



Óðinshof
First Hof of the Asatru Folk Assembly

www.odinshof.org

June 2025

 Runestone.org

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Donate to the AFA

Words from the Allsherjargoði

Njörðshof



is paid off in full!

The amazing news of May was the full payoff of our Njörðshof loan! Over recent weeks and months, we have been blessed by an outpouring of generosity as the finish line came into view. At the end of May, a new member in Oregon, Matthew Bean, made the single largest donation the AFA has ever received. Matthew Bean donated \$41,480 completely paying off the Hof as well as generous donations to Óðinshof and our South African efforts. It is truly amazing to see all the wonderful things we are able to achieve with the generosity and commitment of our AFA family alongside the bountiful blessings of the Æsir. Thank you to each and every one of you who has given of

themselves to make this happen.

Hail the Givers!

Hail Matthew Bean!

Hail Njörðr!

The effort to get Freyshof has hit the ground running. Stay tuned for updates.

Event season is upon us! I am looking forward to seeing all of you at Miðsumar at Óðinshof, Sigrblót at Sigrheim, and Freyfaxi at Baldrshof. If you can make any of these, I would strongly urge you to make the effort, make the journey, and worship with your Folk in the might of this summer. If you can make it to all 3, even better! Now is an amazing time to be Ásatrú, let's make the most of it!

Hail the Æsir!

Hail the Folk!

Hail the AFA!

Announcements, News, & Noteworthy

5/17/25 - Weston Erdman was named in front of his Gods and Folk at Baldrshof.

5/17/25 - Carl Howard Vachon was named in front of his Gods and Folk at Njörðshof.



Matthew D. Flavel

Allsherjargoði, Asatru Folk Assembly

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Words from Our Goðar

Declaration of Purpose VIII



VIII. The exploration of the universe, in keeping with the Faustian instinct of our kind

We are a wide-faring Folk. Óðinn is a wanderer, and those who follow our Gods have typically been horizon-seekers. The longship has been replaced by the spaceship and the electron microscope, but the spirit of exploration remains the same. Our love of freedom and our craving for frontiers are undoubtedly connected. Stagnation brings on complacency, and complacency is death.

We would not be the advanced race that we are had our forebearers not been so adept at exploration and incorporating the latest technology of their time. Lord Óðinn is the epitome of our nature to seek new horizons and push beyond what we thought possible. Without that inherent nature, we as a race would still be barely clinging on to our existence just as you see in many other races around Miðgarðr, where their only means of survival comes from others stepping in to hold their hand. It is paramount that we continue to seek new opportunities and sights, new frontiers and capabilities. Not all races are equal; if that were the case, we would all be adept explorers and there would be no need to bring other races along, riding on our coattails as they contribute very little if anything to human advancement. Look around at other indigenous peoples around the world and you will see how stagnation, complacency, and a lack of the Wanderer's spirit has left them far behind in the human experience, begging and grasping for others to carry them along or they would indeed cease to exist. Keep striving to improve yourself and your Folk, pushing perceived and imposed boundaries to seek new opportunities and environments.



Goði Nathan Erlandson
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Working on a Better You



Working on a better you. It is always hard to work on yourself to get you whipped back in shape spiritually, physically, and mentally. So, as we strive to be a better people, we must also strive to fix the broken inside ourselves.

We must always have our Gods, our Ancestors, and out Folk in mind. We must never get complacent. If we do, things will fall apart around us. We must be healthy in a physical way to be able to stay strong.

We are the chariot of the blood of all those who came before us. Be worthy.

Self-care is essential to the soul. In Ásatrú, we celebrate strength, beauty, and victory. This requires self-care. As women, we are predisposed to care for everyone around us. Our husbands, children, our friends, but we far too oftentimes overlook our own needs.

We are taught that this is selfishness. What a sad way to view this. We are given one chance to live this life; it is up to us to seize this life and live it in a way that brings glory to our ancestors and sets an example for our children. Both are watching.



Gyðja Heather Young
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Ásatrú Trúlögmál



Ásatrú Trúlgómál: 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

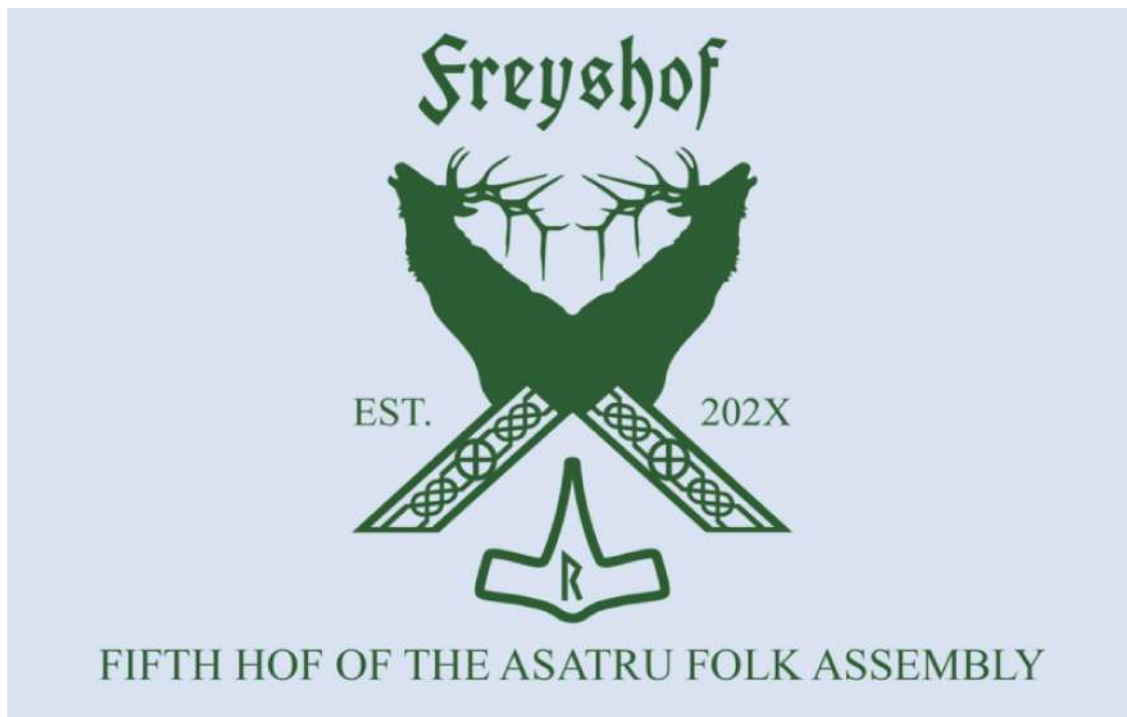
Allsherjargoði, Asatru Folk Assembly

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The Quest for Freyshof

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

– Gylfaginning



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

This sacred quest is making great progress! The generosity has been amazing, as always!

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

1. NJÖRÐSHOF IS NOW COMPLETELY PAID OFF!
2. CURRENT AVERAGE MONTHLY DONATIONS LOOK GOOD!
3. We need to locate a suitable property (we have already begun scouting).
4. We need to find lenders.



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

Hail Freyr!



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Sigrheim: Home of Victory

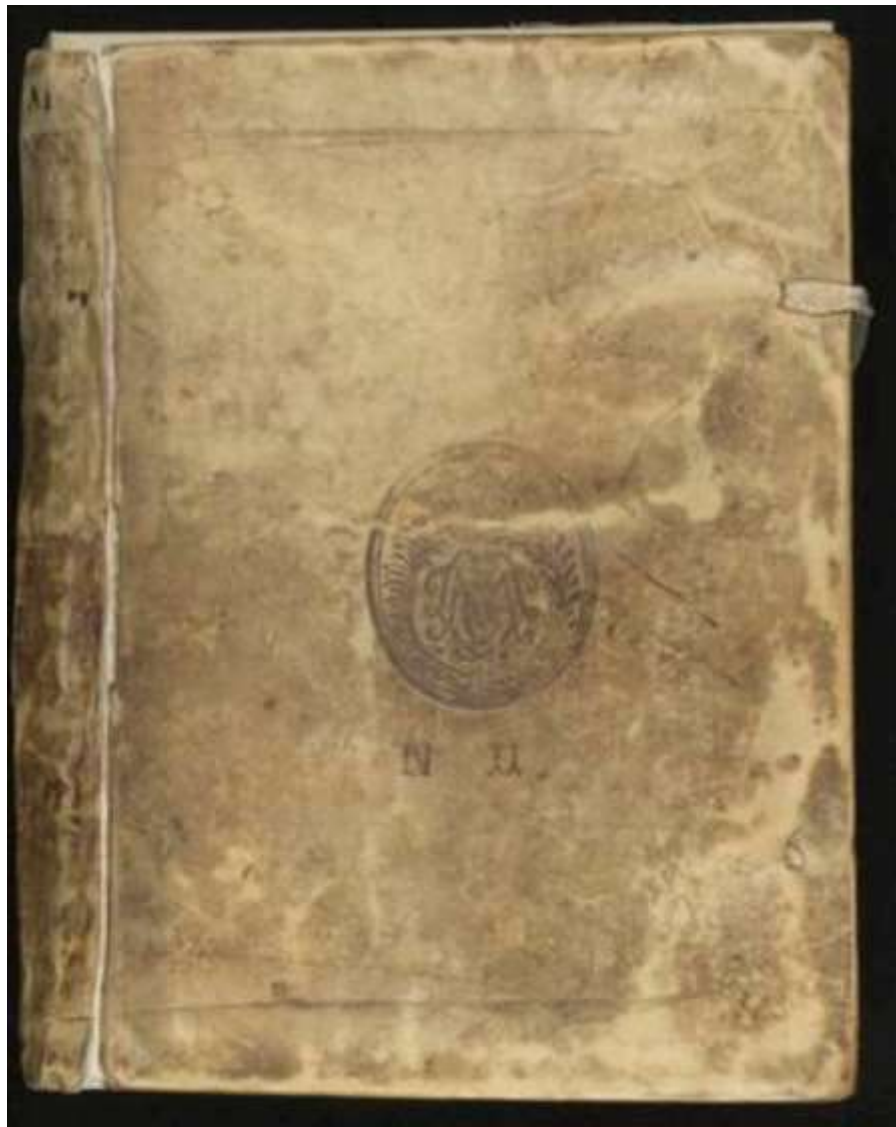
*Blótferð to Uppsala University's Library;
An Asatru Folk Assembly Library?*



Uppsala University Library (Uppsala Universitet Bibliotek)
Carolina Rediviva [name of the building]
Address: Dag Hammarskjölds Väg 1, 752 37 Uppsala, Sweden
(Photo Credit: Uppsalas Museer web site (Uppsala's Museums))

Long ago, my instincts and heritage led me to visit Scandinavia and Germany. During one trip, I traveled to the City of Uppsala, just north of Stockholm, Sweden. Ásatrúar traveled long distances to visit the religious center at Gamla Uppsala (translation “Old Uppsala”). The AFA has a term for these journeys: Blótferðs. (A rough translation of Blótferð from Goði Trent East is a “sacrificial journey.”)

The Library at Uppsala University was founded in 1620 by Sweden’s King Gustavus Adolphus. He also donated the first manuscripts and books. The library has been collecting written works from all over the world and in many languages for more than 400 years, including numerous books and manuscripts in Old Norse and other Scandinavian languages.

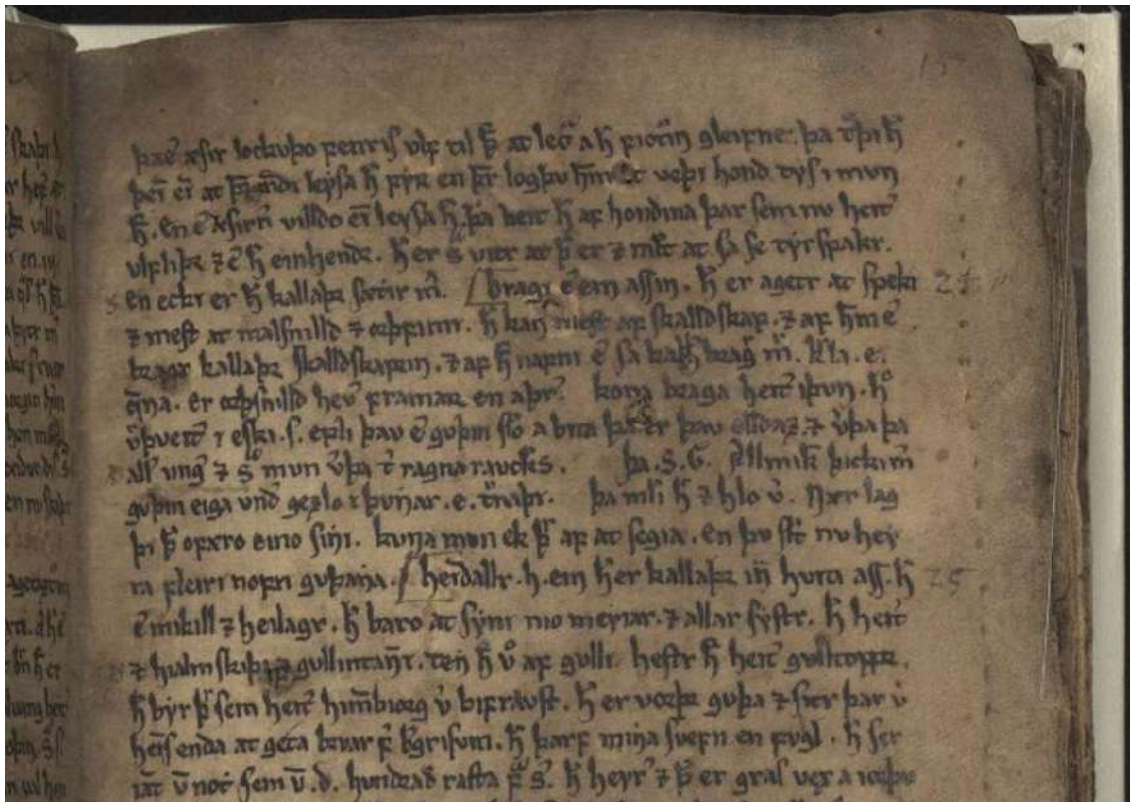


The well-worn cover of The Uppsala Edda
(Photo Credit: ALVIN, a Digital Cultural Heritage for Sweden)

Entering the Library’s exhibition halls, to my surprise, I saw *The Uppsala Edda*, an Icelandic manuscript from approximately 1300 C.E. This manuscript is most likely a

copy of Snorre Sturleson's (Snorri Sturlason) *Edda*, also known as *The Younger Eddas*, *The Prose Edda*, or *The Prosaic Edda*. But this particular copy at the library is identified as "*The Uppsala Edda*."

I can't find words for the thrill of seeing this original manuscript, nor words for the feeling of standing three or four feet from this centuries-old, handwritten book, kept in its glass case. This book has been viewed by thousands and will continue to inspire and enlighten those who see it in the future.



An enlarged portion of page 15 of The Uppsala Edda.
(Photo Credit: ALVIN, a Digital Cultural Heritage for Sweden)

The Uppsala Edda manuscript was donated to Uppsala University in 1669. You can find images of the original manuscript by using the Uppsala University Library's website, and the on-line tool called Alvin (Digital Cultural Heritage). Look for the pages titled "DG 11 - Uppsala-Edda," two examples of which are provided in this article.

During this visit years ago, I had not yet Come Home to Ásatrú. Therefore, the importance of going to Gamla Uppsala, the former religious and political center, was not forefront in my mind. I hope someday to make a Blótferð to Sweden to visit Gamla Uppsala! I hope all the Folk can visit this important site.



A view of a portion of Sigrheim's vast land area, including the bronze statutes of Founder and former Allsherjargoði Stephen McNallen and Hofgyðja Sheila McNallen.
(Photo Credit: The author (2024))

What would be the modern equivalent of Gamla Uppsala? Sigrheim in the future. According to the AFA's [Sigrheim Fund](#) web page, Sigrheim means "Home of Victory." The AFA's current vision includes (at least) an AFA neighborhood of members' residences, a magnificent Hof to Týr, guest lodging, and a common meeting/cooking/dining area. (There are also forested hills and a cemetery.) "This land will serve as the corporate and ecclesiastical headquarters for the Asatru Folk Assembly." The [Sigrheim Fund](#) web page also states, "As this dream grows, we also envision facilities to do homeschooling, summer camps, community craft fairs, and athletic training."

Consider how powerful it would be for the AFA, if we had our own beloved library, to be built as part of Sigrheim. Why there? If Uppsala was the cultural center for our Ásatrú ancestors, Sigrheim will be Ásatrú's cultural and religious center in North America. This library would exist primarily for the security of preserving our history and for serving the AFA worldwide, either when they visit in person or remotely.

Please note: An AFA Library at Sigrheim is **not** currently any AFA initiative. The library idea is just from my musings, as a devoted and long-time AFA member.

The Sigrheim Library could be a repository for the books and manuscripts of the AFA Goðar -- both those works they have written and those they have collected over their lives. In addition, artifacts and objects that tell our history, our story, would be preserved for our children and future generations to explore their heritage. It would include an Ásatrú Academy Library for our youth. This library would not just be for the kindergarten through twelfth-grade books for Ásatrú Academy students, but also contain many resources for our adult members. Members could donate their Ásatrú books, but also books not related to Ásatrú or our heritage, textbooks, and so on, that could be useful for the Sigrheim community and visitors to have for religious purposes or even academic or career development. This library could hold books that are no longer in print and/or are not digitized, and the original versions of history books that have in the last few decades been written or rewritten to be “politically correct.”

Especially important is saving history books about the Ethnic European Folk printed or written before they have been revised and skewed by “Progressive” Left “historians.”

In sum, the AFA Library could be a place for future Ásatrú scholars to do research on Ásatrú and our Ethnic European Folk’s heritage, among other topics. The library would be protected by our Folk living at, or near, the Sigrheim property. It would be a sanctuary of knowledge and wisdom for the future growth of Ásatrú.

Again, an AFA Library at Sigrheim is not any present AFA initiative or currently envisioned by AFA Leadership; the library is just my suggestion as a member.

Regardless, please consider donating to the Sigrheim Fund to help build out the other Sigrheim facilities and infrastructure, and perhaps for the library.

As just my suggestion, please also consider donating money, books, and artifacts for a potential AFA Library. Please hold off with any donations of books, artifacts, and objects that tell our history, until the AFA has a place to put your items (unless permission granted by the Goðar). For example, I have bequeathed a substantial portion of my extensive book collection to the AFA for the Library. (Allsherjargoði Matt Flavel gave me an approving nod for that idea.) In my personal view, anything you can do to help create this library resource will benefit the AFA.

Hail Snorre Sturleson and all those unnamed Goðar, Loremasters, and Folk through the centuries who passed the Lore down!

Hail the AFA Hof Historians and Librarians!

Hail the AFA Ásatrú Academy!

— Bill, member, Óðinshof District

(Acknowledgements: The author very much appreciates the willingness of Brodie and Olivia Sutherland to facilitate his bequest of books and Ásatrú items to the AFA. Also, the author is very grateful for the suggestions regarding editing of this article from AFA Óðinshof District members Robert and Katie, who are librarians and English teachers.)

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
amazon

Thank You!

[click here](#)

Upcoming Events



June 14th

230pm

Midsummer at Sigrheim

Sigrblót at
Sigrheim

July
25-27

Tickets at
<https://store.runestone.org/product/sigrblot>



Folkbuilder Nicholas Rice

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Victory Never Sleeps



Victory Never Sleeps is a weekly podcast airing Wednesdays at 8pm Central. It is produced by the Asatru Folk Assembly, hosted by Allsherjargoði Matthew Flavel, and features weekly special guests speaking on spiritual topics pertaining to our Folk. The show doesn't stop until the questions stop rolling in. Come listen and learn about a variety of topics and truths relevant to our modern Ásatrú Folk.

Æsir. Virtues. Runes. Beliefs.

Doctrine. Cosmology. Literature.

Holidays. Heroes. Lore.

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

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

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

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



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AFA Ásatrú Academy



Check out the ÁsatrúAcademy at AsatruAcademy.org

Keeping Busy for the Summer

“Our highest endeavor must be to develop free human beings who are able of themselves to impart purpose and direction to their lives.

The need for imagination, a sense of truth, and a feeling of responsibility—these three forces are the very nerve of education.”



-Rudolf Steiner

For many families, June heralds the end of the school year. There are some that choose to implement year-round schooling, but most of us are familiar with the concept of a “summer break.” Routines are often looser and bedtimes later. There is time to reflect and relax before the planning for the next season of education begins. You may find, however, that it will keep everyone happier and healthier if you do not completely drop the reins of structure and sleep. Neglecting circadian rhythms and patterns can lead to a much harder time later in the summer.

Last month, we discussed the importance of rhythms. The next philosophical nugget to delve into is Inner Work. Once rhythm, structure, and sleep are prioritized, the parent can focus on Inner Work. Perhaps the “break” this summer is a time for reflection and spending more time cultivating the Spiritual state within the parent.

There are many methods and paths with inner work.

Thinking
Feeling
Willing



Here we come to the spiritual environment of the early childhood setting: the thoughts, attitudes, and imaginations living in the adult who cares for the children. This invisible realm that lies behind the outer actions of the teacher has a profound influence on the child's development. The spiritual environment includes recognition of the child as a threefold being – of body, soul and spirit – on a path of evolutionary development through repeated earth lives. This recognition provides a foundation for the daily activities in the kindergarten, and for the relationship between adult and child. In addition to the questions we have already pondered above, we may ask:

- How is the adult actively engaged in inner development as an early childhood educator, and as a human being?
- How is she cultivating a relationship to the children on a spiritual basis?
- Does she strive to approach her work in such a way that the children in her care are not burdened by unresolved issues in her personal life?
- Do goodness and moral uprightness stream from the being of the teacher? Is her inner and outer activity in coherence with healthy social and ethical values? Is she striving to be an example worthy of the children's imitation?
- Does the educator...love the earth, and the world into which the children are incarnating?
- How does she see her relationship to the past, the present, and the future of our human journey?

This is the very challenging realm of self-knowledge and the activity of the individual ego of the adult – a realm where it is difficult to be objective in our observations. Yet ultimately it is this realm that may affect the development of the children most profoundly. It is not merely our outer activity that affects the developing child; it is what lies behind and is expressed through this outer activity. Ultimately the most profound influence on the child is who we are as human beings – and who and how we are becoming.

— Susan Howard

The Essentials of Waldorf Early Childhood Education



Rachel Kinsler
Homeschooling Coach, Ásatrú Academy
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Schools Out!



Warm greetings to all our students and families! We come to the end of another school year. The whole church is very proud of you and cheers on your progress! I'm very proud of each and every one you!

As a reminder to our families and members, we enroll for the Academy on a year-round basis. If your child still attends public or private school, you are still encouraged to enroll and take advantage of our religious studies and activities. We will be offering kindergarten through 7th grade this fall.

As a reminder to our parents that are required to keep a portfolio of studies, now is a good time to make sure everything is logged and in order.

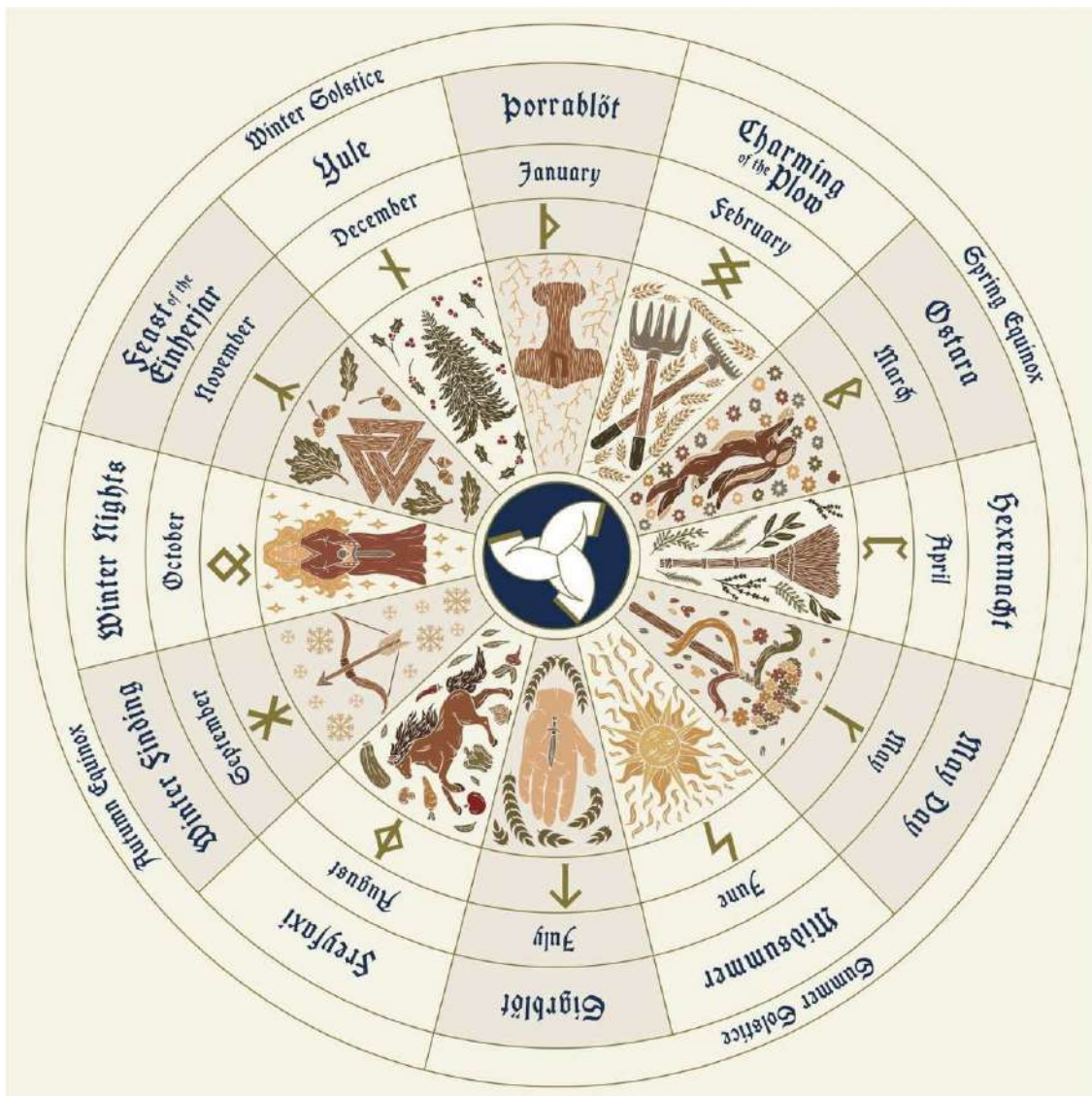
During the summer months of "off" time, please check in on the runestone. The Academy will use this space to offer up some fun summertime Ásatrú activity ideas, and I will occasionally post a small religious lesson.

Thank you again to all our hard-working students and families. We had a great year, and every year gets better!

Goði Rob Stamm
Dean, Ásatrú Academy
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Remembrance & Holy Days



[Holy Days | Asatru Folk Assembly](#)

> January 9 - Raud the Strong <

- > January 18 - King Blót-Sveinn of Sweden <
 - > January 18 - Þorablót <
- > 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) <

June



Asatru Holidays - June 2025 - King Athanaric | Miðsumar
https://youtu.be/-Z64T_jCn68

Day of Remembrance

King Athanaric of the Visigoths | June 9th



381 𐌰

Born sometime in the mid-4th century CE, Athanaric led the Visigoths as their king from 369 until his death in 381. We know next to nothing about his early life, or about his life outside of his deeds defending Ásatrú and his people. His 12 years as king were mired by conflict, both with the Christian Romans as well as Visigoths who wanted to see the Æsir forgotten among their Folk.

The early years of Athanaric's reign was spent preserving the Gothic culture and Folksoul by stamping out the foreign faith of Christianity wherever it took root among his people. He correctly surmised that the advent of Christianity would be detrimental to his people, as well as an insult to the Æsir. He was resolute in his opposition to the foreign faith and the soul sickness it would carry for his people, going so far as to punish those who willingly severed their troth with the Æsir.

Initially during this time, Athanaric was allied with another Visigothic ruler named Fritigern, and they fought bravely against the Roman Empire together. After converting

to Christianity, however, Fritigern turned on King Athanaric and started the Gothic Civil War. Athanaric won every battle he had with Fritigern and his army of traitorous Christian Visigoths, even after Fritigern received aid from Emperor Valens of Rome. Once the Visigoths who remained true to the Æsir had won the unfortunate war against their kin, however, the infamous Huns invaded from the east.

Upon this invasion, Fritigern and his fellow Christians were allowed to take refuge with the Romans, while the Ásatrú Visigoths were left to fend for themselves. They were outmanned and weakened in the aftermath of their war with Fritigern and the Christian Goths, leaving them no means of standing a chance against the relentless Huns.

Athanaric and his Folk were forced out of their lands and into the Carpathians. He and his people were received by Theodosius I in Constantinople, and signed a treaty of friendship with the eastern Roman Empire.

King Athanaric was an energetic and dauntless sovereign of the Visigoths, loyal to his Gods and his Folk until the very end. Not only did he hold his own loyalty to the Æsir, but he strove with all his might to keep his whole Folk in troth with our Gods. Let us honor King Athanaric not only by raising a glass or horn in his name, but also by living Ásatrú proudly! Let us stand tall, walk proudly, and remain resolute in the face of all that would seek to separate us from the holy Æsir!

Hail King Athanaric!

Holiday

Miðsumar | June 20th (Observed June 21st)



For us, Miðsumar is considered the official beginning of summer, but for our ancestors, who only recognized two seasons (winter and summer), Miðsumar was the middle of the season. The common factor between our ancestor's celebration and ours is the Summer Solstice. On Miðsumar, we celebrate the longest day of the year and the shortest night. The dark and cold of winter is firmly past and the days are full of vitality and life.

But first, we celebrate. The best-known symbol of Miðsumar is the bonfire. In Europe, bonfires are still lit and burn the whole night through. Men and women gather to celebrate the warm days and the successful planting season by dancing around the bonfire. Many people focus on love and fertility during the summer solstice, with Folk traditions that include picking wildflowers and putting them under one's pillow to dream of the person they will marry. Couples often jump over the fire during Miðsumar to be blessed by the Æsir and the Ancestors.

The planting season is finished. The hard work that began with the blessing of the tools at Dísaping and the planting of the seeds after Austrar has been finished. Now we tend to the growing crops and revel in the beauty of life. We can take a momentary break from the difficulties of life to embrace that which makes the hard work worth the effort.

As the revelry comes to an end, however, we must take the time to remember that the days will now begin to shorten once again. Winter will come and our hard work is not

yet done.

Upcoming National Events

Midsummer at Óðinshof | June 27th – 29th



Get your tickets [HERE](#)

Come and tread the hallowed Hall of the High One! Come celebrate Midsummer at Óðinshof from June 27th-29th!

Midsummer is the premier event of the year at Óðinshof! We have pulled out all the stops this year to bring you great speakers! Bountiful feasts! And as always, you can expect to feel the very heartbeat of the Asatru Folk Assembly when you walk the

grounds, step inside the ritual circle of and enter the Hall of Óðinn! There is no better place to gather with your Folk and celebrate Midsummer this year! Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

Don't wait! Get registered today!

Members, take advantage of our Early Bird Special! Don't wait and have to pay more at the door!

You're invited to Midsummer, Óðinshof's signature event of the year! Please join your Folk from across all the districts as we celebrate and honor our Gods and Goddesses at the very First Hof of the Asatru Folk Assembly. This weekend will be a summer "spiritual retreat" for all our Folk coming from near and far. It will be filled with inspirational rituals, scrumptious and hearty meals, healing music, warm sunshine, laughter, motivating conversations, and fun activities for all ages!

- Camping onsite at Óðinshof is free and includes the use of outdoor hot showers.
 - Additional lodging options in the greater Brownsville area also be available.
- Guests (non-members) must be approved prior to the event.

Please contact any of the Folkbuilders in advance to assist with this process.



Since 2016, AFA leaders and members have come to Midsummer at Óðinshof for three days of spiritual enlightenment and personal interaction. We offer the same thing to you this year with rituals and ceremonies, insightful talks, outdoor fun and games, children's activities for all ages, live music, and much more. A highlight is the annual auction to fund our Óðinshof renovations. Vendors are welcome as well.

As an AFA national event, this is our main fundraiser of the year. Your ticket guarantees delicious meals and the option to camp for free. Our spacious piece of land has camping sites with showers, plus room for RVs and trailers.

This is Year 30 since the AFA received official religious-status in California, and ten years since we purchased this fine old building. As much as anything, it will be a time to celebrate this milestone – First Hof in 1000 years! Every event is unique, but 2025 will be remembered forever!

We make every effort to keep this affordable with ticket prices the same as 2024!

Send us your questions. We can help you with lodging options and transportation to-and-from the regional airports. Would you like to have a special family-rite performed such as a wedding or baby-naming? Reach out to me or any of our local Folkbuilders.

Óðinshof, 8408 La Porte Road (PO Box 124), Brownsville, CA 95919

Get your tickets [HERE](#)



Gyðja Sheila McNallen
sheila@runestone.org

Sigrblót at Sigrheim | July 25th – 27th

Sigrblót at Sigrheim

July
25-27

Tickets at
<https://store.rune-stone.org/product/sigrblot>

Get your tickets [HERE](#)

The third Sigrblót at the Home of Victory!

And no other place is it more righteous to celebrate the Victory Sacrifice!

This is time we come together to honor both the summer and to make offering to the Æsir in hopes of their blessing for that which we are striving forth to conquer or acquire for us and our Folk! In times now passed, our Folk would be asking for the Æsir's blessings in battles and raids! And we ask now at this time for them to accept what we have to offer that he may lend his strength to see us victorious in our current endeavors!

Blóts! Feasting! Sumbel! An auction with one-of-a-kind items!

Camping is available on-site (bring your own tents and gear), and there are hotels in some of the cities around Sigrheim as well. AirB&B's in the area too. You are welcome to come early, stay late, and spend as much time on the land as you'd like. It's open to any of our member Folk!

Get your tickets [HERE](#)



Folkbuilder Nicholas Rice
nrice@runestone.org

Freyfaxi at Baldrshof | August 22nd – 24th



Get your tickets [HERE](#)

Join the gathered Folk for Freyfaxi at Baldrshof 2025!

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

This weekend will include:

- 9 total meals
- Daily Fika
- 5 Blótar
- High Sumbl
- Daily Dedications and Devotions
- Ceremonies of the Folk
- Discussions, Workshops, and Classes
- Men's and Women's Spiritual Groups
- Tournaments and Games
- Ice Bucket Challenge
- Crafter's Tables
- Auction

- Children's Activities

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

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

Get your tickets [HERE](#)



Witan Brandy Fassett
bfassett@runestone.org

Winter Nights XIV | October 10th – 12th



Get your tickets [HERE](#)

This long-running AFA festival is dedicated to our ancestral mothers, the Disir. Started in 2012, the Asatru Folk Assembly's Winter Nights festival was hosted at a beloved camp in Pennsylvania for its first decade. This year, for the second time, Winter Nights XIV will be held from October 10th – 12th, in Cheshire County, New Hampshire. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships. We look forward to seeing members and friends!

Autumn has officially started. The days are noticeably shorter. The nights are noticeably cooler. The trees are ablaze with the colors of Fall and the crunching of the fallen leaves underfoot has begun. All around us the world is dying. This was a time of drawing in close, of hearth and home and family. For our ancestors, this was not an Autumn festival, but a quiet Winter rite in which the female spirits were honored in a rite called Disirblót.

Today, Winter Nights is often seen as a death of the physical world, the world we can see, and the reawakening of the intangible. It is the world of high energy, of spirits. It is that deeper feeling and connection to the things we know to be there. This is the time we honor our Disir—our female ancestors. We remember that without our ancient mothers we could not be. They cared for the home and the hearth fires. They cared for their families. Our ancient mothers, with strength and determination, raised the next generation against odds we cannot really begin to fathom.

With the harvests finished, there is a quiet lull before we turn our minds to the hectic holiday season. Now is a good time to turn inward in introspection, and to self-improvement. It is also the time to meditate on things of a more spiritual nature. Connect to the energy that is always there.

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

Things to know:

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

Member Family – Weekend: \$135

Member – Weekend: \$90

Member – Day pass: \$45

Guest – Weekend: \$120

Guest – Day pass: \$60

Child – Weekend: Free

Child – Day pass: Free

Playlist of previous events > <https://tinyurl.com/AFAWinterNights>

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

Get your tickets [HERE](#)



Witan Clifford Erickson
cerickson@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.

Online Gatherings

SISTERS SUNDAY CHATS



Second and fourth Sunday of the month
10 am central

FOR MORE INFO: BFASSETT@RUNESTONE.ORG

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**



AFA Eldri Moots *on Teams*

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

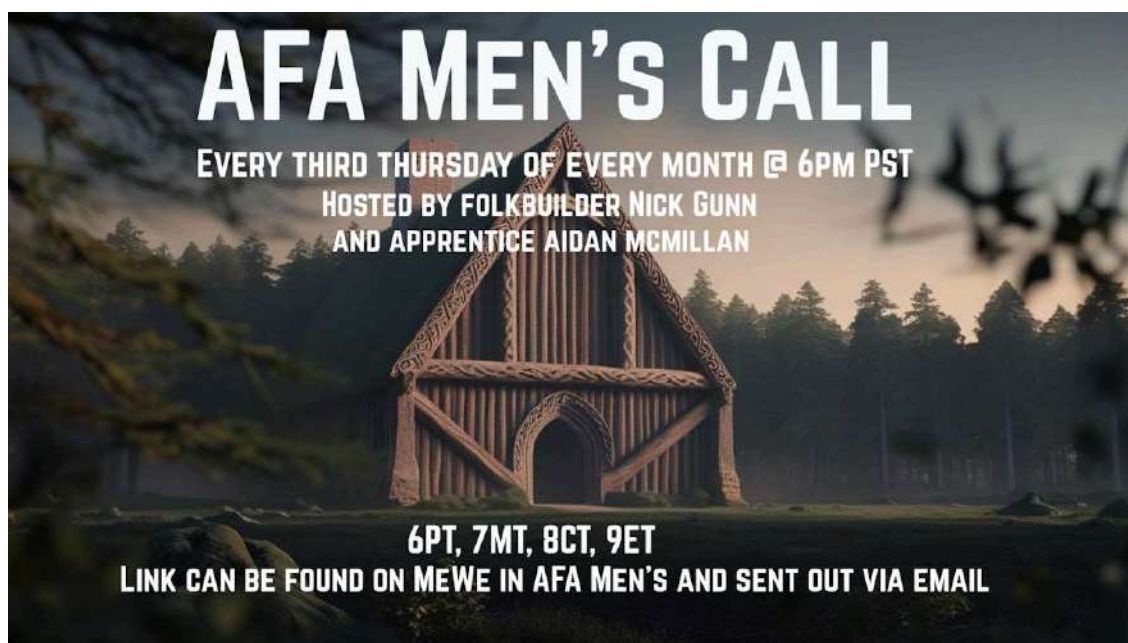
A place to share memories,
ideas, experiences,
and the joys of life ~
in caring conversation.

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

June 10th, June 24th

Hosted by Gythia Sheila McNallen

Copy/paste link: <https://tinyurl.com/yc289cn8>



AFA Ladies Book Study



MEAD CUP MONDAYS!

LADY

WITH A MEAD
CUP

LADY WITH A
MEAD CUP

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



Michael J. Enright

Every first Monday of the month

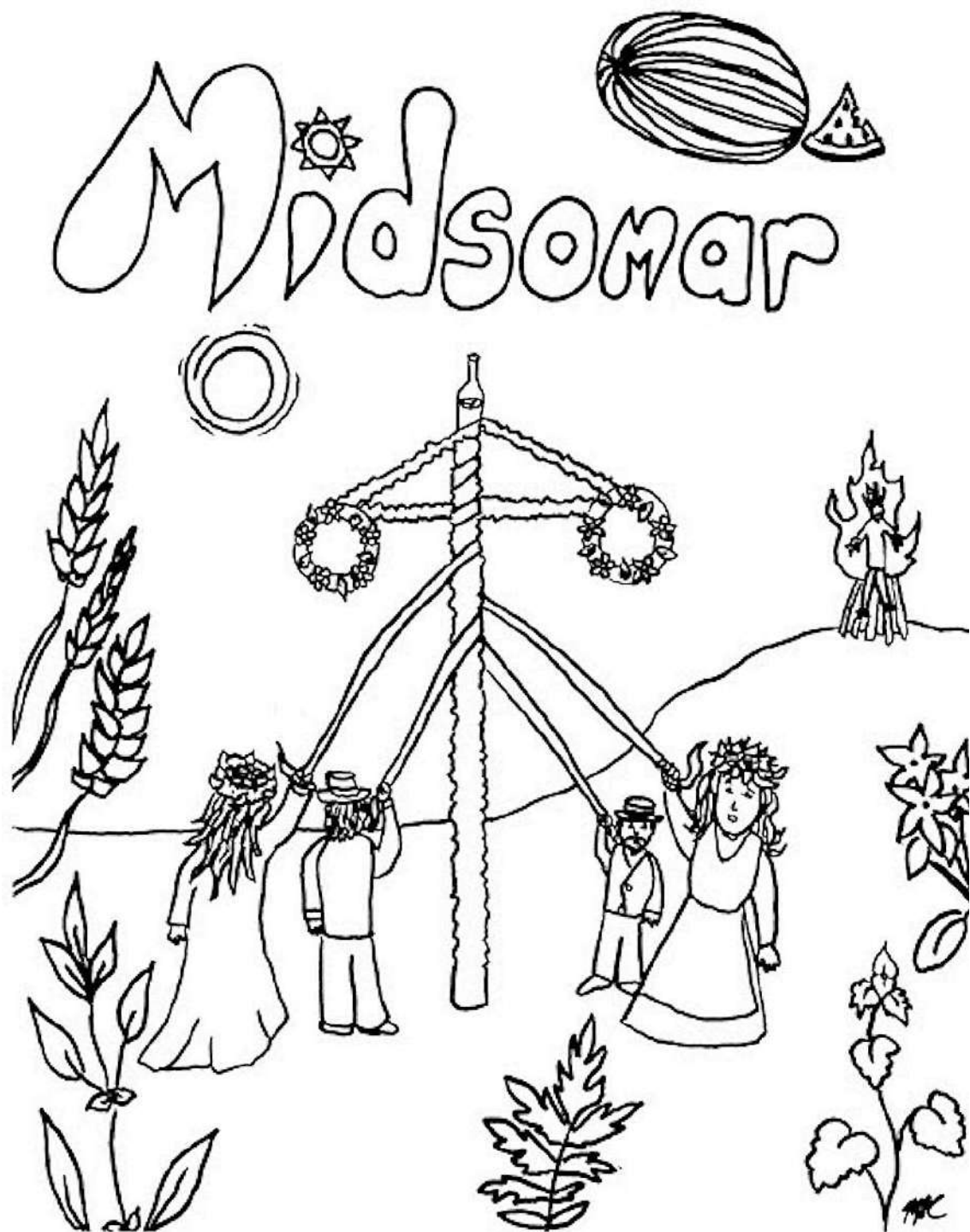
Starting June 2, 2025 5pm PT/8pm ET

PDF and Meeting Link available on MeWe

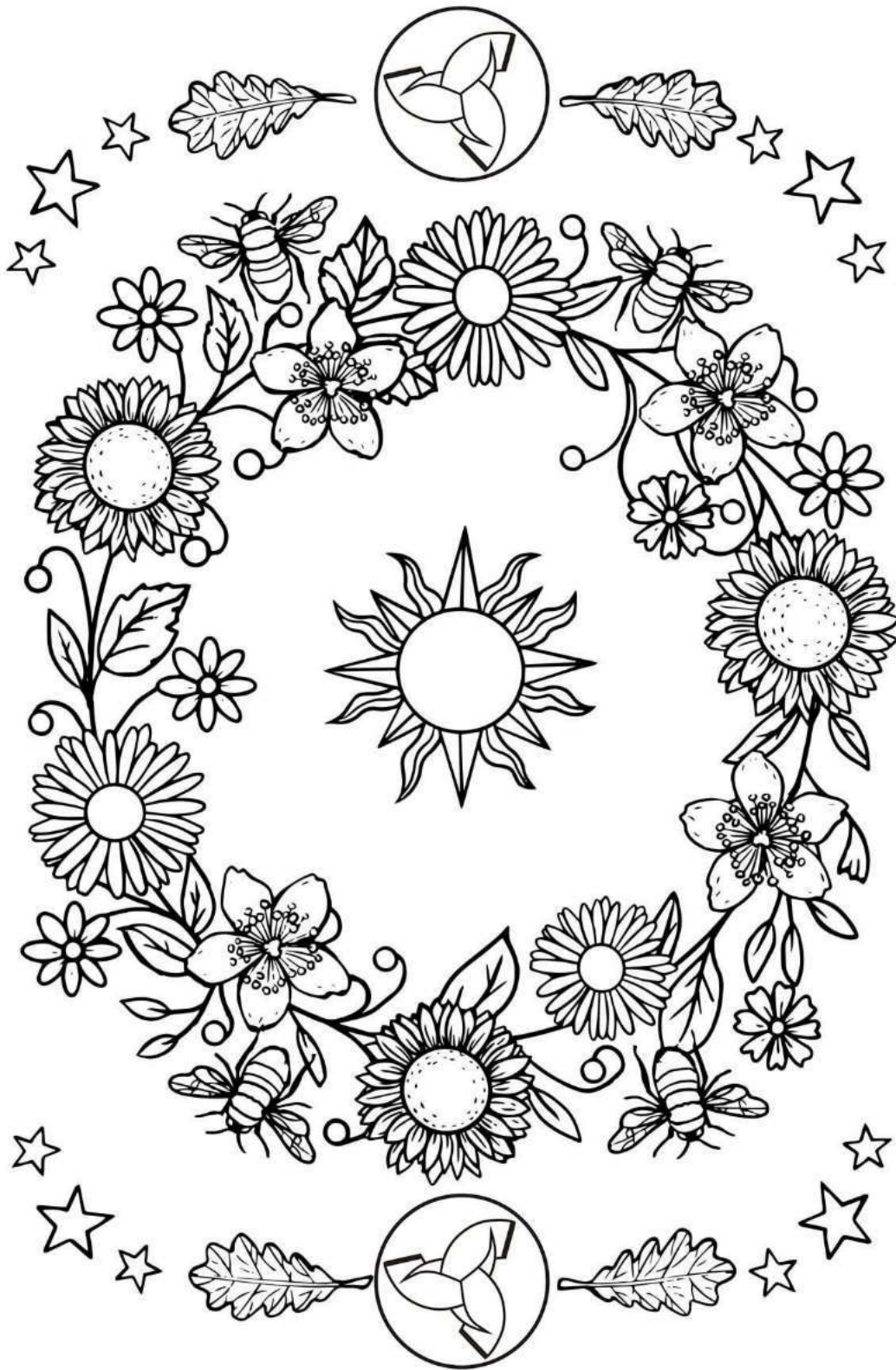
or by request

landerson@runestone.org

Just For Fun



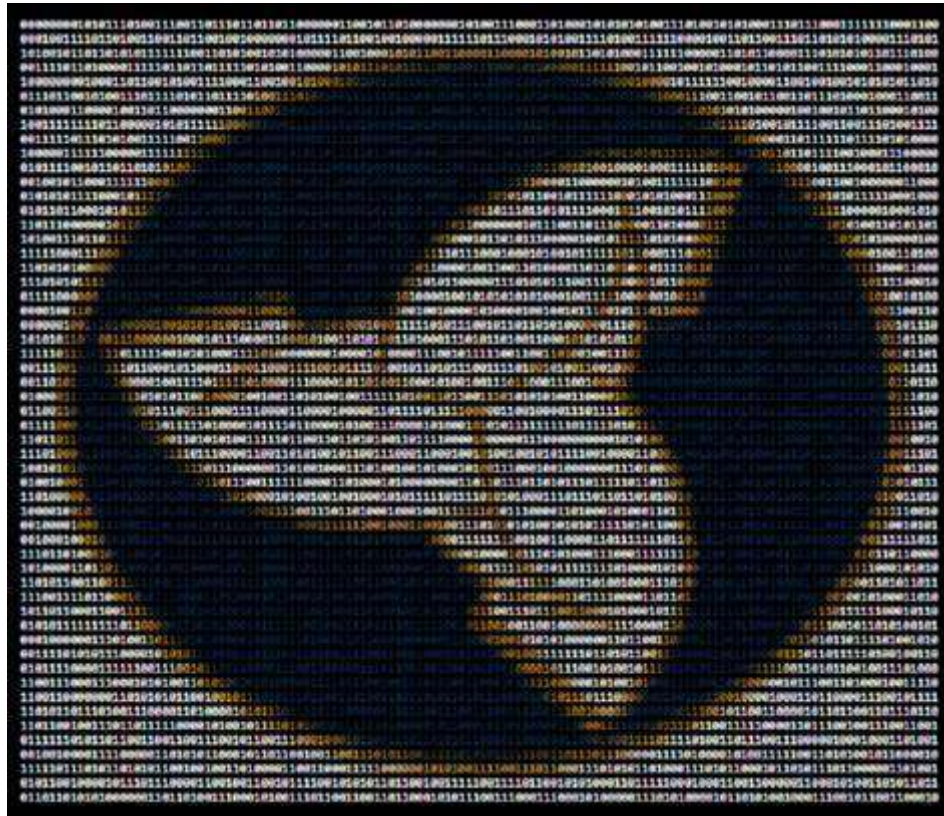
Have an amazing Miðsumar!



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

AFA STEMCELS

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



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

The goal of STEMCELS is to help AFA members learn the skills needed for technical positions and help them find gainful employment using our professional network.

We currently have mentors in General Software Engineering, Data Engineering, and Embedded Engineering, including some with Silicon Valley experience. We are holding information sessions to help you decide if any of these disciplines are right for you. The sessions include:

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

The next session is on Friday, June 20, 2025, 8:30 PM - 9:30 PM. If this interests you or if you're interested in becoming a mentor, please send an email to stemcels@runestone.org.



Witan Clifford Erickson
cerickson@runestone.org

AFA Fundraising



Hello and Happy Miðsumar! This month we are doing Thirty Days of Consistency, and I am so ecstatic to see the participation this month! You all rock! Keep it up!

In July, to celebrate and honor our Victory God, we are doing a "Sigr Challenge." Each category represents a different fundraiser. Choose your faction, Strength (Baldrshof Steeple), Endurance (Folk Services Fund), or Distance (South Africa Fund) and compete for the top spot. The way this will be measured depends on your faction.

- For Strength, figure out your starting weight, ability to do 10 reps but not easily. From there work on improving your strength. On July 30th do your 10 reps and see what your ending weight is, again you should be able to complete them, but not easily! This will be broken down into a percentage and the highest improvement percentage wise will be crowned victorious!
- For Endurance, we will do a baseline percent improvement, whether it's running, elliptical, stair stepper, mountain biking, you name it, whatever allows you to track distance and time. Pick your medium for tracking and give it your all to get your best time and distance on July 1st (or close to it) work on improvement all month and then take a photo on July 30th with your ending time. Most improvement for time it takes to go your baseline distance will be the Victor!
- For Distance, we will do this just like the walk-a-thon but it's an individual basis instead of a Hof v Hof basis.

There will also be a "most improved" winner in each category, and we'll announce the winners on VNS as always.

Entry for this event is 20\$ same rules apply, donations can be done up until the 30th to give time to calculate. Go to [runestone.org](https://store.runestone.org/product/fundraiser-entry/) or click the link below!

<https://store.runestone.org/product/fundraiser-entry/>

Good luck and happy improving!



Folkbuilder Sierra Chapman

schapman@runestone.org

Calling All Folk Photographers

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



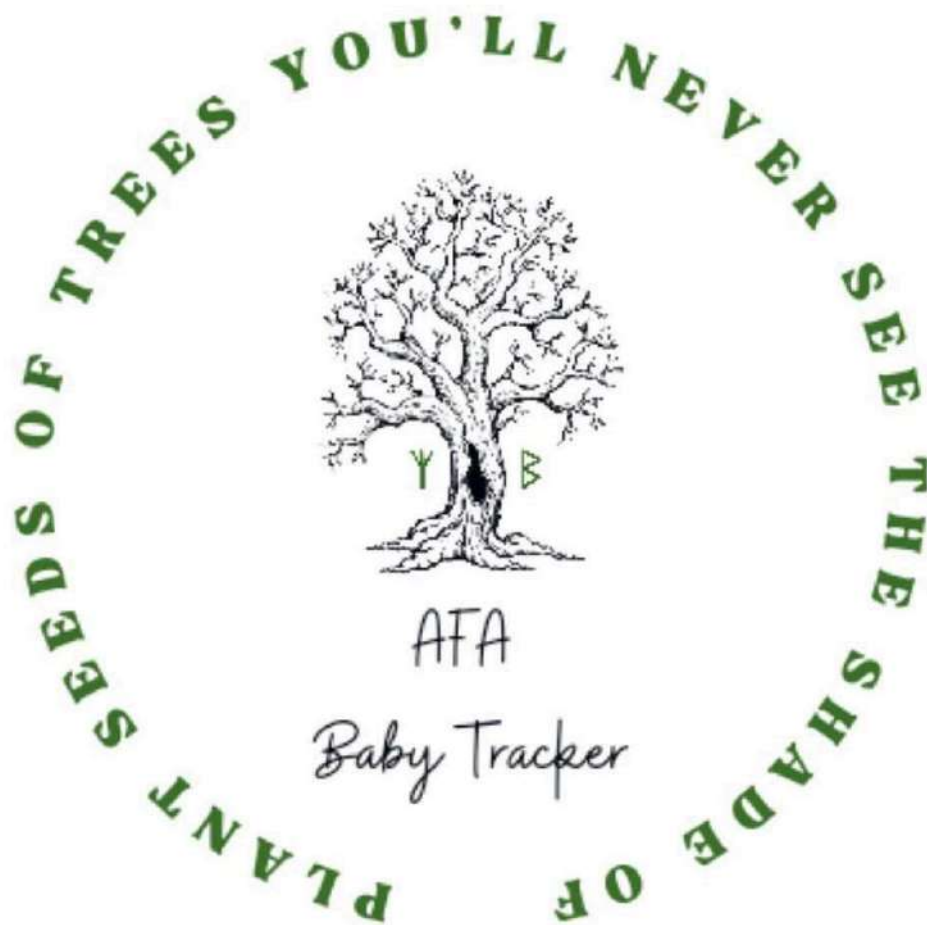
We'd love to see 'em. Send to Photos@Runestone.org



Folkbuilder Nicholas Rice

nrice@runestone.org

Baby 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: 13

Baby Blanket Project

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

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



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

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

Óðinshof

Food Pantry at Óðinshof



I have learned to step out of the way when dinner is over and our men head for the minivan to start bringing in food. In a matter of minutes, they lug in a thousand pounds of staple goods that are stationed on the stage. They are intense as they grab paper bags and move down the line. Their system works. What used to take Steve and me three hours is completed in twenty minutes. There it is! Long lines of brown bags ready to go home with 60-plus families on Sunday morning!



Month by month, we welcome-back familiar faces that smile broadly when we come to their cars. Steve is always the first the check-in with everyone as they line up an hour early. With gas still \$5.00 a gallon, coming to Óðinshof is one of the few trips people make these days. It's a blend of necessity and pleasure as they now view us as their neighbors.

We don't have a fancy sign with removable letters like the other Hofs. It's just our old red and white sandwich board that's placed at our driveway entrance. But every month, a few new people see that little sign as they drive into town.

For May, we had thirteen new families. Our total was 64 families fed, representing 149 individuals.

There's always a huge sense of accomplishment. Taken to heart: We are our deeds.

Gyðja Sheila McNallen
sheila@runestone.org



Sumarmal at Óðinshof



Folk, Frith and Faith, all of this can be found here at Óðinshof, especially at Sumarmal!



The day started off real relaxed with the Valkyrie prayer, we then walked to our Goddess circle to do a beautiful Frigg Blót led by Hofgyðja McNallen. It brought tears to my eyes to see the love and devotion this beautiful woman has to our Gods. We then processed inside and hailed Óðinn at our mural and split off into our women's and men's groups. The women gathered together to chat about Syn and made our hair wreaths. We then called the Folk in with Kulning before getting ready to eat lunch.



After lunch, we went outside and had our Freyr Blót where "Hail Freyr" rang across our mountains echoing back to us, the asperging was full of power and that led us directly into our Maypole dance.



Laughter from all young and old could be heard as we wove in and out of each other attempting to create a beautiful woven pattern, attempting being the key word here. Once we had danced as long as we could, we tied the Maypole off and cut the ends handing them to the single Folk within the hall and the couples who wish to be blessed with a child.

We dispersed to mix and mingle, the men having their ends of ribbon sticking out of their shirt pockets and the women having it tied to their crowns, it was a sight to see! Some Folk were playing chess, some having deep spiritual conversation, and a few of us ladies clucking away in the kitchen as we made dinner.

Dinner was served and bellies were full. Once we had time for the food to settle, it was time to get to work packing the food pantry bags and cleaning dishes. Many hands made light work as we had three men in the kitchen helping put away food, scrape plates, and wash dishes. We had many people helping put the bags together for the food pantry and we were done. We had an informal Sumbl around the fire pit where we shared laughter and tears. Once Sumbl was done, it was time to say our goodbyes closing out another wonderful event.

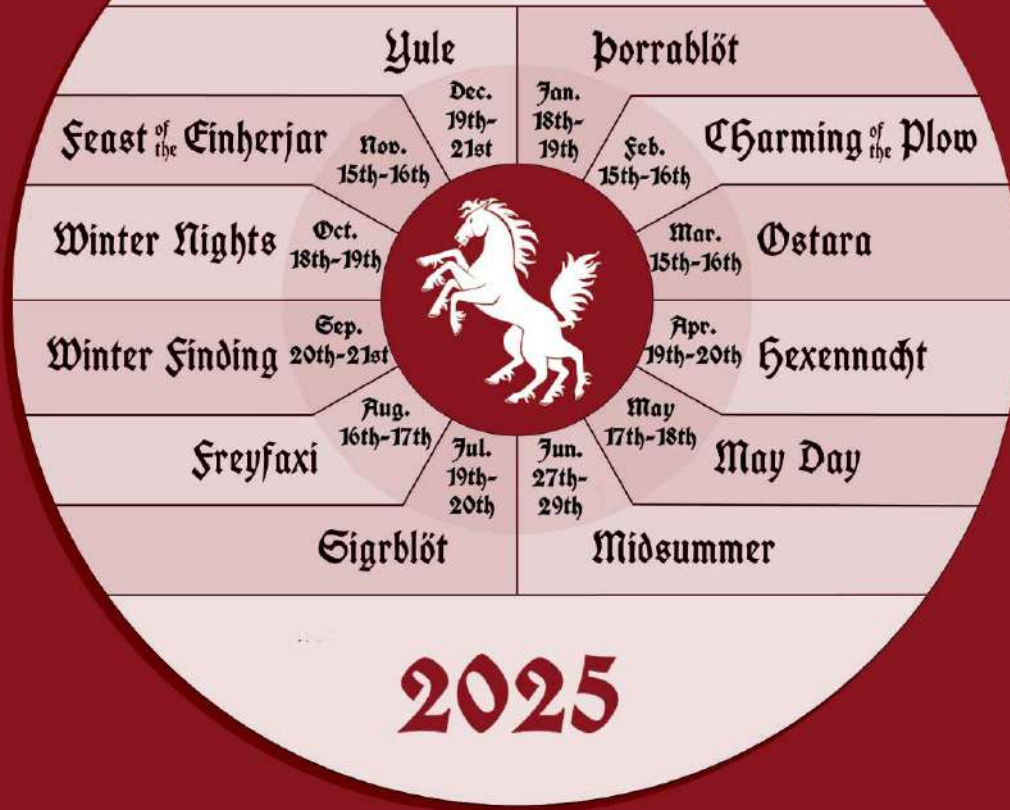
Join us later this month for arguably my favorite event, Miðsumar!!!



Folkbuilder Sierra Chapman
schapman@runestone.org

Upcoming Events at Odinshof

Öðinshof





Ođinshof 3rd Annual **Family Camp** **June 21-22, 2025** **Parents as teachers**



Hof Steward's Address



Óðinshof

Work Weekend

June 14-15

Bunkhouse - Cemetery - Thorgruns Grove

Sprinklers - Midsummer prep.

dodom@runestone.org

Daniel Odom

Apprentice Folkbuilder

dodom@runestone.org




Monthly Virtual Members' Meetings

Daughters of Frigg Virtual Tea



First Friday of the Month
landerson@runestone.org

A photograph of a campfire with four Adirondack chairs in a wooded area. The chairs are arranged around a circular stone fire pit. The background is a dense forest of tall trees. The text is overlaid on the top half of the image.

Odinsfolk Chat

2nd Friday of the month
7:00 PT, 8:00 MT

Monthly Members' Meeting



This month, we had so many amazing guest speakers on our monthly membership call! Goði East, Folkbuilder Ashley Erlandson, Folkbuilder Tyler Bethea, and Folkbuilder Alexander Casto. We started with our prayer to Óðinn as always; then Hofgoði East talked about Blótferð and its importance, while each Folkbuilder took turns speaking about their Hof and its national event, convincing everyone on the call as to why we should come to THEIR Hof. Then it was my turn, I spoke about Óðinshof and its beauty, our wonderful Óðinn mural, and how amazing Miðsumar is at the Hof. Then Hofgyðja McNallen spoke about Miðsumar's historical context, and we closed out with our prayer to Frigg. It was a simple meeting at face value but there was so much valuable information from some very amazing people.

Please join us on June 20th (third Saturday date change due to Miðsumar) for our meeting on Victory and Sigrblót!

Folkbuilder Sierra Chapman

schapman@runestone.org



Óðinshof Wish List



Óðinshof Member Ritual Requests

Member Ritual Requests



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

How to Submit a Request?

Please email all relevant information (your name(s), ritual type, requested Goðar, proposed date for ritual, etc.) to Gyðja Lauren Anderson landerson@runestone.org. Each request will be evaluated, and we will follow up with you about accommodating your request.

Óðinshof Leadership

Óðinshof Leaders ~ May 2025

GODAR

Allsherjargoði Matt Flavel	matthflavel@runestone.org
Hofgyðja Sheila McNallen	sheila@runestone.org
Gyðja Lauren Anderson	landerson@runestone.org

FOLKBUILDERS

Lou Nickerson (AZ)	nickerson@runestone.org
Ryan Skinner (CA)	rskinner@runestone.org
Sierra Chapman (CA)	schapman@runestone.org
Kyle Reader (ID)	kreader@runestone.org
Ryan Harlan (MT)	rharlan@runestone.org
Tyler Heinlein (MT)	theinlein@runestone.org
Nick Gunn (WA)	ngunn@runestone.org

APPRENTICE FOLKBUILDERS

Chris McDaniel (Australia)	cmcdonald@runestone.org
Daniel Odom (CA)	dodom@runestone.org
Joshua Rhoades (CA)	jrhoades@runestone.org
Erin Harrison (CO)	eharrison@runestone.org
Matthew Gosney (ID)	mgosney@runestone.org

HOF STEWARD

Daniel Odom	dodom@runestone.org
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Our members can play a big role in
building AFA activity in their region

**COME ON!
HELP US REACH OUR
FOLK!**

Folkbuilders will assist planning your moot.
venue & event ideas - flyers - promotion

Public notices list a Folkbuilder as the
contact person, not you.
The goal is 3-persons or more. That's easy.

Contact Gyðjur Sheila McNallen or Lauren Anderson

Training Opportunity



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

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

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

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



Arizona

Upcoming Events

GERMAN LUNCH MOOT



Phoenix, AZ

For more info: schapman@runestone.org

Australia

The Quiet Spring: Seeding Strong Roots in New Soil



There's something changing in the air down here.

When I first came to Ásatrú, I didn't know a single soul in the southern hemisphere who shared this path. It felt like tending a hearthfire in an empty hall — sacred, but solitary. The land was quiet. The Folk were scattered. And if anyone was walking this path, they were doing it in silence.

But lately, things have begun to shift — subtly, quietly. You catch it in passing comments, in the way certain ideas aren't dismissed as quickly as they once were. The values we hold dear — honour, family, rooted identity — are finding small footholds in everyday conversations. Not openly tied to Ásatrú just yet, but aligned all the same. It feels like the ground is softening. Like the door isn't open, but it's no longer locked.

And for the first time, I can say with confidence: this may be the best moment we've ever had to grow Ásatrú in Australia.



The Shift in the Tide

We've all felt it — that cultural weariness. The sense that something essential has been lost in all the noise. People are starting to feel it too, beyond our circles. The constant churn of empty slogans, ever-changing norms, and disconnected living is taking its toll.

In its place, there's a quiet hunger returning. A hunger for family. For legacy. For structure, purpose, and the strength to stand in your truth — even when it's not fashionable.

You don't need to name what's fading to know what's rising. What people are seeking now are the very things we hold sacred in Ásatrú: honour, loyalty, community, reverence, and courage.



A Land Ready for Planting

Australia has always had a quiet thread of traditionalism running beneath its easygoing surface. Mateship. Grit. Family before politics. A respect for the old ways — even if those ways weren't always clearly named.

Now, with eyes opening and hearts softening to the idea that the answers might lie behind us as much as ahead, there's space for Ásatrú to be seen not just as a curiosity, but as a living faith. One that speaks directly to the spirit of people searching for roots.

We're not here to argue or convince. We're here to stand tall and **be seen**. To live as examples — through action, kinship, and strength of character — of what it means to walk in honour. That's what speaks loudest.



Planting, Not Preaching

This is our springtime.

The best growth is slow and strong. So, we build — through moots, shared meals, walking trails together, raising horns, and honouring our gods and ancestors with reverence and joy. Every hand offered, every kindled conversation, every family who joins the circle — that's a seed.

And the roots we grow now will carry future generations.



The Time is Now

Ásatrú in Australia is no longer a solitary ember. It's a fire, small but steady, and we have the honour of tending it. We don't need to shout to be heard. We don't need to argue to be strong.

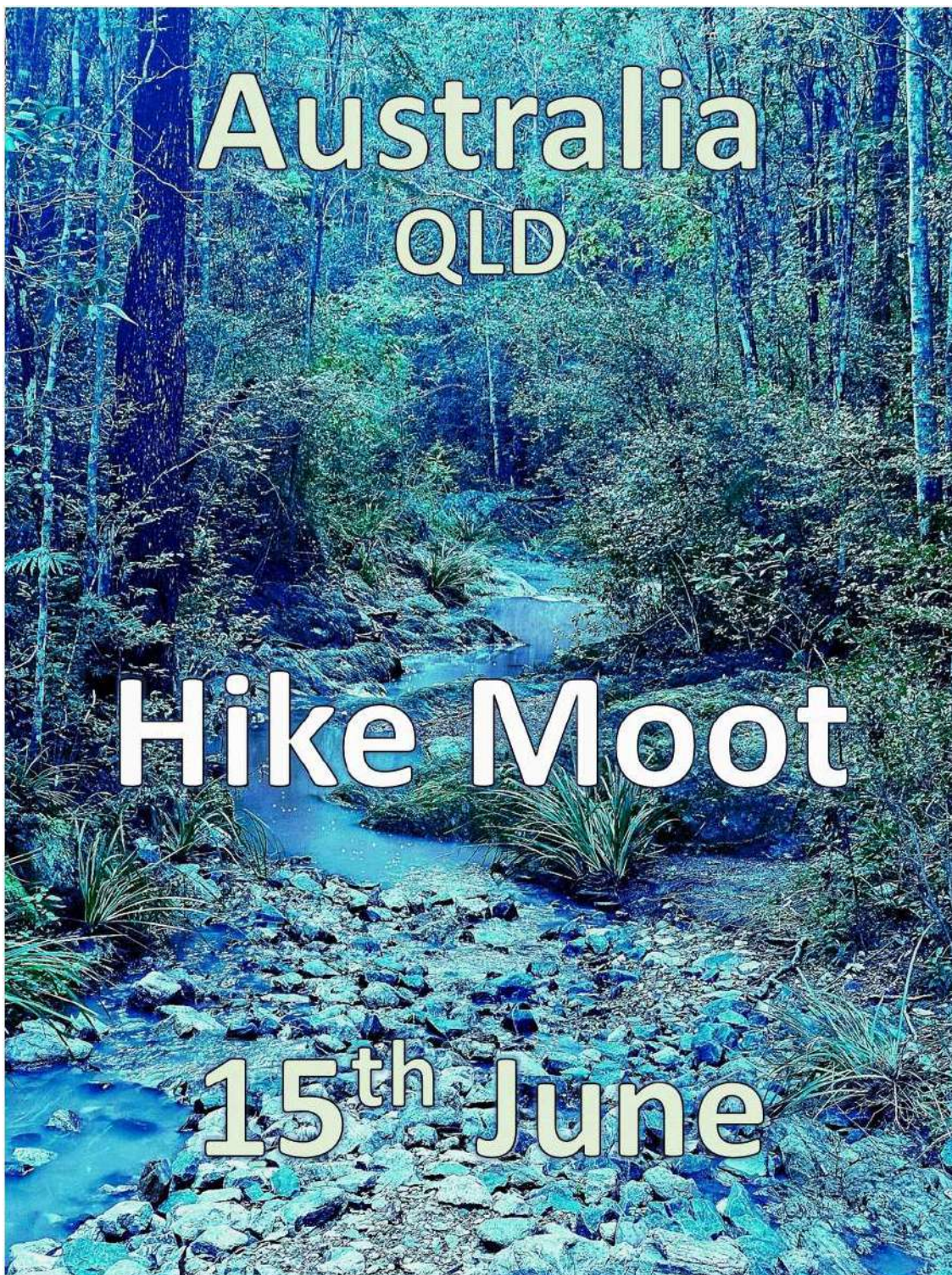
We need only to live rightly, stand proudly, and welcome those who are ready to come home.

Let's grow this together — not with haste, but with purpose. Not in reaction, but in vision. The soil is ready. The Folk are waking. And the Gods are watching.

Hail the Æsir. Hail the Vanir. Hail the Folk.

Hail the future we're building — here and now.

Upcoming Events



Chris McDonald
Apprentice Folkbuilder
cmcdonald@runestone.org

California

A Lesson from the Hávamál



This past Sumarmál, we had a wonderful time at Óðinshof. The weather was pleasant as Folk gathered to dance around the Maypole and to honor Lord Freyr. It was certainly an event to remember. When men and women broke off from one another, we Sons of the High One gathered in the grass beside the Goddess Pole and studied the Hávamál together. We were fortunate that the Allsherjargoði Matt Flavel was able to join us and lend his insight to our study. We took our time reviewing each stanza and its interpretations. I was already a fan of the Hávamál, but reading and rereading lends greater wisdom to the words of the High One.



I have since found myself needing to tap into that wisdom.

The following weekend, our family hosted a meaningful moot with some of the Folk at our family cabin alongside the Sacramento River. Generations of Sutherland children have played on the stones and in the water there. It was only natural for us to share such a lovely spot with our Folk, and this was the third year in a row we did so.

That Saturday morning, friends were trickling in while my children were playing 10 or

so yards away along the river bank. When my good friend Bob joined us, he immediately asked, “What’s with all the cops and firefighters outside?” This was extremely unusual since this area is typically populated by vacationing folks with their minds on fishing and relaxation...it was definitely alarming.

When presented with this knowledge, my wife and I immediately went to the kids to check on them and be sure everything was alright. It was at this same time that I noticed multiple CalFire firefighters and then a woman sprinting toward us yelling, “Get your kids back in the house, get your kids in the house..there’s a body in the river!”



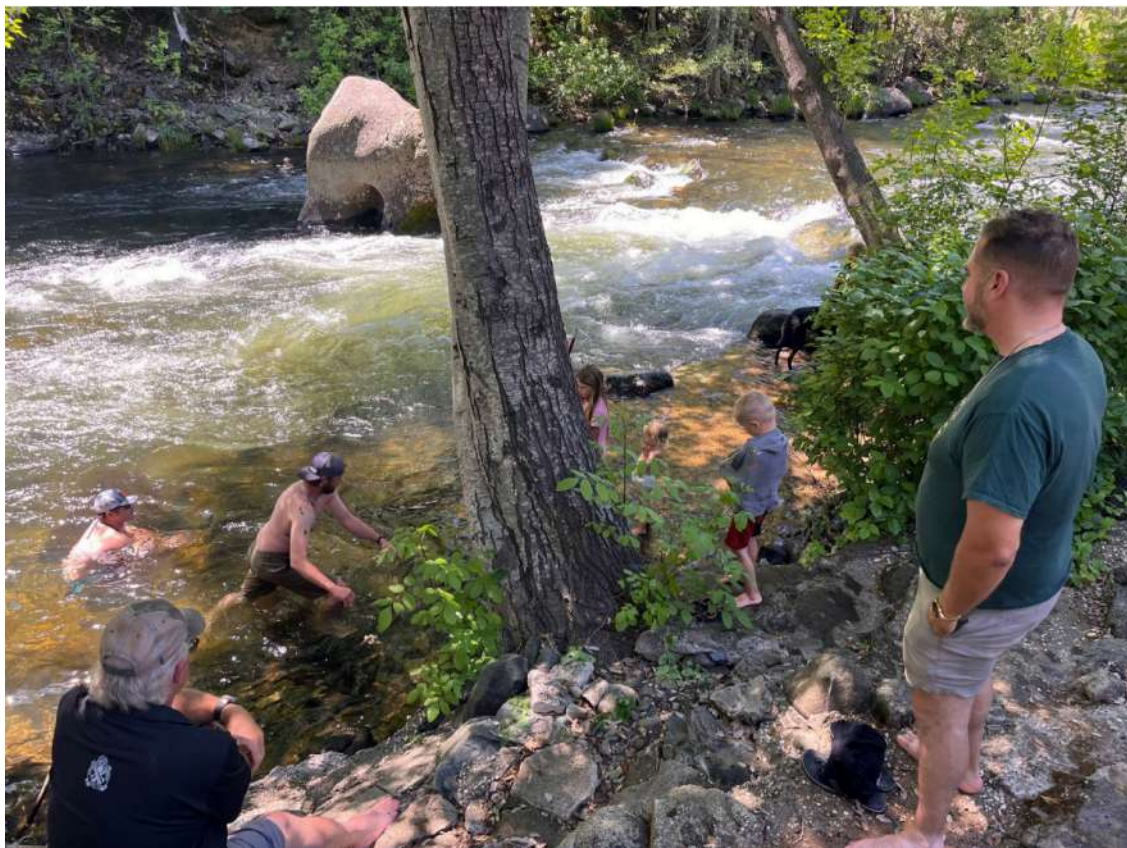
A body in the river!?!?

There was sadly, in fact, the body of a woman floating past us. I was able to prevent most of the children from witnessing this sad sight.

Some of our party aided the firefighters in locating the poor woman until we lost her in some rapids. The rescue team was finally able to pull her from the river about a quarter mile downstream. She was later pronounced dead at the hospital from drowning.

It was a very eye-opening experience. My family has been going there and spending time in those waters for generations and has never run into such an unfortunate

situation. The children were shaken with this newfound awareness of vulnerability to death. As we sat there taking in what happened in front of us, one of my children asked if that lady was dead. Immediately I was brought back to that beautiful Sumarmál at Óðinshof with my friends discussing the Hávamál, and one stanza stuck out above the rest.



The lame rides a horse,
the handless is herdsman,
The deaf in battle is bold;
The blind man is better
than one that is burned,
No good can come of a corpse.
— Hávamál, stanza 71

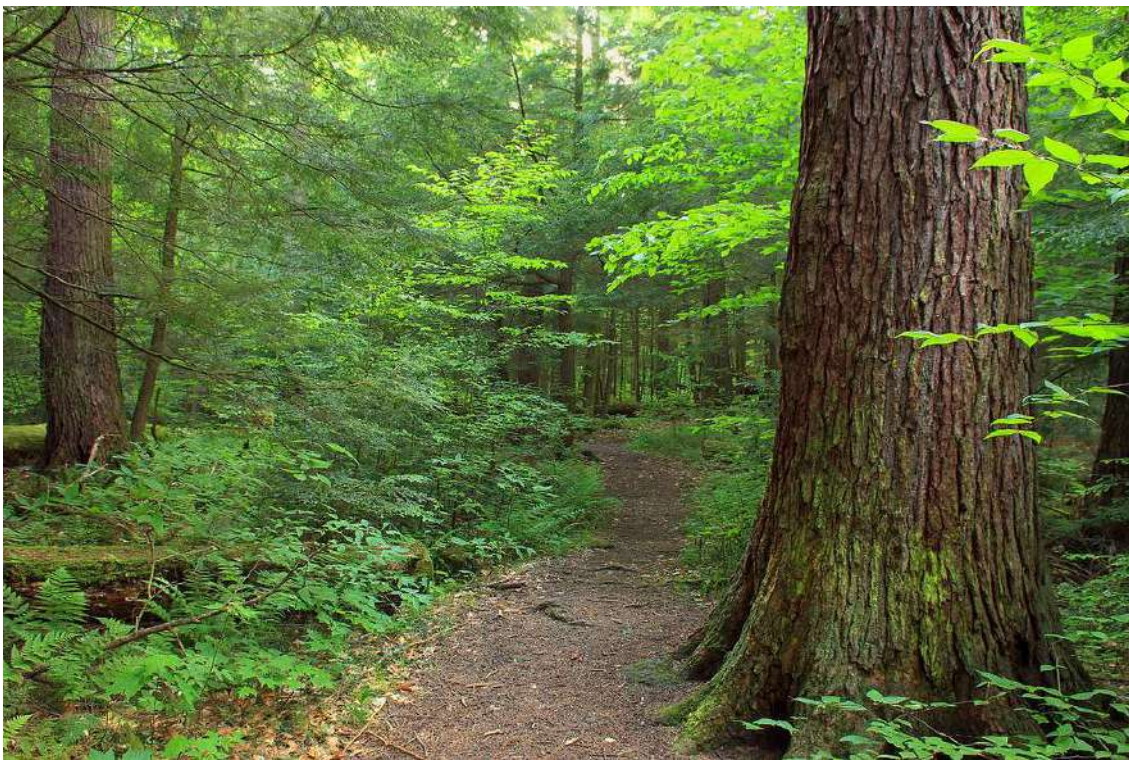
I paraphrased this passage to our kids, and we discussed its meaning as a family. It was unfortunate that the lady had passed away as we Ásatrúar are a people that love life. The passage tells us that we can experience bad things, awful things, but so long as we are alive, we are not defeated and there is so much more we can accomplish, experience, and do. Allfather Óðinn, while on his travels, must have seen many things. Some of them were bad, and some must have been things he may not have wanted to see, but from every one of those instances he gained wisdom.

For the next couple hours, we took some time to discuss our ancestors, the Gods, and water safety. After that, the children were more at ease. We were able to remember that life is good, and we have been blessed with our Gods, our Folk, and the church that has brought us together, the AFA. We spent the rest of that weekend in higher spirits with good company and a greater appreciation for our time together.

Our family sincerely hopes that the lady who drowned is with her ancestors and her Gods, and that her living family is able to heal.

— Brodie Sutherland, member

Growing Up in the Mountains of Pennsylvania



I grew up in the mountains of Pennsylvania from age 6 to about 15 years old after moving from a suburban area in western PA. We bought a cabin deep in the Allegheny national forest. I had always loved being outdoors in nature, but this to a kid was a dream come true. I have so many memories of going fishing and hunting with my family or sometimes just disappearing into the woods until nightfall. My brother and I didn't need computers or cellphones to have fun. There was every type of wildlife you could imagine, and one of our favorite things to do was catch snakes and go fishing. We would take our chocolate lab Zeus with us everywhere we went. Once we discovered an old cabin that was so deep in it woods and had no idea how it got there. It turns out it belonged to President Theodore Roosevelt a very long time ago. I believe being in nature taught us more about life than a school ever could. I think these types of things

are important for children to experience. It teaches them where we come from and to respect nature. I have friends in the Los Angeles area that have children and the closest thing they have been close to as far as nature is a zoo. It's upsetting that so many of us because of work or the area we live in can be detached from the natural way of life.

All in all, my time growing up there was the best time of my 37 years of life, and I miss it every day. If you can get out into the woods and really experience it, do it. We need to stay connected to nature, and for me, this is how I stay connected to the Gods. I would like to share more about my time there with everyone in the future. I have many more stories for everyone to enjoy.

Upcoming Events

A poster for a "Nature Walk" event. The background is a photograph of a forest path with a stream, trees, and a stone wall. The text is overlaid in a stylized, white, outlined font. The main title "Nature Walk" is at the top. Below it is the date "Tuesday June 17th". Then the time "4:30 to 6:30pm" is listed, followed by the note "Could run longer". At the bottom is the contact information "R.S.V.P. JRhoades@runestone.org".

Nature Walk

Tuesday June 17th

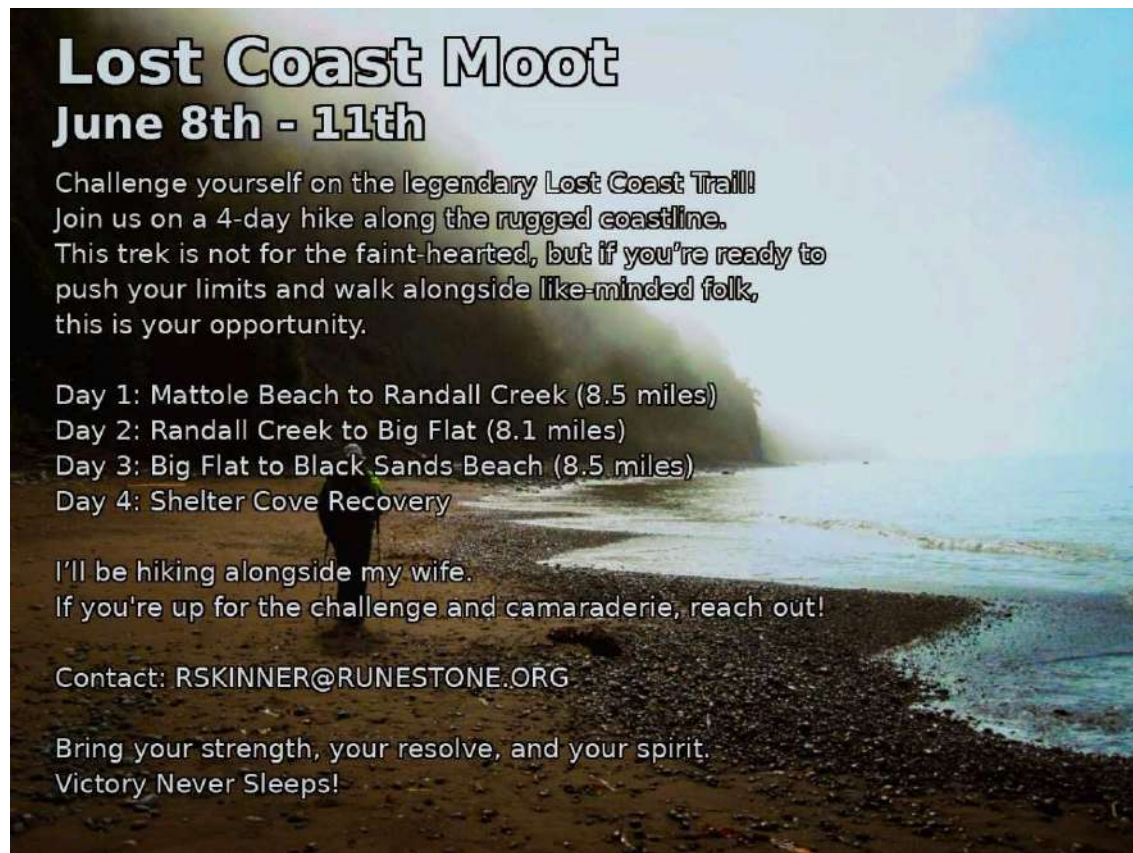
4:30 to 6:30pm
Could run longer

R.S.V.P. JRhoades@runestone.org



Joshua Rhoades
Apprentice Folkbuilder
jrhoades@runestone.org

Upcoming Events



Lost Coast Moot

June 8th - 11th

Challenge yourself on the legendary Lost Coast Trail!
Join us on a 4-day hike along the rugged coastline.
This trek is not for the faint-hearted, but if you're ready to
push your limits and walk alongside like-minded folk,
this is your opportunity.

Day 1: Mattole Beach to Randall Creek (8.5 miles)
Day 2: Randall Creek to Big Flat (8.1 miles)
Day 3: Big Flat to Black Sands Beach (8.5 miles)
Day 4: Shelter Cove Recovery

I'll be hiking alongside my wife.
If you're up for the challenge and camaraderie, reach out!

Contact: RSKINNER@RUNESTONE.ORG

Bring your strength, your resolve, and your spirit.
Victory Never Sleeps!



Folkbuilder Ryan Skinner
rskinner@runestone.org

Upcoming Events



JOIN US FOR



SWAP MEET

EVERY FIRST SUNDAY
11 AM SACRAMENTO
MAY-OCTOBER
WEATHER PERMITTING



Famers Market
Antiquing
Barganing

SCHAPMAN@RUNESTONE.ORG



Folkbuilder Sierra Chapman
schapman@runestone.org

Guided Meditations with Daughters of Frigg



For the last several months, I have had the pleasure of leading guided meditations for the women of Óðinshof during our Daughters of Frigg Virtual Teas, which are held on the first Friday of every month at 5pm Pacific. These meditations have been well-received, so I wanted to write a little about them for this month's Runestone. I have been designing them as aligned with the holy tide we are currently celebrating in the AFA during the given month; so far, we have had "Austra's Garden" in March, "Nornanótt with Freyja" in April, and "Sumarmál with Freyr" in May. They have been around 15 minutes long, and afterwards we have discussed our experiences during the meditation.

During "Austra's Garden," after we grounded ourselves and relaxed with some focused breath work, we hailed Austra with a prayer and went on a journey inside her sun-filled garden, full of natural beauty and the vibrant magic of Spring. Following the garden path, we searched for hidden eggs blessed by Austra herself, each containing a special message just for the recipient. We reflected with gratitude on the messages we received inside these eggs, in whatever form, and carried what we were gifted back with us as we slowly came back to the present moment.

During "Nornanótt with Freyja," we found ourselves at the edge of an ancient forest as twilight was deepening, making our way down a mysterious path, carrying baskets filled with fragrant magical herbs. We journeyed through the forest until we came to a beautiful, secluded clearing with a roaring bonfire in the center, into which we offered

our herbs with reverence. As the sacred smoke swirled around us, we realized the mighty presence of our holy Ásynja Freyja; as she approached the bonfire to share her divine wisdom with us, we gave praise and said a prayer, bringing to mind an area in our lives where we desired her unique guidance. Blessed by Freyja, we left the ancient forest and came back to ourselves with immense gratitude for her gifts to us.

During “Sumarmál with Freyr,” as we did our customary breath work, we drew in the vibrant energy of Summer and let go of any lingering shadows and stagnation of Winter, welcoming in the triumph of the new season. We found ourselves at the edge of a vast, sun-drenched meadow, and we journeyed forth this time with baskets of fresh wildflowers and bright ribbons, eventually arriving at a particularly lush and peaceful part of the meadow with an ancient standing stone in the center. In this sacred place, we wove the flowers and ribbons from our baskets into beautiful crowns, imbued with energy and intention, which we then placed upon our heads in reverence and celebration. We sensed and visualized the approach of holy Freyr, bringing to mind an area in our lives where we seek growth, peace, stability, prosperity and fertility in any form, offering praise and a prayer to him. Blessed by Freyr, we left the beautiful meadow with deep gratitude for his gifts.

Guided meditations like this offer many benefits to us, physically and spiritually. Please join your Óðinshof sisters at our next Daughters of Frigg Virtual Tea if you are interested, we would love to see you there. Also, our Ladies Book Study for Lady with a Mead Cup is on the first Monday of every month, please feel free to contact me with any questions about either of these. Hail the Æsir! Hail the Folk! Hail the AFA!

Upcoming Events



Gyðja Lauren Anderson
landerson@runestone.org



Colorado

Sumarmál in Colorado



Up at 10K feet elevation in the Kenosha Pass Park high up in the Rocky Mountains, five of us Ásatrúar held our Sumarmál in the peaceful Pikes National Forest.



The day was beautiful but very windy, so we held on tight to our picnic lunch. We blessed our space with the Hammer Rite and drumming/chanting.



A beautiful Blót to Freyr was held followed by a Sumbl with mead made from our very own Dan.



We left offerings of mead, oats, and a pear to the Landvætir. Wildlife seen this day were squirrels, prairie dogs, a herd of antelope, yaks, bison, pelicans, and bald eagles flying over. It was all a beautiful blessing.

We hope you join us in June down in Colorado Springs at the Garden of the Gods for a day of fun.

Upcoming Events

COLORADO GARDEN OF THE GODS MOOT

SUNDAY, JUNE 22ND 11AM

PICNIC, HIKING, & EXPLORING

RSVP EHARRISON@RUNESTONE.ORG



Erin Harrison
Apprentice Folkbuilder
eharrison@runestone.org

Idaho

Upcoming Events



Folkbuilder Nick Gunn
ngunn@runestone.org

Montana

On the Road to Victory



It's difficult to take stock of the progress we make in our own lives when it's incremental over long periods of time. These slow changes feel more subtle. They blend into the background of our day to day lives rather than the dramatic changes that act as milestones.



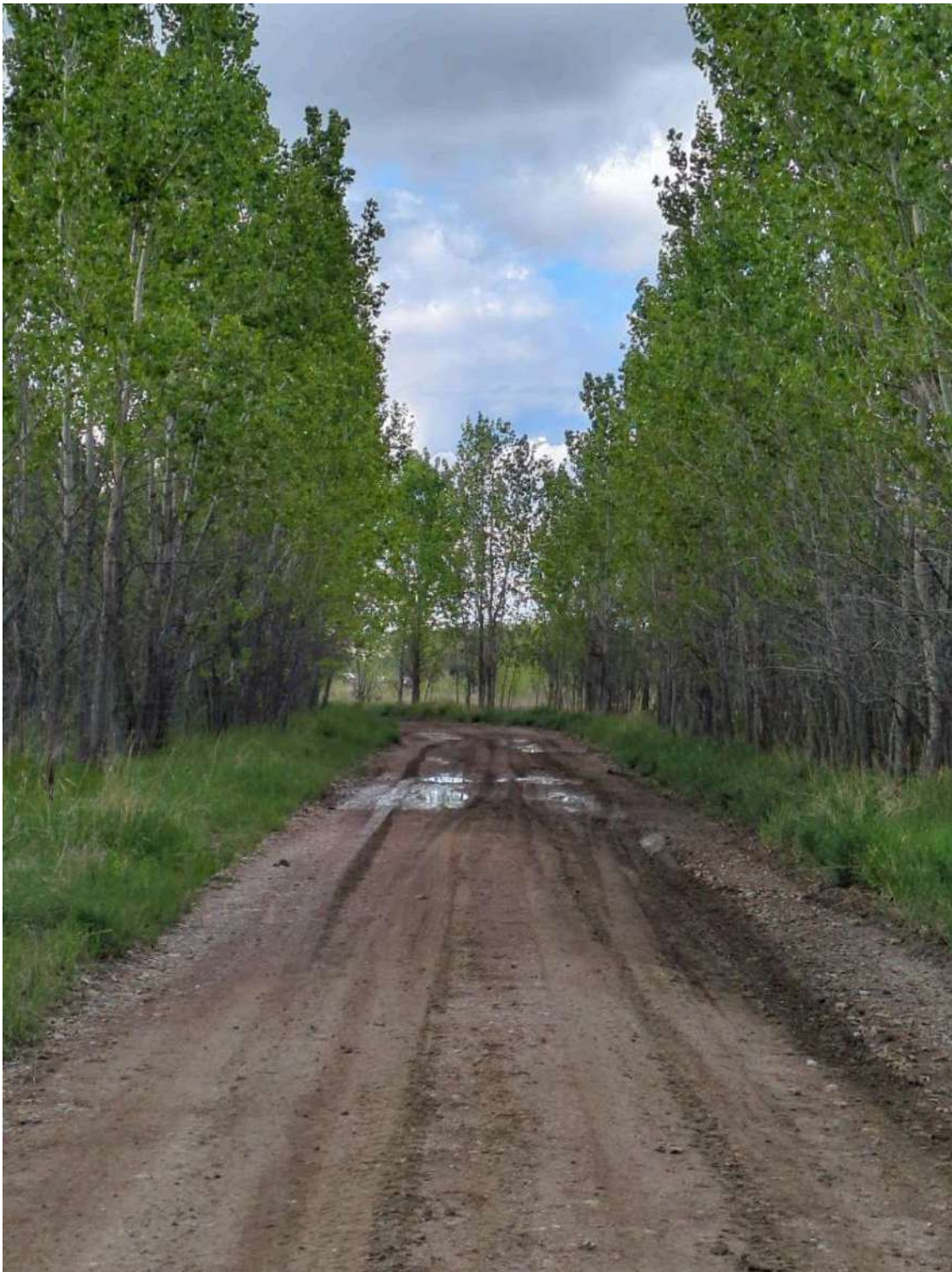
This month had both but the small changes that build up good habits in turn build up greatness in ourselves. With another daughter we have experienced a dynamic change. No longer do we have one parent per child and so being outnumbered we have to be more creative in our strategies. The efforts we make to teach our children how we live as we do tasks do indeed make the tasks take longer. Toddlers are not known for their efficiency, but the cost of expediency is made up in the forging of the next generation. Including my children in our tasks around the farm has led to long term benefits. They are problem solvers, they are hard workers, and they enjoy doing chores as a team.



My girls communicate far beyond the average of their age because we include them in conversations and talk to them without strange voices or dumbing down the vernacular we utilize. If my child doesn't understand a word or phrase, she will ask because she is aware communication is the path to most victories. She knows that communication is the first step to helping as well. She knows that to aid someone we must understand what the true motivations and needs of them are before setting out to do what we think they want us to. We clarify and we learn through communication.



Briar learned these lessons because she listens to those who have done what she wants to do. She understands even as a small child that to become something she finds within a role model she must emulate that role model and heed their advice. The people who we should listen to and take heed of their counsel are those who have successfully become who we wish to be. Singles would do well to emulate the behaviors of healthy marriages and emulate their married counterparts. A career can benefit from emulating the skills your superior's exhibit. After all they got to where they are now. Instead of squandering these opportunities embrace those you'd like to be like as mentors.



I promise you that through emulation of greatness and consistency you will grow. These imperceptible changes will coalesce and show true through time even if they aren't as immediately satisfying as the more dramatic progress we put at the forefront of our self-analysis.

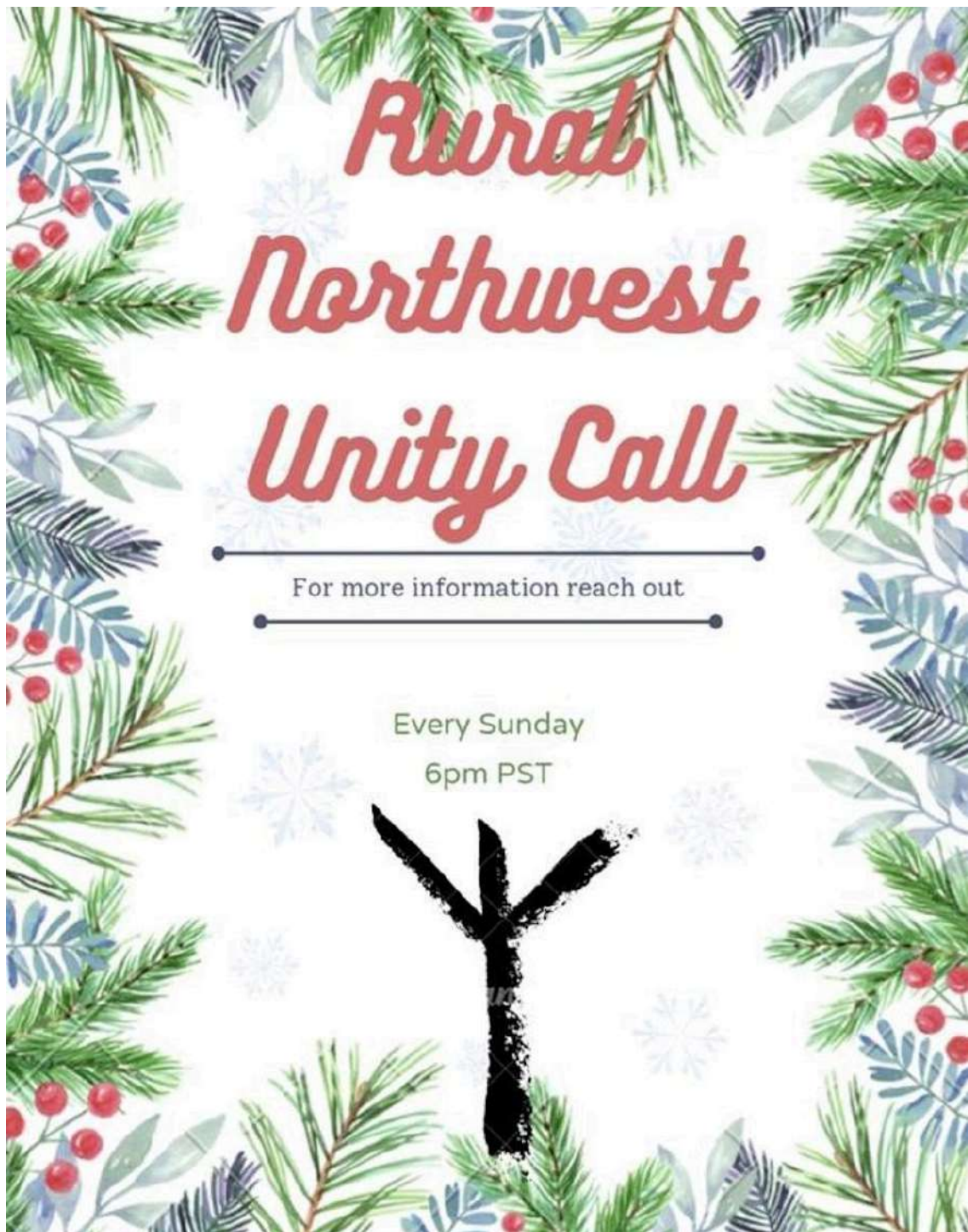


Even though the dramatic changes are not the point of this article I cannot help but boast about Fólkvangr's progress regardless. This month we have nearly fully enclosed the barn. We have milled more wood. We have shorn sheep and moved them out to new pastures. We have helped people move to the county. We have begun construction on a mobile greenhouse and much more. The progress we see out here is dramatic it's true but the secret to that success is twofold: we keep trying and so we succeed, and we do so through consistent effort. That effort builds those core habits that breed long term success.



I encourage each of you to start seizing these larger victories by building the habits required. Take on a mentor and listen to their words and always communicate clearly and honestly. Keep pushing towards Victory as Victory Never Sleeps.

Upcoming Events



Folkbuilder Tyler Heinlein
theinlein@runestone.org

Montana May Day: Spring is finally here!



Spring weather has finally arrived!

The month of May began with a special 1st birthday for our youngest daughter, Wilhelmina. We were blessed to be able to spend it with family from out of state, towards the tail end of our Yellowstone excursion. We celebrated her birthday in our lakeside cabin and laughed as she destroyed her cake. Happy birthday Wilhelmina!

Due to unforeseen circumstances the Lilla Ullevei Kindred's Sumarmál was postponed until mid-May. We gathered together under the vast Montana sky. The weather was perfect for the outdoor event. The ladies gathered to make head wreaths of bright colored flowers. A dance ensued around the Maypole after ribbons were distributed amongst the children and adults. Merriment, laughter, and revelry were the order of the day.



To keep up on our monthly "book club" meetings we gathered at a Kindred members home to discuss the next section of Beowulf. Being that this story is coming to an end, we took a vote on which story to delve into next. Due to the themes of heroism and the examples of Wright action and the examples set Theron, we elected to read Gisli's Saga next. It was deemed that the juxtaposition of the heroic King and his rise, and that of Gisli fallen from the good graces of his community, was an apt choice. We look forward to our discussions on Gisli!

We also discussed the importance of keeping in touch with the Folk and gathering when able. Not all of our members live within a day's drive of another. The importance of at least communicating with others of like mind is important. Our daughters engage with pen pals often. Us adults communicated digitally these days. If you find yourself isolated, or without an event within a couple hours' drive, I urge you to get involved online. We host district meetings, men's and women's meetings, meetings for our senior Folk... Jump in and take part where you can. You are not alone, despite the distance between yourself and other Folk.





Coming up we have the culmination of our study on Beowulf, the beginning of our Study on Gisli, as well as our monthly Day of Remembrance and Miðsumar! This year the AFA celebrates its 30th anniversary and we encourage anyone who can attend to join in the celebrations at Óðinshof. For those unable to attend, I sincerely hope that you can make a smaller local event and raise a horn to the AFA, our Founder Stephen McNallen, and Folkmother Sheila McNallen, and all that we have built together over these 30 years. Just since I came home, I have witnessed the retirement of Stephen McNallen, the acquiring of our VERY FIRST HOF, the ascension of Matt Flavel to Allsherjargoði, all the way up to paying off Njörðshof and looking to acquire Freyshof... If you know of family, friends, or acquaintances on the fence, there has never been a better time to bring them home! Folk, COME HOME!

Upcoming Events



Folkbuilder Ryan Harlan
rharlan@runestone.org

Nevada

Allsherjargoðic Dinner



We had a great meal this month! We were joined by the founder of our Asatru Folk Assembly, Steve McNallen and his wife Gyðja Sheila McNallen as well as a special guest who made the long journey from Utah. We look forward to seeing you all on June 21st!

Upcoming Events



Matthew D. Flavel

Allsherjargoði , Asatru Folk Assembly

mattflavel@runestone.org

Washington

The Allure of Modern Ruins





On an overcast day in early May, me and a couple local guys drove up north through the Colville National Forest to hike up to a place I'd previously only ever driven up winding and barely maintained roads to get to, one I haven't been to in a few years: the decommissioned 760th Radar Base, commonly known as the Radar Dome. Originally built by the Air Force for the purpose of surveillance in 1950 at the summit of an unnamed mountain not far from the Canadian border, it would be shut down ten years following and converted into a youth camp of sorts that operated for an unknown period of time before being abandoned entirely sometime between then and now. With the eponymous dome dismantled after the military's withdrawal from the site, what remains are the graffiti-covered husks of what I'd reckon were barracks, a comm center and a handful of other buildings and concrete foundations whose purpose was lost to time. There's a cryptic energy to the place I'm personally a big fan of. I really get a lot out of exploring modern ruins like this and hiking in the back way from Lake Gillette gave us an opportunity to look at it from a new perspective.



It's a relatively popular spot for people to ride their side-by-sides and dirt bikes through the surrounding woods but hiking up to the Radar Dome is less common. There's a system of trails going up the mountain and most of them I take it are intended for horses given the width, and some of which weren't trails at all, but that makes no

difference in the scheme of things. This was an entirely different side of the mountain that what I was used to and in some spots the forest was dense and tall enough to where we all lost our sense of direction once or twice and had to rely on the sound of ATVs in the distance to recalibrate our internal compasses. This is one of those pockets you find in Northeast Washington where the climate and flora are more similar to what you might expect to find more towards the coast and moss grows heavy on the trees the further down some of the dirt bike trails that you get. It's nice to see trees that aren't Ponderosa sometimes, no disrespect to the former.



After half a day of hopping unknowingly between different trails and almost getting clipped by mountain bikers we made it onto a wider road to the skeleton of a small guard shack I vaguely recognized. Walking up to the top of the mountain past the barracks, we looked out in the direction of Black Lake obscured by the trees and raised a horn to the Landvættir as an offering of goodwill before eating a late lunch and wandering through the ruins. Nearly every inch of every remaining building is covered in scribbles and hieroglyphics, some crude and others legitimate artwork. I view this as a tradition as old as time not fundamentally different from cave painting, to leave an imprint of an idea in an obscure place where people you will never know will see it. I respect that for what it is. I may not know the full ins and outs of the Radar Dome's history but there's an energy that draws me back to this place and if you feel like making the trek it's worth checking out.

Upcoming Events



Folkbuilder Nick Gunn
ngunn@runestone.org



Be a Doer



We need you to volunteer for the AFA!

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

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

Eir's Blessings



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

Once a month, women of the AFA get together to perform healing rituals all across the

globe. If you would like to be included, please send a message to let us know!

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

You can reach us at EirsBlessings@runestone.org

Photo Donations

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



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

Folk Services



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

That's when our folks Services Program comes in. We give one-time monetary grants to those members in need. These folks are so grateful and we know that once they get back on track they will contribute to this fund. For those that are able, we are in need of funds so we can be prepared for when these situations arise in our community. If you're able please place a donation today. Even a

small donation adds up in the grand scheme of things and even \$5 or \$10 can help if enough people pitch in. If even a fraction of the folks who like the page did that each month, imagine the possibilities!

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

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

Thanks in advance!

Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org



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