



**Óðinshof**  
First Hof of the Asatru Folk Assembly

[www.odinshof.org](http://www.odinshof.org)

May 2025

 [Runestone.org](http://Runestone.org)

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Donate to the AFA

## Words from the Allsherjargoði



I hope you are all in the midst of an amazing spring! Across the AFA, we are seeing life and energy in full effect! So far in 2025, we have welcomed 11 new babies into our AFA family. Our members have been creative in fitness challenges as well as our regular efforts to get our bodies in ever better health and condition.

Now is the time to seize the day and take action. Take action in our lives. Take action

for our growth. Take action for the well-being of our Folk AND take action in our faith.

I often tell you all to break through whatever is keeping you from full participation in real world Ásatrú. I say this on repeat because it is the key to unlocking the life you should have and the future we all want. Go to your local Moots. Attend you Hof regularly if you are near enough to. Travel to attend a Hof when you are able. Gather with your AFA brothers and sisters...DO ÁSATRÚ!

We are celebrating the first 30 years of our Asatru Folk Assembly at Óðinshof this Miðsumar—join us for what is likely the biggest event of the year! ALSO, make plans to join us for the 3rd annual Sigrblót at Sigrheim in July!

Touch grass. Gather with your Folk. Worship the Æsir. Smile because life is wonderful.

"The son of a king shall be  
silent and wise,  
And bold in battle as well;  
Bravely and gladly a man shall go  
Till the day of his death is come." — Hávamál 15

## Announcements, News, & Noteworthy

- 4/19/25 - Gyðja Lauren Anderson's ordination is restored!
- 4/25/25 - Sólja Wealthew Vera Heinlein is named before her Gods and Folk.  
(born 4/23/2025)



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



# Words from our Founder

*The AFA Needs Men to Further Our Folk!*



Those of you born in the last few decades have inherited a world which, despite all the gimmicks, distractions, and novelties, all the illusions of freedom and "progress," we are living in what Friedrich Nietzsche called "the great down-going."

Entertainment? Easily found. Pointless distraction? Even more so.



Truth and idealism? Rare, devalued. Love of the ancestors and their values? Largely forgotten. And above all - loyalty to, and identification with, our Folk? This has been cast as the greatest offense of all.

The public and political world in which we live is one where the ways of our ancestors - and those of us who admire them - are hateful...and possibly criminal.

We live at the end of an age; we face a time when chaos rules, when the natural order is dismissed, when ideals are cast out and the crass and unworthy win the adulation of the masses. We have only to look at the popular culture (so called) and the daily news for examples. The trash and trivia you will see there cannot, and must not, go on.

We must seek a return, a revival, a renaissance of that which is noble, idealistic, and uplifting. Traditionally, great men and those good men who support and follow them, are the ones who have brought about such a rebirth. William Wallace was an example. Tolkien wrote stories about such heroes; men who took up arms because it was their destiny and their duty, and who were followed by other armed men because those men recognized them for what they were and fought alongside them. It was better to fight and to die rather than submit to evil.

Our modern society is oblivious to such idealism. We are ruled by bandits and sell-outs, by politicians who "make deals" and who openly accept money from evil organizations to ensure their re-election. Their crimes, and our decadent toleration of them, stinks to the heavens.

We need men. Not simulations of men, not gender-bending imitations of men, but MEN. Men who will "do right and fear no one." Men who will "put it all on the line." Men with testosterone, and idealism, and an understanding of our role in history. (It should go without saying that this in no way reduces the role of our women; hail to them! - but I'm talking to the men now.)

We - you and I - are fortunate in that we belong to one of the few organizations that address our current situation. We must do our part. No, I am not referring to taking up arms against the government. We are fighting this battle by other means.

We need men who can build families, support them, and protect them in good times and bad. We need men who can speak well enough to explain our religion and beliefs to others. We need men with the social skills to work well with the men and women of the AFA.

We need men who do not abuse alcohol or drugs.

We need men who love, defend, and support our Gods, our Folk, and the reputation of the AFA.

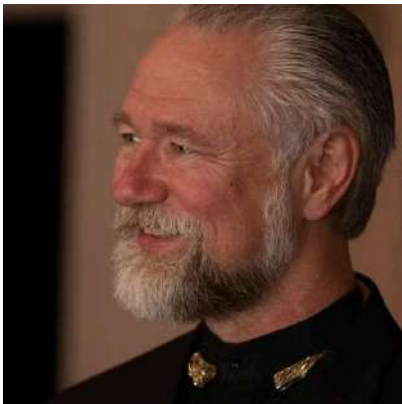
We need men who will actively promote and help build the AFA.

...Looking for heroism? There it is, right on your doorstep. You were meant to stand with us and fight this battle for the heart, the soul, the very existence of our Folk. The AFA is not "just another organization," it's your church, your connection with the divine. A hundred years from now, our descendants will raise a toast in your honor. It is said that "only the forgotten are dead"...you will not be forgotten.

In closing, I want to share some sources with all of you. I ran across these on YouTube within the last 24 hours, by the stroke of fate. The title of the channel refers to the Celts, but the English and Norse are also a part of this:

Channel on Youtube: CELTAINIAN CHRONICLES —

[Youtube.com/@CeltainianChronicals](https://www.youtube.com/@CeltainianChronicals)



Founder Steve McNallen

## Words from our Witan

*Weekly Devotionals*





# May 2025

## Devotional Wednesdays

May 7<sup>th</sup>  
Freyr

May 7<sup>th</sup>  
Gerdr

May 7<sup>th</sup>  
Fulla

May 7<sup>th</sup>  
The Ancestors

Join in with your Folk to honour the Aesir in our weekly devotionals. Hold a small ritual appropriate for the day and then sit in quiet contemplation for ten or twenty minutes.

Post your pictures and experience over on the AFA Spiritual Excellence group in MeWe.



Witan Brandy Fassett

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

## Words from Our Goðar

### *Declaration of Purpose VII*





## **VII. The use of science and technology for the well-being of our people, while protecting and working in harmony with the natural environment in which we live**

Technology and science are part of our intellectual inheritance, and we can use them to make life better for ourselves and our children. We must use our abilities wisely, however, maintaining the balance of the natural world from which we sprang. We modern Ásatrúar do not repudiate the scientific and technological progress of our Folk for the last thousand years. Even the Vikings themselves were technologically adept for their time. We do acknowledge man's ability today to change the world around us – for better or worse. Our knowledge must be applied in a way that is not harmful to the environment in which we live, for the Earth is our mother and – while we retain free will and individuality – we are a part of the web of life.

Technology is a double-edged sword. We are part of a race that has been largely responsible for advancements in nearly all areas of life as we know it, maybe except for inventing peanut butter. If our ancestors weren't as innovative and intelligent as they were, we would have never ventured from our geographical origins. We'd be stuck where we started still living with a primitive mindset preventing us from becoming more than we were the day before. Because of our innovative and exploring nature we have conquered nearly all areas of the world religion aside. We embrace new profound ideas and ways of doing things that still align with our traditional beliefs and values. So, we've built skyscrapers, been to the moon, explored the bottom of the oceans, created healthier ways of living, and all relatively quickly. The responsibility of an advanced race is to measure out the benefits and detriments of the scientific breakthroughs so as not to alienate Mother Earth. Mistakes have been made along the way as would be expected since the wisdom gained from acknowledging and correcting them is what enables us to keep pushing beyond perceived boundaries and to strive to be as the Æsir are, a never-ending endeavor that we as a race welcome. We are not meant to be still running around in furs and swinging axes and anyone that says otherwise is a fool and will get left behind in the abyss of mediocrity with a primitive mindset. It is all about balance, taking strides forward with a responsibility to our male and female children and to our Mother Earth.



## Ásatrú Trúlögmál



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

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

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



Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!



Matthew D. Flavel

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## The Quest for Freyshof

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

– Gylfaginning



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

This sacred quest 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 \$39,025 on our remaining loan.
  - This means if every member donated \$53 today, this would be paid off!
- We need to raise our monthly donation average by 7.37%.
  - 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*





June 14th

230pm

Midsummer at Sigrheim

Sigrblót at  
Sigrheim

July  
25-27

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



Folkbuilder Nicholas Rice

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

## Victory Never Sleeps



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

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

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

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

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



Matthew D. Flavel

Allsherjargoði, Asatru Folk Assembly

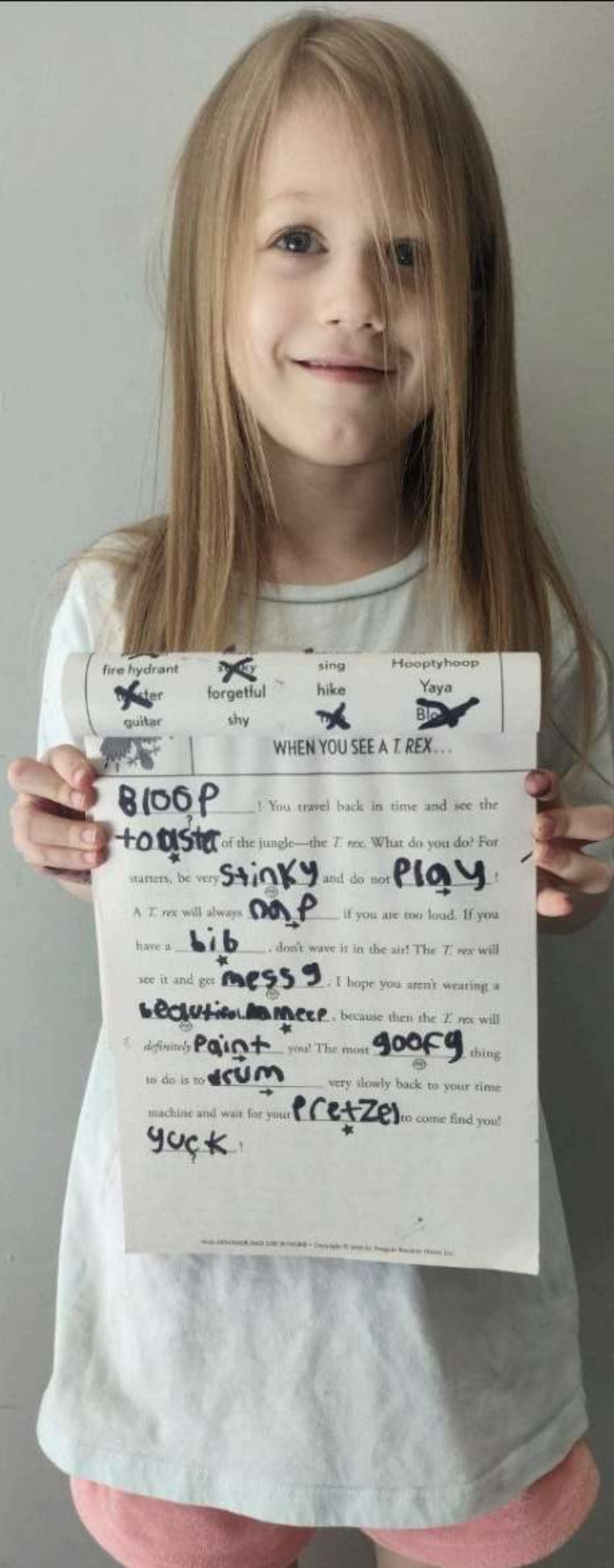
[mattflavel@runestone.org](mailto:mattflavel@runestone.org)

## AFA Ásatrú Academy



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





fire hydrant

~~toaster~~  
guitar

~~forgetful~~  
shy


~~sing~~  
hike

Hooptyhoop  
Yaya  
~~Bloop~~

WHEN YOU SEE A T. REX...

**Bloop** You travel back in time and see the  
**toaster** of the jungle—the T. rex. What do you do? For  
starters, be very **stinky** and do not **play**!  
A T. rex will always **nap** if you are too loud. If you  
have a **bib**, don't wave it in the air! The T. rex will  
see it and get **messy**. I hope you aren't wearing a  
**vegetable**, because then the T. rex will  
definitely **paint** you! The most **goofy** thing  
to do is to **drum** very slowly back to your time  
machine and wait for your **pretzel** to come find you!  
**yuck**





Life so easily gets busy, and the whirlwind leaves us reeling. Simply trying to keep up with all the tasks and having overloaded schedules means that many families end up having a dynamic of reacting, rather than responding. This impacts all aspects of our lives, our marriages, our parenting. So much of the life wisdom I have gained thus far has been about being intentional and making extra space in the day for things to happen. This allows for purposeful feedback and action and a lot more peace. Along with that, routines can be extremely helpful. I do not advocate for being beholden to a routine but finding the balance of structure with the opportunities for spontaneous delight. A huge part of the Waldorf philosophy is Rhythm.

“Rhythm” isn’t a fluffy, new age word for “schedule” - I promise. It is a gentle (and sometimes not so gentle) breathing in and out. Many Waldorf resources would have you think that rhythm is just about deciding what day you will bake bread and which day you will do laundry. Rhythm of the home is much deeper than this. It is about holding the space. What does that mean? It means that you are emotionally able to approach the day and your child. This carries into your rhythm and further into how you live and what attitudes you bring to your child...

Holding the space is the simple act of being present. Simple and easy are not the same thing! The more rest you get and the more you are conscious about how you show up, the easier it will be. Let’s think back about the last time you were distracted by your phone or a book or adult conversation. Did your children get crazy? Did someone get hurt or the dog chose then to mess on the floor or you stubbed your toe? See, the moment you dialed the phone or hopped on social media to post that picture, your energy was no longer with your children and they felt it. They crave the security that comes from you being present and connected with your family. Holding the space is something that comes gradually as you become more confident about Waldorf, more connected to your children and more sure about your path. Give yourself time, but flex those muscles daily. When you do your part, you will find that the children will do theirs as well. Peace will abound. Of course there are times when it is stressful or you are tired or sick, fill-in-the-blank, but on the whole, a happy parent will make for a happy home.

Excerpt from Waldorf Essentials Class 1, by Melisa Nielsen

One of the lovely concepts I have come across in many homeschool programs is the idea of Morning Circle. It was a way to start off the day that was connected and grounding. After eating breakfast, parent and children would gather to do some group activities. They would begin by reading a holy story, discussing a verse or talking about a religious holiday. This could also be a good time for read aloud chapter books while younger hands work on crafts. Some families combine close ages for certain subjects.

Taking this time together sets the pace for the day that is meaningful, together and creates bonds.

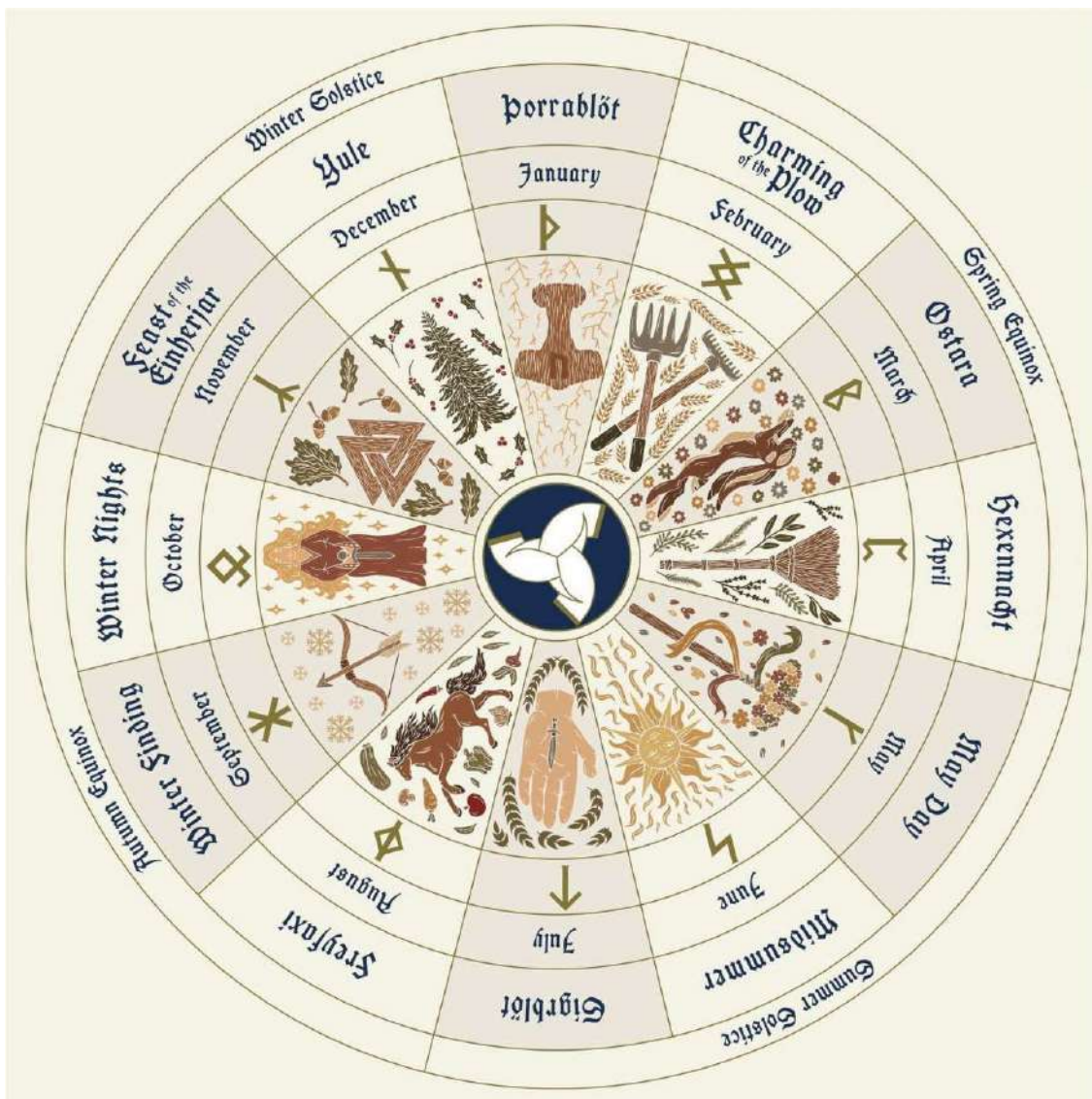


I recommend you start your day with intention, perhaps a special morning routine where you gather at a family altar, say a prayer together, read a story together. Begin your day with purpose and the calm can follow.



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

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

## May



Asatru Holidays - May 2025 - Sumarmál | Hoskuld  
<https://www.youtube.com/watch?v=P3CMxkwdu8E>



# Day of Remembrance

*John Gibbs-Bailey “Hoskuld” | May 22nd*



‡ May 22, 1913 - January 1, 2003 †

John Gibbs-Bailey, perhaps better known as Hoskuld, was born on the 22nd of May, 1913. He was an Englishman who, along with Stubba, founded the Odinic Rite and spearheaded the reforging of Ásatrú in Great Britain.

Very little is known about his personal life, outside of his clear devotion to the Æsir and his Folk. It is said that he found our Gods in the 1930s, and immediately recognized that Ásatrú is meant to be lived and practiced with the rest of the Folk. He met John Yeowell, Stubba, in the 1950s, and they stayed in touch about Ásatrú for the next 20 years before founding the precursor to the Odinic Rite in 1973.

In these early days of the Odinic Rite is when he adopted the name Hoskuld, which he took from 10th century Icelandic Goði Hoskuld Dalla-Kolson. He also spent this time formalizing the doctrine of the OR, as well as eight of the Nine Noble Virtues.

By the end of the 1970s, Hoskuld decided to step out of the public-facing role and let Stubba take the reins leading the Court of Goðar. He instead took on the duties of Treasurer and continued to keep his personal life to himself.

Beyond this, we know nothing about the remainder of Hoskuld's time in Miðgarðr. He passed away on January 1st, 2003, right after the 12th day of Jól. While his personal life remains largely a mystery, his impact on the history of Ásatrú and our Folk does not. The very virtues we strive for today were coined by him, and countless Aryan men and women have come home to their native faith in the Æsir because of this alone. The noble people of Great Britain and beyond were given a chance to reconnect with their ancestors and the divine because of the 70 years of work done by Hoskuld.

Hail Hoskuld!

## Holiday

*Sumarmál | May 1st (Observed May 17th)*



On the heels of Nornanótt, when the cattle were blessed in the smoke of the fire before being sent to their summer fields, we celebrate Sumarmál! Halfway between the spring and summer solstice, Sumarmál is often considered to be the first day of summer.

Warmer days are becoming normal. The Spring rains that helped to nourish the awakening fields have begun to taper off. The world around us is verdant again.

On Sumarmál, big celebrations were held both to celebrate the end of the harder days of winter and to bless themselves and their crops for a fertile and productive year. Men and women leapt over fires together or alone, wishing for fertility in the coming year. The Maypole was raised and around it, people danced and wove their ribbons. Women decorated their windows and doors with flowers and wove them into their hair.

Sumarmál is the coming together of men and women to celebrate life. We use this time to celebrate all the good things that we have, all of the things that we have worked hard for. We have survived the harsh months when stagnation is so easy a thing to fall into. When the celebration is done, the real hard work begins. The plan that was set into motion at Dísaping will now begin the active stage. Those seeds that you planted, or that project that you planned, at Austra, will now need real tending.

Sumarmál marks the beginning. It marks the start of growth.

Where one has the will, all things can happen.

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

*Freyfaxi at Baldrshof | August 22nd – 24th*



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.

**Tickets on sale soon!**



Witan Brandy Fassett  
[bfassett@runestone.org](mailto: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](mailto:cerickson@runestone.org).

Get your tickets [HERE](#)



Witan Clifford Erickson  
[cerickson@runestone.org](mailto: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](mailto:prisonministry@runestone.org).



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

## Ancestral Food and Culture

*Feasting with Folk*

# Feasting with Folk



*Sierra's Famous Hof Pork Loin and Browned Butter Garlic Mashed Taters*





### **Pork Loin**

- 1 pork loin from Costco
- Worcestershire sauce
- 2 lemons
- minced garlic
- one yellow onion

Cut the pork loin in half to get two manageable pieces and stab it a bunch of times all over. Put it in a high sided tray to capture juices and put it in with the fat back side down. Pour the Worcestershire all over, no measurement; just enough to get it coated all over. Put it to the side and let it rest while you chop the onion into chunks and peel apart. Slice lemon into wheels. Take your cubed onion and shove slices into each hole from where you stabbed the pork loin, spoon garlic all over, as much as you would like. Lay the lemon wheels all over and pop covered in the oven at 415° for 30 minutes. Uncover and baste with juices and cook 15 minutes uncovered or until internal temp is reached. Pull out and let rest for 15-20 minutes before cutting into slices

### **Browned Butter Garlic Mashed Potatoes**

- 20 lbs of potatoes
- minced garlic
- heavy whipping cream
- milk
- 3 sticks of butter

- salt and pepper

Wash, peel, cube, and boil the potatoes. Once they are tender to the touch with a fork, strain and put into a large bowl. Pour half the potatoes in the bowl, cube and cut a stick of butter and throw it in and then pour the other half of potatoes. While the potatoes are cooling, throw 2 sticks of butter in a pan and melt it down. Before it starts to brown, throw in a few hefty scoops of garlic and cook until butter is browned and garlic is aromatic. Pour into the bowl while still warm and use a hand mixer to begin incorporating. Start slowly adding in some heavy whipping cream. Potatoes should become thick and whipped. Add in some regular milk to thin out a bit. Salt and pepper to taste.

Serve with grilled asparagus and roasted vegetables.

Happy eating!



Folkbuilder Sierra Chapman

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

## Online Gatherings

# VIRTUE RECOVERY MEETING



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

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

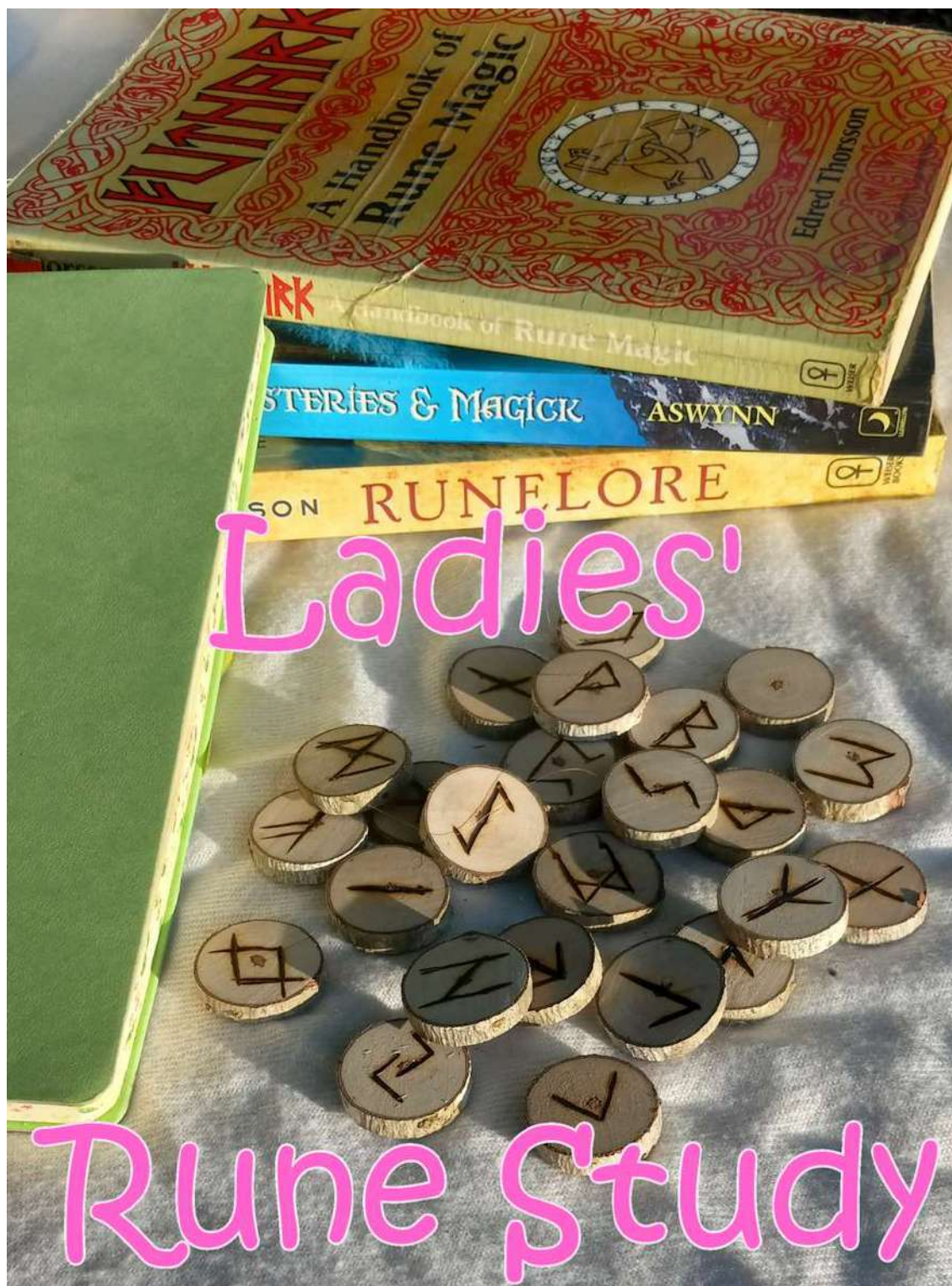


# SISTERS SUNDAY CHATS



Second and fourth Sunday of the month  
10 am central

FOR MORE INFO: [BFASSETT@RUNESTONE.ORG](mailto: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](mailto:aplourde@runestone.org)

I hope to see you there!



# **Lore Study with Gothi Jason Plourde**

**Join us every Tuesday night**

**at**

**6:00 pm EST**

**5:00 pm CST**

**4:00 pm MST**

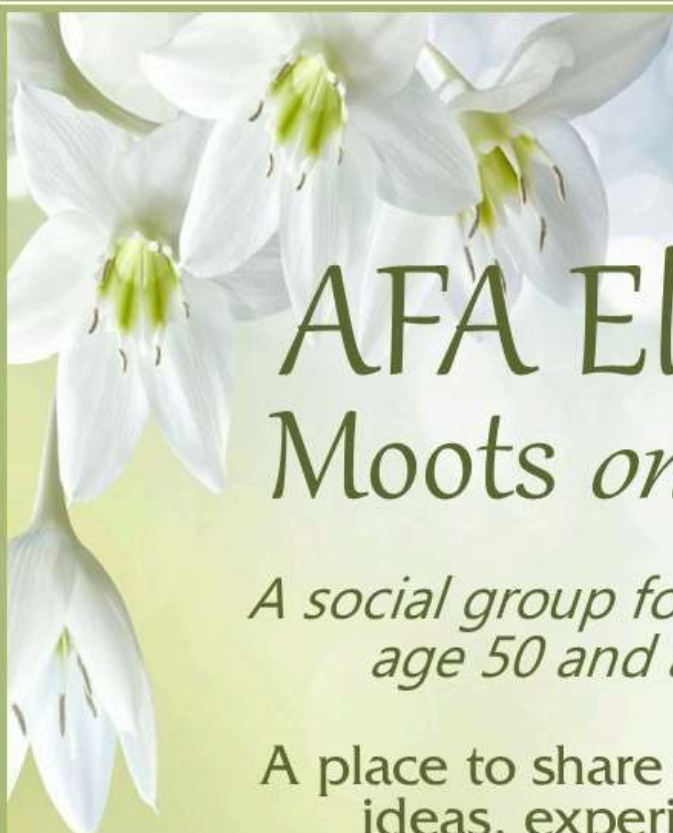
**3:00 pm PST**

**2:00 pm AKST**

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

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





# 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

**May 6th, May 20th**

\*\*\*\*\*

Hosted by Gythia Sheila McNallen



# Just For Fun



## May Word Search



Find all 50 HIDDEN WORDS in the word search puzzle below. Good luck!

W	A	J	L	H	D	F	G	N	I	T	N	A	L	P	M	M	G	S	G	I	E	Q	Y	S
Q	S	Y	D	F	A	I	I	S	D	R	I	B	P	A	C	S	N	N	U	Y	L	S	Y	A
S	N	A	I	L	S	W	H	F	L	I	O	S	R	A	R	G	I	B	T	S	K	C	S	Y
L	A	D	Y	B	U	G	T	C	T	L	E	I	G	E	N	S	H	G	B	M	C	Z	B	K
I	N	I	M	E	G	A	V	H	R	H	G	G	W	O	B	S	S	N	J	O	U	L	B	M
N	O	I	L	E	D	N	A	D	O	O	M	O	N	U	Y	Y	I	U	Q	S	S	I	A	E
S	T	S	M	R	O	W	W	L	R	L	O	R	I	A	A	F	E	H	S	Y	L	S	O	
K	P	R	O	Q	P	A	C	D	S	F	N	H	N	D	P	Z	M	C	S	O	E	Y	K	K
Q	W	R	E	A	T	C	M	D	U	I	S	G	L	T	D	M	L	E	V	L	N	G	E	M
S	L	R	I	E	T	F	U	U	B	E	A	A	C	X	H	P	A	R	D	B	O	S	T	W
W	T	A	R	N	S	B	T	U	I	R	I	S	H	Z	D	L	V	C	U	O	H	W	N	L
V	A	N	W	R	G	I	T	E	G	R	F	M	I	Q	S	R	E	M	S	B	C	J	U	A
Q	B	R	A	N	U	T	J	C	O	X	H	O	O	T	N	B	N	Y	U	A	Y	N	F	G
B	S	O	Q	B	E	O	P	M	V	I	C	T	O	R	I	A	D	A	Y	B	T	T	I	I
E	N	A	H	R	Z	N	E	E	X	M	R	H	I	F	Y	P	E	A	E	G	A	U	O	C
D	T	Y	F	Q	B	M	U	N	V	Z	M	E	U	L	N	S	R	V	N	O	U	L	L	W
R	A	L	L	I	P	R	E	T	A	C	M	R	W	H	O	O	I	I	J	N	R	I	B	J
K	Y	D	A	F	F	O	D	I	L	P	J	S	A	O	R	O	P	A	Z	E	U	P	S	L
H	X	O	G	L	U	B	G	E	E	U	R	D	B	W	L	R	F	G	D	E	S	I	E	F
C	I	R	I	Q	R	K	U	K	V	N	Q	A	O	E	I	F	A	A	C	R	B	C	E	H
R	W	O	I	O	N	M	J	D	O	R	T	Y	T	H	W	R	N	A	I	G	L	Q	B	T
G	D	L	S	Z	R	T	C	R	H	S	I	Q	C	N	D	Z	L	U	E	D	D	F	Q	S
X	T	E	W	X	Z	Q	A	H	S	Q	U	R	D	E	P	I	K	M	S	U	Y	V	X	P
E	G	Q	X	S	U	N	F	L	O	W	E	R	N	N	L	H	E	J	S	E	E	D	S	F

ANTS	CINCODEMAYO	HAWTHORN	MOTHERSDAY	SPRING
BASKET	DAFFODIL	HONEYSUCKLE	ORCHID	SUNFLOWER
BEEES	DAISY	IRIS	PANSIES	TAURUS
BIRDS	DANDELION	LADYBUG	PLANTING	TREES
BLOSSOMS	FIFTHMONTH	LAVENDER	ROSE	TULIP
BUDS	FISHING	LAWN	SEEDS	VICTORIADAY
BUTTERFLY	FLOWERS	LILAC	SHOVEL	VIOLET
CAMPING	GARDEN	LILY	SHRUBS	WARM
CATERPILLAR	GEMINI	MARIGOLD	SNAILS	WATER
CHIRPING	GREEN	MEMORIALDAY	SOIL	WORMS

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



# Springtime Seed Bombs



Seed bombing is the practice of introducing vegetation like flowers and other native plants to land by throwing or dropping seed balls, which are made of seeds encased in clay and soil. This method helps protect the seeds from predators and improves their chances of germination in various environments.

Seed bombs can be made with soil, clay, and or biodegradable paper.

Materials needed:

- Wildflower seeds
- Soil
- Paper
- 1 hosiery stocking
- a glass
- a spoon
- a blender or food processor





Step 1. Tear up or shred your paper into small piece and use them to fill up a blender or a food processor. Cover it with water and blend this paper and water mixture until you have a blended-up slurry pulp.

Step 2. Place your hosiery stocking over a glass where the end of the stocking is at the opening of the glass.





Step 3. Using a spoon, scoop out some of the paper water pulp and place some into the stocking. Spread it out a little because you'll be putting more items into that paper pulp.

Step 4. Place a small amount of soil into the middle of the paper pulp.









Step 5. Now place a small pinch of the wildflower seeds into the middle of the soil. Cover the seeds with a little bit more soil.

Step 6. Next, cover the seeds and soil with enough paper pulp to cover all of it.







Step 7. Gently pull up the stocking without disturbing the ingredients inside of it. Gently squeeze out all the excess water over the sink and form it into a ball while it is still inside the stocking.



Now you may gently remove the seed ball from the stocking and place it in a safe place to completely dry out. After it's dry, you may throw your seed bombs out into the yard, garden, or nature wherever you'd like to see these wildflowers grow.

This is a great craft for kids and kids at heart!





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

## Sister's Egg Project

# SISTER EGG PROJECT



We started this ritual on March 9th with an end date of May 1st. Several of the ladies are continuing until they can attend their Sumarmál celebration. As of the writing of this article, 33 people have come home to the AFA. Eight of which are our Sisters. Every year this project grows bigger. It certainly proves that AFA women putting their intentions into the world is powerful indeed.



The energy we put into our eggs and the intentions behind it have a purpose. The intentions help direct that energy. As we burn or bury our eggs, we release that energy into the world and it goes in search of those sisters calling them home. Since I offered them during my Sumarmál Blót, I offered them to Freyr asking him to direct it as he will in hopes of a harvest of sisters coming home.

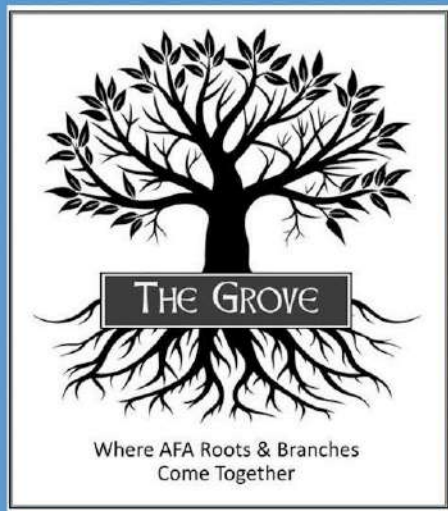
Thank you to all the Ladies that join in on this project. We plan on doing more group rituals in the future. If you are a significant other of a member who hasn't come home yet, contact me and I can show you that you also have a place here among us. I truly believe that every member of the AFA is an important part of this community. If you have any questions, needs, or just want someone to listen, please reach out. I'm here and happy that you are too.

Folkbuilder Sara Ault

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



## AFA Genealogy



Working on your family tree?  
Come join us in *THE GROVE*.

Virtual Teams Meeting  
**SUNDAY, MAY 11th**  
3:00 PT, 4:00 MT, 5:00 CT, 6:00 ET

Topics include online resources, tips  
for building your tree, and our own  
AFA KINSHIP CHARTS!

These NEW meetings are a project of the AFA Genealogy Group on MeWe. Come join our chat! You don't need to be a member of the group to participate in our meetings. All are welcome.

Have questions? Need the link?  
Contact Gyðja Sheila McNallen    [sheila@runestone.org](mailto:sheila@runestone.org)

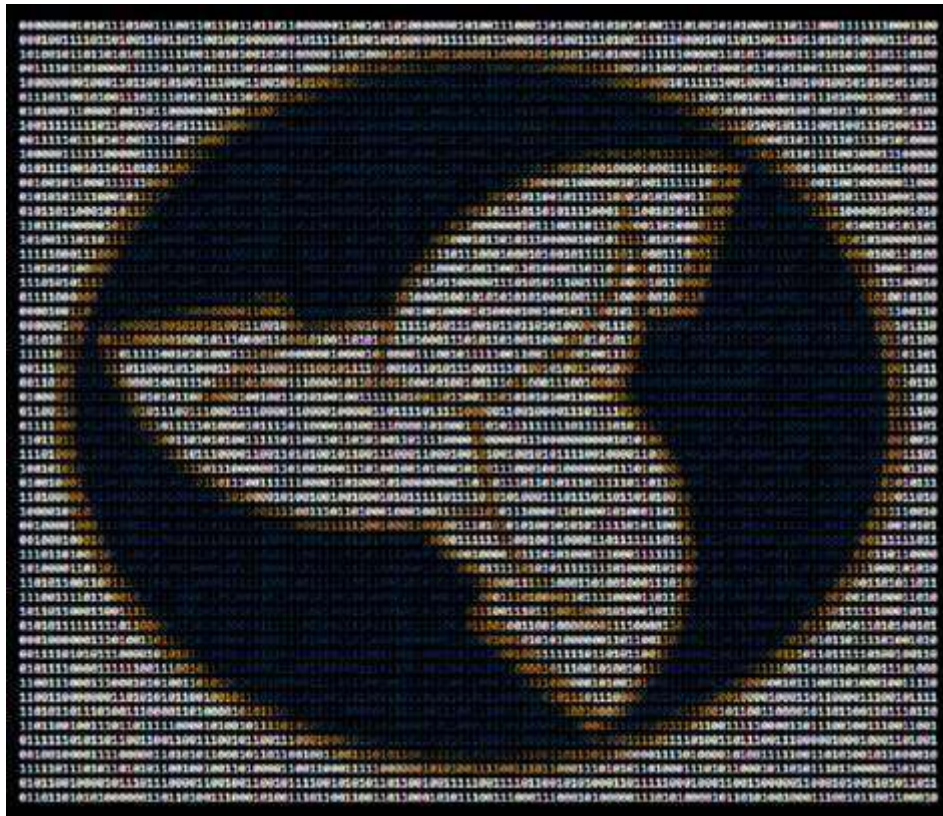


Gyðja Sheila McNallen  
[sheila@runestone.org](mailto:sheila@runestone.org)



# AFA STEMCELS

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



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

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

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

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

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



Witan Clifford Erickson  
[cerickson@runestone.org](mailto:cerickson@runestone.org)

## AFA Fundraising

*April Walk-A-Thon Top Contenders*

# *Walk-A-Thon Top contenders*

**1** *Scott from Baldrshof*

**2** *Goði Erlandson*

**3** *Victoria from Óðinshof*

## *Congratulations!*

The Walk-A-Thon was a great success! With so much support and involvement, I am genuinely so proud of all of you! We had so much consistency, progress, and camaraderie! The winning District will be announced on VNS on 5/7, but I wanted to give a special shout out to our top 3 participants. In first place with 443,330 steps, we have Scott from Baldrshof! In second place with 423,737 steps, we have Goði Erlandson, and with 384,447 steps, we have Victoria from Óðinshof! Out of 40 participants, these three took the most steps within the month! Thank you all so much for your support it means a lot to me! Look in your email for the link to this month's challenge—a poetic scavenger hunt!

*New Challenge for May*





Woven threads and ancient signs, Secrets kept between the lines. One by one, the clues confront — Unravel them in our scavenger hunt.

Join us this month for our poetic scavenger hunt. 21 riddles surrounding the Gods, the Lore, the Runes, and much more.

The rules: 10\$ entry donation gets you in. A PDF of the scavenger hunt will be sent to you. Decode the riddle to figure out the item you're trying to find. Take a photo and save it. Once you've found all 21, email it to [schapman@runestone.org](mailto:schapman@runestone.org). First to complete wins! This is individual contest, NOT Hof v Hof. Good luck and happy hunting!

Enter the Scavenger Hunt at <https://store.runestone.org/product/fundraiser-entry/>.

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

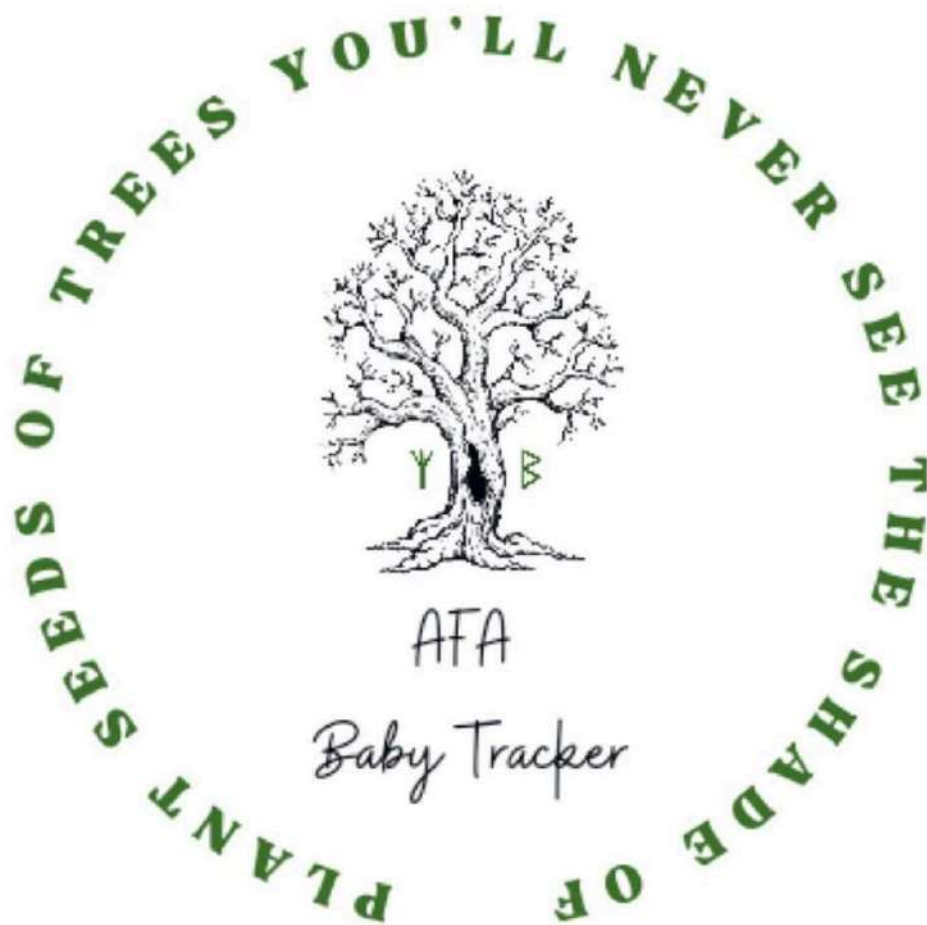


## Calling All Folk Photographers



Folkbuilder Nicholas Rice  
[nrice@runestone.org](mailto: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: 11

## Baby Blanket Project

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



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



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

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

# Óðinshof

**Food Pantry at Óðinshof**



We were surprised to have lots of staple goods for the Óðinshof Food Pantry this month. Down-sizing had been a pattern for several months. New offerings included pasta sauce and canned peaches! It had been months since we had any fruits.



The Saturday night crew members swiftly made up two bags for each family and staged them ready for morning. There was very little talking as all focused on their tasks.



Men with a mission!



As with every month, the day after our event was our food pantry distribution day. For most who came to the Hof that morning, it was their Easter Sunday. We knew some would be at church, but we ultimately gave food to 51 households representing 130 individuals. It was still a good turnout. Six of the families were new to us – and very happy to have found us. We were able to be extra generous this month and still have leftover bags for emergency situations. We always talk about abundance. It's a great feeling when it happens.



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



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## Nornanótt at Óðinshof



Our gathering this year for Nornanótt at Óðinshof was wonderful. In the morning, Hofgyðja Sheila and Founder McNallen led the Folk in attendance in the customary Greeting to the Day outside; as we all raised our arms to the sky and the words of the *Sigdrífumál* rang across the sun-filled meadow, I knew it would be a special day. I read aloud the prayer to Freyja from our booklet *Asatru Book of Faith: For Those in Harm's Way*, then we went inside to have coffee, socialize, and prepare for lunch.



Adorable cat-shaped cakes were decorated in the kitchen by Mandy and Aubrey, in honor of Aubrey's birthday, which we would celebrate later in the afternoon. After we had lunch, as the day passed into the afternoon, some of our menfolk were busy with Hof repairs and maintenance, or chopping wood, and others gathered outside in casual fellowship. Women gathered together outside in conversation and Frith, enjoying the mild, sunny weather.





Our talented sister Courtney, aided by other industrious Folk, worked outside all day and into the evening on painting a beautiful mural on the side of one of our buildings, honoring the memory of our beloved Goði Thorgrun Odden.







Children played together outside and did arts and crafts inside the Hof, and Hofgyðja McNallen led a delightful Sumbl outside especially for the children. A candlelit Sumbl for the adults inside the Hof was also held in the afternoon, led by our Allsherjargoði. Aubrey's birthday was celebrated, and the cat cakes were enjoyed.



As the day grew later, we prepared for dinner, and a feast was laid out for us to enjoy together. Before I sat down for dinner, I was extremely honored to take my Oath and be formally Ordained as Gyðja by Allsherjargoði Flavel in front of everyone gathered there. I was so humbled and honored by the kind words of our Allsherjargoði, our Hofgyðja, and Founder McNallen, and overjoyed to share the experience with all my wonderful AFA brothers and sisters in attendance. I love my Folk so much, and I look forward to serving the Æsir and you all as Gyðja for as long as my life allows.



After a delicious dinner, we gathered outside for Blót to our Ásynja Freyja. Hofgyðja McNallen and I adapted a beautiful Hexennacht Blót written by Witan Brandy Fassett, and were aided by several of our womenfolk present in blessing the Folk with purifying smoke from herbs we burned within a cauldron, as is traditional for this time of year. As we returned back inside, one by one we hailed Lord Óðinn as we re-entered his temple. As the holiday drew to a close, Folk still remaining gathered to bag Food Pantry items for the next morning. It was a wonderful day shared with AFA family, thank you so much to all who assisted in cooking, cleaning, and many other needed activities, you are deeply appreciated by us all. We look forward to seeing you at Sumarmál!

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





Gyðja Lauren Anderson  
[landerson@runestone.org](mailto:landerson@runestone.org)

## Upcoming Events at Odinshof





# May Day ~ Sumarmál at Óðinshof May 17th

**Morning Frigg Blot - Maypole & other Festivities**  
**Ladies' Tea/ Men's Team - Children's Lore & Ritual**  
**Afternoon Freyr Blot - Evening Sumbel**  
Food Pantry\_prep for Sunday

**RSVP please! [sheila@runestone.org](mailto:sheila@runestone.org)**



# May Day ~ Sumarmál

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## **MORNING**

Coffee & Pastries

**10:30 VALKYRIE'S PRAYER & FRIGG BLOT**

## **AFTERNOON**

Ladies' Tea & Men's Team

**FREYR BLOT**

Group Picture

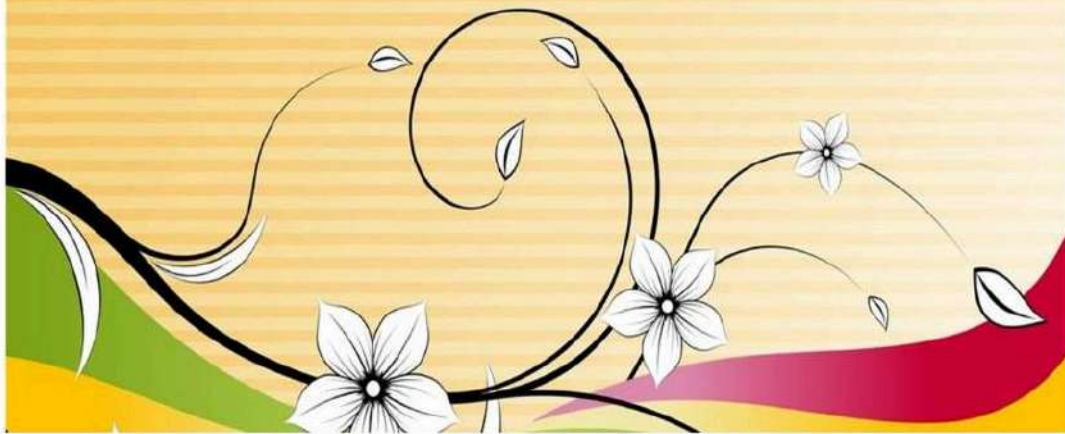
Maypole & other Festivities

Children's Lore & Ritual

## **EVENING**

**HIGH SUMBEL**

Food pantry bagging for Sunday morning



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**Monthly Virtual Meetings**

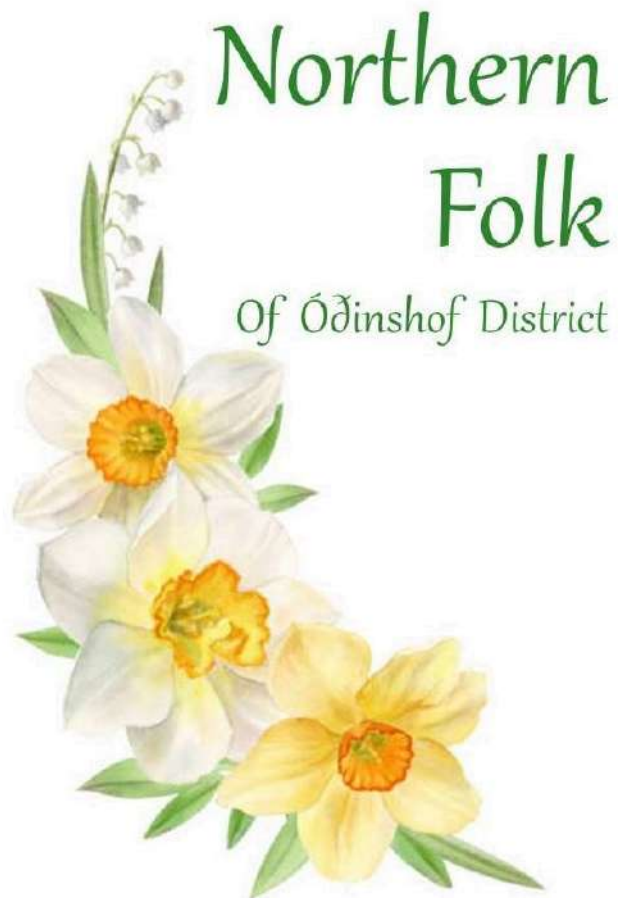


# *Daughters of Frigg Virtual Tea*



*First Friday of the Month*  
*landerson@runestone.org*





VIRTUAL MEETING

**Thursday,  
MAY 15th  
6:00 PT, 7:00 MT**

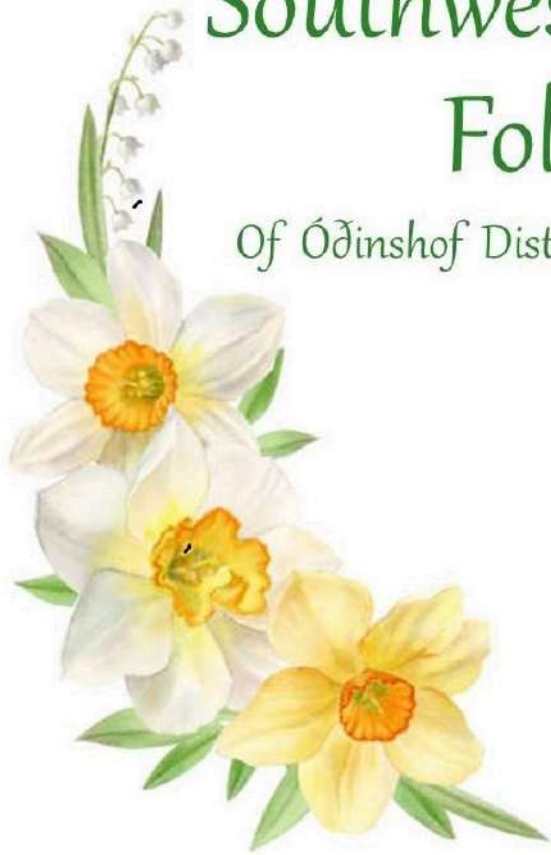
**We invite all  
members in the  
northern latitudes.**

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

*Request our regular  
Teams link*

# Southwest Folk

Of Óðinshof District



VIRTUAL MEETING

**Monday,  
May 12th  
6:00 PT, 7:00 MT**

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

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

**Hosted by :  
Gyðja Sheila McNallen  
Folkbuilder  
Erin Harrison**

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**Monthly Members' Meetings**



This month, we focused on Freyr during our monthly membership meeting. We had our newest ordained Goði, Jonathan Rock, Goði Nathan Erlandson, and Founder Stephen McNallen. We start our meetings with a prayer to Óðinn that was written by Witan Brandy Fassett. Then the always wonderful Hofgyðja Sheila McNallen gave us some updates on things going on around the district. Such as Mayday now being referred to Sumarmál, and her being bestowed the newest title of Hofgyðja, a title given to our pious leaders who oversee the district they are in as the main Goði or Gyðja in charge of the Hof, Leadership, and membership, and I could not think of a better member of the Goðar to lead our beautiful district than our modern day Folkmother. We then had Goði Erlandson give a talk on Sumarmál and why we use Freyr and phallic symbols during this month. His very informative talk was a great segue into Goði Rock's talk on Freyr, where he explained why calling him Lord Freyr is incorrect (because Freyr literally means Lord...so it's a tautology) and the appropriate way to address Freyr (either simply as Freyr or Holy Freyr both suffice). He also talked about Corn. We love our Corn Goði. Once our spiritual talks were in, we had an amazing speech by Founder McNallen about the decline of masculinity in modern society and how it is our job as AFA members, especially our AFA Men, to ensure we do our part to make sure we keep



instilling masculine values in our men and feminine values in our women. You probably read a copy of this speech towards the start of this newsletter. We ended the call with newly re-ordained Gyðja Lauren Anderon leading us in our Frigg prayer. These calls occur the last Friday of the month focusing on topics for the month to come, with next month featuring Goði Trent East speaking on Blótferð and its importance, as well as Folkbuilder Ashley Erlandson, Tyler Bethea, and Alexander Casto speaking on their Hofs and why you should Blótferð to their Hof. I will be speaking on Óðinshof and why we should strive to Blótferð here as well, which will transition us into my speech about Miðsumar. We have a half-hour "hang out" session prior at 6:30 PST and then at 7:00 PST, we get underway with our call. Keep an eye out in your emails for the next flyer and link to the meeting!

### *Upcoming Meeting*

*Óðinshof Monthly Membership Meeting*  
*Blótferð by Goði East*



*Sierra Chapman*      *Tyler Bethea*      *Ashley Erlandson*      *Alexander Casto*

*May 30<sup>th</sup> 7pm PST / 6:30 PM "Hangout"*



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

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## Óðinshof Wish List



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## 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](mailto:landerson@runestone.org). Each request will be evaluated, and we will follow up with you about accommodating your request.

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**Óðinshof Leadership**



# Óðinshof Leaders ~ May 2025

## GODAR

Allsherjargoði Matt Flavel	<a href="mailto:matthflavel@runestone.org">matthflavel@runestone.org</a>
Hofgyðja Sheila McNallen	<a href="mailto:sheila@runestone.org">sheila@runestone.org</a>
Gyðja Lauren Anderson	<a href="mailto:landerson@runestone.org">landerson@runestone.org</a>

## FOLKBUILDERS

Lou Nickerson (AZ)	<a href="mailto:nickerson@runestone.org">nickerson@runestone.org</a>
Ryan Skinner (CA)	<a href="mailto:rskinner@runestone.org">rskinner@runestone.org</a>
Sierra Chapman (CA)	<a href="mailto:schapman@runestone.org">schapman@runestone.org</a>
Kyle Reader (ID)	<a href="mailto:kreader@runestone.org">kreader@runestone.org</a>
Ryan Harlan (MT)	<a href="mailto:rharlan@runestone.org">rharlan@runestone.org</a>
Tyler Heinlein (MT)	<a href="mailto:theinlein@runestone.org">theinlein@runestone.org</a>
Nick Gunn (WA)	<a href="mailto:ngunn@runestone.org">ngunn@runestone.org</a>

## APPRENTICE FOLKBUILDERS

Chris McDaniel (Australia)	<a href="mailto:cmcdonald@runestone.org">cmcdonald@runestone.org</a>
Daniel Odom (CA)	<a href="mailto:dodom@runestone.org">dodom@runestone.org</a>
Joshua Rhoades (CA)	<a href="mailto:jrhoades@runestone.org">jrhoades@runestone.org</a>
Erin Harrison (CO)	<a href="mailto:eharrison@runestone.org">eharrison@runestone.org</a>
Matthew Gosney (ID)	<a href="mailto:mgosney@runestone.org">mgosney@runestone.org</a>

## HOF STEWARD

Daniel Odom	<a href="mailto:dodom@runestone.org">dodom@runestone.org</a>
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## Arizona

### *Additional Arizona Events*

# GERMAN LUNCH MOOT



Phoenix, AZ

For more info: [schapman@runestone.org](mailto:schapman@runestone.org)





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## Australia

*Folkbuilding in Oz*



Hail! I'm Chris McDonald, proud to stand as an Apprentice Folkbuilder of the Asatru Folk Assembly.

I found the AFA after years of searching for something real — a way of life that spoke to my blood, my ancestors, and my spirit. When I read our Statement of Ethics, I knew instantly: this is home.

Ásatrú has given me strength, clarity, and belonging. It has reconnected me to my sacred duty: to live with honour, to stand with my Folk, and to build a future worthy of our children.

My mission is simple and strong — to grow our Folk in Australia by forging real bonds, finding kindred spirits, and building something our descendants will be proud to inherit.

It is an honour to serve. For the Æsir, for our ancestors, and for our Folk — we build.

*Upcoming Events*





Chris McDonald  
Apprentice Folkbuilder  
[cmcdonald@runestone.org](mailto:cmcdonald@runestone.org)



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## California

### *SoCal Folkbuilding*



Hello everyone, my name is Josh Rhoades. I started to investigate Ásatrú when I was about 28 years old. I was never very religious, but I am very into history and always have been. My father had always talked about our Germanic and Norwegian heritage as I was growing up. It always interested me. So, at age 28, I was living in Edmonton, Canada, and I had a girlfriend who started to teach me a bit about paganism in general. She was from Newfoundland, Canada. She gave me some very basic books, and I read them. The more I read the more I wanted to know. "How could it be that Christianity isn't Europeans' native religion?" I thought to myself. There must be more to this. I kept learning on my own by reading different books which had many conflicting ideas or stories. I didn't like the "universalist" type of Odinism, which is what I called paganism at the time.



I ended up leaving Canada, moving to Merced County, California, and a few years later moving back to my hometown in Pennsylvania near Pittsburgh. One of my best friends told me about the AFA and how it was an actual church and more for pagans and followers of Ásatrú. It took me a few years to decide to join and when I did, I was so

impressed with everything about it and everyone involved. After seeing how the leadership works and learning what was required from them, I wanted to do more. I know in my area of Los Angeles/Hollywood, there aren't a lot of us. I want to contribute to the Southern California area and hopefully through that, I can help grow things for us all in this area. I decided to step it up and start the process of being an Apprentice Folkbuilder. I know this is going to be quite an exciting journey!



Joshua Rhoades  
Apprentice Folkbuilder  
[jrhoades@runestone.org](mailto: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](mailto:RSKINNER@RUNESTONE.ORG)

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





Folkbuilder Ryan Skinner  
[rskinner@runestone.org](mailto:rskinner@runestone.org)

### *Upcoming Events*



*3rd Annual River Retreat  
~Hiking, Fishing, Exploring, Camping, Frith, Fun!*

# RIVER RETREAT

MAY 24-25, 2025

SATURDAY & SUNDAY

SISKIYOU COUNTY,  
CALIFORNIA

RSVP TO: OLIVIA  
[OSUTHERLAND@RUNESTONE.ORG](mailto:OSUTHERLAND@RUNESTONE.ORG)

HOSTED BY:  
DAUGHTERS OF FRIGG & SONS OF THE HIGH ONE



Folkbuilder Olivia Sutherland  
[osutherland@runestone.org](mailto:osutherland@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](mailto:SCHAPMAN@RUNESTONE.ORG)



# *Daughters of Frigg Book Club*



**HAVAMAL 81-164**  
**SATURDAY MAY 24<sup>TH</sup>**  
**1PM**

*Schapman@Runestone.org*



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

*Jack London Moot: Experiencing the Life of a Saxon-Son*



Imagine a historic estate set among rolling verdant hills, with vineyards tucked away in the distance and a shining California sun in the sky. Numerous picnic tables await visitors, and children scamper down trails lined with dainty flowers. A lot of places in California are like this, but one stands out above others.



For nature lovers, Jack London State Park is a near-perfect moot any time of year. If you're a history buff, you'll find plenty of that as well. This estate belonged to writer and adventurer Jack London, who appropriately named these sun-drenched acres Beauty Ranch. The main building at the park, the House of Happy Walls, was built by his wife Charmian as a history of Jack's travels and achievements up to his untimely death.



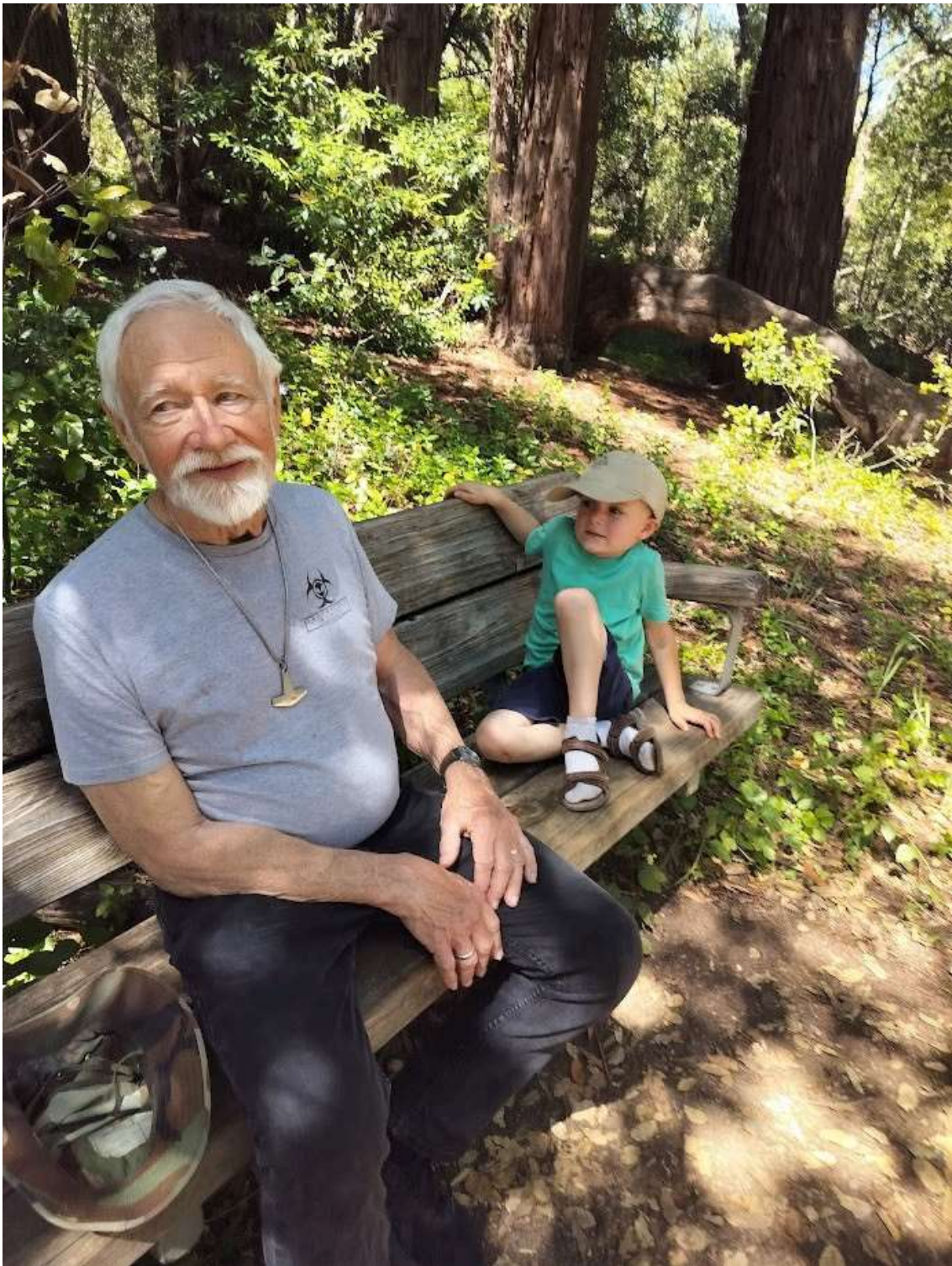


A self-made man, Jack fit well into the literary world of his time, but he was never comfortable in the high society of the day. He understood the struggles and motivations of the Common Man, and the need for personal honor and integrity to make life complete. His novels and magazine articles were read worldwide, and brought him success, wealth, and fame. Few writers could describe the hard-edge of life like Jack, because he had personally experienced it.



Jack's story is shown through glass cases of documents and photos, as well as life-sized images covering the walls. They give a very personal look at the life through which he had battled, the wondrous years of travel and adventure with Charmian, and the tragedies that later befell him.





One such tragedy was his dream home, built of native rock and surrounded by redwood groves, which he named the Wolf House. It was a massive endeavor, a testament to his life and adventures but a few days before he was to move in, oily rags caught fire resulting in an inferno that consumed it completely. Visitors can admire the architectural drawings and walk the perimeter marveling at what it would-have-been.



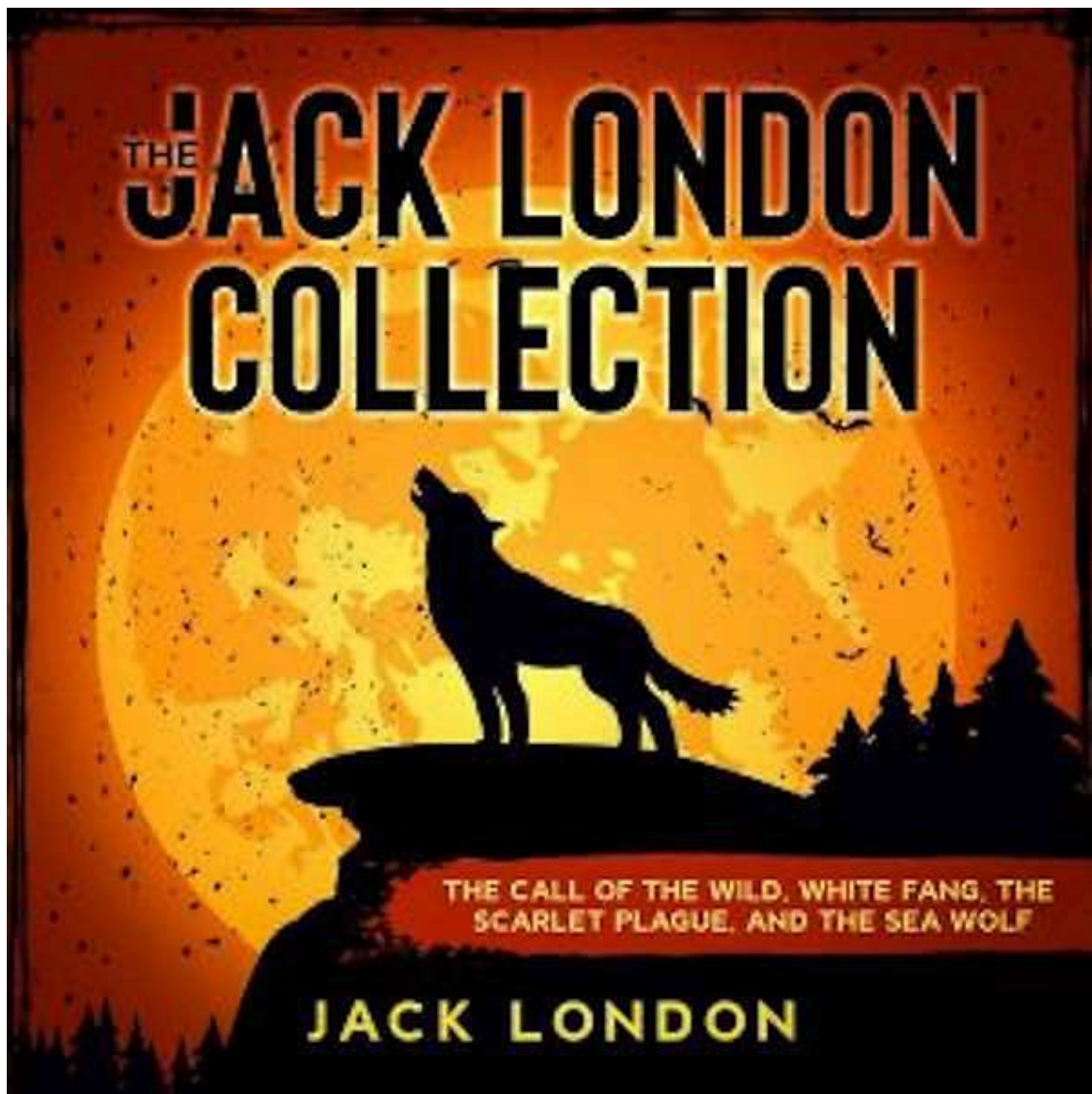


Beauty Ranch, a model farm located elsewhere on the estate, fared better. There, Jack engaged in experimentation to make the best farm possible. He raised crops of all kinds and perfected his horse facilities, focusing his efforts on livestock health and cleanliness. The Pig Palace, a round concrete pavilion to separate and shelter pigs, can still be seen though it's been a hundred years since it was in operation.



Various old stone buildings dot the landscape, some built by an Italian winemaker in the mid 19th century. Trails led past “the Cottage” in which Jack and Charmian lived during their years on the ranch. The State of California has done a fine job restoring its original condition and furnishings for visitors to see. Old, musty, and mysterious – One can feel the essence of life with the Londons. Quaint and simple, this was a place for deep conversations, discussing manuscripts, and joyful times with friends from The City.





It is in the Cottage that Jack lived out his last days. Standing at the door of the sunroom, we felt a wave of sadness, seeing the bed, his typewriter, and his last handwritten notes. Jack passed away from kidney failure at the age of forty on November 22, 1916. At his request, he was buried beneath a giant boulder on a shady hillside, “near the graves of the two pioneer children.” A simple man at heart, Jack London was nevertheless aware of his roots and heritage as a man of Saxon blood. He lived life with a passion, died, and was buried like those Saxon ancestors whom he revered. To us, his memory is, in its own way, a sacred part of our heritage. Hail, Jack London!





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## Colorado

*Colorado Nornanótt*

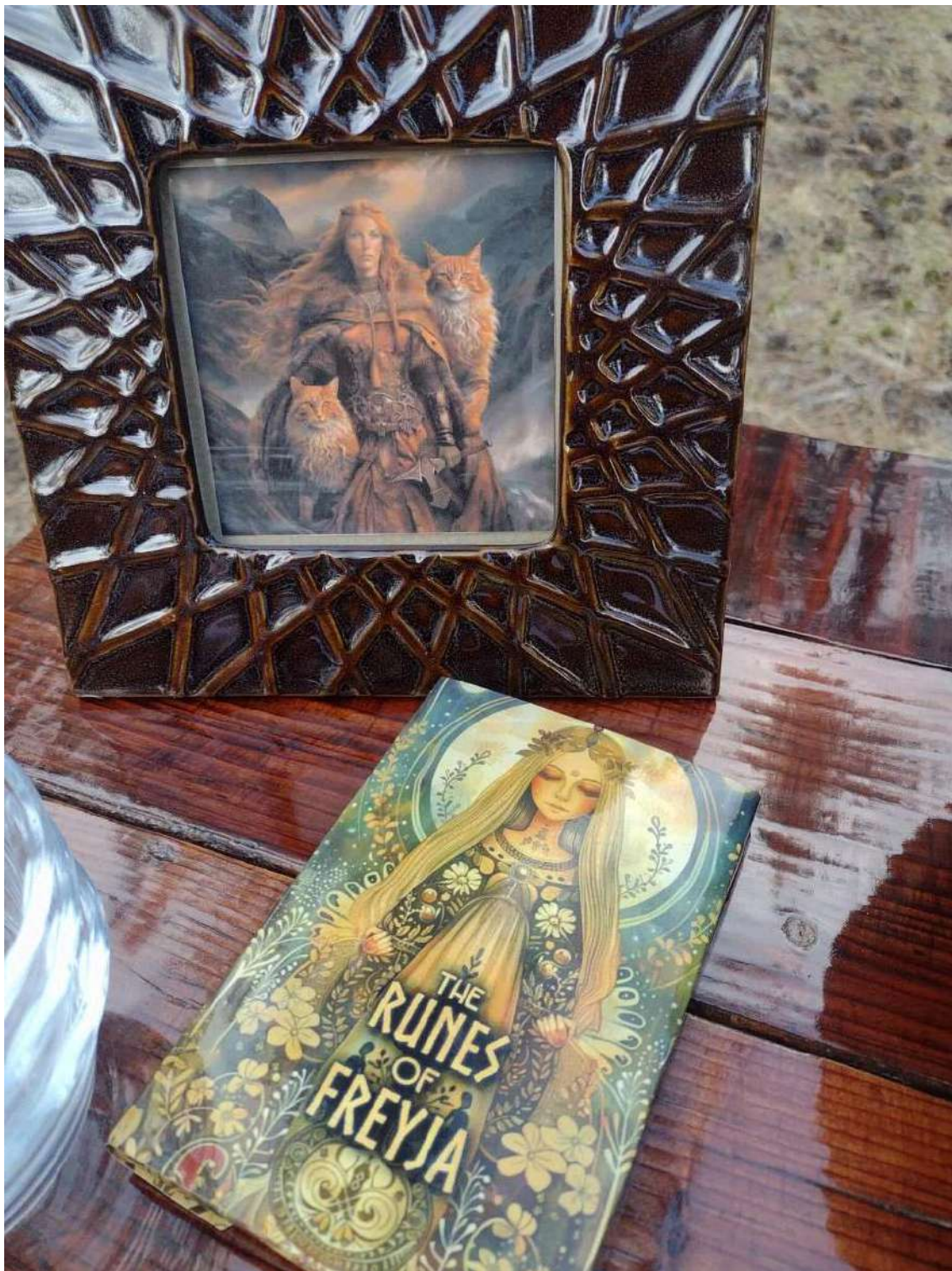


High up in the Rocky Mountains of Colorado, seven Folks came together to celebrate Nornanótt. We started our evening with a continuation of a craft we did in the previous month's event. We created wildflower seed bombs and inserted into them the bio-degradable Runes that we pulled at Austrá/Ostara.



We held a beautiful Blót to Freyja and also honored the Nornir in Blót. During Blót, a small family of ravens blessed us with their presence and croaked their support adding in their voices. Two large cats also attended Blót and we felt this would definitely be approved by Freyja herself. At least we hoped so.





Our feast was a delicious taco bar, homemade tamales, Mexican street corn, and homemade salsa and guacamole! After our feast, we each had a rune divination with specific questions answered. Followed by a guided meditation journey to speak with an ancient Seeress.





We ended our beautiful night with three rounds of Sumbl. Hailing the Gods, Goddesses, Ancestors, and our Folk.

### *Upcoming Events*

# COLORADO SUMARMÁL

**Kenosha Pass - May 18th, 11am**

**Summer Finding, Freyr Blot, Hiking, Foraging, BioBlitz**

**RSVP - [eharrison@runestone.org](mailto:eharrison@runestone.org)**



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

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**Idaho**

*Hey from South East Idaho*





Hey everyone, I hope your April was an amazing, productive month and that May will be just as great. Our Moot for April was a blast. It turned into more of a family bonding day due to local members not being able to make it, but it was family time that was much needed. We read stories of the Æsir before supper, then after played board games until it was time for my kids to go to bed.

### *Upcoming Events*





Our next moot will be at my home on May 24th. I will be cooking up an amazing dinner and ask all who come who would like to bring something to share with the rest of the Folk to please do so. I know we are spread pretty far in this area but don't let that stop you from making the trip here, I promise you won't regret it. It's always a great time and some amazing conversation and all-around great Folk. My home is also open to all who need to stay the night due to the longer distances traveled, and I make some amazing breakfast burritos for a little more incentive. I can't wait to see everyone who is able to make it.



Folkbuilder Kyle Reader  
[kreader@runestone.org](mailto:kreader@runestone.org)

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## Montana

*New Life*





Coming back from Austra, my trailer was loaded down with four cows and a bull calf. We were bringing new life to Fólkvangr but imports hardly constituted the majority of our growth in April. The month was full of births and even as I write this, the possibility another sheep will go into labor exists.

Throughout the month, we had eleven lambs be born to our Icelandic flock. Some of these will be raised for milk and fiber, others set aside for meat and hide. The volume of wool we gather has increased significantly to where I can safely say that at current

population, we at Fólkvangr can be fully textile independent when combined with our flax yield.



Out here, we seek to not be separated from the products of our labor. We seek to gain a better connection to the land and carry on the traditions of my forbears. The choices we make to do this are made easier when there are two elements of understanding at play.

First, one must understand where one comes from. I can trace my familial tree back into the B.C.E and can do so for several lines. The line that needs the most work still goes back to the 900s C.E. I can tell you stories of any genre you'd like from my ancestry. This is because I know who and where I come from. It is a gift that must be seized through effort. Genealogy is a matter of watering the roots of your family tree and is essential to living the way the residents at Fólkvangr do. It is half the equation.

The other understanding that is necessary is that the laws of nature can never be overcome. It is true that technology can make interfacing with the natural world both easier and more difficult. Here, we do not reject technology, but nor do we engage in the techno cult of the modern world. We understand that the celebrations we hold and the holy tides we participate in are intrinsically tied to the earth. From Jól to Miðsumar and back again, the calendar is helpful, but the world marks these rites as the wheel spoke rotates. The more tied to the land I have become the more tied to my faith I have grown. While it is true natural law cannot be overcome, living right soon makes it apparent that we shouldn't want to. The world and its laws are the work of our Æsir. They are as it should be and when the changing seasons bring strife or melancholy perhaps it is in ourselves, we should find fault. From our lore to the way we as a people



near ubiquitously lived less than two hundred years ago outlines a lifestyle that is in line with those natural laws. They reduce the burdens we encounter.



An example and an announcement is the birth of my third daughter. She was born April 13 at ten pounds. While a large healthy baby is cause enough to celebrate, and my family most certainly has been sharing the joy of her birth, the manner of her birth is worth discussion.

My wife and I have been integral parts of each labor. For my eldest daughter, a midwife



attended and guided me through the process. For the second and third, I handled it myself. I am lucky enough to say I have caught all three of my daughters and as such have been the first on Miðgarðr to hold them. These births happen in the comfort of my home and the more we focus on our health and our self-sufficiency, which are intrinsically tied, the shorter and easier the child birthing process has become. My youngest daughter came to us in a labor taking one hour and ten minutes. This includes first contraction and all three stages of labor. My little girl came out breech and en caul. Many would fear the breech baby, but we handled it like any other task out here at Fólkvangr. We applied the traditional solution and pressed on and as such both mother and baby are in superb health. Even recovery is quicker and a large part of this comes from the benefits we gain from being part of the world around us and not separate from the land. Our diet and our routine promotes health and the results are self-evident.

I myself have seen the health results directly. This year I have put on fifteen pounds of good clean weight and have never felt better. That newfound strength has been fully applied to Fólkvangr's expansion and my spiritual duties.

Starting with the labor I've put into this project I am pleased to announce that we have three buildings in the final stages of construction. We have thirty more acres fenced for ourselves and our fields are teaming with livestock. When I bought this land, it was a single cabin and two small sheds. Now Fólkvangr expands past my personal land borders, and we are onto my next major project. I am raising a barn for the dairy I'm establishing out here. This means Fólkvangr gains access to untampered and at cost dairy products as well as having a new business that is capable of hiring our Folk. With each business we build the opportunity for another family to escape the rat race should they want to.



Through these efforts to build up agrarian industry, I have not forgotten to build up our capacity to host events at greater scale and comfort. To see the property where it was when I bought this place to the multiple lots that make up Fólkvangr is striking. Our first Freyr's Harvest Feast was done under a massive tarp in the open framed walls. Tent camping and an outhouse comprised the facilities. At this upcoming Freyr's Harvest Feast, we will have indoor sleeping for over forty people. Warm and soft beds compared to a bring-your-own-tent policy certainly demonstrates that previously mentioned expansion of comfort, but it doesn't stop there. We also are building a shower house. Running water for both restroom and shower needs is a major step from an outhouse. We also have another two Godpoles in carving and I am hopeful one will be completed before the feast. The changes to the property will be dramatic and the event will be one to not miss. Thank you to everyone that has supported the project even in those early days where the grounds were frankly uncomfortable. That willingness to build with me, my family, and our community is appreciated beyond words.

That building of community is at the heart of our growth. We have two new households joining us in the month of May. Two men of exceptional quality will be bringing their households out and our ability to achieve progress will skyrocket but more importantly our opportunities to have our families together become part of everyday living. From the big festivals to the small weekly dinners, our community benefits when good people gather. I look forward to the marriages and baby naming ceremonies to come at Fólkvangr.



Speaking of baby naming, I mentioned that my third daughter was born this month and indeed my family held a baby naming ceremony for her. I am proud to present my newest child, my third daughter to you the Folk. Her name is Sólja Heinlein. My wife and I take all nine days to pick a name and while on the eighth day, it can be stressful, we always find the name most suitable for our child. This time we chose to honor my Faroese heritage and to recognize the attributes Sólja displayed from birth. Sólja is the national flower of the Faroe Islands, and it is known as the buttercup here and the sunshine flower there. My Sólja is a sweet and gentle girl who radiates warmth and joy. Her name fits her, and I know she will in time be a weaver of Frith amongst our Folk. There were many auspicious reasons I could wax long on for my final choice of name, and I'd be happy to go over them and the choices of her middle names at a later date but for now I will say this: Hail Sólja Wealhtheow Vera Heinlein.

Now to leave you with parting advice. You'll never regret finding out who your ancestors were and by extension who you are, nor will you regret embodying the lessons they left us. They have passed the torch to us, let us be worthy.

Hail Victory!

*Upcoming Events*



BAILEY BREAKFAST



JOIN THE KINDRED AT  
FÓLKVANGR TO REMEMBER  
HOSKULD

# BARN RAISING

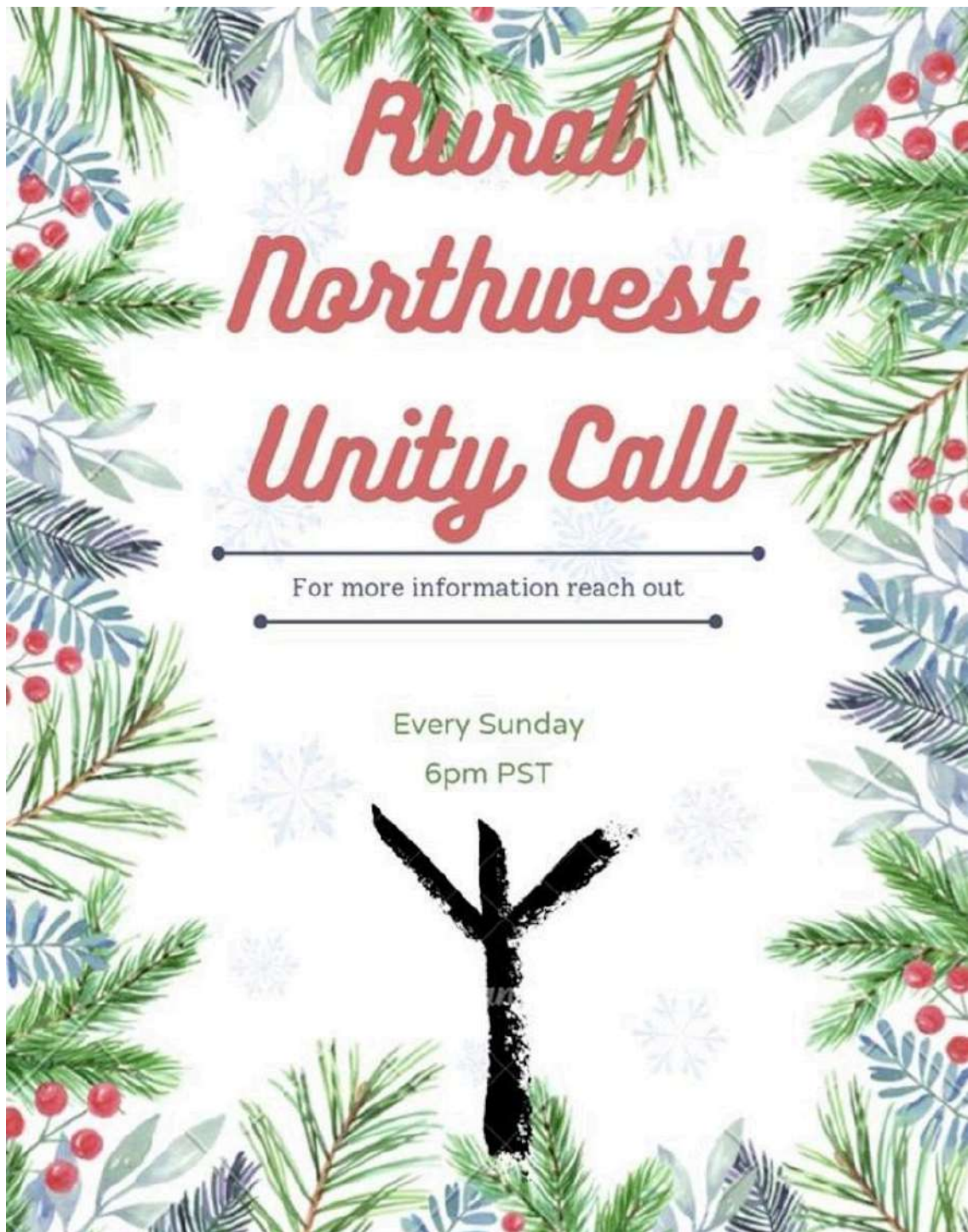
EST. MT

## PART 2

MAY  
16-18.

BBQ, TEA PARTY, SIDING AND  
FLOORING, MEET THE COWS AND MORE





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



## *April Snow Brings May Snow?*



They say April showers bring May flowers, but in Western Montana, it's still snowing off and on. A few days of light snow, a few days of sun to melt it off, and then another dusting of snow. People are anxious to start planting, but in many areas it's still too soon, and to do so without a greenhouse is risky. Despite the intermittent snow and frost, it's still spring and everyone is getting out and about.



As I write this, I'm on a family vacation to Yellowstone. The National Park itself is really just opening up, and many of the side roads and attractions haven't quite opened. While there is a bit less to explore, there are also far fewer people. It's quite nice to experience things without the crowds, and it's great to be able to take the kids to see the things that I vividly remember from when I was kid, seeing it for the first time.







It fits well into homeschooling as well, with lots of exhibits about the geology and volcanic activity which makes up the park. The wildlife, which is so abundant, and being able to experience nature in all its glory through the eyes of the children ignites a sense of wonder within.



Earlier in the month, we celebrated Jarl Hákon on April 9th at the home of two of our Kindred members, and were joined by a member, Mary Jane, who recently transplanted to Montana. A discussion about Hákon's life and legacy were held, followed by food, drink, and more discussion.



On April 19th, we gathered at the MacDonald residence for the second installment of our discussion on Beowulf. Again, we discussed the story and our thoughts on certain sections or lines, and we utilized multiple translations for comparison. We also discussed upcoming Kindred business, future events, and set the date for our third installment of our Beowulf book study.

### *Upcoming Events*

*Óðinn Blót*

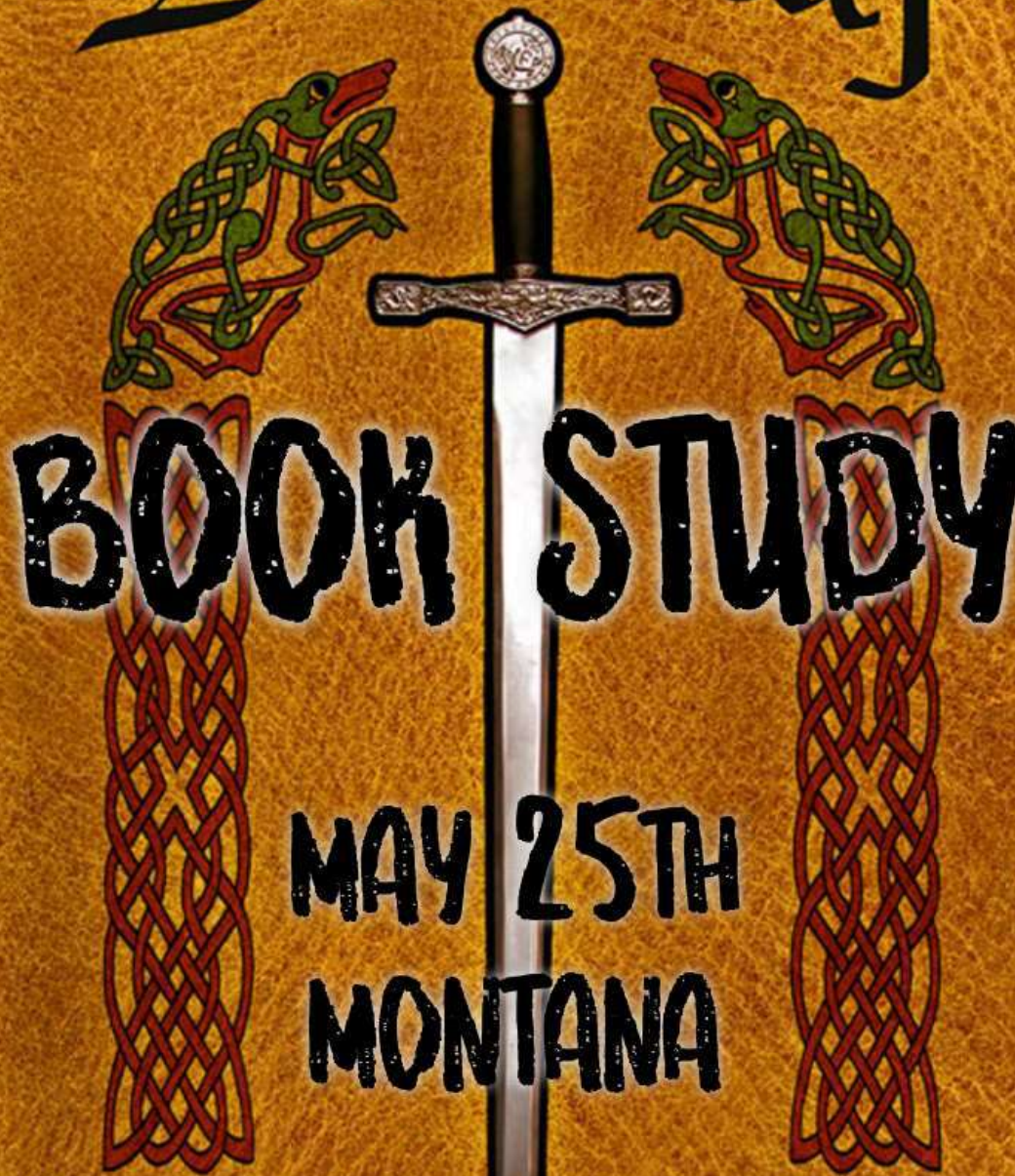
*May 9th  
Helena  
MT*



*Rsvp to [rharran@runestone.org](mailto:rharran@runestone.org)*



# Beowulf



Rsvp to RHarlan @runestone.org



Folkbuilder Ryan Harlan

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

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## Nevada

### *Allsherjargöðic Dinner*



Thank you to those who were able to make it to our April dinner. We were joined by a newish member for the first time, which is always great. We are looking forward to our May dinner as we expect a guest from Utah and hopefully a few from California as well! See you all on the 24th!





Matthew D. Flavel

Allsherjargöði , Asatru Folk Assembly

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





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## Washington

*The Winds of Change are Blowing*



Hey all, April's been an eventful month here in the Northwest. Overwhelmingly good, mildly frustrating, but also somewhat auspicious. We naturally had the customary hikes, because that's what we do here. The first one was on the salt flats up by Kettle Falls along the shores of the mighty Columbia, not overly grueling but nonetheless gorgeous. We etched our presence into the sandstone cliffs along with many others over the years, when these opportunities present themselves, you have to take them! Our second hike was the prolific Tubbs Hill in downtown Coeur D'Alene. If you're not familiar with the area, Tubbs Hill is a small peninsula that juts out from the area which the city center is built on, so this is as urban as these hikes are likely to get. That's not a negative—it's an exceptionally well-maintained park and there's a lot of cool stuff to see in the immediate surrounding area. Go check it out if you're passing through. They just opened up a museum of North Idaho history adjacent to one of the entrances, and I'm plugging it for free even though I've never been.

Towards the tail end of the month, I made the journey out to Tyler Heinlein's homestead in Eastern Montana to help out with various projects, just one of many such trips in the works for the coming months. However, my truck was gear searching like you wouldn't believe for the last leg of the trip, and at a crossroads by Grass Range, my transmission decided to die on me. This wasn't something I'd foreseen, as far as I'd been able to ascertain, my transmission was hunky dory until I hit Great Falls and thus, I choose to interpret this as an omen of sorts. The precise meaning of that omen is up for debate and yet to be determined in acuity if such a thing is even possible at all. But regardless, with Tyler and Aaron's help, we got my truck loaded onto a trailer and hauled to its new home at Fólkvangr, which in the near future will be my home as well. That's right, I've planned on relocating out that way for a while and once I get my transportation situation worked out, it'll be official. I'll be Folkbuilding in Montana and building a new life out on the Plains. I'll also still be hosting moots out in Washington and Idaho regardless, and will keep you all posted. Hail Victory!

### *Upcoming Events*







Folkbuilder Nick Gunn

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

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## Be a Doer



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

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

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

## Eir's Blessings



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

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

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

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

You can reach us at [EirsBlessings@runestone.org](mailto:EirsBlessings@runestone.org)

## Photo Donations

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



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

## Folk Services



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

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

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

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

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

Thanks in advance!

## Last Will and Testament

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



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

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



Please make your will **today**.

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

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317



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



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