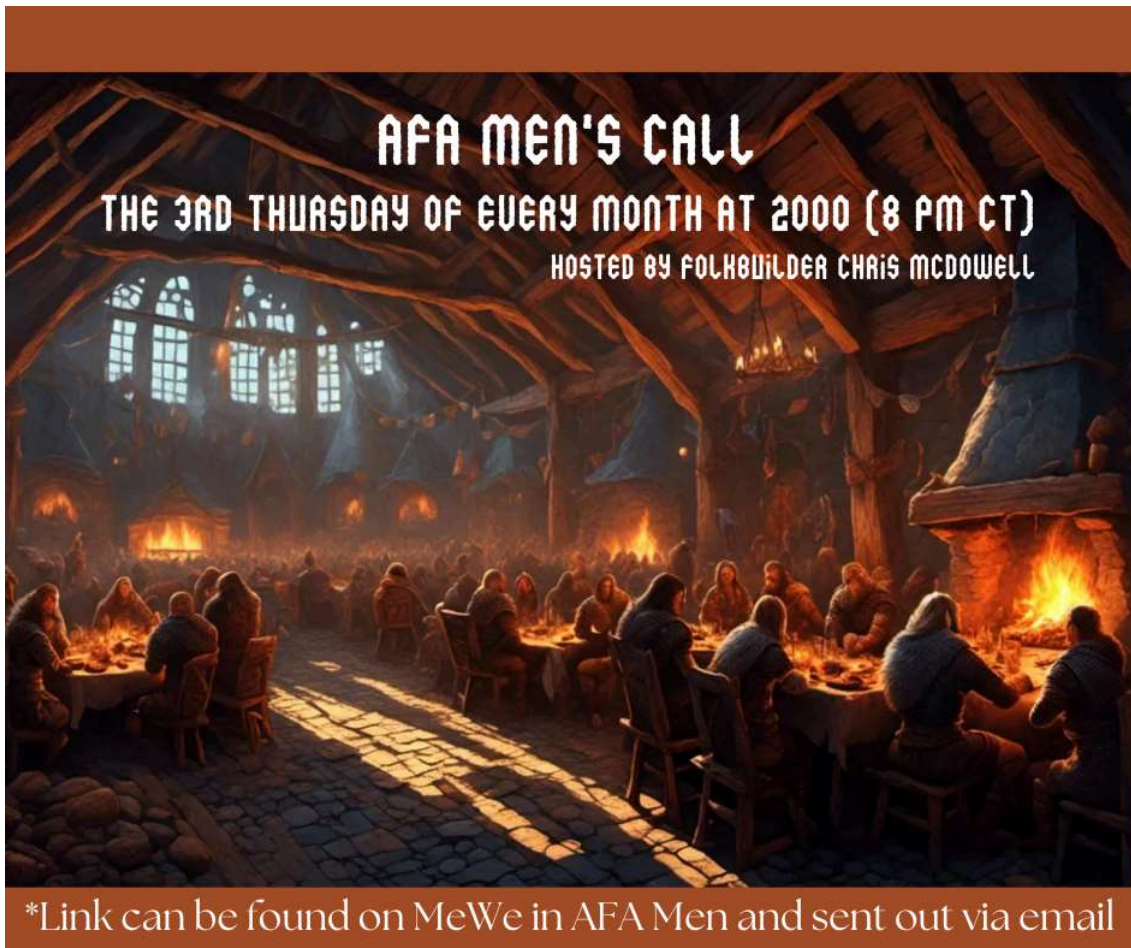
4:00 AT, 5:00 PT, 6:00 MT, 7:00 CT, 8:00 ET

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

Hosted by Gyōja McNallen

Teams link:

<https://tinyurl.com/yc289cn8>



AFA MEN'S CALL

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

HOSTED BY FOLKSBUILDER CHRIS MCDOWELL

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

Just For Fun

Freyr and the Charming of the Plow

P R L T P H I V X G E S C J L U U O X E N Z W Z D I T O V T Q	Freyr
J V U N F X E O A Y Q E G W J P G R N Q L I Z I Y Y N N S Q R	Planning
M U G P J A J R J N W S X V N T Q I K S X L V A J E Y N Q U W	Tools
C C L H Z O A O V Q A S U R A T H R H O R U I N C W L X Z V N	Preperation
J G M Y X Q R V M E A H Z N E D X X F L G N I D E E S R N J O	Charming
P H V B P I J D B L T S E Z L N V H B F J Y A V O W T N A H G	Plow
G N I M R A H C R G M G W I T I F G S V E M B E Y V A N G B B	Fertility
J J D E Q B F C C G U Q Y I M S G T K Z V R T V N Z E Z Z S L	Abundance
Y W A O H Z H X I L Z Y O Z I W O H O A R A T Y F A H X H O S	Sunlight
K Z U D T Y O O L N T Y E Y E Z P X T U G D G I A E W D C G N	Blessing
J P G U I M Z I N N D E E P X C F B L E U T T Y L B L Y S W O	Denmark
D W P Z O C N M E N E U H B N I N V R E U T H I U I D G E P J	Zealand
Y U H P S B G L A O R D C U E Y V X B D C A D U V E T H V I F	Oxen
X S O K U I P Q F I C G E L L Z D I S P R I N G A T U Y H E E	Gefjon
Q S C R N K S V P T A M D Z L B E P Z B O N F E S K K B F Z G	Field
Q R S V V R C X Z A S Z V U A O N Y F Z E A R C H I S E R F X	Sacred
S T G C I E G K T R K V S O F O M E G O B M E A I C M S U Y X	Seeding
I Y W R S O N C G E H Z Y X N N A P Z U C E Y X N K J O K F U	Growth
T B P T D D I O Y P A T R R I Y R B N V G D R R T B N V N A S	Rainfall
O G W L R A Q Z Q E J L N K A E K D S K D D E O P S Y Q D O Z	Prosperity
A L A C A U H Y A R Y T P T R Z A B L C B Q V C C T W S D O U	Gullinbursti
Q B U L S N P Y Z P E W P Y U N U C V S U N W V A W N A Y O M	Njordr
S G E W W M N A N E R E R L C S O D L G U G K O S E O R G V M	Peace
R M X J B R D I C L F U O E A I V O L U D B N B O J P L N M W	Freyja
R N E D L O G O N N W B S K K D O D K T D H Z I Z N U H P A E	Spring
O H Z V E Y M G R G X G P H H T N I N T G H I A S D I X W R S	Golden
S P T P H J N D W F E H E V O K A W J F V R V Z I S B R Y B V	Vanaheim
T A M R S S G O V N Z C R O T X V E P N E M O U E D E Z Q J Q	Barley
Q N I R A U S L P A E W I R Z A L R J G J F S W G Q W L F F A	Plenty
N M O I Z E A L A N D F T Z Y I Y Z J K N Y X C T S G Y B L K	Wheat
G X N G C S W K D K W D Y C A O C H Q J Z C T H S H Y H Q D X	Boon
	Earth
	Sow



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

AFA Church Ladies

Join the AFA Church Ladies!

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

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



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



Witan Brandy Fassett
bfassett@runestone.org

Calling All Folk Photographers



Folkbuilder Nicholas Rice
nrice@runestone.org

Baby Blanket Project

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

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



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

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

Store Spotlight



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



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



Folkbuilder Nicholas Rice
nrice@runestone.org

Óðinshof

Food Pantry at Óðinshof



Back to normal, kind of...As expected, the turnout on January 19th was smaller than the holiday months. In fear we might run out of food ,more families arrived an extra hour early. Moving them through quickly was essential, otherwise they'd be blocking busy La Porte Road.



In truth, we did have an issue. Donations to our supplier, the Interfaith Food Ministry, are seriously diminishing. The staples of peanut butter, chili, pasta sauce, and canned fruit have disappeared. Our car was only half-filled as we drove off on our pick-up day; clearly the new norm. Each family got a single bag of food, with no eggs of course. And yet, they were happy. There's a chain of gratitude that happens every month. Our place is right in the middle.



Gyðja Sheila McNallen
sheila@runestone.org

Þorralót at Óðinshof



A Reminder to be the Best, the Strongest, and the Boldest.

It was a good day; a mellow day from the start. Due to ongoing illnesses in our larger community, some families sent last minute regrets that someone in their home was sick. This made for one of our smaller events in several years, but we're always adaptable for the new guest or an absent friend.

Folk gathered for morning coffee and pastries, then filed outdoors for a two-fold Greeting the Day and Greeting to the Gods led by me as Gyðja.

Back indoors, folks continued setting up tables for the day, including some at the back of the room for a genealogy session with laptops. Family-tree recording sheets were offered. One member brought a huge two-volume set of his family's tree containing individual stories as recorded by a great aunt. With others, we got on the DNA trail and set up a couple of new Gedmatch accounts. One of our newest AFA members was at Óðinshof for the first time, and like many, he came with lots of questions about "who were his ancestors?" The two of us began the quest using Ancestry.com. By dinner time, he was getting acquainted with his new AFA family and his personal lineage that went back to the mid-1700's.

After our hearty lunch of German brats, several men completed the new sprinkler system for the Goddess Circle. Not far away, young lads under the direction of their

dads, busily chopped firewood for future bonfires. Inside and out, adults kept up with tasks like dinner and Blót preparations. Teens gathered to play board games while some adults simply enjoyed the quiet, no-stress afternoon.

By early evening, deep in twilight, it was time for the Þórr Blót, the first such Blót for many. Allsherjargoði Matt Flavel usually distributes the blessed mead by asperging with a sprig of cedar. With a smaller number of gathered Folk, he chose a full horn to be passed for impassioned toasts to Lord Þórr. Voices hailing the Hammer-Wielder filled this holy space.

Before Þorrablót came to a close, a small group gathered around a bonfire, huddling close for warmth against the deep winter chill. In this three-round Sumbl, we remembered those who came before. Friends who passed, our Ancestors, and our own Gothi, Thorgrun Odden, who will always sit on the benches with us at Sumbl.

World events have changed since Thorgrun left us, and some are quite threatening — but the might of Þórr inspires us to call upon the best, the strongest, and the boldest that is inside us, that we may face all challenges, and overcome. Hail Þórr!



Gyðja Sheila McNallen
sheila@runestone.org

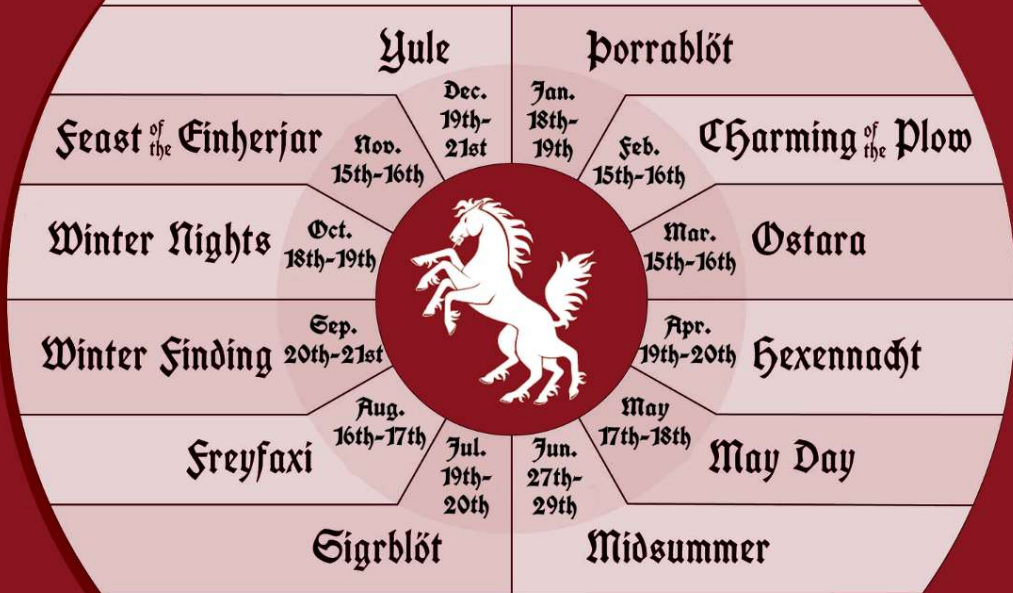
Upcoming Events at Odinshof



UPCOMING EVENTS



Óðinshof



2025

Charming of the Plow at Óðinshof



9:30 AM to 9:00 PM
Saturday
February 15, 2025

We invite you to join your folk in the planning and preparations for an abundant Spring!

Freyr Blot
Blessing of the Tools
Ritual Planting
Music, Merriment, & More!

Potluck Dinner, 50/50 Raffle fundraiser.

RSVP please! Let us know if you're staying for the Sunday Food Pantry.

Contact: Sheila McNallen
sheila@runestone.org; 530-575-8692

February prepares us for the potential of this new year. Get ready to plant your own seeds of personal growth. What tools will help you achieve that end? In our tradition, we'll bless our old farmer's plow ~ for fruitfulness to our lands, our church, our Folk, and our personal endeavors. Come spend this day in celebration!

CHARMING is important event for our Óðinshof family as we discuss future Hof-repairs and landscaping projects.

THINGS YOU CAN DONATE:

Bareroot fruit trees, berries, grapes, herbs, and POTTING SOIL!

We're also establishing a more structured environment for our children by teaching them our values, our history & lore, and our practices. Storytime, arts/crafts, and games for the little ones -- with games, role-playing, and discussions for our teens. I need to enlist the help of adults to get this established. Please volunteer if you agree we need this! We'll be setting aside a couple of hours during the afternoon to have these break-out groups.

Feasting, music, inspiring words of others... One day per month spent with like-minded people, honoring the Æsir and our Ancestors, and building a strong and noble future for our children. Do this for yourself!



ODINSHOF WANTS
YOU!

March 1st - 2nd

Bunk house demo - Kitchen floors - Grounds pick up
Camping area clean up - Roof repairs

PLEASE RSVP so I know how many hands to expect. Thx!

Apprentice Folkbuilder Daniel Odom
530-854-3244
dodom@runestone.org

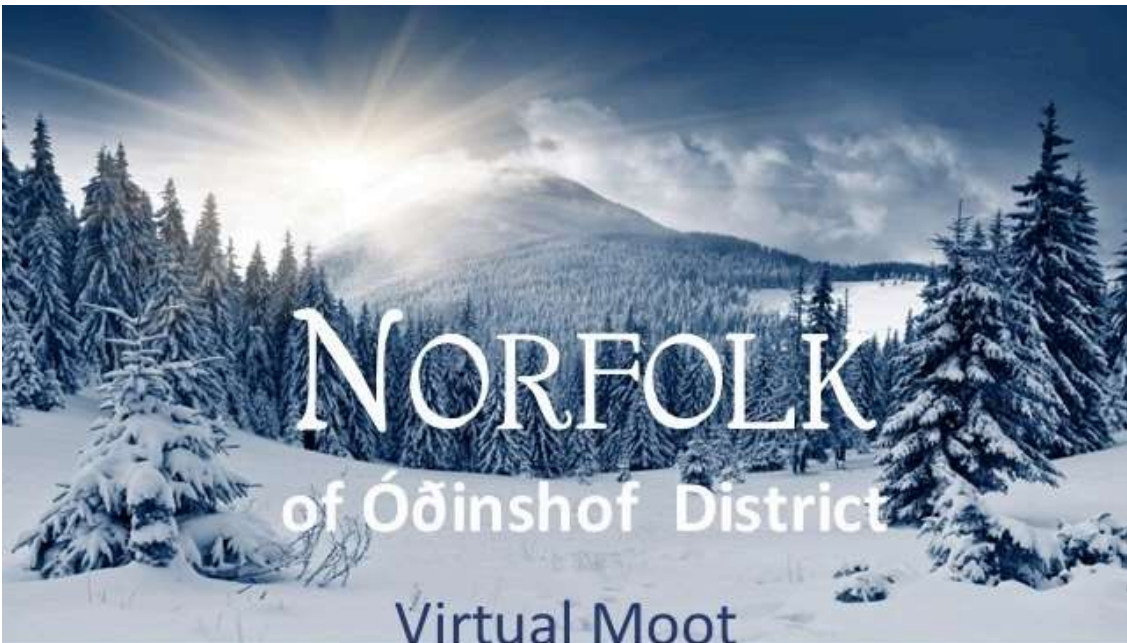
Monthly Virtual Members' Meetings



Virtual moot
February 10th ~ 6:00 PST, 7:00 MST

Southfolk
of Óðinshof District
AZ, NM, CO, WY, UT, NV, HI, SoCal, Oceania

Use our regular link.
Contact: sheila@runestone.org



NORFOLK
of Óðinshof District

Virtual Moot

Tuesday, February 11th
5:00 AkT, 6:00 PT, 7:00 MT
Contact: sheila@runestone.org

Óðinshof Membership Meeting

O
S
T
A
R
A



February 28th 7 pm PST

6:30 PM "Hang Out"

Guest Speakers: Goði Mayo (Völuspá)
Witan Erickson (Days of Rememberance)
Goði Stamm (Fertility and Virility)

Óðinshof Wish List



Óðinshof Member Ritual Requests

Member Ritual Requests



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

How to Submit a Request?

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

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

Thank You,

Olivia

Olivia Sutherland

Folkbuilder

osutherland@runestone.org



Óðinshof Leaders

GOTHAR

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

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

FOLKBUILDERS

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

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

APPRENTICE FOLKBUILDERS

Daniel Odom (CA)
Nick Gunn (WA)
Erin Harrison (CO)

dodom@runestone.org
ngunn@runestone.org
eharrison@runestone.org



Arizona

Upcoming Events

GERMAN LUNCH MOOT



**1st Sundays
at 12pm**

PHOENIX, AZ

CONTACT: OSUTHERLAND@RUNESTONE.ORG

Note: Shake-up to February, the Lunch Moot will be on 2/9, but we'll return to the regular 1st Sundays again in March. Thanks!

Australia

Queensland, Australia Hike Moot



AFA Southeast Queensland, Australia met on Saturday for our first moot. Despite heavy rain for the past few days, we climbed an unexpectedly difficult volcanic mountain and were rewarded by an epic view and a thunderstorm in the distance.

Afterwards, still covered in mud, we went to a local pub for some well-earned Victory Beers!

Was an awesome day and we are all looking forward to our next moot next month!

Hail the Gods, Hail the Folk, Hail the AFA!

Upcoming Events

Join us February 16th at 9am
for our:

Gold Coast Hike

Contact Chris at
afaseqheim@protonmail.com
for more details

— Chris, member, Australia

California

Carry On



Many years ago, a question was put to me. A question that I am sure a few of you have heard in your lifetime; or perhaps a similar one. It starts, "There is a ship that leaves for war, and it spends many years away from its home port. Its captain, and crew, are killed one by one, or are replaced by volunteers along the way. Every damaged part of the ship is patched back together, fresh timbers are harvested, and new paint is acquired when needed. After many years of fighting on the sea, the ship returns home; nearly unrecognizable." And so, the question is, "Is this the same ship that left all those years ago?" Surely the name remains the same, but the color is different, several cannons are gone, and every single one of the sails has been replaced. The deck is no longer original and now shows a multitude of boards gathered from its many adventures. Is this the same ship, why or why not?

Without getting into a pretentious philosophical discussion, I think we can make or see parallels in a number of areas. Instead of a ship, what about a country? If not a ship or country, what about a sports team; perhaps they ended the season with all new players yet the name on the front remains the same. Do these things lose value once they have changed? If so, what value is lost? Character? Did the culture of the crew change? Did the performance standards of the team move in one direction or another? There is a lot that can be said on whether or not it is the same ship, which is why my answer has changed many times over the years. Moving closer to the surface, let's take a look at an individual.

I'm sure we have all heard from "somewhere," that our bodies cycle through new cells every 7 years. (Something to that effect. I don't know, google it.) The gist is that old cells live and die, and will be replaced by healthier versions of themselves. So, technically, you are not the human you were 7 years ago; physically anyway. What about mentally? How long does that cycle take? When do we mentally grow, or change, and how do we know when that change has happened? I know I have heard the statement, "That's not me anymore," or "I'm not that person anymore." Are those just words or can it be observed?

All of these silly questions have led me to the beginning of a quick story about personal growth, phases of life, and the closing and opening of eras. Michelle and I were married in 2007. By 2008, we had a house full of Walmart particle board furniture, and two dogs, Cadence and Boss. Between 2007, and 2025, we have lived in 4 different states, moved somewhere around 6 or 7 times, and slowly but surely replaced our fake furniture one broken piece at a time. Our 3 sons were also born in that window. In 2011 we lived in the NICU with Aaron for nearly a year. Again in 2018, we were in the NICU with Andrew for several months. We have purchased two homes, achieved graduate and post graduate degrees, and then welcomed Aeric in 2021. Through all of

this, Michelle and I watched as the things we had created slowly changed, morphed, or outright disappeared. Priorities changed, schedules clashed, and you find yourself talking about the next 5 years. In short, life comes at you, and you just roll with it. That is, until this year, when Cadence and Boss were no longer part of us. In January of this year, our little dog Boss was finally put down, as was Cadence the year before. It was for the better, as Boss had become a grumpy old man who didn't want you to even think about petting him. Something changed when he was gone. We could feel it. Michelle and I had managed this life, and all its new additions. But Boss, he was the last sail. He was the last cannon on the ship. After all the damage our deck had sustained in battle, there were three original timbers left. Me, Michelle, and little Boss. Our dogs were the first "things," that Michelle and I acquired after our wedding. All of our old furniture was gone, cars were gone, boxes of clothes had been donated over the years, and now, our pets were gone. Michelle and I are the last original members of this family. Our sons will carry on our name, and hopefully they will live on our property. But the Odoms, will change. Are we the same people we were all those years ago? How can things be normal, if half of our starting members are gone?

In closing, people lose parts of themselves every day. They also take on, or pick up, things every day. Though, one day, you will realize that you have changed, and that sooner or later, you will be the last man standing. You will carry with you all the memories of how things "used to be," and you will no longer wonder "how things should be," because with all you have lost, and gained, you will know. Our boys, this house, different jobs, are all new additions to our lives. It is our responsibility to carry forward the things worth remembering, and to realize that we are no longer the young married couple traveling around with their pets. We are mom and dad. And one day we will be nana and papa. How much more will come along, or disappear before we get there?

Upcoming Events

FEB 22ND 6PM

CHICO, CA

LOCAL BEER, GREAT FOOD

APPRENTICE FOLKBUILDER DANIEL ODOM
DODOM@RUNESTONE.ORG -- 530-854-3244




Daniel Odom
Apprentice Folkbuilder
dodom@runestone.org

Railroad Museum Moot







This month, Gyðja McNallen and Lauren decided to host a moot in my hometown of Sacramento! Growing up I've always heard about the railroad museum, but I never went because it just didn't seem like something that would interest me. When I heard of the Moot, I was intrigued but I had work, so I wasn't going to get to go. Well low and behold, the day of the moot, my work got cancelled, and I was able to make it at the last minute! When we showed up the kids and I were greeted by the warm smiling faces of the Folk. The Sutherland family, The Andersons, and the McNallens! With the cost being very reasonable, especially with how much we got to see, it made this Moot well worth the time! The kids were engrossed in all the awesome locomotives and the history behind how the railroads were built here in Northern California, the adults enjoyed it just as much. With rail cars you could go inside, a dining car with tables set and a whole kitchen! A sleeper car with bunk beds and the train had a simulator that made it shake; we were going 50 MPH!! With a button you press to call the porter over to bring a ladder so you can go up and down, to your own room complete with a bathroom! There was a second story full of STEM activities and a THIRD story with a train that used to run from Colfax to Nevada City!! There was a model train for the kids to play on and plenty of play tables with a whole section of amazing model trains. We then filed outside, and the boys ran and jumped and played while the adults overlooked the river and discussed how wonderful this day had been! I can't wait for next month!

Upcoming Events

JUMP INTO FUN AT THE

TRAMPOLINE PARK



FOLSOM CA FEBRUARY 8TH 11AM

More Information Schapman@runestone.org

Folkbuilder Sierra Chapman
schapman@runestone.org



An Introduction



“Young was I once, and wandered alone,
And nothing of the road I knew;
Rich did I feel when a comrade I found,
For man is man's delight.”
- Hávamál 47

Hail brothers and sisters of the Folk!

I'm Lauren Anderson, and I'm deeply honored to be a part of the AFA family. Perhaps you've come across me helping to prepare a meal for the Folk in the kitchen of Óðinshof, or you've seen me at a local moot or in a MeWe chat. I have had the pleasure of meeting so many wonderful people in the years since I joined this faith community; some almost twenty years ago, some in the last several years. There are many of you I have not met in person yet, and I look forward greatly to it, and to getting to know you all better. I wanted to take a moment in this newsletter to introduce myself and share a little about my faith journey, including the path that has brought me to this sacred place we call home, the Asatru Folk Assembly.

I was born and raised in California. I've always felt a strong calling to the ways of our ancestors and the worship of our indigenous European Gods and Goddesses. For as long as I can remember, I have been rather obsessed with comparative religion and mythology. Starting from when I was about 12, I considered myself a practicing Wiccan. When I was at UCLA working on my Theatre degree, a friend and I co-ran Pagan Circle, a student religious organization. She was Wiccan as well but introduced me to Ásatrú, and we both ended up deciding to move away from Wicca and start following the path home to our ancestral faith. Early on in my journey, I dedicated myself to Óðinn, and I remain deeply dedicated to Him to this day.

I discovered the AFA around 2006 when I was back living in Northern California, and I got to know the McNallens — I knew then that the AFA was where I belonged, and my heart has never been anywhere else since. In 2010, I completed the Goðar program and was ordained at the Midsummer gathering at Camp Norge. I did an Óðinn Blót for the Folk there. I moved from Northern California to Southern California in 2011 because that was where my soon-to-be husband worked and lived. My husband and I were married at the Midsummer gathering at Camp Norge in 2012, our wedding officiated by Founder McNallen.

As some of you may know, my path took a turn around that time. I stepped back from being actively involved in the AFA due to health issues and the personal struggles they caused. In my stubborn independence, I thought I could handle everything on my own and didn't want to burden anyone. Looking back, I realize that was a mistake. I should have reached out to my Folk. I feel it is very meaningful that a priority of AFA leadership is checking in with members personally on a regular basis - one never knows what people are going through and how much that contact might be very appreciated and needed. If you ever feel like I was feeling, please don't hesitate to reach out to leadership. I was not active in the AFA for some years, but my heart was always with

the Folk, and I wanted to rejoin very much. I did so formally in in 2022. We lived in Los Angeles until November 2023, when we moved up to Northern California, allowing us to start attending gatherings more regularly.

Now, with renewed strength, joy, much-recovered health and a profound humility, I'm excited to be in leadership again, learning the new ways of Folkbuilding and being Gyðja Student in the current Goðar Program. This journey of refreshing my wisdom and retraining allows me to deepen my connection to the Æsir and the Folk, refine my skills, and prepare myself to once again serve as clergy. I see this as a sacred opportunity for growth and a chance to bring even more to our faith community. I cherish the opportunity to walk alongside my brothers and sisters on their faith journeys and assist where I can. I am incredibly honoured to be here on this path with you all.

Hail the Æsir!

Hail the Folk!

Hail the AFA!

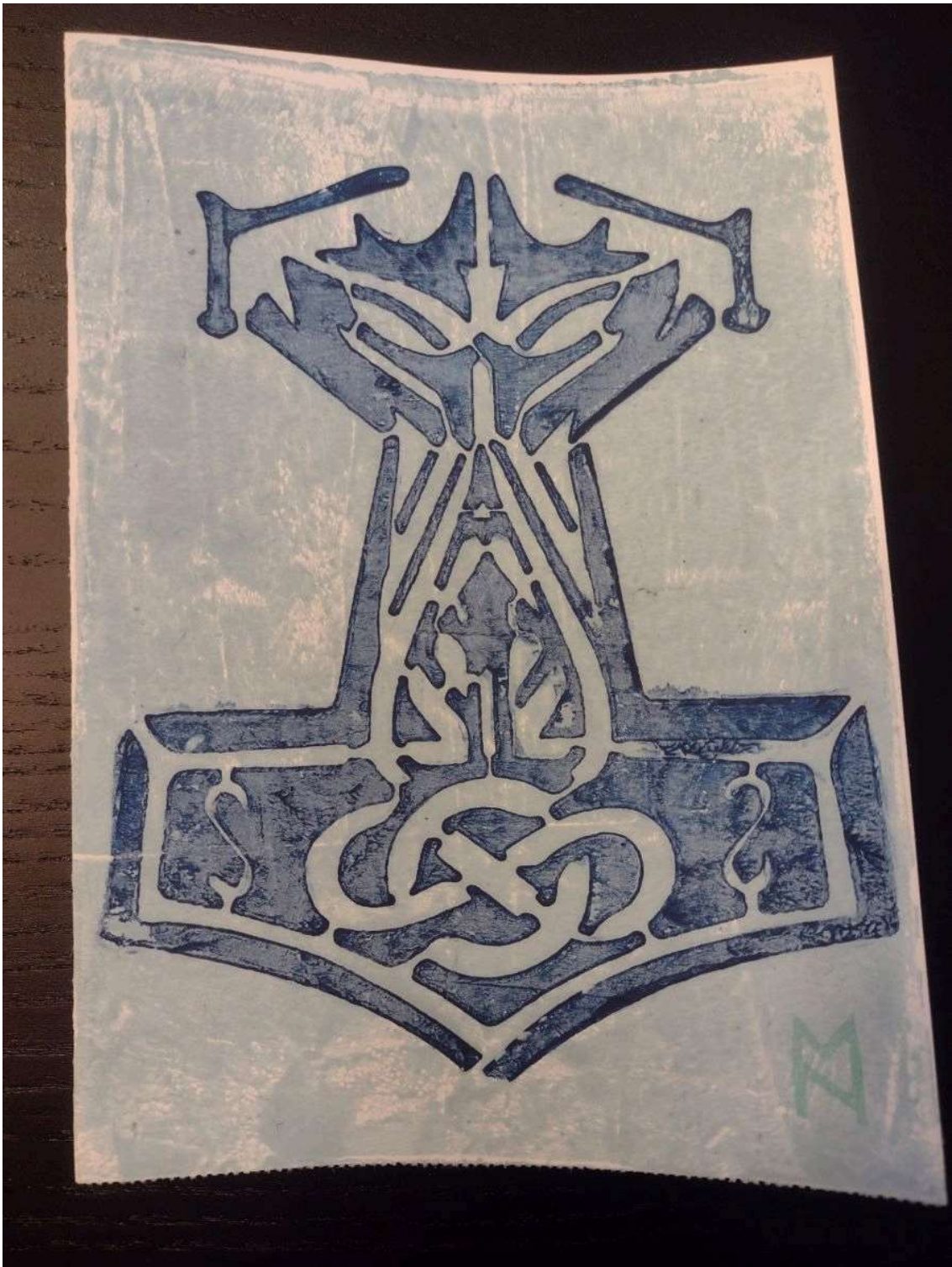


Lauren Anderson

landerson@runestone.org

Colorado

Is your Birthday Coming Up?



Is your Birthday Coming Up?

I know it is! I was given the opportunity to send birthday cards to all of our beloved Óðinshof members.

Being the artist that I am, I could not simply send you something bought, but instead it's just got to be created. I LOVE any excuse to make art. Normally, I'm a fiber and ceramics artist, but I'm also a scribe and dabble in painting.

So, this year, you're all getting a card that was painted by me with acrylic paint. And on the inside, I've written your birthday greeting in a 6th century Celtic calligraphy hand called Uncial. 😊

If you like the card enough to keep it, it's a 5x7 and will fit nicely in a small frame.

Each year, I'll do a different design that's Ásatrú-themed in some way. This year, it is a blue Mjölnir.

So, I hope you love your handmade card.... and Happy Birthday!

Upcoming Events



Colorado

Feast Of The Winter King

Blot and Potluck Meal

Saturday, February 22nd

2:30pm

RSVP -

EHarrison@runestone.org

You are invited to our

COLORADO VIRTUAL MOOT


FEBRUARY 9TH, 7PM MT

MEET YOUR FELLOW COLORADAN
ASATRUARS WITHOUT LEAVING YOUR HOME

SUBJECT - COLORADO INTRODUCTIONS & WHAT
BROUGHT YOU TO ASATRU

RSVP FOR LINK

EHARRISON@RUNESTONE.ORG



You're invited to

OSTARA

BLOT & POTLUCK

Colorado Springs, Colorado

SATURDAY,
MARCH 22
3PM

RSVP TO

EHarrison@runestone.org



Colorado Virtual meet

MEET YOUR FELLOW COLORADANS FROM THE
COMFORT OF YOUR HOME

MARCH 9TH @4PM

SUBJECT - PATRON DEITIES

RSVP FOR LINK

EHARRISON@RUNESTONE.ORG

Erin Harrison

Apprentice Folkbuilder

eharrison@runestone.org



Idaho

Upcoming Events



Nick Gunn
Apprentice Folkbuilder
ngunn@runestone.org

Upcoming Events



DINNER MOOT
IDAHO FALLS, ID
FEB. 16, 2025 @ 6PM

CONTACT FOLKBUILDER KYLE READER
FOR MORE INFORMATION
KREADER@RUNESTONE.ORG

Our next Moot will be at my home on February 16th. I will be cooking up an amazing dinner and ask all who come who would like to bring something to share with the rest of the Folk to please do so. I know we are spread pretty far in this area but don't let that stop you from making the trip here, I promise you won't regret it, it's always a great time and some amazing conversation and all-around great Folk. My home is also open to all who need to stay the night due to the longer distances traveled, and I make some amazing breakfast burritos for a little more incentive. I can't wait to see everyone who is able to make it.



Folkbuilder Kyle Reader
kreader@runestone.org

Montana

Battle of the Little Bighorn



We went to the site of Custer's Last Stand on our way to Wyoming for our Sheep moot. It's a powerful place and the soil is filled with the blood of loyal men who fought to the last. Custer and his men were set upon by Lakota and Northern Cheyenne tribes and their allies. Well before Custer arrived to enforce the Second Treaty of Fort Laramie that said tribes had previously agreed to and now rejected, the tribes prepared an ambush. His men were hailed with arrow and cartridge as they attempted to cross the river and reconnect forces. Eventually Custer retreated his men to a hill that looked

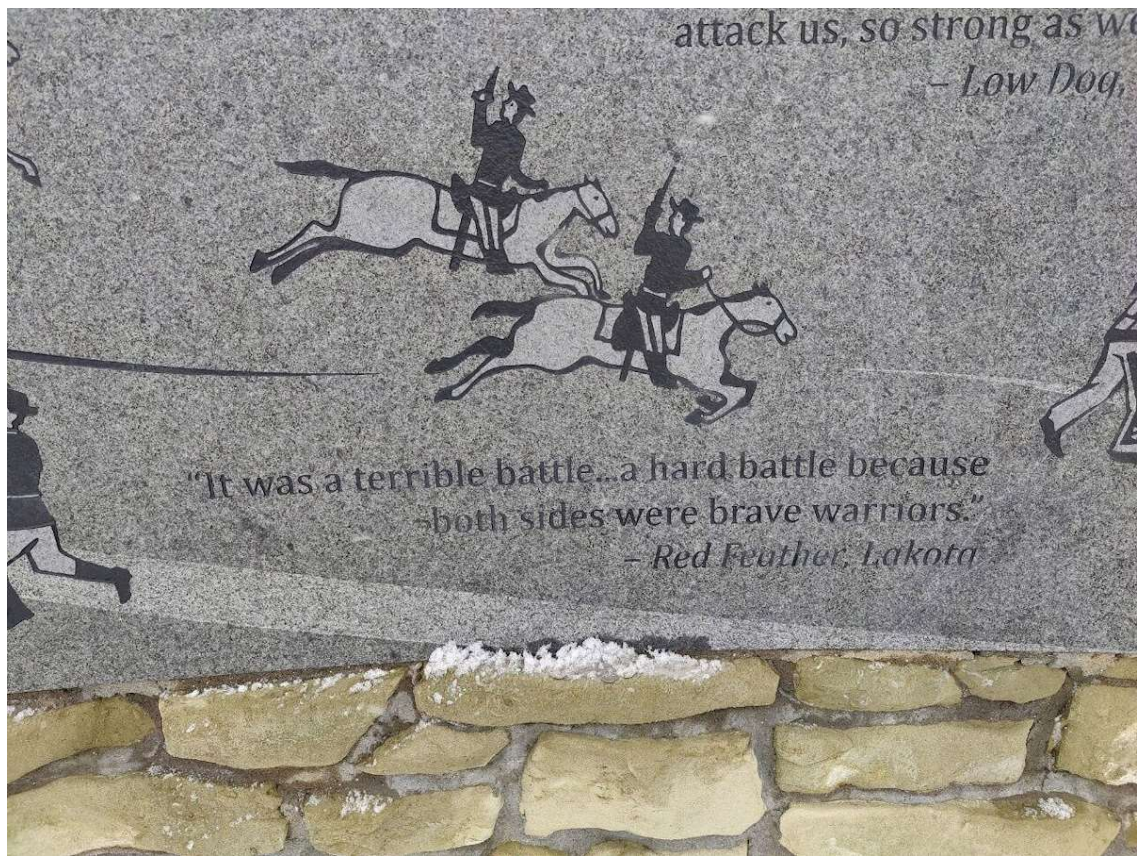
defensible but before he could reach the summit yet another warband began cresting the other side. So, there upon the hill now known as Custer's Last Stand, his men fought, killed, and died. As horses fell, they used them as breastwork and in the end the soldiers and scouts died too. Custer fell behind a pile of horses having spent almost all his ammunition. His equestrian battlements were not in the center of his men but rather the front line where his position bore the brunt of the onslaught where braves described him as a terrifying force in and of himself dealing death with pistol and saber.

Many people today are taught that Custer was an arrogant fool who decided to break peace and died a fool's death because he couldn't accept that any odds were insurmountable for the U.S Calvary. This is a myth formed by sour hearts and perpetuated by slow minds.



Custer's Intel was that 800 braves followed the rogue leader Sitting Bull who spoke not for the tribes but rather for a rebellious faction who broke the treaty and ignored their own people's leadership and their elders' orders, and that they were held up in a small village.

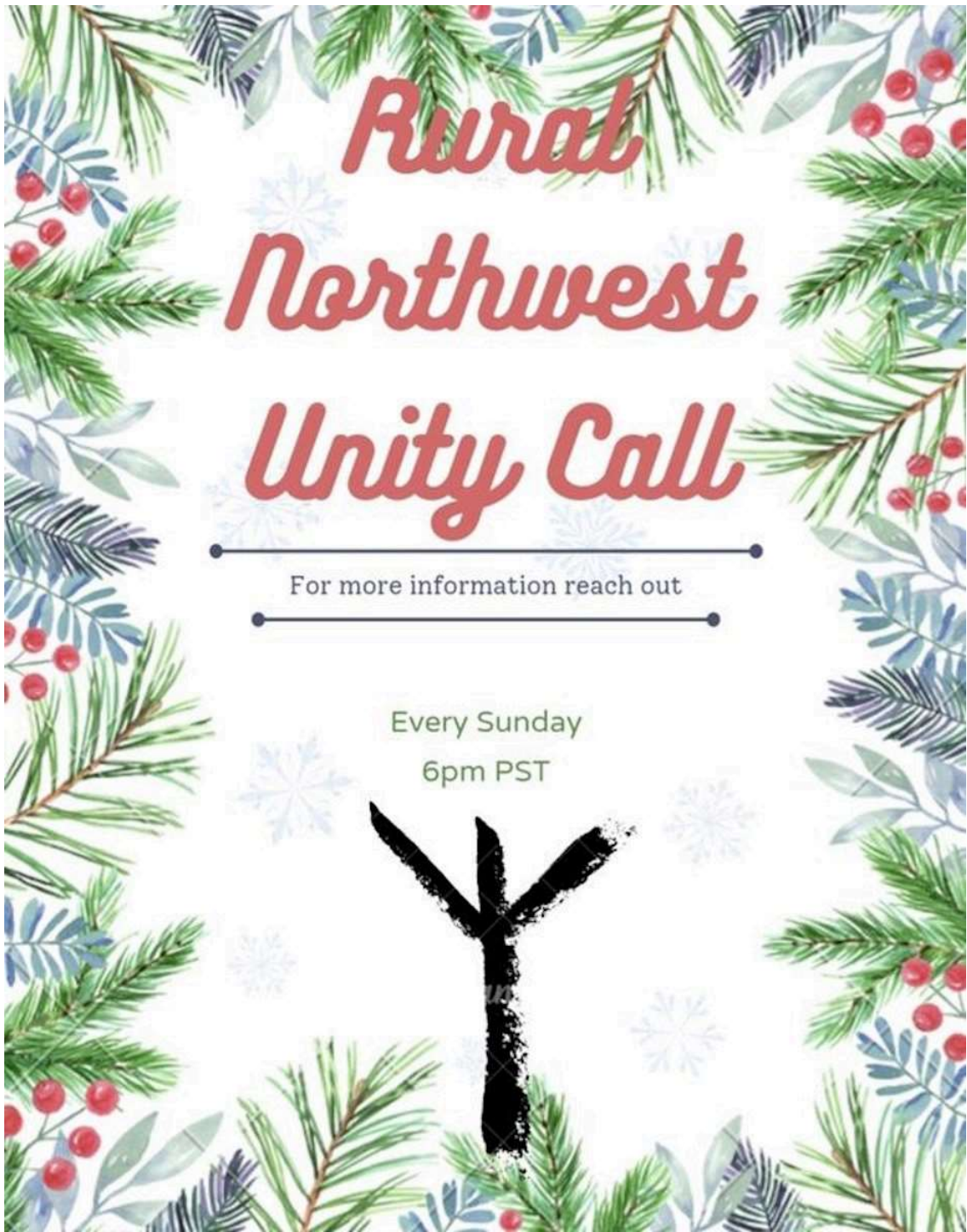
Custer's orders were to enforce the treaty and if possible, find a peaceful solution, and he was chosen because he was the man who had smoked the peace pipe with these tribes before, and therefore, stood a much better chance of brokering continued peace. Instead, his men were set upon by over 2000 braves in a coordinated series of routes and ambushes designed to separate Custers forces. Outnumbered, in poor terrain, and a tactically inferior position, Custer organized his men, and while he and his followers met their end, because of Custers direction, Marcus Reno led his own contingent to good defensible ground and repelled the attack, surviving the battle with little casualties of his own. This fact is blatantly neglected when the story of the Battle of Little Bighorn is recounted as it clearly shows the battle as still a major victory for the tribes but not the total and utterly complete victory as is now spun.



Custer was found dead, stripped naked but un-scalped. Despite the barbarity of the tribe's treatment of the slain calvary men's bodies including scalping and beheading, the tribes do deserve acknowledgement of their victory. With numbers, surprise, terrain advantage, and a broken oath, they did best an extremely smaller force of white Calvary men.

Each of Custers men held the line and none road off in fright. Unsurmountable odds did not waver their convictions, and they stood with their warband leader to whom they were pledged. They knew that Custer could not deliver a victory on the battle that day, but stood by their commander to make such an end to become forever known. They are the Wiglaf's of their time and should be honored as the warriors they are. Hail the fallen!

Upcoming Events



Folkbuilder Tyler Heinlein
theinlein@runestone.org

Living Our Best Life in Montana



The new year has come, and we're already off and running here in Montana. While the weather has still been cold, it's been far warmer than normal in the Western part of the state. On January 9th, three of our kindred were able to gather and celebrate the day of remembrance for Raud the Strong.



On January 19th, we were far greater in number and celebrating Þorrablót. A small feast of fish stew, Scotch eggs, various cheeses, pickled veggies and fish, and desserts were enjoyed while we played games and enjoyed each other's company. Winter still remains, but our spirits are higher!

February is now here, and we will be combining our Charming of the Plow with our day of remembrance for Eyvind Kinnrifa on February 9th.

Upcoming Events

FEBRUARY 9TH, 2025
HELENA MT



DAY OF REMEMBRANCE FOR
EYVIND KINNRIFI

MARCH 9TH, 2025
HELENA MT



DAY OF REMEMBRANCE FOR
OLVIR OF EGG



Folkbuilder Ryan Harlan
rharlan@runestone.org

Nevada

Allsherjargöðic January Dinner



We had a great meal and a great turnout for our January meal. Due to me being quite under the weather, we do have to cancel the dinner this month, but we'll return again in March. As always, drinks and snacks at 1, dinner at 3, feel free to bring things to share!



Matthew D. Flavel


Allsherjargoði , Asatru Folk Assembly

mattflavel@runestone.org



Oregon

Upcoming Events



Ale 'n Axes

A pubmoot in Portland,
Oregon with
ax-throwing!

Sunday, February 16th, 3:00

Contact Folkbuilder Sierra Chapman
schapman@runestone.org

Washington

Starting the Year Off Strong in the Pacific Northwest



Hey Folk, just wanted to give you all a brief recap of what's been happening here in Washington and North Idaho over the past month. Continuing largely with the schedule set forth in November and December, our local events per month around these parts center on at least one lore study moot and one get together for that month's Holy Tide, in addition to any spontaneous Moots that pop up along the way. Our community has become more closely knit going into the new year and I've got a strong intuition we'll be bringing a lot more of the Folk home as a region in 2025. Some of our more recent newcomers have demonstrated immense warmth and hospitality by opening their homes to us for both Yule and Þorrablót, and I'm proud to have them as part of our AFA family.



We've been keeping up with our established monthly lore study, finally diving into the Hávamál. Given the depth and scope of the subject matter, going through this in-depth is going to require a good chunk of time. As I have stated before, I am not a scholar and everything we discuss is something we're learning together as a group. Great conversations are always had and I'd implore you to reach out to me if you're in the area and interested in attending. These are always informal and whatever you bring to the table adds to the experience. I'm not here to lecture you on heady topics, we bounce our thoughts on the text off each other and build from that. Trust me, it's actually fun. You should join us.



Towards the end of the month, I took a little road trip over to western Washington with my brothers Chad Reis and Tyler Heinlein. Beyond being a blast, it gave me some insight into how ripe that area is for reinvigoration. There's doubtless many of our Folk out that way who find themselves isolated in an environment largely hostile toward our worldview and in need of coming together. As winter passes, I'm hoping to get some Moots going on that side of the mountains to animate things a bit more and give Washington the community it deserves. More to come on that, stay tuned!

Upcoming Events



Nick Gunn
Apprentice Folkbuilder
ngunn@runestone.org

Be a Doer



We need you to volunteer for the AFA!

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

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

Eir's Blessings



Everybody needs a little extra help sometimes. Women, being the frithy creatures that we are, are uniquely suited to the task of manipulating energy for the purpose of healing. Magic, you could say. Do you have a health concern and need a little extra energy? Are you battling with a depression or PTSD? Is your baby having a hard time with teething? Please reach out to us about these important concerns!

Once a month, women of the AFA get together to perform healing rituals all across the globe. If you would like to be included, please send a message to let us know!

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

You can reach us at EirsBlessings@runestone.org

Photo Donations

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

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



Folk Services



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

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

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

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

Thanks in advance!

Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317

Witan Allen Turnage
aturnage@runestone.org



Copyright © *2024* Asatru Folk Assembly, All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

