

Óðinshof

First Hof of the Asatru Folk Assembly

www.odinshof.org

March 2025



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Rumble

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Words from the Allsherjargoði



In the month of March, we honor the conquering dawn goddess of our Folk, Austrá (Ostara/Easter). Austrá's cleansing light is unstoppable. Rising in the east, her radiance spreads across land and sea, darkness flees from her presence. Spring is a time for cleansing and renewal. Now is an auspicious time to clean your home, clean your heart, and clean your mind. Cast out that which is clutter, that which is dark and that which is

unworthy of pride. We all build up grudges, resentments, bad habits, things which distract us, and things which drag us down hindering our ascend. Cleanse yourself of all that is unworthy and useless. Reach up towards your highest potential. Greet the dawning of spring unburdened and with a heart of joy!

I am eager to see you all at Þórshof as we honor our dawn goddess. This is always such a great event and our Þórshof Folk are truly some of our very best. Wherever you are, as the season turns, honor Austra with your Folk and with your family. Take the time to let the light in and embrace the spring refreshed.

Hail Austra!

Hail the Æsir!

Hail the AFA!

Announcements, News, & Noteworthy

2/22/25 - Alexander Casto took his oath as a Folkbuilder for the Asatru Folk Assembly



Matthew D. Flavel

Allsherjargoði, Asatru Folk Assembly

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Words from Our Goðar

Declaration of Purpose V



V. The promotion of true diversity among the peoples and cultures of the Earth

The world is not one uniform, unvarying mass. All peoples are, and by right ought to be, distinct and unique. Each and every culture should relish those differences and be free to work out their own destinies. Only in our uniqueness can our respective Gods fully manifest. The AFA supports the efforts of all cultural and biological groups to maintain their identity and opposes the cultural Marxists who would reduce all of humanity to an indistinguishable gray mass.

One of the most valuable assets this world has is and always has been a wide variety of species and cultures that make them all unique. This uniqueness makes each race and culture important in its own regard and at a macro level. Each race ought to be able to relish their origins and unique spirituality. In this, the preservation of these individual cultures and their origins must be at the forethought of our minds in each and every race. Our origins are much like a tree. You can cut the branches and survival is likely, but destruction of the roots means the end. And so, it is with us. We must nurture the roots of our people, speak of their deeds, and invite those honored ancestors into our lives.

We are meant to honor and be proud of our ancestry and the individual unambiguous racial identity our forebears held in the highest regard. A grey culture of no note or history is the destruction of all significance each race has brought to this world and still carries with it.

Fight against the ambiguity and destruction of your race and your people. Wake and be

proud of your heritage. It is unique, and our true diversity must persevere now and in generations to come.



Goði Nathan Erlandson
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On Blótferð and Bucket Lists



On Blótferð and Bucket Lists w/ Gyðja Sheila McNallen
<https://youtu.be/60tOZRIL0Rs>



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Ásatrú Trúlögmál



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

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

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

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!

Matthew D. Flavel



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/freyshof-fund)

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

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

- We need to pay off Njörðshof.
 - The first of 2 loans have been paid off!
 - We now owe \$52,895 on our remaining loan.
- We need to raise our monthly donation average by 9.3%.
 - This is membership donations and 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!



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Sigrheim: Home of Victory

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
amazon

Thank You!

click here

Upcoming Events





Folkbuilder Nicholas Rice

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Victory Never Sleeps



Victory Never Sleeps, a weekly podcast produced by the Asatru Folk Assembly, hosted by 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](#).



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AFA Ásatrú Academy



Check out the ÁsatrúAcademy at AsatruAcademy.org



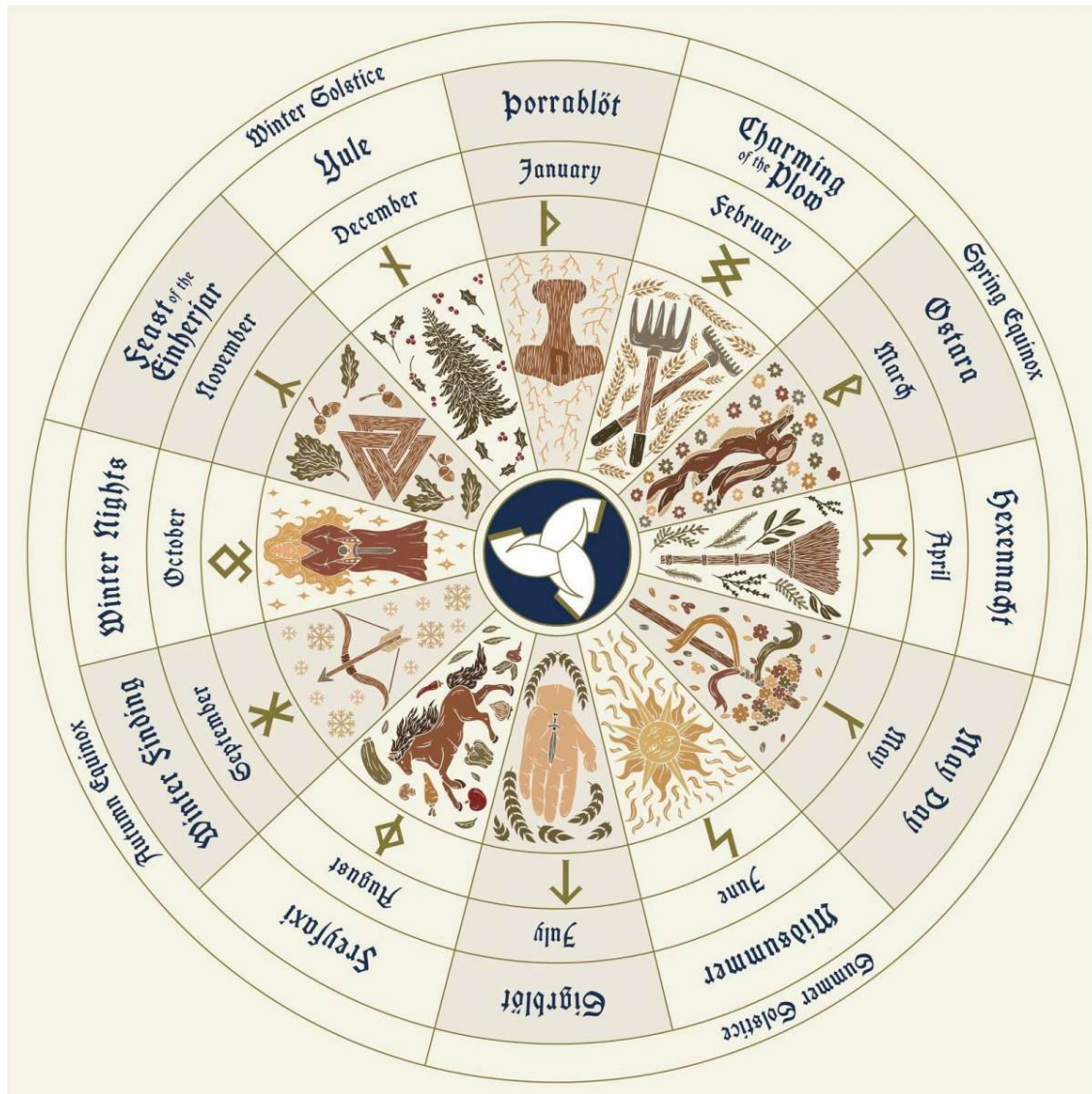


For many people, even though February is the shortest month, it is the longest slog to get to the finish line of winter. Months of darkness, cooped up indoors, the continuous cycle of germs... only to be hit with yet another snowstorm, is enough to try anyone's patience. At the end of February, seven planets have aligned for a wondrous celestial event. Cold months make for the clearest skies. Spring does come, though. The days are longer, about two more minutes every day. We have just celebrated Charming of the Plow which is the beginning of the garden rituals. The daffodils begin to poke through. Be heartened and refreshed. It can be so easy to get into those doldrums and have the cozy winter education time become stale. This is an opportunity to start some seedlings indoors, to search for new buds on the trees. There is so much variation across our vast country as to when these signs appear. Enjoy the transition as the world wakes up again and inject that fresh energy into homeschooling. Make the most of the last days of bread-making and snowmen and think ahead to coming projects. Spring is coming! The Goddess of the Dawn approaches!



Rachel Kinsler
Homeschooling Coach, Ásatrú Academy
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Remembrance & Holy Days



[Holy Days | Asatru Folk Assembly](#)

- > January 9 - Goði Rauðr the Strong <
- > January 18 - King Blót-Sveinn of Sweden <
 - > January 18 - Þorrablót <
- > February 1 - King Eanfrith of Bernicia <
 - > February 9 - Eyvind Kinnrifi <
 - > February 15 - Charmig of the Plow <
 - > March 9 - Goði Ölvir 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) <

March



Day of Remembrance

Goði Ölvir of Egg | March 9th



Goði Ölvir of Egg, who lived in the early 11th century and died in 1021, was a Goði in the region of Trondheim, Norway. Since this story takes place 20 years after Olaf Tryggvason was deposed, Christianization was all but complete in Norway. The Norwegians still remaining faithful to the Æsir did so in secrecy, as they would be tortured and killed if they were discovered.

King Olaf II of Norway, often referred to as “Saint Olaf,” began to hear rumors of Ásatrú gatherings in Ölvir's region of Trondheim. As the Goði of the area, Ölvir was sent to appear before the king and explain himself on two separate occasions. Both times, he carefully convinced Olaf that these were not Ásatrú gatherings, but simply great feasts and secular community events. Olaf appeared convinced, but told some of his spies to keep an eye on Trondheim and Ölvir.

Olaf's spies later informed him that an Ostara gathering was being prepared in Trondheim, and the king had heard enough. He set out with five ships and 300 men towards Trondheim. They arrived in the dark, and successfully ambushed Ölvir and all of his Folk brave enough to have kept their Troth to the Æsir. Ölvir and many of his people were tortured and killed, stamping out Ásatrú for the next 900 years.

Ölvir's story is inspiring in a way different than those of Goði Rauðr the Strong or King Redbad of Frisia. Ölvir unfortunately had to hide his people's love and worship of the Æsir, and he had to lie to Olaf for the good of his Folk. Since our Folk have always been a noble people, we do not like to be dishonest or hear that our heroes have ever been dishonest. However, it's important to remember that the Hávamál tells us to repay kindness with kindness, but to also repay treachery with treachery.

Ölvir was not deceiving a friend, or even a good man, but a despotic king pushing a foreign faith on his own subjects. Ölvir lied for the good of his Folk, and for their dedication to the Æsir, and would then go right back to being proudly Ásatrú and officiating rituals for his community. His piety and devotion never wavered, and even when hiding his Ásatrú from the murderous king, he adhered to advice given to us by the All-Father.

Let this tale be an inspiring one to all of our Folk, so that we may be Ásatrú even when it's inconvenient!

Hail Goði Ölvir of Egg!

Hail the Asatru Folk Assembly!

Holiday

Ostara | March 20th



Observed March 15th

Hail Ostara, conquering Goddess of the Dawn, radiant Lady of Spring! You ride boldly out of the east, conquering all before you! May your light chase away the darkness! May your warmth banish the cold!

Ostara is the celebration marking the beginning of Spring. The cold, dreary days of winter are finally coming to an end. The sun is warming the frozen soil. Life is once stirring from the depths. Ostara is a celebration in every way. Our ancestors celebrated life and the survival of another long winter. They celebrated the birth of lambs, calves, and horses. They celebrated the blossoming fertility of the world around them.

In today's fast and hectic world now is a good time to stop and take a deep breath. Let the sun warm your face and take the time to thank the Gods and the Ancestors for seeing you through another cold winter. Shake off the influences of the winter blues. Now is the time to get your hands dirty.

The small plot of the garden that you planned for during the Charming of the Plow is almost ready for planting. Keep that soil turned and soft. Keep fertilizing it. It is too cold to plant seeds directly into the ground, but this is a good time to begin your seeds inside. Plant them and keep them warm. Set yourself up for success. If you are not working on a garden then you should be moving from the planning stages of your Charming of the Plow project into the beginning of the active stages. The winter months are stationary by nature, but winter is over. Now it is time to leave the introspection in favor of action. With industriousness, we can change the world. Start small and move always onward.

Upcoming National Events

Ostara at Þórshof | March 21st – 23rd



It's that time of year again, a time of renewal, of regeneration, a time to renew and rekindle the flame. Ostara at Þórshof will be held on March 21-23, and this year we want it to be bigger than ever. Expect to see the Allsherjargoði, Matthew Flavel, Lawspeaker Allen Turnage, AFA Witan members Cliff Erickson, Svan Herul, and myself, Daniel Young. Goðar Trent East and Bodi Mayo, and Gyðja Catie Erickson will also be in attendance.

Planned speakers are Lawspeaker Allen Turnage, who will be speaking on the importance of financial excellence, Goði Bodi Mayo and Witan Herul will also be telling stories for the kids and adults. Folkbuilder Nick Rice will be giving a presentation on Alexander Rud Mills, and Gyðja-Apprentice Heather Young will be hosting a ladies group.

All meals will be covered for each ticket bought; kids are free. Please register as soon as possible so we can properly plan for meals.

This is my favorite time of year, when the Earth begins to turn green again, the mornings are crisp, and the day begins to get warmer. I look forward to seeing you all as we celebrate the return of Spring, the renewal of life, and the breaking dawn.

Hail Ostara!



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
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Midsummer at Óðinshof | June 27th – 29th





Gyðja Sheila McNallen

sheila@runestone.org

Charming of the Plow - A Recap



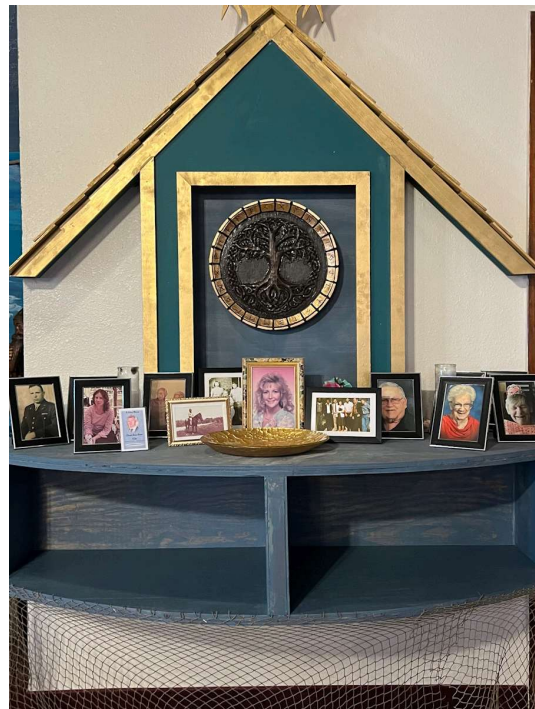
Charming of the Plow at Njörðshof 2025

<https://youtu.be/wXuQhE7vfzI>

Njörðshof's national event was a huge success! I would like to thank my local leadership and much of the Florida membership for their unwavering support in making our Hof and District shine so bright: Goði Bodi Mayo, the Lawspeaker, Folkbuilder Alexander Casto, Folkbuilder Sierra Chapman from Óðinshof, Folkbuilder Jordan Wells, Kristy Rogers, Folkbuilder Tracy Adler, Nick & Pam McCloskey, the Flavels, the Ericksons, and the McNallens!



Here's a brief summary of everything you missed if you were not able to attend this spectacular event!



Thursday- leadership arrived at the Hof to put the finishing touches on a few things, such as the Ancestor and Heilagmaðr altars. We also did some minor cleaning in preparation for people's arrival on Friday.



Friday- yours truly led the Folk in our traditional event-opening Greeting of the Æsir Blót. This was followed by a lore and song recitation featuring the talents of the Lawspeaker, Witan Erickson, and Jordan Wells. We then had a delicious dinner prepared by Sierra Chapman and Pam McCloskey. The first night of the event was closed out by the Allsherjargoði performing a powerful Blót to Lord Njörðr!



Saturday- we arrived for breakfast, followed by a Gefjon Blót led by Gyðja Anna Plourde. After this, our founder Stephen McNallen gave a talk on his history and the founding of the AFA. This was followed by lunch, and then a Q&A panel with all of the clergy in attendance. Next, the Lawspeaker led the Folk in a Blót to Holy Freyr and blessed the plow, as well as blessing the tools and hands of the Folk.



Following this central event, the Allsherjargoði asked Alexander Casto if he would like to swear his Oath to the Asatru Folk Assembly, and he gave his Oath gladly! Next, the men and women separated to do their respective activities. The women held a baby

shower for my wife, which we are so thankful for. Meanwhile, I led the men in ushering a boy onto the path of manhood. I gifted him an arm ring that I've had for nine years, and the Lawspeaker gifted him a knife. Every man present shook his hand and gave him advice, and then we put him to work by having him burn some fallen trees, demonstrating that our men work for the Folk! Afterwards, we all sat down to an amazing dinner prepared by Pam McCloskey and her excellent team. This was followed by a great auction, and a very meaningful High Sumbel.



Sunday- we gathered for breakfast, and a very motivational Blót to Lord Þórr by Goði Bodi Mayo. We then said our "southern goodbyes," taking much longer than we needed to while bidding farewell to friends from all over the country. My wife and I joined the Flavels, Ericksons, Sierra, and Alexander in St. Augustine for dinner before heading back north to Georgia, and that was the end of our event!



Thanks again to my whole team here at Njörðshof, as well as Folkbuilder Sierra Chapman, for making this event our best one yet! If you've read this article and would like to experience one of these national events, you are in luck because Ostara at Þórshof is a few weeks away! March 21-23 in Linden, North Carolina! Contact any AFA leadership to get tickets for this amazing event!



Goði Trent East
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Gothar Spotlight



Goði Nathan Erlandson
Folkbuilder Coordinator
Ordained Freyfaxi 2023
Mentored by Witan Daniel Young

I can define Goði Nathan Erlandson with 3 words. Driven, committed, and most of all, loyal. Nathan's journey has been a whirlwind of success, hard work, and a stubborn determination to achieve more than yesterday. Not one to ever rest on his laurels, Nathan is always fighting for the best way for us all to succeed, always willing to try something new.

Nathan began his journey after joining the Asatru Folk Assembly in 2020, taking his Folkbuilder Oath on Midsummer in 2021. But he wasn't finished. He had more yet to

do, more to accomplish, more to contribute.



Nathan was a natural fit for our clergy program. Though his path had its obstacles. I began to mentor Nathan after Winter Nights in 2021. He and I didn't really know each other, but after some time, and earning each other's trust, we became good friends. One thing I noticed right away was how determined Nathan is. A deep thinker, a man that leads from the front. He was and remains heavily involved in the management of his Hof district and is often involved in Hof projects. In 2023, Nathan emerged as one of our most dependable leaders in the AFA.

I was scheduled to fly to Baldrshof for Freyfaxi in 2023, but a health scare kept me from being there. At least in person. Nathan had taken his Ordination Oath there, and though I couldn't be there in person, I was watching via video chat and there were a few tears shed as I watched him don his stole.



Nathan has gone on to be appointed to his position of Folkbuilder Coordinator, an easy decision by our Allsherjargoði. When the topic came up in a Witan meeting, no other

names were even considered. It was clear to all of us that Nathan was the right man for the job.

Goði Erlandson is a top 5 hardest working person in AFA leadership. I have a feeling he is a long way from being finished. We're better with him at our side. I am proud of his accomplishments as a Goði and a man, but I'm most happy to call him my friend.

Hail Goði Nathan Erlandson!



Witan Daniel Young
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Folkbuilder Spotlight

Thank you Sr. Folkbuilder Jason Gallagher



March 2025 marks Sr. Folkbuilder Gallagher's 14th year in the Asatru Folk Assembly! Happy AFA-nniversary!

For those who know Jason, you already know that he is the heart and soul of Baldrshof district. There were very few people who were more instrumental into making Baldrshof: Third Hof of the Asatru Folk Assembly a reality. His dedication to making Ásatrú accessible to his Folk and tirelessly helping to bring his Folk home has shown his deep devotion to his church and the Æsir.

Thank you, Jason, for all you have done! You have touched the hearts of many and have inspired the Folk far and wide across the AFA! We love you!



Jason Gallagher has been a driving force in the Baldrshof District since before it was Baldrshof District. His enthusiasm for our Folk has called countless members home and laid the groundwork for the Hof.

— Győja Anna Plourde, Florida

Jason Gallagher is a great friend, always doing what he can to lift our spirits up. His love for the Æsir, his Folk, and the AFA shows no bounds. Jason Gallagher is one of the most hospitable Folk and has a great sense of humor.

— Folkbuilder Chris McDowell, Iowa

Of all the most recognizable faces of the AFA, until last summer I had met all of them except Jason Gallagher. My family had the privilege to attend Freyfaxi at Baldrshof and we finally got to meet him. And he did not disappoint. Jason is one of the most dedicated, loyal members of the Asatru Folk Assembly. He is charisma personified. His wit, charm and enthusiasm is unmatched in our community and he is one of my favorite members. I am happy to call him my friend and my brother. From being at the food pantry to being the guy who reaches out....Jason is as dependable as they come. Strange thing... he is never around when the Masked Folker shows up....coincidence?

— Witan Daniel Young, South Carolina



Jason Gallagher is a constant source of positivity, a living embodiment of Hávamál Stanza 69- joyous in life and brave in duty. You would be hard-pressed to find anyone who dislikes Baldrshof's Senior Folkbuilder.

— Goði Trent East, Georgia

Jason Gallagher is the epitome of reliability, dedication to his Folk, the Æsir, and unwavering loyalty. As a Folkbuilder for the AFA, Jason's dedication and loyalty, work ethic and piety is the example for others to follow.

— Goði Nathan Erlandson, Minnesota

Jason Gallagher is a true testament to the power of perseverance. Despite the constant pain he endures, he faces each day with unwavering strength and determination. His dedication to our Gods is profound, as he embraces their teachings to navigate life's challenges and uplift those around him. Jason's commitment to his Folk is equally inspiring; he fosters a sense of community and belonging that brings us all closer together. I am incredibly proud to call him my brother.

— Folkbuilder Bruce Perron, Wisconsin

My friend Jason Gallagher: Long before I met him in person, he was an AFA legend.

The awesome guy up in Minnesota who has been a member forever. Jason has been a stalwart AFA fixture in this area for a long time. Always quick with a joke, a smile, and always wanting to help. Jason is one of the most hospitable people you will ever meet. When he is at Baldrshof, the whole place shines brighter. He has great taste in music too!

— Goði Rob Stamm, Iowa

Jason Gallagher; the OG, the endlessly pursuant seeker of the Masked Folker: my first point of contact with the AFA in 2020. My Folk soul was on fire and begging to find home. When I did, he didn't miss a beat, and within 20 minutes, we were on the phone, and I was becoming a member; and he was just as excited as I was. That passion and intent is not something that can be taught, it is simply something that is or is not. Jason is one of the most resilient, humble, and supportive beings I have ever had the honor of knowing. My children gravitate toward him, they can feel is sense of wonder encompassed in a cloak of security and protection. I am so proud to have this man as a friend and am honored to call him my brother. Hail Jason

Gallagher!

— Folkbuilder Ashley Erlandson, Minnesota



Jason Gallagher is Legend. Before the Hof was, there were gatherings for the Holy Tides at Mr. Gallagher's house in Minnesota. It was at one of these gatherings that I met that man who would become one of my closest friends. He is famous for his warm hospitality. Many, including myself, have come home to the AFA because of him. Jason is the definition of what a Folkbuilder should be. I don't bestow the title of Brother lightly, but I am so incredibly blessed to call this man my Brother.

— Folkbuilder Sara Ault, Wisconsin

Well, I've known Jason Gallagher the better part of a decade now and he's been nothing but steadfast and honorable - and he's been the only Folkbuilder that I've ever needed. He is 100% dedicated to the AFA that is for sure and you really couldn't ask for a better guy! He's a good man and as a friend - loyal to the end. Hail Jason

Gallagher!!
— Bo, member, Minnesota



Witan Brandy Fassett
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AFA Prison Ministry



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

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

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

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

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

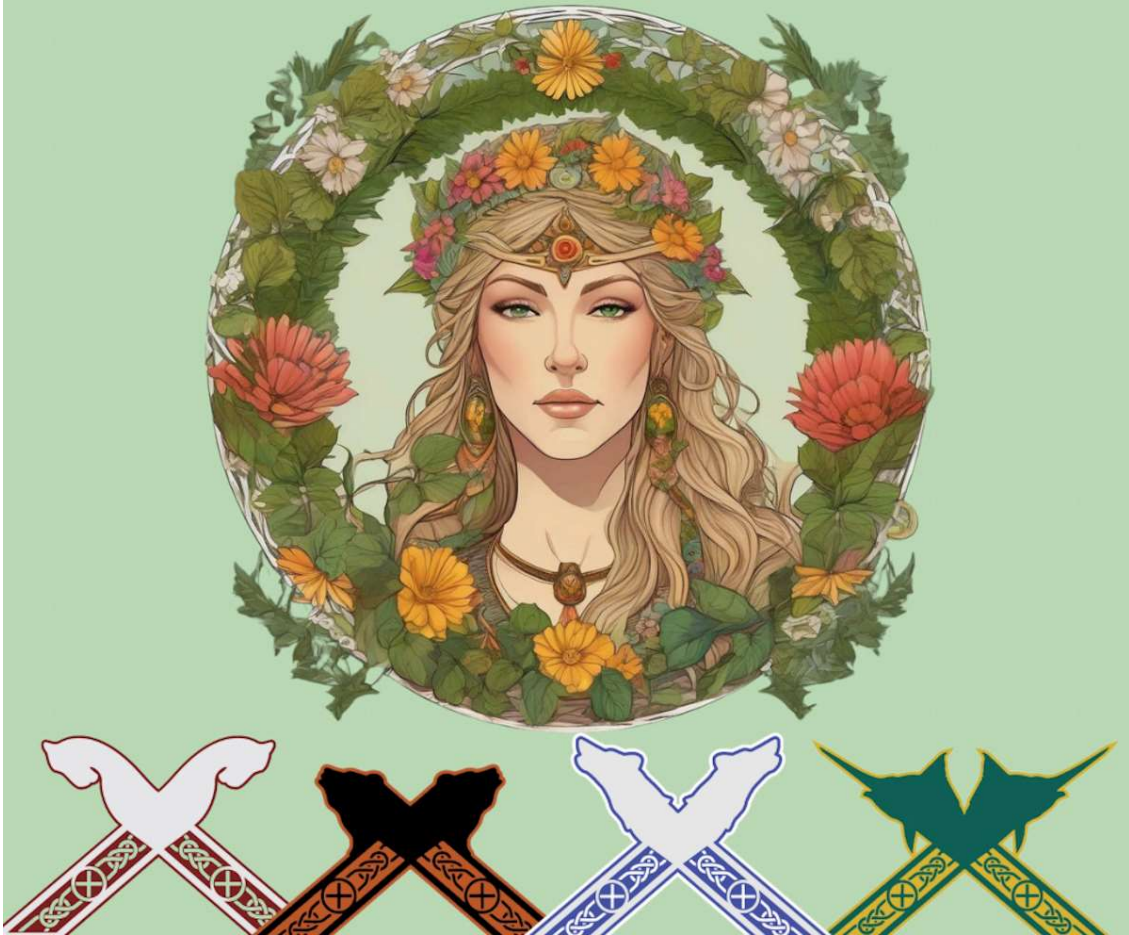


Or if you'd like to donate to this ministry, there's a donation earmark set up on our site [here](#). The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.

Ancestral Food and Culture

Feasting with Folk

Feasting with Folk



This month, I am featuring two recipes. One from Folkbuilder Ryan Harlan and his wife Rachel out of Óðinshof district, and one from Þórshof member Angela Gurrisi.

Folkbuilder Ryan Harlan's Venison Steak Smothered in Onions



- 2lbs venison steak, cut 1 inch thick
- 2 large onions, sliced
- Flour, garlic powder, onion powder, salt, pepper, paprika
- Butter and oil to sauté onions
- Sliced mushrooms
- 1 cup water
- Beef bouillon
- Worcestershire sauce

Roll steaks in seasoned flour. Heat butter and oil in heavy skillet. Sauté onions in butter and oil. Add mushrooms and sauté until soft. Set aside. Brown meat on both sides, cooking until medium-rare. Let rest. Add 2 heaped teaspoons of flour to juice in pan to make a roux. Add bouillon to make a gravy. Season to taste. Add few dashes of Worcestershire sauce. Add mushrooms and onions to the gravy. Serve on or with your steaks.

Angela Gurrisi's Great Grandma Smith's Krum Kaka



Angela sent me her grandmother's recipe book and the cover written in sharpie said page 13!! I scroll over to page 13 and there are notes all around this recipe saying, "This is the one!" So, I figure what better recipe to share than one that brings excitement! I will attach a photo of Krum Kaka and will be attempting this later this month.

- 4 eggs
- 1 cup sugar
- 1/2 tsp salt
- 1 cup flour
- 1tsp vanilla
- 1 cup cornstarch
- 1/2 cup melted butter
- 1/3 cup cream

Tools:

- Krum Kaka iron (for authenticity but I'm sure if you had something similar it would work just the same)
- wooden dowl for rolling once cooked

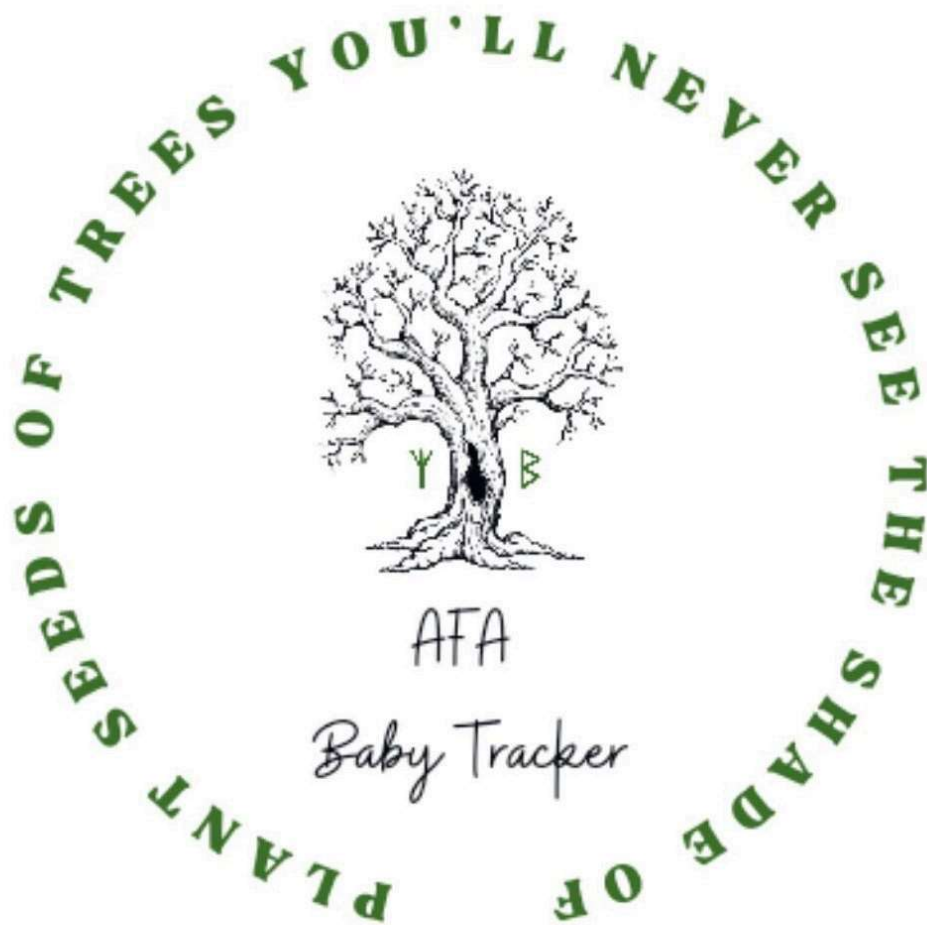
Begin by beating 4 eggs, 1 cup sugar and vanilla together. Once creamed add in 1/2 cup butter and 1/4 cup cream until combined. In a separate bowl, sift 1 cup flour and 1 cup cornstarch. Slowly add into mixture beating until fully incorporated.

Drop large teaspoon full onto iron and let cook. Ensure iron does not get too hot. Once cooked remove from heat and use wooden dowel to roll into shape whilst still hot. Fill with whatever you desire; whipped cream and fruit seeming to be the most common. Enjoy!



Folkbuilder Sierra Chapman
schapman@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: 3

Online Gatherings

VIRTUE RECOVERY MEETING



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

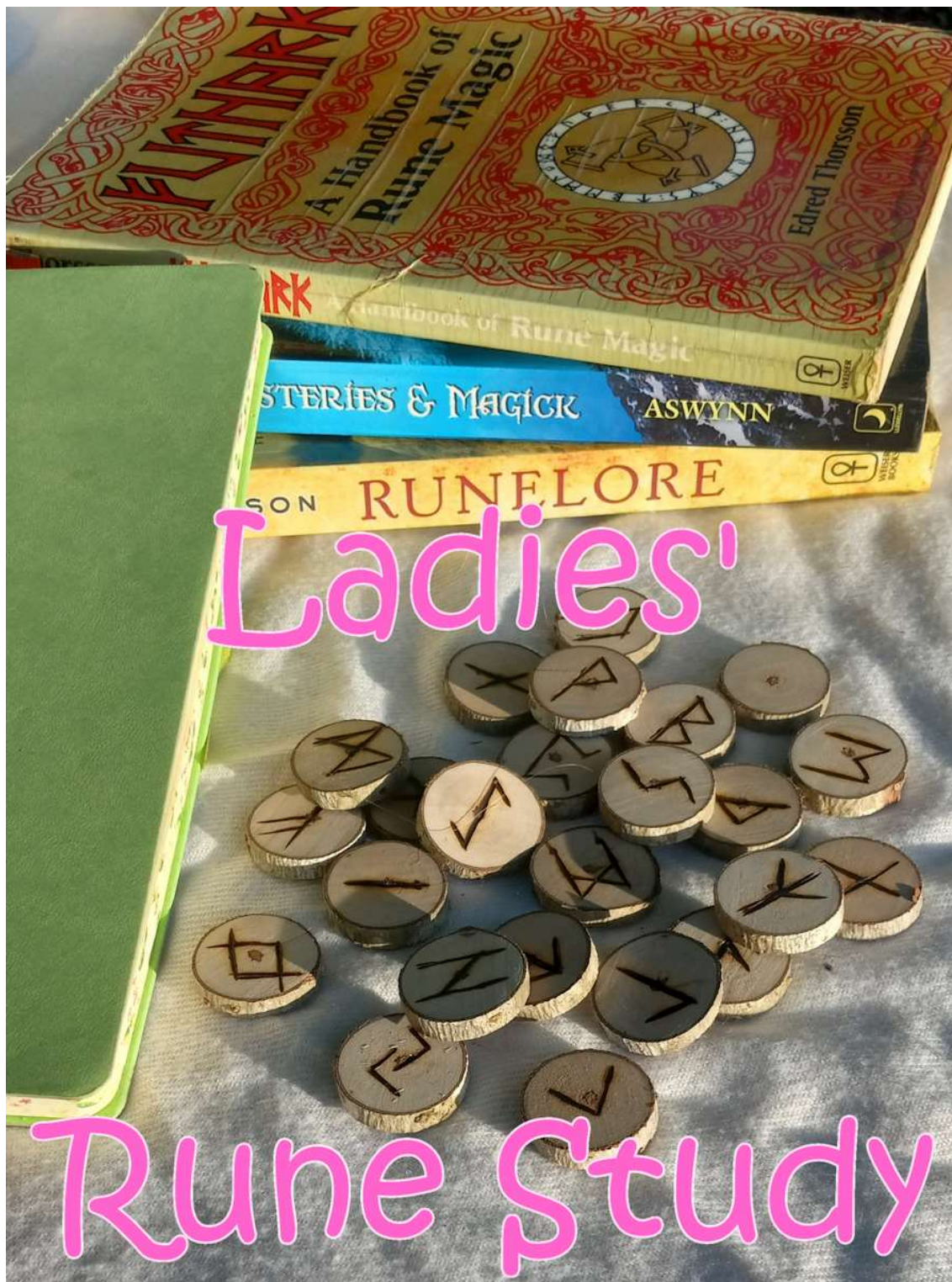
Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12 step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining 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

FOR MORE INFO: BFASSETT@RUNESTONE.ORG



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**

McNallens Pub

a virtual meetup
at our home and yours

Friday, March 21st

6:00 PT, 7:00 MT, 8:00 CT, 9:00 ET

Topic: Folk Music Memories



AFA Eldri Moots *on Teams*

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

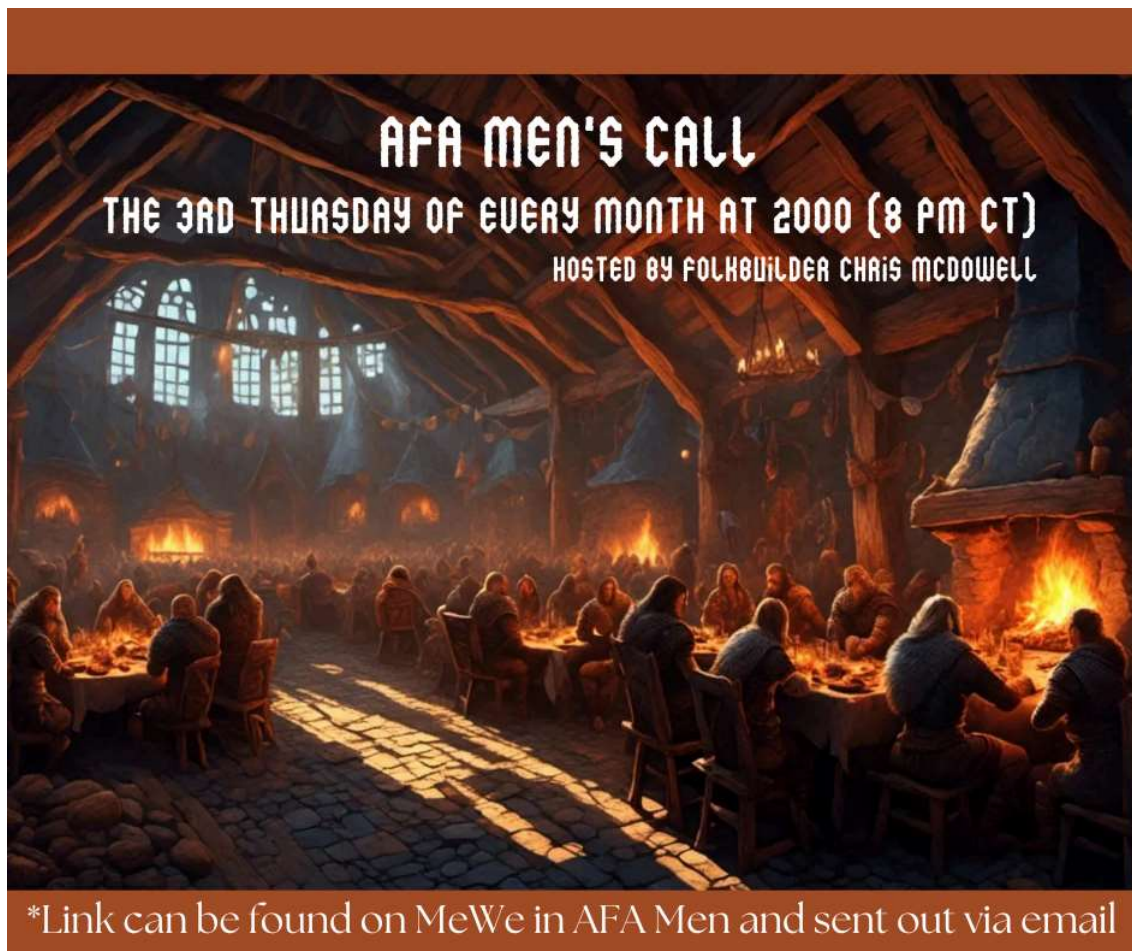
A place to share memories,
ideas, experiences,
and the joys of life ~
in caring conversation.

Tuesday

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

March 18th


Hosted by Gythia Sheila McNallen



Just For Fun

Ostara Spring Fun!

Spring is Everywhere!



Signs of spring have sprung out everywhere, in the water, ground and in the air!

Read the clues to fill in the signs of spring:

In the Air

breeze
baseball
umbrella

In the Ground

marbles
seeds
eggs
caterpillar
nest
green
grass
maple

In the Water

tadpole
sprinklers
watering
mud
blooms
puddles
fishing
turtles
melt
flooding

1. wind riding toy
2. feathered fliers
3. rain protector
4. light wind
5. America's pastime
6. arch of colors
7. color beyond the clouds
8. bright energy for plants
9. wet "gift" from clouds
10. strong breeze, gust

1. plants with petals
2. butterfly before transformation
3. flavor of syrup cooked from tree sap
4. classic game to play on the dirt
5. shelled protection for baby animals
6. home for birds
7. color of new plant growth
8. blades of these carpet yards
9. parts on a stem or branch where petals start
10. parts of a plant that can grow into a new plant

1. snow, ice change into liquid
2. casting a lure into the river
3. wear boots and step in these
4. don't track _____ into the house
5. shelled amphibians come out from hibernation
6. splash water onto your flowers, vegetables, grass
7. many rivers and streams overflow, causing _____
8. ocean plants gather to form groupings called _____
9. a _____ can is used to spray flowers
10. baby frog before it grows legs

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

AFA Church Ladies

AFA Church Ladies Meeting

Sunday, March 9th

Sunday, March 16th

10 am central

Link will be posted in the
AFA Ladies Group on MeWe



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

Sister's Egg Project



It is time once again to begin our Sister's Egg group exercise and practice. We encourage all our AFA ladies to participate. Bringing women home to the AFA is the focus of this exercise and project.



- Step 1: Hollow out an egg. Small hole in the top, larger hole in the bottom. Blow out the inside of the egg. Rinse out well and let dry.
- Step 2: Decorate the egg with imagery you associate with the AFA and our sisters. This can be as simple or as intricate as you choose. Galdr, chant, or sing a rune or sequence of runes as you do this. The Folk Kom Hem chant would also be appropriate.
- Step 3: Write the goal you wish to manifest in this case, "Sisters, come home" on to a piece of paper that you can roll up and place inside the egg. Meditate with this intention in your hands, see your sister's coming home to the AFA. When done, roll up and place inside the egg.
- Step 4: Fill this egg with herbs, flowers, or other things you feel appropriate. I will be using dried roses, crushed pine incense, rosemary, and lavender. Use what works well for you!
- Step 5: Seal the egg. Using glue and small piece of cartstock, cardboard or even a coin, seal up the bottom of the egg.
- Step 6: Create a sacred "nest" or designated place on your Altar for this work.
- Step 7: Each day, hold the egg (or the nest if you choose to do several) and sit with this work. Focus your energy and will on the success of each goal. See the process of it happening to successful completion.
- Step 8: During your May Day celebration, crack open this egg and offer it to the ritual fire (bury in offering space if fire option is not available). Release your intention and will that you have grown and nurtured into Midgard.

Our start date to officially do this as a group is March 9th and the "hatching" of our sister's egg will be May 1st. Please post pictures of your eggs in the Ladies Group on Mewe or send to sault@runestone.org.



Folkbuilder Sara Ault

sault@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





AFA and Hof Flags, In Stock Now, [Runestone.org/store](https://runestone.org/store)



Folkbuilder Nicholas Rice
nrice@runestone.org

Óðinshof

Food Pantry at Óðinshof



Our pickup day at the interfaith Food Ministry happened to be one of the last heavy rains of the season. With our volume of food down about 40% due to current shortages, it didn't take very long to fill our vehicle. Ready to hit the road, a quick glance showed we had a very flat tire on our minivan. Our vehicle was not designed for flat tires though, so our call for AAA roadside help would take a chunk of our day. In the end, the punctured tire was replaced with a used one at a total cost of \$50. There are some bargains in California!

To simplify our food pantry processes, the cases of food stayed inside the van until Saturday evening when everything was brought indoors for quick bagging. Now, with winter illnesses abated, the good turnout for Charming of the Plow also meant we had great staffing for this month's food pantry.

Our food offerings were simple again, primarily a small assortment of canned goods. As expected, we were greeted by the early line-up of cars, but after that rush, we were back to clusters of cars in intervals. It didn't feel like we had as many families, but in the end, we offered food to 58 households representing 167 individuals. The need for our charity services continues; the same for each of our four Hofs. Hail the Asatru Folk Assembly!



Gyðja Sheila McNallen
sheila@runestone.org

Charming of the Plow at Óðinshof



The recent gathering for Charming of the Plow at Óðinshof was a resounding success, filled with the warmth of fellowship, the power of ritual, and the shared commitment to our ancestral faith. Early in the day, we gathered outside for the Greeting to the Gods, led by Gyðja McNallen. As warm morning light filtered softly through the canopy of tree branches that arched over us, our great cathedral of nature, we recited the greeting to the day from Sigrdrífumál. As the morning went on and more Folk began to arrive, brothers and sisters gathered in the hall and outside to share coffee, pastries, and conversation. Happy children played together, their joyful voices filling the fresh air outside. We began lunch preparations on our shiny new kitchen island, thanks to Hof

Steward and Apprentice Folkbuilder Daniel, and all Folk who generously volunteer time and effort to help out on Óðinshof work weekends. Thank you to Folkbuilder Sierra, who set up the kitchen for success the day before, food preparation-wise. We enjoyed a delicious lunch of baked ham and cheese sliders, toasted cheese sandwiches, fruit salad, macaroni and cheese, and chips.



After lunch, sisters gathered in the hall for our Ladies' Tea (we have a virtual one every first Friday of the month, you are welcome to join us!). There was a wide variety of tasty teas to choose from, as well as cookies and cakes to enjoy with it. In honor of the spiritual significance of Charming of the Plow, we shared some of our goals for the year with each other, planting the seeds of our intentions, looking forward to a successful harvest of the fruits of our industriousness. We passed around a get well soon card for Katie Thompson, and filled it with our love and best wishes for her healing and recovery.



While the ladies shared tea, the dulcet sounds of a chainsaw rang out behind the Hof... it was Folkbuilder Ryan Skinner and our menfolk gathering for their own bonding activities together, armed with wheelbarrows, wrangling valiantly with a fallen tree that needed to be cleared. They got so much done, thank you brothers! Victory was had, and good conversation and laughter as well.



The children had many activities to enjoy. There was Valentine's Day-themed art to do, and exciting things to learn about! Through the story of The Elves and the Shoemaker, Gyðja McNallen taught them lessons about the Landvættir and the significance of exchanging gifts. They did artwork about this, painting pictures of what they thought the Landvættir look like, then left the art as an offering to them. The children also had a special Sumbl of their own outside. They toured the garden and cemetery as well, spending some time honoring our Folk there, like our beloved Goði Thorgrun Odden. A wonderful time was had by all, as always.



The weather was lovely, and as the afternoon passed into the evening, dinner preparations were started in the kitchen. Folk gathered around the fire outside and in the hall for Frith and fellowship. Gyðja McNallen talked to the folk in the hall about the story of our Ásynja Gefjon, whom we honor during Charming of the Plow. The sunny skies had darkened into cool-shadowed evening, and folk gathered outside for a Blót to mark this holy day. Led by our Allsherjargoði, we honored Freyr, and blessed the plow. Earlier, we all had decorated small cakes with our names and runes, and we placed them in the fire during the ritual. It was a beautiful Blót, certain to remain in the hearts and minds of the participants.



We proceeded into the hall for a group photo and feasting. Dinner was pulled pork, Greek salad, baked potatoes, and baked beans, with a variety of pies for dessert. We had the pleasure of musical accompaniment for the feast from our talented brother Paul. Laughter filled the air as we shared food, stories, and companionship, solidifying that sense of belonging that is so vital to our spiritual journey. There was a cash raffle afterwards, and as the evening wound down and folk began to depart for home, bags were prepared for the food pantry the following day. 58 families were helped by the Óðinshof food pantry in the month of February!



As the evening grew later, Folk who remained gathered outside around the fire for holy Sumbl, sharing toasts and stories over the horn. In the future, starting with our Ostara gathering, we will be holding Sumbl before dinner, so more of our folk will be able to experience this holy rite with us. The day had drawn to a close, and it certainly was a wonderful day. New friendships were forged, old acquaintances were renewed, and the sense of community deepened. We were reminded of the importance of coming together, sharing our experiences, and supporting one another on our spiritual path. The success of the gathering is a testament to the dedication and spirit of our brothers and

sisters of the faith, and the strength of our church. We in Óðinshof leadership extend our heartfelt thanks to all who contributed to making Charming of the Plow a memorable and meaningful experience. We look forward to future gatherings and the continued growth of our faith community.

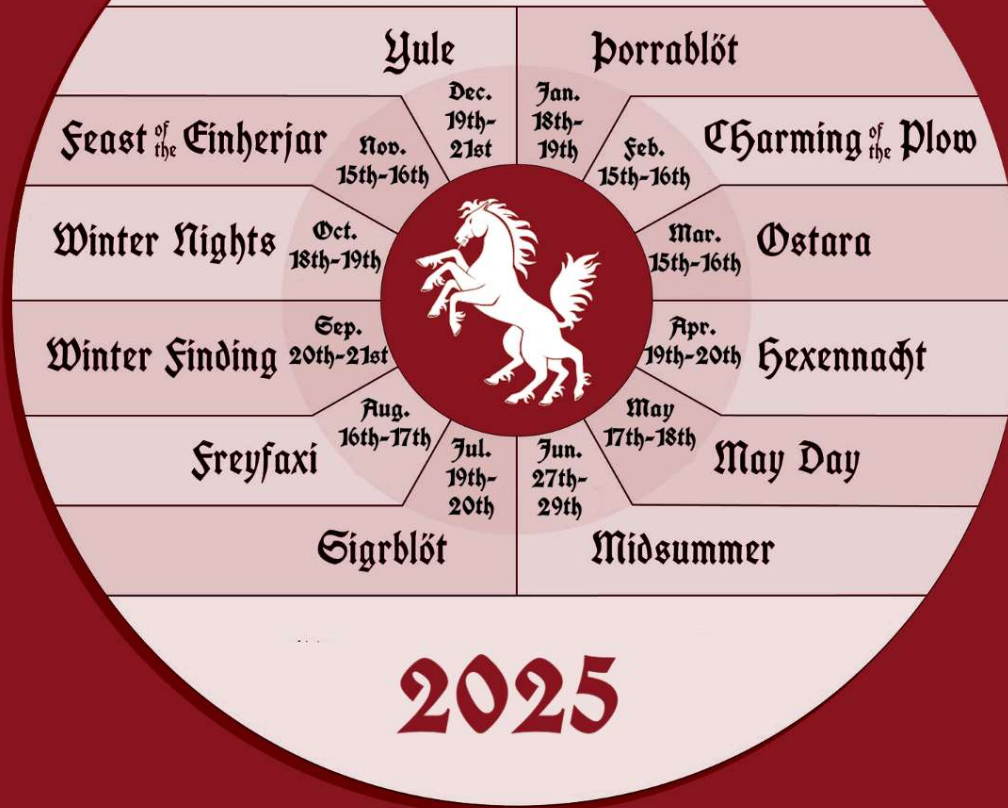


Lauren Anderson

landerson@runestone.org

Upcoming Events at Odinshof

Óðinshof



Ostara at Óðinshof

March 15 -16

Come celebrate the Rites of Spring!

KINDER ACTIVITIES throughout the day!

Breakfast - *Greeting to the Day* - Presentations - Lunch
Greeting to the Gods - *Ostara Blot* - Ladies' Tea/Men's Team
Sumbel - Dinner - Auction - Food Pantry Bagging

RSVP, please! Help us with planning! An event survey was emailed to you!

Gythia McNallen:
sheila@runestone.org



Hof Steward's Address



Good day Óðinsfolk. Today I would like to bring you some updates on the goings on around the Hof, and to let you in on some of the ideas, planning, and goals for this year. My intent is to present to you a list of projects; either ongoing, or upcoming, and that you would want to be involved with one, or several of them. So I'll just jump right in.

I typically divide the year into two halves: Midsummer prep and Yule prep. When one event ends, prep for the next begins. This is mostly due to the fact that projects take time, money, and volunteers. As I have said in the past, the more volunteers we have at a Work Weekend, means the more time I have to dedicate to projects. As February comes to a close, here is a look at my Midsummer prep list.

**** If anything on this list interests you, please reach out to me! ****

- Men's restroom update - The men of Óðinshof were able to raise a couple bucks to make some much needed changes to the men's bathroom. We will be installing a new sliding window, a vent fan with duct work, as well as replacing the wood paneling currently on the walls. (Complete by June 1st.)
- Kitchen floor - We now have a new kitchen island, and therefore we will be installing the last of the new flooring. (Complete by March 8-9)
- Hall decor - While we continue to streamline the operations at the Hof, one thing we find ourselves in need of is quality seasonal decor. Table runners, candles, table cloths, center pieces etc. The Hof will rotate these decorations by the seasons. Summer, Fall, Winter, and Spring. Summer and Fall decor is currently lacking, and if you wish to get involved in the creation or contribution to this decor, please let me know. We currently have a member working on Spring table runners, while my wife and I have made pieces for Winter. (Completion is ongoing)
- Freyja Pole - To those wishing to contribute to our Freyja Pole and her ritual circle, please reach out. I have installed a new sprinkler system for her, as well as seeded the area with grass and wild flower seed. Intent is to add fruit bearing trees (x2), flower boxes, and bench seating. (Completion is ongoing)
- Outdoors - Large Planter box. We will be demolishing the steel and wooden structures around the BBQ pit, leaving only the moss-covered cinder blocks. This will be turned into a large, well maintained flower bed, with a dedication plaque in the center. Anyone wishing to contribute to soil, bulbs, or has skills in designing or creating a centerpiece(wood/stone) should reach out. (Completion by May 1st) Additionally, bench seating is needed for the property. If you or someone you know is able to build a decent bench, large enough for 2-3 people, I would encourage you to do so. I can paint, stain, or seal them as needed. The more benches the better. Hint: YouTube is full of DIY pallet, and inexpensive 2x6 bench builds. Check it out. (Completion by June 1st)
- Plumbing upgrade - Currently we have a handful of members drawing up plans for a new leech field. During Midsummer 2024, with the increased usage of the facilities, we noticed the ground had become saturated in water. After digging around a bit, we found that our leech field had been crushed, compacted, and mangled with tree roots. I am currently waiting for a materials list, and I expect to move forward with this soon. (Complete by April 12)

There are many other small projects, good ideas, needs, and wants. If you have something in mind, or would like to sponsor a specific project on my list, please let me know. And to be completely honest, I would rather our members make an ugly bench, a

simple coat rack, or some cheap Hof aprons for the kitchen staff, than to have us buy plastic stuff from overseas. I want people to see a Hof maintained, and built by its members. I myself, have "churched up" a few of my own ugly pieces for the Hof, and they end up looking great. So, if you'd like a crack at contributing something of your own, don't worry about skill level or know how. We can put some lipstick on an ugly homemade project together. I look forward to hearing from you, and I'll see you in the next Runestone.



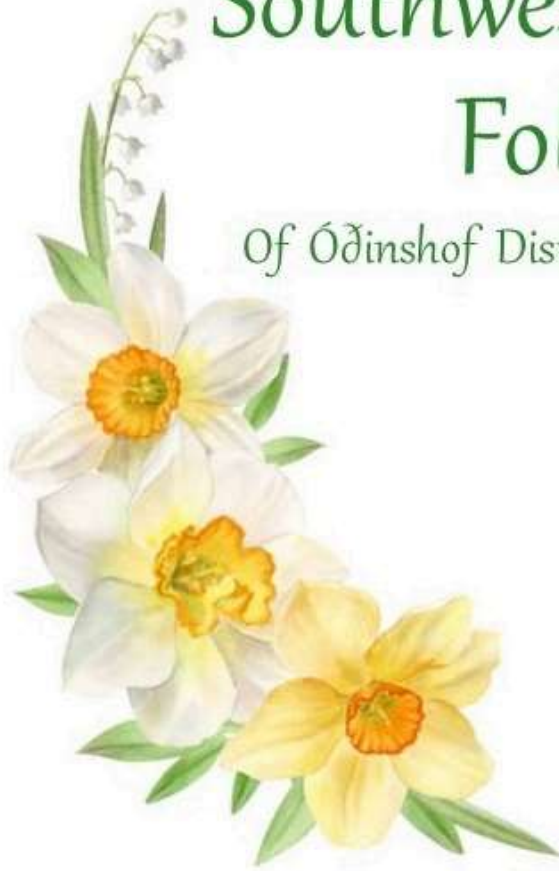
Daniel Odom
Apprentice Folkbuilder
dodom@runestone.org

Monthly Virtual Members' Meetings



Southwest Folk

Of Óðinshof District



VIRTUAL MEETING

**Monday,
March 10th
6:00 PT, 7:00 MT**

**We invite all
members in ...**

**AZ, NM, CO, HI,
SoCal, Oceania**

**Hosted by :
Gyðja Sheila McNallen**

**Folkbuilder
Erin Harrison**



Northern Folk

of Odinshof District
Teams Meeting

Tuesday, March 11 5:30 Akt, 6:30 PT, 7:30 MT

For members in the far-northern latitudes

Hosted by Gyðja Sheila McNallen sheila@runestone.org

Óðinshof Monthly Membership Meeting

SPEAKERS

Gyðja Anderson:
Hexennacht

Witan Fasset: Seiðr

Gyðja Erickson:
Days of
Remembrance



**MARCH 28TH 7PM
PST
“HANG OUT”
SESSION
6:30 PST**

Gyðja Edition

Óðinshof Wish List



Óðinshof Member Ritual Requests

Member Ritual Requests



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

How to Submit a Request?

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

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

Thank You,

Olivia

Olivia Sutherland

Folkbuilder

osutherland@runestone.org

Óðinshof Leadership



Óðinshof Leaders

GOTHAR

Alsherjargothi 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)

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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



Folkbuilder Lou Nickerson
lnickerson@runestone.org

Additional Arizona Events

GERMAN LUNCH MOOT



Phoenix, AZ

For more info: schapman@runestone.org

Australia

The AFA in Southeast Queensland



We met last month for our 2nd moot of the year. We drove out to one of our beautiful National parks to visit one of the great waterfalls in the region. The path down took us roughly an hour. The path opened up to a metal bridge that brought you right opposite the towering waterfall. We stopped at the base for a while to take it all in and raise a horn to the Gods.



The whole circuit took us roughly 4 hours so when we got back to the top. Fortunately, there was a convenient bar just up the road where we stopped for Victory Beers. Another great moot!

Upcoming Events



California

Discipline is Freedom



There was a time when I felt weighed down, not just by my body, but by the quiet doubts in my mind, but I knew I could be better. I could be stronger. I could be happier.

So, I made a choice. Not to deprive. Not to punish myself. But to live in a way that made me burn it to earn it.

I walk, I hike, I stay in motion because my body was made to move, to climb, and to explore. Each step reminds me that I am capable, that I am worthy of the effort. When my muscles burn and my breath quickens, I know I have earned my rest.

I nourish myself first. Vegetables and lean meats come before anything else, fueling me with strength and satisfaction. I have never deprived myself. If I crave something sweet or indulgent, I enjoy it, but by the time I get there, I am already full on the good things, on the things my body truly needs. The foods that once controlled me now fit into my life naturally, without excess and without guilt.

I never gave up the foods I love. I simply learned to love myself more.

I have never reacted well to restrictions, to the idea of "you cannot." Instead, I have learned that discipline is not about denial but about honoring my gift of life. It is about toil, movement, and strength. It is about the deep satisfaction of knowing I am not stagnant and not stuck.

This journey was never about shame. I did not shame my way to losing over 100 pounds. I moved, I worked, I lived. And in that, I found something greater than weight loss.

I found freedom.

— Carli Skinner, member

Toil in the Soil: Men's Group at Charming of the Plow



At Óðinshof, the land is not just a place of reverence. it is a living testament to our Folk spirit. When the wind tore through the mighty 60-foot live oak, it left behind a task worthy of strong hands and steadfast will. The men of our Folk rose to meet the challenge with axes, saws, and iron resolve.



During the Men's Group event at Charming of the Plow, we came together to tame the land, clear the fallen giant, and prepare for the seasons ahead. Chopping, stacking, burning, and restoring order to the sacred ground wasn't just work. it was an act of devotion, a brotherhood united in purpose, and a firm reminder of our duty to maintain the spaces where we honor our Ancestors and Gods.



The air was thick with the scent of fresh rain, oak and rising smoke, a reminder that no force can break the resolve of men bound by purpose. Sweat mixed with earth as we split and stacked logs, the rhythm of axe against wood a song of strength and determination. The roar of flames consuming the debris was the voice of our will.



This was a reaffirmation of our ways. Our ancestors did not shy from duty, and neither do we. We work because it is our calling, because the land demands it, and because nothing worthy comes without effort.

At Óðinshof, we do more than gather, we build, fortify, and prepare for what lies ahead. This is our path. This is our power. Through our toil, we lay seeds of Victory in the soil.



Folkbuilder Ryan Skinner

rskinner@runestone.org

From Óðinshof to Njörðshof; a Blótferð



Seeing a different Hof or any Hof in general is on many people's "bucket lists," and one that has been on mine for a while. I had a great year at work and ended up with an end of year bonus. Strangely enough, I'm somebody who doesn't like having "extra" money. I have enough to take care of my family and my kids and go into saving for the kids. Anything "extra" that I can't see an immediate need for usually goes into the Asatru Folk Assembly because I can't think of anything more important to spend the money on. My children have everything they could ever need and more; we have a roof over our head, clothes on our backs, food in our bellies, and reliable transportation. Anything outside of this is frivolous spending on material items that would really mean nothing

to me or my children 5 years down the line.

So, with this bonus, I was trying to think of what I could do with it. I put a decent amount away for the children, but I decided this time I would indulge a bit and spend some money on myself. Something I HARDLY do. I began researching flights and found a very affordable round-trip ticket to Orlando and decided that I WILL be going to Njörðshof for the national event, Charming of the Plow. I booked the flight, booked the room, and began the anxious count down.

You can say "if you've seen one church, you've seen them all" but that's not accurate when it comes to the Hofs. Each Hof is dedicated to a different God who brings different things to the table, thus bringing a different culture about it. I know (and love) Óðinshof culture but had no idea what to expect from Njörðshof. Do they do outdoor Blót? Do they spend all night around the fire pit? How is their kitchen set up? (Can you tell where my happy place is, haha.)

I set out early Thursday morning to begin my travels, and when I checked in online, I got a special offer to upgrade to first class. I figured why not? I never spend money on myself and this trip is as good of a time as any to indulge upon myself. I settle in the very first seat on the plane—1A, a window seat with plenty of space on either side of me and a wall to put my feet up on. I get handed a mimosa and the party begins. Folks began filing onto the plane and I kept an eye out for the McNallens lighting up with glee when I saw them and surprising them by seeing me "sitting like a queen." I shared a seat with a gentleman on his way to Florida to take care of his elderly mother and we spoke about ancestors and the importance of making sure our elders' final years are spent in comfort so when they pass beyond the veil, they do so in peace.

We land (safely, hooray!) in Florida and I'm so focused on getting the McNallens situated. I don't stop to take in what's around me. Alexander is waiting at the car; my first time meeting my lovely boyfriend in person, and instead of greeting him with "hello" I sit down in the seat, after getting the McNallens taken care of, turn to him, try to speak and get gagged from how thick the air is. My first words to him were "I can chew the air. Get me out of here now before I turn around and jump back on a plane." We laugh and begin our drive to the Hof. The air gets much thinner as soon as we leave Orlando (thankfully! I wouldn't have survived). Three hours of driving and many laughs later, we pull into the driveway of Njörðshof.

As soon as our wheels touched the driveway, an electric tingle shot through my body and a sense of calm washed over me. I turn to Alexander and proclaim, "I am Home. The power of Njörðr is pulsing through this land." We get inside and the hall, as modest

as it may be comparatively to other Hofs, was not modest in greatness. The sense of pride these folks have in the Hof is felt throughout the walls when even minimal membership is present. The echos of laughter from the children building Frith and strengthening Hamingja paint the walls leaving the feeling behind even after they have turned in for the night. We have leadership Sumbl and prepare ourselves for the weekend ahead. I like to say as leadership our goal is that we could have a million fires going but membership won't be privy to one of them. Well, I'm proud to say there wasn't even a single fire we had to put out. The camaraderie and togetherness and teamwork Njörðshof has not just among leadership but among Folk as well is unmatched and made for a very smooth event.

We had a beautiful baby shower for Madison East that I was honored to be a part of; as well as Alexander Casto taking his Folkbuilder oath. Two major events that were very impactful for me as Madison is someone who means a lot to me and to be able to celebrate her bringing new life into this world was something I will hold near and dear to my heart forever more. Getting to stand with my fellow leadership and watch Alexander take the full plunge into leadership and be Oathbound to all of us present is beyond words. A man who truly puts his all into his Folk with very little asked in return. He is an embodiment of what the Asatru Folk Assembly looks for in a Folkbuilder.

We had Njörðr Blót, and with each hail Njörðr, I got this tingling numb feeling going down my body and tears began to flow as the power of the great Njörðr within that hall was oozing out. The auction was lots of fun and I came out with WAY more bowls made by the ever-talented Gilbert Page than I intended too (but I'm not mad, I'll find a place for them 😊).

One of my favorite parts of any auction is watching the Gift-Cycle happen. Everyone bidding against each other for an item they really want, finally being outbid and having to concede, only to have the rival bidder turn around and gift said item to the Folk member who wanted it. Witan Erickson did this to me with a bowl, Kristy Rogers did this to me with a jar of peach jelly, and I did this to Goði East, where I outbid him on this axe set we had discussed earlier in the day, giving one axe to Goði East as a congratulatory gift on his new son and one to Alexander Casto as an Oathing gift. The Gift-Cycle we do with the Gods is very much something beneficial and rewarding on its own, but when we can make others apart of the Gift-Cycle with us, it just brings much more fulfillment to it in my eyes.

The last day was filled with Alexander and me getting there early and cleaning up before Wayfarers Blót and breakfast, which was done deliciously by the beautiful Pam

McCloskey who kicked butt all weekend in the broom closet excuse of a kitchen. Us ladies who dedicate our time to making sure our folks are fed during national events deserve all the praise but a special shout out to Pam is much deserved as she makes do with what she has and you would have never guessed for a second that the amount and quality of food was done in a small kitchen or prepped weeks in advance in her home; she truly made many sacrifices leading up to the event and we are forever grateful.

The event ended with leadership and an additional member going to St. Augustine for a Ásatrú Academy field trip where we learned all about gators and crocodiles. We even saw some dinosaurs! After watching the gators do their feeding, we were hungry ourselves, so we moseyed on down to a local restaurant where we had some delicious food and some great laughter and said our goodbyes. Alexander and I worked our way on down to the airport for one of the saddest "goodbyes" I had to endure but we purchased his ticket so he can do his Blótferð to Óðinshof this Midsummer.

All in all, the culture was definitely much different than Óðinshof but not in a bad way. Moreso in a way that I think suits Njörðr. The biggest factor as to why folks don't travel is time and money. The second biggest is fear. Don't let fear keep you from experiencing the best things you as an Ásatrúar can do. Ásatrú is built on group luck, not individual. Yes, you can practice on your own at home, but this faith is meant to be shared and celebrated with others. And I can guarantee you, no matter where you end up, someone will make you feel at Home. Whether it's Midsummer at Óðinshof and I'm talking your ear off to pull you out of your shell, or Freyfaxi at Baldrshof and Witan Fassett is sitting by your side asking you how you came Home, Ostara at Þórshof and Folkbuilder Heather Young is giving you a big ol' hug like she's known you for 15 years and couldn't wait to see you again, or Charming of the Plow where Pam McCloskey makes you feel like one of her own children, I can guarantee you this—you will NEVER experience anything like it. It solidifies the feeling that you are Home, you are on the right path, the Gods are real, and what we are doing here as Ásatrúars is worth something. You can make more money, you can buy new things, but you can't get more time. The time is now. Don't wait, go visit that Hof. Go to that moot. Make your Blótferð this year.

Hail the Gods! Hail the Folk! Hail the Asatru Folk Assembly!


Folkbuilder Sierra Chapman

schapman@runestone.org



Upcoming Events

Jack London State Park
Sunday, March 30, 2025



GLEN ELLEN, CA
Contact Gythia McNallen for information
sheila@runestone.org



Gythia Sheila McNallen
sheila@runestone.org



Colorado

Feast Of The Winter King: Colorado Rocky Mountains



High up at 9K elevation in the Rocky Mountains of Colorado, we held our Feast of the Winter King Blót. High elevations means that our seasons are slightly behind the rest of the lower 48 when it comes to what happens outdoors.

That means, we won't be preparing to start our gardens until a few months later. Here in Colorado, we live in a semi-arid / high desert environment. Most of our water comes from the winter snows. Snow is water. Water is life. It fills our lakes, rivers, streams, and aquifers.





We held a Blót to Ullr, King of Winter. With 6 wonderful Folks, we sang chants, told stories of Lore, hailed the Gods and Goddesses, blessed a new set of amber runes, and gave mead as our offerings.



After Blót, we had a delicious feast all home cooked by our members that attended. Later, we sang Galdr chants with the new amber runes and ended the night with a Sumbl filling the horn with delicious mead made by the host of the evening.

It was a wonderful day/evening. And the company was even better. We hope more of our Colorado members join us in future events.

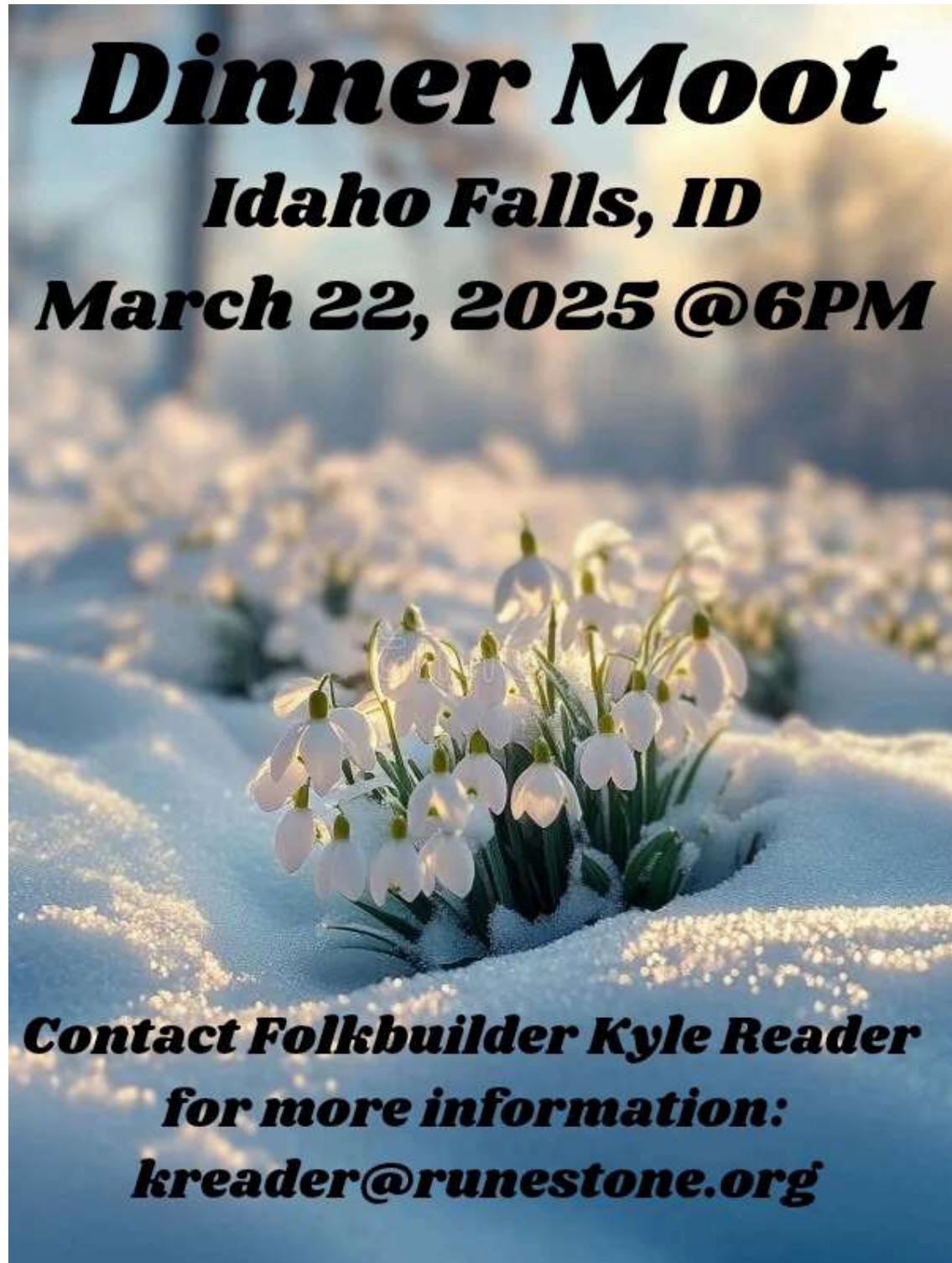
Upcoming Events



Erin Harrison
Apprentice Folkbuilder
eharrison@runestone.org

Idaho

Upcoming Events



Dinner Moot
Idaho Falls, ID
March 22, 2025 @6PM

Contact Folkbuilder Kyle Reader
for more information:
kreader@runestone.org

Our next moot will be at my home on March 22nd. 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 far in this area but don't let that stop

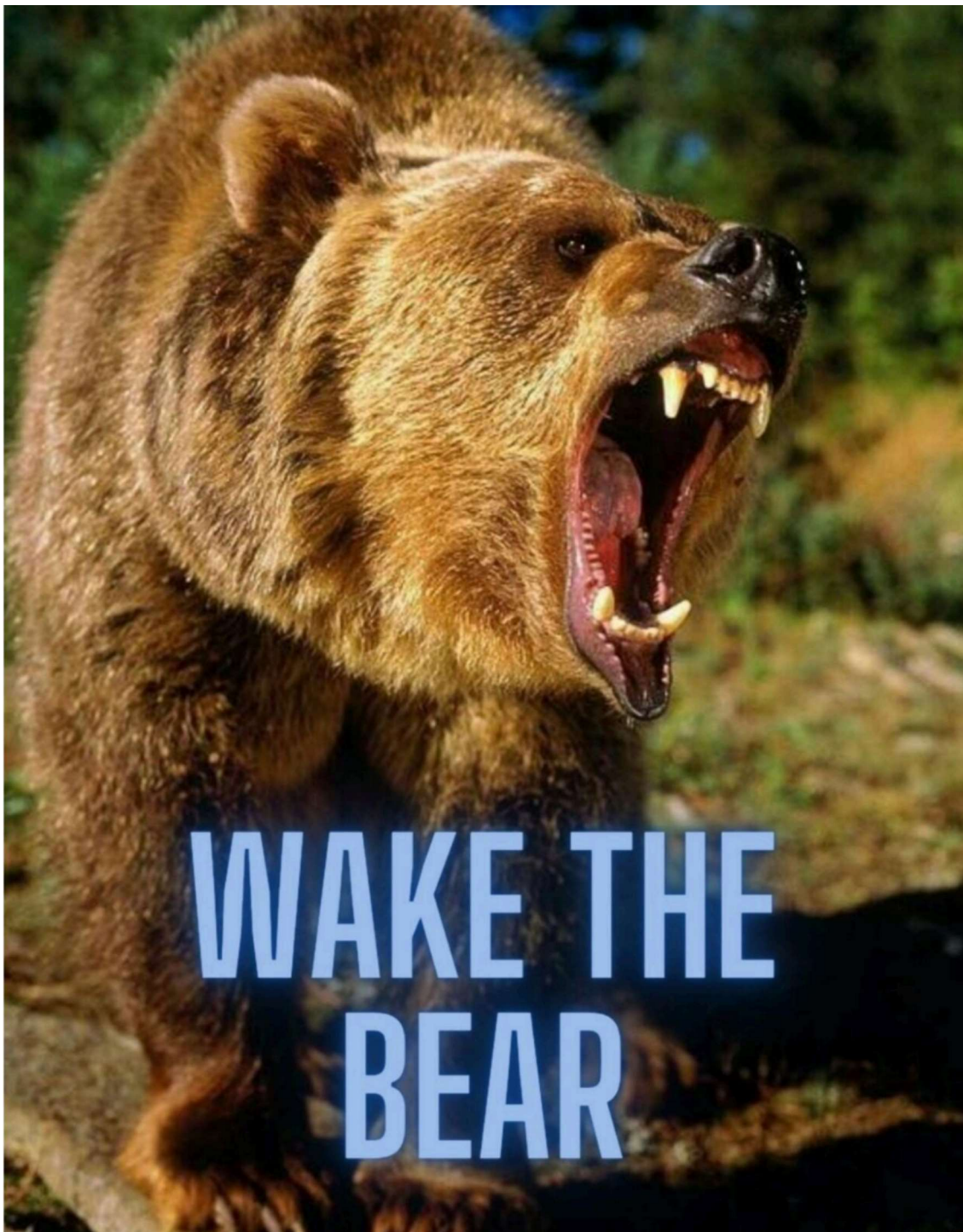
you from making the trip here, I promise you won't regret it. it's always a great time, some amazing conversation and all-around great Folk. My home is also open to all who need to stay the night due to the longer distances traveled, and I make some amazing breakfast burritos for a little more incentive. I can't wait to see everyone who is able to make it.



Folkbuilder Kyle Reader
kreader@runestone.org

Montana

Waking the Bear



At Fólkvangr, we understand the winter. With standing temperatures in the negative forties and wind chill stripping another ten to twenty degrees, the cold finds its home at ours. Snow builds up in large drifts and many roads become impassable. Failure to prepare for winter comes with a heavy price and the season is long. It's fair to say there is a good deal of hibernation that takes place out here.



This is why when the thaw begins and the rivers rise, tens of feet spewing two-foot-thick ice chunks downstream in a swirling orchestra, everything changes. And it changes violently. Rafts of ice twenty feet long barrel down the river and break against the bridge. Streams of runoff cascade down the hills and canyon walls into coulees. Deer break from the woods to greedily feed on exposed grass while wolves stalk behind to feed the heavy lane she-wolves that prepare for a new litter. What's more is the silence of the frost ends and out springs the choir of birds of all varieties. So long has silence covered the valley and so swift the return of the winged minstrels that the sound

is shocking in its vibrant return. Even the sunrise and setting light become more sharp and less muted from the glowing snow-bound land. Muddy footprints race this way and that as small animals emerge. Foxes and rabbits dance. The land erupts into movement and color. This is where animals move about like the wandering minstrels of old. This is the spring arrival I know when I emerge from my proverbial cave.



When I emerge from winter, I take part in what I call the waking of the bear. I know that after a long winter there is much to be done to prepare for the next; that there is limited time for industry and the plow before the deadening of the land returns.



The summer is finite and the labors extensive.
Lambs must be born, ewes shorn. Logs milled and firewood filled.
Grain stocks shoot, from windy Bjorn.
Here and now we see the thaw

Seeds must be blessed, after their frost blanketed rest.
The plow must be honed, fields to be combed.
The furrow filled and pressed, babes held to mother's breast
Here and now, we see the thaw.



With the thaw arriving, we must mirror the bear as he mirrors the cosmic force of the year cycle. We must emerge from our slumber and take to the fields. The bear takes on an essential revival of the earth as life bursts forth. Þórr is associated with the bear and holds the same name as those honey eaters; that is, Bjorn.

As Adam of Bremen accounts, Þórr plays a controlling hand in much for the success of crops, the weather and nature. Indeed, while Freyr holds the pivotal spot in our celebrations and worship of Charming of the Plow. We see that many, too, look to Þórr for their sowing's success as well. They seek Þórr's favor and the bears are said to aid him in this endeavor.



Bears upon exiting hibernation seek berries and other seedy plants for quick energy as they roam about their territories looking for prey and signs of disturbance in their lands.

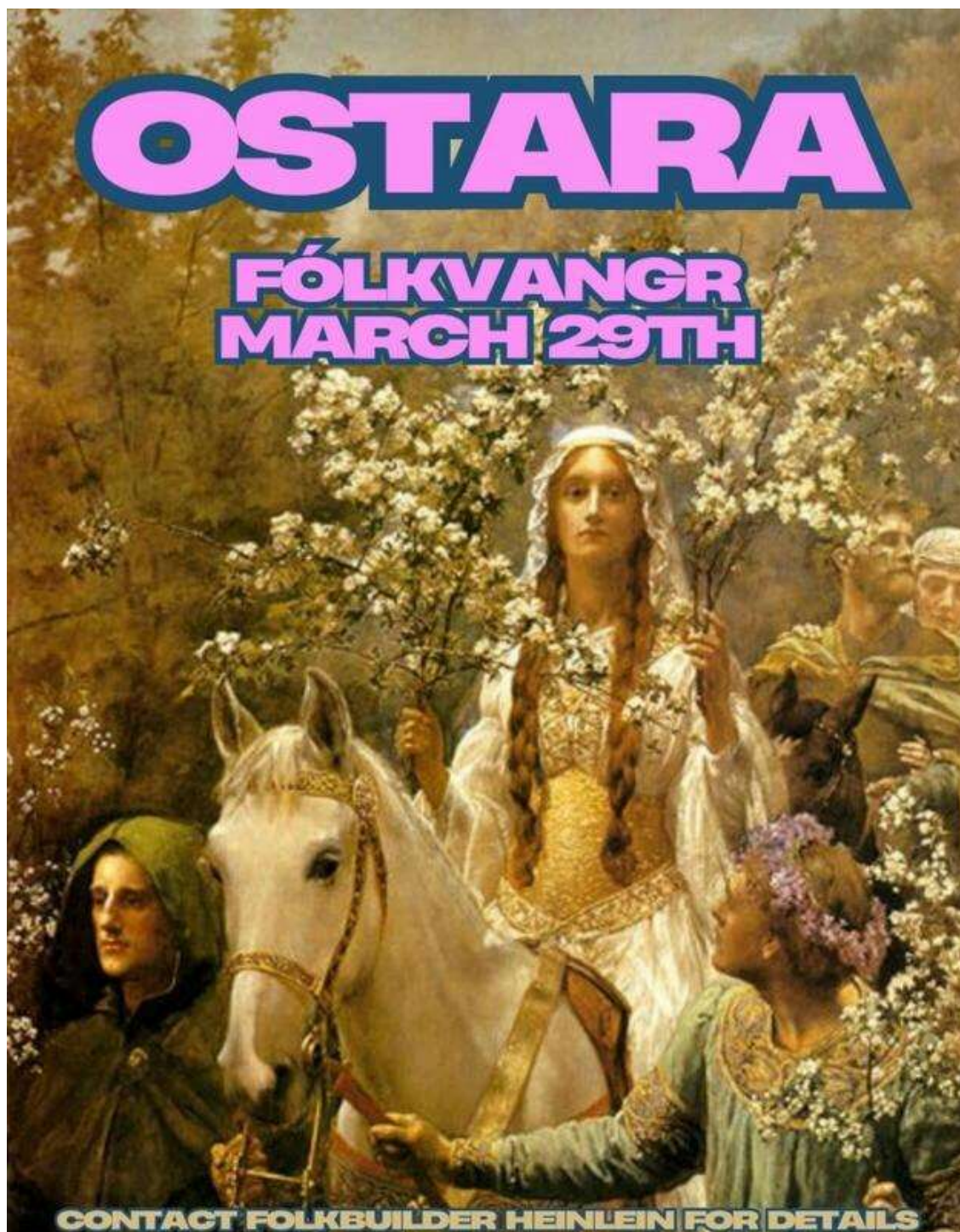
As they do, their scat spreads winter stay-over seeds so that they may grow in early summers' fertile glow. This idea of the bear spreading life after winter and being associated with crops was best seen in Sweden where they say they see the "grain-bear" when wind blows through fields of wheat stocks. It is seen as the spirit of the bear guiding the field for Þórr.

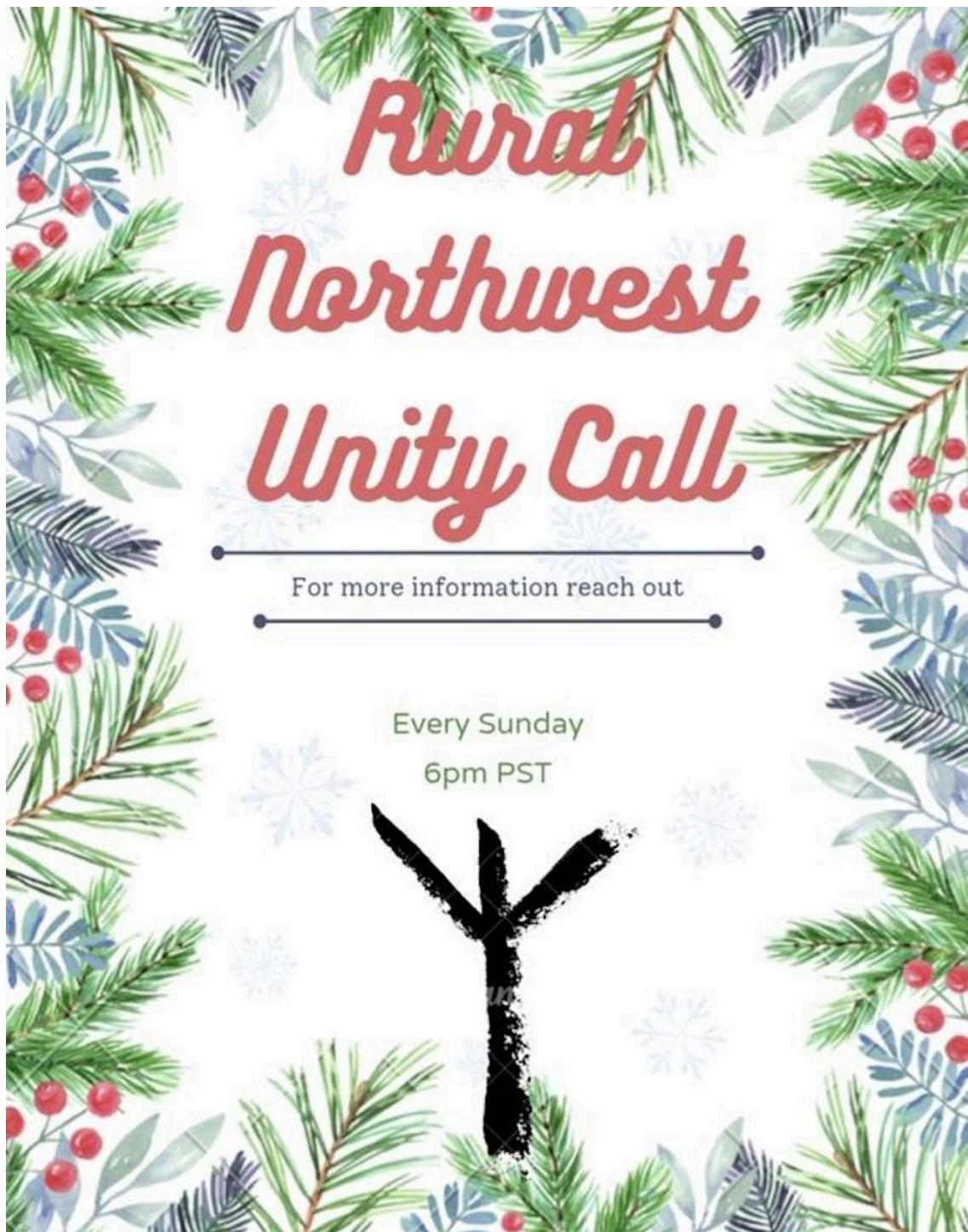


In this way we must emulate the Friend of Man: by bringing life and order into the world reborn from winter's grasp. We must plan out our endeavors and manifest our will into reality.

As the thaw ends, I want us to look forward toward the year and be industrious in our efforts. We must spring forth out of the cave of winter and bring the world we seek into light. We must spread life and joy throughout our lands. Be fruitful in your toils. Wake the bear.

Upcoming Events





Folkbuilder Tyler Heinlein
theinlein@runestone.org

Planting the Seeds of Frith in Montana



On February 9th, we held our Day of Remembrance for Eyvind Kinnrifa and our Kindred's Charming of the Plow. Amidst freezing temperatures and feet of snow here in the North, it seemed odd to think that it's already time to be thinking about sowing seeds and establishing a garden. I thought it almost more appropriate to bless the snowplow, but we still engaged in honoring our God of Fertility, recounted our Folk customs and planted the seeds for our personal and Kindred growth. Part of this planned growth includes book studies. We all read, and have read, a variety of books on our faith, customs, culture, history, etc., but few of us are reading the same thing at the same time. Our endeavor begins with diving back into Beowulf and getting together periodically to discuss it. We are also looking forward to better weather and the ability to maybe get back out onto the Peaks and into nature.

Upcoming Events



Folkbuilder Ryan Harlan
rharlan@runestone.org

Nevada

Allsherjargoðic Dinner



Unfortunately, I was ill and had to cancel our February dinner. =Our March dinner, however, was fantastic and we are looking forward to seeing our Folk around our table again on April 5th! Please join us if you find yourself near Reno at that time!

Upcoming Events



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

Washington

Breaking Through Winter



It happened earlier than is typically to be expected around here, but it would seem that winter has most certainly passed. And not a minute too soon, if you ask me. With winter naturally comes a constriction of sorts. Depending on where you live, you're shackled to your domicile by ice and snow for several months, making any significant movement if not impossible, then at the very least a much more calculated risk than during any other season. Things always break down in winter; household utilities we take for granted in the modern age, our vehicles, and our immune systems as well. I spent the bulk of my weekends in February either sick or fixing something on my truck. Case in point, as I started writing this, I was in the process of replacing my back rotors. The brake pads had worn down to the metal and the discs themselves look like a beaver chewed them. You could probably hear metal on metal grinding from twenty feet away. Not ideal.

Compounding mundane obstacles are par for the course in the colder months. It's a reality for all of us, particularly in the latitudes moving further away from the equator in either direction. Depending on your circumstances, they could serve as a mild irritant or they could outright kill you but the reason they all occur around the same time is straightforward and almost self-evident: for the time being, the world is dead. If we all lived in accordance with natural law, we would spend most of our time sleeping when there's snow on the ground and maybe seven hours of sunlight a day. In an ideal scenario, this would be the norm, but that's not how the real world works. If you've got to get out there and grind anyway, you may as well take the opportunity to push

yourself out of your comfort zone a little.

Towards the end of the last cold snap, me and a few members of my kindred decided spur of the moment to break through the last vestiges of winter funk by taking a hike through some old logging roads in the Selkirks. The roads up the mountain were either solid sheets of ice thick slush, driving or walking. Not a single one of us had proper footwear and by the time it was over we were soaked to the marrow and completely exhausted. I couldn't think of a better way to break winters back, I want to think everyone came out of it reinvigorated. Exerting oneself in uncomfortable conditions is one of the better ways to wake up. Not more than a week later, almost as if summoned, the sun has returned to warm the earth and the ice has melted. Summer is no time for complacency, so get out there, get it done, and enjoy the gifts the Gods have given us! Hail Victory!

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 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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